



*Run for Patients by Patients*



**Positively Crafty** is a warm and welcoming group of members who support each other and help each other to achieve their crafting projects. They all have different things they can do more easily than others so if anyone needs a helping hand, somebody will always offer to lend one. They like to take a break part way through when a drink and a slice of cake is always welcomed.

Members like to try different things and if we provide material for a class, members are reimbursed for those materials. Tools are provided too if you do not have some basic ones of your own. Crafts that have been achieved are card making, tea light jars, decoupage, post-it books, calendars, silk cards, tissue collage, mosaic tiles to name but a few.

If you would like a distraction from your pain, to make some new friends and turn your hand to crafting why not come along and give it a go. Come along and join in for 3 hours a month and take a little time out for yourself, you will receive a warm, friendly welcome.

There is a small fee to cover the costs and a nominal fee to craft. Carers can come along too.

**Positively Crafty** meet on the first Thursday of each month from 1pm-3pm in the small hall at Southgate Community Centre.

By coming to crafty you are immediately enveloped in warmth, encompassed in emotional support and given something to look forward to and at the end of each session, to go home with a sense of achievement.

In July **CPSG's** presentation was about homeopathy which is based on the principle of treating 'like with like'. A holistic form of medicine that treats the whole person both physically and emotionally. Many health conditions can be treated in this way.

If you have a discipline or topic of interest you would like to share with us please give us a call or email. (details below) We have many dates to fill in the new year. Members enjoy the interaction, are attentive and like a broad variety of speakers to keep up their interest.

**CPSG's** next meeting is on Thursday 16th August and the presentation is all about the 'History of Fans'. If this is of interest to you why not come along and join us, you will be very welcome.