CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients

Me, myself and I escape to a space to be, to relax, reflect and unwind. These rare moments of quiet contemplation in this ever demanding hustle and bustle of life today are a great way to boost your wellbeing.

Being in pain day-to-day you are always looking to achieve and glimmers of hope are so precious when they are so few.

Daylight is a mood enhancer so spending time outdoors can have a positive effect. It also boosts motivation and helps promote better sleep.

Quiet environments are more restful and bring on a sense of peace—feel that anxiety fading away.

Immersing yourself in the soothing sounds of nature, being present in the moment or just drifting along improves emotional wellbeing.

By taking your focus to a new level of consciousness can have a calming effect and bring about many benefits and boost your immunity.

A moment of solitude without interruption can be bliss-find your inner calm and be inspired!

Pain can prevent you from doing a lot of things however indulging yourself in a little luxury is so worth it for how it makes you feel at the time.

CPSG do not meet in December.

The next meeting is on Thursday 17th January 2019.

We look forward to seeing you there.

CPSG's new year starts in January and subscriptions are due for renewal so this is a good time to welcome new members to join us. No referral is needed just come along and see who we are and what we are about. We are not medical professionals purely a support group of likeminded people, living in pain, coming together. We are a not for profit organisation, non-judgmental, face to face group. We welcome all ages over 18 and genders.

Our monthly meetings include speakers from a wide range of topics, presentations and refreshments.

We also hold monthly crafting sessions that are light hearted and fun. You always go home with a sense of achievement.

Both sessions are very warm, welcoming and friendly.

Meetings are held monthly on a Thursday in the small hall of Southgate Community Centre.

We would like to say thank you to those who have supported us this year, given speaker presentations, published our articles and set up our meeting venue. We more than appreciate all the help we are given.

It is our members who make us who we are and without them we would not be here today.

We would like to wish you all a very Merry Christmas and a Happy New Year.

Celebrate coming together this festive season.