

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



Social Isolation and loneliness can impair your health and wellbeing. Joining a group and meeting up with likeminded people in similar circumstances, taking part in group activities, having frequent contact with others and receiving support throughout can go some way to alleviating some of it as well as improve quality of life.

Bringing light into the dark times is gradually on the increase and new life will be sprung all around us with an abundance of cheer and brightness allowing us to look forward with a little bit of hope.

CPSG are a warm and friendly group who meet up on a monthly basis on the third Thursday at Southgate Community Centre from 2pm-4pm. New faces are always given a warm welcome and we always see the person not the condition they experience.

The atmosphere is a wonderful mixture to encourage positive feelings to make you feel good. Giving support and being supported is crucial and that is what we are about.

Being a small group members are there for each other and we do our best to ensure meetings run smoothly and are enjoyable to attend. Not all members can attend all meetings therefore we keep in touch with them by direct contact, a cheery note to brighten their day or our quarterly newsletter.

Our website is another way to keep in touch  
[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

At this month's meeting on 15th March we have a speaker coming along to update the group on Opioids when in persistent pain, how they affect our abilities and any latest information/recommendations for pain management.

If you are being affected by these you are welcome to join us.

Is there joy in creativity and are you blessed with happiness? Do the two go hand in hand at times?

Many people face many challenges in their day to day lives and creativity is just one area that can bring many benefits to your health, your mood, your social life.

Indulging in your creative side no matter what skills you may have has the ability to bring profound happiness and joy in abundance.

It is proven that mood is instantly improved by the act of being creative. Expressing yourself freely encourages positive feelings and enhances your wellbeing so you just can't help being happy. Engaging in a creative activity absorbs your mind and body and helps you to feel more relaxed putting a smile on your face.

By coming to crafty you are immediately encompassed in emotional support, enveloped in warmth and entertained by friendly faces.

It is not about perfection its about achievement and that what Positively Crafty is all about.

Lift your mood by letting your creative juices flow and give yourself time to just be!



You can see from above what can be achieved in a crafty session and each month different crafts are given a go. You will be well supported and be amongst friends and learn a new skills too.

Be enthused and inspired and reflect your feelings into a craft, see them come to life. Let crafting be your form of escape and declutter your mind from the disarray of everyday.

**For more details call 07724 187774  
or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)**