



CPSG members took to the waters for a day out river cruising along the broads from Brundall to Wroxham on a modern, comfortable, carpeted and centrally heated boat with wheelchair access and disabled facilities. Glorious weather for a trip, taking in lovely scenery and a lot of wildlife. The water was still and peaceful even though the waterways were busy with other boats passing and their occupants cheerily waving.

The atmosphere on board was very friendly and everyone got on well together, lots of laughs that made some good memories. Long tables were set up for the picnic and refreshments were served by the crew, all volunteers. Lifts onto the boat and the facilities were all excellent. All needs for a variety of health conditions were well met.

The mini bus for the journey was upgraded to a coach with air conditioning and the driver very helpful, considerate and accommodating to all members needs.



For a first day trip out for members all went well with minimal fuss and they all look forward to planning the next one.

The time is soon upon us once again to hold our Annual General Meeting on Thursday 20th September at 2pm. Visitors are welcome to join us and if anyone feels they have time to spare to help us out during the year, to become involved and actively participate we look forward to meeting you. We fully understand what commitment and responsibility involve however being part of something and getting something back in return, certainly makes up for it.

Positively Crafty hold their next session on Thursday 6th September from 1pm-4pm and will be focusing on completing their Tea Light Jars. Life quite often stands in the way of time for ourselves. Crafting brings moments of calm in that disarray and an outlet to being able to cope. By being open to new things and using your imagination you can open up a new world of creativity and a kaleidoscope of colour and pattern to enhance your wellbeing. You can also surprise yourself that you can do something that you thought you could not. Join us and get crafty—you'll never know unless you try!

Autumn is gradually making itself known and this can bring on a change of mood so if you are having moments of gloom why not come along and join us, we will soon give you something to smile about!

For more details contact 07724 187774 or email info@chronicpainsupportgroup.co.uk or visit www.chronicpainsupportgroup.co.uk