

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



## Positively Crafty

A hexagon card was achieved in the June session. Coloured shapes using glue with teardrops to finish off. Fiddly but fun and very effective. We even had time to finish off the last layer of coating on the bottles which have been ongoing for a while as



each layer administered takes time to dry. In July we will be working with vellum and making flowers. The sessions are light hearted with a lot of banter. There may not be many of us but we certainly enjoy ourselves and always go home with a sense of achievement even if we do work at different

levels to each other. It is all about joining in, helping each other and having a laugh. Just being with people in a socially engaging atmosphere can make a huge difference to someone's day. Crafting has helped some of our members in their day to day by giving them a change of focus, become totally absorbed in a task, use their hands, calm their minds, take their attention away from their pain.



Sessions are held on the first Thursday of each month from 1pm to 4pm. Refreshments included.

Finding something that gives positive effects even if they are only little things like interacting can stabilise your mental health. When you are in pain, feeling comfortable in your own body can be challenging and pushing yourself to do simple things is a constant struggle. Be a friend to yourself, you owe it to yourself. Take the pressure off yourself and provide a more achievable outlook. Treasure the giving of letting the negativity and the hurt go. Afford yourself the same courtesy you would give a friend. Do for yourself what you would want a friend to do for their own self-care which includes rest, recuperation and healing. Action plans and problem solving are part of self-management so if you are an over achiever give them some thought, more importantly if you are finding your day to day incredibly hard they may be useful tools.

If you are in the vicinity drop in and see what we are all about, you will receive a warm welcome.

The next CPSG meeting is at 2pm on Thursday 18th July and the speaker will be presenting on a volunteer led charity dedicated to the teaching and practice of first aid.

Both meetings take place in the small hall of Southgate Community Centre in Bury.

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

[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)