

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



CPSG

Unfortunately the speaker scheduled for the September meeting failed to show so we carried on with the AGM followed by a quiz that was all about flowers, some well known and some unusual. Accompanied by a buffet of savouries and fresh cream cakes the afternoon was one of enjoyment and stimulation.

In October the presentation gave us all an insight as to what is available for people aged 60+ and how lives can be improved. Many services and a wide range of information and advice from home adaptations to technology to befriending to healthcare and more are available if the need arises.

In November the presentation will be a continuation of a story all about life in Turkey. This will be a very expressive talk and one of passion, love and adaptation.

This meeting will be on Thursday 21st November from 2pm to 4pm with the speaker presentation taking up the first hour.

Both meetings include refreshments and are held in the small hall at Southgate Community Centre.

There is no formal meeting in December. The coffee morning and craft session will go ahead as planned.

With forthcoming occasions keeping us all occupied time is taken up however we have allowed ourselves time out in December for the group Christmas Lunch.

Organising outings can prove challenging and if they do not succeed can lead to disappointment as we found out this year so fingers crossed the lunch is a real winner!

Positively Crafty

As you can see Christmas cards were achieved in the October session. To make the card everyone was given a green card, a topper with a white deckled edge, an insert and an envelope. There was



a choice of stamp to use of either snowmen or gingerbread men. The white card was stamped with the chosen image which was then covered in white embossing powder and heated until the black outline became more emphasised, turning shiny. These images were then coloured using Promarker pens. The topper was adhered to the green card with double sided raised pads. A sentiment was added to finish off the front of the card. The insert was cut to size, stamped with a Christmas message and taped to the inside thus finalising the card. Throughout the making of the card everyone was chatting, laughing or concentrating on what they were doing. The one thing that is good to see is everyone wanting to help each other and at the same time enjoy what they are doing.

Positively Crafty sessions are held on the first Thursday of each month from 1pm to 4pm. The sessions are light hearted and help is always at hand so why not come and give us a look and see what we are all about.

For more details please call 07724 187774 or email info@chronicpainsupportgroup.co.uk www.chronicpainsupportgroup.co.uk