

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Birds and Beyond Falconry attended the CPSG first meeting of the new decade, giving a talk on keeping birds of prey. Clare, along with the help of Norman, the Harris Hawk, Flo the Kestrel and Olive the Barn Owl, discussed the sport of Falconry as well as how to train and keep a bird of prey. Birds and Beyond Falconry offer other activities and interactive session with the birds to suit all ages, abilities and levels. These include birthday parties, family events, photography sessions, weddings, Hawk walks and hunting days, school and educational visits, flying and static displays to name a few. A unique bespoke activity for all. For more information please visit our website www.birdsandbeyondfalconry.com

CPSG also welcomed new visitors to the group. Being a member of a support group gives you the opportunity to meet others in a similar position. Helps you to feel less isolated and alone, changes your focus and be with others in a socially engaging atmosphere. Sharing concerns and ideas, looking for inspiration and encouragement, even making informed decisions, we are here for you, just come along and join us.

The next meeting is on Thursday February 20th at 2pm and in the first hour the speaker will be Matt Long Mind and Body who will talk about pain. Matt offers a wide range of services tailored to each unique individual. Matt is highly professional, knowledgeable and skilled in many areas.

Positively Crafty

The first session of the year is being held this month and the theme will be a Valentine Card. Sessions are held on the first Thursday of each month from 1pm to 4pm with refreshments included.

We hope to provide a variety of crafts throughout the year to keep up the interest although saying that it is not just about the crafting, which in itself brings many rewards, it is also about bringing people together on a regular basis. The atmosphere is light hearted, fun and you always go home with a sense of achievement.

Being in pain can be very isolating so engaging in positive conversations and encouraging positive feelings can help change focus and improve wellbeing.

Offering comfort, a regular venue, kind hearted caring people who are always looking out for each other and always there with an encouraging word. A place where you can feel safe, enveloped in warmth and friendship, being accepted for what you are and who you are. There is a rich sense of community here waiting for you.

Both meetings are held in the small hall of Southgate Community Centre. We look forward to seeing you there!

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