



Welcome to our Autumn Newsletter



News from the Committee

September is Pain Awareness Month

World Health Assembly, a sub section of WHO has declared September is pain awareness month. This month is dedicated to raising public awareness and understanding of pain, pain management and the work of Pain Care Professionals. Understanding more about the underlying cause of pain can help improve treatment and suffering. Pain is a warning signal that indicates a problem that needs attention. Living with pain can be debilitating and adversely affects everyday life. 28 million people in the UK live with pain. Chronic pain can happen to anyone, when you open up about your struggles you will likely find others have similar stories to share. Make sure those close to you know and knowing what you need, may help them to help you. self-care is hugely important and ones that work for you practice each day to improve daily life. Working together creates a greater understanding of chronic pain so continue to spread the word and promote Pain awareness either by FB, sharing stories and good communication.

CPSG

Following the open discussion due to take place at this month’s meeting, plans can be made to go forward and members who are unable to attend will be notified. The more members that attend the more they will be involved in shaping the future of the group. There have been concerns about will the group survive, whether costs will have to be increased and will members return. It is clear the effects of the pandemic, that is still ongoing, has affected us all and will not be leaving us in the short term.

Maintaining covid regulations for the foreseeable future will be expected and we must remember many of our members are vulnerable, some more than others.

Membership has dwindled over the last few years so please consider the importance of attending the meeting. This is your group, if you have an opinion it counts.

Please be mindful of fellow members when attending meetings. The last 18 months has been particularly challenging, lets hope this meeting is one of enjoyment resulting in looking ahead more positively.

The only income received in this quarter was £30. The only expenditure was £177.5

CPSG next meeting is on Thursday 21st October from 2-4pm.

Positively Crafty resumes on Thursday 7th October from 1.30-4pm. Flowerpot card.



Each day a notification of new donations is received. A big thank you to all who raise funds for the group via this organisation. A new supporter joined this year taking the total to 12. There have been no payments received in this quarter.



Bringing likeminded people together



Run for Patients by Patients

Directory Article for June 2021

As you continue to take tentative steps forward are you feeling a little anxious about returning to an activity that you haven't visited for a while? Adjusting to a new normal as lockdown is being further eased can be a little overwhelming however these feelings are normal and will pass. Ensuring your wellbeing is the best it can be helps at times like this. If you do become anxious step back, take some deep breaths, be mindful and adopt a pace you feel comfortable with. Identify your feelings and challenge them step by step to building up your confidence. We cannot control what others do but we can control how we respond when faced with situations that heighten our anxiety. Being part of a support group, your feelings can be shared with those that understand and feel the same way. These people try to make the best out of their lives even though it can be difficult at times. If you are living in pain, feel alone and would like to meet new people who will support you, be there for you, help you and understand how you feel then CPSG could be your answer. A face-to-face non judgmental group. CPSG hope to resume meetings in September (guidelines permitting) and look forward to seeing you there. No referral is necessary, just come along and join us and see if it is for you.

Crafting in lockdown has brought a lot of joy in the dark times and learning new skills has been fun. Crafting helps with mental health and helps alleviate boredom enabling you to switch off from the outside world, absorb yourself and use your hands creatively to produce something beautiful. Positively Crafting hope to resume their crafting sessions in October. In the meantime, we continue to support each other by meeting virtually on zoom for coffee mornings, a quiz, bingo and art lessons.

Keep talking, keep safe and keep being kind to yourself!



MEETING UP ON ZOOM by Janet O Reilly

Meeting up on Saturday Zoom virtual coffee mornings has helped us all keep in contact and also given, each of us, a chance to help each other when needed. The last eighteen months has been hard for everyone, some more than others, but hopefully with zoom has helped us all get through it.

We also have Zoom art on Wednesdays where we have been learning to draw and we chat at the same time. I do hope those that take part enjoy this as much as I do. We have some budding artists who are now finding their new hobby of drawing, fun. Anyone who would like some company is welcome to join us for a chat. You can even start drawing with us if you like, but you do not need to. This week we are having our 22nd lesson.

Please send me a message and I will send you an invitation, or if you have any suggestions, just message me at janetoreilly31@gmail.com



Some of us are gradually beginning to go out more or have other commitments so not all of us has been able to join in with Zoom meetings every week. This must mean you are enjoying a bit of normal life, which is great news. We are there if you want to join in and say hello.

Zoom has been able to bring people closer together, to help to connect to others and to communicate with each other.

To Feel more Positive:- Disperse negative thoughts welcome positive ones. Introduce gratitude. Stop catastrophising. Be kind to yourself. Bring balance into your thoughts.

As individuals we feel a great many emotions and whilst we cannot erase them completely we can choose to address them and bring in a fresh perspective. See and experience the joy by acknowledging your thoughts.



A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website www.chronicpainsupportgroup.co.uk

Bringing likeminded people together



Tel: 07724 187774

Email: info@chronicpainsupportgroup.co.uk

Web: www.info@chronicpainsupportgroup.co.uk

Next meeting 16 Sept
Southgate Com Centre