



Welcome to our Winter Newsletter



News from the Committee

Christmas Gift Vouchers have been given to each member of the group. A Christmas lunch is not being organised this year however something may be arranged in the Spring. Look out for details in the Spring Newsletter in early March.

Speakers are still being sought for 2023.

Suffolk Prickles came in place of Sulsar in November due to them being involved in an exercise with Fire and Rescue to do with coastal flooding.

AGM —19th January. Election of committee members will be nominations and seconders in the room at the time. Five members are needed for this to succeed. No forms are being sent out. If you are unable to attend you need to appoint a proxy to vote on your behalf.

Subscriptions for 2023 remain the same at £15 and at each meeting attended members pay £1 on the door when they sign in. Raffle will remain at £1 a ticket and coffee at 50p. Payment of £15 due on or before 19th January by cash or cheque payable to Chronic Pain Support Group.

There will be no speaker on that day.



This year has been the first full year of group meetings since 2019 and we wanted to take this opportunity to thank you the members for investing your time, help and generosity into the group. Without you the members the group would not succeed. Coming together in 2023 we look forward to establishing new growth and look at ways as how this can be accomplished. Thank you for making CPSG the group it is today.

Dates for 2023 are enclosed and as you can see there are a couple of day changes in the coffee mornings from Monday to Tuesday, due to bank holidays in April and May. No crafty meeting in January and August. No CPSG meeting in August and December

Meeting Reminder needs to be reviewed in the way it is served upon members. We have tried different ways over the years and it is apparent these reminders do not always come to member's attention. Please give this consideration and in the January meeting you can tell us what works best for you. Email/post/oral reminder or from meeting to meeting. Handing out at coffee or crafty, as sometimes has been done, doesn't reach all members. We are always open to suggestions and at all of the meetings there are committee members in attendance, if needed.

Easyfundraising—Thank you to all 14 supporters who have raised much needed funds for the group throughout the year.

A special thank you goes to Janet O Reilly for all the help and support given to the group throughout the year especially via the above organisation.



Giving and Gifting is at the heart of the festive season. Its also time to cherish your loved ones—Tis the season to be jolly!

Until we meet again we wish you a very **Merry Christmas and a Happy New year.**



Bringing likeminded people together

Run for Patients by Patients

Speaker—Serena Simmons Massage Therapist—Thursday 20th October 2022



Massage helps to:-

1. Release endorphins
2. Reduce Stress
3. Reduce inflammation
4. Promote Quality Sleep
5. Decrease Muscle deterioration
6. Elimination of Metabolic rate
7. Reduces anxiety and so much more.....



Examples of Services: Stress Buster, Massage Therapy for Dementia, Full Body Massage, Arms, Legs, Neck & Head, Back. Foot Massage for Water Retention and Table Tai Massage

Prices: 15 mins-£7.50, 30 mins-£15, 1hour-£30, 1 hour 30 min-£45, 2 hours-£60

If you know someone who could really benefit from a session why not treat them with a gift voucher. Expiry date will be one year from date of purchase.

Contra indications have to be taken into account i.e. type 1 diabetes history of embolism, thrombosis, blood clots, heart disorders, low BP in male and female

To find a qualified therapist near you, look on the Federation of Holistic Therapists website .Find Serena on Facebook or call 07702 543745



Thursday 17th November—Paula Baker

Suffolk Prickles Hedgehog Rescue is for the benefit of the public to further conservation and preservation of the hedgehog species by providing a rescue, care, and rehabilitation service for sick, injured or orphaned hedgehogs with the aim of releasing such hedgehogs back into the wild wherever possible. They also work to advance the education of the public in the study of hedgehogs and in the care, methods of treatment, conservation and habitat of hedgehogs.

Available by phone or email for help and advice relating to sick, injured or orphaned British wild hedgehogs.

Founded in October 2010 and a registered charity which works independently from any other hedgehog rescue. Time spent helping hedgehogs has to be fitted in around employment so if you have trouble contacting it is because of being at work. The hospital is not manned 24/7 due to work commitments.

Despite being a 'part-time' rescue on average 200 hedgehogs are treated successfully per year.

On arrival the hedgehog will be assessed by a member of the team and stabilised.

Many of the hedgehogs that are brought in are dehydrated, hypothermic and extremely unwell.

There are two hogspitals: Emergency Admittance and Treatment in Stonham and the Intensive Veterinary Care Unit, which is situated closer to the veterinary practice. There is also have a Hoggie Lodge for over-wintering hedgehogs.

Work closely with vet, Penrose and Partners, to assess each hedgehogs needs and offer appropriate treatment.

Each hedgehog is provided with a medical chart on admittance and checked on regularly for the first few hours. Very sick hedgehogs are put on half hour/hourly watch and given intensive care. Many of the hogs that are brought in are malnourished. 95% of the hedgehogs already have secondary infections with lungworm, often they have other more serious underlying issues alongside the lungworm. It takes 2 hours to admit and they are monitored daily.

The aim is to re-release the hedgehogs back into the wild when they are well. Hedgehogs are loyal to their home range so where possible they are released back where they are found although not always possible due to irrevocable changes.

Telephone 07469 177090



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 18 777 4
Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting 19 Jan
Southgate Com Centre