

Welcome to our Autumn Newsletter**News from the Committee**

Autumn begins 1st September and ends on 30th November. The Autumn equinox being on the 22nd September. The summer break over we are now looking ahead to the remainder of the year and planning for the new year to come.

Upcoming Speakers

Escape Pain with Jo Beales, Jenny Gibbs regales more stories on Turkey and John Saunders talks about The Brackland. Enquiries will be made for speakers in 2025. Dates for the new year will be published in the Winter Newsletter.

Cash

Coppers and 5p pieces will only be acceptable up to the end of this year. From 1/1/2025 they will no longer be acceptable.

Outing to Kentwell Hall

See back page for details—all members were invited—did you receive yours?

Christmas

If you would like to celebrate the festive season please come forward with your ideas. Many places will already be taking bookings so early responses would be appreciated.

Behaviour

Unacceptable behaviour will not be tolerated during group meetings. Any uncalled for incidents will be promptly dealt with at the time they occur. Health & Safety is paramount to us all and we do not wish to see any members compromised during a meeting. We all need to be mindful of others and be respectful. If you know you have a problem or are aware something is amiss on group days please give consideration to your fellow members and do the right thing.

We welcomed new visitors at the last meeting and we hope, in light of the above, that they will return.

Meetings

The current format of the meetings was agreed by members. If anyone feels that this needs reviewing now is the time to say so that the committee have the opportunity to consider views put forward in time for the new year.

easyfundraising
.org.uk

A cheque in the sum of £27.92 has been received. Thank you to all the supporters who shop online and raise funds for the group via this cause.



Bringing likeminded people together

Supported by
West Suffolk 
NHS Foundation Trust

Run for Patients by Patients

Cockfield Fair—VOICE—Kentwell Hall Outing



Cockfield Summer Fair—a bright day full of activities to participate in, stalls to browse around and refreshments to indulge in. Games, entertainment, a brass band, a dog show and so much more. Something for everyone.

Funds raised: Positively Crafty = £97 CPSG = £128.48 A successful day for the group.
Thank you to all the members who helped and gave their support on the day.

VOICE members play an important role in contributing to decisions about service changes and developments, and sharing feedback from their networks about how they can improve the experience of patients and their loved ones. Members are also instrumental in connecting other minority groups and existing community associations.

Being part of **VOICE** enables groups and charities to assist with quality improvement projects and in engaging with patient and local community to determine what matters most to them. They are real assets to the organisation and offer invaluable support to drive change throughout the Trust and community. CPSG is a part of this and hope the group will benefit from it.

Respect forms are now in situ. Smoking on site is still under review. New uniforms will be introduced in the new year.



CPSG Outing to Kentwell Hall—Thursday 12th September (afternoon—time TBC) Meeting point by the yellow tent at the entrance. An invitation was sent out by email to all members by Janet, hopefully all members received theirs and read it.

A timeless Manor House set in acres of stunning, family-friendly gardens and parkland, in the beautiful Suffolk village of Long Melford. The Hall has been home to a succession of owners, with each having left their own mark. Let to a succession of tenants from 1888 to 1930, by 1970 it stood neglected and in need of much investment. It was bought by Patrick Phillips who, with his wife, Judith, embarked on a grand-scale restoration of the Hall and Gardens, while making it their family home.

Standing majestically in its own parklands, Kentwell Hall is surrounded by spectacular moat. Guests are welcome to wander through the peaceful and romantic formal and informal gardens and parklands. The Gardens at Kentwell reflect how many people may imagine an old-fashioned Country House Garden. There is a moat, a maze and a walled garden.

Tickets: **Adult: Garden £14.40 Garden & House £19.40/ Senior: House £13.90 Garden & House £18.85/ Disabled: Garden £12.50 Garden & House £17.00** (members to pay on the day)

In the Café = **Tea £2.70 Coffee £3.20 Cakes from £3.50 Afternoon Tea is not on offer.**

No motorised wheelchairs allowed in the house, they provide a wheelchair and seating around the rooms if you wish to sit and take a breather. There are two floors but no lift. Photographs are allowed in the house.

Transport is by car/car share. Address: High Street Long Melford Suffolk CO10 9BA

Please let Janet O Reilly know if you would like an afternoon out with friends and feel the experience.

Email: janetoreilly31@gmail.com please also confirm if you need a lift there and back.

A subsidy to all members going on this outing may be given. **The option to go is still open—just let us know.**



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

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Tel: 07724 18 777 4
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Web: www.chronicpainsupportgroup.co.uk

Next meeting 19 Sept
Southgate Com Centre