CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients

Issue 60 Winter 2025

Welcome to our Winter Newsletter

News from the Committee

We are now into the Winter Season whereby we expect lower temperatures, shorter days and longer nights. Snuggle up to keep warm and be safe when out and about.

Annual Subscriptions will increase in 2026 to £25. Positively Crafty, for now, remains the same at £5. This is due to the rising costs of food, the hall, speakers and insurance. Payments to be made in cash or by cheque to Chronic Pain Support Group on or before the 15th January.

AGM will take place at the January meeting. (see notice)

Newsletter—Publisher will cease to operate in 2026 therefore the quarterly newsletter will have a completely new look and will be sent out to all members by email. Members will then be able to read it on the screen without difficulty.

Dates for 2026—see back page. The only change is the coffee morning date in April due to Easter being earlier.

Group Telephone is no longer operational therefore no calls can be accepted and the number will be removed from all publicity. All contact is to be made by email.

Summer Outing will be mentioned at the meeting in January to enable members to put forward their ideas so that an outing can be arranged in time for the better weather. Janet has been and will continue to research places of interest. Without your input one may not succeed.

Speakers have now been booked from February 2026 and will be Amanda Sutherland, Linda Scoles, John Saunders, Jo Nichols and Music in our bones. These have all visited the group before and are happy to join us again. We are finding that the speakers are becoming more variable and less pain related. If you have any suggestions for speakers who cover a topic we have not heard about, please let Lorraine know.

Unsung Hero for 2025 is Joan Smith. A well deserved thank you for all that she does at the monthly meetings. Joan willingly makes the hot drinks, does the washing up, bakes cakes and contributes to the raffle. Joan has also been a speaker sharing her love of crafting and the charitable causes that she supports.

Christmas Lunch is on Thursday 18th December at The Priory Hotel. Members who have already booked must be at the hotel at 12.30pm for 1pm sit down. Following lunch a game will be played, like last year, therefore please bring your gift with you.

Easyfundraising—we did not qualify for a payout this time round. Thank you to all who support the group via this cause.

Bringing people together is what we are all about and we will strive to be able to continue to do so in 2026 whether at our meetings, via our publicity or through word of mouth. To flourish we need to grow to succeed. Thank you for all your support throughout the year.

Don't forget there is **NO** Positively Crafty in January. See you on 15th January at 2pm.

Dates for 2026

Positively Crafty	Coffee Morning	Speaker Meeting
No session in January	5 January	15 January
5th February	9 February	19 February
5th March	9 March	19 March
2nd April	7 April (Tuesday)	16 April
7 May	11 May	21 May
4 June	8 June	18 June
2 July	6 July	16 July
No session in August	10 August	No meeting in August
3 September	7 September	17 September
1 October	5 October	15 October
5 November	9 November	19 November
3 December	7 December	No meeting in December

Christmas Party Social

Thank you to all the members who attended our annual celebration of coming together and sharing.

A **social prescriber** connects people with non-medical community support to address social, emotional, and practical needs that affect their health and wellbeing. They work with individuals to create a personalized plan and then link them to services like debt counselling, social groups, and nature-based activities to improve their overall health.

Zoom and Coffee Morning by Janet O' Reilly

It is that time again, you either love or hate Christmas. Hopefully, we all have someone to share the festivities with. Saturday morning on Zoom has been going for the last four years now and helped to get us through Covid. A lot of us are now living full lives again, and not able to join in. There are a the few regulars, but the time has come to decide the future of Zoom for the group. Therefore, if any member has any suggestions about the group and its future, please leave a message on the Challenge site. Should anyone else like to join in on a Saturday, please contact Janet on janetoreilly31@gmail.com

Coffee Mornings at the Dragonfly are very successful. We have more members joining in and we are able to enjoy the Garden Room to ourselves. We can relax and not worry about anything. It is wheelchair friendly, the coffee is lovely and the staff are very friendly. Why not come and join us once a month.

Christmas is a time for coming together with loved ones, family and friends or for time out just to be. Whatever you do have a wonderful time, cherish the moments, relax and enjoy yourself.

Wishing all our members a very Merry Christmas and a Happy New Year

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

Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting 15 Jan
Southgate Com Centre