



Pain Support

There are 28,000 000 million people in the UK who live with pain.

Support groups are very beneficial where you can share personal experiences and offer one another emotional comfort and moral support. You feel less lonely, judged or isolated. You can gain a sense of empowerment and control. Talk open and honestly about your feeling and compare notes.

CPSG was a group that was set up by patients for patients. The group decided its own priorities and how best it could meet the needs of its members and it is still going strong after 16 years. Although it is a small group we offer a warm welcome, comfort and support. Friendship with likeminded people and social interaction. Where you can be accepted as you are, be listened to and made to feel part of something. We understand pain and we fight on together. It gives you the opportunity to be yourself, ignore your pain, feel your not alone and be connected to others. We welcome all abilities, all ages (18+) carers, partners and guest visitors. We smile and laugh together and support each other, together or apart. Come and see for yourself, we look forward to meeting you.

Positively Crafty in November was cancelled however crafting can be achieved at home and with Christmas coming you are spoilt for choice whether your alone or with children/grandchildren there is fun to be had. Being actively creative you can enjoy many rewards so be inspired and have a go. You'd be surprised at what you can achieve.

Dairy Dates

Positively Crafty—Thursday 4th December from 1.30pm-4pm at Southgate Community Centre

Coffee Morning— Monday 8th December from 10.30am at The Dragonfly Hotel

There is no speaker meeting in December

Zoom—Virtual Coffee Mornings Saturdays from 10am



To all our Reader's, all our Members, the Directory Team and Southgate Community Centre, we thank you all for your support throughout the year and we wish you all a very Merry Christmas.

For more details email info@chronicpainsupportgroup.co.uk
visit www.chronicpainsupportgroup.co.uk

Please Note: The phone line is no longer operative