



July, can you believe it? Up to now we have welcomed speakers that bring us joy, historical interest, movement to music, information sharing and a really good laugh. A big thank you to all who have joined us thus far.

CPSG is now in its 17 year and the format at each meeting remains the same as it was for the very first one, a speaker meeting. Voted for by members year on year. We are always on the look out for speakers. If you have a topic you would like to share please email at the address below.

Living with a long term condition can take a lot out of you and overachieving day in day out can certainly take the wind out of your sails. As you get older it can creep up on you that your strength and energy isn't what it used to be. It is hard to accept however if you have come to this point, you may have to look at other ways of doing things that do not impact on your body in quite the same way. We are all unique individuals and long term conditions can affect many areas of our lives. We have to be kind to ourselves and listen to our bodies when we need to.

Positively Crafty

Cards for all occasions. There is something about seeing a creation come to life in front of your eyes. Crafting can achieve that, no matter what you make. There is joy to be had in the making and satisfaction seeing the end result turn out as you had hoped. There may be tweaks along the way and odd moments of uncertainty but it is all worth while. Be proud of all your efforts.



Dairy Dates

Positively Crafty—Thursday 2nd July from 1.30pm-4pm—decorating bottles

Coffee Morning—Monday 6th July from 10.30am at the Dragonfly Hotel

Speaker Meeting—Thursday 16th July from 2pm-4pm

Both meetings are held at Southgate Community Centre

Zoom Virtual Coffee Morning—Saturday from 10am

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