

Welcome to our Spring Newsletter



News from the Committee

Spring, the season for celebrating new beginnings. Springs gives us hope for rejuvenation in our lives and is a time to renew excitement and zest for life that lives inside. To rejoice everything that comes alive again, the rebirth of all that lies dormant and the new life in the fields, not forgetting the reappearance of colour to brighten the landscapes, the gardens and our days.

Speakers

In January Emma Jones from WSH gave a talk on the new developments and may come back later in the year to give an update.

In February Claire Ross from the Integrated Pain Services Q&A session with members resulted in an option for further speakers to come along and give talks in other areas i.e. psychology/physio. Members need to specify what they would like included in these talks to help these speakers consider coming and to prepare for their visit. Please give this some thought.

This month we welcome a volunteer from SERV. (Service by Emergency Rider Volunteers)

March, April, May, June and September are all meetings that now have speakers secured and possibly two others could be added.

Please can all members endeavour to arrive at meetings in time for the speaker to begin their presentation promptly at 2pm and giving them full attention.

Membership

There are currently 14 fully paid up members in the group to date. If your contact details have changed in the last year please let Graham know so that he can update the membership list.

Help needed for Group Facebook Site

Shelby may be out of action for a while in the coming weeks and will be looking for a trustworthy person who knows their way around FB to help with the admin during that time. If you feel you have that know-how and can keep details secure, please get in touch. Thank you to Shelby for keeping members informed of upcoming events in the group.

Thank you to all of you who have baked or provided cakes for group meetings, all of your efforts and thought have been very much appreciated.

Cockfield Post Office donated £40 to the group for 16 puzzles—they run a scheme hiring them out for villagers to enjoy.



A cheque for £39.46 was received in February, thank you to all who use this opportunity to raise funds for the group.



Bringing likeminded people together

Run for Patients by Patients

Accounts for 2021

CPSG

INCOME

Raffle = £37.00

Easy Fundraising = £15.58

Sales = £84.00

Misc = £473.10 (Xmas meal + refreshment monies)

Total = 609.68

EXPENDITURE

Postage = £33.96

Hall Fees = £37.50

Stationary = £11.98

Misc exp = 487.66 (xmas meal/gifts/catering)

Annual Insurance = £145.20

Total = £716.30

Total Loss = £106.62



Positively Crafty

Income

Session Fees x 3 = £76.00

Total = £76

Expenditure

Insurance contribution = £72.60

Catering = £5.48

Materials = £17.21

Hall Fees = £56.25

Total = £151.54

Total Loss = £75.54



For those of you who have access to Nextdoor on-line you may be able to follow any updates on WSH as Emma Jones has put on the post below:-

I am part of the team here at West Suffolk NHS Foundation Trust. I'm excited to post and let you know that we, West Suffolk Hospital, has now joined Nextdoor. Over the coming weeks, you will be hearing from us on lots of topics including updates on our new hospital, changes to the existing hospital, general updates and much more. One thing to note; all the conversations you have with your neighbourhood conversations that appear in your main newsfeed on Nextdoor will remain only visible between you and your neighbours. As a public service on Nextdoor, we can only view and see the replies to our posts and private messages that you send directly to us. We hope that this will be a great opportunity for you to hear all about the latest news and insights from us, but also an opportunity for us to find out more from you. Thanks everyone.

CCG are seeking your experience of accessing and making appointments at your local GP surgery and would appreciate your feedback via a quick survey.

https://www.letstalksnee.co.uk/appointments-at-gp-surgeries/survey_tools/appointments-at-your-gp-surgery



Janet deserves one big thank you for providing a valuable lifeline for so many.



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 17 March
Southgate Com Centre