

Welcome to our Summer Newsletter**News from the Committee****Cockfield Summer fair**

CPSG is having a stall at this event on The Green in Cockfield on Sunday 16th July from 12 noon to 4pm. Many stalls and activities have been organised so please give this event your support, if you can. The group has participated at past events held in Cockfield and we have always been made welcome. The funds raised will be invested into the group.

New Member

A warm welcome to Carol who has recently joined us.

New Coffee Venue

Newbury Community Centre is currently being trialled as a new venue for group coffee mornings. Several members met there in May and reviews have been mixed. A second will take place in June at which members present vote to decide on which venue meets their needs best. After considering the vote and members views the committee will make the final decision. Overall though- Is it the venue and what it has to offer, the staff, the service, the coffee and the choices available, the sociability, the coming together, the atmosphere, the seating, sufficient parking and disabled toilets. Does it meet your individual needs, if not we need to know and what is it you expect from a coffee morning? Over the years the group has moved around many outlets and at present there are limited options to suit all needs required.

Positively Crafty

Attendance numbers at the sessions this year have been low and only 3 out of 4 have gone ahead with only 4-5 members present at each one. This may not be sustainable if it continues in this way. Members, please confirm whether you are able to attend or not as materials have to be prepared in advance, refreshments sought and the hall has to be informed either way. We cannot keep letting the hall down at the last minute.

Inclusion

The group is about the whole and being inclusive. No one should be made to feel left out or invisible, whether you are in group in person or not. You are all part of something and paying your subscription entitles you to be involved and have a voice.

If you feel at any time you would rather not receive notifications about CPSG whether it be for a short period or a long one, for whatever reason, please let Lorraine know.

Easyfundraising

A cheque for £29.44 was received in May and monies raised in total to date stands at £407.10. Thank you to all who support the group via this cause.

*Bringing likeminded people together*

Run for Patients by Patients

Physio with Jane Prentice and Sue Symonds on 19th May 2023

Thank you very much for inviting Sue and myself to meet and speak with the group. We enjoyed meeting you all and hope our talk was helpful.

We mentioned some resources that you may like to put in the newsletter to distribute amongst your members in case they would be interested in finding out more

Support into Exercise

One Life Suffolk Contact Number: 01473 718193 Email: info@onelifesuffolk.co.uk

Active Suffolk info@activesuffolk.org

Versus Arthritis [Exercises for healthy joints | Back, neck, knee and foot exercises \(versusarthritis.org\)](https://www.versusarthritis.org/exercises-for-healthy-joints)

Your GP practice may also be able to make an exercise on referral for you – 12/52 support into exercise with Abbeycroft Leisure Centres

Web sites

Flippin Pain [Home - Flippin' Pain \(flippingpain.co.uk\)](http://flippingpain.co.uk) Live Well with pain [Home - Live Well with Pain](https://www.livewellwithpain.com)

Versus Arthritis [Versus Arthritis | A future free from arthritis](https://www.versusarthritis.org/a-future-free-from-arthritis)

Community services – for home assessment aids and equipment—0300 123 2425

Well-being/Mental Health

Suffolk well-being [Mental Health, Wellbeing and Emotional Support \(wellbeingnands.co.uk\)](https://www.wellbeingnands.co.uk) **0300 123 1503**

Emergency - 999 Mental Health 111 option 2 Samaritans 116 123



ZOOM by Janet O Reilly

Since the pandemic started, we have used various methods, to make sure the group remained in contact with each other, ready to support each other through the difficult times. One method was Zoom, our Zoom Saturday coffee mornings, which helped to fill in the weekends with some laughter and an occasional attempt to put the world to rights. Knowing you would see each other, helped those moments when we felt alone, moments when we needed the support of each other. We occasionally have a quiz, which can be fun. We even tried Bingo a couple of times, then, last year we played a murder game, which we thoroughly enjoyed. We will play another one soon, but the difficulty lies in making a date, when everyone can join in. All suggestions are welcome, we will have a go at anything. Almost anything!

We also use Zoom, to meet up for some art on Wednesdays. These started as a “bit of fun,” but have resulted in a few very determined and capable artists. We are now able to see live demonstrations on zoom, in both watercolour and drawing.

We have continued to use Zoom, since the world has almost gone back to normal.

Some of the group are still shielding, making it a very important tool to help keep in touch with the each other, as well as finding out about meetings and any news. It is important that everyone still feels part of the Chronic Pain Support group, knowing that eventually everyone will be able to meet up again, and life will return to a new “normal”.

I like to think that Zoom has helped to make us an even tighter group of close friends. Here for each other, even now when most people are leading busy lives again, they still join in Zoom, when they can.

At this point in time, Zoom will carry on every Wednesday and Saturday, and will do so for the forthcoming months.



Thank you for
the lovely
flowers

Allow the light
to filter through

Enjoy your Summer



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 15 June

Southgate Com Centre