

Winter 2023/4



PAIN SUPPORT JERSEY

A small charity making a big difference!

Christmas Cafe

As we look forward to Spring, Christmas is starting to feel like a distant memory but who could forget our PSJ Elves! Thank you to everyone that joined our festivities, we shared tea and cake, handmade cards and crafts, homemade marmalade and chutney and lots of laughs together.



Recent Donations

Thank you to Jersey Markets for hosting our collection boxes in November.

Small pennies can make a big difference!

Thank you to everyone who donates their time, talents & money!

To donate:
Cheques to
'Pain Support
Jersey'
BACS Lloyds Bank
30-94-61
58666168

We now accept
credit / debit cards

Thank you, we
couldn't do it
without your
support!



The Chilly Dippers 'enjoyed' an invigorating Winter dip at St Brelade's Bay - in November! It's getting to the coldest time of year for sea temperatures now. If you are interested in starting sea swimming with PSJ, temperatures should start creeping up again in April.

Dates for your Diary

Tuesday 5th March, 10am – 12.30pm, PSJ Cafe at St Clement's Parish Hall

Monday 11th March, 10am – 11am, PSJ Singing Group at Chateau Vermont

Tuesday 2nd April, 10am – 12.30pm, PSJ Cafe at St Clement's Parish Hall

If you're interested in joining any of our activities & events, please get in touch. Before registering, kindly check your availability. Late withdrawals create additional administration & organisation for our volunteer Committee Members. Thank you for your cooperation.

Current Classes

Tuesday at Millbrook Park - Gentle Exercise - 10am to 10.45am & 11am to 11.45am

Friday at Millbrook Park - Gentle Exercise - 10am to 10.45am & 11am to 11.45am

Tuesday at St Clement's Parish Hall - Seated Exercise - 10am - 10.30am. Our Craft & Chat group also meets at St. Clement's Parish Hall on Tuesday from 11am to 12pm. It's relaxed & informal - artistic skills are not required! Join us to make new friends & try something new!



Meet Kate!

With the generous support of the Jersey Community Foundation with funds from WO Street, we have recruited Kate as our Charity Administrator & Development Officer. In January Kate visited JT to collect a much appreciated donation: a refurbished laptop & mobile phone. This essential equipment will enhance our charity's operations & help us support our members more effectively. A big thank you to the Jersey Community Foundation & JT Community Giving for their support, it means a lot.

In January, members enjoyed Rosy's Yoga. Sessions involve gentle exercises, stretches & relaxation that can be beneficial for pain relief.

Sing with Us!






We were delighted to see many of our Members at our first singing session in January. It truly brightened up a dull & drizzly Monday morning. Led by professional vocalist Jessica, accompanied by Paul on the piano, we sang classics 'You've Got a Friend,' 'Stand by Me,' & 'Chiquitita'!



Valentine's Cafe

We felt the PSJ love at our Cafe in February. Madeleine treated us to her delicious pancakes & we were delighted to showcase beautifully unique sea glass & watercolour pictures from Home By the Sea Arts. Thanks to our in-house florist, Marie, for her stunning arrangements!

Heartfelt thanks to all who supported charity, Causeway, by donating basic food supplies for their store cupboard. Our collection box was overflowing! Your donations will make a difference to mothers with babies or young children who may find themselves homeless. For those who missed the February Cafe, don't worry! We will be collecting non-perishable, within-date items for local food banks in March, April & May.

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