



# Pain Support Jersey

A small charity making a big difference!


SUPPORT AND GUIDE PEOPLE IN PAIN AND PROMOTE THE UNDERSTANDING OF PAIN IN OUR COMMUNITY

Across the Bay with PSJ!



Co-op number  
**340374**

Why not use PSJ's co-op number once a month? Every little helps!



## Our first 10km walk raised an amazing £6556.92

Our first ever PSJ 10km walk was held on 23rd June. The weather was glorious and a number of our members and friends walked from La Fregate to St Aubin and back. A huge thank you to everyone who supported us and helped make this a great success. We're already planning 2020's walk!



Did you see the report on PSJ on Channel TV? If not it's available on our Facebook page

"The bi-weekly Pain specialist physio led exercises are fantastic"

**1**

**TUESDAY**

Gentle exercise & meditation  
King 's Centre, Jersey Hospice  
Mont Cochon  
10.30am £3.00

**2**

**THURSDAY**

Guest speaker  
Victoria Cottage Homes  
St Saviour  
Check our website for dates

**3**

**FRIDAY**

Walking & meditation  
Coronation Park  
Millbrook  
10.30am Free!

LET'S ROOT FOR EACH-OTHER AND WATCH EACH-OTHER GROW.

## Pain Awareness Week 23rd-28th September

We hope you can join us for one or two of the events taking place.

**Monday 23rd 11—2.30** Bike ride outside Hamons and Jack Wills. We'll be handing out leaflets.

**Tuesday 24th 10 –12.30** St Paul's Centre Gentle exercise session

**Wednesday 25th 11—2.30** selling cakes between Hamons and Jack Wills.

**Thursday 26th – all morning** drop in session at St Paul's Centre

**Friday 27th 10—12** Coronation Park, Millbrook, Open session—gentle exercise

**Saturday 28th 9.30—11** St Ouen's Bay coastal clean up by Jersey Pages , funds raised will be donated to PSJ.

Check Jersey Pages Facebook page for tickets to the event

Meet at 9:30am at La Miellede Morville Carpark, Grande Route des Mielles, St Ouen

## Fundraising Heroes

Could you be a  
fund raising hero for PSJ?

Take part in an event e.g. marathon, cycle ride or even a parachute jump and donate any money you raise to PSJ

## Social Events



Afternoon tea and stroll

## Fundraising

Valentine's Day cake sale at the hospital £325.

Waitrose tokens £594

Ernst & Young Dress Down day £138.80



Rosy training for her parachute jump!

## Contact Details

[www.painsupportjersey.com](http://www.painsupportjersey.com)

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Twitter—@CharityPain

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**PAIN SUPPORT**  
JERSEY

Registered charity No: 370