



# Pain Support Jersey

A small charity making a big difference!

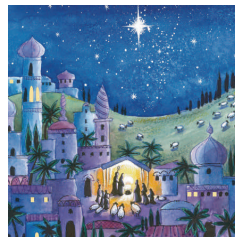
SUPPORT AND GUIDE PEOPLE IN PAIN AND PROMOTE THE UNDERSTANDING OF PAIN IN OUR COMMUNITY

## We are moving!

From January 2020 our Tuesday gentle exercise and mindfulness session will take place at St Clement's Parish Hall at 10.30am. Our sessions are becoming so popular we need a bigger room! There is plenty of parking and the bus stops right outside. We look forward to seeing you!



## PSJ Christmas Cards



Help us to raise awareness of PSJ by sending our Christmas Cards. Our logo is on the back. Pack of 10 cards **Only £3.00!** 120mm x 120mm Available at Pain Clinic/Fundraisers/ & at our Tuesday session

Co-op number **340374**

Why not use PSJ's co-op number once a month?

If you're not sending Christmas cards this year why not make a donation to PSJ instead?

Cheques to: Pain Support Jersey

Or BACS: Lloyds Bank 30-90-61 58666168

## Events for your Diary

**31st October** Halloween Fundraiser 10.30am Hospital Foyer. Can you bake cakes or help out on the day?

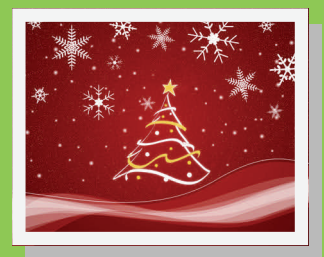


**23rd November** Association of Jersey Charities Christmas Fair St Paul's Centre. We'll have a stall. Please pop in and see us and help us raise some much needed funds.

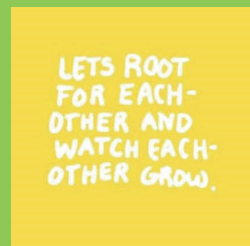
**1**  
**TUESDAY**  
Gentle exercise & meditation  
King's Centre, Jersey Hospice  
Mont Cochon  
10.30am £3.00

**2**  
**THURSDAY**  
Guest speaker  
Victoria Cottage Homes  
St Saviour  
Check our website for dates

**3**  
**FRIDAY**  
'Stepping Out'  
Coronation Park  
Millbrook  
10.30am Free!



"This is ultimately the most enjoyable, friendly and worthwhile organisation."





# Social Events



Members Christmas  
Lunch  
Tuesday 10th December  
The Moorings Gorey  
12.30pm  
Please email ASAP if you wish to  
attend.



## Pain Awareness Week

Pain Awareness Week 23-28th Sept. was a great success. Thank you to everyone who came to the various events and helped promote PSJ. Our membership has grown!

We also raised: £953.80. Well done to the cyclists who managed an amazing 105km!

Last exercise session 17th December  
**DIARY**  
Our sessions recommence 7th January



Follow us on Twitter and  
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## Contact Details

[www.painsupportjersey.com](http://www.painsupportjersey.com)  
Facebook—Pain Support Jersey Charity  
Twitter—@CharityPain  
Email— [PSJersey15@gmail.com](mailto:PSJersey15@gmail.com)  
Post—c/o The Pain Management Centre  
Overdale Hospital, Westmount Rd  
St Helier JE2 3UH  
Tel—07797 952165



**PAIN SUPPORT**  
JERSEY

Registered charity No: 370