

Spring 2020



# 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



## Our Tuesday morning session is now at St Clement's Parish hall

Our Tuesday session has been so successful that we've moved to bigger premises. We hope you're enjoying the extra space!

Welcome to all our new members!



## Events for your diary

### Across the Bay with PSJ

Sun 26th April will be our annual 10km walk. Get your friends and family to join us for an afternoon walk from West Park to St Aubin and back. 2-5pm with registration starting at 1.30pm at the first shelter on Victoria Avenue. You can either collect sponsorship or if you hate collecting sponsors pay £10 to register and walk. Tickets are available from Eventbrite. <https://www.eventbrite.com/e/96719074355>

Family ticket is £20 (2 adults and up to 3 children) dogs very welcome and there will be water for thirsty dogs & walkers at each stop! Please bring your own bottle as we try to do our bit for the environment.

1

TUESDAY

Exercise & Mindfulness

St Clement's Parish Hall

10.30am £3

2

THURSDAY

Guest Speaker

Victoria Cottage Homes

Check our website for details

3

FRIDAY

"Stepping Out" Walk

Millbrook Park

10.30am Free!

## Co-op Number

340374

Why not use PSJ's number once a month?

### Recent Donations

Simply Ballroom £166

St Columba's Church £210

Halloween Cake Sale £245

Valentine's Day Cake sale £334

Avalon Park donation £36

The Jersey Irish Society has chosen us to be their charity of the year in 2020

### To donate:

Cheques to Pain Support Jersey

BACS Lloyds Bank 30-94-61 58666168

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

## Christmas Lunch

We enjoyed a super Christmas lunch at the Moorings Hotel. Thanks to Jennie for organising it. If you weren't able to make it this time we hope you'll join us next Christmas. Our social events are a great way to make new friends.



## Au Revoir!

We're sorry to announce the resignation of both Angela, our administrator and Laura our fundraiser. We thank them for all they have done for the charity and wish them well. Going forward the charity will be run by volunteers from the committee.

Every charity needs to fundraise in order to survive. For the past three years PSJ has received a grant from the Association of Jersey Charities but that has now come to an end. In order to keep the charity going we'll need to raise more funds ourselves. Please support our efforts

If you shop online why not download the Easyfundraising app. It raises money for us and doesn't cost you a penny extra!

## Valentine's Day Cake & Craft Sale

Thank you to everyone who baked and helped out on the day. We sold lots of cakes and craft items and handed out leaflets. Our left over cakes were delivered to A&E to be enjoyed by all the hard working doctors and nurses!



Thank you to all our star bakers!

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## CONTACT DETAILS

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**PAIN SUPPORT**  
JERSEY