



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're Back!

The last few months have been challenging for everyone. Many of our members have been shielding and like all charities we've had to cancel all our planned events and seen a serious drop in income. Now we're back! We've restarted our exercise classes in Millbrook Park so we can comply with social distancing guidelines and we've laid on extra classes so that everyone can attend if they want to. Classes are on Tuesdays & Fridays 10-10.45 and 11-11.45am. You can attend two sessions. It's been lovely to see so many familiar faces. If you haven't been yet what's stopping you?

We meet by the bandstand whatever the weather!



September is Pain Awareness Month

Help us to spread the word!



In the spring we made 200 face masks and raised £400 for PSJ. Thank you to Rachel's Textiles in Colomberie for donating the elastic.

Co-op Number

340374

Why not use PSJ's number once a month?

Recent Donations

The Jersey Irish Society
£1300!

Selling face masks
£400

To donate:

Cheques to
Pain Support Jersey

BACS Lloyds Bank
30-94-61 58666168

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

FACT
50 million people suffer from chronic pain - you're not alone!

1

TUESDAY

Millbrook Park

10-10.45 & 11-11.45

2

FRIDAY

Millbrook Park

10-10.45 & 11-11.45

OUR INDOOR CLASSES, TALKS AND SOCIAL EVENTS ARE CURRENTLY SUSPENDED DUE TO CORONAVIRUS



The Jersey Irish Society chose PSJ to be their 'Charity of the Year'. They have very generously donated £1300 to the charity; £800 from their St Patrick's Day dinner raffle and as their other fundraising events had been cancelled they very kindly donated an additional £500.

A huge thank you to them for their support!



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

You shop
Retailers Donate to
Pain Support Jersey
For Free!

Support this cause



EASYFUNDRAISING.ORG.UK

Pain Support Jersey Fundraising Ideas | easyfundraising.org.uk
Help Pain Support Jersey raise money by using easyfundraising.org.uk every t...



Christmas? It's only September!

Our Christmas Cards have arrived! A pack of 10 cards costs just £3.00 and all profits go to the charity. They also have our logo so it's a great way to spread the word about PSJ. They're available at the Pain Clinic and at our exercise sessions.

CONTACT DETAILS

www.painsupportjersey.com

Facebook - Pain Support Jersey Charity

Twitter - @CharityPain

Email - PSJersey15@gmail.com

Post - c/o The Pain Management Centre, Overdale Hospital, Westmount Road, St Helier JE2 3UH

Tel - 07797 952165



PAIN SUPPORT
JERSEY