

Spring 2021



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

At last!



The past year has been difficult for so many people and we all yearn for a return to normality. Covid restrictions have meant that we had to curtail most of our planned activities but at least we managed to offer exercise sessions in the park although they were limited to 8 members. We managed to lay on six sessions a week but we still had a waiting list. We're sorry if you weren't able to get a place or a time slot that suited you. At long last the restrictions have been relaxed and from the 16th April we can now open the classes to bigger groups again, we look forward to welcoming you back and of course we will still be keeping our distance whilst we exercise. Sessions will be Tuesday & Friday 10-10.45 and 11-11.45

Charity Hero - Arisha Lebouc

When Arisha developed a chronic pain condition PSJ helped and now Arisha is returning the favour by shaving off all her lovely long hair and dyeing it leopard print! WOW, what an amazing gesture!

Arisha hopes to raise £500 for PSJ. Please help her reach her target by donating a few pounds. Go to Arisha's JustGiving page. Alternatively you can hand in a cheque or cash in an envelope at Millbrook park (please mark the envelope with Arisha's name.)



<https://www.justgiving.com/crowdfunding/arisha-lebouc-2>

TUESDAY

Millbrook Park

10-10.45 & 11-11.45

FRIDAY

Millbrook Park

10-10.45 & 11-11.45

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

Co-op Number

340374

Why not use PSJ's
number once a month?

Recent Donations

Stickleback
Technologies £200
PSJ was nominated by
John Dimond who
works at Stickleback.
Thank you John!

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!

HOPE
hold on, pain ends.

Dates for your Diary



Wed 23rd June PSJ AGM- more info nearer the time. We hope that as many of you as possible will be able to attend. It's your opportunity to meet the Chairman and committee members who run the charity and ask questions.

Sat 19th June TMF Island Walk - PSJ is one of the charities that TMF have chosen to support this year. In return we have volunteered to run one of the checkpoints. We need volunteers to help man the checkpoints for an hour or two - please contact us if you can help on the day.

(Events may be cancelled or changed if the Covid restrictions change)

Diet & Nutrition Advice



A nutritionist has volunteered to give members free nutrition advice.

If you're interested email us and we will pass on your details.

Member Survey

We hope that Covid restrictions will continue to be relaxed and that we can soon offer some social events and return to our indoor sessions at St Clements parish hall. We know that the park sessions have been very popular but it would be useful to know what members want from PSJ. In order to help us plan for the future we have created a short online survey which takes 2 minutes to complete.

<https://www.surveymonkey.com/r/G68TC5W>

Thank you for taking the time to complete the survey!

Reminder: Annual membership fees are now overdue. If you paid last year we have carried that over to 2021.

Fees are £25 and can be paid by cheque or BACS (see front of newsletter for details)



Wanted!

Bonne Maman jam jars for future fundraiser



Books!

We need more books to sell - please hand them in at Millbrook Park or phone Jennie

07797 952165 to arrange collection

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