



# 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

## Latest News!

At long last we're back at St Clement's Parish Hall, we're also starting to do all the things we planned during lockdown. The coming months are definitely going to be busy!



### The Chilly Dippers



Our new sea swimming group met for the first time at Ouaisne - what a great turn out (there were more standing behind the photographer!) Cold water immersion really helps with chronic pain and Dr Julia Morris from the Pain Management Centre is running the new group. You don't need to swim, just get in the water to feel the benefits.

#### Recent Donations

TMF Island Walk

AJC 50@50

Butlin Trust £500

Market Fountain

We now accept credit/debit cards at indoor events!

Thank you to everyone who donates their time, talents and money!

To donate:

Cheques to Pain Support Jersey

BACS Lloyds Bank  
30-94-61 58666168

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

Reminder

RED WEATHER WARNING - our park sessions are automatically cancelled



## Annual General Meeting & Buffet Reception

St Clement's Parish Hall Thursday 25th Nov 5.45pm

Last year we were unable to hold an AGM due to Covid and it is essential that we hold one this year to approve our Accounts and update our Constitution. Our membership has more than doubled in the past year and we need a third of members to turn up or return their voting paper in order to be quorate. PLEASE make the effort to attend or vote by post. If we are not quorate we have to go through the whole process again!

We're laying on a buffet reception so please **RSVP** to let us know if you are going to attend so we can organise the catering. Thank you!



TUESDAY

Millbrook Park

10-10.45 & 11-11.45

Gentle Exercise

St Clement's Parish Hall

10-10.30am

Seated Exercise

FRIDAY

Millbrook Park

10-10.45 & 11-11.45

Gentle Exercise

THURSDAY

Chilly Dippers

Sea Swimming Group check email/Facebook for details of time and location which will vary depending on tides and prevailing wind

I don't want my pain and struggle to make me a victim. I want my battle to make me someone else's hero.

# Dates for your Diary



## PSJ Christmas Lunch

**The Ambassadeur Hotel, St Clement. Wednesday 15th December 12.30 - 3.00pm**

Cost is £20. Due to our increased member numbers please let us know ASAP if you are coming.

A £10 deposit is required.

## PSJ Cafe



We held our very first PSJ Cafe on 5th October, it was great! We'll hold the cafe on the first Tuesday of the month at St Clement's Parish Hall 10-12.30pm. The next one is on **Tuesday 2nd Nov and again on Tues 7th Dec**. Our recent survey showed that members wanted an opportunity to chat over a cuppa, we listened and created PSJ Cafe. We hope you'll come along and support our new initiative. We'll also be selling our Christmas cards, marmalade and various craft items.

## New Seated Exercise Class

**St Clement's Parish Hall 10-10.30am every Tuesday** (except the first Tuesday of the month) until 14th Dec. This session is designed for those members who have limited mobility or who have not exercised for a long time and want to start slowly. Cost £3.

## Mindfulness & Educational Talks

We hope to resume our educational talks and run a mindfulness course in the new year. If you've never been on a mindfulness course this is a fantastic opportunity to find out how it can really help with chronic pain.



Our summer walks were very popular! As was the cake afterwards!

## Christmas Cards

10 cards only £3.00

Sending PSJ cards helps us raise much needed funds and also raises awareness of the charity in the community. If you would like us to bring them to Millbrook Park for you send us an email. We can also take orders for marmalade and bring that to the park as well.

Looking for Christmas Gifts? Why not check out

**[www.madeinjersey.je](http://www.madeinjersey.je)** we now sell our craft items online



[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 Road, St Helier JE2 3UH

Tel - 07797 952165



**PAIN SUPPORT**  
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