



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!

What a year! Almost everything has been postponed due to Covid but the committee has worked throughout using Zoom and we have been busy! Here's a sneak preview of our plans for the future. We will be linking up with the Pain Management Centre's occupational therapy department and offering our members a chance to try horticulture, art and craft sessions. We plan to run our own Mindfulness courses for members and open them up to the public. We hope that once the parish halls re-open that we can begin our seated exercise sessions for those who find the park sessions too strenuous and we plan to hold a monthly coffee morning to give members a chance to meet one another.

Charity Hero - Arisha Lebouc



Arisha Lebouc had her hair shaved and dyed in a leopard print style by hairdresser Denise Staudt to raise funds for Pain Support Jersey. Photo by Denise Staudt

Arisha raises £500 with leopard restyle

AN Islander has had her hair shaved and dyed in a leopard print style to raise money for a local charity. Arisha Lebouc (25), who has suffered from both rheumatoid arthritis and fibromyalgia for the past six years, raised almost £500 for Pain Support Jersey, which aims to improve the quality of life for people suffering from persistent pain.

"I wanted to do something for Pain Support Jersey as they have done so much for me. They have continued to support me mentally and physically and were an a huge help with others who are also in pain," she said.

The haircut was carried out by hairdresser Denise Staudt, who recently opened her salon, "Staudt the Phoenix", near Douglas Beach School.

Ms Staudt is no stranger to charitable endeavours, having been hailed by the community as a "lockdown hero" for his volunteer work with the Salvation Army during the pandemic.

He said: "I've always been quite active with charity work so I just wanted to keep it going, and I knew Arisha wanted to show her hair."

Our Online Shop - 'Made in Jersey'

We've opened our own online shop on 'Made In Jersey'. We sell items made or donated by our members and friends of PSJ. We have some very talented members! If you're looking for a gift check what we have available.

<https://madeinjersey.je>

Scroll down the list of makers until you see Pain Support Jersey

Pain Awareness Month is September and despite Covid we'll do our best to run a pain awareness campaign on social media, please follow us and share our posts.

Recent Donations

Alex Vautier raised £50 by making and selling fairy ornaments

Helen Taylor donated a beautiful art work to be sold in our online shop

Linda Gunner has produced some wonderful art work for our online site

Our 2nd hand book stall at the Pain Clinic has made £37

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!

September is Pain Awareness Month



TUESDAY

Millbrook Park

10-10.45 & 11-11.45

FRIDAY

Millbrook Park

10-10.45 & 11-11.45

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

Dates for your Diary



We will have our collecting tins and signs around the market fountain from 16th August until the end of the month. We hope to raise awareness about PSJ so we can help even more people and of course any spare change gratefully received!



A huge thank you to everyone who bought our marmalade and chutney (available at most of our exercise sessions in the park).

The orange and Aperol marmalade has been particularly popular!

We desperately need more Bonne Maman jam jars or similar sized jars. Please return your empties. If you have lots of jars email us and we'll arrange to pick them up. Thank you!



Some photos of our recent walks. Why not join us on our next one, it's a great way to meet new people! Our walks usually involve cake and coffee!!

www.painsupportjersey.com

Facebook - Pain Support Jersey Charity

Twitter - @CharityPain

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JERSEY