



# 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!

Happy New Year! We had lots of plans but sadly Covid has delayed the start of our programme of events for 2022. Hopefully we can get back into St Clement's Parish Hall soon and restart our very popular seated exercise class, PSJ Cafe and Tai Chi.



### The Chilly



### Dippers

The Chilly Dippers are having a well earned break over the cold winter months and will be back at Easter 2022. If you want to receive emails about swimming please let us know so we can add you to the mailing list and keep you up to date.

### Thank you

Thank you to everyone who made a donation to Mike & Orla's Christmas present. We bought them gift vouchers.

Well done to Mike & the Chilly Dippers for their great Christmas outfits!



We had a lovely Christmas lunch at the Ambassadeur Hotel. It was great to see so many of our members enjoying themselves.

### Recent Donations

**Simply Ballroom Jersey £157**

**Isabelle Le Breton £100**

**Helen Lyttle - painting for our online store**

**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**

**We now accept credit/debit cards**

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

**RED WEATHER WARNING - our park sessions are automatically cancelled**

**Follow us on Facebook for the latest news**

## Current Classes

Tuesday Millbrook Park - Gentle Exercise - 10-10.45 & 11-11.45

Friday Millbrook Park - Gentle Exercise - 10-10.45 & 11-11.45

## Postponed Classes

Tuesday St Clement's Parish hall - Seated Exercise & Tai Chi course

Somewhere there is a past you overflowing with pride looking at how far you've come and the challenges you've overcome.



## PSJ Cafe

Our new initiative PSJ Cafe has proved to be a great success. We hope to get things going again in March. If you haven't been before why not pop in for a cuppa and a chat?

A huge thank you to our 'Star Baker' Marion for all her wonderful cakes, to our 'Star Crafter' Linda for her amazing Christmas gifts, and of course our brilliant team of volunteers who make the day happen.



## Fun & Social Events

There's a lot to do to keep a charity running and Sandra, Jennie & Gill would love a few people to help with organising the fun & social events that PSJ holds so we can concentrate on the governance & administration. If you have an hour or two to spare each month why not get in touch?

## Vocational Activities

We now offer vocational activities. Our first Horticulture Group met last autumn and we plan another session this spring. We have two Tai Chi courses organised and we are currently planning an art course and petanque group. We are also planning an 8 week Mindfulness course. Spaces are strictly limited so please book your place as soon as we advertise the courses to avoid disappointment.



## Welcome Aboard

We're delighted to welcome Sue Le Marchand to PSJ's committee. You'll be seeing a lot more of her in the coming months!



## Jam Jars wanted for our marmalade & chutney

Hand them in at the park or if you have loads we can arrange to collect.

[www.painsupportjersey.com](http://www.painsupportjersey.com)

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Twitter - @CharityPain

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**PAIN SUPPORT**  
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