

Spring 2022



# Pain Support Jersey

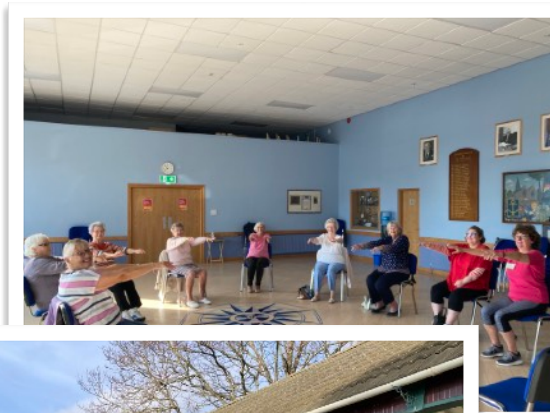
*A small charity making a big difference!*

SUPPORT AND GUIDE PEOPLE IN PAIN AND PROMOTE THE UNDERSTANDING OF PAIN IN OUR COMMUNITY

## Latest News!

Happy Easter everyone! The past few months have just flown by. We had to postpone a few events due to Covid but we're delighted that the seated exercise class at St Clement's parish hall is now up and running. If you find the park sessions too strenuous why not join us at St Clement's parish hall on a Tuesday 10-10.30am for a gentler exercise session?

Our park sessions are very popular with almost 30 attending some sessions. They've even installed a new defibrillator at the bandstand. (Did you spot our April Fool on Facebook? We promise not to test the defibrillator on our members!!)



## Vocational Activities

We've now run 2 Tai Chi courses, 4 Horticulture Hobby groups and 2 beginner's IT Courses. They have been incredibly popular. We're currently organising a 6 week mixed media art course to take place 10th May-21st June. The course costs £60 and includes all your materials. We also plan to hold a Petanque course during the summer and an 8 week Breathworks Mindfulness course in the autumn. If you are interested in taking part in any of these courses please let us know ASAP as numbers are limited.



## Current Exercise Classes

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

Tuesday St Clement's Parish Hall - Seated Exercise Class - 10-10.30am

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

### Recent Donations

David Lucken £100

**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**

**Reminder - time to renew your membership - £25 p/a you can pay by BACS cheque or cash.**



## Dates for your Diary

Tues 3rd May - Liberation Day PSJ Cafe - we'll be serving Collette Labey's Jersey Wonders. Last PSJ cafe until Oct.

Thurs 16th June - Members lunch at the Tipsy Toad, St Peter 12.30pm.

Thurs 23rd June - 'Recovery Road' Walk at Gorey Common 10.30am followed by Ice Cream.

Thurs 21st July - Morning stroll at St Catherine's Breakwater with coffee & cake 10.30am .

Mon 15th August - Stroll round the gardens & afternoon tea at Samares Manor. TBC

Sat 3rd September - Flag Day at the Co-op Grande Marche - Volunteers needed

Mon 19th September - Stroll round St Martin's Green with coffee & cake 10.30am.

Tues 4th October - PSJ Cafe is back at St Clement's Parish Hall 10-12.30am



Our amazing PSJ Cafe volunteers

## 12 Parish Boundary Challenge

We are one of the 12 charities supported by the Parish Boundary Challenge created by Phoenix-A1. PSJ is linked with the

'Grouville Grind'

We'll be sending out more information about the challenge but we'd love as many of you (and your friends/family/colleagues) as possible to join in and help us to raise some funds whilst enjoying a challenge and seeing our lovely island.

[www.phoenix-a1.org](http://www.phoenix-a1.org)



Liam enjoying a well earned break at our Horticulture Hobby Group

**Chilly Dippers Swimming Group** will be restarting soon and we will email everyone once we have finalised time & location.



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

Facebook - Pain Support Jersey Charity

Twitter - @CharityPain

Email - [PSJersey15@gmail.com](mailto:PSJersey15@gmail.com)

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**PAIN SUPPORT**  
JERSEY