

THE HISTORY OF THE CHARITY

The charity started under name of 'Smile' in 2009/2010, independent of Smile UK, and were originally based at Fort Regent. We were renamed 'Pain Support Jersey' in 2012, working from the Jersey Employment Trust offices at Highlands College. In 2013 we started to offer exercise sessions to our members based at the King Centre, Clarkson House.

Due to increased member numbers we moved to larger premises at St Clement's Parish Hall in January 2020, just before everything was halted due to the Covid-19 pandemic in March 2020. Following the relaxation of Covid restrictions in June 2020 we were able to return to outdoor exercise sessions in Millbrook Park. Since then we have trebled our member numbers and continue to grow.

Like all charities, the Covid pandemic had a massive impact on our financial situation, with all fundraising opportunities taken away from us for over a year our annual income dropped from £17,810 in 2019 to just £5,625 in 2020. Fortunately the charity is run entirely by volunteers and has been able to survive and thrive.

Pain Support Jersey now offers several exercise sessions a week, a sea swimming group, hydrotherapy, educational talks, a programme of vocational activities and social events throughout the year all of which are designed to help those who suffer with chronic pain.