



# 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!

Spring has flown by and it's now midsummer and we are enjoying our programme of summer social events. If you haven't attended any of our events before why not come along to the next one? You'll meet people who understand how you feel and make some new friends! Check the diary on the back page.



Our summer lunch at the Tipsy was very popular!



Our **art course** was very successful and some lovely pieces were produced.

Petanque is running until September 5th

A small group enjoyed our June stroll at Gorey Common, hopefully even more of you will be at our July walk at St Catherine's breakwater.



## 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

Thursday St Brelade's Bay - Chilly Dippers 10.45

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

### Recent Donations

John Etienne £100

Trinity Parish £250

Waitrose £500

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 outdoor sessions are automatically cancelled

Follow us on Facebook for the latest news



A huge thank you to **John Etienne** who donated all the money from his swingboats at Trinity's Jubilee celebrations and asked Trinity Parish to donate his fee to PSJ as well. He raised a whopping £350 - well done John our new charity hero!



The **Chilly Dippers** sea swimming group are back at St Brelade's Bay. Meet in front of the Midbay cafe 10.45 for 11am each Thursday. It's a great chance to have a dip and feel how cold water immersion can help with chronic pain.



Thank you to Liam for running another three **Horticulture Hobby** groups, they are so popular with our members. The next courses are full but I can put your name down for any that run after October. The garden is wheelchair accessible.



We're hoping to run a **Breathworks Mindfulness** course and a **Beginner's Computer course** in the autumn.

We hope you like the tulips on our new **leaflets** - why not pass one onto a friend who could benefit from what we offer?



## Help Needed!

Can you help with: A bit of admin? Organising a social event? Welcoming new members to our exercise sessions? Joining PSJ's committee?

The charity is small but growing and we need a bit of help to keep delivering such a great programme of events.

## Dates for your Diary

Thurs 21st July - Stroll & ice cream St Catherine's Breakwater 10.30

Mon 15th August - Zoo visit TBC

Sat 3rd September - Co-op flag day - volunteers needed

Mon 19th September - Stroll & cake St Martin's green 10.30



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

Facebook - Pain Support Jersey Charity

Twitter - @CharityPain

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**PAIN SUPPORT**  
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