



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!



Thank you

A huge thank you to JT for donating a laptop to PSJ so we can keep in touch with our members and use it for all the admin work. Running a charity involves a lot of paperwork and we're all very grateful to the volunteers who do a brilliant admin job behind the scenes. The charity couldn't continue without you!



Educational Talks

At last we've been able to resume our programme of educational talks. Dr Alessio Agostinis gave a fascinating talk about ACES (Adverse Childhood Experiences) and how that can cause a range of problems. Marilee Picot from First Response gave a talk about First Aid in the Home and Darren O'Sullivan gave a talk about Pain Medication. The talks are excellent and we'd love to see more of you attend.



Yoga

We held our first gentle yoga course run by Rosy, which was very popular. We'll be running another course in the autumn.

Recent Donations

Spring lunch raffle & marmalade sales £97

Second hand books £60

Laptop from Jersey Telecom

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!

In the event of a RED WEATHER WARNING - our outdoor sessions are automatically cancelled

Follow us on Facebook for the latest news

Current Classes

Tuesday Millbrook Park - Gentle Exercise - 10.00 - 10.45 & 11.00 - 11.45

Friday Millbrook Park - Gentle Exercise - 10.00 - 10.45 & 11.00 - 11.45

Tuesday St Clement's Parish hall - Seated Exercise 10.00 - 10.30

Thursday St Brelade's Bay - Chilly Dippers 10.30



Dates for your Diary

Wed 19th July - Summer Picnic 12.30-3pm ATC HQ Mont a la Brune, St Brelade.

Sat 9th Sept - Co-op Grande Marche - PSJ Pain Awareness Day - pop in and see us!

Tues 12th Sept - AGM and buffet at St Clement's parish hall 5.30-7.30pm

Tues 3rd Oct - PSJ Cafe at St Clement's parish hall. 10-12.30



Our Spring lunch at Highlands College



Barney

Coronation Cafe

Thank you to the 'team' for decorating the hall and running a great Coronation Cafe. It was a super morning!

The charity Enable Jersey was there to answer any questions about disability and how they can help.



Liam



Our activities programme for 2023 is underway. All courses are FREE this year. Pictures from the Cookery course and Horticulture course. Thank you to the lovely Liam for running the courses. Our members really enjoy them.

www.painsupportjersey.com

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