



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!



New Patron

We're delighted to announce that Pain Support Jersey now has its first Patron, Dr Karen Kyd the wife of the Lieutenant Governor, His Excellency Vice Admiral Jeremy Kyd CBE. Dr Kyd is a GP and understands the challenges of living with chronic pain.

We look forward to welcoming Dr Kyd to some of our future events.

Recent Donations

**David Lucken donation
£130**

**Dorothy Whitney
Elmhirst Trust £2000**

**£210 donation in
memory of Ann Huchet**

**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**



Your voice is really important - there are some amazing charities in Jersey doing fantastic work and it's easy for small charities like PSJ to get overlooked. Please use your 'voice' to spread the word about what we do and how we can help. Share our Facebook posts with your friends, stick a leaflet on your work noticeboard. Shout out for PSJ!



Thank you to St Clement's Community Market for choosing PSJ as their charity of the month. We set up our table and spent the morning explaining how we can help those with chronic pain. The market donated £150 to us.



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

Tues 4th Apr - PSJ Cafe 10.00 - 12.30 St Clements parish hall

Fri 7th Apr - Good Friday - no exercise sessions

Tues 25th Apr - Dr Alessio Agostinis (clinical psychologist) talk at St Clement's parish hall on Adverse Childhood Experiences 11.15 - 12.15

Wed 26th Apr - Members' lunch at Highlands College Restaurant 11.45 - 2.30

Tues 2nd May - PSJ Cafe 10.00 - 12.30 St Clement's parish hall

Mon 15th May - First Aid in the Home - talk by First Response Jersey 10.15 - 12.15 at St Clement's parish hall



Christmas lunch

Our social events are always great fun why not join us at the next one?



Our activities programme for 2023 is underway. All courses are FREE this year.



Christmas PSJ Cafe - what a lovely festive morning!



SOMETIMES I JUST WANT SOMEONE TO HUG ME AND SAY, "I KNOW IT'S HARD. YOU'RE GOING TO BE OKAY. HERE'S A COFFEE AND 8 MILLION DOLLARS."



PSJ Cafe

Sadly we haven't got eight million dollars but we do have coffee and the cafe is a great way to meet other people who understand how you feel.

www.painsupportjersey.com

Facebook - Pain Support Jersey Charity

Twitter - @CharityPain

Email - PSJersey15@gmail.com

Post - c/o The Pain Management Centre, Overdale Hospital, Westmount Road, St Helier JE2 3UH

Tel - 07797 952165



PAIN SUPPORT
JERSEY