



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!



We're delighted to announce our 200th member! Welcome aboard Jacqui! We're also delighted that Heidi Crossley has joined the charity's committee. Thanks to Trish and Gill who have stepped down from the committee after three years. PSJ is entirely run by volunteers if you can help in any way: bake cakes and help at our PSJ Cafe, help with some of the admin, meet and greet people at the park, help organise a one off event....please speak to one of the committee, the more the merrier!

Thank you

Thank you to the St Lawrence Ladies Action Group (SLLAG) who walked the Grouville leg of the 12 Parish Boundary Challenge in aid of PSJ - well done ladies!



Thank you to Kerry for organising PSJ's Tennerfest lunch, it was a great day out and everybody really enjoyed themselves. If you haven't been to any of our social events before why not come to the next one? You'll meet some new people and make some new friends.

Current Classes

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

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

Tuesday St Clement's Parish hall - Seated Exercise 10-10.30

Recent Donations

**Jersey Round Table
£250**

**Chantal Halford
£120**

**Anne Pastorini money
for sugar for
marmalade making**

**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**

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for the latest news**

Somewhere there is a past you overflowing with pride looking at how far you've come and the challenges you've overcome.



Dates for your Diary

Tues 6th Dec PSJ cafe - 10 -12.30 St Clements Parish hall

Tues 13th Dec last seated exercise class of 2022 10 -10.30

Wed 14th Dec - PSJ Christmas Lunch - 12.30 Ambassadeur Hotel, St Clement

Fri 16th Dec last park exercise session of 2022 - Christmas hats on!!

Tues 10th Jan 2023 seated and park sessions resume



Every Penny Counts!

The committee have decided that next year we are going to reduce the cost of membership from £25-£20 for a year and all exercise and vocational courses will be free for members. We don't want money worries to prevent anyone benefitting from what we offer.

Thank you to everyone who donated ingredients and jam jars for our chutney and marmalade. We made over 250 jars this year!

We'll have PSJ's Christmas cards available at the December PSJ Cafe - sending our cards helps raise much needed funds and raises awareness of the charity. If you prefer to make a donation to charity instead of sending cards, please think about us!



Summer picnic at the zoo



Finally we must say a huge thank you to Mike & Orla for their park sessions, Jodi for hydrotherapy, Julia for the Chilly Dippers, Liam for the vocational activities programme and Jennie for the seated exercise class. We couldn't do it without them!



www.painsupportjersey.com

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