

Autumn 2023



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

PSJ Singing Group?

Singing can help with pain relief! If you are interested in joining a new singing group (experience not necessary) please contact PSJ to register your interest.



Seated Exercise

A gentler exercise session for those with reduced mobility.

Tues 10-10.30am St Clement's Parish Hall

Our Patron's Visit

Dr Karen Kyd, the wife of the Governor of Jersey and our new Patron joined us in Millbrook Park in September to see what we do and meet some of our members. The visit was followed by a small reception afterwards.



Recent Donations

John Etienne £250

PSJ Aprons - anonymous donation

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

Tues 7th Nov - PSJ Cafe 10-12.30 St Clement's Parish Hall

Mon 13th Nov - Talk about Pelvic Pain 10.30am St Clement's Parish Hall (men welcome!)

Tues 28th Nov - Last seated exercise session - restart 16th Jan 2024

Tues 5th Dec - PSJ cafe 10-12.30 St Clement's Parish Hall

Mon 11th Dec - Christmas Lunch - Ambassadeur Hotel 12.30

Thurs 14th Dec - Last Chilly Dippers - restart 11th Jan 2024

Fri 15th Dec - Last Park session - restart 9th Jan 2024

No PSJ Cafe in January



Some photos from our summer picnic and our Tennerfest lunch. It's lovely to see so many of our members getting together and having fun!

Craft Group

We have an informal craft group who meet up on a Tues 11am at St Clement's Parish Hall for a bit of crafting and chatter, why not come along and join in? It's free for members and a lovely way to make some new friends. No experience needed!

www.painsupportjersey.com

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Twitter - @CharityPain

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