



Summer 2025 Newsletter

Hello from PSJ

It's been a busy few months with some lovely events and lots of new members. Our regular sessions are running through the Summer, and we're getting everything in place for Pain Awareness Month in September, and our Annual General Meeting will take place on Thursday 4th September at 5.30pm at St Clement's Parish Hall.

PSJ Café – Liberation Day Celebrations

Tuesday 13th May was our last PSJ Café before the summer break. We celebrated with a relaxed café atmosphere – cuppas, cake and great company.

It was our last chance to grab Gill's award-winning marmalade, so we all stocked up!

The PSJ Café is taking a break for the Summer and will be back on Tues 7th October. In the meantime, the aprons have been washed, dried in the sunshine, and packed away ready for autumn.

PSJ Singing Group – Singing Together, Every Third Thursday

Our Singing Group takes place every third Thursday of the month, 2–3pm at St Matthew's Church Hall (next to Coronation Park).

These relaxed, feel-good sessions are about lifting spirits, having a laugh and enjoying the moment. No singing experience needed.

One of our members said:

"Jacky was so motivating and encouraging and SUCH fun! The hour went so very quickly! I think a brilliant time was had by all!"

Please bring a drink – and if you've been before, don't forget your lyrics. Jacky and Heidi are looking forward to seeing you soon.

Foot Health Talk with Sharon Hayes

A big thank you to Sharon Hayes, Podiatrist at Health & Care Jersey, for such a brilliant foot health talk at the end of June.

Foot pain is really common for many of our members and can make even simple things difficult – from walking the dog to getting out of bed.

Sharon covered general foot pain, footwear tips and foot care basics, followed by time for questions. She explained everything clearly and shared loads of practical tips people can actually try.

We had 70 people there – a great turnout on such a hot day – and it shows how much interest there is in this topic.

It means a lot to be working with Government of Jersey colleagues to help get the right support and information out into the community. This was a really good example of that.

Sea Swimming & Living Well with Pain

At the end of May, over 60 people joined us to talk about sea swimming and living well with pain – and more than 40 of us took a chilly dip!

It was a relaxed and uplifting morning, full of conversation and connection. The PSJ Chilly Dippers have been braving the sea all through the Winter, and this event gave lots of others the chance to give it a go in warmer weather.

Dr Julia Morris brought together science and lived experience, helping us understand what happens in the body and brain during cold water immersion, and why it can help with pain.

Sally Minty-Gravett MBE shared her story with honesty and humour, showing how swimming continues to support her wellbeing.

We were also joined by our Patron, Dr Karen Kyd. As a GP, she really understands how pain affects people – and that came across so clearly.

Thanks to Dr Chad Taylor for opening the morning and reminding us how medical care and community support can work side by side.

And a big thank you to St Brelade's Church Hall for hosting us, and to Martin Aubert for capturing it all so beautifully in his photos.



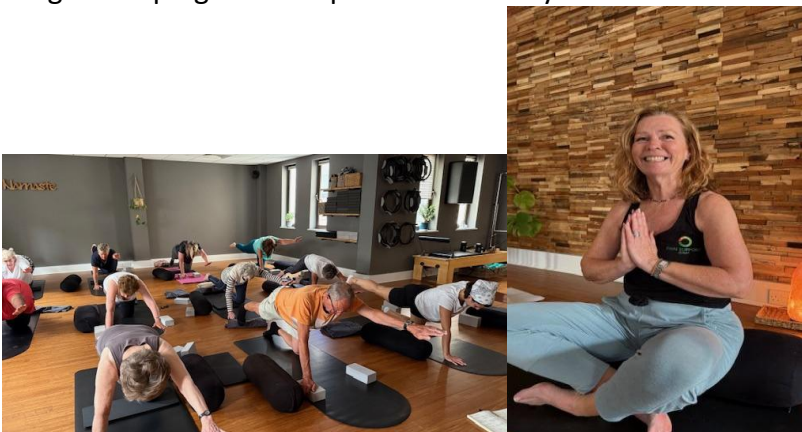
Weekly Yoga – Thanks to Connect Me Jersey

Thanks to funding from the Connect Me Jersey: Connecting Our Communities Grant Scheme, we're running weekly accessible yoga sessions for people living with persistent pain.

Led by Rosy O'Doherty – a yoga teacher and occupational therapist with years of experience in pain and mental health – the sessions are calm, supportive and adaptable. Everyone works at their own pace using props, blocks, bolsters and blankets.

Here's what some of our members have said:

"Yoga is helping me with pain and mobility."



New - Weekly Seated Yoga

Following two recent trial sessions, look out for further information coming soon!

Crafternoon Tea at Samarès Manor

What a lovely afternoon we had at our first ever Crafternoon Tea at the end of June. The sun came out, the garden looked beautiful and we were surrounded by good company, handmade crafts – and a lot of cake! Inspired by, and celebrating our Craft & Chat group, the event brought together members and supporters for a relaxed and welcoming afternoon.

There was tea, coffee, bubbles and a delicious buffet of sandwiches, scones and cakes, all served in the gorgeous garden setting. Every guest had a craft kit to have a go at something creative.

A big, heartfelt thank you to:

- The Botanic Gardens at Samarès Manor
- Maria and her team at Rozel Tea Room
- Our Craft & Chat group
- Martin Aubert - Photographer

And a huge thank you to everyone who came along. Events like this help us raise funds and awareness – but more than that, they show what's possible when people come together.



Chilly Dippers

A massive thank you to Paul Lakeman Drone Photography for the brilliant photos and video of our Chilly Dippers at St Brelade's Bay.

That circle in the sea says so much – movement, connection, and a group of people doing something good for themselves, together.

We dip for all sorts of reasons – to feel better physically, mentally, or just to be part of something.

The Chilly Dippers meet every Thursday at 10.30am by the benches on the slope, just across from the main car park. We head into the sea at 10.45am for a relaxed dip. No wetsuits needed – just bring something warm for afterwards.



Fruit and Veg Wanted

Gill is back in chutney-making mode and would really appreciate donations of surplus fruit or veg.

If you've got anything going spare – even a small amount – it would be useful.

Most will keep well in a cool, dark place. Berries, plums, tomatoes and crab apples can be frozen. Gill is away for the last two weeks of September, so early donations are especially helpful.

Please bring anything along to your next PSJ session, or get in touch if you've got something to share.

Craft & Chat – Materials Wanted

Our Craft & Chat group has been busy making lovely things for our fundraising stalls, and we're always on the lookout for more materials to keep us going.

If you've got any crafty bits or supplies you no longer need, we'd love to have them.

Please feel free to bring anything along to your next PSJ session, or get in touch if you have something to donate.

Securing Our Future: Grant Success!

We're pleased to share that PSJ has received a £23,400 lottery award from the Association of Jersey Charities for a second year, following a successful interim report.

This funding helps keep the Charity Development Officer role in place – supporting all of this work behind the scenes.

We're so grateful to the AJC for their support.

What's On Weekly

If you'd like to move a bit more, try something different, or just be around people who understand, we've got a few relaxed sessions running each week.

Supervised Exercise – Outdoor sessions at Millbrook Park

Tuesdays and Fridays, 10am and 11am

Seated Exercise – Gentle chair-based movements

Tuesdays, 10am, St Clement's Parish Hall

Craft and Chat – Creative activities and connection

Tuesdays, 10.45am, St Clement's Parish Hall

Sea Swimming – Fun and refreshing dips with the Chilly Dippers

Thursdays, 10.30am, St Brelade's Bay

Support Our Community

Since 2009, PSJ has grown from just six members to over 290. We need your help to keep meeting this demand.

By making a one-off or monthly donation, you'll help provide the funding we need to support our community. With JustGiving Checkout, 100% of your donation goes directly to PSJ.

Thank you for supporting our small charity.

We'll see you in September for Pain Awareness Month – more details coming soon.