

MERRY CHRISTMAS!



Dear Members,

For those of you who don't know me, I'm Kate Kelly, the Charity Development Officer and I've had the absolute pleasure of being in this role for a year now. When I joined in January, it quickly became clear that PSJ isn't just a charity – it's a family. I've been inspired by how our members and volunteers create a supportive, understanding and uplifting community. While challenges are part of the journey, it's the joy, talents and successes that truly shine through.

This year, we've achieved so much together. From laughter-filled seated sessions to energising and enjoyable exercise in the Park, to fun and refreshing Sea Swimming (even if it's chilly!). And let's not forget the PSJ Café, where cakes, cuppas, crafts and a strong sense of community bring us all together. It's clear that 'living well with pain' is about so much more than just flexibility or mobility – it's about connection, shared experiences and looking out for one another.

A special thank you goes to the Pain Service for their support throughout the year. Their involvement from mindfulness, cookery, pétanque, technology support, sea swimming to supervised exercise ensures our activities are not only evidence-based but also enjoyable! We're so grateful for this partnership.

Behind the scenes, PSJ is guided by a passionate volunteer Committee whose hard work ensures everything runs smoothly. Their dedication makes my job so much easier – and enjoyable!

At PSJ, we believe in giving back – not just with money, but through our time and talents. Volunteering here is about being part of something positive, giving you focus, purpose and a chance to make a real difference. I want to recognise the commitment and dedication so many of you bring.

Tracey Peters has led our Craft & Chat group, creating a welcoming space for creativity and connection while raising funds to support PSJ. Trish Horman has offered guided meditation

after seated sessions, giving members moments of calm and reflection in their week. Caroline de Gruchy invited her community choir to choose PSJ as their Charity of the Year, showing how connections count by raising valuable funds and awareness. And of course, our amazing bakers, whose cakes have raised both smiles and funds for PSJ!

A huge thank you to Gill Lanyon, whose fabulous fundraising and award-winning preserves reflect her incredible care and dedication. At October's Café, Gill sold 90 jars in just 30 minutes! And let's not forget Marie Jenkins, who brings creativity and warmth to every event. From her thoughtful Café table touches to her gorgeous sweet treats, Marie makes every occasion feel extra special.

If you have a talent – whether it's something creative, a skill, or an idea you'd like to share – please let me know. You never know who in our community might benefit or find joy in it too.

Looking ahead to 2025, we're excited to continue growing. We're working on a fundraising strategy to help PSJ thrive and we're listening to your feedback to plan new activities and find even more ways to connect and support one another.

Finally, thank you all for being part of this amazing community. Whether you've been with us from the start or joined more recently, you are the heart of PSJ and the reason we continue to thrive.

Here's to everything we've achieved this year – and to the exciting year ahead. Merry Christmas and best wishes for the New Year from Chad, our Chairman, the Committee, and all of us at PSJ.

Kate Kelly

Charity Development Officer



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