

Spring 2024



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

Wim Hof Breathing Technique Talk

What a fantastic talk! We've had such good feedback from everyone who attended and we'll be looking at a future 'breathing' event specifically tailored for members.



PSJ Cafe

We had our last Cafe on Tuesday 7th May but don't worry we'll be back in the autumn for more delicious cakes and a good blether!

Thank you to everyone who donated goods for the local food banks. It's great to be able to help other local charities.

A special thank you to all our wonderful bakers for all the delicious cakes, we couldn't do it without you!



Craft & Chat Group

Our craft and chat group meet on Tuesday mornings 11-12 at St Clement's parish hall. It's open to all our members so you're welcome to come along and join in. Bring your own craft project or have a go at what the group are making. You don't need to be artistic to join. The group have been making beautiful cards which we sell at the cafe.

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

Recent Donations

Spring lunch raffle
£340

David Lucken Donation
£100

May PSJ Cafe £330

Co-op £500

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!

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Dates for your Diary

Mon 24th June - First Aid Talk - 10.30-12.15 St Clement's Parish Hall

Wed 17th July - Summer Social - pencil this in your diaries and once we have confirmed dates we'll email the information to you.

Tues 1st October - PSJ Cafe will be open again at St Clement's Parish Hall

Mon 9th December Christmas lunch - we'll start accepting bookings in October



Spring Lunch at Highlands

This was another popular event. The students cooked a lovely meal and we were able to watch them work in the kitchen via a large TV in the restaurant. Nothing landed on the floor!

Thank you to Marie for organising the raffle, there were some lovely prizes.

This event was very popular and limited in numbers so we are looking at bigger venues in future.



Our petanque group has restarted. Thanks to Liam for organising it. Places are limited - contact Heidi for more information.



Chilly Dippers

Our Chilly Dippers swimming group has restarted. They meet every Thursday morning at St Brelade's Bay at 10.30am. Whilst the weather is much warmer the sea remains quite cold so make sure you have warm clothes to change into.

www.painsupportjersey.com

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