

## Arbroath Group

Angus Carers Centre, Ground Floor,  
8 Grant Road, Arbroath, Angus, DD11 1JN

### 2024 Programme

Meetings are held Friday 10.30am – 12.30pm

Fri 19th Jan	Pacing	10.30– 12.30 - Online
Fri 16th Feb	<b>Balance of Life</b>	<b>10.30– 12.30 - Venue</b>
Fri 15th March	Improve your Sleep	10.30– 12.30 – Online
Fri 19th April	<b>Stress &amp; Window of Tolerance</b>	<b>10.30– 12.30 - Venue</b>
Fri 17th May	Relaxation & Visualization	10.30– 12.30 – Online
Fri 14th June	<b>Social Interaction</b>	<b>10.30– 12.30 – Venue</b>
Fri 19th July	Models of Health	10.30– 12.30 – Online
Fri 16th Aug	<b>Flare ups</b>	<b>10.30– 12.30 - Venue</b>
	<b>Summer Break</b>	
Fri 18th Oct	Understanding Pain	10.30– 12.30 – Online
Fri 15th Nov	<b>Dealing with Anxiety</b>	<b>10.30– 12.30 - Venue</b>
Fri 13th Dec	Resilience	10.30– 12.30 - Online

- This is a professionally led training group for people with all forms of chronic pain. Sessions focus on building skills that help you to regain control of your life and cope more effectively. You do not need to be referred by a health care professional to attend.

- We acknowledge part funding for this project from NHS Tayside



**0800 783 6059**

enquiries only



@PainAssocScot



Pain Association Scotland



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### Pain Management Strategies and Support for People in Pain

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Any such changes (if unable to meet at the venue) will be posted on our social media and that regular attendees will be contacted via phone/email.

To join the Zoom meetings please email [info@painassociation.com](mailto:info@painassociation.com) with your name, a contact email address and which group you wish to join i.e. Arbroath.

The group is running a blended programme of face-to-face and on-line for 2024. Everyone is welcome to attend both face-to-face and online throughout the year.

The latest updates on the meetings can be found on our website [www.painassociation.co.uk](http://www.painassociation.co.uk) and on Social Media – X (formerly Twitter) - @PainAssocScot – Instagram- painassocscot Facebook – Pain Association Scotland

Thank you for your understanding and we look forward to seeing you at the sessions.

### Important Information

For all those who are attending the group meetings or self-management courses in a face-to-face setting, can we ask you to be mindful of the current guidance on NHS Inform - <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19> around staying at home if you feel unwell or have tested positive. This helps ensure our service users and staff remain safe.

Thank you for your co-operation in helping to keep people safe.

