

# PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

## Forfar Group

**St John's Episcopal Church**  
**East High Street, Forfar, DD8 2EP**  
Venue entrance on Green Street  
**2024 Programme**

Meetings are held Friday 2.00pm – 4.00pm  
**SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS**

Fri 19th Jan	Pacing	2- 4 – Online
<b>Fri 16th Feb</b>	<b>Balance of Life</b>	<b>2- 4 – Venue</b>
Fri 15th March	Improve your Sleep	2- 4 – Online
<b>Fri 19th April</b>	<b>Stress &amp; Window of Tolerance</b>	<b>2- 4 – Venue</b>
Fri 17th May	Relaxation & Visualization	2- 4 – Online
<b>Fri 14th June</b>	<b>Social Interaction</b>	<b>2- 4 – Venue</b>
Fri 19th July	Models of Health	2- 4 – Online
<b>Fri 16th Aug</b>	<b>Flare ups</b>	<b>2- 4- Venue</b>
	<b>Summer Break</b>	
Fri 18th Oct	Understanding Pain	2 – 4– Online
<b>Fri 15th Nov</b>	<b>Dealing with Anxiety</b>	<b>2 – 4- Venue</b>
Fri 13th Dec	Resilience	2- 4 – 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 and cope more effectively. You are welcome to attend at any point during the programme. 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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Scottish Charity Number SC 014486

**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, an email address and which group you wish to join i.e. Forfar as the subject.

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.

