

## Perth Area Group

Perth Riverside Church, Bute Drive,  
North Muirton, Perth, PH1 3BG

### 2024 Programme

Meetings are held 2.00 – 4.00pm

**SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS**

Tues 23rd Jan	<b>Pacing</b>	2 – 4 - Venue
Tues 20th Feb	Balance of Life	2 – 4 – Online
Tues 19th March	<b>Improve your Sleep</b>	2 – 4 - Venue
Tues 23rd April	Stress & Window of Tolerance	2 – 4 – Online
Tues 21st May	<b>Relaxation &amp; Visualization</b>	2 – 4 - Venue
Tues 18th June	Social Interaction	2 – 4 – Online
Tue 23rd July	<b>Models of Health</b>	2 – 4 – Venue
	<b>Summer Break</b>	
Tues 17th Sep	Flare ups	2 – 4 – Online
Tues 22nd Oct	<b>Understanding Pain</b>	2 – 4 – Venue
Tues 19th Nov	Dealing with Anxiety	2 – 4 – Online
Tues 17th Dec	<b>Resilience</b>	2 – 4 - Venue

- 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, a contact email address and which group you wish to join i.e. Perth.

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.

