

## Argyll & Bute Wide

### 2024 Programme

Meetings are held Wednesday 10.30am– 12.30pm

Meetings will be online

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Wed 24th Jan	Pacing	10.30am – 12.30pm - Online
Wed 21st Feb	Balance of Life	10.30am – 12.30pm - Online
Wed 20th March	Improve your Sleep	10.30am – 12.30pm - Online
Wed 24th April	Stress & Window of Tolerance	10.30am – 12.30pm - Online
Wed 22nd May	Relaxation & Visualization	10.30am – 12.30pm - Online
Wed 19th June	Social Interaction	10.30am – 12.30pm - Online
Wed 24th July	Models of Health	10.30am – 12.30pm - Online
	<b>Summer Break</b>	
Wed 18th Sept	Flare ups	10.30am – 12.30pm - Online
Wed 23rd Oct	Understanding Pain	10.30am – 12.30pm - Online
Wed 20th Nov	Dealing with Anxiety	10.30am – 12.30pm - Online
Wed 18th Dec	Resilience	10.30am – 12.30pm - 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 from NHS Highland**



**0800 783 6059**

enquiries only



@PainAssocScot



Pain Association Scotland



painassocscot

**Any changes to the meetings will be posted to our social media and that regular attendees will be contacted via phone/email.**

To join the 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. Argyll & Bute.

The group is on-line for 2024. Everyone is welcome to attend 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.

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

Unit 3, Mullion House, Maidenplain Place, Aberuthven, Perthshire, PH31EL

email: [info@painassociation.com](mailto:info@painassociation.com) web: [www.painassociation.co.uk](http://www.painassociation.co.uk)

telephone: 01738 629503 fax: 01738 625611

Scottish Charity Number SC 014486