

Ayrshire & Arran Wide

2024 Programme

Meetings are held 2.45 -4.45pm online via Zoom

Meeting details are below.

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Fri 5th Jan	Resilience	2.45- 4.45 Online
Wed 7th Feb	Understanding pain	2.45- 4.45 Online
Wed 6th March	Pacing & baselines	2.45- 4.45 Online
Wed 3rd April	Sleep	2.45- 4.45 Online
Wed 1st May	Relaxation & visualization	2.45- 4.45 Online
Wed 5th June	Stress and the window of tolerance	2.45- 4.45 Online
	Summer Break	
Wed 7th Aug	Rules and beliefs	2.45- 4.45 Online
Wed 4th Sept	Flare up/reactions	2.45- 4.45 Online
Wed 2nd Oct	Self esteem	2.45- 4.45 Online
Wed 6th Nov	Social aspects	2.45- 4.45 Online
Wed 4th Dec	Values/mojo	2.45- 4.45 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 Ayrshire & Arran**



@PainAssocScot



Pain Association Scotland



painassocscot

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enquiries only

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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 online meetings please email info@painassociation.com with your name, a contact email address and which group you wish to join i.e. Ayrshire & Arran Wide.

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 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.