

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Biggart Group

Meetings will be online via Zoom

2024 Programme

Meetings are held 2.00 – 4.00pm

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Thurs 18th Jan	Resilience	2 – 4 - Online
Thurs 22nd Feb	Understanding pain	2 – 4 - Online
Thurs 21st March	Pacing & baselines	2 – 4 - Online
Fri 12th April	Sleep	2 – 4 - Online
Thurs 16th May	Relaxation & visualization	2 – 4 - Online
Wed 26th June	Stress and the window of tolerance	2 – 4 - Online
Thurs 18th July	Rules and beliefs	2 – 4 - Online
Thurs 15th Aug	Flare up/reactions	2 – 4 - Online
	Summer Break	
Thurs 17th Oct	Self esteem	2 – 4 - Online
Thurs 21st Nov	Social aspects	2 – 4 - Online
Fri 13th Dec	Values/mojo	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 from NHS Ayrshire and Arran



@PainAssocScot



Pain Association Scotland



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enquiries only

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

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.