

Borders Group

The Chaplaincy Centre, Borders General Hospital
Melrose, TD6 9BS

2024 Programme

Meetings are held on a Friday

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Fri 26th Jan	Resilience	10.30 – 12.30 – Online
Fri 23rd Feb	Understanding pain	2.30 – 4.30 – Venue
Fri 22nd March	Pacing & baselines	10.30 – 12.30 – Online
Fri 26th April	Sleep	10.30 – 12.30 – Online
Fri 24th May	Relaxation & visualization	10am – 12pm - Venue
Fri 28th June	Stress and the window of tolerance	10.30 – 12.30 – Online
Fri 19th July	Rules and beliefs	10.30 – 12.30 – Online
Fri 23rd Aug	Flare up/reactions	2.30 – 4.30 – Venue
	Summer Break	
Fri 25th Oct	Self esteem	10.30 – 12.30 – Online
Fri 29th Nov	Social aspects	2.30 – 4.30 – Venue
Fri 20th Dec	Values/mojo	10.30 – 12.30 – 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 Borders



 @PainAssocScot

 Pain Association Scotland

 painassocscot

0800 783 6059

enquiries only

Pain Management Strategies and Support for People in Pain

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

email: info@painassociation.com web: www.painassociation.co.uk

telephone: 01738 629503 fax: 01738 625611

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

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 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.

