

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Coatbridge Group

Coatbridge Community Centre,
9 Old Monkland Road,
Coatbridge, ML5 5EA

2024 Programme

Meetings are held 2.00 – 4.00pm

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Wed 10th Jan	Pacing	2 – 4pm - Online
Wed 7th Feb	Balance of Life	2 - 4 pm - Venue
Wed 6th March	Improve your Sleep	2 - 4 pm – Online
Wed 10th April	Stress & Window of Tolerance	2 - 4 pm - Venue
Wed 1st May	Relaxation & Visualization	2 - 4 pm - Online
Wed 5th June	Social Interaction	2 - 4 pm - Venue
Wed 10th July	Models of Health	2 – 4 pm - Online
	Summer Break	
Wed 4th Sep	Flare ups	2 - 4 pm - Venue
Wed 9th Oct	Understanding Pain	2 - 4 pm - Online
Wed 6th Nov	Dealing with Anxiety	2 - 4 pm - Venue
Wed 4th Dec	Resilience	2 - 4 pm -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 of your life 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 Lanarkshire

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

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.

