

PAIN ASSOCIATION SCOTLAND

We are delighted to announce that Pain Association Scotland is one of the 49 self-management funded projects awarded by The Alliance.

The project will deliver on-line education sessions for building resilience for those living with chronic pain. The aim will be to enable people to either self-refer or be referred from within a Primary Care setting. Sessions will be:-



Person-centred – providing the tools to enable and empower people to manage their situation/long-term condition along with their families/unpaid carers.



Delivered using a bio-psycho-social model, with the individual at the centre. Within each session, people will hear from an existing service user, hearing their story and those who have completed the sessions will be encouraged to take part in other sessions to help foster the all-important peer support.



Innovative – COVID has led us to create new solutions and good practice. The new remote hybrid model of delivery provides a greater equity of service for those who would otherwise be unable to access due to geography, logistics or personal circumstance.

More details coming soon



ALLIANCE