

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Cupar and North East Fife Group YMCA, 93 Bonnygate Cupar, KY15 4LG

2024 Programme

Meetings details below

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Wed 17th Jan	Pacing	10am – 12pm - Online
Mon 19th Feb	Balance of Life	1.30 - 3.30pm - Venue
Wed 13th March	Improve your Sleep	10am – 12pm - Online
Mon 22nd April	Stress & Window of Tolerance	1.30 - 3.30pm - Venue
Wed 1st May	Relaxation & Visualization	10am – 12pm - Online
Mon 17th June	Social Interaction	1.30 - 3.30pm - Venue
	Summer Break	
Mon 19th Aug	Models of Health	1.30 - 3.30pm - Venue
Wed 11th Sept	Flare ups	10am – 12pm - Online
Mon 21st Oct	Understanding Pain	1.30 - 3.30pm - Venue
Wed 13th Nov	Dealing with Anxiety	10am – 12pm - Online
Mon 16th Dec	Resilience	1.30 - 3.30pm - Venue

- 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 for this project from NHS Fife



0800 783 6059

enquiries only

 @PainAssocScot

 Pain Association Scotland

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Pain Management Strategies and Support for People in Pain

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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. Cupar.

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.

