

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

East Kilbride Group

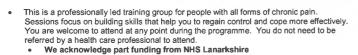
Blacklaw Community Wing, Blacklaw Primary School, Glen Arroch, St Leonard's, East Kilbride G74 2BP – Venue TBC

2024 Programme

Meetings are held 10.30am – 12.30pm

Meetings will be online if venue is unavailable
SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Thur 25th Jan	Resilience	10.30 - 12.30 - Online
Thur 29th Feb	Understanding pain	10.30 - 12.30 - Venue
Thur 28th March	Pacing & baselines	10.30 - 12.30 - Online
Thur 25th April	Sleep	10.30 – 12.30- Online
Thur 23rd May	Relaxation & visualization	10.30 - 12.30- Venue
Thur 27th June	Stress and the window of	10.30 – 12.30- Online
	tolerance	
Thur 25th July	Rules and beliefs	10.30 – 12.30 - Online
Thur 22nd Aug	Flare up/reactions	10.30 – 12.30 - Venue
	Summer Break	
Thurs 24th Oct	Self esteem	10.30 – 12.30 - Online
Thur 28th Nov	Social aspects	10.30 – 12.30 - Venue
Thur 19th Dec	Values/mojo	10.30 – 12.30 - Online







@PainAssocScot



Pain Association Scotland

0800 783 6059 enquiries only



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

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.

