

## 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	<b>Understanding pain</b>	<b>10.30 – 12.30 - Venue</b>
Thur 28th March	Pacing & baselines	10.30 – 12.30 - Online
Thur 25th April	Sleep	10.30 – 12.30- Online
Thur 23rd May	<b>Relaxation &amp; visualization</b>	<b>10.30 – 12.30- Venue</b>
Thur 27th June	Stress and the window of tolerance	10.30 – 12.30- Online
Thur 25th July	Rules and beliefs	10.30 – 12.30 - Online
Thur 22nd Aug	<b>Flare up/reactions</b>	<b>10.30 – 12.30 - Venue</b>
	<b>Summer Break</b>	
Thurs 24th Oct	Self esteem	10.30 – 12.30 - Online
Thur 28th Nov	<b>Social aspects</b>	<b>10.30 – 12.30 - Venue</b>
Thur 19th 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 Lanarkshire



**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 online meetings please email [info@painassociation.com](mailto: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](http://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.

