

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Kilmarnock Group

North West Area Centre,
Western Road
Kilmarnock
KA1 2NQ
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

Fri 5th Jan	Resilience	10.30am – 12.30pm
Wed 7th Feb	Understanding pain	10.30am – 12.30pm
Wed 6th March	Pacing & baselines	10.30am – 12.30pm
Wed 3rd April	Sleep	10.30am – 12.30pm
Wed 1st May	Relaxation & visualization	10.30am – 12.30pm
Wed 5th June	Stress and the window of tolerance	10.30am – 12.30pm
Summer Break		
Wed 7th Aug	Rules and beliefs	10.30am – 12.30pm
Wed 4th Sep	Flare up/reactions	10.30am – 12.30pm
Wed 2nd Oct	Self esteem	10.30am – 12.30pm
Wed 6th Nov	Social aspects	10.30am – 12.30pm
Wed 4th Dec	Values/mojo	10.30am – 12.30pm

- 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 for this project from NHS Ayrshire & Arran



@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.

The group is face-to-face 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.

