

# PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

## Levenmouth Group Buckhaven Community Centre Kinnear Street Buckhaven Fife KY8 1BH 2024 Programme

Meetings times below

**SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS**

Wed 17th Jan	Pacing	10am – 12pm - Online
<b>Thur 8th Feb</b>	<b>Balance of Life</b>	<b>1.30-3.30pm – Venue</b>
Wed 13th March	Improve your Sleep	10am – 12pm - Online
Wed 17th April	Stress & Window of Tolerance	10am – 12pm - Online
<b>Thur 16th May</b>	<b>Relaxation &amp; Visualization</b>	<b>1.30 -3.30 - Venue</b>
Wed 12th June	Social Interaction	10am – 12 - Online
	<b>Summer Break</b>	
<b>Thur 15th Aug</b>	<b>Models of Health</b>	<b>1.30 -3.30 - Venue</b>
Wed 11th Sep	Flare ups	10am – 12pm - Online
Wed 16th Oct	Understanding Pain	10am – 12pm - Online
<b>Thur 14th Nov</b>	<b>Dealing with Anxiety</b>	<b>1.30 -3.30 - Venue</b>
Wed 11th Dec	Resilience	10am – 12pm - 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 for this project from NHS Fife



@PainAssocScot



Pain Association Scotland



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## 0800 783 6059

enquiries only

### Pain Management Strategies and Support for People in Pain

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**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](mailto:info@painassociation.com) with your name, a contact email address and which group you wish to join i.e. Levenmouth.

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.

