

Western Isles Wide

2024 Programme

Meetings are held 2-4 pm
Meetings will be online via Zoom

Wed 17th Jan	Resilience	2 – 4 – Online
Wed 21st Feb	Understanding pain	2 – 4 – Online
Wed 20th March	Pacing & baselines	2 – 4 – Online
Wed 24th April	Sleep	2 – 4 – Online
Wed 15th May	Relaxation & visualization	2 – 4 – Online
Tue 25th June	Stress and the window of tolerance	2 – 4 – Online
Wed 17th July	Rules and beliefs	2 – 4 – Online
Wed 21st Aug	Flare up/reactions	2 – 4 – Online
	Summer Break	
Wed 16th Oct	Self esteem	2 – 4 – Online
Wed 20th Nov	Social aspects	2 – 4 – Online
Wed 18th Dec	Values/mojo	2 – 4 – 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 Western Isles and The National Lottery Community Fund



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enquiries only

Pain Management Strategies and Support for People in Pain

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Scottish Charity Number SC 014486



@PainAssocScot



Pain Association Scotland



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Any changes to the meetings 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. Western Isles

The group is on-line for 2024. Everyone is welcome to attend 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.