

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Wishaw Area Group Wishaw Library The Houldsworth Centre Wishaw, ML2 7LP – Venue TBC

2024 Programme

Meetings are held Thursday 2.00 – 4.00pm
Meeting will be online if venue is unavailable

SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

Thur 25th Jan	Resilience	2 – 4 - Online
Thur 29th Feb	Understanding pain	2 – 4 - Venue
Thur 28th March	Pacing & baselines	2 – 4 - Online
Thur 25th April	Sleep	2 – 4 - Online
Thur 23rd May	Relaxation & visualization	2 – 4 - Venue
Thur 27th June	Stress and the window of tolerance	2 – 4 - Online
Thur 25th July	Rules and beliefs	2 – 4 - Online
Thur 22nd Aug	Flare up/reactions	2 – 4 - Venue
	Summer Break	
Thur 24th Oct	Self esteem	2 – 4 - Online
Thur 28th Nov	Social aspects	2 – 4 - Venue
Thur 19th 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 Lanarkshire



0800 783 6059

enquiries only

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 Pain Association Scotland

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

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, we can 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.

