

In pain?

Don't understand what's happening?

Learn more about pain and what you can do for yourself at a free, 2-hour education session

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“An excellent help. I loved the whole session”

- Participant

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“It gave an insight into pain and many ideas for coping strategies”

- Participant

“

“Offering a patient hope, support and education”

- Link Worker

If you've had pain for more than 12 weeks, scan the QR code for more information or to book your place at a session. You can also:



Call **0300 222 5774**



Email pain-education@painconcern.org.uk



Text **07480 632 774**

Pain Education Session

▶ What is the Pain Education Session?

It is an information session for anyone who has had pain for more than 12 weeks. The session will give you a better understanding of your pain to help you manage your condition more effectively in the long term.

▶ What does it involve?

We cover the following topics:

- Understanding pain
- Managing your activity
- Managing stress
- Sleep
- Managing flare-ups

▶ How will it help me?

The session is an introduction to help you develop a way of dealing with your pain. It should allow you to:

- Know more about your pain
- Learn how to better deal with stress
- Be able to enjoy life more
- Be able to do more

▶ Who will be there?

Two trainers, who have chronic pain themselves, and a small group of people who have long-term pain.

▶ How long does it last?

The session is 2 hours long with a short break in the middle.

▶ Where does it take place?

Online: You will need access to a smartphone, tablet or computer and we will email you joining instructions before the session starts.

In-person: In some locations we offer in-person sessions, which you can prebook.

▶ For more information or to book your place

-  Call **0300 222 5774**
-  Text **07480 632 774**
-  Email **pain-education@painconcern.org.uk**
-  Scan the QR code



▶ Need help?

Contact us if you are concerned about using technology to join an online session. We can help.