

Dumfries Area Group

Mitchell Room, Holiday Inn,
Bankend Road, Dumfries, DG1 4ZF

2019 Programme

Meetings are held Friday 10.30am – 12.30pm

Fri 18 th January	Explaining Pain	10.30 – 12.30pm
Fri 15 th February	Relaxation Techniques	10.30 – 12.30pm
Fri 15 th March	Stress Management	10.30 – 12.30pm
Fri 12 th April	Pacing & Baselines	10.30 – 12.30pm
Fri 10 th May	Values & Choice	10.30 – 12.30pm
	Summer Break	
Fri 12 th July	Improving Sleep	10.30 – 12.30pm
Fri 16 th August	Emotional Intelligence	10.30 – 12.30pm
Fri 20 th September	Anxiety & Racing Minds	10.30 – 12.30pm
Fri 11 th October	Communication	10.30 – 12.30pm
Fri 15 th November	Acceptance	10.30 – 12.30pm
Fri 20 th December	Flare Ups	10.30 – 12.30pm

- Programme continues in 2020
- 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
- If you would like more information or have any further queries, please phone our Freephone enquire number on 0800 783 6059
- Pain Association acknowledges funding from NHS Dumfries and Galloway

PAIN ASSOCIATION SCOTLAND

An Introduction to the Monthly Groups

For over 30 years, the Association has been providing self-management groups for people living with chronic pain.

Over that time, people participating in the groups have confirmed that living with persistent pain impacts on their lives. It affects both their health and well being as well as relationships with family, friends and work colleagues.

People report experiencing isolation, stress, depression, poor mobility, lowered self-esteem, fatigue and an increased use of medication.

The groups provide support and an opportunity to develop the skills in self-management that can help you address some of these problems.

“Nice to meet others, hear how they deal with pain, helped me change things & have a better quality of life”



Why Self-Management?

Self-management is an important approach to health that explores the things that you can do to improve the quality of your life despite living with a painful condition.

It is not a replacement for medicine and it does not necessarily provide direct pain relief. What it does do for many people, however, is to help them cope better with their pain.

How do Groups Help?

The groups are professionally led and focus on helping you to improve the quality of your life. The groups do not provide a cure for your pain, but they can offer a positive way forward for people who are ready and willing to engage with the monthly topics.

The 'open door' style means that you only attend the groups when it is convenient or where the topic of the month appears relevant to you. You are free to attend as many or as few groups across the year as you wish.

Most people find participating in the groups on a regular basis a great source of support, regardless of the topic being explored.

Who are the Groups Designed for?

The groups are designed for anyone who has chronic pain, whether or not they have a diagnosis. They are particularly helpful for those who are ready to consider non-medical approaches to improving their quality of life. Carers and partners are also welcome.

It is understood that people living with pain find it difficult to sit for long periods. Participants are encouraged to get up and move about when they need to. Also there is a coffee break half way through each session. A cushion may help you to feel more comfortable.

Useful Links

This short **video** was made for professionals referring patients to Pain Association Scotland in Dumfries & Galloway. It gives a good introduction to the Association from the perspective of Susan, who lives with chronic pain and has benefited from attending the courses and groups. Phil, the Lead Trainer, explains what to expect from the groups



Use this [link](#) to view the on YouTube

https://youtu.be/sr_PkT5Y00A



A fast-moving film from Australia but it gets across a lot of important points, including the difference between acute and chronic pain; the impact chronic pain can have on your life and some ways to understand and manage your experience of pain.

Use this link to view the video <https://youtu.be/RWMKucuejls>

This is the [website](#) of the British Pain Society. It lists links to a lot of useful information about pain including available support, publications relevant to people living with pain, a reading list, useful addresses and "Patients Voices Video Resources".



<https://www.britishpainsociety.org/people-with-pain/>

Frequently Asked Questions

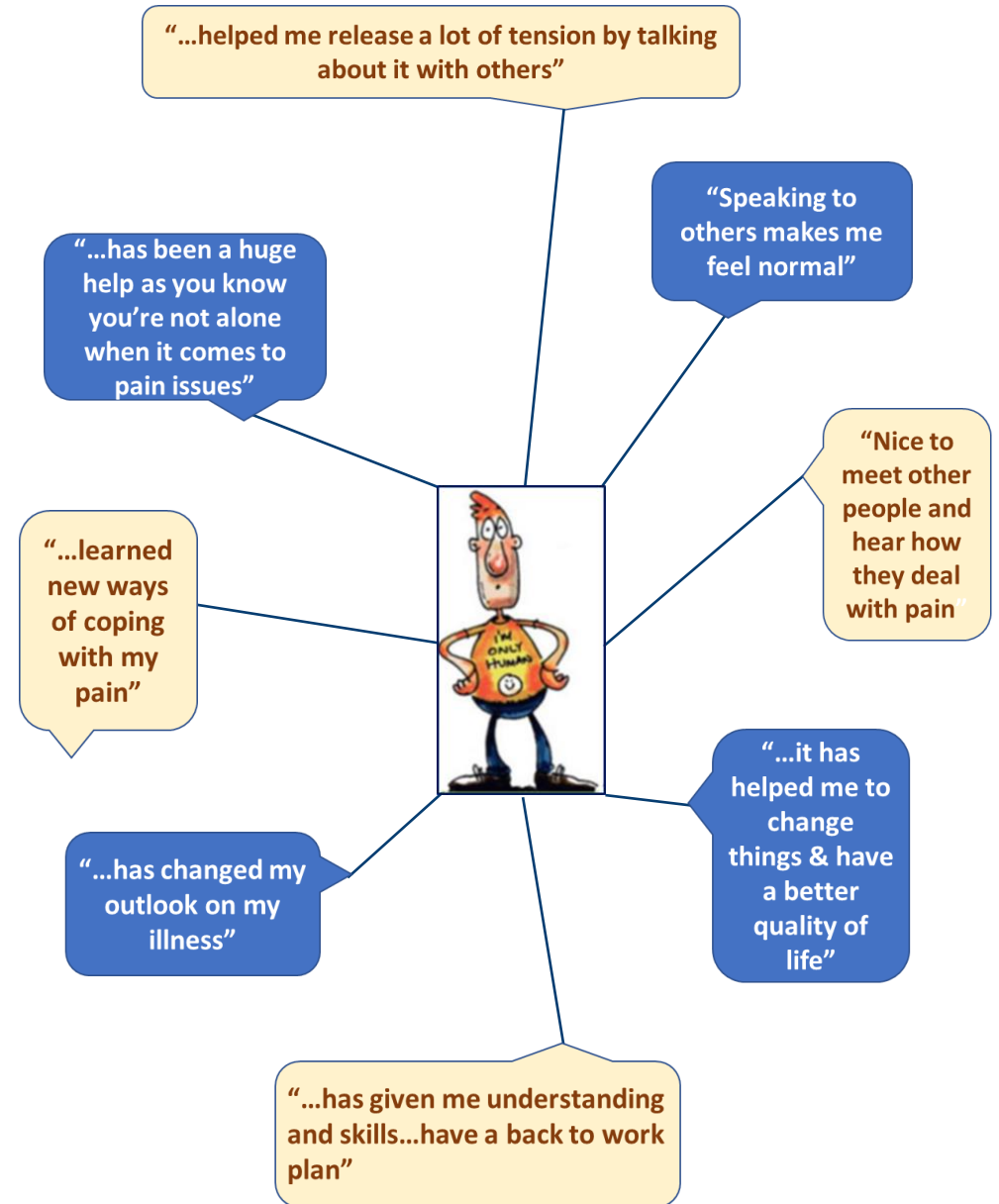
Can I speak to the medical team again?

Attending a group should complement any medical help you are receiving. However, participating in a group has resulted in many people doing a lot more for themselves and being less reliant on medical services. They also feedback that having a better understanding of pain makes it easier for them when speaking with healthcare professionals.

What benefit will I get from attending a group?

Self-management is not a cure. However, it can make a big difference. Benefits vary from person to person. They also vary according to the extent to which people engage with the group. Over the years, the benefits reported include:

- Being able to cope better.
- A growing sense of being in control rather than having pain influencing what they can and can't do.
- Better able to adjust the pace of their work and activities to avoid over doing things (having flare-ups).
- Reducing stress levels and better able to relax.
- Getting back to work / staying at work.
- Improved relationships with friends and family.
- Improved self-esteem and confidence.
- Fewer flare-ups that pass quicker.



What Do I Do Now?

Just come along to the next group meeting There is no need to make an appointment and there is no cost involved.

You can bring a family member or friend with you for support.

If you have any questions or concerns, please do not hesitate to get in touch with us by...

- Telephone on 0800 783 6059 (Freephone)
- Email: info@painassociation.com

For more information:

Visit our website: www.chronicpaininfo.org

Follow us on Twitter: [@painassocscot](https://twitter.com/painassocscot)



Meet the Team



The groups are led by a Training Officer who has training and experience in teaching self-management for chronic pain. They ensure that there is a safe, supportive and friendly environment. Although everyone is encouraged to participate, there is no pressure to say or do anything if you prefer not to. You will not be asked about your medical condition.

Group Topics

A programme of monthly topics is available. Each topic relates to the knowledge and skills that are known to be helpful in developing your ability to cope with pain and its effects on your life; for example:

- Understanding pain.
- Pacing skills (planning your activities in relation to your available energy).
- Anxiety, stress management and relaxation.
- The effect of negative thinking on your pain and how to be more positive.
- Improving sleep.
- Dealing with flare-ups (episodes of intense pain / symptoms).
- Managing changes in your life and to your health.
- Communicating effectively with the people around you.