

# PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

## Arbroath Group

Angus Carers Centre, Ground Floor,  
8 Grant Road, Arbroath, Angus, DD11 1JN

### 2023 Programme

Meetings are held Friday 11.00am - 1.00pm

|                |                           |                 |
|----------------|---------------------------|-----------------|
| Fri 20th Jan   | The Way Forward           | 11 – 1 - Venue  |
| Fri 17th Feb   | Taming boom-bust          | 11 – 1 - Online |
| Fri 17th March | Sleep                     | 11 – 1 - Venue  |
| Fri 21st April | Dealing with Anxiety      | 11 – 1 - Online |
| Fri 19th May   | Understanding Pain        | 11 – 1 - Venue  |
| Fri 16th June  | Relaxation                | 11 – 1 - Online |
| Fri 21st July  | Lifestyle                 | 11 – 1 - Venue  |
| Fri 18th Aug   | Dealing with Other People | 11 – 1 - Online |
|                | <b>Summer Break</b>       |                 |
| Fri 20th Oct   | Prepare for a Flare Up    | 11 – 1 - Venue  |
| Fri 17th Nov   | Pain – Stress Cycle       | 11 – 1 - Online |
| Fri 15th Dec   | Rebuilding Confidence     | 11 – 1 - Venue  |

- 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 of your life and cope more effectively. You do not need to be referred by a health care professional to attend.

- We acknowledge part funding for this project from NHS Tayside



@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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Scottish Charity Number SC 014486

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. Arbroath.

This group is running a blended programme for 2023. Sessions will alternate between online and face to face. This is a response to Covid and a way to reach more people across a wider area. 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 – Twitter- @PainAssocScot – Instagram- painassocscot

Thank you for your understanding and we look forward to seeing you at the sessions.

