

# PAIN WISE:

Practical support that takes pain seriously



## What the Pain Wise class offers

Living with chronic pain can be incredibly challenging – physically, emotionally, and socially. It can affect your daily routines, relationships, confidence, and overall wellbeing. You are not alone in this and help is available.

This class is designed to help you feel more confident and informed about managing your pain. It offers practical tools and gentle guidance to support you in living a fuller, more meaningful life.

## What the class involves

- A series of educational group sessions for people living with chronic pain.
- Runs once per week for four weeks, each session lasting around 90 minutes.
- Each session covers a different topic and can be attended in any order.

Topics include:

- o How can Psychology help?
- o Pain and medications
- o Being active, staying active
- o Accessing community supports

You'll receive a Pain Passport workbook to document your learning and progress. Your active involvement in creating and following your personalised plan is key to making a difference. There will also be a few questionnaires to fill out before and after the programme – these are to assess progress and satisfaction.

## Class details

**When:** Tuesdays, 10:30am – 12:00pm

**Where:** Online via Near Me (safe, confidential, and easy to use)

What you need: Laptop, tablet or smartphone, internet access, and a private space to take the call

To learn more about Near Me please click the link or visit: <https://www.nearme.scot/>

You'll receive full instructions on how to join and what to expect before the programme begins.



## Can't make it one week?

We understand it can sometimes be difficult to keep appointments. However we kindly ask that you try to attend every week. If you're unable to attend a session, please call the Psychology team on the number below – we'll do our best to help you catch up.

## Who runs the class

This class is delivered by the Clinical Health Psychology Team, in collaboration with Pharmacy, Physiotherapy, and Public Health Improvement at NHS Dumfries & Galloway. Someone from Clinical Health Psychology will contact you before the first session to provide further information.

All team members follow NHS professional and ethical guidelines, including confidentiality and data protection.



## Interested in joining?

We're happy to chat, provide more information and answer any questions you may have.

**Dr Alison Wren** - Clinical Health Psychologist

**Miss Nel Kaur** - Assistant psychologist

**Department** - Clinical Health Psychology

**Telephone** - Psychology Team - 01387 244495  
(8.30am-5pm)

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