

In pain?

Don't understand what's happening?

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



"An excellent help. I loved the whole session"

- Participant



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

- Participant



"Offering a patient hope, support and education"

- Link Worker, Edinburgh

If you've had pain for more than 12 weeks and live in Edinburgh, Lothian or Forth Valley, scan the QR code for more information or to book your place at a session or:



Call/text **07421 125 638**



Email **pain-education@painconcern.org.uk**

Pain Education Session

▶ What is the Pain Education Session?

The Pain Education Session is 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 and 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 smart phone, tablet or computer and we will email you joining instructions before the session starts.

In-person: We plan to offer some in-person sessions which you can prebook.

▶ For more information or to book your place

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-  Scan the QR code



▶ Need help?

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