

FRIDAY, 20 JANUARY, 2012

Still places on free pain management course starting in Forfar

A new free pain self-management course which aims to help people living with pain have an improved quality of life starts in Forfar next week.

There are still places available on this eight-week course, which starts on Tuesday 24 January at Whitehills Health and Community Care Centre, will be delivered by Angus Community Health Partnership and supported by Pain Association Scotland.

At the first meeting, which will last approximately two and half hours, Phil Sizer from Pain Association Scotland will talk about some of the benefits of self-management and explain about the pain management course in more detail.

This course is for anyone suffering with chronic pain, regardless of the cause, who would like to find out what they can do to self-manage their pain more effectively.

The course aims to improve people's understanding of pain and give them the skills to better manage their health and will include topics such as understanding pain and its impact on life, stress management, pacing/coping skills, dealing with pain flare-ups and understanding medication.

Designed to be very relaxed the course encourages friendly interactive participation from members through questions and answer sessions and informal discussion groups. More importantly the course brings people together who are all experiencing similar symptoms giving them the opportunity to hear how others cope with their pain.

Improved self-management of their condition can make a difference to people's lives and feedback from others who have completed this course report that they cope better with their pain, feel less isolated have fewer flare-ups and generally feel more positive about life.

So if you are aged 18 or over, living in Angus and would like to manage your pain more effectively then this course may be for you. For more information and to book a place on the course please call the Angus Primary care Team on 01307 474889 or email achptraining.tayside@nhs.net

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