

“Knowing that I’ve got somewhere to come where I can say what has happened this week and get people’s ideas of how to cope with that. But also gaining all the knowledge and the exercises are really good.”

“Coming to the group has helped me quite a lot with my confidence, it’s got a lot better. There are times where I do struggle and normally if I was struggling I wouldn’t come out, I’d stay in. But I feel comfortable in this group and everybody is friendly and everybody understands.”

“I just like being around other people who have the same sort of problems as me. It’s nice to get out and be together with other people.”

“I find it really good and I enjoy seeing other people when I’m here, it’s social as well as good for me.”



Contact Us



Do you live with ongoing pain?

Let’s Live Well With Pain Programme

An opportunity for enabling self-management and coping for people living with ongoing pain.



What is the Let's Live Well With Pain Programme?

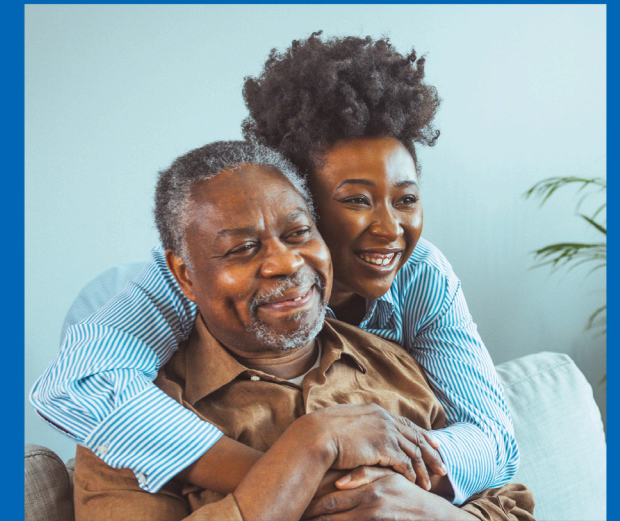
The Let's Live Well With Pain Programme is designed to support people living with ongoing pain. Over six weeks attendees will learn techniques to improve their quality of life, despite the pain they are experiencing.

What will I get from attending a class?

- Information, advice and support to help you better manage ongoing pain and lead an improved quality of life
- Exercises tailored to individual needs
- A chance to socialise with and learn from other people living with ongoing pain
- An opportunity to try new skills and activities

Next available class

Contact us to find out when our next available programme is.



How to sign up



You are able to join the group by doing a self-referral through your GP surgery.

Ask your GP for a referral to the Let's Live Well With Pain Programme. The Health and Wellbeing Team will then contact you to book you on to the programme.

