

*'I feel happier just knowing that I'm not alone'*

*'I really felt like the staff were part of our journey with us.'*



# Persistent Pain Wellbeing Group

You are invited to join us for the re-launch of our online programme!

## Why Join Us?

At Jubilee Street we understand that living with pain can affect many aspects of a person's life and is often an isolating and frustrating experience. That's why we are committed to helping you to understand your condition and to providing an opportunity to share experiences, tips and support.

Run by members of the practice team and guest specialists, our Pain Wellbeing Programme is open to all registered adult patients living with longstanding pain of any cause.

To sign up, please send an email to [THCCG.jubileestreetpractice@nhs.net](mailto:THCCG.jubileestreetpractice@nhs.net) with your full name and date of birth. If you do not have an email but have a smartphone/device you can use, please let us know.

*Sessions will initially be online via a link sent in advance. As soon as social distancing restrictions allow we hope to resume a face to face group option as well.*

## Sessions will include

- Understanding pain
- Pacing and goal setting
- Moving and exercising with pain
- Thoughts and feelings
- Medicines and other treatments
- Skills for living well - a chance to share tips & tricks
- Planning for flare ups

## When?

**Starting Tuesday 8<sup>th</sup> September 2-3pm** and continuing on the 2<sup>nd</sup> Tuesday of each month (breaks for Christmas and Easter). You can attend every month or join us for a single session.

### *Your Pain Group Team*

Harriet Abbiss, Practice Pharmacist  
Salma Ahmed, GP  
Emma Ovink, GP