

Useful Information

When and where are the sessions held?

We currently run Pain Management Programmes in Bridgwater, Taunton and Yeovil. On phoning our secretary to book a place on the Pain Management Programme you will be told of the date, times and locations of the programme you would like to attend.

FURTHER INFORMATION

Have you see our new website? You may find it helpful, to find out more about our service and about ways of managing long term pain, to access our website:

www.somersetpain.co.uk



Somerset Community Pain
Management Service
**Working together
on my health**

*Quotes from patients who have
been seen in the Pain Management
Service –*

*“I now understand that I can be
in control and even if I am not
pain free, there are a lot of things
to adjust that can add up to a
better life for me.”*

*“It was not a question of dealing
with the pain...it is a problem but
not the problem that you can
tackle. What you have got to do
is deal with the consequences of
the pain. It's a medical problem.”
but the solution is not
necessarily a medical one”*

*“What a revelation! This course
offered a whole new way of
looking at pain and finding
alternative ways of managing my
own pain and moving forward
positively. Stick with it!*

*Fantastic course and facilitators.
Not to mention the other
participants who were
wonderful”.*

Somerset Community Pain
Management Service
Musgrove Park Hospital
Taunton

Phone: 01823 344147



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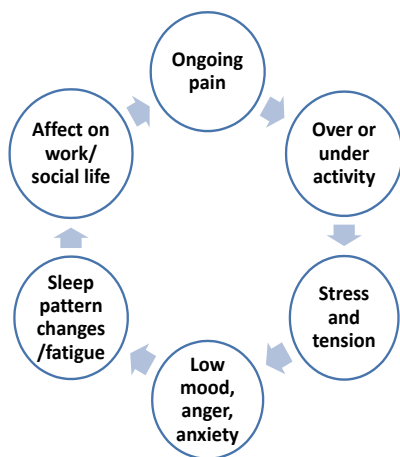
Somerset Community Pain Management Programme

“Helping You Take Control”

Introduction

There is rarely a simple explanation or a simple answer for long-term pain. It is complicated and affected by many things. However, we are beginning to understand more about how the pain system works and about how we can support people who live with daily long-term pain to take control.

We understand that your pain is a very real experience. We also understand that living with pain affects people in different ways. Sometimes people describe feeling like they are caught in a cycle of pain.



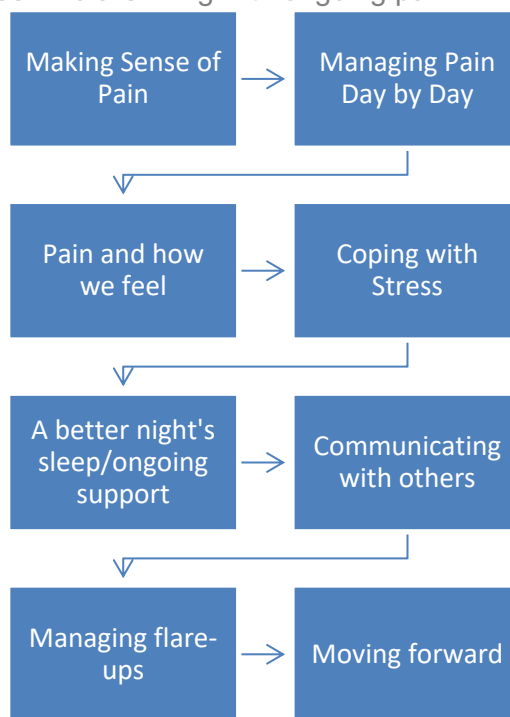
Our Aims

- To help you understand more about long-term pain
- To enable you to develop the knowledge, confidence and skills to move forward with your life, despite the pain.

What is the Pain Management Programme?

The Pain Management Programme runs in a group format, lasting for eight sessions. Each session will be facilitated by Pain Management Specialists, working in the Somerset Pain Management Service.

The programme will cover a number of different themes; important to the patients we see who are living with ongoing pain.



What it's not:

- It's not group therapy. You will not be expected to share personal information if you don't want to.
- It's not an exercise programme.
- It's not about curing pain but about taking control, despite your pain.

Is the Pain Management Programme right for me?

- If you are living with long-term pain.
- If you would value working with other people living with pain in a group format.
- If you would like to understand more about long-term pain and develop the confidence, knowledge and skills to move forward with your life despite pain.
- If you feel ready to make changes in your lifestyle and approach to living with pain.

...then the Pain Management Programme is right for you!

We'd encourage you to discuss any questions you have about the programme with your pain management specialist, before accessing the group.

Your commitment

We encourage everyone in the group to attend all 8 sessions, in order to gain the maximum benefit from the programme.

What do I do next?

What to do if you want to join the programme?

Please ring Liz Ford our Medical Secretary on: 01823 344147