



Living with Pain

Information for Patients

Motherwell Integrated Day Service for Older People (IDS)

Living with Pain Group



HOW LONG IS THE COURSE?

This is a 6 week nurse led education course for older adults who are living with chronic pain. You will attend one session a week, each session lasts just over 2 hours with breaks.

PROGRAMME

09.45 - 10.00	Tea and Toast (15 mins)
10.00 - 10.30	Move it or lose it DVD (30 mins)
10.30 -10.35	Drink and a chat (5 mins)
10.35 - 11.30	Living with Pain Group Session (55 mins)
11.30 - 11.40	Tea and biscuits (10 mins)
11.40 - 12.00	Relaxation (20 mins)
	Home time

The Programme may not run specifically to the time allocated and is used as a guide only.

WHAT HAPPENS AT THE GROUP?

The sessions will cover a variety of topics to teach you the best self management techniques and provide you with the most up to date information to help you manage your pain.

There will be some practical sessions on exercise and relaxation from the NHS Mental Health Occupational Therapist, Physiotherapist and our Psychologist will be on hand for help and support.

WHO IS THIS GROUP FOR ?

This group is suitable for patients who have pain and have been advised that there is no cure, or you may have been told by doctors “there is nothing more they can do”.

You may be unsure how you can deal with long term pain. The group can provide you with support and information.

WHERE IS THE GROUP HELD?

The group will be held in the Motherwell Integrated Day Service in Airbles Road Centre. Start dates for the group will be released nearer the time. The group will run for six weeks and your GP will be sent a letter regarding attendance, progress and outcomes.

FURTHER INFORMATION

Your GP will be lettered regarding attendance, progress and outcomes.

Any further questions, please contact the nursing team on:

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Pain Association Scotland

Suite D, Moncrieffe Business Centre

Friarton Road, Perth PH2 8DG

Tel (Enquiries only): 0800 783 6059

Web: www.chronicpaininfo.org

(Best time to telephone 9am – 4pm Monday-Friday)

Motherwell IDS

23 Draffen Court, Motherwell ML1 2TP

Telephone 01698 274620

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland. www.nhsinform.co.uk

Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation. Services@lanarkshire.scot.nhs.uk



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