

## Who can take part?

Anyone living with Chronic Pain or caring for someone who has Chronic Pain

## How can it help you?

By taking part, you will:

- Gain/extend knowledge about how to live with Chronic Pain
- Feel confident and more in control of your life
- Be realistic about the impact of Chronic Pain on yourself and your family
- Manage your condition and treatment together working with healthcare professionals
- Use your new skills and knowledge to improve your quality of life
- Meet others who share similar experiences



**Walsall Healthcare**  
NHS Trust



## Chronic Pain Self Care Management Programme

If you are living with Chronic Pain, why not join the Chronic Pain Self Care Management Programme and take better care of yourself

# We can help 01922 605490

All courses are free of charge

For more information about the Chronic Pain Self Care Management Programme please call:  
**01922 605490**

or email:  
[wht.selfcare@nhs.net](mailto:wht.selfcare@nhs.net)



@WalsallHcareNHS

[www.walsallhealthcare.nhs.uk](http://www.walsallhealthcare.nhs.uk)

## What is a Chronic Pain Self Care Management course?

It's a FREE six week course for anyone living with Chronic Pain. The programme aims to help you take more care of your health by learning new skills to manage your Chronic Pain better on a daily basis.

### Is this you?

- You have Chronic Pain
- Your Chronic Pain affects the quality of your life
- You feel you have little control over your life
- You would like to rebuild your confidence and improve the quality of your life
- You would like to meet others in a similar situation
- You would like to share experiences and help others at the same time



### How can it help you?

By taking part, you will learn:

- Techniques to deal with the symptoms of Chronic Pain such as fatigue, stress, sleeplessness, physical limitations and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for managing Chronic Pain and physical limitations by practicing the Moving Easy Programme
- Healthy eating for Chronic Pain management
- Communicating effectively about your Chronic Pain with family, friends and health professionals

**Courses are held virtually and locally and run for six weekly sessions, each session lasts for two and a half hours.**

**With mutual support patients can build the confidence in their ability to manage their health and maintain active and fulfilling lives.**

## Chronic Pain Self-Management Tool Box

- |  |                        |
|--|------------------------|
| Action Planning                          | Decision-Making        |
| Problem Solving                          | Pain Diary             |
| Pacing                                   | Thinking Activities    |
| Physical Activity                        | Communication          |
| Improving Sleep                          | Medications            |
| Healthy Eating                           | Avoiding Complications |
| Dealing with Difficult Thoughts/Emotions |                        |
| Working with Healthcare Teams            |                        |

