

Chronic Pain Peer Support Group

Are you struggling with Chronic Pain? Caused by conditions such as Fibromyalgia, Arthritis, or Neurogenic pain. The support group is here to help share experiences and offer support when needed.

Rebecca House, Uttoxeter Old Road, DE1 1GF

Every other Tuesday 12.00pm-1.30pm

For more information or to book a space please contact

Jane - 07950 275890

Sean - 07376 476949

Social Prescribers for Greater Derby PCN



Managing Chronic Pain in 10 Steps

1.

Be realistic. Be honest and learn what you can about your physical condition, including dealing with anger and frustration.

2.

Get involved. Take an active role in dealing with your condition. Find all the options available to you.

3.

Learn relaxation and the value of distraction. Learning to breathe and relax properly can be a very simple and helpful step.

4.

Recognise thoughts and feelings. The mind affects the body and the body affects the mind

5.

Safe movement combined with deeper breathing can improve your mobility.

6.

Set priorities. With reduced energy and reduced mobility, it is important to set the priorities in your life.

7.

Set realistic goals. Break big tasks into smaller, much more manageable steps that are achievable and pace yourself.

8.

Know your basic rights

9.

Communicate clearly and effectively with your family and healthcare professionals. Tell them of your anxiety and depression related to the pain.

10.

Rediscover hope. by using the above 9 strategies you can increase your general sense of wellbeing, break the pain cycle, reduce suffering and retake control of your life.

Meeting Dates

Tuesday 2nd May
Tuesday 16th May
Tuesday 30th May
Tuesday 13th June
Tuesday 27th June
Tuesday 11th July

Tuesday 25th July
Tuesday 8th August
Tuesday 22nd August
Tuesday 5th September
Tuesday 19th September
Tuesday 3rd October