



DUMFRIES HOUSE

CHRONIC PAIN PROGRAMME

Do you.....

- ✚ Struggle with joint and muscle pain
- ✚ Worry about your memory
- ✚ Find it difficult to be more active
- ✚ Find it difficult to relax
- ✚ Live with chronic pain

Our programme is an online programme which is run through Zoom from **1.30pm till 3.30pm on a Wednesday afternoon**. Each week the group helps you find out more about chronic pain, learn how to manage your condition, and learn by pacing yourself you can gain some control of your condition and helps you feel better. The programme also shows how using complementary therapies such as mindfulness and acupuncture can help deal with anxieties and stress.

Here are some quotes from people who have been through the course

- ✚ *"I enjoyed it – it was really good fun. It was good to make friends, to go along to be shown what to do."*
- ✚ *"I feel I am coping better with the symptoms"*
- ✚ *"Found the group really useful and helped explain why I was feeling this way and I wasn't alone in feeling like that"*

You can self-refer to the programme if you are registered with an Ayrshire GP.

**FOR MORE INFORMATION ABOUT THE PROGRAMME AND
START DATES, PLEASE CONTACT**

HEALTH@DUMFRIES-HOUSE.ORG.UK