

For a Better View contact:

What if I have more questions or comments...?

If you have any questions, concerns or comments please contact us:

Physiotherapist:

01942 483413

Occupational Therapist:

01942 483413

Clinical Psychologist:

01942 264635

Physiotherapy Department

Leigh Health Centre

The Avenue

Leigh

WN7 1HR

Service provided by Greater Manchester Mental Health NHS Foundation Trust and Wrightington, Wigan and Leigh NHS Foundation Trust.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust, Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.



Chronic Pain Service

The Pain Management Group

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021

Proudly serving those who serve.

Author ID: SR/LJ/ESN
Leaflet Ref: Pain 043
Version: 4
Leaflet title: Chronic Pain Service
The pain management group
Last review: January 2022
Expiry Date: January 2024



What is the Pain Management Programme?

The pain management programme offers a well-researched, evidence based programme which aims to reduce the distress and disability of living with chronic pain, and help individuals manage pain.

The group aims to help patients understand more about their pain; their condition and the factors which influence it.

It is an opportunity to learn new skills with the aim of coping with pain more efficiently.

The group does not aim to reduce pain as such, but it can help patients gain a sense of control over their pain, and help to achieve improved mood and activity levels.

The group provides an opportunity to meet with and learn from other people who experience problems with chronic pain.

What does the group involve?

The programme is run by multi-disciplinary staff from the Chronic Pain service - mainly Clinical Psychology, Physiotherapy, and Occupational Therapy. There are usually 15-20 patients who attend, with a variety of chronic pain conditions.

The group is held at:

Leisure Centres across the borough

The group covers topics such as:

- Education about pain and its management
- Information about the best ways to use medication
- The psychological impact of chronic pain
- Introduction to relaxation techniques & sleep strategies
- Understanding the physiology of pain
- Activity management & adaptation
- Exercise

There are 6 sessions lasting approximately 2 hours each.

We are aware that sitting for long periods may be difficult for many of our patients. We encourage group members to move around; have a stretch, bring pillows, and/or back supports. We encourage you to bring whatever you need to make group as comfortable as possible.

What does the group expect from you?

You will need to be able and committed to attend all of the sessions. You will be encouraged to practise the skills learnt in sessions, between sessions.

We find that patients, who are at the point of acknowledging that there are no simple medical solutions to managing their pain, respond well to the group.

These patients are often looking for more information about self-management and coping strategies, this is the main aim of the group.

If you have any questions, please contact us on the telephone number or address overleaf.