

## 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 North West Boroughs Healthcare 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 to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh 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 pros and cons 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 take a look at our "how we use your information" leaflet which can be found on the Trust website:

[https://www.wwl.nhs.uk/patient\\_information/leaflets](https://www.wwl.nhs.uk/patient_information/leaflets)

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

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# Chronic Pain Service

## The Pain Management Group

### Patient Information

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## 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 increase 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:

**Leigh Leisure Centre, Leigh Campus,  
Sale Way, Leigh Sports Village,  
Leigh, WN7 4JY**

### **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 8 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.