

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN



Arbroath Group

Old and Abbey Church , West
Abbey Street, Arbroath, DD11
1EQ



2026 Programme

Meetings are held on a Tuesday 10.30am – 12.30pm

Tue 6 th Jan	Pacing & the 70% Rule	10.30– 12.30 – Online
Tue 3 rd Feb	Self-Soothing	10.30– 12.30 – Venue
Tue 3 rd March	Understanding Pain	10.30– 12.30 – Online
Tues 7 th April	Stress & The Window of Tolerance	10.30– 12.30 – Venue
Tue 12 th May	Pain & Fatigue	10.30– 12.30 – Online
Tue 2 nd June	Balance of Life	10.30– 12.30 – Venue
Tue 7 th July	Communication & Dealing with Other People	10.30– 12.30 – Online
Tue 4 th Aug	Nutrition & Other Therapies	10.30– 12.30 - Venue
	<u>Summer Break</u>	
Tue 6 th Oct	Anxiety	10.30– 12.30 – Online
Tue 3 rd Nov	Meaning Movement	10.30– 12.30 - Venue
Tue 1 st Dec	Building Resilience	10.30– 12.30 - Online

- This is a professionally led group for people with all forms of chronic pain. Sessions are run by our pain health and wellbeing coaches. They focus on building skills that help you to regain control and cope more effectively. You are welcome to attend at any point during the programme. You do not need to be referred by a health care professional to attend.

- We acknowledge part funding for this project from NHS Tayside



0800 783 6059

enquiries only

Pain Management Strategies and Support for People in Pain

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Pain Association Scotland



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Any such changes (if unable to meet at the venue) will be posted on our social media and that regular attendees will be contacted via phone/email.

To join the Zoom meetings please email info@painassociation.com with your name, a contact email address and which group you wish to join i.e. Arbroath.

The group is running a blended programme of face-to-face and on-line for 2026. Everyone is welcome to attend both face-to-face and online throughout the year.

The latest updates on the meetings can be found on our website www.painassociation.co.uk and on Social Media – X (formerly Twitter) - @PainAssocScot – Instagram- painassocscot Facebook – Pain Association BlueSky - @painassocscotland.bsky.social

We look forward to seeing you at the sessions.

