

# PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

## Forfar Group

**St John's Episcopal Church**  
**East High Street, Forfar,**  
**DD8 2EP**

**Venue entrance on Green Street**  
**2026 Programme**

**Meetings are held on a Tuesday 2.00pm – 4.00pm**

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



@PainAssocScot



Pain Association Scotland



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## Pain Management Strategies and Support for People in Pain

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Scottish Charity Number SC 014486

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

To join the Zoom meetings please email [info@painassociation.com](mailto:info@painassociation.com) with your name, an email address and which group you wish to join i.e. Forfar as the subject.

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](http://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.

