



Grampian Pain Support

Information for people affected by Chronic Pain

Please don't suffer in silence, come along and join us!

Grampian Pain Support (GPS) registered Scottish charity SCO45488

What is chronic pain?

Chronic pain is pain that has lasted for more than 3 months, and affects many people in the UK. It can have a huge effect on people's lives, causing disability, sadness and frustration. Often there is no cure for chronic pain and so learning the skills of self-management help people to live well with pain

About Grampian Pain Support

Grampian Pain Support (GPS) is a self-help group, set up to help people with pain and their relatives/carers to support each other and themselves to **live well with pain**. This can be done through helping them to understand their chronic pain and move forward with their lives, thereby improving their quality of life.

How can the GPS group help me?

GPS is jointly run by people affected by chronic pain and people working in the field of chronic pain. The group can help you feel less alone and isolated. You will be able to receive and give support helping you live well with your pain. The group will also help you to learn more about the supported self management of chronic pain.

What happens at the meetings?

The meetings of GPS are informal, there are talks and relevant discussions, as well as a chance to just be amongst other people who know what it is like to live with chronic pain. There will also be the opportunity to join in with helpful active movements and mindfulness/relaxation.

Topics for the talks include

- What is Chronic Pain?
- Activity Management/Pacing
- Medications & how to use them
- Fatigue management & Sleep
- Pain & Nutrition/Diet
- Self esteem/confidence & Assertiveness

Where is GPS held?

The meetings of the GPS are held at

**Aberdeen Community Health and Social Care Village,
Frederick Street, Aberdeen.**

on The First Friday of every month, 12-2pm



a more informal meeting is also held at the



**Third Wednesday of every month at the Foresterhill
Suttie Centre 2-4pm**

NO BOOKING REQUIRED

If you would like to find out more information or have any further queries, please contact:

Grampian Pain Support

 01224 7833217 / 07812151871  (Laura)

 01330 810121 / 07807982317  (Pearl)

**This leaflet is also available in large print.
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Feedback from the public helped us to develop this leaflet.
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