

Dorset Community Pain Service  
Shaftesbury House  
Shaftesbury Road  
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BH15 2NT

June 2016

Hi Everyone.

Just a quick note from John and Carol; two of your Pain Management Volunteers.

The volunteers are group of people all of whom have been, or are going through, the Pain Service, but now volunteer to work with the professionals. More importantly we are here to support you. Be it finding information, having a chat with you but we are basically somebody who really does understand what you are experiencing to one degree or another and our self-help support meetings are a good opportunity for you to talk to us.

**We are really hoping that you can join us at our next meeting.** If you are in pain or suffering then you are invited. You can bring your partners along too, if you wish.

These meetings have changed format so that they are drop in, come when you can and leave when you have had enough, although speakers will be giving talks at set times. Why not come along for a coffee as we have lots to offer with interesting talks and lots of information but in a relaxed atmosphere where we can have a laugh and we are trying to make each session varied.

Our get-togethers are part of the social network that is growing within the Pain Service for instance in the near future we are hoping to set up a choir, we meet up for coffee at various locations for coffee or lunch.

These are your meetings so if you have ideas of what you would like to see happening just let us know, we are really interested to see your suggestions.

This is a friendly service with a great team of Professionals but at the same time there will be plenty of opportunities to chat and meet others who truly understand what you are going through.

We really look forward to seeing you.

John and Carol