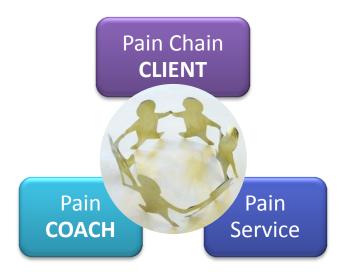




## THE PAIN CHAIN

A chain of support to help you live meaningfully with persistent pain



## The Pain Chain is for people living with pain who:

- are past or present patients/users of the Pain Service
- want to learn about managing pain from another person who has developed a positive way of living with it
- would like the support and encouragement of a Pain Coach whilst putting their pain management knowledge into practice

## A Pain Coach is someone who:

- understands what it's like to live with daily pain through their own experience
- has been through pain management (group or 1:1 programmes) and has made constructive progress in managing and living with pain
- wants to use their learning and experience to support others living with pain
- is supported by a Pain Chain Coordinator from the Pain Service

## You can communicate with your Pain Coach in various ways:

- secure messaging on our website at <u>www.dorsetpain.org.uk</u>
- telephone or video call (e.g. Skype, FaceTime, etc.)
- texting or email
- face to face meetings

If you would like to have your own Pain Coach and receive support through the Pain Chain please contact a member of our staff team by ringing

> 01202 448670 (Poole/Bournemouth) 01305 814015 (Weymouth/Dorchester) 01305 361583 (Blandford/Sherborne)