**The Pain Chain**

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

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**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 [www.dorsetpain.org.uk](http://www.dorsetpain.org.uk)
- telephone or video call (e.g. Skype, FaceTime, etc.)
- texting or email
- face to face meetings

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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)