

# PAIN TOOLKIT



## Half-day workshop for people living with pain

The workshops are run by Pete Moore – co-author of 'The Pain Toolkit'

### Where, Dates & Times

- **7th February 2017**  
**Seagoe Hotel**  
**(Portadown)**
- **8th February 2017**  
**Silverbirch Hotel**  
**(Omagh)**
- **9th February 2017**  
**Everglades Hotel**  
**(Londonderry)**
- **28th February 2017**  
**Tullyglass Hotel**  
**(Ballymena)**
- **1st March 2017**  
**Lagan Valley Island**  
**(Lisburn)**
- **2nd March 2017**  
**Malone House**  
**(Belfast)**

**Registration: 1.00 pm**

**Start: 1.30 pm.**

**Finish: 5.00 pm.**

**Closing date:**

**24th January 2017.**

**The Pain Toolkit workshop are for people who live with persistent pain.**

### Workshop overview - what will it cover.

- ✓ Overcoming day-to-day problems living with pain.
- ✓ The benefits of self-managing pain.
- ✓ Understanding the tools in the Pain Toolkit and how to use them.
- ✓ How to work effectively with your doctor and healthcare professionals.
- ✓ How to set realistic goals and action planning.
- ✓ How to problem solve setbacks. Knowing what to do, if something goes wrong.



"I loved the Pain Toolkit workshop. It was nice to be with other people who had similar problems as me. I thought it was just me."  
S.B.

The Pain Toolkit workshop is led by an experienced Pain Toolkit Trainer who lives with persistent pain and is a good self-manager.

The workshop is delivered in a relaxed and friendly environment and incorporating time for questions and discussion.

For more information and to book onto the workshop, please contact Angela Neilly with your details:

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