

Greater Glasgow and Clyde Pain Management Service
Pain Early Information Session



Would you like to learn more about living life well with Chronic Pain?

Please come along to our Pain Early Information Session to hear more about the Pain Management Service and then there will be an opportunity to share with us what you would like to gain from coming to our service. This will help us plan your care together.

Pain Early Information Session

We know that having information early and learning more about pain self-management can help people to live better with pain and has been shown to make a real difference in people's lives.

The aim is to give you more information about what we do in the pain management service, hear what is important to you and help you identify how we can support you to live well with your pain.

What does it involve?

There are 2 appointments:

1. The first is a group session lasting **1 hour**.

Ideally, this first part would be a video session, which allows you to remain at home. The session is led by 2-3 members of the pain management team, and there are 15-25 other people with Chronic Pain.

To reassure you, you do not need to speak during this session. You will be able to listen to the information the staff provide without travelling to a hospital site. However, we do ask you are in a private and confidential space. If you cannot do a video session, we can offer the session in-person.

In person sites:

1. New Victoria Hospital
2. Stobhill Hospital
3. Port Glasgow Town Hall

2. The second is an individual telephone conversation lasting around **15 minutes**

It is important that you take part in both appointments.

How do I book?

Please contact the number on the letter you have received, and we can arrange a date for both appointments.

What else do I need to know?

We ask that you attend both appointments. There may be paperwork for you to complete. Please let us know if you need any additional help.

If you do not get back to us, we will assume you do not wish to come along to our service and we will remove your name from the waiting list. We will also tell your GP.

Please contact the service if you have any concerns about attending, or cannot attend and we can arrange a further appointment for you.

What happens at the end of the Sessions?

You will now have an idea of what we offer within the Pain Management Service. You may feel confident to start making some changes to your life from what you have already heard.

During the telephone conversation, you can make your appointment for your individual appointment.

We look forward to meeting you.

NHS Greater Glasgow and Clyde Pain Management Service

If you need this information in any other language or format, please phone ☎ 0141 347 8005.

Please visit our website while you wait for your appointment, or scan the QR code 🌐 www.nhsggc.org.uk/chronicpain



Scan the QR code for
additional information
about pain



Notes
