

Self-Management Courses and Support Groups

- ◆ A number of organisations run free self-management courses in the UK for people with a long-term health condition and/or pain. Some might be in person whereas others will be delivered through a conferencing platform such as Zoom / Teams or even via an App. You don't have to be referred; you can take part by contacting the organisations directly.
- ◆ There are a number of Pain Support groups operating in the UK. Some run in conjunction with pain clinics, while others are linked to interested organisations.
- ◆ Some websites provide a form of support through an online 'forum' where communities can share knowledge and experiences.

Self-Management Courses

One way to manage your condition and the pain it causes is by taking part in a self-management course. There are a number available in the community, but more commonly online nowadays, to people with a long-term health conditions and/or pain. The courses discussed in this information sheet are not Pain Management Programmes (PMPs), although they may involve similar issues and coping strategies. Self-management courses focus on developing skills that help people to take an active role in looking after their health condition. The courses typically include approaches used to cope with pain and fatigue, healthy eating and exercise, and ways to cope with the emotional side of living with a long-term condition.

A number of organisations run free self-management courses in the UK. You don't have to be referred by your GP or other healthcare providers; you can take part by contacting the organisations directly. Try an online search or, as a starting point, use the contact details of the organisations in the list below.

Pain Support Groups / Online Communities

There are a number of Pain Support groups running in the UK. Some of these are in conjunction with pain clinics, while others are linked to interested organisations, for example charities. A few websites provide a form of support through an online 'forum'.

The contact list below shows a selection of groups with an interest in pain and/or issues surrounding back problems. It's worth using a search engine when looking for such groups / communities – what's available can change regularly. Your GP surgery or local hospital might also be a good source of information about Support Groups in your area. The local press or library might also have such information. There also may be support groups with an interest in specific conditions, for example arthritis, osteoporosis etc.

Contact Information

- ◆ Action on Pain
www.action-on-pain.co.uk
- ◆ Arthritis Care
www.arthritiscare.org.uk
- ◆ British Pain Society
www.britishpainsociety.org
- ◆ Health Experience Insights – website with personal experience
hexi.ox.ac.uk
- ◆ Expert Patients Programme
Search your local NHS trust
- ◆ Pain Association – Scotland
www.chronicpaininfo.org
- ◆ Patients Association – A national healthcare charity with information about pain in older people
www.patients-association.org.uk
- ◆ Pain Concern – Run by volunteers with experience of chronic pain
www.painconcern.org.uk
- ◆ Pain Relief Foundation
www.painrelieffoundation.org.uk

Relevant Information

- ◆ BackCare Information Sheets – [Pain Clinics, Pain Management and Functional Restoration Programmes](#);
- ◆ BackCare Booklets – Available via our website or ISSUU.com