

CHRONIC PAIN PROGRAMME



If you have experienced pain for 12 weeks or more and it has not been helped by medication or treatment, our six-week Chronic Pain Programme may help.

Sessions are led by a qualified and experienced instructor and are a mix of taught exercises, and shared advice, guidance and learning on living with chronic pain.

- 1 hour 30 min sessions
- Mixed gender
- Around six participants.
- Due to the nature of the course, a basic level of spoken English is needed.

Speak to your GP or health professional about a referral.

Referrals from health professionals can be made as long as consent is given.

For more information or to refer, email jane.rogers@wsb.org.uk