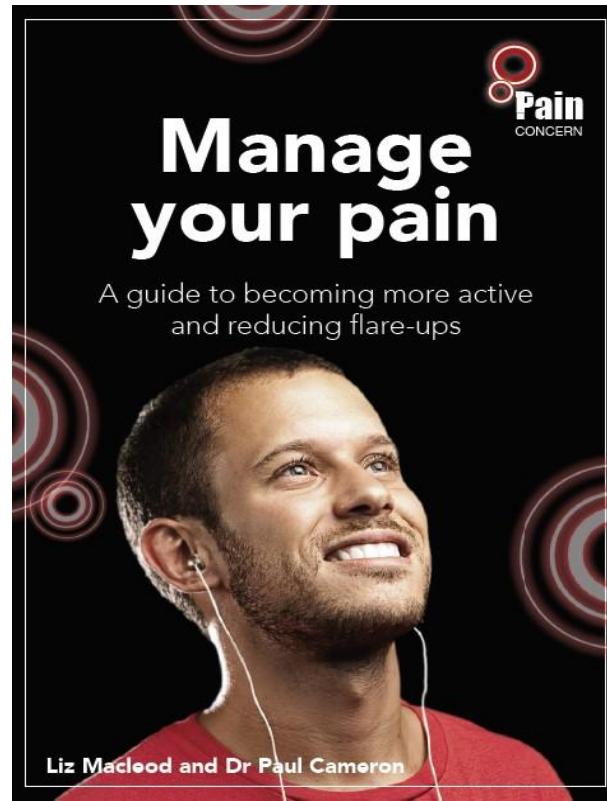




***'We work to improve the lives of people living
with pain and those who care for them'***



'Pain is more common than we think'



Liz Macleod and Dr Paul Cameron

AIRING PAIN PODCASTS



Transcripts
available for
every episode

 painconcern.org.uk



Support

www.painconcern.org.uk

 **Information & Resources**
Find information and resources to help manage your pain.

 **Get Help & Support**
Find the tools you need to help you manage your pain.

 **Get Involved**
Help make a real difference to people in the UK living with chronic pain.

 **About Us**
Find out about Pain Concern and how we can help you.

Families And Children

Pain can sometimes seem like an 'uninvited guest' or 'intruder' into family life. Here you will find resources to help families to team up on pain together.

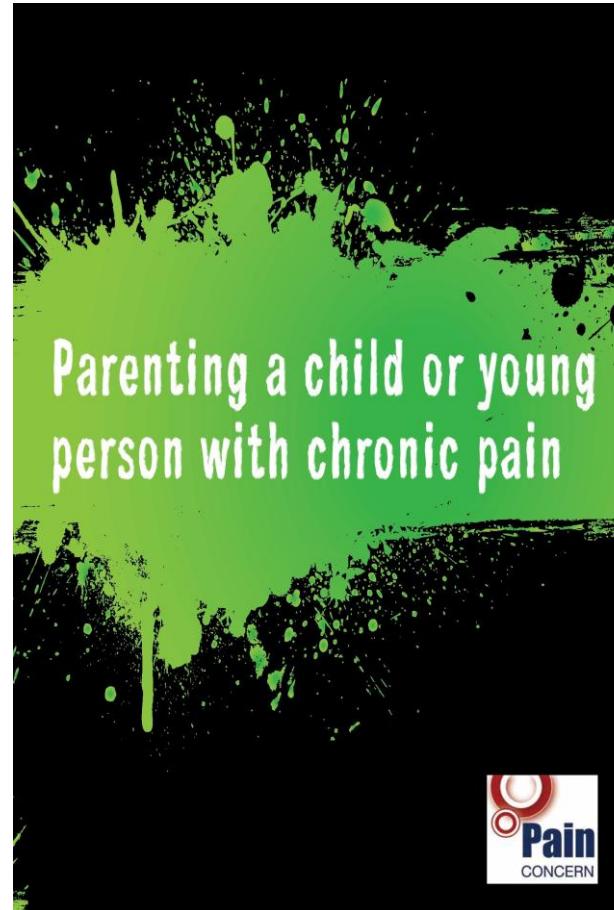
Children with chronic pain

Chronic pain is about as common among children as it is among adults. At any one time between 15% and 35% of school-age children may be affected by chronic pain. Yet the 2008 Chief Medical Officer's Report warned that children's pain is often neglected – perhaps because it is still seen as an adult problem.

Chronic pain in children can impact on many areas of everyday life including:

- School and work (for older children)
- Social life
- Family relationships

You can also order our [leaflet for supporting parents](#)



Support

www.painconcern.org.uk



Dedicated Helpline & Email Support

JOIN OUR FORUM



**HEALTH
UNLOCKED**

OUR ONLINE FORUM IS AVAILABLE
24 HOURS A DAY

- SHARE EXPERIENCES
- INFORMATION
- COMMUNITY
- BLOGS
- POLLS

JOIN THE COMMUNITY
healthunlocked.com/painconcern

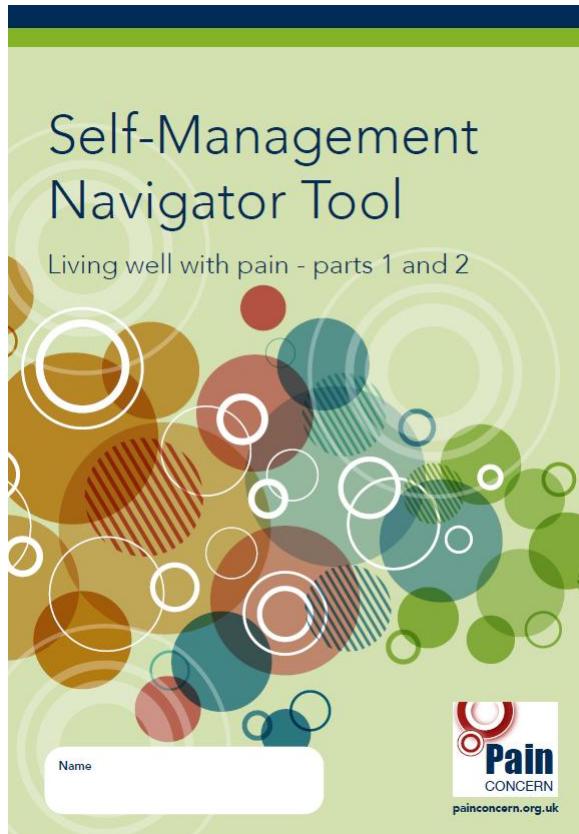
#UNLOCKYOURHEALTH



**'Just reading
your responses
helped me from
slipping into a
depression'**

**'This site is
about the only
place I've been
able to talk
about my
recurring pain!'**

Online Peer Support



Self-Management Navigator Tool – part 2

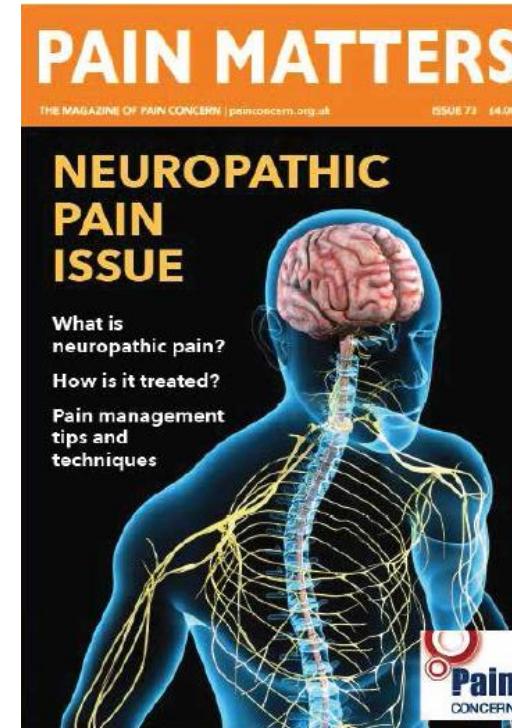
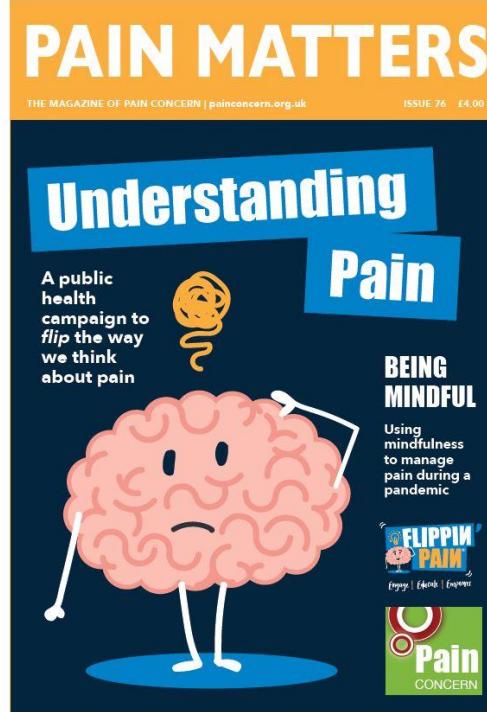
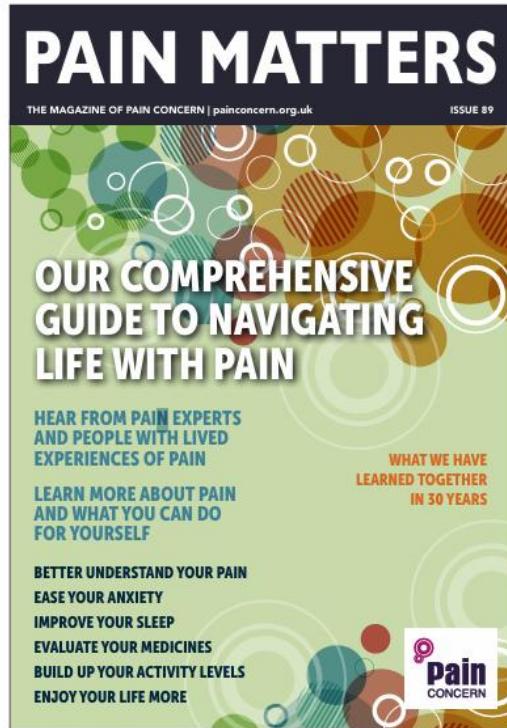
Questions to ask your health-care professional

These are some suggestions for questions that you could ask your health-care professional based on the three concerns you have identified in Part 1.

Diagnosis and cure	<input checked="" type="checkbox"/>
I don't think enough has been done to find out what is wrong.	<input type="checkbox"/> Is there anything more that could be done to find out what is wrong? <input type="checkbox"/> Have all reasonable tests been carried out? <input type="checkbox"/> Should I see a pain specialist about my condition?
I don't know the cause of this condition.	<input type="checkbox"/> What is causing my pain? <input type="checkbox"/> Why did nothing show up on my scan? <input type="checkbox"/> Can you explain my diagnosis again?
I don't understand my diagnosis.	<input type="checkbox"/> Do you have any written information on this? <input type="checkbox"/> The feedback from my scan was 'wear and tear'. What does this mean?
My pain is not getting any better.	<input type="checkbox"/> Are there other treatment options that we haven't tried yet? <input type="checkbox"/> How can I tell whether or not my symptoms mean I should get immediate medical help?
My pain is getting worse.	<input type="checkbox"/> Should I see a pain specialist about my condition? <input type="checkbox"/> Is my pain going to keep on getting worse?
Changes to my life	<input checked="" type="checkbox"/>
I don't see my family and friends.	<input type="checkbox"/> What strategies can I use to make sure I can still enjoy time with family and friends? <input type="checkbox"/> How can I explain my pain to family and friends?
I can't continue in or return to work.	<input type="checkbox"/> Are there any restrictions on me going back to work? <input type="checkbox"/> What help is available to me for getting back to work? <input type="checkbox"/> How am I going to be able to cope with work after being off because of my pain? <input type="checkbox"/> Is there anything I should stop or avoid doing?
I can't do my usual day-to-day tasks at home.	<input type="checkbox"/> What strategies can I use to make sure I can do everything I need to? <input type="checkbox"/> Is there anything I should stop or avoid doing?
I can't get a good night's sleep.	<input type="checkbox"/> What can I do to help get a good night's sleep?
I can't do leisure activities that I used to enjoy.	<input type="checkbox"/> Am I still able to.... (ride a bike, go hillwalking, and so on)?
I have money worries.	<input type="checkbox"/> Where can I get advice on financial support?

5 © Pain Concern. This form can be reproduced.

Self Management Navigator Tool



Pain Matters Magazine

- All welcome**
- Free, 2-hour interactive session**

The session is an introduction to help participants develop a way of dealing with their pain and should allow them to:

- Know more about their pain**
- Learn better how to deal with stress**
- Be able to enjoy life more**
- Be able to do more.**

Pain Education Sessions

□ Edinburgh and The Lothians

□ Forth Valley and Stirling

□ Aberdeen and across Grampians

□ North Ayrshire



Pain Education Sessions

'Informative explanation of the link between pain and our thoughts, mood and behaviour, the flare up management plan was new information to me which I will try and apply for my own help.'

'I felt heard and understood and I feel I have been able to come away from this with some realistic action points that might make my life a little bit easier.'

'I am a LD nurse and have attended today for one of my patients, this will help them and will also influence my practice on future patients.'

Pain Education Sessions

Free online Mindfulness Sessions
for 2025/26



mindfulness@painconcern.org.uk



**'I haven't done
mindfulness
sessions before and
it's given me a
different approach
to pain
management'.**

**'I am amazed at
how it has
improved my
mental health and
ability to cope
with pain
management'.**

Free Mindfulness Sessions



Thank You!