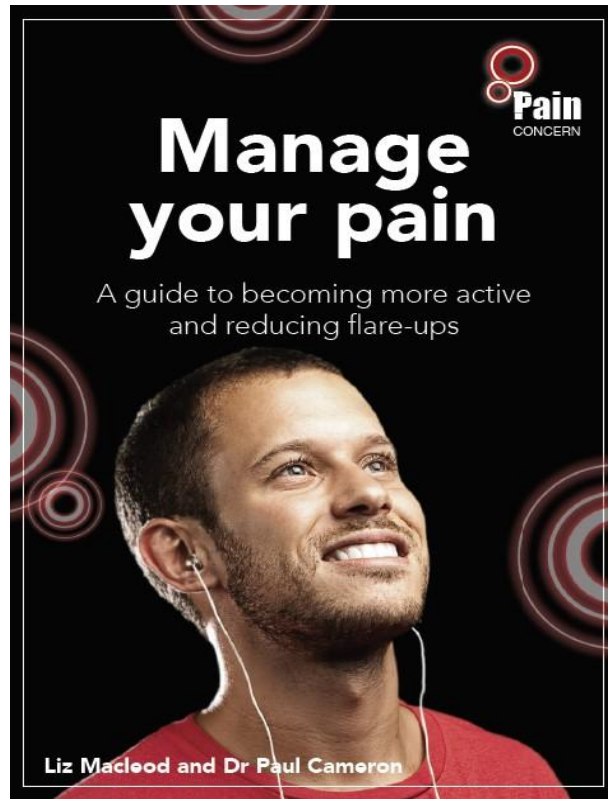




***'We work to improve the lives of people living with pain and those who care for them'***



***'Pain is more common than we think'***



# Support

[www.painconcern.org.uk](https://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](#)



## Parenting a child or young person with chronic pain



# Support

[www.painconcern.org.uk](http://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](https://healthunlocked.com/painconcern)

#UNLOCKYOURHEALTH

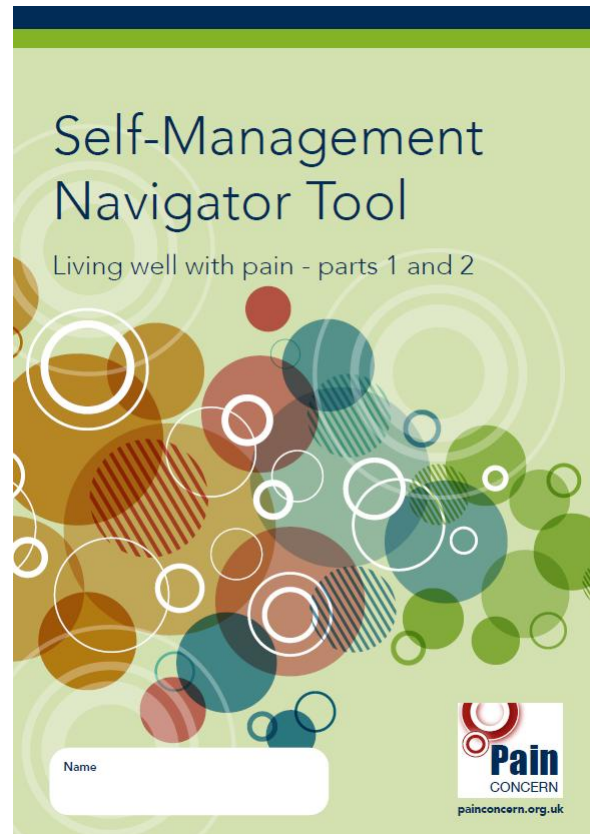


**'Just reading  
your responses  
helped me from  
slipping into a  
depression'**

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

# Online Peer Support





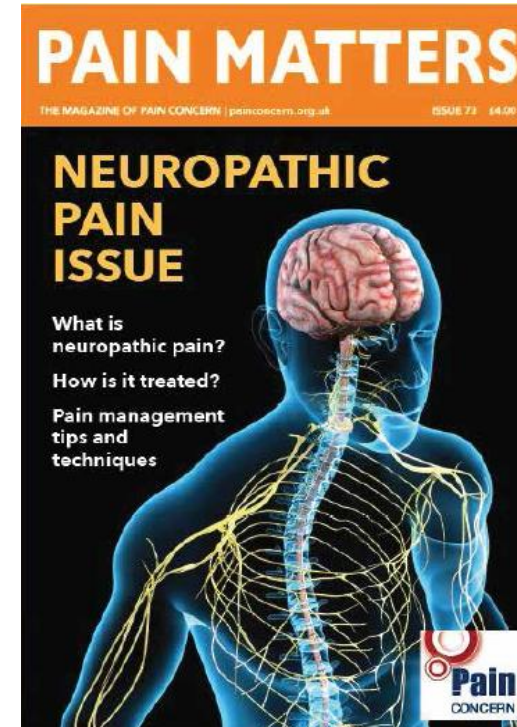
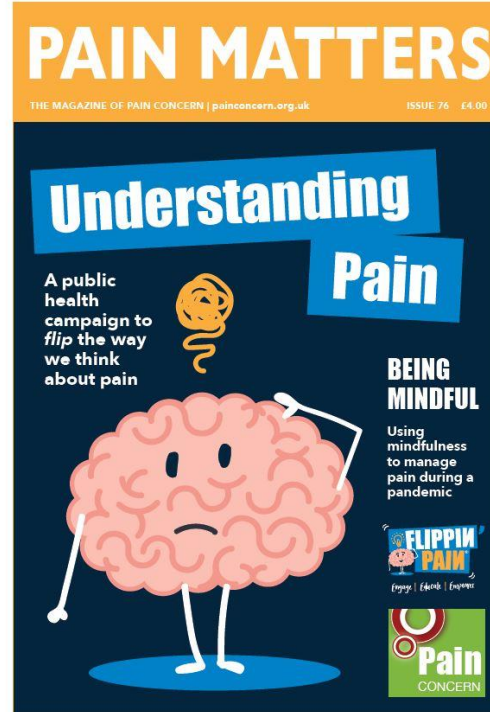
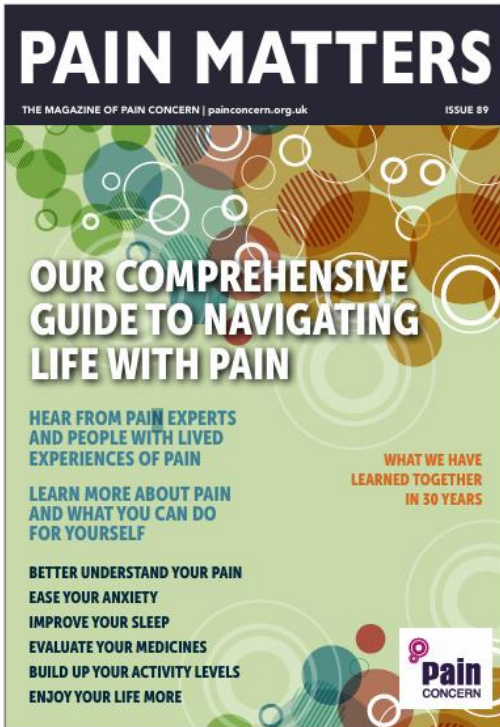
Self-Management Navigator Tool – part 2

### 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	✓
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?
I don't understand my diagnosis.	<input type="checkbox"/> Can you explain my diagnosis again? <input type="checkbox"/> Do you have any written information on this?
My pain is not getting any better.	<input type="checkbox"/> The feedback from my scan was 'wear and tear'. What does this mean? <input type="checkbox"/> Are there other treatment options that we haven't tried yet?
My pain is getting worse.	<input type="checkbox"/> How can I tell whether or not my symptoms mean I should get immediate medical help? <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	✓
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?
I can't do my usual day-to-day tasks at home.	<input type="checkbox"/> Is there anything I should stop or avoid doing? <input type="checkbox"/> What strategies can I use to make sure I can do everything I need to?
I can't get a good night's sleep.	<input type="checkbox"/> Is there anything I should stop or avoid doing? <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?

# 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](mailto: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!**