

Pain Self-Management – Group information session

Information and advice for patients

Pain management

What is the service?

We are hosting an information session for individuals referred for Pain Self-Management. This session aims to provide you with a deeper understanding of pain self-management, helping you work out if it's the right approach for you at this time.

This is a face to face group session that lasts up to two hours. While there is no requirement for anyone to address the larger group, you are encouraged to ask any questions you may have.

Session Details

Location:

West Bromwich Leisure Centre, Moor Street, West Bromwich B70 7AZ

Duration:

Up to 2 hours (including a break)

Format:

Face-to-face group session

Please note: Please ignore any conflicting information you may receive in reminder texts or other communications

How can I access the service?

The date and time of your session are provided in your invitation letter. If you're unable to attend or prefer an individual appointment, please contact us using the details below.

Who is it run by?

The session is run by members of the multidisciplinary team which may include Clinical Psychologists, Physiotherapists or Specialist Nurses.

What if I don't attend?

If you don't attend the information session and we do not hear from you, we'll assume that you're not interested in pain self-management programme at this time. Consequently, we'll remove you from the self-management waiting list. This won't affect any other planned treatments within our Pain Service. If you are not awaiting other treatments, we will discharge you from the service.

Contact details

If you are not able to attend the information session or if you prefer an individual appointment, please let us know by calling on 0121 507 4866. Or you can email swbh.pain-plan@nhs.net.

Further information

Parking instructions

Parking is available at West Bromwich Leisure Centre for up to 3 hours.

Cost: £2.40 (exact change required)

The Leisure Centre will refund your parking fee. Retain the Pay and Display portion in your car and bring the Refund part to reception for reimbursement.

Please note: The car park is managed by the Council, not the Leisure Centre.

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