



## **Dorset Community Pain Service East Dorset Team**

**Would like to invite you to attend our next**

### **SELF-HELP & SUPPORT MEETING**

**11.00am to 1.00pm**

**On Wednesday 13<sup>th</sup>**

**September 2017**

**The Bridge, Chaseside,**

**Bournemouth, BH7 7DX**

**(previously the Littledown**

**Youth Centre)**

**You are welcome to arrive and leave as you wish between**

**11.00am and 1.00pm**

**Carers and partners are welcome to join us too**

**We have two guest speakers at set times:**

**11.15am – A Mindfulness Taster**

**By Dawn Lipsett**

**(Recovery Education Centre)**

**12.15pm – An Introduction to Help and Care and How They Can Provide Support in  
the Community**

**By Daphne Barber**

**(POPP Wayfinder at Help and Care)**

We will also have stands from the community, an area for a chat with our Pain Coaches, computers available with support to help you use our website and a chance to explore other community services and activities.

**Please respond by replying to the email if you are planning to  
attend or telephone 01202 308067 if you would like to join our  
email contact list**

And do explore the Pain Service website:

[www.dorsetpain.org.uk](http://www.dorsetpain.org.uk)



The Bridge was previously known as The Littledown Youth Centre. Enter The Littledown car park and The Bridge is located at the back, opposite the Littledown Centre. Follow the car park round to access the parking spaces directly outside. Disabled parking is available. Plenty of parking, which is restricted for 3 hours.

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