



THE PAIN CHAIN

*A chain of support
to help you
live meaningfully
with persistent pain*



The Pain Chain is for people living with pain who:

- are past or present patients/users of the Pain Service
- want to learn about managing pain from another person who has developed a positive way of living with it
- would like the support and encouragement of a Pain Coach whilst putting their pain management knowledge into practice

A Pain Coach is someone who:

- understands what it's like to live with daily pain through their own experience
- has been through pain management (group or 1:1 programmes) and has made constructive progress in managing and living with pain
- wants to use their learning and experience to support others living with pain
- is supported by a Pain Chain Coordinator from the Pain Service

You can communicate with your Pain Coach in various ways:

- secure messaging on our website at www.dorsetpain.org.uk
- telephone or video call (e.g. Skype, FaceTime, etc.)
- texting or email
- face to face meetings

**If you would like to have your own Pain Coach
and receive support through the Pain Chain
please contact a member of our staff team by ringing**

**01202 448670 (Poole/Bournemouth)
01305 814015 (Weymouth/Dorchester)
01305 361583 (Blandford/Sherborne)**