



Pain Management Programme

Familiarisation session recap

It was great to meet with you all for the familiarisation session and we wanted to briefly recap the content of our time shared together.

The familiarisation session was aimed at helping you find your feet with how our group sessions work, the use of technology, and what to expect of the next few weeks. If you have missed this session, please view this information to fill in the missing gaps. Do not worry if it seems like a lot to read, you will very quickly find you settle into the group, and much of this information will become natural once you are on screen with us.

Here is a summary of the main areas covered,

1) Use of IT:

Depending on the device you use to access our group sessions the appearance of your screen may vary. Using some of the commonly found tools can help the sessions run more smoothly. Most devices should provide you with the following icons.



- a. Hand function. We use the hand icon to indicate when we would like to come off mute and participate in the conversation. A gold hand image will show up on screen by your name.
- b. Mute function. We ask all members of the group to keep their microphone muted during the session to decrease background noise and disruption. Press on the microphone image and it should mute/unmute you.
- c. Camera function. We expect to keep camera's on so we can get to know each member of the group, however if you need to turn your camera off for some reason, please let us know in the chat box so we don't need to be concerned for your welfare.
- d. Large gallery. Find the 3 small dots in a row, click here to bring up a drop box. Amongst the options found here is 'large gallery'. Click on this to allow you to see all the participants in the group on the screen at the same time.



2) Group values:

- a. Confidentiality. Any conversations of a personal nature must be kept confidential; what is said in the Teams meeting room, stays in the Team's meeting room! This includes names of our fellow group participants.
- b. Time keeping. We aim to keep to arrival and break times, in order that we can keep to our finish time and cover the material that we feel is important to share in each session. Staff are happy to be reminded of the time, if we are running over, and we hope nobody will take offence if we must draw any conversations to a close to ensure to keep to timing.
- c. Openness to new ideas. Being willing listen to new ideas from others and challenge yourself with your own thoughts and expectations will allow you to get the most out of the group whilst keeping it a safe and positive experience for all members of the group.
- d. Respect for others. Allowing for individuals to have their experiences heard and validated is an important value for any group. Therefore, being respectful of each person in the group, and any differences or similarities we may share is another important element of making the group work well for all involved. This includes turn taking in discussions and when sharing ideas.
- e. Self-care. This group process is about sharing ideas for improvements to health and self-care is at the heart of this. Self-care in practise may mean you needing to stand up in the middle of a session rather than waiting for a break in the proceedings – we would fully encourage this sort of action.
- f. Commitment. We strongly encourage you to commit to attending each session of the group to get the most out of your attendance as we will be introducing different topics relating to pain management each week. If you know that you cannot make a session for whatever reason, please do let us know in advance as best you can.
- g. Please ask questions and provide feedback, this is the best way in which we can learn together.

We can continue to revise and add to the list as the group finds helpful.

We very much look forward to meeting with you again next week.

With best wishes from your Pain Management Programme Team: