

## Contact Details:

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St Helens and Knowsley  
Teaching Hospitals  
NHS Trust

# Pain Clinic: Well-being Session

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

**Author:** Therapy Team  
**Department:** Therapy Services  
**Document Number:** STHK0897  
**Version:** 1.3  
**Review Date:** 01 / 11 / 2024

## What can I expect?

Chronic pain is an individual experience and people react to living with it in different ways. People with chronic pain often have difficulties carrying out daily activities, including work and exercise. This can be very distressing and people can often feel low and anxious as a result.

The Pain Management Team aims to help you manage the challenges of living with chronic pain.

## What is included in the session?

- ◆ Facts about pain – why does it become persistent?
- ◆ Education and reassurance
- ◆ Recovery strategies
- ◆ Pacing/goal setting
- ◆ Local resources in St Helens and Knowsley



## Is the session for me?

Do you struggle with pain?

Fearful of moving because of your pain?

Want advice on how to manage your pain in the long term?

**If so, then this group session could help you!**

## When and where are the sessions held?

- One-off **group session** held monthly
- The session is delivered by a member of the Physiotherapy Team

The session is held at:

**Whiston Hospital in the Therapy Suite ,Ground Floor, Yellow Zone**

There is also the option to receive this session via the internet.

Please discuss this with your physiotherapist if you would prefer this option.

Contact **0151 676 5519** if you have any questions about the session.

**You will also receive a takeaway resource pack or email information to help you manage your pain.**