

Information about

Attending The Scottish National Residential Pain Management Programme (SNRPMP)

Allander House, Gartnavel Royal Campus, 1055 Great Western Rd, Glasgow G12 0XH

Telephone: 0141 211 3628

Website: www.snrpmp.scot.nhs.uk Email: Scottish.PMP@ggc.scot.nhs.uk

Following your assessment at the SNRPMP, we have now offered you a place on one of the groups at Allander House. This leaflet will give you some information about what to expect, and aims to answer some of the questions you may have. You will also find more information about the SNRPMP and videos made by people who have been through the programme on our website www.snrpmp.scot.nhs.uk.

What happens at a virtual programme?

The sessions run for around three hours every weekday. We plan regular breaks so we are not at a screen for more than 45-60 minutes at a time. We encourage you to move around, get up and stretch as required during sessions.

The sessions are varied and will be a mix of full group sessions and some smaller group discussions. There will be regular exercise and practical activity sessions.

As you will still be in your own home and will have time during the day out with the sessions, we encourage you to use this opportunity to try some of the new skills you learn on the programme. The team can answer any questions you might have or give you advice about this.

Prior to the group we will send out some resources which we will use throughout the five weeks, we will also be able to direct you to videos and resources to watch in your own time.

What should I have with me?

The groups are very relaxed and as we hope you may be able to start some gentle exercise. You should wear loose fitting and comfortable clothing to aid comfort during the movement sessions. You should also remember to bring glasses or your hearing aid if you use either of these.

Attending online sessions

We know that using digital platforms will be new to many people, so we will arrange a 'tech check' session prior to starting the programme, to help you feel confident joining on day one. You will be sent joining links and instructions how to use these. We ask that you are up and dressed appropriately to join the group. To maintain confidentiality for all participants we ask you find a private space in your home and/or wear headphones during sessions. We will discuss group rules on day one of the programme to ensure all group members feel confident to participate fully.

We hope that this leaflet has been helpful. Should you have any other questions, please do not hesitate to contact us on 0141 211 3628, and we will be very happy to answer these.