

Attending The Scottish National Pain Management Programme

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Following your assessment for the Scottish National Pain Management Programme (SNPMP), we have now offered you a place on a programme. We offer in-person residential and virtual programmes and the total number of hours is similar for both programmes. The **in-person programme** runs across **three weeks**. The **virtual programme** runs across **five weeks**.

Once you have completed the programme, you will have the chance to attend two optional group sessions to talk through the successes and challenges of using pain management skills in everyday life. Following this, we will arrange a review appointment at three months post completing the programme, and after six months we will invite the group back together for a final session.

In-Person Programme

The in-person programme runs full days from Monday to Friday. We will arrange daily transport to and from your accommodation to Allander House. It is normal to feel anxious about making such a commitment to attend and to be away from home and your loved ones. We will arrange a review appointment before starting the programme, to answer your questions and help you prepare before attending.

Virtual Programme

The virtual programme runs Monday to Friday for three hours in the morning. 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.

As you will still be in your own home and will have time during the day between the sessions, we encourage you to use this opportunity to try some of the new skills you learn on the programme.

We will arrange a review appointment before starting the programme, to help you feel confident joining on day one. To maintain confidentiality for all participants we ask you find a private space in your home, or wear headphones during sessions.

What happens on the Programmes?

In both programme formats, the sessions are varied and will be a mix of group sessions, smaller group discussions and individual work. There will be regular gentle, tailored exercise and practical activity sessions.

We ask that you are up and dressed appropriately to join the group, whether you are attending virtual or in person sessions. It is best to wear loose fitting clothing to aid comfort during the movement sessions.

During the programme, we will provide you with programme handouts and worksheets. We will also direct you to videos and resources to watch in your own time.

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.