What our Support Group does for US

We need a place where we can be honest and open about what we are going through.

Achieved

We need a place where we can take away the fear and loneliness of living with long term medical conditions.

Achieved

We need a place where we can learn what works for us and educate ourselves, to manage our pain and take responsibility and have an active role in dealing with the pain and become our own advocates.

Achieved

We need a place where our family, friends and carers can learn how we manage our pain and what works for us.

Working towards achievement

We need a place where we can access alternative/complementary therapies.

Working towards achievement

We need a place where we can access both the physical and psychological aspects of coping with long term chronic pain.

Achieved

We need a place where we can continuously reinforce our coping and pacing skills.

Achieved for 9 meetings

We need a place where we are not judged for what we can't do but encouraged and supported, for what we can do.

Achieved

We need a place which would be a real alternative to another prescription, doctors appointment or a hospital clinic.

Working towards achievement

We need a place where we can invite guest speakers on a variety of issues to empower our own understanding of chronic pain.

Achieved

We need a permanent place to offer continuity of care with the emphasis of self responsibility for that care.

Working towards achievement with PCT support.

Additional goals to be set.

We need access to alternative funding resources to enhance our achievements