



Pain Concern

Who are we?

- Pain Concern is a national charity working to support and inform people with pain and those who care for them, whether family, friends or healthcare professionals.
- Founded on 26 April 1995 as a self-help group. For 10 years operated as Astley Ainslie Hospital's Edinburgh, pain management support group
- We are a small but growing charity managed by an executive committee including people in pain and healthcare professionals
- Our patrons are Dame Anne Begg and Professor Sir Michael Bond

What do we do?

Our primary purpose is to provide support for the people in the UK who live with chronic pain, their families, supporters, social circle, employers, and healthcare professionals, bringing them all under one umbrella –the pain community.

Our information is produced in partnership with leading experts on pain management.

"...Pain Concern provides support and information that is second to none, and led by experts" –

Professor Blair H Smith MD FRCGP FFPMRCA, Previous National Lead Clinician for Chronic Pain, Scottish Government

[Helpline](#)

- Our helpline is operated by trained volunteers, providing information, support or just a listening ear to people wanting to talk about their own pain or that of a loved one.
- Helpline volunteers complete call handing training as well as our unique pain training, developed in collaboration with Dorset Community Pain Service.
- Pain Concern is a member of the Helpline Partnership.

"Great to talk to someone that understands, has made me feel much more positive and energised" -
Helpline Service User

Airing Pain

- Our podcast Airing Pain brings together people with chronic pain and top specialists to talk about the resources which can help.
- Accessible anytime, anywhere (available on painconcern.org.uk, iTunes, AudioBoom)
- Features experiences of those managing pain and interviews with internationally-recognised experts

"An interesting and accessible source of information and support. The personal testimonies of parents/carers emphasise the fact that such conditions like JIA (Juvenile Idiopathic Arthritis) affect the wider family – parents, siblings etc. Combined with clear and well-presented expert input this makes the podcast invaluable".

Tim Atkinson Author and Listener & Readers Panel Member

Pain Matters

- The Quarterly Pain Matters Magazine carries news and feature on self-management techniques, treatments and personal experiences of living with pain

"Lots of excellent information in these magazines from this amazing charity"
- Dr Sue Peacock, Consultant Health Psychologist. Associate Fellow of the British Psychological Society and a Registered Clinical Hypnotherapist

Evidence based leaflets

Our suite of information leaflets covering key topics in pain management are written by leading experts. We distribute free of charge to callers to our helpline and pain management clinics. Topics include:

- Managing Medications
- Managing Medical Appointments
- Managing Emotions
- Stress, Pain and Relaxation
- Getting a Good Night's Sleep
- Neuropathic Pain

To order **FREE** leaflets please visit <https://painconcern.org.uk/product-category/leaflets/>

We have been accredited by the Information Standard for producing high quality, evidence-based information.

"I wish to thank you very much indeed for all the information you supplied.....I now feel that I have the knowledge to eventually find the answers that I'm seeking"

- Helpline Service User

Online Community

- Pain Concern's online community hosted by HealthUnlocked allows people in pain to connect with each other
- Members benefit from peer support, sharing experiences of living with pain and treatments
- The forum is moderated by volunteers and by Health Unlocked

"I find this forum extremely helpful, knowing that you can link with others in a similar situation as myself is beneficial, mentally and physically; I don't know what I would do without it. I have not only linked with people who have completed the Pain Management Programme, but to people who suffer from the same health issues as myself"

-Pain Management Graduate

Self-Navigator Tool

- Our breaking barriers research led to the development of the award-winning Self Navigator Tool.
- Pain Concern has developed a tool for patients to prepare themselves to bring up their concerns and worries in appointments.
- Designed to help patients navigate their concerns and bring the most important questions up in primary care appointments.
- The Navigator Tool was trialled in 2017-2018 with healthcare professionals and their chronic pain patients.

"I think your navigator tool is brilliant. Thank you for all your work. Truly impressive".

-Helpline Service User

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