

KEEPING PACE

19 MARCH 2005

INSIDE THIS ISSUE:

ACTION ON PAIN 2

PAIN LINE 2

COPING STRATEGIES 2

CONTACTS & INFORMATION 3

FUTURE SPEAKERS 4

DATE FOR NEXT MEETING 4

SPECIAL POINTS OF INTEREST:

- Jan Walker, a senior lecturer at the University of Southampton, joins our first meeting to give a talk on coping strategies see page 2.

SOUTHAMPTON NOW HAS A CHRONIC PAIN SUPPORT GROUP

This is the first news letter of the Southampton Chronic Pain Support Group.

The group is the brainchild of the **Chronic Pain Team** who are from the Royal South Hants Hospital.

By means of this Newsletter I think all of those present (and in the future!) would like to acknowledge their help and commitment to helping and understanding the sufferers of Chronic Pain.

The first meeting was held on Thursday 17th March 2005. The venue was ideal; a warm and welcoming, bright and airy hall at the Avenue St. Andrews United Reformed Church.

People were welcomed with tea and coffee and there was an opportunity to mix and chat.

Considering this was the first meeting there was a very good turnout, unfortunately, because of a typographical error in the Echo, (no comments about mine) some people did turn up an hour late, but that did not curb their enthusiasm of getting involved for that last hour

This support group is the Southampton Branch of **Action on Pain** and Ian Semmons, the chairman of this charity, gave an introductory chat explaining all about the charity and its aim.

A group discussion on Coping Strategies was then led by Jan Walker, a senior lecturer at the School of Nursing and Midwifery, University of Southampton.

The meeting concluded with those present expressing enthusiasm for this group to continue and with lots of suggestions for future meetings.



Avenue St. Andrews United Reformed Church

QUOTES OF THE MONTH

The best pain control technique of all is probably your own determination that you will not allow it to take over your life. Pain may be part of your life, but it is not all of it. Life is still for living.

Taken from: Understanding and Managing Pain: Information for Patients. British Pain Society

Bill's Quote

Pain can be a necessary condition of suffering but suffering doesn't have to be a necessary condition of pain.

ACTION ON PAIN

Summary of the talk give by Ian Semmons.

Action on Pain was founded in 1998 and granted charitable status in 2001. It is run largely by volunteers, the majority of whom live with chronic pain themselves.

Its primary aim is to provide support and advice for those affected by pain. It does this in several ways including; manning a telephone help line, writing and distributing information leaflets and assisting the setting up of local Support

Groups. The helpline has already answered 19,780 calls.

Southampton is the 7th Support Group to be formed and there are 2 more due to have their first meetings this spring.,

The purpose of the Support Group is to encourage social interaction, to decrease the isolation that can occur as a result of pain, to allow experiences to be shared and to promote the positive aspects of living with pain.

Action on Pain is also a strong lobbying organization. It aims to raise the profile of those with chronic pain at both Central Government level and in local NHS Trusts to encourage increased funding and resources. It meets with local MP's to discuss issues raised by people using the Helpline.

Ian Semmons stressed the importance of a local support group being run by the members themselves and in the way they wish it to be.

ACTION ON PAIN'S PHONE LINE

The dedicated telephone help-line, manned by people with chronic pain, provides expert advice and support based around their own experience.

Confidential and informal, **Pain Line** has gained a reputation for providing a quality service to their callers.

Call on: **0845 6031593**
(lo-call rate)

As the call staff are all volunteers there may be times when the line is not manned, Please leave a message and they will get back to you.

The **Pain Line** is open from 0900 hrs to 2100 hrs Monday to Friday

Answer phone out of hours.

N.B. The **Pain Line** staff are not qualified to give medical advice, however the advice

given is based around their day-to-day living with chronic pain.



Bargate Southampton

COPING STRATEGIES

The group discussion led by Jan Walker.

Jan began by asking what people felt they could achieve through the development of their own coping strategies. The answers included: ~

- To override the fear of pain and stop being too afraid to move because it might hurt
- To keep independent
- To be at peace with their pain
- To reduce the guilt of having to be dependent on others
- To befriend the pain
- To achieve a sense of worth
- To feel useful
- To find new meanings in life



Jan Walker giving a talk on Coping Strategies

COPING STRATEGIES continued

The group then went on to describe the sorts of strategies that they had developed and found to be helpful: ~

- Learning as much about the pain as possible and maybe joining a support group to meet others with similar problems. An example given was the support group for RSD (Reflex Sympathetic Dystrophy)
- Taking up new hobbies. Those listed were numerous and showed an amazing range of talents, such as wood turning, sailing, writing poetry, learning Arabic and painting.
- Talking about the pain into a Dictaphone or describing it in writing.
- Doing voluntary work and helping people less able than themselves.
- Exercise such as Tai Chi.
- Reading books about Mindfulness.
- Meditation.
- Medicines.
- Keeping a sense of humour and being able to laugh at oneself.
- Being told the truth that the pain was not going to go away and then learning to deal with this.
- Taking each day at a time and setting realistic targets of what can and needs to be achieved. One member described what he called "S*D it Days"

These are days when he just goes for it knowing that he will suffer the next day. The group identified with this (Note from author - it is important not to get into an activity/increased pain/under activity cycle. The principle of good pain management is Pacing. These type of days are necessary at times but should not become routine.)

- Being in a loving and supportive relationship.

Jan also put her thoughts on the management of chronic pain in a hand out, a copy of which can be picked up from the Pain Clinic, Royal South Hants Hospital.



Jan Walker and Ian Semmons talking to the group

USEFUL CONTACTS AND INFORMATION

These were identified during the group discussions: ~

Tai Chi

Classes are held for the over 50's at Third Age Centre, 11 Cranbury Terrace, Southampton, SO14 0LH

Tel: 023 8071 1700

RSDS - Reflex Sympathetic Dystrophy Syndrome.

RSDS Helpline, Monday– Friday 10 am - 4 pm

Tel: 01276 858253

Society of Disabled Artists (SODA)

£3 annual membership, National Chairman Brian Robert-Wray.

Tel: 01749 672649

Books

Books on Mindfulness

Full Catastrophe Living.
John Kabat-Zinn £18.99
ISBN: 0-7499-1585-4

Books on Meditation

You Can Heal Your Life
Louise May

The Journey

Brandon Bays

Manage Your Pain
Nicholas, Molloy, Tonkin and
Beeston £12.99
ISBN: 0-285-63679-0

Tapes

Meditation Tapes

Barry Long

Web Sites

www.britishpainsociety.org

www.painconcern.org.uk

www.arthriticassociation.org.uk

www.arthritiscare.org.uk

www.painrelieffoundation.org.uk

www.rsd-crps.co.uk

www.painsupport.co.uk

www.pain-talk.co.uk

These are just a few of many sites on the world wide web that provide information on pain.

"The principle of good pain management is pacing"



Spring
Is
here



We are on the Web

www.action-on-pain.co.uk

Action on
pain!

20 Necton Road
Little Dunham
Norfolk
PE32 2DN
Tel/Fax: 01760 725993

Suggestions for Future Speakers:

- Pain Clinic
- Pain Management
- Alternative Health
- Medication/Pharmacist
- Voluntary Work Agency
- Holidays/Travel/Activities
- New Forest Disability Services
- Benefits Agency
- Southampton Centre for Independent Living
- Aids Equipment Centre
- Social Events-Picnics
- Healthy Living/Healthy Eating

Date for Next Meeting

Thursday 21 April 2005

Time

1 - 3 pm

Venue

St. Andrews United Reformed Church

N E X T I N F O R M A L T A L K
“ H A N D S O N ” W I T H C O P I N G
A R O M A T H E R A P Y & M A S S A G E

BACK PAGE LAUGHTER



Quotes:

Seven days without laughter
makes one weak.
Joel Goodman

He who laughs, lasts
Victor Borge

Laughter is a tranquillizer with
no side effects.
Arnold Glasow

Laughter is by definition
healthy.
Poole



Spring is Sprung
The Grass is Ris
I wonder where the birdie is
The birdie's on the wing
But that's absurd! the wing is
on the bird

Jokes

Acupuncture is a job
well done!

