

Keeping Pace With Pain

Ground Rules

- ❖ To promote the positive side of living with pain
- ❖ To know each other's names & to welcome new members
- ❖ To be courteous, well mannered and to respect each other's views
- ❖ To accept ups and downs
- ❖ To accept all age groups
- ❖ To encourage the group members to work towards common goals and to give mutual support
- ❖ Equal opportunities to all
- ❖ To maintain confidentiality within the group
- ❖ To be sensitive to people's needs
- ❖ To respect people's personal space
- ❖ Donations are voluntary but welcomed