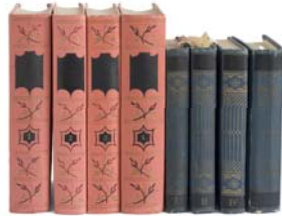


Coffee mornings are held each month



We have our own library with an extensive range of books which are available for members to borrow

- ⇒ Informal Setting
- ⇒ Tea & Coffee
- ⇒ Guest Speaker
- ⇒ Easy Parking
- ⇒ Disabled Access

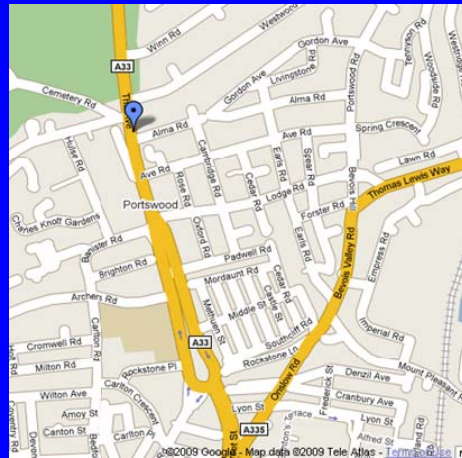


Why not come and join us

Keeping Pace With Pain

Up to date information can be found at:
www.keepingpace.co.uk

Where to find us



Venue :-
Avenue St Andrews
United Reformed Church
The Avenue
Southampton
SO17 1XQ

3rd Thursday of each month 1pm-3pm
Easy parking available



Southampton Solent

Supported by Pfizer Ltd

Keeping Pace With Pain



*Southampton Based
Chronic Pain
Support Group*



Support is the central aspect of our group and we believe that no one should be alone in their pain!

Recognized by Southampton Pain Services

Keeping Pace With Pain

You are important, unique and special and we would like to support you.



You will be welcomed by people of all ages who are in the same position as you - we live with chronic pain and so we know how you feel.

Our meetings are held in the centre of Southampton and so are easy to get to.

We all deserve to feel independent, to have hobbies and interests and to have fulfilling relationships with our family and friends.

Although everyone's experience of chronic pain is different, we can support you while you learn how to cope with it and live with it.

Your friends and family are welcome to come with you.

We have regular speakers, some talk to us about chronic pain issues, but others speak about completely different topics which are fun and interesting.



Sometimes it seems as if your pain is running your life. Coming to Keeping Pace will help you feel less isolated - you won't have to explain the how, why, where and when of your pain.