

Living Well Despite Pain

Practical Ways of Coping with Musculoskeletal Pain

Monday 26th October 2009, 10am – 4pm

FREE REGISTRATION

(includes refreshments and lunch)



Aim: The Patient Liaison Committee hosts a seminar for the voluntary sector each year. The theme for this year's seminar, organised in conjunction with Arthritis Care, follows the International Association for the Study of Pain (IASP) global year in looking at **musculoskeletal pain**.

The seminar will offer practical ideas for the day to day management of long term musculoskeletal pain. Both those with direct experience of musculoskeletal pain and a range of experts will talk about:

- Issues around work and pain
- Including activity and exercise in a daily routine despite pain
- Impact of long term pain on family and friends

The afternoon will focus on practical ways to get the Chief Medical Officer report recommendations implemented in your organisation or local area.

Date & Time: Monday 26th October, 10am-4pm

Place: Churchill House, 35 Red Lion Square, London WC1R 4SG

For whom: All with an interest in living with persistent musculoskeletal pain, including – voluntary sector organisations; individuals living with pain or caring for someone with persistent pain; health professionals working with people with pain; professional associations and statutory bodies.

Programme outline:

10:00 – 10:15	Registration & Refreshments	13:10 – 13:50	Lunch
10:15 – 10:20	Welcome and Introduction - <i>Nia Taylor</i>	13:50 – 14:30	Workshops to share ideas for implementing CMO report recommendations
10:20 – 10:40	Introduction to IASP Global Year, musculoskeletal pain and the CMO report - <i>Prof. Paul Watson</i>		<i>Refer to the booking form for the workshop topics</i>
10:40 – 11:20	Work issues - <i>John Simpson and Dr Nick Kendall</i>	14:30 – 14:45	Refreshment Break
11:20 – 11:50	Refreshment Break	14:45 – 15:45	Final session to summarise the discussion and decide on 2-3 key action points to take forward for the future - <i>Nia Taylor and Prof. Paul Watson</i>
11:50 – 12:30	Activity and exercise despite pain - <i>David Richardson and Dr George Peat</i>		Ends
12:30 – 13:10	Impact of pain on family and friends - <i>Enid & Paul Quest and Dr Amanda C de C Williams</i>	15:45	

For a booking form or further information please contact Rikke Susgaard Warming by phone (0207 269 7840) or email rikkewarming@britishpainsociety.org

