

Is the group right for me?

This group may be helpful if:

- You are aged 18 and over
- You have been struggling with, for example, low mood or anxiety related to your chronic pain or illness for some time
- Your chronic pain or illness is causing difficulties in your day-to-day life, (including work, relationships or interests) aside from your physical health needs and due to your mental health needs
- You have been unable to access support from existing mental health services

What does the group involve?

This group will provide information about the **psychological impact of chronic pain and illness**, and will introduce some strategies for managing these difficulties.

The group is based on two types of therapy called Compassion Focussed Therapy and Acceptance and Commitment Therapy , which considers the perception we have of ourselves in relation to our mental health.

There will be some group discussions about topics such as, experiences of chronic pain and illness but you do not have to share any information that you do not feel comfortable sharing.

Practicalities

The group will take place either face-to-face in the community, or online via Microsoft Teams video call.

To join online you will need to have a computer or smartphone that has a camera, a microphone, and internet access.

The group runs for six weeks, with a 90-minute session each week.

We release the dates and times for each new group throughout the year.



How can I register to take part?

By Email:

Please send an email with the subject 'Understanding Chronic Pain and Illness' to the following email address:

Northshropshirepcn.psychology@mpft.nhs.uk

Please include your:

- Full name
- Date of Birth
- GP Surgery
- Telephone number

Your personal information:

By registering for the group, your name and personal information will be added to the Midlands Partnership NHS Foundation Trust electronic note system.

Having trouble registering?

If you have any difficulty registering by email, please ask the person who gave you this leaflet to pass on your details.

What happens next?

You should receive a response to your email within 5 working days.



Midlands Partnership

NHS Foundation Trust

A Keele University Teaching Trust

Understanding Chronic Pain and Illness



**North Shropshire
Primary Care Network**