



Royal United Hospitals Bath
NHS Foundation Trust

Pain Management Programme

Pain Clinic



Pain Management Programme

What is a Pain Management Programme?

The Pain Management Programme (PMP) is a group-based, 8-week course for adults living with chronic pain. The aim of the programme is to help you learn to self-manage your pain, and move towards a more active and fulfilling life.

You will develop a better understanding of your pain and explore different ways to manage it, including the physical, emotional, and practical challenges it can bring. The course combines education and practical sessions to help you develop strategies for managing your pain and improving your overall quality of life.


For some people, the prospect of being in a group can be quite daunting. However, many find that connecting with others who face similar challenges can be a valuable and meaningful experience.

Pain Management Programmes are run by a team of professionals including a Pain Specialist Psychologist, Pain Specialist Physiotherapist and Pain Specialist Nurses. The sessions take place on Wednesday afternoons between 13:00-16:15.

Is this right for you?

If you're living with chronic pain that is making everyday life difficult, the Pain Management Programme may offer a different approach to managing your symptoms. This programme might be a good fit if you find that pain is stopping you from doing the things you enjoy, or if you feel worried or stressed because of your pain. If you are open to trying something new, it's important that the timing feels right for you

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to begin working with the team, as the programme can be challenging at times.

What to expect in a session

Each session includes 2–3 activities including short talks with group discussion, practical skill exercises and refreshment breaks throughout. Topics covered may include:

- Understanding of chronic pain
- Mindful movement
- Relaxation and mindfulness techniques
- Goal setting
- Pacing
- Managing flare ups

Some feedback from others who have previously completed the programme...

- *“I understand pain better and have the tools to help”*
- *“I feel that things are more possible”*
- *“I am not as hard on myself as I was before I started”*

What to bring to a Pain Management Programme

- We recommend bringing your own reusable water bottle and any light refreshments you might need. Tea and coffee will be provided during each session.
- Wear comfortable clothing and footwear that you can move around in.
- Notebook and a pen (optional).
- Reading glasses (if needed).

Resources

Website: Live Well with Pain. Available at:
<https://livewellwithpain.co.uk/>

Website: Pain Revolution, Pain Facts. Available at:
<https://www.painrevolution.org/painfacts>

Website: Flippin Pain. Available at:
<https://www.flippinpain.co.uk/>

YouTube video: Tame the Beast: it's time to rethink persistent pain. Available at: <https://www.youtube.com/watch?v=ikUzvSph7Z4>

If you have any queries, please contact:

The Pain Clinic

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Date of publication: October 2025 | Ref: RUH ANA/039
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