

# How can I register to take part?

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

**[shrewsburypcn.psychology@mpft.nhs.uk](mailto:shrewsburypcn.psychology@mpft.nhs.uk)**

Please include your

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

## Having trouble registering?

If you have any difficulty registering by email, you can ring 0300 303 3426 and ask them to email the above details to our email address.

## 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.

## What happens next?

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

# 'Understanding Chronic Pain and Illness' Group



SHREWSBURY  
PRIMARY CARE NETWORK

## 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) and this is impacting your mental health.
- You have been unable to access (and are not on the waiting list for) 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 be facilitated by two members of staff who are NHS employees.

The group will take place either face-to-face at a local GP surgery or community venue, **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.