**Healthy Living Centre Pain Support Programmes. *(For people with persistant non-malignant pain)***

**Aims**

Help people living with ppersistant pain to:

* Understand that medicines play only one part in managing their pain
* Learn about other ways to cope with their pain and improve their quality of life

Patients can self-refer by contacting one of the venues below.

 Further information about Healthy Living Centres <http://www.hlcalliance.org>

**Lisnaskea**

Davina Coulter davina.ohlc@btconnect.com 028 6772 3843 (Frances McHugh and Patricia Mohan – Social prescriber)

Oak HLC, LITE House, Cross Street, Lisnaskea BT92 0JE.

Irvinestown

Aidan Ormsby aidan.ormsby@archlc.com 028 6862 8741

The ARC HLC, 116-122 Sallyswood, Irvinestown BT94 1HQ

**Castlederg**

Michael Connolly michael@dergvalleycare.com 028 8167 0764

Derg Valley HLC, 33a Main street, Castlederg, Co Tyrone BT81 7AS