

WHAT IS A LIVE WELL WITH PAIN CAFÉ?

- A monthly drop-in café that is a social, welcoming, comfortable and safe space where everyone can be heard.
- A place where people living with the impacts of long-term pain can meet together, sharing ideas and learning new skills to find ways of living better with pain.
- We don't focus on how the pain restricts us or what we can't do – we focus on growing what we can do and finding solutions together.
- We practice a self-management approach – *“self-management is about shrinking the part of your life that is about pain, and growing the other parts of your life, so that pain no longer dominates”*
- We spend about 45 minutes focussing on one of the Ten Footsteps in the Live Well with Pain programme – sharing information and developing & practicing new skills together.
- We spend some time doing some gentle movement, seated or standing, which will enable people to get moving and help build confidence to become a little more active each day.
- We sometimes invite visiting speakers to talk on various topics
- People say that the most important aspect is the peer support – being with others with shared experience of the impact of living with pain.
- We practice self-care – we can't take people's pain away, but we can offer help, information and support to enable people live better with their pain.
- We would appreciate a 50p optional contribution towards refreshments if you can spare it.

<https://livewellwithpain.co.uk/resources-for-people-with-pain/ten-footsteps-to-living-well-with-pain/>



LIVE WELL WITH PAIN CAFES – 2025 MEETING DATES

All pain cafes are open to anyone registered with one of the 5 GP surgeries in Castle Cary, Bruton, Wincanton, Queen Camel and Milborne Port.

Bruton

Meets on the 3rd Tuesday of each month from 2.00 – 4.00pm at Eastfield/Brue Avenue communal lounge (BA10 0HT).

18 March, 15 April, 20 May, 17 June, 15 July, 19 August, 16 September, 21 October, 18 November, 16 December.

Castle Cary

Meets on the 4th Thursday of each month from 10am to 12 noon at Catherines Close communal lounge (BA7 7HP).

23 January, 27 February, 27 March, 24 April, 22 May, 26 June, 24 July, 28 August, 25 September, 23 October, 27 November, (18 December tbc)

Milborne Port

Meets on the 1st Tuesday of each month from 10.30am to 12.30pm at Wheathill Close communal lounge (DT9 5EU).

7 January, 4 February, 4 March, 1 April, 6 May, 3 June, 1 July, 5 August, 2 September, 7 October, 4 November, 2 December.

Queen Camel

Meets on the 2nd Wednesday of each month from 10.30am to 12.30pm at Cleaveside Close communal lounge (BA22 7PR).

8 January, 12 February, 12 March, 9 April, 14 May, 11 June, 9 July, 13 August, 10 September, 8 October, 12 November, 10 December.

Wincanton

Meets on the 3rd Thursday of each month from 2.00 to 4.00pm at Common Road/Deanesley Way communal lounge (BA9 9RG)

16 January, 20 February, 20 March, 17 April, 15 May, 19 June, 17 July, 21 August, 18 September, 16 October, 20 November, 18 December.

Online Monthly Live Well with Pain Café – This meets on Microsoft Teams on the 3rd Wednesday of each month from 7.00 to 8.00pm.

For details of all cafes ask your GP Surgery health coaches or

Sue Crisfield (sue.crisfield1@nhs.net) or call 07749 418850