

Persistent pain
really hurts.....but
Pain Support
Jersey can help

Pain Support Jersey is a group run by and for persistent pain sufferers, offering practical help, friendship and encouragement.

Our sessions are led by pain specialists from the Pain Management Centre at Overdale Hospital.



Please check our website, Facebook page or give us a call for up to date information on all our sessions and social events.

Website :

www.painsupportjersey.com

Phone :

07797 952165

Email :

PSJersey15@gmail.com

Facebook :

Pain Support Jersey Charity

Twitter :

@CharityPain



Post :

c/o The Pain Management
Centre, Overdale Hospital,
Westmount Road, St Helier
JE2 3UH

Registered Charity No: 370



PAIN SUPPORT
JERSEY

We offer help to
people with
persistent pain

A small charity
making a big difference!

Guide people in pain and promote the
understanding of pain in the
community



What we do.....

Tuesday 10.30am - Gentle exercise and mindfulness

Tuesday & Thursday afternoon - Hydrotherapy

Friday 10.30am - Walking exercise session outdoors

Educational Talks

Social events



Who can we help?

Our members suffer from persistent pain from a variety of causes, including:

Arthritis, Fibromyalgia, Surgery, Back problems, Auto-immune diseases and many more!

Our aim is to help members manage their pain and live fulfilling lives.

A small charity making a big difference!



Membership

Annual membership fee is £25

Indoor exercise and mindfulness session £3

Your first session is free!

You don't need a referral from your doctor but we do recommend that you seek medical advice before joining in the physical activities.

