Pain Toolkit Workshop
Self Management Approaches for Long Term Pain

Pete Moore, Co-author of the Pain Toolkit, Trainer and Expert Patients Programme Master Trainer and; Dr Frances Cole, GP, Pain Rehabilitation Specialist and Cognitive Behavioural Therapist, West Yorkshire

Tuesday 7 February 2012

9.00 am Registration; 9.30am Welcome and Introduction; 4.30pm Close
The Met Hotel, King Street, Leeds LS1 2HQ

The Pain Toolkit is a simple information booklet that could provide your patients with some handy tips and skills to support self-management of pain. It is not meant to be the last word in pain self-management but a handy guide to help you get started. The Pain Toolkit tools have been useful to health care professionals and many patients here in the UK.

The aim of this workshop is to enable you to gain understanding, confidence and skills to use the Pain Toolkit effectively as a self-management resource with your patients. The activities covered in this workshop will stimulate ideas of promoting pain self-management to your patients who need encouragement and tools to become active self-managers. For further information, please visit http://www.paintoolkit.org/workshop/

After you have attended this workshop, you will be able to:
- enable your patient to use the Pain Toolkit as a resource
- know how to manage common problems that hinder self management with your patients
- know when to refer patients for specialist team input
- implement effective medicine management
- assess the change in patient’s confidence in self management following use of the resource
- reflect on your own practice to effect change
- have your own pain toolkit handbook to guide you

About our speakers: Pete Moore is a keen promoter of self-management of pain and other health conditions and has written several pain self-management programmes and books. He presents educational seminars for health care professionals and patient groups in the UK and Europe. Pete is a member of the British Pain Society, International Association Study of Pain (IASP) and the American Chronic Pain Association. Dr Frances Cole is a GP and Pain Rehabilitation Specialist and Cognitive Behavioural Therapist in West Yorkshire, UK. She is a member of the British Pain Society and co-author of the self-help guide "Overcoming Chronic Pain".

Who should attend? This workshop is suitable for all health and social care practitioners who work in community, primary and secondary care who work with people with long-term pain.

Study methods: Lectures and group discussions.

Course fees: £195. All learning materials, lunch and refreshments are included. Special group booking rate: 5 places for £875.

Reservations: Please complete the reservation form overleaf and either post to: Events Administrator, Andrew Sims Centre, The Mount, 44 Hyde Terrace, Leeds LS2 9LN or fax to: 0113 305 5632. If you are paying by debit or credit card, why not BOOK ONLINE?

Visit our website: www.andrewsimscentre.nhs.uk
Email andrewsimscentre.lpft@nhs.net or Telephone 0113 305 5638 for further details

Leeds Partnerships NHS Foundation Trust
RESERVATION FORM
Pain Toolkit Workshop
Tuesday 7 February 2012

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Dr    Mr    Mrs    Miss   Other

First name: ___________________________ Surname: ___________________________

Job Title: ___________________________ Speciality: ___________________________

Trust / Organisation: ___________________________ Preferred mailing address: ___________________________

Postcode: ___________________________ Telephone No: ___________________________

Fax No: ___________________________ Email address: ___________________________

Any special reqs: ___________________________ Signature: ___________________________

Date: ___________________________

COURSE FEES

☐ £195
☐ £875 for 5 places (please complete a separate form for each attendee)

PAYMENT DETAILS

By Cheque – I enclose a cheque (made payable to Leeds Partnerships NHS Foundation Trust) for: £ __________

By Credit Card – Please debit my VISA / MASTERCARD / MAESTRO (please delete as appropriate) for: £ __________

Card no: __________ Start date: __________ Issue no (Switch): __________

Security number: __________ (last three digit number on signature strip)

Expiry date: __________ Card no: __________

Cardholders name: ___________________________ Cardholders billing address: ___________________________

Signature: ___________________________

HOW TO BOOK

Please send your fully completed reservation form to: Events Administrator, Andrew Sims Centre, The Mount, 44 Hyde Terrace, Leeds LS2 8LN or fax to: 0113 305 5632. If you are paying by credit or debit card, why not BOOK ONLINE?

PAYMENT METHODS

We prefer to receive payment by cheque or credit card. If you would like us to invoice your organisation, a copy of your Trust’s or organisation’s official purchase order must be enclosed with this booking. Payment must be received before the conference date. If payment is not received by the day of the conference, you will be asked to guarantee your place with a personal credit card on the day. Leeds Partnerships NHS Foundation Trust staff must provide a budget code and budget holders’ authorisation.

ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval and in line with the Royal College of Psychiatrists’ guidelines.

THE VENUE

The Met Hotel is approx. 2 minutes walk from Leeds city train station. If you are travelling by car, please note that The Met has very limited on-site car parking and it is recommended that you park in one of the nearby city-centre car parks.

OVERNIGHT ACCOMMODATION

A delegate accommodation booking service is available from Calder Conferences by calling 0113 204 3600 or emailing enquiries@calders.org.uk quoting reference ASC1.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the conference date. Please ensure you have provided an email address as all booking confirmations will take place by email, alternatively correspondence will be forwarded by fax or post.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £10). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

For further information visit www.andrewsimscentre.nhs.uk or email enquiries@andrewsimscentre.lpf@nhs.net or call 0113 305 5638. If you are visiting our website, why not book online?

Your personal information will be held on our database and used to process your application and to keep you informed of our events and activities. If you do not wish to receive information about our events, please tick this box.

Your personal information may be made available to our third party partners, please tick this box. The Leeds Partnerships NHS Foundation Trust reserves the right to change the programme without prior notice. Where for any reason beyond its reasonable control the Leeds PFT cancels an event, the liability of the Leeds PFT shall be limited to a refund of the fee payable to the Leeds PFT for that particular event.

FOR ASC OFFICE USE ONLY:

Booked in □ Date: __________

Payment ref: __________

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