

To:

Tel : 028 9536 3926

All GP practices – for sharing with GPs, Nurses,
Pharmacists and Physiotherapists

Fax : 028 9536 3126

www.hscboard.hscni.net

All community pharmacies

2nd August 2021

Dear Colleague

Better Days Pain Support Programmes: September - November 2021

I write to advise that 16 'Better Days' Pain Support Programmes (PSP) will be delivered by Healthy Living Centres (HLC) across Northern Ireland between September - November 2021. See Appendix 1 for details.

The PSPs were recently officially launched by Health Minister Robin Swann and aim to help people with chronic pain to reduce their reliance on medication and learn other ways to help manage their pain and improve their quality of life.

Click [here](#) to watch a short video about the Better Days PSPs. You can also click [here](#) to watch a 2 minute patient experience video.

Preliminary findings from recent programmes include (from week 1 to week 12):

- 55% reduction in self-reporting of 'extreme' pain, 33% of 'moderate'
- 65% reduction in self-reporting of 'high' reliance on medication
- Increase in use of non-pharmacological techniques from 33% to 73%

Action:

Please signpost or refer suitable patients to their local Better Days PSP.

- The programmes are open for both referral by others including healthcare staff, and self-referral.
- Bookings can be made online at <https://www.hlcalliance.org/page/pain-support-book-now> or by contacting your local HLC.
- If dates are unsuitable, it may be possible for patients to contact their local centre and request to be added to a waiting list for a future programme.

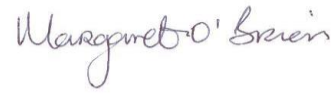
You may also wish to display the enclosed flyer, e.g. on website or in waiting areas.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Joe Brogan'.

Mr Joe Brogan
Assistant Director of Integrated Care
Care

Head of Pharmacy and Medicines
Management

A handwritten signature in black ink, appearing to read 'Margaret O'Brien'.

Dr Margaret O'Brien
Assistant Director of Integrated

Head of General Medical Services

Better Days Pain Support Programme September – November 2021

Healthy Living Centre		Area	Date	Time	Duration	Contact	Telephone	Email
WESTERN								
1	The Old Library Trust Healthy Living Centre	Derry	8 th Sept	1pm	12 weeks	Pete Simms	07548985725	pete@olt.ie
2	Bogside and Brandywell Health Forum	Derry	7 th Sept	11am	10 weeks	Ciara McElhinney	07734956313	ciara@bbhealthforum.org
3	Oak Healthy Living Centre	Lisnaskea	8 th Sept	12noon	8 weeks	Davina Coulter	07593446201	Davina.Coulter@oakhlc.com
4	Derg Valley Healthy Living Centre	Castledearg	21 st Sept	7pm	10 weeks	Michael Connolly	07868755735	michael@dergvalleycare.com
5	Omagh Forum For Rural Associations	Omagh	22 nd Sept	11am	8 weeks	Aidan Bunting	028 82251559	aidan.bunting@omaghforum.org
SOUTH EASTERN								
6	The Resurgam Trust	Lisburn	6 th Sept	6pm	10 weeks	Gillian Lewis	07710394983	Healthylivingcentre@resurgamtrust.co.uk
7	County Down Rural Community Network	Downpatrick	22 nd Sept	10.30am	9 weeks	Patricia Martin	07389732749	Patricia.martin@countydownrcn.com
8	Poleglass Community Association	Lisburn/ West Belfast	16 th Sept	11am	12 weeks	Laura Kelly	07759654840	laura@sallygardens.org
BELFAST								
9	East Belfast Community Development Agency	East Belfast	20 th Sept	2pm	8 weeks	Marie Anne Templeman	07922423166	marie@ebcda.org
10	Newlodge Duncairn Community Health Partnership	North Belfast	15 th Sept	TBC	8 weeks	Claire Allen	07585125743	claireallenhats@live.co.uk
11	Ligoniel Healthy Living Centre	North Belfast	8 th Sept	11am	8 weeks	Maria Burke	02890391225	health@ligonielvillage.com
NORTHERN								
12	Causeway Rural and Urban Network	Coleraine	16 th Sept	10am	8 weeks	Lorna O'Neill	07909447781	lorna@crun.org
13	Cookstown & Western Shores Area	Mid Ulster	7 th Sept	11am /2pm	8 weeks	Anita Kelly	07540635862	healthalliance@cwsan.org
14	Loughgiel Community Association	Loughgiel	21 st Sept	10am	8 weeks	Lee-Anne	07736943 418	loughgiel@btconnect.com
SOUTHERN								
15	The Clanrye Group	Newry	23 rd Sept	11am	8 weeks	Claire Convery	07483059876	leanne.taylor@clanryegroup.com
16	West Armagh Consortium	Armagh	10 th Sept	11am	10 weeks	Stephen McCleary	07763818393	westarmaghconsortium@gmail.com

For further information please contact: Natasha Moore | Pain Programme Co-ordinator | E: nmoore@lorag.org | T: 028 90312377 ext.2 | M: 07939406277