

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

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All Community Pharmacies

2nd October 2020

Dear Colleague

HEALTHY LIVING CENTRE PAIN SUPPORT PROGRAMMES: SEPTEMBER 2020 - MARCH 2021

From September 2019 to March 2020, Healthy Living Centres (HLCs) across Northern Ireland were commissioned by HSCB to deliver 32 twelve week Pain Support Programmes (PSPs). These were attended by approximately 500 people with chronic pain. HSCB is commissioning HLCs to deliver a further 46 PSPs (across 23 centres) between September 2020 and March 2021.

Background

An estimated 1 in 5 people in Northern Ireland live with chronic pain. Medication relieves chronic pain by an estimated 30% only, in most cases. The PSPs aim to help people with chronic pain to:

- reduce their reliance on medication through better understanding that medicines play a limited albeit important role in managing chronic pain;
- learn other ways to help manage their pain and improve their quality of life.

PSP Outcomes

Participants on the September to December 2019 reported positive outcomes:

- 78% of participants had completed the programme;
- At the beginning of the programme, only 15% of respondents reported using self-management strategies in addition to medication compared to 83% at week 12, and 91% three months after the end of the PSP.

- 68% of all participants attended 8+ sessions which resulted in an increase in Pain Self-Efficacy¹ score for each individual of between 6-8 points (out of a total of 16).

The Programmes are open for self-referral; no formal referral is required. Some HLCs are likely to host PSPs virtually (e.g via zoom) according to local needs, and/or host small groups in line with social distancing and health and hygiene requirements. Where groups are being held virtually, participants must be Internet ready.

Action

- Make contact with your local HLC to find out more about the PSPs and other services, which may benefit your patients.
- Please signpost patients with chronic pain to local HLC PSPs - see list attached. (In some areas the September – December PSP may have commenced).

Further information on the Northern Ireland Healthy Living Centre Alliance can be found at: <http://www.hlcalliance.org/>

Yours sincerely



Joe Brogan
Assistant Director of Integrated Care
Head of Pharmacy and Medicines
Management



Dr Margaret O'Brien
Assistant Director of Integrated Care
Head of GMS

¹ Pain Self Efficacy measures a person's confidence in functioning in the presence of pain.

Appendix 1

Healthy Living Centres hosting Pain* Support Programmes September-March 2021

(*Chronic non-malignant pain)

Contact individual HLCs for further information.

Note: Some HLCs may host PSPs virtually (e.g via zoom) according to local needs and/or social distancing requirements.

	Address	Telephone	Facilitator Contact
1.	The Old Library Trust Healthy Living Centre Central Drive, Creggan, Derry. BT48 9QG.	02871373871	Pete Simms ptrsimms@gmail.com
2.	Bogside and Brandywell Health Forum 128 Lecky Road, Brandywell, Derry. BT46 6NP	02871365330	Lorraine Barbour lorraine@bbhealthforum.org
3.	OAK HLC LITE House, Cross Street Lisnaskea, Fermanagh BT92 0JE	02867723843	Davina Coulter Davina.Coulter@oakhlc.com
4.	The ARC HLC 116-122 Sallyswood, Irvinestown, Fermanagh BT94 1HQ	028 6862 8741	Aidan Ormsby aidan.ormsby@archlc.com
5.	Derg Valley HLC 5 Parkview Rd, Castlederg BT81 7BN	028 8167 0764	Michael Connolly michael@dergvalleycare.com
6.	The Maureen Sheehan Centre 106 Albert Street, Belfast BT12 4HL	02890310346	Liz McShane lizmcshane@btconnect.com
7.	Top of the Rock HLC 689 Springfield Road, Belfast BT12 7FP	028 9244 5748	Ciara McCay ciara@usdt.co.uk
8.	East Belfast Community Development Agency - EBCDA 55 Templemore Avenue, Belfast. BT5 4FP	02890451512	Marie Templeton marie@ebcda.org
9.	Shaftsbury Community and Recreation Centre, 97 Balfour Avenue, Belfast, BT7 2EW	028 9031 2377	Natasha Brennan nbrennan@lorag.org
10	Ardoyne/Shankill HLC The Houben Centre 432 Crumlin Road BT147TF	02890 391225	Donna Hawkins donna@ashlc.com
11	Northern Area Community Network Old School House Mill Street, Cushendall BT44 0RR	028 2177 2100	Veronica McKinley health@nacn.org
12	Cookstown Western Shores Area Network 2 Hillhead, Stewartstown, Dungannon BT71 5HY	028 8773 8845	Anita Kelly healthalliance@cwsan.org
13	Causeway Rural and Urban Network 1 Brook Street Coleraine, BT52 1PW	028 7034 4934	Lorna O'Neill lorna@crun.org

14	TIDAL Toome House, 55 Main Street Toome . County Antrim. BT41 3TF	028 7965 9199	Úna Johnston tidal_toome@hotmail.com
15	The Resurgam Trust Laganview Enterprise Centre 69 Drumbeg Drive, Lisburn BT28 1NY	028 92528233	Gillian Lewis gillian.lewis@resurgamtrust.co.uk
16	Peninsula Healthy Living Partnership – 4 Church Grove, Kircubbin Newtownards BT22 2SU	028 4273 9020	Sarah Hugget shuggett.phl@gmail.com
17	County Down Rural Community Network Ballymote Centre, 40 Killough Road, Downpatrick, BT30 6PY	028 4461 2311	Paula Nixon paula@countydowncrcn.com
18	Poleglass Community Association Sally Gardens Lane, Bell Steele Road, Dunmurry, Belfast BT17 0UJ	02890627250	Laura Kelly laura@sallygardens.org
19	The Verve Project - Brownlow HSSC, 1 Legahory Centre, Brownlow, Craigavon, BT65 5BE	028 3756 3952	Lisa McAliskey lisa.mcaliskey@southerntrust.hscni.net
20	The Clanrye Group Drumalane Mill, The Quays, Newry. County Down. BT358QS	07866746423	Claire Convery claire.convery@clanryegroup.com
21	West Armagh Consortium 20 Cathedral Road, Armagh City BT61 7QX	02837522759	Stephen McCleary smccleary@btinternet.com
22	Rural Health Partnership in South Armagh Wald Centre, Tullynavall Road, Cullyhanna, Newry, BT35 0PU	028 30861220	Margaret McGuire ruralhealthpartnership@hotmail.co.uk
23	Kilkeel Development Association The Nautilus Centre Rooney Road, Newry BT34 4AG	02841762525	Kate Cunningham Kate@mournematters.org