

Our goal is to change the way people **think** about, **talk** about and **treat** persistent pain.

NHS

Flippin' your understanding of pain could change the lives of you and your loved ones.

Issue no. 5

Pain: Do You Get It? goes virtual

We've missed you!... So we're taking our popular Pain: Do You Get It events online! If you or someone you love lives with persistent pain, join Prof Cormac Ryan and his guest panel on **Tuesday 20th October at 4pm.**

[Register for free here](#) and learn more about how flippin' your understanding of pain could change the lives of you and your loved ones for the better. Help spread the word! You can download our shareable and printable [event poster](#).

When | Tuesday 20th October, 4.00-5.30pm

Where | Due to the ongoing pandemic this is a virtual webinar event



with

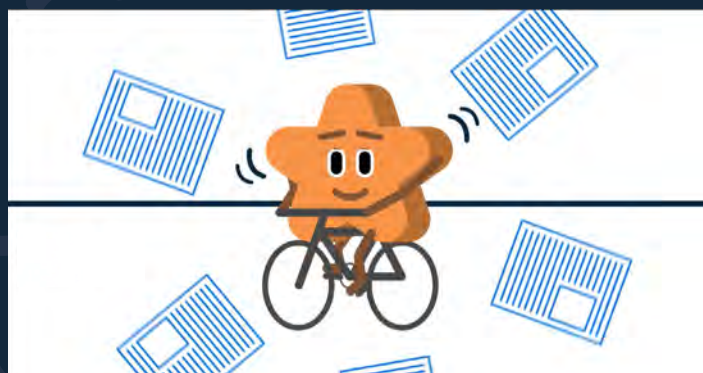
Prof Cormac Ryan

and Expert Panel

The Flippin' Pain formula

We're working on a new project that has something for everyone. We know living with persistent pain is difficult and up to date advice and education can be hard to access. We know that for a lot of you, trying to improve life with pain has been a long journey. So we're putting together a set of resources to help you flip your understanding of pain, whether you're a visual or an auditory person, someone who prefers to digest bite-size information or wants a longer listen. Watch this space!

Flippin' Pain™ plus YOU = ... Hope?
Empowerment? Community? Pain reduction?



View our Previous Events



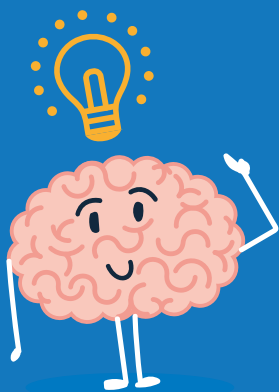
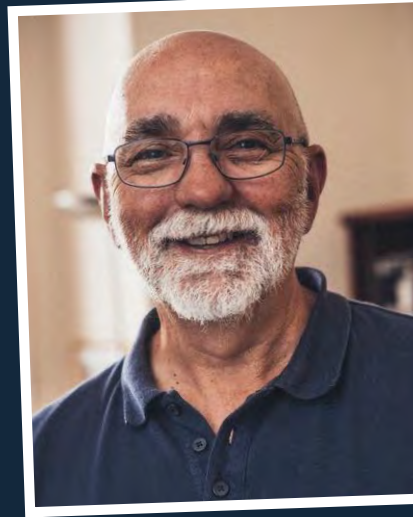
Get a taste of what's to come at our next virtual 'Pain: Do You Get It?' event and catch up with previous event recordings and Q&As on our Flippin' Pain YouTube channel.

What's in your Pain Toolkit ?

One of our Flippin' Pain contributors is also one of the leading names in pain self-management, **Pete Moore**.

Pete, who has lived with pain for over 30 years, launched the Pain Toolkit website back in 2002 and it's now used to help people all over the world self-manage their persistent pain.

[Click here](#) to visit his brilliant resources.



Flippin' Pain

Versus Arthritis

Our Campaign Director, Richard Pell, spoke to Versus Arthritis in September about the importance of understanding pain. [You can read more here.](#)

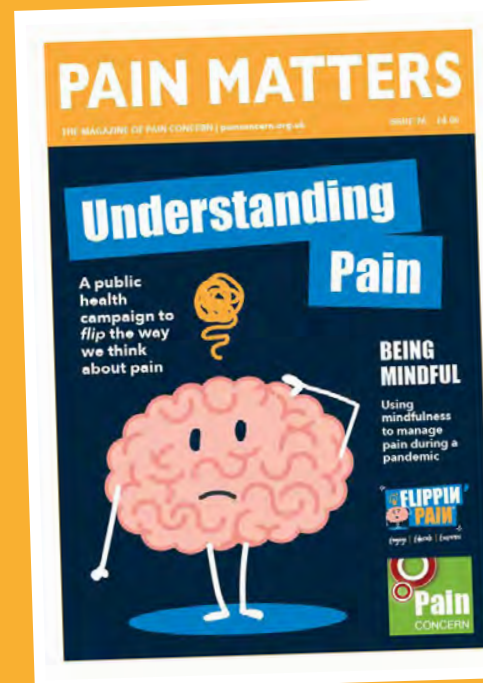
VERSUS ARTHRITIS

Read all about it!



Brian the Brain takes over Pain Matters Magazine!

Pain Concern, the national charity that represents people who live with persistent pain, invited the Flippin' Pain team to take over their September edition of the Pain Matters magazine. It includes articles co-written by pain specialists and people with lived experience of persistent pain. You can order this edition or subscribe to the magazine [here](#).



Pain: I Get It

One of our most visited website pages is our **Real Stories** section where you can read about or watch real people reflect on their journey of living with persistent pain.

Sharon's Story



One of our latest stories comes from **Sharon**, a retired nurse, who describes how a Bob Marley lyric changed her life. Before embarking on a Pain Management Programme, Sharon tells us how she felt pain made all the decisions in her life. Now she feels free to make them herself.

Carolyn's Story



When she realised how much pain was taking away from her life, **Carolyn** started her own research into persistent pain and shares with us how flipping her understanding of pain didn't get rid of it completely, but did allow her to live the life she wants.

“ I had stopped various activities for fear of being in pain such as my art, holidays and walking. I avoided social events in case there was nowhere to sit, or the seating was not right. That's when I thought 'I don't want to live like this'. ”

Brian's Story

It's easy to get caught in a loop of healthcare treatments when looking for the answer to persistent pain. In his story, **Brian** tells us about how he had to find an alternative to surgeries and medications and how that worked for him.



“ I thought if I just had another injection, or more frequent injections, or another scan, it would tell me what was wrong. ”

Fen's Story

Loneliness and loss are common themes when it comes to living with persistent pain. Lincolnshire local **Fen** tells us in her story about how she grew to see pain as less of an enemy and put herself in charge.



“ Life with persistent pain for me used to be one of anger and depression. It seemed so unfair. And annoyingly, there wasn't a great big gaping wound for everyone to see how much I was hurting. People would tell me that I looked well, but this only caused me to question my sanity. I felt people didn't believe that I really was in that much pain. ”

Follow us!

