

Meet our Panel

Prof Cormac Ryan

Cormac is Flippin' Pain's resident pain expert and with over 60 journal publications spanning 15 years in the field of chronic pain and pain education, his career as a pain scientist has so far been an illustrious one. He combines his approachability and

entertaining anecdotes to make pain understandable. Cormac will be joined by a panel of experts including people living with persistent pain.



Ruth Barber

Ruth's background is in NHS health promotion as a physical activity specialist. She worked in community development and in mental health services for over 20 years. She is currently a freelance yoga and meditation teacher in Glasgow. Ruth has lived well with persistent pain since attending a pain management programme in 2007. She has lived with pain of a neuropathic nature in her thigh/pelvis since 2005 after a very minor dancing injury.



Dr Lizzie Doherr

Dr Lizzie Doherr works as a Clinical Psychologist for the Lincolnshire Pain Service and is the Psychology Lead for this service. She has worked to support the emotional wellbeing of people living with neurological conditions since qualifying in 2000 and more specifically in the area of persistent pain since July 2019.

Her work now involves a combination of individual pain psychology work with patients, virtual pain management programmes, delivering webinars and supporting the wellbeing of the Lincolnshire Pain Team clinicians. She is passionate about supporting people to live a full, valued, meaningful life and in doing this Lizzie draws heavily on the concepts of acceptance and compassion.



Dr Richard Makin

Dr Richard Makin has worked as a

Consultant in Pain Management/Anaesthesia at Salford Royal NHS Foundation Trust since 2004 working in a large multidisciplinary and integrated Pain Team, but moved on a free to Newcastle Royal Victoria Infirmary as a midfield enforcer before the

transfer window closed in August 2020.

He was the former Medical Lead for the Pain Management Programme (PMP) at Salford and co-authored the Royal College of Anaesthetists Standards for PMP in 2012 with Lorraine Moores (Lead Physiotherapist) and Hannah Twiddy (Pain Psychologist).

His interests include developing analgesia bundles for enhanced recovery after surgery in peri-operative pathways which are largely opioid sparing, and opioid stewardship in the peri-operative period, including supervised tapering for those on high doses.



Jackie Walumbe



Jackie is a Physiotherapist and doctoral researcher in London/Oxford. She works as part of a multidisciplinary inpatient pain team based in a tertiary care hospital and is involved in the management of complex pain in an

integrated system across specialities as well as primary, community, secondary and tertiary care. Jackie is an independent prescriber and clinical researcher.

She is in the third year of a four-year DPhil (PhD) in Primary Health Care at the Nuffield Department of Primary Health Care Sciences, University of Oxford as part of a NIHR/HEE Clinical Doctoral Research Fellowship. Her research is focused on understanding how self-management is understood and enacted by people living with chronic pain, and how they are supported (or not) in policy and practice using mixed qualitative methods.

Sign Up

Book your place at
flippinpain.co.uk/event/pain-science

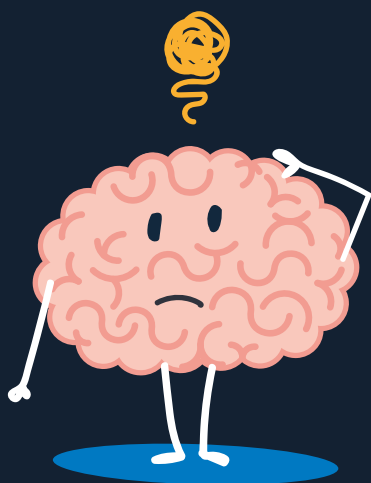
Steph Preston



Steph works for the Home Office, where she also has a role as a mental health first aider. She has lived with pain since the late 1990s and was diagnosed with Fibromyalgia in 2004. Steph has seen multiple practitioners for pain treatment and trialled many medications but feels that her life changed the most after attending a month-long Pain Management Programme. Now, Steph focuses on her family life and wellbeing and loves spending time with her Labradoodle puppy Ozzy.

When | **Wednesday 3rd February, 5.00-6.30pm**

Where | **Virtual event hosted on Microsoft Teams**



Pain Science for DUMMIES Non - Pain Specialists

- Please note that this event is designed for health professionals -