

Meet our Panel

Tim Atkinson



Tim is a writer and blogger who has won awards, worked with top brands and appeared on national radio and TV. As a chronic pain sufferer he has been working with Flippin' Pain providing expert input in the creation of pain management resources and programmes.

Fen Kipley



Fen describes herself as a former persistent pain victim who was slowly suffocating beneath a cocktail of opioids, injections, infusions, and intrusions culminating in a very delayed diagnosis of severe spinal stenosis following a road traffic accident. 13 years and 3 operations later (back, neck, and shoulder),

after being left with neuropathic pain, major joint swelling, depression, overwhelming fatigue, insomnia, unable to work and feeling utterly worthless, she decided enough was enough. It was either suicide or survival. Fen decided to fight back, questioning ineffective treatment methods, insisting on being heard and asking for alternative solutions. She now considers herself a pain survivor and helps advocate for holistic pain management programmes to vastly improve every survivor's wellbeing.

Georgia Simmonds



Georgia has lived with persistent pain for 7 years. Her pain journey inspired her to study for a degree in Occupational Therapy, a career that will enable her to support other individuals facing health difficulties that impact on their daily life.

Claire Robinson



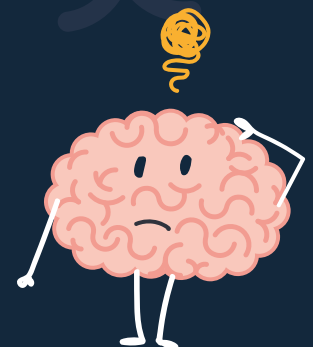
Yoga-lover Claire from Bristol is in her 30th year of chronic pain and nearly fully recovered. "I set out to recover after no one else could 'fix' my pain. I never envisaged the journey ahead of me, which in a nutshell, has been to hell & back. But it's been one of personal discovery, as well as watching the exciting emergence of science-backed information which has ultimately contributed to my success".

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 Chris Barker



Chris Barker works in Pain Medicine as the Clinical Lead of a Pain & Chronic Fatigue service for Lancashire & South Cumbria NHS Foundation Trust. In 2006, Chris completed Royal College of Anaesthetists Advanced Training in Pain Medicine

at the Walton Centre for Neurology & Neurosurgery as a GP.

Chris is also actively involved in pain research, national guideline development, and European standards in pain. He advises nationally on the design and delivery of community pain services, represents the RCGP for Pain, is co-opted to council for British Pain Society, and is a member of the NICE Persistent Pain Guideline Committee. Outside of Pain he enjoys running, cycling, playing drums or guitar and annoying his teenage children.

Niki Jones



Niki Jones, 49, was diagnosed with severe neurological facial pain 18 years ago. For 16 years she was seriously disabled by the pain and the many drugs used to treat it. She had multiple serious surgeries that culminated in a brain stimulator. In 2018 she flipped her understanding of pain which allowed her to implement such effective self management techniques she now considers herself essentially recovered*

(*recovery looks different to how she imagined it....).

PAIN

"I WISH I KNEW THEN WHAT I KNOW NOW"

When | **Wednesday 7th April,
5.00-6.30pm**

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

Sign Up | **Book your place at
flippinpain.co.uk/event/i-wish-i-knew**

For people
with pain,
by people
with pain

