

PEOPLE ARE SUFFERING. WE'RE OFFERING SOLUTIONS

For those in pain, and those who care for them, Pain Concern works to achieve a world where pain is better understood and does not stop people living the life they choose to live. Here is some of our progress towards that vision.

CELEBRATING 30 YEARS OF PUBLISHING AND PODCASTING

Everything we've learned about transforming life with pain distilled into three groundbreaking resources

EDUCATION, EDUCATION, EDUCATION

→ *Pain Matters* issue 89. Our most important publications gathered and updated to create a bumper-size **Comprehensive Guide to Navigating Life with Pain**.

→ *Airing Pain* episode 150. Our award-winning producer, Paul Evans, explores the life-changing impact of pain education sessions.



→ Pain education videos. Paul has also created a series of short videos about pain education sessions, for screening in waiting areas and educating health and care professionals.

'I'm a huge advocate for health services collaborating with third sector organisations and people with lived experience'

- LYN WATSON, GUEST EDITOR OF *PAIN MATTERS* 89

'The best thing that happened to me is not that my pain has got better. I still have the same pain, but now I manage it through education so that I'm in control of the pain instead of the pain being in control of me'

- PAIN EDUCATOR, *AIRING PAIN* 150



MANAGE YOUR HEALTHCARE APPOINTMENTS: THE SELF-MANAGEMENT NAVIGATOR TOOL

An award-winning, interactive document that's transforming healthcare appointments

- Patients and professionals work together to improve life with pain
- Recognised by NICE
- Internationally respected

'One thing Pain Concern should be justly proud of is the Navigator Tool. We use this in our clinic and people find it enormously helpful in getting the most out of an appointment'

- DR CATHY PRICE, CONSULTANT IN PAIN MEDICINE AND CHAIR OF PAIN CONCERN

OUR MAGAZINE, PAIN MATTERS

Informed self-management and expert-led discussion

Featuring a wealth of contributions from around the world by health and care professionals, researchers and people living with pain.

- Subscriptions give access to the entire digital back catalogue
- Non-subscribers may access a free sample issue
- An audio option transforms each issue into a podcast
- Also available in print

What readers said

'There is so much information in this magazine. Compassion and protecting wellbeing is vital - I'm going to try the neurographic art'

'I found the assertive responses to being told that pain is all in the mind particularly helpful'

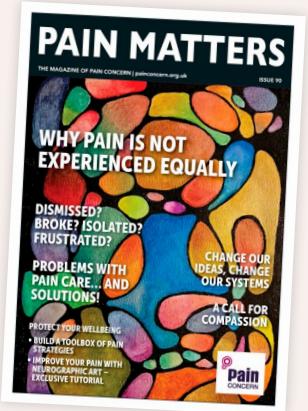
'The section on reducing medication was especially useful as it's something I am considering at the moment'

'Pain is influenced by all aspects of life. Pain Matters covers a multitude of approaches and activities that can help us be active participants in our health and wellbeing, aiding our management of pain'

- GUEST EDITORS DR CATHY STANNARD AND CHRIS DAVIS

'Health inequalities do not arise by chance nor are they an inevitable consequence of society. They are often the result of political decisions, and can therefore be reduced and removed. It is up to all of us, individually and collectively, to do this'

- GUEST EDITORS CASSANDRA MACGREGOR AND BLAIR H. SMITH, PAIN MATTERS 90



'Art and pain go hand in hand. I've always said I'm self-medicating: art is what I do to work through the pain and disengage from it'

- JASON WILSHER-MILLS, ARTIST, PAIN MATTERS 88

HELPLINE

Someone to turn to when there's nowhere to turn

Helpliners with lived experience of pain provide information, support and empathy



- **200 people helped every month over phone and email**
- **Helplines Partnership provides training and set standards**
- **Clinically led supervision**

ONLINE COMMUNITY ON HEALTHUNLOCKED

You're never alone with pain - peer support since 2010

- Where people can connect and feel understood
- Gives us direct insight into the challenges people are facing, keeping our work focused on key issues

Every month

- **1600 active members**
- **280 new posts**
- **150 new members**



OUR PODCAST, AIRING PAIN

The key issues in conversation



Drawing on over 30 years' experience of working with the BBC, award-winning producer Paul Evans has created 150 programmes (and counting) that bridge the gap between professional and public education.

Many programmes are produced in partnership with the British Pain Society (BPS), who invite Paul to interview internationally recognised experts, researchers and people with pain at their scientific meetings.

- **1100 listeners every month**
- **Recognised by the Faculty of Pain Medicine, who award Continuing Professional Development credits to listeners**
- **The BPS has awarded Paul an Honorary Membership for his contribution to the alleviation of pain**

'In IBS the very latest research suggests that actually it's a localised allergy specific to the gut'

- PROFESSOR DAVID BULMER, ASSOCIATE PROFESSOR, UNIVERSITY OF CAMBRIDGE, #146

'Autism affected how I felt the pain, how I reported the pain and how I accepted a doctor telling me "There's nothing wrong with you, go away"

- REN MARTIN, LEARNING DISABILITY NURSE WHO HAS AUTISM, #148

What listeners said

'Your podcast is a great learning tool for me as a clinician and an excellent resource for those living with pain'

- REGULAR LISTENER, DR JOHN O'SULLIVAN, CHELSEA & WESTMINSTER HOSPITAL

'It is easy to slip into the role of patient and give up our agency. It was great that this was discussed in #145'

- PERSON LIVING WITH PAIN

'In #149, the discussion on childhood experiences influencing outcomes later in life was particularly compelling'

- DES QUINN, CHAIR OF FIBROMYALGIA ACTION UK

THE 2-HOUR PAIN EDUCATION SESSION

Learn more about pain and what you can do for yourself

- **For anyone who has had pain for over 12 weeks**
- **Produced through a unique partnership with the NHS**
- **Delivered by educators with lived experience**

'Collaborative working with people experiencing persistent pain at its centre'

- LYN WATSON, CHAIR OF THE PAIN EDUCATION STEERING GROUP AND NATIONAL LEAD CLINICIAN FOR THE SCOTTISH GOVERNMENT

'I feel so much less isolated... I've come away with realistic action points that might make my life a little easier'

- PARTICIPANT

'A pain education participant told us, "I really wanted to attend, so I put £20 aside for taxis out of my benefits." We gave her a lift home and she chatted about her life, her family and living in a deprived area in a high-rise tenement with chronic pain. She reminded me why we do this'

- JOHN FINCH, PAIN CONCERN TRUSTEE

- A collaboration across 5 health boards
- 42 education sessions delivered
- Regular steering group meetings and supervision sessions



MINDFULNESS SESSIONS

Learning to live with pain and emotions one moment at a time

Online taster sessions and courses led by mindfulness teacher Cath Ashby

'I am amazed at how it has improved my mental health and ability to cope with pain'

- PARTICIPANT

WEBSITE, NEWS AND SOCIAL MEDIA

Meeting our pain community

Where we

- Say who we are, who we work with and how we deliver our mission
- Share everything we know about navigating life with pain
- Mark each year's Global Pain Awareness Month with a new online hub of tools and resources
- Celebrate volunteers and fundraisers, explaining how you, too, can support us

With 10.5K followers across our social media platforms, every month

- **17K visit our webpages**
- **900 download our support resources**
- **2000 receive our news**



SHAPING OUR FUTURE

Pain Concern hosted Jennie Minto, MSP and Minister for Public Health and Women's Health in Scotland, and key chronic pain stakeholders. A united commitment emerged to prioritise chronic pain and patient voices in government policy and services.

We also attended meetings of the British Pain Society (BPS), North British Pain Association (NBPA) and Scottish Pain and Research Community (SPaRC). We delivered a presentation at the Chronic Pain Neurotechnology Network (CPNN+), and helped set up the Scottish Patient and Public Involvement and Engagement (PPIE) in Pain Research event, attending its inaugural meeting hosted by SPaRC and NHS Research Scotland (NRS).

'Including people living with pain in your research can change its trajectory'

- PATIENT INVOLVEMENT PARTNER

SHAPING BETTER-INFORMED, MORE COMPASSIONATE CARE

We've contributed to the Scottish Government's *Chronic Pain Prescribing Guideline*, the *Scottish Intercollegiate Guidelines Network (SIGN)* and the development of a Pain Education Hub for health and care professionals.

Local community action continues, including library drop-ins, health and social care events, and events hosted by the DWP and by industry.

DRIVING CHANGE

Pain is the world's leading cause of disability and poor health. We will support the International Association for the Study of Pain (IASP)'s 2026 campaign for Neuropathic Pain. There's much to do...

SUPPORTERS

When pain becomes purpose

VOLUNTEERS

The Rt. Hon Lord Provost Robert Aldridge visited our office to celebrate Heather Wallace winning the 2024 Inspiring Volunteer Award, inviting her to the 2025 Garden Party at The Palace of Holyroodhouse.



FUNDRAISERS

'It's a real privilege to fundraise for such a great cause'

- PROFESSOR CORMAC RYAN, LONDON MARATHON RUNNER

'I am very admiring of the work Pain Concern do for my patients. This is a small way of me giving back'

- DR DEEPAK RAVINDRAN, LONDON LANDMARKS HALF MARATHON RUNNER