

Imagine If we could work together to help people living with chronic pain to feel more connected, less isolated, and more empowered to manage their pain. Pain Cafés are friendly, welcoming spaces where people can develop confidence to talk openly about their health, feel supported by their peers, and develop techniques to manage their pain and wellbeing.

By attending Pain Cafés, participants feel heard, respected and validated, and a part of a community. Through our 'skills not pills approach', participants change their behaviour and mindsets, and learn new skills to manage their pain. Participants of Pain Cafés experience less isolation, decreased use of medication, and reduced number of doctors' visits.



"A cheerful, uplifting atmosphere.
Emphasis on the positives: the can-do and not the can't do. No pressure to do anything, take everything at your own pace"



"Being with people with similar problems really does help. The group is friendly and welcoming, listening to others who have experienced similar problems to me is excellent - you are not the only one with that particular pain"

**DAWLISH PAIN CAFE : SECOND MONDAY OF EACH MONTH
SHAFTESBURY THEATRE @ 11AM**

With support from
Dawlish Town Council



<https://pain.cafe>

✉ Info@imagineif.net

 **Cornwall & Devon Pain Cafes**

