

Chronic Pain Conference

At Dumfries House, Cumnock

1st - 2nd October 2021

Aims – To expand the picture of understanding and managing chronic pain, alongside conventional treatments.

To support the move towards acceptance and understanding.

FRIDAY 1ST OCTOBER

Morning Session Chair - Dr. Michael Dixon

9:30-9:35 Welcome – Simon Sadinsky, Deputy Executive Director, The Prince's Foundation, Dumfries House

9:35-9:40 Chair introduction

9:40-10:00 Living with Chronic Pain – 'Stories from the heart' 2 x 10 mins

10:00-10:40 Moving away from the medical model - pain clinics in the 21st century' – Dr. Lars Williams

10:40-11:20 'Grounding complementary therapies in a physiology of body, soul and spirit'. – Dr. David McGavin

11:20-11:40 Tea/coffee

11:40-12:20 Embracing the transition –Dr. Nick Straiton

12:20-12:30 Q & A

12:30-1:30 **Lunch – opportunity to explore the estate**

Afternoon Session Chair - Dr. Jacqueline Mardon

1:30-2:10 General practice reflections – Dr. Hugh Brown

2:10-2:40 Changing the expectations – Claire Harvey

2:40-3:10 Community Pharmacy – supporting community – Gillian Collins

3:10-3:20 Yoga – Gillian Collins

3:20-4:00 Dumfries House experience – Carolyn Paton, Health and Wellbeing Coordinator, The Prince's Foundation, Dumfries House

4:00-4:40 NHS Centre for Integrative Care in action – enabling transformation – Dr. Jacqueline Mardon

4:40-5:10 Social prescribing – a movement for change – Dr. Michael Dixon

5:10-5:20 Q & A

Tickets can be purchased via Eventbrite: <https://www.eventbrite.co.uk/e/160948151253>



SATURDAY 2ND OCTOBER

Health and Wellbeing Centre, Dumfries House

9:30-10:00 Welcome and Introduction – Finding what helps – exploring a different path/Social Prescribing – Carolyn Paton, Health and Wellbeing Coordinator at Dumfries House

MORNING:	Scottish Ballet	Session 1.	10:00 – 10:45
		Session 2.	11:30 – 12:30
	Art Therapy	Session 1.	10:00 – 11:00
		Session 2.	11:30 – 12:30
	EMDR & NLP	Session 1.	10:00 – 10:30
		Session 2.	10:40 – 11:10
		Session 3.	11:30 – 12:10
		Session 4.	12:15 – 12:45
	Mindfulness	Session 1.	10:00 – 10:30
		Session 2.	10:40 – 11:10
		Session 3.	11:30 – 12:10
		Session 4.	12:15 – 12:45
	Food/Diet	Session 1.	10:00 – 10:30
		Session 2.	10:40 – 11:10
		Session 3.	11:30 - 12:10
		Session 4.	12:15 – 12:45

MORNING COFFEE BREAK 11:10 – 11:30

AFTERNOON:

Singing	Session 1.	13:45 – 14:15
	Session 2.	14:20 – 14:50
	Session 3.	15:10 – 15:40
	Session 4.	15:40 – 16:15

CBT	Session 1.	13:45 – 14:15
	Session 2.	14:20 – 14:50
	Session 3.	15:10 – 15:40
	Session 4.	15:40 – 16:15
Homeopathy	Session 1.	13:45 – 14:15
	Session 2.	14:20 – 14:50
	Session 3.	15:10 – 15:40
	Session 4.	15:40 – 16:15
Sleep	Session 1.	13:45 – 14:15
	Session 2.	14:20 – 14:50
	Session 3.	15:10 – 15:40
	Session 4.	15:40 – 16:15
Tai Chi	Session 1.	13:45 – 14:15
	Session 2.	14:20 – 14:50
	Session 3.	15:10 – 15:40
	Session 4.	15:40 – 16:15

AFTERNOON COFFEE BREAK 14:50 – 15:10

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