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

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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
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**AFTERNOON COFFEE BREAK**  14:50 – 15:10

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