



How can you help?

- Tell us if you cannot attend your appointment so we can offer the appointment to another patient. If you fail to attend an appointment or cancel an appointment with less than 24 hours notice you may be discharged from the service.
- Please attend your appointment on time as we may not be able to see you if you are late.
- Please follow your personal pain management plan. This will help you manage your symptoms.
- You will need to decide if you feel ready to commit to a personal pain management plan.

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Contact us

For advice, to arrange or cancel an appointment please contact:

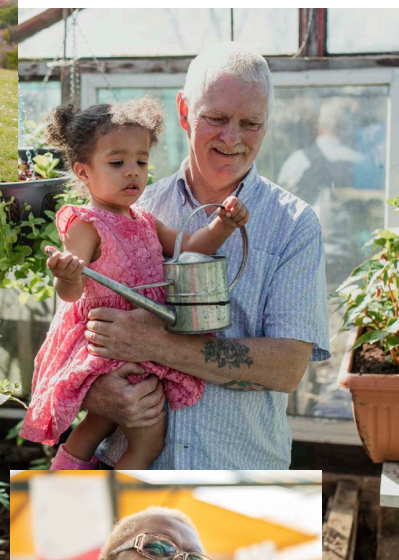
Telephone: **0113 843 3356**

Email: lc.ps@nhs.net

Further information is available on our website:

www.leedscommunityhealthcare.nhs.uk

Leeds Community Pain Service



**Information
leaflet for
patients**

What we do

Leeds Community Pain Service offers a range of pain management options for people (adults 18+) who have been living with persistent pain. We are here to help support you to discover ways to find a better life with pain. Evidence shows that when people play an active role in their pain management, with support, they can improve their quality of life and have less pain.

We understand that persistent pain impacts greatly on all aspects of your life. We know it can affect your ability to work, sleep, your activity levels, relationships with friends and family, your mood, confidence and motivation.



Who will you meet?

The Community Pain Service team includes a range of specialist NHS healthcare professionals who work in communities across Leeds. We specialise in persistent pain management and deliver programmes tailored to each person's individual needs.



At Leeds Community Pain Service we understand that persistent pain impacts greatly on all aspects of your life

We also have links to mental health services.

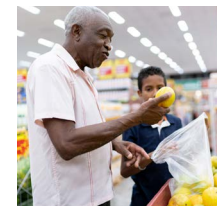
Leeds Community Pain Service will look at ways to support you managing your pain and help you to think about the goals you would like to achieve.

We explore how your mood and stress can affect your levels of pain and we will introduce you to many coping strategies and relaxation skills to improve your confidence to cope with your pain.

Your appointment

Following your telephone contact, the Community Pain Service can offer appointments for supported self-assessment by telephone or face to face.

Please allow 15 minutes for this appointment when a member of the team will assist you in completing the questionnaires to find out how the pain affects you in your day to day life.



If you have completed self-assessment via the Pain Sense: Pain Toolkit digital app your next appointment will be made with the most appropriate member(s) of the team to develop your pain management plan together.

This is a tailor made plan to help you manage and live with your pain, gain confidence and improve your health and wellbeing.

Appointments are offered at a range of venues across the city. Some sites have treatment areas separated into cubicles by curtains and therefore they are not soundproof. Please make your clinician aware if you wish to discuss information of a sensitive nature as it may be possible to access a private room, although this cannot be guaranteed at all sites.