



Better Days

Pain Support Programme



Support for Living Well with Chronic Pain

Are you living with chronic pain that affects your daily life, mood, or independence? You are not alone — and support is available. The Better Days programme, run by the Healthy Living Centre Alliance, is a free community-based initiative designed to help you take back control, manage your pain and improve your wellbeing.

The 8-12 week programme offers:

- ✓ Support in a local Healthy Living Centre or online
- ✓ Simple strategies for pain relief & better movement
- ✓ Practical sessions on sleep, nutrition and relaxation
- ✓ Support from experts & people who understand



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What does the programme include?

- Understanding pain: Learn how pain works and why it persists
- Medicines: Appreciate how to get the best from medicines
- Practical self-management: What can help, including simple techniques to reduce the impact of pain on your daily life
- Gentle movement: Safe ways to stay active
- Mind and mood: Support for anxiety, low mood and fatigue
- Peer support: Share experiences and encouragement in a friendly group
- Further support: Guidance to local and online help

Who is this programme for?

This programme is suitable for adults living with long-term (chronic) pain, including conditions like:

- Arthritis or joint pain
- Fibromyalgia
- Back and neck pain
- Nerve pain
- Other ongoing pain conditions

You are very welcome to join us!



Scan the QR code to sign up and take the first step to better days!

Or email us at
betterdays@hlcalliance.org

www.hlcalliance.org