

PAIN CAFÉ WEBINAR

Outcomes and Shared Learning from Cornwall

16th October 2024

Who registered

Pharmacist
Nurse Practitioner
Social Prescribing
Psychotherapists
Health and Wellbeing Coaches
Programme/Project Managers
Consultant Psychiatrist
Care Coordinators
Pain Specialists
Clinical Psychologists
Substance Misuse Specialists
Physiotherapist
Public Health Researchers
GP

Sectors represented

Project Management/Administration
General Practice
Physiotherapy
Wellbeing
Pain Management
Mental Health
Social Care

What was discussed / shared:

The focus was on the need for a community-driven, holistic approach to managing pain, recognising that pain is a social issue, and that people benefit from feeling heard, supported, and validated.

A café-style atmosphere (informal, warm, and accessible) can create a safe space for open conversations about health, helping people feel connected and empowered.

By blending peer support, trained facilitators, and activities like Tai Chi, yoga, and mindfulness, this environment fosters trust, self-efficacy, and personal growth.

The focus was on de-medicalising pain, emphasising self-management, and promoting social connections. Everyone has something to offer, and the aim is to build a sense of belonging and control over one's health.

Chair:

Gill Travers - Senior Project Manager. Health Innovation West of England

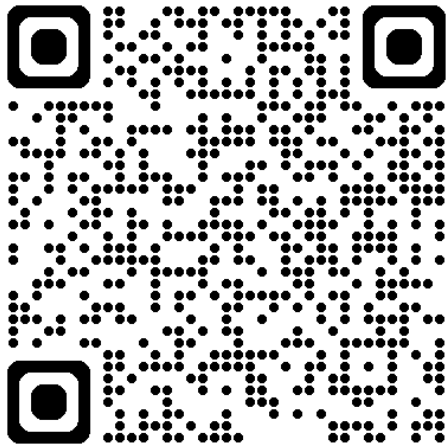
SPEAKERS:

Kevin Feaviour- Director ImagineIF, lived experience members supporting the Cornwall Pain café's and ImagineIF team members.

Key themes from Discussion:

- Exhaustion and isolation
- Holistic, community-based solutions
- The role of facilitators
- Personal experiences and frustrations
- Practical and logistical queries

Survey



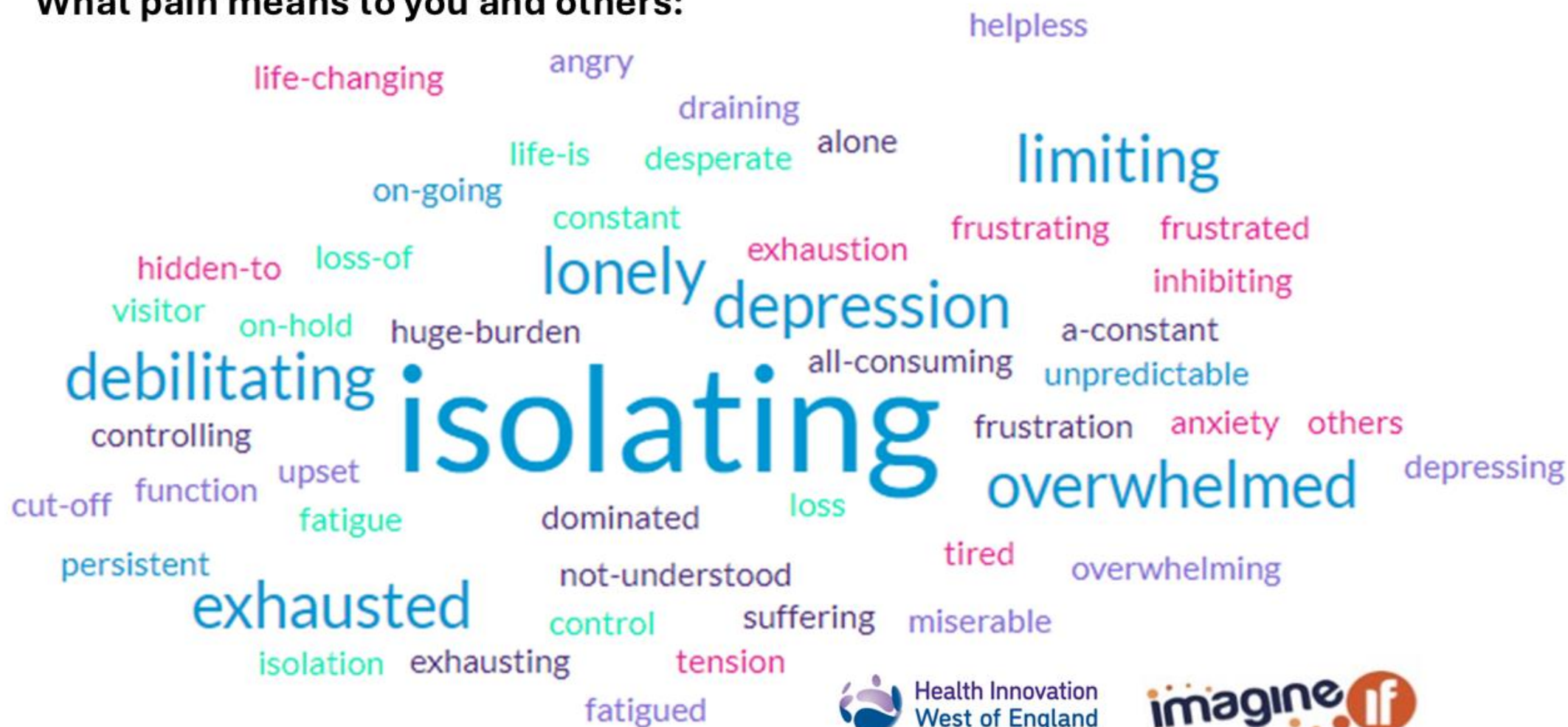
[Pain Café Webinar Feedback form](#)

If you have not already done so, please complete the post-event survey. If you would like a CPD certificate, please complete the contact details at the end of the form as the survey is otherwise anonymous. The survey will remain open for 30 days after the publication of the event recording for people to obtain certificates after reviewing the recording.

Resources:

- HIWE chronic pain postcard image
- Recording links – webinar and recipe for successful pain café
- Link to impact report – to be added to website alongside recording links
- Q&A feedback – upload with recording and hyperlink
- Cornwall pain cafes here: [Cornwall Connected by Pain, delivering community pain cafes across Cornwall | Connected by pain | Stronger together | A community supporting each other with persistent pain](#)
- Plymouth Pain Cafes: [The Pain Coach – The Pain Coach](#)
- Somerset pain cafes: [Pain Cafes in Somerset - Our Somerset](#)

What pain means to you and others:





Health Innovation
West of England