

Patient information

## Bengali speaking pain education and exercise programme (BPEEP)

### **Patient Advice and Liaison Service (PALS)**

Please contact us if you need general information or advice about Trust services.

[www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

### **Large print and other languages**

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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All our patient information leaflets are reviewed every three years.

Persistent Pain Service  
0207 377 7872



## **What is BPEEP?**

BPEEP is a four week self-management programme for people living with persistent pain.

Persistent pain is pain that has lasted for longer than 6 months.

Self-management focuses on techniques that you can do to help yourself live well despite your pain.

## **Who is it for?**

People who would like to manage their pain better and gradually return to activity and exercise.

You will have been assessed by the Persistent Pain Service before attending to determine if you are suitable for the programme.

Following your assessment, your therapist will inform you how to book onto the course and when the next group starts.

## **Will this group cure my pain?**

The aim of BPEEP is not to cure pain but to reduce the impact that pain is having on your quality of life.

Some people find the intensity of their pain becomes more manageable as a result.

## **What are the potential benefits of the BPEEP?**

- Improve ability to cope with pain
- Learn exercises
- Improve walking tolerance
- Learn relaxation techniques
- Learn ways of managing your sleep pattern
- Improve understanding of pain
- Learn about the links between pain and mood

## **When is it?**

Day: Tuesdays, every other week

Time: 1-4pm

Venue: Therapy Department, Lift 8, Level 2, Royal London Hospital

## **What happens if I can't make a session?**

It is important that you attend all sessions as each week we cover different topics. You must ring us on 0207 377 7872 if you cannot make a session.

If we do not hear from you on the day of the appointment, we will discharge you from the pain service.