

# What to expect at Your Community Appointment Day



## Check In

- Warm Welcome
- Volunteer will guide you to admin check in.
- You will be asked for brief information to register your attendance.
- Volunteer will guide you to the waiting area.

## How long will I have with the Services?

The initial conversation & group talk will take around 1 hour. You can then take as much time as you like to meet other services in the market stall area and community café.

## What Matters to You Conversation



- A member of the Team will collect you and bring you to a quiet space.
- You will be asked a series of questions to help the team understand “what matters to you”
- This information will be populated into your “Personal passport”
- This will help the member of staff to signpost you to professionals & organisations relevant to you.

I would like to know about what resources & groups are available to support me?

I would like to meet people with a similar diagnosis?

I would like to know more about Chronic Pain and how it might impact me in the future?

## Meet the NHS Grampian Chronic Pain Management Team

- You will then be guided to an area where you will meet the team for a group session.
- The team will take you through a series of talks/videos covering:
  - Chronic Pain Education / Impact of Pain
  - Impact of Pain on your Mental Health & Wellbeing
  - Pacing & Movement
  - Medication



You will have the opportunity to ask questions or meet a member of the team later in the café area.

## Services & Third Sector Community Partners

There will be a range of stalls with advice, guidance and information from the following services:

- Aberdeen & District Fibromyalgia Group
- Aberdeen Action on Disability
- Physiotherapy
- Occupational Therapy
- Aberdeen City Wellbeing Team
- Aberdeenshire Wellbeing Team
- Aberdeen Carers Support / Quarriers
- Penumbra 365
- Community Listening Service
- Sport Aberdeen
- Live, Life Aberdeenshire
- Department of Work & Pensions (DWP)
- Psychological Therapies/Computerised CBT/ Sleepio
- Alcohol & Drugs Action (ADA)
- Healthpoint
- Vaccination Team
- CFINE Community Food Outlet – Fruit & Veg Stall



### Cafe



There will be a café area with free refreshments where you can have a break and chat with other people with a similar diagnosis or other family members / carers, and complete a feedback form.



### Check Out

At the end of the session please hand your completed personal passport to a Health Care Support Worker within the Community Café Area and they will take a photocopy for you.