

Pain Management Programme Dates

Location	Day and Time	Date of Assessment	Date of Programme	Date of Follow Up
Brighton - Moulescombe Leisure Centre, Moulsecoomb Way, Brighton, BN2 4PB	Tuesdays & Thursdays 10 -1pm	Tuesday 5th September Tuesday 12th September Tuesday 19th September 2023	Tuesday 3 rd October Thursday 5 th October Tuesday 10 th October Tuesday 17 th October Thursday 19 th October Week break for Half Term Tuesday 31 st October Thursday 2 nd November Tuesday 7 th November Thursday 9 th November Tuesday 14 th November Thursday 16 th November Tuesday 21 st November	Tuesday 6 th February 2024
Crawley - MAIDENBOWER PARK Maidenbower, Crawley, RH10 7HG	Wednesdays & Fridays 10 -1pm	Friday 15th December Friday 5th January Friday 12th January 2024	Wednesday 24 th January Friday 26 th January Wednesday 31st January Friday 2 nd February Wednesday 7 th February Friday 9 th February Week break for Half Term Wednesday 21 st February Friday 23 rd February Wednesday 28 th February Friday 1 st March Wednesday 6 th March Friday 8 th March	Friday 7 th June 2024