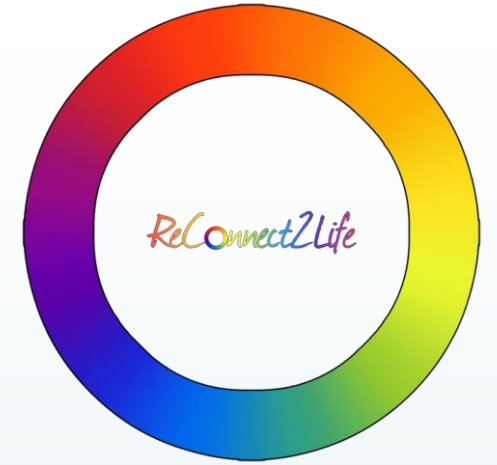


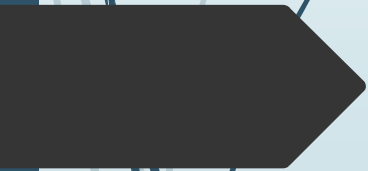


Torbay and South Devon
NHS Foundation Trust



Reactiv8e Short Course

Introduction to the virtual group





Welcome

- ▶ Please check that your emergency contact details and your GP details are up to date
- ▶ You will have been sent a link to your email to access the group via Microsoft Teams
- ▶ Please check that you have access to a computer with a webcam and microphone
- ▶ Please check your camera angle so that we can see all of you
 - ▶ either sitting on a chair
 - ▶ Standing beside a chair



Pre course meet and greet 😊



- This is a chance for you to practice getting in to the virtual group
- It will be a chance for you to meet other people with pain who are in the same group as you
- Please make sure where possible that you will not be disturbed by any other house members or pets/young children
- Please wear loose comfortable clothing so that you can move as freely as possible



Working together as a virtual group – sharing the experience

- This is new for all of us 😊
- Please be patient with us whilst we work with you to get these virtual groups up and running
- There will be 10 minutes at the start of each week for you to talk to each other, and learn from each others experiences.
- We ask that any discussions in the group stay confidential
- No recording is possible during the group session
- The class will then begin promptly at the designated time
- It is possible to communicate with the host during the session using the chat function
- We ask that all microphones are muted during the live movement session
- Please pin the instructor

Course Outline

Week one

Pre group meet and greet

Introduction to the basic body awareness technique (BBAT), Using the technology

Week two

- Review Week 1, BBAT/ Grounding. Warm Up & Reactiv8e exercises 1-5.

Week three

- Review Week 2, BBAT/ Grounding. Warm Up & Reactiv8e exercises 1-5.

Week four

- Review Week 3, BBAT/ grounding , warm up & Reactiv8e exercises 6-10.

Week five

- Review Week 4, BBAT/ grounding , warm up & Reactiv8e exercises 1-10.

Week six

- Review Week 5, BBAT/ grounding , warm up & Reactiv8e exercises 1-10.

Week seven

- Review Week 6, BBAT/ grounding , warm up & Reactiv8e exercises 1-10.

Week eight – final session

- Review Week 7, BBAT/ grounding , warm up & Reactiv8e exercises 1-10



Information resources

- ▶ Please follow our videos on the Reconnect2life website
 - ▶ <https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/>
- ▶ In your induction pack you will get a Reactiv8e tracker handout to help you track your progression throughout the 8 week Short Course.
- ▶ We recommend for home practice please use the clips available via the link below.
- ▶ <https://tsdft.uk/reactiv8e>



Introduction to Involve

Giving Something Back



Torbay and South Devon
NHS Foundation Trust



Hi my name is Louise and I am the Chairperson of Involve Giving Something Back

We are a Patient Consultancy Group devoted to improving experiences of people who live with persistent pain.

Would you like to join our group to help improve our Pain Services for the future?

Requirements:

An interest in improving experiences of people living with persistent pain.

Empathy.

Ability to present a patients perspective.

Non-judgemental and respectful towards other peoples views.

Good at working in a team.

Do you have access to email.

If interested please contact Pain Management Team on:
01803 654251 and ask for a leaflet and application pack.