

What is the Athena : Trauma Pain & Fatigue Support Group?

The **Athena** Peer support group is an additional part of the pathway through our Eva Therapy Service.

Women who take part in our group work find it a really useful experience, reducing isolation and learning from each other.

Each week will have a different topic covering a number of issues relating to pain & fatigue and you can attend which ever sessions you will find useful.

You do NOT need to have a diagnosis of chronic fatigue, chronic pain and/or fibromyalgia. If you are feeling tired all the time or if you struggle with pain or discomfort in your neck, back, jaw (TMJ) shoulders or stomach (or anywhere else) then this group may be useful for you.



Athena Support Group

This is a fortnightly drop in group for those suffering from **pain, fatigue and/or fibromyalgia**



Expectations

We will work together to make sure:

- ◇ Groups are small and manageable
- ◇ We all support each other
- ◇ It is a confidential space
- ◇ It is a safe space to talk and learn

The group will cover:

- ◆ What is Chronic Pain?
- ◆ What is Chronic Fatigue?
- ◆ The link between pain, fatigue and trauma
- ◆ Acceptance and hope
- ◆ Medication and surgery
- ◆ Pain management
- ◆ Fatigue management
- ◆ Living with pain/fatigue
- ◆ Aids and adaptations
- ◆ Getting support
- ◆ DWP
- ◆ NHS and other services

To make sure the programme is as helpful as possible we would ask that you:

- ◆ Attend as often as you can
- ◆ Try things out in the week
- ◆ Keep group confidentiality
- ◆ Give us feedback each week

Feedback on other Eva groups:

"This group has been a breath of fresh air for me, and our counsellors have ... supported us all the way"

"This group make me change, make me more strong... I really like it, how they explain everything so clearly... I am so happy and grateful to join the group"

"I have gained a better understanding of what happened to me and that I could not control it... and ways of coping with the emotions brought up by my experiences."

"I have had a lot of counselling ...and this is the first time I feel I can finally put it in my past ...it has been mind blowing and rough at times, but it has changed my life and my thought patterns. Thank you, from the bottom of my heart"



Eva Therapy Service
Athena :
Trauma, Pain & Fatigue
Peer Support Group

vida
life without abuse

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Vida receive funding to support our **Eva Services for women and girls** from: The National Lottery Community Fund, Society of the Holy Child Jesus, The Postcode Neighbourhood Trust , Brelms Trust, Sheffield 1000 Charity

Every little really does help...

All donations received through Vida's Localgiving page go directly to support our therapeutic work with women & girls and we can claim an additional 25% Gift Aid on all donations from UK tax payers!
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Eva Therapy Service

for women and girls affected by abuse and trauma



Athena
Trauma, Pain & Fatigue
drop-in Support Group
Fortnightly Wednesdays 4.30-6pm
Starting 9th October 2024

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