

Pain Management Programme Dates 2025

| PMP Number | PMP Location | Assessment dates | PMP days / dates | PMP times | Follow up group dates & times |
|------------|----------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------------|-----------|------------------------------------------------|
| 1 – South | Brighton Moulsecoomb Leisure Centre | 7, 9, 14, 21 January | Tuesdays & Thursdays 4/2/25 – 25/3/25 (1 week break for half term w/c 17/2/25) | 10-1pm | Thursday 3 rd July 2025 10-1pm |
| 2 – North | Crawley Maidenbower Park Community Centre | Wednesdays 5,12, 19 and 26 March | Wednesday & Friday 29/4/25 – 13/6/25 (1 week break for half term w/c 26/5/25) | 10-1pm | Wednesday 24 th September 10-1pm |
| 3 – South | Brighton | Tuesdays 1, 8, 15 and 29 April | Tuesdays & Thursdays 13/5/25 – 26/6/25 (1 week break half term w/c 26/5/25) | 10-1pm | Thursday 11 th September |
| 4 – South | Brighton | Tuesdays 15 and 22 July, and 2 and 9 September | Tuesday & Thursday 16/9/25 – 23/10/25 (no break) | 10-1pm | Thursday 22 nd January 2026 |
| 5 – North | Horsham /Mid Sussex | Wednesdays 17 September, and 1, 8 and 15 October | Wednesday & Friday 5/11/25 – 12/12/25 (no break) | 10-1pm | Friday 13 th March 2026 |