Tell us what you think

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact the Clinical Enablement Service on 01723 342910.

Teaching and Training

Our Trust is committed to teaching, training, and research to support the development of staff and improve health and healthcare in our community. Staff or students in training may attend consultations for this purpose. You can opt-out if you do not want trainees to attend. Staff may also ask you to be involved in our research.

Patient Advice and Liaison Service (PALS)

Patients, relatives and carers sometimes need to turn to someone for help, advice or support. Our PALS team is here for you. PALS can be contacted on 01904 726262, or via email at pals@york.nhs.uk. An answer phone is available out of hours.
Who are we?
The Clinical Enablement Service is made up of a multi-disciplinary team including Physiotherapy, Occupational Therapy and Clinical and Counselling Psychology.

What do we do?
We aim to help people who wish to engage in self-management of their persistent/chronic pain.

We offer courses that provide guidance and support to help individuals to self-manage their chronic pain condition. This might involve learning relaxation techniques or how to increase activity levels, or other strategies to help improve quality of life.

At the end of these sessions everyone will be given a plan to continue and improve self-management tailored to their individual needs. We aim to help people develop the confidence to continue their self-management into the future.

We will also be able to signpost individuals to other support and services within the local community/hospital. The service is a time-limited pain-management service aimed at empowering individuals to self-manage their chronic pain.

What don’t we do?
As a service we don’t diagnose, offer surgical opinions or medical interventions for your pain problem.

Those who have other primary health or mental health problems that may mean they struggle to take part in self-help treatments e.g. an addiction, mental health problems or illness may need to see another service before being referred here.

How can you access the service?
In order to be seen in the service, a referral form needs to be completed by your GP. This should be returned to the Clinical Enablement Service on the address at the front of this leaflet.

Your GP will need to provide:
• Patient details
• Nature and duration of symptoms or a diagnosis
• Referral reason: advice or management
• Past medical history
• Medication history

We will ask you to complete questionnaires to help us to understand your pain condition and how it affects you. If you have any difficulties or questions about these questionnaires, then please get in touch.

The sessions are based in easy to access community venues across the Scarborough and Ryedale area.