

I feel better able to cope with the ups and downs of my symptoms and the way they impact my day-to-day life.

The course should be available on the NHS in whole of UK.

I've gained a quiet, calm strength, knowing that I now have more control over the self-management of my BPS; I already have moved forward to a freer life!

Excellent! Helpful, informative, motivational, supportive, encouraging, empathic, clear, reiterating the importance of not giving up but trusting the process. It's enabled me to take more responsibility for my health, and to accept disappointments with equanimity.

# Pelvic and bladder pain SOLVED!

The Feel Free Pain Programme is constructed to help people to cope with the physical, emotional and psychological impacts of their condition. That's why 100% of the patients in the first group said they'd recommend it to a friend. The programme supports people to sleep better, reduce their pain and anxiety, improve their quality of life and regain intimacy with their partner.

The Feel Free Programme is available to all your CPP and bladder pain patients. If you'd like more information, or if you'd like to pass on the information to your patients, we are really happy to work alongside you to help these patients in these challenging times.

## Trial Participants After 4 Weeks

*Feel Free*

**81%** | **95%** | **90%** | **100%**

of respondents feel better able to cope with their condition now than they did before the course

will continue to practice the techniques they learned on the course

rated the course Very Good or Good

would recommend the course



“ You provide tools to manage the physical and emotional aspects of living with bladder illness, and I feel better able to cope now. It complements my medical help perfectly. ”

56% of group ICSI score Improved 20%

67% of group ICPI Scores Improved >20%

**Ask us about the evidence!**

**0844 415 2420**

**info@feelfree.org.uk**