

TMS Recovery Lecture

Wherever possible the Huddersfield TMS Lecture will be on the **second Wednesday of each month, from 7 – 9.30pm**. The venue will be dependent on numbers and will either be at the Pain Relief Centre itself, or at [Longley Community Sports Club](#).

This is an informal lecture that covers the theory behind TMS symptoms and their cause, as well as providing many tips and techniques to help you in your recovery. It's another useful medium to reinforce the principles underlying TMS while we actually explore the underlying cause of the symptoms. The evening also provides the opportunity to meet others with TMS and ask any questions you have about TMS and your own recovery journey.

The lecture is FREE to anyone who is on the full TMS Recovery Programme and you may attend as many times as you feel you need. Anyone else is welcome to come along at a cost of £50.

Please book a place by emailing me, or call me on 01484 452500

TMS Discussion Group

Wherever possible the TMS Recovery Discussion group will be held on the **last Wednesday of each month, from 7 - 9pm** at [Longley Community Sports Club](#)

These are very informal discussion groups for those who need support during their recovery, or for those who want to come along and talk about their progress or success, which of course provides great motivation for others going through the Recovery Programme.

When possible and appropriate I will invite other health professionals who may be interested in treating people with TMS.

These groups are proving to be very successful and motivational for people who attend, but any constructive feedback re. how these are run would be warmly received.

I am happy to provide my time, but due to the cost of hiring the room and the refreshments, I am now asking for a **donation of just £5 per person**. Any profit will be donated to the [ForgetMeNot Trust](#) in Huddersfield, which is raising money to build a Hospice for sick children in West Yorkshire.

People may turn up unannounced, but an idea of numbers is always useful for the provision of refreshments. **If possible please email me at georgina@painreliefwestyorkshire.co.uk or telephone 01484 452500 to let me know of your intention to join us.**