

# RCC LIVE WEBINAR

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## RCC Pain Faculty Webinar: A Patient's-Eye View

with Dan Hindsley and Niki Jones

### Webinar Outline

In this webinar, we will hear from two 'expert patients' who will talk about their experiences of persistent pain, and the interactions they have had with healthcare professionals in this context. Their experiences and feedback will provide helpful insight to those involved in helping people manage persistent pain.

### Speaker

#### Dan Hindsley

Dan Hindsley is an ambassador for Living Proof, a UK-based recoveree-led non-profit that aims to raise awareness of the latest scientific approaches to recovery from chronic pain, and many other chronic conditions, with a view to helping people regain health and wellbeing.

He was diagnosed with degenerative disc disease in his 20s, following an MRI scan, and was sent away to 'manage' the pain. He suffered with severe sciatica and back pain for around 15 years before discovering the neuroplastic approach which helped him link his symptoms to repressed grief and anxiety. Having read Georgie Oldfield's book: *Chronic Pain: Your Key to Recovery*, he made a full recovery which culminated in completing an Ironman 70.3 Triathlon in 2019 after years of believing he was unable to run.

Dan co-produced both the Living Proof short films, and is now sharing his story of recovery whenever he can to help inspire others.

#### Niki Jones

Niki is an advocate for people who live with pain, and also for the benefits of effective self-management. She has had severe Trigeminal Neuralgia for nearly 20 years, but in the last few years has found effective ways to manage it without drugs or surgery and has improved her quality of life dramatically. Niki is Vice Chair of the Footsteps Festival, which champions self-management of pain.



**FEBRUARY 2024**

**Wednesday 28<sup>th</sup>**

**19:00 - 20:00**

**Free for RCC Members** - a link will be provided by email.

**Non-Members:** £35 - to register please visit: [rcc-uk.org/rcc-events](https://rcc-uk.org/rcc-events)

**Registration closes:**

Wednesday 28<sup>th</sup> February 2023,  
5pm

**Chair:** Julia Gover MRCC, LRCC (Pain)