

Dear Chronic Pain Patient Advocate,

Every year the National Pain Patients Coalition sponsors Pain Patients Advocacy Week in the last week of April. This year the Pain Resistance Network (PRN), a member organization of the National Pain Patients Coalition, will be kicking off the week on April 23, 2017 by hosting Pain Patients Radio Day. This will be a full 24 hours of internet radio programming by and for pain patients and their allies.

We are inviting your organization to participate in this programming with a two-hour radio show. The format and topics of your show can be anything you choose, so long as it is relevant to the fight against the War on Pain Patients and conforms to the programming guidelines (please see the attached materials for more information). It may also be possible to modify the time slot (more or less than two hours) or formatting to suit your needs. Please feel free to contact us about this.

If you are interested in participating please return the attached confirmation form by the March 15, 2017 deadline. We hope to hear from you about this soon!

Sincerely,

Rae

For Pain Resistance Network

# Pain Patients Radio Day Confirmation Form

**Please Note: The deadline to confirm your participation is March 15, 2017.  
Please return this form by e-mail to [painresistancenetwork@gmail.com](mailto:painresistancenetwork@gmail.com).**

Name of organization: \_\_\_\_\_

Best way to contact you: \_\_\_\_\_

Title of show: \_\_\_\_\_

Name of host/s (real name is optional but please give a name so that we can introduce you):

\_\_\_\_\_

Brief description of topic/s to be covered: \_\_\_\_\_

\_\_\_\_\_

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Preferred format:  Eight 13 minute segments  Four 27 minute segments

## Pain Patients Radio Day Show Guidelines

The purpose of Pain Patients Radio Day is to give pain patients and those who support them a forum to speak and organize against the War on Pain Patients. The format is being kept as open as possible to allow you to participate in whatever way you prefer. Still, it is necessary to set some guidelines.

1. ***Shows must be relevant to pain patients.*** The War on Pain Patients raises many issues. For this reason there are few, if any, topics that cannot be addressed in this format. However, any approach that you take needs to relate back to the main question of the rights of pain patients.
2. ***Please do not try to sell products or services or direct listeners to sales sites.*** Pain patients are often desperate for anything that might help them. They are also often living in or near poverty. This is not a place to exploit poor people to make a profit.
3. ***Limited fundraising for specific events may be permitted, but only with prior approval.*** Please contact us if you want to include fundraising appeals. In general, we will approve fundraising appeals so long as they are limited and not high pressure.
4. ***Do not promote the use of illegal substances or discuss personal experiences with them.*** This is not for any moral reason, but to protect people and organizations. We live in a repressive world and organizers will be targets of that repression. Limited mention of such things is fine, if it is incidental to the main presentation and does not advocate the use of anything. This includes substances that are illegal in some states, since this is a national broadcast. Let's not make it easy for those who would like to end our struggle.
5. ***No moralistic grandstanding.*** If you have been able to get through your shattered bones and multiple surgeries with nothing but a glass of warm milk, good for you. But that doesn't mean that you are better than those who need pain relief for their problems. Related to this, shows that promote anti-pain patient propaganda or drug treatment centers, etc. will be summarily taken out back and shot. (Literally. We will take your computer disk out back and use it for target practice).
6. ***Please discuss in a respectful manner.*** Political discussion is appropriate and necessary for our work. Discussion of disagreements is encouraged but remember, to attack someone personally rather than focusing on the political issue is to admit that your arguments have been defeated.
7. ***Deliberate and conscious racism, sexism, homophobia, and other forms of bigotry will not be tolerated.*** Unintentional mistakes in these areas are one thing, but if bigotry is a part of your perspective, this is definitely not a project that you want to participate in.

## How to prepare and submit your show for Pain Patients Radio Day

1. **Reserve your space.** Time slots are limited and will be given on a first come first served basis. **The deadline to reserve a space is March 15, 2017.** If we run out of space, we will set up a waiting list to be drawn from if participants do not submit their shows by the submission deadline.
2. **Choose your topic and format.** Topics can be anything you want as long as it is relevant to fighting for pain patients' rights and does not violate the show guidelines. Format examples include news shows, talk shows, discussion, interview, comedy, etc.
3. **Choose your segment timing preference.** Each show will be two hours long, broadcast in segments, with "commercial breaks" in between. The "commercial breaks" are not really commercials. They will consist of pain patients telling of their experiences, organizing announcements, and musical breaks. This makes the show easier to listen to and allows listeners time to process what you have said. You can choose to use eight segments of 13 minutes each, or four segments of 27 minutes each. If you would like a different format or length of time for your show please talk with us about it. We would be glad to work with you on this.
4. **Plan your show.** Make notes so that you remember to cover all the points you think are important. This will also help to avoid "dead air" (long pauses with no audio). It is not necessary to write out a full script (you should sound like you are speaking normally and not just reading your show), but a good set of notes will be helpful.
5. **Record your show.** Find a quiet place with the best acoustics possible, and use the best quality microphone you can. Make sure to stick to the timing preference that you have chosen. For example, if you have chosen eight segments of 13 minutes, make sure to speak for 13 minutes. We can work with segments that run slightly under or over time but will have to edit those that go significantly over so that there is room for the "commercial breaks." Remember to identify your breaks. To do this, say something like "we'll be right back after this break" (listen to commercial radio or television shows for ideas on different things to say to introduce a break).
6. **Submit your completed show.** The best way to do this is to send an MP3 file for each segment by e-mail, but if you would like to use a different method just let us know and we can work with you. **The deadline for submitting shows is April 13, 2017. Shows not submitted by this date may be replaced by others on the waiting list.** We strongly suggest that you submit your show as early as possible so that we can review it and help you to resolve any potential problems.
7. **Help to publicize Pain Patients Radio Day!** We will be preparing flyers that you can print and distribute, along with suggestions for other ways to publicize the event very soon.