**Recommended Reading - Chronic Pain**

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|  | **The Pain Toolkit Book and App**Useful booklet with lots of practical and easy to follow advice. Written in a friendly and accessible manner by someone who has personal experience of chronic pain and can relate to the difficulties. The Toolkit has been developed into an app format. | Available via the Department of Health Choices website [www.nhs.uk](http://www.nhs.uk)Free |
|  | **The Pain Management Plan: How people living with pain found a better life**by Robert LewinStep by step guide on how to develop your own pain plan. A plan to get a better life and more control over pain. The Pain Management Plan has been developed into an app format as an alternative to the book. | Available from the Pain Management Department.Can also be purchased via [www.amazon.co.uk](http://www.amazon.co.uk)RRP £10 |
|  | **Manage Your Pain** by Michael Nicholas, Alan Molloy, Lois Tonkin and Lee Beeston.Easy to dip in and out of. All-round coverage of Pain Self-Management methods. | Gloucestershire &Herefordshire Library Services ISBN: 028-5636-790 RRP £14.99 |
|  | **Overcoming chronic pain: A self-help guide to using cognitive behavioural techniques** by Frances Cole, Helen Macdonald, Catherine Carus, Hazel Howden-Leach. Practical ways to improve sleep, relaxation, relationships, fitness and pacing of activities. | Gloucestershire &Herefordshire Library Services ISBN: 1-84119-970-2 RRP £10.99  |
|  | **Pain is Really Strange**By Steve HainesResearch based short book which explains the difference between chronic pain and acute pain, and suggests practical ways to reduce pain. | Gloucestershire &Herefordshire Library ServiesISBN: 1848193661RRP £7.99 |
|  | **Mindfulness for Health: A practical guide to relieving pain, reducing stress and restoring wellbeing** By Vidymala Burch and Danny PenmanAn excellent 8-week mindfulness course with accompanying meditations on CD. | Gloucestershire & Herefordshire Library ServicesISBN: 978-0749959241RRP: £10 |
|  | [**Mindfulness: A Practical Guide to Finding Peace in a Frantic World (Includes Free CD with Guided Meditations)**](http://www.amazon.co.uk/Mindfulness-Practical-Finding-Frantic-Meditations/dp/074995308X/ref%3Dsr_1_1?ie=UTF8&qid=1317397244&sr=8-1#_)by Mark Williams and Danny PenmanFree of jargon. Well-structured book with CD giving an introduction to mindfulness for stress. | Gloucestershire & Herefordshire Library ServicesISBN: 978-0749953089RRP £10 |
| 9781472138545 | **An introduction to coping with Insomnia and Sleep Problems** by Colin Espiethis book explains why it can be so difficult to break bad sleeping habits and describes the most effective ways of establishing permanently improved sleeping patterns | Gloucestershire &Herefordshire Library ServicesISBN: 978-1472138545RRP £4.99 |
|  | <https://www.arthritisresearchuk.org/arthritis-information/conditions/fibromyalgia.aspx> this website has a wide range of helpful booklets about lots of health conditions that cause pain |  |

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| **Services for people with persistent pain in Gloucestershire** |
| C:\Users\karolina.nyitrayova\Desktop\pms.png | **Pain Self-Management Service** Part of our local pain service. Based in Gloucester, Cheltenham, Forest of Dean and Hereford. Helping people to live well with pain. [www.gloshospitals.nhs.uk/pmgt](http://www.gloshospitals.nhs.uk/pmgt) Phone: 0300 422 8469 |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\mindfulness.jpg | **Mindfulness** Meditation exercises to help with stress and pain. Courses available through Pain Self-Management and Let’s Talk. [www.gloshospitals.nhs.uk/mindfulness](http://www.gloshospitals.nhs.uk/mindfulness) |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\Living with pain.jpg | **Living with Pain** Self-management CD. Listen online, buy the CD or download for free. Includes guided relaxation session designed for people with persistent pain. [www.paincd.org.uk](http://www.paincd.org.uk) |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\pain concern.jpg | **Pain Concern** A UK based charity to help people with persistent pain. Good magazine, Pain Matters [www.painconcern.org.uk](http://www.painconcern.org.uk) Phone: 0300 123 0789 Wonderful online radio programme about pain “Airing Pain”. [www.ableradio.com](http://www.ableradio.com) |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\LetsTalk.jpg | **Let’s Talk** Help for depression, anxiety, insomnia etc. Refer yourself online or by phone. [www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk) Phone: 0800 0732200 |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\physio1.jpg | **Gloucestershire Physiotherapy Healthy Living** Links to all the services in your local area to help you get more active, even if you are limited by pain and fatigue*.* [www.gloshospitals.nhs.uk/physio/health](http://www.gloshospitals.nhs.uk/physio/health) |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\adult helpdesk.gif | **Adult Helpdesk** For Occupational Therapy, Housing/Social Work enquiries. You can refer yourself.[www.gloucestershire.gov.uk/adults](http://www.gloucestershire.gov.uk/adults) Phone: 01452 426868 |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\citizen advice bureau.jpg | **Citizens Advice Bureau** Provides free confidential advice on benefits, legal matters, money and other problems. Phone: 01452 527202[www.gloucestercab.org.uk](http://www.gloucestercab.org.uk) or [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  |
| S:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\pictures\Yes\artlift.png | **Art Lift** Your healthcare professional can refer you to free, friendly community art classes where you can discover a new interest, be creative and meet other people. You do not need to be good at art! Classes all around the county. [www.artlift.org](http://www.artlift.org) Phone: 03000 200 102 |
| http://www.gloshospitals.nhs.uk/SharePoint77/Pysiotherapy%20Web%20Images/Healthy%20lifestyles%20small.JPGS:\Shared Files\Student info 1415\Psychology Students\student projects 14\Pain Clinic Info\Pictures\Samaritans\samaritans_logo.jpg | **Samaritans** Confidential listening service. Available to take calls 24/7 but you can also visit the local branch or write an email. Phone: 116 123 [www.samaritans.org](http://www.samaritans.org) |
|  | http://www.gloshospitals.nhs.uk/SharePoint77/Pysiotherapy%20Web%20Images/Healthy%20lifestyles%20small.JPG**Healthy Lifestyles Gloucestershire** Advice and support for lifestyle changes including; healthy weight, stop smoking, more active, alcohol and more. You can refer yourself. [www.hlsglos.org](http://www.hlsglos.org) Phone: 0800 122 378 |

**ACT Resources**

If you’d like to find out more about ACT, you might find the following resources helpful

We would also recommend the following books:

The Happiness Trap (Based on ACT: A revolutionary mindfulness-based programme for overcoming stress, anxiety and depression) by Russ Harris – available from Gloucestershire Library Service or RRP £9.99.



ACTivate Your Life: Using acceptance and mindfulness to build a life that is rich, fulfilling and fun by Joe Oliver, Jon Hill and Eric Morris – RRP £9.99.



Living with the Enemy: Coping with the stress of illness using CBT, mindfulness and acceptance by Ray Owen – RRP £16.99.

Below are links to videos showing some of the main ideas of ACT:

Passengers on the bus – getting unhooked from unhelpful thoughts - <https://www.youtube.com/watch?v=Z29ptSuoWRc>

Unwelcome guest – making space for difficult feelings - <https://www.youtube.com/watch?v=VYht-guymF4>

Values and goals

<https://www.youtube.com/watch?v=T-lRbuy4XtA>

The struggle switch

https://www.youtube.com/watch?v=rCp1l16GCXI