



## Pain Management Service

Part of our local pain service based in Gloucester, Cheltenham and Hereford. Helping people to live well with pain. Our website includes relaxation tracks, information about mindfulness, exercise tips and ways to better sleep.

Phone: 0300 422 8469

[www.gloshospitals.nhs.uk/pain](http://www.gloshospitals.nhs.uk/pain)



## Mindfulness

Mindfulness involves being aware of the present moment through meditation practices. This can help us cope with persistent pain. Courses are available through Pain Self-Management and Let's Talk. Access our mindfulness page via the website above. Contains useful resources to try.



## The Pain Toolkit

Useful website with lots of practical and easy to follow advice. Written in a friendly and accessible manner by someone who has personal experience of persistent pain and can relate to the difficulties. The Toolkit is available in 16 different languages plus an app format.

<https://www.paintoolkit.org>



## Versus Arthritis

This useful website has a wide range of helpful online information about many pain-related health conditions and ways of self-managing.

<https://www.versusarthritis.org>



## Gloucestershire Physiotherapy Healthy Living

Information about how to self-refer to adult physiotherapy, general health advice and physio advice. Helps you increase activity even when you're limited by pain and fatigue.

<https://www.glos-care.nhs.uk/our-services/specialist-care/adult-physiotherapy>



## Let's Talk

Help for depression, anxiety, insomnia etc. You can refer yourself online or by phone.

Phone: 0800 073 2200

<https://www.talk2gether.nhs.uk>



## Adult Helpdesk

For occupational therapy, housing/social work queries and general information about supporting you and family. You can self-refer.

Phone: 01452 42686

<https://www.gloucestershire.gov.uk/health-and-social-care>



## 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)



## Community Wellbeing

This service offers one to one support and can signpost/refer people to activities and groups available in their local area. Can help you to meet new people and get you up and about!

<http://www.glosvcsalliance.org.uk/social-prescribing>



## Healthy Lifestyles Gloucestershire

Advice and support for lifestyle changes including: healthy weight, stop smoking, more active, reducing alcohol and more. You can refer yourself.

Phone: 0800 122 3788

[www.hlsghos.org](http://www.hlsghos.org)

# Recommended Reading for People with Persistent Pain



Gloucestershire Hospitals  
NHS Foundation Trust



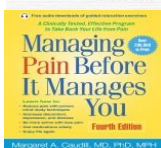
**The Pain Management Plan: How people living with pain found a better life** – By Robert Lewin.

Step by step guide to developing your own pain plan to help lead a better life and gain control over pain. The book is available via the Pain Self-Management department or from the website <http://www.pain-management-plan.co.uk>



**An Introduction to Living Well with Pain** – By Frances Cole.

This self-help book guides you through various skills to help you manage pain including goal-setting, pacing, exercise, sleep and coping with setbacks.  
ISBN: 9781472137715 (2017)



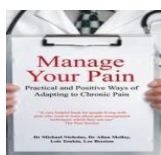
**Managing Pain Before it Manages You (4<sup>th</sup> Edition)** – By Margaret A. Caudill-Slosberg.

A 10-step guide to changing the way you feel pain – physically and emotionally. This new 4<sup>th</sup> edition includes ways of coping with flare-ups, everyday problems and relaxation techniques.  
ISBN : 9781462522774 (2016)



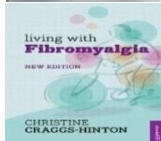
**Back in Control: A Surgeon's Roadmap Out of Chronic Pain (2<sup>nd</sup> Edition)** – By David Hanscom.

This book focuses on ways to calm down the nervous system as well as relieving the anxiety and depression that often accompanies persistent pain.  
ISBN: 9780988272996 (2016)



**Manage your Pain** – By Michael Nicholas, Allan Molloy, Lee Beeston and Lois Tonkin.

Covering all round pain self-management methods and ways of adapting everyday activities to live more comfortably.  
ISBN: 9780285640481 (2011)



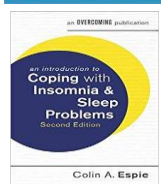
**Living with Fibromyalgia (3<sup>rd</sup> Edition)** – By Christine Craggs-Hinton.

An easy to read book with practical tips to help you manage your symptoms. Gives tips on how to cope physically, mentally and emotionally.  
ISBN: 9781847093479 (2014)



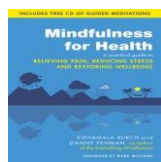
**The British Medical Associations New Guide to Medicines and Drugs (10<sup>th</sup> Edition)**

Clear and easy-to-use. Outlines the major drug groups and their uses. It explains how drugs work, their side-effects and possible interactions with other medicines.  
ISBN:978-0241317617 (2018)



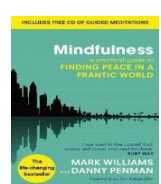
**An Introduction to Coping with Insomnia and Sleep Problems (2<sup>nd</sup> Edition)** – By Colin Espie.

A self-help guide explaining the causes of insomnia and why it can be difficult to break bad sleeping habits. Outlines techniques to improve the quality of your sleep.  
ISBN: 9781472138927 (2017)



**Mindfulness for Health: Relieving Pain, Reducing Stress and Restoring Wellbeing** – By Vidyamala Burch and Danny Penman.

An excellent 8-week mindfulness course with accompanying meditations on CD. It focuses on living with physical health problems and is used as the basis of our mindfulness course.  
ISBN: 9780749959241 (2013)



**Mindfulness: A Practical Guide to Finding Peace in a Frantic World** – By Mark Williams and Danny Penman.

This easy to read book is based on Mindfulness-Based Cognitive Therapy and is full of simple yet powerful practices that can be incorporated into daily life to help with stress, unhappiness, anxiety and mental exhaustion. Also includes a CD of guided meditation.  
ISBN: 9780749953089 (2011)



**Manage your Mind (3<sup>rd</sup> Edition)** – By Gillian Butler and Tony Hope.

A book for building resilience, overcoming emotional difficulties and enabling self-development. Explains how to respond skillfully to life's challenges including chronic ill health.  
ISBN: 9780198747277 (2018)