

Pain Self-Management Resource sheet

When to contact your GP regarding pain:

New Symptoms



Medication Review

(you can also ask your pharmacist or visit <https://livewellwithpain.co.uk/>)

Flare-ups:

Pain Management Service Website

Gloucestershire <https://www.gloshospitals.nhs.uk/our-services/services-we-offer/pain-management-service/management-options-pain/>

Herefordshire www.wyevalley.nhs.uk/services/community-services/pain-management-service.aspx

Use a flare up box or plan

- ✓ Create/review your **flare up plan**
- ✓ Dial up **relaxation**
- ✓ **Prioritise** what must be done
- ✓ If possible, **get help** with things
- ✓ Use helpful **distractions**
- ✓ Connect with **hobbies**
- ✓ Permission to do **fun activities**
- ✓ Engage with **helpful thoughts**
- ✓ Remind yourself of **who to talk to**



Live Well With Pain



Offers useful information and resources on living well with persistent pain, including info on sleep, flare ups, medication and the 10 Steps activity. <https://livewellwithpain.co.uk/>

The Pain Management Plan: How people living with pain found a better life

by Robert Lewin

Step by step guide to pain self-management. Available from a local library or you can buy online (<https://www.amazon.co.uk/Chronic-Pain-Pain-Management-Plan/dp/0956662803>)

Understanding Persistent Pain

Useful booklet about persistent pain www.knowpain.co.uk/wp-content/uploads/2018/11/TazzyPersistentPainBooklet.pdf

Mood and emotional wellbeing:

NHS talking therapies

Self-refer for help with for common emotional problems such as anxiety, depression, panic, PTSD, insomnia etc.

Gloucestershire (Let's Talk)
0800 073 2200 www.letstalkglos.nhs.uk

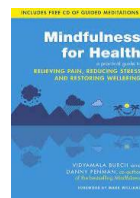


Herefordshire (Healthy Minds)
01432 220507 <https://www.healthyminds.whct.nhs.uk/>



Mindfulness for Health: Relieving Pain, Reducing Stress and Restoring Wellbeing

by Vidyamala Burch and Danny Penman



An 8-week mindfulness book with meditation CD, focusing on living with physical health problems.

You can get a copy from the local Library.

Audio versions are also available.

Websites and Phone Lines

Mind <https://www.mind.org.uk/> 0300 123 3393

Re-think <https://www.rethink.org/> 0808 801 0525

Sane <https://www.sane.org.uk/> 0300 304 7000

Every Mind Matters
<https://www.nhs.uk/oneyou/every-mind-matters/>

Stress, Pain and Relaxation

Relaxation exercises on our website
<https://www.gloshospitals.nhs.uk/our-services/services-we-offer/pain-management-service/management-options-pain/>

CALM 0800 58 58 58 <https://www.thecalmzone.net/>

Headspace www.headspace.com/

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When feeling desperate:

Samaritans

SAMARITANS

<https://www.samaritans.org/>
Call 116 123 Email jo@samaritans.org

NHS

Crisis (NHS Mental Health)

Gloucester: 0800 169 0398
<https://www.ghc.nhs.uk/our-teams-and-services/crht/>

Hereford and Worcester: 0808 196 9127
<https://www.hacw.nhs.uk/urgent-help/>

Staying Alive

A free app with useful information and tools to keep you safe.
<https://www.stayalive.app/find-help-now/>



Managing Physical Activity:

Physiotherapy

You can refer yourself to see a physiotherapist.

Gloucestershire: www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/

Herefordshire: [www.wyevalley.nhs.uk/visitors-and-patients/county-hospital-\(acute\)/a-z-departments/physiotherapy.aspx](http://www.wyevalley.nhs.uk/visitors-and-patients/county-hospital-(acute)/a-z-departments/physiotherapy.aspx)

Or ring your local hospital and ask for the Physiotherapy department.



Versus Arthritis

A wide range of helpful online resources about many pain-related health conditions.

www.versusarthritis.org

VERSUS
ARTHRITIS

Let's Move with Leon

<https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-with-leon/>



Resources for practical support and signposting:

Community Wellbeing

Self-refer for one to one and group support that's available in your local area.

Gloucestershire <https://www.nhsglos.nhs.uk/your-health-services/healthy-communities/community-wellbeing-service/>



Herefordshire <https://www.talkcommunitydirectory.org/>

Healthy Lifestyles

Healthier
lifestyles
Gloucestershire

Self-refer for advice and support for lifestyle changes like losing weight, stopping smoking, being more active, and cutting down on alcohol.

Gloucestershire 0800 122 3788 <https://www.hlsglos.org/>

Herefordshire [Healthy lifestyles - Talk Community Directory](#)

Adult Helpdesk

Self-refer for occupational therapy, physiotherapy in your home, personal care needs, social work enquiries.

Gloucestershire 01452 426868
www.yourcircle.org.uk/Services/11777

Herefordshire 01432 260101
<https://www.talkcommunitydirectory.org/support-and-care/adult-social-care/>

Citizens Advice Bureau

Free confidential advice on benefits, legal matters, money and other problems.

0800 144 8848 www.citizensadvice.org.uk

citizens
advice