

Pain Self-Management Resource sheet

When to contact your GP regarding pain:

New Symptoms



Medication Review

(you can also ask your pharmacist or visit www.mylivewellwithpain.co.uk)

Flare-ups:

Pain Management Service Website and Workbook

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**



My 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. www.mylivewellwithpain.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

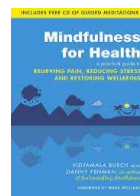


Herefordshire (Healthy Minds)
01432 220507 <https://www.healthyminds.whct.nhs.uk/>



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/> 07984 967 708

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 www.calm.com/

Headspace www.headspace.com/



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When feeling desperate:

Samaritans



<https://www.samaritans.org/>
Call 166 123 Email jo@samaritans.org

Staying Alive

A free app with useful information and tools to keep you safe.



<https://www.stayalive.app/find-help-now/>



Crisis (NHS Mental Health)

Gloucester: 0300 421 8100
<https://www.ghc.nhs.uk/our-teams-and-services/crht/>

Hereford: 01432 220 920 Worcester: 0808 196 9127
<https://www.hacw.nhs.uk/urgent-help/>

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



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 www.glosvcsalliance.org.uk/social-prescribing



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

Healthy Lifestyles



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 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
www.herefordshire.gov.uk/info/200147/social_care_and_support/787/contact_adult_social_care

Citizens Advice Bureau

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

03444 111 444 www.citizensadvice.org.uk

