



## West Suffolk Pain Management Service Persistent Pain: Supporting Self-Management Useful Information and Resources for Patients & Carers

### LOCAL ORGANISATIONS

- **Allied Health Professionals:** <http://ahpsuffolk.co.uk/> or tel. 03330433966
- **Healthy walks or exercise on referral:** Jackie.chubb@acleisure.com or 01284 757481
- **West Suffolk Chronic Pain Support Group:** [www.chronicpainsupportgroup.co.uk/](http://www.chronicpainsupportgroup.co.uk/) or tel. 07724 187774
- **Suffolk Carers:** [www.suffolk-carers.org.uk/](http://www.suffolk-carers.org.uk/) or telephone 01473 835477
- **Suffolk Wellbeing Service:** [www.readytochange.org.uk/Suffolk/pages/Home.aspx](http://www.readytochange.org.uk/Suffolk/pages/Home.aspx) or tel. 03001231781
- **One Life Suffolk:** <http://onelifesuffolk.co.uk/> or tel. 01473 718193
- **Suffolk Independent Living:** [www.suffolkindependentliving.org.uk/](http://www.suffolkindependentliving.org.uk/) or tel. 01473 603876
- **Turning Point:** [www.turning-point.co.uk](http://www.turning-point.co.uk) or tel. 01284 766554

### STEP 1: Resources to explain persistent pain

- **Understanding pain and what to do about it in less than 5 minutes:** You tube for patients. <https://www.youtube.com/watch?v=RWMKucuejls>
- **Retrain Pain:** Free online course. Short modules which provide a scientific approach to understanding persistent pain through clear diagrammatic illustrations and key messages. <https://www.retrainpain.org>
- **Explaining Pain. Understanding more about your persistent pain and how it affects your life:** <http://my.livewellwithpain.co.uk/>

### STEP 2: Key Resources/tools

- **Persistent pain: supporting self –management. Useful information and resources for patients and carers.** <http://suffolkfed.org.uk/wp-content/uploads/2017/04/Signposting-information-for-patients-and-carers.pdf>
- **Pain tool kit slide set.** Power point presentation that introduces the pain tool kit. [https://www.paintoolkit.org/images/uploads/downloads/12\\_Pain\\_Toolkit\\_Tools.pdf](https://www.paintoolkit.org/images/uploads/downloads/12_Pain_Toolkit_Tools.pdf)
- **Pain Toolkit.** Simple guide that provides some handy tips and skills to help patients understand and manage their pain better. Available in hard copy, app, and an animated video Website contains useful links <https://www.paintoolkit.org/>
- **Patient information leaflets.** Wide selection of information leaflets to help patients to manage persistent pain. Leaflets can be printed via the Pain Service link. <http://www.wsh.nhs.uk/Patients-and-visitors/Patient-information-leaflets.aspx>
- **Musculoskeletal self-help information.** Wide selection of information and exercises developed by Allied Health Professionals Suffolk. <http://ahpsuffolk.co.uk/Home/SelfHelp.aspx>
- **Understanding and managing long-term pain-information for patients.** British Pain Society publication. Members of the public can request a free hard copy by contacting the BPS secretariat on 0207 269 7840 or [info@britishpainsociety.org](mailto:info@britishpainsociety.org). [https://www.britishpainsociety.org/static/uploads/resources/files/Taster\\_Understanding\\_Managing\\_Long-term\\_Pain\\_2015.pdf](https://www.britishpainsociety.org/static/uploads/resources/files/Taster_Understanding_Managing_Long-term_Pain_2015.pdf)
- **Overcoming chronic pain.** A self-help guide using cognitive behavioural techniques. This book on prescription can be borrowed from the West Suffolk Library. <http://reading-well.org.uk/resources/842>



## USEFUL BOOKS, PAMPLETS, CD's, VIDEO's & PODCASTS

- [Driving and Pain](https://www.rcoa.ac.uk/system/files/FPM-Driving-and-Pain-patient-information.pdf) <https://www.rcoa.ac.uk/system/files/FPM-Driving-and-Pain-patient-information.pdf>
- **Manage Your Pain** *M. Nicholas, L. Beeston, A. Molloy, L. Tonkin & L. Beeston, (2012)*
- **Managing Pain Before It Manages You** (third edition) *M. Caudill (2008)*
- **Overcoming Chronic Pain** *F. Cole, H. Macdonald, C. Carus & H. Howden-Leach (2010)*
- **Overcoming Insomnia and Sleep Problems** *C.A. Espie*
- **Self-help leaflets for a range of emotional issues** <https://web.ntw.nhs.uk/selfhelp/>
- **The Pain Management Plan** *Npowered*
- **The Sleep Book – How to Sleep Well Every Night.** *G. Meadows (2014)*
- **You are Not Your Pain** *V. Burch V and D. Penman (2015)*
- **Pain CD** *Neil Berry*, psychologist in pain management, option to purchase CD at low cost or [www.paincd.org.uk](http://www.paincd.org.uk)
- **Pain and me:** <https://www.youtube.com/watch?v=ZUXPqphwp2U>
- **Podcasts on chronic pain** (transcripts available for most programmes). [www.ableradio.com/podcasts](http://www.ableradio.com/podcasts)

## USEFUL WEBSITES FOR SPECIFIC CONDITIONS

- **Arthritis:** <https://www.arthritiscare.org.uk/> or [www.arthritisresearchuk.org/](http://www.arthritisresearchuk.org/)
- **Back pain:** [www.backcare.org.uk](http://www.backcare.org.uk)
- **Dependency:** <http://opdalliance.org.uk> or <http://www.painkillerfree.co.uk/>
- **Endometriosis:** [www.endometriosis-uk.org/](http://www.endometriosis-uk.org/)
- **Fibromyalgia:** [www.fmauk.org/](http://www.fmauk.org/)
- **Inflammatory bowel disease:** [www.crohnsandcolitis.org.uk/](http://www.crohnsandcolitis.org.uk/)
- **Migraine:** [www.migrainetrust.org/](http://www.migrainetrust.org/)
- **Painful bladder syndrome:** [www.cobfoundation.org/](http://www.cobfoundation.org/)
- **Persistent pain and opioids:** [www.rcoa.ac.uk/faculty-of-pain-medicine/opioids-aware](http://www.rcoa.ac.uk/faculty-of-pain-medicine/opioids-aware)
- **Pelvic pain:** [www.pelvicpain.org.uk/](http://www.pelvicpain.org.uk/)
- **Sleep disorders:** [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk) or [www.sleepfoundation.org](http://www.sleepfoundation.org)
- **Stress, anxiety and depression:** <https://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx>

## USEFUL WEBSITES

- [www.britishpainsociety.org/people-with-pain/](http://www.britishpainsociety.org/people-with-pain/)
- [www.painconcern.org.uk](http://www.painconcern.org.uk)
- [www.action-on-pain.co.uk/](http://www.action-on-pain.co.uk/)
- [www.painrelieffoundation.org.uk/about/help-and-advice-leaflets/](http://www.painrelieffoundation.org.uk/about/help-and-advice-leaflets/)
- [www.painuk.org](http://www.painuk.org)
- [www.painsupport.co.uk](http://www.painsupport.co.uk)
- <https://www.nhs.uk/pages/home.aspx>
- [www.healthtalkonline.org](http://www.healthtalkonline.org)
- [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- [www.bigwhitewall.com](http://www.bigwhitewall.com)
- [www.disabilityrightsuk.org/](http://www.disabilityrightsuk.org/)
- <https://soundcloud.com/user-486534099>  
(Hypnosis recordings by Mr Eamonn Coveney)

## TELEPHONE HELP LINES

- **Action on Pain:** 0345 603 1593
- **Arthritis Care:** 0808 800 4050
- **Pain Concern:** 0300 123 0789
- **Patients' Association:** 0845 608 4455