

# Patient information

## Chronic pain self-management Useful information and helpful resources

Below is a list of useful resources that provide valuable information about chronic pain or helpful guidance to support you in developing your expertise in managing a long term condition. Please seek guidance from your health care professional regarding undertaking specific exercises.

### Local organisations

West Suffolk Chronic Pain Supports Group and Positively Crafty:  
[www.chronicpainsupportgroup.co.uk/](http://www.chronicpainsupportgroup.co.uk/) or tel. 07724 187 774

Carers Trust Cambridgeshire: [www.carers.org/partner/carers-trust-cambridgeshire](http://www.carers.org/partner/carers-trust-cambridgeshire) or tel. 0345 241 0954

One Life Suffolk: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) or tel. 01473 718 193

Suffolk Carers: [www.suffolk-carers.org.uk/](http://www.suffolk-carers.org.uk/) or tel. 01473 835 5477

Suffolk Independent Living: [www.suffolkindependentliving.org.uk/](http://www.suffolkindependentliving.org.uk/) or tel. 01473 603 876

Suffolk Wellbeing Service: [www.readytochange.org.uk/Suffolk/pages/Home.aspx](http://www.readytochange.org.uk/Suffolk/pages/Home.aspx) or tel. 0300 123 1781

Turning Point: [www.turning-point.co.uk/Suffolk-recovery-network-bury-st-edmunds.aspx](http://www.turning-point.co.uk/Suffolk-recovery-network-bury-st-edmunds.aspx) or tel. 01284 766 554

## **Telephone help lines**

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

## **Books**

### **Overcoming Chronic Pain**

F. Cole, H Macdonald, C. Carus & H. Howden-Leach (2010) London: Robinson.  
ISBN 978-1-84119-970-2

### **Manage Your Pain**

M. Nicholas, A. Malloy, L. Tonkin & L. Beeston (2012) London: Souvenir Press.  
ISBN 978-0-28564-048-1

### **Managing Pain Before It Manages You**

(Fourth Edition) (2016); M. Caudill-Slosberg New York: Guilford Press. ISBN: 978-1-462522774

## **Websites**

[www.ableradio.com/podcasts](http://www.ableradio.com/podcasts)

[www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

[www.bigwhitewall.com](http://www.bigwhitewall.com)

[www.britishpainsociety.org/people-with-pain/](http://www.britishpainsociety.org/people-with-pain/)

[www.cambridgeshire.gov.uk/residents/be-well/health-improvement](http://www.cambridgeshire.gov.uk/residents/be-well/health-improvement)

[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

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

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

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

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

[www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx)

[www.painconcern.org.uk/](http://www.painconcern.org.uk/)

[www.painrelieffoundation.org.uk/about/help-and-advice-leaflets/](http://www.painrelieffoundation.org.uk/about/help-and-advice-leaflets/)

[www.painsupport.co.uk](http://www.painsupport.co.uk)

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

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

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing](http://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing)

[www.rcoa.ac.uk/faculty-of-pain-medicine/opioids-aware](http://www.rcoa.ac.uk/faculty-of-pain-medicine/opioids-aware)

[www.soundcloud.com/user-486534099/tracks](https://www.soundcloud.com/user-486534099/tracks)

[www.youtube.com/watch?v=RWMKucuejls](https://www.youtube.com/watch?v=RWMKucuejls)

[www.youtube.com/watch?v+gwd.wLdIHjs](https://www.youtube.com/watch?v+gwd.wLdIHjs)

## **Specific diagnoses**

Arthritis [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk) or [www.arthritisresearchuk.org/](http://www.arthritisresearchuk.org/)

Back pain [www.backcare.org.uk](http://www.backcare.org.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/)

Pelvic pain [www.pelvicpain.org.uk/](http://www.pelvicpain.org.uk/)

## **Exercise – useful websites and local services**

Exercise at home:

[www.csp.org.uk/publications/back-pain-exercises](http://www.csp.org.uk/publications/back-pain-exercises)

[www.csp.org.uk/publications/exercise-advice-leaflets](http://www.csp.org.uk/publications/exercise-advice-leaflets)

[www.csp.org.uk/publications/easy-exercise-guide](http://www.csp.org.uk/publications/easy-exercise-guide)

[www.csp.org.uk/publications/fit-active-work](http://www.csp.org.uk/publications/fit-active-work)

For further information see [www.csp.org.uk/your-health/healthy-living/public-information-leaflets](http://www.csp.org.uk/your-health/healthy-living/public-information-leaflets)

## **Physiotherapy referral - Allied Health Professionals Suffolk (AHPS)**

Patients can self-refer; tel. 0333 0433 966

Below is a list of some of the exercise services available locally. It is not an exhaustive list.

## **Walks in and around Bury St Edmunds**

[www.walkingforhealth.org.uk/walkfinder/east-england/stepping-out-suffolk-coastal.uk](http://www.walkingforhealth.org.uk/walkfinder/east-england/stepping-out-suffolk-coastal.uk)

Stepping out in Suffolk offers a wide range of Health Walks for all people. They are organised throughout the county and provide the walker with a variety of choices from countryside to more urban walks.

They produce a 4 monthly programme which can be downloaded from this site or you can email [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk) to receive an e-mailed copy.

Locally, they offer a wide range of walks across the whole of Suffolk, in partnership with OneLife Suffolk. Various levels of walks are available from level 1 - less than 30

minutes on flat surfaces through to longer walks of up to 90 minutes at level 5 walking faster on uneven ground with stiles. You do not have to have health issues to join the walks, many of the walkers join the groups to improve their wellbeing and meet new friends. They work closely with the ramblers so those walkers who want to continue longer walks may transfer smoothly to the local Rambler groups.

## **One Life Suffolk**

[info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk)

[onelifesuffolk.co.uk/wp-content/uploads/2016/06/Health-Walks-for-website.pdf](http://onelifesuffolk.co.uk/wp-content/uploads/2016/06/Health-Walks-for-website.pdf)

## **Leisure centres**

You can be referred for exercise to any of these local leisure centres. Referrals can be made by your Physiotherapists or your GP.

### **Stowmarket**

[www.everyoneactive.com/centre/mid-suffolk-leisure-centre/](http://www.everyoneactive.com/centre/mid-suffolk-leisure-centre/)

### **Brandon, Bury St Edmunds, Haverhill, Mildenhall, Newmarket, Thurston, Felixstowe, Cambridge**

[www.acleisure.com/](http://www.acleisure.com/)

Exercise Referral - Jackie Chubb Jackie.chubb@acleisure.com 01284 757481  
Active Living Class suitable for complete beginners particularly those with medical limitations Jackie Chubb Jackie.chubb@acleisure.com 01284 757481  
Classes currently (March 2017) available include Gym sessions, Aqua aerobics, Positive Steps 1 and 2, Low Impact Aerobics, Tai Chi, Water Exercise on Referral, Gentle Circuit Class

### **Thetford GP Referral Scheme**

Nathan Bailey - [thet.energy@parkwood-communityleisure.co.uk](mailto:thet.energy@parkwood-communityleisure.co.uk)

[www.leisurecentre.com/breckland-leisure-centre-waterworld](http://www.leisurecentre.com/breckland-leisure-centre-waterworld)

## **Swimming**

[www.swimfit.com/an-introduction-to-swimfit/](http://www.swimfit.com/an-introduction-to-swimfit/)

Individual exercise programme (referral to physio)

## **Positive steps for healthy ageing Otago falls prevention exercises**

sam@yourfitness.net; tel: 07850 207365

### **Activity/exercise groups in West Suffolk can also be found on:**

[www.westsuffolkccg.nhs.uk/wp-content/uploads/2016/06/West-Suffolk-Physical-Activity-Menu-1.pdf](http://www.westsuffolkccg.nhs.uk/wp-content/uploads/2016/06/West-Suffolk-Physical-Activity-Menu-1.pdf)

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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