

Rother Valley South

Self Help for chronic pain May 2022

Chronic pain is described as anyone who has had ongoing pain for longer than 3 months. There are many ways to manage this pain. Using options that do not involve medications may well be safer for your health. Stronger medications can have significant side effects.

This leaflet contains lots of resources to look at to try and take control of your own pain and find a way to cope with it that does not involve medications.

<http://my.livewellwithpain.co.uk/wp-content/uploads/resources-sheet.pdf>

Really useful websites to discover more on ways to manage pain well...

www.healthtalkonline.org

Award winning site provides information from people with health problems like pain. Can help you and your family come to terms with persistent pain and other issues.

www.paintoolkit.org

Valued popular site where Pete Moore shares the Paintoolkit and the 12 tools to self manage pain. In over 20 language. It has lots of useful resources.

www.breathworks-mindfulness.org.uk

An excellent site around mindfulness approaches to persistent pain with details on access to range of courses, face to face, telephone, online. Vidyamala Burch suffers with long term spinal pain and shares the value of mindfulness in self managing in her books.

www.painconcern.org.uk

Creative and supportive website with many resources, a helpline and radio broadcasts on many topics around pain from leading clinicians and people with pain.

www.my.livewellwithpain.co.uk

Tips, techniques and resources to help you *live well with pain*.

The following video on you tube has an excellent description of why strong opioid medications are not ideal in chronic long term pain

https://www.youtube.com/watch?v=C_3phB93rvI (Or google – understanding pain in 5 minutes you tube)

Improving Access to Psychological Therapies (IAPT) is also an option to help you develop coping strategies for dealing with the pain information is at - <https://iapt.rdash.nhs.uk/> or call IAPT on 01709 447755.

GPs can refer you to the following

1. Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you. It can help you with things that can't be fixed by doctors and medicine alone.
2. Pain clinic – offers pain management programmes at Sheffield and Mexborough.