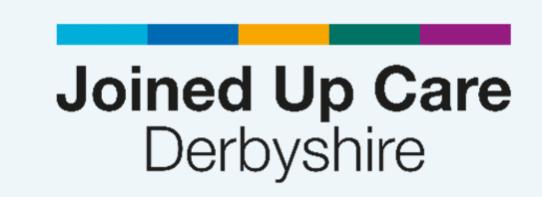
The following lists show information and resources that are available to support different aspects of pain management for persistent pain.





Scan this QR code to view this document on your device

Movement

<u>Exercise videos –</u> ESCAPE pain<u>Moving Medicine</u><u>We Are Undefeatable</u>

Weight Loss

<u>Losing weight - Live Life Better Derbyshire</u>

Everyone Active's GP Exercise Referral Scheme

<u>Derby City North & South GP Praciices -</u> <u>Derby County Community Trust</u>

NHS Weight Loss Plan App

Www.nhs.uk - better health

Derby City GP Practices

<u>Derby City GP Practices -</u> <u>Livewellderby.co.uk</u>

Mental Health

Services and Support Groups

NHS Talking Therapies

Emotional Health & Wellbeing

Derbyshire Mind

Talking Mental Health Derbyshire

Health and Well being coach

GP practices can refer people to a Social Prescriber or Health and Wellbeing Coaches who can help you develop a pain management plan.

Social Prescriber

PAIN MANAGEMENT

Specialist Chronic Pain Services in Derby and Derbyshire

Derby and Burton Hospitals painmanagement department

Chesterfield Hospital Chronic Pain

Management Services

Derbyshire Community Health Services

Pain management programme

Derbyshire Community Health
Services - Health Psychology

Available Apps

getUBetter - an app created to provide self-management support for people with all common musculoskeletal injuries and conditions, including: hip pain, back pain, leg pain, neck pain, shoulder pain and ankle pain

Physiotherapy

Managing your condition at home Derbyshire Community Health Services

Escape Pain Programme - osteoarthritis
and/or chronic joint pain

<u>Derby and Burton Hospitals - Back Pain Group</u>

Patient Education

Practice / Primary Care

Management Support

Everyone Active's GP Exercise

Live Well With Pain Support

Network Pain

Group (if available)

Referral Scheme

Pain Concern

Joined Up Care Derbyshire - Pain Management

Live Well with Pain

Ten Footsteps to living well with pain leaflet

'Flippin' Pain (flippinpain.co.uk)

Ways to manage chronic pain - NHS

<u>Understanding Pain: Brainman stops his opioids</u>

Versus Arthritis

Action On Pain

