



**Pain Management Unit
Ipswich Hospital
Tel: 01473 703436**



**East Suffolk and
North Essex
NHS Foundation Trust**

Information, Advice and Support for People Living With Chronic Pain

Community support services

There are various services in the community which provide free help and support to improve physical and mental health and wellbeing. The details of these services are given below.

Please note: You will need to self-refer to all of these services if you are interested. Ticking our questionnaire only informs us of your intention; it does not automatically refer you.

Support with improving mental/emotional health and wellbeing

- **Wellbeing – Norfolk and Suffolk**

Offers stress management and wellbeing workshops and classes, telephone support, online courses for low mood and anxiety, group therapies and short-term therapy/counselling. They also offer courses on mindfulness and wellbeing in the workplace.

Call 0300 123 1503 (Norfolk and Suffolk) for details.

www.wellbeingands.co.uk

- **Health in Mind Essex**

Offers stress management and wellbeing workshops and classes, telephone support, group therapies and short-term counselling/therapy.

Call 0300 330 5455 for details.

www.northessexiapt.nhs.uk

- **Mind**

Offers counselling, support groups and courses on managing mood and personality disorder service – Waves. Can also signpost to other local services.

Call 0300 111 6000 for details.

www.suffolkmind.org.uk or

www.mnessexmind.org

- **One Life Suffolk**

A healthy lifestyles service offering friendly, practical advice, encouragement and support with giving up smoking, weight loss, healthy eating and health improvement.

Call 01473 718193 for details.

www.onelifesuffolk.co.uk



Local support groups

Bury St Edmunds Chronic Pain Support Group

Regular group meetings in Bury St Edmunds, with invited speakers and special events.

Run by patients for patients.

Call 07724 187774.

www.chronicpainsupportgroup.co.uk

email:

info@chronicpainsupportgroup.co.uk

Suffolk Ehlers-Danlos Syndrome Support Group

Area coordinator: Grainne Watts.

email: suffolkeds@outlook.com

Ipswich Support Group for Fibromyalgia

Friendly chat, support and informal get-togethers.

Contact Carol on 01473 410015.

www.fmauk.org

Fibromyalgia Support Groups

Friendly chat, support and informal get-togethers. Groups across East Anglia and Essex.

www.fmauk.org

Organisations

Pain Concern

Information, advice and support (telephone helpline and online discussion forums).

Helpline: 0300 123 0789

(Monday, Thursday and Friday, 10am – 4pm)

www.painconcern.org.uk

Action on Pain

Information, advice and support around 'living positively' with a chronic pain condition.

Helpline: 0345 603 1593

(Monday to Friday, 10am – 4pm)

www.action-on-pain.co.uk

British Pain Society

Has a wide range of information, useful links and publications about chronic pain.

www.britishpainsociety.org/people-with-pain

Issued by:

East Suffolk and North Essex NHS Foundation Trust

Ipswich Hospital, Heath Road, Ipswich IP4 5PD

www.esneft.nhs.uk



Useful websites

Pain Management Service, Ipswich Hospital

A range of information about ways to manage chronic pain and about our service.

www.esneft.nhs.uk/service/pain-management/

Healthtalkonline.org

Short videos of people talking about their own experiences of managing chronic pain.

www.healthtalk.org

NHS

Self-help tips, information and advice on living well with chronic pain.

www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain

Able Radio

Online radio station about 'hidden conditions' (such as chronic pain) with advice and support.

www.ableradio.com

Moodjuice

An NHS organisation based in Scotland, have some really useful information on how to manage chronic pain.

www.moodjuice.scot.nhs.uk/chronicpain.asp

The Pain Toolkit

You can download or look at an information leaflet about the Pain Toolkit online. The website has many other resources on it too.

www.paintoolkit.org/

Understanding Pain in less than five minutes

Video from Hunter Integrated Pain Service, Australia.

www.youtube.com/watch?v=5KrUL8tOaQs

Books about chronic pain

These books offer guidance on managing and coping with chronic pain.

Manage Your Pain: Practical and positive ways of adapting to chronic pain by Michael Nicholas, Allan Molloy, Lois Tonkin & Lee Beeston.

Coping Successfully with Pain by Neville Shone.

Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques by Frances Cole, Hazel Howden-Leach, Helen Macdonald & Catherine Carus.

Please ask if you need this leaflet in an alternative format.