

# **Non-Pharmacological Resources for People Living with Chronic Pain**

**Patient Education  
and Information**

**Supported Self  
Management**

**Psychological  
Management**

**Activity and  
Exercise**

**Social**

# Patient Education and Information

Education and information for patients on the management of chronic pain can be accessed in the following ways:

- Face-to-face
- Leaflets (e.g. 'Resources to help you take control of your chronic pain')
- Books (available from local libraries)
- Groups (e.g. Pain Association Scotland)
- Online

Further information and links are provided throughout this document signposting to you to advice and support.



**PAIN ASSOCIATION**  
SCOTLAND

*Pain Association Scotland*

A national charity that delivers professionally led self management pain education in the community

**NHS**  
inform 

*NHSinform chronic pain*

*NHSinform muscle, bone and joints*

*Scotland's Services Directory - local health & wellbeing services*

The logo for Pain Concern features three overlapping circles in red and white on a green background. Below the circles, the word "Pain" is written in large white letters, and "CONCERN" is written in smaller white letters below it.

*Pain Concern*

- Produces information on pain using a variety of media platforms
- Provides support to people with pain and those who care for them
- Raises awareness about pain and campaigns to improve the provision of pain management services

# Supported Self Management

## Books

A selection of books on chronic pain such as 'The Pain Management Plan' are available in all libraries across Tayside. Further information can be found in the patient leaflet '[Resources to help you take control of your chronic pain](#)'



Chronic pain is defined as a pain that has lasted for longer than three months. The pain may be continuous or occasional and it may sometimes be prone to flaring up or getting worse very quickly.

You are the best person to understand your pain and also the best person to manage it. Learning more about chronic pain and understanding it better can help you manage your pain better, including preparing for flare-ups.

Visit your local library or mobile library to access books on what you can do to live well with chronic pain.

All our books have been approved by local health practitioners to offer you accurate, current help and advice.

Click on the images below to find out more about your local library



### Pain Association Scotland

- Monthly Groups
- Intensive Self Management Programme

### Patient Information Leaflets

Developed by NHS Tayside staff with feedback and support from patients to give you information about conditions and treatments

### Tayside Pain Service

Provides information and useful links to resources including self management for people with pain, their families and carers



### Scotland's Services Directory

Names, addresses, opening times and service details for thousands of health and wellbeing services in Scotland

## Online

Managing chronic pain: a booklet for patients, their families and carers



### The Pain Toolkit

For people who live with pain and healthcare teams who support them

### Pain Concern

Includes radio programmes, forums, self management videos, newsletters



### Live Well with Pain

Developed by and for clinicians to support patients towards better self management

Further online resources can be found in the next section - Psychological Management

# Psychological Management

## Self Directed Management

Computerised Cognitive Behavioural Therapy (cCBT) including [Beating the Blues](#)



[SilverCloud](#) - Space in Chronic Pain from Depression & Anxiety



[NHSinform](#) - Online resources for identifying and managing mental health problems and managing symptoms of chronic pain



Literature from NHS Tayside's [Healthy Minds Book Prescription](#)



### [NHS 24: Living Life](#)

The Living Life service offers free telephone support to people in Scotland over 16 years of age with low mood, mild to moderate depression and/or anxiety. The service offers guided self-help and cognitive behavioural therapy.

You can refer yourself for an assessment by calling 0800 328 9655 (Mon-Fri 1-9pm)

### Clinical Health Psychology Service:

- Referral criteria include adults who present with mental health issues secondary to chronic pain
- Referrals are accepted from all clinicians within the Pain Team, GPs, medical teams as well as mental health teams
- Individually tailored psychological assessment and clinically indicated treatment modality undertaken



### [Community Listening Service](#)

Based in many GP practices, this service provides a short term, early intervention model of person-centred, assets-based listening with the aim of promoting personal and communal wellbeing.

Click on the link above for more information or for help and support call the Wellbeing Centre on 07967 771941

# Activity and Exercise

## Key messages

- Provide reassurance, advise to stay as active as possible, continue normal daily activities
- Advise increasing physical activities progressively over few days/weeks, stay at work if possible or return to work as soon as possible
- Do not recommend or use bed rest as a treatment
- Encourage self management
- Refer to physiotherapy earlier where flare up or unresolving pain is resulting in deconditioning

## Dundee Green Health Partnership

Green exercise describes physical activity in outdoor natural settings (e.g. green spaces, paths, parks, nature reserves and countryside).

It includes: walking and relaxation; outdoor learning and play; recreation and sport; practical conservation; gardening; rehabilitation and recovery; and active travel.



[Dundee Green Health Partnership](#)  
[Dundee City Council](#)  
[Nature.scot](#)  
[Twitter @HealthDundee](#)

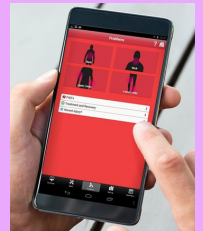


## Parkrun

parkruns are free, weekly, community events, open to all.

## Online

[NHS Inform: NHS 24 MSK Help app](#) Information around muscle, bone and joint self-management.



[NHS Inform advice about self management and exercise](#)

## AHP Services

eg. Physiotherapy, Occupational Therapy, Podiatry (Over 16 yrs)



Referrals accepted via MATS, GPs, consultants & other AHPs, presenting with physical health issues secondary to chronic pain

## Supported activity options

[Angus Alive](#)  
[Angus Leisure Sport Culture and Libraries](#)

[Leisure and Culture Dundee](#)  
[Community Health Team Dundee](#)

[Live Active Leisure P&K](#)  
[Your Community PK](#)



## Healthy Living Initiatives

Online information portals designed to support health & wellbeing.

[My Wellbeing Dundee](#)  
[Your Community PK](#)  
[Angus Alive](#)  
[Aliss](#)  
[Keep Well](#)

# Social

## Social Prescribing

Some Social Prescribers /Link Workers are in place and working with GP practices across Tayside and this is expanding:

- Angus (Social Prescribers)
- Dundee (Sources of Support Link Workers)
- Perth & Kinross (Social Prescribers)

## Creative & Cultural Participation

### Tayside Healthcare Arts Trust

A charitable organisation working to improve the health & wellbeing of people with a variety of long term conditions.



## Finance

Benefit, Money & Debt Advice:

NHS Tayside Crisis Help App - search 'Money Worries? Crisis Help!' on Apple or Android app store

Crisis Contacts

Angus Council

Dundee City Council

P&K Council

Money Advice Service

## Transport

See Citizens Advice Bureau links for advice on:

- Help for disabled travellers
- Help with the cost of transport if you are disabled
- Concessionary fares/free travel

## Equipment

Occupational Therapists working within social services

Independent Living Centre for Dundee & Angus for equipment, advice & signposting  
Independent Living Angus for information & advice on equipment solutions & signposting  
Home adaptations for Angus residents  
The Joint Equipment Loan Service (Perth & Kinross Council)

Dial-OP & GO - Information Line (Dundee)



A one-stop-shop for any information needs for community members, workers and professionals in a range of topics, including social and physical activities available locally.

## Working Health Services Tayside

Provides a specialist work health service that is easy to access and can help people remain at work. It is free and confidential.

## Housing

Angus Council

Dundee Council

P&K Council

Shelter Scotland Dundee

Community Hub

**Shelter**  
Scotland



**Citizens  
Advice  
Bureau**

Angus  
Dundee  
Perth

## National Information

Social Security Scotland



Dept for Work & Pensions