

Portishead wellbeing workshops

living with chronic pain



SUPPORT RESOURCES

BETTER HEALTH



Public health service to support the health and wellbeing of residents in North Somerset. Resources available on a range of topics from being active to mental wellbeing.

ESCAPE PAIN COURSE



12-session programme for individuals diagnosed with Osteoarthritis of the hip or knee. The rehabilitation programme for chronic joint pain, integrates educational self-management and coping strategies with an exercise regimen.

FRESH ARTS



The 6 week Arts on Referral programme is for people with chronic conditions and aims to support patients to better manage their own self-care and to help them find ways of coping with their ongoing long-term health condition.

LIVE WELL WITH PAIN



Step-by-step online guide to living well despite your persistent pain. It's designed to help you learn the skills you need to become an effective self-manager of your pain.

MY JOINT HEALTH HUB



General information about conditions affecting your musculoskeletal system) and what you can do to help yourself. There is also information about keeping healthy and accessing local services to support you with this.

NHS TALKING THERAPIES



Talking therapies can be accessed for free on the NHS. You can refer yourself directly without a referral from a GP, or a GP can refer you. Help is available in person, by video, over the phone or as an online course.

SELF-HELP RESOURCES SUMMARY



Chronic Pain self-help resource to support patients manage their chronic pain by highlighting a range of self-help options.

SIRONA CARE & HEALTH



Musculoskeletal Interface (MSKI) Service is aimed at people who have persistent pain due to a musculoskeletal problem. Your GP will refer you if you have not responded to normal GP care such as pain relief and physiotherapy.

THE BRITISH PAIN SOCIETY



Information that may be of use to people living with pain, including a list of UK-based patient organisations, a frequently asked questions section and a suggested reading section.

THE CHARTERED SOCIETY OF PHYSIOTHERAPY



A range of resources from managing your pain from home to keeping active and healthy and rehabilitation exercises. You can also use their online directory to find a qualified physiotherapy practitioner.

VERSUS ARTHRITIS



Provide information for people living with arthritis through their website, by calling our helpline, asking our virtual assistant or on our online community forum.

