

General Practice

Information for Patients living with Chronic Pain

PATIENT SUPPORT & INFORMATION

Northern Ireland Versus Arthritis

Discover free resources and courses to support with pain management and sleep and regain control of your life. Visit the Northern Ireland section for more details on their current programmes and contact details.



UNDERSTANDING PAIN

Brainman video on chronic pain



Why stop opiates?

Brainman stops his opioids video



HELPING PATIENTS TO MAKE DECISIONS

Versus Arthritis

Versus Arthritis has produced a suite of musculoskeletal decision support tools to help people with conditions causing back, shoulder, hip and knee pain to make informed choices about their treatments.



Flippin' Pain™

Flippin' Pain™ is a public health campaign to raise awareness of the problem of persistent pain, spreading the word about a modern scientific understanding of pain, and giving people knowledge, skills and hope for a better way forward.



Healthy Living Centres

Healthy Living Centres in your area are available to support all aspects of health.



For more details on programmes and local support groups contact Better Days Pain Support.



For details of dates and times of programmes within your local area and how you can book visit their BOOK NOW page.

The Clanrye Group Newry

Clanrye Group Healthy Living Centre offers support programmes for pain management.



South Armagh Rural Health Partnership

Supporting and strengthening rural communities by providing training, education, personal development and promoting good mental health and well being.

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Mourne Matters / Kilkeel Development Association

Mourne Matters aims to ensure that the people of Kilkeel and the surrounding Mourne areas have local access to Mental Health Services and to promote Health, Care and Wellbeing in the Community.



Driving whilst taking medications prescribed for pain



Take 5 steps to wellbeing

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. This leaflet and poster advise five simple ways in which people can maintain and improve their mental wellbeing.



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TOOLS FOR PERSISTENT PAIN

Versus Arthritis

Managing your pain

My Live Well with Pain

My Live Well with Pain, the website for people who are living with persistent pain. It's completely free to use and full of trusted techniques that people have found useful in helping them get on with their lives – despite their pain.

Ten Footsteps to Living Well with Pain

An interactive guide to get you back on track for living well, despite your chronic pain

The Pain Toolkit

A persistent pain problem can be difficult to understand and manage on an everyday basis. The 'Pain Toolkit' is a simple information booklet that could provide you with some handy tips and skills to support you along the way to manage your pain.

[The Pain Toolkit in other languages](#)



HOW TO SLEEP WELL

Live Well with Pain

If you're living with pain and struggling with sleep then you're not alone. It's very common for people with persistent pain to have difficulties getting to sleep or staying asleep.



NHS Mindfulness

Provides resources to use mindfulness techniques as a tool for pain management and improve sleep.



GETTING ACTIVE

Let's Move programme

Movement can be one of the best ways for people to feel good and live a healthier life. It can boost your mental health, help you sleep better and reduce pain.



Chi Me

Chi Me is a series of simple movements, linked together to create a gentle, flowing and easy to follow tai chi style class. For more details see Virtual Chi Me classes – Northern Ireland or telephone 028 9078 2940.



If you have concerns about becoming more physically active please contact your GP Practice Team.

