

Useful Contacts & Resources

For Pain Management

USEFUL WEBSITES

Chronic Pain video	Search for “Understanding Pain in less than 5 minutes and what to do about it!” on www.youtube.com
Live well with Pain	https://my.livewellwithpain.co.uk
British Pain Society	www.britishpainsociety.org/people-with-pain and www.britishpainsociety.org/COVID-19-Resources/resources-for-people-living-with-pain
Opioids Aware	https://fpm.ac.uk/opioids-aware
Pain Relief Foundation	www.painreliefoundation.org.uk
Pain Support	https://painsupport.co.uk
Pain Concern	www.painconcern.org.uk
Action on Pain	www.action-on-pain.co.uk
Pain UK	www.painuk.org
NHS	www.nhs.uk
Spoon Theory	https://butyoudontlooksick.com/category/the-spoon-theory/
Pain Toolkit	www.paintoolkit.org

ACTIVITY AND EXERCISE

Sport for Confidence

www.sportforconfidence.com

Active Essex

www.activeessex.org

Tel: 03330 131620

Chartered Society of Physiotherapy

www.csp.org.uk/public-patient/keeping-active-healthy

Your local leisure centres like Colchester's Leisure World have many classes to try.

E.g. LEAP programme

www.colchesterleisureworld.co.uk

Tel: 01206 282 045

Pilates and Yoga

NHS online Pilates

www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/

The British Wheel of Yoga (inc chair yoga)

www.bwy.org.uk

Happy Yoga Life (inc chair yoga)

www.thehappyyogalife.co.uk

Tai Chi (Instructor finder)

www.taichiunion.com

Gardening

www.thrive.org.uk

www.carryongardening.org.uk

www.gardeningfordisabledtrust.org.uk

Cycling, Walking and Walking-Football

<https://connectwellessex.org.uk>

Colchester Bike Kitchen - help to fix your own bike

<https://colchesterbikekitchen.org.uk>

Cycle around the Colchester area

www.colchestercycling.org.uk

Walking Football

<http://essexwalkingfootballleague.org>

Or www.livewellcampaign.co.uk/activities

Dancing & Singing

For all ages, inc 60+

www.lebarrecolchester.co.uk

Tel: 07984 739 584

Dancing with Parkinson's

www.dancenetworkassociation.org.uk/dancing-with-parkinson-s

Singing for the Brain helping people with dementia

www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain

Swimming - A much more extensive list is available- please ask us

Dovercourt Bay Lifestyle Pool

Tel: 01255 686 176

Colchester Leisure World

Tel: 01206 282 000

Walton-on-the-Naze Lifestyles pool

Tel: 01255 686 829

Clacton Leisure Centre

Tel: 01255 686 688

VOLUNTEER SERVICES AND EXAMPLE OF ACTIVITIES IN LOCAL HALLS

(For more info on local activities ask Community 360 / CVS or read parish magazines & hall notice-boards)

Community Voluntary Services (CVS)

Tendring

Transport help, trips out, shop mobility, put you in touch with social groups, finding friends, exercise groups and much more besides.

www.cvstendring.org.uk

Tel: 01255 425692

- e.g.: walking group; friendship café; craft group; art club; IT skills courses; yoga

Community 360

(Volunteer services in Colchester area)
As CVS Tendring above.

www.community360.org.uk

- Colchester 01206 505250

- Braintree 01376 550507

Coastal Community Centre

Pathfields Rd, Clacton-On-Sea, CO15 3JL

<https://m.facebook.com/CoastalCommunityCentre>

- Tel: 01255 420707

- Exercise classes; knitting; art groups and more

Myland Parish Hall

Mile End Road, Colchester CO4 5DY

Tel: 01206 855040

- Knit and Natter; Community Coffee Mornings; & other events (e.g. Yoga / art group / lunch club)

WEIGHT MANAGEMENT

My Weight Matters from ACE Lifestyle

A range of services available FREE to people registered with an NHS Essex GP Practice.

www.acemyweightmatters.org Tel: 0800 022 4524

EQUIPMENT, ADAPTATIONS AND HELP WITH CARE

Essex County Council

www.essex.gov.uk Click on Adult Social Care and Health e.g. Help with care or adaptations
Telephone: 0345 603 7630. Textphone: 0345 758 5592

Disabled Living Foundation

www.dlf.org.uk Advice regarding equipment.

Helpline: 0300 999 0004 or Email: helpline@dlf.org.uk <https://asksara.dlf.org.uk/>

Living Made Easy

<https://livingmadeeasy.org.uk/>

Provides a comparison regarding various items of equipment and suppliers

British Red Cross

www.redcross.org.uk Tel: 0300 456 1914

For short term hire of Mobility Aids; Commodes; shower seats, raised toilet seats; wheelchairs

Shopmobility

Colchester area Tel: 01206 505 250. Clacton/Tendring area Tel: 01255 435 566

TELEPHONE HELP LINES

Action on Pain Helpline:

0345 603 1593

Versus Arthritis

0800 5200 520 (Free, Mon-Fri 9am-8pm)

Pain Concern Helpline:

0300 123 0789

Patients' Association Helpline:

0800 345 7115

The Silverline – helpline for older people

0800 470 8090 (24/7 and it is free)

Samaritans

116 123 (24/7 and it is free)

Health In Mind

Talking therapy treatment service

www.northessexiapt.nhs.uk/north-east-essex

Tel: 0300 330 5455

Mind (mental health charity)

<https://mnessexmind.org>

Tel: 01206 764600

Mental Health Crisis lines

<https://eput.nhs.uk/contact-us/in-crisis>

Under 18's Tel: 0300 300 1600

Over 18's Tel: 111 and select mental health crisis

Drug/Alcohol help

www.talktofrank.com

0300 1236 600

Domestic Abuse

www.essexcompass.org.uk

0330 333 7 444

MINDFULNESS-BASED STRESS REDUCTION INFORMATION

Mindfulness books:

“Full Catastrophe Living” by Jon Kabat-Zinn, Piatkus, UK. 2013 ISBN: 978-0749958411

“Mindfulness Meditation for Everyday Life” by Jon Kabat-Zinn, 1994, Piatkus ASIN : B01FKSPAFQ

Any colouring or dot to dot mindfulness book

Mindfulness Practice suggestions:

FREE courses on mindfulness at www.nhs.uk

Colchester Buddhist Centre, 2 Portland Road, Colchester, CO2 7EH

<https://colchesterbuddhistcentre.com>

MEDITATION AND MINDFULNESS WEBSITES AND APPS:

Free Apps for your phone

(Always check the app or website in case they have started charging since this list was updated)

Rain Rain www.rainrainapp.com for iPhone, Android phones and Amazon

Mindfulness – for iPhone only

Insight timer <https://insighttimer.com> for iPhone and android

Smiling Mind www.smilingmind.com.au/smiling-mind-app for iPhones and android

Oak www.oakmeditation.com iPhone only

My Life (Meditation by Stop. Breathe. Think) app www.stopbreathethink.com

Free trial but may charge when trial ends

Headspace www.headspace.com iPhone and android phones

Calm www.calm.com iPhone and android phones

Other meditation and mindfulness websites:

www.fragrantheart.com (includes sleep help)

www.freemindfulness.org

www.futurelearn.com/courses/mindfulness-wellbeing-performance

USEFUL BOOKS AND CD'S

Overcoming Chronic Pain by Dr Francis Cole, Helen Macdonald, Catherine Carus (2020)

London: Robinson 2nd edition (2020) ISBN 9781472142634

Manage Your Pain by M. Nicholas, L. Beeston, A. Molloy & L. Tonkin, (2019)

London: Souvenir Press. ISBN 9781788164474

Managing Pain Before It Manages You (fourth edition) by M. Caudill (2016)

New York: Guildford Press. ISBN: 9781462522774

www.paincd.org.uk Pain CD by Neil Berry, psychologist in pain management, option to purchase CD at low cost or download free, includes 2 guided relaxation tracks.