

What's out there?



Sources of information and support for those
with persistent pain.

ADAPTED FOR EAST LOTHIAN PATIENTS

Information Booklet adapted from Pain Management
Programme Astley Ainslie Hospital (Nov 18)



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I am looking for....

Pain management information and support



Pain Concern www.painconcern.org.uk

A charity dedicated to supporting those with chronic pain. Website includes pain management videos, podcasts and leaflets on many relevant topics. Pain concern produces a quarterly magazine with up to date ideas and information.

Pain concern helpline is staffed by trained volunteers who provide information, support or just a listening ear to people wanting to talk about their own pain or that of a family member or friend.

Call **0300 123 0789** or email help@painconcern.org.uk.

For details of how to join please go to the website www.painconcern.org.uk. For 1 year free membership complete the tear off strip below and post to Pain Concern, 62-66 Newcraighall road, Edinburgh EH15 3HS

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Pain matters free trial subscription form

Registered charity SC 023559

I would like an introductory free trial subscription: PRINT DIGITAL
(please tick)

NAME:	
ADDRESS:	
POST CODE:	
TELEPHONE:	

I am interested in helping

Backcare is a national registered charity which aims to significantly reduce the burden of back pain. BackCare Lothian Branch is a volunteer run organisation offering help and services within the **Edinburgh** area. There are no restrictions on membership so we are happy to welcome anyone who is able to make the journey to Edinburgh.

It provides:-

- Opportunities to meet others with back or other problems and exchange ideas and information
- Hydrotherapy pool with warm water and gentle exercise sessions (Astley Ainslie hospital and Braidburn school)
- Swimming/Exercising Sessions in a warm full sized pool
- Library of books and trial of TENS machines
- Talks on back health and back treatment
- Newsletter to members

To find out more about venues, times and costs register on the website <http://www.backcarelothian.org.uk/> or call Jean Houston 0131 4413611

Only offer limited access to pools.

On Tuesdays between 5.00 and 7.00 they hire the Astley Ainslie pool. There is a physio in the water to work with new people when they come for at least their first 3 weeks. Members are offered weekly half hour sessions in the warm water. To find out more about this, anyone interested should contact me by telephone on 0131 441 3611 to arrange a suitable starting date . Ideally, they only have 5 people in the pool at once with the physio so attendance is by arrangement only.

Their other facility is at the Braidburn school on Wednesdays between 6.00 and 7.00. This is a full sized swimming pool (again with warm water) so numbers are not restricted. Normally, they advise people to come to Astley Ainslie first for their 3 week trial with the physio before going on to Braidburn where the physio only attends once a month.

www.paintoolkit.org Website includes videos on understanding pain and takes a 'twelve tools' approach. These tools are a series of twelve videos designed to help you learn and understand self pain management.



Other pain management focused websites you may wish to explore:

<http://www.nhslothian.scot.nhs.uk/Services/A-Z/painmanagement/Pages/default.aspx> (NHSLothian PainManagement website offers patient leaflet, downloadable videos and relaxation exercises)

www.painassociation.com

Voluntary organisation providing education classes and support groups

Head Office Pain Association Scotland, Suit D, Moncrieffe Business Centre, Friarton Road, Perth, PH2 8DG

Freephone 0800 783 6059 (Monday-Friday 8am-4.30pm)

www.britishpainsociety.org

Produces leaflets on medical management of pain, specific medications and on pain management more broadly. Available online or to order.

The British Pain Society, 3rd floor, Churchill House, 35 Red Lion Square, London, WC1R 4SG

020 7269 7840

ReConnect2Life (interactive programme to help look at pain and how it affects you, modules can be completed in any order).

<https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/>

<https://fibroguide.med.umich.edu/>

An online symptom management program for people with fibromyalgia

www.healthtalk.org

Provides free, reliable information about health issues, by sharing people's real-life experiences.

I am looking for..... **Well being resources**

East Space www.eastspace.org.uk

Online source of mental health and wellbeing information in **East Lothian**.

Changes

www.changeschp.org.uk

info@changeschp.org.uk

0131 653 3977

Community health project.

Provide supportive opportunities towards healthier and less stressful living, for those with mild to moderate mental health conditions. Includes individual and group counselling, relaxation and mindfulness groups and more. Based in Musselburgh but offering resources across **East Lothian**.



Living life to the full www.lttf.com

Self help information about low mood and stress and all of the common linked problems this causes. Costs involved to access some of this material.

Mood juice www.moodjuice.scot.nhs.uk

Online self help resource for anyone experiencing emotional difficulties.

Mood café www.moodcafe.co.uk

NHS Fife have produced and collated information and resources relevant to various common psychological problems. Includes links to other resources, self help guides and recommended websites.

Stress control classes

Stress Control is a free six week, cognitive behavioural therapy (CBT) based self-help course offered by NHS Lothian. Venues across Lothian. To self refer, please contact Health in Mind on 0131 225 8508. More information at

<https://services.nhsllothian.scot/stresscontrol/Pages/EastLothian.aspx>



www.thistle.org.uk

A health and wellbeing charity, located in Niddrie, that support people with long term conditions. They run free 10 week Lifestyle Management courses and free 8 week mindfulness courses.

To find out more, or to arrange a meeting ,please contact Emma Hollands on 0131 656 7346 or Emma.Hollands@thistle.org.uk.

RIDGE Social Enterprise Project

Provide help to vulnerable adults of all ages with return to work issues through the “Routes to work “ programme , among other things. They have free lunches, yoga sessions, cooking / healthy eating on a budget classes, etc.

info@the-ridge.org.uk

01368 863235

40A High Street , Dunbar, EH42 1JH

A Kinder Voice

‘With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.’ www.selfcompassion.org

www.compassionatemind.co.uk

The compassionate mind foundation website contains free video and audio exercises to help practice self compassion e.g soothing rhythm breathing and imagery.

www.selfcompassion.org

Free guided meditations and exercises.

Beating the Blues® www.beatingtheblues.co.uk

An effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, it is a course made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours. Your GP would need to refer you to this course.

Feeling overwhelmed ?.....

Breathing space www.breathingspace.scot – a mental health helpline. Tel: 0800 838 587

Opening hours

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6 pm-Mondays 6am

Samaritans www.samaritans.org

Tel: 116 123 **Email:** jo@samaritans.org 24 hours, 365 days

Saneline – national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems

Tel 0300 304 7000

Opening Hours 4.30pm-10.30pm every day

I am looking for..... Relationship counselling

Bright lights relationship counselling www.bright-light.org.uk

Couples, individuals, families, children and young people, same sex partners, blended and extended families. We will support you if your relationship has ended. We will help if you've lost someone close to you. If you've experienced something traumatic, or are struggling to cope with any kind of major change in your life. Payment is requested for counseling but lack of funds will not be a barrier to receiving treatment.' We will not turn you away'.

9A Dundas Street, Edinburgh, EH3 6QG and at other centres throughout Lothian. Call centre on: 0131 556 1527 email: askus@bright-light.org.uk

Or call national information line on 03451192020 Open Mon - Fri 9:30am - 4:30pm

I am looking for.....Veterans support

www.veteransfirstpoint.org.uk



If you ever served in the HM Armed Forces in any capacity for any length of time we can offer you free advice and support, whatever your needs may be. Tel: 0131 221 7090
V1P.Scotland@nhslothian.scot.nhs.uk

I am looking for.....Exercise referral

East Lothian gentle exercise and activity options

Service	Suitable for	Content	Location	Contact
KICC Active East Lothian	Those with chronic conditions	Yoga, Yoga for Healthy Backs, Pilates, Tai Chi, Hydrotherapy, Circuits.£2 - £6 per session	Multiple sites across East Lothian	Self-referral via website kiccactive.org.uk or call 07436 102 726 or email admin@kiccactive.org
Extend	Over 60's and less able people	Movement to music for the At least 20 minutes seated exercise content	North Berwick, Dunbar, Haddington , Prestonpans	www.extend.org.uk/classes
Rest of life programme	All who would benefit from supervised exercise	Exercise classes at graded levels dependant on health £3 per session	Dunbar, North Berwick, Ormiston, Musselburgh, T ranent Haddington	Enroll via website www.elcrg.org
Ageing well Edinburgh	Over 50's	Large list of activities including swimming, bowls, exercise classes, zumba gold and much more .Costs may be involved.	Multiple sites across East Lothian	www.activeeastlothian.co.uk And follow links for 'get active' and 'aging well'
Walkin' East Lothian	Over 18's	Approx.1 hour walk at a pace to suit you Free	North Berwick, Haddington, Aberlady, Dunbar, Prestonpans	www.activeeastlothian.co.uk And follow the links for 'get active' and 'Walkin' East Lothian' Ageing Well Coordinator on 01620 827240 or email ageingwell@eastlothian.gov.uk

East Lothian leisure centre- timetable of low intensity exercise classes

Tel: individual centres see below website: www.enjoyleisure.com

Class type	Class	Intensity rating*	Description	Duration	Venue
Conditioning	Stretch and strengthen	Low/Medium	Gentle exercises to improve elasticity and strength, reduce muscle mass loss, improve circulation and combat pain. Ideal for those starting an exercise programme and rehabilitating from injury.	1hr	Tranent loch centre 01875 824140 018701875 8241405 82414001801875 82414075 824140
Conditioning	Fitness For All	Low	A gentle but effective workout combining seated and standing exercises using a variety of fitness equipment to improve balance, coordination, flexibility, strength and stamina.	1hr	Musselburgh sports centre 0131 6535208
Conditioning	Seats & Beats	Low	A low impact exercise class incorporating chair exercises focusing on balance, stability and coordination.	45 minutes	North Berwick sports centre 01620 820730
Dance	Zumba® Gold	Low	All the fun and exciting elements of Zumba® at a slower pace	1hr	Musselburgh sports centre 0131 6535208
Mind and body	Tai Chi Chuan	Low/Medium	This 'internal' Chinese martial art encourages relaxation while improving physical coordination, balance, body awareness and confidence.	1hr 30 mins	North Berwick sports centre 01620 820730
Conditioning	Fitness Fun	Low	Gentle exercise class for people with additional support needs.	1hr	Aubigny centre Haddington 01620 820650
Water based	Aquafit	Low	This class will relieve the stress on joints whilst improving your cardiovascular fitness and mobility	45 mins	Aubigny centre 01620 820650 Tranent loch centre 01875 824140 Dunbar leisure pool 01620 820655 North Berwick sports centre 01620 820730

* **Low intensity** = for those starting out **Medium intensity** =for those who exercise regularly

I am looking for.....Tai chi classes

EAST LOTHIAN

	Classes	Venue/ Times	Costs	Contact
The Soen Ren School of Spiritual Arts	Beginners Taiji (tai chi) and Qigong	Thursdays 6.30pm Tynningham Hall	Membership £56 Classes £2/class *limited spaces/ reduction for people on low income	Contact via website www.soenren.com
The Soen Ren School of Spiritual Arts	Various weekend and summer workshops	See timetable on website	Individually priced	Contact via website www.soenren.com
LFA Tai Chi and Health	Lee Style Tai Chi for health and harmony (ying and yang) Use of equipment for some tai chi sets – scarf/stick	Musselburgh	Prices on enquiry	http://www.lfataichiedinburgh.co.uk/ For details of Scottish classes contact Senior Instructor John Ward 0131 660 1575

I am looking for.....

Reliable health information

NHS Inform www.nhsinform.scot

Scottish health information you can trust. A good place to find out more about symptoms or conditions including chronic pain (<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerve-and-spinal-cord/chronic-pain>)

www.arthritisresearchuk.org

A comprehensive source of information about all kinds of Arthritis and other musculoskeletal conditions.

Supporter Care Team, Arthritis Research UK, Copeman House, St Mary's Court, St Mary's Gate, Chesterfield, S41 7TD

0300 790 0400

www.Neurosymptoms.org

Self Help website for people with functional symptoms.

NHS 24

Scotland's national telehealth and telecare organisation.

Call free on 111 if you are ill and cannot wait until your regular NHS service reopens.

I am interested in.....Voluntary work

What can voluntary work do for me?

It provides an opportunity to:

Help other people, learn new skills, have fun, make new friends, improve your employability, increase confidence, become involved in the local community, access training opportunities and offer you a challenge.

Regardless of which benefit you are on doing voluntary work does not affect your benefits.

<http://strive.me.uk/> (East Lothian)

98 North High Street
Musselburgh
EH21 6AS
0131 665 3300 Email: info@strive.me.uk

Amisfield Walled Garden

Is a local voluntary community organisation to develop the garden for 'the enjoyment and benefit of the public at large and, in particular, the health, well-being and education of the local community

(Contact volunteers@amisfield.org.uk or Alasdair McDougall 0770 404 9572)

I am looking for.....Carers support

Carers organisations can provide a wide range of services including:

- Information and advice
- Getting a break
- Social, leisure and training events for carers
- understanding financial options and Benefits
- One to one emotional support
- Home visits
- Hospital based carer support
- Signposting and referral to appropriate support services
- Counselling
- Carer support groups
- Recreational courses
- Individual and group support for young carers
- Support for families affected by drug or alcohol addiction
- Advocacy



Carers of East Lothian

www.coel.org.uk

Tel: 0131 665 0135 Email: centre@coel.org.uk

Carers of East Lothian
94 High Street, Musselburgh EH21 7EA

I am looking for..... support after bereavement

CRUSE-bereavement care Scotland

www.crusescotland.org.uk

Following the loss of someone close feelings of despair, loneliness or even guilt may overwhelm us, so much so that we need help. In time, and with support, we can work through such feelings and learn to live with our loss.

CRUSE is a charity, staffed by volunteers, providing a national helpline, face to face support and support groups. Free and confidential . **Tel: 0845 600 2227**

National Helpline Opening Hours:

Mon-10-4 & 5-8

Tues & Wed 10-9

Thurs 9-9

Fri 10-4

I am looking for.....

Support to stay at /return to work

Working Health Services is a nation-wide job retention service.

In NHS Lothian, the service works with people with a wide range of physical and mental health conditions, and aims to:

- Prevent sickness absence,
- Support people to return from sickness absence quickly,
- Prevent unemployment

Referral criteria

- Self employed - can be absent or in work and struggling
- Small businesses <250 employees
- Employees struggling at work or off with a short term absence (no longer than 3/52)(3 weeks)

How to Access

<http://www.nhslothian.scot.nhs.uk/Services/A-Z/LothianWorkSupportServices/Pages/Working-Health-Services.aspx>

Ask your GP to make a referral or you can refer yourself by calling **0131 537 9579** or our National number 0800 0192211, Option 3.

Free and confidential

I am looking to.....Get back into work

All in Edinburgh. www.allinedinburgh.org.uk 0300 0200 101

All in Edinburgh is a project which supports people who have a disability or long term health condition to find and keep a paid job.

Our support is personal to you .We can support you to find job vacancies, with job applications and re training. When you get a job, we can support you and your employer to make any changes you need at your workplace. We can also give you advice about money and benefits. All in Edinburgh is run by four organisations working together. These are: The Action Group, ENABLE Scotland, Forth Sector and IntoWork.

Intowork is:

- A non-profit organisation
- for people with disabilities or long-term health conditions
- who would like a job
- but need support to get one or keep one
- who live in **Edinburgh, East Lothian, Midlothian or West Lothian**

www.intowork.org.uk or via allinedinburgh.org.uk

Into Work, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
0131 475 2600

Remploy www.remploy.co.uk

We support people with a wide range of health issues and barriers to work. We enable them to prepare for, find and move into a new job. So no matter what your workplace needs, we can help.

Tel: 0300 456 8110 Email: employmentservices.osc@remploy.co.uk



Remploy Online advisor support

Our online advisors are available to chat: Access via website

8am – 8pm Monday – Friday

9am – 5pm Saturday & Sunday

www.joinedupforjobs.org.uk

Joined up for Jobs is a partnership of key agencies that have joined up to help you move into work.

Search our online directory for details of organisations that can help you deal with finding work, housing, homelessness, training, health, money, learning and more.

Joined up for Jobs, Capital City Partnership, The Canon Mill, 1-2 Canon Street, Edinburgh, EH3 5HE

0131 270 6030

I am looking for.....Housing, benefits, and financial advice



Welfare rights in East Lothian

Our Welfare Rights team offers free, confidential information and advice with welfare rights and benefits. The team holds six free drop-in surgeries in the main towns across East Lothian.

- **Dunbar:** The Bleachingfield Centre, Countess Crescent, Dunbar, 2nd and 4th Wednesdays each month 2pm-4pm
- **Haddington:** Court Street Entrance to John Muir House, Thursday 2pm - 4pm
- **Musselburgh:** Brunton Hall, Wednesdays 10-12noon
- **North Berwick:** North Berwick Library, School Road, 1st and 3rd Wednesdays each month 2pm-4pm
- **Prestonpans:** Aldhammer House, 1st and 3rd Thursday each month 10-12noon
- **Tranent:** George Johnstone Centre, Tranent, 2nd and 4th Thursday each month 10-12noon

Contact: Welfare Rights Team Room 17 John Muir House
Haddington East Lothian EH41 3HA
Telephone: 0131 653 5230

http://www.eastlothian.gov.uk/info/591/council_and_government/654/welfare_rights



Step change www.stepchange.org

Our teams of debt experts help over 500,000 people a year

I am looking for

Enjoyable activities

www.aliss.org Use this website to search for local activities you are interested in, in your local area.

The Alliance, Venlaw Building, 349 Bath Street, Glasgow, G2 4AA,
0141 404 0231



East Lothian Adult education classes

<http://www.eastlothian.gov.uk/adultlearningprogramme>



Scottish Centre for Telehealth & Telecare

<https://sctt.org.uk/programmes/digital-services-and-apps/health-and-wellbeing/living-it-up/archive/living-it-up-service-blueprint/>

A digital service designed to help you get more out of life. You can join an online community to see advice from others in the same situation as yourself and add your experience. Find out more about activities in your area.



I am looking for.....help with daily living

Daily living equipment can make a difference when trying to manage energy and keep mobile. Some equipment is available from the different local authorities in Lothian.

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East Lothian

For information on Occupational Therapy

https://www.eastlothian.gov.uk/info/210581/disability_and_additional_support_needs/3/occupational_therapy/1 .

communitycare@eastlothian.gov.uk. Tel:0845 603 1576

HILDA in East Lothian

HILDA, a new website for people who are finding that they might need a little support with mobility or flexibility.

HILDA provides its users with information they can trust on equipment that they can buy or borrow to help them maintain and improve mobility. It offers an easy-to-follow online self-assessment to help pinpoint what kind of support would be useful and puts people in touch with activities, exercise and advice that will help keep them moving and enjoying life.

Registering enables its users to get the most out of HILDA. Then they can plan and set goals that will help improve their mobility. They can change their goals as their needs change and they can also create a plan for friends or relatives. Assessments, advice and details of equipment can be pinned to their plan.

Visit HILDA at www.eastlothian.gov.uk/hilda 01875 824309



Disability living foundation www.dlf.org.uk

DLF is a national charity providing impartial advice and information on independent living. With a huge range of equipment available, sometimes it can be confusing.

How do you know what is available? Where do you go to buy equipment? How do you know what is right for you? How do you know if a supplier is reputable? DLF provides all the answers to these questions.

Disabled Living Foundation, Unit 1, 34 Chatfield Road,
Wandsworth, London, SW11 3SE 020 7289 6111 (Mon-Fri 9am-5pm)

www.livingmadeeasy.org.uk

Website run by the disability living foundation. Practical guide to where a huge variety of equipment can be purchased. Allows you to compare features and cost.

www.arthritisresearchuk.org

This website is relevant to all those with chronic pain, not just due to arthritis. The 'daily life' and 'hints and tips' sections contain practical advice about many practical aspects of home life. A booklet on 'everyday living and arthritis' can be ordered or downloaded for free.

Supporter Care Team, Arthritis Research UK, Copeman House, St Mary's Court, St Mary's Gate, Chesterfield, S41 7TD

0300 790 0400

Lothian disabled living centre; Smart centre, Astley Ainslie hospital

This centre has a varied selection of equipment , of interest to people with disabilities and their carers, on display e.g. kitchen equipment, bath aids and much more. People can inspect and try this equipment. An OT is available to assist visitors.

- A referral is not necessary.
- The centre is open 8.30-4.30 Monday-Friday .
- Telephone enquiries are welcome 0131 5379190
- It is necessary to make an appointment before visiting the centre.