

The following lists show information and resources that are available to support different aspects of pain management for persistent pain.



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Movement

- [Exercise videos – ESCAPE pain](#)
- [Moving Medicine](#)
- [We Are Undefeatable](#)

Weight Loss

- [Losing weight - Live Life Better Derbyshire](#)
- [Everyone Active's GP Exercise Referral Scheme](#)
- [Derby City North & South GP Practices - Derby County Community Trust](#)
- [NHS Weight Loss Plan App](#)
- [www.nhs.uk - better health](#)
- [Derby City GP Practices - Livewellderby.co.uk](#)

Practice / Primary Care Network Pain Management Support

- Live Well With Pain Support Group (if available)
- [Everyone Active's GP Exercise Referral Scheme](#)

Mental Health

- [Services and Support Groups](#)
- [NHS Talking Therapies](#)
- [Emotional Health & Wellbeing](#)
- [Derbyshire Mind](#)
- [Talking Mental Health Derbyshire](#)

Health and Well being coach

GP practices can refer people to a Social Prescriber or Health and Wellbeing Coaches who can help you develop a pain management plan.

Social Prescriber

Specialist Chronic Pain Services in Derby and Derbyshire

- [Derby and Burton Hospitals pain-management department](#)
- [Chesterfield Hospital Chronic Pain Management Services](#)
- [Derbyshire Community Health Services Pain management programme](#)
- [Derbyshire Community Health Services - Health Psychology](#)

Available Apps

[getUBetter](#) - an app created to provide self-management support for people with all common musculoskeletal injuries and conditions, including: hip pain, back pain, leg pain, neck pain, shoulder pain and ankle pain

Physiotherapy

- [Managing your condition at home - Derbyshire Community Health Services](#)
- [Escape Pain Programme - osteoarthritis and/or chronic joint pain](#)
- [Derby and Burton Hospitals - Back Pain Group](#)

Patient Education

- [Pain Concern](#)
- [Joined Up Care Derbyshire - Pain Management](#)
- [Live Well with Pain](#)
- [Ten Footsteps to living well with pain leaflet](#)
- ['Flippin' Pain \(flippinpain.co.uk\)](#)
- [Ways to manage chronic pain - NHS](#)
- [Understanding Pain: Brainman stops his opioids](#)
- [Versus Arthritis](#)
- [Action On Pain](#)

PAIN MANAGEMENT