

## Patient information

# Liverpool Community and Online Resources

### Therapies Department

#### Healthy activities in Liverpool

It is important that you continue to improve/maintain your activity levels.

There are lots of local community-based wellbeing and health services that offer advice and guidance as well as activities and groups. Details of the local services you could consider and how to find out more are available here:

**<https://www.thelivewelldirectory.com>**

#### Where can I find further information?

In addition to the information, we will provide to you at your Therapies appointment, you may find the following **online resources** useful:

- **NHS website**  
Your complete guide to conditions, symptoms and treatments.  
**[www.nhs.uk](http://www.nhs.uk)**
- **NHS Fitness Studio**  
Fitness advice and exercise videos to complete at home. Including beginners Pilates and Yoga, chair-based Pilates and Pilates with Fibromyalgia.
- **[www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)**
- **Nuffield Health Joint pain programme**  
**<https://www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme>**
- **The Sleep Council**  
Advice to help you to get a better night's sleep.  
**<https://thesleepcharity.org.uk/>**
- **Anxiety UK**  
Supports those living with anxiety and anxiety-based depression by providing information, support and understanding, via an extensive range of services.  
**[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)**
- **Citizens Advice**  
Free, confidential and independent advice to help people resolve the many problems they face, from money and benefit issues to problems at work or with housing.  
**[www.citizensadvice.liverpool.org.uk](http://www.citizensadvice.liverpool.org.uk)**

- **Access to Work**  
<https://www.gov.uk/access-to-work>
- **Government services and information**  
Information about benefits, Equality Act, housing and local services.  
[www.gov.uk](http://www.gov.uk)
- **Talking Therapies**  
<https://www.merseycare.nhs.uk/our-services/liverpool/talking-therapies>
- **Hub of Hope**  
National mental health database which brings together organisations and charities, who offer mental health advice and support.  
[www.hubofhope.co.uk](http://www.hubofhope.co.uk)
- **Mind – Mental Health Charity**  
Information to support people living with a mental health problem or if you are supporting someone who is.  
[www.mind.org.uk/information-support](http://www.mind.org.uk/information-support)

**The following online resources give you more information about living with pain.**

- **Arthritis Research UK**  
[www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)
- **Versus Arthritis**  
[www.versusarthritis.org](http://www.versusarthritis.org)
- **Back Care**  
Information, guidance and advice to people with back and neck pain.  
[www.backcare.org.uk](http://www.backcare.org.uk)
- **British Pain Society**  
Information, guidelines and research updates.  
[www.britishpainsociety.org/people-with-pain/](http://www.britishpainsociety.org/people-with-pain/)
- **Fibromyalgia Action (FMA) UK**  
FMA UK provides information and support to patients living with fibromyalgia and their families.  
[www.fmauk.org](http://www.fmauk.org)
- **Mindfulness: Finding Peace in a Frantic World**  
Mindfulness is a simple form of meditation. Over time, mindfulness can bring about long-term changes in mood and levels of happiness and wellbeing.  
[www.franticworld.com](http://www.franticworld.com)
- **Pain Concern**  
Information, local support groups and podcasts on different pain subjects.  
[www.painconcern.org.uk](http://www.painconcern.org.uk)
- **Pain Tool Kit**  
Self-help resources written by people living with pain, available in 60 languages.  
[www.paintoolkit.org](http://www.paintoolkit.org)
- **Pelvic Pain Support Network**  
Provides support, information and advocacy for those with pelvic pain, their families and carers.  
[www.pelvicpain.org.uk](http://www.pelvicpain.org.uk)

- **Retrain Pain**  
Free online pain education available in 22 languages.  
**[www.retrainpain.org](http://www.retrainpain.org)**
- **Tame The Beast**  
Free online pain education  
**[www.tamethebeast.org](http://www.tamethebeast.org)**
- **The Princess In The Tower**  
Learn how to manage chronic pain.  
**[www.princessinthetower.org](http://www.princessinthetower.org)**
- **Understanding pain in less than 5 minutes and what to do about it**  
This video helps to explain a little bit about how pain works in your brain.  
**[www.youtube.com/watch?v=C\\_3phB93rvI](http://www.youtube.com/watch?v=C_3phB93rvI)**
- <https://www.flippinpain.co.uk/>  
Flipping Pain - useful platform for supporting in changing how patients think and talk about pain for both patients and their loved ones.

### **Useful Smart Phone Apps**

- **Active 10**  
Is designed to help you do more brisk walks in bursts of 10 minutes and will show you when you are walking quick enough to get health benefits.
- **Calm**  
Meditation and Mindfulness
- **Headspace**  
Meditation and Mindfulness.  
Also accessible through a membership to Anxiety UK.
- **The Balance App**  
<https://balanceapp.com/>  
Meditation and sleep

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

#### **Therapy Service**

##### **Royal and Broadgreen Hospitals**

**Tel: 0151 706 2760**

**Text phone number: 18001 0151 706 2760**

##### **Aintree Hospital**

**Tel: 0151 529 3335**

**Text phone number: 18001 0151 529 3335**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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