

## **Living Well With Pain Service (LWWP)**

They deal with persistent pain lasting for more than 3 months. You can be referred by your GP, and you will need to complete a questionnaire. The team help support to deal with pain in day-to-day life. The emphasis is on the different elements of the pain cycle rather than pain relief medication.

[www.northumbria.nhs.uk/our-services/living-well-pain-team](http://www.northumbria.nhs.uk/our-services/living-well-pain-team)

## **Pain Psychology**

As part of the LWWP service, this offers someone to talk to about pain and the impact this has on emotional wellbeing, in group consultations and 1-1. They help with accepting living with pain, understanding how mind-body links to trauma and help manage low-mood, anxiety and more in relation to pain.

[www.northumbria.nhs.uk/our-services/health-psychology/pain-psychology](http://www.northumbria.nhs.uk/our-services/health-psychology/pain-psychology)

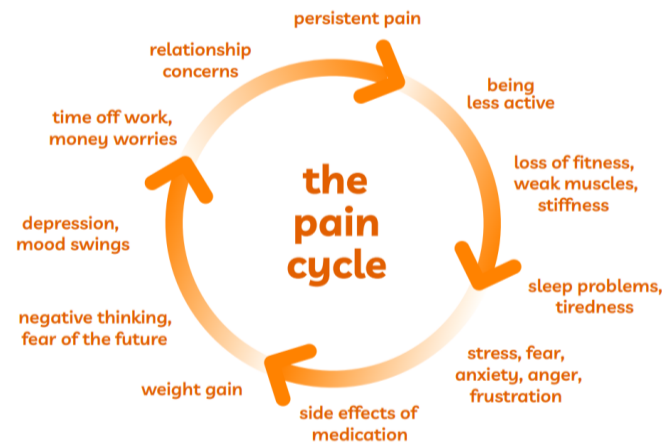
## **Pain Relief**

Pain relief options are limited, and only effective short term. It can also cause unwanted side effects so you may want to consider options to reduce your pain relief. Our leaflet gives more information:

[assets.practice365.co.uk/wp-content/uploads/sites/1890/2024/06/Pain-relief-1-1.pdf](https://assets.practice365.co.uk/wp-content/uploads/sites/1890/2024/06/Pain-relief-1-1.pdf)

## **Mental Health & Wellbeing Support**

Living with chronic pain can impact your mood as seen below:



If you feel your mood is affected by your pain you can seek support from different sources.

## **NHS Talking Therapies**

They offer a range of different support options and can be accessed via self-referral on 0191 295 2775 or [www.northumbria.nhs.uk/our-services/north-tyneside-talking-therapies](http://www.northumbria.nhs.uk/our-services/north-tyneside-talking-therapies)

## **Mental Health & Wellbeing Coordinators**

We have the wellbeing team at the surgery who can support you with guided self-help and setting small goals. You can book in with these by calling reception & filling out a short questionnaire.

You can also find self-help support for your mental health on the below websites:

[www.mind.org.uk](http://www.mind.org.uk)  
[healthwatchnorthtyneside.co.uk/infoandadvice/mentalhealthsupport](http://healthwatchnorthtyneside.co.uk/infoandadvice/mentalhealthsupport)  
[www.livingwellnorthtyneside.co.uk/advice-and-support/mental-health](http://www.livingwellnorthtyneside.co.uk/advice-and-support/mental-health)

## **Improving Movement**

There are many services in North Tyneside committed to helping people get more active and stay active. This includes group activities, walking groups as well as classes. Please see the below links for further information:

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)  
[linskill.org/whats-on](http://linskill.org/whats-on)  
[www.activenorthtyneside.org.uk/well-being-walks](http://www.activenorthtyneside.org.uk/well-being-walks)

## **Wing Outdoor**

This service offers different activities and focuses on getting you outdoors to keep moving and improve your overall wellbeing.

## **Education and Self-Help**

The below websites aim to help people managing chronic pain and the associated issues that may arise with it. They provide different self-help methods and improve understanding of pain and how it can affect us in different ways.

[www.flippinpain.co.uk](http://www.flippinpain.co.uk)  
[livewellwithpain.co.uk](http://livewellwithpain.co.uk)  
[painconcern.org.uk](http://painconcern.org.uk)  
[livingwellpain.net](http://livingwellpain.net)