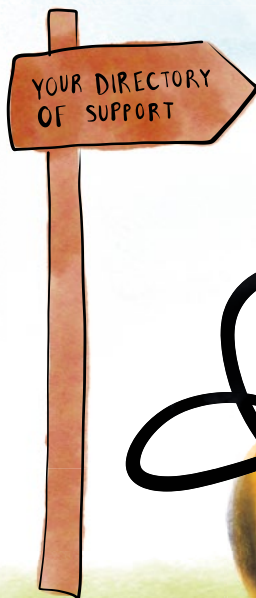




# bee free

## A support hive for mind and movement

Discover ways to boost your mental health and  
live well despite long-term pain



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# Overview

**This directory / website resource has been co-produced in partnership with volunteers, service users and carers, Keele University, MIND (a mental health charity), Midlands Partnership NHS Foundation Trust and The Q Improvement Lab bringing people and organisations together to explore, develop and test ideas to make progress on health and care.**

**This is part of a project designed to improve the awareness of and support for mental health needs of people living with persistent neck and back pain.**

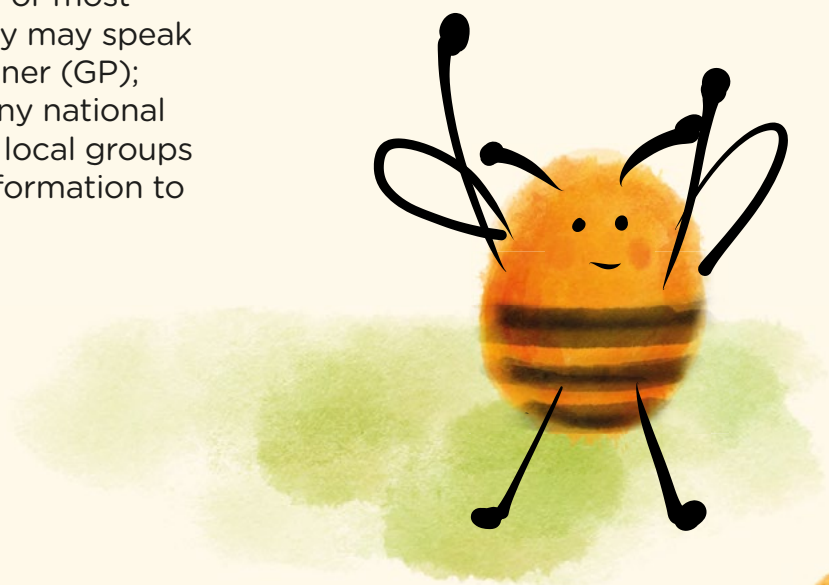
Many people who have mental health problems are able to recover if they get the right sort of help and support. People can often feel much better and more positive about themselves and the future once they have sought treatment. Being in pain for a long time can make you feel sad, depressed and worried as well as isolated and fearful. When you are sad, low or worried your pain can feel worse too.

One of the biggest hurdles to overcome is that first step 'recognising that you may need help' and then taking the first steps to finding help. For most people the first person they may speak to is their General Practitioner (GP); however there are also many national support organisations and local groups that provide advice and information to support wellbeing.

There are things that you can do to manage your pain and mood. They won't take the pain away but can improve your day to day life. Information contained within this directory will help you, families and carers find the services to support wellbeing.

Think about what has helped you in the past when you have felt stressed or overwhelmed. It could be yoga, relaxation, mindfulness, trying a new recipe, talking with a friend, distracting yourself with a puzzle, making time for self-soothing (taking a bath for example). What helps will be different from person to person - use what works for you.

Visit our website [www.beefree.org.uk](http://www.beefree.org.uk) where we will introduce you to five ways to help yourself (Hive Five).



# Coronavirus - physical distancing and the potential impact on our health and wellbeing

Coronavirus has changed life as we know. We have all made huge changes to the way we work, exercise, socialise, shop, manage our health and wellbeing, educate our children and take care of family and friends.

More information and guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19) can be found [here](#).

For more information click here (text sits behind the link) We have seen our people coming together; chatting with neighbours at social distance over the fence or the balcony, shopping for family and friends who were shielding.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried and anxious or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face. People who already have mental health conditions can face increasing challenges at this time, particularly in education, in work and when seeking work or when trying to access care for their physical and mental health needs.

You may feel a sense of loneliness which is having a knock on effect on your mental health. If you are struggling with anxiety and depression and feel that you may harm yourself; don't feel you are alone, there is help and support for you. If you need to get help urgently please click [here](#) for advice. No judgement, just simple understanding.

It is important that we rest in order to help us feel as refreshed as we can and to recharge our batteries. We know that rest is important, but it's particularly true given the current pandemic. For a range of different reasons many of us have felt under strain over the past months and may be feeling exhausted.





## Take time to rest and unwind...

When we think about rest we may sit back and do nothing and think that's what rest is. It can feel difficult doing nothing and we may try it and still feel unrested and think it is not working.

We may wake after sleeping still feeling exhausted. The issue is likely not to be sleep but a combination of things that can affect our wellness which can be overlooked in the hope that they will go away.

If you feel like you are tired and struggling to keep your eyes open, even walking to bed may feel like moving through quicksand. The most common form of rest is sleep, so think about going to bed a little earlier, if possible. This probably sounds pretty obvious, but catching up on rest can also mean taking deep breaths during the work day, or making time for a virtual yoga class to give your body a stretch. You may also wish to consider other gentle movements such as a short walk, mild physical exercise or try out meditation.

Getting the proper type of rest requires us to think about what we may be missing, for example if it may be mental rest that we are missing out on, we might have difficulty with concentration. You may realise you've been staring at the same page of a book for 10 minutes, or just sent an email that didn't make sense. The next time you need a break, you could try to turn off your screen and take a few moments to relax.

It is important to take regular breaks but that is easier said than done, perhaps consider ways you could add in some rest during the day, maybe stopping to take time to eat together with those around you. Talk to friends and family and say how you are feeling, they are probably feeling the same and would welcome a chat.

How you choose to rest is very personal to you and will very much depend on your needs. For some, this may mean watching television, catching up on box-sets, whilst others prefer to catch up with an old friend or simply spending time alone doing what you enjoy the most.

Chances are you are using your creativity more than you think, enjoying everyday activities such as gardening, baking, cooking, arts and crafts, going for a walk, jigsaw and crossword puzzles, or getting engrossed in a book. Try out new recipes - have a virtual 'bake - off' competition with your friends. Learn a new skill - try your hand at painting, knitting, starting a personal journal or simply daydream for a little while - we are all tapping into our creative side.

For some, faith is a great healer. That could mean practicing your religion if you have one, or seeking out your religion. We all have our individual ways of coping, time spent in nature and also meditations are other potential opportunities for spiritual rest.

Over the recent months we have been reliant on technology to enable us to communicate to friends and family and to work from home. If you are working from home you will know the importance of a good work life balance. Be kind to yourself, consider taking a night off from technology and give your eyes a rest. Instead, relax with aromatherapy or scented candles and unwind.

**Please note: As a result of COVID 19 pandemic some organisations may not be operating or may have limited capacity to operate normally. It is advised you check with them before turning up.**

# Sleeping well

**Pain can disturb sleep and can impact on your mood, making pain worse. Sleeping well is important for your physical and mental health which enables your body to repair and be fit and ready for another day. Getting quality sleep is one of the best things you can do for your health.**

Being worried or anxious can cause sleep difficulties, which can then cause more anxiety and the lack of concentration. Not sleeping at night, sleeping during the day and waking early in the morning are common and affect many of us. Worrying about the lack of sleep does not help; instead try to find ways that relax your mind before going to bed.

Below are a few tips for getting a good night's sleep:

- ✓ Writing a 'to do' list for the next day can organize your thoughts and clear your mind of any distractions
- ✓ A warm bath will help your body reach a temperature that's ideal for rest
- ✓ Relaxation exercises such as light yoga help to relax the muscles
- ✓ Reading a book or listening to music relaxes the mind
- ✓ Create a restful sleeping environment
- ✓ Reduce caffeine especially in the evenings
- ✓ Have a regular 'going to bed' routine
- ✓ Nicotine is a stimulant - reduce your smoking if you can
- ✓ Avoid alcohol as this can cause disrupted sleep
- ✓ Undertake exercise regularly - such as swimming and walking



Information on self-help resources that you can access and use immediately to help yourself or while you wait for further support can be found here.

## Healthy Sleep

Recognising the importance of sleep for your physical and mental health

[www.healthline.com](http://www.healthline.com)

## Sleep information (ARUK)

[www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/sleep-and-pain](http://www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/sleep-and-pain)

## Bed buyers guide (Sleep council)

[sleepcouncil.org.uk/time-new-mattress](http://sleepcouncil.org.uk/time-new-mattress)

## Stop smoking (NHS)

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## Anxiety and low mood

[www.patient.info/health/anxiety](http://www.patient.info/health/anxiety)

[www.patient.info/health/depression-leaflet](http://www.patient.info/health/depression-leaflet)

## Sleepio

Sleepio is scientifically proven to help you sleep well without tablets (there is a fee for this)

[www.sleepio.com](http://www.sleepio.com)

## Reading

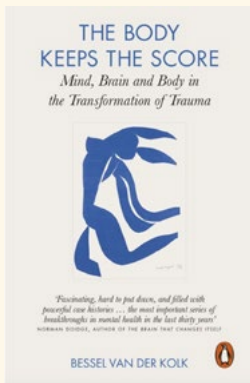
Reading can be a wonderful and healthy escape from the stress of everyday life. Simply by opening a book, you allow yourself to be invited into a world that distracts you from your daily stress. Reading can relax your body by lowering your heart rate and easing the tension in your muscles. It doesn't have to be a bestselling novel, if you enjoy gardening, a gardening magazine or browse through a cookery book all of which can help you to relax. Dedicate 30 minutes to read every day in a quiet place where you won't be interrupted.

Listening to audiobooks has many benefits including relaxation and can also boost your mental health. Just like reading books, listening to audiobooks can also reduce stress and calm the mind. Many people listen to audiobooks at bedtime, helping them to fall asleep and improve the quality of sleep. BBC Sounds app is a great way to listen to BBC audio on your mobile or tablet; be it your favorite programs, podcasts, radio station and music all in one place.

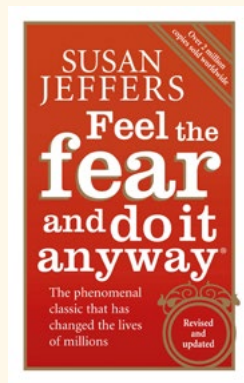
[www.bbc.co.uk/sounds/help/questions/getting-started-with-bbc-sounds/sounds-intro](http://www.bbc.co.uk/sounds/help/questions/getting-started-with-bbc-sounds/sounds-intro)

A selection of professionally recommended mindfulness books is available which you may like to try for yourself. *See next page*





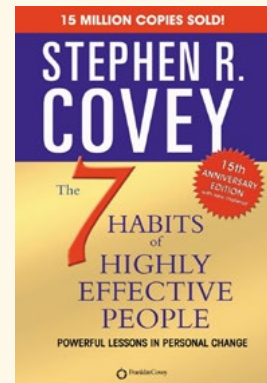
The Body Keeps the Score; Brain, Mind and Body in the Healing of Trauma  
**Dr Bessel van der Kolk**



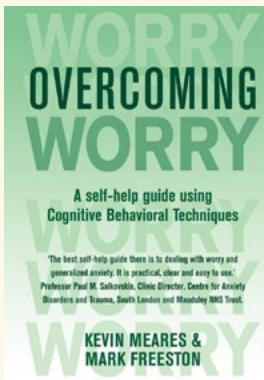
Feel the Fear And Do It Anyway  
**Susan Jeffers**  
(Anxiety)



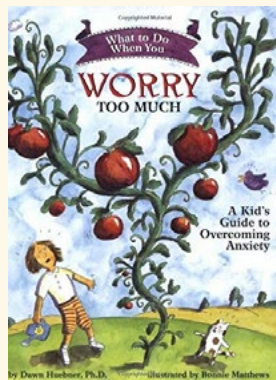
The Chimp Paradox  
**Prof. Steve Peters**  
(Mind management)



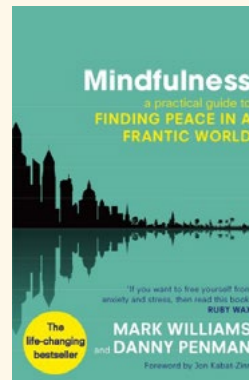
The 7 Habits of Highly Effective People  
**Stephen R. Covey**  
(Work-life balance)



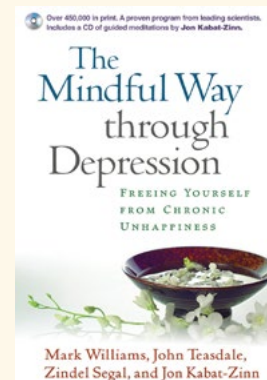
The Overcoming series  
**Various Authors**  
(Worry and generalised anxiety, improving self-esteem, coping with depression)



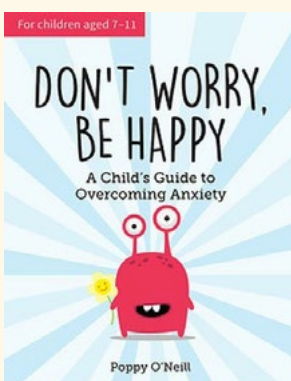
What To Do When... series  
**Dawn Huebner**  
(Books for children and adolescents)



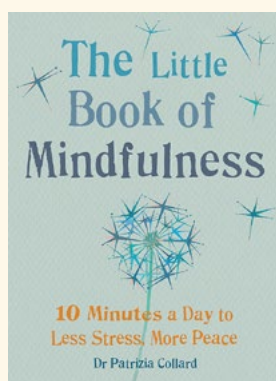
Mindfulness: A practical guide to finding peace in a frantic world  
**Prof Mark Williams, Dr Danny Penman**  
(Meditation / relaxation exercises)



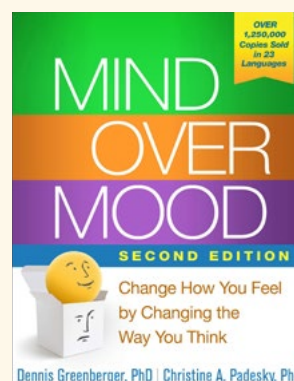
The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness  
**Prof Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn**  
(meditation / relaxation exercises)



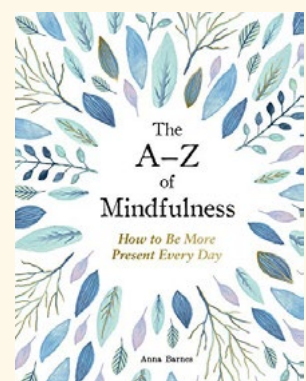
Don't Worry, Be Happy: A child's guide to overcoming anxiety  
**Poppy O'Neill**



The Little Book of Mindfulness: 10 minutes a day to less stress  
**Patrizia Collard**



Mind Over Mood: Change how you feel by changing the way you think  
**Dennis Greenberger**



The A-Z of Mindfulness; How to be more present every day  
**Anna Barnes**





# Eating well

**Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.**

Fresh fruit and vegetables contain all the things you need to keep you healthy and your immune system happy. Eat plenty and try to include as many different colours of fruit and vegetables as you can to ensure you benefit from the full range of nutrients.

Try to include food from each of the four main food groups every day:

- Bread and cereals
- Fruit and vegetables
- Dairy products such as milk, cheese and yoghurt
- Meat, fish, eggs, pulses (peas, beans and lentils) and nuts

Further information can be found at:

## **Eat Well Guide**

[www.patient.info/health/depression-leaflet](http://www.patient.info/health/depression-leaflet)

## **Eat Well - NHS**

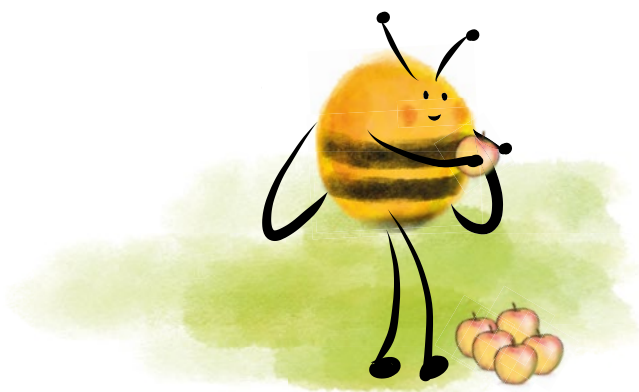
[www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)

Eat a well-balanced diet with a good calcium supply. Calcium is important for strong bones. Foods that give you the best calcium are; milk, cheese and yoghurts. Also good are bread, green leafy vegetables such as cabbage, baked beans and fish with soft bones such as sardines.

- Try not to skip breakfast
- Do not get thirsty - keep hydrated by drinking water
- Base your meals on things like brown rice
- Aim to eat at least 5 portions of a range of fruit and vegetables every day - that's 5 portions of fruit and veg in total
- Eat more fish, including one portion of fish a week such as tuna or salmon
- Cut down on saturated fat (the kind of fat found in butter and lard and fatty cuts of meat) and sugar for example sugary drinks, cakes and biscuits
- Eat less salt
- Be active and aim for a healthy weight

The British Dietetics Association has loads of simple advice on how to eat well.

[www.bda.uk.com/resource/healthy-eating.html](http://www.bda.uk.com/resource/healthy-eating.html)



# Staying hydrated

The importance of drinking enough water is essential not only for your physical health, but for your mental health as well. The human body needs water to survive, every organ and cell needs to stay hydrated in order for the body to function as its best.

A good way to determine if you need to drink more water is to check the colour of your urine. The darker your urine is the more water you need to drink. If your urine is light or has no colour, then you are well hydrated. Other signs of dehydration include tiredness, dry mouth, headache, and dizziness

Some people struggle to drink water because they don't like the taste. Try changing the taste by adding fruit such as lemon, cucumber or mint.

The benefits of staying hydrated:

- ✓ **Increase in Energy and Improved Productivity** – Dehydration can cause tiredness and can affect how your brain works. If you're feeling like your thinking skills aren't at their usual speed it may be time to drink some water
- ✓ **Improved Physical Performance** – Physical activity causes your body to lose a lot of fluids. Staying hydrated before, during, and after exercise can make your workout feel better. Water can keep your performance up while exercising and prevent tiredness after.
- ✓ **Weight Loss** – Sometimes when you feel hungry, it may be because your body simply needs water. Drinking water will not satisfy hunger but it can help to control the calories day to day. The next time you feel hungry, try drinking water first and it may surprise you.
- ✓ **Mood Booster** – When your body is hydrated it is performing well which helps to put you in a good mood. If you notice yourself slipping into a bad mood drinking water can help.
- ✓ **Headache Prevention** – Headaches are often due to not drinking enough and can be relieved by drinking water. It's important to stay hydrated to avoid headaches and migraines, particularly if you are likely to get them.



# Getting active

Regular physical activity and exercise is important for mind and body. You may worry that activity makes pain worse, but it isn't always the case, if you're not used to being active - remember to start slowly. Remember exercise should not be painful.

Any increase in activity will be good for you; swimming, walking, exercise classes, yoga and gardening are all good examples. It's important to choose activities that you enjoy which will keep you motivated and can easily be built into your everyday life. It doesn't have to be a big change to your daily habits, but it could make a big difference on your health.

Below are a few tips to increase your activity:

- Take a walk - around the block
- Climb the stairs more often
- Weed the garden
- Avoid sitting for long periods of time
- Walk to the local shops whenever you can



More information can be found at:

## Walking for Health

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

## U3A (University of the Third Age)

[www.u3a.org.uk](http://www.u3a.org.uk)

## Ageing Well in Stoke on Trent / Age UK Staffordshire

[www.ageuk.org.uk/staffordshire/activities-and-events/exercise-and-staying-active-for-older-people/ageing-well](http://www.ageuk.org.uk/staffordshire/activities-and-events/exercise-and-staying-active-for-older-people/ageing-well)

## Gentle Exercise classes - Age UK Staffordshire

[www.ageuk.org.uk/staffordshire/activities-and-events/exercise-and-staying-active-for-older-people/ageing-well](http://www.ageuk.org.uk/staffordshire/activities-and-events/exercise-and-staying-active-for-older-people/ageing-well)

## NHS Couch to 5k - a running plan for absolute beginners

[www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k](http://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k)

## NHS Fitness Studio - free online fitness videos, aerobics, strength and resistance videos, pilates and yoga videos

[www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)

## Vitamin D

Vitamin D is an essential nutrient that your body needs to keep bones, teeth and muscles healthy. A lack of vitamin D can lead to bone deformities.

Vitamin D is often referred to as “the sunshine vitamin” because the sun is one of the best sources of this nutrient. Take precautions, but 15 – 20 minutes of sunlight on arms, hands and face each day during the summer will enable your body to store vitamin D.

Calcium is lost from bone and makes it more fragile and more likely to break. Bone strength is formed in childhood and young adulthood. After the age of 35, bone begins to lose strength. After the menopause, the rate of the loss of bone strength increases, but men are affected by Osteoporosis too.

Osteoporosis Exercises for Strong Bones:

[www.nof.org/patients/treatment/exercisesafe-movement/osteoporosis-exercise-for-strong-bones](http://www.nof.org/patients/treatment/exercisesafe-movement/osteoporosis-exercise-for-strong-bones)

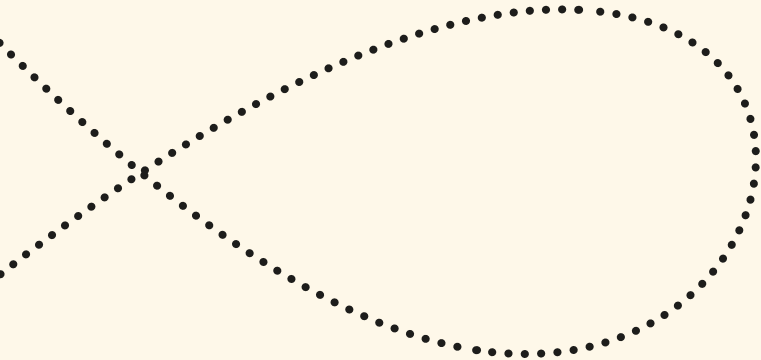
[www.nhs.uk/live-well/exercise/exercises-for-strong-bones](http://www.nhs.uk/live-well/exercise/exercises-for-strong-bones)

## Weight-bearing exercise

High, medium and low-impact weight-bearing exercises can help build bones and keep them strong. If you have broken a bone due to osteoporosis or are at risk of breaking a bone, you may need to avoid high impact exercises. If you are not sure, you should check with your healthcare provider.

[www.nof.org/preventing-fractures/exercise-to-stay-healthy/weight-bearing](http://www.nof.org/preventing-fractures/exercise-to-stay-healthy/weight-bearing)

Further information and support can be found here on the [Royal Osteoporosis Society](http://www.royalosteoporosisociety.org.uk) website.





# Gardening and Nature

Gardens no matter how small are a connection to nature and a place to mend and recuperate. Gentle exercise and peace of mind can help the healing process and what better place to access both than in a garden.

The benefits of spending time in nature have been widely known and more recently stressed as a beneficial activity during the lockdown period of the coronavirus pandemic.

Nurturing plants and flowers, growing vegetables from seed or simply walking in a garden encourages a feeling of well-being. There are many restorative qualities of gardening whether in your own garden or as a group activity is well worth considering as an aid to wellbeing.

“We know that gardening is good for you. It is fantastic all-round exercise”

Monty Don



More information can be found at:

## Health Talk – 8 surprising health benefits to gardening

[healthtalk.unhealthcare.org/health-benefits-of-gardening](https://healthtalk.unhealthcare.org/health-benefits-of-gardening)

## Carry on Gardening -

[www.carryongardening.org.uk](https://www.carryongardening.org.uk)

## Support Staffordshire

[www.supportstaffordshire.org.uk/search/node/gardening](https://www.supportstaffordshire.org.uk/search/node/gardening)

## Active Cheshire

[activecheshire.org/news/gardening-improves-the-lives-of-local-people-during-covid-19/](https://activecheshire.org/news/gardening-improves-the-lives-of-local-people-during-covid-19/)

## National Garden Scheme

[ngs.org.uk/gardens-and-health-week/](https://ngs.org.uk/gardens-and-health-week/)

## Hollybush Garden

[www.hollybush-garden.com/growing-together-lets-get-social](https://www.hollybush-garden.com/growing-together-lets-get-social)

## Growthpoint

[www.combined.nhs.uk/our-services/adult-community/growthpoint-kniveden/](https://www.combined.nhs.uk/our-services/adult-community/growthpoint-kniveden/)

## RHS inspiring everyone to grow

[www.rhs.org.uk/advice/health-and-wellbeing](https://www.rhs.org.uk/advice/health-and-wellbeing)

## Staffordshire Wildlife

[www.staffs-wildlife.org.uk/news/new-report-reveals-prescribing-nature-excellent-value-money](https://www.staffs-wildlife.org.uk/news/new-report-reveals-prescribing-nature-excellent-value-money)

## Public gardens

Public gardens are great places to visit if you just want to spend some time in nature. Walking through beautiful gardens is good for taking mild exercise and improving mental wellbeing. It can be a great reason for starting your own gardening experience enriching your life with growth and colour.

### Trentham Gardens

[www.trentham.co.uk/  
trentham-gardens](http://www.trentham.co.uk/trentham-gardens)

### Dorothy Clive Garden

[dorothyclivegarden.co.uk](http://dorothyclivegarden.co.uk)

### Rode Hall

[www.rodehall.co.uk](http://www.rodehall.co.uk)

### Shugborough Estate

[www.nationaltrust.org.uk/  
shugborough-estate](http://www.nationaltrust.org.uk/shugborough-estate)

### National Garden Scheme

[ngs.org.uk](http://ngs.org.uk)

### Chatsworth

[www.chatsworth.org/garden](http://www.chatsworth.org/garden)

### National Trust

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

## Nature

Nature is important to our health – daily contact with nature is linked to better health, reduced stress and a general feeling of wellbeing.

Humans have needed to survive and thrive since we first arrived on the planet and everything we needed was provided by the natural world around us: food, water, medicine, nutrients, materials for shelter and natural cycles such as climate and the changing seasons. If we take the time to look around we can see that nature provides us with wonderful views, green open spaces, woods and forests, the sound of birds singing or the wind as it moves through the trees. The gentle trickle of a stream soothes and calms the mind or the rushing of a river reminds us to listen and enjoy the constant contribution nature makes to our planet.

It is easy to think that nature will always be with us but every day we are hearing about animals, birds, insects and plants being listed as endangered. Wildlife on our planet is on the decline and however smart we have become as a species without nature we cannot survive. Engage with the natural world whenever you can. The healing properties of time spent in nature are underestimated as we have become consumed with our busy lives. Take a moment to relax and observe the beauty that is all around us. It is a precious thing available to enjoy whenever we need to unwind.

“Look deep  
into nature,  
and then you  
will understand  
everything better”

Albert Einstein

Ways to engage with nature:

- Pack a backpack and head for the hills or follow a nature trail
- Prepare a picnic basket and visit a local park
- Go walking on the beach
- Walk the dog in some nice natural surroundings
- Lay on the grass and watch the clouds float by
- Take up gardening or just sit quietly in your garden
- Visit a forest and enjoy the beauty of trees
- Listen to the birds and the gentle hum of the insects
- Walk in urban surroundings and appreciate other people's gardens

Nature is on our doorstep all year round, even in winter wrap up warm and enjoy the icy landscape. The miracle of the changing seasons holds its own magic and brings a different kind of healing throughout the year. If you live in the country or by the sea make the most of your environment. If you live in a city try to seek out nature in your area, it is never far away...

More information can be found at:

[www.bbc.co.uk/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness#:~:text=According%20to%20Dr%20Richardson%20there,attention%20capacity%20and%20mental%20fatigue](http://www.bbc.co.uk/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness#:~:text=According%20to%20Dr%20Richardson%20there,attention%20capacity%20and%20mental%20fatigue)

[positivepsychology.com/positive-effects-of-nature](http://positivepsychology.com/positive-effects-of-nature)

[friendsoftheearth.uk](http://friendsoftheearth.uk)

[www.wwf.org.uk/what-we-do/valuing-nature](http://www.wwf.org.uk/what-we-do/valuing-nature)

[www.open.edu/openlearn/nature-environment/valuing-nature-assessing-its-benefits-and-why-we-need-care](http://www.open.edu/openlearn/nature-environment/valuing-nature-assessing-its-benefits-and-why-we-need-care)

[www.gov.uk/government/speeches/healthcare-for-planets-and-humans-why-looking-after-nature-is-good-for-mind-body-and-the-nhs](http://www.gov.uk/government/speeches/healthcare-for-planets-and-humans-why-looking-after-nature-is-good-for-mind-body-and-the-nhs)



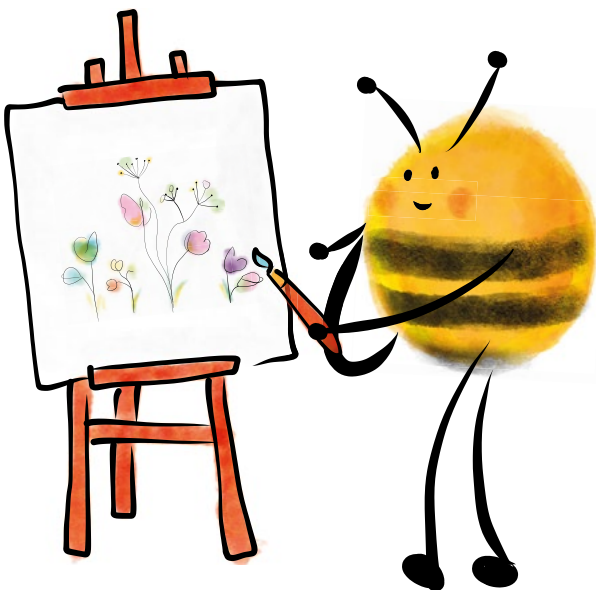
# Getting creative

Don't let pain and mood stop you doing the things that you enjoy. Both of these can impact on our creativity. Poor concentration, low confidence, lack of energy or motivation can affect us and make it difficult to begin or complete creative tasks.

Be kind to yourself. You may feel that the results of your creativity are not good enough - with creativity it's the process that matters, rather than the end result. If a creative activity leaves you feeling stressed, angry or upset it may be that this activity is not for you at this time. Give yourself a break or try something new. Whatever you do creatively, congratulate yourself on making the effort to try something different.

We are all creative, it's just that we express our creativity in different ways. Try to find what suits you and your lifestyle. There are many things to choose from:

- **Craft activities** - knitting, crochet, embroidery and sewing requires concentration which may help to calm an anxious mind.
- **Cooking** - Turning simple ingredients into something delicious uses your brain in a creative way.
- **Visual Arts** - There are lots of things to discover, drawing, painting, clay making are just a few. Photography using your phone is a great way of being creative especially in natural surroundings. Colouring and doodling can be a useful tool for helping to relieve stress and anxiety.
- **Writing** - All forms of writing can help you to express yourself and to use your mind creatively. Examples of creative writing could include starting a diary or journal where you can look back on your good days for inspiration. Poetry is a great way to get your creative juices flowing, just a few lines will get you started.



“Creativity is contagious, pass it on”

Albert Einstein



- **Puzzles** – Problem solving is a creative act and there are a wide range that you can try, either on your own or with company. Jigsaws, crosswords, scrabble and Sudoku are just a few.
- **Music** – Learning to play an instrument is well worth trying. If that's not for you, what about singing? It can make you feel good and cheer you up.
- **Movement** – As well as physical activity movements there are also various forms of dancing you can try, even if it's in your own kitchen!

Some of the benefits of creativity:

- ✓ Increased confidence
- ✓ Stress and anxiety relief
- ✓ New ideas
- ✓ Self-expression
- ✓ A greater sense of freedom
- ✓ Feeling of pride
- ✓ Inventiveness
- ✓ Promotes thinking and problem solving
- ✓ Let's you have fun

Find more information of good ideas about getting creative from the organisations and from your local community noticeboards:

### University of the Third Age

Founded in 1982, [u3a](#) is a UK-wide movement of locally-run interest groups that provide a wide range of opportunities to come together to learn for fun. Members explore new ideas, skills and activities together.

There are 1,057 u3as with over 450,000 members; membership costs less than £20 on average per year and is open to everyone who's no longer in full-time work.

### Staffordshire County Council

Community Learning Courses offer a broad range of subjects for example; arts and crafts, languages, family history and much more.

[communitylearning@staffordshire.gov.uk](#)

### AgeUK Classes and Courses

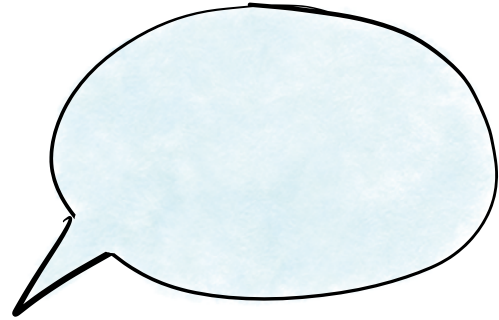
[www.ageuk.org.uk/information-advice/work-learning/education-training/classes-and-courses](http://www.ageuk.org.uk/information-advice/work-learning/education-training/classes-and-courses)

### Stoke on Trent City Council

Links to activities taking place for people of all ages

[www.stoke.gov.uk/site](http://www.stoke.gov.uk/site)

# Getting talking



Sometimes it's hard to tell your friends and family how you are feeling. Bottling up feelings can often make things feel worse.

Talking therapies also known as Psychological Therapies can help with common problems like stress, anxiety and depression.

**Cognitive Behavioural Therapy** often shortened to CBT works by changing people's attitudes and their behaviour by focusing on thoughts, images, beliefs and attitudes.

[www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-\(cbt\)](http://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-(cbt))

**NHS Apps Library** Find Apps and online tools to help you manage your health and wellbeing. Majority is free but charges may apply for some apps.

[www.nhs.uk/apps-library](http://www.nhs.uk/apps-library)

**SilverCloud Health** provides accessible, digital behavioural healthcare.

[www.silvercloudhealth.com/uk](http://www.silvercloudhealth.com/uk)

**Moodgym** is like an interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.

[www.moodgym.com.au](http://www.moodgym.com.au)

**Headspace** (relaxation exercises) provides tools and resources to look after your mind and help you get back on your feet.

[headspace.com](http://headspace.com)

**Work Guru** provides you with the tools you and your staff need to build mental resilience, manage stress and have a more rewarding and productive working life.

[www.workguru.org](http://www.workguru.org)

**Mind** explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

[www.mind.org.uk](http://www.mind.org.uk)

**The NHS Apps Library** apps to help reduce stress and anxiety (there is a fee for some of these apps).

[www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health)

**Time to change** a campaign to change the way people think and act about mental health problems.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**Royal College of Psychiatrists** a range of information; readable, user-friendly and evidenced based information on mental health problems, treatments and other topics, written by Psychiatrists with help from patients and carers.

[www.rcpsych.ac.uk/mental-health](http://www.rcpsych.ac.uk/mental-health)

# Coping with sadness and loss

Every time there is a big change in our lives, such as sadness and loss we experience a range of feelings. It can be a confusing and frightening time.

Coping with sadness and loss of someone or something is hard and there is no right or wrong way to grieve. We each have a different way to cope and

share feelings. Talking and sharing your feelings with someone can help.

There are people who are known as Counsellors that can help you to understand and make sense of what you are feeling and thoughts which can range from anger, blame, shock and denial.

Find support available to you:

**The Dove Service** works across Stoke on Trent and North Staffordshire offering counselling and support to those struggling with the impact of bereavement, significant loss or life changing/limiting illness.

**Tel: 01782 683155 / 683153**

**Cruse Bereavement Care** Free phone National Helpline - Staffed by trained volunteers, who offer emotional support.

Helpline is open 9.30am–5pm Monday to Friday (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings until 8pm.

**Tel: 0808 808 1677**

**Staffordshire Mental Health Helpline** – offering emotional support for people concerned about their mental health or that of someone they know.

**Tel: 0808 800 2234**

**Text: 07860 022821**

**Email: [staffordshire.helpline@brighter-futures.org.uk](mailto:staffordshire.helpline@brighter-futures.org.uk)**

**Online chat:**

**[www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)**

Your local mental health providers have 24/7 urgent NHS mental health support, advice and triage available. Calls are free from all landlines and mobile networks. We're here to support you.

**[mpft.nhs.uk/emergency-help](http://mpft.nhs.uk/emergency-help)**

If you live in **South Staffordshire**, Telephone: **0808 196 3002**

If you live in **Shropshire and Telford & Wrekin**, Telephone: **0808 196 4501**

If you live in **North Staffordshire**, Telephone: **0300 123 0907**

**NHS Support**

**[www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement](http://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement)**

**Survivors of Bereavement by Suicide (SOBS)** aim to provide a safe confidential environment for bereaved people, to share their experiences and feelings.

**National Helpline: 0300 111 5065**  
(open 9am–9pm)

**[www.uksobs.org](http://www.uksobs.org)**

# Where to get help for self-harm

It's important to know that support is available for anyone who self-harms (deliberate injury to oneself) or thinks about self-harm, as well as their friends and family.

It is best to speak to a General Practitioner (a doctor) about self-harm, you may also find it helpful to speak to a free-listening service or support organisations which offer confidential (trusted with a private) advice from trained volunteers. You can talk about anything that's upsetting you no matter how hard this may feel.

If you need **urgent help now** for a mental crisis or emergency and are not able to speak to your local NHS urgent mental health helpline call **111** or call your GP and ask for an emergency appointment.

If you have seriously harmed yourself - for example, by taking a drug overdose, call **999** for an ambulance or go straight to Accident and Emergency or ask someone else to call **999** or take you to Accident and Emergency.

Free helplines for when you're feeling unhappy and need help. Unless stated otherwise, they're open 24 hours a day, every day.

Call **116 123** to talk to **Samaritans** (24 hours a day, 365 days a year) or email [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

Text "**SHOUT**" to **85258** to contact the **Shout Crisis Text Line** or text "**YM**" if you're under 19

If you're under 19, you can also call **0800 1111** to talk to **Childline**. The number will not appear on your phone bill.

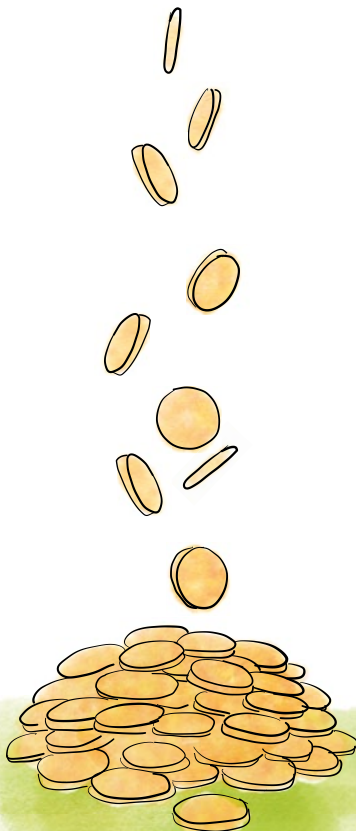
Call **0300 304 7000** to talk to **SANeline** (open every day of the year from 4.30pm to 10.30pm)





# Money matters

Worrying about money and budgeting can have an impact on our health and wellbeing which can get worse during difficult times.



You are not alone. There are organisations and support groups to help and advise you to keep financially safe.

## **Finding a new job**

The [finding a job page](#) of GOV.UK provides lots of advice for people looking for work, including tips on writing a CV, planning your job hunt and applying for jobs online.

## **Citizens Advice**

[www.citizensadvice.org.uk/debt-and-money/getting-financial-advice](http://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice)

## **Age UK - Money & Legal**

Help with benefits, managing your money, avoiding scams and dealing with legal issues

[www.ageuk.org.uk/information-advice/money-legal](http://www.ageuk.org.uk/information-advice/money-legal)

**Step Change** - Free impartial advice to help

[www.stepchange.org](http://www.stepchange.org)

**The Money Advice Service** - free and impartial money advice set up by the Government

[www.moneyadviceservice.org.uk/en](http://www.moneyadviceservice.org.uk/en)

## **National Debtline**

[www.nationaldebtline.org](http://www.nationaldebtline.org)

# Domestic violence and abuse

Domestic violence or abuse can happen to anyone. Domestic violence, also called domestic abuse includes physical, emotional and sexual abuse in couple relationships or between family members.

Domestic violence and abuse can happen to men or women and includes the following types of abuse:

- ✓ Psychological
- ✓ Physical
- ✓ Sexual
- ✓ Financial
- ✓ Emotional

If you have been affected it is important to know there are organisations that can give you advice and help. If you are the victim of an abusive relationship you may need somewhere safe to stay, either alone or with your children. Refuges provide somewhere safe for people and their children to stay and to think about what to do next.

Further information:

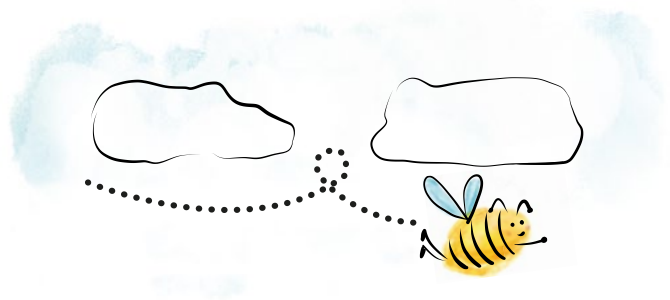
## Support for Women

The [National Domestic Abuse Helpline](#) is a **free phone 24 hour helpline** which provides advice and support to women and can refer them to emergency accommodation. You can contact them on **0808 2000 247**.

## Support for Men

Call the [Men's Advice Line](#) on **0808 8010327** that will provide you with practical advice and information.

Free from landlines and mobile phones within the UK. Your call will not appear on itemized bills. You can also call free from BT pay phones.



## Support for those responsible for abuse

**Glow** provides a range of services for adults aimed at promoting healthy relationships. Their preventative services are available for anyone using violence and abuse in their relationship and who wants to change their behaviour.

They provide a range of support options to help you stop hurting the ones that you love. Most importantly, their help is there for you if you want to change.

Need someone to talk to? Contact them on: **0330 0945 559**

# Support and help for addiction

If you have an addiction, you're not alone. Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.

Addiction is most commonly associated with gambling, drugs, alcohol and nicotine, but it's possible to be addicted to just about anything.

There are lots of reasons why addictions begin. In the case of drugs, alcohol and nicotine, these substances affect the way you feel, both physically and mentally. These feelings can be enjoyable and create a powerful urge to use the substances again.

Gambling may result in a similar "high" after a win, followed by a strong urge to try again and recreate that feeling. This can develop into a habit that becomes very hard to stop.

Further information:

To speak to someone in confidence about any type of addiction, you can call the **Samaritans** for free on **116 123**.

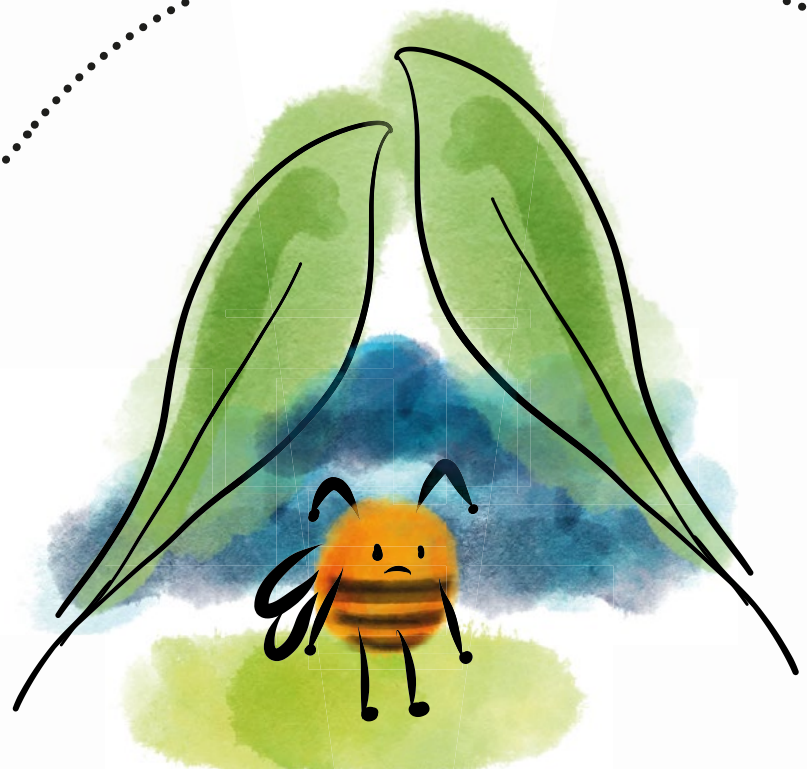
The following links have more information about the treatment, support and advice available for dealing with:

[Drug Addiction](#)

[Alcohol Support](#)

[Stop Smoking](#)

[Gambling](#)



# Housing and mental health

It can sometimes feel really difficult to ask for help with housing problems, but there are people you can talk to who will be able to help and advise you whatever the problem.

There may be a range of reasons why you're experiencing problems in your current home. Disability or health problems which may be made worse by the property, struggling with a relationship breakdown or unable to pay the bills and rent / mortgage only add to the worry.

It is important you talk to someone who can advise and help you. The Housing Advice Charity [Shelter](#) will offer you free local advice on:

- ✓ Homelessness
- ✓ Private renting
- ✓ Tenancy deposits
- ✓ Mortgage repossession
- ✓ Eviction
- ✓ Repairs
- ✓ Benefits
- ✓ Council housing

Your **Local Authority** and **Citizens Advice** will also advise on many kinds of housing problems.

If you are worried about someone you know who is homeless or sleeping rough please contact [Brighter Futures](#) on **01782 406000**.





# Arthritis and self-help resources

Self-help resources can be a way of people getting some initial support, strategies or information around a particular difficulty.

Arthritis causes pain and inflammation and you don't need to face this alone. For A-Z information on conditions such as rheumatoid arthritis, osteoarthritis, gout, fibromyalgia and many more plus treatments and exercises search [Versus Arthritis](#) or call the helpline on: **0800 5200 520**.

## [Midlands Partnership NHS Foundation Trust - Self Help Guides \(ntw.nhs.uk\)](#)

Click on the link to access the self-help resources as listed below:

- ✓ Abuse
- ✓ Depression and Low Mood
- ✓ Hearing Voices
- ✓ Prisoner Anxiety
- ✓ Alcohol and You
- ✓ Domestic Violence
- ✓ Obsessions and Compulsions
- ✓ Prisoner Depression and Low Mood
- ✓ Anxiety
- ✓ Eating Disorders
- ✓ Panic
- ✓ Prisoner Post-Traumatic Stress
- ✓ Bereavement
- ✓ Food for Thought
- ✓ Post-Traumatic Stress
- ✓ Self-Harm
- ✓ Controlling Anger
- ✓ Health Anxiety
- ✓ Postnatal Depression
- ✓ Shyness and Social Anxiety



# Musculoskeletal self-management resource

This term is general and includes people who suffer with muscle and joint problems, back pain and arthritis.

This resource was put together as part of the MSK-Tracker project funded by Versus Arthritis, led by Dr Jonathan Hill at Keele University.



## Spinal

### Neck

#### Neck pain booklet

[www.versusarthritis.org/media/22277/neck-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22277/neck-pain-information-booklet.pdf)

### General

A website with lots of information leaflets about back pain, neck pain and whiplash

[backcare.org.uk/i-have-back-or-neck-pain/library/](http://backcare.org.uk/i-have-back-or-neck-pain/library/)

### Back

First-line resource for people with back pain (Keele)

[startback.hfac.keele.ac.uk/patients](http://startback.hfac.keele.ac.uk/patients)

Back pain booklet

[www.versusarthritis.org/media/22270/back-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22270/back-pain-information-booklet.pdf)

CSP back pain animation (CSP)

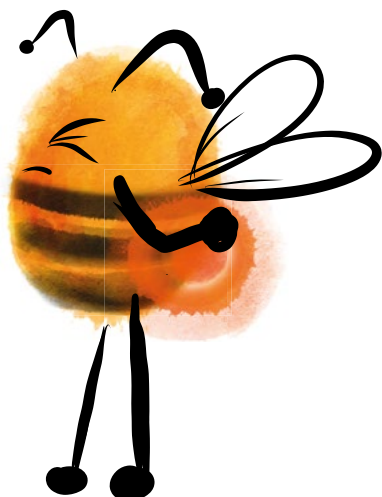
[www.youtube.com/watch?time\\_continue=6&v=24P7cTQjsVM](http://www.youtube.com/watch?time_continue=6&v=24P7cTQjsVM)

Doc Mike Evans animation (Canadian doctor)

[www.youtube.com/watch?v=BOjTegn9RuY&t=10s](http://www.youtube.com/watch?v=BOjTegn9RuY&t=10s)

The truth about back pain video (Keele University and AXA PPP)

[www.youtube.com/watch?v=b-cBtPSf0Hc](http://www.youtube.com/watch?v=b-cBtPSf0Hc)



## Upper limb

### Shoulder

#### Shoulder pain booklet

[www.versusarthritis.org/media/22283/shoulder-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22283/shoulder-pain-information-booklet.pdf)

### Elbow

#### Elbow pain booklet

[www.versusarthritis.org/media/22272/elbow-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22272/elbow-pain-information-booklet.pdf)

### Hand and wrist

#### Hand and wrist pain booklet

[www.versusarthritis.org/media/22310/hand-and-wrist-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22310/hand-and-wrist-pain-information-booklet.pdf)

## Lower limb

### Hip

#### Hip pain booklet

[www.versusarthritis.org/media/22275/hip-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22275/hip-pain-information-booklet.pdf)

### Knee

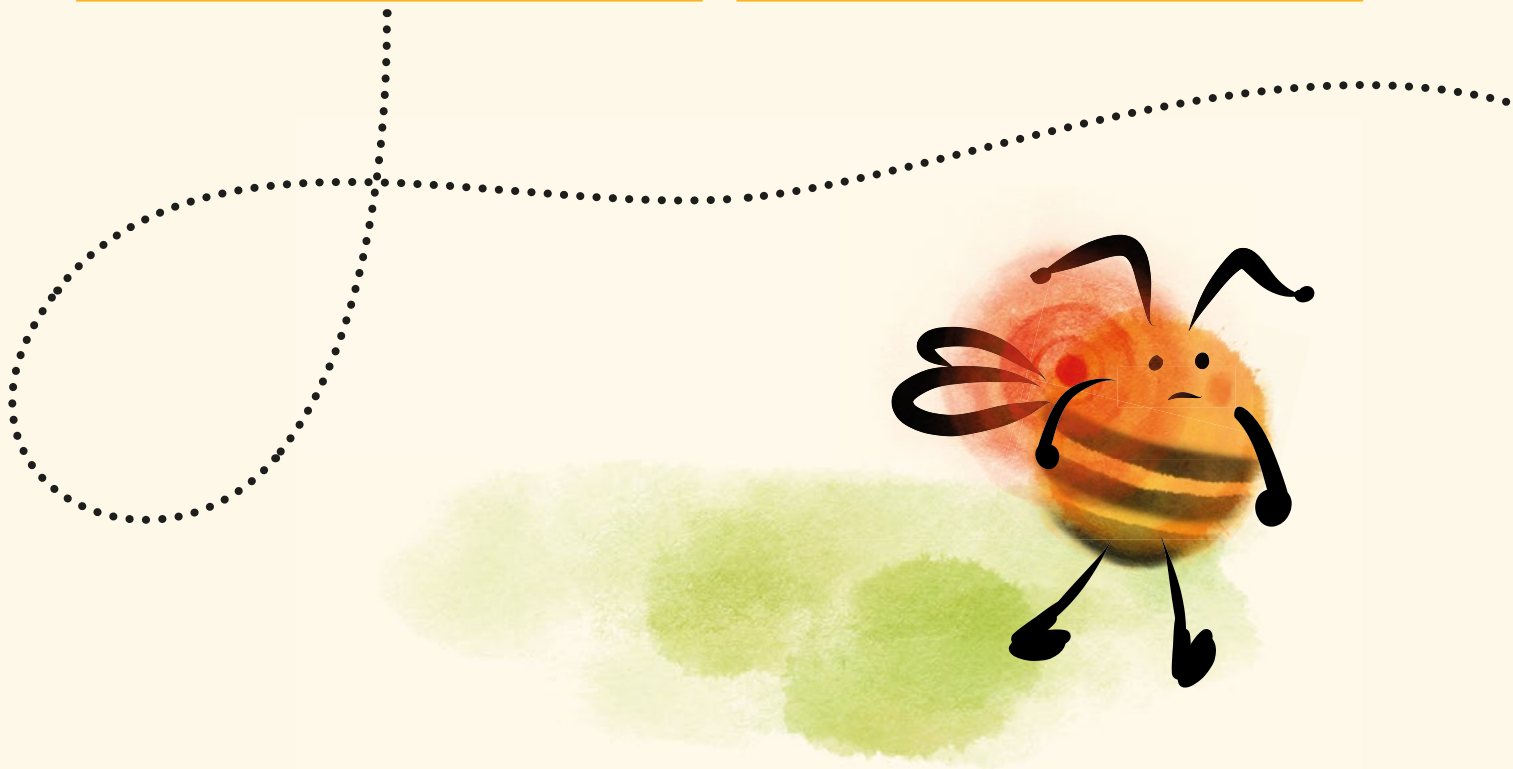
#### Knee pain booklet

[www.versusarthritis.org/media/22309/knee-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22309/knee-pain-information-booklet.pdf)

### Foot and ankle

#### Foot and ankle pain booklet

[www.versusarthritis.org/media/22905/foot-and-ankle-pain-information-booklet.pdf](http://www.versusarthritis.org/media/22905/foot-and-ankle-pain-information-booklet.pdf)



# Condition information

## **Ankylosing Spondylitis**

[www.versusarthritis.org/media/22269/ankylosing-spondylitis-and-related-conditions-information-booklet.pdf](http://www.versusarthritis.org/media/22269/ankylosing-spondylitis-and-related-conditions-information-booklet.pdf)

## **Arthritis**

[www.versusarthritis.org/media/22726/what-is-arthritis-information-booklet.pdf](http://www.versusarthritis.org/media/22726/what-is-arthritis-information-booklet.pdf)

## **Carpal Tunnel Syndrome**

[www.versusarthritis.org/media/22271/carpal-tunnel-syndrome-information-booklet.pdf](http://www.versusarthritis.org/media/22271/carpal-tunnel-syndrome-information-booklet.pdf)

## **Cauda Equina Syndrome**

[patient.info/health/back-and-spine-pain/cauda-equina-syndrome](http://patient.info/health/back-and-spine-pain/cauda-equina-syndrome)

## **Fibromyalgia**

[www.versusarthritis.org/media/22548/fibromyalgia-information-booklet.pdf](http://www.versusarthritis.org/media/22548/fibromyalgia-information-booklet.pdf)

## **Giant Cell Arteritis (GCA)**

[www.versusarthritis.org/media/22273/giant-cell-arteritis-information-booklet.pdf](http://www.versusarthritis.org/media/22273/giant-cell-arteritis-information-booklet.pdf)

## **Joint Hypermobility**

[www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf](http://www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf)

## **Osteoarthritis**

[www.versusarthritis.org/media/22908/osteoarthritis-information-booklet.pdf](http://www.versusarthritis.org/media/22908/osteoarthritis-information-booklet.pdf)

## **Osteoporosis**

[www.versusarthritis.org/media/1261/osteoporosis-information-booklet.pdf](http://www.versusarthritis.org/media/1261/osteoporosis-information-booklet.pdf)

## **Paget's Disease of Bone**

[www.versusarthritis.org/media/22909/pagets-disease-information-booklet.pdf](http://www.versusarthritis.org/media/22909/pagets-disease-information-booklet.pdf)

## **Polymyalgia Rheumatica (PMR)**

[www.versusarthritis.org/media/22279/polymyalgia-rheumatica-information-booklet.pdf](http://www.versusarthritis.org/media/22279/polymyalgia-rheumatica-information-booklet.pdf)

## **Raynaud's Phenomenon**

[www.versusarthritis.org/media/22281/raynauds-phenomenon-information-booklet.pdf](http://www.versusarthritis.org/media/22281/raynauds-phenomenon-information-booklet.pdf)

## **Rheumatoid Arthritis**

[www.nras.org.uk/living-with-ra](http://www.nras.org.uk/living-with-ra)

## **Spinal Stenosis**

[patient.info/health/back-and-spine-pain/spinal-stenosis](http://patient.info/health/back-and-spine-pain/spinal-stenosis)

## **Whiplash and its treatment**

[www.nhs.uk/conditions/whiplash](http://www.nhs.uk/conditions/whiplash)



## Chronic pain

### Persistent pain

**Turning the Volume Down on Pain (Body logic)**

[bodylogicphysiotherapy.com.au/wp-content/uploads/2018/08/Turning-down-the-volume-of-persistent-pain-3.pdf](http://bodylogicphysiotherapy.com.au/wp-content/uploads/2018/08/Turning-down-the-volume-of-persistent-pain-3.pdf)

**Understanding pain: What to do about it in less than 5 minutes (Australian animation)**

[www.youtube.com/watch?v=C\\_3phB93rvI](http://www.youtube.com/watch?v=C_3phB93rvI)

### Live well with pain

**Resources for living well despite pain**

[livewellwithpain.co.uk](http://livewellwithpain.co.uk)

### Retrain pain

**A website that uses 1-minute videos to help explain chronic pain and the rationale for self-management**

[www.retrainpain.org](http://www.retrainpain.org)

### Psychology in pain

**Useful videos that help understand chronic pain produced by Prof Tamar Pincus**

[www.youtube.com/watch?v=N7vRyCW2XSO](http://www.youtube.com/watch?v=N7vRyCW2XSO)

## Medication

### Medication

**Painkillers and NSAIDs**

[www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf](http://www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf)

**Amitriptyline**

[www.versusarthritis.org/media/22682/amitriptyline-information-booklet-2020.pdf](http://www.versusarthritis.org/media/22682/amitriptyline-information-booklet-2020.pdf)

**Pain app (Keele) which helps patients to record how medication is helping their condition and any side effects.**

[www.keele.ac.uk/kpr](http://www.keele.ac.uk/kpr)



## Information about investigations

### MRI Scan

[patient.info/health/mri-scan](http://patient.info/health/mri-scan)

### CT Scan

[patient.info/health/ct-scan](http://patient.info/health/ct-scan)

### X-ray test

[patient.info/health/x-ray-test](http://patient.info/health/x-ray-test)

### Ultrasound scan

[patient.info/health/ultrasound-scan](http://patient.info/health/ultrasound-scan)

### Bone scan

[patient.info/health/cancer/  
bone-scan](http://patient.info/health/cancer/bone-scan)

### Blood tests

[patient.info/health/blood-tests](http://patient.info/health/blood-tests)

## Information about surgery

Information about knee, hip, foot, shoulder, elbow, wrist and hand surgery

[www.versusarthritis.org/  
order-our-information](http://www.versusarthritis.org/order-our-information)

## Useful organisations

### Versus Arthritis

The arthritis helpline

0800 5200 520

[www.versusarthritis.org](http://www.versusarthritis.org)

### Back Care

0845 130 2704

[www.backcare.org.uk](http://www.backcare.org.uk)

### Ehlers-Danlos Support UK

0208 736 5604

[www.ehlers-danlos.org](http://www.ehlers-danlos.org)

### Fibromyalgia Action UK

0844 887 2444

[www.fmauk.org](http://www.fmauk.org)

### Hypermobility Syndrome Association

033 3011 6388

[www.hypermobility.org](http://www.hypermobility.org)

### Lupus UK

01708 731251

[www.lupusuk.org.uk](http://www.lupusuk.org.uk)

### National Ankylosing Spondylitis Society

020 8948 9117

[www.nass.co.uk](http://www.nass.co.uk)

### Polymyalgia Rheumatica & Giant Cell Arteritis UK

0300 111 5090

[pmrgca.org.uk](http://pmrgca.org.uk)

### Scleroderma and Raynaud's UK

020 7000 1925

[www.sruk.co.uk](http://www.sruk.co.uk)

### UK Gout Society

[www.ukgoutsociety.org](http://www.ukgoutsociety.org)

# Local support and charities

There are many local charities that you can contact for help and advice. Why not visit the Patient Information Education and Resource Centre (PIER) located at the entrance of the Haywood Hospital for a wide range of leaflets.



## **Alzheimer's Society**

The Alzheimer's Society website has a 'support near you' section, where you can find details of lots of local groups to support carers of people with dementia.

[www.alzheimers.org.uk/  
find-support-near-you](http://www.alzheimers.org.uk/find-support-near-you)

## **ASIST Advocacy Services**

Independent advocacy support focused on one to one basis.

**01782 845584**  
[www.asist.co.uk](http://www.asist.co.uk)

## **Brighter Futures**

Help with homelessness and mental health issues.

**01782 406000**  
[www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)

## **Crossroads Care Staffordshire**

Offer services to both adults and children that include palliative care, domestic home care, 24/7 emergency support, group and one to one activities.

**01782 268391**  
[www.crossroadsstaffordshire.org.uk](http://www.crossroadsstaffordshire.org.uk)

## **Disability Solutions**

Stoke on Trent Disability Benefits Support Service

**01782 667333**  
[disabilitysolutions.org.uk/stoke-on-trent-disability-benefits-support-service](http://disabilitysolutions.org.uk/stoke-on-trent-disability-benefits-support-service)

## **Dove Service**

Support charity providing services to people who are experiencing issues relating to bereavement, loss or life-changing illness.

**01782 8155**  
[www.thedoveservice.org.uk](http://www.thedoveservice.org.uk)

## **Green Door Project - Stoke on Trent**

Providing a range of outdoor activities and events to encourage people into green spaces, such as walks and relaxation activities

**07824 473432**  
[do-it.org/organisations/green-door-project-stoke-on-trent](http://do-it.org/organisations/green-door-project-stoke-on-trent)

**North Staffs Carers Association** detail of the charity can sit behind the link

Provides free services for unpaid carers in North Staffordshire including information and advice, wellbeing and emotional support, practical help, break opportunities and social activities. Along with support to access benefits and grants. Delivering a range of high quality support services to meet the needs of Young and Adult Carers.

**01782 793100**

[www.carersfirst.com](http://www.carersfirst.com)

**North Staffs Mind**

**01782 262100**

[www.supportstaffordshire.org.uk/  
organisation-directory/  
north-staffs-mind](http://www.supportstaffordshire.org.uk/organisation-directory/north-staffs-mind)

**Younger Mind** offers emotional support to young people aged up to 18 years who live in Stoke-on-Trent, North Staffordshire including the Staffordshire Moorlands.

**Staffordshire Mental Health Helpline - Brighter Futures**

Is open 7.00pm - 2.00am weekdays, 2.00pm - 2.00am weekends

Call free **0808 800 2234** from landlines and most mobile providers

**07860 022821 (Text, FREE)**  
[@brighter-futures.org.uk](http://staffordshire.helpline)

**VAST**

A charity that works to promote charities and the voluntary sector in Staffordshire.

The Dudson Centre, Hanley

**01782 683030**  
[www.vast.org.uk](http://www.vast.org.uk)



# Staffordshire and Stoke Wellbeing Service

## The Staffordshire and Stoke-on-Trent Wellbeing Service.

Local Trusts working together to provide an Improving Access to Psychological Therapies (IAPT) service.

They will also continue to work alongside Mental Health Matters, the Dove Service, North Staffs Mind, Burton and District Mind and Changes Health & Wellbeing to build on the high quality care and support provided across the county.

They have joined together the different Psychological Therapy Teams across Staffordshire and Stoke-on-Trent into one service with one easy point of access. For help with Anxiety, Low Mood and Coping with Physical Health Conditions you can still self-refer by phone or online.

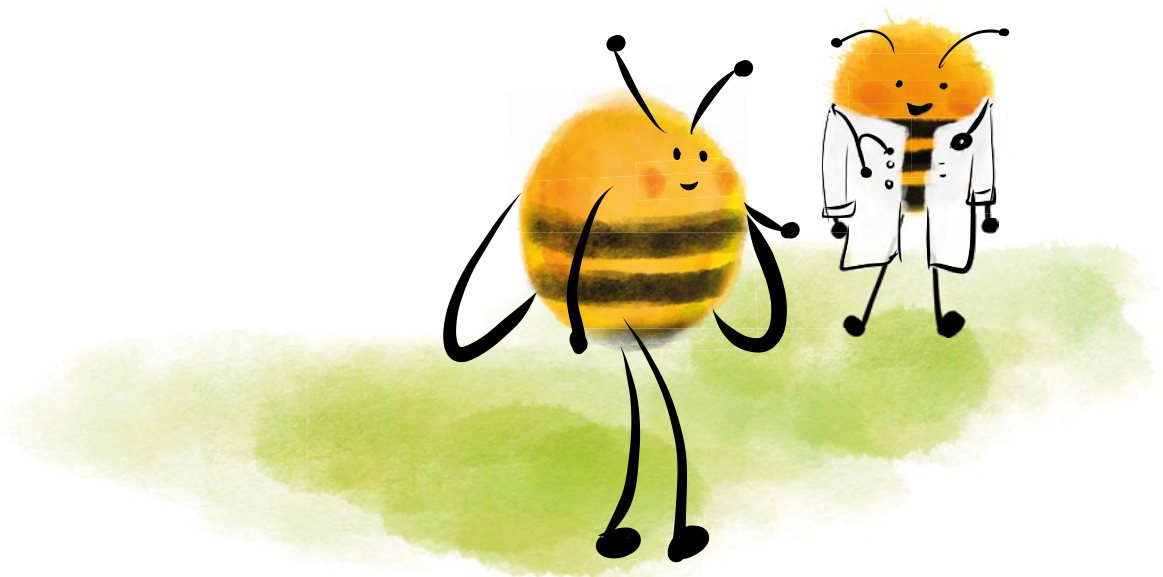
You can self-refer at

[www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

## Contact details for Staffordshire and Stoke Wellbeing Service:

Main central contact number is **0300 303 0923** press:

- **Option 1** if registered with a Stoke-on-Trent GP Practice
- **Option 2** for North Staffordshire,
- **Option 3** for Tamworth, Burntwood and Lichfield
- **Option 4** for Burton
- **Options 5** for Seisdon, Stafford or Cannock please press 5



# Advice from your Local Authority

Helpful information and advice can be found on your local council website. More so now than ever it is important to maintain keeping well and staying healthy - taking care of your mind as well as your body.

**Stoke on Trent City Council** has information and advice to help you cope with daily life.

**Explore the unique history of The Potteries**

[www.stokemuseums.org.uk](http://www.stokemuseums.org.uk)

**Libraries**

[www.stoke.gov.uk/info/20036/libraries](http://www.stoke.gov.uk/info/20036/libraries)

**Parks**

[www.stoke.gov.uk/info/20046/parks](http://www.stoke.gov.uk/info/20046/parks)

**Safer Places scheme for vulnerable people**

[www.stoke.gov.uk/info/20010/adult\\_care\\_and\\_wellbeing/175/safer\\_places\\_scheme\\_for\\_vulnerable\\_people](http://www.stoke.gov.uk/info/20010/adult_care_and_wellbeing/175/safer_places_scheme_for_vulnerable_people)

**Adult care and wellbeing**

[www.stoke.gov.uk/info/20010/adult\\_care\\_and\\_wellbeing](http://www.stoke.gov.uk/info/20010/adult_care_and_wellbeing)

**Staffordshire County Council** has information and advice to help you cope with daily life.

**NHS health check**

[www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/NHS-Health-Check.aspx](http://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/NHS-Health-Check.aspx)

**Mental health and wellbeing**

[www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Mental-health.aspx](http://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Mental-health.aspx)

**Get active**

[www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Get-active.aspx](http://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Get-active.aspx)

**Physical activity for older people**

[www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Physical-activity-for-older-people.aspx](http://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Physical-activity-for-older-people.aspx)

**Eating and drinking**

[www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Help-and-support-with-daily-living/Eating-and-drinking/Eating-and-drinking.aspx](http://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Help-and-support-with-daily-living/Eating-and-drinking/Eating-and-drinking.aspx)

**Drinking less alcohol**

[www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Drinking-less-alcohol.aspx](http://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Drinking-less-alcohol.aspx)

# National support organisations

## Age UK

National charity providing information, advice and services to older people at both national and local level.

**0800 169 65 65**

[www.ageuk.org.uk](http://www.ageuk.org.uk)

## Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who support each other to recover from alcoholism.

**0800 9177 650**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

## Alzheimer's Society

A support and research charity for people with Alzheimer's or dementia and their carers, providing information and support on all forms of dementia.

**0300 222 11 22**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Anxiety UK

Anxiety UK works to relieve and support those living with anxiety and anxiety-based depression. They do this by providing information, support and understanding through a range of services.

Mon-Fri, 9.30am - 5.30pm

**03444 775 774**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Bipolar UK

A charity helping people living with bipolar disorder.

[www.bipolar.org](http://www.bipolar.org)

## Beat The UK's Eating Disorder Charity

Beat is the UK's leading charity supporting anyone affected by eating disorders or any other difficulties with food, weight and shape.

Helplines are open 365 days a year  
12pm - 8pm weekdays and 4pm - 8pm weekends and bank holidays

**0808 801 0677** - Adult helpline

**0808 801 0811** - Studentline

**0808 801 0711** - Youthline

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

## CALM for Men 15-35

The Campaign against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.

**0800 58 58 58**

[www.thecalmzone.net](http://www.thecalmzone.net)

## Carers Trust

To improve support, services and recognition for anyone living with the challenges of caring. This may be unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

**0844 800 4361**

[www.carers.org](http://www.carers.org)

## Carers UK

Carers UK works to improve support, services and recognition for anyone living with the challenges of caring. This may be unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

**0844 800 4361**

[www.carersuk.org](http://www.carersuk.org)

### **Citizens Advice**

Offers advice on benefits, health, housing and many other issues. Advice can be provided online or at a local centre.

**03444 111 444** - Helpline number in England  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Cruse Bereavement Care**

Offers information and counselling to people who have experienced the loss of someone close.

**0844 477 9400**  
[www.cruse.org.uk](http://www.cruse.org.uk)

### **Gamblers Anonymous UK**

Offers various aids for the compulsive gambler including a forum, a chat room, literature and most importantly a meeting finder

**0330 094 0322**  
[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### **GamCare**

Offers free information, support and counseling for problem gamblers in the UK

**0808 8020 133** - 24 hours a day, seven days a week  
[www.gamcare.org.uk](http://www.gamcare.org.uk)

### **Headway**

Help and support for patients with brain injuries

**0808 800 2244**  
[www.headway.org.uk](http://www.headway.org.uk)

### **Marie Curie**

Offers information, advice and practical support to people and their families living with any terminal illness.

**0800 090 2309**  
[www.mariecurie.org.uk](http://www.mariecurie.org.uk)

### **Mental Health Foundation**

Information, support and awareness of Mental health issues.

**0207 803 1101**  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### **Mind**

A mental health charity which promotes the views and needs of people with mental health problems. It has lots of information resources.

[www.mind.org.uk](http://www.mind.org.uk)

### **No More Panic**

This site provides valuable information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD).

[www.nomorepanic.co.uk](http://www.nomorepanic.co.uk)

### **OCD Action**

Support for people with obsessive compulsive disorder.

**0845 390 6232**  
[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

### **PANDAS Foundation**

Help for Pre- and post-natal psychosis

**0843 28 98 401**  
[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)



### **PAPYRUS - Prevention of Young Suicide**

For confidential suicide prevention advice

**0800 068 4141**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Rethink Mental Illness**

Support and advice for people living with mental illness.

Mon-Fri 10am - 2pm

**0300 5000 927**

[www.rethink.org](http://www.rethink.org)

### **Revitalise**

A UK wide charity providing short breaks and holidays (respite care) for disabled people and carers.

**0303 303 0145**

[www.revitalise.org.uk](http://www.revitalise.org.uk)

### **Samaritans**

For anyone feeling suicidal or struggling with everyday life. Open 24 hours a day 365 days a year

**116123**

[www.samaritans.org](http://www.samaritans.org)

### **SANELINE**

12 noon to 02.00am 365 days a year

**0845 767 8000**

### **The Mental Health Helpline South Staffordshire**

A mental health helpline. Open 7pm - 2am weekdays and 2pm - 2am weekends

**0808 800 2234**

### **Together**

Offers a wide variety of support to help people deal with the personal and practical impacts of mental health issues

**020 7780 7300**

[www.together-uk.org](http://www.together-uk.org)

### **Turn2us**

A UK wide charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services.

[www.turn2us.org.uk](http://www.turn2us.org.uk)

### **Turning Point**

Turning Point offers a wide range of health and wellbeing services for people experiencing drug & alcohol misuse and mental health

[www.turning-point.co.uk](http://www.turning-point.co.uk)

### **Young Minds**

Information on child and adolescent mental health, Services for parents and professionals.

Mon-Fri, 9.30am - 4pm

**0808 8025544**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

# The Mental Health Toolkit

The **Mental Health Toolkit** may be used by any general practice in the UK. The resources it provides can be used by healthcare professionals to support their assessments and enhance their knowledge and care of patients.

The Mental Health Toolkit provides resources for healthcare professionals to reference regarding the diagnosis and treatment of mental health problems. The toolkit provides trigger questions, diagnostic tools, and current guidance for healthcare professionals supporting those with mental illness. It also provides resources for those concerned about their own mental health issues.

- ✓ Clinical resources and guidance for practices
- ✓ Dementia
- ✓ Resources for practitioners
- ✓ Suicide and crisis care
- ✓ Children and young people's mental health
- ✓ Mental health in older adults
- ✓ Resources and guidance for patients and carers
- ✓ Prevention and wellbeing resources
- ✓ Supporting healthcare professionals' mental health
- ✓ National guidelines and reports
- ✓ Training and appraisal resources
- ✓ Background and information for commissioners



# Getting involved

There are many ways you can take part with Midlands Partnership Foundation NHS Trust. You can become involved (take part) and use your experience to help others and improve services.

## Service User and Carer Involvement

If you have experience of using our services, or care for someone who does, you can become involved in the Trust's work, have your voice heard and take part in joint working on a wide range of projects and activities. People who use our services and their carers are at the heart of everything we do. By using your skills, interest and ideas you can bring a whole new point of view to the planning and delivery of those services.

Being an Involvement Representative for the Trust can also have a positive impact on your wellbeing and help us to achieve the perfect patient experience. As an involvement representative you will be offered training, you will also be entitled to reimbursement for your travel expenses and some work may allow you to be paid in line with Trust policy.

## Mystery Shoppers Wanted

(a person who visits a service to tell us how well we are doing or where we can do better)

Would you like to help improve your local physical, mental health and adult social care services? Your feedback from being a Mystery Shopper can help us to shape our services, give us the opportunity to share good practice and make improvements. Mystery Shopping is a way for us to gather feedback from existing service users and carers.

To have an informal chat about service user and carer involvement, mystery shoppers or to become involved, please contact the team on **0300 790 7000** or email us [involvement@mpft.nhs.uk](mailto:involvement@mpft.nhs.uk).



Volunteering at Midlands Partnership NHS Foundation Trust can be a rewarding experience for anyone looking to gain hands-on experience in their future profession, make a difference to the lives of those in their community and expand their knowledge while providing support to our staff.

Key Benefits of Volunteering:

- ✓ Experience the huge variety of roles, clinical and non-clinical, within the Trust and the NHS
- ✓ Increase awareness of what's involved in delivering health and social care
- ✓ Supporting you in your career journey
- ✓ Service users' care plans may involve volunteering as part of their journey to recovery

Most of our volunteering opportunities will be advertised on [NHS Jobs](#). This will ensure all pre-placement checks are completed for our records and will ultimately speed up the process of hiring volunteers. Complete a [volunteer application form](#) here. Once we have received your form, we will contact the relevant area to facilitate the perfect role for you.

If you require any assistance or further information, please email [volunteering@mpft.nhs.uk](mailto:volunteering@mpft.nhs.uk).

## Wellbeing & Recovery College

Text sitting behind the link Within the Wellbeing & Recovery College the aim is to provide wellbeing and recovery-focused education courses that are accessible to everyone within our local communities and work together to create an environment of hope, control and opportunity for us all.

Spring Term 2021 prospectus is available to view [here](#).

If you would like to find out more or how to register please email [wellbeingrec@mpft.nhs.uk](mailto:wellbeingrec@mpft.nhs.uk).



## Your opportunity to provide feedback

We'd be interested to hear more about your experiences of using the BeeFree resources.

Please take the opportunity to leave your feedback here:

[www.beefree.org.uk/  
provide-feedback](http://www.beefree.org.uk/provide-feedback)

## Disclaimer

The contents contained in this directory / website resource are for general information purposes only and should act as an information source. You should not rely upon the material or information as a basis for making any other decisions.

Whilst we try to keep the information up to date and correct, there may be times where information has been updated or amended. Also as a result of the COVID 19 pandemic, some organisations may not be operating or may have limited capacity to operate normally. It is advised you check with them before turning up.

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19) can be found [here](#).

## Get in touch

We hope that you find this directory helpful. If you would like to contribute to the ongoing updates to this resource we would be happy to hear from you.

You can contact us at:

[june.brammar@mpft.nhs.uk](mailto:june.brammar@mpft.nhs.uk)

01782 673728





**A support hive for mind & movement**  
for people with pain and mental health issues.

There are things that you can do to manage your pain and mood. They won't take the pain away but can improve your day to day life. Information contained within this directory will help you, families and carers find the services to support wellbeing.

Visit our website **[www.beefree.org.uk](http://www.beefree.org.uk)**  
where we will introduce you to five ways  
to help yourself - we call these...

## The Hive Five

BeeFree is a collaboration between patients and professionals at the following organisations

