

# Reducing harm for people with chronic pain by reducing the prescribing of opioids

Staff resource pack for alternatives to medication

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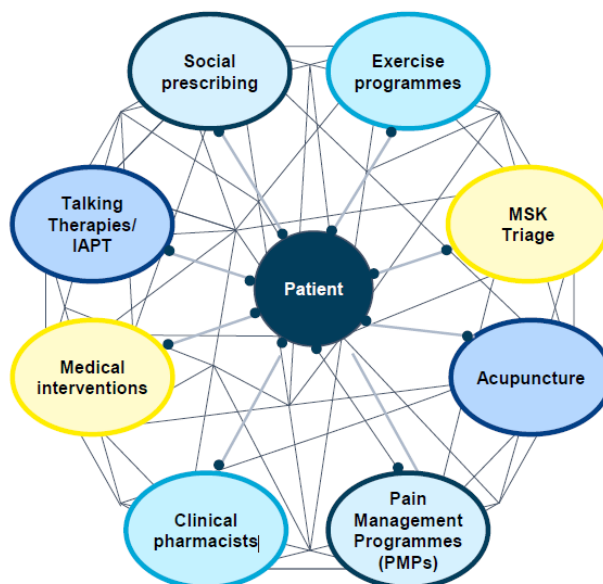
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## Introduction to this resource pack

**This set of resources was designed to assist clinicians with identifying alternatives to opioids that can support people living with chronic (non-cancer) pain. As well as the HIN's local delivery on the Medicines Safety Improvement Programme's (MedSIP) ambition to reduce harm for people with chronic (non-cancer) pain by reducing the prescribing of opioids. It was developed to support clinicians working in integrated care systems (ICSs) across South London.**

It is important to remember the following:

- Opioids are particularly good analgesics for acute pain and for pain at the end of life but there is little evidence that they are helpful for long term pain.
- Chronic (persistent) pain is complex and is influenced by the degree of tissue injury, emotions, previous experiences of pain and the patient's understanding of the cause and significance of pain. We have chosen to use the term persistent pain to describe the on-going impact of pain on people's lives.
- Medications should be used in conjunction with a combination of different non-drug interventions such as advice regarding exercise, physical activity, psychological therapy, physiotherapy, and an explanation that pain may be resistant to medication and increasing function is the main goal of treatment. The complete relief of symptoms is not the goal.
- It is important to understand that persistent pain affects every aspect of a person's well-being. The promotion of supported self-management must acknowledge a person living persistent pain as a whole person.



*Image used with permission from the South East London Integrated Care Board Chronic MSK Pain Programme (2024)*

# Reducing harm for people with chronic pain by reducing the prescribing of opioids

## Health Innovation Network South London Resource Pack

### Resources to support patients

This section includes national and local resources to better understand and manage the impact of persistent pain on patient's wellbeing.

### Self-management resources for persistent pain

#### National resources

- [Action on Pain](#)
- [British Pain Society People Living with Pain](#)
- [Flippin' Pain](#)
- [RetrainPain](#)
- [Live Well with Pain](#)
- [NHS 10 ways to reduce pain](#)
- [The Pain Toolkit](#)
- [Painkillers Don't Exist](#)

### Support for mental health and wellbeing

#### Local resources for talking therapies (IAPT)

##### South East London

- Bexley <https://mindinbexley.org.uk/talking-therapies/>
- Bromley <https://www.bromleyhealthcare.org.uk/explore-our-services/talk-together-bromley/>
- Greenwich <https://oxleas.nhs.uk/greenwich-time-to-talk/>
- Lambeth <https://lambethalkingtherapies.nhs.uk/>
- Lewisham <https://lewishamtalkingtherapies.nhs.uk/>
- Southwark <https://talkingtherapiessouthwark.nhs.uk/refer-yourself/>

Mind, the mental health charity

- Bromley, Greenwich, Lambeth, Lewisham, and Southwark Mind <https://selmind.org.uk/about-us/>
- Bexley Mind <https://mindinbexley.org.uk/>

##### South West London

- Croydon [www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt/](http://www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt/)
- Kingston <https://swlstg.nhs.uk/kingston-talking-therapies>

- Merton <https://swlstg.nhs.uk/merton-talking-therapies>
- Richmond [www.richmondwellbeingservice.nhs.uk/](http://www.richmondwellbeingservice.nhs.uk/)
- Sutton <https://swlstg.nhs.uk/sutton-talking-therapies/>
- Wandsworth <https://swlstg.nhs.uk/wandsworth-talking-therapies>

Mind, the mental health charity

- Croydon Mind [www.mindincroydon.org.uk/](http://www.mindincroydon.org.uk/)
- Brent, Wandsworth and Westminster Mind [www.bwwmind.org.uk/](http://www.bwwmind.org.uk/)
- Mind in Kingston [www.mindinkingston.org.uk/](http://www.mindinkingston.org.uk/)
- Richmond Mind [www.rbmind.org/](http://www.rbmind.org/)

## Local resources to support wellbeing

### South East London

- Bexley <https://www.bexley.gov.uk/services/health-and-social-care/health-and-wellbeing/lookingafter-your-health>
- Bromley <https://www.bromleywell.org.uk/>
- Greenwich <https://livewellgreenwich.org.uk/>
- Lambeth <https://lambethtogether.net/living-well-network-alliance/>
- Lewisham <https://www.together-uk.org/lewisham-wellbeing-hub-community-directory/>
- Southwark <https://www.together-uk.org/southwark-wellbeing-hub/about-the-hub/>

### South West London

- Croydon <https://croydonhws.co.uk/about/>
- Kingston <https://www.southwestlondon.icb.nhs.uk/find-nhs-services/mental-health/kingston/>
- Merton <https://www.oneyoumerton.org/>
- Richmond <https://www.richmondwellbeingservice.nhs.uk/>
- Wandsworth <https://www.southwestlondon.icb.nhs.uk/find-nhs-services/mental-health/wandsworth/wandsworth-wellbeing-hub/>
- Sutton <https://www.southwestlondon.icb.nhs.uk/find-nhs-services/mental-health/sutton/>

## Social prescribing (Link workers)

### South East London

*Please note that individual primary care networks may have social prescribing or link worker offers.*

- Bexley <https://www.bvsc.co.uk/social-prescribing>
- Bromley <https://www.bromleywell.org.uk/> and <https://bromley.simplyconnect.uk/>
- Greenwich <https://greenwich.simplyconnect.uk/about-us>
- Lambeth <https://lambeth.simplyconnect.uk/> and <https://www.ageuk.org.uk/lambeth/our-services/mycommunity-7d988612-d7dc-ec11-bea2-00155d806b13/>
- Lewisham <https://communityconnectionslewisham.org/what-is-ccl/> and <https://lewisham.simplyconnect.uk/> Southwark Please visit your local GP practice website for more information

## South West London

Please note that individual primary care networks may have social prescribing offers.

- Croydon <https://cvalive.org.uk/abcd/social-prescribing/soc-prescribing/>
- Kingston <https://kva.org.uk/kingston-s-vcs/connected-kingston/>
- Merton <https://www.mertonconnected.co.uk/community/social-prescribing>
- Richmond <https://www.hrch.nhs.uk/patients-and-families/social-prescribing>
- Sutton <https://www.suttonpcns.co.uk/our-services/social-prescribing/>
- Wandsworth <https://enablelc.org/socialprescribing>

## **Exercise**

### **Local resources**

## South East London

- Bexley <https://www.bexley.gov.uk/services/parks-leisure-and-libraries/sport-and-fitness>
- Bromley <https://www.bromley.gov.uk/BeActive>
- Greenwich <https://livewellgreenwich.org.uk/livingwell/greenwich-get-active/>
- Lambeth <https://www.lambeth.gov.uk/children-young-people-and-families/young-peoples-support/staying-healthy/be-active>
- Lewisham <https://lewisham.gov.uk/inmyarea/sport/get-active/exercise-and-fitness-sessions>
- Southwark <https://www.southwark.gov.uk/leisure-and-sport/local-sport-and-physical-activities?chapter=3>

## South West London

- Croydon <https://www.croydon.gov.uk/libraries-leisure-and-culture/sports-and-physical-activity>
- Kingston <https://www.kingston.gov.uk/get-active>
- Merton <https://www.oneyoumerton.org/better-health/be-active/>
- Richmond <https://www.richmond.gov.uk/services/public-health/your-health/healthy-lifestyle/physical-activity>
- Sutton <https://www.sutton.gov.uk/w/get-active>
- Wandsworth <https://www.wandsworth.gov.uk/health/physical-activity>

## **Physiotherapy**

This section includes national and local resources to support patients to be maintain and enhance physical activity to better manage chronic pain. `

### **National resources**

- [Moving Medicine](#)

- [Chartered Society of Physiotherapy - Chronic Pain](#)
- [Chartered Society of Physiotherapy - Managing Your Pain](#)

## Local resources

### [South East London](#)

Please note that physiotherapy services and patients' eligibility may vary across the boroughs.

- Bexley <https://bexleymk.engage.gp/self-referral>
- Bromley <https://www.bromleyhealthcare.org.uk/explore-our-services/physiotherapy-adults/> and <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/bromley/>
- Greenwich <https://cic.circlehealthgroup.co.uk/greenwich/>
- Lambeth <https://www.guysandstthomas.nhs.uk/referral-guide/msk-physiotherapy>
- Lewisham <https://www.lewishamandgreenwich.nhs.uk/outpatient-physiotherapy/>
- Southwark <https://www.guysandstthomas.nhs.uk/referral-guide/msk-physiotherapy>

### [South West London](#)

Please note that physiotherapy services and patients' eligibility may vary across the boroughs.

- Croydon <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/croydon/>
- Kingston <https://yourhealthcare.org/services/msk-physiotherapy/>
- Merton <https://www.connecthealth.co.uk/services/merton/>
- Richmond <https://hrch.nhs.uk/services/search-services/physiotherapy-msk-hounslow-and-richmond>
- Sutton <https://www.suttonhealthandcare.nhs.uk/community-musculoskeletal-service>
- Wandsworth <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/wandsworth/>

## Acupuncture

### Local resources

#### [South East London](#)

Please note that acupuncture services and patients' eligibility may vary across the boroughs.

- Bexley: <https://careservices.bexley.gov.uk/Services/1102/Bexley-MSK-Service>
- Lambeth: [Gateway clinic](#) - offers acupuncture treatment for chronic pain. GPs can email request [Lewisham: to gst-tr.gatewayacupuncture@nhs.net](mailto:gst-tr.gatewayacupuncture@nhs.net)
- [Gateway clinic](#) - offers acupuncture treatment for chronic pain. GPs can email request to [gst-tr.gatewayacupuncture@nhs.net](mailto:gst-tr.gatewayacupuncture@nhs.net)
- Southwark: [Gateway clinic](#) - offers acupuncture treatment for chronic pain. GPs can email request to [gst-tr.gatewayacupuncture@nhs.net](mailto:gst-tr.gatewayacupuncture@nhs.net)

## South West London

Please note that acupuncture services and patients' eligibility may vary across the boroughs.

- Kingston – potentially available for patients under the care of Kingston University Hospitals Pain Management Service
- Sutton – [offers acupuncture treatment for chronic pain](#). GPs can email Pain clinic referrals: [Acupuncture.referrals@rmh.nhs.uk](mailto:Acupuncture.referrals@rmh.nhs.uk)
- Wandsworth <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/wandsworth-msk-locations/>

## **Pain management programmes**

Pain Management Programmes (PMPs) help people to live with chronic pain by helping them to learn ways of dealing with the disabling effects and distress caused by being in pain.

They involve talks and practical sessions where people learn about pain and ways to control and limit pain. They also mention how to exercise safely and build up activity levels using several different techniques.

PMPs vary; some are two-to-four-week residential programmes while others are based in hospital outpatient departments, or community settings, and continue for several weeks.

## **Local resources**

### South East London

- Bexley RESTORE <https://bexleymsk.engage.gp/persistent-pain/restore-pain-management-programme> RESTORE is an outpatient group programme for anyone with persistent pain who has a Bexley GP. INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Bromley Joint Pain Programme <https://www.arthritisaction.org.uk/exdirectory/free-joint-pain-programme-bromley/>; INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Greenwich INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Lewisham Centre for Active Lifestyle Management (CALM) programme <https://www.lewishamandgreenwich.nhs.uk/centre-for-active-lifestyle-management-calm/> Referrals only accepted from pain specialist such as a consultant in chronic pain, pain nurse specialist, physiotherapist (including musculoskeletal triage), rheumatologist or orthopaedic surgeon for those registered with a Lewisham GP; INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Lambeth INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Southwark INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>



## South West London

- Croydon Joint Pain Programme <https://www.arthritisaction.org.uk/exdirectory/free-joint-pain-programme-croydon-central/> INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Kingston Pain Management Programme (Kingston Hospital) <https://kingstonhospital.nhs.uk/wp-content/uploads/2019/12/pain-management-leaflet.pdf> *Patients need to be referred to the Kingston University Pain Clinic*
- Merton Chronic Pain Management Support <https://www.mertonuplift.nhs.uk/2-uncategorised/33-chronic-pain> *Self referrals from anyone living in Merton or registered with Merton GP; Centre of Pain Education (COPE) <https://www.epsom-sthelier.nhs.uk/centre-of-pain-education>*
- Richmond Pain Management Programme (Kingston Hospital) <https://kingstonhospital.nhs.uk/wp-content/uploads/2019/12/pain-management-leaflet.pdf> *Patients need to be referred to the Kingston University Pain Clinic*
- Sutton Centre of Pain Education (COPE) <https://www.epsom-sthelier.nhs.uk/centre-of-pain-education>
- Wandsworth [Chronic Pain Self-Management Team \(CPSMT\)](#) <https://www.stgeorges.nhs.uk/service/neuro/chronic-pain/chronic-pain-self-management-team-cpsmt/> Referrals accepted from medical doctor or extended scope practitioner physiotherapist only; INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>

## **Other services (e.g. support groups, self-management support and workshops)**

### **National resources**

- ESCAPE-pain <https://escape-pain.org/>
- Nuffield Gym Free Joint Pain Programme <https://www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme>

### **Local resources**

## South East London

- Bexley Mind Mental Health Support for Long Term Conditions (includes Chronic Pain) <https://mindinbexley.org.uk/long-term-conditions/>
- Bromley Long Term Health Conditions service - Fibromyalgia & Chronic pain Peer Support group <https://www.bromleywell.org.uk/events/item/52930339>
- Greenwich Long Term Condition Support Service (includes chronic pain) <https://oxleas.nhs.uk/gttt-ltc/>
- Lambeth Chronic Pain Workshops <https://lambethalkingtherapies.nhs.uk/how-we-help/>
- Lewisham Talking Therapies Long Term Conditions Support <https://lewishamtalkingtherapies.nhs.uk/who-we-help/long-term-health-conditions/>

## South West London

- Kingston Chronic Pain Support group <https://kingstonhospital.nhs.uk/get-involved/support-groups/>
- Merton Self-Management Peer Support <https://www.together-uk.org/service-finder/merton-peer-support-service/>

- Richmond Wellbeing Service Support for People with long term conditions <https://www.richmondwellbeingservice.nhs.uk/>
- Sutton Neurological Conditions & available support <https://togetherforsutton.org.uk/how-we-can-help/>
- Wandsworth Self-Management Courses [https://fis.wandsworth.gov.uk/kb5/wandsworth/fsd/service.page?id=rze\\_aiJdAdY#:~:text=Self%2Dmanagement%20courses%20run%20by,as%20stress%2C%20anxiety%20and%20depression.](https://fis.wandsworth.gov.uk/kb5/wandsworth/fsd/service.page?id=rze_aiJdAdY#:~:text=Self%2Dmanagement%20courses%20run%20by,as%20stress%2C%20anxiety%20and%20depression.)