

Patient information factsheet

Physiotherapy resources

This factsheet contains some useful resources for people living in Southampton with a condition affecting the joints or muscles.

Pain management resources

The Chartered Society of Physiotherapy (CSP)

Website: www.csp.org.uk/conditions

Versus Arthritis (for people with arthritis)

Website: www.versusarthritis.org/news/2020/april/how-to-manage-your-pain-at-home

My Live Well with Pain

Website: www.my.livewellwithpain.co.uk

Flippin' Pain

Website: www.flippinpain.co.uk

ESCAPE-pain (for people with knee, hip or back osteoarthritis)

Website: www.escape-pain.org

DynamicHealth (for people with back pain)

An information card to help you monitor your back pain and advise when to seek emergency help. Available in different languages.

Website: www.eoemskservice.nhs.uk/advice-and-leaflets/lower-back/cauda-equina

Exercise and fitness resources

GOV.UK - Physical activity guidelines: adults and older adults

Website: www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults

NHS - Fitness Studio exercise videos

It is really important to keep yourself active while waiting for physiotherapy. This website contains some exercise videos that you can do at home to help build up your physical activity.

Website: www.nhs.uk/conditions/nhs-fitness-studio

Exercise classes and facilities in your local area

Senior Saints (Southampton city residents aged 50 and over only)

A variety of online and in-person activities, designed to improve physical health, introduce new skills and create friendships along the way.

Website: www.southamptonfc.com/saints-foundation/projects/health/senior-saints

Steady and Strong (Hampshire residents aged 65 and over only)

Steady and Strong classes are designed to help people aged 65 and over improve their strength and balance, helping them to live independently for longer and avoid falls. Exercises are done both seated and standing, with chair support for those who need it.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare/balanceclasses

Active Nation - Exercise on referral scheme

An exercise referral programme designed to offer a tailored programme for adults in Southampton who meet certain referral criteria.

Website: www.activenation.org.uk/active-communities/southampton/health-and-wellbeing/exercise-on-referral

Eastleigh Borough Council - HealthWorks referral scheme

A physical activity referral scheme designed to provide opportunities for people to improve their health and become more active. Not suitable for everyone, please check the eligibility criteria.

Website: www.eastleigh.gov.uk/sport-and-health/supporting-health/healthworks-referral-scheme

Good Boost Aqua programme at Bitterne Leisure Centre

Water-based exercise for people living with pain.

Website: www.activenation.org.uk/active-communities/southampton/health-and-wellbeing/exercise-on-referral

Mental health resources

Steps2Wellbeing

A free, confidential NHS service for people aged 18 and over who are registered at a GP surgery in Dorset and Southampton city. Steps2Wellbeing offer psychological therapies for mental health conditions, such as depression, anxiety and stress.

Website: www.steps2wellbeing.co.uk

italk

A free, confidential NHS service for people aged 18 and over who are registered with a GP in Hampshire. italk offer psychological therapies for mental health conditions, such as depression, anxiety and stress.

Website: www.italk.org.uk

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Weight loss guidance resources

Southampton City Council - Eat well and lose weight

Website: www.southampton.gov.uk/health-social-care/health/eat-well-and-lose-weight

Hampshire County Council - Healthy weight

Website: www.hants.gov.uk/socialcareandhealth/publichealth/healthyweight#step-1

Local practical support resources

Southampton Primary Care Ltd - Social prescribing service

A service in Southampton that will support you to find the right services, groups or information to help you improve your daily life.

Telephone: 023 8017 0610

Website: www.southamptonprimarycare.org.uk/patients/social-prescribing-service

Rheumatoid arthritis resources

National Rheumatoid Arthritis Society

Website: www.nras.org.uk

Axial spondyloarthritis resources

National Axial Spondyloarthritis Society

Website: www.nass.co.uk

Osteoporosis resources

Royal Osteoporosis Society

Website: www.theros.org.uk

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport