

Resources for people who have chronic (non-cancer) pain

Compiled by The Archway Surgery

Chronic pain is pain lasting more than 3 months. We used to think that medication was the answer, but now know that it rarely works, and the side-effects often make people's lives worse. Chronic pain is much more complex than 'acute' pain, and is influenced by many factors. But the good news is that this means **there are lots of different ways it can be helped**. This list is designed to direct you to resources that will help you.

HOW TO SCAN THE QR CODES on the right: open your phone camera and look at the code on your screen (don't actually take a photo). After a second or two a link will appear – tap on it and it will bring you straight to the site.

If you're reading this on a phone or tablet, simply tap on the hyperlinks (underlined in each box). If you're on a computer, **you may need to hold down the 'Ctrl' button** while clicking the hyperlink.

Videos	A great place to start is by watching these two very short videos: Brainman – Understanding pain in less than five minutes https://www.youtube.com/watch?v=5KrUL8tOaQs Brainman stops his opioids (For those taking opioids. Opioids are any drugs in the morphine family, which includes codeine/co-codamol, tramadol/Maxitram, Butec and Transtec patches, Longtec and Shortec) https://www.youtube.com/watch?v=MI1myFQPdCE	 
Websites	Live Well With Pain is one of the leading resources online. https://livewellwithpain.co.uk Please explore all the links on the page – particularly, click on 'resources for people living with pain'. Scroll down and click on 'ten footsteps to living well with pain'.	

	Flippin' Pain is a website dedicated to educating and supporting patients with chronic pain https://www.flippinpain.co.uk/ Start by tapping the 'understanding pain' link on the homepage – or to visit it directly: https://www.flippinpain.co.uk/understanding-pain/	 
	“Painkillers don’t exist” – another NHS resource that aims to raise awareness of the dangers of long-term pain medication. Check out the links at the top of the page. Some patients have found the ‘real stories’ section useful. https://painkillersdontexist.com/ Along similar lines, here’s a BBC News article relating to the problem with the word ‘painkiller’: BBC News – “Ban term ‘painkiller’ to end obsession with drugs” https://www.bbc.co.uk/news/health-51378510	 
	Understanding Persistent Pain – How to ‘turn down the volume’ on persistent pain - A booklet from knowpain.co.uk https://www.knowpain.co.uk/persistent-pain-education-booklet/	

	The Pain Toolkit is a well-known resource that explains self-management of pain. Tackling pain with pain medication alone is said to be like trying to fix a car with only one tool in your toolkit... Pain Toolkit includes access to self-help and numerous eBooks. https://www.paintoolkit.org/	
Audio and podcasts	The Pain CD. Click ‘listen for free’. An series of short audio episodes. Try the first one. http://www.paincd.org.uk/home	
	Airing Pain – the pain podcast. There are over 100 episodes, many of which you may find relevant to your needs. https://painconcern.org.uk/airing-pain/ This one is specifically about opioids and chronic pain: https://painconcern.org.uk/airing-pain-123-opioids-and-chronic-pain/ **There are many other podcasts series on the subject of chronic pain.	
Apps	There are 4 well-known chronic pain tracking apps that have been helpful to some patients, such as: Curable Pathways Pain Navigator Bearable Here are 10 recommendations by the US Pain Foundation. https://uspainfoundation.org/blog/10-best-apps-for-people-with-chronic-pain/	
Other YouTube videos	There are a lot of ‘TED Talks’ about chronic pain on YouTube, delivered by expert health professionals and pain sufferers. As a start, try this interesting one, by recovered chronic pain sufferer Lauren Cannell. https://www.youtube.com/watch?v=ruKVTOK8gTg	

Books	From Live Well With Pain – 10 books to consider looking at https://livewellwithpain.co.uk/ten-books-to-help-you-beat-your-pain/	
In our area...	Arthritis UK (the UK's largest arthritis charity) has a Northern Ireland page. Locally, they offer FREE self-management courses, peer support groups and much more. https://www.arthritis-uk.org/in-your-area/northern-ireland/	
	The Healthy Living Centre Alliance – Pain Support Free in-person classes led for chronic pain sufferers are available in Armagh via the Healthy Living Alliance - and they are keen to hear from you. The programmes usually last 8 weeks or so and take place at West Armagh Consortium, on the Cathedral Road. You can access more info via the following link – or give them a phone on 02837522759. https://www.hlcalliance.org/page/pain-support-book-now	

If you know some other resources that have helped you, or if you found any of the above helpful, please let us know!

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