

# Musculoskeletal (MSK) self-help information directory

In Bristol, North Somerset and South Gloucestershire we are promoting shared decision making to help people make better decisions and have better outcomes in their care. Read more about the [Ask 3 Questions](#) campaign.

## Contents

1. ESCAPE-pain courses .....	1
2. Arthritis .....	2
3. Fibromyalgia.....	2
4. Self-help information for people in pain .....	3
5. Physical activity referral schemes .....	3
6. Being Active .....	4
7. Walking For Health.....	4
8. Bristol Walk Fest .....	5
9. Support to lose weight, be more active and stop smoking.....	5
10. Self-Management Apps.....	6
11. Improving Access to Psychological Therapies (IAPT) .....	6

## 1. ESCAPE-pain courses

10 or 12 education and exercise sessions designed to reduce pain and disability for people with hip and/or knee Osteoarthritis, which can reduce pain and improve physical function. For more information watch this two minute video: <https://www.youtube.com/watch?v=14CQ4wrJXRM>

Service details	Referral process	Geographic area
10 or 12 education and exercise sessions provided virtually by local gyms.	<p>The following gyms are planning to provide virtual ESCAPE-pain courses until it is safe to run them in the gyms again:-</p> <ul style="list-style-type: none"> <li>• Greenway Centre in Southmead, for more information telephone 0117 950 3335</li> <li>• Brunel Fitness Centre in Speedwell, for more info email <a href="mailto:bristol@almsport.co.uk">bristol@almsport.co.uk</a></li> <li>• Circadian Trust in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate, for more information contact <a href="mailto:Jim.Rollo@circadiantrust.org">Jim.Rollo@circadiantrust.org</a></li> </ul>	Bristol, North Somerset and South Gloucestershire

Service details	Referral process	Geographic area
10 session virtual courses run by UHBW, NBT and Sirona.	<ul style="list-style-type: none"> <li>Refer to the Physiotherapy service at UHBW, NBT or Sirona asking for ESCAPE-pain</li> </ul>	Bristol, North Somerset and South Gloucestershire
Online version of ESCAPE-pain.	<ul style="list-style-type: none"> <li>ESCAPE-pain is also available as a free smart phone app &amp; online through their website <a href="https://escape-pain.org/ESCAPE-pain-Online">https://escape-pain.org/ESCAPE-pain-Online</a>. These will guide you through exercise videos and provide you with information to help you get better. However, they are best used alongside the course</li> </ul>	Bristol, North Somerset and South Gloucestershire

## 2. Arthritis

Service details	Referral process	Geographic area
Versus Arthritis have just launched a new, co-produced, evidence based and free, digital physical activity programme, called <b>Let's Move with Leon</b> . It is a 30 minute movement session, designed specifically for people with arthritis and related conditions. 7,000 have signed up so far and Versus Arthritis are doing a comprehensive evaluation.	Go to <a href="https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-with-leon/">https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-with-leon/</a>	UK
Versus Arthritis website has a section on their helpline, their online assistant and information about treatments available for arthritis. They also have a page on managing symptoms	<p>Get support with arthritis: <a href="https://www.versusarthritis.org/get-help/">https://www.versusarthritis.org/get-help/</a></p> <p>Get support with managing your symptoms: <a href="https://www.versusarthritis.org/about-arthritis/managing-symptoms/">https://www.versusarthritis.org/about-arthritis/managing-symptoms/</a></p>	UK

## 3. Fibromyalgia

Service details	Referral process	Geographic area
To support people with Fibromyalgia, we have produced the following information with local Fibro support groups to help people self-manage their condition. It also includes details of the	Find out more information here: <a href="https://remedy.bnssgccg.nhs.uk/media/3750/fibromyalgia-booklet-14-updated-oct19.pdf">https://remedy.bnssgccg.nhs.uk/media/3750/fibromyalgia-booklet-14-updated-oct19.pdf</a>	Bristol, North Somerset and South Gloucestershire

Service details	Referral process	Geographic area
local support groups.		
VitaMinds run a 6 week Fibromyalgia Webinar Course.	Use the link <a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/</a> for referral information	Bristol, North Somerset and South Gloucestershire

#### 4. Self-help information for people in pain

Service details	Referral process	Geographic area
The following leaflets are available to help people self-manage persistent pain, keep mobile and get active:	<p>The leaflets are on Remedy and can be given or sent to patients</p> <p>Self-help for persistent pain: <a href="https://remedy.bnssgccg.nhs.uk/media/3690/self_help_for_persistent_pain_oct2019.pdf">https://remedy.bnssgccg.nhs.uk/media/3690/self_help_for_persistent_pain_oct2019.pdf</a></p> <p>Strategies for keeping mobile: <a href="https://remedy.bnssgccg.nhs.uk/media/2754/patient-information-strategies-for-keeping-mobile-final.pdf">https://remedy.bnssgccg.nhs.uk/media/2754/patient-information-strategies-for-keeping-mobile-final.pdf</a></p> <p>Information to help get active: <a href="https://remedy.bnssgccg.nhs.uk/media/2756/useful-information-to-help-people-get-active.pdf">https://remedy.bnssgccg.nhs.uk/media/2756/useful-information-to-help-people-get-active.pdf</a></p>	Bristol, North Somerset and South Gloucestershire

#### 5. Physical activity referral schemes

Service details	Referral process	Geographic area
Bristol City Council runs a Physical activity referral scheme.	<p>There is a referral form which needs to be completed and sent to the local gym.</p> <p>For more information go to <a href="https://www.bristol.gov.uk/social-care-health/physical-activity-referral-programmes">https://www.bristol.gov.uk/social-care-health/physical-activity-referral-programmes</a></p>	Bristol
<p>Circadian Trust runs a Healthy Lifestyle on referral scheme.</p> <p>For more information go to <a href="https://activecentres.org/health-y-lifestyle-on-referral-scheme/">https://activecentres.org/health-y-lifestyle-on-referral-scheme/</a></p>	There is a referral form in the website, which you need to complete and send to your local gym.	South Gloucestershire

Service details	Referral process	Geographic area
North Somerset Council Public Health team offer the Get Active Pass scheme (free access to limited leisure centre activities) to encourage and help people to live healthier and more active lives. For more information go to: <a href="http://www.go4life.org">www.go4life.org</a>	Via North Somerset Council Health Trainer Service or online referral form <a href="http://www.n-somerset.gov.uk/healthform">www.n-somerset.gov.uk/healthform</a>	North Somerset

## 6. Being Active

Service details	Referral process	Geographic area
The following websites help people be more active:	<p>Join the movement:  <a href="https://www.sportengland.org/jointhemovement?section=join%20the%20movement&amp;qclid=CPLA8rGnjO0CFUG4GwodxGkOQQ">https://www.sportengland.org/jointhemovement?section=join the movement&amp;qclid=CPLA8rGnjO0CFUG4GwodxGkOQQ</a></p> <p>Move it or Lose it:  <a href="https://www.moveitorloseit.co.uk/">https://www.moveitorloseit.co.uk/</a></p> <p>We Are Undefeatable:  <a href="https://weareundefeatable.co.uk/">https://weareundefeatable.co.uk/</a></p> <p>10 Today:  <a href="https://10today.co.uk/">https://10today.co.uk/</a></p> <p>Cycling in Bristol:  <a href="https://visitbristol.co.uk/things-to-do/sports-and-adventure/cycling">https://visitbristol.co.uk/things-to-do/sports-and-adventure/cycling</a></p>	UK

## 7. Walking For Health

Service details	Referral process	Geographic area
There are walking for health groups in Bristol, North Somerset and South Gloucestershire.	Go to the national website to find your nearest walking group: <a href="https://www.walkingforhealth.org.uk/">https://www.walkingforhealth.org.uk/</a>	UK wide

## 8. Bristol Walk Fest

Service details	Referral process	Geographic area
An annual walking festival – a celebration of walking and walks throughout the city.	Information about how to get involved is available from: <a href="https://www.bristolwalkfest.com/">https://www.bristolwalkfest.com/</a>	Bristol

## 9. Support to lose weight, be more active and stop smoking

Service details	Referral process	Geographic area
One You South Gloucestershire has been providing support to lose weight and stop smoking. However, they are currently not able to take any referrals as the staff have been deployed to support the COVID 19 contact tracing work.	When the service is open again people can refer via the referral form in EMIS or patients can self-refer by calling 01454 865337.  You can still access WW vouchers (previously called Weight Watchers) and the stop smoking service via the OneYou website, go to <a href="https://oneyou.southglos.gov.uk/what-we-offer/">https://oneyou.southglos.gov.uk/what-we-offer/</a> . However, the 12 week support plan will not be available the service is up and running again (hopefully April 2021).	South Gloucestershire
North Somerset Council Health Trainer Service provides 1-1 telephone and video call support to residents. Support includes: healthy eating and healthy weight support (includes option of free referral to weight management programme), support to get active, and stop smoking support.	Either via the online form <a href="http://www.n-somerset.gov.uk/healthform">www.n-somerset.gov.uk/healthform</a> or by telephoning 01934 427661  For more information visit: <a href="https://go4lifens.wordpress.com/go4life-schemes/health-trainers/">https://go4lifens.wordpress.com/go4life-schemes/health-trainers/</a>	North Somerset
Bristol City Council provides Stop smoking support.  For more information go to Bristol City Council: <a href="https://www.bristol.gov.uk/social-care-health/support-to-stop-smoking">https://www.bristol.gov.uk/social-care-health/support-to-stop-smoking</a>  Everyone Health: <a href="https://www.everyonehealth.co.uk/bristol-council/">https://www.everyonehealth.co.uk/bristol-council/</a>	There is a smoke free app available and 1-1 support from Everyone Health by emailing <a href="mailto:eh.bristol@nhs.net">eh.bristol@nhs.net</a> or telephoning 0333 005 0095 (Mon-Fri 8:30am-7pm, Sat 10am-2pm)	Bristol

## 10. Self-Management Apps

Service details	Referral process	Geographic area
The <b>getUBetter app</b> helps people when recovering from a new or recurring MSK Injury or condition. There are 7 pathways available, back, back and leg, shoulder, neck, knee, lower limb and ankle. There are physiotherapy videos and advice.	Available here: <a href="https://bnssgccg.nhs.uk/health-advice-and-support/self-care/">https://bnssgccg.nhs.uk/health-advice-and-support/self-care/</a> or from GPs and First Contact Physiotherapists	Bristol, North Somerset and South Gloucestershire
The <b>Joint school app</b> helps people waiting for hip and knee replacement surgery. Getting fit for surgery will reduce the amount of time in hospital and improve recovery. For more information go to <a href="https://www.jointschool.app/">https://www.jointschool.app/</a>	To sign up go to <a href="http://www.jointschool.app">www.jointschool.app</a> and download the myrecovery app from the app store	Bristol, North Somerset and South Gloucestershire.

## 11. Improving Access to Psychological Therapies (IAPT)

Service details	Referral process	Geographic area
VitaMinds provide self-guided on line support, group courses for stress and low mood for people with long term conditions and 1 to 1 support. For more information go to their website <a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/</a>	People can self-refer by using the link here: <a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/self-refer/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/self-refer/</a> or by telephoning 0333 2001893	Bristol, North Somerset and South Gloucestershire

If you would like this directory in another format, such as large print or Easy Read, please call 0300 123 4476 or email:

[bnssg.communications@nhs.net](mailto:bnssg.communications@nhs.net)