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**What’s out there?**

A directory of community resources that may be helpful to those with chronic pain.

**Pain management**

[**https://services.nhslothian.scot/painmanagement/AAH/Pages/default.aspx**](https://services.nhslothian.scot/painmanagement/AAH/Pages/default.aspx)

[**https://painconcern.org.uk/**](https://painconcern.org.uk/) **Telephone 0300 123 0789**

[**https://www.paintoolkit.org/**](https://www.paintoolkit.org/)

[**https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/**](https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/)

[**https://painassociation.co.uk/**](https://painassociation.co.uk/)

[**https://healthtalk.org/**](https://healthtalk.org/)

[**https://www.britishpainsociety.org/**](https://www.britishpainsociety.org/)

**Wellbeing resources**

[**https://www.health-in-mind.org.uk/**](https://www.health-in-mind.org.uk/)

[**https://llttf.com/**](https://llttf.com/)

[**https://www.nhsinform.scot/**](https://www.nhsinform.scot/)

**Mental health information station 0131 537 8688 email mentalhealthinformationstation@nhslothian.scot.nhs.uk**

[**https://ithriveedinburgh.org.uk/#**](https://ithriveedinburgh.org.uk/) **(Edinburgh resources)**

[**https://westspace.org.uk/**](https://westspace.org.uk/) **(West Lothian resources)**

[**https://eastspace.org.uk/#**](https://eastspace.org.uk/) **(East Lothian resources)**

****[**https://midspace.co.uk/#**](https://midspace.co.uk/) **(Midlothian resources)**

[**https://www.aliss.org/**](https://www.aliss.org/)

[**https://www.changeschp.org.uk/**](https://www.changeschp.org.uk/)

[**https://www.thistle.org.uk/**](https://www.thistle.org.uk/)

[**http://www.healthallround.org.uk/**](http://www.healthallround.org.uk/) **(a service for those in the Gorgie and surrounding area)**

[**https://www.saheliya.co.uk/**](https://www.saheliya.co.uk/) **(a service for black, minority ethnic, asylum seeker, refugee and migrant women and girls)**

**Feeling overwhelmed?** Speak to your GP, NHS24- 111, or A&E

Emergency mental health crisis contacts

Mental health assessment service (MHAS Edinburgh) - 0131 286 8137

Confidential phone support

Breathing space breathingspace.scot – a mental health helpline. Tel: 0800 83 85 87

Opening hours

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6 pm-Mondays 6am

**Relationship support**

[**https://www.bright-light.org.uk/**](https://www.bright-light.org.uk/)

[**https://www.crossreach.org.uk/find-service/adults/counselling-for-adults**](https://www.crossreach.org.uk/find-service/adults/counselling-for-adults)

**The Spark relationship helpline 0808 802 2088**

**Veterans support**

[**https://www.veteransfirstpoint.org.uk/**](https://www.veteransfirstpoint.org.uk/)

**https://www.thistle.org.uk/looking-for-support/veterans**

**Keep going with exercise**

[**https://www.edinburghleisure.co.uk/**](https://www.edinburghleisure.co.uk/)

A number of exercise classes and programmes aimed at those with chronic health conditions. More details on the website or ask your GP or physiotherapist.

[**https://www.pathsforall.org.uk/**](https://www.pathsforall.org.uk/)

All areas of Lothian**.**

[**https://www.thistle.org.uk/looking-for-support/hwb-support**](https://www.thistle.org.uk/looking-for-support/hwb-support)

In East Edinburgh

[**https://www.aliss.org/**](https://www.aliss.org/)

All areas of Lothian/Scotland

[**http://www.healthallround.org.uk/**](http://www.healthallround.org.uk/)

Exercise classes for those in or near to the Gorgie area of Edinburgh

[**https://www.projekt42.co.uk**](https://www.projekt42.co.uk)

Located in Leith, Edinburgh

[**https://www.extend.org.uk/**](https://www.extend.org.uk/)

In Edinburgh , East Lothian and Midlothian

[**https://www.ecas.scot/**](https://www.ecas.scot/)

Support for those in all areas of Lothian

[**https://www.changeschp.org.uk/healthy-living-activities/**](https://www.changeschp.org.uk/healthy-living-activities/)

In Musselburgh

[**https://www.livewelleastlothian.org/**](https://www.livewelleastlothian.org/)

Support for those across East Lothian

[**https://www.activeeastlothian.co.uk/physical-activity/ageing-well-37**](https://www.activeeastlothian.co.uk/physical-activity/ageing-well-37)

Aging well East Lothian

[**https://www.enjoyleisure.com/**](https://www.enjoyleisure.com/)

Council run leisure facilities in East Lothian

[**https://www.midlothian.gov.uk/info/527/classes\_and\_lessons/246/ageing\_well\_-\_activities\_for\_over\_50s**](https://www.midlothian.gov.uk/info/527/classes_and_lessons/246/ageing_well_-_activities_for_over_50s)

Midlothian aging well activities

**Midlothian active choices** ( MAC) is a programme to support adults who are not active, or who have long term health conditions, to exercise. You need to be referred by your GP or physiotherapist. Call 0131 561 6507 or email mac@midlothian.gov.uk

[**https://www.midlothian.gov.uk/info/527/classes\_and\_lessons/440/leisure\_classes**](https://www.midlothian.gov.uk/info/527/classes_and_lessons/440/leisure_classes)

Midlothian council run leisure centre activities

**Aging well West Lothian**

A range of activities, contact **aclerkson@westlothianleisure.com - 01506 237950 / 0776809000** for more details

**Online Tai Chi**

[**https://www.lfataichi.co.uk/**](https://www.lfataichi.co.uk/)

Text 07450-979625 or email [lfataichiedinburgh@gmail.com](mailto:lfataichiedinburgh@gmail.com)

**Thistle foundation**

Contact [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk).

[**https://www.ecas.scot/**](https://www.ecas.scot/)

**https://www.changeschp.org.uk/healthy-living-activities/**

[**http://taichiandnutrition.com/**](http://taichiandnutrition.com/)

**Tai Chi Qi Gong and wellbeing class**

Contact: 07769 835623 cadodson@btinternet.com

**Face to face Tai Chi**

**https://www.changeschp.org.uk/healthy-living-activities/**

[**http://taichiandnutrition.com/**](http://taichiandnutrition.com/)

**Tai Chi Qi Gong and wellbeing class**

**Contact: 07769 835623** [**cadodson@btinternet.com**](mailto:cadodson@btinternet.com)

[**https://www.projekt42.co.uk**](https://www.projekt42.co.uk)

**West Lothian aging well programme**

Contact aclerkson@westlothianleisure.com - 01506 237950 / 07768090008

**Midlothian aging well programme**

Contact AgeingWell@midlothian.gov.uk or call 0131 561 6506

**Reliable health care information**

[**https://www.nhsinform.scot/**](https://www.nhsinform.scot/)

[**https://www.versusarthritis.org/**](https://www.versusarthritis.org/)

[**https://www.neurosymptoms.org/en\_GB/**](https://www.neurosymptoms.org/en_GB/)

**https://www.nhs24.scot/**

**Voluntary work**

[**https://www.volunteeredinburgh.org.uk/**](https://www.volunteeredinburgh.org.uk/)

[**https://www.volunteereastlothian.org.uk/**](https://www.volunteereastlothian.org.uk/)

[**https://www.thirdsectormidlothian.org.uk/vm/**](https://www.thirdsectormidlothian.org.uk/vm/)

[**https://www.voluntarysectorgateway.org/**](https://www.voluntarysectorgateway.org/)

**Carers support**

[**https://www.vocal.org.uk/**](https://www.vocal.org.uk/)

Edinburgh and Midlothian

[**https://coel.org.uk/**](https://coel.org.uk/)

East Lothian

[**https://carers-westlothian.com/**](https://carers-westlothian.com/)

West Lothian

**Bereavement support**

[**https://www.crusescotland.org.uk/**](https://www.crusescotland.org.uk/)

**Support to stay in/return to work**

**Working health services Scotland**

Contact 0131 537 9579

[**https://www.remploy.co.uk/remploy-scotland**](https://www.remploy.co.uk/remploy-scotland)

Can provide online or phone support Call 0300 456 8110

[**http://allinedinburgh.org.uk/**](http://allinedinburgh.org.uk/)

Covering Edinburgh and Midlothian 0300 0200 101, [info@allinedinburgh.org.uk](mailto:info@allinedinburgh.org.uk)

[**https://www.joinedupforjobs.org/**](https://www.joinedupforjobs.org/)

**Housing, financial, benefits support**

[**http://www.chaiedinburgh.org.uk/**](http://www.chaiedinburgh.org.uk/)

Community help and advice initiative Edinburgh. Book an appointment on 0131 442 1009.

[**https://www.edinburgh.gov.uk/benefits-grants/advice-shop/1**](https://www.edinburgh.gov.uk/benefits-grants/advice-shop/1)

Edinburgh council advice shop Tel: 0131 200 2360 .Email:advice.shop@edinburgh.gov.uk

[**https://www.westlothian.gov.uk/adviceshop**](https://www.westlothian.gov.uk/adviceshop)

West Lothian advice shop Tel: 01506 283000

[**https://www.eastlothian.gov.uk/info/210626/welfare\_rights**](https://www.eastlothian.gov.uk/info/210626/welfare_rights)

Welfare rights East Lothian Tel: 01620 827827

****[**https://www.midlothian.gov.uk/info/612/benefits\_and\_grants/516/benefits\_advice**](https://www.midlothian.gov.uk/info/612/benefits_and_grants/516/benefits_advice)

Midlothian welfare rights: Tel: 0131 270 8922

[**https://www.stepchange.org/**](https://www.stepchange.org/)

Debt charity

[**https://www.turn2us.org.uk/**](https://www.turn2us.org.uk/)

Support with financial hardship

[**https://www.cas.org.uk/**](https://www.cas.org.uk/)

Citizens advice Scotland Tel: 0800 028 1456

[**https://www.cre.scot/**](https://www.cre.scot/)

Care and repair. Support for older adults to maintain their home, Edinburgh only.

**Enjoyable activities**

**Local libraries**

A good source of information through noticeboards and leaflets

**Aliss.org**

Search for activities in your area using your postcode

**Midlothian.gov.uk** search adult education and community classes or aging well

**westlothian.gov.uk** search for local groups or aging well

**Activeeastlothian.co.uk Click on links for get active and aging well for current activity list**

**joininedinburgh.org**

Edinburgh council run adult education classes

[**https://scottishmsa.org.uk/**](https://scottishmsa.org.uk/)

Men’s activity groups.

**Help with daily living**

[**https://www.edinburgh.gov.uk/orderequipmenthomeform**](https://www.edinburgh.gov.uk/orderequipmenthomeform)

[**https://www.westlothian.gov.uk/article/44341/Equipment-and-Adaptations-What-you-need-to-know**](https://www.westlothian.gov.uk/article/44341/Equipment-and-Adaptations-What-you-need-to-know)

[**https://www.eastlothian.gov.uk/site\_search/results/?q=home+equipment**](https://www.eastlothian.gov.uk/site_search/results/?q=home+equipment)

**Midlothian call 0131 2713900 or email:swccenquiries@midlothian.gov.uk**

[**https://www.smart.scot.nhs.uk/disabled-living-centre**](https://www.smart.scot.nhs.uk/disabled-living-centre)

[**https://livingmadeeasy.org.uk/**](https://livingmadeeasy.org.uk/)

[**https://www.versusarthritis.org/**](https://www.versusarthritis.org/)