**CAMDEN PAIN SERVICE**

**ONLINE RESOURCES**

**Pain Management Support**

**The Physiotherapy Pain Association:** <https://ppa.csp.org.uk/content/links>

**The Pain Toolkit:** <https://www.paintoolkit.org>

**The Retrain Pain Foundation:** <http://www.retrainpain.org/>

**The British Pain Society:** <https://www.britishpainsociety.org/people-with-pain>

**Pain Concern:** [www.painconcern.org.uk](http://www.painconcern.org.uk)

**Home Exercise**

<https://ppa.csp.org.uk/content/links> **-** ‘Keeping Active’ - Includes links to videos for home based yoga, t’ai chi, chair based exercises etc

<https://www.nhs.uk/live-well/exercise>

[10-minute workouts](https://www.nhs.uk/live-well/exercise/10-minute-workouts/) NHS Fitness Studio

Gym Free Workouts 12-week fitness plan

**Emotional Well-being during the Covid 19 Outbreak**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsea2b59>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

