

**GET HELP
WITH...**

DR D S KINNERSLEY
BSc(Hons) MBBS DRCOG DCH DGM MRCP
THE OLD SCHOOL SURGERY



Chronic Pain Management + Long Term Conditions



Talking Therapies teams (IAPT)

VISIT THE WEBSITE
www.we-listen.org

They have Long Term Conditions teams - chronic pain is one of the areas they can have additional training in.

Expert Patient Programme

CALL (SELECT OPTION 3)
0300 013 2045

EMAIL
kcht.epp@nhs.net

A free six week course for people who live with long term health conditions

Chew the Fat

VISIT THE WEBSITE
www.chewthefatkent.co.uk

EMAIL
chewthefat.kent@gmail.com

Men's group meeting Wednesday evenings at Repton. ChewTheFat on Facebook.

Ashford Fibromyalgia Group

VISIT THE WEBSITE
www.fmauk.org

A charity supporting people who are affected by fibromyalgia.

Pain Awareness Morning

CONTACT (JENNY)
07532 417549

First Tuesday of the month 10:30-12:30. Both face-to-face at The Riverside Centre and on Zoom.

Kent MS Therapy Centre

VISIT THE WEBSITE
www.kentmstc.org.uk

Not just for MS patients, this charity provides multiple therapies for self-funding patients, charges kept as low as possible.

Ehlers-Danlos Support

VISIT THE WEBSITE
www.ehlers-danlos.org

EMAIL (KENNY)
ashfordedsuk@gmail.com

Membership not required, but it's free to join

Other Helpful Websites

LIVING WITH PAIN
www.livewellwithpain.co.uk

VERSUS ARTHRITIS
versusarthritis.org

LIVING LIFE TO THE FULL
l1tf.com