Physical Wellbeing

Resources to use if you or a loved one has physical health difficulties.

The **NHS** offers information on health and illness, local services, finding a doctor / dentist, local waiting lists for treatment, infection rates in local hospitals a nd some useful interactive tools on healthy eating, lifestyle, and fitness. Also offers links to other government and healthcare resources. https://www.nhs.uk/

The **Miscarriage Association** is a charity providing support and information to people affected by miscarriage. Call 01924 200799 or visit www.miscarriageassociation.org.uk

Sands offers support to anyone affected by the death of a baby. Call 0808 164 3332 or visit https://www.sands.org.uk/

Back Care is a charitable organisation providing information and support to help people to manage back pain. They offer a comprehensive range of downloadable fact sheets including information on complimentary therapy and exercise. https://backcare.org.uk/

The **British Occupational Health Research Association** (https://www.bohrf.org.uk) produce a leaflet on musculoskeletal care for people who work and their employers: www.bohrf.org.uk/downloads/backleaf.pdf

British Heart Foundation: a charitable organisation offering help support and information about several heart related health issues. It offers a confidential heart information line for individuals to discuss any issues relating to stress and coronary heart disease. Can discuss making positive changes to lifestyle to combat stress. Large selection of downloadable leaflets relating to all aspects of health and wellbeing, including smoking, drinking, exercise and diet. www.bhf.org.uk

Macmillan Cancer Support: support for people with cancer, their carers, and their families. Their helpline offers access to specialist nurses. Comprehensive factsheets on diseases, treatments, and coping. Call 0808 808 0000 or visit https://www.macmillan.org.uk/

British Dietetic Association: comprehensive advice on healthy eating and drinking. https://www.bda.uk.com/practice-and-education/nutrition-and-dietetic-practice.html

The **Migraine Trust** is a charity which offers help and advice to people with migraines. Comprehensive information includes factsheets, information on treatment and self-help and how to find a specialist NHS migraine clinic. www.migrainetrust.org