

To self-refer call us on:

**01952 457 415**

**Referral Line Opening times:**

**Monday to Friday 9.15am – 4.30pm (Excluding Bank Holidays)**

Our administrators will take your details and arrange an initial appointment for you on a date of your choice within our opening hours.

Email us:

[wellbeing.telford@sssft.nhs.uk](mailto:wellbeing.telford@sssft.nhs.uk)

Visit our webpage:

[telfordwellbeingservice.sssft.nhs.uk](http://telfordwellbeingservice.sssft.nhs.uk)

Postal Address:

**Primary Care Wellbeing Service**

**Fuller House, Hall Court,**

**Hall Park Way, Telford TF3 4NP**

Please note we are not a 24/7 service. If you are worried you are seriously unwell, or are thinking seriously about harming yourself or others, please call your GP or NHS Direct on 111 (open 24 hours).



South Staffordshire and Shropshire Healthcare   
NHS Foundation Trust  
A Keele University Teaching Trust



## Living Well with a Musculoskeletal Condition



Having a musculoskeletal condition such as arthritis, tendinitis or fibromyalgia, can affect all areas of our life, not just our physical health. Telford Wellbeing Service is now providing a new service to help people with musculoskeletal conditions maintain the best possible health for them.



## Who are we?

The Primary Care Wellbeing Service, or IAPT (Improving Access to Psychological Therapies) is a free NHS Service providing a range of recommended support for people. Our new service for people with musculoskeletal conditions such as arthritis, tendinitis and fibromyalgia, focuses on helping people claim back their quality of life, as well as their physical health.

## How can we help?

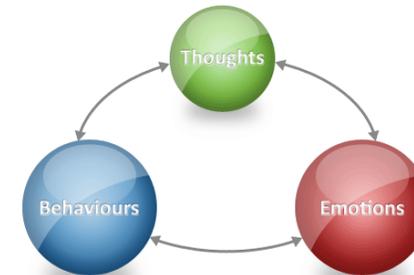
Whether you have been diagnosed recently, or have been living with a musculoskeletal condition for a while, it can have a huge effect on day to day life. People with these long term conditions sometimes struggle with:

- Remembering to take medication which can manage symptoms and flare-ups
- Getting to regular appointments to keep a check on their health
- Stopping or giving up smoking
- Not being as active as they once were because of increased pain, stiffness and fatigue
- Feeling panicky or anxious when facing situations
- Difficulty sleeping
- Feeling tired and a lack of energy
- Eating healthily or maintaining a healthy weight
- Worry about their condition, or things getting worse
- Feeling low in mood, and “down in the dumps”
- Feeling frustrated and angry about how to manage their condition
- Feeling socially left out, or that people are judging them

If any of this sounds relevant to you, we may be able to help you manage your mood, worry less, and gain more motivation.

## What do we do?

We offer a type of support called CBT, or Cognitive Behavioural Therapy. CBT looks at how our thoughts and behaviour affect the way we feel. Our aim is to give people tools with which to manage their mood and condition, in order for them to feel happier, healthier and more in control of life.



## How will it work?

You can self-refer to us by calling **01952 457415**, where someone will take all your details. We will then invite you to an initial assessment, which will be face-to-face or via telephone.

At your assessment we will ask you to fill out some questionnaires, discuss your confidentiality and find out how your musculoskeletal condition is affecting you. We will then explain the type of treatment we can offer, and what we can do to help you.