

Signposting & Support

A curated directory of trusted information, organisations, guidance, specialist services and community support.

Five focused sections. Each section is designed to fit on a single page for easy reading, printing and sharing.

FPOD provides signposting only and does not recommend individual clinicians or replace professional medical advice.

Reliable information

Trusted sources covering symptoms, healthcare pathways, test results, referrals and rare or undiagnosed conditions.

Resource	How it may help
Persistent physical / medically unexplained symptoms Visit resource →	NHS overview of persistent symptoms when a clear underlying cause has not been identified.
Understanding your symptoms Visit resource →	NHS A-Z covering symptoms, possible causes, treatment and when to seek help.
Understanding health conditions Visit resource →	Reliable NHS information about diagnosed or suspected health conditions.
Tests, treatments and medicines Visit resource →	NHS information covering investigations, treatments and medicines.
When medical tests do not explain symptoms Visit resource →	Information about continuing symptoms despite normal investigations.
Viewing your test results Visit resource →	How to access NHS test results and what to do if you have concerns.
Accessing your medical records Visit resource →	Useful for keeping track of healthcare information across multiple clinicians.
Specialist referrals Visit resource →	How NHS referrals work and what happens when a GP refers you onwards.
Shared decision-making Visit resource →	How patients and clinicians can work together on healthcare decisions.
Rare, genetic and undiagnosed conditions Visit resource →	Information about rare, genetic and undiagnosed conditions from Genetic Alliance UK.

Support organisations

Key charities and organisations offering information, advocacy, practical help and patient or carer support.

Resource	How it may help
Genetic Alliance UK Visit resource →	Support and signposting for people affected by genetic, rare and undiagnosed conditions.
Rare Disease UK Visit resource →	National campaign focused on diagnosis, coordinated care and access to services for rare conditions.
SWAN UK Visit resource →	Information and peer support for families affected by undiagnosed genetic conditions.
The Patients Association Visit resource →	Independent information and support for people navigating healthcare.
Disability Rights UK Visit resource →	Information on rights, employment, independence and access to services.
Carers UK Visit resource →	Practical information, benefits guidance and support for carers.
Pain Concern Visit resource →	Information and support for people living with persistent or chronic pain.
The ME Association Visit resource →	Information and support for ME/CFS, Long COVID and post-viral fatigue.
PoTS UK Visit resource →	Information, guidance and peer support for people affected by PoTS.
Long Covid Support Visit resource →	Patient-led support and advocacy for people living with Long COVID.

Practical guidance

Useful guidance for appointments, NHS care, patient rights, work, benefits and navigating healthcare.

Resource	How it may help
Preparing for a medical appointment Visit resource →	NHS advice on preparing, what to bring and useful questions to ask.
Getting a second opinion Visit resource →	Information relevant when a health problem remains unresolved or unexplained.
Choosing where you receive NHS care Visit resource →	Information about patient choice and choosing services or providers.
Problems with NHS care Visit resource →	Information about feedback, complaints, PALS and complaints advocacy.
Find your local Healthwatch Visit resource →	Local information and help to make patient experiences heard.
Your rights as an NHS patient Visit resource →	The NHS Constitution explains patient rights and what to expect from services.
Reasonable adjustments at work Visit resource →	Guidance on employers' responsibilities and workplace adjustments.
Access to Work Visit resource →	Government support for people whose disability or health condition affects work.
Benefits and financial support Visit resource →	A central starting point for disability and health-related financial support.
Personal Independence Payment (PIP) Visit resource →	Information about PIP for people with long-term health difficulties or disabilities.

Specialist services

Information about routes to specialist assessment, treatment, rehabilitation and multidisciplinary support.

Resource	How it may help
Specialist referrals Visit resource →	How to ask for specialist care and how NHS referrals work.
Find NHS services Visit resource →	Central NHS directory for finding healthcare services.
Genetic & genomic services Visit resource →	Information about genomic testing for rare and inherited conditions.
Pain management services Visit resource →	NHS help and specialist approaches for persistent pain.
Physiotherapy Visit resource →	Support for mobility, pain, rehabilitation and physical function.
Occupational therapy Visit resource →	Help with everyday activities affected by illness or disability.
NHS Talking Therapies Visit resource →	Support for the psychological impact of living with persistent or long-term symptoms.
Persistent physical symptoms services Visit resource →	NHS England information on long-term conditions and persistent physical symptoms.
Rheumatology / musculoskeletal conditions Visit resource →	Information relevant to persistent joint, muscle and inflammatory symptoms.
NHS e-Referral Service Visit resource →	Book and manage certain specialist appointments after referral.

Community support

Places to connect with others, share experiences and find peer support from communities that understand.

Resource	How it may help
SWAN UK community Visit resource →	Peer support for families affected by undiagnosed genetic conditions.
Genetic Alliance UK Visit resource →	Connect with networks supporting genetic, rare and undiagnosed conditions.
Rare Disease UK Visit resource →	A collective voice for people affected by rare conditions.
HealthUnlocked Visit resource →	Online communities around health conditions, symptoms and shared experiences.
The Patients Association Visit resource →	Patient support and opportunities to contribute to better health and care.
Healthwatch – Have your say Visit resource →	Share experiences of health and social care to help inform improvements.
Carers UK Visit resource →	Community and support for people caring for family members or friends.
Scope online community Visit resource →	Online community for disabled people, families and carers.
Pain Concern Visit resource →	Support and information for people living with persistent pain.
Long Covid Support Visit resource →	Patient-led community and advocacy for people living with Long COVID.