



Unwanted Pain, Wanted Pleasure

Useful Resources

(This is not an exhaustive list, but does contain links that our panel regularly recommend as reliable and factual. If you have any medical concerns, please speak to your GP – they discuss these issues all the time and will make it as un-embarrassing as possible for you)

WEBSITES:

<https://hopeandher.com/> lots of information on pain during sex, including vaginismus

<https://weareferly.com/> improving your sex life, by increasing your desire, number of orgasms, pain-free sex and how to be confident

<https://www.sexualhealthoxfordshire.nhs.uk/> local sexual health services, from STI testing, contraception, PrEP, sexual assault support

<https://www.endometriosis-uk.org> UK specific endometriosis support network with resources and education

<https://endometriosis.org/> Global forum for news and information

<https://www.pelvicpain.org.uk/> providing support, information and advocacy for those with pelvic pain

<https://cysters.org/> support network for reproductive health

RECOMMENDED READING:

The Wonder Down Under by Dr Nina Brochmann and Dr Ellen Stokken Dahl

Better Sex Through Mindfulness by Lori A Brotto

How To Have Feminist Sex by Flo Perry

Mind The Gap by Dr Karen Gurney

Losing It by Sophia Smith Galer

The Right to Sex by Amia Srinivasan

PODCASTS AND VIDEOS:

<https://www.bbc.co.uk/programmes/p0bvg9nm>

<https://www.oxfordsparks.ox.ac.uk/podcasts/how-can-we-improve-endometriosis-treatment/>

<https://unheardof.libsyn.com/>

Sex Education on Netflix

MEDIA ARTICLES:

<https://theconversation.com/endometriosis-gene-identified-which-could-be-potential-treatment-target-new-study-167211>

<https://theconversation.com/adenomyosis-from-symptoms-to-treatment-two-womens-health-experts-explain-this-little-known-condition-206303>

<https://theconversation.com/is-it-normal-to-get-sore-down-there-after-sex-111744>

<https://theconversation.com/does-your-vulva-hurt-you-could-have-vulvodynia-55038>

SUPPORT SERVICES:

<https://www.cosrt.org.uk/> find a psychosexual and relationship therapist

<https://www.relate.org.uk/> relationship support