ESCAPE-pain is supported by the Health Innovation Network (HIN) and Versus Arthritis. For a full list of our endorsements and partnerships please click here.

ESCAPE-pain is now being delivered in over 200 locations!

We are excited to share that this August the ESCAPE-pain programme launched its 200th site in the UK. The programme is now being delivered in every region in England, with sites also operating in Wales and Northern Ireland. Over 13,000 people have attended the programme to date. View the press release here.
Please visit our [site map](https://mailchi.mp/30ecdd9497a4/escape-pain-newsletter-2188441?e=e6d1386c7f) to see where ESCAPE-pain is running nearest you.

Some of our newest sites are listed below.
Do let us know if you have a location that needs to be added to the list/site map!

### New site locations
- Andover Leisure Centre, Andover
- John Smeaton Leisure Centre, Leeds
- Kippax Leisure Centre, Leeds
- Market Weighton Scout Hut, York
- Middleton Leisure Centre, Leeds
- Oakwood Lane Medical Practice, Leeds
- Pocklington Health Centre, York
- Rosedale Community Centre, Hull
- Romsey Rapids Sports Complex, Romsey

### Sites starting soon (Sept & Oct)
- Applemore Health and Leisure, Southampton
- Carrowbreck House, Norwich
- Long Stratton Leisure Centre, Norwich
- Lymington Health and Leisure, Lymington
- Mountbatten Leisure Centre, Portsmouth
- New Milton Health and Leisure, New Milton
- Ringwood Health and Leisure, Ringwood
- Sacred Heart Centre, Swansea
- Shakespeare Hall, East Sussex
- Verwood Hub Leisure Centre, Verwood

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Register to attend:
**MSK improvement and innovation forum**

The MSK improvement and innovation forum (previously the Back Pain forum) is a regular in-person information sharing event showcasing local and national MSK initiatives and new innovations for professionals and managers working within MSK or whom have an interest in or influence over MSK services.

Come along, listen to our speakers and share your ideas - be a part of a group that is keen to collaborate and explore possible solutions to face MSK challenges!

**Date:** 10 October 2019  
**Location:** Guy's and St Thomas Education Centre, 75-79 York Rd, London SE1 7NJ

[View the agenda and register here.](https://mailchi.mp/30ecdd9497a4/escape-pain-newsletter-2188441?e=e6d1386c7f)

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Innovation Exchange podcast
Listen to Episode 1 of the Innovation Exchange podcast as it explores the challenges facing our health and care service in relation to ageing. NHS England's Clinical Director for Older People, Professor Martin Vernon joins host Dr Hasan Chowhan, plus we hear about exciting innovations MySense, Safe Steps, Droplet and ESCAPE-pain that could change the way we look after our health as we age.

News and updates

**Six-week Winyates course to showcase new ways to escape pain**
Read all about the next ESCAPE-pain programme starting up in early September in the Redditch Standard.

**New programme rolling out across Norfolk**
Read on the KL FM website how ESCAPE-pain is expanding into Norfolk.

**Musculoskeletal health: 5 year prevention strategic framework**
We are proud to be listed in the new guidance launched on the 20th June by Public Health England, NHS England and Versus Arthritis.

**TRANSFORM 2019**
The MSK team's Deputy Clinical Directors, Fay Sibley and Andrew Walker are heading off to Australia in October to speak about ESCAPE-pain at the Australian Physiotherapy Association's national conference TRANSFORM 2019.

**Scheme to help beat pain in long-term sufferers continues in Redditch**
Read all about the delivery of the ESCAPE-pain programme in Redditch covered by the Halesowen News, the Redditch & Alcester Advertiser and the Kidderminster Shuttle.

**BBC Suffolk Radio**
Hear Professor Mike Hurley speak about the ESCAPE-pain programme on BBC Suffolk Radio.

**New service introduced for Osteoarthritis patients in Borough**
Read the Richmond and Twickenham Times' news piece on local upcoming ESCAPE-pain sites.

**Newly revamped ESCAPE-pain resource for leisure and community providers**
We are pleased to announce that we have revamped our Leisure Sector FAQ resource to incorporate new learnings from ESCAPE-pain leisure and
Andrew will present the AHSN Network’s work to scale-up ESCAPE-pain across England. Fay will talk about the development and national roll out of the ESCAPE-pain training course as part of the key approach to supporting the scale-up of ESCAPE-pain. If you are a leisure provider/operator interested in learning more about ESCAPE-pain and how to implement the programme in your organisation please email us at hello@escape-pain.org to request a copy.

ESCAPE-pain facilitator training

We are excited to announce that we have trained 999 facilitators to deliver the ESCAPE-pain programme and this week that number will grow to over 1,000! A special thanks goes to all of our ESCAPE-pain trainers and facilitators in helping to achieve this special milestone and commitment to increasing access to the ESCAPE-pain programme for participants.

Check in with us on twitter and our website next week for the press release with quotes from Professor Mike Hurley, originator of the ESCAPE-pain programme along with quotes from facilitators and trainers.

Learn more about the training and view upcoming training dates on our website here.

Joint Pain Advice in a workplace setting

At the end of last year, the HIN was successful in a bid to the DWP Challenge Fund for resources to help roll out the Joint Pain Advice model within the workplace setting and to explore how we can support people who have MSK problems to stay well in work.

Joint Pain Advice (JPA) in the workplace is one of 19 initiatives across the UK selected to receive funding from the Work and Health Challenge Fund. The Work and Health Challenge Fund aims to test potential solutions which help people with disabilities and health conditions to remain in work and is part of a wider Innovation Fund managed by the Work...
JPA was developed by the HIN and is an innovative approach to help people understand and manage their knee, hip and/or back pain through education and exercise, teaching people how to self-manage and alter the course of their condition. We are currently working with a number of workplaces in London and Cornwall to offer JPA to staff and to discover whether JPA is successful in supporting people in the workplace. Since recruitment started in April 2019, nearly 400 members of staff across participating workplaces have received Joint Pain Advice and initial outcome data is looking positive. The project comes to an end in February 2020 and we will evaluate and share what we have learnt.

For more information about JPA please visit our website where you can also hear from previous participants or please contact Sally Irwin, MSK Project Manager
sally.irwin1@nhs.net

Physical Activity Campaigns

10 Today

10 Today involves short ten minute routines to get you stretching and moving, and are broadcast on the radio and online. Their vision is a world where being physically active is part of daily life for older people.

At the moment, 42% of older people are physically inactive. You are more likely to be inactive the older you are. Yet physical activity protects against poor health and disease, improves mental health and maintains independence.

https://10today.co.uk/

#WeAreUndefeatable

For the first time ever, many of the UK's leading charities have come together to inspire and support people with health conditions to be active.

The campaign aims to change the misconception that people with long term health conditions can't be active. You are twice as likely to be inactive if you are living with a long term health condition. The campaign seeks to inspire and empower those who are least active to build physical activity in small chunks, in a way that long term health conditions allow, whilst celebrating every little victory.

https://weareundefeatable.co.uk/ways-to-move
Regina attended the ESCAPE-pain programme run by Mytime Active. Hear how the programme helped her gain her independence back and enabled her to become physically active again - going from relying on a wheelchair to joining a Zumba class.

It's important for us to share and celebrate how the programme is helping people take control of their joint pain, self-manage their condition, and return to more physically active lives. Visit our website to see and read how ESCAPE-pain participants are changing their lives.

We would love to hear your ESCAPE-pain story. If you would like to share with us, please email hello@escape-pain.org

We've heard from many participants as they come to the end of the ESCAPE-pain programme, that they would like to continue meeting and supporting each other in their local area.

Versus Arthritis has passionate and dedicated volunteers that run over 250 local support groups across the UK, bringing people with arthritis together to share their experiences and gain access to face to face support. Find your nearest support group or email...
#LiveBetterDoMore

Remember to use #LiveBetterDoMore when tweeting or sharing any participant feedback. We'd love to hear more from you, so if you have any personal stories to share and would like to tell us about your experience of the ESCAPE-pain programme or app, please email us at: hello@escape-pain.org

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