Happy New Year!

As we look forward to 2020, we have been reflecting on the successes of 2019. It was an exciting year with many milestones achieved. Some of the highlights can be revisited below.

Year in review: 2019 highlights

**BBC News broadcast**
On October 11, BBC News broadcast a special feature on ESCAPE-pain as part of National Arthritis Week. BBC London interviewed Professor Mike Hurley and ESCAPE-pain participant, Regina Yillah. ESCAPE-pain was featured on both the morning and evening programmes.

**ESCAPE-pain delivered in over 200 sites across the UK**
In 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. View the press release here.

**1000 facilitators trained to deliver ESCAPE-pain**
Over 1,000 facilitators have been trained to deliver the ESCAPE-pain programme. Thank you to all of our ESCAPE-pain trainers and facilitators in helping to achieve this special milestone and their commitment to increasing access to the ESCAPE-pain programme for participants. Learn more about the training and view upcoming training dates on our website here.

**Musculoskeletal health: 5 year prevention strategic framework**
We were proud to be listed in the new guidance launched on the 20th June by Public Health England, NHS England and Versus Arthritis.
In September, ESCAPE-pain was mentioned in a Daily Mail supplement, both online and in print. The article generated loads of interest in the programme and we received enquiries from potential participants across the country. View the article here.

ESCAPE-pain is now being delivered in over 270 locations!

Please visit our site map 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**
- Brunel Fitness Centre, Bristol
- Cranleigh Leisure Centre, Cranleigh
- Devizes Leisure Centre, Devizes
- Hornsey Central Health Centre, London
- Sportsplus Physiotherapy and Rehabilitation Clinic, Co Tipperary
- Sun Lane Leisure, Wakefield
- The Dome, Doncaster
- The Greenway Centre, Bristol
- The Sports Centre at the Fire Service College, Moreton in Marsh
- Vicacity Regional Fitness & Indoor Swimming Centre, Peterborough

**Sites starting soon (Jan & Feb)**
- AECC Chiropractic Clinic, Bournemouth
- Freeman Hospital, Newcastle
- Gosport Leisure Centre, Hampshire
- LED Sidmouth Leisure Centre, Sidmouth
- Moors Valley Country Park and Forest, Verwood
- Places Leisure, Eastleigh
- Swaythling Neighbourhood Centre, Southampton
- The Ageas Bowl, Hampshire Wellbeing Centre, Southampton
- Wilmslow Leisure Centre, Wilmslow
- Ysbyty Ystrad Fawr Hospital, Hengoed Wales

Coming soon

Please look out for a full schedule of ESCAPE-pain (knee & hip) as well as ESCAPE-pain for backs training dates and locations to be released in the coming weeks.
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:** 14 February 2020  
**Location:** Guy's and St Thomas Education Centre, 75-79 York Rd, London SE1 7NJ  

[Learn more and register here.](https://escape-pain.org/facilitator-training)

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The Physiotherapy Pain Association in partnership with the Health Innovation Network AHSN South London invite you to a free Psychologically Informed Physiotherapist Practice - shared learning event on Thursday 5 March 2020.

Psychologically Informed Physiotherapist Practice is a key component of the biopsychosocial management approach to pain care in physiotherapy practice. This shared learning event will explore the research, the evidence and effective working models of the Psychologically Informed Physiotherapist Practice approach.

**Date:** Thursday 5 March 2020  
**Location:** Coin Street Conference Centre, 108 Stamford Street, London SE1 9NH

[Learn more and register here.](https://mailchi.mp/a3584b2fc392/escape-pain-newsletter-2506753?e=e6d1386c7f)
Opportunities for physical activity

Exercise videos

Arthritis Action has created a webpage with various videos of exercises which have been designed in collaboration with the wellbeing organisation Oomph!, as part of a programme developed to encourage people with arthritis and other musculoskeletal conditions to become more active. The activities are intended to be gentle and should be practised at a comfortable pace. However, if you have any concerns about whether they are suitable for you, please consult a healthcare professional before taking part.

The exercises can be viewed here:  

Nordic walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. It gives you a highly effective all over workout that doesn't feel like one! Nordic Walking is a fun and social activity that can be enjoyed in town centres or open countryside throughout the year.

Nordic Walking uses specially designed poles – not to be confused with trekking poles – to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking is a genuinely whole body exercise that can be enjoyed at many levels, at low, medium or high intensity. More than 10 million people globally enjoy this outdoor activity all year round.

To find out more, please visit: https://britishnordicwalking.org.uk/

ESCAPE-pain support tools: top tips

Don't forget there are digital ESCAPE-pain support tools available (app, online programme) to help you continue exercising safely in your home, after you have completed the face-to-face ESCAPE-pain programme. Visit https://escape-pain.org/support-tools to learn more.
Based on user feedback we have compiled our top tips and advice for getting the best out of the ESCAPE-pain support tools available. The document can be found here.

We want to hear from you!
We would like to encourage you to feedback to us regarding your experience so that we can make improvements where needed and best support you in using these tools.

How to leave a review
If you have feedback about the website or ESCAPE-pain online (desktop application) please email us at hello@escape-pain.org

If you have used the ESCAPE-pain app on either an android or apple device, you can leave a review by following the below steps:

1. On your device, tap the app store icon
2. Once the app store opens to the Featured page, tap the Search icon at the bottom of the screen.
3. In the search bar, enter ESCAPE-pain
4. Once you find ESCAPE-pain in the search results, tap on the icon (left side). Do not tap ‘open’ as this will open the app itself.
5. Scroll down to the Ratings & Reviews section and click on ‘write a review’ and/or click the numbers of stars you wish to rate the app

We continue to hear 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...
New Age UK 'Walk and Talk in London’s Parks' campaign

ESCAPE-pain are pleased to support a new campaign by Age UK to increase walking in London’s green spaces. If you are interested in joining or setting up a walking group, please see the leaflet below for free resources and access to existing services near you.
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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