

John's story

John, 67, was struggling to cope with his arthritis symptoms. The pain made it difficult for him to do a lot of the day-to-day things he would normally do.

John's pain increased so much that even walking and getting up were becoming extremely difficult. Going from living an active life, John was finding it really hard to cope, not only with the pain, but also the shock of feeling unable to be as active as he was before.

Upon completing the programme, John noticed positive improvements in his life. He now feels more in control and has been able to reduce the number of painkillers he takes. They no longer interfere, as much, with the medication he is taking for other conditions.

John shared, "My life has been impacted, I would say in a positive way because through doing the course, I'm now able to control things much better. I've gone back to swimming, since I've finished the course, a lot more."

"I would say this [ESCAPE-pain] is something that has got to be brought in. Get the courses going. Get people up and active."

"I have gone back to swimming since I've finished the course."



John attended the ESCAPE-pain programme at Age Concern South Tyneside.

Associated with

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ARTHRITIS**

escape pain

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