Welcome to the quarterly ESCAPE-pain newsletter.

Our goal is to provide you with the latest news on the ESCAPE-pain programme and to tell you about MSK research, projects and people you may be interested in.

Please send any comments or suggestions to hello@escape-pain.org.

**Sport England**

Sport England has officially announced the successful recipients of their Active Ageing Fund grant – we are proud that ESCAPE-pain has been named a winner. We’re looking forward to working with leisure sector and other community partners to tackle inactivity in people aged 55 or over to become more active.

Read Sport England's 'Towards an Active Nation' strategy, or visit the [Sport England website](http://www.sportengland.org) for resources on tackling inactivity.

**Annual conference**

Our conference was held on 11th September at Guy’s Hospital. A summary article with a speaker round-up is available on the Health Innovation Network’s website. A quarter of delegates were already delivering ESCAPE-pain and it was a good opportunity to share experiences, challenges and solutions.
British Journal of General Practice
This month's BJGP focuses on the relationship between mental and physical health and illness. An editorial article titled 'Reducing arthritis pain through physical activity: a new public health, tiered approach' highlights ESCAPE-pain as a structured approach to physical activity for people with arthritis.

Participant feedback letter

We have been sharing these letters as part of #FeelGoodFriday on Twitter. This is one of our favourites – it highlights the importance of the programme sessions in producing sustained behaviour change.

ESCAPE-pain app - new versions available
Thank you to those who have provided feedback about our app since it launched earlier this year. Bugs and glitches have been fixed and updated versions are now available to download. To see the updates, it's best to uninstall the older version and install the new version (Version 1.5) from the App Store or
Our developers have also been building a 'webapp' which will make the app available on a computer or laptop. This should be finalised later this year and will be linked to the main ESCAPE-pain website.

**ESCAPE-pain website**
Content on the ESCAPE-pain website has been revamped and includes links to resources, including infographics and upcoming training course dates. If you've registered on the website, you'll also be able to view all the education and exercise videos available on the ESCAPE-pain app for informational purposes.

**Clinicians’ Facilitator Training Course**
Since we launched our training packages earlier this year, around 90 clinicians and fitness instructors have been trained. We have set course dates for the rest of 2017 and are working on dates for early 2018.

Register to attend on Friday 10 November 2017

Register to attend on Friday 1 December 2017

**Updates on Joint Pain Advisor (JPA)**
JPA has recently been included in two publications:

- Chronic Conditions UK has published a short opinion piece on their website
- NICE shared learning database has included JPA as an example of good practice and implementing NICE guidelines.

Health Advisors from Help2Change in Shropshire have completed JPA training and plan to launch the service in late 2017.

JPA resources have been updated and can be downloaded from the Health Innovation Network website.
Back Pain Forum: Save the Date

Following on the success of previous forums, the upcoming information sharing forum will bring together professionals and managers who work with back pain or have an influence over back pain services.

Date: Thursday, 16 November 2017  
Time: 2:00 - 4:00 pm (lunch from 1:00 pm)

Register to attend

Curious about what everyone else is doing? Check out the ESCAPE-pain map

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