Location
ESCAPE-pain can be delivered anywhere: hospitals, leisure centres, gyms, etc. It can also be delivered direct to staff to improve health and well-being.

Benefits and savings

<table>
<thead>
<tr>
<th>£1,511*</th>
<th>Costs around £237 * per person</th>
<th>Inexpensive to set up and run</th>
<th>Benefits sustained up to 30 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savings per person</td>
<td>per person</td>
<td>and run</td>
<td>months</td>
</tr>
</tbody>
</table>

Health benefits

- Improvements in pain & physical/ mental wellbeing
- Increased self confidence
- Less reliance on medication
- Reduced need for surgery

Participant satisfaction

90% of participants were satisfied with the programme and more optimistic about their condition

I have a training programme to help me with the rest of my life
It has given me the confidence to exercise
I intend to carry on with the exercises and gym work

*2016-17 prices, **Cost varies based with staff delivering the programme: B4+B6 - £237, B4+B5 £215, B6 only - £132, Fitness Instructor - £83 Icons created by Freepik at: www.flaticon.com

Interested in providing ESCAPE-pain? Contact us!