

ESCAPE-pain in the leisure sector

Enabling Self-management & Coping with Arthritic Pain using Exercise.

A health and wellbeing programme that can help people live better lives as well as creating business opportunities for you.

Provider benefits



Delivering an evidence-based, award winning intervention



Inexpensive to set up and run



Revenue generating – participants join other classes, use cafe etc



Skilling up your workforce



Form partnerships with local health providers



More efficient use of resources as classes can run in off-peak times



Participant benefits

- enjoyment
- increased physical activity
- reduction in pain
- improved quality of life
- increased confidence, independence and function
- improved socialisation



Awards

- Self-Care Innovation Award 2021
- Health Service Journal Best Musculoskeletal Care Initiative 2020
- ukactive Specialist Training Programme 2018



Referrals from:

- Health professionals (GPs, Nurses, Physiotherapists)
- Exercise on referral
- Social Prescribers
- Self-referrals

How it works:



- Hip, knee and back pain
- 12 sessions over 6 weeks
- Group exercise and advice



Hear what ESCAPE-pain provider's think

"ESCAPE-pain is in high demand. We receive 40 referrals a month from GPs and physiotherapists. Of those who complete the programme, 70% join other 'Healthiness' programmes."

Susannah Arrowsmith,
CEO and Founder, Healthiness

"It is a great physical activity intervention... when you get it right, you can integrate people in [to the leisure centres]."

Chris Shipway,
Area Healthy Communities
Manager, Places Leisure