

---

[View this email in your browser](#)



ESCAPE-pain is supported by the Health Innovation Network (HIN) and Arthritis Research UK (ARUK)

[For a full list of our endorsements and partnerships please click here](#)

---

## Changes to GDPR - We don't want to lose you!

Due to changes in the General Data Protection Regulation (GDPR) we need to check that you are happy for us to stay in touch.

If you want to keep receiving ESCAPE-pain updates, newsletters and other information that may be relevant to you within Musculoskeletal Health, please sign up to the new email list by Friday, 25 May 2018 by clicking the button below.

Or if you have registered an account with us via our website please log into your account over the next few days to update your consent preferences.

**If you decide not to sign up or update your preferences, please note we are required to delete your data and will no longer be able to stay in touch.**

Our [terms of use and privacy notice can be viewed here](#) and you can subscribe at any point by creating an account on our [website](#), by clicking the button below or contacting us by [email](#).

**Yes, I want to stay connected!**

In this edition:

- [ESCAPE-pain Annual Conference - Save the Date!](#)
- [CIMSPA Skills Development Partner](#)
- [ESCAPE-pain National Spread](#)
- [Participant Engagement Strategy](#)
- [ESCAPE-pain Facilitator Training Course: New Dates](#)
- [Download the ESCAPE-pain App!](#)
- [ESCAPE-pain Participant Feedback](#)
- [Updates on Joint Pain Advisor \(JPA\)](#)
- ['I can't do that!' Taking the fear out of exercise and chronic pain Event](#)

## ESCAPE-pain Annual Conference - Save the Date!



Please save the date for the Annual ESCAPE-pain Conference. We will be sending out a registration link in the coming weeks, please be sure to subscribe to be on future mailings!

**When:** Wednesday 12th December 2018

**Where:** Robens Suite, Guy's Hospital, London, SE1 9RT

---

### CIMSPA Skills Development Partner

We are delighted to announce that we have been successful in our efforts to become a CIMSPA Skills Development Partner and are now able to retrospectively allocate 8 CPD points to CIMSPA members that have attended the ESCAPE-pain training. You can find the ESCAPE-pain training course listed under the Health Innovation Network on the recognized training and CPD page, [here](#). We hope this will help you reach your annual

CPD requirement. For those of you that may be registered through REPs please note that we will be working toward accreditation and will let you know when this is achieved.

### How to register your CPD points:

In order to register your CIMSPA CPD points you will need to be a CIMSPA member, you can then register your own CPD points [here](#). You will need to upload your certificate of attendance as evidence of course completion. If you need your certificate reissued please email: [hello@escape-pain.org](mailto:hello@escape-pain.org). Only certificates achieved within your membership year (last 12 months) are eligible for registration at this time. CIMSPA is developing systems to allow members to upload and show all of their past CPD and will let you know when this is available.



---

## ESCAPE-pain National Spread

ESCAPE-pain has been selected as one of the seven programmes for national adoption and spread across the AHSN Network during 2018-2020. Academic Health Science Networks (AHSNs) can help with local implementation of innovative interventions such as ESCAPE-pain. If you would like us to put you in touch with your local AHSN please contact us at [hello@escape-pain.org](mailto:hello@escape-pain.org)



**LOTTERY FUNDED**

The Sport England strand of ESCAPE-pain began delivery in March this year and there are now 12 new sites active, offering the programme in a variety of community settings including leisure centres and community halls. Many more sites will join these in the next

few months and locations will range across the country from Cumbria to Cornwall. Please check the [ESCAPE-pain locations page](#) to find a venue near you. Feedback from participants has been very positive and a couple of them felt so good they even forgot to take their walking sticks with them when they finished the class!

---

### **The ESCAPE-pain Web App Due to Launch in June**

The ESCAPE-pain programme will soon be made available as a free Web App. The existing mobile app has been developed into a programme that can be accessed from a desktop computer or laptop which means that it will be even more widely available than before. Users who can't attend a local class will no longer need to have access to a smart phone to join the programme. For further details on the launch of this product please keep an eye on our website.

---

### **Participant Engagement Strategy**

ESCAPE-pain has developed its first Participant Engagement Strategy which sets out how we intend to work in close partnership with participants and increase participant engagement throughout the programme. The strategy covers the collection of participant feedback and building a culture of peer support, amongst other items. The strategy is in draft form and will be shared widely once it has been finalised.

---

### **ESCAPE-pain Facilitator Training Course: New Dates**

Since we launched our training packages in early 2017, over 250 clinicians and fitness instructors have been trained. Please click on the below training dates (London based) for more details and to register your place. Dates for the rest of the year can be found on our [website](#).

**Register to attend on Thursday 7 June 2018**

**Register to attend on Friday 13 July 2018**

**Register to attend on Wednesday 15 August 2018**

---

### **Download the ESCAPE-pain App!**

The ESCAPE-pain app is available for free download on Apple or Android smartphones and tablets and is ideal for those who have already attended a programme, the app is a

helpful reminder to help people continue their exercise regimen and repeat the programme. The app also helps people access the programme if they are unable to attend a class or don't have a class nearby.



## ESCAPE-pain Participant Feedback

I THOUGHT THE COURSE WAS AT A GOOD PACE WITH SIMPLE EXERCISES THAT ARE EASY TO REPRODUCE AT HOME. I REALLY FELT INSPIRED TO CONTINUE WITH THE EXERCISES AND GENERALLY FEEL A LOT BETTER ABOUT MYSELF AND OPTIMISM FOR THE FUTURE. THE COURSE ITSELF WAS A GOOD BLEND OF INFORMATION AND EXERCISES AND WERE WELL RUN. ALTHOUGH THE ESCAPE PAIN COURSE HAS FINISHED, MANY OF US HAVE BEEN INSPIRED ENOUGH TO CONTINUE MEETING EACH WEEK TO CONTINUE WITH THE EXERCISES.

We love to receive participant feedback letters and share the positive impact that the ESCAPE-pain programme is having on its participants. Please do share your feedback with us and join in sharing these moving anecdotes with [#FeelGoodFriday](#) tweets on [Twitter](#).

## Updates on Joint Pain Advisor (JPA)

Joint Pain Advisor (JPA) is a 1:1 collaborative approach to help people self-manage their knee, hip and/or back pain. Successfully piloted in Lewisham with physiotherapists and Greenwich with health trainers, JPA is now running or soon to launch across 5 new sites (Merton, Croydon, Bromley, Shropshire and Cornwall). A flexible model, JPA can be delivered in community, workplace, home-based or clinical settings and delivered by a wide range of professional staff.

For more information contact Amy Semple, JPA Project Lead: [a.semple@nhs.net](mailto:a.semple@nhs.net)

## 'I can't do that!' Taking the fear out of exercise and chronic pain Event

Last month we hosted a very successful and engaging event for over 60 Fitness Instructors working with back pain patients on GP exercise on referral. Led by Lewisham and Greenwich NHS Trust CALM Chronic Pain Service. The afternoon covered myth-busting, education on chronic pain (and how it is different from acute pain) and ideas on how to adapt an exercise programme for patients with chronic pain.

---



*Copyright © 2018 ESCAPE-pain, All rights reserved.*

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp