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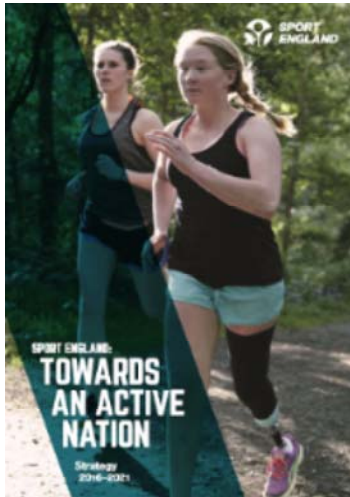
# escape pain

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](mailto: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](#) for resources on tackling inactivity.

**Read Sport England's media release**

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## 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.



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## 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.



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## Participant feedback letter

Having just taken part in the 'Escape Knee' programme, I would like to recommend it to others.

I wasn't expecting miracles and was possibly a little negative. I didn't feel any benefit until week four. Since then I have noticed improvement in problem areas. I can now easily walk 6km and when my knees are warmed up manage stairs more easily. Whilst this is not a cure it is a very sound way to manage my symptoms and improve my quality of life. I shall continue to use the programme.

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.

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## 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



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## 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**

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



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