

ESCAPE Pain – Event Outline

Wednesday 11th March 2020

**Kingston Park Stadium, Brunton Road, Kenton Bank Foot, Newcastle upon Tyne,
NE13 8AF**

Keynote speaker - Professor Edward Kunonga (Consultant in Public Health)

Edward works across Tees Esk and Wear Valley and County Durham and Darlington NHS Foundation Trusts and began his career as a physiotherapist before moving into public health. Professor Kunonga has a special interest in lifestyle medicine and will be sharing with us some insights into this approach, exploring how health and wellbeing can be improved by supporting people through lifestyle related interventions. Edward will also be sharing an example of this approach in action through the Live Well Centre in Middlesbrough.

Musculoskeletal Health in the Workplace

Liz Lingard (Delivery Partner (North), NHS England and NHS Improvement) - **Musculoskeletal health and how it impacts on other conditions, MSK health in the workplace and First Contact Practitioners**

Louise Harlanderson (MECC Development Lead for Healthy Weight, Physical Activity & Nutrition, Public Health, Gateshead Council) - **The Gateshead Council approach to health and wellbeing and ESCAPE pain in the workplace**

ESCAPE pain Nationally and Regionally

Vicki Strassheim (Clinical Lead, AHSN NENC) & Dr Rachel Turnbull (Project Lead, AHSN NENC) – **An update and overview of ESCAPE pain sites in the North East and North Cumbria**

Margaret Connolly (Senior Project Manager- Musculoskeletal, Health Innovation Network) & Helen Sheldon (ESCAPE-pain Evaluation Officer, Health Innovation Network) – **National outcomes of ESCAPE pain and feedback on the Sport England evaluation**

Karen Oliver (Project Lead, Innovation Agency) – **Learnings and reflections from roll out of ESCAPE pain in the North West**

Sarah Clarke (Health Service Improvement Manager, Versus Arthritis) - **The role of Versus Arthritis in ESCAPE pain and their work in helping to support people who live with arthritis**

ESCAPE pain in Practice

Kathryn Moore (Lower Limb TIMS Team Leader), Karen Storey (Operational Lead), Dragana Hanzen (Physiotherapy Associate Practitioner), Newcastle upon Tyne Hospitals NHS Foundation Trust

The Newcastle/Gateshead model – A multi model delivery approach via the Tyneside Integrated Musculoskeletal Service (TIMS)

Jason Marsh & Scott Henderson (Senior Musculoskeletal Physiotherapists, North Tees and Hartlepool NHS Foundation Trust)

The North Tees model – An NHS physiotherapy led approach to ESCAPE pain

Dr John Tose (GP Clinical Director, NHS South Tyneside CCG), Steven Carter (Senior Public Health Advanced Practitioner, South Tyneside Council) & Paul Tompkinson (Leisure Programme Officer, South Tyneside Council)

The South Tyneside model – A multi-collaborative approach between the CCG, NHS, third sector, public health and leisure

Lynn Almond (Regional Health Intervention Manager – North, Greenwich Leisure Limited) & Helen Jackson (Senior Musculoskeletal Physiotherapist, North Cumbria Integrated Care NHS Foundation Trust)

The Cumbria model - A leisure led and NHS approach utilising Sport England funding

Beyond ESCAPE pain: What happens next?

Lynn Almond (Regional Health Intervention Manager – North, Greenwich Leisure Limited) & Paul Tompkinson (Leisure Programme Officer, South Tyneside Council)

Hear about how leisure services can support participants following ESCAPE pain with a range of activities in community venues

Lin Simmonds (Deputy CEO, HealthWORKS) & Grahame Cassidy (Chief Officer, Age Concern Tyneside South)

Hear from charitable organisations about the range of services on offer and how they can support communities to stay well and keep active

Prof Edward Kunonga (Consultant in Public Health)

Alternative ways of thinking about and interpreting physical activity

Claire Boshier (Living Well with Arthritis, Services Coordinator North East)

Claire will give an overview of how Versus Arthritis can provide support in the region and will share examples of support groups

It's a full programme but we will be livening it up with brief activities interspersed throughout the day so we can practice what we preach! There will also be time for questions and catching up with each other over refreshments and lunch.