

## ESCAPE Pain Celebration and Networking Event

**#ESCAPEpain**

### Programme

<b>9:30</b>	Registration and Networking	
<b>10:00</b>	Welcome and Introduction	Vicki Strassheim Clinical Lead AHSN NENC
<b>10:15</b>	Keynote Speaker	Professor Edward Kunonga Consultant in Public Health
<b>Musculoskeletal Health in the Workplace</b>		
<b>10:35</b>	Musculoskeletal Health and Care: Overview of Improvement Programmes	Liz Lingard Delivery Partner (North) NHS England and NHS Improvement
<b>10:55</b>	The Gateshead Council approach to health and wellbeing and ESCAPE Pain in the workplace	Louise Harlanderson MECC Development Lead for Healthy Weight, Physical Activity & Nutrition, Public Health Gateshead Council
<b>ESCAPE Pain National Outcomes and Sport England Evaluation</b>		
<b>11:20</b>	ESCAPE Pain National Outcomes and Sport England Evaluation	Margaret Connolly Senior Project Manager- Musculoskeletal Health Innovation Network & Helen Sheldon ESCAPE Pain Evaluation Officer Health Innovation Network
<b>11:40</b>	Refreshment Break	
<b>12:00</b>	An update and overview of ESCAPE Pain sites in the North East and North Cumbria	Rachel Turnbull Programme Lead - ESCAPE Pain AHSN NENC
<b>Examples of the different models of ESCAPE Pain Across the Region</b>		
<b>12:10</b>	A multi model delivery approach via the Tyneside Integrated Musculoskeletal Service (TIMS)	Kathryn Moore, Lower Limb TIMS Team Leader & Karen Storey, Operational Lead & Dragana Hanzen, Associate Practitioner The Newcastle upon Tyne Hospitals NHS Foundation Trust The Newcastle/Gateshead model



<b>12:35</b>	The North Tees model – An NHS physiotherapy led approach to ESCAPE Pain	Jason Marsh & Scott Henderson Senior Musculoskeletal Physiotherapists North Tees and Hartlepool NHS Foundation Trust
<b>12:50</b>	Lunch and Networking	
<b>13:45</b>	The Cumbria model - A leisure led and NHS approach utilising Sport England funding	Lynn Almond Regional Health Intervention Manager – North Greenwich Leisure Limited & Helen Jackson Senior Musculoskeletal Physiotherapist North Cumbria Integrated Care NHS Foundation Trust
<b>14:00</b>	The South Tyneside model – A multi-collaborative approach between the CCG, NHS, third sector, public health and leisure	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
<b>14:20</b>	The role of Versus Arthritis in Escape Pain and their work in helping to support people who live with arthritis	Sarah Clarke Health Service Improvement Manager Versus Arthritis
<b>14:30</b>	Movement	Lynn Almond Regional Health Intervention Manager – North, Greenwich Leisure Limited & Helen Jackson Senior Musculoskeletal Physiotherapist North Cumbria Integrated Care NHS Foundation Trust
<b>Beyond ESCAPE Pain: What happens next?</b>		
<b>14:35</b>	Vicki Strassheim ESCAPE Pain Clinical Lead NENC, AHSN NENC	
<b>14:45</b>	Lynn Almond Regional Health Intervention Manager – North, Greenwich Leisure Limited	
<b>14:50</b>	Paul Tompkinson Leisure Programme Officer, South Tyneside Council	



Hear from charitable organisations about the range of services on offer and how they can support communities to stay well and keep active		
14:55	Grahame Cassidy Chief Officer, Age Concern Tyneside South	
15:00	Lin Simmonds Deputy CEO, HealthWORKS	
15:05	Alternative ways of thinking about and interpreting physical activity	Prof Edward Kunonga Consultant in Public Health
15:15	How Versus Arthritis can provide support in the region	Claire Boshier Living Well with Arthritis, Services Coordinator North East Versus Arthritis
15:30	Refreshment Break	
15:45	Learnings and reflections from roll out of ESCAPE Pain in the North West	Karen Oliver ESCAPE Pain Project Lead Innovation Agency
16:00	Next Steps	Vicki Strassheim Clinical Lead AHSN NENC & Dr Rachel Turnbull Project Lead AHSN NENC
16:15	Opioid Prescription Optimisation	
16:25	Q&A	
16:30	Close	

