

ESCAPE-pain

Self-Management Course for Hip and Knee Pain

What is ESCAPE-pain?

Sometimes called the 'knee or hip class', ESCAPE-pain is a rehabilitation programme designed to reduce pain and disability for people who:

- Are over 45 years of age
- Have had knee and/or hip pain for at least 3 months

ESCAPE-pain is run **twice a week over five or six consecutive weeks** and requires attendance at all sessions for maximum benefit.

What can I get from a course?

- Information, advice and support to help better manage chronic joint pain and lead a more active life
- A group exercise programme tailored to individual needs
- A chance to socialise with and learn from other people living with arthritis
- Following the course you will have access to the concessions rate at the gym for ongoing management

How do I sign up?

ESCAPE-pain is being delivered in a number of community venues across the area. Overleaf is a list of all of the sites that deliver ESCAPE-pain including how to sign up; you can self-refer in to most classes, however all classes in South Gloucestershire require a referral from your GP to physiotherapy.

Please note, alongside ESCAPE-pain, there are also a number of shorter, free courses that are led by physiotherapy departments across the area. To attend one of these courses you will require a referral from the GP to access physiotherapy.

Testimonials

"I am very pleased that my arthritic knees are not as painful and my overall ability to carry out everyday activities has really improved."

"It has really changed my life in the way that I manage my knee pain, and the confidence it has given me."

"I have benefited 100% from the class. My knee is much improved and I have a training programme to help me with the rest of my life."

"I started barely able to walk with two sticks and in constant pain. It has taken time, nearly two months, but today I am walking without help and generally pain free."

For further information

Visit the ESCAPE-pain website at www.escape-pain.org

ESCAPE-pain is also available as a free smart phone app & online through the website. These will guide you through exercise videos and provide you with information to help you better. However, they are best used alongside the course.



ESCAPE-pain Course Details

Details for the classes can also be found on the ESCAPE-pain website at www.escape-pain.org under 'Living with Joint Pain' → 'Find a Class'

Where	Site Details	Days/Times	Cost	How to sign up
Bath	Bath Sports and Leisure Centre BA2 4ET	Variable	£45 12 sessions	Steve Beere Healthwise.banes@gll.org 01225 486918
Hengrove	Hengrove Leisure Centre BS14 0DE	Mon 12:00-13:00 Thurs 12:00-13:00	£45 12 sessions	hengrove.referral@parkwood-leisure.co.uk 0117 937 0200
Keynsham	Keynsham Leisure Centre BS31 1HE	Variable	£45 12 sessions	Steve Beere Healthwise.banes@gll.org 01225 486918
Kingswood	Kingswood Leisure Centre BS16 4RH	Variable	£36.50 10 sessions	<i>Requires referral from GP to physiotherapy*</i> For more information: Jim Rollo 07967 309335 Jim.rollo@circadiantrust.org
Odd Down	Odd Down Leisure Centre BA2 2PR	Variable	£45 12 sessions	Steve Beere Healthwise.banes@gll.org 01225 486918
Southmead	Greenway Centre BS10 5PY	Mon 13:30-14:30 Thurs 13:30-14:30	£45 12 sessions	Becky Bostock: 0117 950 3335 beckybostock@southmead.org
Speedwell	Brunel Leisure Centre BS15 1NU	Wed 13:30-14:30 Fri 13:30-14:30	£45 12 sessions	Elanor Stanley: 0117 3770098 Mob: 07826554872
St Pauls	St Pauls Academy BS2 9NH	Tues 11:10-12:10 Wed 12:45-13:45	£45 12 sessions	Alistair MacFarlane: 07825033741 alistairmacfarlane@everyoneactive.com
Thornbury	Thornbury Leisure Centre BS35 3JB	Variable	£36.50 10 sessions	<i>Requires referral from GP to physiotherapy*</i> For more information: Jim Rollo 07967 309335 Jim.rollo@circadiantrust.org
Yate	Yate Leisure Centre BS37 4DQ	Variable	£36.50 10 sessions	<i>Requires referral from GP to physiotherapy*</i> For more information: Jim Rollo 07967 309335 Jim.rollo@circadiantrust.org

**Speak to your GP and request a referral in to physiotherapy. The physiotherapist will then assess you and refer you to the class if appropriate. Sessions are delivered in the community by the exercise instructors and the physiotherapists.*