

For immediate release

Active Centres Commissioned by the Clinical Commissioning Group, NHS for Escape Pain Courses

Circadian Trust, who run and operate Active Lifestyle Centres across South Gloucestershire, have been commissioned by the Clinical Commissioning Group, NHS (CCG) to deliver a series of ESCAPE-pain courses. The courses will run between January 2022 and March 2023.

ESCAPE-pain stands for Enabling Self-management and Coping with Arthritic Pain using Exercise. It is an evidence-based, group rehabilitation course for people with chronic joint pain developed by Professor Mike Hurley.

The progressive exercise programme will help people learn how to cope with pain, how to exercise safely and pace themselves, manage their symptoms, and be around people who have the same condition.

Over 8.75 million people in the UK suffer from chronic joint pain, which can prevent them from being active. However, activity will help improve physical and psychological wellbeing and ensure a healthy social life.

The Escape Pain courses will be available in four Active Lifestyle Centres. The courses are aimed at people over 45 years, who have been suffering from chronic knee and hip arthritic pain for three months or more, and need a supervised fitness programme so that they can work toward independent living and mobility. Each session will help participants understand their condition, educate them so that they can go away, and be more independent.

Gloria Isaac took part in one of the Escape Pain courses. She said, "In attending the Escape pain course, it has benefited me by: I was having cortisone injections in my right knee 6 monthly; I however have not felt the need for any further treatment. I have seen improvement in my wellbeing mentally, physically and health. Improvement in my muscular strength around my knee and other muscles too. I am now continuing with a follow up class for arthritis at the leisure centre, so I benefited from the course a lot."

Jim Rollo, Head of Lifestyles, said, " Following the success of our GP Healthy Lifestyle Referral Scheme, Active Centres are proud to receive this commission, and deliver this vital service that has the potential to improve the lifestyle of so many people within our local communities who suffer from chronic knee and hip arthritic pain." He adds, "The Escape Pain courses are underway, and participants have already noticed improvements mentally and physically."

If you live in Bristol, North Somerset and South Gloucestershire and think you could benefit from taking part in any of the above sessions, please speak with your local GP practice or Health Care Professional. Visit <https://activecentres.org/escape-pain> for further details.

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Notes to editor:

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Alternatively, please call 01454 279961

About Circadian Trust

- Circadian Trust is an innovative, social enterprise operating as an independent charity, which successfully manages five Active Lifestyle Centres across South Gloucestershire. These are located in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate.
- Circadian Trust work in close partnership with South Gloucestershire Council helping to deliver an overall shared philosophy to contribute to the improved health, cultural and social wellbeing, and quality of life the local community.
- Any profit made by the Trust is reinvested back into the business to improve facilities, equipment, and services for its customers and the local community.
- For more information, visit: www.activecentres.org/about-us/



Photo caption: Kelly Smith, Healthy Lifestyle Referral Specialist leading Escape Pain session.