

# Live Well with Pain news

for people with pain and those who support them

ISSUE 13 | APRIL 2023 | For resources to help you live well with pain, visit: [livewellwithpain.co.uk](http://livewellwithpain.co.uk)

## New study shows social prescribers gaining confidence to support self management of persistent pain

**Supported self-management is an important aspect of managing pain. However, widely held beliefs about the biomedical nature of pain and limited time availability can make it a tricky concept to introduce to patients.**

Social prescribers are in an ideal position to do this – provided appropriate training is available to support them. A new study published in the *British Journal of Pain* evaluates training for social prescribers and explores their opinions and experiences of providing self-management support.

The study, which evaluated *Live Well with Pain's* Ten Footsteps training programme, was undertaken by Alex Corline, a psychology student based at Newcastle University under the supervision of *Live Well with Pain* team member Chris Penlington.

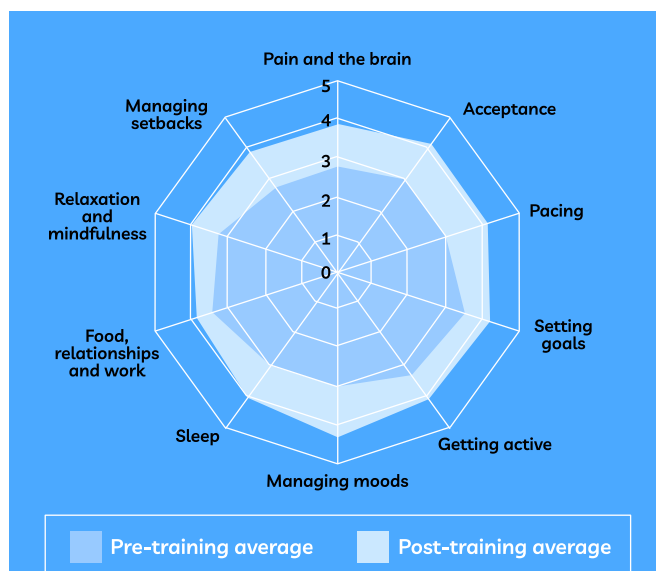
The study examined changes in practitioners' confidence to support self-management of pain over a three-month period, and their experience of working with people living with persistent pain. The questions about confidence were based on each of the Ten Footsteps, whilst experience was studied using qualitative questionnaires.

Results demonstrated a significant increase in the participants' confidence in each of the Ten Footstep domains at the three month follow-up point (see box, right).

The study concludes that training in providing self-management support to practitioners including social prescribers is feasible. It improves confidence to work with and assist people living with pain. Further research is suggested to examine how these self-management support skills are effectively integrated into practice.

The full paper is available via open access from  
The British Journal of Pain:

[Read the full study here](#)



*'I think it's probably just the confidence . . .*

*I feel like I can explain it, but then when people start asking me questions because my knowledge is basic it starts to trip me up'*

*Social prescriber, new to working with persistent pain*

*'I think having someone with personal experience of pain [delivering the training] was more significant than a lot of the other material'*  
*Senior Health Connector, experienced in working with persistent pain*

*'I can't understand why everybody isn't given this training'*

*Social prescribing co-ordinator, new to working with persistent pain*

# Introducing team members

We are blessed to have a range of practitioners and people with lived experience of pain, working with *Live Well with Pain*. This newsletter, we'd like to highlight two practitioners who joined us recently and have already thrown themselves right in with the training.



## Kelly Warfield

We are so pleased that Kelly Warfield has joined the *Live Well with Pain* team as our first nurse member. Having worked in all sectors of Health Care, Kelly has a huge amount to bring to our team and we look forward to seeing where that takes us.

Kelly is a registered nurse, non-medical prescriber and mindfulness teacher who specialises in management of chronic pain. She currently works as a Consultant Nurse at the Royal National Orthopaedic Hospital.

Kelly has worked in pain management for 18 years. Her early career in pain management was supporting patients in hospital following surgery. Following her interest in chronic pain, she went on to join the chronic pain management team within Pain Management Programmes. Kelly has had the opportunity to work with fantastic teams from Manchester to London gaining insights into different models of services.

Kelly has worked through from Primary care, developing opioid reduction clinics, secondary care outpatient pain management programmes and tertiary inpatient rehabilitation programmes.

Kelly's key interests are: Complex Regional Pain Syndrome, education for health care professionals and patients in management of medicines for chronic pain, and mindfulness for chronic pain.



## Diarmuid Denny

You might recognise Diarmuid if you've attended any events organised by the *Footsteps Festival* or perused their website. Diarmuid has joined our Ten Footsteps training team and we're delighted to have his wealth of experience on board.

Diarmuid is a physiotherapist with a specialist interest and experience in working with people with persistent pain. He has a personal interest in mindfulness and trained to be a teacher in 2014. He is a past chair of the Physiotherapy Pain Association and a member of the GAPPa task force, as well as the *Live Well with Pain* team.

Diarmuid is currently doing his PhD research with a GUDTP fellowship from the ESRC exploring what emerges in the place between receiving treatment and living well with pain.

Diarmuid feels it is helpful to know that it can be possible to see changes and improvements even when the pain has persisted for a long time, although he knows that doesn't mean it is easy.

Outside work Diarmuid has a wonderfully patient family; Sarah and two boys who are fast becoming men! He enjoys walking his dog, playing the piano (badly!), and swimming in cold water, being lucky enough to now live by the sea. In 2021 he became involved with ChillUK, an organisation to help people with health conditions to get sea swimming (and he loves it!).

## Beyond Pills

# Connected by persistent pain in Cornwall

**People living with persistent pain in Cornwall will no longer need to suffer alone, thanks to a new initiative in Cornwall.**

Fifteen online pain cafes have been launched to support people across the county. The cafes are part of a wider programme, entitled 'Beyond Pills' which is aimed at improving access to non-medical pain management support over the next five years, overseen by Chronic Pain In Cornwall (CPIC).

Dr Jim Huddy, chronic pain lead for NHS Cornwall and the Isles of Scilly, speaking to the BBC, said "This is a de-medicalised, non-clinical approach, to take the weight off our stretched healthcare services, to produce localised peer support groups."

*Live Well with Pain* are delighted to have been involved in the project. We've provided Ten Footsteps training to over 50 health care professionals, social prescribers and health coaches who will act as 'Pain Baristas' at the pain cafes and provide support to people attending the cafes.

Find out more about the cafes at <https://pain.cafe>

One of the main faces of the campaign is Sean Jennings, who we are proud to have as one of *Live Well with Pain's* 'lived experience trainers' (see box, right). Sean was part of the team providing Ten Footsteps training to Cornwall's Pain Cafe Baristas. He's also been involved in the training we've been doing across the UK.

You can find out more about Ten Footsteps training for practitioners on the back page of this newsletter.

**"I feel that we all have something to offer and we can all contribute to our own and others' well being. We all have a part to play. Shared experience is so valuable to understanding and through building trust we can develop our knowledge, skills and confidence to be more in control of our lives amongst others. I also like fun ways of doing things and enjoying activities that we do."**

**Kevin Feaviour, Chronic Pain in Cornwall**

### Spotlight on Sean Jennings

Sean has lived with pain for 30 years and was prescribed and taking opioids and antidepressants for 25 of them. However, after developing self-management skills and gaining confidence in techniques such as mindfulness, Sean is now medicines-free and living life to the full.

You can see more of Sean's story in the short film he made about his experience, here:



Watch Sean's story

Cornwall  
**CONNECTED**  
By Pain

## Practitioner training

Are you interested in improving the confidence of your practice to support people to live well with pain?

### Training for social prescribers and clinicians in supporting pain self management

Led by the *Live Well with Pain* team including clinical psychologists, pain management physiotherapists and people with lived experience of persistent pain, the *Ten Footsteps Training Programme* is designed to develop participants' confidence in guiding patients to self manage their pain.

The training is for clinicians or social prescribers, including pharmacists, working with people with chronic pain. All training is online, delivered over two half day sessions of four hours each and one follow-up session, also four hours.

We recommend spreading the sessions over a period of several weeks so that participants can practice implementing and reviewing their skills in everyday work situations between sessions. Activities will be set for participants to complete between each session.

Time is allocated within sessions for problem solving and case history support, to increase confidence in supporting pain self management.

Pre-course preparation will consist of brief reading and video-related tasks.

Self assessment of knowledge and skills, both before and after the course, will be undertaken to enable participants to identify their learning objectives and outcomes.

#### A co-production

The trainers are joined by members of the *Live Well with Pain* team whose lived experience of pain brings unique insights and perspectives to the course.

#### Find out more

To find out more about what Ten Footsteps Training Programme can offer you and your team, please get in touch for an informal chat about your needs.

Contact course co-ordinator Dr Laura Hissey via email:

[laura@livewellwithpain.co.uk](mailto:laura@livewellwithpain.co.uk)

#### Did you know?

*Live Well with Pain* has been delivering self management training for over 15 years around the NHS throughout the UK including Northern Ireland. Recent training has included pharmacists and pharmacy technicians in North Tyneside and Wolverhampton; GPs and practice staff in Yorkshire and County Durham; and social prescribers in York.

*Live Well with Pain's* training programme has recently been accredited by the Personalised Care Institute. This means it has been assessed against the PCI's rigorous quality assurance so that participants can be assured it meets the very highest standards of training.



Find out more at:

[www.personalisedcareinstitute.org.uk/accredited-training](http://www.personalisedcareinstitute.org.uk/accredited-training)



[livewellwithpain.co.uk](http://livewellwithpain.co.uk)  
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