

Hello and welcome to our first newsletter of 2022.

We haven't produced a newsletter for a while not least because, as is the case for all our professional friends and colleagues, things have been a bit busy! Over the next few months, we will endeavour to put out a short summary a little more frequently than usual. We hope this will provide useful highlights and links to things that may be useful for your practice, without overloading you with reams of text.

There is growing concern about a potential explosion of people living with pain as a consequence of the Covid-19 pandemic and the impact it has had on all healthcare services in all sectors. Have you noticed any changes to how people are presenting? Have there been more requests for analgesics or supported self-management? Have you and your colleagues made changes to your practice or had support to develop new services in response to Covid-19?

We'd really love to share stories from our colleagues around the UK, so if you are happy to write or provide a short video to detail your experience, please get in touch at info@livewellwithpain.co.uk

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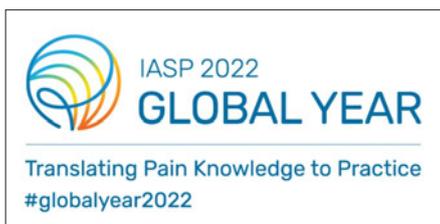
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...plus much more

News in brief



Global boost to pain awareness in 2022

The International Association for the Study of Pain's Global promotion for 2022 is highlighting how we can all move research and clinical knowledge into practice to benefit people living with pain this year.

Over the next twelve months the organisation will be releasing a range of information for practitioners and people with pain to aide in that endeavour. We will post examples of the information as it is released but you can also access it via www.iasp-pain.org.

Here at *Live Well with Pain*, our resources are developed by practitioners who specialise in providing pain management support, as well as drawing on the vital experience of people who live with pain. We hope this results in high quality, useful and effective information sources.

During 2022, we will be reviewing what we provide, to update existing resources and add new ones. We would really like your feedback and ideas so, if there is something you think we are missing, please get in touch with us via: info@livewellwithpain.co.uk



Call to translate pain self management resources

If you've visited our website recently, you might have noticed the addition of a Google translate widget. The device allows website visitors to change the main text of each page to their chosen language.

The same has been added to the my.livewellwithpain.co.uk website and the hope is that people will find it easier to access information they can better understand, improving access to supported self-management for the diverse communities we serve.

The resources on the website are free to download and use as you wish. We get lots of requests for translated versions of our information leaflets, but due to making them available as PDFs they cannot be translated using the new widget. So, we would like to know which is your most used resources and which is your most requested language translation.

If you can take a few minutes to let us know, we will organise to translate the top three requested leaflets into the three most requested languages, which we hope will help. Email to let us know at: info@livewellwithpain.co.uk



Footsteps festival: the success story continues

The Footsteps Festival was developed from a shared idea to find different ways to support people living with pain. The festival ran throughout 2021, in spite of the challenges brought by the pandemic.

Thanks to the hard work and dedication of the team (a mix of people living with pain and pain management professionals) a wide range of different sessions have been provided already, with videos available on the website for those who missed them at the time.

Initially intended as a year long festival, its success has prompted the organisers to keep it going as a rolling programme into the current year.

Some of the events in the last couple of months have included the hugely popular Origami for Wellbeing with Dr Lizzie Burns, Jelly Movement with Physiotherapist Despoina Karagyri.

Every Wednesday between 12.30 and 1.30pm there is a Create and Chat drop-in with members of the team. Email the team for details and links to events: info@footsteps-festival.co.uk

Festival roundup:

what's happening over the coming months

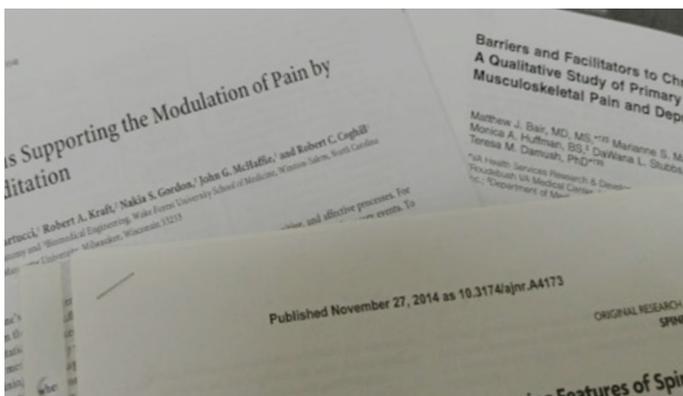


A celebration of
living well with pain

Footsteps Festival, the hugely successful online celebration of living well with pain, is hosted on Live Well with Pain's patient-facing website.

Footsteps Festival offers an eclectic and fun mix of free online events on everything from understanding your pain, to finding new and creative ways of living well despite it.

Now in its second year, Footsteps Festival is run jointly by people who live with pain and professionals in pain management, all of whom give their time freely to make the festival such a success. Here's our roundup of events that are already confirmed for the next few months...



Journal Club

New for 2022, Journal Club is a place to chat about pain research papers with experts and anyone who is interested in research into pain in any way.

Thursday 17th February, 7pm

Book Plug

Join us for this Footsteps Festival Book Plug to discuss the fascinating book *Dancing through Life: A Guide to Living Well* written by Ann Parkinson (pain specialist, physiotherapist and wellness coach).

Tuesday 22nd February, 7pm

Create and Chat

You are invited to bring your art or craft project if you have one, the cuppa of your choice and join us for our weekly virtual get together where we chat, share ideas, learn new skills and get advice and inspiration from each other.

Wednesday 23rd February, 12.30–1.30pm

Footsteps into Mindfulness

An information and taster event with the Footsteps Festival team.

Monday 28th February, 7pm

Book Club

The books we choose in Book Club are usually fiction and not usually focused on persistent pain – there's more to life than pain!

Monday 7th March 2022, 6.30pm (for an hour or so)

Cold water swimming

Details to be announced

Tuesday 8th March 2022

Creative writing

April 11th, 6.00–7.30pm

More events coming soon:

Nutrition Update

Join Nutritionist Alicja Wypasek to get back on track in 2022!

Cookfulness

Starting Again in March – dates to follow

Zentangling

Calm and creative doodling – will be back in April

Mindfulness for Sleep

with Breathworks

If you or anyone you support would like to attend any of these free events, go to:

www.footsteps-festival.co.uk

where you can also sign up for updates on all festival events as they are announced

Academic Health Science Network
North East and North Cumbria

Innovation in Hospital or Community Education

Sponsored by
Health Education England North East

NHS
Health Education England

BRIGHT IDEAS IN HEALTH AWARDS 2021

WINNER

www.brightideasinhealth.org.uk

@BIHA2021 #BIHA2021

National recognition for a 'bright idea'

We were delighted at the end of November 2021 to be awarded a North East Academic Health and Science Bright Ideas award for the GOTT project.

This success was despite three COVID lockdowns during the 12 months the programme ran in Clifton Courts Medical Practice, Darlington in the North East of England. We evaluated change in clinician skills confidence; both individually and as a team and assessed changes in medicines use following delivery of a 'crafted' training programme. The showed some promising outcomes:

- **Significant increase confidence in supporting self-management**
- **Improved confidence in working as a team**
- **Significant and sustained reduction in both opioids and gabapentinoids**

The Gabapentinoid and Opioid Toolbox (GOTT) programme was originally developed as a collaboration between Dr Paul Chazot (The Wolfson Research Institute for Health and Wellbeing, Durham University), Clifton Court Medical Practice led by Dr Becky Kinchin and Live Well with Pain. Created as a person-centred, multifaceted programme was designed to enable clinicians and practice teams become more confident on working with people with chronic pain in supporting self-management and safer prescribing.

The online training aims to enhance health coaching skills in practitioners from a range of clinical backgrounds. Also to increase their knowledge and skills

and use of resources to support patients be more confident to self-manage.

The project resulted in the emergence of the Ten Footsteps programme for both clinicians and social prescribers on Live Well with Pain website. Also, the version of Ten Footsteps on the My Live Well with Pain website for people living with pain. Whilst broadly similar content, the different vary in focus between clinicians and social prescribers and people with lived experience. It offers all, the 'four Cs': continuity, consistency, collaboration and more confidence.

Since GOTT has been running, we have added to the 10 Footsteps family of resources with '10 Footsteps for Carers'.

Pointing the way for people to care for themselves while caring for others



According to pre-pandemic data from Carers UK around 1 in 8 adults in the UK (6.5 million) were carers for someone with a long-term health condition. In response to this, *Live Well with Pain* has developed a new online resource written specifically with carers in mind.

Many carers provide more than 50 hours of care every week and the majority do this in addition to their usual paid employment. Through the pandemic, it was estimated that number doubled. This is without considering the thousands of children who provide care to parents or other family members.

Caring for someone with a long-term condition can take a toll on the health and well-being of the carer. That obviously, can then impact them, the person they care for and their wider circle of family and friends. Carers UK states that 600 people give up work every day due to the demands of caring for an older or disabled relative.

We want everyone to live well, so over the last year, we have developed what we think could be the first UK resource aimed at the carers of people living with pain. Dr Dee Burrows and Karen, both

with experience of acting as a carer for family members with long-term conditions have collaborated, with support from Dr Amanda C de C Williams to design a set of resources aimed at addressing the particular challenges faced by people with caring responsibilities.

Next time you direct someone towards the my.livewellwithpain.co.uk pages, it may be worth letting them know that they can direct those supporting them to the 10 Footsteps for Carers so they can develop their self-management skills together.

Over the last year we have developed what we think could be the first UK resource aimed at the carers of people living with pain

Ten Footsteps for Carers is available at:
resources.livewellwithpain.co.uk/ten-footsteps-for-carers

5th Body Reprogramming (BR) Course

Friday 18th March 2022

09.30-16.00 hrs

Online webinar (Zoom based)

This course is designed for health care professionals who manage patients with Fibromyalgia/Central Sensitivity Syndromes both in primary and secondary care settings. It provides an in-depth and novel approach

The course will cover:

- Diagnosis and management of Fibromyalgia/Central sensitivity disorders
- Explanation of the theoretical underpinning and evidence base for the BR approach.
- Exploration of the therapeutic aspects for the BR approach including practical strategies

Delegate feedback from previous courses:

- *Excellent program and execution!*
- *Every health care professional should do this course*
 - *Very useful and inspirational course*
- *An excellent course which meets a huge unmet health need*
 - *Awesome event!*

Course Faculty: Tony Davies (Pain Consultant), Michael Hyland (Health Psychology Professor), Richard Walters (Pain Physiotherapist), Patrick Hill (Pain Psychologist), Daniel Fay (GP wSI), Esther Hudson (Pain Physiotherapist), Kerry Elliot (Pain Consultant), Luisa Ornelas (Pain Psychologist), Peter Storry (Pain Physiotherapist), Kim Millard (Wellbeing Coach), Patient Representative

Course Fee: £40

5 CPD points applied for with RCA

Contact: Catherine Finnie, cfinnie@nhs.net or Nicky Dodd, nicky.dodd@nhs.net

www.bodyreprogramming.org