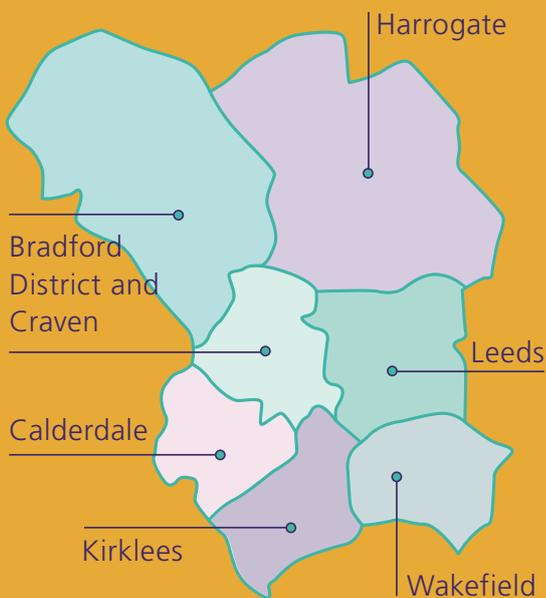


# Telling our Partnership story



## Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



## Enabling Self-management and Coping with Arthritic Pain using Exercise (ESCAPE-pain)

### Our ambition

We want to enable people with chronic arthritic pain to have access to an ESCAPE-pain class wherever they live.

We want to achieve this because evaluation and participant feedback, show that ESCAPE-pain:

- > Reduces pain
- > Improves physical function
- > Improves emotional and social wellbeing
- > Reduces healthcare and utilisation costs.

By attending two sessions per week for six weeks with others with the same condition, it helps people understand their condition, teaches them simple self-help techniques and takes them through a progressive exercise programme so they learn how to cope with pain better.

## What we are doing

Yorkshire & Humber Academic Health Science Network (AHSN) are supporting the implementation of ESCAPE-pain in our region by working with local providers, commissioners, public health and healthcare partners identifying opportunities for delivery and supporting roll out to additional sites.

ESCAPE-pain can be delivered in hospital facilities, community centres and leisure centres. We support the training of sports trainers and physiotherapists to be facilitators so that more people with chronic joint pain can have access to an ESCAPE-pain rehabilitation programme.

## What's happening in our region?

- The Mid Yorkshire Hospitals NHS Trust are delivering ESCAPE-pain in their hospital gyms in Pontefract, Dewsbury and Pinderfields.
- Sports North Yorkshire are delivering classes in a community wellbeing hub in Bilton, Harrogate, with plans to deliver at more sites in the area.
- We are working in partnership with Active Leeds to implement ESCAPE-pain across the city in a variety of local venues in collaboration with local healthcare and community organisation.

## What next?

We will continue to support the spread and adoption of ESCAPE-pain in the West Yorkshire & Harrogate area **through partnership working** so that more people with chronic joint pain can benefit and achieve results such as this:



### Patient testimony: Arlene Rowe

“Were it not for ESCAPE-pain, I think I would have to have a walker which restricts what you can do. Previously the pain stopped me from sleeping and moving any faster than at snail pace. Now I can sleep, I can think clearly. So I feel better mentally as well as physically.”



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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

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West Yorkshire and Harrogate  
Health and Care Partnership

