



Our goal is to change the way people **think** about, **talk** about and **treat** persistent pain.

NHS

Flippin' your understanding of pain could change the lives of you and your loved ones.

May 2020

It's nearly here!

We've been working hard for some time now on a new Flippin' Pain website - it's now in the final stages of development and should be live in the coming weeks. In addition to all the latest news of past and upcoming events the website will include a load of brilliant resources to help people learn about persistent pain and take steps towards recovery. Keep an eye on www.flippinpain.co.uk for all this and more great features.

In the meantime, why not check out another of Prof. Lorimer Moseley and team's ventures at www.tamethebeast.org. You'll find plenty of interesting info as well as some fantastic self-help materials from some world-leading experts. We're delighted to have permission to include some of the content from Tame the Beast on our website.



Take a sneak peak of our **new website** launching soon!

www.flippinpain.co.uk

Outreach Tour

Update

In our last edition we brought you the unsurprising news that our Lincolnshire Outreach Tour scheduled for July had been postponed.

Unfortunately, at the time of writing we are no closer to being able to announce new dates.



We do remain fully committed to the tour which will travel around the county for 6 days visiting locations in or around **Stamford, Spalding, Bourne, Grantham, Sleaford, Boston, Horncastle, Skegness, Mablethorpe, Market Rasen/Louth, Gainsborough, and Lincoln.**

Hittin' the Headlines

We're delighted that Flippin' Pain has been invited to guest-edit an issue of a magazine written specifically to support people affected by persistent pain. The Pain Matters publication is a quarterly magazine from the charity Pain Concern.



You can find out more about Pain Concern at www.painconcern.org.uk or by clicking on the logo above. The Flippin' Pain edition is due out in Aug.

Previous Events

If you attended one of our events we'd love to hear what you thought? Please send us your feedback by emailing info@flippinpain.co.uk.

A message from the Professor

“

I wanted to say a quick thank you to all those who participated in the Flippin' Pain public engagement event that took place in Lincoln on the 18th of February. It is hard to believe that was only two months ago when you consider all that has happened in the interim. The people of Lincoln gave us such a wonderful welcome with great questions from an enthusiastic audience.

It was so disappointing to hear that key parts of the campaign, such as the peloton (Outreach Tour), have been delayed due to the COVID-19 pandemic. However, it was the right thing to do and, who knows, we may all be so keen to leave our homes when this lockdown is over that we see a bumper number of people out engaging with the campaign once it kicks back into gear. I for one can't wait! ”

*Prof. Cormac Ryan,
Flippin' Pain
Community
Pain Champion*



If you weren't able to join us at our Pain: Do You Get It? events in either Boston (Sept) or Lincoln (Feb) you can now watch them in their entirety online via the Flippin' Pain YouTube page.

Flippin' Pain virtually

Whilst local community engagement is a big part of what our campaign is all about, we are also committed to spreading the word about Flippin' Pain far and wide and making information and resources as accessible as possible. With our hands currently forced to focus on things that can be done remotely, a little something extra we're working on is a virtual Flippin' Pain key messages workbook (name TBC). The goal will be to provide a series of short, fun, interactive videos that provide a better understanding of pain.



Can you help?

We have a number of opportunities for people or organisations to support the Flippin' Pain Lincolnshire Outreach Tour. Perhaps you're interested in joining our 5-day peloton, cycling across the county alongside our Flippin' Pain team raising awareness about the problem of persistent pain and money for charities who help sufferers and their families?

We also have a range of sponsorship opportunities for anyone who can help with anything from designing or supplying campaign uniforms (polo shirts and cyclists lycra) to supplying bikes and bike maintenance, or providing accommodation or sustenance for the riders. Drop us a line if you'd like to know more or to receive a sponsorship pack.