



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.

Issue no. 4

We are **LIVE!**

In our last newsletter we told you about our exciting new website that was nearing completion. Well, www.flippinpain.co.uk is now live! If you haven't already checked it out, please nip over and take a look.

We've already had some great feedback but would love to hear what you think. Which bits are helpful? What's missing? Has the website, or the wider Flippin' Pain™ campaign contributed positively to your life with pain? Let us know at info@flippinpain.co.uk

Here's just a selection of some of our website feedback quotes;

“ This resource has the potential to improve so many lives for the better. Wonderful work. ”

“ Love your mission, spreading the word and bringing hope. My favourite message of all “Recovery is possible!” Thanks for this fantastic resource. ”

“ Hoping this will change the face of dealing with & treating pain. ”

“ Really fantastic resource. Loads of useful info for all. ”

“ Great website! Really engaging, super informative, eye catching and easy to get around. ”

Flippin' Pain is going virtual!

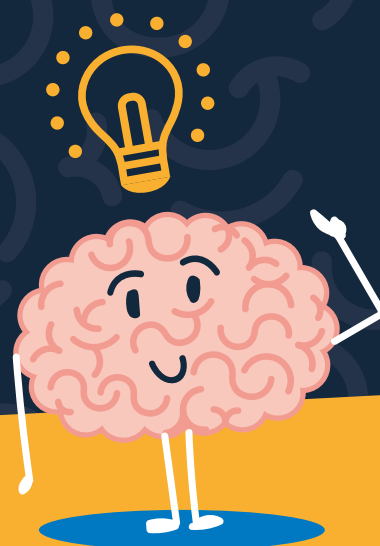
Unless this newsletter is the first you've heard of Flippin' Pain you'll probably know that our Outreach Tour in Lincolnshire was postponed due to Covid-19 (sad face).

In fact, at the time of writing this, the team should have been somewhere between Skegness and Mablethorpe where we'd be hosting 2 more public meetings as part of the week-long event.

In lieu of these gatherings not going ahead we're planning something a bit different - **a virtual Pain: Do You Get It? event.**

As always, the aim will be to deliver another entertaining and informative introduction to understanding pain hosted by an expert Community Pain Champion along with some inspiring people with lived experience. More news on this to follow...

Sign up to our **mailing list** and be amongst the first to find out more details!



A new way to learn about your pain



We are all different in terms of how we prefer to receive information. The style, the format, bite sized chunks versus all in one go - there's no such things as a 'one size fits all' way to communicate, especially when it comes to learning.

With this in mind, we're really thrilled about another project we are currently working on - the **Flippin' Pain animated workbook**.

The workbook - created by a team that includes people with lived experience of persistent pain and creative communication experts - will provide another option for people to flip the way they think about, talk about and manage persistent pain. Launch date should be towards the end of the summer.

New Resource

A new interactive online resource for people living with persistent pain has recently been launched: **Ten Footsteps to Living Well with Pain** takes you through ten stages - each one a key step along the way to learning about self-managing pain.

It's available via my.livewellwithpain.co.uk where you'll also find a range of other really useful info.

Welcome Aboard!

Since our last newsletter we've made a couple of additions to the Flippin' Pain team. We're delighted to have Asim and Deepak onboard and excited for the additional expertise and insight they'll bring to the campaign.

Asim Suleman

Born and bred in Yorkshire, Asim is a GP Pain specialist in Bradford who is passionate about improving physical literacy and pain management services for the most vulnerable in society. He also works as an Occupational Health Physician and is a 2nd Dan in Taekwondo.



Deepak Ravindran

Deepak is a pain consultant based in Berkshire where he helped to develop an award-winning community service for people living with persistent pain. Pain education with empathy is his passion and promoting trauma informed care through the NHS is his vision.



Follow us!



Did you know that Flippin' Pain are on Social Media?

You can stay up to date with everything we're up to and receive lots of useful persistent pain related info via our social media channels.