

# Pain: Do You Get It?

**Do you, or someone you love,  
live with pain?**

**You are not alone: chronic pain affects  
between 30-50% of people in Lincolnshire!  
Join us for a FREE, easy to understand talk  
about why your body hurts, why it keeps  
hurting and what you can do to help it.**

**Monday 9th December  
1.30pm - 3.00pm  
Guildhall Arts Centre,  
Grantham, NG31 6PZ**

Register for the event and sign up to  
'Pain: Do You Get' It updates at  
[connecthealth.co.uk/events/pain-do-you-get-it](http://connecthealth.co.uk/events/pain-do-you-get-it)

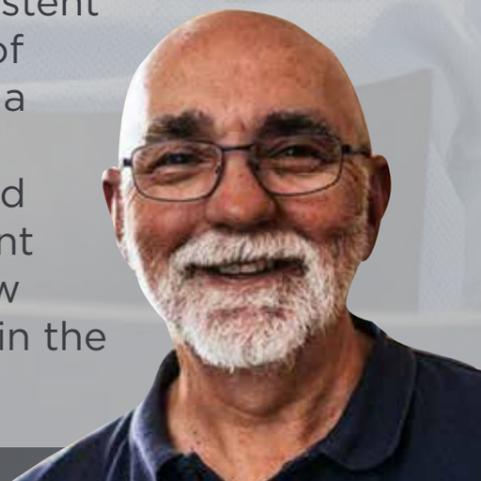


**With Dr Chris Barker**

GP with over 20years' experience specialising in persistent pain. Advisory committee member for NHS and British Pain Society.

**and Pete Moore**

Person with persistent pain and author of the Pain Toolkit - a simple patient booklet supported by the Department of Health and now used extensively in the UK and overseas.



# What is the Pain Revolution?

Pain Revolution is an awareness-raising public engagement movement encouraging communities to change the way they think about, talk about, and treat chronic pain.

*It's goal is for the people of Lincolnshire to have access to the knowledge, skills, and local support to prevent and overcome chronic pain.*



## Did you know?

As well as physical symptoms, **chronic pain** often has a negative impact on people's social, psychological and emotional wellbeing.

The NHS in East Lincolnshire is one of the highest prescribers of pain medications in England.

[openprescribing.net](http://openprescribing.net)

43% of the UK population are living with chronic pain (this increases to 62% over age of 75).

British Medical Journal, 2016

20% of adults in Lincolnshire have long-term musculoskeletal conditions.

Joint Strategic Needs Assessment, 2019

60,000 adults in Lincolnshire live with long-term illness or disability.

Joint Strategic Needs Assessment, 2019

The Pain Revolution explains why we need to **Rethink Pain, Re-engage and RECOVER.**

Learn more about the Pain Revolution's journey so far by visiting their website [www.painrevolution.org](http://www.painrevolution.org)