

**THE LORD MAYOR'S BIG CURRY LUNCH
2019-2021 LUNCHES**

**SUPPORTING
KING EDWARD VII HOSPITAL'S CENTRE FOR VETERANS' HEALTH
PAIN MANAGEMENT PROGRAMME**

THE WAY FORWARD

For three years, starting with the April 2019 Lord Mayor's Big Curry Lunch (LMBCL), the LMBCL - through the three national Service charities - will fund veterans of Her Majesty's Armed Forces to be able to take part in the new King Edward VII's (KEVII) Centre for Veterans' Health (CVH) Pain Management Programme (PMP).

THE PROVIDER

KEVII is one of the most respected charitable medical establishments in the country, governed by Royal Charter. Cutting edge clinical services are provided by some of the the most eminent and experienced consultants, clinicians and senior nursing staff in the country. KEVII is known for its longstanding tradition of exceptional standards of care for members of Her Majesty's Armed Forces.

In June 2018 the new, bespoke and fully-funded facilities for the CVH were opened by Air Chief Marshal The Lord Stirrup.

THE PAIN MANAGEMENT PROGRAMME

There is scarce provision for specialist pain management in the NHS. The CVH PMP is unique in that it is designed solely for veterans. It brings together senior clinicians in every discipline relating to the causes of pain, whether the causal factors are physical or psychological.

The purpose is to address the individual issues involving pain that prevent a veteran from leading a full life. The CVH team has found that chronic pain is the most significant barrier to a veteran being able to find and sustain meaningful employment, which is the 'backbone' of their future wellbeing and impacts on every other aspect of their personal lives and their families.

At the start of the six month PMP, veterans participate over a two week period in a residential small group dynamic where the experience of pain and the impact on their lives is shared. The multidisciplinary team leading the PMP works with the veterans to help them understand their pain, its effect on mood and well being and how to best manage these issues. This is then followed by regular consultations.

A pilot programme began in February 2016. Since then a total of 90 veterans have been on a PMP.

JOINING THE PMP

Referrals can come from the Ex-Service charities and from GPs. Veterans must have the support of their GP. They then attend an assessment day.

The PMP may not be the best treatment for all veterans in pain; the CVH may, through extensive experience, suggest an alternative course of action.

RELATIONSHIP TO PTSD

All veterans who apply for the PMP are assessed for PTSD. However, the PMP's focus is on pain management and not on the treatment of PTSD symptoms. Whilst there is a close relationship between pain and PTSD and the PMP has seen a reduction in PTSD symptoms in some participants, each veteran will be individually advised as to the best care for their own situation.

BENEFIT, IMPACT AND OUTCOMES

Since the initial trialling of the PMP, the outcomes have been carefully assessed and analysed. From both the CVH clinicians' perspective and from the responses of those taking part, there have been tangible beneficial outcomes.

Using standardised tests widely used in the pain management field the PMPs have demonstrated a reduction in the use of pain medication and an improved quality of life in spite of the experience of pain. The PMP has enabled veterans to set realistic and achievable goals for themselves and has improved the veterans' management of mood.

As a result, veterans have felt able to take on employment or return to employment with a reduced sense of vulnerability and with a greater likelihood of remaining a reliable employee.

The CVH will continue to undertake impact analyses and outcomes from each cohort taking part in each PMP and from the consolidated data over time. The LMBCL will be able to use that information. and, subject to clearance with the veterans involved, will be able to publish their personal stories.

NUMBERS INVOLVED IN THE PMP IN THE FUTURE

The CVH estimates that approximately 60-65 veterans a year will be identified as suitable to join a PMP over the next three years.

THE LMBCL CONTRIBUTION

It costs £6,500 to fund the PMP for one veteran.

A contribution of £120,000 from the proceeds of the LMBCL in each of the next three years will fund 18 veterans on the PMP in each of the next three years.

In contributing to the PMP, the LMBCL and the national Service charities will not be funding any capital or management costs or any recovery of overheads. 100% of the money we raise at successive LMBC Lunches will pay for individual veterans to join and complete the Programme at no cost to themselves.

ABF TSC and the other two national service charities will remain the conduit for the receipt of the proceeds of the LMBCL. They would pass on the agreed sum each year to the KEVII CVH to fund the PMP for 18 veterans each year.

BENEFITS OF THIS INITIATIVE

A potent story - specific, practical and measurable - for all our constituencies and target audiences. Supporting the PMP has already resonated with the City community.

Integration with one of the Mayoral and Civic themes of employment and employability.

An encouragement to those from an Armed Forces background who now work at all levels in the City to get involved in the LMBCL and the practical outcomes of the PMP.

The sum involved in supporting the PMP still allows the LMBCL to make a significant contribution each year to the three national Service charities to further their other work amongst those who have served in Iraq and Afghanistan.

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