



**Footsteps  
Festival  
2021**

A year-long celebration of  
living well with pain

# Living with persistent pain?

Find out how to live well despite your  
pain at **Footsteps Festival 2021**

Footsteps Festival 2021 is a year-long online festival that's all about living well with pain. Developed by people with lived experience of pain and professionals in pain management, Footsteps Festival takes a creative approach to living with persistent pain.

It's been a tough year for everyone, especially people living with pain, so Footsteps Festival aims to bring people together, with a eclectic and fun mix of live online events on everything from understanding your pain, to finding new and creative ways of living well despite it.

Events are completely free and are happening weekly. Festival-goers can sign up to receive email alerts so they never miss an event. Plus you can catch up with past events on the festival web pages.

## Recent events have included:

- Everything You Wanted To Ask About Painkillers But Were Afraid To Ask
- Cookfulness – rediscover the joy of cooking for loved ones, with ‘Mr Cookfulness’ himself, Ian Taverner
- Footsteps into Pilates
- Step into Singing – with Opera North’s Marie Claire Breen
- Laughter is the Best Medicine with Tom Bowen, professional clown and persistent pain sufferer
- Origami for Wellbeing
- Smartphone Photography
- Irene Tracey ‘Queen of Pain’ explains the neuroscience behind persistent pain
- Step into Easeful Movement
- Coffee and Chat weekly online event – meet up with people with similar experiences
- Pets, People and Persistent Pain

Explore upcoming festival events at

**[www.footsteps-festival.co.uk](http://www.footsteps-festival.co.uk)**