

# IMPACT REPORT

## Everyone has the right to a pain-free life

Chronic pain prevents people from living their lives. Each year 31m working days are lost in the UK as a result of back pain. Often scans, injections and opioids are offered as the answer when prevention and pain management treatments (like osteopathy) can offer a better solution. The problem is these treatments are too expensive for the most vulnerable – who may be working several jobs to make ends meet.

That's why we created CORE Clapton... Located in the second poorest borough in London, CORE Clapton offers a space for the local community to access services usually reserved for those who can afford it – with osteopathy sessions from £20 and yoga and strengthening classes from as little as £2. We give people the tools to keep their body working to its full potential by providing a good understanding of how their body works and promoting activities and habits to lead a healthier lifestyle.

### Patients

**1,793**

People have received expert osteopathic healthcare from CORE since we opened in July 2017.

### Satisfaction

**9.5/10**

Is the average satisfaction rating of our service users following osteopathic care at CORE.

### Our diversity

**21%**

Of our patients come from Black, Asian and minority ethnic (BAME) communities.

This is 4x higher than the national average for osteopathy.



My back pain was treated so effectively that it went away after the first few sessions and it has thankfully not bothered me at all since the completion of my treatment.

**Shaminderjit Gill**

**60%**

Of patients have benefitted from low-cost osteopathy paying £35 or less (21% paying £15 or less).