



Did you know Parish Wharf Leisure Centre is an **MSK hub?**

For those living with MSK (musculoskeletal) related conditions, we offer a variety of sessions to help manage symptoms, pain and improve physical and mental wellbeing



ESCAPE-Pain course

A twice weekly programme for chronic joint pain of the knees and/or hips, that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant



Good Boost Studio

Our studio based sessions are individually tailored using portable electronic devices that allow you to progress at your own pace and have been built to reduce pain and improve strength and mobility - don't worry a member of our team will be on poolside to guide you!



Good Boost Aqua

Our water based sessions are individually tailored using portable electronic devices that allow you to progress at your own pace and have been built to reduce pain and improve strength and mobility - don't worry a member of our team will be on poolside to guide you!

[Click here to find out more.](#)

