



THE SOCIETY FOR BACK PAIN RESEARCH

NEWSLETTER - JULY 2027

SBPR Birmingham 2026

Thank you to everyone who attended our annual scientific meeting in Birmingham last month.

Congratulations to our winners



President's Award:

Holes in the Safety Net: A Scoping Review of Safety-Netting Advice for Patients with Low Back Pain

Christopher Horler, V Lockley, G Leydon, L Roberts and C Ryan

Secretary's Award:

Building Workforce Capacity to Deliver Physical and Psychological Rehabilitation for People with Persistent Low Back Pain in Community Settings: A Mixed-Methods Pilot Study

Esther Williamson, R Hellewell, C Srikesavan, A Morris, S Lamb

New Investigator Award:

Intervertebral Disc Mechanobiology: Insights and Inconsistencies from Whole-Organ Bioreactor Studies

Daisy Crouch, TP Holsgrove

Local Organiser's Award:

Gut Microbiome Dysbiosis in Chronic Low Back Pain: A Large-Scale Metagenomic Analysis in TWINSUK

Ioannis Kalli, P Louca, R Pope, X Zhang, A Visconti, MB Freidin, M Falchi, C Menni, FMK Williams

BackCare Award (presented at SBPR 2024 Aberdeen):

The Association Between Individual Lumbar Intervertebral Disc Degeneration Features and Low Back Pain Is Modified by Genetic Propensity to Pain
P. Suri, M. Kazemi-Naini, M.B. Freidin, Y. Tsepilov, E. Elgaeva, I. Granville-Smith, R. Compte, **Frances MK Williams**

BritSpine 2027:

SAVE THE DATE:

BritSpine, the UK Spine Societies' combined Conference and Exhibition
International Convention Centre (ICC) Wales on 21–23 April 2027
<https://www.britspine.com/>

SBPR EGM:

We will be holding a virtual Extraordinary General Meeting in November. As we have moved to holding our AGM in the Spring/Summer this will become a regular extra meeting to be in line with the financial YE. This meeting will be in **November 2026 from 7pm to 8pm, date tbc**. A Teams invite, along with supporting documents will be sent to you in due course.

SBPR Fundraising opportunity:

Great news, we've registered Society for Back Pain Research with #easyfundraising, which means over 8,000 retailers will now donate to us for FREE every time you use easyfundraising to shop with them.

These donations will help SO MUCH, **please sign up to support us, if possible before the 2nd August** – it's completely FREE and doesn't take long.

Sign up [here](#) or use the QR code:



SBPR Socials:

To expand our reach and be where people now talk science, we've added Bluesky and LinkedIn to our platforms.

Follow us on [Bluesky](#) and [LinkedIn](#)

Keele Research:

Researchers at Keele University have developed an evidence-based set of information resources for children and young people with musculoskeletal pain - Pain Navigator - <https://painnavigator.co.uk/>

The team worked with children and young people as part of the NIHR and Arthritis UK funded CAM-Pain programme to understand the lived experience of musculoskeletal pains, including back pain, as well as their use of primary healthcare services. Building on these insights, and working closely with children, young people, parents, and healthcare professionals, we developed an online resource to support children and young people (aged 8-18 years) in managing both their pain and their feelings about it. The resource also aims to improve their understanding of pain and help them make the most of primary care, including what to expect when they seek support. The resource is ideally viewed on smartphones, and you can view it at <https://painnavigator.co.uk/>

We can provide posters for you to use, e.g. in waiting rooms or to hand-out during consultations. There is no recruitment or research activity required, and no need to change your usual clinical practice. We simply ask that you help make the materials available and highlight the resource to patients when appropriate. However, if you would like to talk to us about your experiences of using the resources, then please get in touch.

If you have any questions or would like further information, please email us at: comms.painnavigator@keele.ac.uk or k.m.dunn@keele.ac.uk

The Pain Navigator/CAM-Pain team

