

CREATIVE THERAPY

For managing persistent pain



Creative activities can help you manage persistent pain by moving your thoughts away from the sensation of pain.

When people think about being creative, they might think they need to be able to paint a masterpiece, play something amazing on a piano or write a finished novel – but actually, anyone can be creative and in many ways!

By joining us, you can try a few simple, creative activities and we'll also talk about and explore other activities you enjoy or might like to try in the future.



WHAT TO EXPECT

A fun, informal and friendly couple of hours spent together

Understand more about how creative activities can help with your pain management

Have a go at some simple and easy creative activities

Leave feeling inspired and motivated with ideas or a plan to try, using a creative activity you've chosen, to help with your pain management

Meet other people with persistent pain, and have a chat over refreshments

No prior experience of doing something arty or creative is needed!

To book a place contact us via one of the options below:

 www.rethinkingpain.org  [07724868212](tel:07724868212)  info@rethinkingpain.org



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in collaboration with HALE, Bradford District Health & Care Partnership, VCS Organisations & Primary Care Networks.