

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.



Date	Time	Location
Tuesday 25th February	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Tuesday 25th February	2.00pm - 4.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT
Thursday 27th February	10.00am - 12.00pm	Online (link sent out via email)
Thursday 27th February	2.00pm - 4.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW

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.