

SLEEP THERAPY

For people with persistent pain.

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

If you have persistent pain and are regularly struggling to fall asleep, stay asleep or are suffering from lack of sleep – read on!

JOIN US to find out more about how pain affects sleep. Get tips and ideas and discover techniques to support you to have better quality sleep (*because it is likely there are several causes for your sleeping difficulties*). As well as advice, you'll also meet other people with sleep challenges, share experiences, and hear what they've found helpful to get a better nights rest.

Date	Time	Venue
Thursday 9th January	2.00pm - 4.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW
Tuesday 14th January	10.00am - 12.00pm	Baildon Community Link 35 Cliffe Avenue, Baildon, BD17 6NX
Wednesday 15th January	10.00am - 12.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT
Wednesday 15th January	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott St, Keighley BD21 2JH
Thursday 16th January	10.00am - 12.00pm	Cottingley Community Centre The Parade, Town Centre, Bingley BD16 1RP
Thursday 16th January	5.00pm - 7.00pm	Online (link sent via email)
Monday 20h January (In Urdu - Mixed Group)	10.00am - 12.00pm	Peel Park Surgery 17 Lowther Street, Bradford BD2 4RA
Friday 7th February (In Arabic - Women Only)	11.00am - 1.00pm	Bradford Foundation Trust 203 Westgate, BD1 3AD



To book a place contact us via the details below:



www.rethinkingpain.org



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.