

# 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 6th May	10.00am - 12.00pm	Glusburn Institute - Community And Arts Centre Colne Road, Glusburn, Keighley BD20 8FQ
Tuesday 6th May	2.00pm - 4.00pm	Bierley Community Centre 102 Bierley House Avenue BD4 6BU
Thursday 8th May	10.00am - 12.00pm	Online (link sent out via email)
Thursday 8th May	2.00pm - 4.00pm	Clayton Village Hall Reva Syke Road, Clayton, BD14 6QN

**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](http://www.rethinkingpain.org)  [07724868212](tel:07724868212)  [info@rethinkingpain.org](mailto: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.