

YOUR STORY – AND WHY IT'S IMPORTANT TO PAIN MANAGEMENT



THE IDEA THAT TELLING YOUR STORY CAN BE PART OF HOW YOU APPROACH MANAGING YOUR PERSISTENT PAIN MAY BE SOMETHING NEW TO YOU, BUT IF YOU THINK ABOUT IT - TO FEEL VALUED - MOST OF US LIKE TO BE LISTENED TO AND HEARD.

Storytelling plays a big part in our relationships with friends and family, and on a larger scale, our societies and cultures. Storytelling is a powerful way to learn about the world, other people and ourselves.

We listen and share stories in our regular day-to-day lives, whether that's keeping up with news, watching a movie or a chat with a friend. Stories also help us learn about how we relate to our pain, those around us and the environments we are in.



What to expect by attending:

- The session will be fun, and is a great way to meet other people in a friendly informal group.
- We will use stories to explore pain and how it affects us.
- We will help you use a range of audio and visual tools in a simple, interesting and interactive way to tell your story.

Date	Time	Venue
Monday 28th April	1.00pm - 3.00pm	The West End Community Centre Christopher Street, BD5 9DH
Tuesday 29th April	10.00am - 12.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Tuesday 29th April	2.00pm - 4.00pm	Online (Link Sent Out Via Email)
Thursday 1st May	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott St, Keighley BD21 2JH

To book a place contact us on the below details:



www.rethinkingpain.org



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Rethinking Pain is a service led by Keighley Healthy Living (KHL) in collaboration with HALE, Bradford District Health & Care Partner