

UNDERSTANDING PAIN

AND WAYS TO COPE WITH IT BETTER



Rethinking Pain supports people with persistent pain in their community, alongside any clinical care they receive.

One of your first steps when starting your journey with Rethinking Pain is to attend our Understanding Pain workshop, which is run face-to-face at various locations across Bradford and Craven, or you can attend online if you prefer.

The Understanding Pain workshop is run by our friendly Health Coaches and includes the chance to:

- Understand more about pain and how the body responds to it
- Meet others who also experience long-term pain
- Find out how to cope with pain better
- Hear about community-based activities, support, groups and offers
- Set some personal goals

We understand that some new things can be worrying or cause anxiety, so you're welcome to bring someone along with you for support if you would like to.

PAIN IS INFLUENCED BY A VARIETY OF LIFESTYLE FACTORS

Attending the Understanding Pain workshop will help you to manage your pain differently, rather than on relying on medications and clinical treatments alone. You'll learn new approaches, gain skills get support and meet new people.



For more information or to book your place locally, get in touch via telephone or email:



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