

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 a new idea for most people. But most of us feel more valued when we're 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.



What to expect in this workshop:

- A fun, friendly session, providing a great way to meet other people in an informal group
- Looking at ways we can use stories to explore pain and how it makes us feel
- Using a range of audio and visual tools, we'll help you to tell your story in a simple, interesting and interactive way.

| Date | Time | Venue |
|------------------------------------|-------------------|--|
| Monday 9 th February | 10.00am - 12.00pm | Skipton Town Hall High St, Skipton BD23 1AH |
| Monday 9 th February | 5.00pm - 7.00pm | Online (link sent via email) |
| Thursday 12 th February | 10.00am - 12.00pm | Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE |
| Thursday 12 th February | 2.00pm - 4.00pm | HALE 1 Westgate, Shipley BD18 3QX |

To book a place, contact us using the details below:



www.rethinkingpain.org



info@rethinkingpain.org



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Healthy
Living

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