

# 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
Monday 16 <sup>th</sup> February	10.00am – 12.00pm	Thornton Community Centre Market Street, Thornton, Bradford BD13 3HW
Monday 16 <sup>th</sup> February	2.00pm – 4.00pm	Christchurch Ilkley The Grove, Ilkley LS29 9LW
Tuesday 17 <sup>th</sup> February	10.00am – 12.00pm	Manningham Mills Sports & Community Association Scotchman Rd, BD9 5AT
Wednesday 18 <sup>th</sup> February	5.00pm – 7.00pm	Online (link sent out via email)

**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



[info@rethinkingpain.org](mailto:info@rethinkingpain.org)



Healthy  
Living

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.