

# 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. It 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 27 <sup>th</sup> April	10.00am - 12.00pm	The Sutton Centre 51 Kyffin Place, BD4 8NB
Monday 27 <sup>th</sup> April	2.00pm - 4.00pm	The Gateway Centre 45 Thackeray Road, BD10 0JR
Tuesday 28 <sup>th</sup> April	10.00am - 12.00pm	Manningham Mills Sports & Community Association Scotchman Rd, Bradford BD9 5AT
Tuesday 28 <sup>th</sup> April	2.00pm - 4.00pm	Online (link sent via email)

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



[www.rethinkingpain.org](http://www.rethinkingpain.org)



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



07724868212



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