WORKSHOPS - JULY - SEPTEMBER 2026

KHL Healthy Living

RETHINKING® PAIN COMMUNITY-BASED PAIN SUPPORT

UNDERSTANDING PAIN PLAY NOW	SLEEP THERAPY PLAY NOW	ACCEPTANCE & TAKING CONTROL PLAY NOW	KEEP ACTIVE & SAFE MOVEMENT PLAY NOW	MORE ON MANAGING PAIN PLAY NOW
Mon 29 June 10am - 12pm Millside Community Centre, BD1	**Mon 6 July** 10am - 12pm Shine, BD5	**Mon 13 July** 10am - 12pm Wright Watson Enterprise Centre, BD10	**Mon 20 July** 10am - 12pm Bradford Arts Centre, BD1	**Mon 20 July** 2pm - 4pm Baildon Community Link, BD17
Mon 29 June 5pm - 7pm Online	**Mon 6 July** 2pm - 4pm Manningham Mills Sports Association, BD9	**Mon 13 July** 2pm - 4pm Baildon Community Link, BD17	**Weds 22 July** 5pm - 7pm Online	**Mon 27 July** 2pm - 4pm Thornbury Centre, BD3
Thurs 2 July 1pm - 3pm West End Centre, BD5	**Tues 7 July** 10am - 12pm Windhill Community Centre, BD18	**Tues 14 July** 10am - 12pm Thornton Community Centre, BD13	**Thurs 23 July** 10am - 12pm St. John's Community Church, BD10	**Tues 28 July** 10am - 12pm Cottingley Community Centre, BD16
Fri 3 July 2pm - 4pm Keighley Healthy Living, BD21	**Weds 8 July** 5pm - 7pm Online	**Tues 14 July** 2pm - 4pm Glusburn Institute, BD20	**Thurs 23 July** 2pm - 4pm St. Hugh's Community Church, BD17	**Weds 29 July** 5pm - 7pm Online
Mon 3 August 10am - 12pm The Gateway Centre, BD10		**Weds 15 July** 5pm - 7pm Online		
Mon 3 August 2pm - 4pm Great Horton Community Hub, BD7				
Tues 4 August 2pm - 4pm Hale, BD18				
Weds 5 August 5pm - 7pm Online	**CLICK OR SCAN THE QR CODE TO WATCH AN INTRODUCTION TO THE WORKSHOP**			

For more information or to book a place, contact us: **info@rethinkingpain.org** **07724868212**

WORKSHOPS - JULY - SEPTEMBER 2026

KHL Healthy Living

RETHINKING® PAIN
COMMUNITY-BASED PAIN SUPPORT

DIET THERAPY PART 1 PLAY NOW	DIET THERAPY PART 2 PLAY NOW	EMOTIONAL WELLBEING PLAY NOW	YOUR STORY PLAY NOW	CREATIVE THERAPY PLAY NOW
Mon 17 August 10am - 12pm Clayton Village Hall, BD14	**Mon 24 August** 10am - 12pm Clayton Village Hall, BD14	**Tues 1 September** 10am - 12pm Bierley Community Centre, BD4	**Mon 7 September** 10am - 12pm Windhill Community Centre, BD18	**Mon 14 September** 10am - 12pm Millside Centre, BD1
Mon 17 August 5pm - 7pm Online	**Mon 24 August** 5pm - 7pm Online	**Tues 1 September** 2pm - 4pm Ilkley Christchurch, LS29	**Mon 7 September** 2pm - 4pm West End Centre, BD5	**Mon 14 September** 2pm - 4pm Sutton Centre, BD4
Tues 18 August 10am - 12pm Wright Watson Enterprise Centre, BD10	**Tues 25 August** 10am - 12pm Wright Watson Enterprise Centre, BD10	**Weds 2 September** 5pm - 7pm Online	**Tues 8 September** 10am - 12pm Bradford Arts Centre, BD1	**Mon 14 September** 5pm - 7pm Online
Thurs 20 August 2pm - 4pm Shine, BD5	**Thurs 27 August** 2pm - 4pm Shine, BD5	**Thurs 3 September** 10am - 12pm St. John's Community Church, BD10	**Weds 9 September** 5pm - 7pm Online	**Weds 16 September** 2pm - 4pm Cafe West, BD15
		Thurs 3 September 2pm - 4pm St. Hugh's Community Church, BD17	**CLICK OR SCAN THE QR CODE TO WATCH AN INTRODUCTION TO THE WORKSHOP**	

As part of the Rethinking Pain programme, we offer a range of workshops to support you in understanding and managing long-term pain.

Anyone living with ongoing pain can join the workshops, you don't need a referral. For the best results, we suggest doing the workshops alongside our health coaching support. This gives you a more complete approach to improving your wellbeing.

To get the most out of the programme, it's important to attend the Understanding Pain workshop first. This session gives you the basics you need and will help you benefit more from the other workshops.

For more information or to book a place, contact us: **info@rethinkingpain.org** **07724868212**

KHL Healthy Living

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