UNDERSTANDING PAIN

TIMETABLE JAN TO MARCH 2027

RETHINKING PAIN
COMMUNITY-BASED PAIN SUPPORT

Date	Time	Location
Mon 11 January	10am – 12pm	The Sutton Centre, 51 Kyffin Place, Bradford BD4 8NB
Mon 11 January	2pm to 4pm	Windhill Community Centre, Church Street, Windhill, Shipley, BD18 2NR
Tue 12 January	10am to 12pm	Shine West Bowling, St Stephen's Church, Bradford, BD5 7BX
Tue 12 January	2pm to 4pm	Manningham Mills Sports and Community Association, Bradford BD9 5AT
Wed 13 January	5pm to 7pm	Online (link will be emailed)
Wed 27 January	6pm to 8pm	Online (link will be emailed)
Wed 10 February	5pm to 7pm	Online (link will be emailed)
Mon 15 February	10am to 12pm	Thornton Community Centre, Market Street, Thornton, BD13 3HW
Mon 15 February	2pm to 4pm	Skipton Town Hall, High Street, Skipton BD23 1AH
Tue 16 February	10am to 12pm	Bierley Community Centre, 102-104 Bierley House Avenue, BD4 6BU
Tue 16 February	2pm to 4pm	Baildon Community Link, 35 Cliffe Ave., Baildon, BD17 6NX
Sat 20 February	11am to 1pm	Online (link will be emailed)
Wed 24 February	6pm to 8pm	Online (link will be emailed)
Wed 10 March	5pm to 7pm	Online (link will be emailed)
Wed 24 March	6pm to 8pm	Online (link will be emailed)

To book your place:

Call: Rizwana on 07724 868212 or speak to your Rethinking Pain health coach

Email: info@rethinkingpain.org

KHL 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.