

UNDERSTANDING PAIN

The Rethinking Pain team are delighted to invite you to attend our Understanding Pain sessions!

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

 www.rethinkingpain.org  @RethinkingPain  info@rethinkingpain.org

Attending 'Understanding Pain' is the first step to a better quality of life when you have pain everyday. This is a great opportunity for you to get to understand more about pain and how your body responds to it. As well as finding out about ways to cope with day-to-day pain, rather than relying on pain medications and clinical treatments alone. You'll also have a chance to meet and chat with others who also live with persistent pain.

You can attend in person, or for those of you who may find this difficult, we are also running online sessions.

After attending, and if it's of interest, you will also be able to get more support from us with other pain related issues that may affect you. For example, help with diet, sleep, pain medications and flare ups, safe ways to remain physically active, emotional and relationship support and more!

This is what a participant said about attending Understanding Pain:

"Understanding Pain felt like a first step to me having more tools to help with my pain than just pills, it's like building me back up! I learnt lots and it made me aware of other ways to deal with my pain day to day. It also gave me an opportunity to talk about my situation with people who understand, because they are experiencing similar pain issues, which was a real help".

We really hope you'll take up this invitation and a chance to meet some of the Rethinking Pain team, and remember you can bring someone along with you (if that helps).

If you would like more information or to a book place, please see dates and times on the next page and contact details below.

To book your place:

Call: Ruth on 07565789465 or Richard on 07512892365

Email: info@rethinkingpain.org

or speak to your Rethinking Pain health coach.



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SESSION TIMETABLE

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Date	Time	Location
Thursday 27th April	1.00pm - 3.00pm	The Place, Settle, BD24 9RH
Tuesday 2nd May	1.15pm - 3.15pm	Skipton Town Hall, Skipton, BD23 1AH
Thursday 4th May	10.30am - 12.30pm	Central Hall, Keighley, BD21 3JD
Friday 5th May	2.00pm - 4.00pm	Windhill Community Centre, Shipley, BD18 2NR
Weds 10th May	2.30pm - 4.30pm	The Thornbury Centre, Bradford, BD3 8JX
Thursday 11th May	10.30am - 12.30pm	Sutton Community Centre, Bradford, BD4 8NB
Monday 15th May	2.30pm - 4.30pm	Clayton Village Hall, Bradford, BD14 6QN
Tuesday 16th May	10.30am - 12.30pm	Sedbergh Centre, Odsal, Bradford, BD6 1DJ
Thursday 18th May	10.30am - 12.30pm	Online (link sent via email)
Weds 24th May	10.00am - 12.00pm	Millside Community Centre, Bradford, BD1 2HS

MORE DATES TO BE ADDED!

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