

**PAIN** AND **FEAR**

**CLOSED**

**DOWN** *my* **WORLD**

**NIKI**

**You are not alone.**

**Persistent pain affects over 30% of people in the UK.**

**(British Medical Journal, 2016)**

**Persistent pain is COMMON and can affect anyone**

**Put yourself back in control.**

**Visit [flippinpain.co.uk](http://flippinpain.co.uk)**

