

Rheumatology Department

Where can I get support and information about my arthritis?

This leaflet provides names and contact details of organisations providing support and information about arthritis.

Arthritis Care

18 Stephenson Way
London
NW1 2HD

Telephone: 0844 888 2111

Website: www.arthritiscare.org.uk

Services include:

- Free confidential helpline: Telephone 0808 800 4050 or email: helplines@arthritiscare.org.uk
- Free booklets and information sheets about arthritis and how to manage it including; *'Benefits you can claim'*, *'Exercise and arthritis'*, *'Diet'*, *'Coping with pain'*, *'Drugs and complimentary therapies'*
- Quarterly lifestyle magazine *'arthritis news'*
- Self management programmes across the UK including; *'challenging arthritis'*, *'positive future workshops'*, *'challenging pain'*, *'arthritis awareness'*. For more information visit *'www.arthritiscare.org.uk'* to find locally run courses
- Interactive website, which includes a discussion zone, information about arthritis, real life experiences, latest campaigns and self management advice

Arthritis Research Campaign - ARC

Copeman House
St Mary's Court
St Mary's Gate
Chesterfeild
Derbyshire
S41 7TD

Telephone: 0870 850 5000

Website: www.arc.org.uk

Services include:

- Free information booklets about different types of arthritis and practical advice to help in everyday life. These are available in the clinic
- Quarterly magazine, reporting recent research, treatment and education - *'arthritis today'*
- Fund raising events to support research

National Rheumatoid Arthritis Society – NRAS

Unit B4

Westacott Business Centre

Westacott Way

Littlewick Green

Maidenhead

SL6 3RT

Telephone: 0845 458 3969

Website: www.rheumatoid.org.uk

Email: enquiries@rheumatoid.org.uk

Services include:

- Helpline: 0800 298 7650 Email: helpline@nras.org.uk
- Web based information: www.rheumatoid.org.uk which includes medical information, information about the rheumatology team and their roles, lifestyle issues and self help advice
- National volunteer support network. Email: supportnetwork@rheumatoid.org.uk
- Local NRAS support groups
- Blog NRAS
- Information on local services and facilities

Healthtalkonline

Healthtalkonline is a new website for the charity DIPEX. There are video, audio and written interviews with people who have arthritis. It provides information, and questions and answers about the condition with links and a forum. Included is a forum for young people called youthhealthtalk.org

Website: www.healthtalkonline.org

Cambridge Arthritis Research Endeavour- 'Care'

www.cambridge-arthritis.org.uk is a website with information about:

- Cambridge Rheumatology team
- The outpatients department at Addenbrooke's Hospital
- Rheumatology research in Cambridge
- Fund raising and supporting 'Care'
- Local events
- Information about conditions and drug management

Expert Patient Programmes

Expert patient programmes are NHS funded, locally run courses for people with long term health conditions. People are helped to take more control of their health by understanding and managing their conditions, leading to an improved quality of life.

For further details about EPP courses in your area, and any other general enquiries, contact the EPP CIC (Expert Patient Programmes Community Interest Company) by telephone (020 7922 7860) or freephone (0800 988 5550).

To find a course:

- Visit 'www.nhs.uk/conditions/expert-patients-programme'
- Your GP practice may have information about planned courses in your area.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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