

About us



Arthritis Care is a national charity supporting people with all types of arthritis. We have a vision of a world where people with arthritis can lead full and active lives.

We aim to empower people with arthritis through support and information, ensuring their voices are heard and their conditions more effectively managed.

Our other services include:

Free and Confidential Helpline

Arthritis Care's Helpline is open from 09:30 – 17:00, Monday – Friday.

Call 0808 800 4050

or email helplines@arthritiscare.org.uk

Information Booklets and Factsheets

We have a wealth of information booklets and factsheets available to download free from our website.

Testimonials

"since attending the Drop In I have a better perspective on my health"

"it helped me understand all my options and make a decision"

"it's a great service, good to have someone to talk to with plenty of time"

Contact us

Call 020 7380 6509

Email services@arthritiscare.org.uk

Visit our website arthritiscare.org.uk

Arthritis Care
Floor 4
Linen Court
10 East Road
London, N1 6AD

 ArthritisCareUK

 @arthritis_care



ARTHRITIS CARE

Living well with arthritis in South Tees



ARTHRITIS CARE

Patron: The Duke of Westminster KG CB CVO OBE TD CD CL President: Jane Asher
Arthritis Care is a charity registered in England and Wales (206563) and in Scotland (SC038693)
A Company Limited by Guarantee Registered in England No. 529321 Registered Office:
Floor 4, Linen Court, 10 East Road, London N1 6AD January 2017

Living Well with Arthritis

A support service for people with arthritis in South Tees

Take back control of your life

If you have arthritis, Arthritis Care understands how it can affect you and your life. Whether you have been recently diagnosed, or have been living with it for some while, we're here with information and support.

We believe there is always something you can do to reduce the impact of arthritis, which is where our services may help.

Our services are tailored to your personal needs to help you *Live Well with Arthritis*.

We are working closely with GP surgeries and the South Tees Clinical Commissioning Group, offering three different services to improve the physical and emotional wellbeing of people with **Osteoarthritis of the knee and/or hip**.

To use our services, you must be registered at a GP practice within the South Tees area.



You must be referred to our service by your GP

What are the Living Well with Arthritis Services all about?

Our free services are delivered by trained Arthritis Care Champion Volunteers, with personal experience of arthritis, alongside our trained and experienced staff.

We offer three *Living Well with Arthritis* services:

An appointment: you can attend a local *Everyday Changes Drop in* session. This is a face-to-face meeting with one of our Arthritis Care Champion Volunteers for up to one hour.

Telephone support: or you may prefer a one to one *Individual Support Call*, at a convenient time for you, from one of our Arthritis Care Champion Volunteers.

Workshop: alternatively, you could attend one of our *Chat4Change* sessions where you will meet other people with arthritis.



All three services will provide you with up-to-date information to help you make decisions about your healthcare options - including pain relief, surgery and exercise – and to help you improve the management of your arthritis.

Once you are referred to us by your GP we will contact you to discuss your preference for one of the above services.

Whichever service you choose, you will receive a range of publications and information. You also receive support in understanding the **Right Care Patient Decision Aids**.

We will provide you with a certificate of participation to share with your GP.

How we can help you?

- Understand your condition better.
- Feel more confident to manage your arthritis including symptoms such as pain.
- Have access to the information, support and services you need to make informed choices and take control.
- Have the necessary information to make positive lifestyle changes such as reviewing your diet.
- Communicate effectively about arthritis and how it affects you.
- Feel less isolated.
- Increase your self confidence.

Please contact Arthritis Care or your GP surgery if you need further information about our services in South Tees.