

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.
- Local support network. The Cambridgeshire branch meet at Free Church, Market Hill, St Ives, on the second Tuesday of each month.

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: 01628 823524

Website: www.rheumatoid.org.uk

Email: enquiries@rheumatoid.org.uk

Services include:

- Helpline: 0800 298 7650
- 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
- Making contact with other people who have arthritis
- Information on local services and facilities

DIPEX

DIPEX is a website with video, audio and written interviews with people who have arthritis. It provides information, questions and answers about the condition with links and a forum.

Website: www.dipex.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.

Expert Patient Programmes

Cambridgeshire PCT

Telephone: 01223 884866

Website: www.expertpatients.nhs.uk

To find a course:

- Visit 'www.expertpatients.nhs.uk/find_courses'
- Your GP practice may have information about planned courses in your area.

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम
(ओडीओ डोर्मेट)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیودی دہنگ

Kurdish

آگراپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکاروں تو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history

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