

## Rheumatology Therapy Department

### Useful organisations

#### Arthritis Care

[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

Free Helpline: 0808 800 4050

Arthritis Care exists to support people with arthritis. It is the UK's largest organisation working with and for all people who have arthritis. It is a user led organisation which means people with arthritis are at the heart of their work, they form the membership, are involved in all of the activities and direct what they do.

#### Arthritis Research UK

<http://www.arthritisresearchuk.org>

Tel: 0300 790 0400

Arthritis Research UK

Copeman House

St Mary's Gate

Chesterfield

Derbyshire

S41 7TD

Arthritis Research UK was founded in 1936, it raises funds to promote medical research into the cause, treatment and cure of arthritic conditions; to educate medical students, doctors and allied healthcare professionals about arthritis; and provides information to the general public. Arthritis Research UK is the fourth largest medical research charity in the UK and the only charity in the UK solely dedicated to investigating arthritis in all its forms. Millions of pounds are provided every year for grants funding research, education and training.



## Patient Information

### **Self Management UK (formerly Expert Patient Programme)**

<http://selfmanagementuk.org/>: Telephone 03333 445 840

[hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

This organisation provides free, self-management courses providing tools and techniques to help you to take control of your health and manage your condition better on a daily basis.

### **Fibromyalgia Association UK**

<http://www.fmauk.org/>

**National Tel:** 0844 887 2444 **Coventry Contact:** Janet Farr (Call national number)

This organisation aims to help and support people affected by fibromyalgia and raise much needed awareness of this chronic condition of widespread pain and fatigue.

### **Lupus UK**

[www.lupusuk.org.uk](http://www.lupusuk.org.uk)

Tel: 01708 731251

Lupus UK is the only national registered charity supporting people with systemic lupus and discoid lupus and assisting those approaching diagnosis. This organisation has a number of Regional Groups around the UK who arrange medical talks, publish local newsletters, set up local occasions and organise fundraising events. LUPUS UK also produces an informative national magazine with lupus articles, letters, reports, and photographs, and operates a strong grant programme for research purposes and welfare.

### **NASS – National Ankylosing Spondylitis Society**

[www.nass.co.uk](http://www.nass.co.uk)

Tel: 020 8741 1515

NASS provides information and advice to patients. They believe that patient education is one of the keys to the best possible management of AS and this will in turn bring about the best outcome for the individual concerned.

## Patient Information

### **NRAS – National Rheumatoid Arthritis Society**

[www.nras.org.uk](http://www.nras.org.uk)

Freephone Helpline: 0800 298 7650

National Rheumatoid Arthritis Society provides support and information for people with Rheumatoid Arthritis and Juvenile Idiopathic Arthritis, their families, friends and carers.

Their goal is 'a better life for people living with rheumatoid arthritis' and they seek to achieve this by: providing information, education, support and advocacy; raising public and government awareness of RA; campaigning for equity of access to best treatment and care and facilitating the networking of people with RA and encouraging self-help.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### **Document History**

Department:	Therapy
Contact:	02476966016
Updated:	December 2019
Review:	December 2021
Version:	8
Reference:	HIC/LFT/960/10