



# Arthritis Action

Shantel Irwin, CEO

# Arthritis Action

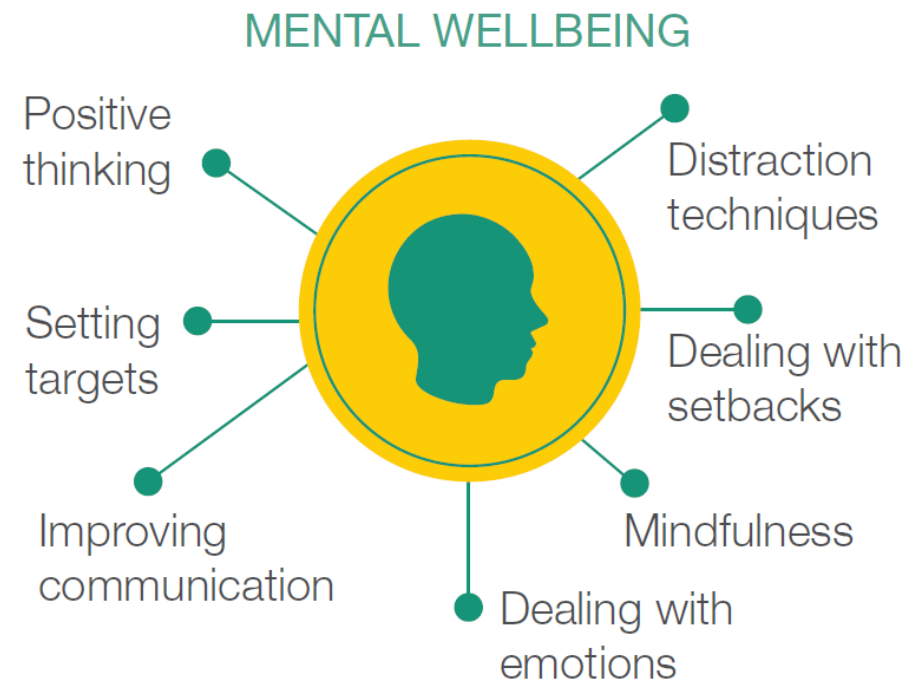
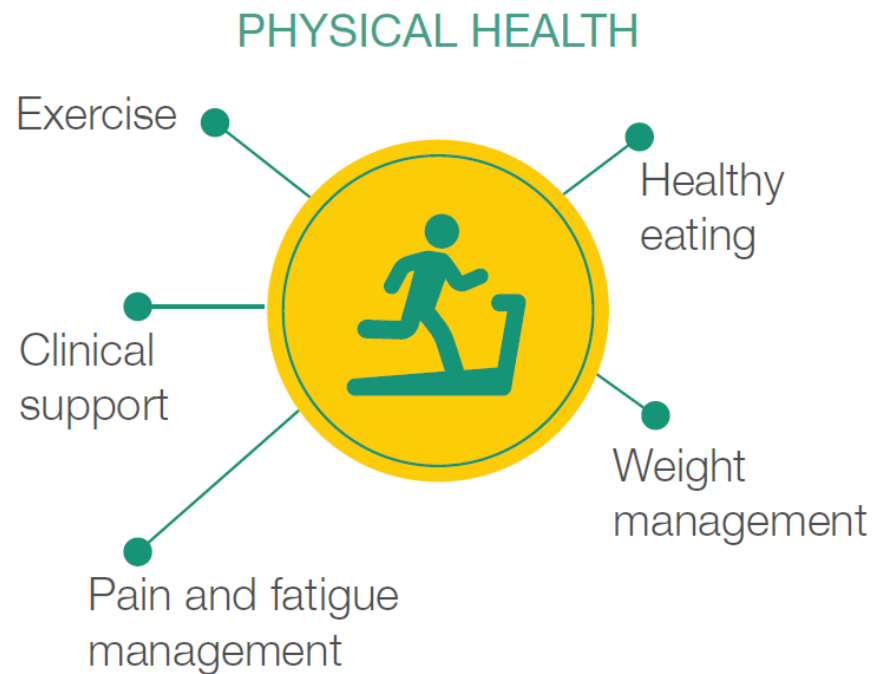
- Arthritis Action is a UK charity helping people with arthritis to live fuller lives with less pain
- The charity offers a 'self-management' approach, providing services and resources on diet and nutrition, weight management, exercise and staying active, mental and emotional wellbeing, and pain management
- Our approach helps people gain the knowledge and confidence to better manage their condition

Registered Charity Number 292569



# Our Self-Management Approach

Self-Management means looking after your:



# Membership

**Nutritional and weight management** consultations with a registered Dietitian



**2 subsidised appointments** with an Osteopath or Physiotherapist per membership year



**Priority booking** on all Arthritis Action's Groups and Events



Individualised support using our **Personalised Member Pathway**



**Two issues** of our Members' Magazine



**An invitation and opportunity to vote** at the Annual General Meeting and Conference



Volunteer-led **Arthritis Action Connect** telephone service



**Online Exercise Classes** to help you regain muscle strength





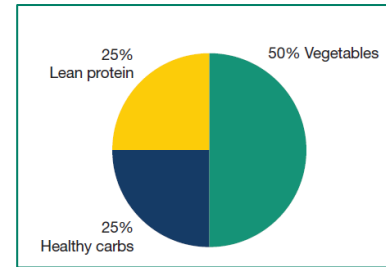
# How we help: Diet and Nutrition

## Providing information on:

- Healthy eating, such as following the Mediterranean diet
- Appropriate portion sizes
- Weight management and how it affects joints
- Using supplements

## Providing resources:

- Recipes that are healthy and easy to make



Web Pages,  
Factsheets, FAQs

Webinars

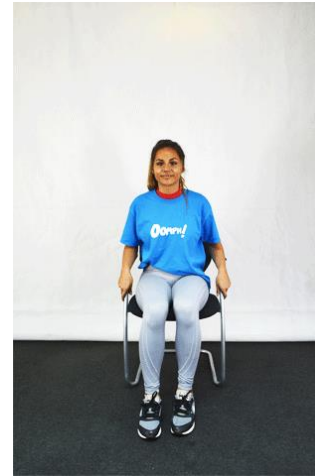
Podcasts

Videos

# How We Help: Exercise and Activity

## Providing information on:

- Physical and mental health benefits of exercise
- Types of exercise



## Providing resources:

- Chair Based Exercises to get people started
- Signposting people to local exercise resources - **Exercise and Activity Directory**
- Working with partners to help people become more active

Web Pages,  
Factsheets, FAQs

Webinars

Podcasts

Videos

# How We Help: Mental Wellbeing

## Providing information on:

- Mindfulness and meditation
- Managing emotions
- Positive thinking and setting goals
- Pacing, planning and resting
- Setting goals



## Providing resources:

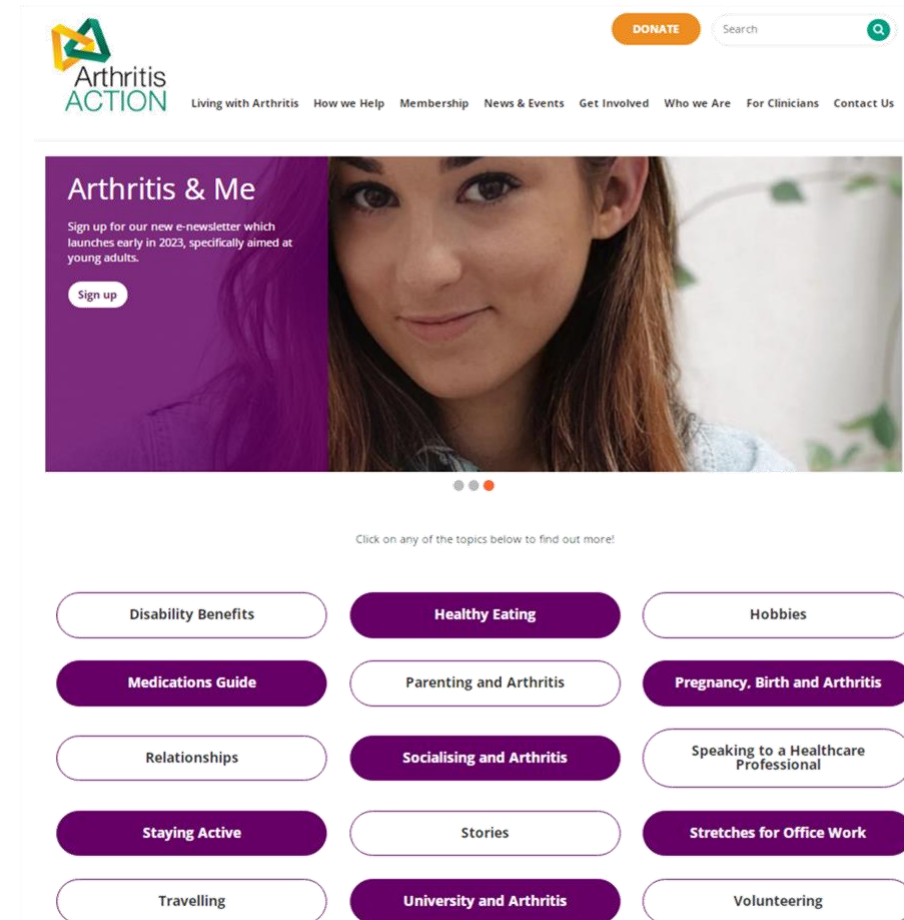
- Signposting people to local mental health support services  
- **Mental Health Directory**



# How We Help: General Support

## Providing information on:

- Cost of Living
- Work and arthritis
- Disability benefits
- Gadgets and useful aids for living with arthritis
- Communicating with health professionals
- Sleep and arthritis
- Pregnancy, birth and arthritis
- Medications
- ..... And more!





# #LetsTalkArthritis

## How we engage with people (as well as our website):

- Online Groups
- Webinars
- Podcasts
- Self-Management Events
- Presentations to External Groups
- Arthritis Action Connect (for Members only)

## Opportunity for us to:

- ✓ Share our knowledge and expertise on self-management
- ✓ Provide platforms on which people can talk to each other and share tips and feel less alone



**For more information please visit:**

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

**Follow us on Facebook:**

[www.facebook.com/ArthritisAction](http://www.facebook.com/ArthritisAction)

**Follow us on Twitter:**

[www.twitter.com/Arthritis\\_ACTN](http://www.twitter.com/Arthritis_ACTN)

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