

TESTIMONIALS

- “Since attending the workshop 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.”

HOW TO ATTEND ONE OF OUR SERVICES

If you have osteoarthritis of the knee and/or hip, speak to your healthcare professional about a referral to the Versus Arthritis Shared Decision Making services.

Please note: You will need to be registered at a GP surgery in the local area to access our services.

Please contact Versus Arthritis or your local healthcare professional if you need further information.

ABOUT US




Versus Arthritis is a national charity supporting people with all types of arthritis. We’re the carers, researchers, healthcare professionals, friends, parents, runners and fundraisers all united in our ambition to ensure that one day no one will have to live with the pain, fatigue and isolation that arthritis causes.

Our other services include:

- Free and confidential helpline: **0800 5200 520**
Call us for free* today (Monday–Friday, 9am–6pm). *Calls to our 0800 number are free when calling from within the UK but charges will apply when calling from abroad. For more information you will need to contact your network provider.
- Information booklets and factsheets available to download free from our website.

Contact us:

[versusarthritis.org](https://www.versusarthritis.org)
services@versusarthritis.org
0300 7900 433

 /VersusArthritis
 @VersusArthritis
 @VersusArthritis

Versus Arthritis
Saffron House
6-8 Kirby Street
London
EC1N 8EQ

Versus Arthritis: Registered Charity England and Wales No. 207711, Scotland No. SC041156.

J01010

LIVING WELL WITH ARTHRITIS SERVICES

Information for patients



VERSUS
ARTHRITIS


Birmingham and Solihull
Clinical Commissioning Group

TAKE CONTROL OF YOUR LIFE

If you have osteoarthritis, Versus Arthritis understands how it can affect you. 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 osteoarthritis, which is where our services may help.

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

WHAT DO WE DO?

Versus Arthritis works with local NHS Clinical Commissioning Groups and healthcare professionals to offer services for patients with osteoarthritis of the knee and/or hip. Our services aim to provide high quality information on your health condition, to help you have the confidence, knowledge, and skills to live how you wish to, and to be able to make informed decisions about your ongoing healthcare.

All our services are free for you to attend and are provided virtually, either over the phone or through an online video service.



WHAT ARE THE LIVING WELL WITH ARTHRITIS SERVICES?

Our free services are delivered by trained Versus Arthritis volunteers, with personal experience of arthritis, alongside our trained and experienced staff. All our services provide you with up-to-date

information. We discuss ways to manage osteoarthritis symptoms such as pain and talk about positive changes that could be made including exercise and diet.

Our services could help you...



Understand your condition better.



Feel more confident to manage your osteoarthritis 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.



Find out about and get in touch with other local support.