

How Versus Arthritis can provide support in the region

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Living Well with Arthritis, Services Coordinator North East
Versus Arthritis

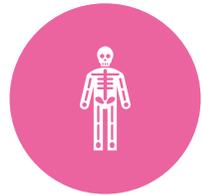


LIVING WELL WITH ARTHRITIS

Claire Boshier
North East Co-ordinator

Versus arthritis
Who are we?

Versus Arthritis: Merged Charities



Arthritis Care and Arthritis Research UK Merged in November 2017



Versus Arthritis was launched in September 2018 – ‘Best of Both’



UK wide – Northern Ireland, Wales, Scotland & England



UK wide network of peer support branches and groups



National, free, confidential Helpline



Services for adults, children and families – Including Living Well with Arthritis service



Information, publications & fact sheets to patients

Living well with Arthritis Services



Living Well is the umbrella term for our services for adults



We offer people the support needed to help them live well- nationally and locally



Services: telephone, face to face, groups, regular peer support meetings, activities (exercise, social events, hydrotherapy and others)



Volunteers are embedded in all our services

North East England What services we provide



NHS Commissioned services –
Living Well with Arthritis



Branches and Groups – Alnwick,
Wansbeck, Gateshead south
shields, **Sunderland**, REDCAR and
Cleveland, Darlington



Helpline

Gateshead Versus Arthritis

- Over 30 years old
- Amazing friendships
- Support to one another
- Lots of laughter
- Fantastic links with HCP
- Various options for people



South shields Versus Arthritis

- It's a family affair
- Nearing end of its first year
- Local MP signed up as arthritis champion
- Lots of laughter
- Fantastic links with HCP



Redcar Versus Arthritis

- New group
- Community Cafe
- Great local links
- Different topics discussed
- Great support to one another
- Sharing of different activities



Escape pain and beyond

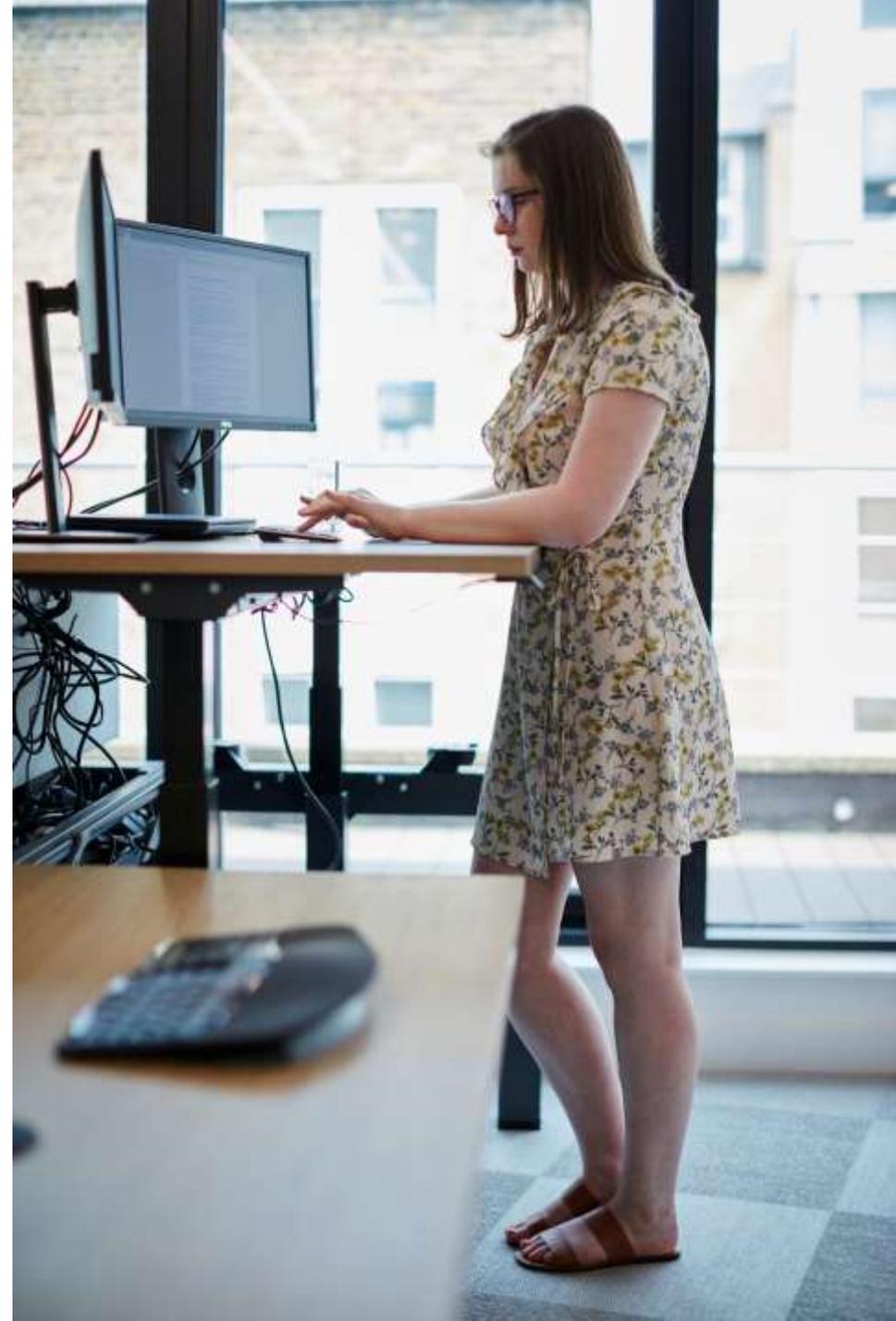
- Links to existing groups
- New groups
- New volunteers
- Ongoing peer support
- Ongoing physical activity

**VERSUS
ARTHRITIS**

- Funding to set up groups
- Part of the versus arthritis volunteer network
- Ongoing support long after Escape Pain
- Referral pathways

Thank you -
Any questions?

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Free Helpline
0800 5200 520

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www.versusarthritis.org

helpline
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