

Arthritis Care

Making a
difference
in Scotland



ARTHRITIS CARE

*Empowering
people with arthritis.*

Living life to the full

At Arthritis Care, we believe that people with arthritis need much more than well-meaning sympathy. They, and their families and friends, need support, understanding, information and expertise, so that they can cope better and get the most out of life.

That's exactly what our organisation does, through a wide range of services designed to improve life for everyone with arthritis.

If you are affected by arthritis we can support you through our helplines and self-management courses; our information and booklets; our local groups; and our campaigns to change attitudes and improve services.

People with arthritis are central to everything we do, and are involved at every level of the organisation. We need your support to represent people with arthritis, and to maintain and develop our services. You can be involved as a member, a donor, a subscriber or a volunteer. Your support is vital.

Arthritis Care in Scotland

Arthritis Care works on behalf of over 700,000 people in Scotland who are affected by arthritis. It provides services and support for people with all types of arthritis, their families, and those who work with them.

Contact details

Arthritis Care in Scotland
Unit 25A, Anniesland Business Park,
Glasgow
G13 1EU
Tel. 0141 954 7776
Fax: 0141 954 6171

Email:

scotlandoffice@arthritiscare.org.uk

Website:

www.arthritiscare.org.uk/scotland

If you need support or information, or just need to talk to someone who understands, our helpline staff are here to listen. There's even a special line for people with arthritis who are aged 13 to 25.

Freephone helpline

080 8800 4050

(12 noon to 4pm weekdays)

National rate helpline

020 7380 6555

10am to 4pm weekdays

The Source, for young people

080 8808 2000

10am to 2pm weekdays

Registered Charity No. 206563

Knowledge is power

With arthritis, knowledge is power. Our wide range of booklets offers in-depth information on a host of subjects, from dealing with pain to exercise and diet. You can also find out more from our accessible website, which has links to other useful organisations.

Local support

Arthritis Care has almost 100 local branches and groups across the whole of Scotland, from Shetland to Dumfries and from the Borders to the Western Isles. They provide support and encouragement for their members as well as a range of talks, activities and social events. Our branches and groups are run by volunteers, many of whom are people with arthritis.

"It can be wonderful to realise that there are others going through the same as you." says one of our volunteers.

Keeping in touch

Arthritis Care publishes its own magazines, full of news, views and feature articles of interest to anyone with arthritis. *Arthritis News* is a UK-wide magazine published every two months, and *Arthritis Outlook* is Scotland's annual magazine. Our members receive both magazines, or you can subscribe to *Arthritis News* for an annual fee of just £12.

Taking a break

Arthritis Care runs two hotels in Scotland at Lovat Lodge Hotel in Nairn and The Burnlea Hotel in Largs. The hotels are fully accessible for people with arthritis and are staffed by people who'll understand what you need and offer you a warm welcome.

Gaining confidence

Arthritis Care runs a range of self-management courses, such as Challenging Arthritis, to enable people with arthritis to manage their condition more effectively, dramatically improve their quality of life, and build their confidence. We also run courses to raise awareness of the impact of arthritis on people's lives.

Working for change

Arthritis Care is the voice for people with arthritis. We represent you at the Scottish Executive, Scottish Parliament, and local NHS agencies. We campaign for changes that will improve the lives of everyone with arthritis on issues ranging from health care to physical access. The more members and supporters we have, the louder our voice will be.



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Want to know more?

I would like information on:
(tick as many boxes as you wish)

- Joining Arthritis Care
- Subscribing to Arthritis News
- Arthritis Care's publications
- Volunteering with Arthritis Care
- Courses and training
- Branches and groups
- Campaigning
- Legacies and wills
- Making a donation
- Arthritis Care hotels

Name: _____

Address: _____

Postcode: _____

Telephone: _____

**Send this coupon to
the address overleaf.**