

8

great reasons  
for Challenging  
*your* Arthritis

skills to put you back in charge of your life



ARTHRITIS CARE

*Empowering  
people with arthritis.*

**Just by picking up this leaflet, you've taken one of the most important steps towards a healthier and more enjoyable future where your arthritis fits round your life – not the other way round.**

**Challenging Arthritis** is a programme of short, practical and friendly sessions which help people of all ages, with all forms of arthritis, get more out of their lives.

Here are eight great reasons for signing up for your local **Challenging Arthritis** programme...

### **1 People say this has transformed their lives**

People say **Challenging Arthritis** has given them a totally new outlook on their arthritis and their lives. That's because they've learned simple but powerful techniques for taking control of their arthritis.

### **2 You're not just learning, you're doing**

**Challenging Arthritis** is about what you can do for yourself. The sessions, which include around 16 people, will help you think more clearly about what you want from life: employment perhaps; a more active social life; or simply playing in the park with your children.

### **3 Your group leader has been in your shoes**

The group leaders are all people with arthritis who have completed the **Challenging Arthritis** programme themselves and who are working at being in charge of their own arthritis.



### **4 You'll be part of a small, supportive group**

People who have completed the programme say that one of the most useful elements is sharing experiences with others – it opens up new ideas for exercising, relaxing, and coping with pain and fatigue.

### **5 It goes hand-in-hand with your other care**

**Challenging Arthritis** can help you get even more out of the care and support you get from your GP or in hospital. It can even help you improve your overall well-being.

## 6 Sessions run throughout the UK and they're free

**Challenging Arthritis** is run across the UK and is free to anyone over 18 with arthritis. The six-week programme is split into weekly sessions, each lasting about two-and-a-half hours with breaks and refreshments.

## 7 It's enjoyable, friendly and fun...

Thousands of people have already taken part in **Challenging Arthritis** and many have made lasting friendships as a

result. Sessions are varied, informal and fun and, most of all, they are focused on what you want to achieve.

## 8 ...and it works

Independent research shows that people who have taken part in **Challenging Arthritis** experience less pain, depression, fatigue and anxiety than before. Within a year they are making fewer visits to their doctors and are continuing to use their new self-management skills to live life to the full.



### What you have said...

*'Our course leader had quite severe arthritis – which made it easier to accept the things he was saying. It struck me that if he and others in the group could have such a lively, positive outlook, then there was no need to be down or self-pitying.'*

*Gordon McDonald*

*'I was 35 when I got rheumatoid arthritis. I felt isolated and different – I couldn't even sit on the floor with my little boy at playgroup. Challenging Arthritis was a huge breakthrough. I still can't sit on the floor, but I can sit at a table and play trains with my son. It's about staying positive and learning how to adapt.'*

*Joanne Hunt*

**Arthritis Care is the UK's largest voluntary organisation working with and for all people with arthritis.**



## **Contact us**

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