

Working in Partnership

NRAS is the only UK charity with a specific focus on Rheumatoid Arthritis (RA) and it has achieved a great deal on behalf of patients since its launch in 2001 and built an excellent reputation within the field of rheumatology.

self management uk is the market leader in developing specific and innovative programmes to improve the self management skills and quality of life of people with long term conditions.

Together we have developed a specific self management programme which is completely tailored to the needs of someone with RA.

By providing the right information and support, we know people can develop the confidence needed to self manage better — that means improving the way they feel and the way they live their lives.



I have developed a more positive outlook and am feeling happier, more accepting of my condition.

Details of the forthcoming Rheumatoid Arthritis Self Management Programme in your area;

Rheumatoid Arthritis Self Management Programme



“Attending this programme has completely changed the way I look on life now.”

Have you been living with a diagnosis of rheumatoid arthritis for more than a year?

Would you like to improve the way you feel about and how you cope with this condition?

This FREE programme could well be your first step to making it happen.

National Rheumatoid Arthritis Society
Ground Floor
4 The Switchback
Gardner Road
Maidenhead
Berkshire
SL6 7RJ

Telephone: 0845 458 3969 / 01628 823 524

Freephone Helpline: 0800 298 7650

Email: enquiries@nras.org.uk

Web: www.nras.org.uk

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Sussex MSK Partnership
East



Sussex MSK Partnership
Central

What is the Rheumatoid Arthritis Self Management Programme?

It's a short series of small group classes where you will learn how

- ◆ to cope with your Rheumatoid Arthritis (RA) and understand the treatments better;
- ◆ to manage day-to-day life in the best possible and most realistic way to suit you in the context of your own life.

The programme is delivered by two specially trained tutors — one a rheumatology health professional, one a person with RA like you.

It runs over 6 weeks, with a 3 hour session each week, in a fully accessible location.

The sessions are relaxed, informative, carefully paced and enjoyable.

(We do advise, however, that the programme is not really suited to people diagnosed less than 1 year ago.)

Research has shown that people who actively learn more about their disease and how best to manage it, are more able to take control and not let the disease rule their lives.

I found this course a great help. I have met others with RA for the first time since being diagnosed and this has made such a difference.



How the Rheumatoid Arthritis Self-Management Programme can help you

- ✓ Manage anxiety and depression
- ✓ Get the best from your medication
- ✓ Communicate more effectively with your healthcare team
- ✓ Learn how to better manage flares, pain and fatigue
- ✓ Understand the benefits of pacing, avoiding 'boom and bust' syndrome
- ✓ Meet others with RA and share experiences
- ✓ Set meaningful, achievable goals and action plans
- ✓ Learn how to problem solve



For details of the next course in your area see back page.

It could be one of the best decisions you ever make.



About NRAS

The National Rheumatoid Arthritis Society (NRAS) provides support, education and information for people with Rheumatoid Arthritis and Juvenile Idiopathic Arthritis, their families, friends, carers, and health professionals with an interest in Rheumatoid Arthritis.

This self management programme has been developed jointly by NRAS and self management uk with input and involvement at every stage from people with RA and from rheumatology health professionals.

How NRAS can help you

Helpline – Freephone 0800 298 7650 Open Monday to Friday 9.30-4.30 or email helpline@nras.org.uk

Peer Support – you can talk to someone else living with RA, visit a local NRAS group or you can post on the NRAS Members' online forum and HealthUnlocked

Free Information – our publications and website explore all aspects of living with RA

Campaigning – we campaign at local, regional and national level to ensure that RA is given the priority it should have

Membership services and benefits – NRAS Magazine three times a year, monthly e-news updates, the opportunity to attend special events, including our annual Conference and Parliamentary events, participating in RA related research, campaigning and volunteering our annual conference and Parliamentary events, participating in RA related research, campaigning and volunteering