



Musculo-skeletal

North Bristol



NHS Trust

Living Well with Inflammatory Arthritis



Exceptional healthcare, personally delivered

A guide for patients at the time of referral to the Living Well with Arthritis course

What is the Living Well with Arthritis Course?

This is a self-management programme which will enable patients living with arthritis to gain a greater insight into their condition and develop the skills, knowledge and confidence to manage their condition more effectively.

This is a new kind of support for people who are experiencing long-term health conditions. North Bristol NHS Trust and NHS Bristol have been invited by the Health Foundation to pioneer a specialist course that aims to help people deal with the numerous ways that everyday life can be disrupted by arthritis. If you have an inflammatory arthritis (such as rheumatoid or psoriatic arthritis) and your specialist has given you this information sheet, it is because he or she believes this new course could be helpful for you.

How might it help?

There are several ways that this kind of course has helped others elsewhere:

- Better coping
- Increased activities
- Better fitness and flexibility
- Increased confidence
- Ways to manage fatigue
- Improved rest and sleep
- More involved family life
- Ways of getting the best out of health professionals

When, where, and with whom?

These courses run on a weekly basis for seven 3-hour sessions. They are run by two tutors, one a former patient who has undertaken tutor training, the other a senior member of the rheumatology team from Southmead Hospital. We expect that between 8 and 10 people will join each course. It is run under the NHS and is completely free.

How do I join a course?

We would like to give you more details at an “Information Meeting” before you decide to try it out. These meetings run on a variety of days and times and last for about an hour and a half.

Interested?

If you are interested in finding out more or would like to join one of these courses please confirm this with a member of the rheumatology team. A member of the self-management team will then contact you to invite you along to the next information meeting.

A Co-Creating Health Initiative Working In Partnership With NHS Bristol & North Bristol NHS Trust



NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution



If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.