

Useful links



Arthritis related patient organisations & local support groups...

[Open all sections](#)

- **Arthritis Care:**

Promotes the health, wellbeing and independence of people with arthritis through services, support, self-help, information and influence.

Helpline: 0808 800 4050

Email: info@arthritiscare.org.uk

(<mailto:info@arthritiscare.org.uk>) Helpline: (under 26): 0808 800 2000

Email: thesource@arthritiscare.org.uk

(<mailto:thesource@arthritiscare.org.uk>) Website: www.arthritiscare.org.uk (<http://www.arthritiscare.org.uk/Home>)

- **Arthritis Research UK:**

Produces a range of booklets and factsheets to help people understand their conditions and cope with daily living.

Tel: 0870 850 5000

Email: info@enquiries@arthritisresearchuk.org (<mailto:enquiries@arthritisresearchuk.org%20>)

Website: www.arthritisresearchuk.org/arthritis_information.aspx (http://www.arthritisresearchuk.org/arthritis_information.aspx)

- **Birmingham Arthritis Resource Centre (BARC):**

Email: info@bham.ac.uk

(<mailto:info@bham.ac.uk>) Website: <http://www.barc.org.uk/> (<http://www.barc.org.uk/>)

- **National Rheumatoid Arthritis Society:**

Support for people affected by rheumatoid or juvenile idiopathic arthritis.

Helpline: 0800 298 7650

Email: enquiries@rheumatoid.org.uk

(<mailto:enquiries@rheumatoid.org.uk>) Website: www.rheumatoid.org.uk (<http://www.rheumatoid.org.uk/>)

- **Local patient support groups:**

-Birmingham City hospital

The meeting is run by a small group of patients and they meet on the **last Friday of each month from 1pm at the Rheumatology Department at City Hospital, Dudley Road, Birmingham B18 7QH, unless otherwise specified.** at the Rheumatology Department at City Hospital, Dudley Road, Birmingham B18 7QH, unless otherwise specified.

Contact John Rowland (drowland.home@virgin.net (<mailto:drowland.home@virgin.net>)),

-NRAS

There are various NRAS support groups in the East and West-midland area: Birmingham North NRAS Group; Heart of England NRAS Group - Solihull; Leicester NRAS Group; Lincoln NRAS Group & Worcester NRAS Group.

For more information about the groups, contact NRAS on 0845 458 3969

[more information \(http://www.nras.org.uk/help_for_you/nras_groups_in_your_area/east_west_midlands/default.aspx\)](http://www.nras.org.uk/help_for_you/nras_groups_in_your_area/east_west_midlands/default.aspx)

Other patient organisations...

- **Fibromyalgia Association UK**

Support, advice and information for people with fibromyalgia, and health professionals.

Helpline: 0845 345 2322

Email: fmauk@hotmail.com

(<mailto:fmauk@hotmail.com>) Website: www.fibromyalgia-associationuk.org (<http://www.fibromyalgia-associationuk.org/>)

- **Lupus UK:**

Provides information about diagnosis and available treatments for people living with Lupus.

Tel: 01708 731251

Email: headoffice@lupusuk.org.uk

(<mailto:headoffice@lupusuk.org.uk>) Website: www.lupusuk.org.uk (<http://www.lupusuk.org.uk/>)

- **National Ankylosing Spondylitis Society:**

Provides support, advice and information for the condition Ankylosing Spondylitis.

Tel: 020 8948 9117

Email: nass@nass.co.uk

(<mailto:nass@nass.co.uk>) Website: www.nass.co.uk (<http://www.nass.co.uk>)

- **National Association for the Relief of Paget's Disease:**

Support and information on available treatments for people with Paget's disease, and health professionals.

Tel: 0161 799 4646

Email: director@paget.org.uk

(<mailto:director@paget.org.uk>) Website: www.paget.org.uk (<http://www.paget.org.uk>)

- **National Osteoporosis Society:**

Information, research and details of support groups for people with osteoporosis, and health professionals.

Helpline: 0845 450 0230

Email: info@nos.org.uk (<mailto:info@nos.org.uk>)

Website: www.nos.org.uk (<http://www.nos.org.uk>)

- **Psoriasis & Psoriatic Arthritis Alliance:**

Provides information, publications and training on psoriasis and psoriatic arthritis.

Tel: 0870 770 3212

Email: info@papaa.org (<mailto:info@papaa.org>)

Website: www.papaa.org (<http://www.papaa.org>)

PPI organisations...

- **INVOLVE:**

INVOLVE is an organisation that supports greater public involvement in NHS, public health and social care research. Provides information both to patients and public thinking about becoming involved in research and researchers thinking about PPI.

Tel: 023 8065 1088

Fax: 023 8065 2885

Email: admin@invo.org.uk (<mailto:admin@invo.org.uk>)

Website: <http://www.invo.org.uk/> (<http://www.invo.org.uk/>)

o Public Involvement Pack (PIP): <http://www.invo.org.uk/posttypepublication/the-public-information-pack-pip/> (<http://www.invo.org.uk/posttypepublication/the-public-information-pack-pip/>)

o Jargon buster: <http://www.invo.org.uk/resource-centre/useful-information/jargon-buster/> (<http://www.invo.org.uk/resource-centre/useful-information/jargon-buster/>)

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