# **Arthritis Resources List**

1. **Books**

You can borrow these from many public libraries, or you can buy them from most bookshops. They are part of the Reading Well collection at

[reading-well.org.uk/books/books-on-prescription/long-term-conditions](https://reading-well.org.uk/books/books-on-prescription/long-term-conditions)

The Reading Well books have been checked by patients with the relevant conditions, and also by health professionals. That means you know they’re reliable and helpful.

* + **Arthritis: A Practical Guide to Getting on With Your Life,** by Chris Jenner.
  + **Exercise Your Way to Health:** Arthritis, by Paula Coates.
  + **Overcoming Chronic Pain:** A self-help guide using cognitive behavioural techniques, by Frances Cole, Helen Macdonald, and Catherine Carus.
  + **Pain is really strange,** by Steve Haines and Sophie Standing
  + **Manage Your Pain:** Practical and Positive Ways of Adapting to Chronic Pain, by Nicholas Michael, Allan Molloy, and Lee Beeston.
  + **Self-Management of Long-Term Health Conditions:** A Handbook for People with Chronic Disease, by Dr. Kate Lorig.
  + **How to Feel Better:** Practical Ways to Recover Well from Illness and Injury, by Dr Frances Goodhart and Lucy Atkins.

1. **Versus Arthritis**

This is the main UK charity supporting people with arthritis. They have lots of information on their website:

* + Factual information about different types of arthritis:

[www.versusarthritis.org/about-arthritis/](http://www.versusarthritis.org/about-arthritis/)

* + Living with arthritis:

[www.versusarthritis.org/about-arthritis/living-with-arthritis/](http://www.versusarthritis.org/about-arthritis/living-with-arthritis/)

* + Information for young people:

[www.versusarthritis.org/about-arthritis/young-people/](http://www.versusarthritis.org/about-arthritis/young-people/)

* + Real life stories about what it’s like to have arthritis:

[www.versusarthritis.org/about-arthritis/your-experiences/](http://www.versusarthritis.org/about-arthritis/your-experiences/)

Versus Arthritis also provides a phone helpline (0800 5200 520). They also provide an online community where people with arthritis can share their experiences and help and support each other.

1. **Psoriasis Association**

The Psoriasis Association has information on a type of arthritis called psoriatic arthritis:

[www.psoriasis-association.org.uk/about-psoriatic-arthritis](http://www.psoriasis-association.org.uk/about-psoriatic-arthritis)

The Psoriasis Association has been accredited as a PIF TICK Trusted Information Creator.

1. **Other websites with information about arthritis**
   * The NHS website general information on arthritis:

[www.nhs.uk/conditions/arthritis/](http://www.nhs.uk/conditions/arthritis/)

* + The NHS website information about living with arthritis:

[www.nhs.uk/conditions/arthritis/living-with/](http://www.nhs.uk/conditions/arthritis/living-with/)

* + The Chartered Society of Physiotherapists information about arthritis: [www.csp.org.uk/conditions/arthritis](http://www.csp.org.uk/conditions/arthritis)
  + The Chartered Society of Physiotherapists exercises for joint pain:

[www.csp.org.uk/public-patient/rehabilitation-exercises](https://www.csp.org.uk/public-patient/rehabilitation-exercises)

* + The Patient website information on different types of arthritis: [patient.info/bones-joints-muscles/arthritis](https://patient.info/bones-joints-muscles/arthritis)