

WE ARE VERSUS ARTHRITIS OUR AIM IS THAT ONE DAY, NO ONE HAS TO LIVE WITH THE PAIN, FATIGUE AND ISOLATION OF ARTHRITIS

The impact is huge, yet arthritis is often dismissed as an inevitable part of ageing or shrugged off as 'just a bit of arthritis'.

We work across Northern Ireland. Get in touch and see how we can help you manage your condition.

**NORTHERN
IRELAND
VERSUS
ARTHRITIS**

For more information please visit our website:
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IT'S NOT JUST A BIT OF PAIN WE'RE HERE FOR YOU

**HELP
SUPPORT
INFORMATION
COMMUNITY
LIVING WELL
VERSUS
ARTHRITIS**

GIVING YOU STRENGTH WHENEVER YOU NEED IT

We know how much strength it takes to live with chronic pain, arthritis and long-term health conditions. When you need support, we are here to help – on the phone, online or in person with the best information, advice and support.

Our programmes are aimed at helping you manage your health and well-being. We want to give you the skills and confidence to manage your condition better and get on with your life.

“After doing the Versus Arthritis Programme, I have a more positive outlook and confidence to self-manage.”

“It has opened my mind to many things and encouraged me to put myself first.”

“It’s amazing how just half an hour a week talking with someone over the phone can help so much.”

HOW CAN WE HELP?

Living with pain and chronic conditions can make you feel like you’re stuck in a vicious cycle of pain, fatigue, anger, frustration, and low mood. We can help you break this cycle, connect with other people and find information and support.

MANAGING PAIN AND LONG-TERM CONDITIONS

Trained staff and volunteers will provide you with practical support and skills to enable you to feel more in control of your condition.

We offer programmes that help you take a proactive role in managing the physical, mental and emotional aspects of arthritis, chronic pain and long-term health conditions.

From peer to peer support, group sessions, phone outreach, one-to-one visits, and information hubs at your local health centre or hospital, we have something to suit you.

“The techniques I learned from the Versus Arthritis Programme are part of my routine now. I can cope better with everyday life.”



PEER SUPPORT NETWORK

Versus Arthritis branches and groups provide support and encouragement for people with arthritis through a range of activities and social events. They offer the opportunity to meet with other people in a similar situation, share experiences and build friendships.

“Being part of a group gives me the chance to talk and discuss my condition if I need to. With support I am more positive in dealing with my illness.”

SUPPORTING YOUNG PEOPLE AND FAMILIES

Our dedicated Young People and Families service works closely with the Paediatric Rheumatology team offering social and emotional support to families. The service offers free residential weekends, workshops, information and online support.

“My son felt like he was the only child with arthritis and frustrated he couldn’t join in activities like other children.

The Young People and Families events have built his confidence and made him feel like ‘a normal teenager’.”