

## Arthritis Resources List

### 1. Books

These books are part of the Reading Well Collection and are available to borrow from the Library. They are also available from most public libraries, or you can buy them from most bookshops.

The Reading Well books have been checked by patients with the relevant conditions, and 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.

### 2. 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.

### 3. 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.

### 4. 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](http://www.csp.org.uk/public-patient/rehabilitation-exercises)
- The Patient website information on different types of arthritis:  
[patient.info/bones-joints-muscles/arthritis](http://patient.info/bones-joints-muscles/arthritis)



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