

Care + Cure

## Free Information Services

Get in touch with us to access up-to-date information and resources.



### Infoline

Call the free Arthritis Infoline to speak to trained volunteers who can answer your questions about living with arthritis.



### Info Packs

Access a range of helpful booklets and information sheets by download or post.



### Weekly E-news

Sign up for our E-news to get weekly articles, videos, tips and information straight to your inbox to help you navigate life with arthritis.



### Online

Visit our website or connect with us on social media to access the latest arthritis information and to register for our support services.

## Online Support Groups

Our Online Support Groups are closed, moderated Facebook groups where you can connect with people who know exactly what you're going through.



### Swell Gals

Where women with arthritis share their stories and support each other through the daily challenges of living with arthritis.



### Men's Support Group

Where men with arthritis share experiences, give advice and share a joke or two along the way.



### Parents' Support

For parents and carers of children diagnosed with arthritis to connect, seek support and know they're not alone.

## Arthritis Assist

If you're looking for one-on-one support, our Telephone Support Network can match you with specially trained Peer Mentors who share similar experiences and life situations.

A new diagnosis, a change in treatments, or getting through personal situations while managing your arthritis can be challenging. Nobody quite understands your situation better than someone who has 'walked in your shoes'. If you're looking for someone to chat to, Arthritis Assist can match you with a specially trained mentor with a similar lived experience for one-to-one telephone support at a time that suits you.

Peer Mentors will organise regular telephone calls with you to provide support and information to help you through the everyday challenges of living with arthritis.



## Community Speakers

Arthritis Ambassadors help raise awareness of arthritis through our Community Speaker Program.

Arthritis Ambassadors are trained volunteer speakers with first-hand experience living with arthritis or caring for a loved one with arthritis, who provide free presentations to community groups, work places and organisations.

Our Arthritis Ambassadors are passionate about helping all Queenslanders become more arthritis aware, and will talk to your organisation about what arthritis is, its impacts, risk factors, and the ways arthritis can be prevented or managed.

Looking for an Arthritis Ambassador to speak to your organisation?

To request a speaker, or for more information, visit [www.arthritis.org.au](http://www.arthritis.org.au) or call 1800 011 041.



My health  
for life 



My health  
for life 

The Joint  
Movement



Group strength classes  
for adults of all ages

the Joint  
Movement

Arthritis  
AUSTRALIA

MOVE BETTER  
FEEL BETTER

Find out more today

A photograph showing a woman in a blue polo shirt assisting an elderly woman in a light green hoodie. They are in a gym-like setting with other people in the background. The photo is framed by a white border. Above the photo is a green banner with white text. Below the photo is a green banner with white text containing logos and a slogan.

[www.arthritis.org.au](http://www.arthritis.org.au)

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 Arthritis  
QUEENSLAND