

You can use WhatsApp to contact us to find out about self-management, what our services can do for you, and how we can support you in managing your arthritis.

We welcome questions around:

- Accessing our information and services
- Becoming a Member, or managing your Membership
- Finding out about our groups and events

We kindly ask that you direct any specific medical questions and photographs to your GP, rheumatologist, or healthcare professional, who are best placed to make medical recommendations with your full medical history in mind.

If you seek advice on welfare benefits, you may find our [webpage helpful](#). For questions relating to applying for benefits, grants, funding, and fuel poverty, you may wish to contact your local [Citizens Advice Bureau](#).