

Good afternoon,

I wanted to get in touch to introduce myself. My name is Marc and I am Area Coordinator for UK charity Arthritis Action. We give hands-on, practical help to combat the pain of arthritis through self-management and lifestyle advice. We provide a range of free resources, including factsheets, exercises, recipes and videos.

To support people living with arthritis, we also run online Arthritis Action Groups, including groups for the East of England, and evening groups. We know that all the changes in people's lives this past year have made managing arthritis more challenging, and our groups are great place for people to meet others with the condition, share experiences and learn about self-management.

I've included a short blurb below and would appreciate if you could spread the word with your parish residents. I'm also available for one-off presentations on self-management of arthritis via zoom if there is a local group that would be interested.

### **Online Arthritis Action Groups**

Arthritis Action Groups are an opportunity for people with arthritis to talk with others and share their tips on how to manage their arthritis and stay active whilst at home, and we actively welcome new attendees. We discuss a variety of self-management techniques. Participants will need to contact us directly for the log in instructions for the meeting, and we have produced 'How To' guides for those not familiar with using Zoom.

East Anglia Groups:

Afternoon: 16<sup>th</sup> February 2pm

Evening: 4<sup>th</sup> March 6pm

Morning: 5<sup>th</sup> March 10:30 am

For joining details see <http://www.arthritisaction.org.uk/media-centre/events>

Best Wishes

Marc

**Marc Williams**

Area Co-ordinator

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