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**Themes:** Advocacy, Physical Disabilities

**Aimed at:** All People

Alongside volunteers, healthcare professionals, researchers and friends, we do everything we can to push back against arthritis. Together, we'll continue to develop breakthrough treatments, campaign relentlessly for arthritis to be seen as a priority, and support each other whenever we need it.

You can:

Speak to our trained advisors by calling our arthritis helpline  
Share experiences and advice with other people with arthritis on our online community  
Find face-to-face support in your area  
Ask our arthritis virtual assistant a question at any time of the day

**Area:**

### **Contact Details**

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0300 790 0400

<https://www.arthritiscare.org.uk/>

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