

Do You Have Arthritis and / or a Musculoskeletal Disorder? Support, Help and Advice is Available in North Wales

North Wales ARMA Network Group (Arthritis and Musculoskeletal Alliance)

North Wales ARMA Network Group is active within the County Boroughs of Ynys Mon, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham.

ARMA is the umbrella body providing a collective voice for the arthritis and musculoskeletal community in the UK. Together, ARMA and its member organisations work to improve quality of life for around 10 million people in the UK with these conditions.

Arthritis and musculoskeletal disorders (MSDs) are disorders of the joints, bones and muscles, including back pain, as well as rarer autoimmune diseases. ARMA have around 40 member organisations, ranging from specialised support groups for rare diseases to major research charities and national professional bodies.



You can find out more about the North Wales ARMA Network Group and ARMA UK member organisations and the range of support they provide by the following methods:

* **North Wales ARMA** e-mail: nwarma2007@gmail.com

Betsi Cadwaladr University Local Health Board internet page, <http://www.wales.nhs.uk/sitesplus/861/page/80614> type your musculoskeletal condition into the search box to direct you to the web-page.

Here you will be able to find the Terms of Reference and previous meeting notes of the North Wales ARMA Network Group, ARMA 'Umbrella' organisations & contacts, a short presentation and other information you may find useful.

* **Health & Social Care Facilitator** Geraint Davies, Conwy Voluntary Services Council, tel: 01492 534091, geraintdavies@cvsc.org.uk, www.cvsc.org.uk, who is able to provide a list of North Wales specific support group details.

ARMA UK <http://arma.uk.net>, Bride House 18-20 Bride Lane London EC4Y 8EE tel: +44 (0) 20 7842 0910/11 fax: +44 (0) 20 7842 0901

We hope that you find this information useful and NW ARMA would welcome your feedback via the contacts asterisked above.