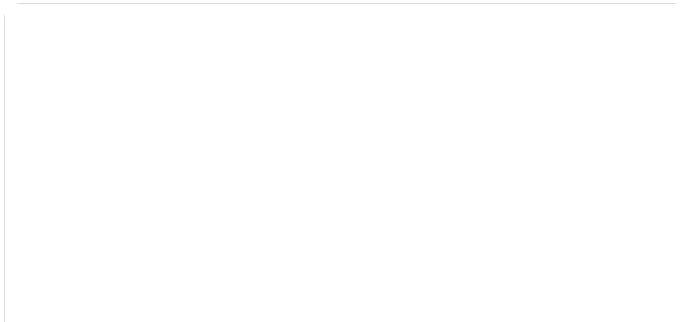




**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

## Versus Arthritis to pilot new service in North Tyneside over next six months



**Arthritis** is a health condition that affects millions of people of all ages in the UK. It has many forms and is usually debilitating and unpleasant to live with.

The charity Versus Arthritis will be piloting a new service in North Tyneside over the next six months that will help people to manage their condition and improve their general health. Regional Officer Liam Ryan says; “We’ll be delivering classes in Chi Me which is a gentle exercise based on Tai Chi. This is suitable for people of all ages and can be done either standing or seated. We’re also doing what we call “Bitesize” information sessions for people living with arthritis that cover topics such as pain management, fatigue, anxiety, and sleep”. Exercise and information sessions will take place weekly until October 2023 and all are free of charge.

The project will bring people living with arthritis from across North Tyneside together to share experiences, learn new ways to manage their condition, and improve their general fitness. Participants can attend as many or as few sessions as they like. For more information and to book onto sessions please go to [North Tyneside Self Management | Exercise](https://www.versusarthritis.org) (versusarthritis.org).

### Related Links

- [Versus Arthritis website](https://www.versusarthritis.org)



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