

Muscle and Joint further Information Booklet

Harrogate Health Hub:

<https://www.harrogatehealthhub.co.uk/>

Get information and help about a variety of common problems and useful ways you can help yourself.

This page has been designed by the physiotherapy team at Harrogate District NHS Hospital.



SCAN ME

Elbow



Shoulder



Back



Wrist/Hand



Neck



Hip



Knee



Ankle/Foot



Rheumatology



Active North Yorkshire Lifestyle and Wellbeing sessions in Harrogate, Knaresborough and Ripon Area:

Active North Yorkshire provide exercise classes to help support people getting active.

These classes are hosted at various venues such as Fairfax Wellbeing Hub, Harrogate leisure and wellness centre, Jennyfield Styan Wellbeing hub, Stockwell Wellbeing hub and Hugh Ripley hall, Ripon.

<https://www.northyorks.gov.uk/active-north-yorkshire/lifestyle-and-wellbeing-sessions/lifestyle-and-wellbeing-sessions-harrogate-knaresborough-and-ripon-area>



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Active Health - referral online or by calling 01423 556106:

- Cardiac rehab – phase 3 and phase 4
- Cardiac talk
- Exercise after a stroke
- Fall prevention
- Exercise for neurological conditions
- Fit4future – cancer support
- Healthy You
- Pulmonary rehab

Active Health – sessions that do not need a referral:

- Advanced balance
- Fit4function – osteoarthritis support
- Healthy families
- Meno-fit – menopause support
- Seated exercise

Versus arthritis: <https://versusarthritis.org>

Versus Arthritis is a charity which provides education and online about arthritis including rheumatoid arthritis and osteoarthritis.



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Active Against Cancer: <https://activeagainstcancer.nhs.uk/>

Active Against Cancer is an NHS health and wellbeing service, free to anyone with a recent diagnosis of cancer or who is receiving cancer treatment in the Harrogate area.

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Royal Osteoporosis Society: <https://theros.org.uk/>

The Royal Osteoporosis Society is a charity dedicated to improving bone health and beating osteoporosis.



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Healthy you Northallerton, Bedale, Stokesley, Thirsk:
<https://www.zest-leisure.co.uk/homepage/63/take-that-step> Healthy you is a free 12 week structured weight management programme to promote healthy eating and physical activity to achieve healthy weight loss.

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Healthy you Harrogate, Knaresborough, Ripon:
<https://www.northyorks.gov.uk/healthy-living/healthy-you>
Healthy you is a free 12 week weight management programme that aims to promote healthy eating and physical activity to achieve healthy weight loss.



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Nuffield Health – Joint Pain Programme:

<https://www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme>

This free-to-access programme is designed to help you self-manage your chronic joint pain and lead a more independent life.

It's a 6-month programme, which begins with 12 weeks of lifestyle advice and exercise sessions led by a Rehabilitation Specialist. This will equip you with the tools to better manage your pain.

If you've had any of the following Nuffield can help:
Osteoarthritis, Psoriatic arthritis, Rheumatoid arthritis,
Other arthritis, Gout, Fibromyalgia, Spondylitis, Lupus or
Chronic pain.

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Live Well with Pain: <https://livewellwithpain.co.uk>
<https://livewellwithpain.co.uk/resources-for-people-with-pain/>

This website is all about learning new approaches and skills to help you live well, despite your persistent pain. The live well with pain tools and resources are tried and tested – many are now regularly used across the NHS to help people to learn how to self-manage their pain.

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Harrogate Easier Living Project (HELP): <https://www.helpharrogate.org.uk/>

HELP provide help if you are frail, living with disability or long-term physical or mental health conditions. With the help of over 100 volunteers, HELP support people across the Harrogate district to stay well supported at home. Please scan the QR code to find out more.

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