



NASS Resources

COVID19 and the vaccines

Regularly updated – this page answers all the key questions coming from people with axial SpA (AS) and contains a link to a very detailed article written for rheumatology patients by Dr Antoni Chan. <https://nass.co.uk/news/covid19-coronavirus/>

Information on the medications used for axial SpA (AS) <https://nass.co.uk/managing-my-as/medication/>

Downloadable NASS guidebooks including flares, fatigue, Biologic therapy and work

https://nass.co.uk/resources/?resource_type=69&audience

Self management page comprising videos, blogs and links for a whole range of issues relevant to people with axial SpA (AS), including both physical and mental health

<https://nass.co.uk/managing-my-as/my-as-my-life/>

Stretches for daily life

<https://nass.co.uk/managing-my-as/exercise/stretch-for-your-daily-life/>

Longer stretch sessions, including sessions of various lengths led by a physiotherapist, Pilates, Tai Chi, yoga and Somatics

<https://www.youtube.com/watch?v=vXNv1mX6NqU&list=PLnKgSfibFP6LCVpzAIFTW4ygQsr-3dr6R>

NASS Helpline

Garry, Sally and Zoë are available Monday to Friday between 10am and 4pm. Patients can call on 020 8741 1515 or email asknass@nass.co.uk

Arthritis Action Resources

Covid-19 Advice & Tips for Staying Well at Home <https://www.arthritisaction.org.uk/covid-19-advice/>

Self-Management Videos <https://www.arthritisaction.org.uk/onlinesme>

Fact Sheets <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/factsheets/>

Diet and Weight Management <https://www.arthritisaction.org.uk/living-with-arthritis/self-management/diet-and-arthritis/>

Exercise and Arthritis <https://www.arthritisaction.org.uk/living-with-arthritis/self-management/exercise-and-arthritis/>

Seated Exercises <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/exercises/>

Mental Health and Wellbeing <https://www.arthritisaction.org.uk/living-with-arthritis/self-management/mental-health-wellbeing/>

Webinars <https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/webinars/>

NRAS Resources

COVID-19 & RA <https://nras.org.uk/resource/frequently-asked-questions-about-coronavirus-covid-19>

Vaccines and RA <https://nras.org.uk/resource/facebook-live-covid-19-vaccine-and-rheumatoid-arthritis-ra/>

Free Publications and resources <https://nras.org.uk/resource-hub>

Refer your RA patient

Any healthcare professional can refer an individual patient to NRAS 'New2RA Right Start' or 'Living With RA' service via a simple online referral form. <https://nras.org.uk/resource/refer-a-patient/>

Peer support via phone

Individuals can request a call from someone else living with RA <https://nras.org.uk/resource/here-for-you/>

NRAS Groups

Local groups are open to anyone to attend however no group meetings happening during the pandemic however many now are meeting online. <https://nras.org.uk/groups/>

RA and Exercise videos <https://nras.org.uk/resource/exercise-videos/>

Diet and RA <https://nras.org.uk/resource/diet/>

RA and Blood Monitoring <https://nras.org.uk/resource/understanding-your-ra-blood-tests/>

RA Medicines <https://nras.org.uk/resource/medicines-in-rheumatoid-arthritis/>

NRAS Helpline

Open -Mon – Fri 9.30 – 4.30pm 0800 298 7650 email: helpline@nras.org.uk

