

Many people living with hip or knee osteoarthritis have problems with pain, mobility or loneliness.

If you too are living with hip or knee osteoarthritis, you could support others to manage their condition better by becoming a peer mentor.



University of Leeds researchers are carrying out a study to explore whether volunteer peer mentors can help other people living with hip or knee osteoarthritis (OA) by providing weekly remote (online or telephone) support sessions.

We'd love to hear from you if you want to **become a peer mentor** and if

- you are living with osteoarthritis of the hip or knee
- you feel that you are disadvantaged because of your finances, education or social circumstances
- you can spare 1-2 hours a week for 6 weeks to support others.

If you volunteer **you will receive:**

- training in OA self-management
- training in mentoring skills
- **£20 thank you payment for each support session you deliver**
- additional support with Wi-Fi and other enabling costs



Images courtesy of Centre for Ageing Better

This 2-day training and your lived experience will help you deliver 6 remote support sessions to other people who need help to manage their OA.

Contact: Liz Lavender (Study-Coordinator) or Amrit Daffu-O'Reilly to be involved
Email: mskprism@leeds.ac.uk or Phone: **07745210126**