

NRAS helps people with Rheumatoid Arthritis who have to live with pain on a daily basis

Your Gift will make a real difference to the hundreds of thousands who need our help:

- £5 Gives Helpline support to someone newly diagnosed
- £50 Produces an information toolkit for a volunteer
- £2,000 Runs an information day for volunteers
- £10,000 Goes towards producing our valuable newsletter
- £50,000 Operates our vital Helpline service

Alice Peterson
NRAS Volunteer and Trustee



'I was diagnosed with Rheumatoid Arthritis (RA) when I was 18 and on the verge of going to America on a tennis scholarship. I wish NRAS had been around when I desperately needed the support as it is such a lifeline for sufferers'

Please remember NRAS in your Will

Help others like us achieve a better future living with Rheumatoid Arthritis



Thank you



National Rheumatoid Arthritis Society
Unit B4 Westacott Business Centre
Westacott Way, Littlewick Green
Maidenhead SL6 3RT
Tel No: 0845 458 3969
Fax No: 0845 458 3971
Website: www.rheumatoid.org.uk



Please remember NRAS in your Will

to help people like Helen and baby Spike



'I have to live with Rheumatoid Arthritis - so does my family'

Please remember NRAS in your Will.



Helen Arnold's story

A Family Living with Rheumatoid Arthritis

'Rheumatoid Arthritis brought me a life filled with pain in my 20's – a time for choosing boyfriends not painkillers! I had to work out new ways of doing everyday tasks. I also had to come off most of my medications until after Spike was born. I used a special sling to help me carry my baby and often fed him lying down taking the strain off my wrists. I still have flare-ups in my damaged joints. I am a young mother – this is not an old person's disease!

As an NRAS Volunteer Spike and I wanted to help this amazingly supportive charity'.

NRAS helps to rebuild the lives Rheumatoid Arthritis destroys NRAS supports people like Helen and Spike by:

- Listening to those who need us through our Helpline
- Providing support from trained Volunteers who have the disease themselves and who understand
- Providing information for people in pain who often lead isolated lives
- Giving people confidence to manage their long term condition
- Putting people in touch with each other to improve their quality of life
- Campaigning for the best treatments and care



In the UK nearly half a million people live with Rheumatoid Arthritis

Your Gift will help people like Vince, Susan and Kate



Vince Harris an NRAS Member

'I was only three when I was diagnosed with a form of Juvenile Inflammatory Arthritis. At 20 I needed both hips replacing. The disease consumed me. Now, with my family and NRAS to focus on, life is kinder to me – However, I have this terrible disease for good'.

Susan Bennett an NRAS Member



Susan has had Rheumatoid Arthritis for 27 years. 'NRAS keeps me informed but more importantly it gives me a 'community' of fellow sufferers to identify with – people who understand. This is why I intend to leave a legacy to NRAS from my estate'.



Kate Oakes an NRAS Volunteer

Kate has had the disease since she was 15 – both hands needing operations. Kate is an active Media and Telephone Support Volunteer. She admires the teamwork between NRAS and its Volunteers and really values the charity's services.

Rheumatoid Arthritis

'A Gift in your Will' is a wonderful way to help those, like Helen and Spike, whose family lives with this disabling, long term disease. Please help us by completing and returning this form to the address overleaf.

Date: / /

Title:

First Name:

Surname:

Address:

Postcode:

Tel No:

Email:

Please delete as applicable

I have made a Will and have included a Gift to NRAS YES / NO

I am considering including a Gift to NRAS in my Will YES / NO

I would like more information about making a Gift to NRAS YES / NO

I would like to support NRAS today with a donation of

GIFT AIDED if you are a UK Taxpayer YES / NO

I would like to receive updates on the charity's work YES / NO

I would like to discuss ways I can help NRAS now YES / NO

Please remember NRAS in your Will.