

## ANNUAL REVIEW 2008-09



*A better life for people affected  
by rheumatoid arthritis*



**nras**  
National Rheumatoid  
Arthritis Society

## The National Rheumatoid Arthritis Society (NRAS)

The National Rheumatoid Arthritis Society (NRAS) is the only UK patient led charity exclusively dedicated to supporting the approximately 677,000 people in Britain with rheumatoid arthritis (RA), as well as their families, carers and the healthcare professionals who treat them. The charity has an excellent reputation based on professionalism, expertise, collaborative working, sound achievement, careful financial planning and rapid, but sustainable, growth.

### Our Award

NRAS has been successful in winning awards over the years for its work and this year NRAS was highly commended in GlaxoSmithKline IMPACT Awards in partnership with the King's Fund. A total of 380 entries were received by the panel with just 20 being shortlisted as winners. The awards recognise and promote excellence in community healthcare and we are delighted that our work and achievements have been rewarded in this way.

### Our Vision

A better life for people affected by rheumatoid arthritis.

### Our Mission

The National Rheumatoid Arthritis Society (NRAS) helps and supports people affected by rheumatoid arthritis (RA) and their healthcare professionals by:

- Providing information, education, support and advocacy.
- Raising public awareness of rheumatoid arthritis.
- Raising the priority of rheumatoid arthritis with politicians and policy makers.
- Campaigning for equal access to good care and services for all.
- Facilitating networking and encouraging self-management.
- Raising NRAS funds to work towards our vision.

### What is Rheumatoid Arthritis (RA)?

Rheumatoid arthritis (RA) is a painful and disabling, autoimmune disease that can affect people of any age including children and three quarters of people are first diagnosed when of working age.

Unfortunately RA is often confused with osteoarthritis, which is due to wear and tear of joints and more commonly occurs in the elderly.

RA is a lot more common than leukaemia or multiple sclerosis, and is a systemic disease meaning it can affect the whole body including internal organs such as the lungs, heart and eyes (although thankfully this is not the case for everyone).

People with the RA suffer from isolation and depression and being a member of NRAS or talking with our Volunteers gives them hope and reduces feelings of isolation.

Left: From the right Lynn Love, Tracey Hancock and Ailsa Bosworth accept the GSK Impact Award for NRAS from Justine Frain of GlaxoSmithKline.

Right: Some 12,000 children in the UK under the age of 16 have the juvenile form of rheumatoid arthritis called Juvenile Idiopathic Arthritis.



*“I think that the work done by NRAS and the drive of the Members is truly remarkable and I am greatly honoured to be able to work with such a fine organisation that is doing untold good for those with rheumatoid arthritis.”*

Professor of Rheumatology

## Chief Executive's Report

By Ailsa Bosworth, NRAS Chief Executive

### Overall Performance

I am delighted to report that the financial year 2008/9 has been one of substantial growth and excellent financial performance. We have been able to fund the much needed expansion of the charity as the demand for the wide range of services we provide for people with rheumatoid arthritis (RA) and their families and carers continues to grow. Yet at the same time we have been able to keep to our budgeted expenditure levels and we ended the year with a total income of £739,726. Financial statements are detailed on pages 12 and 13 and we have been able to add to our reserves which we are building steadily, but are not yet at our target value. Our Step-Change Appeal has successfully kept to target in terms of Trust income despite the unforeseen credit crunch.

### Areas of Growth

We started the year identifying a number of areas where we felt the time was right to invest in further staff. These areas were Helpline, Fundraising, Membership, Campaigning and Government Affairs and Information and Publications, all of which had seen considerably increased levels of growth over the previous year. We successfully recruited in all these areas of the charity which relieved the pressure on our existing team and enabled us to meet the increased demand. We took on an additional office to accommodate our increased headcount. Further expansion will be necessary but in the light of the current economic situation, we will be prudent and next year will be a year of consolidation and tight budgetary control.

Together with the NICE Rheumatoid Arthritis Guidelines, published in February 2009, and the forthcoming National Audit Office Report due for publication in July 2009, this truly makes this 'The Year of RA' and one which NRAS is working incredibly hard to ensure will be the year in which a step-change is made in the way care is delivered for people with RA. These reports have all identified that we are treating people too little, too late and this has to change.

I congratulate the NRAS team, Board of Trustees and Health Professional Advisors for another year of committed effort which has cemented NRAS's position as the leading rheumatoid arthritis organisation in the field of patient support, in spite of the difficult economic climate.

*“Without the help of NRAS, its staff, advisors and membership I was giving up. NRAS gave me the courage to fight not only for my health rights but for others”*

### 2009 – The Year of RA



As Joint Chair of the Rheumatology Futures Project (RFPG), it is with great anticipation that we launched the King's Fund Report in

January 2009, the first outcome from this project which the Group has been working towards since early 2007. This was swiftly followed by work by the RFPG, endorsed and supported by the Department of Health, to create the first commissioning pathway for inflammatory arthritis due to be published in June 2009.

Left: Ailsa Bosworth with Gloria Lawson, Chair of the Board of Trustees, when Gloria visited our additional office in Maidenhead.

Right: Susan Oliver is NRAS Chief Nurse Advisor and Joint Chair of the Rheumatology Futures Project with Ailsa.



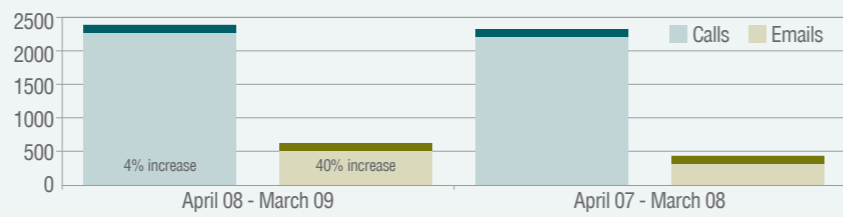
## Helpline providing information, education & support

Our Helpline service received more than 3000 contacts this year. Contacts are received from a variety of sources and conversations cover a huge variety of topics. Many calls and emails are from people who are newly diagnosed and are looking for support and information about the disease and how to manage it and who need the opportunity to voice and work through the concerns they have, having received this diagnosis. The Helpline team will take all the time needed by each caller to reassure and talk through the issues and offer other support in the form of further telephone contact, either with the helpline team or via our support network, sending out/emailing relevant information, signposting to other agencies, researching information or contacting one of our medical advisors for further advice.

40% of people contacting NRAS were getting in touch for the first time. The majority of calls were as a result of visiting the NRAS website, approx 10% from Members, 10% from previous callers and 10% had been given our details by their rheumatology nurse or consultant. Many calls were referred to the Telephone Support Volunteer Network for further help and support. This year has seen a big increase in email contacts which include several from overseas.

Approx 1400 individual information packs were sent out to people giving them further information to better understand and manage their condition as well as how to cope with issues about employment and applying for benefits.

### The use of the NRAS Helpline continues to grow



Most requested information from helpline calls:

- Drug information
- Recent diagnosis
- Benefits
- Not diagnosed
- Biologic drugs

NRAS supplies information, not only to individual callers, but also for distribution to people with RA via hospital units, GP practices and other organisations. The quantities requested have increased substantially over this period with in

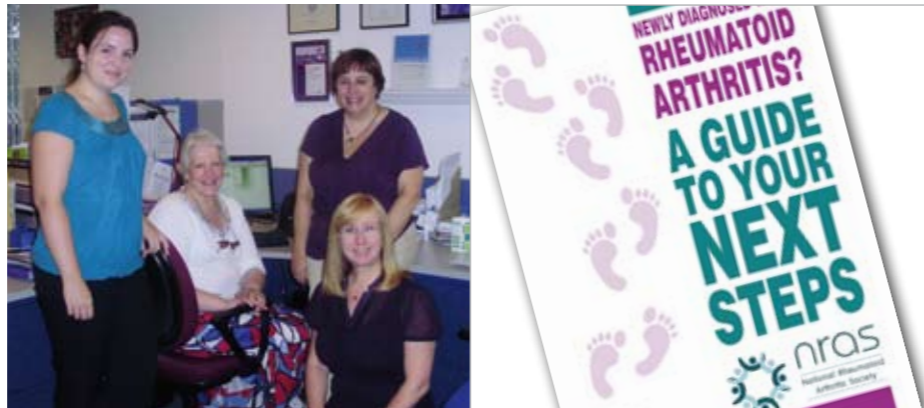
excess of 40,000 publications being sent out (not including the NRAS magazine). The most requested publication over this period was the Newly Diagnosed booklet which was revised in January 2009.

In order to effectively manage this increased level of activity the Helpline team welcomed a new full time member of staff together with another part-time colleague in September 2008.

Left: Our Helpline team has expanded to ensure that we are able to meet the increasing demand for our services and that our information and support is appropriate to callers' needs.

Right: Our Newly Diagnosed booklet is the most requested publication this year.

*“Dear Lorraine, Thank you very much for your prompt reply, very informative and helpful reading. All that information gives a whole different perspective...”*



## Website providing information, education & support

Since the launch of the National Rheumatoid Arthritis Society (NRAS), the website has become an invaluable resource for people with RA, their families, carers, friends, rheumatology health professionals and others. The website aims to provide high quality up to date information on all aspects of living with the disease and to give visitors information on all the services and activities in which NRAS is involved. The most visited area of the website is 'What is Rheumatoid Arthritis?'

NRAS is fortunate to have the support of a large number of eminent rheumatology professionals who have written articles for the site including, information about how the disease is diagnosed. Articles are added continuously, one recent addition has been a 'Top Tips for Mums with RA'.

NRAS members regularly visit the forum on the website and tell us how invaluable it is in supporting this group and helping them to get through difficult times.

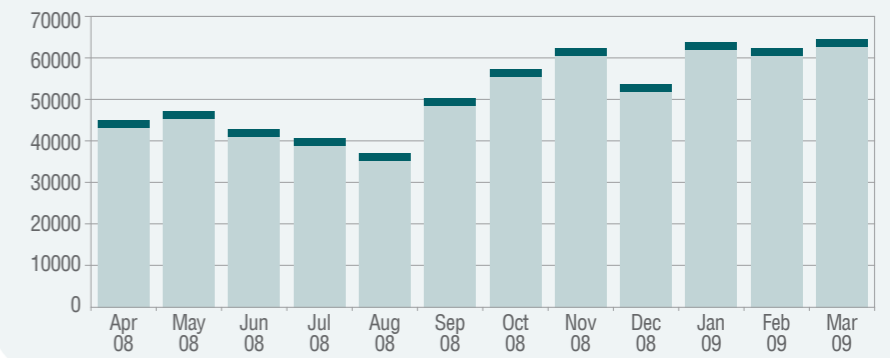
Other areas of the website give visitors the opportunity to get involved in fundraising, campaigning and the ability to order NRAS publications online.

This year the average usage of the NRAS website was 53,000 visits a month, this is almost 30% higher than last year.

### Health Professionals' area

The Health Professionals' area contains a section entitled 'Rheumatology in Practice' and this gives winners of the 'NRAS Patients in Focus' awards (an annual award for Allied Health Professionals to reward excellence in patient focused educational initiatives) the opportunity to share their examples of good practice with other health professionals. The winner of the 2009 award, Julie Taylor described the setting up of a very successful project entitled 'Mums with RA – Patient support and Participation a two way partnership'

### Visits to the NRAS website has grown this year



### New Website

We are developing a new website to provide easier navigation and provide more features including enhanced interactivity. To engage more effectively with younger people with RA we are looking to introduce and expand our use of the social networking sites such as Facebook.

*“I have had a look at your website and must say that it really puts me at ease, it's answered some questions I had and some I didn't know I had... I'm 26 and all the other websites seem to do is leave me full of dread. So finally I have a friendly resource to dip in and out of when needed.”*

Left: Julie Taylor won the 2009 'NRAS Patients in Focus' award for her work with Mums with RA.

Right: Our website aims to provide high quality up to date information on all aspects of living with rheumatoid arthritis.



## Volunteer Network providing information, education & support

The Volunteer Network was originally formed to provide peer to peer support on the telephone (Telephone Support Volunteers) and has, over the years, developed into a much more substantial support resource providing help in many other ways.

The number of NRAS Volunteers has grown to 400 this year, from 350 in March 2008. The call on Volunteers to become involved in an ever increasing range of activities continues to expand as NRAS has become the primary authority on patient related matters in rheumatoid arthritis.

### Telephone Support Volunteering

The team has matched many callers on a daily basis with Telephone Support Volunteers. Many of the Telephone Support Volunteers continue to keep in touch with the person they were asked to call, providing ongoing support and friendship.

The quality and effectiveness of this service has been audited twice this year. The first audit surveyed the people who received calls while the second audit surveyed those who had made calls. 76% of Telephone Support

*“I made an enquiry last week about knee replacements in young people and Lorraine (Helpline Manager) very kindly put me in touch with the Volunteer Network and matched me up with someone who could advise me. Firstly many thanks for all your help, it was my first time using the Volunteer Network and I was most impressed.”*

Volunteers felt they had been well matched with the person they were asked to call. 43% of these Volunteers followed up with further calls. 52% of the Volunteers felt their initial training was excellent and 57% were keen to participate in some sort of additional training on telephone support.

### Other Volunteer Activities

During the last year 241 Volunteers have participated in a wide range of activities from helping in the NRAS office to television interviews. The range of activities can be seen on this diagram (right).

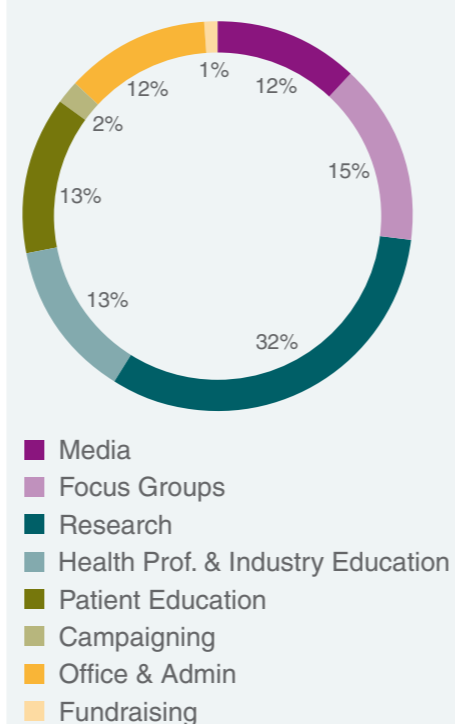
### NRAS Groups

The number of NRAS groups has increased by 42% this year from 11 to 19. These local groups offer a forum for regular support, information and ongoing education, improving self management skills and coping strategies as well as a social network for people living with RA. The very first Scottish NRAS group was launched on 25 March 2009. As the number of NRAS groups increases, so does the number of Area Co-ordinators who

Below: At our Co-ordinators conference ideas and NRAS activities were shared and how NRAS groups could play an active role was discussed.



### Volunteer Activities



run the groups and it was marvellous to have 21 people attend the second annual Co-ordinators' conference in November and have the opportunity to share ideas as well as learn more about the activities of NRAS and how their groups could play an active role.

## Membership providing information, education & support

Membership of people with rheumatoid arthritis (RA) has continued to grow, this year by 30%, to a total of 2016 at March 2009. The number of life members has increased by 17% in the year. Membership of Health Professionals in Rheumatology flourishes, growing 25% this year to 335. We attracted 801 new members over the year.

### What people gain from Membership

To understand what people gain from Membership and to enable NRAS to plan and provide the best possible service for people with RA in the future, we commissioned a survey. A mix of questionnaires and telephone interviews were used by an independent research company.

Respondents valued being a member of NRAS highly as can be seen from the graph (right). A large number of useful comments were received. Wherever possible NRAS has improved services in line with comments and this is ongoing.

Our first Members' e-newsletter was sent in February 2009 and these will be issued bi-monthly.

### Members Online Forum

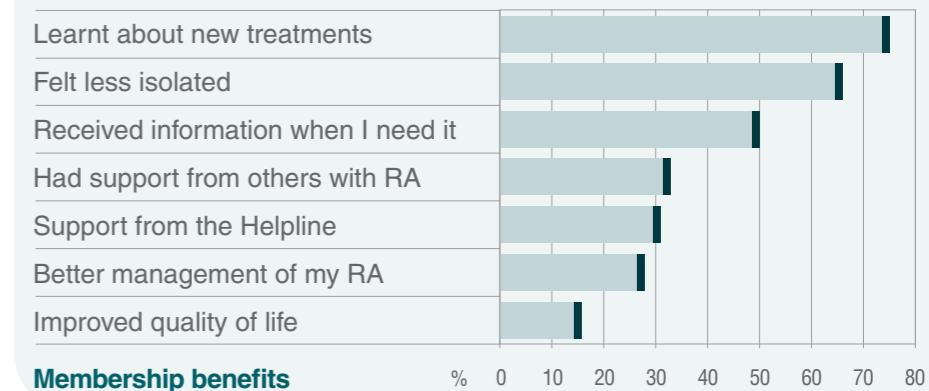
Many Members get support from our online forum. We have increased the number of discussion groups on the forum to meet requests from users. We are looking at ways to improve the forum service and also use other online methods of networking.

### Members get involved in all kinds of activities

Numerous projects throughout the year have involved members, examples include educating organisations and market research.

Several Members attended the British Society for Rheumatology (BSR) Conference and helped at a silver ring splints workshop.

### How being a Member of NRAS has helped



Members and website users were involved in campaigning against NICE recommendations on drug therapy for rheumatoid arthritis. NRAS was able to use over 260 comments from individuals to enhance the campaign to change NICE provisional guidance.

Some members also volunteer their time to help in our office and have been involved in all kinds of projects from NRAS audits to fundraising.

*“The Members' Forum has been a lifesaver for me and has really helped me to accept my condition. I felt so frightened and isolated in the beginning but many laughs later I am much happier. Thank you for starting NRAS”*

Left: The Members' Magazine contains information on treatments, people's experiences and much more.

Right: Members Pat Burkett and Eileen Macdonald with Paul Keats of NRAS at the BSR Conference in April 2008.



## Other information, education & support provided

### Publications

Much of the information provided by NRAS comes from professional bodies such as the British Society for Rheumatology (BSR), British Healthcare Professionals in Rheumatology (BHPR), Royal College of Nursing (RCN) and other relevant charities working in this field. Where information is needed for people with rheumatoid arthritis (RA) and it does not exist from a reputable source then NRAS will commission publications and this year we have been working on three new publications, all of which will be launched in April 2009.

Research reveals that nearly 90% of patients with RA don't know about their disease activity score (DAS), the most relevant and important test in the assessment of RA. 'Know About Your DAS' is a booklet we are developing with leading rheumatology experts, to help people with RA track their disease and take a more proactive role in their disease management.

'Fatigue, Beyond Tiredness' is a booklet that will give tips on ways to combat fatigue, and we hope that it will increase awareness of this often debilitating symptom.

We have been working on the production of a new booklet for people with established disease called 'Managing Well: Living with Rheumatoid Arthritis'. This will be of a similar format and design to our very popular 'Newly Diagnosed - Guide to your Next Steps' booklet. As with all our publications, we consulted Members and Volunteers, ran focus groups and sought the input of people with RA and rheumatology health professionals at every stage.

*"It has been an extremely worthwhile (Rheumatoid Arthritis Self Management) course, everyone should have the opportunity of going on one within 18 – 24 months of diagnosis."*

NRAS is rightly proud of the eminent group of Medical and Allied Healthcare Professional Advisors who have contributed a wide range of articles for our publications.

### Rheumatoid Arthritis Self Management Course

NRAS encourages and supports patient education and the benefits of proactive self-management. However, there has not been a self-management programme available which is tailored to the specific needs of people with RA.

NRAS wanted to be able to provide a disease specific self-management programme and began discussions with the Expert Patient Programme Community Interest Company (EPP CIC) to investigate the possibility of partnering with them to bring such a programme to market.

Left: NRAS Members and Volunteers were part of the focus group that discussed the content and design of a new publication 'Managing Well: Living with Rheumatoid Arthritis'.

Right: Fourteen participants completed the 5-week pilot Rheumatoid Arthritis Self-Management Course in Woking.



During 2008 both organisations have worked together to develop this programme, and a very successful dummy run to test content, timings etc. took place in Woking during October and November 2008. Two pilots have now also taken place in Hounslow and Stoke-on-Trent and the feedback from both these pilots has enabled us to start producing a final programme ready for commissioning in late 2009.

One of the key differences with this programme, apart from the fact that it is disease specific, is that it is being delivered by a health professional in rheumatology working with a person living with rheumatoid arthritis in equal partnership.

## Campaigning for a better life for people with rheumatoid arthritis

Throughout the year, NRAS have continued to strive to raise the awareness and importance of the needs of people and their carers, who are living with rheumatoid arthritis (RA) at Westminster and in all the devolved governments.

NHS policy this year has been dominated by Lord Darzi's review of the NHS. This sees a more de-centralised approach being taken and therefore our work with local NHS organisations is very important in terms of influencing and shaping the services.

We have contributed to National Institute for Health and Clinical Excellence (NICE) appraisals and in April appealed against the NICE decision that abatacept (Orencia) was not cost effective and we were not successful with this appeal. Our appeal with regard to the sequential anti-TNF appraisal, was successful in that NICE have decided to go back to square one and start the process of scoping anew, leading to a new appraisal in February 2010.

NRAS attended the EU Declaration Event in the Scottish Parliament which was organised by the Scottish Inflammatory Disease and Rheumatology Industry Group (SIDRIG). The event welcomed the EU Parliament Declaration on Rheumatic Disease and provided us with the opportunity to raise the profile of RA with the parliamentarians who attended and to ask for their continuing support in ensuring improvement in care across Scotland. The event was hosted by Helen Eadie MSP. Professor Paul Emery and Professor Roger Sturrock presented on the clinical manifestations of the disease and one of our young members gave a very moving account of her experience of living with RA.

NRAS attended the launch of the Welsh Assembly survey on the implementation of their Arthritis and Musculoskeletal Conditions Directive. The event was chaired by Jonathan Morgan AM and a number of Assembly Members attended. The Assembly Members present, promised their support in trying to move the implementation of the Directive up the agenda of the Welsh Assembly.

NRAS conducted a survey on the awareness of RA amongst UK parliamentarians and we had a very good response. The survey has identified a number of politicians who have constituents or family members with RA who did indeed know about the disease, but many did not. We also gained commitment from many parliamentarians to take action on our behalf.

We have been very active in Westminster in the last year with a Parliamentary dinner which led to a successful meeting with Lord Darzi, a discussion and establishment of a working group looking at the NICE process and how NICE evaluate Quality of Life, and our NRAS Healthcare Champions celebration. This event was followed by an Early Day Motion (EDM) laid down in Parliament by Linda Riordan MP, congratulating NRAS.

NRAS has joined a coalition of 18 charities to ask Gordon Brown to keep his promise of free prescriptions for all those living with a Long Term Condition.

*"Being a member of NRAS has helped me by knowing that there is a body of concerned people who lobby government and NICE in particular."*

Left: Helen Eadie MSP at the EU Declaration Event in the Scottish Parliament.

Right: The Rt Hon Theresa May MP, Patron of NRAS, and Ailsa Bosworth, Chief Executive of NRAS presented Professor John Isaacs with his NRAS Healthcare Champions Award.



## Raising Income

The fundraising department has grown in the past year which means that we can continue to expand the legacy campaign started in 2007 and build on the success of our external campaign 'Step Change' which is now in its second year.

The end of 2008 saw the economy as a whole moving into a major recession and, realising that this will inevitably have an impact on the charity's ability to raise income, our strategy has been to broaden our income streams and focus on activities which we feel are achievable in the current climate.

### Trusts and Foundations – NRAS Step Change Appeal

Our external three year appeal to help the charity plan for the future, is now entering its second year. 63 trusts have donated to the charity of which 13 have made commitment to a three year programme of funding.

### Corporate Support

The support we receive from corporate organisations is invaluable to us and we extend our thanks to all those who have helped NRAS during the year. There are many ways in which organisations have supported us, for example, making a donation in place of sending Christmas cards, by organising fundraising days in the office or match funding for employees taking part in events.

- Abbott Laboratories
- B Legal
- Bristol-Myers Squibb
- Dycem
- HSBC
- Mars
- Medac
- Pfizer
- Roche
- Sanofi Aventis
- Schering-Plough
- UCB
- Wyeth

Left: Mark and Heidi Flaherty sporting NRAS T-shirts on the slopes of Kilimanjaro

Right: Darren Smith wearing his NRAS vest with pride.



*“It gives me great pleasure to confirm the award of a grant to NRAS. The James Tudor Foundation is pleased to be able to assist with the cost of the expansion of the Society’s helpline.”*

## Events

We are so grateful to the many people who take part in a wide variety of events to raise money for NRAS. A huge thank you to you all for your support and for continuing to raise awareness of RA and the work we do. Here we can show only a few examples.

### Kilimanjaro Trek

Heidi and Mark Flaherty had a special reason for taking part in this fantastic event in Africa in February. Their 16 year old daughter has RA and they wanted to support NRAS, sending us a total of £2,340 for their efforts. Thank you!

### Darren runs his first half marathon

Darren Smith ran the Royal Parks Half Marathon in October – this was a double first as it was the first time the event had been held and the first time Darren had run! Darren's wife has had RA since the age of 17 and he said: 'Living with someone who has to cope with the disease on a daily basis gave me the motivation I needed to enter the event. Although I finished the race exhausted I was absolutely delighted and proud of my achievement!' He raised a fantastic £976 for NRAS.

### Scrum Down for NRAS

Henley Hawks rugby team packed shoppers' bags at their local supermarket in return for a donation to NRAS. The boys, dressed in their Hawks kit, did a fantastic job and raised £192.17. Many (female!) shoppers commented on how it had made the routine task of shopping much more enjoyable! Well done boys and thank you for supporting us.

### A Swimming Success

It is always lovely when a young person becomes involved in helping NRAS. Esther Taylor, the daughter of one of our Members, was set a challenge by her school to do something which challenged her and had a personal meaning. Loving swimming, she decided to attempt a new distance challenge and get sponsorship for NRAS. Esther's swim took 1 hour 36 minutes and her efforts raised £365 for NRAS. Well done Esther.

### Young Lawyers are having a Ball!

The London Young Lawyers' Group held their annual ball in April and put NRAS forward to benefit from the event. Victoria Lee, vice chair of the group, knows all about RA having seen her mother live with the disease for many years. This event was a great way to reach a new and young audience and raised over £1,000.

Left: Hugo Gentilli, Glynn Hoosen-Owen and Hugo Milford-Scott, the Henley Hawks front row, ready to start packing to help NRAS!

Right: Esther Taylor, the daughter of one of our Members, was challenged to swim a new distance and raised money for NRAS at the same time.



*‘It means a lot to me raising money for NRAS as my Mum has had the disease for nearly 6 years. My Mum was really proud of me and was there to count the laps.’*

Esther Taylor, the daughter of one of our Members

**If you would like to support the work of NRAS please contact the fundraising department on 01628 501547. We would love to hear from you!**

# Finances at a glance

## Financial overview

The accounts for the year show that we have made a surplus of £88,030. This is on an income of £734,961 which includes £303,950 from our first full year of the Step Change Appeal. Legacies and In Memoriam contributed £158,000 compared with £71,000 last year. The other income streams were comparable to last year.

On the expenditure side we have seen an overall increase in the costs of generating funds due to having a full year of the appeal and a full time Fundraising Manager. The increase in governance costs is attributable in part to legal costs on leasing an extra office.

Our reserves have risen to £217,000 representing just over 4 months expenditure. However our target is to build a minimum of 6 months reserves and also have a contingency for capital expenditure.

## Summarised statements

These summarised statements are not the full statutory financial statements but a summary of information relating to both the Statement of Financial Activities and the Balance Sheet and may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information please refer to the full statutory financial statements, the Trustees' Report and the Auditor's Report. Copies can be obtained from Peter Rogers, at NRAS.

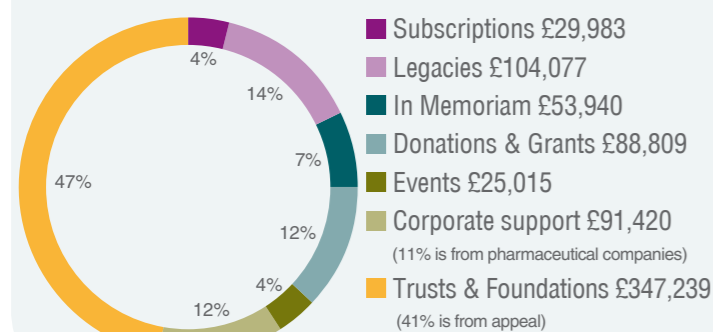
The full annual financial statements, from which these summary financial statements are derived and on which the auditors gave an unqualified opinion, were approved on 5 August 2009 and have been submitted to the Charity Commission.

On behalf of the Board of Trustees

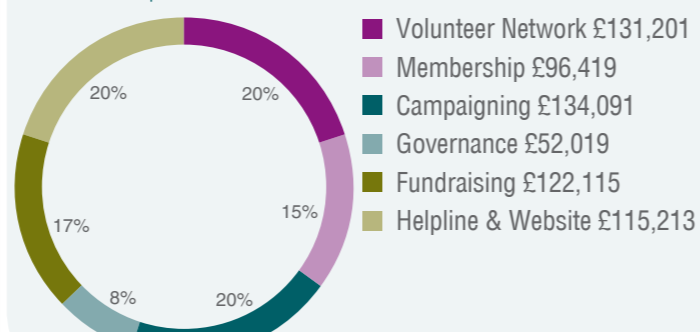
Mrs Gloria Lawson (Chair)  
13 August 2009



## Total income - £740,483



## Total expenditure - £651,058



## Auditors' Statement to the Trustees of the National Rheumatoid Arthritis Society

We have examined the summarised financial statements set out on the following pages.

## Respective responsibilities of Trustees and Auditors

You are responsible as Trustees, for the preparation of the summarised financial statements. We have agreed to report to you our opinion on the summarised financial statements' consistency with the full financial statements, on which we reported to you on 5 August 2009.

## Basis of opinion

We have carried out the procedures necessary to ascertain whether the summarised financial statements are consistent with the full financial statements from which they have been prepared.

## Opinion

In our opinion the summarised financial statements are consistent with the full financial statements for the year ended 31 March 2009.

*Stiles & Company* 13 August 2009

Chartered Accountants & Registered Auditors  
2 Lake End Court, Taplow Road, Taplow, Maidenhead, Berkshire, SL6 OJQ

# Summarised Statement of Financial Activities

For the year ending 31 March 2009

	Unrestricted	Restricted	Total Funds 2009	Total Funds 2008
	£	£	£	£
<b>Incoming resources</b>				
Incoming resources from generated funds				
Voluntary income	734,961	-	734,961	423,943
Activities for generating funds	-	-	-	-
Investment income	4,765	-	4,765	2,918
<b>Total incoming resources</b>	<b>739,726</b>	<b>-</b>	<b>739,726</b>	<b>426,862</b>
<b>Resources expended</b>				
Costs of generating funds				
Costs of generating voluntary income	119,661	2,482	122,143	51,431
Charitable activities	408,187	50,710	458,897	414,295
Governance costs	70,655	-	70,655	35,506
<b>Total resources expended</b>	<b>598,503</b>	<b>53,192</b>	<b>651,695</b>	<b>501,232</b>
<b>Net movement in funds</b>	<b>141,222</b>	<b>(53,192)</b>	<b>88,030</b>	<b>(74,371)</b>
<b>Reconciliation of funds</b>				
Total funds brought forward	53,218	2,482	55,700	130,071
Transfer between funds	(50,710)	50,710	-	-
<b>Total funds carried forward</b>	<b>143,730</b>	<b>-</b>	<b>143,730</b>	<b>55,700</b>

## Summarised Balance Sheet

31 March 2009

	2009	2008
	£	£
<b>Fixed assets</b>		
Tangible assets	26,339	8,450
<b>Current assets</b>		
Debtors	22,081	10,728
Cash at bank and in hand	229,350	81,411
	<b>251,431</b>	<b>92,140</b>
<b>Liabilities</b>		
Creditors falling due within one year	134,040	44,890
	<b>134,040</b>	<b>44,890</b>
<b>Net current assets</b>	<b>117,391</b>	<b>47,250</b>
<b>Net assets</b>	<b>143,730</b>	<b>55,700</b>
<b>The funds of the charity</b>		
Restricted funds	-	2,482
Unrestricted income funds		
General fund	143,730	53,218
<b>Total charity funds</b>	<b>148,730</b>	<b>55,700</b>

## NRAS Advisors

**Medical Advisors**

Chief Advisor Wales	Professor David G I Scott, MD, FRCP Professor Peter Maddison, MD, FRC Dr Stefan Siebert, MBBCh, MRCP, PhD Professor Iain B McInnes, MD, PhD
Scotland	Dr David Marshall, MBChB, FRCP (Glasgow & Edinburgh) Dr Asad Zoma, MBChB, MRCP (UK), FRCP (Glasgow & London), FACR (USA)
Northern Ireland	Dr. Andrew Cairns, MD, FRCP, PGDipSEM
England	Dr Andrew Bamji, MB, BS(Hons), FRCP Dr Deborah Bax, MBChB, MD, FRCP Dr Robin Butler, MD, FRCP Professor Kuntal Chakravarty, FRCP FACP (USA), DGM (London) Dr Christopher Deighton, MBBS, BMedSci, MD, FRCP Dr John Halsey, MB, BS, FRCP Dr Charles Hutton, FRCP, MBChB Dr Christopher Kelsey, MSc, MB, FRCP Dr Patrick D W Kiely, MBBS, BSc, PhD, FRCP Dr Gulam Patel, MA, FRCP Dr Philip Platt, MD, FRCP Dr Richard Reece, MB, BCH, FRCP Professor Peter C. Taylor, MA, PhD, FRCP Dr Richard Watts, MA, DM, FRCP

**Paediatric Medical Advisors**

Chief Advisor	Professor Tauny Southwood, BM, BS, FRCP Dr. Gavin Cleary, MBChB, BSc, MSc, MRCP, MRCPCH Dr. Clarissa Pilkington, MBBS, BSc, MRCP Dr. Helen Venning, Bmed Sci, BM, BS, MRCP, FRCP (London), FRCPCH Dr. Janet McDonagh, MD, MRCP Dr. Janet Gardner-Medwin, MRCP, PhD Dr. Susan Wyatt, BSc, DCH, MRCP, FRCPCH Dr Athimalaipet Ramanan, MBBS, MRCP
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**NRAS Nurse Advisors**

Chief Advisor	Susan Oliver, RN, MSc
Wales	Suzanne Morris, RGN, MSc
Scotland	Avril Stewart RGN, RSCN & Liz Mclvor RGN, RACN, MSc
N. Ireland	Elaine Wylie RGN, BSc (Hons), PGDip

**NRAS Allied Healthcare Advisors**

Occupational Therapy	Dr Alison Hammond, PhD, MSc, BSc(Hons), DipCOT
Physiotherapy	Cathy Cameron
Podiatry	Robert Field, BA (Hons), PG Dip, BSc (Hons)
Dietary	Dorothy J Pattison, PhD RD

Left: Professor David G I Scott, NRAS Chief Medical Advisor spoke at the NRAS Healthcare Champions Event in Westminster.

Right: NRAS Medical Advisors Dr Christopher Deighton and Dr Charles Hutton at the 2008 NRAS Advisors meeting.

*“I have seen this admiration for NRAS in both of the visits I have attended (from Foundations). It is a measure of the esteem in which NRAS is held and it makes me very proud to be involved. Well done the team”*



## Patron

The Rt Hon Theresa May MP  
Shadow Secretary of State for Work and Pensions and Shadow Minister for Women

## Patron (Medical)

Professor Gabriel Panayi, ScD, MD, FRCP  
Emeritus Professor of Rheumatology,  
King's College, London

## Trustees

Mrs Gloria Lawson (Chair)  
Mrs Sue Ball  
Mr Chris Bennett  
Mrs Wendy Garwood  
Mr Andrew Kennedy  
Mr Mark Liddell  
Miss Alice Peterson (Resigned April 09)

*“NRAS has been a very productive patient organisation nationally and internationally and I would very much like to be part of this wonderful organisation as a patient advocate in matters related to their health and disease. I have an inherent interest to support patients in whichever way possible during their time of need... I am grateful for getting an opportunity to serve within the NRAS.”*

## NRAS Team in the Office

<b>Ailsa Bosworth</b> Chief Executive & Founder	<b>Lorraine Tanner</b> Helpline Manager	<b>Gail Slobodzian</b> Helpline & Membership Administrator
<b>Lynn Love</b> Director of Operations	<b>Tracey Hancock</b> Fundraising Manager	<b>Val Eyre</b> Fundraising Assistant
<b>Peter Rogers</b> Financial Controller	<b>Jenny Snell</b> Government Affairs Manager	<b>Emma Hipkin</b> Administration Assistant
<b>Helen Bunyan</b> Membership Manager	<b>Vicky Backhurst</b> Helpline & Information Co-ordinator	<b>Emily Boxell</b> Membership Assistant
<b>Clare Jacklin</b> Volunteer Network Manager	<b>Paul Keats</b> Volunteer Network Project Co-ordinator	<b>Jill Lucking</b> Helpline Information Assistant

Left: Trustees Alice Peterson and Andrew Kennedy at the NRAS AGM.

Right: Trustee Mark Liddell on right with Michael Moore MP at an NRAS event in Westminster.



## The NRAS Office...



National Rheumatoid Arthritis Society  
Unit B4 Westacott Business Centre  
Westacott Way  
Littlewick Green  
Maidenhead  
Berkshire  
SL6 3RT

Telephone: 01628 823 524 or 0845 458 3969

Freephone Helpline: 0800 298 7650

Fax: 0845 458 3971

Email: [enquiries@rheumatoid.org.uk](mailto:enquiries@rheumatoid.org.uk)  
[www.rheumatoid.org.uk](http://www.rheumatoid.org.uk)

Registered Charity Numbers: 1086976 SCO39721

222/August 2009