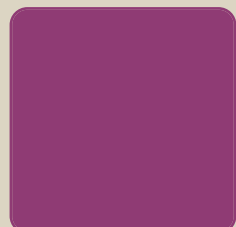
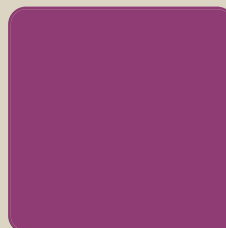
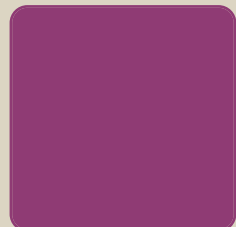
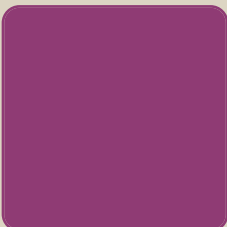


**nras**  
National Rheumatoid  
Arthritis Society

# Annual Review 2009-2010

National Rheumatoid Arthritis Society

*A better life for people living with rheumatoid arthritis*



## 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 690,000 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.

*“The information given ... was brilliant. I’ve never received this much info in the 4 years since being diagnosed with RA. I wished I’d heard of NRAS earlier ... For the first time I felt ‘normal’ – meeting others with RA made me feel normal and not disabled. The atmosphere was fantastic – informative, supportive, non patronising. Thank you NRAS.”*

### Our Vision

A better life for people living with Rheumatoid Arthritis

### Our Mission

The National Rheumatoid Arthritis Society (NRAS) helps and supports people living with 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 good care and services for all
- Facilitating networking and encouraging self-management
- Raising funds to enable us to work towards our vision

### What is Rheumatoid Arthritis ?

Rheumatoid arthritis (RA) is a painful and disabling, autoimmune disease that can affect people of any age —

some 12,000 children in the UK under the age of 16 have the juvenile form and three quarters of people are first diagnosed when of working age.

Unfortunately Rheumatoid Arthritis is often confused with osteoarthritis, a quite different condition which is due to wear and tear of joints and more commonly occurs in the elderly.

Approximately 1 in every 100 have this devastating disease. Rheumatoid Arthritis (RA) is a lot more common than leukaemia or multiple sclerosis, for example, 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).

*“I am so glad NRAS exist, wish an organisation like this had existed a long time ago”*

People with the disease can feel isolated and suffer from depression. Being a member of NRAS, or talking to our Helpline or with one of our Telephone Support Volunteers, gives them support, information, hope and can reduce feelings of isolation.



**Talking to an NRAS Telephone Support Volunteer can give support, information, hope and reduce feelings of isolation**

# Chief Executive's Report

By Ailsa Bosworth, NRAS Chief Executive



**Ailsa Bosworth with David Amess MP, Co-Chair of the All Party Parliamentary Group for Inflammatory Arthritis**

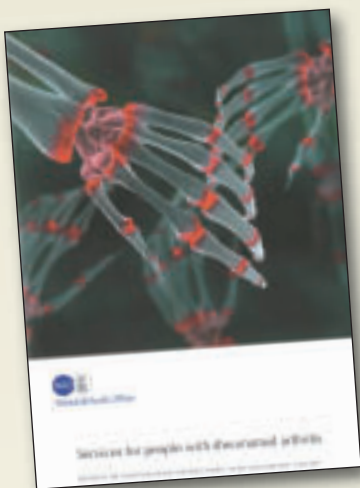
Given the difficult economic climate during the period, we are pleased with the financial performance of the charity for the year ended 31 March 2010. The fundraising and financial team are to be congratulated for maximizing income and interest on investments and the whole team for keeping expenditure within tight budget control.

This year NRAS has expanded its work in the areas of Helpline, Fundraising, Volunteer Network, Membership and Campaigning. The charity has also concentrated on the areas of website and data management to improve the efficiency of our administrative systems.

2009 has been an extremely important year for raising the profile of NRAS and of Rheumatoid Arthritis and so NRAS named it 'The Year of RA'. NRAS is acknowledged in the field of rheumatology as the primary authority on patient related Rheumatoid Arthritis issues and the support we provide to academic research in this field is growing substantially as a consequence.

NRAS continues to play an important role on national steering groups including the British Society for Rheumatology Biologics Register (BSRBR), the Juvenile Biologics Register run by British Society for Paediatric and Adolescent Rheumatology (BSPAR), providing expert patients for all NICE Health Technology Appraisals for RA drugs, and has been instrumental in steering the work of the Rheumatology Futures Group Project (RFGP) in my role as Joint Chair of this project. This year the work of the RFGP includes the publication of the first commissioning pathway, development of a patient pathway and a public awareness campaign, all for inflammatory arthritis. These have been welcomed by the Department of Health.

In July the National Audit Office published its report entitled 'Services for people with Rheumatoid Arthritis' to which we contributed. We submitted a report to the subsequent Public Accounts Committee (PAC) meeting and this has meant that services for people with Rheumatoid Arthritis have had a high profile.



**NRAS contributed to the National Audit Office's report entitled 'Services for People with Rheumatoid Arthritis'**

The first of a series of 10 NRAS Workwise Workshops focused around employment issues and helping people to remain in or get back to work, took place in February 2010. Feedback from that meeting leads us to think that future workshops will be very valuable.

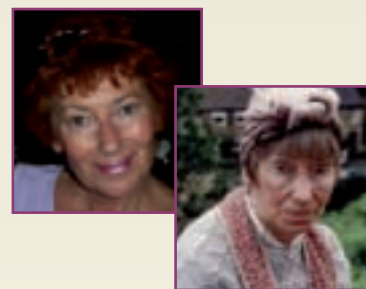
All in all, it was another busy, successful and productive year for the charity.

***"Having spent 20 plus years with RA and only now having joined NRAS I am getting proper care, support and building good friendships"***

## Celebrity Patron

*"Our family motto has always been 'I Can & I Will'. When I was diagnosed with RA I found NRAS who became my source of support. They are fantastic and help you make sure you can - so you will. With RA I know sometimes there are days where it's more like 'I would if I could but I can't so I won't', but with the help of this fantastic organization we can all work towards being able to live life to the full and not give up."*

**Juliette Kaplan**



**Actress Juliette Kaplan, who played Pearl in Last of the Summer Wine, is a great supporter of the work of NRAS**

## NRAS Helpline and Publication Services

The NRAS Helpline aims to improve the lives of those affected by RA by providing support and education to reduce their fears and feelings of isolation as well as to help people self manage more effectively. This is achieved by giving support and up to date information across a range of topics to those with RA, as well as their families, friends and carers. People contact us primarily via our freephone helpline, and also by email.



**The NRAS Helpline aims to improve the lives of those affected by RA by providing support and education to reduce their fears and feelings of isolation as well as help people self manage more effectively**

More and more people are using our Helpline which received 3506 contacts this year, an increase of 15% over last year. The Helpline team takes 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 Volunteer Support Network, and send out relevant information. As a result we sent our publications and other information to 1529 people. A total of 4804 pieces of information were sent following contact, averaging 3 publications to each person. The Helpline team also research information or contact one of our

### Contacts to our Helpline

April 08 - March 09	3048
April 09 - March 10	3506 15% increase

medical advisors for further advice when needed and signposts to other charities or agencies if relevant.

The nature of calls varied considerably and the Helpline team were very grateful to our medical advisors and health professionals for all the help they gave in answering some of the more difficult queries we received. The greatest number of calls come from people who are anxious about their medication and its side effects, those who are recently diagnosed and are looking for answers to the myriad of questions they have or those who are struggling to get a diagnosis. Approximately 10% of calls were from callers eager to find out more about biologic therapies and the procedures used to determine their prescription, and another 10% were concerned about employment issues or were struggling with benefits claims.

*“Just a big thanks to Gail on the helpline who listened and gave me the support I needed so I could finally come to a decision and feel confident with it.”*

Three new NRAS booklets were published this year to meet the needs of people with RA. They are entitled ‘Managing Well’, ‘Fatigue, Beyond Tiredness’ and ‘Know your DAS’ and all have been in heavy demand. As well as sending to

individuals, many of the rheumatology units request our publications so they can use them to help their patients. This year NRAS dispatched a total of 81,607 publications.

### The Helpline supports people throughout Britain and overseas

Yorkshire & Humberside	5%
North East	4%
North West	10%
West Midlands	9%
East Midlands	5%
East of England	8%
London	19%
South Central	8%
South East Coast	9%
South West	10%
Wales	6%
Northern Ireland	1%
Scotland	5%
Overseas	1%

*“I had given up hope of being able to find suitable gloves for Mum but now, thanks to you, it looks like I will be able to - she will be over the moon! (She has always wanted a pair and thought that because of her arthritis it was impossible) You have helped to make one lady very happy!”*

## NRAS Helpline and Publication Services

### Most Requested NRAS Publications

Managing Well	12063
Fatigue, Beyond Tiredness	11431
Newly Diagnosed	8760
Know your DAS	7672
Employees Guide	5184
Explaining your symptoms	4472
Benefits and RA	4312
DLA Guide	4285
Employers Guide	3985



**The most requested publication this year has been our new publication, 'Managing Well', to help people self manage**

"Thank you very much for the information you have sent to me. I particularly found that the article 'Getting established on DMARD'S' was really useful and beautifully written. It addressed quite a lot of the feelings which I have felt ..."

"Just wanted to congratulate NRAS on a really helpful, well written guide. I am going to recommend it to everyone I meet with RA. Essential reading. Thank you to the team who composed it."

### 'Know about your DAS' Campaign

**Better understanding of Disease Activity Score (DAS) could lead to better self management**



The Disease Activity Score (DAS) is a way of turning the extent and severity of someone's Rheumatoid Arthritis into a number and hence can be an important tool in managing the condition. Better understanding of DAS could lead to better self management. The DAS DVD has been created to accompany the existing 'Know about your DAS' information booklet which was launched in April 2009. The DVD and booklet are both available to download from our website or can be requested from the NRAS Helpline.



**Rheumatology Nurse Specialist Maggie Carr is a health professional tutor for the Rheumatoid Arthritis Self Management Course**

### Rheumatoid Arthritis Self Management Course

NRAS encourages and supports patient education and the benefits of proactive self management and so has been working with the Expert Patient Programme Community Interest Company (EPP CIC) to develop a self management programme tailored to the specific needs of people with Rheumatoid Arthritis.

This programme is being delivered by a health professional in rheumatology working with a person living with Rheumatoid Arthritis in equal partnership. During this year pilots are being evaluated, the aim being to have the programme ready for commissioning in late 2010.

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

Keeping our information accurate, current and well written is essential in giving the best service to those who contact us and so during this year we have begun the process of applying for the Information Standard Accreditation.

As a result of this all NRAS publications and information sheets will be subject to a more rigorous and regulated process both in their development and review. We hope to gain accreditation in early 2011.

## Membership providing support, information & education

Members of NRAS value the services we offer very highly. Some of the benefits of membership include feeling less isolated by knowing others with RA and having support from them, being able to call the Helpline when they need support, receiving information at the time they need it and better management of their RA, all of which can lead to improved quality of life.

### Members' involvement

Members are keen to support their charity and are generous in helping in many different ways. We are always keen to hear the voice of our Members and building on our 2007 UK-wide Members' survey on work we undertook a survey in Scotland on this topic. We undertook this survey because the results of our 2007 survey showed that the experiences of Members living in Scotland differed from those in the rest of the UK with higher percentages of people losing their jobs within one year of diagnosis and within six years of being diagnosed. It was clear at that time that we needed to survey a wider group of people in Scotland to get a more accurate picture. Hence, with the help of many allied healthcare professionals in Scotland who gave the survey to patients in their clinics, we expanded the number of people with RA who participated in the survey.



### NRAS Survey provides a national picture of the impact of RA on employment in Scotland

Members get involved in all kinds of activities across the UK and this year it has included memorable events held in Westminster. The first was held in July to highlight the importance of specialist care from the multi-disciplinary team in providing quality care for people with Rheumatoid Arthritis. Twenty nine Members and partners attended to help raise awareness with MPs and the Department of Health. Events involving Members marking World Arthritis Day and the 'Free Prescriptions' campaign can be found on page 9.



### NRAS Members Anne Kakouris, Vivian Gore and Jean Burke with Marsha Singh MP at the NRAS World Arthritis Day Parliamentary drop in, October 2009

Some Members offer their time in the office on all kinds of projects, one of which has been making welcome calls to new Members which have been very well received.

### Growth in Membership

We welcomed a total of 707 new Members this year, representing a 30% growth on the previous year. Health professional membership has continued to flourish with 222 new Members in the year, an increase of 65%. Membership of people with RA has increased by 24%.

### Members' area of the NRAS website

With the introduction of the new NRAS website in December, the 'Members Only' area and the Members' online forum were redeveloped. Members helped with the design and structure of the new site to ensure it met their needs. Many Members get a great deal of support from others on the forum, often helping them through difficult times. New forum guidelines

have been introduced to help everyone use the forum in a safe way.

*"What a friendly group of people they are! I feel a little better already!!"*

*"I have enjoyed 'chatting' in the Members' forum, they are all lovely and helpful and really supportive of each other. It's lovely."*

### Communication with Members

NRAS magazines are published three times a year, keeping Members informed of developments in treatment and NRAS activities plus Members' stories and much more. These are supplemented by bimonthly e-newsletters keeping Members up to date. Non members can now sign up for a short e-news update giving them more information about the charity. In the first 3 months of 2010 more than 300 people requested e-news updates.



**The NRAS Magazine provides Members with information on existing treatments and those in development, people's experiences of living with RA and much more**

### Growth in membership this year



## Volunteer Network providing information, education & support

The NRAS Volunteer Network is growing rapidly. It was originally formed for Telephone Support Volunteers to provide peer to peer telephone support and has now developed into a much more substantial support resource providing help in many other ways. It has begun to have an impact in the rheumatology world, actually beginning to make our voice heard on a local and national level.

*“Thank you very much for putting me in touch with your NRAS Telephone Support Volunteer, Hilary. We had a really good chat about stuff and I felt much better about several things that have been worrying me. However helpful doctors and nurses can be, talking to someone else with RA is quite different.”*



**Co-ordinators' Conference  
September 2009 in Leeds**

### NRAS Groups

The number of NRAS groups has increased by 47% this year from 19 to 28 with a further demand for 13 more by end of 2010! 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.

There is a shift in how NRAS groups are being established, no longer is it NRAS approaching rheumatology units to ask if they might like to have a patient group, it is now NRAS being asked by rheumatology units. Success breeds success and this is no more apparent than with the Volunteer Network and the growing demand for groups.

### Number of Volunteers

The number of volunteers as of 31 March was 336 - this is a reduction from 408 from last April. This was a result of a data cleansing exercise in readiness for our new database. It was decided that it was far better to have fewer volunteers but ensure they were all active. Many volunteers who have stepped down have done so as a result of their own RA progressing or a few who have returned to work so are unable to commit time to volunteering.

### Volunteer Activities

274 telephone support calls have been arranged this year but that does not take into account the number of the many ongoing follow up calls that some Volunteers make on their own initiative.

During the last year there have been some 278 volunteering opportunities in which NRAS Volunteers have participated. This wide range of activities includes helping in the NRAS office to television and radio interviews, from participating in focus groups, to reviewing new publications. This figure of 278 does not include all the Volunteers who coordinate the NRAS group activities or those delivering the Rheumatoid Arthritis Self Management Course pilots.

500 NRAS Members and Volunteers also took part in a project reviewing a booklet on the cardiovascular risks associated with Rheumatoid Arthritis. This project was on behalf of a group of hospitals.



**NRAS Volunteers and Members help by participating in focus groups on a variety of subjects. We are keen that the 'patient's voice' is heard whenever possible**

*“Thank you so much for your help in finding us a speaker for our meeting. Helen (NRAS Volunteer) came today and she was BRILLIANT – really perfect presentation (about her personal experience of feet problems with RA)” from organiser of PCT podiatry meeting*

### Number of groups by region

<b>3</b>	Yorkshire and Humberside	<b>4</b>	London
<b>1</b>	North East	<b>2</b>	South Central
<b>2</b>	North West	<b>1</b>	South East Coast
<b>3</b>	West Midlands	<b>3</b>	South West
<b>4</b>	East Midlands	<b>1</b>	South Coast
<b>2</b>	East of England	<b>1</b>	Wales
		<b>2</b>	Scotland

## Website providing information, education & support

Since the launch of 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 provided by, and activities in which, NRAS is involved.

Following consultation with our Members, we launched our new website on 2nd December 2009, and the website address was changed to [www.nras.org.uk](http://www.nras.org.uk), although the site can still be accessed from the old 'rheumatoid' address.

The new website has a very different design and feel, with images of real people with RA on the homepage. The new website features an advanced search facility and extra efforts were made to ensure that navigation around the site is as easy as possible.

***“WOW - the new website is amazing! Just going to work my way through it. It looks so much more modern and in touch! Brilliant job and huge, huge thanks to all concerned.”***

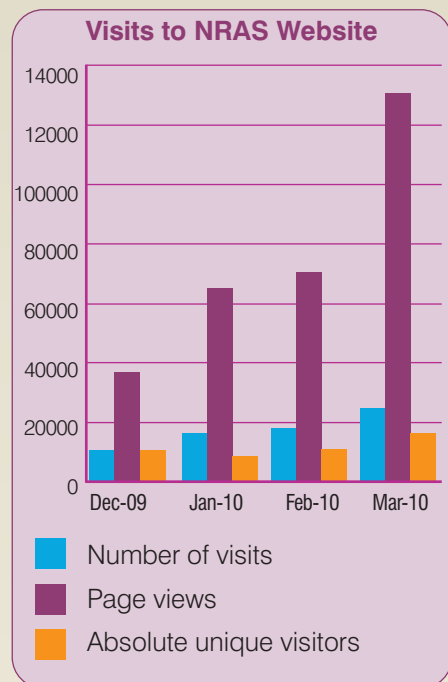
The other aim was to provide better ways of communicating for both visitors and Members. Hence the website has new modern features such as the 'NRAS Blog', and an improved Forum for Members. To engage more effectively with younger people with RA, we have introduced

and expanded our use of social networking sites such as Facebook and Twitter.

***“The new Website and Forum are both superb. The improvement is immeasurable. Well done to NRAS and their Web Designers.”***

The new website statistics from Google Analytics are proving to be extremely helpful in seeing who is coming to the site, how long they are staying on there for, which pages they are visiting, where in the world they live and which key words they are using to find the website. Knowing this information has been vital in helping us to direct more people to the website.

On average, since the launch of the new website in December, we have had over 10,000 unique visitors each month, who have stayed on the site for almost 5 minutes each time and visited over 4 different pages. We have had visitors from 154 different countries worldwide with the top countries being the UK, India and USA.



***The number of visits, visitors and absolute unique visitors have all increased since the launch of the new website***

The website will be integrated with our new database so that people will have a better service from us by being able to order publications online, make a donation, renew their membership and join online, request a volunteer network call, update their details and register for an event online.

NRAS is very fortunate to have the support of a large number of eminent professionals working in the field of rheumatology who have written articles for our site and articles are added continuously, two recent additions being 'Seropositive and Seronegative: What do they Mean?' and 'Combination Therapy'.



***The new NRAS website's homepage has a banner that shows real people with RA***

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

This year NRAS has continued to raise the awareness and importance of the needs of people living with RA and their carers. Here we show some examples of our campaigning work.

### NHS Training for NRAS Members and Volunteers

To raise awareness and improve services for people with Rheumatoid Arthritis, by NHS trained Members or Volunteers who are able to get involved with their local NHS organisations to help plan and improve local services in their area, requires education. We ran two training sessions in April covering the North and South of England. Twenty eight people took part and are becoming actively involved.

*“It was great to meet you all yesterday. I arrived home genuinely revitalised – all fired up and ready to contact my PCT!”*



**NRAS Members Anne Kelt and Di Skingle outside Parliament, calling for the Prime Minister to keep his promise**

### Free Prescriptions for Long Term Conditions

Gordon Brown promised to put an end to the inequitable situation regarding free prescriptions. Twenty charities came together as a coalition, NRAS being one of them, to ask the Prime Minister to keep his promise to abolish charges for prescriptions for people with long term conditions. Parliamentary Questions have been asked in Westminster and three Early Day Motions (EDMs) have also been tabled. Two NRAS Members got

involved in a demonstration outside Parliament and many more Members and Volunteers emailed their MP to ask for support and to sign an on-line petition. Over one thousand supporters signed the petition and phone lines into Mr Brown's office were jammed on the day of the demonstration, as supporters tried to ring and request that their demand be met.

### Rheumatology Futures Group and King's Fund Parliamentary Briefing in Westminster

The Rheumatology Futures Group in conjunction with the King's Fund convened this event at the request of MPs who wanted to understand more about the King's Fund Report on services for people with Rheumatoid Arthritis. Four Parliamentarians attended and a further twenty expressed a keen interest to be followed up as a result of missing the meeting.



**Greg Mulholland MP, with Lynn Love from NRAS, was one of 53 MPs who supported NRAS on World Arthritis Day**

### World Arthritis Day

In Westminster we had an MP drop in session which 53 MPs attended and pledged to support our calls to action.

We also held a Round Table Meeting where one of our members, Jean Burke, spoke. Over 30 people attended, a mixture of clinicians, Parliamentarians and key opinion leaders, and a very good debate took place.



**Dame Carol Black, National Director for Health & Work, Stephan Bevan from the Work Foundation and Jenny Snell from NRAS, addressing the Round Table Meeting in Portcullis House on World Arthritis Day**

### Strategic Health Authority Activity

The East of England and London Strategic Health Authorities (SHAs) are taking part in projects that involve clinicians and patient groups, initiated and driven by NRAS.

### Devolved Nations

This year NRAS continued to work hard campaigning on behalf of people with Rheumatoid Arthritis in Scotland, Wales and Northern Ireland. In Scotland, ten MSPs were seen and also the Cabinet Minister for Health, Nicola Sturgeon. The possibility of a pilot similar to that in the East of England SHA, to be held at Glasgow Health Board, is being discussed by the Scottish Executive.



**NRAS arranged for MSPs to visit the Fife Rheumatic Diseases Unit. Helen Eadie MSP, Jackie Baillie MSP and Marilyn Livingston MSP are seen here with Dr Jane Gibson, Consultant Rheumatologist**

## Raising Income

2009 has seen us broaden our income streams. We created a new fundraising role to develop online funding streams and establish our presence on social networking sites such as Facebook and Twitter, and an existing member of the team was promoted to Events Fundraiser.

We have developed a strong UK and overseas challenge event programme, secured charity places in the Great North Run and Royal Parks Half Marathon and held our first Christmas Concert. We have also introduced Friends of NRAS, for people who do not have RA themselves but wish to support those who do. This is the first step towards establishing a committed givers income stream.

### Corporate Support

From choosing NRAS as Charity of the Year, to fundraising days, sponsorship and donations in lieu of Christmas cards, companies have supported our work and we are very grateful to them all.

- Abbott Laboratories
- Albany Software Ltd
- Associated Independent Stores Ltd
- Bristol Myers Squibb
- HSBC
- Mars
- Medac
- NAPP
- Roche
- Schering-Plough
- Sugar Rush Marketing Services
- UCB
- Wyeth



### Trusts and Foundations – The Step Change Appeal

Our external appeal, Step Change, has been affected by increased demand on trusts and so we have extended the appeal by a year to ensure our target of £1.4m is reached. 84 trusts have donated, 16 have made commitments to more than one year of funding. £646,820 has been raised to date, helping us to plan for the future and build a strong foundation on which to build our expansion.

### Trust Acknowledgements

The following have supported us during 2009.

- Lloyds TSB Foundation for England and Wales
- The Robertson Trust
- The Frances and Augustus Newman Foundation
- John Ellerman Foundation
- The Barbour Trust
- Sir Halley Stewart Trust
- CHK Charities Ltd
- Earl Fitzwilliam Charitable Trust
- The Hadrian Trust
- The Kirby Laing Foundation
- The MacRobert Trust
- Mr & Mrs Rackham Charitable Trust
- The City Bridge Trust
- The Dickinson Dees Charitable Trust
- The Rank Foundation
- The Henry Smith Charity
- The James Tudor Foundation
- The Worshipful Company of Grocers
- The Dunhill Medical Trust

**HSBC were one of several organisations which kindly supported the work of NRAS**

*“The Board is pleased to be able to support your work and I look forward to working with you over the next three years.”*

**Caroline Broadhurst, The Rank Foundation**

### Committed Giving

We have recruited Friends of NRAS through a ‘member get member’ scheme and have 47 Friends generating an income of £1,591. This is an income stream which we will concentrate on further in 2010 to establish regular committed givers.

We have begun promoting Payroll Giving in 2009 and aim to increase this during 2010.

### In Memoriam

In Memoriam donations have once again risen. This is a very personal and thoughtful way to give to the Charity and is much appreciated. Thank you to those people who have chosen to remember loved ones in this way.

### Christmas Cards

For the first time we sold NRAS branded Christmas cards. A total of 1,166 packs of cards were sold generating £5,323.

### Legacies Support our Future

Gifts in Wills totalled £10,065. Legacy leaflets have been distributed to lawyers’ practices throughout the country and we continue to raise awareness of this important income stream in our NRAS Magazine and in all fundraising publicity.

## Raising Income

### Events

We are so grateful to the many people who take part in such a wide variety of events to raise money for NRAS. Here are just a few examples.

#### Lands End to John O'Groats Cycle Ride

Three supporters set off to cycle the 1,043 mile journey from Lands End to John O'Groats. Nick, Doug and Peter made it in 11 days. Nick's wife has RA. They have raised an incredible £7,410, which means almost £6 for every mile they pedalled!



**Nick, Doug and Peter raised an incredible £7,410, wow! That means almost £6 for every mile they pedalled!**

#### China Trek

Eva, Dizzy and Lynn spent 9 days walking along part of the Great Wall. They raised £28,393 which is absolutely amazing! Eva's daughter, Joanne, was diagnosed when she was just 4 years old and has now lived with the disease for 31 years.



**Eva, Dizzy and Lynn between them they raised £28,393 walking part of the Great Wall of China**

*“Thinking of the wonderful donors and Joanne gave us the strength and we just kept putting one foot in front of the other, and sometimes climbing on all fours, but what a feeling of achievement at the end of each day.”*

#### The Yorkshire 3 Peaks Challenge

Ten walkers took part in the Yorkshire 3 Peaks Challenge. The challenge is to cover a distance of 23 miles and a total ascent of 5,000 feet in under 12 hours. Everybody completed the challenge which was a fantastic achievement, raising over £5,131.

#### Jumping for NRAS

Fourteen people skydived for NRAS with two members taking part, one celebrating her 70th birthday! A total of £5,328 was raised. Thank you!

A number of people also undertook their own challenges contributing to the total of £81,055 raised from events during 2009.

#### Running for Rheumatoid

We are hugely grateful to the people who set themselves a challenge each year and run to raise funds for NRAS. There were so many events which people took part in last year that we can't mention them all but here are just some of the highlights.

Fourteen runners took part in the Great North Run, including one of our own staff. A fantastic £10,751 was raised. A huge thank you to all those who ran wearing an NRAS vest! Thirteen people ran for NRAS in the Royal Parks Half Marathon in London. £8,332 was raised which was a great result.

Runners taking part in various events around the country brought the total raised by the running programme to £24,260. This was a tremendous achievement and we are very grateful to all those who took part.

### Community Fundraising

People undertook a wide variety of activities from a sponsored head shave to holding coffee mornings, opening their gardens, collections from supermarkets and events and proceeds from collecting boxes in a variety of locations. We raised £14,494 from these activities. Here are a few examples.

#### Currying Favour for NRAS

Terry, NRAS Member and Telephone Support Volunteer, organised a charity evening at her local Indian restaurant. Great food, great company and a great atmosphere meant that £1,200 was raised. A big thank you!

#### Just Messing About on the River

Jon and Jason rowed from Lechlade to Teddington covering an average of 20 miles a day. Jon's mum has RA and Carolyn, Jon's partner, works in the rheumatology unit at Wexham Park Hospital in Slough. They raised £797 – thank you!

*“We've had so much interest along the way with people asking who we are rowing for. It's been a great way to tell people what it is all about.”*



**Jon and Jason raised awareness of NRAS and rheumatoid arthritis during their 5 day row**

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

## Finances at a glance

### Financial review

This is the last Annual Review for this NRAS Charity number. As at 1st April 2010 the Charity became incorporated and limited by guarantee. Therefore, these are the final accounts for the Charity.

Voluntary income increased by approximately £50,000 to £785,804, although income from trusts & legacies was down. This was compensated for by the increase in corporate donations.

The Step Change Appeal brought in £300,400 in this, its third year. Donations & grants increased to nearly £217,000 but this included monies gifted by a dormant charity, with aims similar to NRAS, which has now closed. An investment sum of £87,017 is included in this figure. These investments grew by £29,442 to £116,459, some 34%.

Fixed assets increased due to the commissioning of a new database & website costing £45,000. Expenditure increased by approximately £50,000 to £747,479 as we recruited 3 additional staff. All other expenditure was well controlled and within the constraints of the budget.

All in all an acceptable year bearing in mind the financial problems with the economy.

### 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 of the charity 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, Financial Controller, National Rheumatoid Arthritis Society, Unit B4 Westacott Business Centre, Westacott Way, Littlewick Green, Maidenhead, Berkshire SL6 3RT.

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 18 August 2010 and have been submitted to the Charity Commission.

On behalf of the Board of Trustees

18 August 2010

Mr Graeme Johnston (Chair)

### Auditor's 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 statement's consistency with the full financial statements, on which we reported to you on 18 August 2010.

### Basis of opinion

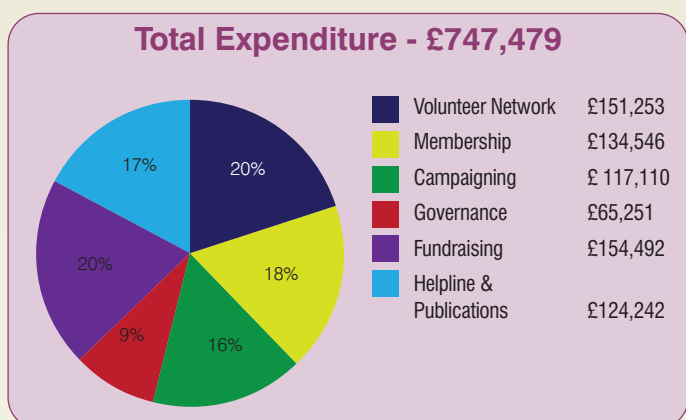
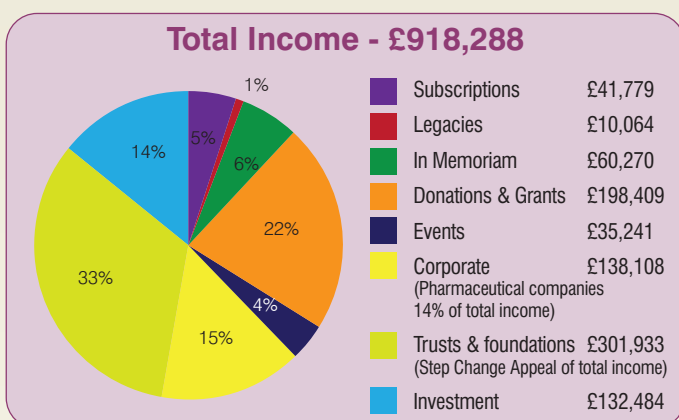
We have carried out the procedures necessary to ascertain whether the summarised financial statements are consistent with the full financial statements from which they have been prepared.

### Opinion

In our opinion the summarised financial statements are consistent with the full financial statements for the year ended 31 March 2010.

18 August 2010

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 2010

	Unrestricted	Restricted	Total Funds 2010	Total Funds 2009
	£	£	£	£
<b>Incoming Resources</b>				
Incoming resources from generated funds				
Voluntary income	785,804	-	785,804	734,960
Activities for generating funds	-	-	-	-
Investment income	132,484	-	132,484	4,765
<b>Total incoming resources</b>	<b>918,288</b>	<b>-</b>	<b>918,288</b>	<b>739,725</b>
<b>Resources expended</b>				
Costs of generating funds				
Costs of generating voluntary income	166,810	-	166,810	122,143
Charitable activities	529,471	-	529,471	458,897
Governance costs	51,198	-	51,198	70,655
<b>Total resources expended</b>	<b>747,479</b>	<b>-</b>	<b>747,479</b>	<b>651,695</b>
<b>Net movement in funds</b>	<b>170,809</b>	<b>-</b>	<b>170,809</b>	<b>88,030</b>
<b>Reconciliation of funds</b>				
Total funds brought forward	143,730	-	143,730	55,700
Transfer between funds	-	-	-	-
Gains on investment assets	29,442	-	29,442	-
<b>Total funds carried forward</b>	<b>343,981</b>	<b>-</b>	<b>343,981</b>	<b>143,730</b>

# Summarised Balance Sheet

31 March 2010

	2010		2009	
	£	£	£	£
<b>Fixed assets</b>				
Tangible assets	60,929		26,339	
Investments	116,459		-	
		177,388		26,339
<b>Current Assets</b>				
Debtors	16,883		22,081	
Cash at bank and in hand	213,661		229,350	
	<b>230,544</b>		<b>251,431</b>	
<b>Liabilities</b>				
Creditors falling due within one year	63,951		134,040	
	<b>63,951</b>		<b>134,040</b>	
<b>Net Current assets</b>		<b>166,593</b>		<b>117,391</b>
<b>Net assets</b>		<b>343,981</b>		<b>143,730</b>
<b>The funds of the charity</b>				
Restricted funds			-	-
Unrestricted income funds:				
Legacy Fund		114,141		104,000
Investment Fund		116,459		
General fund		113,381		39,730
<b>Total charity funds</b>		<b>343,981</b>		<b>143,730</b>

# People

## NRAS Advisors

### Medical Advisors

#### Chief Advisor

#### Wales

#### Scotland

#### Northern Ireland

#### England

Professor David G I Scott, MD, FRCP

Professor Peter Maddison, MD, FRCP & Dr Stefan Siebert, MBBCh, MRCP, PhD

Professor Iain B McInnes, MD, PhD, Dr David Marshall & Dr Asad Zoma,

Dr Andrew Cairns, MD, MSc, MFSEM(UK), FRCP, FRCPI

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, FRCPCH

Dr Gavin Cleary, MBChB, BSc, MSc, MRCP, MRCPCH

Dr Clarissa Pilkington, MBBS, BSc, MRCP

Dr Helen Venning, Bmed Sci, BM, BS, MRCP, FRCP (LON), FRCPCH

Dr Janet McDonagh MD, MRCP

Dr Janet Gardner-Medwin, MRCP, PhD

Dr Susan Wyatt, BSc, DCH, MRCP, FRCPCH

Dr Athimalaipet Ramanan, MBBS, MRCP

## NRAS Nurse Advisors

### England

### Wales

### Scotland

### N Ireland

Diane Home RGN, MSc

Suzanne Morris RGN, MSc

Avril Stewart RGN, RSCN & Liz Mclvor RGN, RACN, MSc

Elaine Wylie RGN, BSc (Hons), PGDip

## NRAS Allied Healthcare Advisors

### Occupational Therapy

### Physiotherapy

### Podiatry

### Dietary

Dr Alison Hammond PhD, MSc, BSc (Hons), DipCOT

Cathy Cameron, MCSP

Robert Field BA (Hons), PG Dip, BSc (Hons)

Dorothy J Pattison PhD RD



***Diane Home, NRAS Nurse Advisor for England during a visit to the NRAS office***

## People

### Patron

The Rt Hon Theresa May MP, Secretary of State for the Home Department; and Minister for Women and Equalities

### Patron (Medical)

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

### Celebrity Patrons

Nicky Cambell  
Juliette Kaplan

### Trustees

Mr Graeme Johnston (Chair)  
Mrs Gloria Lawson  
Mrs Sue Ball  
Mr Chris Bennett  
Mrs Wendy Garwood  
Mr Andrew Kennedy  
Mr Mark Liddell

*“Thank you so much for all your help today, it is very good to be able to share some of the concerns – and to have all the information & links is wonderful. I will work through them & get back to you if I still have queries. I really appreciate the facilities & support that NRAS offers – even mild RA feels like a “big deal”, so I can only imagine the difference you make to people less fortunate than me.”*

### NRAS Team in the Office

**Ailsa Bosworth**  
Chief Executive and Founder

**Lynn Love**  
Director of Operations

**Peter Rogers**  
Financial Controller

**Tracey Hancock**  
Fundraising Manager

**Clare Jacklin**  
Volunteer Network Manager

**Jenny Snell**  
Government Affairs Manager

**Lorraine Tanner**  
Helpline Manager

**Helen Bunyan**  
Membership Manager

**Vicky Backhurst**  
Helpline & Information Co-ordinator

**Paul Keats**  
Volunteer Network Project Co-ordinator

**Emma Hipkin**  
Fundraising Web Co-ordinator

**Val Eyre**  
Events Fundraiser

**Gail Slobodzian**  
Helpline and Membership Administrator

**Charlotte Porter**  
Administration Assistant

**Sarah Ball**  
Membership Assistant

**Tameena Hussain**  
Publications and Information Assistant

**Jill Lucking**  
Helpline Information Assistant

**Medical Patron, Professor Gabriel Panayi with Ailsa at the NRAS Westminster event raising the importance of the role of the multi disciplinary team in treating people with RA**





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Westacott Way  
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Berkshire  
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Fax: 0845 458 3971  
Email: [enquiries@nras.org.uk](mailto:enquiries@nras.org.uk)  
[www.nras.org.uk](http://www.nras.org.uk)

Registered Charity Numbers: 1086976 SCO39721

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