



Article

## RA Awareness Week 2020

RA Awareness Week has always been about raising awareness of RA and its impacts on all aspects of life. This year, especially taking into account recent events, the focus for NRAS RAAW was on physical and mental wellbeing.

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We are very excited to say that we had 1,364 people registered for RAAW which then lead to 1,822 people booked to attend the online Wellbeing sessions throughout the week.

The feedback we have had has been great:

Everything was well thought out and interesting across so many platforms and I feel you have set a precedent for next year. Thank you just does not seem enough. Best wishes to you all and another thank you!

That was the best hour I've taken for myself in a long while, Carlyne Bennett is amazing! What a find! Well done

I would like to say a huge thank you to you all at NRAS. This is my first year as a member and the past week has been terrific



7-13  
September  
2020

#OurMindsRAPriority



nras

National Rheumatoid  
Arthritis Society

### General Facts about Rheumatoid Arthritis

Approximately  
**400,000**  
people in the UK  
are living with RA

It can affect people at **any age**



It is an  
**autoimmune**  
condition

It not only affects joints,  
it can also affect  
**other organs**  
such as heart, lungs, kidneys  
and even the eyes

**♀♀♀♂** RA affects  
**three times** as many women as men  
under the age of 60

**1** in every **130**  
UK adults has RA

 There is **NO CURE**

We would like to say a huge thank you to all our experts who gave us their time to run the wellbeing sessions:

Kate Hughes – Mindfulness

Deniz Paradot – Qigong

Sara MacDonnell – Fitness/Exercise

Jessie Elosie – Chair Yoga

Janet Padfield – Diet/Nutrition/Sleep

Carolyne Bennett – Mindfulness/Meditation/Positive Thinking

We will be looking to arrange some follow-on sessions going forward as we have found that this is a great way of sharing information and getting people in similar situations together online. Feelings of wellbeing are fundamental to the overall health of a person, enabling them to successfully overcome some difficulties and achieve what they want out of life.

Throughout the week we hosted 5 NRAS Facebook Live events on various topics related to mindfulness and well-being.

You can now watch the Facebook live sessions back on our Facebook page by clicking the link below:

[Watch RAAW Facebook Live sessions](#)

## NRAS in 2023

- 0 Helpline enquiries
- 0 Publications sent out
- 0 People reached

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