

Resource

## Projects made possible by gifts in Wills

NRAS has been fortunate to benefit from a number of generous gifts in Wills, these gifts have supported the charity in providing vital services to those living with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA) across the UK.

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### Did you know that 2 out of 5 calls to our helpline would go unanswered without gifts in Wills?

These gifts have helped NRAS:

- Deliver a Digital Self-Management Programme ([Smile-RA](#)) for those living with RA.

This digital learning platform is designed to build the knowledge, skills and understanding around the supported self-management of RA with the purpose to improve long-term health outcomes of patients with RA. Modules include animation, interactive content and video content to allow for greater accessibility.

- Deliver a new health educational resources ([booklet](#)) for children and young people with JIA as well as their parents, carers and healthcare professionals.

These educational resources will help the self-management of the condition through detailed and up to date information about the medications used to treat JIA.

- Answer 60% of the calls to our [Helpline](#) service. Every year our Helpline manages around 3000 enquiries, providing emotional support and reliable information to an individual at a vital and critical time.

Please see [here](#) to download a copy of our free NRAS Guide to Writing or Updating your Will.