

Resource

## Why volunteer?

It can be important for someone with rheumatoid arthritis to be able to talk with someone who has first-hand experience of the disease because people who don't have it can never really understand what it's like, or indeed see life from the perspective of someone who does.

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## What do Volunteers do?

The NRAS Volunteer Network is made up of volunteers throughout the UK, most of whom have rheumatoid arthritis. Our volunteers participate in many different activities and we have a variety of roles to choose from.

Here are just some of the activities NRAS Volunteers can choose from to support others living with RA:

- Offer telephone support by being a part of our Telephone Support Network
- Disseminate information about NRAS and rheumatoid arthritis to doctors surgeries and rheumatology units, keep posters up to date and literature stands replenished
- Set up NRAS local patient groups with the aim of empowering patient decision-making and encouraging self-help and mutual support
- Create awareness of the disease in local communities through informing others and acting as media spokespeople
- Participate in rheumatology service planning with local Rheumatology teams, Health Authorities, the ARMA (Arthritis and Musculoskeletal Alliance) Network and other professional bodies and organisations
- Assist the medical profession through participating in surveys, research and training medical personnel
- Initiate local fundraising for NRAS
- Further any of the charity's campaigning aims by speaking to MPs

Still interested? Click below to apply.

[Apply for a volunteering role](#)