



Resource

The impact of your gift

How your support enables NRAS to provide vital services to those newly diagnosed and living with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA).

[Print](#)

Your support is vital

Your support allows NRAS to provide our vital information and support services including the NRAS [Helpline](#), video resources and information booklets.

Helpline

Across the UK, over 450,000 people living with rheumatoid arthritis (RA) and over 10,000 young people (< 16 years) living with juvenile idiopathic arthritis (JIA) have access to a freephone [helpline](#) which is often accessed at a time when patients feel at their most desperate for emotional support and clear information.

Right Start

[Right Start](#) is a referral service for healthcare professionals of RA patients, supporting people living with RA to understand their diagnosis and how it is likely to affect them. Getting the right support can help people to make adjustments to behaviour, lifestyle and health beliefs and understand why supported self-management is important and how to make those important first steps to managing their disease effectively.

Smile-RA

[Smile-RA](#) is an interactive e-learning platform providing educational modules around the topics of what to expect when you are newly diagnosed, managing pain, getting the best out of a consultation, the importance of exercise and more.

NRAS Lives

NRAS hosts bi-monthly live video casts, or [NRAS Lives](#), each centred around a different topic, ranging from dental care, nutrition, foot and hand surgery and more.

Publications

Finally, NRAS offers a wide range of printed booklets or publications which are available free of charge. These publications offer information and support on a number of topics: medications, emotional health and well-being, fatigue, being newly diagnosed, employment and more.

Where your money goes

For every £1 raised we spend 82p on charitable activities.

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