

Article

## Gifts in Celebration

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If you're celebrating a birthday, wedding or other special day consider asking your friends and family to donate to NRAS instead of buying a gift for you. You will be making a real difference to all those living with Rheumatoid Arthritis (RA) and Juvenile Idiopathic Arthritis (JIA) in the UK.

You might like to consider setting up an online Fundraising page, giving you the ability to personalise it with your story and photos, telling your family and friends all about your celebration. Alternatively, family and friends could donate directly to NRAS on your behalf – it couldn't be easier.

If you are planning on 'tying the knot' in the near future, would you consider asking your guests to make a donation to NRAS or give NRAS wedding favours to your guests? If JIA has meant something to you and your family then it will mean something to your guests too. It is also a great way of raising awareness of JIA long after the honeymoon is over! We have NRAS lapel badges and JIA-at-NRAS wristbands, whilst also providing you with collection boxes and other literature if required. You can purchase them here. [Link to JIA merchandise page](#)

Whatever your occasion, we would like you to help us to support those living with RA and JIA. Contact [fundraising@nras.org.uk](mailto:fundraising@nras.org.uk) for more information or call 01628 823524 to speak to a member of

our fundraising team.

## NRAS in 2023

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

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