



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](#), virtual patient information events and information booklets.

## Helpline

Across the UK, over 450,000 people living with rheumatoid arthritis (RA) and 12,000 young people 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.

## Rheum Zooms

NRAS arranges virtual patient information days or 'Rheum Zooms' for patients based in specific localities. These sessions are run in partnership with healthcare professionals and will involve a talk based around a topical subject. These sessions also offer patients the chance to ask the healthcare professional questions about any aspect of their condition.

## 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

Out of every £1 spent by NRAS, 82p is spent on delivering charitable activities to our beneficiaries and 18p is spent on raising each £1.

The breakdown of expenditure on charitable activities is as follows:

Provision of information and support 43%

Raising awareness 19%

Hosting NRAS events 19%

Hosting JIA events 19%

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