

Resource

## Work

RA can affect all aspects of life, including work, and of course, the added stress of needing an income from work makes managing RA in a workplace setting all the more important. Thankfully, there is much that can be done, with reasonable adjustments and a good understanding of your rights and how your employer can support you at work.

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10 years on from our survey in 2007, NRAS launched a [new report](#) on the impact RA has on working lives at the end of 2017. “Work Matters” was a landmark report providing new data on this most important subject. “Work is central to human existence and the motive force for all economies. For individuals, it provides structure and meaning and is good for people’s health and wellbeing, as well as their financial health and prosperity. Moreover, work benefits families and is socially inclusive.” Professor Dame Carol Black wrote these words in her report to Tony Blair’s government “Working for a healthier tomorrow” in 2008, and they are as true today as then.

The first recommendation in our report was:

Government should incentivise employers to incorporate training of workforce, particularly line managers, in how to support employees with long-term conditions/disabilities and ensure this is included in all new employee induction processes. The emphasis should be on providing early support to prevent employees getting to a crisis point where job loss or reduction of hours is more likely or inevitable.

As part of our commitment to support the above recommendation, NRAS invested in creating two important videos both of which were interviews with key employer organisations in the UK which focus on how and why employers should provide better support to people with RA and other long term conditions in the workplace as this benefits not only the employee but the employer as well. Often employers, particularly the smaller to medium-sized enterprises who don’t have HR departments, simply don’t know how best to support their employees with a long-term condition like RA, or where to go for information and support. On 18th September 2019, NRAS launched both of the below videos at a special event called ‘Time2Work’ at the King’s Fund in London. These videos capture interviews by NRAS National Patient Champion, Ailsa Bosworth, with Rain Newton-Smith, Chief Economist at the Confederation of British Industry and Neil Carberry, the CEO of the Recruitment and Employment Confederation.



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A video of the highlights of the launch event on the 18th September was made and launched on World Arthritis Day (12th October 2019) as part of the EULAR (European League against Rheumatism) campaign, Don't Delay, Connect Today, with this year's theme being #Time2Work. We were fortunate in securing some excellent speakers for the event and further videos of their individual presentations and the panel session, which followed, can be viewed below:



Introduction by Clare Jacklin, CEO NRAS

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## Work and health

- Work is central to human existence
- It is the motive force for all economies and provides structure and meaning to individuals and societies
- Good for health and well-being
- Good for financial health
- Good for families
- Socially inclusive and 'a right'



*Black C. Working for a Healthier tomorrow, 2008*



#Time2Work



Presentation by Professor Karen Walker-Bone BM, FRCP, PhD, Hon FFOM  
Director, Arthritis Research UK/MRC Centre for Musculoskeletal Health and Work

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## The Health Foundation 2017

- People 'pushed' into work they are not able or ready to do, or into bad quality work that is harmful to them, under the misguided notion that any work will be good for them in the long run.
- People with long-term health conditions and disabilities would be able to work if they were offered the right support, the right job or type of work, and the right work environment.
- Work as a health outcome is a recognition of that.

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#Time2Work



Presentation by Louise Parker?

Lead Nurse, Rheumatology & Connective Tissue Disease, Royal Free Hospital  
Chair – Royal College of Nursing, Rheumatology Forum

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## Presentation Kyla Sanders and Kate

Living with RA

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Keynote presentation from Mr Nick Davison

Head of Health Services, John Lewis Partnership

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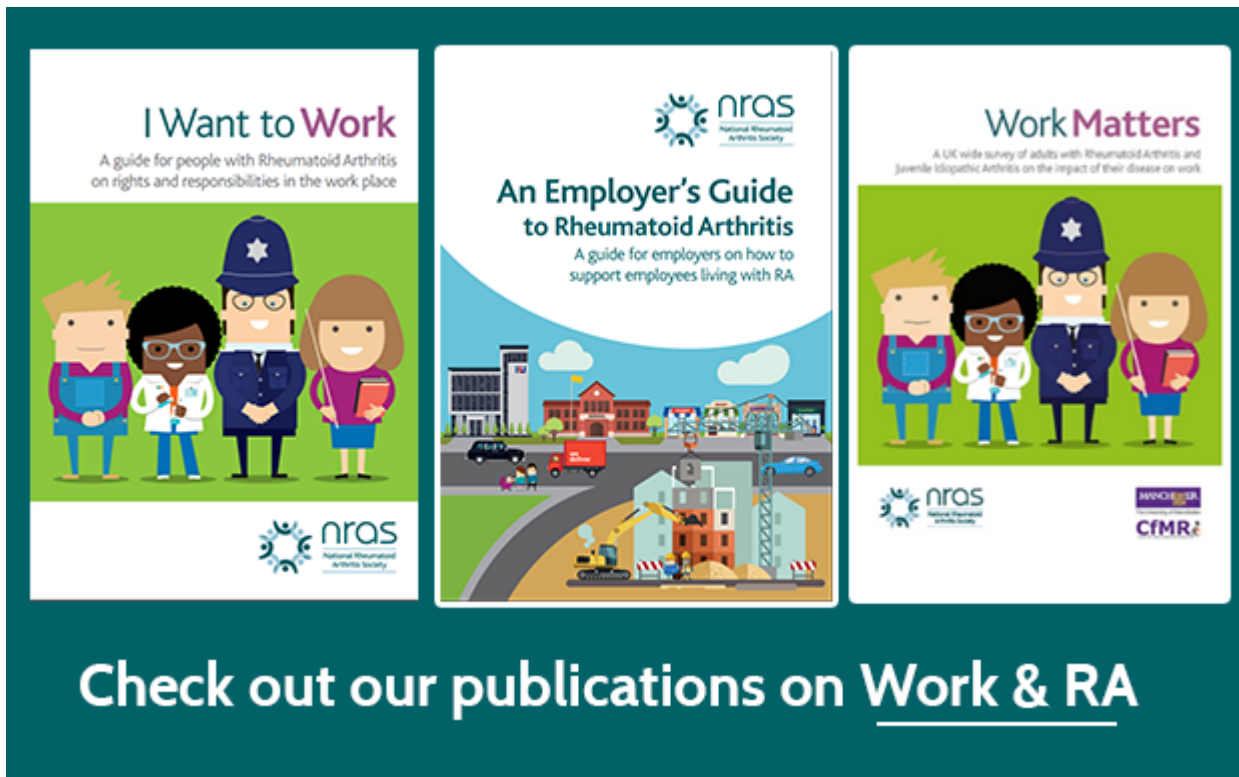




Panel discussion with all above speakers and the audience

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Check out our publications on Work & RA

## I want to work

In this booklet you will find up-to-date and accurate advice and information, to make sure you know what help you can expect to receive and have the support to help you to keep working and to minimise the impact that work might have on your RA and vice versa.

[Order/Download](#)

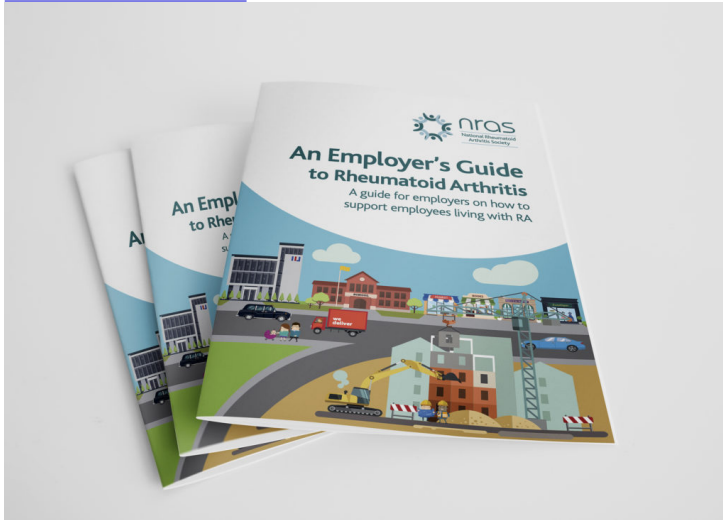


## An employers' guide to rheumatoid arthritis

This booklet has information about rheumatoid arthritis (RA), how it can affect people at work, the

kind of difficulties it can cause and how these may be overcome. It also includes up to date information on where employers can go for help and advice on the law relating to disability, on best practice and on making reasonable adjustments for employees at work.

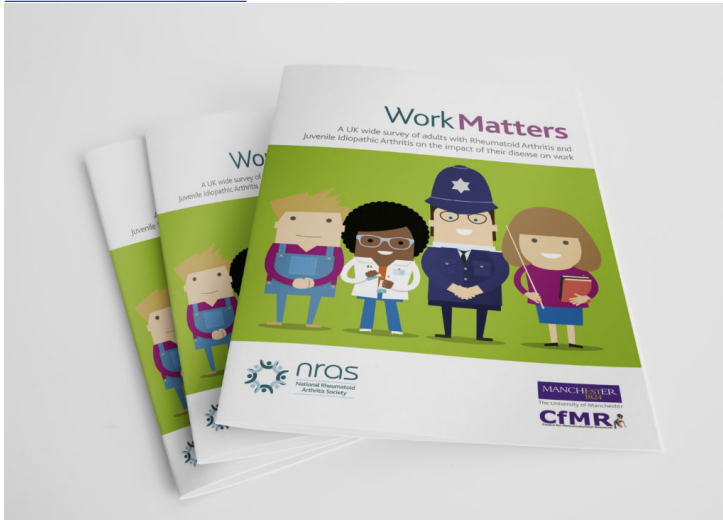
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## Work matters

In this booklet you will find a UK wide survey of adults with rheumatoid arthritis and juvenile idiopathic arthritis on the impact of their disease on work.

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[Web link](#)

## [MSK Health Toolkit for Employers and Further Education Institutions](#)

[The Musculoskeletal Health toolkit is a helpful guide for employers and further education institutions to help them support adolescents and young people in work and higher education.](#)

[Article](#)

## Using the computer

Many have to use a computer for work, which can be difficult for those with joint problems. There are alleviate the problems associated with long term computer



## Article

Disability Discrimination Case Study – The Equality Act 2010



## Article

## Overcoming problems at work



ment as well as manage long term health issues, often face  
orkplace. By Bridie Nelson and Sandi Sayer

## Article

### Guide to the Equality Act 2010



rent protection provided to disabled persons under the  
rkhad, Employer Law

## Article

## Promoting mental wellbeing at work

In 2010, The National Institute for Health and Clinical Excellence (NICE) issued guidance for employers on promoting mental wellbeing at work through productive and healthy working conditions.

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