

Article

## RA Awareness Week 2019

The theme of the campaign is #AnyoneAnyAge and the key message is: RA can affect anyone at any age over 16!

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# How you can get involved in RAAW 2019

## Order the RA Awareness Week Pack

It is not too late to order your RA Awareness Week Pack, which contains everything you need to help plan your event. Already holding an event? Make sure to tag us online with #AnyoneAnyAge and #RAAW and share photos.

## Share a photo from when you were diagnosed

Whether you were in your 20s, 30s or 50s, share a photo from your age of diagnosis telling us how you reacted to it. Tag it #RAAW #AnyoneAnyAge and we'll share your message.

## Add the RAAW frame to your Facebook Profile Picture

The frame will be available one day before the start of RA Awareness Week, on 16 June. Add it by visiting [Facebook](#) and searching 'RA Awareness Week'.

## Send an email to your MP in 30 seconds!

Use our ready-made template to email your MP/ MSP/ AM about RA Awareness Week. You can edit the email to make it more personal or you can just send it as it is. This is a great way of raising awareness and will really help us to achieve some of our key campaigning aims.

## Organise a fundraising activity and raise money

By doing so, you will be supporting all those who rely on NRAS for information and support with their RA. You could host an NRAS Tea Party, NRAS BBQ, or an NRAS Quiz Night! There are a lot of choices. Give us a call on 01628 823 524 or email us by clicking on the button below. We'll help you get started with balloons, posters and ideas.

## Host an Information Stand

What better way to raise awareness than going to your local library, pharmacy, hospital, supermarket or gym, and sharing information about RA. It could make a huge difference. Contact us and we'll deliver free resources to you to help you set up.

## NRAS in 2023

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