

Resource

Projects made possible by gifts in Wills

NRAS has been fortunate to benefit from a number of generous gifts in Wills, these gifts have supported the charity in providing vital services to those living with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA) across the UK.

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Did you know that 2 out of 5 lonely or desperate calls to our helpline would go unanswered without gifts in Wills?

These gifts have helped NRAS:

- Start the planning and development of a Digital Self-Management Programme for everyone living with RA in the UK.

This programme will be designed to build the knowledge, skills and understanding around the supported self-management of RA with the purpose to improve long-term health outcomes of patients with RA in the UK. Modules will include animation, interactive content and video content.

- Begin the planning and development of new hard copy health educational resources for children and young people with JIA as well as their parents, carers and healthcare professionals.

These educational resources will help the self-management of the condition through detailed and up to date information around the medications and treatments for JIA.

Please see [here](#) to download a copy of our free NRAS Guide to Writing or Updating your Will.