National Rheumatoid Arthritis Society (NRAS)

Area covered: Whole of Hampshire

NRAS is the only UK patient organisation focusing specifically on Rheumatoid Arthritis. NRAS offers free help and information on all aspects of living with RA. NRAS offers a free phone helpline; free information booklets; society membership; peer to peer support calls and patient led group meetings; Self Management courses and online patient forums. NRAS also is actively working with Commissioners, Health Care Professionals, Policy makers, industry partners, Stakeholders and the NHS to drive up standards of care throughout the UK as well as further afield in Europe.   Contact information is as follows Free Helpline Monday - Friday 9.30-4.30 0800 298 7650 Email enquiries: enquiries@nras.org.uk Website: www.nras.org.uk

WHO ARE OUR SERVICES FOR
690,000 people living with Rheumatoid Arthritis throughout the UK, their families and their health care professionals as well as Children's and young people with JIA.

WHO CAN REFER TO OUR SERVICE
Self referral; GPs and Health Care Providers; Adult Services; Community Provider

WE ARE OPEN

Monday to Friday	9.30am to 5.30pm

	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
Phone	0845 458 3969	Phone
Email	enquiries@nras.org.uk	Email
Website	www.nras.org.uk	Website
Address	4 The Switchback, Gardner Road, Maidenhead SL6 7RJ	Post
Free Helpline	Mon-Fri – 9.30-4pm 0800 298 7650	

OTHER USEFUL INFORMATION

Often people do not recognise the key symptoms of inflammatory arthritis and may delay seeking help. NRAS can offer free RA awareness leaflets, posters, video clips etc. to help ensure public information is readily available via your surgeries. Volunteers during RA Awareness week can man stands at surgeries and/or participate in any practice disease awareness educational sessions you may wish to host. Early and prompt diagnosis is fundamental in ensuring more people reach remission that with the massive advancements in treatments and therapies is now a realistic outcomes for thousands.

December 2014