

How your money helps

The impact of your donations is huge!



Could fund printed resources for a community presentation about self-managing arthritis.



Could help our Groups reach more disadvantaged individuals to learn how to live better with arthritis.



Could help fund a presentation to local communities to increase their knowledge of self-management.



Could fund an online 'home-strength' exercise session which helps individuals gain basic mobility.



Could fund a series of tailored diet and exercise sessions that address an individual's needs.



Could fund a series of podcasts on common myth-busting topics associated with arthritis.



Could help fund the development of new exercise programmes tailored to those with arthritis.



Could fund research into the unmet needs of those living with arthritis.