

Join us

Become a member!

Become part of our community and support the work we do by joining us as a member for a small fee.

As a member you will have the opportunity to:

- Add to our 'Patient Power' – strengthening our voice to help drive change.
- Become part of a proactive, friendly community.
- Find out about research updates and the opportunities to act as a patient representative.
- Get involved in the work of the charity, shaping our services and strategy.
- Help fund the charity: your membership fee covers the administration of your membership and contributes towards delivering our services to people with PMR/GCA and their families.
- Meet fellow members and hear expert speakers at our popular AGM.
- Find out more about volunteering opportunities.
- Receive a copy of our magazine NewsWire three times a year.
- Have access to live webinars by PMR/GCA specialists as well as recordings of past talks.

Help us to be there for everyone who needs us by joining today!

For more information:

www.pmr-gca.org.uk/how-to-help/become-a-member

Tel: 0300 999 5090

Email: membership@pmr-gca.org.uk



Polymyalgia Rheumatica
& Giant Cell Arteritis UK

Information and support



Registered Charity: No 1128723

PMRGCAuk is the national charity supporting people in the UK affected by polymyalgia rheumatica (PMR) and giant cell arteritis (GCA)

Information and support

This leaflet explains the different ways everyone affected by PMR/GCA can access our information and support services. We are here to help you.

Who we are

We are a national charity meeting the needs of people affected by polymyalgia rheumatica (PMR) and giant cell arteritis (GCA). PMR and GCA are linked rheumatic conditions which cause severe pain and discomfort and the standard treatment is long-term use of corticosteroids. Undiagnosed and untreated GCA can lead to sight loss, although this is easily prevented if caught in time.

What we do

We offer support and information, raise awareness and promote research.

You can find out more about our services on our website: www.pmr-gca.org.uk



Helpline

Our helpline is run by volunteers with personal experience of the conditions.

Tel: 0300 111 5090

Email: helpline@pmrgca.org.uk

(Mon-Fri 9am-5pm)



Online Forum

Online support from people with PMR/GCA.

<https://healthunlocked.com/pmr-gcauk>



Website

Our website contains lots of useful information on PMR/GCA and our latest news.

www.pmr-gca.org.uk



Facebook

We have a Facebook page where we share events, news and other developments.

www.facebook.com/pmr-gcauk

Support Groups

We have a national network of support groups run by volunteers who have personal experience of PMR/GCA. Meeting others can help you feel less isolated and provide a space where you can share your experiences and make friends with people who understand how you feel. Some groups have speakers such as physiotherapists, consultants and pharmacists.

Some groups are more informal and often take place in a public venue such as a pub or restaurant, providing a place to chat and share information. While the groups do not replace health professional care or advice, they are a valuable resource to help you cope and find out more about your condition.

www.pmr-gca.org.uk/get-support/groups

Tel: 0300 999 5090

Information Packs

You can order a free digital or hard copy information pack to find out more about the charity and PMR/GCA.

<https://pmr-gca.org.uk/get-support/information-pack/>

Tel: 0300 999 5090 Email: info@pmr-gca.org.uk

Befriending Support Programme

We offer one-to-one peer telephone support for those who are most isolated.

Email: info@pmr-gca.org.uk