



## FAQ

### How is PMRGCAuk run?

We have a small team who work part-time and run the charity together with our trustees. We also have a growing team of volunteers around the country who organise support groups, events and distribution of information – we couldn't achieve a fraction of what we do without them.

### How is PMRGCAuk funded?

We are funded mainly through donations, membership subscriptions and fundraising events organised by members and trustees. We keep running costs low by having a virtual office, which means our small team works from home.

### How much will it cost me?

We keep fees low to make membership accessible to as many people as possible. If you would like to make an additional donation, you can do this while setting up your membership.

### What's the difference between being a member of my local group and a member of the national charity

Groups are organised locally by volunteers and membership of your local group is separate to membership of the charity. We hope that you will join the charity and receive all of the benefits mentioned in this leaflet. You will be helping us to support others with PMR and GCA.

# Join us Become a member!

Become part of our community and support the work we do by joining us as a member for just a small annual 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 with your fees to enable us to deliver our services to more 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 us as a member!

### For more information:

[www.pmrgca.org.uk/how-to-help/become-a-member](http://www.pmrgca.org.uk/how-to-help/become-a-member)

Tel: 0300 999 5090

Email: [membership@pmrgca.org.uk](mailto:membership@pmrgca.org.uk)

Registered Charity: No 1128723



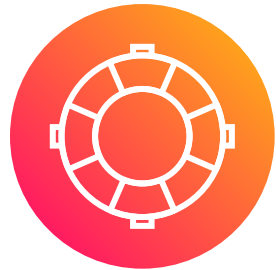
Polymyalgia Rheumatica  
& Giant Cell Arteritis UK

# Join Today

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

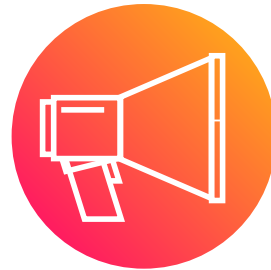
PMRGCAuk is the national charity supporting those affected by the two diseases polymyalgia rheumatica (PMR) and giant cell arteritis (GCA) in the UK. PMR and GCA are linked rheumatic conditions which cause severe pain and discomfort and the standard treatment is long-term use of corticosteroids (steroids).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

# How we help people with PMR/GCA



## Information and Support

- **Telephone Helpline:** run by volunteers with personal experience of the conditions.  
Tel 0300 111 5090 Email [helpline@pmrgca.org.uk](mailto:helpline@pmrgca.org.uk)
- **Online forum:** online support for people with PMR/GCA: <https://healthunlocked.com/pmrgcauk>
- **Network of UK support groups:** offering those affected by PMR/GCA an opportunity to share experiences and support each other.
- **Information pack:** free pack to people newly diagnosed with PMR and GCA.
- **Website and magazine:** containing the latest developments and news.
- **Befriending Programme:** telephone support for isolated individuals from a volunteer 'befriender'.



## Awareness

- Raising public awareness of the conditions, through national media work – for example our collaboration with the BBC's *Trust Me, I'm a Doctor*.
- Promoting understanding of the illnesses, their diagnosis, treatment and continued care in the medical profession.
- Campaigning to raise awareness in government, meeting with health ministers, members of the House of Lords and NHS England.



## Research

- Supporting and participating in research, inviting our members to help shape our services and the priorities for research.
- Advocating for fast and effective diagnosis and treatment to prevent sight loss resulting from undiagnosed GCA.
- Providing patient representation on international working groups, such as those to develop guidelines for the management of PMR and GCA.