



## Awareness

We raise public awareness of the conditions through national, regional and local media work.

We promote understanding of the illnesses, their diagnosis, treatment and continued care in the medical profession.

We campaign to raise awareness in government, meeting with health ministers, members of the House of Lords and NHS England.

## Research

We support and participate in research and invite our members to help shape our services and the priorities for research.

We advocate for fast and effective diagnosis and treatment to prevent sight loss resulting from undiagnosed GCA.

Working closely with researchers and rheumatologists at an international level, we provide patient representation on working groups, such as those to develop guidelines for PMR and GCA.

## Become a member

By becoming a member you join a friendly and proactive community, and help support the work we do. There is a small fee for membership and in return you will have the opportunity to:

- Add to our 'patient power' – strengthening our voice to drive change.
- Find out about research updates and the opportunities to act as a patient representative.
- Get involved – help shape our services and strategy.
- Meet fellow members and hear expert speakers at our popular Members' Day.
- Find out more about volunteering with us.
- Receive a copy of our members' magazine, NewsWire, three times a year.
- Be invited to live webinars with PMR and GCA specialists as well as recordings of past talks.

### Join today!

For more information see our website: [www.pmrgca.org.uk/how-to-help/become-a-member](http://www.pmrgca.org.uk/how-to-help/become-a-member), call 0300 999 5090 or email [membership@pmrgca.org.uk](mailto:membership@pmrgca.org.uk) for a hard copy membership form.

## General contact details

-  Website: [www.pmrgca.org.uk](http://www.pmrgca.org.uk)
-  Facebook: [facebook.com/pmrgcauk](https://facebook.com/pmrgcauk)
-  Twitter: [@pmrgcauk](https://twitter.com/pmrgcauk)
-  Office: 0300 999 5090 Helpline: 0300 111 5090

Registered Charity: No 1128723



Polymyalgia Rheumatica  
& Giant Cell Arteritis UK

# HOW WE CAN HELP YOU

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

# HOW WE HELP PEOPLE WITH PMR AND GCA

## What we do

As the only national UK charity for people affected by polymyalgia rheumatica (PMR) and giant cell arteritis (GCA), we:

- Provide Information & Support
- Raise Awareness
- Promote Research

If you are newly diagnosed, or even if you have had PMR or GCA for a while, we can help you.

This leaflet, and our website, will guide you through the various services we offer.



## Information & Support

### Information Packs

To find out more about PMR and GCA and our charity, you can request a free digital or hard copy information pack from our website at [www.pmrgca.org.uk/get-support/information-pack/](http://www.pmrgca.org.uk/get-support/information-pack/)

### Membership, Members' magazine & Webinars

Join our community of members and receive our regular magazine with the latest developments and news. Members are also invited to hear expert speakers at our webinars and annual members' day. Find out more at [www.pmrgca.org.uk/how-to-help/become-a-member](http://www.pmrgca.org.uk/how-to-help/become-a-member)

### Website

Our website contains lots of information about PMR and GCA, from symptoms to treatment to living with the conditions. Our website is [www.pmrgca.org.uk](http://www.pmrgca.org.uk)

### Telephone Helpline

Call our helpline for one-to-one support from volunteers with personal experience of the conditions.

Tel: 0300 111 5090 Monday to Friday, 9am to 5pm.  
Email: [helpline@pmrgca.org.uk](mailto:helpline@pmrgca.org.uk)

### Support Groups

Our national network of support groups is run by volunteers who have personal experience of PMR and GCA. They allow you to meet others who understand how you feel and can help you to feel less isolated. Some groups are informal and take place in a venue such as a cafe or pub and provide the opportunity to chat. Other support groups might take place in a hall and invite speakers such as physiotherapists and rheumatology consultants.

While groups do not replace health professional care or advice, they are a valuable resource to help you cope.

Find your local group at [www.pmrgca.org.uk/get-support/groups](http://www.pmrgca.org.uk/get-support/groups)

If you do not have a support group close to you, you can join one of our online support groups. Details can be found at [www.pmrgca.org.uk/online-support](http://www.pmrgca.org.uk/online-support)

### Online Forum

For online support our forum welcomes thousands of patients at varying stages on their PMR or GCA journey. It's easy to join, ask questions and connect with others going through similar experiences. Go to: [www.healthunlocked.com/pmrgcauk](http://www.healthunlocked.com/pmrgcauk)