



Patient and Public Engagement

Can you help?

If you like what we do and would like to help, please consider giving us a donation, or a gift in memory of someone dear to you, inscribed on our benefactors board, or even a legacy.

£100 would cover refreshments all year for a monthly support hub meeting. £1000 would cover the print and postage costs for a patient information day and newsletter. £2000 would pay for a Summer Studentship. £10,000 would fund a small-scale pilot research project.

We also need volunteers to join our committees and help with events.

To find out more, please contact the Director
Director@birdbath.org.uk



Bath Institute for Rheumatic Diseases

The Bath Institute for Rheumatic Diseases (BIRD) exists to support arthritis research, education and patient engagement.

We run a wide range of information days, think-tanks and focus groups that give **everyone** a chance to network, be inspired and to have a voice

We provide **opportunities** to get involved in **research** and learn about new medicines and treatment



We were formed in 1975 by the Royal National Hospital for Rheumatic Diseases (known affectionately as 'the Min') and the University of Bath. Although we became an independent charity in 1981, we are still committed to collaborating with both organisations, by bringing clinicians and scientists together.



Bath Institute for Rheumatic Diseases

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BIRD@birdbath.org.uk • 01225 336363

We invite and encourage everyone to get involved, please join us and share ideas from all perspectives – find us on Twitter and Facebook or register for our Patient & Public Engagement events and newsletters by email at admin@birdbath.org.uk

Bath has always been at the forefront of bone and joint disease research, education and patient care, as part of its history as a city with thermal waters since at least Roman times, and with one of the first national specialist hospitals in the country founded in 1738.



We support arthritis research, education and patient engagement...

by awarding 'pump priming' **research grants** in the field of bone and joint diseases

by providing **educational and professional development opportunities**, such as Summer Studentships for scientific researchers, and **courses** on the impact of bone and joint diseases for health professionals

by **supporting** patients, their families and carers and involving them in **research** through the Patient and Public Engagement (PPE) programme



Patient and Public Engagement

We recognise that patients need and expect to have more influence on the kinds of treatment and options open to them.

We work closely with patients and support groups and we know it's about helping real people, not just those who feel labelled as 'patients', but all those affected, across families, work and social life.

People can feel very anxious or isolated when they are first diagnosed. Finding other people to talk to is an important means of support and we help facilitate this through a range of patient events. We also aim to help people set up their own support groups – and will give them as much help as they need to get going and keep going.

We have been listening to patients through our information days for years, regularly receiving high rates of patient satisfaction for our work, and we use those insights to create more support and choices for people suffering with rheumatic disease and chronic pain.

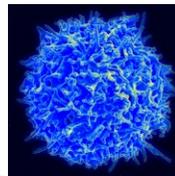
What is rheumatology?

Rheumatology is the study and treatment of arthritis, including a number of autoimmune diseases, pain disorders affecting bones, joints, soft tissue and tendons.

There are more than 200 types of rheumatic diseases, including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, systemic sclerosis, lupus (SLE), Raynaud's, vasculitis, osteoarthritis, gout, back pain, osteoporosis, and tendinitis.

People of any age are affected, including children, but patient numbers are increasing with the number of older people in the population. These diseases are the cause of great pain and suffering and one of the main causes of disability in Britain.

In the long term, **our work helps almost everyone** because only one person in fifty escapes some form of rheumatic complaint in their lives.



Every year we aim to...

award grants totaling at least **£70,000** to support research and education into many aspects of bone and joint diseases

raise **awareness** of rheumatic diseases and help over 3000 patients, their family and friends to better **understand** their conditions



fund the training of PhD students, clinical research fellows and post-doctoral research assistants

