

**At BIRD we know...**

Patients love to talk to other patients, learn as much as possible about their disease, share their experiences & have a say in the things that affect them. It's not easy to find other patients to connect with or find a local support group or to source information & keep support groups going.

**People's Needs  
Patient Choice  
Every Voice**

*We want to connect with you and understand your wants & needs - please take a few moments to answer the questions below and have your say:*

**Which age group do you belong to:**

0-16       17-29       30-49       50-64       65+

**Which social media platforms do you use (please tick all that apply)**

Twitter       Facebook       Instagram       Pinterest

Other (please specify) \_\_\_\_\_

**Do you belong to a support group?**  No       Yes (please give details)

\_\_\_\_\_

**If no, would you be interested to hear about new support groups?**  Yes       No

**BIRD are planning a number of patient focussed events & information days - what topics or talks would you like to see included on the agendas (tick all that apply)**

Self-Help/Wellbeing       Exercise/Fitness       Nutrition/Diet       Mental Health  
 Clinical Research/ Medicines       Gadgets/Aids       Volunteering       Work/Benefits

**Any other suggestions:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If you would like to receive PPE updates & news please write your email address below:**

\_\_\_\_\_

*Please put the completed sheet in the box.*

**Thank you!**



Email: **PPE@birdbath.org.uk**  
Phone: **07763 743322**  
you can also find us on Twitter & FaceBook



**Bath Institute for  
Rheumatic Diseases**  
www.birdbath.org.uk