

For Researchers

From BIRD's £90,000 annual allocation for research: three research grants were awarded for projects:

- Pregnancy Outcomes in Systemic Lupus Erythematosus
- Does Immunoprecipitation coupled with high performance liquid chromatography mass spectrometry provide equivalent autoantibody diagnostic capabilities to conventional radio-immunoprecipitation?
- Understanding the experience of men living with Fibromyalgia

Advised on **20 research** projects covering different rheumatology conditions and helped to recruit participants

47 members

of BIRD's Patient Research Panel helped researchers involve patient perspectives in projects



I am delighted to have received such swift and insightful feedback from the patient research panel. Being able to discuss research plans with people with lived experience is incredibly valuable and helps us to design truly meaningful research that can provide real benefits. Thank you all!



TO ALL OUR DONORS

BIRD would like to thank all the generous donors for their recent gifts to help research and patients:

Our thanks to Margaret Goff for her recent donation.

"I wish to support the work of BIRD so that others may benefit from new research and support, as I have done over the last 35 years of treatment at the RNHRD"



TO GIVE DIRECTLY

If you wish to discuss a gift or pledge a legacy, please do contact our Director, Celia on director@birdbath.org.uk, she will be happy to talk to you. **Thank you!**
www.localgiving.org/charity/BIRD

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Register to receive our newsletter via the BIRD website www.birdbath.org.uk

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Bath Institute for
Rheumatic Diseases

OUR IMPACTS



BIRD is a charity dedicated to supporting patients with rheumatic diseases, furthering research and updating healthcare professionals at the Royal National Hospital for Rheumatic Diseases and beyond.

Key outcomes in 2025:

- Over 90% of patients who attended BIRD webinars felt more confident afterwards to self-manage in between appointments and more confident in talking to their health care provider
- 100 nurse hours in clinic were saved for every medication video BIRD produced, as new patients arrived better prepared and requiring shorter briefings
- 100% of patients said they felt their voice was heard and valued at BIRD's research event
- Over 35,000 listens to the BIRD patient podcast library with over 70 episodes, since launching in 2020
- Over 100 patients responded to opportunities circulated by BIRD to get involved in research

For Patients

Over 7,500 views

on YouTube of BIRD's 24 patient information videos, with 10 new videos recorded by BIRD working with the RNHRD, covering medications and information from their Therapies department



478 patients registered to attend 7 BIRD webinars covering different rheumatology conditions

I absolutely loved the interactive presentation... informative and enthusiastic. Most I have learnt about my condition ever

New for 2025

BIRD podcasts now have accompanying video and are transcribed



I just wanted to write and say how much I appreciate the BIRD podcasts. I have systemic sclerosis and I find these podcasts informative and reassuring. They enable me to find a trusted source on the condition and provide me with very helpful information about health management



Creative Writing workshop: coping with a rheumatic condition

1,700 people subscribe to receive BIRD's e-newsletter sent every two months. 62% open rate (twice the industry standard)



It is always wonderful to be together with people with similar problems to yours and do something together, whether it is to learn about the illness and how to cope with it in a medical and pragmatic way or to just relax and have some fun, like yesterday, and look for alternative coping strategies!

More than **16,000** page views for the updated 2025 website, **94%** of visitors were new

152 patients and companions attended six in-person events covering topics such as well-being, activity, research and information on specific conditions



Nearly 2000

follow BIRD on Facebook, Instagram and LinkedIn

For Healthcare Professionals

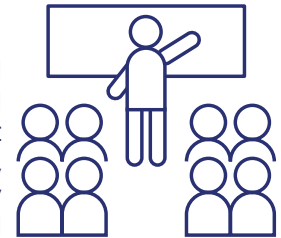
504 healthcare professionals and researchers updated their knowledge at nine BIRD Continuing Professional Development course



BIRD GAVE £160,000 for three new research related positions at the RNHRD and University of Bath: An Academic Clinical Fellowship, a PhD Studentship and a Research Database Manager

BIRD funded

10 RNHRD staff and researchers to attend the major specialist rheumatology conferences, the highest ever bursary funding awarded



My first time at the British Society for Rheumatology conference was fantastic and challenging. I learnt so much about vasculitis. Getting to speak to other professionals from other hospitals about how they do things means I can help patients to manage their symptoms better