



Your Rheum is a national Young Persons' Advisory Group (YPAG). It is a rheumatology specific YPAG for anyone **aged 11-24**, diagnosed with a **rheumatic condition(s)** & living in the **UK**

No qualifications needed
OR
Experience of working in health research

WHAT DOES YOUR RHEUM DO?

Group members work with researchers on rheumatology projects. We hold **face-to-face meetings** at least twice a year, as well as host regular **zoom meetings & online activities** every few weeks

WHAT TO EXPECT

- Provide your thoughts on a research idea (e.g. is it important?)
- Give your opinions to help guide the design of a research study (e.g. should patients complete questionnaires in clinic every time or once a year?)
- Attend rheumatology events to share your personal experiences of living with a rheumatic condition or being part of Your Rheum
 - Get creative and write a blog, scientific paper or website content
 - Just sit & listen to others if you prefer to observe

Your Rheum is FREE to join, you CHOOSE which activities you take part in



GROUP RULES

- The Group is made up of young people from different backgrounds with different ideas, treat each other with **respect & sensitivity**
- You may have access to sensitive information such as a research project in development, **respect confidentiality**
- Please read the full list of the Group's **ground rules and activities you can't do on the website here <https://yourrheum.org/group-rules/>**

CONTACT DETAILS

Your Rheum
Coordinator **Laura Lunt**
your.rheum@manchester.ac.uk
0161 275 1901



www.yourrheum.org



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