



6 month Round Up

Here are some highlights of the work Your Rheum have been involved in since June...

Virtual meetings: In September, we met Merry & Matt from University College London to discuss **PEEK, an online transitioning tool**. We gave our thoughts on different platforms we use such as YouTube, Twitter, Facebook and talked about what are useful resources/places people go to for support when moving from paediatric to adult rheumatology services.

If you would like to get involved in PEEK and help them develop the online tool (likely to be a YouTube channel), email Laura Laura.lunt@Manchester.ac.uk

Online activities: We've recently worked with Danielle at University of Manchester and answered questions around **pain experiences**. Danielle will also be working with us in November at the next virtual meeting.

And Me (Laura), asked Your Rheum on behalf of the **CAPTURE:JIA** team, what people thought about a lay project summary I wrote. Feedback from members was really helpful and I made a few changes and a better summary was produced and circulated to all of Your Rheum & Versus Arthritis.

Your Rheum's abstract to **PreS Congress 2021** about experiences of working virtually on research involvement activities, was turned into an e-poster and presented by Tilda & Suruthi. Comments from conference attendees were really positive 'refreshing' to see young people & patients present. Brilliant work, great job!

Ecem is working with the Your Rheum team on a **paper for the BMC**, telling the Your Rheum story, including her journey about getting involved with the group. She has even been busy interviewing researchers who have worked with us. Suruthi has also contributed to the piece and has written about her experiences developing the Your Rheum animation. Also, a huge thanks to members who sent Laura quotes for the paper. We'll be submitting the paper soon!

Smashing it guys.



A warm welcome to new members:
Sophia, Izzy & Anna!

And a sad farewell to Kelsey Niamh & Malaika who have been members for a number of years but it's time for them to move on to other brilliant things.

NOTICE Board

- ❖ **New Your Rheum Instagram account** search your_rheum (yes, it's spelt wrong on purpose) and follow us!
- ❖ **Your Rheum animation** is complete – check it out <https://youtu.be/Y8OqmeJZ9Eo> (can be found on the Your Rheum website & YouTube channel)
- ❖ Your Rheum are **submitting two abstracts to BSR conference 2022**, one about virtual involvement activities and people's experiences of these and the other discussing how we created the Your Rheum animation.
- ❖ The next **virtual Your Rheum meeting is 18th November 7pm**. Contact Laura if you would like to attend. Laura.lunt@Manchester.ac.uk



SPOTLIGHT

Name: Iffrah Atif

3 words to describe Your Rheum:

welcoming, positive and informative

How long have you been a member of

Your Rheum: I have been a your Rheum member for just under 9 months

Where would you like to travel to most:

I would like to travel to America specifically New York

Least favourite food: broccoli