



A warm welcome to new members
Lilith & Caelan!

6 month Round Up

Highlights since October...

Virtual meetings: In November we met Danielle from the University of Manchester and had great discussions about **pain beliefs and experiences**. We also worked with Ursula from Sheffield Hallam University and took a look at the **JIA toolkits and co-production activities** her team have created.

Online activities: Ursula and Danielle also created online activities about their projects, for any members who couldn't attend the virtual meeting.

BANNAR have just completed a survey about **young people's involvement in rheumatology research**. Your Rheum members Beth, Suruthi and Megan will be working with Laura to analyse the data and write up the findings.

6th Adolescent Rheumatology Symposium: Your Rheum was busy!! We ran an online activity scoring the **top 5 best lay project summaries**. Members also worked with Janet, developing her talk on **the impact of COVID-19 on education** - Hamza and Suruthi presented this talk with Janet. Laura presented the **Your Rheum animation** and researcher Vera at UCL (who worked with us recently), presented her work on the use of **MRI scans** in routine practice.

Your Rheum Animation [click here](#)

NOTICE Board

- ❖ Your Rheum have been nominated for a University of Manchester **Making a Difference award 2022**
- ❖ The next **virtual meeting is 10th March 7pm**. Contact Laura if you would like to attend Laura.lunt@Manchester.ac.uk
- ❖ A **new members feedback survey** is now live on the website & will be accessible all year round
<https://yourrheum.org/contact/>

SPOTLIGHT

Name: Hamza Choudhary

3 words to describe Your Rheum:

Meaningful, helpful, connections

How long have you been a

member of Your Rheum: 1-2 years

Where would you like to travel to most:

I want to go to Canada, I was born there but I haven't been since I was a wee babyyy

Least favourite food: I love all food, honestly can't think anything I don't like. I need to go on a diet lol ;{



A HUGE well done to everyone from Your Rheum who was involved in this years symposium - working with researchers on their projects, presenting or supporting the organisers. Many people commented on your great achievements & contributions!