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**NATIONAL
HELP LINE**

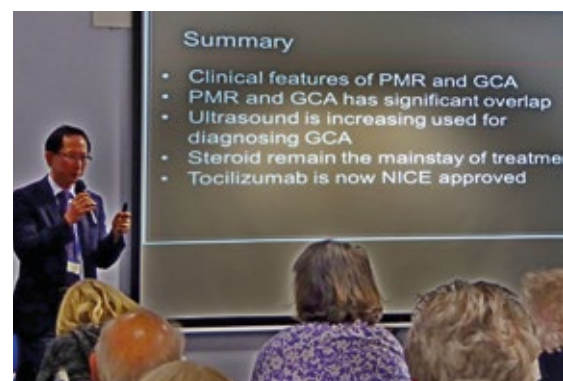
0300 111 5090

PMRGCAUK is a registered charity established to meet the needs of people with these debilitating conditions by raising awareness, promoting research and offering support.

Portsmouth hosts the grand finale of our Rheuma Research Roadshow tour

When we started the Rheuma Roadshows in Southend 18 months ago, the prospect of completing the whole planned cycle of events all around the country seemed ambitious.

But we have now fulfilled the ambition, with the final roadshow which was held in Portsmouth on a Saturday at the beginning of June. It turned out to be a grand finale, one of the biggest roadshows and taking up a whole day



Dr E Wong addressing a packed audience at the Portsmouth roadshow

too. Over 70 people attended the day, held at Queen Alexandra Hospital, Cosham, in partnership with the rheumatology team there.

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ANNIVERSARY

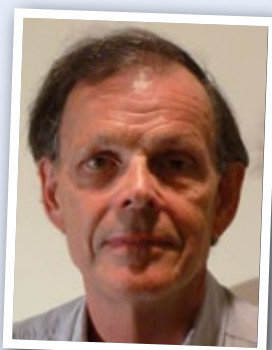
**2018 PMRGCAUK
MEMBERS' DAY & AGM**
SATURDAY 8TH SEPTEMBER 2018

Time is running out!

Please book now if you have not already reserved your place.

Turn to page 10 for details

NEW FACES: There have been a number of changes at PMRGCAuk in recent weeks. We would like to welcome three new faces and say goodbye to Kathryn, who will be leaving in September.



Professor Humphrey Hodgson became a trustee in April. He will take over from Penny Denby as Chair of Trustees at the Member's Day & AGM on 8th September.

"I really welcome the opportunity to become involved in PMRGCAuk. I have now retired having spent all my career working for the NHS and different universities, most recently at the Royal Free Hospital and University College London; and during that time I have seen just how important patient groups are, in providing support to patients and carers, providing information, supporting research, and improving the care that the NHS can offer.

PMRGCAuk is an outstanding example of such a group. I hope to bring my experience as a hospital physician and researcher, in NHS administration and in allied charities, to your service. My roles have included professorships in Medicine at Imperial College and UCL, Vice-presidency of the Royal College of Physicians, Presidency of the British Association for the Study of the Liver, and trusteeships of the Arthritis Research Campaign, the Liver Group Charity and the British Association for the Study of the Liver.

Recent events such as the impact of the charity's lobbying for the introduction of a novel therapy in GCA show just how effective PMRGCAuk can be, and there are many areas in which our influence

must be exerted, and I am thrilled to have the opportunity to help."

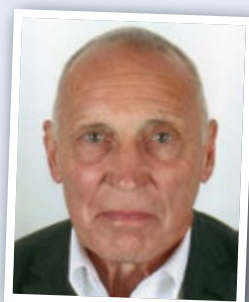


Fran Benson is our new Membership Secretary. Her predecessor Laurene Brooks retired in May.

"I work part-time for PMRGCAuk and am responsible for ensuring the member applications and renewals are processed smoothly and dealing with a variety of enquiries.

I have a background in sales and marketing and more recently in journalism. I studied for a post graduate diploma in journalism as a mature student while my children were little and have been freelancing as a journalist and copy-writer for the past fifteen years. With an interest in helping others, I have been chair of my children's school's PTA and helped in various community initiatives.

I am really looking forward to meeting members and volunteers at the annual Members' Day and AGM."

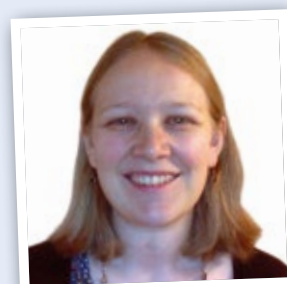


Keith Slater became a trustee and Treasurer in June, taking over this latter role from Andrew Osborne.

"I started my working life in economic forecasting (a perilous

occupation) and playing professional Rugby League after completing an economics degree at Cambridge. After 7 years I got a proper job in retail where I spent the rest of my career – appropriate as I was brought up in a village sweet shop and now live in what used to be the village post office!

I have been a director of several national chains and managing director of several businesses including the UK's 5th oldest business. I started my own retail consultancy in 1999 and, despite advancing years, still work mainly with major European retailers helping them with their merchandise planning. Diagnosed with PMR and GCA in July 2016, I am on the journey that we all share."



Director **Kathryn Busby** joined PMRGCAuk in September 2015. This September, she will be leaving the charity to spend some time in New Zealand. Her successor is currently being recruited.

"I will soon be moving on from PMRGCAuk. It has been a privilege to work with our brilliant staff, trustees and volunteers, and to get to know so many of our members with PMR and/or GCA, as well as those who research and treat the conditions.

I am lucky to now have the chance to spend some time with family in New Zealand, but I will miss my work with the charity and I feel really proud to have been part of this important cause for the past three years. I wish you all the very best for the future."



Portsmouth hosts the grand finale of our Rheuma Research Roadshow tour

ARTICLE CONTINUED FROM PAGE 1

Our previous roadshow had been a slightly bitter-sweet affair, as it was held in late April at the final formal meeting of the Peterborough support group, which has been ably led by Clare Marshall, a stalwart supporter of PMRGCAuk, for many years. The group were keen to hear about innovations in research, and we took a new approach from earlier roadshows, sharing findings from talks given all round the country, using a combination of video and presentation material. Our first theme was inflammation, with edited highlights from Dr Hannah Mathieson in Leeds, Dr Gary Reynolds and Dr Alice Lorenzi in Newcastle, and Professor Mauro Peretti in London. The commentary was given by Kate Gilbert, who has facilitated all the roadshows and pulled the material together. Everyone agreed that it was exciting to see how the network of research sites into PMR and GCA is growing around the UK.

Portsmouth patients are fortunate to have a dynamic rheumatology team led by nursing matron Colin Beevor, who is passionate about patient education. Under Colin's leadership, the team have forged partnerships with many patient groups representing long-term musculoskeletal and vascular conditions, and this year was our turn. The hospital generously donated use of their lecture theatre, and

refreshments for the day were paid for out of a special cake fund. Yes, a cake fund. Rheumatology colleagues bake cakes every week and bring them into work on a Friday to auction them, and the proceeds go towards these annual patient education and participation days. Hats off to them!

After an introductory talk about the project from Kate, Dr E Wong kicked off the day's programme with a talk about research innovations in PMR and GCA, and Colin followed up with a session on Living Well with a long-term condition. During the lunch break we showed videos from our Vimeo channel of excerpts from roadshow talks. These caused a lot of interest, especially the video of giant cells forming on a petri dish!

Afternoon sessions were devoted to the benefits of exercise in PMR and GCA, and a session using material from Dr Toby Helliwell's research into primary care, entitled 'What do GPs need to learn?'

As with all the roadshows, participants went away feeling informed and excited about the research taking place around the country. But

another big element of these events has been the powerful experience, for many for the first time, of sharing a day with other people with PMR and GCA.

KIRKCALDY, FIFE
1 NOV 2017

NEWCASTLE
18 NOV 2017

LEEDS
30 MAR 2017

KEELE, STAFFORDSHIRE
23 MAR 2017

BIRMINGHAM
9 MAR 2017

PETERBOROUGH
24 APR 2018
CAMBRIDGE
14 JUN 2017

BRISTOL
7 MAR 2017

LONDON
24 APR 2017
SOUTHEND
15 FEB 2017

PORTSMOUTH
2 JUN 2018

Find our videos at: <https://vimeo.com/channels/1352513>



Dr Sara Muller is a Research Fellow at Keele University, where she leads the PMR Cohort study.

Research Round-up

In March an Italian journal, called *Reumatismo*, published a special issued dedicated to PMR. The guest editors of the issue commissioned papers from researchers around the world on different aspects of the condition.

You can access this issue of the journal here: <http://www.reumatismo.org/index.php/reuma/issue/view/85>

The only other PMR study this time comes from researchers in Leeds, who have conducted a review of all the published literature relating to developing diabetes if you have PMR or GCA¹. They would have expected 4.4% of people with PMR and 7% of people with GCA to develop diabetes over the time periods they were followed-up, but 6% and 13% of people actually developed the condition. They put these higher rates of diabetes down to steroid treatment.

In GCA news, a EULAR task force has recommended the use of

ultrasound scanning as an early test for GCA and said that a temporal artery biopsy should be used if the diagnosis is unclear after the scan and an examination. It is also suggested that ultrasound scanning may be useful to assess flares. This ties in nicely with a recent study from Spain that has suggested a better way to decide who gets a temporal artery biopsy when GCA is suspected, so that everyone might not need this procedure to make a diagnosis². The researchers recommend a statistical model based on an examination and blood tests.

There have been a few studies looking at causes of death in people with GCA. A French study has shown that people with GCA are more likely to die from certain vascular conditions and diabetes than are people without GCA³. However, on average, people with GCA were older when they died than people without the condition. An unrelated systematic review has also found very similar things, and says that people with GCA have a rate of death akin to the general population, but that they are at a high risk of dying from cardiovascular disease⁴. In contrast however, a further study suggested that people with GCA are more likely to die in the first year after they are diagnosed than those without GCA, but that this excess risk decreases over time⁵.

A database study across patients in the USA and UK showed that people with GCA are at increased risk of side effects from steroid treatment (e.g. high blood pressure, eye problems, poor bone health)⁶. This might seem obvious, but there are lots of conflicting research articles in this area, so this is important to know.

In terms of treatments for GCA, a small study in Ireland has looked at a new drug called ustekinumab⁷. This is a very early study that didn't compare the treatment group to a control group, but the authors say that, based on their results, doing a further study would be worthwhile.

References

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4. Lee et al. Rheumatology (Oxford). 2018;57(6):1047-1055.
5. Li et al. Arthritis Care Res (Hoboken). 2018. doi: 10.1002/acr.23538. [Epub ahead of print].
6. Gale et al. Rheumatol Ther. 2018. doi: 10.1007/s40744-018-0112-8. [Epub ahead of print].
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ACROSS THE COUNTRY

TOGETHER WE CAN SUPPORT EACH OTHER

With your help PMRGCAuk is continuing to develop more support groups and meet up gatherings, but there are still many areas without either.

There appears to be a need for some people who are not near a group, or unable to travel to one, to have an understanding "buddy" to be able to chat to occasionally on the telephone.

The benefit of being in touch with someone who knows what it is like to have PMR and/or GCA and to be on steroid medication cannot be underestimated. It is very comforting to know that another person really understands how we might be feeling.

PMRGCAuk are hoping to set up a service, which will put people in touch where there is no support group or meet up available.

Therefore, if you would like to have a "buddy" or if you are someone who feels they may be able to be a "buddy" and offer telephone support, we would love to hear from you.

Please email helpline@pmrgca.org.uk or call the Helpline number 0300 111 5090 and give your details so that we can have a chat.

We are committed to supporting as many people with PMR and/or GCA as we can.

NEWS FROM SURREY

Twenty-eight members of the Surrey group were recently treated to an interesting and informative presentation by the Kent, Surrey and Sussex Air Ambulance Trust. Members kindly donated to the Trust in return for a very tasty treat generously provided by one member. At the same time, two Surrey members were congratulated for achieving first and second prizes in PMRGCAuk's



Christmas card design competition. Diabetes UK gave a presentation at the latest meeting with tips on how to avoid diabetes – a very apt subject with long term steroid use known to carry a very real risk of diabetes.

GUEST SPEAKERS VISIT TAUNTON

On 1st May, the Taunton Support Group welcomed two excellent speakers.

Gemma Hembury, Fracture Liaison Specialist Practitioner at Musgrove Park Hospital spoke about osteoporosis, which affects the bones and makes them more susceptible to 'fragility fractures'.

It causes no pain unless bones break, but can result in significant height loss and curvature of the spine, as the bone structure becomes thinner and may be compressed.

Those of us taking steroids are particularly vulnerable because the osteoblast activity is reduced, making it harder for bones to regenerate. There is an online tool to assess the risk of an individual at www.sheffield.ac.uk/FRAX/

We heard that while taking steroids, it is important to also take a calcium and vitamin D supplement, but they should not be taken at the same time as the steroid. We should make sure there is plenty of calcium in our diet, and take weight-bearing exercise. Vitamin D is also manufactured by the body from

exposure to sunlight – in summer we should aim for fifteen minutes on the arms and face, two or three times a week. The body can store the vitamin for the winter.

Many of us have also been prescribed alendronic acid and some people have an adverse reaction to this. There are a number of alternatives, which your doctor can explain.

Gemma recommended the publication "Get up and Go", which is available at www.csp.org.uk/publications/get-go-guide-staying-steady and gives good advice on avoiding falls. She also mentioned the government's Eatwell guide, which can be found at www.gov.uk/government/publications/the-eatwell-guide and gives advice on a balanced diet.

Linda Toulson, of the National Osteoporosis Society spoke about the work of the society. They offer free leaflets, and a helpline - 0808 800 0035 or nurses@nos.org.uk - with specialist nurses who can offer information and advice. There is also an online shop offering various aids.

PMRGCAUK WEEK 18-24 JUNE 2018

This year's PMRGCAuk Week was a great success with groups, members, family and friends joining forces to raise money for our work.

Here is just a sample of what has been going on across the country...



ORPINGTON BRING AND BUY SALE

Orpington Support Group raised £338 for PMRGCAuk, thanks to the efforts of many of the members and friends of the group who meet each month at St Paul's Church in Crofton Road. They sold second-hand paperbacks, handmade items including bags, bookmarks and lavender bags, knitwear, cakes and bric-a-brac. They said it was great to see everyone enjoying the day!

FUN AND GAMES FOR A GOOD CAUSE

Trustee Janice Maddock organised a fundraising event with her friend Dot.

"I cannot think of a better way to raise funds for a great cause and have fun at the same time!

An idea of my very good friend Dot, who really 'gets it' when it comes to my struggle at times with PMR, was to have a 'pay to play' event in her garden with close friends and raise some money at the same time.

The weather started very cloudy with a small prospect of rain but our fingers were crossed! Thirty eight people came who paid £5 entry – Dot had generously arranged and paid for a 'pop up' Brazilian BBQ to come and serve a fantastic array of meat, halloumi kebabs, rice and salads. Dessert was in the guise of a PMRGCAuk cake.

It was an afternoon of a fair amount of prosecco, beer and a lot of laughter. We had a selection of quick games that people paid £1 to enter including darts, roll the dice and a quiz. This certainly bought out the competitive streak in some! We also

had a raffle offering prizes of local restaurant vouchers, champagne and perfume to name just a few.

Despite a windy end to the afternoon (although still no rain) everyone had a fantastic time. There were quite a few questions about PMR and GCA and the charity, which helped to raise awareness.

Everyone was very generous and a massive sum of £565 was raised which will give us a final total of nearly £700 with Gift Aid!"

50 RUNS ON A DRY SKI SLOPE

Elizabeth Mitchell is embarking on a very unusual challenge, as she will be skiing 50 runs on a dry ski slope! She has had to postpone her event for a few weeks after fracturing her pelvis in an unrelated accident, but she is determined to complete her



challenge when she has recovered. She told us:

"I was diagnosed with PMR and GCA in July 2015. PMRGCAuk provides a vital support network for people suffering with these painful and debilitating conditions and I have benefited so much from their support, which is why I am embarking on a new challenge to raise much needed funds."

Sponsor Elizabeth at:
uk.virginmoneygiving.com/PMRGCAukElizabethMitchell

70TH BIRTHDAY FUNDRAISER

Jane Corpe writes:

"A short introduction to my PMR journey: like so many others it was a gradual onset of symptoms, headaches, deathly tiredness, aching

and crawling upstairs at night. I assumed old age and a lack of fitness – too busy and nothing a GP could pinpoint.

On my 69th birthday, while having a bad headache and very swollen temporal arteries, I found the PMRGCAuk website. I made an emergency appointment with the GP who luckily diagnosed PMR and GCA instantly and prescribed steroids. This meant I was able to see my youngest son get married seven days later (with a large hat at a certain angle covering my biopsy stitches). Only when you may lose something such as your sight do you really appreciate it and as an ex-optician I should have known better.

A year later, on a significant big 0 birthday we decided to have a celebration with family and friends. At this time in life I really don't need

any more stuff, so in view of all the support that the website had given me I felt that something should be given back. I still have my sight and a good quality of life, so we asked for donations to PMRGCAuk to support others who have not been so fortunate or at the start of their PMR journey. With thanks to all, we raised almost £900."

OVER TO YOU...

If you have a fundraising story to share, or are willing to help but would like some inspiration, please do get in touch with fundraising@pmrgca.org.uk – we would love to hear from you.

Give your views in the LifeInfo survey

Most people are aware that a good diet and exercise are important for our health. Research into diet, exercise and health often involves people filling out long surveys or keeping diaries about what they have eaten and drunk and how much exercise they take. This can take a long time and people find it difficult to remember.

A group of doctors, nurses and researchers at the Leeds Teaching Hospitals NHS Trust and the University of Leeds believe there may be an easier way to carry out this type of research by using information that is already collected electronically and linking it with your health record. This information could be from supermarket loyalty cards such as: Sainsbury's Nectar Card and Tesco Clubcard, and from diet or fitness websites, wearable devices or smartphone apps such as: myfitnesspal, fitbit and shealth/applehealth. Information in your health record from your GP or hospital doctor would include things like whether you have ever had diabetes, heart problems or cancer.

They could then study whether people with conditions like these have a different type of lifestyle to those who do not. Lifestyle and health record information once combined would be anonymous and you would never be identified. This sort of research could only be done with your permission.

Loyalty card information will include everything you buy in the supermarket from food and drink to health and beauty, home and garden and pet supplies. Information from websites, wearable devices or smartphone apps may include any diet or physical activity information you have chosen to record, along with the location information recorded by your phone, if you have activated this. Examples include the number of steps recorded on your fitbit or what you ate recorded on myfitnesspal. You can read more about examples of these technologies on the NHS website <http://tinyurl.com/nhs-lifestyle>.

If these links were to be made, in a future study, all information would be stored on secure computers. It would only be accessed by the researchers. No information concerning your

individual lifestyle habits would be shared with your doctor; nor would any health information be shared with any entity outside the research team.

The Leeds team only want to find out if you would be prepared to share this information with researchers in the future. Your answers do not commit you to anything. They are interested in your views on this subject. They will not be able to access information about you as a result of anything you say in the survey.

If you would like to take part in this ONLINE survey go to: <https://lida.leeds.ac.uk/research/lifeinfo/> It will take less than 5 minutes to complete and could help in our PMR and GCA treatments.

Write Me Funny...

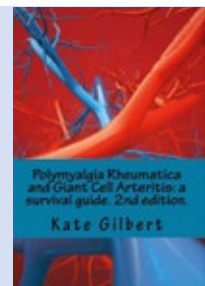
by Mark Benjamin

Following his popular, humorous blog on the PMRGCAuk HealthUnlocked forum under the guise of markbenjamin57, Mark's witty ramblings are now available as a paperback book. 'Write Me Funny...' is intended as an antidote to the important but often serious publications about PMR/GCA. Cartoons by Anthony Allen bring the content alive, making the book a 'must read' for PMR and GCA survivors who want something light-hearted and different.

'Write Me Funny...' is available initially as a paperback book exclusively via PMRGCAuk with 25% of the net sale proceeds donated directly to the charity in appreciation of its support. To find out more and order Mark's book, which is now available to purchase online, go to www.pmrzca.co.uk/content/book



PMRGCA: A SURVIVAL GUIDE



Since its publication this book has quickly become a bestseller. Kate Gilbert, PhD, distilled what she learned from having PMR (and recovering!), and from years of working alongside other sufferers, rheumatologists and researchers, as a trustee of PMRGCAuk. Kate says "I have tried to write the book that I would have liked to read when I had PMR, not only when I was first diagnosed, but also a few months in, when I realised that it wasn't going to be as straightforward as they had led me to believe."

It is now available for Kindle and in paperback from Amazon <http://bit.ly/pmrbk2ed> Price for the paperback is £10.03 plus p&p. If you are unable to order the book from Amazon, write to polywotsit@gmail.com to order via PMRGCAuk.

AGM OF PMR-GCA SCOTLAND

April 11th saw our AGM back in the Queens Hotel, Dundee. Nearly 50 members and supporters attended from all over the country, from Aberdeen, Highland, Fife, Lothian, Glasgow and the Borders, with of course a good turnout from Tayside, home of the local Dundee group.

After a short but satisfactory business meeting we heard from our two speakers, both Fife rheumatologists. As always, we so much appreciated listening to doctors who thought that "patient power is amazing" and that "diagnoses are made by listening to patients and asking the right questions".

Dr Helen Harris spoke on ultrasound diagnosis of PMR, especially encouraging GPs to refer where a patient does not "tick all the boxes" or is one of the 2% who does not have an abnormal CRP. We were all delighted to hear her encourage doctors to wait for blood markers to normalise before starting to taper the dose and that "we can all age

beautifully". The latter however cannot be done with pills, but with attention to diet and resistance exercise to rebuild lost muscle. Someone who is 90, she said, just needs to work harder!

Dr Jane Gibson told us that GCA is one of the few medical emergencies in rheumatology and that, for the patient, it is "one of the scariest things to have". Her presentation showed how, in Fife, instituting a Fast Track referral system had stopped visual loss, as shown by audits over the past 10 years. She emphasised the need to train the ultrasound scanners and allocate time for the new service but especially to educate the referrers; even secretaries need to be told to report instantly if they see possible GCA symptoms. In Fife the Dental Hospital is now included in the referral system after an 80 year old lost half her tongue and had to learn to talk again. In her words the Fast Track is "costly, but cost-effective in the long term".



HELPLINE

0300 777 5090

www.pmrangca.org.uk

Registered Scottish Charity No
SC037780

Registered address
7 Hamilton Place, PERTH, PH1 1BB



DONATION FROM GALASHIELS

I was delighted, as Chair, to be asked to join an afternoon tea party at the beginning of June where the ladies of the Galashiels Inner Wheel were presenting donations to a number of charities. A local member, unfortunately not well enough to be present, had suggested PMR-GCA Scotland. The food was amazing – not a crust to be seen on the sandwiches and all the cakes home baked, while the Borders countryside looked beautiful. I was able to give a short description of the charity, its aims and activities, to Inner Wheel members and representatives of about ten other charities, from Alzheimer's Scotland to Therapets and received a most generous cheque.

Lorna Neill, Chair of PMR-GCA Scotland



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ANNIVERSARY

PMRGCAuk's MEMBERS' DAY & AGM

SATURDAY 8TH SEPTEMBER 2018, 11AM – 4PM

National Council for Voluntary Organisations (NCVO)
Regent's Wharf, 8 All Saints Street, London, N1 9RL

We cordially invite you to attend PMRGCAuk's Members' Day & AGM. This is an annual event for members and friends of PMRGCAuk, and this year we will also be celebrating the charity's tenth anniversary.

PROGRAMME FOR THE DAY

- 11.00 Registration and refreshments
- 11.30 AGM
- 12.30 First speaker
- 13.15 Buffet lunch
- 14.15 Second speaker
- 14.45 Third speaker
- 15.30 Closing remarks
- 15.35 Refreshments and networking
- 16.00 Close

GUEST SPEAKERS

Dr Sarah Mackie: Patron of PMRGCAuk, Associate Professor of Rheumatology at University of Leeds and Honorary Consultant at Leeds Teaching Hospitals NHS Trust

Mark Benjamin: author of 'Write Me Funny, Ramblings on the Lighter Side of PMR and GCA' and a regular contributor to HealthUnlocked online forum as markbenjamin57

Dr Charlotte Harden: Programme Manager of Treatment According to Response in Giant cell Arteritis (TARGET) at University of Leeds

BOOKING INFORMATION

Attendance at the AGM is free of charge, however we request a contribution of £15 towards our Members' Day venue, buffet lunch and refreshments.

You are very welcome to bring friends or family with you. They don't need to join as members of the charity, although we do please ask them to register and we request a contribution of £15 per person towards costs.

To register, please visit www.pmrzca.co.uk/content/agm2018 or use the form enclosed with the last edition of NewsWire.

GRAND RAFFLE

The raffle will be drawn at our Members' Day. For the latest list of prizes, which include a week's stay in a village house on Lake Como, a fortnight's stay in an apartment in Cape Verde, a Jon Snow tie – as worn on Channel 4 television, and a number of signed books and other goodies, please visit www.pmrzca.co.uk/content/raffle

PMRGCAuk
HealthUnlocked



Join our PMRGCAuk
community and make
your experience count

Get help to manage your health and lifestyle from others with polymyalgia rheumatica and giant cell arteritis and from the charity, PMRGCAuk.

It's free, easy to use and it's just waiting for you!

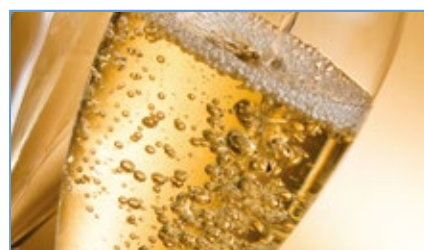
The online community gives you:

- Answers to your health questions from other patients
- Support from other PMR and GCA sufferers
- Ideas for treatment and lifestyle choices that could help
- Health issues and debates relevant to you

Take control of
your health and
join today



pmrgcauk.healthunlocked.com



CONGRATULATIONS TO
UNIVERSITY HOSPITAL
COVENTRY & WARWICKSHIRE!

They were awarded a Commendation for Clinical Excellence from the British Society of Rheumatology Best Practice Awards in recognition of their Fast Track GCA pathway.



Stay Well, by visiting your local pharmacy

Stay Well Pharmacy is a new campaign from NHS England which encourages people to visit their local pharmacy team first for clinical advice for minor health concerns such as sore throats, coughs, colds and tummy troubles.

Community pharmacists and pharmacy technicians are qualified healthcare professionals who are the right people to see if you need clinical advice or over the counter medicines to help safely manage a wide range of minor health concerns.

What's more, if symptoms suggest it's something more serious, pharmacists have the right clinical training to ensure people get the help they need.

With most people living within easy reach of a pharmacy and with many pharmacies offering extended opening hours in the evenings and at weekends, pharmacy teams offer fast and convenient clinical support with no appointment needed. Most community pharmacies (over 90%) also now offer a private consultation room.

Using a pharmacy for minor health concerns will help free up GP time for more urgent appointments and help reduce non-emergency A&E visits.

GET ORGANISED EARLY THIS YEAR AND BUY YOUR CHRISTMAS CARDS FROM PMRGCAUK.

Cards are available in packs of 10, with designs created by the winner of our Christmas card competition, Susanne Meyers, and the two runners-up, Lorna Cann and Rosemary Hurry.

Packs will be on sale at Members' Day, or visit www.pmrzca.co.uk/content/cards for full details including how to order.



'Christmas Eve' by Susanne Meyers



'Peace and Happy Nest' by Lorna Cann



'The Holly & the Ivy' by Rosemary Hurry



APPLY NOW FOR PROFESSIONAL MEMBERSHIP

Professional membership of PMRGCAuk is now available free of charge to consultants, registrars, GPs, registered nurses, pharmacists, chartered physiotherapists, ophthalmologists and medical students, with an interest in PMR and/or GCA.

Professionals can sign up online here:

www.pmrzca.co.uk/pro_membership-application/

For more information contact:

prof.membership@pmrgca.org.uk or 0300 999 5090

With Give As You Live, you can raise money for PMRGCAuk for FREE

Give As You Live is a simple way to raise funds by shopping online.

Set up a free account, browse participating retailers from the Give As You Live website each time you shop online (this connects your shopping to your account) and by using the links provided, visit the retailer you want, and shop online as normal.

Give As You Live turn the retailer commission they receive into a donation to our charity and PMRGCAuk supporters have so far raised £200 for us. This may sound small, but it all helps!

If you need help to set up and use Give As You Live, please contact catrina@pmrgca.org.uk or visit www.pmrzca.co.uk/content/shop-n-support to find out more.

SUPPORT GROUP AND MEET UP CONTACTS

Our network of groups around the country is growing! Scotland and the North East are independent organisations. If you don't have a group near you and would like to help us start one, please contact groups@pmrgca.org.uk or 0300 999 5090.

NORTHERN IRELAND

LISBURN MEET UP

Contact: Caroline Stewart
pmrgca.ireland@gmail.com

SCOTLAND

PMR-GCA SCOTLAND

Contact: Lorna Neill (Chair)
www.pmrangca.org.uk
info.scotland@pmrangca.org.uk
Tel: 0300 777 5090

WALES

CARDIFF SUPPORT GROUP

Contact: Sue
cardiff@pmrgca.org.uk

NORTH EAST ENGLAND

PMR & GCA UK NORTH EAST SUPPORT

www.pmr-gca-northeast.org.uk
Tel: 0191 4111138

NORTH WEST ENGLAND

ILKLEY MEET UP

Contact: Sue
ilkley@pmrgca.org.uk

KENDAL, CUMBRIA MEET UP

Contact: Win Sayers
groups@pmrgca.org.uk
Tel: 01539 535859

MIDLANDS ENGLAND

COVENTRY MEET UP

Contact: Ann Hollingsworth
pmrgca.coventry@gmail.com

EAST MIDLANDS SUPPORT GROUP

Contact: Bridget
eastmidlands@pmrgca.org.uk

EASTERN ENGLAND

BEDFORDSHIRE MEET UP

Contact: Lyn/Karen
bedfordshire@pmrgca.org.uk

CAMBRIDGE MEET UP

Contact: Trisha
cambridge@pmrgca.org.uk

EAST ANGLIA SUPPORT GROUP

Contact: Dr David Rose
pmrgcaeachair@btinternet.com

HARLOW MEET UP

Contact: Julia/Joan
harlow@pmrgca.org.uk

SOUTHEND/CHELMSFORD SUPPORT GROUP

Contact: Pat Fedi
southend@pmrgca.org.uk

WOODBIDGE MEET UP

Contact: Susan
groups@pmrgca.org.uk

SOUTH WEST ENGLAND

BATH MEET UP

Contact: Pat Martin
pmrgca.bath@gmail.com

BRISTOL GROUP

Contact: Bridget/Felicity
bristol@pmrgca.org.uk

CAMBORNE MEET UP

Contact: Margaret
camborne@pmrgca.org.uk

CHRISTCHURCH MEET UP

Contact: Deidre Harding
pmrgca.christchurch@gmail.com

PLYMOUTH SUPPORT GROUP

Contact: Geoff
plymouth@pmrgca.org.uk

PORTISHEAD MEET UP

Contact Judith
portishead@pmrgca.org.uk

SALISBURY MEET UP

Contact: Patrick O'Donnell
pmrgca.salisbury@gmail.com

SOUTH WEST (TAUNTON) SUPPORT GROUP

Contact: Wendy Morrison
pmrgca.southwest@yahoo.co.uk

TORBAY MEET UP

Contact: Trish
pmrgca.torbay@gmail.com

GREATER LONDON, ENGLAND

GREATER LONDON SUPPORT GROUP

Contact: Anne
londonpmrgcauk@gmail.com

BARNET MEET UP

Contact: Derek
barnet@pmrgca.org.uk

HIGH WYCOMBE MEET UP

Contact: Alison
pmrgca.highwycombe@gmail.com

SOUTH AND SOUTH EAST ENGLAND

BRIGHTON MEET UP

Contact: Catherine Spencer
brighton@pmrgca.org.uk

CHICHESTER MEET UP

Contact: Patricia Dawson
chichester@pmrgca.org.uk

HASTINGS MEET UP

Contact: Brenda Wilson
pmrgca.hastings@gmail.com

MAIDSTONE SUPPORT GROUP

Contact: Margaret Hicks
pmrgca.maidstone@gmail.com

ORPINGTON SUPPORT GROUP

Contact: Penny
pmrgca.orpington@gmail.com

OXTED MEET UP

Contact: Debbie Pitt
pmrgca.oxted@gmail.com

PORT SOLENT MEET UP

Contact: Barbara Winspear
pmrgca.portsolent@gmail.com

SEVENOAKS MEET UP

Contact: Penny
pmrgca.sevenoaks@gmail.com

SURREY SUPPORT GROUP

Contact: Shirley O'Connell
pmrgca.surrey@btinternet.com

WORTHING SUPPORT GROUP

Contact: Christine/Catie
worthing@pmrgca.org.uk

If no telephone number is listed for your group, please call the office on 0300 999 5090.