

SAMUEL

OLIVIA

JONATHON

IMOGEN

NATHANIEL

MARTHA

LUCAS

FREYA

MOHAMMAD

NYDIA

DAVID

MYESHA

10

MILLION

VERSUS

ARTHRITIS

ARTHRITIS IS STEALING LIFE FROM 10 MILLION PEOPLE IN THE UK.

Most people don't think about the way arthritis takes from us. It's small things at first but then bit by bit, it takes more of our lives. It takes the ability to work, care for a family, to move free from pain.

It takes the things that make a life.

All too often, arthritis goes unseen and unchallenged. Society shrugs it off as 'just a bit of arthritis'. Inevitable, unavoidable, insignificant, untreatable.

But arthritis is none of these things.

It's not trivial. Not hopeless. Not just.

The longer we accept it as something you must just live with, the more of people's lives it will take. We cannot let it carry on unopposed. **We need your help.**

**“MY SPINE IS WRAPPED IN
BARBED WIRE AND MY KNEES
FEEL LIKE THEY'VE BEEN
CRUSHED IN A VICE.”**





“IT’S A CONDITION THAT YOU CAN’T SEE, WHICH MAKES IT HARD FOR PEOPLE TO UNDERSTAND WHAT IT’S LIKE TO LIVE IN CONSTANT PAIN. SOMETIMES EVEN HEALTH PROFESSIONALS.”

10
MILLION
VERSUS
ARTHRITIS

WE ARE MOUNTING AN OPPOSITION AGAINST ARTHRITIS, AND IT’S 10 MILLION STRONG.

We are **Versus Arthritis**, the UK’s leading arthritis charity formed from the merger of Arthritis Research UK and Arthritis Care in 2017. We are a community of everyone affected by arthritis, their families, friends, carers, health professionals and supporters.

We believe that just accepting arthritis is unacceptable. That’s why we are launching our **10 million Versus Arthritis appeal**.

With your help, we are going to raise **£10 million for the 10 million people in the UK living with arthritis**. In order to make a real difference to the lives of people with arthritis our appeal has three objectives;

10 million conversations to challenge the climate of tolerance around arthritis.

10 million dreams of a better future for people living with arthritis.

10 million hands to make this happen.

THE IMPACT WE WILL HAVE TOGETHER

10 MILLION CONVERSATIONS

So that people with arthritis no longer suffer in silence.

We will significantly increase the number of people we speak to and support through our helplines and online resources by 100,000 per year by 2023.

To do this, we need to raise £4m:

To develop and increase the scope of the Virtual Assistant.

To develop the helpline.

To support the growth of our online community.

10 MILLION DREAMS

So that people with arthritis can sleep soundly and pain free.

No one should live with the pain and isolation that arthritis causes. We will tackle the challenges of tomorrow and ultimately find a cure.

To do this, we need to raise £3m:

To bring research to life and mobilise a community of researchers, problem solvers, innovators and people with arthritis.

To build on our legacy work in experimental medicine, offering more options and faster treatments for people with arthritis.

10 MILLION HANDS

So that we support people with arthritis now, and in the future.

We will galvanize a community of people affected by arthritis, because together we are stronger. Together we will support each other and push for change.

To do this, we need to raise £3m:

To ensure that by 2025 we are supporting every young person with arthritis from the critical moment of their diagnosis.

Towards piloting the local touchpoint project and to support the future national roll out.

To develop a community of 100,000 engaged individuals, all campaigning for change.

HOW YOU CAN GET INVOLVED

We're ready to challenge the way society thinks about arthritis and cares about those affected by it.

But we don't have all the answers yet and we certainly don't have the resources to take this on alone.

That's why we'd like you to consider supporting us at this crucial time, to help us with **10 million Versus Arthritis**.

To talk to us about how you can be a part of the appeal for change, please contact Tess Cohen at t.cohen@versusarthritis.org or 020 7307 2267 or Heather Quinnell at h.quinnell@versusarthritis.org or 020 7307 2273.

Thank you.

**ALL OF US
VERSUS
ARTHRITIS**

10
MILLION
VERSUS
ARTHRITIS

Find out more about the
10 million appeal at versusarthritis.org