

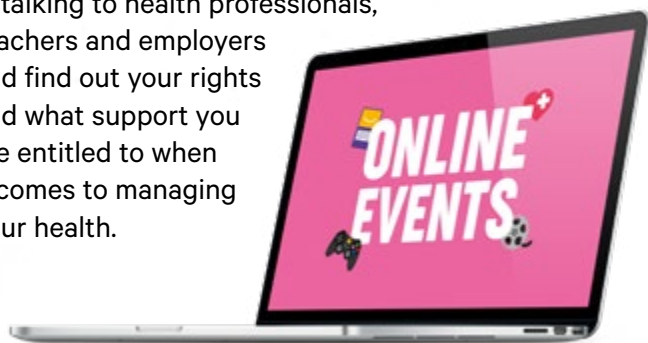
# ARE YOU AGED 12 TO 18 AND SEEN BY THE RHEUMATOLOGY TEAM?

We know that there's no such thing as being too young to have arthritis - we have a range of virtual activities and support available for you.

## WHAT WE DO: VIRTUAL EVENTS

Just as there's more to you than your condition, our regular virtual events aren't only about arthritis - they're about having fun, too! Join us for our popular scavenger hunts, quizzes, catch-ups and bingo.

Or join one of our workshops. Build your confidence in talking to health professionals, teachers and employers and find out your rights and what support you are entitled to when it comes to managing your health.



**"I feel like when I talk to people about it (arthritis) when I am here, they understand!"**

**Esther, 15 years old**

We know that it can be daunting to try something new, especially virtually. But our volunteers and other young people remember their first event, too. They know how it feels to join a new group, and work hard to make sure everyone feels welcome and safe.

### Instagram

You can get to know us through social media too by joining our Instagram page. We are building a community where we host activities, have content created by our brilliant young volunteers and you will hear about all the upcoming events and opportunities. If you are 13-18 you can follow our Instagram page on [@YPFengland](#).



## CONTACT

Please email us at [YPF@versusarthritis.org](mailto:YPF@versusarthritis.org) to get more information or to sign up to an event. Our activities are fully funded (so there is no cost to you or your family), insured and run by qualified and experienced staff. All staff and volunteers have criminal record checks.

**"Versus Arthritis has always been a safe and inclusive space for me and many others I know."** **Rowena, 19**

## SUPPORT

If you need help with things going on in your life - such as education, training, work, health related benefits or more - we welcome you to get in touch. We will help you find the information that's best for you.

**"Very useful for getting information about arthritis and enables you to meet other young people with arthritis, making great friends along the way!"** **Mark, 15 years old**

### Online safety

We are dedicated to making sure that everyone involved in our online activities can do so safely. That's why we ask you to get in touch with us and complete a referral/consent form before joining our Instagram page or taking part in your first event with us.

**YOUNG PEOPLE  
VERSUS  
ARTHRITIS**