

# Have you heard of World Young Rheumatic Diseases Day (WORD day)?



## WORD DAY

Is a brand new initiative developed by international paediatric rheumatology networks including Young Pare (The voice of young people with rheumatic and musculoskeletal diseases in Europe). It will launch on the **18<sup>th</sup> March** and will continue to be an annual event, with the aim to raise awareness of children and young people diagnosed with a rheumatic disease(s).

WEBSITE: <https://www.pres.eu/activities/word-day/about-the-word-day.html>

TWITTER: @WORDday2019

## TRAVELLING MESSAGE BOARD

To celebrate WORD Day we want to create a message board with the help of YOUR RHEUM. We thought the board could include short messages from Your Rheum members and other young people diagnosed with a rheumatic condition. Messages can be about anything you want to tell the general UK public, who don't know that young people can be diagnosed with such conditions. We'd also like to include some messages from researchers and doctors to get their perspectives too We'd like for this board to travel around and thought of the following ways we could do this;

- The message board can be shared electronically as a document and shared with members of Your Rheum and others, so that you can share in your local area/place of school/work as posters or enlarged into bigger message boards.
- Also, a few of the Your Rheum / BANNAR team are based at the University of Manchester, so we can coordinate for the board to travel around the university for a week - spend each day in a different department on campus.

## WANT TO GET INVOLVED?

Send your short message (1-2 sentences) to [laura.lunt@manchester.ac.uk](mailto:laura.lunt@manchester.ac.uk) by 10th March. Below are a couple of examples of the different ways you could write your message but please feel free to say and include what you want. Also if you want to help design the board email Laura.

### Quick Examples

*"My name is Rosie and I was diagnosed with Lupus at age 11. Even though I have this condition I can still join in with PE classes at school and love to take part in after school activities."*

*"I'm 22 years old and have lived with JIA since I was 10. I went to college and now have a full time job in computing. My working day is like anyone else's, I just need to take more breaks on days I experience a flare."*

If you have any questions or other suggestions of how to celebrate, we'd love to hear from you: [Your.rheum@manchester.ac.uk](mailto:Your.rheum@manchester.ac.uk)