



### WHAT TO EXPECT

- Provide your thoughts on a research idea (e.g. is it important?)
- Give your opinions to help guide the design of a research study
- Get creative and write a blog or scientific paper
- Meet other young people

### GROUP RULES

- The group is made up of young people from different backgrounds with different ideas, treat each other with **respect & sensitivity**
- Please read the full list of **ground rules on the website here**  
<https://yourrheum.org/group-rules/>

## Your Rheum is FREE to join You CHOOSE the activities

**Your Rheum** is a national Young Persons' Advisory Group (YPAG). It is a rheumatology specific YPAG for anyone **aged 11-24**, diagnosed with a **rheumatic condition** & living in the **UK**

### WHAT DOES YOUR RHEUM DO?

Members work with researchers on rheumatology projects. We hold **face-to-face meetings** at least twice a year, as well as host regular **virtual meetings & online activities** every few weeks

**No qualifications needed**  
**OR**  
**Experience of working in health research**



### CONTACT DETAILS

Your Rheum Coordinator **Laura Lunt**  
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Your Rheum Chair **Hamza**



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