



Axial SpA
works silently.
We don't.

Supporters Pack

How you can
get involved



World AS Day - Saturday 4 May 2024

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Axial SpA
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About NASS

NASS is the only charity in the UK dedicated to transforming axial SpA (AS) care in the UK.

Our purpose:

To transform the diagnosis, treatment and care of people with axial SpA so everyone can live well with it.

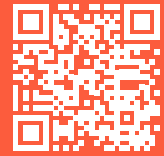
Our cause:

Axial SpA is an inflammatory condition of the spine and joints. It works silently, leaving people in increasing pain and exhaustion.

What we do:

We campaign to transform diagnosis and treatment. We provide support to empower people living with the condition.





What is World AS Day?

World AS Day is an annual day dedicated to people living with axial SpA. It is celebrated across the world on the first Saturday of May.

Aims of World AS Day:

- Support people living with axial SpA
- Raise awareness of the condition
- Connect with others affected

Saturday 4 May 2024 is World AS Day and the theme is signs and symptoms





About axial SpA

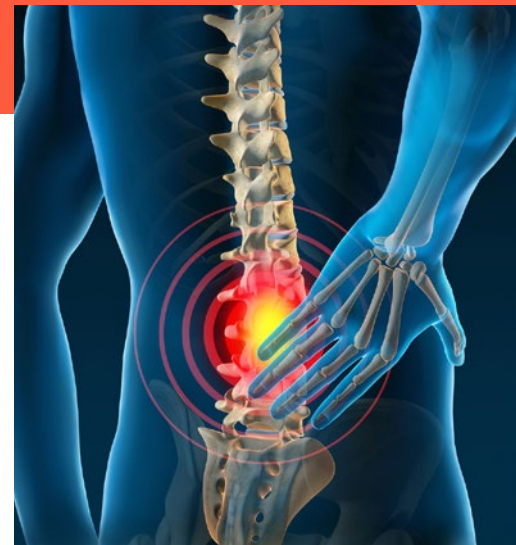
Axial SpA is an inflammatory condition of the spine and joints. It works silently, leaving people in increasing pain and exhaustion.

1 in 200 of the adult population in the UK have axial SpA (AS). That's twice as many as multiple sclerosis and Parkinson's disease.

- The most common symptom is low back pain
- The average age of onset is 26
- There is currently an 8.5-year average time to diagnosis
- The condition is characterised by painful flares and fatigue

Axial SpA isn't just back pain:

- 26% of people will have uveitis
- 9% will have psoriasis
- 7% will have inflammatory bowel disease
- 25% of people will have irreversible spinal fusion
- There is a close association with osteoporosis
- 59% report suffering a mental health issue at some point.



Which is why each May, we campaign around a specific theme for World AS Day.

Axial SpA signs and symptoms

To help identify and simplify the signs and symptoms of axial SpA we developed the SPINE acronym.

Typical symptoms of axial SpA include:

S

Symptoms starting slowly

P

Pain in the lower back

I

Improves with movement

N

Night time waking

E

Early onset (Symptoms start under the age of 40)



Getting your diagnosis

NASS has developed an 8-point symptom checker to help you know if it might be axial SpA.

Scan to access the Symptom Checker



We have also have hints and tips on discussing your results with your GP and rheumatologist.

Scan to find out more useful information



Get involved: Share on social media

We want to get people talking about axial SpA. Help us to spread the word by sharing your experiences, whether you have axial SpA yourself, have a loved one with the condition or work with people with axial SpA.

Make sure you use our hashtags for **#WorldASDay2024** and **#axSpA** so we can share your posts on our channels.

Don't forget to follow us and tag us in your posts:



@NationalAxialSpondyloarthritisSociety

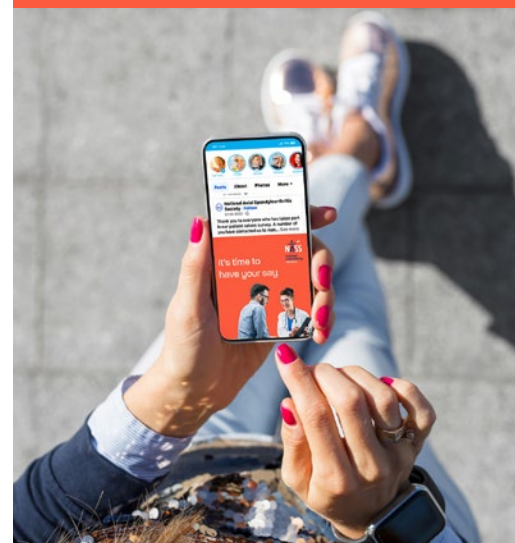


@nass_exercise



@NASSexercise

Take part in our social media challenge this May. With a daily prompt, you can join a community of people to share your experiences and raise awareness of axial SpA.



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Get involved: Raise money for NASS

Scan/Click



NASS doesn't receive any government funding. We rely on your kindness and generosity, and others like you, to help transform the diagnosis, treatment and care of people with axial SpA and help more people live well with the condition sooner.

Here are just a few ways you can fundraise for NASS:

Summer Raffle



Enter the Summer Raffle before 11.55pm on Thursday 29 August 2024 for the chance to win £500!

Walk Your AS off



Walk Your AS Off (WYASO) is an annual, global and virtual step challenge every May. It's all about getting active for health, raising awareness about axial SpA and raising vital funds for NASS.

Go Orange for AS



From quiz nights to sponsored silences, there's no limit to what you can do to raise vital funds for NASS.

Challenge Events



Take on a challenge for NASS. Whether you run, cycle or swim, every penny you raise helps support people with axial SpA

Get involved: Donate to NASS

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You can also donate to NASS to support people living with axial SpA.

£10

can provide guidance and advice to one person with axial SpA via the NASS Helpline.

£25

can provide 1 pack of around 300 NASS guidebooks for a rheumatology clinic to share with their patients.

£50

can provide 1:1 guidance and support to one person struggling financially due to their condition to access life-changing welfare and benefits payments.

We have a wide range of ways you can donate to NASS

Make a donation



"I'm so grateful for the support NASS has given me over the years. They are a wonderful organisation and provide vital support and advice to people living with axial SpA."

Gillian Eames, NASS Member

Become a regular giver



"Emma and I have a long journey ahead of us but with the support from NASS it will be so much easier."

Juliette Leach

(her daughter Emma also has AS)

Leave a gift in your will



"AS can be genetic and my children could inherit it from me. If that is the case, I don't want them going through the same experience as me. That's why I've left a gift in my will to NASS."

Danny McFarlane

Become a payroll giver



"Getting a diagnosis is just the beginning of the journey. NASS are there for people like me, providing invaluable support and advice, to help us live well with AS."

Gillian Eames, NASS Member

Remember! If you are a UK tax payer, you can add Gift Aid to increase the value of donation by 25% - at no extra cost to you.

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Become a member

With your support, our helpline stays open, guidebooks reach those in need, and the branch network expands. Each membership strengthens our core activities, ensuring vital support is there for everyone affected by this condition.

Become a NASS member and receive:

- An annual **AS News magazine** sent to your doorstep
- Full access to our **supportive community forum** with over one thousand topics and ten thousand posts, that spark friendly discussions among our 2000+ active users.
- Unrestricted access to the **Members Area** and our online resources
- A personal invitation (with a +1) to our annual **Members Day**
- The chance to **transform the future** of axial SpA by contributing to cutting edge axial SpA research and campaigns
- The opportunity to have a real impact on the work we do by participating in NASS surveys and **voting at our AGM** (Annual General Meeting)
- An exclusive guide to claiming **PIP and ESA benefits** ([Contact garry@nass.co.uk](mailto:Contactgarry@nass.co.uk))



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Join our community

Join a free online meetup to meet other people with axial SpA.

Next meet up:
Thursday 9 May, 13.00-14.00
**Living with axial SpA -
small steps, big wins**



We're chatting about small things you can do to make a big difference to life with axial SpA.

Check our upcoming meetups and book your place:

nass.co.uk/your-space/meetups



Scan/Click



Join your local branch

Our branches are a place where friendships are built in a fun environment with those who will understand you best.

NASS branches offer:

- Physio-led exercise sessions
- Hydrotherapy
- Social sessions
- A welcoming community

Find your local branch:

nass.co.uk/managing-my-as/in-your-area/





Connect with us today

Please get in contact with us via our social media channels.



@NationalAxialSpondyloarthritisSociety



@nass_exercise



@NASSEXercise



@NASSCentral