

NASS Your SpAce Meetup Guidelines

We're delighted you're attending a NASS Your SpAce online meetup. We hope you enjoy meeting other people with axial SpA and find the session helpful and enjoyable. The sessions are relaxed and friendly, but we have some guidelines to help them run as smoothly as possible. Please read through these before joining the meetup and we'll also highlight some key points at the beginning of the session. If you have any questions, please contact zoe@nass.co.uk

Let us know about any access needs

Please let us know in advance about any access needs you may have. We have different ways for people to get involved, such as the chat box rather than microphone. We also have live captions available for all attendees. Please contact us so we can ensure you're able to get involved in a way that works for you.

Get comfy

One of the benefits of online sessions is that you can easily do what you need to keep comfortable during a session. Please feel free to move around and stretch any time. If you have your camera switched off, please introduce yourself in the chat.

This is a safe space

To protect the privacy of attendees, we don't record the meetups. Please keep what's shared by other attendees confidential and avoid sharing outside of the group. Join the meetup from a private space or use headphones to ensure attendees aren't overheard by anyone else.

Remember that axial SpA affects us all differently

Everyone has different experiences with axial SpA and how it impacts their life. Please be mindful of this and respect other people's thoughts or opinions.

Mute your microphone when not speaking

To minimise background noise and distractions, please mute your microphone when you're not speaking. If you're unable to do this, the facilitators will mute your microphone for you.

Use the raise hand function

Our facilitators will explain at the beginning of the session how to use the raise hand function. We use this to ensure everyone who would like to speak is able to. Please respect this. If you can't find the button, please put a note in the chat and the facilitators will assist.

Be mindful of time

We have limited time in our meetups and they're usually fully booked. Our facilitators work hard to ensure everyone that wants to speak has an opportunity to. Please be mindful when speaking to allow time for others to get involved. Our facilitators will kindly remind attendees of this during sessions if needed.

Keep to topic

It's very important that we keep to the topic advertised in the event information. We know that you may have many questions related to your axial SpA, but you're welcome to contact the NASS Helpline directly to have these answered. Facilitators will remind attendees to keep to topic during sessions if needed, as this keeps it fair to everyone who has booked the meetup based on how it was advertised. The **NASS Helpline** is available Mon-Fri, 10.00-16.00 on 020 8741 1515. You can also email asknass@nass.co.uk.

If you think of a topic for a future meetup, please email zoe@nass.co.uk

Don't replace medical advice from your healthcare professionals

The meetups are a space to share practical tips on managing the impact axial SpA has on your life. Please don't make any changes to medication or the management of your condition without checking with your healthcare professionals. We cannot give medical advice within these sessions and it's important to remember that what works for one person may not work as well for another, so please be mindful. Our facilitators will stop a conversation if it appears medical advice is being given.

Contacting people from the group

We appreciate you may wish to make contact with someone from the group or keep a conversation going. NASS is not allowed to share this information with you under any circumstances. We suggest sending a private message (in the Zoom chat box before the end of the meeting) if there is someone you would like to contact outside of the group. Please be mindful of sharing personal details though and don't feel under pressure to share your details if you don't feel comfortable.

Upcoming meetups

View and book upcoming meetups via [our Eventbrite page](#).

Look forward to seeing you soon!

