



Sharing an experience can relieve the feeling of isolation and as a Sjögren's UK member, you can do exactly that. You can attend a group meeting or start your very own group, you can hold a coffee morning or have afternoon tea or why not join our make a friend scheme. You can also be a part of our online community and chat to other members through our very own forum.

Attending or starting a group

Being part of a group gives you the opportunity to meet with other sufferers and Sjögren's UK are proud to have a number of support groups across the UK. Our regional group co-ordinators, all dedicated volunteers, provide an invaluable service by organising meetings for fellow members in their area. These groups are so important as they can offer reassurance and allow you to establish friendships and increase your social circle. They are a vital source of information and help reduce feelings of isolation and loneliness by way of mutual help and support. Speaking to other sufferers really can help reduce the feeling of anxiety and fear that you may be experiencing.

All our co-ordinators warmly welcome new members and you will find a list of all our current groups and contacts on the back page of the newsletter or on our website. Meeting dates are listed in our newsletter and regularly updated on the website too.

If you want to have a go at starting your own group, contact Sjögren's UK office and we can send you an information sheet about running a group and ways in which we can support you.

Make a Friend



Joining our make a friend scheme is a great way to get in touch with others, especially if you cannot travel. You can chat to others over the telephone, by email or by letter or you may even want to arrange to meet up. As soon as you inform us that you want to join the scheme, we will contact other Sjögren's UK members who live close to you and explain that you have joined our scheme. We provide them with your first name, telephone number and/or email and it's as simple as that. Once they have contacted you, it's up to you whether you want to stay in touch.

(Please note: although we make every effort to put others in touch with you, we cannot guarantee contact will be made).

To join our Make a Friend scheme, you must be a member of the Sjögren's UK and complete the form overleaf, returning it to us confirming we can contact other members on your behalf. Only on receipt of this form will we add you to the Make a Friend scheme.

“Sharing an experience relieves the feeling of isolation.”

Coffee mornings and afternoon tea

If you want to arrange a coffee morning or an afternoon tea, let the Sjögren's UK office know and we will contact other members in your area with an invitation for them to join you.

Be a Forum Friend

The Sjögren's UK Forum is exclusive to Sjögren's UK members and is fully administered by Sjögren's UK. It gives you a safe and secure place to chat to other members and share your stories, ask for advice and offer your own tips too. Our online community is a friendly place so why not log on and introduce yourself today. (You receive auto-matic access to our online forum when you become a Sjögren's UK member).

I am interested in taking part in the following (please tick the boxes):

Holding a coffee morning / afternoon tea

Starting a small group in my area

Joining a group

Joining the Make a Friend scheme*

*By ticking the 'Make a Friend' box I am agreeing to my first name and telephone number to be given out to local members so they can contact me as part of the scheme.

Name:

Address:

..... Postcode:

Telephone: Email:

Membership No.:

Signed: Dated:

Printed:

Please return the form to: BSSA, PO Box 15040, Birmingham, B31 9DP