

How LUPUS UK can help you

LUPUS UK has regional groups around the UK. You may wish to meet face to face with other people, and your Contact or our National Office will be able to put you in touch with a member of the nearest group.

"Thanks for your help on the phone, it made some things a little clearer to me."

We publish information about different aspects of living with lupus, which are listed on our website www.lupusuk.org.uk. Our magazine, News and Views is available to members of the charity together with their local Group newsletter:

- the subscription is £10 per individual
- or £15 for family membership.

LUPUS UK is working to raise awareness of lupus and similar conditions particularly within the medical profession, as we know that early diagnosis usually leads to better outcomes. We fund research into lupus, the causes and consequences of lupus and specialist nurses. Your subscription will be used, alongside money raised by supporters, to fund this valuable work.

"Me and my family were really scared when we heard I'd got lupus. We got on with life for a while and then things got really tough for me. My partner phoned LUPUS UK to ask if there was someone with lupus who I could talk to. It was great just to be listened to and realise that I wasn't alone with this illness."



**LUPUS
UK** 

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Tel: 01708 731251
www.lupusuk.org.uk

Reg. Charity nos. 1051610, SC039682

Need to talk about LUPUS?



**We're here
to listen**



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Have you been diagnosed with lupus or one of the mixed connective tissue illnesses? Do you find it difficult to live with this illness?

Have you had many symptoms which haven't led to a diagnosis yet, but your GP thinks you may have lupus?

Do you long to find someone who understands what you are going through?

You are not alone. Would you like to speak to someone else who has the illness? Lupus and similar conditions can be very difficult to diagnose and to live with, and LUPUS UK can help you.

Contacts

LUPUS UK is the national charity for people with lupus. We have trained volunteers, called Contacts, who either have lupus themselves or have a family member with the condition. You can speak to them on the telephone and they will listen to you and give emotional and general help or signpost you to someone who can advise you. This telephone service is completely confidential and apart from the cost of a call, the service is given freely. You can set the time of the call and disclose as much as you wish.

All you need to do is telephone the LUPUS UK National Office on **01708 731251** (9am – 5pm, Mon – Fri) or send an email to **headoffice@lupusuk.org.uk**, and they will give you the name and telephone number of one of their Contacts. We also have young lupus Contacts and there are Contacts for men.

Speaking with someone may help

You may have had a medical crisis which led to your diagnosis, or you may have been waiting for a long time for someone to put a name to the many symptoms which have troubled you. Either way, the news that you have a complicated illness, which you may never have heard of, may cause many difficult emotions. It will help to know that you are not alone and that you can speak to one of our Contacts who have lived with the illness for a number of years.

Sometimes people receive their diagnosis and cope well with medication for many years, but the illness can fluctuate, or you may have particular difficulties which seem to make your symptoms more active. Contacts are available to speak to you at any time during your journey with lupus, you do not need to feel isolated or misunderstood.



"I was diagnosed with lupus after many months of trying to find out what was wrong with me. I'd never heard of it and was frightened when the doctors told me and couldn't take it all in. It was such a relief to speak to someone with the illness who understood what I was going through."

How can Contacts help you?

Contacts are here to listen to you and offer encouragement and general advice. Because they or a family member have lupus, they will often have experienced similar thoughts and problems. They are here to offer a listening ear service when you most need it.

They do not give specific medical advice and would always encourage you to speak to a doctor or specialist nurse about your medication. We do not offer a counselling service, but can often suggest who to contact if you need specialist professional help on a number of issues.