

October 2024

Dear all,

I'm writing to you as October is **Lupus Awareness Month\***. If you have, or are living with someone who has lupus, the leading charity [Lupus UK](#) has lots of helpful resources. Lupus UK also has a [regional group](#) in the East Midlands. To find out more, contact Gill Woodford on 0115 937 4168 (Monday-Friday, 9.00am-9.00pm) or [gillwoodford@hotmail.co.uk](mailto:gillwoodford@hotmail.co.uk).

### **Updates from the RECORDER team:**

The autumn term is always a busy one with research happening alongside various teaching commitments. Fiona and Steph both teach research skills to medical students, and Steph is increasingly involved with the Public Health master's course too. We're writing up some of our recent projects so that healthcare professionals and other researchers can hear about our results. Steph has also been reaching out to people involved in public engagement at the local Nottingham University Hospitals trust and Integrated Care Board to see if we can work more closely with them in the future.

Tina, Tony, Fiona, and Steph took part in the **Scleroderma and Raynaud's UK Walk** this summer and I'm happy to report that we raised £165! Tony's [survey](#) exploring who seeks advice and treatment from their GP about their Raynaud's, conducted in partnership with SRUK, has also been really helpful in understanding the GP data he's working on.

### **Upcoming opportunities for involvement:**

We're planning to hold our next meeting online early in the new year. Please watch this space for confirmation of the programme and date. We are considering choosing a weekday this time so we can get more staff support for the meeting. If this is likely to be a barrier to participation, please do let us know. We may need to alternate to suit everyone's needs.

Kind regards,

Stephanie and the RECORDER team

\*You can find out more about how to get involved [here](#) and contribute on social media with **#LupusAwarenessMonth**.

I'm a bit of an origami enthusiast, and having relatively small children, I had both animal print paper AND googly eyes. Here's my creative offering on behalf of RECORDER and our wonderful public partners 😊

