



## **Bath Institute for Rheumatic Diseases**

Supporting arthritis research, education  
and patient engagement



We are a small medical research charity serving scientific academia, clinicians, healthcare professionals, patients, carers and their families through advancing a better understanding of rheumatic diseases and their treatment.

Known as BIRD, our work is undertaken in Bath for the benefit of patients worldwide. We are still co-located with the Royal National Hospital for Rheumatic Diseases (RNHRD), which is now based at the Royal United Hospital in Bath.

## What is rheumatology?



Rheumatology is the study and treatment of arthritis, including a number of autoimmune diseases, pain disorders affecting bones, joints, soft tissue and tendons.

There are more than 200 types of rheumatic diseases, including rheumatoid arthritis, psoriatic arthritis, axial spondyloarthritis, systemic sclerosis, lupus, Raynaud's, vasculitis, osteoarthritis and myositis.

## Our history



BIRD was formed in 1975 by the Royal National Hospital for Rheumatic Diseases and the University of Bath. Although we became an independent charity in 1981, we are still committed to collaborating with both organisations, by bringing clinicians and scientists together.

Bath has always been at the forefront of bone and joint disease research, education and patient care. This reflects our history as a city with thermal waters and with one of the first national specialist hospitals in the country founded in 1738, the Mineral Water Hospital.



## Our work

**BIRD awards 'pump priming' research grants** in the field of bone and joint diseases that would be ideally suited to pilot studies, preliminary research, tests of clinical effectiveness or would enable other grants to be made for such research. The guideline for grant amounts is up to £10,000, but more is awarded by exception.

Since 2016, 18 projects have been funded. £436,142 has been awarded which has led to another £287,730 of matched and follow on funding. 537 patients have been involved in the design of projects and as participants.



BIRD funds researchers and clinicians at all career stages: undergraduates, MSc students, PhD students, early career and established researchers and clinicians including clinical lecturers.



**BIRD provides information to patients**, their families and carers and encourages them to participate in research. We have been listening to patients through our information days for years and we use those insights to create more support for people suffering with rheumatic disease. **Our programme usually covers information events in Psoriatic Arthritis, Axial Spondyloarthritis and Rheumatoid Arthritis plus many others.**

Register your interest here [admin@birdbath.org.uk](mailto:admin@birdbath.org.uk)



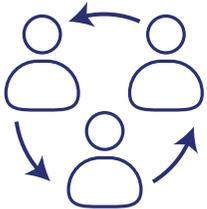
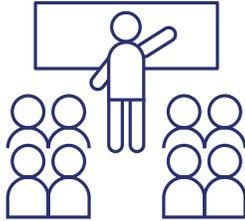
**BIRD provides professional education events** for doctors and other healthcare professionals. Our training sessions are approved for accreditation from either the **Royal College of Physicians** or the **Bath GP Education and Research Trust** which enables doctors to gain continuing professional development credits.

Every year we aim to...



Award rheumatology research grants totalling over £80,000

Attract over 300 doctors and healthcare professionals to our training sessions



Grow a patient community network via e-newsletters and social media use (with 2,000+ on our database, 90,000 impressions per ad)

Deepen patient understanding of rheumatic diseases, by reaching 100 patients with every podcast or live information event (around 6 live events or 20 podcasts a year)



Help at least 100 patients to get involved in research through circulating surveys and alerts to opportunities



Thank you

Thank you to the donors, legators, charitable trusts and foundations and pharmaceutical companies who support our work. As a charity, we couldn't make a difference without you.

**£100** covers our monthly IT costs

**£500** covers all the costs of a patient information event

**£2,000** would pay for a Summer Studentship for a scientific researcher

**£10,000** would fund a small-scale pilot research project

If you are moved to donate, please visit our page on [www.virginmoneygiving.com/charities/BIRD](http://www.virginmoneygiving.com/charities/BIRD)

Thank you too, to our Trustees and committee members who provide expertise and dedication, especially the busy consultants who give us their evenings to attend Council of Management meetings.

To find out more: [www.birdbath.org.uk](http://www.birdbath.org.uk)

