Adroddiad Effaith

2024/2025

Arthritis UK
(Formerly Versus Arthritis)

Impact Report 2024/2025

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(Formerly Versus Arthritis)

Cyflwyniad

Yma yn Arthritis UK, rydym yn benderfynol o ysgogi newid cadarnhaol a pharhaol i bawb sy'n byw gyda heriau arthritis yn y DU.

Yn dilyn cyhoeddi ein cynllun strategol pum mlynedd yn 2023, rydym wedi bod yn gweithio'n agos gyda'n cymuned i wneud yn siŵr ein bod yn unedig ac wedi ffocysu ar gyflawni ein nodau o wella'r atal, y diagnosis a'r driniaeth, i helpu pobl i fyw'n dda gydag arthritis a chynyddu ymwybyddiaeth.

I wneud hyn, rhaid inni werthuso a datblygu'n barhaus yr effaith rydym yn ei chael ar gyfer a gydag unigolion sydd ag arthritis, ond i wneud hynny rhaid inni ddeall mwy yn gyntaf am ein lefelau effaith presennol.

Dyma'r adroddiad effaith sefydliadol cyntaf a gyhoeddwyd gan Arthritis UK. Dyma'r tro cyntaf i ni allu dangos yn weledol y gwahaniaeth rydyn ni'n ei wneud i unigolion sy'n byw gydag arthritis.

Mae cyfran sylweddol o'n data yn seiliedig ar ymatebion i arolygon – mae gennym ddigon o ddata i fod yn hyderus bod hyn yn adlewyrchu barn gyffredinol, ond mae'n werth nodi nad yw pawb sy'n rhyngweithio â ni wedi cwblhau arolwg.

Byddwn yn parhau i ddysgu o'n gwaith a'i ddatblygu, er mwyn sicrhau y gall pawb sydd ag arthritis fyw'r bywyd maen nhw'n ei ddewis.

Introduction

At Arthritis UK, we're determined to bring about positive and lasting change for everyone living with the challenges of arthritis in the UK.

Following the publication of our five-year strategic plan in 2023, we've been working closely with our community to make sure we're united and focused on achieving our goals of improving prevention, diagnosis and treatment, helping people to live well with arthritis and increasing awareness.

To do this, we must continually evaluate and evolve the impact we're making for and with people with arthritis, but to do that, we must first understand more about our current levels of impact.

This is Arthritis UK's first published organisational impact report. It's the first time we've been able to visually show the difference we're making for people living with arthritis.

A significant proportion of our data is based on survey responses – we have enough data to be confident that this reflects overall views, but it's worth noting that not everyone who interacts with us will have completed a survey.

We'll continue to learn from and develop our work, to make sure everyone with arthritis can live the life they choose.

Gwasanaethau

Mae Arthritis UK yn darparu ystod o wasanaethau i oedolion, pobl ifanc, plant a'u teuluoedd, a gweithwyr proffesiynol gofal iechyd a gweithleoedd.

Yn 2024/25, cyflwynodd ein staff a'n gwirfoddolwyr 302 o sesiynau hunanreoli, gan gefnogi unigolion sy'n byw gydag arthritis i reoli eu cyflwr. Dros chwe wythnos, mae cyfranogwyr yn dysgu am newidiadau i'w ffordd o fyw, ffyrdd o gyfathrebu â ffrindiau, teulu a gweithwyr gofal iechyd proffesiynol, a sut i ymarfer corff yn ddiogel gydag arthritis. Ochr yn ochr â'n cyrsiau hunanreoli, darparwyd **1,072** o sesiynau gwybodaeth a chymorth cryno ledled y DU.

> **Cymaint o wybodaeth wedi'i rhoi am sut i ymdopi â'ch cyflwr.**
>
> Mynychwr Gwybodaeth Cymorth Sgwrs, De Lloegr, Mawrth 2025

> **[Y peth gorau oedd] cwrdd â phobl eraill a dysgu pethau newydd. Dwi wrth fy modd gyda'r ffaith fod gan bawb yn yr ystafell rhyw fath o gyflwr. Mae pawb yma i geisio helpu eu hunain.**
>
> Mynychwr cwrs Hunanreolaeth, Gogledd Iwerddon, Hydref 2024

94%
Canran y defnyddwyr gwasanaeth a fyddai'n argymell Arthritis UK i eraill.

80%
Y ganran a ddywedodd fod mynychu cwrs hunanreoli wedi gwella eu dealltwriaeth o arthritis.

71%
Canran y rhai sy'n mynychu gwasanaethau hunanreoli sy'n teimlo eu bod yn gallu lleihau'r effaith y mae arthritis yn ei chael ar eu bywydau.

80%
Canran y mynychwyr a ddywedodd eu bod yn fwy ymwybodol o ble i gael cymorth ar gyfer eu cyflwr yn dilyn un o'n sesiynau gwybodaeth.

Services

Arthritis UK delivers a range of services to adults, young people, children and their families, and healthcare and workplace professionals.

In 2024/25, our staff and volunteers delivered 302 self-management sessions, supporting people living with arthritis to manage their condition. Over six weeks, participants learn about lifestyle changes, ways to communicate with friends, family and healthcare professionals, and how to exercise safely with arthritis. Alongside our self-management courses, **1,072** information and bitesize support sessions were delivered across the UK.

> **So much information [was] given about how to cope with your condition.**
>
> Information Support Talk attendee, South England, March 2025

> **[The best thing was] meeting with other people and learning new things. I love the fact that everyone in the room has some sort of condition. Everyone is here to try and help themselves.**
>
> Self-Management course attendee, Northern Ireland, October 2024

94%
of service users would recommend Arthritis UK to others.

80%
said that attending a self-management course improved their understanding of arthritis.

71%
of self-management service attendees feel more able to reduce the impact that arthritis has on their lives.

80%
of attendees said they were more aware of where to get support for their condition following one of our information sessions.

Fel rhan o'n gwasanaethau a'n cyngor, rydym yn ceisio rhoi mwy o hyder i bobl siarad am eu harthritis, boed hynny gyda'u ffrindiau a'u teulu neu wrth siarad â gweithwyr gofal iechyd proffesiynol. Mae **bron i dri chwarter** o'r rhai a ymatebodd i'r arolwg wedi nodi gwelliant yn eu gallu i fod yn agored gydag eraill.[1]

> **Mae wedi rhoi mwy o hyder i mi siarad allan a bod yn iawn gyda fy hun os na allaf wneud rhywbeth.**
>
> Mynychwr cwrs Hunanreolaeth, Gogledd Iwerddon, Mai 2024

Ar ôl mynychu ein sesiynau gweithgarwch corfforol, mae **bron i dri chwarter** o'r cyfranogwyr wedi dweud eu bod wedi cynyddu faint o weithgarwch corfforol maen nhw'n ei wneud yn eu bywydau bob dydd.

Un o'r cwestiynau rydyn ni'n eu gofyn i bobl cyn iddyn nhw ddechrau sesiwn yw a ydyn nhw'n gwneud unrhyw ymarfer corff i helpu i reoli eu poen arthritis. Dros y flwyddyn ddiwethaf, gwelsom mai dim ond **27%** a ddywedodd ie, ond yn dilyn y sesiwn cynyddodd hyn i ychydig o dan hanner (**46%**).

> **Mae'n gwneud i mi deimlo'n dda amdanaf fy hun. Dwi'n hoffi'r sgwrs wedyn gydag eraill yn y grŵp. Mae'r [hyfforddwr] yn rhoi syniadau newydd ac yn ei gwneud hi'n hwyl.**
>
> Mynychwr Chi Me, Gogledd Lloegr, Gorffennaf 2024

[1] Adroddodd **72%** welliant yn eu gallu i fod yn agored gyda gweithwyr gofal iechyd proffesiynol; adroddodd **74%** welliant yn eu gallu i fod yn agored gyda ffrindiau a theulu

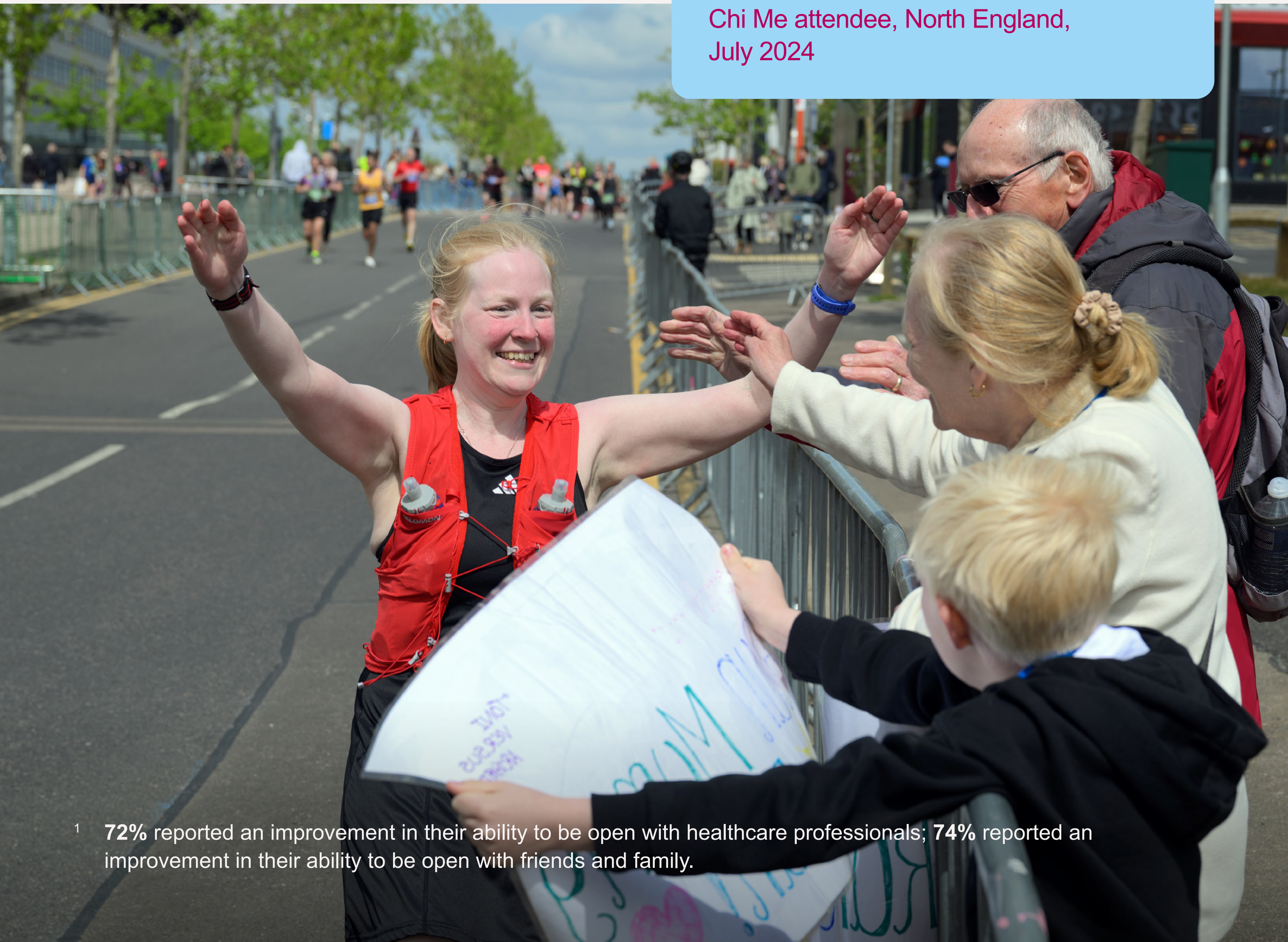
As part of our services and advice, we try to give people more confidence to talk about their arthritis, whether that be with their friends and family or when talking to healthcare professionals. **Almost three quarters** of survey respondents reported an improvement in their ability to be open with others.[1]

> **It has given me more confidence in speaking out and being ok with myself if I can't do something.**
>
> Self-Management course attendee, Northern Ireland, May 2024

After attending our physical activity sessions, **nearly three quarters** of participants said that they had increased the amount of physical activity they do in their day-to-day lives.

One of the questions we ask people before they start a session is whether they do any exercise to help manage their arthritis pain. Over the last year, we found that only **27%** said yes, but following the session this increased to just under half (**46%**).

> **Makes me feel good about myself. I like the chat afterwards with others in the group. [The instructor] gives some new ideas and makes it fun.**
>
> Chi Me attendee, North England, July 2024



1 **72%** reported an improvement in their ability to be open with healthcare professionals; **74%** reported an improvement in their ability to be open with friends and family.

Llinell Gymorth

Yn 2024/25, atebodd ein cynghorwyr Llinell Gymorth hyfforddedig 20,790 o alwadau ffôn a negeseuon e-bost gan bobl a oedd yn chwilio am help a gwybodaeth am arthritis.

Roedd arolwg a anfonwyd at bobl yn dilyn rhyngweithio â'r Llinell Gymorth wedi nodi bod **bron i hanner** yr ymatebwyr wedi dweud bod eu poen mor ddrwg fel ei fod yn cael effaith sylweddol ar gyflawni gweithgareddau dyddiol[2]. Y newyddion da yw bod ychydig dros hanner yr ymatebwyr (57%) wedi dweud bod cysylltu â'n Llinell Gymorth wedi gwella eu gallu i leihau effaith eu cyflwr ar eu bywydau bob dydd.

Roedd [y cynghorydd Llinell Gymorth] y siaradais â hi yn wych…caredig, gofalgar, cydymdeimladol a heb frys yn ei sgwrs, siaradom am awr a theimlais godi calon ac ewyllys i fynd ymlaen!

Galwr y Llinell Gymorth, Gogledd Lloegr, Mawrth 2025

[Y rhan orau am gysylltu â'r Llinell Gymorth oedd] llawer o wybodaeth arbenigol mewn un lle mewn Saesneg clir.

E-bost at y Llinell Gymorth, De Lloegr, Chwefror 2025

Roedd hi'n dda iawn trafod fy mhryderon gydag aelod o Versus Arthritis [Arthritis UK bellach]. Cefais gymorth a chyngor ynglŷn â'r hyn y gallwn ei wneud wrth symud ymlaen. Rhoddodd yr alwad yr hyder i mi fod yna lawer o bethau y gallaf roi cynnig arnynt i'm helpu i ymdopi. Profiad cadarnhaol iawn.

Galwr y Llinell Gymorth, Gogledd Lloegr, Ionawr 2025

20,790

Nifer yr ymholiadau Llinell Gymorth a atebwyd.

[2] Yn ystod y tri mis diwethaf, faint mae'r boen rydych chi'n ei brofi wedi ymyrryd â'ch gweithgareddau dyddiol, lle mae 0 = dim effaith arnaf a 10 = yn methu â chynnal unrhyw weithgareddau: 8/10 **23.89%**, 9/10 **9.98%**, 10/10 **12.85%.**

Helpline

In 2024/25, our trained Helpline advisors answered 20,790 telephone calls and emails from people looking for help and information on arthritis.

A survey sent to people following an interaction with the Helpline reported that **almost half** of respondents said their pain is so bad that it has a significant impact on carrying out daily activities[2]. The good news is that just over half of respondents (57%) said that contacting our Helpline improved their ability to reduce the impact of their condition on their day-to-day lives.

[The Helpline advisor] I spoke to was wonderful…kind, caring, sympathetic and unhurried in her conversation, we spoke for an hour and I felt a lifting of my spirits and a will to go on!

Helpline caller, North England, March 2025

[The best part about contacting the Helpline was] lots of specialist info in one place in plain English.

Helpline email, South England, February 2025

It was really good to discuss my concerns with a member of Versus Arthritis [now Arthritis UK]. I was given help and advice about what I could do moving forward. The call gave me confidence that there are a lot of things I can try out to help me cope. A very positive experience.

Helpline caller, North England, January 2025

20,790

Helpline enquiries answered.

2 In the past three months, how much has the pain you experience interfered with your daily activities, where 0 = no impact on me and 10 = unable to carry on any activities: 8/10 **23.89%**, 9/10 **9.98%**, 10/10 **12.85%**.

Gwasanaeth Pobl Ifanc a Theuluoedd

Mae ein gwasanaeth Pobl Ifanc a Theuluoedd yn cynnig cefnogaeth i unigolion o dan 26 oed sy'n byw gydag arthritis, ynghyd â'u rhwydwaith teuluol. Rydym yn cynnig sgyrsiau un-i-un yn ogystal â digwyddiadau hwyliog, gweithdai hunanreoli, gweithgareddau llais ieuenctid a phenwythnosau preswyl, gan greu mannau diogel i bobl ifanc a'u teuluoedd gysylltu ag eraill.

Dros y flwyddyn ddiwethaf, fe wnaethom groesawu **1,581** o fynychwyr ar draws **93** o weithgareddau, gweithdai a digwyddiadau preswyl. Fe wnaethom hefyd gynnig **3,724** o sesiynau cymorth a gwybodaeth i bobl ifanc a rhieni/gofalwyr mewn ysbytai a chymunedau ar draws y DU, yn ogystal ag yn ddigidol, trwy ein gwaith un-i-un.

> **Os ydych chi'n meddwl ei wneud, ewch amdani, mae'n werth y profiad. Rydych chi'n cael cwrdd â phobl ifanc sy'n deall eich cyflwr ac yn rhoi awgrymiadau a chyngor i chi gan wneud i chi sylweddoli nad ydych chi ar eich pen eich hun. Gall fod yn bryderus ar y dechrau, ond byddwch chi'n dod i adnabod pawb, a does neb byth yn cael ei adael allan.**
>
> Mynychwr Preswyl Gogledd Lloegr, 13 oed neu hŷn, Mai 2024

Pobl Ifanc a Theuluoedd

94%

Canran ein mynychwyr ifanc a fyddai'n argymell ein gweithgareddau, gweithdai a digwyddiadau preswyl i eraill.

77%

Canran ein pobl ifanc sy'n dweud eu bod yn teimlo eu bod yn gallu rheoli eu symptomau'n well ac yn teimlo'n fwy hyderus i fod yn nhw eu hunain ar ôl mynychu un o'n digwyddiadau neu benwythnosau preswyl. Roedd ein gwaith y tu allan i ddigwyddiadau hefyd wedi helpu pobl i deimlo'n fwy gwybodus a'u bod yn cael eu cefnogi.

Young People and Families service

Our Young People and Families service offers support to people under the age of 26 who are living with arthritis, along with their family network. We offer one-to-one conversations as well as fun events, self-management workshops, youth voice activities and residential weekends, creating safe spaces for young people and their families to connect with others.

Over the last year, we welcomed **1,581** attendees across **93** activities, workshops and residential events. We also offered **3,724** support and information sessions for young people and parents/carers in hospitals and communities across the UK, as well as digitally, through our one-to-one work.

> **If you're thinking of doing it go for it, it's so worth the experience. You get to meet young people that understand your condition and give you tips and advice making you realise you're not alone. It may be scary at first, but you will just get to know everyone, and no one is ever left out.**
>
> North England Residential attendee, Aged 13 or over, May 2024

Young People & Families

94%

of our young attendees would recommend our activities, workshops and residential events to others.

77%

of our young people say that they feel better able to manage their symptoms and feel more confident in being themselves after attending one of our events or residential weekends. Our work outside of events also helped people feel more informed and supported.

Mae fy merch bob amser wedi teimlo’n well ar ôl gadael sesiwn neu ar ôl cymryd rhan mewn digwyddiad.

Rhiant person ifanc a gafodd sesiynau cymorth gyda gweithiwr Pobl Ifanc a Theuluoedd

> **My daughter has always felt better after leaving a session or after participating in an event.**
>
> Parent of a young person accessing support sessions with a Young People and Families worker

Hyfforddiant ar gyfer gweithwyr gofal iechyd proffesiynol

Drwy hyfforddi gweithwyr gofal iechyd a gweithleoedd proffesiynol presennol a rhai'r dyfodol, ein nod yw gwella'r driniaeth a'r gofal y mae unigolion sy'n byw gydag arthritis yn ei dderbyn. Rydym yn cyflwyno gweithdai Sgiliau Craidd a sesiynau Llais y Claf, yn ogystal â darparu mynediad at adnoddau ar-lein.

Yn ystod y flwyddyn ddiwethaf, fe wnaethom gyflwyno sesiynau hyfforddi wyneb yn wyneb ac ar-lein i **1,367** o weithwyr gofal iechyd proffesiynol a myfyrwyr, a chafodd ein hadnoddau hunanddysgu eu cyrchu 1**89,275** o weithiau.

> **Y diwrnod astudio gorau i mi ei fynychu ers amser maith. Des i ffwrdd gan deimlo fy mod wedi dysgu rhywbeth ac yn fwy hyderus wrth fynd i'r afael â phynciau anodd gyda chleifion.**
>
> Ymarferydd Nyrsio Uwch a mynychwr Sgiliau Craidd, Cymru, Medi 2024

> **Rydw i wedi cael ail-frwdfrydedd. Dwi'n meddwl ei fod wedi gwella fy sgiliau cyfathrebu, ac mae gen i lwyth o adnoddau gwych i'w rhannu gyda chleifion.**
>
> Meddyg Teulu a mynychwr Sgiliau Craidd, Gogledd Lloegr, Hydref 2024

99%

Y ganran o'n mynychwyr Sgiliau Craidd (gweithwyr gofal iechyd proffesiynol) fyddai'n argymell yr hyfforddiant i eraill.[3]

92%

Y ganran o fynychwyr sy'n debygol iawn o gyfeirio eu cleifion at ein hadnoddau..

50%

Canran y gwelliant cyfartalog mewn gwybodaeth am arthritis ar gyfer ein mynychwyr Sgiliau Craidd.

[3] Yn seiliedig ar **202** o ymatebion i'r arolwg

Training for healthcare professionals

By training current and future healthcare and workplace professionals, we aim to improve the treatment and care that people living with arthritis receive. We deliver both Core Skills workshops and Patient Voice sessions, as well as providing access to online resources.

In the last year, we delivered face-to-face and online training sessions to **1,367** healthcare professionals and students, and our self-learning resources were accessed **189,275** times.

> **Best study day I've attended in a long time. Came away feeling I'd learnt something and more confident about tackling tricky topics with patients.**
>
> Advanced Nurse Practitioner and Core Skills attendee, Wales, September 2024

> **I have been re-enthused. I think it has enhanced my communication skills, and I have loads of great resources to share with patients.**
>
> GP and Core Skills attendee, North England, October 2024

99%
of our Core Skills attendees (healthcare professionals) would recommend the training to others.[3]

92%
of attendees are very likely to signpost their patients to our resources.

50%
average improvement in knowledge of arthritis for our Core Skills attendees.

[3] Based on **202** survey responses

Polisi a dylanwadu

Rydym yn ymgyrchu i wneud yn siŵr bod arthritis yn cael ei ystyried yn flaenoriaeth genedlaethol. Rydym am i lywodraethau a gwasanaethau iechyd gymryd arthritis o ddifrif, fel y gall pawb gael mynediad at y diagnosis, y driniaeth a'r gefnogaeth sydd eu hangen arnynt, lle bynnag y maent yn byw yn y DU. A 2024 oedd ein blwyddyn ymgyrchu fwyaf eto. Mae ein huchafbwyntiau'n cynnwys y canlynol:

Fe wnaethom gynnal dau ddigwyddiad seneddol i helpu i adeiladu ein rhwydwaith o Hyrwyddwyr AS Arthritis - ASau sy'n cefnogi ein gwaith ac yn gweithredu dros unigolion sydd ag arthritis. Roedd tua **80 o ASau** o bob rhan o'r DU yn bresennol a chawsant siarad â rhai o'n hymgyrchwyr, gan glywed yn uniongyrchol sut beth yw byw gydag arthritis a'r newidiadau sydd eu hangen i'w helpu i fyw'r bywydau y maent yn eu dewis.

Am yr wyth mlynedd diwethaf, rydym wedi bod yn ymgyrchu i wneud cyflyrau cyhyrysgerbydol (MSK) yn flaenoriaeth yng Nghymru ac yn ystod 2024-25 gwnaethom gynnydd sylweddol. Mae uchafbwyntiau'n cynnwys **Polisi Aros yn Iach Llywodraeth Cymru**[4] – sef rhoi canolfan alwadau 'Un Pwynt Cyswllt' (SPOC) ar waith ym mhob Bwrdd Iechyd yng Nghymru i gefnogi pobl ar restrau aros, a sicrhau bod mwy o bobl yng Nghymru sydd ag arthritis bellach yn cael eu cyfeirio at ein cyfres o adnoddau gwybodaeth Arthritis UK. Lansiwyd Rhwydwaith **Clinigol Strategol Cenedlaethol ar gyfer Cyflyrau Cyhyrysgerbydol**[5], **Fframwaith Cyhyrysgerbydol**[6], a **Fframwaith Gallu Cyhyrysgerbydol Aml-broffesiynol**[7] ym mis Hydref 2024, i gyd-fynd â Diwrnod Arthritis y Byd. Bydd y fframweithiau hyn yn helpu i wella safonau mewn gofal iechyd cyhyrysgerbydol yng Nghymru, ac yn diffinio'r galluoedd sydd eu hangen ar weithwyr gofal iechyd proffesiynol (HCPs) i ddiwallu anghenion pobl â chyflyrau cyhyrysgerbydol mewn lleoliadau gofal sylfaenol.

Ni fyddai dim o hyn wedi bod yn bosibl heb waith tîm gwych ar draws Arthritis UK, gan gynnwys ein gwirfoddolwyr Changemaker ac unigolion sydd ag arthritis a rannodd eu straeon a chefnogodd ein hymgyrchoedd.

187,639

Nifer y gweithredoedd ymgyrchu a gymerwyd yn 2024/25.

4 https://www.gov.wales/promote-prevent-and-prepare-planned-care-html

5 https://executive.nhs.wales/functions/networks-and-planning/musculoskeletal-conditions/

6 https://executive.nhs.wales/functions/networks-and-planning/musculoskeletal-conditions/msk-docs/living-with-arthritis-and-musculoskeletal-conditions-in-wales-a-framework-for-the-future/

7 https://heiw.nhs.wales/education-and-training/primary-care/musculoskeletal-capability-framework-for-wales/

Policy and influencing

We campaign to make sure that arthritis is seen as a national priority. We want governments and health services to take arthritis seriously, so that everyone can access the diagnosis, treatment and support they need, wherever they live in the UK. And 2024 was our biggest campaigning year yet. Our highlights include:

We hosted two parliamentary events to help build our network of Arthritis MP Champions – MPs who support our work and take action for people with arthritis. Around **80 MPs** from across the UK attended and were able to speak to some of our campaigners, hearing directly what it's like to live with arthritis and the changes needed to help them live the lives they choose.

For the last eight years, we've been campaigning to make musculoskeletal (MSK) conditions a priority in Wales and during 2024-25 we made significant progress. Highlights include the **Welsh Government's Waiting Well Policy**[4] – putting in place a 'Single Point of Contact' (SPOC) call centre in each Health Board in Wales to support people on waiting lists, and ensuring more people in Wales with arthritis are now signposted to our suite of Arthritis UK information resources. **The National Strategic Clinical MSK Network**[5], **MSK Framework**[6], and **Multi-professional MSK Capability Framework**[7] were all launched in October 2024, to coincide with World Arthritis Day. These frameworks will help to improve standards in MSK healthcare in Wales, and define the capabilities required by healthcare professionals (HCPs) to meet the needs of people with MSK conditions in primary care settings.

None of this would have been possible without great teamwork across Arthritis UK, including our Changemaker volunteers and people with arthritis who shared their stories and supported our campaigns.

187,639

campaign actions were taken in 2024/25.

[4] https://www.gov.wales/promote-prevent-and-prepare-planned-care-html

[5] https://executive.nhs.wales/functions/networks-and-planning/musculoskeletal-conditions/

[6] https://executive.nhs.wales/functions/networks-and-planning/musculoskeletal-conditions/msk-docs/living-with-arthritis-and-musculoskeletal-conditions-in-wales-a-framework-for-the-future/

[7] https://heiw.nhs.wales/education-and-training/primary-care/musculoskeletal-capability-framework-for-wales/

Yng Ngogledd Iwerddon, mae ein gwaith polisi Aros yn Iach wedi bod yn gwneud gwahaniaeth gwirioneddol i bobl ar restrau aros hir am driniaeth. Mae ein cyswllt ag Aelodau'r Cynulliad Deddfwriaethol (MLAs) wedi arwain at gynnydd cyson yn nifer y Cwestiynau Cynulliad sy'n ymwneud ag iechyd cyhyrysgerbydol ac amseroedd aros sy'n cael eu cyflwyno i'r gweinidog iechyd. Mae hwn yn gam pwysig wrth wthio am newid a gwneud y mater hwn yn flaenoriaeth wleidyddol. Fe wnaethom gynnal Bord Gron Aros yn Iach yn Stormont i ddod â'r gweinidog iechyd, uwch lunwyr polisi, cyrff proffesiynol, ac MLAs ynghyd i archwilio camau gweithredu a strategaethau i gefnogi pobl sy'n aros am driniaeth. O ganlyniad i'r digwyddiad hwn, **gwnaeth yr Adran Iechyd ymrwymiad i gyfathrebu a chefnogi cleifion yn well** fel rhan o'i Fframwaith Gofal Dewisol, buddugoliaeth enfawr i unigolion sydd ag arthritis yng Ngogledd Iwerddon.

Yn yr Alban, fe wnaethon ni gyhoeddi ein hadroddiad ACHE (Ymgysylltu Iechyd Cymunedol Arthritis) o'r enw '*Putting the Pieces Together in Drumchapel*', gan ddangos pwysigrwydd cefnogaeth o fewn (a chan) gymunedau i helpu i wella bywydau unigolion sy'n byw gydag arthritis. Cafodd yr adroddiad sylw mewn straeon cyfryngau ledled yr Alban a chafodd ei gydnabod hefyd gan senedd yr Alban trwy gynnig a gyflwynwyd gan AS lleol.

In Northern Ireland, our Waiting Well policy work has been making a real difference to people on long waiting lists for treatment. Our contact with Members of the Legislative Assembly (MLAs) has resulted in a steady increase of Assembly Questions relating to musculoskeletal health and waiting times being submitted to the health minister. This is an important step in pushing for change and making this issue a political priority. We held a Waiting Well Roundtable at Stormont to bring together the health minister, senior policy makers, professional bodies, and MLAs to explore actions and strategies to support people who are waiting for treatment. As a result of this event, the **Department of Health made a commitment to better patient communication and support** as part of its Elective Care Framework, a huge win for people with arthritis in Northern Ireland.

In Scotland, we published our ACHE (Arthritis Community Health Engagement) report called *Putting the Pieces Together in Drumchapel*, demonstrating the importance of support within (and by) communities to help improve the lives of people living with arthritis. The report was featured in media stories across Scotland and was also acknowledged by the Scottish parliament through a motion submitted by a local MSP.

Ymchwil

Yn ystod 2024/25, dyfarnwyd £16.6 miliwn ar draws prosiectau ymchwil newydd, gan ddod â chyfanswm ein buddsoddiad dros yr 20 mlynedd diwethaf i fwy na £367 miliwn.

Mae llwyddiant ein hymchwil yn parhau i helpu i wella ein dealltwriaeth o gyflyrau arthritis, gan ddod â gobaith am driniaethau newydd posibl a gyrru newid yn y byd go iawn i unigolion sydd ag arthritis. Mae ein huchafbwyntiau o'r flwyddyn ddiwethaf wedi'u cymryd o ddadansoddiad manwl o'n buddsoddiadau, a rhai datblygiadau newydd cyffrous.

Rituximab ar gyfer fasgwlitis ANCA (Gwrthgorff Sytoplasmig Gwrth-Niwtroffil): Ariannwyd hap-dreial rheoledig o'r enw RITAZAREM gennym ni yn 2011 i gymharu'r driniaeth fiolegol Rituximab â therapi gwrthimiwnedd safonol mewn fasgwlitis ANCA. Canfu'r treial fod Rituximab yn well na'r triniaethau safonol cyfredol wrth gynnal rhyddhad, ac mae'r canfyddiadau hyn bellach **wedi arwain at newidiadau i ganllawiau rhyngwladol**, gan flaenoriaethu defnyddio Rituximab wrth drin fasgwlitis ANCA.[8, 9]

Defnydd posibl o methotrexate mewn osteoarthritis: Mae treial clinigol PROMOTE wedi dangos bod methotrexate, meddyginiaeth sydd eisoes yn cael ei defnyddio ar gyfer cyflyrau hunanimíwn fel arthritis gwynegol, yn **effeithiol wrth leddfu'r boen a'r anystwythder a achosir gan osteoarthritis y pen-glin.** Mae'r canfyddiadau hyn yn cynnig gobaith am ddulliau newydd o reoli poen i filiynau o bobl sy'n byw gydag osteoarthritis, gydag ymchwil yn y dyfodol yn helpu i nodi pwy allai elwa o'r feddyginiaeth hon.

Datblygu canllawiau gofal ar gyfer pobl ifanc â chyflyrau cyhyrysgerbydol: Amlygodd dadansoddiad o effaith ein Canolfan Riwmatoleg Glasoed, y cyntaf yn y byd, y rôl hollbwysig y maent wedi'i chwarae wrth wella gofal pobl ifanc. Cefnogodd y Ganolfan ddatblygiad y canllawiau gofal Prydeinig cyntaf wedi'u teilwra'n benodol ar gyfer pobl ifanc â chyflyrau fel arthritis psoriatig, clefyd Sjögren, a myopathi llidiol idiopathig. Fe wnaethant hefyd helpu i ddatblygu meddyginiaeth o'r enw secukinumab (Cosentyx™) sydd bellach wedi'i chymeradwyo ledled y DU a'r UE i drin rhai mathau o arthritis idiopathig ieuenctid.

Mae gennym adroddiadau effaith ymchwil unigol gan lawer o'n Canolfannau Ymchwil ar gael yma: **arthritis-uk.org/our-research/our-research-impact/our-research-centres**

£16.6m

Y swm a ddyfarnwyd ar draws prosiectau ymchwil newydd yn ystod 2024/25.

8 https://ard.bmj.com/content/83/1/30

9 https://app.overton.io/document.php?policy_document_id=awmf-9a68a9ebaa6f4a1094c36b520e844e9f

Research

During 2024/25, we awarded **£16.6** million across new research projects, bringing our total investment over the past **20** years to more than **£367** million.

The success of our research continues to help improve our understanding of arthritis conditions, bringing hope for potential new treatments and driving real-world change for people with arthritis. Our highlights from the past year are taken from both in-depth analysis of our investments, and some exciting new breakthroughs.

Rituximab for ANCA (Anti-Neutrophil Cytoplasmic Antibody) vasculitis: A randomised controlled trial called RITAZAREM was funded by us in 2011 to compare the biologic treatment Rituximab to standard immunosuppression therapy in ANCA vasculitis. The trial found that Rituximab was superior to the current standard treatments in maintaining remission, and these findings have now **resulted in international guideline changes**, prioritising the use of Rituximab in the treatment of ANCA vasculitis.[8, 9]

Potential methotrexate use in osteoarthritis: The PROMOTE clinical trial has shown that methotrexate, a medicine already used for autoimmune conditions like rheumatoid arthritis, is **effective in relieving both the pain and stiffness caused by knee osteoarthritis**. These findings offer hope for new approaches to pain management for millions of people living with osteoarthritis, with future research helping to identify who might benefit from this medicine.

Development of care guidelines for young people with MSK-related conditions: Analysis of the impact of our world-first Centre for Adolescent Rheumatology highlighted the critical role they've played in **improving the care of young people**. The Centre supported the development of the first British care guidelines specifically tailored for young people with conditions such as psoriatic arthritis, Sjögren disease, and idiopathic inflammatory myopathy. They also helped to develop a medicine called secukinumab (Cosentyx™) now approved across the UK and EU to treat some forms of juvenile idiopathic arthritis.

We have individual research impact reports from many of our Research Centres available here: **arthritis-uk.org/our-research/our-research-impact/our-research-centres**

£16.6m
awarded across new research projects during 2024/25.

8 https://ard.bmj.com/content/83/1/30

9 https://app.overton.io/document.php?policy_document_id=awmf-9a68a9ebaa6f4a1094c36b520e844e9f

Partneriaid ymchwil

Mae ein partneriaid ymchwil yn grŵp o unigolion sydd â phrofiad byw o gyflyrau arthritis sy'n gweithio mewn partneriaeth â ni i wneud penderfyniadau am ein hymchwil.

80%

Canran ein partneriaid ymchwil a gytunodd eu bod yn hyderus ein bod yn ystyried eu mewnbwn wrth wneud penderfyniadau.

85%

Canran ein partneriaid ymchwil sy'n teimlo eu bod wedi gwneud gwahaniaeth i'n gwaith.

> **Rwy'n gysylltiedig â sefydliad sy'n cael effaith wirioneddol.**
>
> Partner ymchwil

> **Mae cleifion yn cynnig safbwyntiau gwahanol a phwysig; gallant hefyd ddarparu cefnogaeth ac anogaeth ardderchog i ddilyn cwestiynau ymchwil penodol. Yn ogystal, mae ymchwilwyr gyrfa gynnar yn y labordy yn gwerthfawrogi trafod eu gwaith gyda chleifion ac i'r gwrthwyneb. Mae'r ddwy ochr yn teimlo eu bod yn cael eu gwerthfawrogi.**
>
> Ymchwilydd wedi'i ariannu gan Arthritis UK

Research partners

Our research partners are a group of individuals with lived experience of arthritis conditions who work in partnership with us to make decisions about our research.

80%
of our research partners agreed that they are confident that we take their input into account when making decisions.

85%
of our research partners feel they have made a difference to our work.

> I'm connected to an organisation that is making a real impact.
>
> Research partner

> Patients provide different and important perspectives; they can also provide excellent endorsement and encouragement to pursue certain research questions. Additionally, early career researchers in the lab appreciate discussing their work with patients and vice versa. Both parties feel appreciated and valued.
>
> Researcher funded by Arthritis UK

Ein blwyddyn mewn rhifau

67,693
Nifer y gweithredoedd cymorth a ddarparwyd ar gyfer unigolion sydd ag arthritis.

20,790
Nifer yr ymholiadau Llinell Gymorth a atebwyd.

26,660
Nifer y bobl a fynychodd un o'n sesiynau cyflwyno yn y DU (gan gynnwys gwybodaeth, hunanreolaeth a gweithgarwch corfforol).

1,367
Nifer y gweithwyr gofal iechyd proffesiynol a myfyrwyr a gafodd fynediad i'n hyfforddiant wyneb yn wyneb neu ar-lein.

189,275
Nifer y gweithwyr gofal iechyd a gweithle proffesiynol a ddefnyddiodd ein hadnoddau hunanddysgu.

187,639
Nifer y gweithredoedd ymgyrchu a gymerwyd.

378
Nifer y gwirfoddolwyr a helpodd i gyflwyno ein gwasanaethau.

102
Nifer yr ymgeiswyr a ariannwyd ar draws 20 o wobrau ymchwil.

Dros 1.2m
Nifer y llyfrynnau gwybodaeth a ddanfonwyd i, ac a lawrlwythwyd gan, unigolion sydd ag arthritis.

130
o bartneriaid ymchwil, cynnydd o'i gymharu â'r llynedd

Our year in numbers

67,693
acts of support delivered for people with arthritis.

20,790
Helpline enquiries answered.

26,660
people attended one of our UK delivery sessions (including information, self-management and physical activity).

1,367
healthcare professionals and students accessed our face-to-face or online training.

189,275
healthcare and workplace professionals accessed our self-learning resources.

187,639
campaign actions taken.

378
volunteers helped to deliver our services.

102
applicants funded across 20 research awards.

Over 1.2m
information booklets delivered to and downloaded by people with arthritis.

130
research partners, an increase from last year.

Camau nesaf

Yma yn Arthritis UK, rydym wedi cymryd camau enfawr dros y ddwy flynedd ddiwethaf i wella'r ffordd rydym yn mesur ein heffaith. Rydym yn dechrau gweld ble rydym yn gwneud y gwahaniaeth mwyaf, ond gallwn hefyd nodi meysydd y mae angen eu hadolygu neu eu datblygu ymhellach. Byddwn yn parhau i ddatblygu ein gwaith effaith er mwyn ein helpu i weld ble a sut rydym yn gwneud y gwahaniaeth mwyaf i fywydau pobl.

Next steps

At Arthritis UK, we have taken huge steps over the last couple of years to improve the way we measure our impact. We are starting to see where we are making the biggest difference, but we can also note areas that need to be reviewed or developed further. We will continue to evolve our impact work to help us see where and how we are making the biggest difference to people's lives.

Diolch

Diolch i bawb sydd wedi gwneud yr adroddiad hwn yn bosibl:

- Pawb sydd wedi cymryd yr amser i gwblhau un o'n harolygon.
- Ein cymuned anhygoel o wirfoddolwyr, ymgyrchwyr, codwyr arian, a chefnogwyr.
- Yr unigolion anhygoel ag arthritis sy'n rhannu eu stori.
- Gweithwyr proffesiynol iechyd a gofal sydd wedi mynychu ein hyfforddiant ac wedi hyrwyddo ein gwasanaethau.
- Ein rhwydwaith ymroddedig o ymchwilwyr.
- Y bobl wych sy'n helpu i ariannu ein gwaith.
- Ein timau mewnol.
- A phawb sy'n cefnogi ein gweledigaeth o greu dyfodol heb arthritis.

Os oes angen cymorth arnoch, cysylltwch â'r Llinell Gymorth ar 0800 5200 520, anfonwch e-bost at helpline@arthritis-uk.org neu gallwch ymweld â'r gymuned ar-lein.

Thank you

Thank you to everyone who has made this report possible:

- Everyone who has taken the time to complete one of our surveys.
- Our amazing community of volunteers, campaigners, fundraisers, and supporters.
- The incredible people with arthritis who share their stories.
- Health and care professionals who have attended our training and championed our services.
- Our dedicated network of researchers.
- The wonderful people who help to fund our work.
- Our internal teams.
- And everyone who supports our vision of creating a future free from arthritis.

If you need support, please contact the Helpline on 0800 5200 520, email helpline@arthritis-uk.org or visit the online community.

Arthritis UK
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Ffôn: 0300 790 0400
E-bost: enquiries@arthritis-uk.org
Gwefan: arthritis-uk.org

Cwmni cyfyngedig drwy warant ac wedi'i gofrestru yng Nghymru a Lloegr (00490500)

Elusen gofrestredig yng Nghymru a Lloegr (207711) ac yn yr Alban (SC041156).

Arthritis UK

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Website: arthritis-uk.org

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Arthritis UK