



## New Skin 'n Bones Connection

The next issue (#49) of our Journal will be available soon. All those who have subscribed will receive a copy through the post in the next couple of weeks. Anyone else can order a copy via our online shop. Where you can also read the editorial and contents list.

[PAPAA psoriasis shop](#)



## Participation opportunity

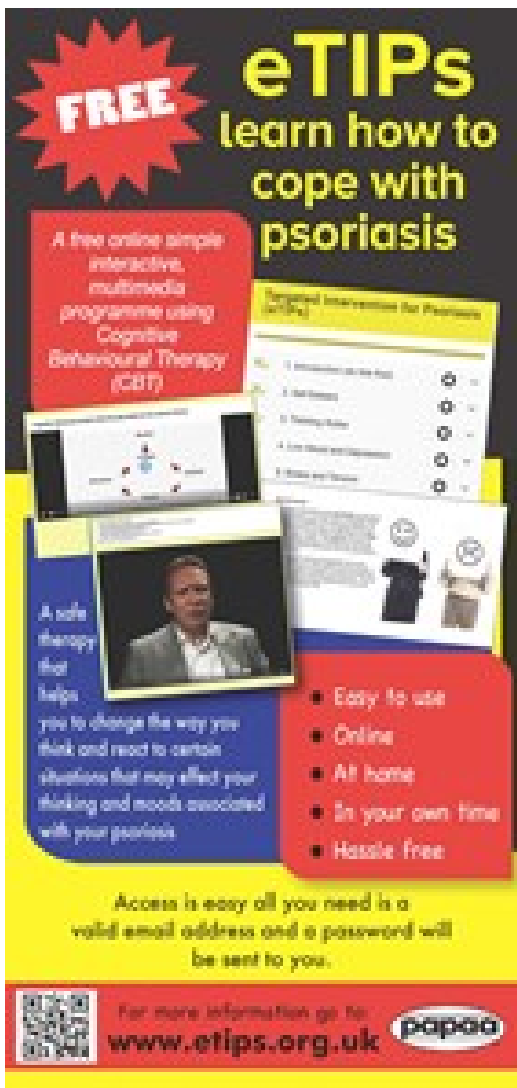
The British Society for Rheumatology Psoriatic Arthritis Register (BSR-PsA) are looking to invite two or three people with psoriatic arthritis to attend a meeting on 9th September to contribute to the discussion. In particular, they are interested in identifying people who not only can represent themselves and their own interests, but who would be comfortable speaking about the disease. [Read the invitation](#)



## Challenge completed

On the 30th March 2019, Heather Imrie ran a 30-mile ultra along part of the John Muir Way in 4hrs 38mins, taking 2 minutes off her previous year's time. Then on the 28th April 2019, she ran the Stirling Marathon, raising more than £2000 for PAPAA. Well done Heather!

[Full story in issue 49 of Skin 'n' Bones Connection.](#)



## eTIPS - cognitive behaviour therapy (CBT)

eTIPS is an online, menu-based, interactive programme which uses a multimedia format including text, videos, audio clips and graphics. This means people can choose the order in which they interact with the programme and work through it in the privacy of their own home. **Now updated for access via smart phone and tablet.**

The programme uses the principles of cognitive behaviour therapy (CBT), a popular form of psychological therapy which focuses on helping individuals to understand that the way they think about a situation can affect the way they feel and act.

The programme is FREE and all you will need to access is to register with a valid email and an access password will be sent to you.

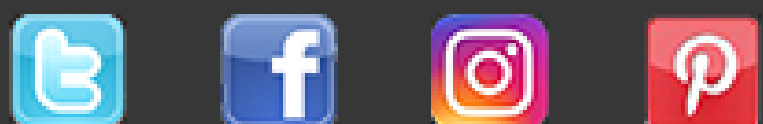
[Go to registration page](#)

### Contact Us

Mailing address:  
PAPAA  
3 Horseshoe Business Park  
Lye Lane  
Bricket Wood  
St Albans  
AL2 3TA

01923 672837  
[info@papaa.org](mailto:info@papaa.org)

### Connect With Us



### Donate Online

