

Get Involved

We really value the experiences and expertise of our supporters, and there are many ways that you can get involved with the Psoriasis Association. If you can help us out in any of the following ways, please indicate using the checkboxes below:

**Media Contact** - We often receive requests from journalists at newspapers and magazines, or production staff at TV companies looking for case studies. Sometimes we also contact the media ourselves to raise awareness of Psoriasis Association events and achievements. If you’d be willing to share your experiences of psoriasis or psoriatic arthritis and raise awareness through the media, let us know.

**Review our Information** - At the Psoriasis Association we are committed to producing good quality information and upholding the principles of the PIF Tick: the UK quality mark for trustworthy health information. If you’re willing to offer your feedback and opinions on our information sheets, leaflets, or web content, please do let us know.

**Event Speaker** - Occasionally we need people with psoriasis or psoriatic arthritis to share their experiences at an event such as a conference or lecture, support group or meeting. If you might be interested in any opportunities to tell an audience about your psoriasis, please tick here.

**Consultation Panel** - If you’re happy to be contacted to offer your opinion or comment on anything from our own services and literature to taking part in industry or academic initiatives, please tick here.

**Leaflet or Poster Distribution** - If you’d like to take our literature into your local GP surgery or Dermatology clinic, do let us know.

**Research Network** - If you’d like to receive emails with opportunities to take part in or to help shape psoriasis research join our Research Network. Please note, these opportunities may come from third parties e.g. academic researchers as well as from the Psoriasis Association.

**Share your story** – Would you be interested is sharing your experiences of living with psoriasis and/or psoriatic arthritis? If so, you could have your story published in our member’s magazine, Pso, or on our website and social media channels. Please tick the box and a member of our team will be in touch with more information.

**Whilst we try our best to match all of our volunteers with relevant opportunities, please keep in mind that due to the specific requirements of some requests we cannot guarantee you will be contacted.**

∆ This information is entirely voluntary, and you are under no obligation to supply it. It does, however, allow us to match members with opportunities they may be most suited to.

**Name (please print):** …………………………………………….  **Email Address:** …………………………………………………………..

**Age/DOB** ∆**:** …………………………………………….  **Gender** ∆**:** …………………………………………………………

To enable us to ensure we match volunteers with suitable opportunities, we would appreciate if you could let us know a bit about yourself and why you would like to be involved with the Psoriasis Association, what types of treatments you have tried or are currently using, and what you have found to be the most helpful in treating your psoriasis.

**Please tell us about yourself and why you would like to volunteer for the opportunities you have selected** ∆**:**

**How long have you had psoriasis? ∆** ………… (years)

**What type(s) of psoriasis do you have? ∆** ……………………………………….

**Do you have psoriatic arthritis? ∆**  …………………………………………..

**Medications used or currently being used ∆:**

**Topical applications:**

**Narrowband UVB therapy** **PUVA therapy**

**Systemic Therapies**

Acitretin  Ciclosporin Leflunomide Methotrexate Sulfasalazine

**Systemic non-biological Therapies**

Apremilast  Dimethyl Fumarate  Tofacitinib

**Biologic Therapies**

Adalimumab  Brodalumab  Certolizumab Pegol  Etanercept

Golimumab  Guselkumab  Infliximab  Ixekizumab

Risankizumab   Secukinumab  Tildrakizumab  Ustekinumab

Other treatment (s) ∆: …………………………………………………

**What treatment has improved your psoriasis? ∆:** …………………………………………………………..

**Please send this completed form to** [**mail@psoriasis-association.org.uk**](mailto:mail@psoriasis-association.org.uk)**.**

**You could also offer your support and experience by chatting with others on our dedicated online forums:** [**www.psoriasis-association.org.uk/forums**](http://www.psoriasis-association.org.uk/forums) **(for adults);** [**www.psoteen.org.uk/forums**](http://www.psoteen.org.uk/forums) **(for teenagers and young people).**