

# Join #RaiseYourHands

Share your quotes, stories, photos and short videos on social media and show others what life is like living with Raynaud's.

We want you to write, snap or film your experiences with Raynaud's. It may be about how the condition affects you or a short film showing you trying to complete a task i.e. undoing a button with your fingers.

We want to make everyone aware of how Raynaud's impacts every day life by writing it, snapping it, filming it and sharing on social media with the hashtag #raiseyourhands



## Here's a simple guide to joining the campaign:

**1)** Write it, Snap it or Film it using your mobile phone.

It could be photos, video or text about your Raynaud's experiences. Your experiences could include how you've managed at home, your treatment, diagnosis, managing at work or at school.

**2)** Share your story on Twitter with #RaiseYourHands and tag @WeAreSRUK

**3)** Share your story on Facebook using 'I am raising my hands because... Support Raynaud's Awareness Month and #RaiseYourHands' don't forget to tag us @WeAreSRUK

Example post: 'I'm raising my hands because even a trip to the supermarket can leave me with painful fingers. Support Raynaud's Awareness Month and #RaiseYourHands

**4)** Share other people's #RaiseYourHands posts to help spread the word about Raynaud's

**5)** Email your story to us: info@sruk.co.uk with the title 'My Story'.



## Raise Your Hands

#raiseyourhands

f /WeAreSRUK

🐦 /WeAreSRUK