



We offer:

- ▶ Personal talks regarding ways of overcoming the illness within our self-help groups located in the neighbourhood
- ▶ Professional counselling through our social workers in difficult situations of life, relative to rehabilitation, disability, pension, health insurance, and in need of care.
- ▶ Information for applications and complaints
- ▶ Mediation and support for the building of self-help groups
- ▶ Assistance in the professional integration of people with chronic inflammatory illnesses
- ▶ Special offers for children, for young rheumatic people and for those with rare rheumatic disturbances
- ▶ Training courses for patients regarding coping with the illness through knowledge dissemination and raising of self responsibility
- ▶ Special functional training for rheumatic diseases (gymnastic, water gymnastic)
- ▶ Courses regarding the joint protection and counselling for ergotherapy
- ▶ Miscellaneous therapeutic offers: Autogenic Training, coping with the illness, breath and relaxation courses, Yoga, Qigong, Feldenkrais, Nordic walking, seminars and educational courses
- ▶ Spare time activities (painting, pottery making, theatre and choir)
- ▶ The chance for volunteer work
- ▶ Special services for members: legal and pension counselling, medical care offers, higher insurance cover, regular dispatch

How to reach us:

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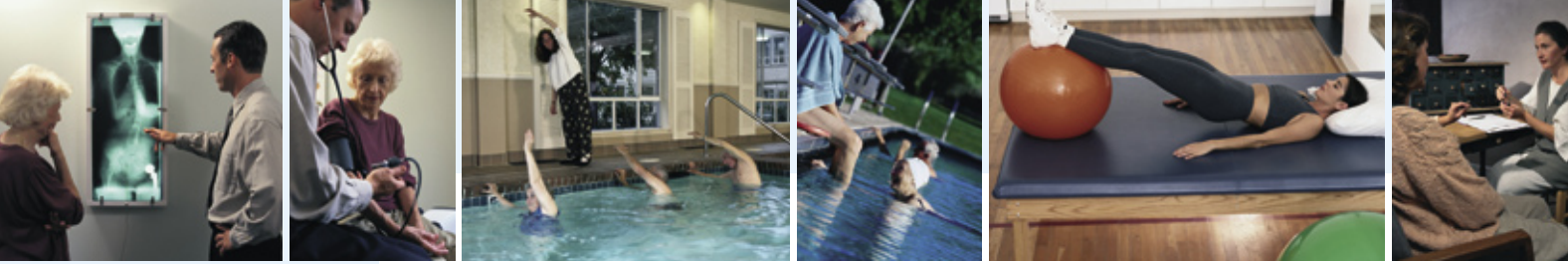


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**Help for self-help
 – we move more.**



Aches – Inflammations – Rheumatism?

Joint and muscle pains and joint inflammations – a grave chronic illness from the group of rheumatic illnesses may hide behind these symptoms. If recognized in time, these illnesses may either be stopped or favourably influenced!

Rheumatism is not an illness of old age, but children, youth, adults of all ages are affected.

Up to now it has been possible to stem rheumatism through medicines and other treatment methods, yet not cured.

Rheumatism has many faces: it destroys joints and it can even affect the heart, the kidneys, the eyes, and other organs.

To the rheumatic illness belong:

- ▶ Rheumatoid arthritis
- ▶ Morbus Bechterew
- ▶ Psoriatic arthritis
- ▶ Arthrosis
- ▶ Fybromyalgia
- ▶ Osteoporosis
- ▶ Collagenosis and vasculitis
- ▶ Borreliosis
- ▶ Other illnesses of the muscular and skeletal systems

Who are we?

We are the largest help and self- help community in Berlin active in the field of public health, whose mission is to provide qualified help to people with chronic rheumatic disturbances in their dealing with the illness, to support and attend them in their daily life.

All this services are provided in our counselling centres, in approx. 100 support groups, through a very diverse and located nearby course program and through many other offers.

The Deutsche Rheuma-Liga Berlin was founded in 1975 by doctors committed to the sick people and their relatives. Nationwide, the Deutsche Rheuma Liga incorporates a quarter of million members.

We consider being a charitable and democratic society, in which all the members have their say. Each duty of the bodies, of the committee, of the council, as well as those of the executive are stated in the Rules and are decided in the general meetings.

Our members and the main- and honorary staffs are active people committed in different ways and in different fields, among whom there is mutual respect and esteem.

Our key objectives:

Our aim is the social participation and the representation of interests of people in spite and on account of their rheumatic illnesses and disabilities. Both our main and honorary staff as well as our members feel under obligation to this responsibility and are supported by a multitude of sponsors and donations.

In Berlin we want to reach the following aims:

- ▶ To be a contact for all people with rheumatic affections.
- ▶ To provide help for self-help
- ▶ To support people with chronic rheumatic illnesses, so that they may lead an active and self-conscious life and make their own decisions.
- ▶ To be a mediator as regards politics, media and the society
- ▶ To improve the treatment's quality through a tight cooperation with all who are involved in caring for the rheumatic affected people
- ▶ To support the research so that rheumatism may be completely curable.

