

HOW YOUR MONEY HELPS

The funds you donate make such a big difference in so many ways

£10

Can help us produce 63 essential publications that allow people with osteoporosis to find out more about topics such as drug treatments, managing pain, and coping with lifestyle changes.

£17

Could fund an hour of a Helpline nurse's time to offer expert information and a listening ear to someone with a new osteoporosis diagnosis.

£25

Could fund 24 copies of our book, *All About Osteoporosis*. It contains life-changing information about the condition and helps sufferers to regain their independence.

£95

Could translate our website content and publications into other languages – helping us to ensure that everyone has access to vital information about osteoporosis.

£100

Could help us with the costs of supporting our local volunteer-led support groups. These vital groups allow people with osteoporosis to learn about their condition in a supportive environment, helping to reduce the isolation that is often by those living with the condition.

£450

Could cover the monthly cost of providing our Freephone Helpline number. This helps to reduce the financial burden on people who are living with osteoporosis and means that they can access expert information and support when they need it most.

£500

Could go towards a study session for healthcare professionals who specialise in the condition.

£1k

Could help fund an innovative osteoporosis research project. This could lead to earlier diagnosis, better treatments and improved quality of life for people living with osteoporosis.