

tRi2day

Our Newsletter

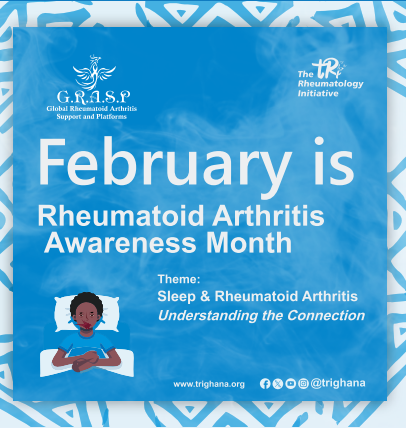
Dear tRi Community,

Welcome to Quarterly Newsletter for 2026. We hope the year has started with clarity, strength, and hope for you and your loved ones.

This quarter, our work was anchored in two important global observances **Rheumatoid Arthritis Awareness Month (February) and Autoimmune Awareness Month (March)**. These moments gave us the opportunity not just to raise awareness but to deepen understanding, build community, and empower individuals living with these conditions.

From conversations in the media to direct engagement on the streets of Accra, and from support group sessions to skill-building initiatives, this quarter reflects what tRi stands for—advocacy, education, research, support, and empowerment.

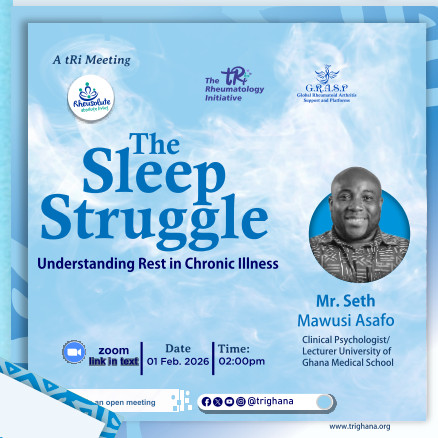
Thank you for being part of this family.



Rheumatoid Arthritis Awareness Month Feb. THE SLEEP STRUGGLE Understanding Rest in Chronic Illness

What we did

- Shared lived experiences.
- Practical coping strategies.
- Created a safe, supportive space.
- TV and radio interviews.
- Public education on early symptoms.
- Emphasis on timely diagnosis and care.
- Realities of living with the condition.
- Community Outreach Independence Square**
- In collaboration with the Rheumatologic Society of Ghana (RSG):
- Direct public engagement
- Open Q&A sessions
- Breaking myths around autoimmune conditions



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Comments from Our Zoom Session on The Sleep Struggle (RA and Sleep)

"I didn't realise my sleep environment matters this much, especially light and temperature."
Sue

"Writing things down before bed might help clear my mind. I'm going to try that."
Kobby

"I understand why, when I don't sleep well my pain increases and my tolerance threshold falls apart. I"
MA

*Taking the Conversation Public
Through our advocacy arm GRASP, we brought rheumatoid arthritis into mainstream conversations:
TV and radio interviews.
Public education on early symptoms.
Emphasis on timely diagnosis and care.
Realities of living with the condition.
Community Outreach – Independence Square
In collaboration with the Rheumatologic Society of Ghana (RSG):
Direct public engagement
Open Q&A sessions
Breaking myths around autoimmune conditions*



In Support of Rheumatoid Arthritis Awareness Month
\$100.00
Purchase A Shirt
size: S,M,L,XL,XXL CONTACT
0544089065



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G.E.M.M.S.
Global Empowered Myositis
and MCTD Survivors

tRi The Rheumatology
Initiative

MARCH IS AUTOIMMUNE AWARENESS MONTH

Theme: Skin Deep:
Managing Autoimmune Skin Issue

"Shining Through the Scars and Bumps"

Global Empowered
Myositis and MCTD Survivors

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A tRi Meeting



Shining Through the Scars and Bumps

Your Skin

Understanding it with
an autoimmune disease

What you need to know
How best to manage it



Carol Arthur
Skin Therapist,
Aesthetic Educator,
Spa Consultant,
CEO The Skin Therapist

Date: 01 Mar. 2026
Venue: Christ the King
Catholic Ch. Hall
Time: 02:00pm



This is an open meeting

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"I learned that gentle care is more important than trying everything and to pay attention to my skin routine."
Sandra

"I feel more confident in making decisions related to managing my skin now."
Naa

In March,

our focus shifted to the skin, a vital yet often misunderstood aspect of autoimmune health.

SKIN MATTERS: Managing Skin in Autoimmune Disease

Expert-led session

Simple, practical guidance

Focus on everyday skin care

From Awareness to Empowerment

- Skill-Building Training
- Body balm production
- Shower gel formulation
- Income-generating skills

Storytelling Through Film

We produced a documentary on autoimmune skin diseases, capturing: Real lived experiences.

Emotional and social impact.

The unseen realities of autoimmune conditions

Our March activities were made possible through the generous support of:

MDS-Lancet , Metropolis Healthcare , Hale Pharmacy and Synlab.

Your commitment enables education, outreach, and real impact.

Thank you for believing in our mission.

Social Media Spotlight

Animated reels on autoimmune skin conditions simplified, accessible education expanded digital reach and awareness

SKINCARE FOR AUTOIMMUNE CONDITIONS

Taking time to care for your skin can support both physical comfort and emotional wellbeing.

Sponsored by LANCET LABORATORIES, METROPOLIS, HALE PHARMACY LTD.

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SKINCARE FOR AUTOIMMUNE CONDITIONS

Some autoimmune skin conditions are sensitive to sunlight. Sun protection can help reduce irritation and flare-ups.

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— Autoimmune Awareness Month —

Bathing Gel & Body Lotion Production Training 2026

sponsored by



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Why This Work Matters

Autoimmune and rheumatic conditions are often invisible, misunderstood, and under-discussed.

This quarter, we made intentional efforts to:

- Bring conversations into public spaces
- Amplify voices through media and storytelling
- Create safe spaces for shared experiences
- Equip individuals with both knowledge and practical skills

At tRi, we believe awareness must go beyond information it must lead to understanding, support, and real-life impact.

Join the movement

Our work continues and there are many ways to be part of it:

- Join a support group
- Volunteer your time and skills
- Partner with tRi to expand impact
- Support our initiatives through donations and advocacy
- Sponsor a programme

Together, we can reach more people, share more knowledge, and create lasting change.

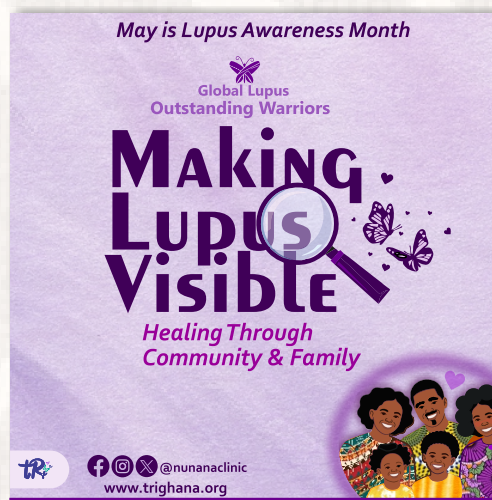
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Other Highlights This Quarter

- Strengthened collaboration with partners to expand outreach and engagement
- Increased community participation across programs and sessions
- Continued to build a structured, supportive network for individuals living with autoimmune conditions

Upcoming Events

May - Lupus Awareness Month



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About us

The Rheumatology Initiative (tRi) is committed to improving the quality of life for individuals living with autoimmune and rheumatic conditions through advocacy, education and research.

The Rheumatology Initiative
info@trighana.org
+233 544 089 065



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*Together, we can reach more people,
share more knowledge, and create lasting change.*

