

We have lots of ways in which you can stay updated from us and we encourage you to look, to get support and to get involved. Here are just a few to get you started:

Mailing list

As a member of Ring20 Research and Support UK CIO you will receive regular (monthly) enews via email and a biannual newsletter from us about all things r(20) related. Sign up here: <http://eepurl.com/c7B9sD> its FREE and you can unsubscribe at any time.

Website

We would strongly encourage you to visit our website, where you will find lots of information about recent developments, ongoing research and upcoming events. www.ring20researchsupport.co.uk

On our website you will find a page on personal stories by some of our r(20) patients and their families about their journey and how they cope - <https://ring20researchsupport.co.uk/personal-stories>

You can also dive into our Knowledge Base and examine medical information and research into r(20) - <https://ring20researchsupport.co.uk/knowledge-base/>

Social Media

To keep up with events as they happen, you can find our latest news and activities here: Please LIKE us on Facebook <https://www.facebook.com/Ring20ResearchandSupportUK>. follow us on Twitter <https://twitter.com/Ring20UK> or LinkedIn <https://www.linkedin.com/company/36127772/admin/>

We'll send you some more details about how you can connect with other r(20) families, in a few weeks' time when you get settled.

In the meantime, if there's anything you need to know, please feel free to contact us at ring20@ring20researchsupport.co.uk