



# burning nights

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# Two perspectives, one goal: Raising awareness of CRPS

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October 2025 | Informative Article | Go to [Blog Article](#)

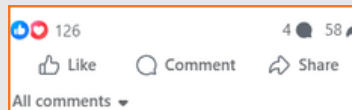
This collaboration between myself (India Fradgley) and Dr Amy Burton effort sheds light on Complex Regional Pain Syndrome, featuring insights and experiences to raise awareness and understanding.



1



2



### Infographics | Social Media | Instagram | Facebook | Canva | Affinity Designer 2

I designed all 4 infographics to be used as social media posts on the Burning Nights Instagram and Facebook page. The infographics were designed using Canva and Affinity Designer 2.

Above shows screenshots of the most up-to-date engagement on Facebook and Instagram for this carousel of posts.

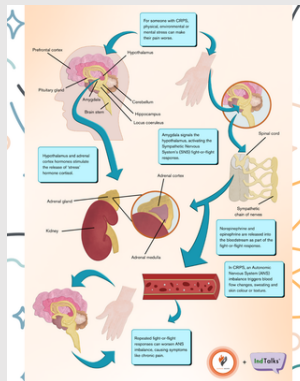
## Infographics | Social Media | Instagram | Facebook | Canva | Affinity Designer 2

Infographic 3 is version 5 of an original scientific illustration I designed in September 2024, and the content was adapted from primary literature and simplified to suit a general audience.

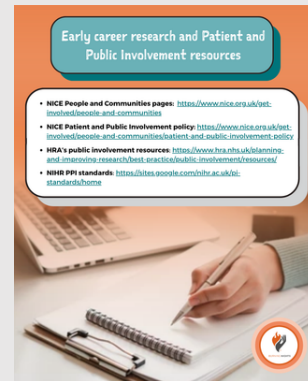
This being version 5, the design went through multiple stages of refinement. Changes included:

- Adjusting layout for better flow and readability
- Improving visual hierarchy (e.g. text size, spacing, emphasis)
- Refining graphics for consistency and clarity

Each iteration aimed to improve both the scientific communication and the visual design.



3



### Early career research and Patient and Public Involvement resources

- **NICE People and Communities pages:** <https://www.nice.org.uk/get-involved/people-and-communities>
- **NICE Patient and Public Involvement policy:** <https://www.nice.org.uk/get-involved/people-and-communities/patient-and-public-involvement-policy>
- **HRA's public involvement resources:** <https://www.hra.nhs.uk/learning-and-improvement/research/best-practice/public-involvement/resources/>
- **NIHR PPI standards:** <https://ites.gooogle.com/nihr.ac.uk/standards/home>

The slide features a background image of a person writing in a notebook and a laptop. The IndTalks logo is in the bottom right corner.

4



# "Every little helps" - Jo's fundraising journey

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July 2025 | Fundraiser Article | Go to [Blog Article](#)

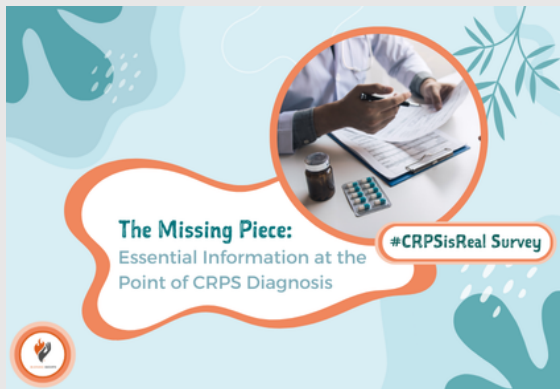
Follow Jo's inspiring journey as she fundraises for a cause close to her heart, showcasing the spirit of community and support.



# Tristan's Fundraising Supports Vital Burning Nights' Counselling Services

June 2025 | Fundraiser Article | Go to [Blog Article](#)

This blog covers the experience of Tristan, someone living with Complex Regional Pain Syndrome (CRPS) – after receiving support from the Burning Nights CRPS Support counselling service – he fundraises so that others can benefit from the service the same way he did.



# The Missing Piece: Essential Information at the Point of CRPS Diagnosis

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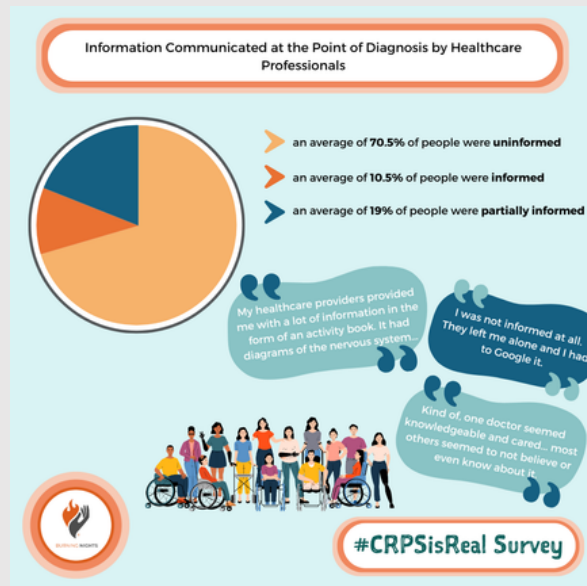
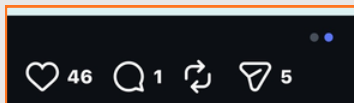
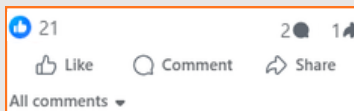
March 2025 | Informative Article | Go to [Blog Article](#)

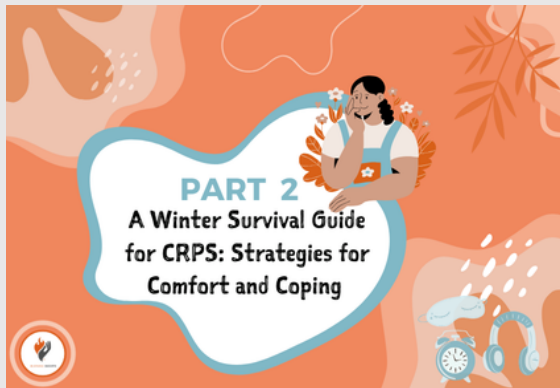
The analysis of the #CRPSisreal survey responses, from people with lived experience of a Complex Regional Pain Syndrome (CRPS) diagnosis, reveal that the overwhelming majority of patients report minimal to no information at diagnosis. This highlights a significant gap in patient education and support.

## Infographics | Social Media | Instagram | Facebook | Canva

I designed this infographic to be used as a social media post on the Burning Nights Instagram and Facebook page. This infographic was designed using Canva and the Microsoft Excel pie-chart feature.

The quantitative and qualitative data featured in this infographic was collected from the survey I designed for Burning Nights titled '#CRPSisreal survey', the responses were from people with lived experience of a Complex Regional Pain Syndrome (CRPS) diagnosis.





# Winter Survival Guide for CRPS - Part 2

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January 2025 | Informative Article | Go to [Blog Article](#)

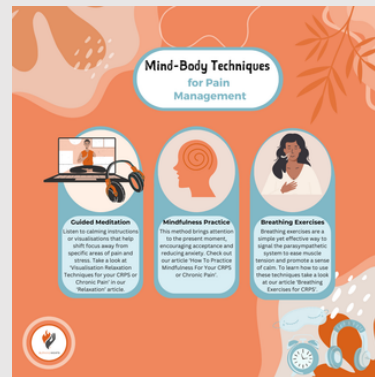
In part 2 of this article, we will explore how to maintain self-care and build support systems in the winter while living with CRPS.



1



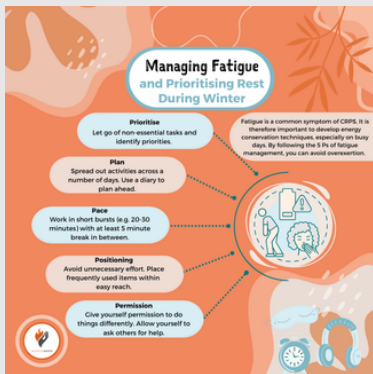
2



3

Infographics | Social Media | Instagram | Facebook | Canva

I designed all 6 infographics to be used as social media posts on the Burning Nights Instagram and Facebook page. All infographics were designed using Canva assets. The information displayed in these infographics was gathered through the current available literature at that time (January 2025), and was summarised based on the blog article content I wrote.

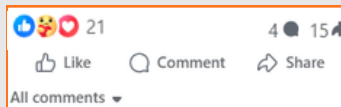


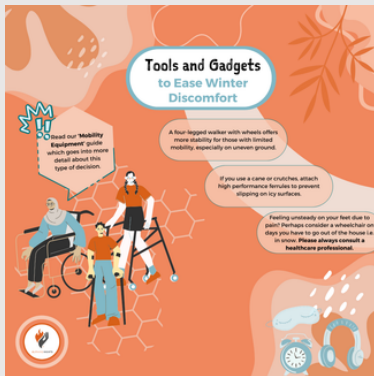
4

### Infographics | Social Media | Instagram | Facebook | Canva

Below shows screenshots of the most up-to-date engagement on Facebook and Instagram for this carousel of posts.

The carousel was designed for a general audience, with an emphasis on making information clear, memorable, and visually engaging, because users typically scroll quickly, each slide needed to function both independently and as part of a cohesive sequence.





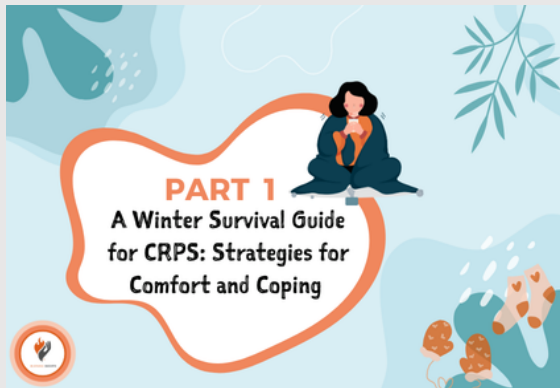
5



6

Infographics | Social Media | Instagram | Facebook | Canva

In hindsight, this carousel for social media feels visually unbalanced, with certain elements (orange tones) becoming overpowering while others (blue tones) lacked emphasis. Looking back it highlights the importance of using colour not just decoratively, but as a tool for hierarchy and focus.



# Winter Survival Guide for CRPS - Part 1

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December 2024 | Informative Article | Go to [Blog Article](#)

In part 1 of this article, we will explore how winter affects Complex Regional Pain Syndrome (CRPS) symptoms and how to prepare for the winter and maximize warmth and comfort.



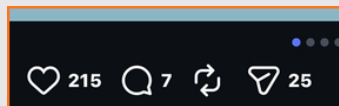
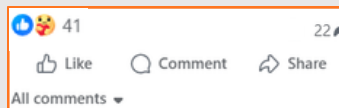
1

### Infographics | Social Media | Instagram | Facebook | Canva

I designed all 3 infographics to be used as social media posts on the Burning Nights Instagram and Facebook page.

All infographics were designed using Canva assets. The information displayed in these infographics was gathered through the current available literature at that time (December 2024).

Below shows screenshots of the most up-to-date engagement on Facebook and Instagram for this carousel of posts.





2



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# Life with CRPS, and experience of Zentangle

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September 2024 | Interview Article | Go to [Blog Article](#)

Community, is it important to those living with disabilities? Yes. This is Karen Murray's experience with Burning Nights CRPS Support 'Zentangle' workshops.



# Life with CRPS: Lindsey Beier's Story

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September 2024 | Interview Article | Go to [Blog Article](#)

Your 20s are said to be your formative years as an adult - whether that's navigating relationships, finances, or careers. People typically don't think of health as a change that could flip life on its head for you during this time, but that's exactly what happened to Lindsey Beier.