

Arthritis ACT e-news

CEO update

2017 has certainly thrown some interesting challenges up at us already. As you would know, Arthritis is one of the leading causes of disability in Australia, and this means all the movement in the disability sector is affecting many of our clients. Many of you are affiliated with other organisations who come under the SHOUT banner and may have seen me in the media discussing this. The uncertainty of future funding is a concern for all community organisations, and the ripple effect is that perhaps many will cease to exist into the future if funding from the traditional sources does not continue. I will continue to be vocal on this issue as my wish to ensure organisations such as ours continue so as to provide quality, evidenced based community programs which improve the health of those in our community living with any sort of chronic disease or disability, ensuring you both have a quality life AND we can help to avoid unnecessary hospitalisation, accidents and social isolation.

I have noticed over the past few months an increasing number of people seeking our support for all kinds of emotional distress. Chronic disease is relentless, both for those living with it and for those that care for those living with it. With this in mind we have started working with Canberra Professional Counselling Service to provide some support programs to assist anyone in the community struggling with the emotional impact of chronic disease. We will be commencing with a group for carers, and then will look to undertaking a course for those actually living with any chronic illness. Further information is in this newsletter. Canberra Professional Counselling Service is also providing a discounted one on one service for our members, and can be contacted through us.

During 2016 we sent our members a questionnaire canvassing your willingness to participate in future research in conjunction with Canberra University. We are pleased to let you know we have won a small grant and will be undertaking a small program around exercise during this year. We will keep you updated, and hope as many of you as possible are interested in participating.

Contact us

Visit us: Grant Cameron Offices, Level 2A,
27 Mulley Street,
Holder ACT 2611

Post: PO Box 4017, Weston Creek ACT 2611

Phone: 1800 011 041

E-mail: Info@arthritisaact.org.au

Website: www.arthritisaact.org.au



Click [here](#)

Finally, we will once again be operating a stall at the Seniors Week Expo to be held this year at Epic on Thursday, 23 March. This is a wonderful day to visit many organisations that may be of assistance to you. Our wonderful sponsors Mobility Matters always hold a fabulous stall with many of the items we have on the board outside our offices for sale. I do hope to see as many of you as possible there.

Until next time

Rebecca Davey
CEO



Click [here](#)



Warm Water Exercise – Changes to Monday and Wednesdays at Club MMM!

As you know the Club MMM! session on Wednesday's continues to be oversubscribed. We are very excited to inform you that we have managed to secure extra time at the pool which will allow us to run two sessions on a Wednesday. We will have a session running from **12-12:45**, and a second session from **12:45-1:30**. We know from experience that very few participants stay in the sessions for more than 45minutes, however, if your preference is to stay up to an hour, please let us know and we will sort your booking out accordingly.

Please contact the office to book your preferred timeslot? No more than 12 persons will be booked for any one time.

If you are a **Monday** pool goer at Club MMM! please note the session time is changing slightly to a **4:15 start**. This is to try and reduce the overlap with other groups utilising the pool.

If you have any concerns please do not hesitate to contact the office.

Yoga Classes

Weekly Yoga classes recommenced on Monday 6th February and there are still places available.

If you would like to register you can do so using the events calendar on our website or by calling our office.

Floor Yoga 9.30am-10.30am

Chair Yoga 11.00am-11.45am

Full 10 week term \$56 (members) or \$88 (non-members)

Casual Visits \$7 (members) or \$11 (non-members)

Members Monday Morning Tea



It will be an Easter themed Morning Tea!

**Monday, 27 March
11am**

It's a chance to catch up and tell us what we could be doing for you!

Back by popular demand:

‘A Gutsy Story’

Monday 3rd of April - 11.45am

Arthritis ACT Activities Room,
Level 2A Grant Cameron Offices,
27 Mulley Street, Holder ACT 2611

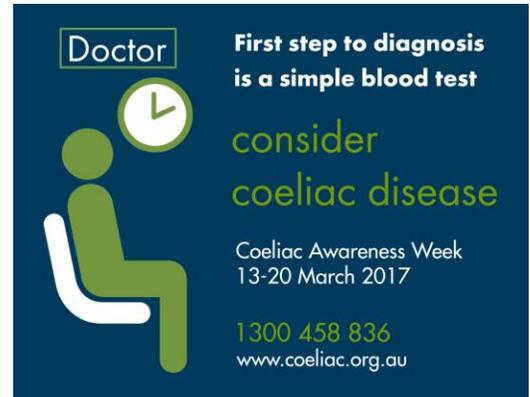
Invitation!

Nia dance wish to extend an invitation to all members to join them for exercise and fun at the Weston Creek Uniting Church on a Friday morning during ACT Government School terms. Nia is a holistic workout combining martial, healing and dance arts put to music. Classes start at 9.30am.

Costs:

- 'New to Nia' 3 class pass \$30
 - 5 class pass \$75
 - 10 class pass \$410
 - Casual \$20

Passes are without expiry



Doctor

First step to diagnosis is a simple blood test

consider coeliac disease

Coeliac Awareness Week
13-20 March 2017

1300 458 836
www.coeliac.org.au

We also run evening classes at Gorman and Belconnen Arts Centres. To see what Nia is all about please go to:
www.facebook.com/niawithjkl/



A Carer's Road to Wellbeing

- Are you a Carer of someone with a long-term health problem or disability?**
- Do you find having time to look after yourself difficult?**
- Do you sometimes struggle with life's challenges?**
- Do you sometimes feel isolated in your caring role?**

If so, you might be interested to learn about an exciting new course for wellbeing for Carers!

Arthritis ACT, in partnership with Canberra Professional Counselling, Invites Carers of loved ones and friends with long-term health conditions or disabilities, to join us on a positive life-changing journey through participation in 'A Carer's Road to Wellbeing'.

In a supportive and confidential small group environment, participants can share their experiences and understandings; and develop solution-focused and self-management resources and skills, to develop a personal plan for their own wellbeing and quality of life.

Activities are conducted over six weekly sessions of 1 ½ hours. They are facilitated by a qualified counsellor and educator, and involving other health professionals.

Members of Arthritis ACT and the community are welcome! Maximum numbers apply.

Cost: \$60 Members of Arthritis ACT or members of SHOUT affiliated organisations
\$120 non-members of the above organisations

Materials and refreshments provided.

Enquiries and registration: Arthritis ACT, PH: 02 6288 4244 E:info@arthritisact.org.au

Next course commencing: Wednesday 8 March

10.00-11.30pm

Trouble with web sites?

Over time the way computers process and display things change. The changes are generally needed to stay ahead of the 'hackers' and ensure sites are secure.



Do you need to upgrade your browser? A browser is the software that allows you to view the web content on your computer.

If you use an older browser, you may need to update.

Click on the links below to update your browser.

- [Google Chrome](#)
- [Mozilla Firefox](#)
- [Internet Explorer 11](#) and [Microsoft Edge](#)

ARTHRITIS ACT DIETITIAN CLINIC



**Clinic appointments available Tuesday to Friday 9am – 3pm.
Monday appointments available from April.
To make an appointment please telephone our office.**

Private health and Medicare rebates available ask our office staff to find out more.

FUNDING GRANTS FOR WOMEN'S LEADERSHIP DEVELOPMENT

Women & Leadership Australia (WLA) is administering a national initiative to support the development of female leaders across Australia.

The initiative is providing women with grants for leadership development.

Expressions of Interest

Register your interest by completing the Expression of Interest form here prior to March 31st, 2017:

<http://www.wla.edu.au/scholarships/health.html>

Courses are part-time and delivered nationally via WLA's blended learning model.

Available Scholarships:

1. Aspiring talent and emerging women managers can apply for \$3,000 part-scholarships to undertake the Accelerated Leadership Performance Program (18 week course)
2. Mid-level female managers and leaders can apply for \$4,000 part-scholarships to undertake the Executive Ready Program (7 month course)
3. Senior management and executive level women leaders can apply for \$8,000 part-scholarships to undertake the Advanced Leadership Program (12 month course).

Scholarship funding is strictly limited and will be awarded based on a set of selection criteria being met.

More information: <http://www.wla.edu.au/scholarships/health.html>

Should you wish to discuss the initiative in more detail please contact Wafa Ahmed at the office of the National Industry Scholarship Program, WLA on (03) 9270 9016 or via wahmed@wla.edu.au.

Eye Pillows

Eyedelite Pillows Available at Arthritis

ACT

100% organic eye-de-lite eye pillows, for \$14.95 (plus postage). Our supplier has been making eye pillows for over 25 years. She grows the Lavender. Everything is chemical free.

Ten minutes with an eye pillow feels like 1-2 hours of sleep. Relax your eyes, relieve a headache and feel revived.

There are millions of nerves in the eyes and they are sensitive to strain, allergies, tiredness, and long periods of time on the computer; likewise, watching television, reading, pets, dust, sunlight, long distance driving, insomnia, headaches and stress.

The perfect eye pillow needs to be silk or satin and weighs around 260grams. Too heavy and it causes more pressure on the eyes and too light will not bring the relaxation needed.

Take Charge of Pain

We will be running our next Take Charge of Pain course on Friday 17th of March from 10am – 2.30pm at our office in Holder.

To register for the course please call the office.

Cost: \$30 (members) \$40 (non-members)

Strength and Balance

Registrations are now open for Term 2. We are looking at adding a weekly session in Tuggeranong, details of which are TBA. To register for Term 2 or place an expression of interest for the Tuggeranong class please contact our office.