

# Arthritis ACT e-news



Arthritis ACT has moved!

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Hello members

We thank you all for your patience as we have undergone the great move north! As I write this I'm sitting amongst boxes and 'orange bags', hooked up to the internet through my mobile phone, and typing on the laptop I brought from home, but we are getting there! We had hoped to be fully operational by 1 February, but it seems we have a few more issues to sort out regarding phone lines and connecting computers. We therefore ask for your patience for the next week. The best way to contact us will be via email, however if you need to speak to us and can't get through on the landline, please don't hesitate to contact me on my mobile – 0416 111 840.

Once we have settled in properly we will be hosting an official launch of the new office and the new services we are setting up. There will be more information regarding these in coming weeks. We look forward to seeing as many of you as possible, and as always, there's nothing we like more than having you drop past to say hi and even share a cuppa with us.

Please note parking is free at the building 'Tenant Parking Only' signs means anyone utilising a service within the building.

Rebecca Davey  
CEO

**Changes to availability of codeine in any form**

**Please remember as of 1 February codeine is no longer available without prescription. Talk to your GP to discuss your pain relief needs.**

Also note codeine is difficult to buy even with prescription in many pharmacies at present due to 'panic buying'. You may also need to remind your GP of this new need – mine certainly didn't know about it yesterday!

### **Warm Water Exercise Updates**

All pools re-open week commencing 5 February. At this point in time Calvary John James is on track to have its final works completed. Sessions will commence as previously advertised.

We will be launching a new WWX program in March focusing on particular needs with our new EP. These sessions will be for small groups only and there will be an extra charge as they will be fully lead classes. The classes will be occurring at northside and southside venues. They will be particularly useful for those who are new to the program or who have recently had changes in their health such as a joint replacement. Further information will be circulated regarding these classes shortly.

### **New Supervisors Needed**

We have vacancies for supervisors at Club MMM, TCH evenings, and Calvary JJMH. We will be having a training session on 12 February. Please contact Rebecca on 0416 111 840 or [info@arthritisact.org.au](mailto:info@arthritisact.org.au) if you are interested. You do not need to make a permanent commitment to any one shift – we are happy to fit in around what you can help us out with!

### **Strength and Balance recommences**

Strength and Balance will recommence week commencing 12 February. If you have any questions regarding your enrolment or would like to be involved, contact Jacqui or Gwen on [Jacqui@arthritisact.org.au](mailto:Jacqui@arthritisact.org.au) or [gwen@arthritisact.org.au](mailto:gwen@arthritisact.org.au)

### **Yoga**

Chair Yoga and Floor Yoga recommence at the new offices on 12 February. Floor yoga commences at 0930 and Chair Yoga at 1100. Classes are \$7 for members and \$11 for non-members

### **Tai Chi**

Tai Chi recommences week 12 February. Classes will be held at Bruce, Kaleen and Tuggeranong. Please contact the office if you would like to participate.

### **Jen-Fit Exercise Class**

Jenny Bates will be offering an exercise class at SHOUT in Pearce on Monday mornings. The classes will focus on building core strength and balance, and will consist of core strengthening exercises, with elements of tai chi and yoga. Jenny is a Certificate IV fitness instructor with a passion for keeping people active and independent. Classes will be \$56 a term. Please contact the office to book in – sessions commence 12 February.

**Remember, contact via phone may be difficult until Monday 12 February. Please email us or call 0416 111 840**