

Arthritis ACT e-news



From the CEO
Dear Members

Well it's been a very eventful Arthritis Week in the ACT! The issue of the closure of The Canberra Hospital's hydrotherapy pool has exploded across the community. I had been talking to the Health Minister's office about this for some time, and I had warned them there was going to be a response such as they are beginning to see. At the time I didn't realise the closure was so imminent – we had had no correspondence from anyone telling us that this was about to happen. I simply called for a meeting because I heard some whispers and I wanted to disprove them. Unfortunately what I had heard was correct. I think sometimes decisions are made within the bureaucracy without a true understanding of the lives of the people for whom the majority of public services exist for.

I will say I have visited the new University of Canberra Hospital hydrotherapy pool, and it is beautiful. I have enquired as to whether we can get more sessions at that pool, especially during the day, but other than 2 short lunchtime sessions, the pool will not be available during working hours. We are also yet to hear how often we'll be able to access it afterhours, although I am hoping it will be the same as what we have now at TCH. I will confirm this with all hydrotherapy users as soon as we know.

A beautiful new pool on the Northside, however, is still not enough. As that pool appears to be already nearly at capacity, if the lack of any further spaces for us to utilize the pool is anything to go by, then the need for more hydrotherapy services is very much needed. I sat through the ACT Budget briefing yesterday, and the Chief Minister was very pleased to tell us that the population of the ACT is growing much faster than even the ABS had realized. More people means the need for more services, and hydrotherapy is just one of those services. We know new pools have come online on the Southside, but there appears to have not been the understanding from the planners that for

Contact us

Visit us: 170 Haydon Dve
Bruce ACT 2617

Office hours: 9am -3pm Monday - Friday

Post: PO Box 908, Belconnen ACT 2616

Phone: 1800 011 041

E-mail: Info@arthritisact.org.au

Website: www.arthritisact.org.au



Click [here](#)

hydrotherapy to be clinically useful as a tool in treating pain, the water needs to be at least 33 degrees. A swimming pool that is largely designed for swimming lessons is not warm enough. Most of those pools are heated to between 28 and 30 degrees.

We are not the only ones who are concerned with this development. I have been contacted by many organisations and indeed individual users who are not currently connected with Arthritis ACT who are very concerned about both a general lack of hydrotherapy services in the ACT, and in particular a lack of access on the Southside of Canberra. Many of the groups have talked about not being able to get access at the TCH pool, and now it appears the access will be even more limited at the new facility.

Hydrotherapy is not a program that most people can do just for a 6 week period. For most with chronic pain and health conditions or with ongoing disability, it is a therapy that needs to be undertaken weekly, if not multiple times a week, to ensure ongoing function. For many, too, it is the place they go to be able to meet others in the same boat, and simply by connecting with others, their lives are more bearable.

Rebecca



Media release

MEEGAN FITZHARRIS MLA

Minister for Health and Wellbeing

Minister for Transport and City Services

Minister for Higher Education, Training and Research

Member for Yerrabi

4 June 2018

New hydrotherapy pool coming to Canberra for rehabilitation

The University of Canberra Hospital in Bruce will feature a new, state-of-the-art hydrotherapy pool that will provide enhanced services and convenience for patients when it starts operating in July.

With the opening of the new hydrotherapy pool at the University of Canberra Hospital, the existing facility at the Canberra Hospital will cease operations.

Minister for Health and Wellbeing Meegan Fitzharris said the new hydrotherapy pool would better meet the needs of the ACT community.

“Our pool at the Canberra Hospital has served the community well, but the time has come to replace it with a modern facility at the new University of Canberra Hospital in Bruce,” Minister Fitzharris said.

“It has always been the ACT Government’s intention to fully transition all rehabilitation services throughout Canberra to the new facility in Bruce.

“UCH offers patients a state-of-the-art facility for rehabilitation outside an acute hospital setting, such as Canberra Hospital and Calvary Public Hospital Bruce. It offers a more therapeutic environment that will promote recovery and encourage activity, independence and autonomy.

“The new hydrotherapy pool at UCH will feature enhanced access compared to the current facility at Canberra Hospital. It has a smoother entry for wheelchair and ambulatory access, flat surrounding surface and hoist, less maintenance downtime and more accurate and stable temperature controls.”

Minister Fitzharris said bringing all of ACT Health’s rehabilitation staff and facilities together in the one place would result in better outcomes for patients.

“Patients will be able to access the hydrotherapy pool, gym and purpose built therapy courtyards within the same facility.

“Moving rehabilitation services into the one health facility provides the opportunity to streamline appointments and will save Canberrans from having to travel to various locations across the ACT to access these services.

“As part of the operational commissioning of UCH, the ACT Government is working to ensure good access to services, such as public transport, to support those who will be using the new hospital.

“ACT Health is also working with community organisations and service providers who currently use facilities at Canberra Hospital to ensure the transition of these services for their clients is as seamless as possible,” Minister Fitzharris said.

The new pool will be available for therapeutic use out-of-hours by non-ACT Health services and paediatric services, in the same way the as the pool at Canberra Hospital.

Referrals to the new pool can be made by:

- ACT Health clinical staff
- Physiotherapists
- General Practitioners
- Medical Practitioners
- UCH intake team

Photos of the new facility are attached.

Statement Ends

Media contact:

Claire Johnston T (02) 6205 0022 M 0452 597 459 E ClaireV.Johnston@act.gov.au


ACT LEGISLATIVE ASSEMBLY

Phone (02) 6205 0051

fitzharris@act.gov.au

 @MeeganFitzharrisMLA

 MeeganFitzharrisMLA

 meeganfitzmla

This media release was sent to Arthritis ACT today for us to use as a method of communication from the Minister for Health’s office. Photos of the pool are attached.



University of Canberra Hospital Community open day

Saturday 16 June 2018, 11am to 4pm

All Canberrans are invited to visit the new University of Canberra Hospital before it starts providing services this July.

Come along and tour the therapy gyms, hydrotherapy pool, bedrooms, living spaces and day treatment areas. Meet our great staff, warm up with a coffee, and listen to music by talented University of Canberra student musicians.

Woolworths will host a sausage sizzle with proceeds going towards the Canberra Hospital Foundation.

Location

The University of Canberra Hospital is located on the north-western side of the University of Canberra campus in Bruce, at the corner of Ginninderra Drive and Aikman Drive.

Entry to the hospital site is off Aikman Drive at the traffic lights.



Transport

The best way to get to the open day is by public transport. Transport Canberra bus services stop on Aikman Drive. Plan your trip at www.transport.act.gov.au

Parking

Open day car parking is available in the University of Canberra campus car parks off College Street. A shuttle bus will run frequently between the bus stops on Bimbimbie Street, College Street and the University of Canberra Hospital. There is currently limited parking at the University of Canberra Hospital site.

Drop off and accessible parking

Accessible parking places and visitor drop off areas are located at the front entrance to the hospital.

If you would like further information about the open day, please get in touch at uch@act.gov.au

Knee Osteoarthritis and Exercise Class

Monday 30th July

Time:
1pm to 3pm

Location:
170 Hayden Drive Bruce

Who is suitable for the course?

Any person who has knee osteoarthritis. This course is suitable for people wishing to learn how to manage their knee osteoarthritis with exercise. There will be a practical component to the course.

Cost:
Members \$40
Non-members \$80.00

What to wear

: Shorts or tracksuit pants is preferable.

Bookings are essential.

Please call Arthritis ACT on 1800 011 041 or email info@arthritisact.org.au to book

This class will be run by our Physiotherapist Jacqui Couldrick with the assistance of an Exercise Physiologist student.

The class will consist of a short presentation on knee osteoarthritis and the role of exercise . This will be followed by a practical demonstration of some key exercises that are recommended for people who have knee osteoarthritis.



Arthur Streeton
Sirius Cove c.1895
Oil on wood panel, 92 x 41cm
National Gallery of Australia, Canberra

Living artfully with dementia

Are you interested in learning something new? Meeting different people? Being part of an innovative study?

We know that our environment and intellectual stimulation can have a large effect on how we feel. This study is based at the University of Canberra in conjunction with the National Gallery of Australia and Dementia Australia.

The study aims to assess the effects of participation in an art gallery program on the lives of people in the Canberra region living with dementia.

This study is for people who have been diagnosed with a form of dementia. Participation involves attending a 6-week program at the National Gallery of Australia.

The National Gallery of Australia encourages relaxed discussion of works of art in small social groups. Each tour includes 3 - 4 works of art introduced by a qualified art educator. There is no cost to participate in the study.

Interested in finding out more?

Please contact our study manager:



**UNIVERSITY OF
CANBERRA**

Mr Nathan D'Cunha

Email nathan.dcunha@canberra.edu.au

Phone 0437709355

UC Human Ethics Project 20180185

NGA
National Gallery of Australia



Pool space due to study

There is currently some concern about the level of pool space particularly at Black Mountain School. As you will know we are currently supporting a UC study around hydrotherapy and balance. This study is helping us to build better services for you. I did visit the site today and it is busy. If you are really unhappy there are currently places available at Club Mmm on Wednesday's and there is a lot of space at Gold Creek. We are also investigating whether the study group may be able to change locations. Please bear with us. The study finishes in the second week of August but we are hoping to come up with a solution before then. In the meantime please do not hesitate to ask Sophie to manage the space so that you can do your exercises fully. She only knows there's a problem if you tell her.

University of Canberra Exercise Physiology student reviews

We currently have Karly and Jack working with us. They are offering, with an overview with either Sophie or Jacqui, individual exercise physiology reviews and formation of an exercise plan. This can be undertaken for land based exercise or hydrotherapy.

Contact the office for an appointment!

Ph 6251 2055 or email info@arthritisact.org.au



When did you last experience the benefits of massage?

We regularly have people call us looking for a massage therapist to assist them with their conditions or to help deal with pain. If you have a massage therapist who really helps you, please let us know so we can help others! Massage is beneficial for pain relief, to reduce stress, increase joint mobility, and just plain makes us feel better. The following remedial massage therapists come highly recommended from our members:

Sacha Teh, Sports and Remedial Therapy, located in Gungahlin: call 0433 112 765

Katy Goo Garret, Remedial Massage, Vitality Health Tuggeranong: call 6162 4102

Yvette Croft, Massage Essentials Kambah: call 0408 860 486 or email massageessentials@bigpond.com

Long Term Pain

There are two types of long-term pain:

- musculoskeletal pain
- neuropathic pain.

You may experience these at the same time, but the symptoms of each need to be treated in different ways because medications designed for musculoskeletal pain sometimes aren't effective in neuropathic pain and vice versa.

Musculoskeletal pain

Musculoskeletal pain comes from structures involved with your skeleton or its movement, for example muscles, tendons and ligaments. This type of pain is often experienced by people who have [arthritis](#).

You may experience flare-ups, which can cause stiffness and a feeling of warmth in the affected part when the arthritis is active.

Neuropathic pain

Neuropathic pain is caused by damage or disease of your nervous system. You may experience burning and other sensations such as a persistent itch, pins and needles or shooting pains. This type of pain is particularly difficult to treat.

When a nerve is cut or becomes altered by disease, it tends to 'fire' more easily, and sometimes for no reason, so a constant sensation is experienced. Sometimes, the opposite happens and the nerve becomes less sensitive so an area can feel 'dead' or numb.

Quite often, over-sensitivity and reduced feeling can be present together.

Neuropathic pain can happen alongside changes in skin colour and temperature over the affected area. These changes can occur over the course of a day or even within the hour.

In conditions which typically include long-term widespread pain, such as [fibromyalgia](#), or ongoing pain in a single limb, such as [complex regional pain syndrome \(CRPS\)](#), the quality of the pain experienced can be very much like that experienced in neuropathic and/or musculoskeletal pain but there's no evidence of damage to the body.

This type of pain is no less 'real', but it's usually caused by a disruption in the communication systems within the body rather than an physical cause. It can help to think of this type of pain as similar to a fault on the hard drive of a computer – it causes a wide range of ongoing problems, but trying to find the cause and fix the problem is very difficult.

Arthritis ACT offers support for anyone living with any type of long term pain. We regularly

hold 'Take Charge of Pain' – a one day self-help course to assist you to find ways of coping better with your pain better. If you would be interested in undertaking this course, give us a call.

Our dietitian, Erica Roughton, can provide one on one support to help find dietary or weight loss solutions to assist in your pain journey.

We know much musculoskeletal pain is improved through exercise. Why not give Sophie a call and she can work with you to improve your exercise regimes that will provide support to your pain, not make it worse.

Talking about it can also help. Jan undertakes confidential solutions based counselling therapy to assist you to find a better path in your life.

All appointments with all our therapists can be booked via email on info@arthritisact.org.au or by phoning 6251 2055.

Article reproduced from Arthritis Research UK www.arthritisresearch.co.uk

Small Exercise Physiology Classes

**Arthritis ACT now offers small
Exercise Classes run by an
Accredited Exercise Physiologist.**

**These classes are designed for anyone requiring an individualised
exercise program.**

**Classes are held at:
SHOUT Community Centre in PEARCE &
Arthritis ACT in BRUCE**

**For more information contact Arthritis ACT:
Phone: (02) 6251 2055 or 1800 011 041
Email: sophie@arthritis.org.au**

Osteoporosis and Exercise Class

This class will be run by exercise physiologists from the University of Canberra in conjunction with our Physiotherapist Jacqui Couldrick .

The class will consist of a short presentation on osteoporosis and the role of exercise . This will be followed by a practical demonstration of some key exercises that are recommended for people who have osteoporosis.

Date: Thursday June 28th

Time: 1pm to 2.30pm

Location: 170 Hayden Drive Bruce

Who is suitable for the course:

Any person who has osteoporosis . This course is suitable for people wishing to learn more about osteoporosis and the type of exercises suitable for you. There will be a practical component to the course.

Cost: Members \$10 Non-members \$20.00 . The small fee is to cover any printing and administrative requirements.

What to wear: Shorts or tracksuit pants is preferable.

Bookings are essential and payment made at time of booking.

Please call Arthritis ACT on 1800 011 041 or email info@arthritisact.org.au to secure your place.

Strength and Balance Classes 2018

Registrations for Term 3 now open

Term 3 dates for Strength and Balance

Mondays 10:30 am to 11:30 am	23rd July to 24th September	Kaleen	Strength and Balance Weekly 60 minute class
Tuesdays 10:30am to 11:30am 11:30am to 12:30pm (NEW)	24th July to 25th September	Weston Creek	Strength and Balance Weekly 60 minute class
Thursdays 10:30am to 11:30 am	26th July to 27th September	Tuggeranong	Strength and Balance Weekly 60 minute class

Term 3 dates for *Balance30*

Mondays 9:30 am to 10:00 am	23rd July to 24th September	Kaleen	30 minute balance class building on from our Strength and Balance pro- gram
Tuesdays 9:30am to 10:00am	24th July to 25th September	Weston Creek	30 minute balance class building on from our Strength and Balance pro- gram

To register:

Please contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041

Registrations are essential and payment is required at time of registration

Prices :

New: \$80 (members) \$110 (non-members) Continuing: \$56 (members) \$88.00 (non-members)

Balance 30 : \$40 (members) \$60.00 (non-members)

