



ARTHRITIS ACT E-NEWSLETTER

Issue 7– August 2019

As this newsletter hits your inboxes National Pain Week is winding up. We had a wonderful presentation from Randolph Sparkes on Chronic Pain, and there has certainly been a lot of media about pain during the week. A week ago I met with the Health Minister Rachel Stephen-Smith and was able to raise with her the cost of chronic pain to our community and the fact that Pain Support ACT have never been funded. It was good timing, too, as the Australian Institute of Health and Welfare had just released the cost burden of disease and whilst pain itself didn't rate in the top 10 musculoskeletal health is now the most expensive area on the health system. I provided the Minister with information about programs we believe would both lower the cost burden in the ACT and that Arthritis ACT could also offer clients. This included an osteoarthritis chronic care program which would lower the need for joint replacements and for those that still need to be done, improve the outcomes, and an improved screening program through ACT Health for people with undiagnosed osteoporosis that would assist preventing future fractures and associated long term pain.

The issues with the TCH pool are still unresolved in so much as we still have no definitive way forward. Both the Minister and I are keen to have an outcome of certainty for this as soon as possible. ACT Health are working their way through the Nous Report on hydrotherapy and we are hoping to have a meeting in coming weeks regarding the report, which Arthritis ACT has not seen, and to establish a way future that meets the needs of our southside community. I will let our members know as soon as I know anything more.

As we work through all the issues surrounding hydrotherapy, please take note of the various notices in this newsletter about hydrotherapy. Our paramount concern is always the safety at the pools, so please take note of issues around numbers in pools and the need to leave premises in a timely manner. We do run the risk of losing the use of facilities if people cannot follow these instructions.

August Break from some hydrotherapy classes

Sophie is taking a well-deserved break and due to clashes with Hannah's timetable the following classes will not be held in the first 3 weeks of August:

UCH Hydro Pulse and Hydro Motion Monday and Wednesday evenings

Wednesday Hydro Tai Chi, Hydro Pulse and Hydro Motion

All classes will resume Monday 26 August

All self-lead classes held adjacent these times will go ahead

Tuesday, Thursday and Friday classes will continue as normal.

PEER MENTOR TRAINING 2019 SCHOLARSHIP APPLICATIONS NOW OPEN

ARE YOU A PERSON THAT HAS A LONG-TERM HEALTH CONDITION, OR IS A CARER OF SOMEONE WHO IS?

INFLAMMATORY ARTHRITIS, AUTOIMMUNE, OSTEOARTHRITIS, OSTEOPOROSIS, ME/ CHRONIC FATIGUE SYNDROME, FIBROMYALGIA, PAIN CONDITIONS

DO YOU LIKE LEARNING & SHARING WITH OTHERS?

DO YOU LIKE HELPING OTHERS?

YOU MIGHT LIKE TO APPLY FOR OUR 2019 INTAKE FOR A SCHOLARSHIP TO TRAIN AS A PEER MENTOR

PEER MENTOR TRAINEES PARTICIPATE IN A SMALL GROUP ENVIRONMENT FOR A TERM OF WEEKLY SESSIONS TO BE ABLE TO PROVIDE VOLUNTEER, SUPPORT, INFORMATION & REFERRAL TO PEOPLE IN OUR COMMUNITY

FACILITATED BY PROFESSIONAL TRAINERS ALL MATERIALS ARE PROVIDED CONSIDERATIONS

REGISTRATIONS OF INTEREST CONTACT JAN : MB: 0439 378 426 OR EMAIL: JAN@ARTHRITISACT.ORG.AU

Price Rises

At Arthritis ACT we strive to keep our prices as low as possible as we know the ongoing costs associated with chronic conditions make life very difficult. There have been no price rises in membership or hydrotherapy for many, many years, and in light of all the rising prices we are now having to bare for all the elements of the work we do including hiring venues, paying staff, transporting staff to various venues, we have had to make hard decisions about our charges.

Membership charges will not increase.

Hydrotherapy: From 1 September hydrotherapy tickets will rise to \$5:90 a session. All existing tickets can be utilised, so if you have any tickets you purchase prior to 1 September there is no additional charge.

1 Session \$5:90

10 sessions \$59:00

20 Sessions \$115:00

40 Sessions \$220:00

Yoga: From 1 September Yoga will increase to \$10 a session for members and \$15 a session for non-members

Strength and Balance: from Term 4 Strength and Balance will \$100 a term (based on 10 weeks – where public holidays reduce the sessions the term cost will be reduced accordingly) for ongoing participants, \$120 a term for new participants.

Balance 30: \$50 a term from term 4

Pelvic Floor: An Internal Battle Against Gravity.



Do you have trouble with your pelvic floor? Do you know how to control and tone your pelvis? Do you have trouble activating your core muscles? Do you like to know where the nearest toilet is when you go out?

We are repeating this workshop that we held in late 2018 due to popular demand!

2-4pm, Saturday, 3 August 2019

If you answered yes to any of these questions then you should come along to this workshop. Learn about the intricate muscular system that supports your pelvic area, how your pelvic diaphragm is integrated with your respiratory diaphragm and how breathing can tone, restore and enhance your pelvic health.

This fun and practical workshop is designed for women of all ages and mobility levels and will help you understand how to create a healthy and responsive pelvic system that will have you laughing, jumping, coughing and sneezing without the fear of an embarrassing accident.

Bookings are essential as numbers are limited.

Bookings can be made by calling 6251 2055 or emailing info@arthritisact.org.au. This is an active workshop, meaning you will need to be able to move around the room. Some exercises that would normally be done on the floor can be done in a chair if you cannot get to the floor (or get up from the floor!).

Comfortable moveable clothing is a must!

Price: \$10 members, \$20 non-members

Student Exercise Physiology Consultations **Available in August!!!**

Have you ever considered using Exercise to help manage your arthritis or condition? Now's the perfect time to start. Throughout August we will be offering Student-Led Exercise Physiology Consults. All consults will be supervised by an Accredited Exercise Physiologist and come at a discounted rate!

These consults are designed for anyone who might want help with:

- Individual prescribed exercise program (land-based or hydrotherapy)
- A review on their current exercise program (this is the perfect opportunity if you received a program from various EP students in 2018 – It's time for an update!)
- Advice on how to progress through exercise
- Advice on exercise and/or lifestyle modifications to improve your health

Venue: Arthritis ACT Bruce – 170 Haydon Drive

Dates: Various dates available throughout July and August

Cost: \$52.95

****Limited Consults Available****

To book a consult – please contact the Arthritis ACT office

Smaller Group Exercise Physiology Classes

Smaller group (groups up to 4 people) Exercise Physiology classes are offered on Monday's at SHOUT in Pearce and Wednesday's at Bruce. These classes allow you the flexibility to come and go but also to have a tailored program that is just for you. The can include seated exercise, standing/balance exercise, and a quiet and calming atmosphere. Your program will also be regularly monitored and updated as you need.

Individual Exercise Physiology Programs

Individual assessments and assessments and planning for hydrotherapy programs can be undertaken at either our SHOUT Pearce location or Bruce office. These sessions can be claimed under the GP Management Plans or on Private Health insurance. A session is essential before a hydrotherapy session with your EP so that we can make sure all factors are taken into account when planning hydrotherapy. If going to a gym or exercising in another location is an important part of your health program, our EP's can assist you with this and can accompany you to your gym of choice.

For all Exercise Physiology support, please call 6251 2055 or email info@arthritisact.org.au for an appointment

POOL UPDATES

When attending pool sessions please remember the following rules:
These sessions are not for swimming at any time. There are people who get knocked over and there is not space. Anyone swimming will be asked to leave the pool.

Pool facilities are not for full hygiene needs. Showers should be used for a quick wash off only – not a full daily shower. Session times include time to dress and leave – if you have extended needs especially at morning sessions you will need to take these to another venue. UCH in particular must be vacated by 8:15 in morning sessions.

Booking of sessions – Thank you to all those who telephone the office to cancel a booking if they are unable to attend a warm water session at UCPH or Club MMM! Please continue to do this as it means that those on the waiting list may be able to attend.

New Pool – KINGS CALWELL (15 Webber Cres, Calwell) Thursday afternoon: Sessions are 1-1.45pm for **Parents and Infants** (we welcome all members of the community to this session but please bare in mind children will be present), 1.45 – 2.45 **Self Led Exercise** and 2.45 – 3.30pm **Hydro Motion**. This pool is maintained at 33.5 degrees and the deck (air) at 32 degrees. The pool is 1.25m deep but is great for leg and hip exercise.

TCH- Additional evening sessions at TCH have **commenced on Tuesday and Thursday evenings from 5.45pm – 6.30pm**. Hydromotion will be held from 5pm-5:45. Please note whilst an instructor lead class is on no self-lead clients will be allowed in the pool.

JJMH sessions remain the same– Please be aware that the JJMH pool is a cooler pool and is kept at around 31-32 degrees for those members requiring a cooler pool for exercise. We cannot control the temperature of the pool. For those requiring a warmer pool we recommend the use of the TCH pool.

Club Mmm – Please note Wednesday sessions are strictly 12-12:45 and 12:45-1:30. No more than 12 people are to be in the pool at one time. 12:45 clients must not enter the pool until the 12:00 clients and exited.

Yoga Classes

Arthritis ACT offers Yoga to improve muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

DATE COMMENCING:	DATE ENDING:	TIME:
22 nd July Bruce - Floor Yoga	23 rd September	Monday 9:30 to 10:15 am
22 nd July Bruce - Chair Yoga	23 rd September	Monday 11:00 to 11:45 am
25 th July Pearce - Chair Yoga	26 th September	Thursday 2:30 to 3:30 pm
14 th October Bruce - Floor Yoga	16 th December	Monday 9:30 to 10:15 am
14 th October Bruce - Chair Yoga	16 th December	Monday 11:00 to 11:45 am
17 th October Pearce - Chair Yoga	19 th December	Thursday 2:30 to 3:30 pm

Monthly Movie Social Event

**Join us for our regular get together over
a drink and movie.**

**Held on the first Saturday afternoon of
the month. Next dates 3rd August, 7th September**

Palace Electric Cinema

New Acton Nishi

2 Phillip Law St Canberra

Purchase your own ticket

Parking options available

**Await the upcoming posting of the Movie
or if you are not online, give us a call 2
days prior to the advertised date**



NEW
HYDROTHERAPY
CLASSES START
25TH JULY 2019

Kings Calwell
15 Webber Cres. Calwell

Session times:
1-1.45pm Parents & Infants
1.45-2.45pm Self Led Exercise
2.45-3.30pm Hydro Motion

To attend you must be a member of
AACT

pH; 1800 411 011 or join online
www.arthritisact.org.au



ARE YOU A TIRED TEEN?

Do you have problems like:

- Tired, and running out of energy easily
- Unrefreshing sleep
- Brain fog
- Aches and pain
- Difficulty coping with schoolwork
- Problems keeping up with friendships

You may have Chronic Fatigue Syndrome, or the after-effects of glandular fever, or have no real diagnosis as yet.

Our new program "Tired Teens" may be for you. See reverse side of Flyer for more information.

Tired Teens Program

Our new program, "Tired Teens", is a private chat group on Facebook which can help you have some social life with other kids in the same position, and occasional get-togethers when energy allows.

It is a safe place to talk. It is moderated by two young women in their 20's, who also have Chronic Fatigue Syndrome, and is backed up by an experienced psychologist if needed.

Importantly, we are running a parallel program for parents.

Call our office on 6290 1984, or Libby on 6286 1439 to get started.

Find us on Facebook at:
ACT ME/Chronic Fatigue Syndrome Society

ACT ME/Chronic Fatigue Syndrome Society Inc

Office Address: Room 24, Building 1,
Pearce Community Centre
Collett Place
PEARCE ACT 2607

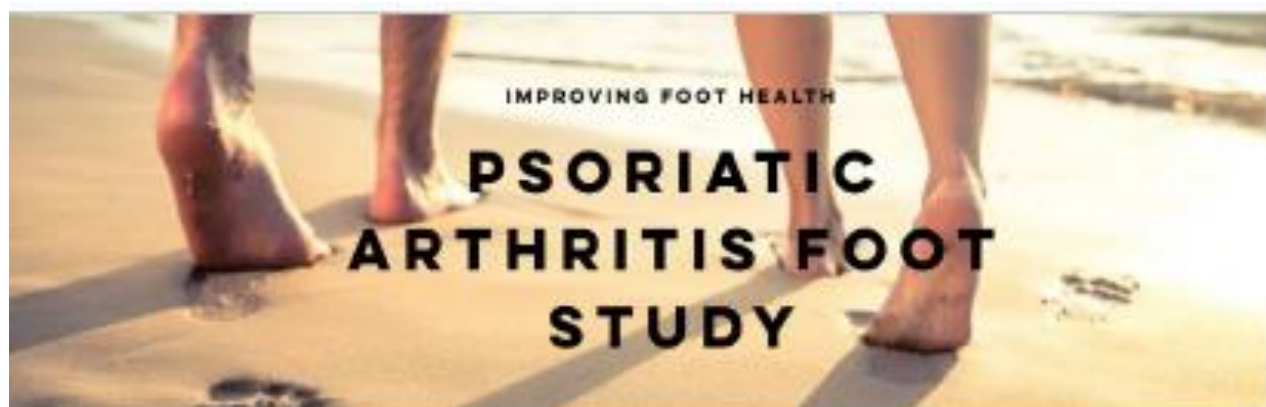
Postal Address: PO Box 717 MANDON ACT 2607



www.mecfscanberra.org.au | (02) 6290 1984

www.mecfscanberra.org.au | (02) 6290 1984

We will also be commencing our 'Wine and a Whinge' parents and carers program in September where we get together as a parent group in a social setting to meet others who are in a similar situation. We invite any parent or carer of a younger person with any post viral malaise or JIA or pain condition to join us – we are all in the same boat – our kids have a less well known condition, they often don't have or have fought to gain a definitive diagnosis, and we worry about them. We will advertise the actual date for the first catch up on Facebook and you can also register your interest at info@arthritisact.org.au.



INVITATION TO TAKE PART IN A NATIONAL SURVEY TO FIND OUT ABOUT FOOT PROBLEMS IN PEOPLE WITH PSORIATIC ARTHRITIS



This research project is led by Kate Carter at Western Sydney University and is part of her PhD in podiatry.



Our research has shown that foot problems are common in people with psoriatic arthritis. Pain and swelling in the feet and ankles can make walking difficult and can greatly limit daily activities.



Little is known about the impact of foot problems from the perspective of people with psoriatic arthritis.



We need a better understanding of foot problems related to psoriatic arthritis so that we can help to treat it better in the future.



It is essential that we seek information from people with psoriatic arthritis to identify the most important and relevant concerns.



The survey asks how foot problems impact on daily life, footwear choice and the foot care needs of people living with psoriatic arthritis.



TO TAKE PART, YOU SHOULD:
Be aged 18 or over
Have psoriatic arthritis
Have past or present foot problems
Live in Australia or New Zealand

**Complete the survey online on
www.psoriaticfootarthritis.com**

or

**Complete the paper survey, please contact Kate Carter at
info@psoriaticfootarthritis.com to be sent a paper copy**



**WESTERN SYDNEY
UNIVERSITY**



This study has been approved by the Western Sydney University Human Research Ethics Committee. The approval number is H12973.

Your invitation : Arthritis ACT Crafty Foxes
Creative Workshop III

Crochet Clinic II and Morning Tea



When: 10:30am - 12:30pm, Friday 9th August 2019

Where: Arthritis ACT 170 Hayden Drive Bruce 2617

\$10 per person

When the weather is cold outside come and join us

- Whilst we enjoy each others' warm company and a cuppa.....
- Learn new stitches in session II to make a simple crocheted square (this can be extended to make other items ie rug, scarf, hat)
- Materials and morning teas supplied! Take home item!
- Instruction led by an experienced craft tutor!
- Bring a friend, meet new friends and old friends!
- Previous attendees & new observers welcome!
- Experienced, come share your skill!

To register your interest contact Jan:
email: Jan@arthritisact.org.au
or text: 0439378426

SEMINAR: MONEY CARE WITH ARTHRITIS ETC

Having a long-term health condition can affect your finances

Facilitated by a professional Financial Counsellor from The Salvation Army

This seminar aims to provide reliable information on :

- Common concerns
- Ways to find solutions
- Finding resources & options that might assist you

When: 1:00 -3:00pm Monday 29th July 2019

Where: Conference Room - Arthritis ACT
170 Hayden Drive Bruce ACT 2617

Refreshments Provided Gold coin donation



Register with Jan:
e. jan@arthritisact.org.au or m. 0439378426

GLA:D 2019 UPCOMING DATES

GLA:D®, or Good Life with Arthritis: Denmark, is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. It is run only by physiotherapists. GLA:D® uses education and exercise to help with daily activities. You will work on strengthening your body, as well as learning to move correctly and manage symptoms to improve pain.

Education Session 1 is free – come and learn more about osteoarthritis of the hip and knee. 5 August 1-2:30 or 9 September 1-2:30

Woden A.C.T. Café Conversation



Thursday 8th August 12pm

**Hellenic Club
Matilda St
Woden ACT 2606**
RSVP please text Kate 0404774144

*Do you have Lupus, Scleroderma, Sjögren's, Raynaud's or
associated autoimmune illness?*

A program of the Autoimmune Resource & Research Centre (ARRC) to
bring together people living with autoimmune illness in local areas to
talk, laugh and support each other. **Family & friends welcome.**



ARRC is a registered NFP
charity dedicated to
improving quality of life
through education, support
and research. CFN 22223

**Next Meeting
21st Nov 2019**

www.autoimmune.org.au



**Winter wellbeing series
for ME/Chronic Fatigue Syndrome and Fibromyalgia
Strategies and support**



Enjoy good company while developing helpful strategies for living with ME/CFS and fibromyalgia in a safe and friendly space. Refreshments provided.

1. Managing fibromyalgia

Feeling sore and exhausted all the time? Find out about fibromyalgia, the best ways to treat it and meet others on a similar journey. Help is at hand!

Tuesday 30 July 10:30am – 12:00pm

2. Making life easier

An Occupational Therapist helps you function better, to get more out of life. Find out how with our experienced OT Jacqui Luff. What aids can help? Bring along your favourite apps and devices to share what has worked for you.

Tuesday 13 August 10:30am – 12:00pm

3. Improve your mood with food

The gut microbiome is proving to have a big influence on your mood and health. Find out the foods that promote good moods with Dietician Erica Roughton.

Tuesday 27 August 10:30am – 12:00pm

4. Careful Exercise

Exercise has many benefits, but can easily cause relapses. Discover ways to define what is safe exercise for you.

Tuesday 10 September 10:30am – 12:00pm

5. Meditation for stress and pain reduction

Explore different styles of meditation with experienced meditation teacher Michael Masani and try a wonderful guided meditation.

Tuesday 24 September 10:30am – 12:00pm

Venue: Pearce Community Centre, Collett Place, Pearce

Gold coin donation

Please book by contacting: 6290 1984

admin@mecfscanberra.org.au

ACT ME/Chronic Fatigue Syndrome Society Inc





YOUNG WOMEN'S AUTOIMMUNE FRIENDSHIP GROUP

Morning Tea
10.30AM Saturday
24th August 2019
170 Haydon
Drive, Bruce, ACT

CONTACT ARTHRITIS ACT TO RSVP VIA:

info@arthritisact.org.au or

pH: 6251 2055 or 1800 011 041

Morning Tea Provided

Syandra Health Centre Drop in Meditation

**The venue is: The Tuggeranong Business Centre, 12 Kett Street
Kambah. That's the first building on the right after the speed
hump.**

**No need to book.
Cost is \$15 at the door.**

August 6, 20 and Sept 3



NOTICE OF AGM

The Arthritis ACT AGM will be held Friday 11 October
2019 at 12midday

We will be marking World Arthritis Day for 12 Oct
And
World Osteoporosis Day for 20 Oct at this event

A light luncheon will be provided

Nomination forms for the next Board are available by
emailing rebecca@arthritisact.org.au or
calling 6251 2055

Any financial member of Arthritis ACT or Pain Support
ACT are eligible to nominate for the Board.

Board meetings are held on Friday lunchtimes and
there are approximately 6 throughout the year.

RSVP for catering purposes to info@arthritisact.org.au
or phone 6251 2055

Call for Volunteers for Research Project



*An exploration in the connection
between chronic illness, patient-
caregiver relationships and
psychosocial wellbeing*

The aim of the study is to assist the research team to validate a survey that examines the skills, knowledge and confidence of individuals who provide care for someone who lives with a chronic disease.

Who are we looking for?

Men and women over 18 years who provide care for someone with a chronic illness such as heart failure, COPD, cancer, diabetes, Parkinson's Disease or arthritis.

What's involved?

You will need to complete a brief survey and complete it again two weeks later. You may also be asked to participate in an interview with the researcher to discuss your everyday activities around caring.

More information?

Phone Kath Carleton on 0415 733 600 or email u3179444@uni.canberra.edu.au

A link to the survey and relevant information can be accessed [here](#) or via the QR code below.

This project has received approval from the University of Canberra's Human Research Ethics Committee (HREC 0389)





Australian Government
Australian Digital Health Agency



Add to your record

When you first look at your record, there may not be much information in it. Your past medical records and test results may not be in it. You or your healthcare provider can start adding new information to your My Health Record at any time.

To add information, log in to your My Health Record through my.gov.au



Update your profile

See and manage your personal details.



Add your emergency contacts

Add who you would like contacted in an emergency.



Set your notification preferences

Select if you would like to be notified when someone looks at your record.



Medicare information settings

Choose what Medicare information is added to your record. This may include claims for medical services such as doctor visits, tests and medicines, your organ donation decisions, and your immunisations.



Add a personal health summary

Add your own information about your medications and allergies.

Ask your participating healthcare provider to upload a summary of your visit to your My Health Record



Find out more about My Health Record:

MyHealthRecord.gov.au
Help line 1800 723 471

If you have a hearing or speech impairment, go to relayservice.gov.au
If you need assistance in another language, call 131 450

Control your health information securely, in one place



Authorised by the Australian Government, Canberra.

MyHealthRecord.gov.au
Help line 1800 723 471



Safer treatment in an emergency

In a medical emergency, your healthcare providers can quickly see your emergency contact information and your allergies, medicines and immunisations, if added. This helps your healthcare providers give you safer treatment and care.



Available night and day

With your key health information securely in one place, it is available when and where you need it.



Correct information

In My Health Record, you can see and check your health information. This helps your healthcare providers give you the right treatment.



Helps you remember

My Health Record helps you remember your medical information. This helps when you see different healthcare providers.



Faster, easier

When you see healthcare providers in different places, My Health Record means you spend less time waiting for test results and information to be sent between healthcare providers.



Keep track, wherever you are

Your My Health Record helps you keep track of your medical tests, medicines and immunisations, even when you're travelling.



Control who can see your health information

In My Health Record, you can see a list of who has looked at your record and when. If you want extra privacy, you can set an access code to restrict who can see your record or individual documents in it, and you can delete documents at any time.

It is against the law for someone to look at your record, unless it is to provide you with healthcare, and serious penalties apply.

If you think someone has deliberately looked at your record when they shouldn't have, call us on 1800 723 471.



How to look at your My Health Record for the first time

Use myGov to look at your My Health Record. myGov is a secure way to use many Australian Government services online.

1. Go to my.gov.au to sign in to your myGov account.
2. Select 'Services'.
3. Select 'Link another service'.
4. Select 'My Health Record'.
5. Verify your identity.

If you don't have a myGov account, you can set one up at my.gov.au.



How your healthcare provider uses your My Health Record

If the healthcare provider you visit uses My Health Record, they can look at your record on their computer. Before they can look at your record, they need your name, your date of birth, your Medicare number, and your gender. They can also add medical documents to your record unless you ask them not to.

