

# **ARTHRITIS ACT E-NEWSLETTER**

Issue 6 – July 2019

Arthritis ACT and Pain Support ACT have officially joined forces! We are very excited to welcome the Pain Support members into our fold and we are particularly looking forward to the input the Pain Support Reference Committee who will enable us to provide even more supports and information to the community.

July 22-29 is National Pain Week, and we will be holding extra information sessions and programs that week to support you. This will include a session with Randolph Sparks, the details of which are below.

Many of you will have heard in the media over the last week that the ACT Minister of Health Meegan Fitzharris resigned from the Ministry and from the Assembly. We wish her well in her future endeavours. Her replacement is Minister Rachel Stephen-Smith. I am looking forward to working with Minister Stephen-Smith over coming months to establish a way forward with hydrotherapy, and to bring her up to date with many of the outstanding issues people living with chronic pain and arthritis experience in the community.

## **July Social Events**

There will be no craft, social or movie activities this month. We will be advertising upcoming events for August in following newsletters.

### **JULY SPEAKER AND SUPPORT EVENT – CHRONIC PAIN**

#### **TOPIC HOW DID PAIN GET CONTROL?**

**GUEST SPEAKER: MR RANDOLPH SPARKS**, an outstanding speaker and practising clinical psychologist who teaches university and community groups about chronic pain.

**WHAT:** He will explain how a protective system (pain) can take control of our lives. We can find ourselves in a situation where pain controls everything we do and how we do it. He will present a model to understand how it happened, and what is required to get back choice in our lives. His talks are informative and useful.

**WHEN: Tues 23rd July 12-1.45pm.**

**WHERE:** Pearce: The SHOUT Meeting Room, Bldg 1, 1 Collett St (opp. Pearce shops).

**REGISTRATIONS: Required.** Tel: Arthritis ACT/SHOUT 6290 1984 or 6251 2055

**COST:** Gold coin donation

## **Student Exercise Physiology Consultations** **Available until August!!!**

Have you ever considered using Exercise to help manage your arthritis or condition? Now's the perfect time to start. Throughout June 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

## **Sharps Disposal in the ACT**

Do not recap used syringes.

Do not place used syringes in your domestic rubbish bins. This is a safety hazard and not lawful disposal of sharps in the ACT.

All sharps should be placed in suitable sharps containers, which you can purchase from your local pharmacy (around \$8 for small sharps bin) or obtain from some ACT Govt Health Centres.

Do not place sharps bins in domestic rubbish bins these should be placed in the appropriate sharp's disposal bins outside ACT Government Health Centres (24hr access) or at ACT Recycle Centres, see lists below for locations.

**Sharps containers used by diabetics and other medical syringe users can be dropped off at the following locations:**

ACT Govt Health Centres:

- **Belconnen** Health centre – Lathlain St, Belconnen
- **City Health Centre** - Cnr Alinga and Moore Streets, Canberra City
- **Gungahlin** Health centre – Ernst Cavanagh Street, Gungahlin
- **Phillip Health Centre** - Cnr Keltie and Corinna Streets, Woden
- **Tuggeranong** Health centre – Cnr Anketell and Pitman Street, Tuggeranong

Recycle Centres in the ACT:

- **Gungahlin** Recycling Drop Off Centre – O'Brien Place, Gungahlin
- **Tuggeranong** Recycling Drop Off Centre – Scollay Street, Tuggeranong
- **Mitchell** recycling drop-off centre - Baillieu Court, Mitchell
- **Belconnen** recycling drop-off centre - Jolly Street, Belconnen

- **Phillip** recycling drop-off centre - Botany Court, Phillip
- **Mugga** Lane Resource Management Centre, Mugga Lane, Symonston
- **Mitchell** Resource Management Centre, Flemington Road, Mitchell

Please note there are **NO sharps disposal** facilities at the **West Belconnen** recycling drop-off centres.

**Disposal Single sharps:** Transport Canberra and City Services provide sharps disposal containers in all public toilets in urban open space.

For further information contact: **24 Hour sharps hotline: 13 22 81**

## Strength & Balance Classes 2019

Registrations for Term 3 now open!

**Term 3 dates for Strength & Balance and Balance 30:**

<b>Mondays</b> <b>Kaleen</b>	<b>Balance 30</b> 9.30am to 10.00am	<b>Strength &amp; Balance</b> 10.30am to 11.30am	22nd July to 23rd September
<b>Tuesdays</b> <b>Weston Creek</b>	<b>Balance 30</b> 9.30am to 10.00am	<b>Strength &amp; Balance</b> 10.30am to 11.30am	23rd July to 24th September
<b>Thursdays</b> <b>Tuggeranong</b>	<b>Balance 30</b> *9.00am to 9.30am	<b>Strength &amp; Balance</b> *10.00am to 11.00am	25th July to 26th September

\*PLEASE NOTE—Different starting times for Tuggeranong location

**Keep up your exercise and try our Strength & Balance Maintenance Classes. Enroll and attend for an extra 10 sessions throughout the term :**

<b>Wednesdays</b> <b>Bruce</b>	<b>Strength &amp; Balance</b> 11.00am to 12.00pm 12.00pm to 1.00pm
<b>Saturdays</b> <b>Bruce</b>	<b>Strength &amp; Balance</b> 11.00am to 12.00pm

**To register:**

Please contact Arthritis ACT on [info@arthritissact.org.au](mailto:info@arthritissact.org.au) or phone 1800 011 041

Registrations are essential and payment is required at the time of registration.

**Prices:**

**Members:** \$99 New Starter, \$80 Continuing

**Non-Members:** \$129 New Starter, \$104 Continuing



## 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](mailto:info@arthritisact.org.au) for an appointment**

## **POOL UPDATES**

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) From the **25<sup>th</sup> of July** we be offering 3 new pool sessions once per week on a Thursday. 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**.

**UNIVERSITY OF CANBERRA HOSPITAL (UCPH)-** New sessions are now available at on **Tuesday and Thursdays from 12.15-12.45pm** **BOOKINGS ARE ESSENTIAL** these sessions are only 30 minutes in length. Unfortunately we do have to charge the same rate for these sessions as our costs remain the same despite the time we are able to operate this pool.

**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 a 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.

## Tai Chi For Health and Falls Prevention 2019

Tai chi for Health and Falls Prevention is an **8 -week beginners program**, designed to improve strength, flexibility and balance. This program aims to assist in reducing falls.

**Venue:** Kaleen Community Hall - 28 Georgina Cres, Kaleen

**When:** Monday 29th July —Monday 16th September

**Time:** 11.45 am—12.30pm

**Members:** \$40 per term **Non Members:** \$80

**Venue:** Building 18, 170 Haydon Drive, Bruce

**When:** Saturday 6th July—Saturday 17th August

**Time:** 9.30am—10.15am

**Members:** \$50 per term **Non Members:** \$90

### Hydro Tai Chi

**Venue:** The Canberra Hospital- Yamba Drive, Garren

**When:** Wednesdays (commencing 24th July)

**Time:** 9.00 am—9.45am

**Cost:** \$10 per class (WWX registration essential)



**To Register:** contact Arthritis ACT on  
[info@arthritisact.org.au](mailto:info@arthritisact.org.au) or phone 1800 011 041



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## **Yoga Classes**

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

<b>DATE COMMENCING:</b>	<b>DATE ENDING:</b>	<b>TIME:</b>
<b>Monday, 29<sup>th</sup> April Bruce - Floor Yoga</b>	<b>1<sup>st</sup> July</b>	<b>Monday 9:30 to 10:15 am</b>
<b>Monday, 29<sup>th</sup> April Bruce - Chair Yoga</b>	<b>1<sup>st</sup> July</b>	<b>Monday 11:00 to 11:45 am</b>
<b>Thursday, 2<sup>nd</sup> May Pearce - Chair Yoga</b>	<b>4<sup>th</sup> July</b>	<b>Thursday 2:30 to 3:30 pm</b>
<b>22<sup>nd</sup> July Bruce - Floor Yoga</b>	<b>23<sup>rd</sup> September</b>	<b>Monday 9:30 to 10:15 am</b>
<b>22<sup>nd</sup> July Bruce - Chair Yoga</b>	<b>23<sup>rd</sup> September</b>	<b>Monday 11:00 to 11:45 am</b>
<b>25<sup>th</sup> July Pearce - Chair Yoga</b>	<b>26<sup>th</sup> September</b>	<b>Thursday 2:30 to 3:30 pm</b>
<b>14<sup>th</sup> October Bruce - Floor Yoga</b>	<b>16<sup>th</sup> December</b>	<b>Monday 9:30 to 10:15 am</b>
<b>14<sup>th</sup> October Bruce - Chair Yoga</b>	<b>16<sup>th</sup> December</b>	<b>Monday 11:00 to 11:45 am</b>

17 <sup>th</sup> October Pearce - Chair Yoga	19 <sup>th</sup> December	Thursday 2:30 to 3:30 pm
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**Cost:** Members: \$7 per session Non-Members: \$11 per session



## 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.

### Where:

- 170 Haydon Drive Bruce ACT 2617

### About the sessions:

- Twice a week for 6 weeks recommended for best results- please enquire for flexible options such as once weekly or a home based program.
- Small group classes will run on Monday, Tuesday and Thursdays.
- There are 14 sessions in total, including two education sessions teaching you about Osteoarthritis and Exercise
- Education session 1 is free for members to come and see what the program is about
- An initial assessment is required with the Physiotherapist prior to commencing the program

Class	Dates	Time	Cost
Initial Assessment	To be booked	To be booked	\$95
Education 1	Monday 17 <sup>th</sup> June	1pm-2:30pm	Free
Education 2	Monday 24 <sup>th</sup> June	1pm-2:30pm	\$40
Education 1	Monday 5 <sup>th</sup> August	1pm-2:30pm	Free
Education 2	Monday 12 <sup>th</sup> August	1pm-2:30pm	\$40
Group Classes	Mondays	10am – 11am 11:30 am – 12: 30 pm	\$30 per class
	Tuesdays	10am-11am	\$30 per class
	Thursdays	10:00- 11:00am 11:30 am -12: 30 pm 1 pm – 2 pm	\$30 per class

If you have any further questions, please call 02 6251 2055 or email [info@arthritisact.org.au](mailto:info@arthritisact.org.au)





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](http://www.arthritisact.org.au)



## Arthritis ACT Hydrotherapy Classes



Monday	Tuesday	Wednesday	Thursday	Friday
		9-9.45am Hydro Tai Chi <b>TCH</b>		9-9.45am Hydro Motion <b>TCH</b>
		10-10.45am Hydro Motion <b>TCH</b>		10-10.45am Hydro Pulse <b>TCH</b>
		11-12pm General Hydrotherapy Session (Open Access) <b>TCH</b>		11-12pm General Hydrotherapy Session (Open Access) <b>TCH</b>
		12-12.45pm Hydro Pulse <b>TCH</b>		12-12.45pm Hydro Motion <b>TCH</b>
5-5.45pm Hydro Motion <b>UCH</b>	5-5.45pm Hydro Motion <b>TCH</b>	5-5.45pm Hydro Pulse <b>UCH</b>	5-5.45pm Hydro Motion <b>TCH</b>	

UCH – University of Canberra Hospital Pool, TCH – The Canberra Hospital Pool

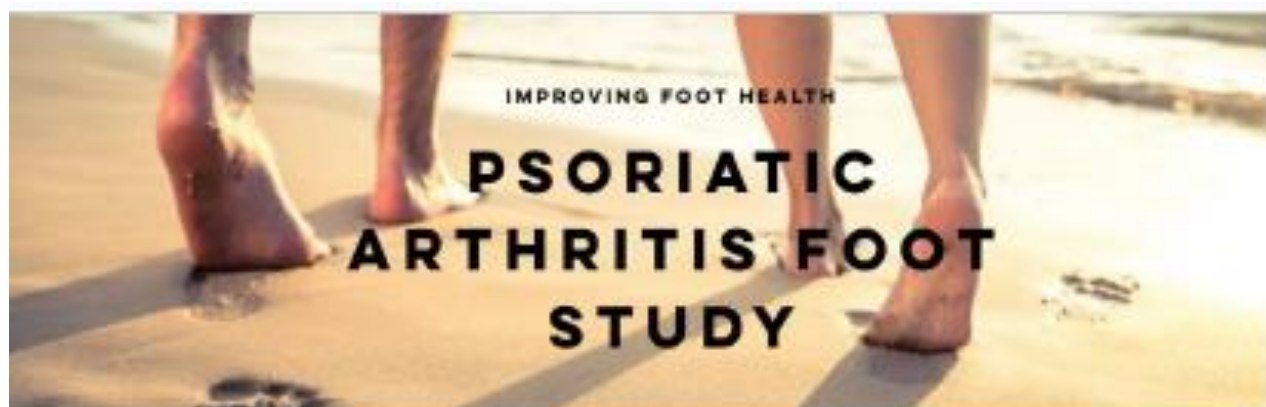
### Classes (\$10 per class for ArthritisACT members)

- ▢ **Hydro Tai Chi:** Tai Chi movements conducted in water, focusing on balance and body movement. This class is low intensity and designed for those with limited mobility or balance concerns.
- ▢ **Hydro Motion:** Exercises conducted in water focusing on strengthening joints and improving balance. These classes are low-moderate intensity and will focus on strengthening upper and lower limbs.
- ▢ **Hydro Pulse:** A moderate-high intensity aqua aerobics class, focusing on movements to music. This class is designed to improve range of motion, strength and cardiovascular endurance whilst using water resistance to reduce impact on joints.
- ▢ **General Hydrotherapy:** Normal hydrotherapy sessions open to members of Arthritis ACT completing individual programs. Attendee need to purchase WWX tickets from Arthritis ACT office to attend this session.

### Payment:

- ▢ Classes cost \$10 per class for ArthritisACT members
- ▢ No bookings are needed, however payment upon attendance is required
- ▢ Participants must have current medical clearance form signed

If you have questions about the classes or times; please contact  
Sophie (Exercise Physiologist)  
[sophie@arthritisact.org.au](mailto:sophie@arthritisact.org.au) or (02) 6251 2055



## 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](http://www.psoriaticfootarthritis.com)**

or

**Complete the paper survey, please contact Kate Carter at  
[info@psoriaticfootarthritis.com](mailto: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.



## Research Survey — Foot problems among people with psoriatic arthritis

Considerable improvement in the assessment and treatment of foot problems related to psoriatic arthritis is needed and little evidence exists in this area. Keeping people on their feet is important for maintaining a normal daily routine, work, family and social life.

Western Sydney University researchers are seeking your help with new research into foot problems in psoriatic arthritis. With the right management, people with psoriatic arthritis might have the opportunity to minimise disabling foot pain and joint damage and this research will seek to identify what are the important issues.

The study is a survey to better understand the experiences of people with psoriatic arthritis related foot problems. By helping with this survey, you will be directly influencing the research agenda and raising issues that are important to people with psoriatic arthritis.

Help us to promote your views by completing our online survey!

To learn more about the study please visit our website:

[www.psoriaticfootarthritis.com](http://www.psoriaticfootarthritis.com)

To participate in the survey click below:

**Complete the survey**



To be sent a paper copy of the survey, please contact Kate Carter at:

[info@psoriaticfootarthritis.com](mailto:info@psoriaticfootarthritis.com)

WESTERN SYDNEY  
UNIVERSITY

AUSTRALIAN  
UNIVERSITY  
NEW ZEALAND

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### NEW NATIONAL ACTION PLAN FOR PEOPLE WITH CHRONIC PAIN

In 2018 Painaustralia was commissioned by the federal government to help develop a National Strategic Action Plan for Pain. The Australian Government has now launched a new \$6.8million plan, a milestone for people with pain. It is the first time that chronic pain has received national priority. Key features of the Plan include:

\$2.5 million funding will be provided over four years from July 2019 for three projects:

- up to \$1 million for Painaustralia to support consumer awareness and education for people affected by pain;
- up to \$1 million over four years from July 2019 to support the training of GPs to enable them to participate more effectively in pain management care; and
- \$500,000 for a public education campaign specifically focussed on the management of pain and the use of opioids.

In the April federal Budget included \$4.3 million over four years to give rural people better access to pain management services.

Read more at: <https://beta.health.gov.au/ministers/the-hon-greg-hunt-mp/media/68-million-to-improve-understanding-of-pain>



## 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 MAWSON ACT 2607



[www.mecfscanberra.org.au](http://www.mecfscanberra.org.au) | (02) 6290 1984

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## Updated Rheumatology list for the ACT including wait lists

Rheumatology as a specialised area of medicine has only been around for the last sixty years. A Rheumatologist is a specialist physician who has expertise in diagnosing and treating diseases of the joints, muscles and bones, sometimes called 'rheumatic disease'.

The more common rheumatic diseases include:

- Joint Disease e.g. Gout, Spinal problems, Osteoarthritis
- Muscles & Tendons e.g. Fibromyalgia, Polymyalgia Rheumatica
- Bone Disease e.g. Osteoporosis, Paget's disease

The General Practitioner will determine if the symptoms you have require assessment by a Rheumatologist. So if you have muscle or joint symptoms that are causing you problems consult your General Practitioner who will decide if a referral to a Rheumatologist is needed.

<b><u>CANBERRA RHEUMATOLOGY</u></b>	<b><u>Equinox Specialist Centre</u></b> *
Dr. Kathie <b>Tymms</b> #*	Dr. San <b>Wong</b>
Dr Ayano <b>Kelly</b> *	
Dr Kokum <b>Diffanayake</b> New to town – appointments from Sept	
9 <sup>th</sup> Floor, Canberra House	Equinox 2
40 Marcus Clarke Street (or PO Box 1194)	24/70 Kent Street
CANBERRA CITY 2601	DEAKIN ACT 2600
Phone: 6230 6305 Fax: 6230 6307	Phone: 6269 2455 Fax: 6285 1608
# Dr Tymms also specialises in Paediatric Rheumatology * books closed to new patients	* This practice sees patients over 15 years old
<b><u>Rheumatology ACT</u></b>	<b><u>Canberra Hospital</u></b>
Dr. Kenneth <b>Khoo</b>	Dr. Chandi <b>Perera</b>
Dr. Anna <b>Dorai Raj</b>	Rheumatology Staff Specialist
Dr. Suren <b>Jayaweera</b> Dr. Ted <b>Tsai</b> Dr. Peta <b>Pentony</b>	Phone: 6244 2222
Varying wait times earliest appointments from August	
	<b><u>Canberra Medical Centre</u></b>
Level 1, 1 Bowes Place	Dr. Chandi <b>Perera</b>
WODEN ACT 2606	9 Lawry Place
Phone: 6260 3796 Fax: 6260 3402	JAMISON ACT 2614
Email : <a href="mailto:reception@rheumatologyact.com.au">reception@rheumatologyact.com.au</a>	All clients are triaged on need
	Suite 4, 6 Phipps Close
	DEAKIN ACT 2600
	Phone: 6251 2777