

# ARTHRITIS ACT E-NEWSLETTER

Issue 8 – August 2019

Hello Members

I would like to start by saying thank you to all of you who have been so understanding over the past month as we've had to cancel so many sessions particularly at pools as either pools have been out of action or staff have been unexpectedly out of action. We do not cancel events without trying everything in our power to avoid it.

I know some of you have been having issues with the phone as well. Please always leave a message – we will usually hear it within minutes and respond or sort out the issue you were calling us about. We have, sadly, had a number of people being quite rude about having to leave a message. We could put on more staff to answer the phone, but if we do so, we will have to offer less services. So please, just leave one message and know we will respond as soon as possible.

An update on pools: there has been no further movement on the TCH closure issue. I continue to liaise closely with the Minister and thank her for her commitment to work with our users. For now, TCH just continues to operate as scheduled. Morning sessions are no longer accessible prior to 0700. Supervisors will not be provided the key until 0700. Please factor this into the time you arrive. Club MMM will continue to operate as usual despite the day spa closing. ACT Health and I are working with the parent company to try to gain more access to Club MMM to relieve some of the pressure from UCH. We will keep you informed of progress. Please note, however, **Club MMM will be closed on Monday, 2 September only** for plant works.

We are pleased to let you know we have another physiotherapist joining us in October, and plan to be able to offer GLAD and other classes later in the day to enable people to be able to attend classes after work. We know this has been an issue for many people, but we simply have not had the staff availability to cover all hours of the day. The new physiotherapist will also have time to be able to do one on one appointments as well both on land and at hydrotherapy. We will provide more information closer to the time. All current classes will continue to be offered with Jacqui. We are also excited to be starting some more supported social groups with our OT. We are seeing an increasing need in the community for people to have a safe place to meet others and undertake some group activities and meet the needs of all those who attend the groups.

Lastly, a large contingent of the staff will be learning the art of Nordic Walking over the next few weeks, and as soon as our specialist trainer is happy that we are 'experts' we will be able to offer all of you access to Nordic Walking lessons and groups at a cost effective price, and in a location of your choosing.

## Strength & Balance Classes 2019

Registrations for Term 4 now open!

Term 4 dates for Strength & Balance and Balance 30:

<b>Mondays</b> Kaleen	<b>Balance 30</b> 9.30am to 10.00am	<b>Strength &amp; Balance</b> 10.30am to 11.30am	14th October to 16th December
<b>Tuesdays</b> Weston Creek	<b>Balance 30</b> 9.30am to 10.00am	<b>Strength &amp; Balance</b> 10.30am to 11.30am	15th October to 17th December
<b>Thursdays</b> Tuggeranong	<b>Balance 30</b> *9.00am to 9.30am	<b>Strength &amp; Balance</b> *10.00am to 11.00am	17th October to 19th December

\*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. Bookings essential :

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

To register:

Please contact Arthritis ACT on [info@arthritisact.org.au](mailto:info@arthritisact.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



## Coming Soon – Arthritis ACT Classifieds:

Arthritis ACT is starting a new classifieds section of the newsletter. If you are looking for someone to have coffee with, carpool to hydrotherapy with, or would like some recommendations about services in your area, feel free to place your ad in the section below.

To place your ad, contact the office on: 6251 2055 or  
infor@arthritisact.org.au

*E.G. My name is Joe and I am looking for recommendations about a good cleaner in Belconnen. Please call me on: 1234 5678*

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

**Cost:** Members: \$10 per session Non-Members: \$15 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. . The GLA:D website for further information is <https://gladaustralia.com.au/>.

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 9 <sup>th</sup> Sept	1pm-2:30pm	Free
Education 2	Monday 16 <sup>th</sup> Sept	1pm-2:30pm	\$40
Education 1	Monday 21 <sup>st</sup> October	1pm-2:30pm	Free
Education 2	Monday 28 <sup>th</sup> October	1pm-2:30pm	\$40
Group Classes	Mondays	10am – 11am 11:30 am – 12: 30 pm	\$30 per class
	Tuesdays	9am – 10 am	\$30- per class
	Thursdays	8:30am-9:30am 10:00- 11:00am 11:30 am -12:30 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)

*For Non- Member prices, please contact the office on 02 6251 2055*

## ALL HYDROTHERAPY CLASSES BACK ON DECK THIS MONTH!



### Arthritis ACT Hydrotherapy Classes

Current from July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		9am-9.45am Hydro Tai Chi TCH		9am-10am Hydro Motion TCH
		10am-11am Hydro Motion TCH	1pm-1:45pm Parent/Infants CALWELL	10am-11am Hydro Pulse TCH
		11am-12pm WWX TCH	1:45pm-2:30pm WWX CALWELL	11am-12pm WWX TCH
		12pm-1pm Hydro Pulse TCH	2:30pm-3:15pm Hydro Motion CALWELL	12pm-1pm Hydro Motion TCH
5pm-6pm Hydro Motion UCH	5pm-5:45pm Hydro Motion TCH	5pm-6pm Hydro Pulse UCH	5pm-5:45pm Hydro Motion TCH	

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

Calwell – Calwell 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.
- **WWX:** Normal hydrotherapy sessions open to members of Arthritis ACT completing individual programs. Attendee needs 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 the office

info@arthritisact.org.au  
or (02) 6251 2055

## **Looking for an exercise program tailored to your needs?**

### **Small Group Exercise Physiology Classes**

Small group (groups up to 4 people) Exercise Physiology classes are offered on Monday's at SHOUT in Pearce and Wednesday's at Bruce with one of our EP's. These classes allow you the flexibility to come and go but also to have a tailored program that is just for you. They 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 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. An assessment 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**

All sessions at UCH Pool 12noon Wednesday and Friday are currently fully booked for the month of September and bookings for October are filling fast. If you are a regular attendee to these sessions we request that you telephone to confirm your bookings for the month of October.

We also suggest that you confirm bookings through to the end of the year. For UCH Wednesday and Friday sessions. Bookings will be taken on a first come first served basis. For people unaware, we also hold sessions on Tuesday and Thursdays at lunchtime at UCH pool and 2 sessions at Club MMM! on a Wednesday at 12.00 noon and 12.45pm. Please consider these sessions if you are unable to attend UCH pool, and contact us directly about the actual times for Tuesday and Thursday at UCH.

We would also like to, once again, apologise for any inconvenience caused by the unavoidable cancellations of hydrotherapy class and warm water exercise classes over the last couple of months. We have greatly appreciated your patience.

**New Pool – Learn2Swim 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 bear 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.

**UNIVERSITY OF CANBERRA HOSPITAL (UCPH)-** It is with great excitement at we can inform you all that the **Tuesday and Thursday** bookings at will **continue until December of this year. BOOKINGS ARE ESSENTIAL.**

**TCH-** Additional evening sessions at TCH have **commenced on Tuesday and Thursday evenings from 5.45pm – 6.30pm. Hydro Motion** 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.

#### Arthritis ACT Facebook Groups

- Parenthood With Autoimmune Disease Support Group
- Hypermobility ACT
- JIA Parents Support Group
- Young Women's Autoimmune Friendship Group

Request to join via Facebook or email AACT at [info@arthritisact.org.au](mailto:info@arthritisact.org.au)

# 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 21st October—Monday 9th December

**Time:** 11.45 am—12.30pm

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

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

**When:** Saturday 26th October—Saturday 14th December

**Time:** 9.30am—10.15am

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

## Hydro Tai Chi

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

**When:** Wednesdays

**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



# ME/Chronic Fatigue Syndrome and Fibromyalgia Self Help Course



**Learn practical skills for dealing with common problems of ME/CFS and Fibromyalgia in a supportive environment**

Build skills and a support network in seven sessions over eight weeks  
Wednesdays: 16 October – 4 December 2019 (includes a rest week) 10:30am – 12:30pm 170 Haydon Drive, Bruce

**This course has been shown to improve health and wellbeing using scientifically proven self-management techniques**

Pace yourself	Minimise relapses	Set realistic short term goals
Reduce stress	Manage emotions	Improve relationships

**Hosted by trained facilitators with lived experience of these conditions  
Cost is \$75/\$50 (society members), including book and refreshments**



## Syndra - Drop-in Meditation

Our next drop-in meditation night is on this Tuesday 20th August 2019. As usual we will be starting promptly at 7.00pm.

The meditations go for an hour. There are refreshments afterwards.

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.

\$15 at the door.

Future dates for your diary:

Tuesday 3rd September 2019

Tuesday 17th September 2019

Tuesday 1st October 2019

For all enquiries, please call or email me:

Ph. 02 6287 1710

[michael@syandra.com.au](mailto:michael@syandra.com.au)

[www.syandra.com.au](http://www.syandra.com.au)

Arthritis ACT is looking to support parents living with chronic illness and their children through playgroups

If you are interested in joining:

- a small playgroup
- at an accessible venue
- with light refreshments provided
- guest speakers
- support from others living with chronic health conditions

Register your interest

at [info@arthritisact.org.au](mailto:info@arthritisact.org.au) or  
pH: 1800 011 041 or 6251 2055

## Social Events

We are excited to announce the addition of some new social programs! These are open to anyone with any conditions.

### **Social group with our OT, lunch provided: Thursday's 12:00- 14:00 at Pearce Community Centre**

This group is open to whatever you want to do! Craft activities, games, and maybe the odd cooking session with our dietitian! But primarily a social group for Arthritis ACT members to meet other people. **We will provide some craft activities for the first month and work with you all to decide what it is you really want to do!**

**Cost: \$10** a session, bookings are essential so we cater appropriately

### **Social coffee group: Friday's at Ricardo's at Jamison at 10:00 am**

Location is a trial in September but may change. If you are in the Tuggeranong or Woden area, please call us as we may be able to organise a group in these areas as well depending on numbers.



## **Join Arthritis ACT at Floriade!!**

**Day:** Friday 20<sup>th</sup> of September

**Time:** 10:30 am (but if you come a bit late that is alright to).

**Location:** Meet just inside the main gate at Floriade. This is located on Regatta Place, just off Commonwealth Avenue, and disability parking is close by.

Contact [Jacqueline@arthritisact.org.au](mailto:Jacqueline@arthritisact.org.au)

We will provide you with a mobile phone number so you can contact us on the day.



***Come and Join friends of Arthritis ACT for a warming afternoon of concert***

**'THE TiN MuGs' - A musical group of the Monaro Folk Society**

**Venue: The Austrian Club, Mawson**

**When: 2-5pm, Saturday 7<sup>th</sup> September 2019**

**Gold Coin Donation**

**Parking on site**

**Look for the person with the orange Arthritis ACT bag, and ask for Tessa!**

***No need to book just come along!***

**Information: Tessa Oh mb 0420 523245**

**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.

### **Careful Exercise**

Exercise can have benefits but can easily cause relapses. Discover ways to define what safe exercise is for you.  
Tuesday 10 September 10:30am – 12:00pm

### **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](mailto:admin@mecfscanberra.org.au)

ACT ME/Chronic Fatigue Syndrome Society Inc



## SEPTEMBER EVENTS FOR ALL

### Arthritis ACT Pain Support event Fri 13 September 12-2pm

**TOPIC:** What does Arthritis ACT offer for all people in pain?

**WHEN** Friday 13<sup>th</sup> September 12pm-2pm

**WHERE:** Arthritis ACT Conference Room, 170 Hayden Drive Bruce

**SPEAKER:** Rebecca Davey, CEO of Arthritis ACT. Rebecca herself has much experience in dealing with the challenges of health conditions and being a hands-on user of Arthritis ACT's services and support. She is passionate about helping people with all kinds of pain who come to the organisation which now helps all people with pain in the ACT.

**TALK and more:** She will talk about what kind of services are offered, how they can help people in different ways and explain the many different paths people can take to improve their health and reduce pain. **Stay on for part 2 of the gathering to talk with others**, share your experiences, offer and gain support, make enquiries, borrow library books and have a cuppa!

**RSVP/REGISTRATION:** Not necessary but we're happy to hear if you are coming!

**BYO:** Lunch if you wish.

**COST:** Gold coin donation is appreciated.

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### Free Health Seminar: Looking after my feet

Find out:

- why your feet are so important to health
- what happens as we get older
- ways to reduce pain
- tips to help your feet stay well and you remain upright

Ricky Lee, podiatrist from The Walking Clinic will present this FREE seminar. Your feet are vital. It pays to be well informed.

**Date:** 2:00pm – 4:00pm, Saturday 21 September 2019

**Venue:** Health Care Consumers' Association meeting room, 100 Maitland St, Hackett.

**RSVP:** by Thursday 18 September to [karenjames@hcca.org.au](mailto:karenjames@hcca.org.au) or phone: 6230 7800. Light refreshments provided.

## RECENT RESEARCH: SOME MEDICATIONS MAY INCREASE RISK OF DEMENTIA

**CHOICE Health Reader**<sup>1</sup> has noted a 2019 Research study<sup>2</sup> which draws attention to the possible risks of dementia associated with certain medications. It is not the first time that this possible link has been noted. This British study by Coupland et al looked at anticholinergic drugs in over 280,000 people over several years. Anticholinergic drugs block acetylcholine which is a neurotransmitter between certain cells, including nerve cells. Many Australians use these drugs.

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<sup>1</sup> Choice Health Reader, a Quarterly published by the Australian Consumers' Association.

<sup>2</sup> Coupland, et al (2019) Anticholinergic Drug exposure and the Risk of Dementia. A Nested Case-Control Study. *JAMA Internal Medicine* 10.1001/jamainternalmed.2019.0677

The study found a 50% increase in the risk of dementia in those people using these drugs for several years compared to other people. This link was greater for some classes of anticholinergic drugs such as some antidepressants and anti-epileptics.

If you take any anticholinergic medications including antidepressants or anti-epileptics or are unsure about that, you might wish to talk further with your pharmacist and your doctor about the risks and benefits of your particular medications.

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**NEW GUIDELINES FOR TALKING ABOUT CHRONIC OR PERSISTENT PAIN**

When people listen to the many stories of people with chronic pain significant common threads emerge. There is the long wait to get a diagnosis and to find treatment which helps. There is the poor understanding of chronic pain. There is the stigma and disbelief from many groups – some family members, some friends, some medical professionals, and some people at work. In many cases, the language used about people with pain is negative, discouraging and unhelpful, leading to further misunderstanding rather than the much-needed affirmation and support.

Recently the federal Minister for Health, the Hon Greg Hunt MP released *Talking About Pain: language guidelines for chronic pain* . These guidelines were developed mainly by health care consumers with PainAustralia to promote the use of more positive and less stigmatising language when talking or writing about pain and people living with pain conditions.

The Guidelines encourage language that is “accurate, respectful, inclusive and empowering”. It suggests we recognise that chronic pain does not define a person’s life. It reminds people to be mindful of not reinforcing stereotypes or myths about chronic pain.

There are a few examples below:

<b>What to say:</b>	<b>What not to say</b>
a person or people with chronic or persistent pain	sufferer(s)
“ “ “	victim(s)
a person/people with a diagnosis of chronic pain	“patient”, when not in an immediate medical context

## NOTICE OF AGM

**The Arthritis ACT AGM will be held Friday 18 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](mailto: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](mailto:info@arthritisact.org.au) or phone 6251 2055**