

Arthritis Matters

Your gifts at work



Adele and Bill



Thank you!

AUTUMN 2025 | Your donor newsletter

Thank you to all who gave to the Arthritis Queensland and Arthritis NSW Christmas Appeals 2024.

As you've heard, both organisations merged to become The Arthritis Movement (TAM) on 9 February 2025.

Your generosity has assured an ongoing supply of Pain Packs which will give non-pharmacological relief to people living in chronic arthritic pain in both states.

The Appeal focused on people who had trialled the Pain Pack items rather than take prescribed medication for their pain.

There was Gail who was delighted to spend time with her granddaughters again after she found the heat pack diverted crippling

migraines caused by arthritic neck pain. Melanie used the Pack information to develop an exercise program to minimise the pain occurring in the first place.

New hope

Bill and his wife Adele used everything in his Pain Pack to reduce his weight, including exercise, diet and the resistance bands. 'The Pain Pack gave us new hope and we started living life again,' Bill said.

'We were happy our story helped inspire people to give to the Christmas Appeal.'

Thank you to all the donors who gave to this important program, and thank you to all who shared their stories.

For your Pain Pack update, go to Page 9.

Contents

- 3 **From the CEO**
The Arthritis Movement hits the ground running
- 4 **Twinkletoes takes eastern seaboard**
The popular Family Day adds Queensland and Victoria to the program
- 5 **Clara launching soon**
App breaks new ground in arthritis self-care
- 6 **Gentle exercise does the job**
Arthritis Moves expands and Tai Chi sells out
- 7 **Warm water goes north**
The first Queensland class is a hit and there's more to come
- 9 **Scholarship to joy**
A teenager with JIA finds joy on her paddleboard
- 11 **Thank you**
Joan donates with the next generation in mind.
- 12 **Pain Packs milestone**
1,000 people have received our packs of non-pharmacological relief
- 13 **Survey informs strategy**
Stakeholders tell us what they value
- 15 **Spice up your pancakes**
They're even more delicious with ginger





Welcome to The Arthritis Movement

Hello everyone. It is with great pleasure that I can confirm that on 9 February 2025, Arthritis Queensland and Arthritis NSW completed the merger process to become **The Arthritis Movement**.

Since we began work on this complex project, I knew with growing certainty that we could offer so much more to the arthritis communities in both states.

We have brought warm water classes and children's camps to Queensland while people in NSW are dancing online with the Queensland Ballet and experiencing the benefits of peer mentoring.

Merging the two organisations has streamlined administration, which benefits consumers through more efficient and cost-effective services and programs.

I'm looking forward to unveiling the strategic plan for our new organisation and getting our exciting future underway.

Finally, I'd like to reassure you that your gifts will continue benefiting people in Queensland and NSW. Thank you for helping people live well with arthritis.

To learn more about the merger, visit: arthritis.org.au/about-us/arthritis-queensland-and-nsw-merger/

New ways to help your arthritis

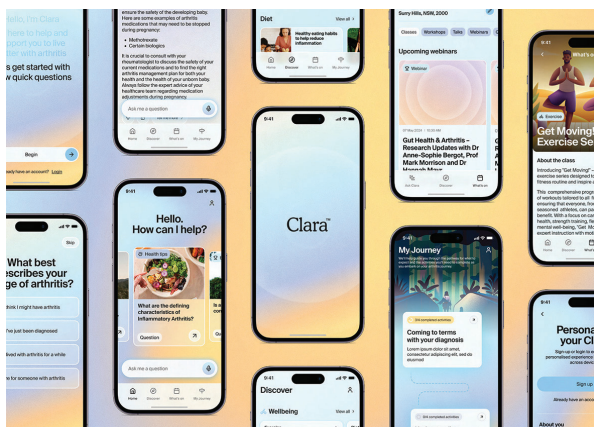
Clara app launching soon

The Clara app is being trialed by consumers and health professionals who were involved in its design.

This is the final step before we launch the app Australia-wide to connect people with arthritis to the services that will best support them.

And of course the app features geolocation so users can find the right services close by.

For more on the benefits of the Clara app, turn to page 5.



Twinkletoes takes eastern seaboard

Thanks to your generous gifts to the 2024 Tax Appeal, TAM has expanded our new Twinkletoes Family Program to help children with juvenile arthritis (JIA) in three states this year.

In 2025, TAM will deliver Twinkletoes to Taronga Zoo in Sydney on April 5, to Victoria mid-year and Queensland in November-December.

The successful Twinkletoes Day, held at Lone Pine Sanctuary on 30 November 2024, was a first for Queensland. Eighteen parents and children connected and shared stories with their new friends.

Volunteers took the children for supervised fun including a native animal meet and

greet, while the parents attended an education session led by JIA specialist Dr Navid Adib.

The parents were enthusiastic about the day and suggested enhancing this year's Queensland event with more health specialists, a parent discussion group and more participants.

Parent Carly Bradbury said: 'It was fantastic for Hannah to meet other JIA kids her age and see she's not alone. We appreciated sharing experiences with other parents and building relationships.'

'Thank you for all your efforts, it was a great experience and we're so thankful.'

Taronga

Twinkletoes at Taronga this year will feature an extra guest speaker Clinical Psychologist Dr Noor Azhani Amiruddin. She is experienced in working with JIA and has interests in working with chronic illness and family systems.

Dr Azhani will talk about emotional regulation in the context of JIA, self care and burn out, and living with chronic illnesses as a family.

For more information about the Twinkletoes Family Days in 2025, email Health Project Coordinator Emily Guenther on eguenther@arthritis.org.au.

One of the happy faces at Twinkletoes Family Day in Brisbane in November 2024.



Empowerment at your fingertips

TAMs personalised arthritis care app Clara is set to launch.

The app helps people with arthritis access quality resources and more relevant information on their condition and is the first of its kind in Australia.

Health Innovations Manager Andrew Cairns said the app can give people with arthritis a new level of empowerment thanks to the information and tools it can put at their fingertips.

Q&A engine

‘Clara’s artificial intelligence (AI) engine uses information given by the user on their condition type to give more context to the response to their question,’ said Andrew.

Clara creates the responses from good quality, evidence-based information that lives within its closed system. All information is verified by TAM, and includes content from Arthritis NSW, QLD and affiliates and the Australian Rheumatology Association.

‘The Q&A feature will give people a greater degree of knowledge of their arthritis and empower them to have more meaningful conversations with their healthcare specialists about its management.

The search engine cites answers so they can be verified.

Better than ‘Dr Google’

‘Our aim here was to give people with arthritis a better option than ‘Dr Google’ when they have a question about their condition or treatment,’ he said. ‘Also, to ensure they were accessing only the best available information, resources and organisations to support them.’

Self-management companion

Users can complete a health screening survey which can help them identify self-care habits they may wish to adopt.

Clara can give users tips, and information on healthy habits, as well as connect them to good quality resources, tools and services that can help them take small

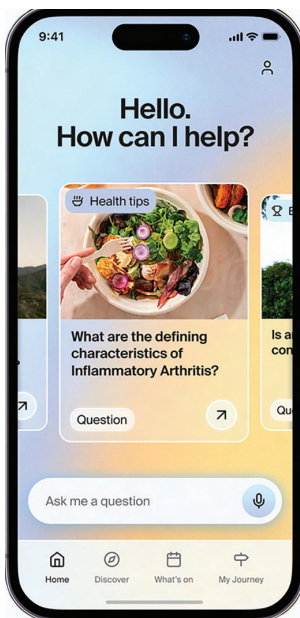
steps to improve their health over time.

What’s on

Clara connects users to webinars, online exercise activities and in-person events which increases their engagement with the community and helps them stay active and informed of their condition.

Clara is available on the App Store and Google Play.

For more information visit: askclara.com.au.



Gentle exercise does the job

Arthritis Moves is gearing up for expansion as the popular online exercise program works to support our new communities in both states.

TAM Community Health Coordinator Sean Carmody is engaging a third instructor to deliver three or four more classes to add to the current 12 session schedule.

‘We’re also expecting more people to come looking for online exercise support as more people take up the Clara app,’ Sean said.

Instructor understands

Joan lives at Blackheath in the Blue Mountains and has been participating in Arthritis Moves since June last year.

‘I can’t believe how much better I feel since I started the classes. Lucy the instructor really understands how older people move and what their restrictions are,’ she said.

‘My ability to move has improved so much. For example, my shoulder mobility, I can now reach to clean my back in the shower. And I’m generally strengthening my leg

muscles because Lucy gets us to do a wide range of movements. I tell everyone I know, and a friend is now going to join me.’

Queensland participant Beryl loves the flexibility of the online classes. ‘I’ve done Arthritis Moves in Mooloolaba, Stanthope and Warwick while visiting family as well as Brisbane where I live. Thank you.’

Tai Chi popularity

The first round of online Tai Chi classes for 2025 sold out in less than a day, confirming to the TAM Health Team that the introduction of the ancient system of slow, gentle movements and postures would benefit people with arthritis.

The next gentle exercise under consideration for introduction to the TAM program is Chair Yoga.

To register for a gentle exercise class visit arthritis.org.au.



Joan does upper body strength exercises during her Arthritis Moves class.

In-person dance class

Our dance community rushed to fill the in-person Dance for Arthritis class at Queensland Ballet Headquarters this term.

Twenty-five keen starters appeared at the Thomas Dixon Centre, West End on 18 January. Participant Victoria says she really enjoyed the class.

'It was wonderful to see and greet other students and do a live class. I live alone

and don't get out much. It was just what I wanted,' she said.

Demand for the Experienced Beginners class is still very high and Community Health Coordinator Sean Carmody says there are plans to introduce an evening or afternoon class to cater for those who work or care during the day.

To register for a gentle exercise class visit arthritis.org.au.

Warm water going north

TAM's Warm Water Program has grown to 34 classes in six months, including two sessions at our first Queensland venue in Bald Hills.

TAM Warm Water Administrator Alyson Blanks said the first Queensland class filled very quickly and the second class was added to cater for demand. 'Our priority is to expand the program into Queensland so

I'm open to venue suggestions,' she said.

Queenslander Kathy has been going to the Bald Hills class since it opened in October to relieve pain in her arthritic knees.

'The class is terrific. My physio asks me to do squats but it hurts to do them on land. In the class it's different,' Kathy said. 'The biggest result for me is that I can walk for exercise again, which is a moderate, half hour walk.



Thursday's class at Bald Hills, Queensland. Kathy is on the far right.

'The exercise tutors are bright, friendly and knowledgeable. They ask how we're going and adjust the exercises if we need it,' she said.

To join the second Bald Hills class or for more information about any warm water classes visit arthritis.org.au or email: ablanks@arthritis.org.au.

Webinars take deep dives

Webinar audiences will be taking deep dives into self-management with a focus on pain and disease management, improving quality of life, therapeutic exercise, better nutrition, and more, this year.

‘We’re running segments that will cover key areas, such as nutrition, pain management and overall wellbeing, beginning with foundational content and progressing to more tailored insights,’ said Health Educator Mary Zagotsis.

‘We’re here to help our audience better advocate for themselves.’

Webinar feedback has been enthusiastic.

‘I have already availed myself of many of your webinars and classes and now feel I

know more about how to manage my OA than my excellent GP does.’

Seminars

TAM’s Arthritis Community Wellness Program will run seminars on the Central Coast in March, Bundanoon in June, and Byron Bay in May.

More are planned for later in the year and TAM will introduce the program to Queensland very likely later in 2025.

To register for a webinar or seminar visit: arthritis.org.

Help is always on the line

Arthritis Assist has entered its sixth year connecting mentors to advise and comfort people recently diagnosed with arthritis.

Health Promotion Coordinator Breanna Smith said that mentors had made 1,369 calls to people living with arthritis since the program started in 2019.

‘And they have helped 653 people, listened to them and given practical suggestions,’ Breanna said.

‘People call when they’re depressed and anxious but once they talk to a mentor, they realise they can help

themselves and probably go back to work.’

‘This happens a lot to young women with Rheumatoid Arthritis. We connect them to mentors in their 30s who understand their concerns.’

Queenslander Viviane has spoken to a mentor five times. ‘Your brilliant mentor program was a huge help at the beginning of my Rheumatoid Arthritis journey. And your phone

team was also fabulous. Keep up the great work.’

To learn more about Arthritis Assist, visit arthritis.org.au.



Coordinator Breanna Smith

18 to 35s connect

Chill and Chat will focus this year on education tailored to their age group of 18-34.

‘We started the program so they could connect and support each other and talk about relevant topics, such as work, friendships and travel,’ said Health Project Coordinator Emily Guenther.

The 2024 Chill and Chat sessions covered stress relief, exercise, a trivia session, lots of fun and even a dance moves demonstration.

‘The group loved meeting each other and learning how everyone was managing their lives,’ said Emily.

Newsletter

‘This year we have a newsletter that shares personal stories and gives advice on the five self-care areas: physical, mental, social, emotional and spiritual.

‘And the group are now sharing their physical activities with each other through the Strava app, which tracks physical exercise.’

This year’s Chill and Chat session topics include nutrition, physical activity, and a panel discussion on the tips and tricks to navigating arthritis as a young person.

‘Chill and chat helps me with the mental aspect of my arthritis, and with finding better ways to deal with my condition.’

Chill and Chat welcomes members from throughout Australia. For more on the group or scholarships in 2025, email: eguenther@arthritis.org.au.

Scholarship to joy

TAM’s financial support to help a teenager with JIA to buy a paddleboard helped her win an Iron Person Competition in Foster.

The support program aimed to enhance the wellbeing of 15-18 year olds with JIA.

One of the teenagers was Grace, who had been diagnosed with arthritis in July, yet desperately wanted to compete in the Foster Weekend Surf Carnival in October, but needed a bigger paddleboard.

‘We were happy to help Grace buy a secondhand board to compete in the Iron Person event,’ said Program Coordinator Emily Guenther.

Grace shared her experience with us.

‘Through your support, I was able to buy a board and I felt even more motivated to achieve my goal and signed up for the surf carnival,’ she said.

Pure joy

‘It was pure joy standing on the start line, I had zero expectations and was simply happy to be doing what I love.’

Grace won the event – ‘all thanks to my board.’



Grace during the Foster Iron Person event

It's your legacy



Leaving a gift to The Arthritis Movement in your Will is incredibly powerful.

Did you know that leaving just 1% of the value of your estate to The Arthritis Movement in your Will, so your family and loved ones inherit the rest, can change the lives of those living with arthritis?

Whether you wish to provide for our gentle exercise classes or our frontline services, there's so much you can achieve with your gift to The Arthritis Movement.

Our areas of support are driven by the needs of our arthritis community, therefore all gifts in Wills are general donations.

arthritis.org.au



If you have questions about the impact of your gift, call 1300 275 826 or email General Manager Ultan O'Dwyer (QLD) on uodwyer@arthritis.org.au or Philanthropy Manager Nick Cadey (NSW) on ncadey@arthritis.org.au.

Thank you for considering The Arthritis Movement as part of your legacy.

Thank you!

Joan donates to The Arthritis Movement (TAM) because she wants to make a difference.

She and her husband live in Blackheath, where there is a strong retiree community.

‘I’d like to make sure that arthritis doesn’t become a forgotten disease. It affects most elderly people, so I think we need more publicity, research and consideration of how arthritis affects our lives,’ said Joan.

‘Most older people still want to be active and contribute to the community and participate.’

Joan moved from Sydney to the Blue Mountains 20 years ago. She began the Arthritis Moves classes in June 2024.

‘We’re mostly older up here so we need a lot of assistance. I’ve found the Arthritis Moves classes worthwhile, so I’ve been spreading the word.’

Exercise is the key

‘I didn’t know at first if I could do the movements. But I can move more easily now and have a greater range.

‘I’m also interested in your Tai Chi classes. Exercise is my key to keeping physically and mentally well. So, I feel any donations I make are well worthwhile because they help us.’

Joan began donating to TAM about two years ago. ‘My husband and I have donated to charities all our lives, it was just a matter of choosing what we considered to be effective. We’ve always been involved in community activities. We have a philanthropic outlook on life,’ she said.



Joan wants to make a difference.

Joan has had a varied career path. ‘In the ‘80s, I went to university as a mature aged student and did a science degree majoring in geology. In my 40s, I went back to university and did a law degree.’

Osteoarthritis at 60

Joan played tennis and golf until she developed osteoarthritis at 60. ‘It’s hereditary. My mother had it badly and lived in pain with arthritis everywhere. She lived on opiate drugs in the end and I’m determined to not go down that path. I self-manage with exercise and Panadol.

‘My daughter has it too now and she’s only 50. That’s another reason why I donate, I’m looking at the next generation, I don’t want to see them go through what we’re going through.’

“ There needs to be more research into prevention.
~ Joan

To donate to TAM visit: arthritis.org.au.



Designed to keep you moving.

**Temporary relief of symptoms of
mild osteoarthritis and joint pain.**



SCAN
ME

**LEARN
MORE**

ABOUT FISIOCREM
JOINT EASE

Contains menthol & naturally derived active ingredients.

fisiocrem[™]
Joint Ease

**Available from your
local pharmacy, &
Chemist Warehouse.**



Always read the label and follow the directions for use.



Survey informs strategic direction

The Arthritis Movement (TAM) recently surveyed our stakeholders to evaluate their perceptions of our direction, the effectiveness of our programs and areas of support that need improvement.

TAM's Policy and Advocacy Officer Laura Aitken said the responses from the 988 stakeholders, including people with arthritis and health professionals, would inform TAM's strategic direction.

Ninety-six percent of the respondents had arthritis and 51 % said they had improved quality of life thanks to TAM's programs. Their top two valued programs were the TAM website and enews.

The Health Team thanks our stakeholders for sharing their priorities with us.

Priorities

Top community priorities:

- Keep people active
- Increase pain management support
- Provide information and support.

Top policy and advocacy priorities:

- Access to affordable allied healthcare
- Improve access to new medications and innovative therapies
- Support prevention and self management programs.

Research priorities

- Improve treatment and interventions (medicine)
- Improve non-pharmacological management
- more quality of life and psychosocial supports.

'The survey is important as it tells TAM what our stakeholders value in their arthritis management. These insights allow us to design programs and services that truly reflect their needs, empowering those with arthritis to improve their quality of life and live well,' Laura said.

Rural and regional advocacy

In 2024, the outgoing Queensland Government committed to funding TAM's online exercise programs which improve strength and mobility, are low cost and can be accessed remotely.

General Manager Ultan O'Dwyer said that since then, TAM had re-submitted the funding application to the new Queensland Government. 'We are continuing to lobby the Queensland Government to support regional and rural areas,' Ultan said.

Want to keep up with TAM? Follow us on our socials. See the back page for details.

1,000 Pain Packs milestone

The Arthritis Movement (TAM) has officially given 1,000 Pain Packs to people living with arthritis!

The Pain Packs consist of non-pharmacological items to educate people on trustworthy self-management strategies rather than rely on medication.

People have been using the items, such as thermotherapeutic heat creams and heat packs, and resistance bands to manage their arthritic pain.

The Packs were initially distributed in the Windsor area, Hawkesbury, Central Coast and Hunter Valley. Users told the Health Team that the Pack contents made them feel supported, more knowledgeable and

curious to explore other non-pharmacological options.

‘Many users report that the Pack presented them with strategies they’d never considered before,’ said Program Coordinator Emily Guenther.

Six month survey

Just before reaching the 1,000 pack milestone, the Team surveyed people who had been using the pack for six months and 43 people responded. ‘We wanted to know if their pain management had changed,’ Emily said. ‘We learned that 85% of the survey participants had maintained strategies from the pain pack.’

Motivation

When asked what motivated them to keep using the contents and strategies over time, here are some of their answers:

- *Seeing the positive results of the changes I've made*
- *Just the fact I can stand and walk for longer periods makes a big difference*
- *Lack of medical help, doctors minimise the impact of pain*
- *I don't like pain*

Emily said there were plans to distribute more packs into NSW and Queensland.

‘The program fulfils TAM’s long-held goal to offer our community a free option for natural pain relief and their appreciation is very encouraging,’ she said.

For more information email:
equenther@arthritis.org.au



Spice up your pancakes

Ginger pancakes

Makes 20

Ingredients

- 2 cups white whole wheat flour
- 1 tablespoon gingerbread spice mix (see below)
- 2 teaspoons baking powder
- half teaspoon baking soda
- half teaspoon salt
- 2 eggs
- half cup unsweetened applesauce
- third cup molasses
- 1.25 cups whole milk
- 2 tablespoons unsalted butter, melted



Gingerbread spice mix: 1 tablespoon ground cinnamon, one tablespoon ground ginger, third tablespoon ground allspice, quarter teaspoon grated nutmeg, third teaspoon black pepper, quarter teaspoon ground cloves. **Source:** Foodnetwork.com

Instructions

1. In a bowl, whisk together the flour, spice, powders and salt.
2. In another bowl, whisk together the eggs, applesauce, molasses, and milk. Whisk in the butter.
3. Pour the dry ingredients into the wet. Combine. Rest for 5 minutes.
4. Heat a large skillet over medium heat. Scoop a quarter cup (about 3 tablespoons) of batter for each pancake. Cook on the first side for 2–3 minutes, until bubbles form and the bottom is lightly browned. Flip and cook about 2 minutes more, until cooked through.
5. Serve pancakes immediately or keep warm in the oven while you cook the rest.
6. You may freeze extra pancakes for later. Cool completely and store airtight in a zip-top bag.

Source: kristineskitchenblog.com



arthritis.org.au

Phone: **1300 275 826**

Arthritis Infoline: **1800 071 041**

Sign up to our eNewsletter on our website.

The Arthritis Movement

PO Box 2121

LUTWYCHE QLD 4030

ABN 95 681 353 131

Website - arthritis.org.au/

facebook - facebook.com/TAMTheArthritisMovement/

Instagram - instagram.com/the_arthritis_movement/

LinkedIn - linkedin.com/company/the-arthritis-movement-tam/

YouTube - youtube.com/@the-arthritis-movement