

## Newsletter

October 2016

### Meeting information.

Our November meeting will focus on **Feet** with Dr Kym Hennessey from Western Sydney Uni revisiting us to talk about feet, arthritis and foot care for people with arthritis. Kym's presentations are always very informative, so you are encouraged to attend on 2<sup>nd</sup> November, 10am at Campbelltown Library.

For our Christmas meeting on 7<sup>th</sup> December, our informal meeting will include the new CEO of AONSW, Sandra Vincent as our guest. Sandra will also be joining us for lunch afterwards at the Oxley Grill, Campbelltown RSL (\$12 per head- see attached menu). Bring a healthy plate for a light morning tea. There will be a raffle of a Xmas hamper as well as the trading table. Items for the hamper to be brought to the November meeting so that the hamper can be wrapped for the Dec meeting where it will be raffled.

Warm Water Exercise. The warm water pool at Macarthur Gardens and its exercise classes are no longer available to members of our support group or other community members. You have previously been sent the list of other options for warm water exercise in throughout Macarthur. Do you know of others? Please let us know by return email or let Lorna know at a support group meeting.

News from AONSW. Transport will be able to be provided to the AONSW and Branches AGM being held on 30<sup>th</sup> November at Ryde/Eastwood Leagues Club. Please leave your name and contact number at our meeting or let us know via return email if you wish to utilise the transport to the meeting.

Webinar for people with arthritis and osteoporosis: 10<sup>th</sup> November 'Boning up on Fracture Prevention'. Learn how exercise can strengthen your bones. Cost \$15/20. Call Arthritis NSW 1800011041 or register via [www.arthritisnsw.org.au/webinars](http://www.arthritisnsw.org.au/webinars)

Webinar for health professionals. "Rescuing the older knee" This webinar for health professionals only will help health professionals better understand and treat patients with knee osteoarthritis so these patients do not have surgery too soon or even unnecessarily. Guest speaker is Jenny McConnell, physiotherapist. 17<sup>th</sup> November 7-8pm cost \$20. Register via <http://arthritisnsw.org.au/products-page/events/webinar-rescuing-the-older-knee/>. Let your health professional (physio, exercise physiologist, etc) know about this event.

Better Bones Clinic, Camden. This clinic is conducted by the University of Western Sydney School of Medicine. With a referral from your GP, you will be able to see a specialist (endocrinologist). The specialist may recommend additional treatment in addition to lifestyle measures and calcium and vitamin D supplements. He or she will be able to help decide whether you will benefit from treatment and which drug would be best suited for you. A follow-up test to monitor your bone density and the effectiveness of the treatment may also be recommended. The appointment is covered by Medicare. Call 4654 6174 and leave a message for a call back.

Proudly supporting



Locked Bag 2216, North Ryde NSW 1670

**Toll Free:** 1800 011 041 **Phone:** 02 9857 3300 **Fax:** 02 9857 3399

**Email:** [info@arthritisnsw.org.au](mailto:info@arthritisnsw.org.au) **Web:** [www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)

# Macarthur Support Group

1st Wednesday @ 10am Monthly  
Campbelltown Library, Hurley St, Campbelltown  
Carol: 0400 439 505  
Margaret: 0422 238 008

## Resources

1. NSW Health website for people with chronic pain  
<http://www.aci.health.nsw.gov.au/chronic-pain->
2. <https://www.myjointpain.org.au> Do you have joint pain? Get long term relief with ideas and strategies from this website developed by the Bone and Joint Institute at Sydney Uni in partnership with Arthritis Australia.
3. All over the Joint, a blog from the Sydney Uni Bone and Joint Institute  
<http://blogs.usyd.edu.au/boneandjoint/>

## Current topics include:

- ✓ Does Weather Influence Knee Pain?
- ✓ Mindfulness for Pain Relief (Change your thoughts and you change your world)
- ✓ Musculoskeletal Pain and Ageing
- ✓ Community support for RA research
- ✓ Weight loss and OA
- ✓ Exercises for Knee OA

4. Study subjects required. Do you have knee osteoarthritis and your partner does not? Specialists from Royal North Shore Hospital are conducting an observational study that will compare the gut microbiota composition between participants with knee osteoarthritis and their partners.

## You may be eligible if you are:

- Aged 50 years and over;
- Diagnosed with knee osteoarthritis for at least 6 months.

<http://sydney.edu.au/medicine/ibjr/volunteer/mikro/index.php>. A short survey will be provided and if you are eligible, the study co-ordinator will call you to discuss your and your partners participation.

5. Nutritional & Healthy Cooking (with Ancient Grains). Friday 21<sup>st</sup> October at Willowdale Community Centre (off Camden Valley Way). Cost \$10 per person. Bookings essential. Call Camden Community Connections 4647 1283.

6. Camden Wellness Walkers. This new walking group meets Tuesday, Wednesday and Thursday at 7.30am for an hours walk followed by tea/coffee. Contact Marilyn on 4655 4666 or email [marilyn@cabothealth.com.au](mailto:marilyn@cabothealth.com.au) . See attached flyer.

7. Community Health Critical Friends Network. This is a group of consumers who are interested in providing input into community health services and their communication with the broader community. If you are interested in becoming a critical friend, please contact Jacqui Soccio on 4633 4136 or email [Jacqueline.Soccio@sswahs.nsw.gov.au](mailto:Jacqueline.Soccio@sswahs.nsw.gov.au). See information attached.

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