

Arthritis & Osteoporosis

NEW SOUTH WALES



Member Value

Understanding | Support | Community

- ✓ Be Heard
- ✓ Be Informed
- ✓ Be Supported
- ✓ Be Rewarded

About us

Who we are

Arthritis & Osteoporosis NSW (AONSW) is a member-based health charity founded in 1967 to help improve the lives of people suffering from arthritis and related musculoskeletal conditions.

As the peak body for arthritis support in NSW, our strong alliances within the health sector enable us to deliver the latest information, research developments and treatments through our health services and education programs.

Our unique position also gives us an understanding of how arthritis affects people individually and how it comes at such a cost to their quality of life and sense of self and purpose. Today, as we move towards **our vision *Freedom from Arthritis***, AONSW offers support and advice to empower people to manage their condition and health, and set new goals so they can enjoy their lives again.

"My involvement with AONSW has been exceptionally good for me. I became involved in a local support group which helped me to look beyond my personal difficulties with arthritis and focus on who, how, and what I can do to help others."

Jacqueline Payne, 53, lives with psoriatic arthritis

Our members

AONSW members come from many walks of life and from all age-groups, but they all belong to our unique and highly valued community. Through our networks and service offerings, they are given the opportunity to support each other and share their experiences.

Our member community is the foundation of the organisation and AONSW's health services aim to understand and meet their needs.

Each new member strengthens our voice as we speak up on issues that are important to our community. Many of our members choose to support our fundraising appeals, encourage their employers to sponsor our projects and volunteer their time and skills to our organisation.

"I've enjoyed a long association with AONSW. I've been a camper at Camp Footloose for seven years, and before that I attended Camp Twinkletoes. I also attended Camp Twinkletoes as a leader this year. I'm very happy to help AONSW raise awareness of juvenile arthritis, as I want to help other kids like me."

Tim Minny, 16, suffers from juvenile idiopathic arthritis

Membership Promise

The foundations of our membership program **Understanding | Support | Community** underpin delivery of our membership services. We are committed to our Membership Promise whereby each member can say:

My Membership with AONSW

"As a member of Arthritis & Osteoporosis NSW, I feel confident that:

- The people I speak with at AONSW understand my condition and care about making my life better;
- The information provided to me and my carers is up-to-date and correct;
- The services I use are safe, beneficial and represent good value for money;
- I will have the opportunity to share my experiences with others, and also hear others' experiences;
- My membership fees are put to good and proper use, not only for Members, but for all people in NSW living with arthritis and related conditions;
- I will be given the opportunity to contribute in a variety of ways – ideas, skills, volunteering, fundraising, and voting at the Annual General Meeting;
- I feel part of a caring, inclusive community;
- I can be proud to say that I am a Member of AONSW;
- I can recommend AONSW membership to others."



Packages & Benefits

Packages

AONSW offers four types of annual membership:

- Adult: \$49.50
- Adult Concession / Student: \$27.50
- Family: \$60.50
- Family Concession: \$44.00

Membership can also be gifted to family and friends.

Benefits

Our membership program supports everyone from the very young to working age and the elderly.

✓ Be Heard

We have a powerful voice speaking up on issues that are important, to government and key decision makers.

✓ Be Informed

Our members receive the latest information, research and resources for managing arthritis, including:

- A free subscription to our full-colour magazine *Arthritis Matters*, delivered to your door three times per year. Every issue offers advice and support, regular features on new products and services, the latest research, reviews, analysis and comments.
- Automatic sign-up to our **monthly eNewsletter** which informs members about our upcoming events, campaigns and the latest resources available.

✓ Be Supported

Our **Arthritis Infoline** allows you to easily connect with our health services team and get one-on-one support. Simply call 1800 011 041.

Membership provides access to our community **Support Groups**, where members meet regularly to discuss topics related to arthritis and osteoporosis, listen to guest speakers, get involved with fundraising activities and build friendships.

✓ Be Rewarded

Members are rewarded with **generous discounts** on our health education programs, services and children's camps.

Based on the adult annual membership fee of \$49.50, the potential net benefit to members is over **\$210 per year**, represented by the free subscription to *Arthritis Matters* and discounts on current health education programs and services.

Member Services

Warm Water Exercise Classes

Led by qualified health professionals and tailored to the needs of people with arthritis, our Warm Water Classes are currently run across metropolitan Sydney, with plans to expand the program throughout regional NSW.

Members receive a **25% discount** on Warm Water Exercise Classes, representing a **potential saving of \$200 per year**.



Webinars

Designed to deliver education that is accessible from home or office, our webinar series covers topics such as diet, exercise, pain management and much more.

Members receive a **40% discount** on all webinars, representing a **potential saving of \$40 per year** if 4 webinars are attended.

Arthritis Matters

A subscription to our popular magazine *Arthritis Matters* normally costs **\$20 per year**, but is included in all membership registrations.

The magazine provides articles on nutrition, research, exercise and managing your condition, and even a delicious seasonal recipe or two.



Camps for Children

Our camps provide children with juvenile arthritis an opportunity to participate in fun and educational activities in a safe and supportive environment.

Camp Twinkletoes is for children under 8 years old and their families, and **Camp Footloose** is for young people aged 9 to 18 years.

Member discounts apply.



[See contact details on the last page of this flyer](#)

About you

Title (please circle):

Mr / Mrs / Ms / Miss / Dr / Other: _____

First Name: _____

Surname: _____

Family Member Names (if taking out Family membership, please include family member names):

Address: _____

Suburb: _____

State: _____ Post Code: _____

Home Phone: _____

Mobile: _____

Email: _____

Your D.O.B (DD/MM/YYYY): _____

About your condition

If you know what type of condition(s) you have, please specify: _____

How long have you lived with your condition(s):

Please tick if you would you like us to send you information on your condition:

Our Support Groups

I agree that my contact details may be provided to an AONSW Support Group in my area:

Yes: No:

Each day we support the 1 in 4 people living with arthritis, osteoporosis and more than 120 musculoskeletal conditions.

Select your Membership

| Membership type: | Annual Fee | Select One ✓ |
|-----------------------------|------------|--------------------------|
| Adult | \$49.50 | <input type="checkbox"/> |
| Adult Concession / Student* | \$27.50 | <input type="checkbox"/> |
| Family | \$60.50 | <input type="checkbox"/> |
| Family Concession* | \$44.00 | <input type="checkbox"/> |

- If selecting a concession or student rate, please see conditions below and provide your concession or student number here:

Giving

I would also like to make a one-time tax deductible gift of \$_____ with my membership registration.

Total due, Membership Fee plus Gift: \$_____

Your payment information

1. Credit Card Visa Mastercard

Credit Card No.: _____

Name on Card: _____

Expiry Date: _____ / _____ CCV: _____

Signature: _____

2. Direct Deposit into our account

BSB: 032 000 Account No. 726406

Account Name: Arthritis NSW

Ref: Please include your name as the reference

OR please make your cheque payable to: **Arthritis NSW**

Conditions for Concession and Student memberships 'Concession' memberships are available to people who hold a concession card (not a senior citizen card) and receive the following types of pensions or payments: Age Pension, Bereavement Allowance, Carer Payment, Disability Support Pension, Newstart Allowance or Youth Allowance, Single Parenting Payment.

'Student' memberships are available to people aged 18+ years who are enrolled in tertiary education and can provide a copy of their student ID card or other proof of enrolment.



**Our Vision:
Freedom from Arthritis**

Arthritis InfoLine: 1800 011 041

Phone: 02 9857 3300

**Subscribe to our FREE monthly eNewsletter at
eepurl.com/9rFd5**

Post: Locked Bag 2216, North Ryde NSW 1670

www.facebook.com/ArthritisNSW/

www.arthritisnsw.org.au



**For information on how to support us,
please visit:**

www.arthritisnsw.org.au/support-us