

Thank you for joining us

www.arthritis.org.nz

Other Ways You Can Help

Along with being a member of our organisation, there are other ways to lend a helping hand. You may like to become a volunteer in your local area or support an event.

Arthritis New Zealand relies heavily on gifts and donations to continue our work in the community. We welcome your support. You may prefer to make a donation today, set up a regular automatic payment, join a Payroll Giving scheme and / or include Arthritis New Zealand in your Will.

Please send me information on:

- Arthritis Educator Services Volunteering
 Leaving a bequest Making automatic donations

Postage is free but your stamp will help save costs



Arthritis New Zealand
PO Box 10020
The Terrace
Wellington 6143



FreePost Authority 157311

How do we help?

There is no cure for arthritis but a lot can be done to ease the symptoms. We offer a range of services which include:

- **Clinics and Self-Management Courses** – Arthritis Educators work directly with clients, assisting them to manage their arthritis and delivering informative seminars and courses.
- **Information and Education** – including condition-specific brochures, a quarterly magazine, local newsletters, a website, and seminars.
- **Local awareness and fundraising** – Local fundraising initiatives and opportunities for volunteering which is vital to our success.
- **Advocacy and Lobbying** – Representing the interests of those affected by arthritis to local and national decision makers.
- **Research** – Funding research projects in New Zealand which focus on the cause and treatment of arthritis, complementing overseas projects. A dedicated 'Research Fund' is in place to support this.



To contact an Arthritis Service Centre:

Call free 0800 663 463

| | |
|--------------------|-------------|
| Auckland – Central | 09 523 8900 |
| Bay of Plenty | 07 571 0088 |
| Canterbury | 03 366 8383 |
| Far North | 09 408 2451 |
| Hawkes Bay | 06 871 0980 |
| Lakes District | 07 348 5121 |
| Manawatu | 06 355 0435 |
| Marlborough | 03 577 8773 |
| Nelson Bays | 03 546 7689 |
| North Otago | 03 434 8289 |
| Northland | 09 438 5037 |
| Otago | 03 471 6160 |
| South Canterbury | 03 687 7367 |
| Southland | 03 218 3639 |
| Tairāwhiti | 06 868 1060 |
| Taranaki | 06 759 0068 |
| Waikato | 07 839 1209 |
| Wairarapa | 06 370 8318 |
| Wanganui | 06 345 2377 |
| Wellington | 04 569 1125 |
| West Coast | 03 768 7254 |

Regional Offices:

| | |
|------------------------------|-------------|
| Northern (Auckland) | 09 523 8901 |
| Midland-Central (Lower Hutt) | 04 570 5790 |
| Southern (Christchurch) | 03 379 6703 |

Arthritis New Zealand National Office:

Level 2, 166 Featherston Street
PO Box 10020, The Terrace
Wellington, 6143
Phone 04 472 1427

www.arthritis.org.nz

Join us on Facebook and Twitter



membership.002/2010

Become a Member

www.arthritis.org.nz



ARTHRITIS
NEW ZEALAND
ENABLING A BETTER QUALITY OF LIFE
KAIPONAPONA AOTEAROA
Te whakapiki i te kounga ora



The Organisation

Arthritis New Zealand, is one of New Zealand's leading charities established in 1966 and works to enable a better quality of life for people affected by arthritis.

Our Mission

Te whakapiki hauora, oranga hoki mo te hunga e pangia ana e te kaiponapona.

To improve the health and well-being of people who are affected by arthritis.

What is Arthritis?

Arthritis is a painful and unpredictable disease that affects over half a million New Zealanders each year. It can affect anyone at any stage of life, from infancy through to adult years. Arthritis is a serious health issue, and is the single greatest cause of disability in New Zealand. There are more than 140 different forms of arthritis, with osteoarthritis, rheumatoid, and gout being the most common.

Become a member

Become a member, and play a vital role in helping New Zealanders with arthritis gain a better quality of life. The more members we have, the more influence Arthritis New Zealand may have on decision makers.

Great reasons to become a member

Membership benefits:

- **Regular communication**, including our quarterly full colour magazine as well as local newsletters and information on community-based activities.
- **Discounts on Arthritis New Zealand run seminars.**
- **Have your say** – the opportunity to be as actively involved as you wish
- **Voting rights** at the Annual General Meeting and your say in how Arthritis New Zealand is run.
- **A membership card.**

How Do I Join?

There are three easy ways to becoming a member:

- **Fill out the attached form** and return in the reply-paid envelope provided.
- **Visit your local arthritis service centre** where our friendly staff is ready to help.
- **Download the information from our website** www.arthritis.org.nz under 'members info'.

Annual membership subscription

Individual – \$20.00 / **Household** – \$30.00

Membership year runs from July to June

Yes, I would like to become a member of Arthritis New Zealand.

| | | | |
|---|----------------------|---|--|
| <input type="checkbox"/> Individual: \$20.00 | | <input type="checkbox"/> Household: \$30.00 (# of people in household) | |
| Do you have arthritis? <input type="checkbox"/> yes <input type="checkbox"/> no | | What type of arthritis do you have? <input type="text"/> | |
| I am paying by: <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Amex <input type="checkbox"/> Diners | | <input type="checkbox"/> Cheque enclosed (please make out to Arthritis New Zealand) | |
| Card No. | <input type="text"/> | Expiry date | <input type="text"/> / <input type="text"/> / <input type="text"/> |
| Signature | <input type="text"/> | Card holder | <input type="text"/> |
| Did you know that you can also donate online? www.arthritis.org.nz | | | |

Privacy: Information only collated for membership purposes.

Please complete and detach this membership form, seal it in envelope and post. Thank you!

www.arthritis.org.nz