

JOINT SUPPORT

MEMBERS NEWSLETTER
September 2012

JUICE IS NOW
'JOINT SUPPORT'

FOCUS ON ANNUAL APPEAL

2012 Arthritis Appeal

As you receive this we will be packing gerberas and distributing collection buckets for our annual appeal – 25 September to 1 October.

This is OUR week and the time we use to focus on awareness of arthritis and of course encourage donations to support our nationwide services.

During the time our osteoarthritis campaign has been running on television we have been reminded of the pain and frustration many with arthritis face. The calls and letters to us with the challenges faced are sobering and provide motivation to make the appeal as successful as we can.

There are many ways you, your family and friends can help us during this week.

- Street collections
- Door knock collections – perhaps your street or retirement village
- Forwarding our website 'virtual' bucket message to your contacts
- Encouraging your walking group to pledge a gift
- Taking a box of our lovely gerberas to sell in your area or village
- Your creative fundraising idea

Above all have fun and enjoy the week and pat yourself on the back for the support you are giving Arthritis New Zealand and the 530,000 New Zealanders with arthritis!

You can talk to us or volunteer your time by calling 0800 663 463

Turn your street, village, self, ORANGE ...

News Flash

This is the first edition of our new masthead that replaces 'THE JUICE'.

We believe that *JOINT SUPPORT* encapsulates many of the ideals we focus on:

- For members with arthritis supporting joints is important
- Weight management to take stress off joints is a key message
- Exercise for strong joints or 'use it or lose it'!
- Our organisation functions at its best with the 'joint support' of donors, members, volunteers and so many others.

Twice a year 'donors' will receive this magazine, replacing the previous *Joint Support*. This will ensure a wider readership of one newsletter focusing on all aspects of Arthritis New Zealand's awareness raising, advocacy and how our services are provided.

Members will continue to receive the magazine four times a year.

We welcome your feedback on this new initiative and you can send us your messages to:

editor@arthritis.org.nz
or call 0800 663 463.





Alan Henwood
Arthritis New Zealand President

IN THIS ISSUE:

Focus on Annual Appeal	1
Note from the President	2
From the Chief Executive	3
Jetstar Flying Start Grant	4
What JIA means for kids	5
Broken Glass ad; Orange Glow	6
Mahe Drysdale; Advocacy	7
Leading a 'healthy lifestyle'?	8
A year in review	10
Genetic links to OA; How can you help?	11
WOMAD – an accessible festival	12
Hamilton Marathon	13
Donations in memory	14
Giving and receiving, that's what volunteering is about	15

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Products advertised and information provided
in editorial in JOINT SUPPORT do not imply
endorsement by Arthritis New Zealand.

Note from the president

At this time of year we are preparing for the Annual General Meeting on November 3rd.

It has been another tough year. The economic challenges that face us and every other charity in New Zealand show no signs of abating. In the face of the financial realities we have changed the way Arthritis New Zealand delivers its services. It is never easy to do but I believe that it has made Arthritis New Zealand a better organisation.

It has also been my view that we need to review our governance. That review is now underway and we hope to have something available for consideration at the AGM.

This year the AGM is combined with an Awards function hosted by our Patron – Sir Jerry Mateparae the Governor General. The Awards provide us with the opportunity to recognise the achievements of individuals with arthritis who make a difference. I hope – and fully expect – that our Awards Committee will have a challenging time deciding between deserving nominations.

We have undertaken two advertising campaigns this year. We are extremely pleased with the way they have worked. We know that arthritis can occur in anyone of any age – as yet most of New Zealand doesn't seem to

share that view. The two campaigns have shown young adults living with arthritis and we have hit a nerve with the general public. We are very grateful to Pub Charity for supporting the osteoarthritis campaign and to Abbott Laboratories for the AS campaign. Without these grants we could not have run the campaigns.

There were over 7,000 calls to the 0800 number; most of these people were in contact with us for the first time. Calls came from across the country and many were delighted to find a place where their concerns were taken seriously. Over half of the people who received services from our Arthritis Educators were aged between 15–64 years.

This month is our Annual Appeal. We need all hands on deck to help us raise the funds we need to continue our work.

I hope many of you will join me both on the street with a bucket and at the AGM and Awards functions.

Alan Henwood
President

Arthritis Lottery #4 results

Congratulations to the winners!

Prize	Winner
1. Rav4 Ltd	Mrs B Barker, Geraldine
2. Vista Hotspring Spa	Mrs G Hulme, Rotorua
3 Sharp 3D Home Projector	Mrs E Wilson, Paraparaumu
4. Gold Coast Holiday	Mr M Hayward, Auckland
5. Multi Ticket buy – MTA Gift vouchers	Miss J Trounson, Auckland

Kia ora tatou

"If winter comes can spring be far behind?" is a line from poet Percy Bysshe Shelley that was often quoted by my mother in the depths of July. When you are in the middle of winter, and this seems to have been a long winter, it is hard to remember that there will be better days.

Winter seems to be a particularly hard time of year for people with arthritis – the need for warmth, the motivation for exercising, the effect of the temperatures and the rain all take their toll. There is some research that supports the experiences of many people – weather can influence your experience of pain.

I am looking for signs of spring. Not just in the climate. We seem to be overdue for an economic spring. The signs for this spring are harder to spot though some commentators suggest it is coming.

Arthritis New Zealand has felt the pain of the economic winter. Our income is heavily reliant on fundraising – without people's spare money we would provide a very reduced service. So for all those people who support us with time and money we are very grateful.

It is easy to get disheartened when we look at what we want to do and what we can afford. Yes there's a gap. And yet we have achieved things in this last year that have brought colour into many people's lives.

Our advertising campaigns have resonated with people who felt they had no hope; more than 7,000 people have called us and received an Arthritis Educator service over the phone. They

got information where they wanted it. Our website has received thousands of hits – often in the middle of the night when we aren't going to answer a phone. For the more than 10,000 people who attended a seminar or other group event new life came from the information provided in a friendly way. For thousands of people our services this year have not been bleak – with your help we have brightened people's lives.

If it's spring it must be time for our Appeal. This is an opportunity for us to paint the town orange and once again highlight the message that there are half a million New Zealanders living with arthritis. The spring season is a time of hope and renewal. Our Appeal is a time for us to provide hope and the promise of a brighter life for people with arthritis.

Your help is particularly important. Your time represents that hope and promise. Thank you. We can't do this without you.

Nga mihi nui



Sandra Kirby
CEO



Sandra Kirby,
Arthritis New Zealand Chief Executive

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Arthritis New Zealand's kids camp takes off with \$30,000 Jetstar grant

Arthritis New Zealand was overwhelmed to be advised that they were the recipient of a Jetstar Flying Start grant.



More than 1,000 New Zealand children, from toddlers to teenagers, suffer from arthritis and the chance to work with Jetstar and Steve Price to raise awareness was an amazing opportunity.

Kiwi kids living with arthritis will have the chance to attend a unique camp with the support of a \$30,000 grant from this programme.

The annual camp run by Arthritis New Zealand for the past two years offers young children with arthritis a chance to meet, to learn new skills and to build their confidence.

The Jetstar Flying Start Programme grant of \$15,000 in flights and \$15,000 in cash means many more children from around the country will have the opportunity to attend the camp in Matamata.

Jetstar Australia and New Zealand CEO David Hall said the judges assessing Flying Start grant applications were moved by the stories of children who had attended the Arthritis New Zealand camp.

"To live with this disease at such a young age would be a very difficult burden for families, so supporting this camp was an easy decision to make," said Mr Hall.

"We're an airline that carries a lot of young families in New Zealand and through our grants we've so far focussed on supporting local community groups that help children and their parents."

"We get requests from families all over New Zealand who want their child to attend but getting them to the camp can really stretch our budget."

Arthritis New Zealand CEO Sandra Kirby said the grant from Jetstar will mean many kids who may have otherwise missed out on the 2013 camp can now be part of it.

"We get requests from families all over New Zealand who want their child to attend but getting them to the camp can really stretch our budget. We've had to make some tough calls," Ms Kirby said.

"With the flights and cash from Jetstar we can now help many more kids suffering from this debilitating disease."

Flying Start judge and rugby league legend Steve Price also suffers from arthritis after years of on-field tackling.

"The camp is a chance for children to take a break from what can be a very limiting condition. These kids are inspirational and the work that Arthritis New Zealand is doing deserves our support" said Mr Price.



Top: Jetstar Flying Start Programme Judge Steve Price with arthritis sufferer 9 year old Rhiannon Wood who has arthritis.

Bottom left to right: Rhiannon Wood, Jetstar Flying Start Programme Judge Steve Price, Dylan Hollick, Jetstar Australia and NZ CEO David Hall, Jacob Torensen

What juvenile idiopathic arthritis means for kids

Juvenile idiopathic arthritis (JIA) is one of the most common rheumatic diseases in childhood. It is estimated that JIA affects at least one child in every 1,000 in New Zealand. More girls than boys have JIA and it is rare for more than one child in any family to be affected.

“Juvenile” means that it affects young people, “idiopathic” means that we don’t know what the cause is, and “arthritis” means inflammation of the joints. Juvenile Idiopathic Arthritis used to be called Juvenile Chronic Arthritis (JCA). In some countries it is called Juvenile Rheumatoid Arthritis (JRA), and sometimes people simply call it Juvenile Arthritis (JA).

JIA is an inflammatory arthritis, present for six weeks or longer in a child 16 years of age or less. We do not know the causes of JIA. However, we do know it is an auto-immune condition. Our bodies have an immune system which fights germs or viruses to keep us healthy. Sometimes the body’s immune system mistakes a normal part of the body for something foreign (like a germ), and starts attacking the body itself. In JIA the immune system attacks the joints.

There are different types of JIA, including oligoarticular JIA (involving four or fewer joints), polyarticular JIA (this involves five or more joints), systemic JIA (kids usually have a rash, fever, abnormal labs and swollen joints), psoriatic JIA (swollen joints with psoriasis, having an entire digit swollen, pitting of the nails or nail changes, or having a first degree relative with psoriasis) and Enthesitis-related JIA (arthritis related to inflammation of entheses).

Depending on the type and severity of JIA, pain and discomfort experienced,



Children with arthritis attend workshop at 2011 camp.

as well as the joints affected, can change not only on a daily basis, but from one hour to the next. Children often have times where they feel much better, and then times where they notice more symptoms and feel more tired, stiff or sore. This is called a ‘flare’ or ‘flare-up’. Flare-ups can sometimes be triggered by infections, and sometimes they happen without any apparent reason.

A team of health professionals including GP, paediatric rheumatologist, paediatric rheumatology nurse, physiotherapist, occupational therapist and counsellor or psychologist will help to manage JIA. Medications are important in managing JIA, it is fortunate that over recent years more effective medications (biologics) have become available.

Just as a child’s physical well-being can change over time, there are likely to be times when the child’s emotional well-being may be affected by the experience of living with JIA. Parents and the rest of the family may also feel overwhelmed or upset about the impact JIA has on their lives at times. This is a normal part of living with a chronic condition. It is important that the family talks about these feelings with their child’s treatment team, so that the family can be supported and learn to live well with JIA.

With accurate early diagnosis and ongoing treatment, going to school, playing sport, partying with friends, learning a musical instrument, and holidaying with the family can be everyday activities for the young person with JIA.

Modified from Royal Children Hospital Melbourne

Broken Glass ad resonates with viewers

The osteoarthritis awareness campaign that ran from March to July was a hit! The ad which showed a family playing beach cricket with the young mother unable to participate due to the pain in her knee from osteoarthritis was seen as being relevant and many people felt the ad related to them.

The results of the research showed that people saw the ad, recognised the issue and had a positive impact. This was shown in several different ways. More than 60% of those surveyed could remember the ad on television. There was an increase in people recalling osteoarthritis as a form of arthritis. People told the survey team they are generally more informed about osteoarthritis and more people said they would come to Arthritis New Zealand looking for support and information about osteoarthritis.

Importantly, the campaign has resulted in some positive actions and behaviours with people reporting some changes to their exercise and diet. A number of people had talked to their doctor about their osteoarthritis after seeing the ad.

We know that people called 0800 663 463 after seeing the ad. The phones, particularly in Wellington and Auckland, were hot. We had three times more calls in each of the four months of the campaign than we had in the months prior. Conservatively we can say over 3,500 people called as a result of the advertising alone. Our website showed a similar response.



One person in six told the survey that the television was their main source of information about arthritis underlining the importance of an Arthritis New Zealand message on the screen.

The campaign was funded by a special grant from Pub Charity. Without their support we could not have undertaken this advertising and the thousands of people would not have benefitted. We have also been supported by the television stations who played the ads more times than we expected as part of their contribution.

Orange glow

Every now and then generous people, passionate about our cause and work and who are celebrating a special occasion, ask their guests to make a donation to Arthritis New Zealand, instead of gifts.

For many celebrating golden wedding anniversaries or major birthdays later in life, they simply want the pleasure of friends and family around them.

Even when the invite suggests 'no gifts' its part of our make-up not to go without something, offering 'donations to Arthritis New Zealand' provides an option for you and your family and friends.

Perhaps you have a celebration coming up and might like to consider this option.

We can provide orange gerberas or balloons for your celebration. Just call 0800 663 463 and ask to speak to a Regional Fundraiser.



Arthritis it could surprise you !!!

But as NZ's gold medal winner **Mahe Drysdale** proves – you don't need to let it hold you back.

Mahe has spoken of the arthritis in his back, but has never used this condition as a reason not to strive to achieve at the highest level. For Mahe and other elite sportspeople it is simply a barrier to overcome.

Mahe you are an inspiration to NZ and to all those with arthritis.



Speaking up for people with arthritis

If you are fed up with being told: "its just a bit of arthritis" or "you're too young have arthritis" join our advocacy programme to help us speak up for people with arthritis.

We are working to bring about positive change to improve the quality of life for all who are affected by arthritis and have identified the following issues as our priorities for the next year

- Improving access to new medications and rheumatology services
- Monitoring changes to sickness and invalids benefits to ensure those

with arthritis are not disadvantaged by changes to welfare benefits.

- Providing support for those who are newly diagnosed
- Challenging the myth that arthritis affects only the elderly
- Identifying local community issues of importance to those with arthritis and taking appropriate action

- Identifying gout as a serious health issue for Maori and Pacifica communities

We are also developing a network of Arthritis Advocates around New Zealand to work towards providing a strong voice on these issues and provide training for advocates to help assist those who may need in working with organisations such as WINZ and agencies in the health system and monitor local issues and concerns.

Training days have been held in Auckland Whangarei and Hamilton and more are scheduled this year.

If you are interested in learning more about our advocacy work or becoming an advocate please call 0800663463 or email Francesca.Holloway@arthritis.org.nz



Wellington
Volunteer Advocates
Workshop in August

Leading a 'healthy lifestyle'?

How do people with rheumatoid arthritis feel about taking their medications and following advice on leading a 'healthy lifestyle'?

By Dr. Gareth J. Treharne, PhD, senior lecturer in psychology and unpaid dog walker, University of Otago



One thing that people with arthritis often comment is that they have become an expert on the multitude of medications they take, as well as becoming an expert on controlling the various symptoms of their condition.

Becoming an 'expert patient' is a phrase that has its roots in a contrast to a model of the old school approach to healthcare known as 'paternalism' because the patient was essentially being treated like a child by their parents. In that model, the doctor is seen as the expert who prescribes the best medicine for the patient who passively receives the prescription and was seen as a bit naughty if they did not follow the prescription exactly, which is often referred to by doctors and researchers as 'non-compliance' or 'non-adherence'.

But healthcare is changing its emphasis: we now talk about 'self-management' of long-term conditions, which is particularly fitting for people with arthritis who become 'expert patients' as you find ways to adapt to your fluctuating symptoms and any ongoing changes to your medications.

In this model, the doctor is seen as an advisor who offers treatment options to the patient and both parties come to a decision together. Perhaps this model has always been happening to

some extent in some circumstances, although it certainly has its limit – you probably wouldn't want to hear about treatment options if you'd just broken a limb. But this model of healthcare has its good points for people with arthritis as long as you and your doctors are on the same page.

When I carried out research on this issue with British people with rheumatoid arthritis I found that two thirds of participants agreed with the statement that "During the consultations with your doctors, it is your process of deciding that is most important" and these people are referred to as 'autonomists' because their answer suggests they want to have autonomy over their treatment choice.

However, these autonomists reported being less likely to take their anti-rheumatic medications as prescribed, which is perhaps understandable if they felt they weren't being given their desired amount of choice.

Moreover, autonomists had more concerns about their medications, which helps us understand their reluctance to take them. It is good to talk through any concerns about your medications with your doctors as this can be an easy way to open a conversation about your role in decisions about treatment. The choice of medications to treat arthritis sadly doesn't include one with no known side-effects, but your doctors' expertise allows them to be able to advise you about which medication might be most suitable for your

situation, and if you're an autonomist then your doctor will value knowing that you want to have some input into the treatment decision as they go about advising you.

It is also important to tell your rheumatologist if you stop taking a medication because communication is key in this new model of healthcare where people with arthritis come to decisions about treatment together with your doctors as experts together.

Another thing that is linked to your control over your well-being is the elements that form a 'healthy lifestyle'. We all know a lot about what we could be doing to make our lifestyle that little bit more healthy, but that doesn't necessarily mean we always do those things. Living a healthy lifestyle is increasingly seen as something that doctors are duty-bound to advise about and therefore following a healthy lifestyle is seen as something you can 'comply' with in the same way as one might 'comply' with taking a prescribed medication.

This issue of following a healthy lifestyle is pertinent for people with arthritis given that your joint problems and your fatigue can put limitations on your ability to be physically active, particularly when you are in the middle of a flare. And eating the healthy option is never very easy.

Following a healthy lifestyle is particularly important for people with rheumatoid arthritis because it has been found that people with rheumatoid arthritis are more likely

to experience heart disease than the average person due in part to these limitations on physical activity.

I know that this link between rheumatoid arthritis and heart disease might be news to some readers, and it is important to remember that it is an increased chance not a certainty.

You have the power to reduce your chance of heart disease, and your doctors will be keen to help you do so. I have a passion for this issue because my father died of a heart attack when I was 10 years old, so I know about the loss that can be experienced but I also empathise that living a healthy lifestyle isn't as simple as taking a pill, and so this needs to be addressed appropriately for people with arthritis by services based on research into your opinions.

I have been part of research led by Dr. Holly John in the UK into the best ways to advise people with rheumatoid arthritis about heart disease. Here I will present some quotes that people with rheumatoid arthritis said to us. In this research, the decision about following a healthy lifestyle was seen as no easy choice. As one 54-year-old female participant put it: *"It's no good me doing the exercise to help my heart if it's going to make my arthritis worse because that's a vicious circle isn't it really?"*

Fatigue is a common problem for people with rheumatoid arthritis, and although research shows that being more physically active can usually help reduce your fatigue in the long-run, it's not necessarily the case in the short-term: *"When we go swimming, I find it great but the next day I might suffer because I'm absolutely shattered."* (59-year-old male participant).

When you've just been diagnosed with rheumatoid arthritis, it's probably



Jose demonstrates her tactics for motivating physical activity.

not the ideal time to raise the issue of heart disease too: *"A little bit later once they've actually got used to the idea they've got arthritis and then I wouldn't say like months or years later, perhaps just a month or a couple of months later, to bring it in then."* (31-year-old female participant).

And when it is a suitable time for advice about following a healthy lifestyle, our participants emphasised that they already know what it should ideally involve: *"I know what I ought to be eating and I know what I shouldn't be smoking, and I know I ought to be doing half an hour exercise three times a week and I know I ought to be keeping my weight down and my cholesterol down, and all this kind of thing."* (31-year-old female participant).

But advice was seen as something that could kick-start a change that you might not make spontaneously: *"That would have to come from somebody*

telling me – I don't think I would actually think I'll go and join a gym or I think I'll go and do this." (51-year-old male participant).

I joined a gym once. I went once and never again. My advice is to get a dog if your situation allows. Even better, find a friend who has a dog that you can borrow on occasion. I'm lucky enough to be motivated to go for walks by Jose the dog – who could resist that face?

Being an 'expert patient' who can 'self-manage' your arthritis is a lot to do with making choices yourself and sticking to changes yourself, but self-motivation perhaps relies on the supportive motivation of those around us and is aided by doctors and other health professionals who advise us. Don't be afraid to ask your doctors for information about services like physiotherapy, local walking groups, dietetics, Quitline (0800 778 778 or www.quit.org.nz) or Smokestop (www.smokestop.co.nz). Quitting smoking

continued next page...

A year in review

In the year since Arthritis New Zealand reviewed and redeveloped our services we have been able to provide information and services to an increasing number of people with arthritis with a more cost effective structure.

Following the review of services in 2010 the Arthritis New Zealand Governing Body confirmed our strategic priorities as:

1. **Public awareness**
2. **Advocacy for arthritis as a health priority**
3. **Supporting research on arthritis**
4. **Providing support through advice, information and services.**

This has changed the way we work – most obviously in having fewer centres and taking much greater advantage of the phone and internet for individual client services and group events for face to face work.

Highlights for 2012:

- Two national media awareness campaigns with the tagline “Arthritis it could surprise you” – highlighting ankylosing spondylitis and osteoarthritis
- 7484 calls to our 0800 number (up from 2588 calls for the previous year)
- Provided information, advice and support through our Arthritis Educators to 9669 people
- 10, 449 people attended a seminar, presentation or other workshop
- Held our first public conference with 160 people attending
- The development of our advocacy work including a survey with over 700 responses seeking feedback on the concerns of people living with arthritis
- A second successful camp for children with arthritis and their family members in Matamata
- Two pilot programmes providing integrated services in primary care settings with Nelson Bays PHO and Manaia PHO
- Development of 0800 and phone-based service.
- Establishing Arthritis New Zealand as one of the main primary care providers of gout education and uric acid testing for Maori and Pacific communities
- Development of partnerships with AUT, Physiotherapy New Zealand, University of Auckland and University of Otago
- Provided support for research into arthritis in New Zealand through grants, summer scholarships and partnerships with researchers
- \$392,457 net income from our donor mail programme – a 15% increase on the previous year
- Grants and sponsorship totaling \$685,000 that enabled us to undertake special projects – the campaigns, the camps, the conference.

Leading a healthy life style – continued...

is perhaps the hardest element of a healthy lifestyle to achieve as it involves avoiding a habitual stress-relief method on daily basis in contrast to doing a period of physical activity on some days or eating well on most days.

The latest project that I’m involved in that addresses healthy lifestyles is being led by Associate Professor Lisa Stamp and being run by PhD student Pip Aimer. We’re looking into ways to

help support people with rheumatoid arthritis quit smoking. The project is co-funded by the Arthritis New Zealand and Health Research Council with input from Arthritis New Zealand’s Service Development Manager Dr Natalia Valentino and also Dr Simon Stebbings.

We are currently exploring what kind of help in quitting smoking people with rheumatoid arthritis want before testing a pilot scheme that we aim to

eventually make available across New Zealand. Piece by piece research will help us understand how to support people with rheumatoid arthritis in all the elements of living a healthy lifestyle and in taking on the role of expert patient for all aspects of your condition and treatments.

Genetic links to osteoarthritis

People with arthritis around the world have been given hope by a revolutionary British study that has been called a “major breakthrough”.

In the world’s biggest ever genome wide study into osteoarthritis (OA), the genetic codes of 7,400 people with arthritis were compared with more than 11,000 people who did not have arthritis. The most promising genetic sites were identified and the study was repeated involving 43,000 people without arthritis

The results confirmed three previous gene variants and found a further eight, five of which were significantly associated with the condition.

Professor Alan Silman, medical director of Arthritis Research UK, which funded the study, said: “Until we understand the cause, we cannot hope to find a cure. This is a major breakthrough which we hope will help us to unlock the genetic basis of the disease.”

Study leader Professor John Loughlin, from the University of Newcastle, said: “We know that osteoarthritis runs in families due to the genes that people pass on. We were able to say which genetic regions are the major

risk factors: the first time that this has been possible. It’s an important first step.”

Prof Loughlin said they were not yet able to predict who was likely to develop the disease, or its severity, based on the genes they have inherited. But he said: “What we are able to do is to use our genetic discoveries to identify key biological pathways that can now be exploited to develop new treatments.”

Source Arthritis Research UK <http://www.arthritisresearchuk.org>

Arthritis New Zealand is the only charity in NZ working with and for all people who have arthritis, or their families.

How can you help?

Make a donation

A donation will enable us to continue to provide clinics, seminars and telephone support to those people with arthritis. You can make a one off donation or an ongoing contribution with a regular donations. There are many ways to make a difference, including; donations in memory, a celebration of a special day such as a wedding anniversary. Call 0800 663 463 or visit www.arthritis.org.nz/donations

Become a member

Your support as a member of Arthritis New Zealand ensures our voice is heard. You will also receive great benefits including discounts and the chance to meet others locally.

Fundraise for us

Anyone can fundraise – from organising or participating in an event such as a sponsored walk, garden party, or assisting with our annual appeal.



Everyday Hero

Create your own event and page on everydayhero and challenge your friends and workmates to support you. Lots of fun: www.everydayhero.co.nz



Leave a Bequest

A gift to us in your will ensures your interest in our work continues into the future for others with this chronic health condition. Gifts in wills make up over 20% of our total income and we simply could not continue many of our services without them. For more information call 0800 663 463 or email bequests@arthritis.org.nz



WOMAD – an accessible festival

WOMAD – the arts festival that puts its accessibility policy into practice. This attention to being an accessible festival was recognised with a Big A Award for the WOMAD Trust at the Arts Access Aotearoa Awards night held at Parliament in July.

Business Manager Chris Herlihy says “Making the festival accessible for people with all forms of disabilities has been our goal. Many of the disabilities are unseen. Winning the award is a great recognition for the work of a whole team of people and has been very rewarding”

WOMAD is a 3-day outdoor international festival featuring music, art and dance from around the world. In New Zealand/Aotearoa it takes place annually in March at the TSB Bowl of Brooklands in New Plymouth attracting an audience of more than 40,000 people. Organised by the WOMAD New Zealand Charitable Trust the festival started in 2003 initially running every second

year until 2008 when it became an annual event.

Committed to creating a completely accessible festival the WOMAD Trust has an accessibility policy and consults with Taranaki disability community organisations. The venue’s practical design and processes it follows ensure accessibility for all of its patrons. This includes assistance on arrival; wheelchair accessible paths, toilet facilities and food to meet a range of dietary requirements.

The judges comment on the WOMAD award was “WOMAD New Zealand gets accessibility in every way and is a benchmark for what other organisations can aspire to.”



WOMAD NZ’s Business Manager Chris Herlihy presented with his award ‘The Big ‘A’ Creative Arts for All’ Award by the CEO of Creative New Zealand, Stephen Wainwright

9–11 November – Put it in your diary

As proud supporters of Arthritis New Zealand, organisers of this year’s Camper Care NZ Motorhome & Caravan Show encourage all Arthritis New Zealand members to come along. The Show will be held on 9-11 November at the CBS Canterbury Arena, leading into Christchurch’s infamous Cup Week.

This means visitors can enjoy the show and then stay on to take in all the Cup Week entertainment that will be held the following week including the popular Christchurch A&P Show.

The show promises to be bigger and better than before with a record number of exhibitors keen to promote their products.

This makes the show a must see for anyone looking for a new motorhome or caravan. It will also be home to a large range of tents and camping accessories so is ideal for those planning their summer outdoors adventure.

Tickets for the Camper Care Motorhome & Caravan Show will be available from the gate each day, with exciting prizes up for grabs as well.

For more details visit www.nzmotorhideshow.co.nz or find us on Facebook to win free tickets to the show.

A vertical advertisement for the Camper Care NZ Motorhome & Caravan Show. At the top, there are two circular callouts: one says "WIN The Ultimate Getaway Holiday Package A holiday to be given away every day of the show" with a map of New Zealand and a motorhome; the other says "BE INTO WIN \$150,000 Towards a Motorhome". The main text reads "YOUR DREAMS AND ADVENTURES START HERE" in large, bold letters. Below this is the Camper Care logo and "NEW ZEALAND MOTORHOME & CARAVAN SHOW". The event details are "Christchurch 9th - 11th November 2012 CBS Canterbury Arena" with the website "www.nzmotorhideshow.co.nz". It also mentions "Another Event by CLASSIC EVENTS" and "Proud supporter of Arthritis New Zealand". At the bottom, there is a "SPONSORS" section with logos for Camper Care, RVC MANZ, KEA, Motorhomes, TRAILite, InterIslander, and Southern Star.

The third year running...

The Hamilton-based Arthritis New Zealand Marathon is now in its third year, and aimed to raise \$10,000 in 2012! It was held on Sunday August 12 and followed a beautiful course along the mighty Waikato River. At the time of going to print the details of the amount raised were not available.

There were shorter distance options for those who weren't up for a marathon including Half-marathon, 14km and 7km. The emphasis of the event is participation and **FUN**draising.

At the time of writing this article (with a week to go!), there were 50 confirmed participants and 8 Heroes (on the Everyday Hero online fundraising website) had already raised over \$2000!

Kim Raggett, the marathon founder, knows only too well how arthritis can affect a person's life. After experiencing extreme pain and swelling in her feet, Kim was diagnosed with rheumatoid arthritis at the young age of 34.

Once Kim had sorted her medication she decided a little 'gentle' exercise would help, so she got into marathons, walking rather than running the courses. She completed the 2011 Auckland marathon, took part in the Gold Coast marathon in July 2012 and has just returned from the San Francisco Marathon, where she was very excited to walk across the Golden Gate Bridge.



Participants at the Hamilton-based Arthritis New Zealand Marathon on a very wet Sunday, 12 August 2012.

"I got into marathons initially to prove to myself that having arthritis wouldn't stop me and to show other people with arthritis that they can live a happy, healthy life."



Yes, I want to support New Zealanders affected by arthritis!

My details:

First name:

Last name:

Mailing address:

Please fill in this donation slip and post back to us:

Freepost 157311
Arthritis New Zealand
PO Box 10020
Wellington 6143

Enclosed is my donation of:

\$120 \$80 \$50 \$25 other:

I am paying by:

Visa Mastercard Amex Diners
 Cheque enclosed (please make out to 'Arthritis New Zealand')

Card number:

Expiry date: M M / Y Y

Card holder:

Signature:

Did you know that you can also donate online?
Visit www.arthritis.org.nz.

Thank you for your generosity!

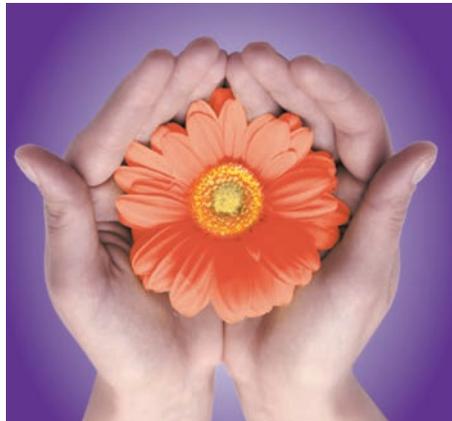
Donations in Memory

We are always overwhelmed when donations arrive to our office in memory of a loved family member, friend or colleague.

Sometimes the deceased is known to us, but more often not and we are indebted to families for choosing to recognise our work at this time.

To make a memorial gift: speak to your funeral director, who will assist you with the arrangements. Ask for the funeral notice to include – Donations in memory of (name of loved one),

Donations in lieu of flowers may be made to **Arthritis New Zealand**.



Your funeral director can call our 0800 line (0800 663 463) for the address of our national office where donations may be sent.

Arthritis collection boxes and gerberas:

We can arrange an arthritis collection box with gerbera flowers for attendees to wear at the service. A letter of thanks and receipt will be sent to everyone who makes a donation and leaves their details.

For more information: please contact us on 0800 663 463 or email bequests@arthritis.org.nz

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\$150
+ GST

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With the Autumn leaves still floating around and now well into Winter, the threat of damage to your property is heightened with blocked gutters and downpipes.

As water blocks up, the gutter becomes heavy and sags. Water pouring over gutters can stain a house with mould, make pathways muddy and can end up rotting wood around your home.

But you can prevent this! PlumbQuick can clean your gutters and downpipes for just \$150+gst!*

Call us now on 0800 758 643 for more details.

* Price based on a single story dwelling, up to 40 metres of gutters. Auckland & Wellington only

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Supplied & Installed

\$349
+ GST



HOT DEAL

Replace your existing noisy and worn out wastemaster with an Emmerson E20 for \$349+gst installed.**

Call us on 0800 758 643 for more details.

Offer lasts until 31st October 2012.

**Price does not allow for any building or other electrical works.

Price does not allow for any works to any other existing plumbing fixtures.

Price is based on a straight replacement like for like.

Any change to pipework will be in addition to this quote. Auckland & Wellington only.

Giving and Receiving – that's what volunteering is about

Most people who volunteer for Arthritis New Zealand are pleased with their contribution and the way we acknowledge their role. The volunteer experience is described as one where not only do our volunteers provide a service they also get a great deal of satisfaction. As one person said "It's the satisfaction of helping people and the many thanks I get for helping"

During Volunteer Awareness Week we sent a questionnaire out to our key volunteers such as liaison group representatives, coordinators of various groups and volunteer office assistants.

People told us that volunteering for Arthritis New Zealand is a very satisfying for 94% of people. As one person said "I get satisfaction from knowing I am helping others. Our support groups are very valuable friendly places to be." There is a strong sense of people giving back to the community with comments like "A small return for the help I've received in the past."

For people like our exercise group leaders the skills they can use to help others is rewarding. "It shows what can result when time and effort are hand in hand; money doesn't buy this," was one of the comments. For 92% of those responding we are using their skills well.

There are things we can improve – only 75% of the volunteers felt they had received sufficient training for the roles they are doing. Paul Barclay, Southern Regional Manager who sent out the survey, says "Training and orientation for volunteers is a priority this year for the Regional Managers and Regional Coordinators."

Regular communication with volunteers was a suggestion that

came up more than once. There were a number of suggestions for ways we could improve the volunteer experience – these are being considered and implemented where practical.

Arthritis New Zealand relies heavily on the contributions of the thousands of people who donate their time and effort to help us meet our mission. Our volunteers whatever they do – shaking a bucket, clipping toenails, running the organisation are each one helping us achieve our mission of improving the quality of life for people living with arthritis in New Zealand. Words cannot convey our gratitude for all you do.

Many thanks for those people who took the time to send in their responses – we learn a great deal from these surveys. If you participated in the survey and would like a copy of the survey results please do talk to your Regional Manager.

Last word deserves to go to a volunteer who said

"Everyone treats me so nicely and gives me hugs and words of encouragement. They truly care about me as a person and show their gratitude openly. I feel I have been enveloped by a new family and have a purpose again."



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Information

Call toll free 0800 663 463

When you call our free 0800 number, you will be put in contact with one of our trained Arthritis Educators, who can give you advice and support on managing your arthritis. You can also find out about your region's support groups, and when an Arthritis Educator will be next visiting your town.

Make a donation

Did you know by calling 0900 333 20 you can make an automatic \$20 donation to support the 530,000 New Zealanders living with arthritis?

Visit www.arthritis.org.nz

Visit our website for the latest news about arthritis, information about different types of arthritis, downloadable brochures, to find out what's on in your area, and more.

 Find us on **Facebook**. facebook.com/arthritisnewzealand

Follow us on  **twitter**. twitter.com/arthritisnz

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