

Donor Update

AUTUMN/WINTER 2026



Arthritis NZ
Mateponapona
Aotearoa

Your voice – helping to shape what we do

Earlier this year, we invited you to share your thoughts through our 2026 Supporter Survey. Over 500 of you have taken the time to do just that. Thank you.

Your responses are already shaping how we tell the story of your impact. Many of you told us that hearing about the research you help fund matters most to you - so you will find a research update further on in this newsletter.

You also shared your stories. One donor told us how he and his wife, skiers since their teenage years and still on the slopes in their mid-to-late 70s, continue to embrace life actively, even as he manages arthritis in his knees and hips. He wrote: "Being a member of Arthritis NZ is a comfort to me, reading about what the organisation is doing and that help is there if needed. Keep up your good work!!"



It is a privilege to receive messages like this. They remind us that behind every donation is a person who cares deeply. Your support means more than you may know.

If you haven't yet completed your survey, we would love to hear from you before 29 May. If you have misplaced your link or paper copy, please get in touch and we will send you a new one.

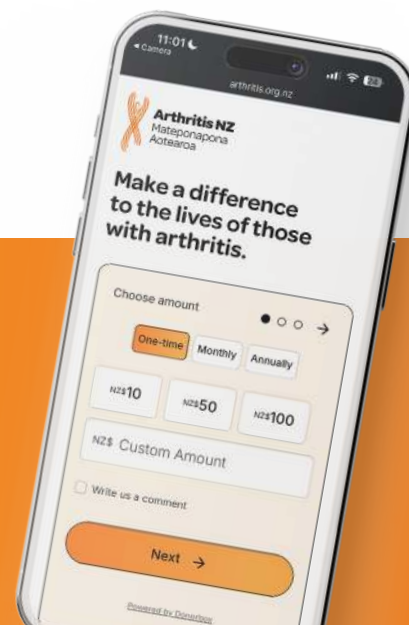
Together, we can do even more.

Thank you,

Philip Kearney
CE Arthritis NZ



Scan the QR code to make a donation online or complete the donation form on the last page and return it to us in the envelope provided.





Arthritis Camps

We asked, and you gave generously. Arthritis NZ camps continue to make a meaningful difference for children, teenagers, and families living with arthritis. Thanks to amazing supporters, these camps provide safe and welcoming spaces where young people can connect with others who understand their experiences, build confidence, and enjoy activities designed for their needs.

Recent day camps in Auckland and Christchurch brought families together for a day of fun, connection, and shared understanding. Children had the chance to play, try new activities, and spend time with others their age who are also living with arthritis, while parents and caregivers connected with other families navigating similar challenges.

For teenagers, camps offer an especially powerful opportunity to feel understood and less alone. Spending time with peers who share similar experiences can help build independence, confidence, and lasting friendships. Many young people say these

camps are life-changing, giving them a stronger sense of belonging and hope for the future.

Support from donors helps make these experiences possible. By funding camps and youth programmes, supporters are helping young people with arthritis build resilience, form friendships, and realise they are not alone on their journey.

Special thanks to our generous supporters, and to those organisations who provided grants – including AbbVie Ltd, Pelorus Trust, Potter Masonic Trust, and Sutherland Self Help Trust.

Camp Feedback

“ In a way, I think that camp has helped me accept my condition a bit more. I feel more capable now that I know that I’ll never be able to do as much able-bodied. It takes some of the pressure off and reassures me that just doing my best is good enough.

“ I really liked the mealtimes. I had some really great conversations with the people at my table and I’m super thankful for that. The food was also incredible. I really enjoyed the curry, though I definitely enjoyed the apple crumble more.

Research Update

Arthritis research targets work, sleep, equity and treatment access



A review of Arthritis NZ's research funding programme shows a fast-growing pipeline of studies expected to directly improve arthritis care, service design, and health equity. The 2026 projects are expanding into sleep, work participation, vaccine protection, and Pacific and Māori health outcomes.

Since 2021, Arthritis NZ has invested nearly \$1.3 million in arthritis research, supporting 34 projects and producing more than 60 peer-reviewed papers, clinical reports, and community-facing research translations. The programme review found multiple studies already influencing clinical understanding and advocacy, with several rated as high or very high future impact for policy and models of care.

External Research Grants

New research grants will focus on medication safety, switching arthritis medicines, vaccine protection for people with weakened immune systems, and long-term lupus outcomes for different ethnic groups.

Programme leaders say the shift toward applied, equity-focused and service-connected research is deliberate, designed to shorten the path from findings to frontline benefit. Recently funded work has already contributed to gout community education programmes, osteoarthritis model-of-care development, and lupus outcome measurement, with several projects generating follow-on studies and conference awards.

Summer Scholarships

Newly awarded Summer Scholarship research programmes are expected to deliver useful insights. They include longitudinal studies examining how sleep patterns and physical activity affect gout flares, research adapting an international work-focused arthritis treatment for New Zealand, and exploring lupus impacts on Pacific women. Other projects will look at how people feel and recover after arthritis treatments.



“ I think the most important thing I gained was the mindset that I'm not alone and there will always be someone going through something similar. I didn't have to explain having an invisible disability to anyone as they all understood.

“ Thank you so much the organisers, [name] had a fantastic time at camp. It's an amazing opportunity and is always run so well by Arthritis NZ. Thanks again!

“ It made it feel like how I was feeling was more normal.

How to contact our Funding Team

Our Funding Team loves to hear from donors. We would love to know why you give to Arthritis NZ and what information you would like to receive from us about how your donation is used.

We can also replace misplaced donation receipts and provide information about leaving a bequest to Arthritis NZ or how to set up a monthly contribution.

You can contact the team by

phone: **0800 663 463**

or email: **fundings@arthritis.org.nz**

YES! I wish to make an additional donation to Arthritis NZ today.

\$10 \$25 \$50 \$100 Other \$ _____

Monthly donation One-off gift



My details:

Donor ID: (if known) _____ Phone: _____

Full name: _____ Address: _____

I will make my gift by:

Please debit my card Visa Mastercard

Card no: Expiry: /

Name on card: Signature:

Internet Banking:

Account name: Arthritis New Zealand Mateponapona Aotearoa

Account number: 03-0502-0468578-00

Particulars: 25DN1

Reference: First and Last Name



**TO DONATE ONLINE,
SIMPLY SCAN THE
QR CODE, OR VISIT
arthritis.org.nz**

Yes! I would like to receive receipts via email. *(Provide email below)*

Yes! I would like to receive eNews, Arthritis NZ's monthly email newsletter. *(Provide email below)*

Email address: _____

**Call us on 0800 663 463 and we are more than happy
to do a credit card donation with you over the phone.**

Arthritis NZ charity registration
number: **CC55546**