

JOINT SUPPORT

NEWSLETTER
December 2013

Conference a resounding success!

The conference was called “Join the Fight” and the morning speakers certainly laid out the challenges or battle lines. A day of research, information, and challenges.

Associate Professor Fiona Blyth, from the University of Sydney presented international data on her International Global Burden of disease study and asked why arthritis as the leading cause of disability is still an overlooked issue. It is the leading cause of disability; responsible for many people leaving the workforce and all the predictions show this can only grow bigger. The impact on peoples’ quality of life, their ability to remain in the workforce is still not a priority in Australasia, with funding being directed to those conditions of mortality. The challenge was laid out – we need to keep pressure on for arthritis and musculoskeletal conditions to be given the recognition they deserve. It might not always cause death but it is costing us – as individuals but also as a society.

Arthritis New Zealand CEO, Sandra Kirby, spoke about the range of work Arthritis New Zealand undertakes. She called on her ‘generals’ Peter Larmer, Cate Grace, Alice Jones and George Ngatai to share their experiences with the audience and encourage all to ‘Join the fight’. Our programme areas include raising awareness of arthritis; advocating



for better services; research and providing advice, information and support. In each of these areas we have made good progress – in areas like better access to drugs for treatment. However there is much more that can be done and our plans to rise to these challenges need the combined efforts of many people.

Peter, Arthritis New Zealand Vice President and a physiotherapist, couldn’t resist giving the ‘seated’ audience some exercises while he was on stage.

Associate Professor Nicola Dalbeth looked at why South Auckland has been called the gout capital of the world and the recent discovery of the Jekyll and Hyde gout gene that gets triggered by sugary drinks. Gout is the second most common form of arthritis and yet one of the most treatable. Arthritis New Zealand has been an

active supporter of gout research in New Zealand and this was acknowledged.

Participants were able to choose workshops of their choice focussed on topics such as self management of arthritis, employment challenges for people with arthritis, exercise and specific arthritis conditions. Trying to decide which workshop – was one of the challenges of the day!

Looking ahead to 2014 we do need to keep our focus on the big picture issues – which include spreading the word about the impact of arthritis. We need politicians and planners to know why arthritis needs to be a health priority. We must continue to let people know that arthritis can strike anyone of any age at any time.

Arthritis New Zealand is grateful for the sponsorship that ensured the conference was affordable for all. The Ministry of Health and Jetstar Flyingstart programme provided scholarships for people with arthritis to attend the conference.

Ngā mihi mō te Kirihimete.

Arthritis New Zealand wishes you a safe and happy Christmas and New Year. And don't forget to exercise during the holiday season!





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From the President

It was great to see so many people at our conference in November. Over 220 people gathered – despite the fog that disrupted flights. There was something for everyone on the day – from relaxation exercises to considering the global implications of arthritis.

This was the first time we have held the Annual General Meeting in conjunction with the conference. This gave an opportunity for those who regularly attend the AGM to attend a very exciting and informative day and also widen our audience to members who might not otherwise attend.

The AGM is a significant date in the calendar of Arthritis New Zealand. We are a membership based organisation working to improve the lives of those affected by arthritis.

We considered and adopted two significant constitutional amendments at the AGM. These changes had been signalled as part of my commitment to ensuring that the governance of Arthritis New Zealand meets current and future needs. The Board has been considering the future of the organisation and believe that while having membership representation on the Governing Body should be a given, we also need to ensure we have the skill set we need to oversee our successful multi-million dollar business, and this means having the ability to appoint people with the experience we need. Thus the Board composition from the 2014 AGM will be:

- **The President**
elected from membership
- **One National Representative**
elected from membership
- **Three Regional Representatives**
Northern, Midland Central and Southern
- **Five Appointed Representatives**
With the President having a casting vote if required a membership majority is maintained.

We have also changed our regional representation from four to three to reflect what has been our organisational practice for several years – Midland Central region operates as one region both in our service delivery and as a Regional Liaison Group.

As a result of these changes, in 2014 we will be electing one National Representative and regional representatives from Midland Central and Southern regions. If you have questions about the Governing Body membership please do get in touch with one of the members. Our contact details are included in this edition.

Arthritis New Zealand is fortunate to have many skilled people who offer their time and expertise to the Governing Body. This year we thanked Professor Lisa Stamp (NZRA representative) and Maureen Medley (Midland Region representative) for their contributions to the Board for the past four years. We are fortunate to have Board and committee members that give freely of their time and expertise for our cause.

One of the most important things we as members can do is set the strategic direction. This gives all of us – staff, volunteers, members and other stakeholders – a plan for a shared journey. At the November Governing Body Meeting we adopted a new Strategic Plan, largely business as usual but with some important new directions. My thanks to all those people who contributed to the discussion. If you would like a copy of this document call our office on 0800 663 463.

With Christmas upon us, I would like to wish you and your family a happy and safe festive season.

Alan Henwood
 President

Arthritis New Zealand is grateful to be supported by:



From the Chief Executive

*How did it get so late so soon?
It's night before its afternoon.
December is here before its June.
My goodness how the time has flown.
How did it get so late so soon?*

Dr Sues had an uncanny knack of being able to translate everyday experiences into poetry. This year, like many years, December has come upon us well before I was ready for it. My goodness how this year has flown! And yet looking back it has been a very full year. Over this last year we have again tried new ways of reaching out to people with arthritis. Our connections through the web have grown with e-letters, Facebook and a more interactive website.

And while we tweet we still talk – by phone; in groups and face to face. We have been able to offer training – to health professionals; to volunteers and to staff. There have been Arthritis New Zealand sessions in Kaikohe, Bluff and all points in between. I was shown a wonderful message from a person in Featherston who said “I would like to place on record the very fine series of workshops put on by Arthritis NZ in the small town of Featherston in the Wairarapa. For myself, I learnt a lot about living with and controlling the problems of arthritis.” For this person and thousands of others we are meeting our mission – we are improving the lives of people with arthritis in 2013.

Hosting our second public conference was a November highlight and the ultimate face to face opportunity for people. Over 220 people joining us to hear speakers that covered a range of topics. We are very grateful for the sponsors who supported the conference and enabled us to provide this opportunity for people with arthritis to learn at a very reasonable cost. The

day covered the whole spectrum of arthritis. We thought globally when Associate Professor Fiona Blyth from the University of Sydney explained why and how arthritis is one of the fastest growing health costs in this part of the world. We were challenged locally as Associate Professor Nicola Dalbeth from Auckland University spoke about gout – the second most common form of arthritis in New Zealand. There were also very personal thoughts as participants attended workshops on managing pain or thought about employment issues for people with arthritis.

I extend my thanks to all who have helped us this year – staff, volunteers, speakers, fundraisers, sponsors. Our achievements are that of a team. Together we have made a difference. I wish you all the compliments of the season. The end of the year is a good time to pause and remember what has been achieved. It is also the time to recoup our energy because while we have helped thousands of people we know that there are many more people who have yet to connect to us. There are people who today will be getting a diagnosis and tomorrow will be looking for help and support.

As we look ahead to 2014 I can predict that it will be another year where it will feel that December comes before June; that there will be more to do than days available; and, I hope, that there are thousands of people who are thankful for the difference contact with Arthritis New Zealand made.

Ka kite ano



Sandra Kirby
Chief Executive



Arthritis New Zealand now publishes monthly E-Updates to keep you up to date with what's happening in your region.

If we don't already have your email address, please tell us, so we can add you to the list.

Just go to our website: www.arthritis.org.nz

There's a field on the homepage where you can enter your email address. It's that easy.

To advertise in *Joint Support*, email editor@arthritis.org.nz or phone 0800 663 463.

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Soft tissue X-rays in scleroderma



For rheumatologists it has been gratifying to experience recent progress in treating rheumatic diseases. Patients in New Zealand definitely have more options for effective treatment in the 21st century. In order to provide good treatment it is not only necessary to have effective medicines but also to have good measures of disease progression so that the impact of treatment can be measured. Treatment can then be given, and adjusted if there is insufficient impact on the relevant disease measurements. For rheumatoid arthritis this approach has been characterised as “treat to target”. Despite recent progress there are still many challenges. One of these is to find ways of improving treatment for patients with scleroderma. This will require not only better medicines but also better ways of measuring the progress of this unpleasant condition.

In scleroderma there is an autoimmune attack on blood vessels and fibrosis that is most obvious in the skin. In the hands this results in compromise of the blood flow to the fingers. Patients find that they get Raynaud’s phenomenon where the fingers become white and bloodless on exposure to cold. Sometimes this is accompanied by damage to the tissues in the fingers. The fibrotic element of scleroderma results in thickening and tightening of the skin restricting movement of the fingers. In some cases deposits of calcium can form under the skin. The net result is changes that can be seen quite easily but the challenge is how to measure these changes.

We have previously looked at which measurements in the hand can be used to track changes in shape and movement due to diseases like

rheumatoid arthritis and scleroderma. We devised a hand anatomic index comprised of simple measurements that could be made with callipers and a tape measure. Together with my colleague Prof Peter Roberts-Thomson in Adelaide, and his daughter Alice, an occupational therapist, we were able to show that the hand index could show significant differences in the hands of patients with the limited form of scleroderma compared to the more general form of the disease.

More recently we have investigated the use of X-rays to visualise the changes that scleroderma causes in hands. Plain X-rays are able to show some of the changes. However, conventional X-rays are best at showing bones and we were looking for a method that is better at visualising soft tissues like skin. Professor Doyle from our Radiology Department suggested that such a method is in fact widely available as the X-rays used in mammography for breast cancer screening are adapted for visualising changes in the soft tissues. We therefore undertook a study to see if the use of digital mammographic X-rays would show more changes in the fingers of patients with scleroderma.

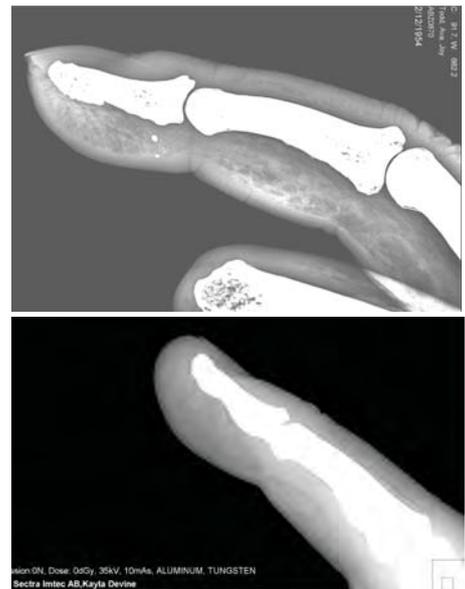
At the recent New Zealand Rheumatology Association conference in Hamilton we presented the findings in the first 20 patients studied with this somewhat novel application of mammographic X-rays. We were able to demonstrate that this method is more sensitive for picking up early calcification of tissues. It is also sufficiently sensitive to show the thickness of the skin that can also be measured from the images displayed on the computer monitor. We were a bit surprised to be able to see the internal structure of the finger pulps that contain a framework of connective tissue partitions that also appear to be thickened, another change that would contribute to tethering of the skin and immobility of the tissues.

We have been interested to see that the use of X-rays designed specifically to visualise soft tissues can show greater detail of the changes in fingers due to scleroderma. We think that there is



Professor John Highton

some potential for using this method to develop a scoring system to measure the changes that occur progressively in scleroderma and bring us closer to being able to determine which treatments may have an impact on the disease.



The top picture is the middle finger from a patient with scleroderma. The lower picture by comparison shows normal appearances. In the top picture there is loss of tissue from the finger tip, calcium in the tissues and thickening of the skin and internal fibrous structure of the finger.

A special offer for people with arthritis!



Natural pain relief for people with arthritis!

Finally there is a range of natural supports that provide real relief from back, knee, hand and wrist pain. Natures Support produce a range of products for pain sufferers of arthritis and other joint ailments.

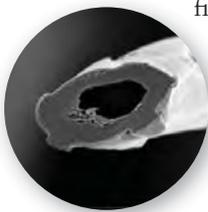
Originally perfected by Mahé Drysdale for comfort and use.

Mahé Drysdale, World Single Scull Rowing Champion started wearing the Natures Support back support belt during training and competition when he decided his back needed some extra support. "The support was amazing and has enabled me to continue with my career, without it I doubt I would have achieved my World Championship win"



How Natures Support relieves pain.

Natural Hollow Fur/Fibre - Natures Support's use the hollow fur fibre found in the Brush Tail Possum. Because this unique fibre is hollow it can breathe and provide thermal stability to the area of the body where it is positioned. This thermal stability prevents it from generating too little or too much heat, maintaining a constant temperature several degrees warmer than the skin surface. It also helps to prevent perspiration and condensation building up on the skin, with the hollow fibre allowing surface moisture to evaporate away.



Effleurage - The fur fibres also creates an affect called Effleurage, a recognised medical affect of light stoking of the skin. This affect stimulates nerve receptors in the skin to such a degree that it competes with pressure signals (Pain) from deeper stressed tissue. This Effleurage affect overlays pleasurable sensations into the same neural pathway, effectively modifying the sensations and helping to relieve pain and discomfort.

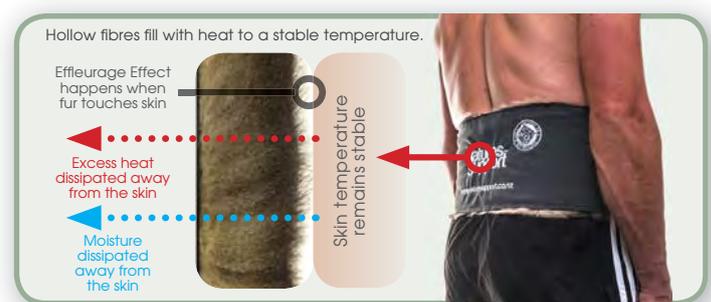


Diagram showing the heat transfer and thermal stability maintained in the targeted organs, muscles and ligament. The fur also induces an Effleurage affect on pain receptors, reducing pain and discomfort. Always read the label and the follow the instructions.

The Natures Support Range.

Back Belt



The Back Belt is worn around the waist, providing relief of lower back discomfort and pain. A registered medical devices.

Knee Support



The Knee Support has been designed to shape around the knee joint and relieve knee discomfort and pain. A registered medical device.

Wrist & Hand Support



Designed to provide relief from pain caused by Arthritis, RSI and other discomforts of the hand & wrist. A registered medical device.

Special Offer: Get 10% OFF & Free Delivery by entering Discount Code "ARTHRITIS10" at checkout on the website at:

www.naturesupport.co.nz or call 0508 000 888 and quote the code.



Sophie's 4 in 1 challenge

Sophie Barr has always wanted to set a massive challenge for herself and raise some money for a really good cause. She just needed to come up with an idea.

The idea she came up with in August was a brilliant one: a run to raise money for Arthritis New Zealand. But not just any run. The goal was a 30 km run in Wellington with a 626 metre ascent, which would commence with climbing Mt Kaukau, before traversing the Northern Walkway, climbing up to the Brooklyn Windmill, and finishing on top of My Victoria. A 4 in 1 challenge. And after three months of training, she completed her mission in late November.

Arthritis New Zealand is a cause close to Sophie's heart. Her grandmother, father and cousin are living with arthritis. "Putting my body through a bit of pain for one day is small in comparison," says Sophie.

Well done Sophie, we are grateful for your support.

If anybody else has any fundraising ideas, we are will always be delighted to hear from you. Just phone 0800 663 463 or email info@arthritis.org.nz



Sophie Barr tin training

Patient information websites

There is a growing number of health consumer information websites and youtube channels that are now available, including:

www.ra.org.nz

www.myviva.co.nz

www.painsite.co.nz

www.enbrel.co.nz

www.mabthera.co.nz

www.medinfo.co.nz

www.youtube.com/informednz

www.youtube.com/PfizerNews

www.youtube.com/roche

The following Governing Body and Regional Liaison Group members for 2013 - 2014 were declared elected at the Arthritis New Zealand AGM in November.

Governing Body

President

Alan Henwood

Vice President

Peter Larmer

Governing Body Members

Katharine Bracey

Laurie Breadmore

Rebecca Grainger

Martin Lenart

Lynne McMillan

Maureen Medley

John Pritchard

Roy Tiffin

Regional Liaison Group members

Northern

Els Dutton

Maree Douglas

Josie O'Sullivan

Luud Aalsma

Midland

Elva Anderson

Central

Jan Finnimore

David Orr

Southern

Ian Gray

Robin Harris

Deirdre Lusby

Elinor Stratford

Live Facebook chat

Got a question about arthritis? Then try our 'live' Facebook chat. We may change this to best suit our clients' needs, but for now, it runs from 3.00 pm – 5.00 pm each Wednesday.

An Arthritis Educator will be online to answer your queries. Our Facebook link is: www.facebook.com/pages/Arthritis-New-Zealand/141779119206755



Arthritis Educator Dave Cox

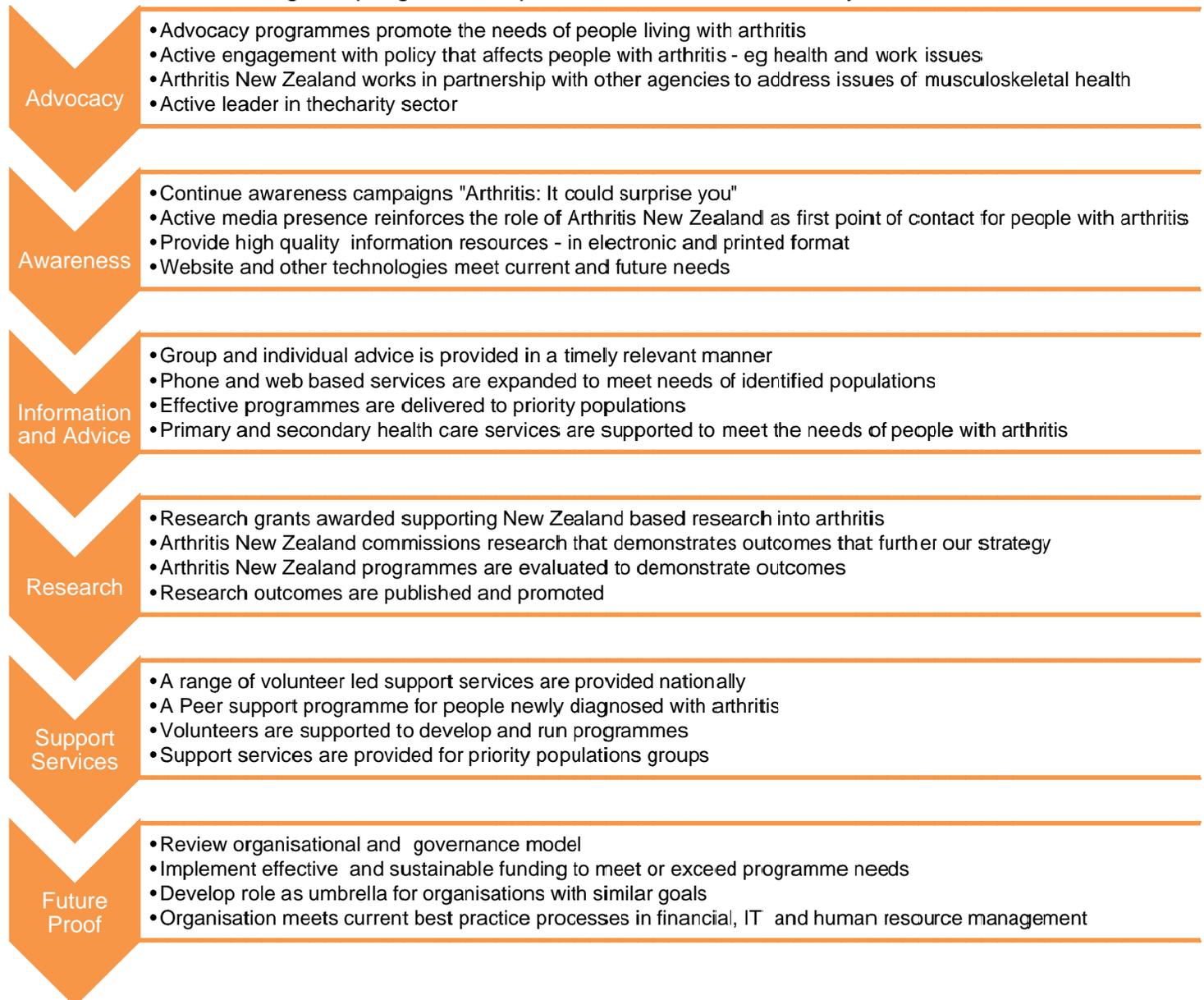
Arthritis New Zealand adopts Strategic Plan

The Governing Body of Arthritis New Zealand approved the organisation's 2013 - 2016 Strategic Plan at its meeting in November.

The mission has been updated to:

Improving the lives of people affected by arthritis.

An overview of the range of programmes planned for the next three years includes:



Copies of the Strategic Plan are available from www.arthritis.org.nz or by phoning 0800 663 463.

Thank you to The Warehouse!



The Warehouse Region 4 has to date raised just under \$30,000 for the work of Arthritis New Zealand. AMAZING!

Thank you for turning New Zealand orange during our 2013 annual appeal!



Staff from Pfizer collecting in Newmarket, Auckland



Mufti means orange at St. Leonard's School

Arthritis New Zealand is grateful to the many volunteers, members, businesses and donors who contributed to the success of our recent annual appeal. At the time of publication, the provisional total raised was:

Appeal donor mail \$129,175
Street appeal & gerbera boxes \$193,910
Total \$323,085

Here is a small selection of images from our annual appeal.



Arthritis New Zealand Corporate Services Manager Rob Mitchell assists grand daughter Lucy with her collecting



Tom and Judy collecting at Merivale



Brenda, Nive, and Asenati Lole Taylor MP

Arthritis New Zealand 2013 Conference was a resounding success

Here is a small selection of some of the images of this memorable event.

See front page for more information about what happened at our conference.



Attentive members at the AGM



Associate Professor Fiona Blyth captivated those who heard her



Chief Executive Sandra Kirby urges people to join the fight against arthritis



Associate Professor Nicola Dalbeth



Vice President Peter Larmer gets the audience to stand up and exercise.

Fit for Work?

Hon Michael Woodhouse, in his capacity as Chair of the Parliamentary Friends of Arthritis, hosted guests at a special function to highlight New Zealanders living with musculoskeletal disorders, most of which are arthritis. Musculoskeletal disorders include lower back pain, arthritis and other diseases of the joints and are among the leading causes of disability worldwide. They account for more than 10 per cent of all years lost to disability globally.

The cost to New Zealand's health care system is estimated at \$5.57 billion each year. Musculoskeletal diseases, the most common forms of which are all types of arthritis, are the second largest cause of benefit payments made because of both direct and indirect effects of ill health.

Professor Stephen Bevan, of the Work Foundation, spoke of better ways to deliver care to those with arthritis. Professor Bevan is Director of the Centre for Workforce Effectiveness at The Work Foundation and an Honorary Professor at Lancaster University. He has carried out extensive research on high-performance work practices, employee reward strategy, staff engagement and retention and Good Work. Stephen is Founding President of the Fit for Work Europe Coalition,



Professor Stephen Bevan

which promotes active policies to improve labour market participation among people with long-term health conditions.

The full copy of the *Fit for Work? Musculoskeletal Disorders and the New Zealand Labour Market* report can be accessed at www.arthritis.org.nz/2012/09/fit-for-work/

Sandra Kirby, Chief Executive of Arthritis New Zealand, says it is

time that politicians gave credence to the impact that arthritis has on New Zealanders. The function was especially important given the current changes to the benefit system that aim to encourage people to return to work. Musculoskeletal conditions were the second leading cause of people being on long term disability benefits according to the Ministry of Social Development, and the Fit for Work report released last year.

Speaking up for people with arthritis

If you are fed up with being told, "It's 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. Some of the issues we are working on include:

- Improving access to new medications and rheumatology services
- Facilitating participation in the paid workforce

- 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

We are developing a network of Arthritis Advocates around New Zealand to provide consumer input on all advocacy issues and provide advocacy training.



If you are interested in learning more about our advocacy work or becoming an advocate please phone 0800 663 463 or email francesca.holloway@arthritis.org.nz

Given her life back

Alice (now 24) began experiencing back pain when she was at intermediate school. It became progressively worse, and more and more joints became affected. Then, when she was about 15, she was diagnosed with ankylosing spondylitis (AS). Her pain became worse, and towards the end of her time at high school she was taking more than 20 pills a day and having intravenous treatment in hospital. Sometimes Alice pushed herself by participating in school and social activities that other young people would take for granted, but would pay for it the next day with a 'flare-up' of her condition.

After she left school, Alice worked in hospitality, and then in administration. But by the time she was 20, her pain was so severe she had to become a sickness beneficiary. However, her life changed forever when her rheumatologist helped her obtain approval for a government funded biologic medication. Alice says her pain was gone within 24 hours of her first dose. She has now been taking this for over three years. Occasionally, she is too sick to take it, and when this happens, her pain returns, but the biologic has given her her life back.

AS is a form of arthritis that mainly affects the spine and causes inflammation of the soft tissues around the vertebrae. Over time, the process of spinal inflammation may lead to fusion of part of the spine,



Alice Jones

and sometimes the pelvis, which can cause loss of movement of the spine. Symptoms usually develop between the ages of 15 and 35, and men are generally more severely affected by women.

Along with Sarah Clark, Alice established the Super Young Arthritics of New Zealand Facebook group to help people connect to one another. Both of them had felt extremely isolated during their youth, as they did not know anyone else with an arthritic condition.

Alice now works full time in administration. She also loves to create artwork, which she struggled to do when a teenager because of her pain. She also has a blog, has written about her experiences with AS, and has filmed a video post which is now on Youtube. She has also now found the energy to join Arthritis New Zealand's Advocates group to help support other people in her situation, and to help the public understand the realities of living with arthritis.

2014 Children's Camp

This year's Arthritis New Zealand Children's Camp was an incredible event, and we expect next year's camp will be equally successful. It will be held at the beautiful Totara Springs Camp near Matamata.

There will be a range of activities for children with juvenile idiopathic

arthritis (JIA) and their caregivers. And it will give them the opportunity to meet other children who are living with arthritis.

The camp will be held on 1 and 2 March. For further information, phone 0800 663 463, or email francesca.holloway@arthritis.org.nz



A systematic review of guidelines for the physical management of osteoarthritis



Researchers from AUT recently completed a systematic critical appraisal of international guidelines for the physical management of osteoarthritis (OA). This was to provide a summary of recommendations for the physical management OA. This article gives a brief summary of this research.

An extensive variety of data sources were consulted, and osteoarthritis guidelines that had been developed from evidence based research, consensus and/or expert opinion were analysed.

The quality of each guideline was independently reviewed and critically appraised. Each relevant

recommendation for the physical management of OA was synthesised, graded and ranked according to the available evidence.

Seventeen guidelines with recommendations on the physical management of OA met all the criteria to be included in this study and were given full critical appraisal. There were variations in the interventions, levels of evidence and strength of recommendations across the guidelines. Forty different interventions were identified. Recommendations were graded from 'strongly recommended' to 'unsupported'. Exercise, education and weight control were found to be strongly recommended by most guidelines.

The key conclusion that exercise and education were key recommendations supports the importance of rehabilitation in the



role of the physical management of OA. In addition, this critical appraisal can assist health care providers who are involved in the management of people with OA.

The full report, which was recently published online, may be read here: www.archives-pmr.org/inpress

The researchers were: PJ Larmer, ND Reay, ER Aubert, & P Kersten.

Dr Peter Larmer is the current Vice President of Arthritis New Zealand.

Petition for better disability access

As part of our engagement with the Earthquake Disability Leaders Group Paul Barclay, Manager Southern Region (far left in photo), has been very involved in looking at how new buildings in Canterbury will meet the needs of people with disabilities. The sad news is – at the moment there is no guarantee they will. The group has launched a petition “We request the Government urgently take all appropriate measures to ensure full access to public and commercial buildings for disabled people especially for new buildings in the Christchurch rebuild” on Change.org.

It's important – and not just for the people of Christchurch. Here's the link: www.change.org/petitions/we-request-the-government-urgently-take-all-appropriate-measures-to-ensure-full-access-to-public-and-commercial-buildings-for-disabled-people-especially-for-new-buildings-in-the-christchurch-rebuild?share_id=DgazSRvedf&utm_campaign=signature_receipt&utm_medium=email&utm_source=share_petition



www.change.org/petitions/we-request-the-government-urgently-take-all-appropriate-measures-to-ensure-full-access-to-public-and-commercial-buildings-for-disabled-people-especially-for-new-buildings-in-the-christchurch-rebuild?share_id=DgazSRvedf&utm_campaign=signature_receipt&utm_medium=email&utm_source=share_petition

Please show your support for people with disabilities – including arthritis – by signing the petition and sharing with your friends and family.

Cate leaps to success

Four years ago, Cate Grace was lying on the couch, overweight, unhealthy, needing crutches to walk and resigned to a life of crippling pain. Now she has just returned from London, where she was a finalist for the global title of 2013 Personal Trainers to Watch. The annual competition recognises personal trainers who demonstrate exceptional leadership, client support, motivation and inspiration. The 2013 competition generated more than 1,500 entries from 43 countries.

Since launching Leap Fitness and Motivation, she has committed her career to inspiring and empowering people who have gone through personal struggles or suffer chronic illness.

Cate has travelled a difficult road to become one of today's elite personal trainers. She continues to battle her own chronic health conditions, and uses her own journey to motivate and inspire others. In her 20s she was diagnosed with chronic asthma, endometriosis and psoriatic arthritis. In her 30s her medical ails included rheumatoid arthritis, osteopenia of the spine and it was confirmed she would never have children. By 35, she had hit an all-time low, living with pain – both physical and emotional. She did not exercise and ate her way to morbid obesity.

“Even with many health professionals telling me to exercise, I found I just didn't know how to do this, I didn't even know how to start. I approached personal trainers and gyms and over and over I was told ‘you're too unwell to train’, ‘I wouldn't really be able to help you’, ‘this isn't the place for you’.”

Cate had hit her breaking point. “I had three choices, give in, give up or give it my all.” She opted for the latter, and in 2009 took the leap off her couch and “built my wings on the way down”. She became stronger, fitter, healthier and smaller, and in the process discovered an inner strength and sparkle. With this new-found positive energy and healthier body, the smart businesswoman in her realised there was a gap in the wellness industry.

Still working fulltime, she started studying towards a Bachelor of Health



Cate Grace

Sciences, majoring in Rehabilitation, and trained as a personal trainer. By mid-2010 Leap Fitness and Motivation was born. Earthquakes, red zones, destroyed premises, snow storms and many hospital stays have hampered Leap's journey, but Cate's driving passion to help others has kept her true to her vision. With husband and business partner, Riwai by her side, she has overcome all this and grown the business in extraordinary ways. Earlier this year Cate was awarded the Zonta Women in Business Award. This sits alongside numerous other awards and accolades she has gathered from the fitness industry in her short, but fruitful, time within its ranks.

While Leap Fitness and Motivation is making immensely positive change in the lives of its clients (LeapStars in Cate's lingo) she is driven to widely sharing her messages of living healthier, happier, fitter and stronger lives. She continues to grow the **CateGrace.com** brand. As a professional speaker and with multiple online channels, Cate is already helping hundreds re-evaluate how they live their lives. She will release her first book next year, so the LEAP philosophy can extend beyond the people she personally touches.

Cate spoke at the Arthritis New Zealand conference last month, and she was an inspiration to all who heard her.

Melbourne Cup fundraiser



Arthritis New Zealand Corporate Services Manager Rob Mitchell & Chief Executive Sandra Kirby

We were delighted to be chosen as the Charity to be supported at the Australian High Commission's Melbourne Cup event.

His Excellency Michael Potts and Mrs Lynda Potts hosted nearly 300 guests to this annual event and Arthritis New Zealand was delighted to receive \$3,453.

Adidas Auckland Marathon helps arthritis

We had 10 amazing people running either the full or half marathon for us on Sunday 3 November. They are still gathering up pledges made so we don't yet have a total but we valued immensely their commitment to our work and those they knew who motivated them.



Arthritis New Zealand received \$2000 through the Unitec Sport Recovery Zone at the Adidas Auckland Marathon, which was held last month. The marathon attracted more than 450 athletes, and participants benefited from post-race recovery treatment delivered by more than 30 osteopathy students from Unitec.

Arthritis New Zealand Chief Executive Sandra Kirby said Arthritis New Zealand was grateful for Unitec's contribution to help raise funds for and awareness of the organisation's goals.



Marathon runners Louise Cleary & Josh Penny

Bequests

Arthritis NZ is always overwhelmed when we receive advice of a bequest. These gifts ensure our work continues for generations and confirms the importance of supporting the 530,00 New Zealanders with arthritis.

This year we were recipients of many wonderful bequests. One from the Ham Estate has enabled us to plan several exciting new initiatives in Northland in 2014. Adopting the concept of a travelling waka we will be running a series of workshops,

seminars and clinics with associated publicity campaigns aiming to reach people with all forms of arthritis. These activities will see a team of Arthritis Educators visiting Northland and running activities in areas that we would not normally be able to visit.

Our first waka will travel to the Far North- an area that has a high Maori population and relatively remote communities where people do not usually have the opportunity to access a wide range of Arthritis New Zealand services.

Did you know that people are cycling from sunrise to sunset on the longest day to raise money for Arthritis New Zealand? And you can too. For further information go to:

www.aride.org.nz/longest-day/2013/

Do you have a current will?

There are several good reasons for ensuring that you have a valid and up-to-date will:

To protect loved ones.

It is only by means of a valid will that you can be certain that your family and friends will be taken care of when you are no longer there.

Once you have taken care of those who are close to you, you may like to remember Arthritis New Zealand. Big or small your bequest will be greatly appreciated. It will help us to continue to provide services now and into the future.

If you would like to talk to someone about leaving a bequest to Arthritis New Zealand or more information, please call 0800 663 463 and ask to speak to Dianne Armstrong, or email: dianne.armstrong@arthritis.org.nz

TXTPAY



If you didn't have any cash on you during street our appeal, you can use your mobile phone to donate. Just text 'JOINTS' to '5464'. This new programme allows you to donate and support the 530,000 New Zealanders who are living with arthritis, and to also make payments to other companies that are part of the TXTPAY programme.

Cambridge Global Walk



Peggy Farr, Jill Slaney, Kay Malcolm with Holly, and three of the schoolchildren who joined the group, with Muffin, the group's mascot

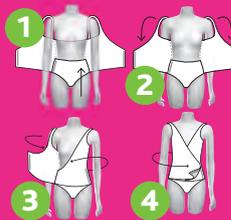
Arthritis New Zealand members were amongst those who participated in the Cambridge Global Walk for the Elderly on Thursday 26 September. This event was held to observe the International Day of Older Persons.

Golf tournament

The Arthritis New Zealand Charity Golf Classic will be held at Paraparaumu Beach Golf Club on Thursday 13 March 2014. For further information, email errol.pike@arthritis.org.nz

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Card number:

Expiry date:

M / Y

Card holder:

Signature:

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

Freepost 157311
Arthritis New Zealand
PO Box 10020
Wellington 6143

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

Thank you for your generosity!

For further information...

Call free 0800 663 463

When you phone 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 next be visiting your district.

Make a donation

Did you know that by phoning 0900 333 20, you can make an automatic \$20 donation to support the more than 530,000 New Zealanders who are 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.

Regional Offices

Northern (Auckland) 09 523 8910

Midland/Central (Wellington) 04 472 1427

Southern (Christchurch) 03 366 8383

National Office

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Phone 04 472 1427 Fax 04 472 7066

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