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Welcome to our final issue of MSK News for 2021.

It's been another challenging year and I know we're all looking forward to some time to pause, reflect and recharge.

But first, I'd like to say a heartfelt thank you to all of you. Thank you to our supporters, donors, volunteers, Consumer Advisory Committee, staff and Board for all that you've contributed in 2021. We've all worked so hard and can be proud of what we've achieved.

I hope you enjoy this issue of MSK News. It's jam-packed with articles, last-minute gift ideas and a delicious and festive recipe.

Before I sign off, please note that our office and Help Line will close on Tuesday 21 December for the holidays and will reopen on Wednesday 5 January 2022.

Keep well, stay safe and have a wonderful festive season. Cherish the time with family and friends and we'll see you in the New Year!

Rob Anderson - CEO

 **Pfizer** This issue is proudly sponsored by Pfizer.



### Surviving the holidays

It's time to enjoy some well-earned festive cheer with our loved ones, but we also need to be careful. In our haste to fling off the shackles of 2021, there's the real chance we'll end up in a painful heap. [We've put together some tips](#) to help you get through the holidays intact.



### Body art and musculoskeletal conditions

Once considered edgy and a little dangerous, piercings and tattoos are now mainstream. We take a look at piercings and tattoos, and [what you need to consider](#) if you have a musculoskeletal condition before facing down the pointy end of a needle.

### Reindeer chocolate cookies

This [fun recipe](#) from our resident dietitian Melissa will put everyone in the Christmas spirit! Let your imagination and creative genius run free for a tasty treat you'll all enjoy making and eating.



### We've got the perfect gift

Take the uncertainty out of Christmas shopping and give the gift of choice. With an



### Join us online in 2022

In our free community webinar series, we're covering a wide range of topics including

MSK gift card, people can choose from our range of books, DVDs, tap turners, compression gloves, wheat bags, jar openers...and much more! [Shop online](#) with confidence today.

osteoporosis, fibromyalgia, shoulder problems, complementary medicines, the impact of musculoskeletal conditions on intimacy and more. So don't wait. [Book now!](#)



## Our Reconciliation Action Plan

At MSK we aim to be inclusive of all peoples. That's why we recognise that we have a role to play in the reconciliation movement. To that end, we're in the final stages of preparing a Reconciliation Action Plan (RAP). We're aware that to actively, appropriately and respectfully work with Aboriginal and Torres Strait Islander organisations and people, we need to 'have our own house in order' by having an understanding and acceptance of the five dimensions of reconciliation outlined by Reconciliation Australia. Stay tuned, as we hope our RAP receives final approval very soon!

*This painting was created by the new chairperson of our Consumer Advisory Committee Angela Brown, who is a Wailwan/Ngemba woman and a passionate advocate for Indigenous health and for people with musculoskeletal conditions more broadly.*



## Don't wait mate

Did you know that 52% of Australians are putting off their healthcare due to concerns about COVID-19? This alarming figure has prompted the Continuity of Care Collaboration to create the #DontWaitMate campaign. It aims to reassure people that



## Cupboard already full to bursting...

and you really don't need another thing this Christmas? You can make a meaningful difference to a person's life by asking friends and family to [donate to your Facebook fundraiser](#) in lieu of gifts. And the good news is there's no fees, so 100% of funds raised

attending their health appointments is safe.

[Find out more.](#)

will go directly to support our services.



### Make a splash this Christmas

And spoil that special person in your life with the luxurious gift of a Peninsula Hot Springs experience. They have a range of gift certificates available to suit everyone. And when [you become a Friend of MSK](#) you'll receive a 20% discount on all their general bath house bathing. So what are you waiting for? [Go online now](#) and choose a gift that's sure to delight.

### Exciting research opportunity

The TeleFFIT study is designed for people over 60 with or at risk of osteoporosis, or those concerned about their mobility. Researchers are seeking men and women to take part in this remotely delivered and monitored home exercise and lifestyle self-management program. Visit [www.teleffit.com.au](http://www.teleffit.com.au) to find out more or contact Jenny on 03 9244 6243.

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