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MUSCULOSKELETAL
AUSTRALIA

MSK News

*The news you can use
delivered to your inbox every fortnight*

1 April 2021

Happy Thursday! It's hard to believe it's the Easter long weekend – the year feels like it's flying by!

In today's MSK News, we're pleased to bring you articles exploring some of the issues raised by people who took part in our National Consumer Survey. They include **working with a musculoskeletal condition, living with more than one chronic condition and managing financial stress.**

If you haven't had a chance to **read our report** based on the survey results, I urge you to read it and share it with others. There's a lot of pain, but also a lot of resilience that shines through in the words of those who took part.

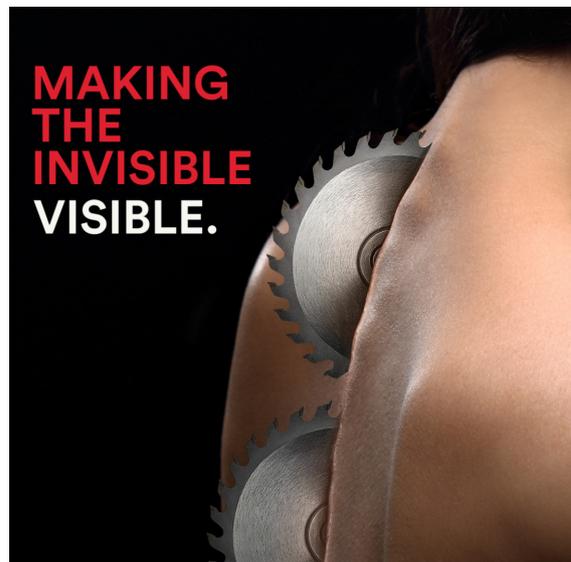
Finally, wherever you are and whatever you have planned, I hope your Easter break is happy and pain-free. Take care - and be wary of any pranksters today – it is April Fool's Day after all!

Rob Anderson - CEO

Making the invisible visible

More than 7 million Australians live with a musculoskeletal condition, but for too long they've blurred into a voiceless and faceless

statistic. But these people are our family, our friends, our workmates. They are US. And we're not invisible. Read our report *Making the invisible visible*, and you'll be moved by the powerful stories revealing the impact these conditions have on people.



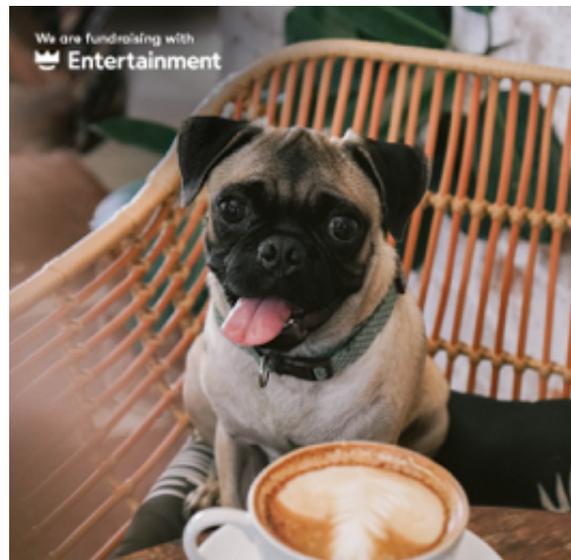
Money money money

The cost of managing your condition, on top of everyday expenses, can be expensive. When you add a global pandemic into the mix, and the problems it's caused in terms of work for so many people, financial stress is almost inevitable. Fortunately **there are things you can do if you're in this situation.**

Give back - get more

Get a bunch of savings while you dine, shop, travel and have with an Entertainment Membership. **Purchase a Membership** and you'll also be helping to support us. Right now, you'll also receive a \$10 or \$20 eGift Card with your Entertainment Membership purchase.

T&C's apply



Juggling multiple conditions

Living with one chronic condition can be tough. However many people live with more than one - and that can be a real juggling act. But there are **some simple things** you can do to avoid dropping any balls so you can get on



with living your best life.

MSK Kids webinar

Our first webinar for families is coming up soon. Join us as Jamie McCarthy, from RCH takes us through the transition from paediatric to adult care. [Book your free spot now!](#)

Teen talk

If your teen lives with a musculoskeletal condition and wants to chat with other teens who 'get it', we have just the thing. [Teen Talk](#) is a safe space for people aged 13-20 living with a musculoskeletal condition or chronic pain. Our server is administrated by three of our young ambassadors, Thalia, Jen and Damien, and overseen by MSK staff member Buffy. Check out our [website page](#) for more info including FAQs for parents and safety information. To join, contact [Buffy](#), or if you're already on Discord, you can join Teen Talk directly, or by sending a friend request to Aelin Archeron#8994.

Contact our Help Line

Do you have questions about dealing with pain, your musculoskeletal condition/s, treatment options, COVID-19, or accessing services? Then be sure to call our nurses on our free Help Line. They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).



Managing at work

Finding and keeping a job when you have a musculoskeletal condition can be difficult. Pain, fatigue, medication side effects and the unpredictability of your condition can all affect your ability to work. We explore some of the [strategies and resources available to help you manage](#).

Australian Self Care Alliance

At MSK we've long been committed to the importance of self-care for people living with

musculoskeletal conditions. That's why we're proud to be a member of the **Australian Self Care Alliance**. In fact, self-care is one of our **six areas of action to ease musculoskeletal pain**. Find out more.



Become a Friend of MSK

And help us represent people who have musculoskeletal conditions. Anyone can become a **Friend of MSK** – whether you live with a musculoskeletal condition, care for someone who does, work in the health sector, or would just like to learn more and make a real difference. For just \$20 a year you're on your way to help us support people for better musculoskeletal health.

Participants wanted!

Want to contribute to how Australian health professionals are trained in chronic pain care? A research team at Curtin University is looking for people to help them identify priorities for pain care, from the perspectives of people who live with chronic pain and/or their carers. **Find out how you can become involved** in this important project.

Smile!

There's an old cliché that animals and posties don't get on. But **Cristiano**, the animal-friendly postman from Brazil, is changing this misunderstanding, one selfie at a time.



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