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MUSCULOSKELETAL
AUSTRALIA



MSK News

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

17 December 2020

Welcome to our final issue of MSK News for 2020!

As I reflect on the year that's been, I'm filled with gratitude for the efforts of so many of our community. So let me say a heartfelt thank you to all of you.

Thank you to the thousands who participated in our landmark MSK consumer survey. Your generosity and no holds barred approach means we have so much valuable information to help us achieve our vision: 'to improve the lives of people with, or at risk of developing, musculoskeletal conditions'. Building on the views and experiences of people like you will help us extend our reach to support even more people through advocacy and services.

I'd also like to thank our staff, volunteers, Consumer Advisory Committee, Board and all the consumers and supporters who've contributed to our most challenging though successful year. We had to change the way we worked, and quickly, and apart from a few hiccups along the way, we did it! And that's something we should all be proud of.

One final thing before I sign off, our Help Line and office will close on Friday 18 December for the holidays and will reopen on Monday 4 January 2021.

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



12 days of wellness

With the festive season just around the corner, and a tough year almost behind us, it's the perfect time for a **wellness challenge!** And before you roll your eyes, this challenge is fun, it's easy and we've tied it in with the wacky 12 days of Christmas song...so it all begins on Christmas Day.

1 OUT OF 3 PEOPLE YOU KNOW WILL HAVE A MUSCLE, BONE OR JOINT CONDITION THAT AFFECTS THEIR DAILY LIFE.

We are here to help.
Donate to MSK at msk.org.au

TOGETHER WE CAN DO GOOD

Complementary therapies and you

When it comes to complementary, alternative and 'natural' treatments – it's really important that you do your research. In this blog we look at these treatments and give you **some questions to ask** before starting anything new.



You can quit for good

DYK smoking is linked to back pain, neck



pain, rheumatoid arthritis and osteoporosis? It also causes fatigue and can make some of your medications less effective. So quitting smoking is a great idea. But it can be hard to do. We've put together [some tips to help you quit](#).

Planning for a healthier future

Have you ever thought about leaving a gift in your Will to Musculoskeletal

Australia? Sandra has done just that: *"In the end, it's all about helping others – showing them that I care. It feels good to have made plans to help people after I've gone."* A gift in your Will is a lasting legacy that will have a significant impact on the many people who turn to us in their time of need. If you'd like to learn more, read our [Wills & Bequest booklet](#).



Yummy zucchini and haloumi fritters

Looking for something quick and easy to make for dinner? Buffy swears by these [fritters](#) and has shared this recipe far and wide – so you know they're the real deal! And who doesn't love haloumi? The fritters can be deep fried as in the recipe or pan fried for a healthier option. Delicious!

Goodbye to masks

So long, farewell, auf Wiedersehen, goodbye! 2020 was the year of the humble face mask. They've protected us, divided us, helped keep COVID at bay. And with their use no longer mandatory in most situations [we look](#)

at what they've meant to us, and the things we've learned from wearing them.



Kick start the new year!

Register your place today for our free 2021 webinars! Check out the [full range here](#), there's something for everyone, including your rights at work, pregnancy and arthritis, diet, exercise and OA, pain management, inflammatory arthritis and more. Wow, it's going to be a big year! You can book for the whole series or choose the topics that speak to you. But don't miss out! [Book your spot now](#).

And don't forget to check out the recordings of any of our webinars from this year that you may have missed. Our latest is on [lupus](#), but we've also featured scleroderma, mental health, staying on your feet and loads more. [Visit our YouTube channel](#) to see the full range.



Smile!

Wrapping presents can be tricky, especially those odd shaped ones. But [this video](#) shows you how easy it is to wrap a curious goat – the perfect present for the person who has everything!

Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).
It operates 24 hours a day, seven days a week on 1800 020 080.

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