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Hello, and welcome to the final issue of MSK News for 2022!

This is a bumper issue with last-minute gift ideas, articles to help you survive the summer holiday craziness, info about our 2023 webinars, tasty recipes, and loads more. We hope you enjoy it.

I'd also like to extend my heartfelt thanks to all of you for your support during another challenging year. But I think we can all be proud of what we've achieved.

Some of the highlights of 2022 include [Rattle Ya' Bones Day](#) - a national day of awareness for all muscle, bone and joint conditions; our many [popular and free webinars](#) that have received a 90.5% satisfaction rate from viewers; our contribution to the [Parliamentary Inquiry into Childhood Rheumatic Conditions](#); our new [WorkWise resource](#) that supports workers with musculoskeletal conditions, and the [Koadlow Community Lecture](#).

And now, it's time to have a break so we can reflect and recharge. Our office and Help Line will close on Wednesday 21 December 2022 and reopen on Monday 16 January 2023.

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

Rob Anderson, CEO



Let's be COVID-free this Christmas!

As we head into the festive season, we're also in the midst of another [COVID-19 wave](#). When you're out and about, consider wearing a mask and sanitising your hands regularly, especially if you can't distance yourself from others. It's still the best strategy to reduce your risk of catching the virus or passing it on to others.



Congratulations!

Angela Brown, Chair of our Consumer Advisory Committee, has received the [ACT Senior Volunteer of the Year Award](#). Angela is a Wailwan/Ngemba woman. She has rheumatoid disease and osteoarthritis, along with other chronic illnesses. In her role as Chair Angela has engaged with consumers and health care planners to implement change. She has also played an integral role in developing MSK's 'Reflect' Reconciliation Action Plan (RAP). Through community awareness and support, Angela believes we can contribute to people's wellbeing, both physically and mentally.



What's the deal with bursitis?

You've probably heard of bursitis, a common and painful musculoskeletal condition. But do you know what it is? In this article, [we take a look at bursitis](#) - common causes, symptoms, and treatments.



Tips for travelling

I wish I had never gone travelling. Said no one ever... But travel can sometimes be tricky when you have an unpredictable chronic condition. [We've got some strategies to help.](#)



There's still time to donate

No one wants to feel unheard...especially when they're in pain. Your gift can help us advocate for crucial change to improve the lives of people with musculoskeletal conditions like arthritis and back pain. [Please donate today.](#)



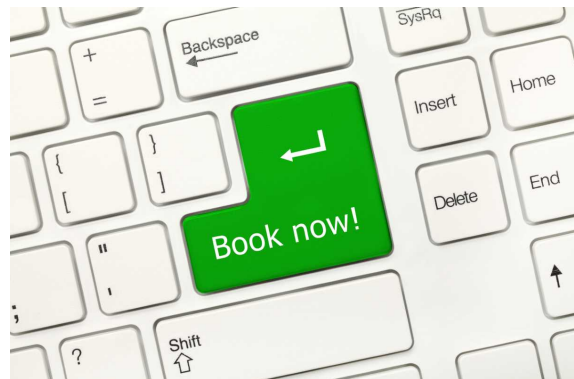
Surviving the festive season

We've made a list (*and checked it twice*) of [tips to help you celebrate](#) without the stress, pain and fatigue. *Because all we want for Christmas is family, friends and fun.*



Give mindfulness this season

[Give the gift of connection](#) and immersion in nature with a gift certificate to experience the beauty of the hot springs - redeemable at both Peninsula and the NEW Metung Hot Springs in Gippsland. Peninsula Hot Springs is a proud charity partner of Musculoskeletal Australia. [Friends of MSK](#) receive a 20% discount on off-peak bathing visits to the springs.



It's never too early to book!

We're excited to share the excellent line-up of speakers and topics for our FREE 2023 consumer webinars. They include Anxiety, depression and chronic pain; Getting a good night's sleep; Rheumatoid arthritis; Complex regional pain syndrome; Hip and knee osteoarthritis; Neck pain; and Medicinal cannabis for musculoskeletal conditions and chronic pain. [Book your place today!](#)



Eggy salmon bake

This [quick, easy and nutritious meal](#) is perfect for summer. Unlike typical quiche recipes, Kitty's recipe doesn't have a pastry crust, so it's nice and light. Enjoy!



Become an exercise group leader

Training for new leaders of warm water and/or chair-based exercise will be held at the start of April next year. This will be the only course in 2023, so don't leave it too late to register. [BOOK NOW!](#)



Treat yourself this Christmas

You're sure to find something from our great range of products. Check out our books, DVDs, jar openers tap turners...and much more! [Shop online with confidence today.](#)



No-bake ginger and caramel cookies

What's better than cookies at Christmas? [Lauren's no-bake cookies!](#) They're easy to make, full of flavour, and don't need cooking. They're so easy even the kids can get involved. Fun!

Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA and their carers. [Check out their latest newsletter here.](#)

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