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MUSCULOSKELETAL
AUSTRALIA

MSK News

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

22 October 2020

Woo-hoo people! With Melbourne and regional Victoria seeing an easing of restrictions, the WHOLE country is now starting to experience a semblance of 'normal' as we head into the tail end of a crazy 2020. Can you believe there's only 64 days until Christmas? And with the AFL and NRL Grand Finals this weekend, even though it feels like we're in a slightly alternate universe, things can't be all bad when you've got back-to-back footy. Some of us may be watching it with friends over Zoom, but we're still watching it. And that's an amazing thing!

As ever, keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And if you're enjoying MSK News [forward it to a friend](#) so they can too!

Go the mighty Tiges!

Rob Anderson - CEO

We're speechless!

We've been overwhelmed by your generous support of our National Consumer Survey.



While the official close was yesterday, it still remains open for the next few days, so there's still time to share your story, just like Sophie did. [She reveals how her life has changed](#) since being diagnosed with RA at a young age. 'I've definitely had to say goodbye to the life I was going to live and embrace the one I have'. [Share your story today and thank you!](#)

Working with a MSK condition

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. The good news is there are [things you can do and resources to help you](#). We had so much to share in this blog we've split it into 2 parts!



When coffee isn't enough

We all get tired. We overdo things and feel physically exhausted. But fatigue is different. Most people who live with a chronic condition know what it is to experience the overwhelming physical and/or mental tiredness of fatigue. We look at [some of the many things you can do](#) to manage fatigue and get on with life.

Congrats

We're proud to announce our CEO, Rob Anderson, won this year's CEO of the Year Award! [Read about Rob's leadership](#) and how he has helped shape our organisation. 'Beyond simply having the right skills, knowledge, and abilities, every staff member understands how important trust is.

When working with a population that can be vulnerable in sharing personal health information, trust is key.'



A delicious meal to impress!

One of our staff had her fancy pants on over the weekend and made Italian seared beef. Gabi said this Jamie Oliver recipe is incredibly easy, cooks in about 10 minutes and tastes amazing. So if you have a date night coming up, or just want to try something new, [try this meal for two](#).

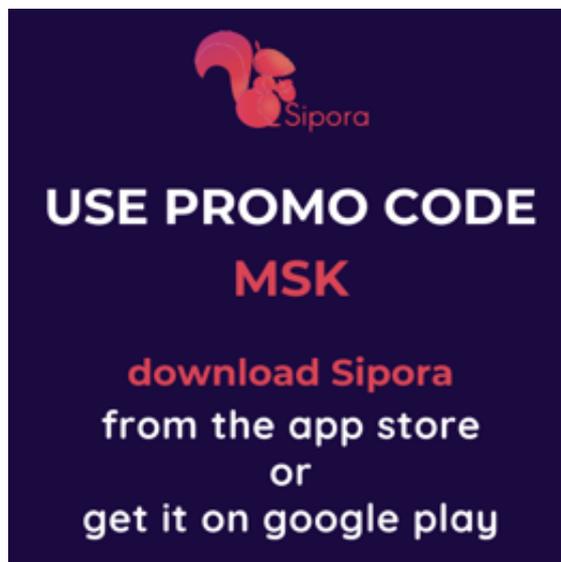
Free lupus webinar

If you or someone you know has lupus, register today for our free webinar. A/Prof Alberta Hoi, rheumatologist and leading lupus expert, will join us on 25 Nov to discuss the diagnosis and management of this complicated condition and to answer your questions. [Bookings essential](#).

Your spare change can create real change

We've partnered with round-up app Sipora, enabling people to donate their spare e-change to MSK each month. Simply download **Sipora** from the app store and nominate MSK. Sipora "rounds up" every electronic transaction you make on your selected account (coffees, car insurance, groceries etc) to the nearest dollar and

deposits it in your personal secure electronic wallet. Sipora then directs your monthly round-up amount to MSK. [Find out more.](#)

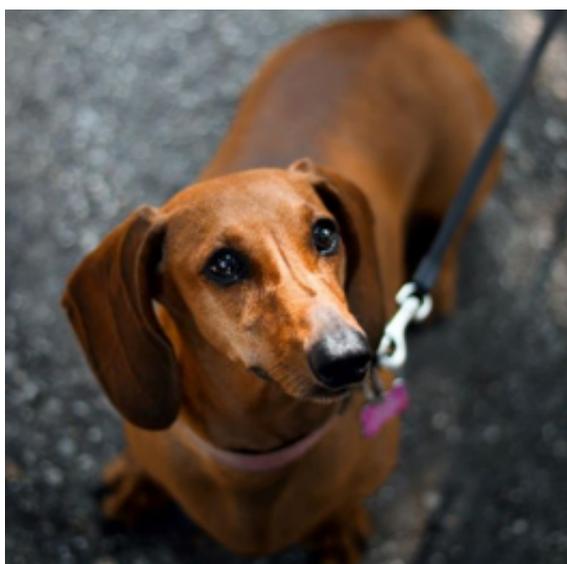


In the news

We've been fortunate to have lots of radio, newspaper and social media exposure over the past few months. We've been keeping our CEO Rob very busy! He even made it to Woman's Day making his mum very proud. [Read his tips for RA in the Oct 5 issue.](#)

Contact our free national Help Line

If you have questions about things such as managing your pain, your musculoskeletal condition, treatment options, telehealth, or accessing services be sure to call our nurses. They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).



Smile!

[This little dog](#) has got physical distancing down pat. All it takes is a biiiiiig stick!

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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