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Hello!

Winter is well and truly here, and with crazy energy prices, the pressure is on to stay warm without blowing the budget. We've got a [bunch of strategies](#) that can help. We also look at a condition that affects about 6,000 Australians and is [represented by a flower](#) that follows the sun for warmth. *(I think we could all use some of that warmth right now!).*

DYK, many people with musculoskeletal conditions find taking care of their teeth and gums, including visits to the dentist, painful? If this is you, check out our [tips and tricks](#) to make things a little easier.

Ready to do some cooking? Our volunteers have created some tasty recipes you can whip up in a flash. Try Kitty's decadent [crunchy marshmallow snacks](#) and Shalini's flaky [silverbeet and feta filo triangles](#). Yum!

Enjoy MSK News, stay warm, and have a great week.

Lisa Bywaters, Content and Knowledge Manager



Brrr, it's cold out there!

Food, petrol, mortgage, rent - everything seems to be going up. Except for the temperature outside, that's definitely stuck in a downward spiral. So how can you stay warm and keep the costs down this winter? We've [got some suggestions](#) tucked in our mittens for you to try.



Caring for your choppers

We all want healthy teeth and gums so we feel confident and comfortable when we speak, smile, eat, and laugh. But chronic pain and dry mouth can create some challenges when it comes to caring for oral health. Check out these [simple things you can do](#) to manage this.



National Arthritis and Back Pain + Help Line

Call Now **1800 263 265**

 **MUSCULOSKELETAL**
AUSTRALIA



Shining bright

DYK sunflowers are a symbol that represents the hope and resilience of people living with scleroderma? [Learn about this rare condition](#) that affects about 6,000 Australians.



Will power

You have the power to make an ongoing difference to people living with musculoskeletal conditions by leaving a charitable gift. Read our [Wills and Bequests booklet](#) to learn more.



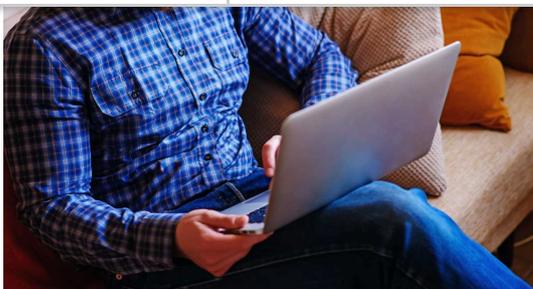
Silverbeet fillo pastry triangles

Shalini's [silverbeet and feta triangles](#) are the perfect appetiser, lunch or snack. They're so easy to make, bake and share!



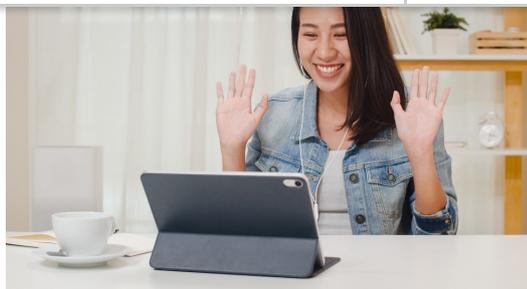
Crunchy marshmallow snacks

Kitty's rustic, [homemade nibbles](#) are a fun recipe to make with kids and a decadent treat to share with friends and family.



Complex regional pain syndrome

Do you have complex regional pain syndrome? If so, [register today](#) for our free webinar on 19 July to learn more about this condition from specialist pain physiotherapist Dr Anne Daly.



Dragon Talks

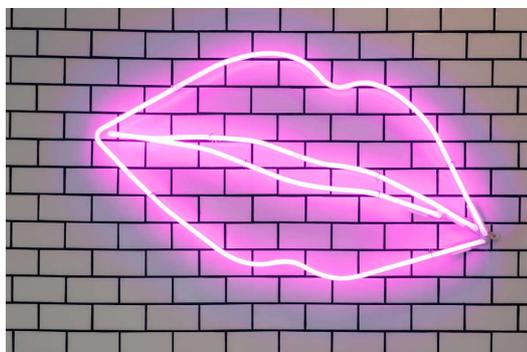
Join our friends at Dragon Claw for free weekly online meetings. Meet and chat with others affected by autoimmunity (patients and companions). Contact

Charmaine@dragonclaw.net or visit their [website](#).



Research opportunity - Young people and pain

Are you 16-24 years and living with persisting musculoskeletal pain? Researchers at Curtin University would love to hear from you. They're exploring ways to support young people to manage their pain and mental wellbeing with digital solutions. Visit their [website](#) or [email Helen](#) for more info.



Research opportunity - Chronic pain and sexual wellbeing

Researchers at Australian Catholic University are looking for participants for their study investigating sexual wellbeing from the perspective of people with chronic pain. For more information about the project, methods, procedures and frequently asked questions, [visit](#).

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