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Hello to all our valued Musculoskeletal Australia supporters!

That time of year is upon us once again! Being new to the MSK team, it has been incredibly exciting to look back over the past year and understand all the things we have achieved as an organisation...and we are not done yet!

I am really excited to announce the release of the first of our Self-Care Plans that have been developed thanks to the generous support of AbbVie. The Rheumatoid Arthritis (RA) Self-Care Plan has been developed in collaboration with consumers, healthcare professionals and experts and is specifically designed to be a **practical, tailored, and essential** tool for every body! This is just the first of our self-care plans, which we will be releasing over the coming weeks. So, make sure you head to [our website](#) and click on the Get Informed tab to explore more.

Another exciting initiative, of course, is the 2023 Musculoskeletal Consumer Survey. We have been overwhelmed with the response so far, BUT we have set a really ambitious target to make this the LARGEST musculoskeletal consumer survey in Australia, and we still have work to do! The survey does take a little bit of time to complete, BUT that time is so important to help Musculoskeletal Australia support and advocate for ALL Australians living with these painful and challenging conditions. Once you complete the survey, you can choose to go into the draw to WIN one of 4 \$250 gift vouchers. WE NEED YOU to help us provide the best possible support and services AND drive much-needed change to improve the lives of EVERY BODY living with a musculoskeletal condition. So, [get surveying](#) NOW!

Finally, as we make our way (very quickly) towards the end of the year, I want to take this opportunity to thank our wonderful volunteers, our Board of Directors, our Committee Members and our staff for their incredible contributions and work throughout this year. The MSK team will be taking some much-needed downtime over the festive period! The office will be closed from Monday 18 December 2023, and we will reopen again on

Monday 22 January 2024.

On that note, I wish everyone a happy, healthy, and relaxing festive season, and I look forward to working with you all in 2024.

Regards

Helen Jentz

Chief Executive Officer



### Let's get physical

Exercise is essential for overall good health and wellbeing. It can help you feel better, reduce your risk of many health issues and can help you manage your pain. We've got plenty of [exercise tips](#) to get you started.



### What is anti-inflammatory eating?

Anti-inflammatory diets have been around for some time and the theory behind these diets is that certain foods have anti-inflammatory properties. You can learn more about the 'what', evidence and how it could help [here](#).



### Diagnosed with RA for less than a year?

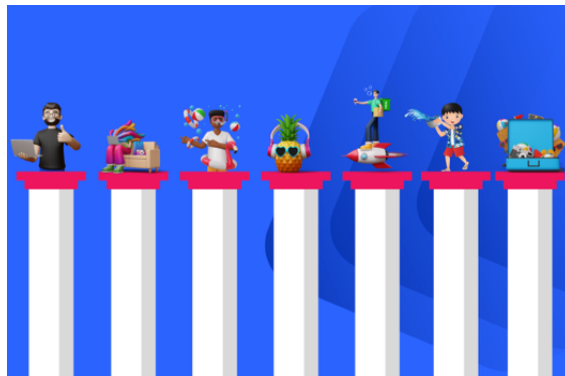
Volunteer for a new study looking at the connection between rheumatoid arthritis and gut health, researching the effectiveness of a potential pre and probiotic medical food on managing symptoms. Click [here](#) to learn more.

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### Make your Christmas donation

Please join me in ensuring more people benefit from the incredibly valuable free information and support Musculoskeletal Australia provides. [Please donate today.](#)



### RA Self-Care Plan

The first in a suite of self-care plans is now available on [our website!](#) This essential tool has been developed to help you understand and support you in navigating your journey with rheumatoid arthritis. Why not get started today?

## 2023 National Musculoskeletal Consumer Survey

1 in 3 Australians live with muscle, bone and joint conditions. Many of them feel invisible.

# ARE YOU ONE OF THEM?

it's time to have your say



Click here to take the survey and go in the draw to win one of four \$250 online gift cards



### When coffee isn't enough

We all get tired. Usually after a night or two of good quality sleep, the tiredness goes

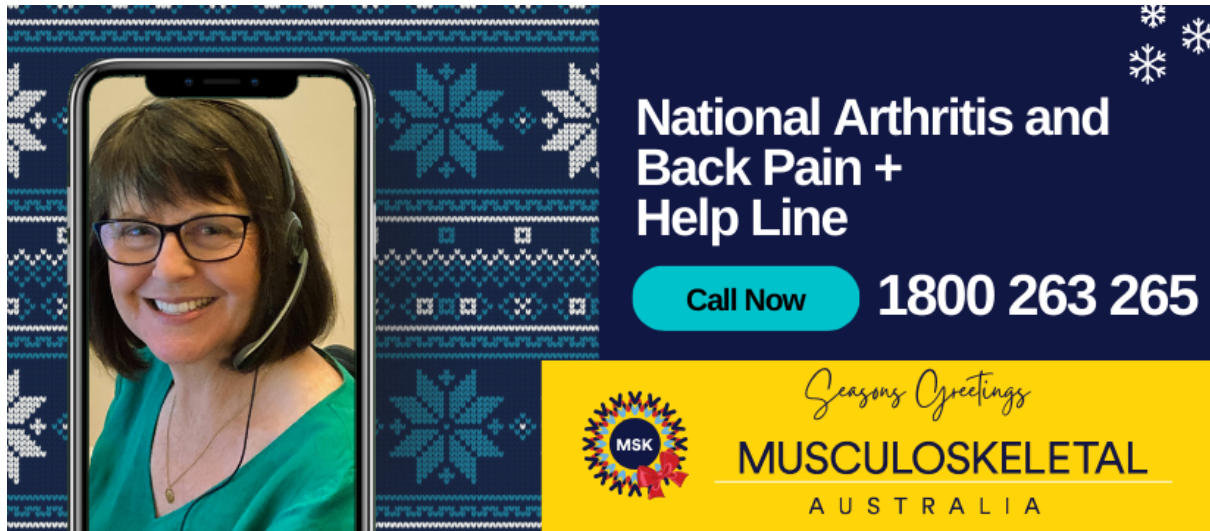


### Make a difference this Christmas

Connect in nature and explore the many bathing and wellness experiences at

away and we're back to our old selves. But fatigue is different and can make every day activities difficult. [Read more](#) on ways you can manage and beat fatigue to help you get on with your life.

Peninsula Hot Springs these holidays. [Gift certificates](#) are now available and 50% of sales from the Make a Difference Revitalise Bath House Bathing certificates will be donated to MSK.



The banner features a woman wearing glasses and a headset, smiling, with a blue and white patterned background. To the right, the text reads "National Arthritis and Back Pain + Help Line" in white on a dark blue background. Below this is a blue button with "Call Now" in white, followed by the phone number "1800 263 265" in white. At the bottom, a yellow banner contains the MSK logo, the text "Seasons Greetings" in a cursive font, and "MUSCULOSKELETAL AUSTRALIA" in a bold, sans-serif font.



### Appetizer anyone?

Kitty's tasty chicken cucumber appetizer is sure to be a winner these holidays. It's fresh, light, and full of flavour with a little hint of chili oil. You can find the recipe [here](#).



### Tune in

If you missed our recent Koadlow Lecture, you can [watch the recording](#) now. Liam Mannix, multi-award-winning national science reporter shares his lived experience and research into back pain.

WE NEED YOUR HELP TO REACH OUR TARGET OF 7500 SURVEY RESPONSES

There's still time to take the survey

Go to [msk.org.au](https://msk.org.au) to find out more

Survey closes 31 December

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