

[View this email in your browser](#)



Hello to all our valued Musculoskeletal Australia supporters!

The MSK Team recently had the incredible opportunity to present to staff at the Hobson Bay City Council. Joining us for the presentation was our amazing Musculoskeletal Health Champion Kate Ditchburn. Raising not only **AWARENESS**, but perhaps more importantly, **UNDERSTANDING** of the real challenges of living with a musculoskeletal condition is central to the reason **WHY** we exist as an organisation.

To make sure we accurately and effectively build community awareness and understanding, it is critical we understand what **YOU** experience as someone living with these conditions. That's why we are regularly asking you to be involved in the incredibly important research and information gathering initiatives we undertake. What we also need from you is help 'spreading the word' so that we can grow our reach across the country and make sure more people have a voice to drive real and lasting improvements in how we approach musculoskeletal health in Australia.

So please, forward our MSK News to **everyone you know**, friends, family, work colleagues, your social groups, sports clubs, you name it...we need to get the message of awareness and understanding out there! Get your friends and family to [sign up](#) to receive the Musculoskeletal Australia updates, to be involved in our focus groups, activities, events, appeals and campaigns. There are over 7 million Australians living with musculoskeletal conditions and we want to make sure every one of them, their families, their workplaces, and their communities have access to the information, support and services that we deliver. Our vision is to achieve an Australia where people can live free from the negative impacts of musculoskeletal conditions.

Until next time.

Helen Jentz

Chief Executive Officer



Free webinar: 28 March

If you haven't already, [register](#) NOW for the must attend **'Working well with your healthcare provider'** webinar. Learn tools and tips to support you to communicate with your healthcare team. Presented by psychologist Bridget Scanlon, this webinar is one not to be missed!



You and your healthcare team

Having a supportive and reliable healthcare team around you is important. [Read more](#) about how different health professionals can assist you at different times in your personal health treatment and management journey.

GOT BACK PAIN?

Join one of our yarnning circles for Aboriginal and Torres Strait Islander Peoples living in Victoria and share your experience.

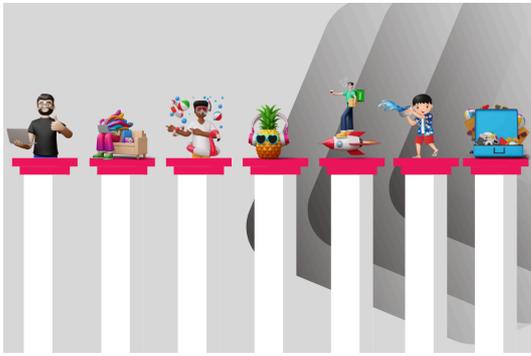
<https://www.surveymonkey.com/r/97VQP75>

You are invited to take part in a **yarning circle for Aboriginal and Torres Strait Islander People in Victoria**. The project is about exploring your experience with and how you manage back pain. Participants will receive a \$50 gift voucher for their time and knowledge. The yarning circle will be held at Musculoskeletal Australia's office in Elsternwick on Thursday, 28 March. Find out more [here](#).

Will Power

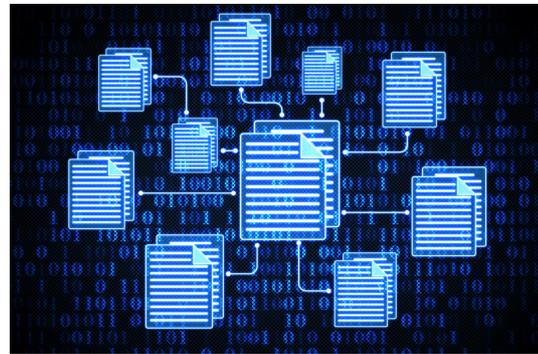
You have the power to make an ongoing difference to people living with musculoskeletal conditions by leaving a charitable gift.

Please, read our Wills and Bequests booklet to learn more.



We've got your back

Our [back pain self-care plan](#) has been developed specifically for people with back pain. This easy to understand and practical plan will provide tips and tools to put you in control.



My Health Record explained

My Health Record is a secure digital place that stores your health information which can be accessed by you at any time. We've put together [some information](#) to help build your knowledge about this health initiative.



Focus group

Do you use complementary medicines to support your health and well-being? Ever wondered about how herbs, supplements or the foods you eat interact with prescription medications? Then this focus group is for you! In partnership with Unity Health we are conducting a series of focus groups on complementary medicines and living with musculoskeletal conditions and **WE NEED YOU!** To learn more about how to take part click [here](#).



Diagnosed with RA?

Have you been diagnosed with RA in the twelve months? Then a new study looking at the connection between RA and gut health, researching the effectiveness of a potential pre and probiotic medical food on managing symptoms might be just for you! If you are interested in volunteering or want to learn more about this study click [here](#).



SELF-CARE FOR HEALTH

Join our online presentation about Musculoskeletal Australia's (MSK) self-care plans for RA, JIA, PsA, axSpA, OA & Back Pain



25 March 2024



7pm - 8 pm



<https://us02web.zoom.us/j/81225206710?pwd=UWtxZFVLaM1EeU5jSGtUmVyMWWhydzO9>



Meeting ID 812 2520 6710



Passcode273921



HELEN JENTZ - CEO MSK



Money, money, money!

Living with a musculoskeletal condition can be expensive. On top of medications, healthcare appointments, aids and equipment, there's everyday living expenses. [Here](#) we've put together some practical information that may help navigate financial stress.



Dollar saving dinner

Kitty, our volunteer dietitian, has put together this budget friendly recipe for [Creamy Corn Pork](#). It can be whipped up in just 20 minutes for the whole family to enjoy. Give it a try tonight!

Calling all Young People

Dealing with a chronic condition as a young person can be tough. If you're aged 16-25, live in Australia, and have been diagnosed with a long-term health condition, you're invited to test a new program which teaches different ways to stay emotionally balanced in the face of health challenges. You can find more information [here](#) or [email](#).

Online wellbeing program for young people living with chronic conditions

TELETHON
KIDS
INSTITUTE
Discover. Prevent. Cure.

Curtin University

We're looking for people to test a new program designed specifically for young people with chronic conditions.

Scan the QR Code for more information:



Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number 2023-0213). The results of this study will be used by Asha Parkinson to obtain a Doctor of Philosophy.

Better care for adolescents with persistent pain

Are you between 12 and 25 years old with chronic pain and live in South Australia? Do you have long term pain like headaches, stomach pain, back pain or arthritis? Have you used South Australian healthcare to manage your pain? If yes, University of SA would like to find out about your experiences and hear what you think would help. You're invited to join their Youth Co-design Group to help design healthcare that meets your needs. Find out more [here](#) or [email](#) Dr Carolyn Berryman with any questions.

We can't provide our free services to those who need them without the generous support of people like you. Please make a tax-deductible [donation](#) today.

STAY CONNECTED WITH MSK

Follow us on Facebook, Twitter, YouTube and Instagram for all the latest and greatest news, research, events and more.





MUSCULOSKELETAL
AUSTRALIA

PO Box 130 Caulfield South, VIC 3162
P: 03 8531 8000 ♦ E: info@msk.org.au
National Arthritis and Back Pain+ Help Line 1800 263 265
msk.org.au

[Why am I receiving these emails?](#)

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Musculoskeletal Australia · 263-265 Kooyong Rd · ELSTERNWICK, VIC 3185 · Australia