

# Arthritis

NEW SOUTH WALES

- SINCE 1967 -



Camps for children & young people living  
with Juvenile Arthritis

## Juvenile Arthritis

Juvenile idiopathic arthritis – generally known as juvenile arthritis – is the term used for all the types of arthritis that are diagnosed in children and young people under the age of 16 years.

Juvenile arthritis is one of the most common, as well as serious, persistent medical conditions that occur in childhood. An estimated 1 in 800 Australian children are currently affected.

Arthritis involves inflammation of the joints, with common symptoms including pain, swelling and stiffness in one or more joints that can swing from mild to disabling.

## Daily Challenges

Living with juvenile arthritis can be challenging not only for the child or young person but also for their families and friends.

Painful flare-ups and compromised mobility can take away the enjoyment of sporting and other physical activities, and sometimes the ability and motivation to participate. Even normal daily living tasks like getting dressed and using cutlery can become difficult.

And the pain is not just physical. Persistent pain can lead to frustration and mood swings which can negatively impact upon behaviour and social relationships. Self-esteem and confidence are at times undermined, along with academic achievement and athletic prowess.



## How we help

### Support & Understanding

At Arthritis NSW, our goal is to help children and young people with arthritis – as well as their families – to develop the self-management skills that will enable them to enjoy full and active lives.

**Our camps** provide children and young people living with juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different.

### Information & Education

The Arthritis Infoline 1800 011 041 connects you with a health professional who can provide the most up-to-date information and reference materials on managing juvenile arthritis.

Our website provides a library of information resources on managing juvenile arthritis. Our magazine – *Arthritis Matters*, monthly eNewsletter, and Facebook page regularly address the challenges of living with juvenile arthritis. For details on becoming a member or subscriber, call us or visit our website (details on back cover).

### Online Support Groups

We host two (2) community-led groups on Facebook which facilitate social support for people affected by arthritis in NSW.

**Juvenile Arthritis Support** and **Young Adults with Arthritis** are both closed groups, moderated by Arthritis NSW staff, and open to members who maintain financial membership with Arthritis NSW.

## Camp Twinkletoes

Freedom from arthritis for children and their families



**Camp Twinkletoes** is designed to help families caring for young children under the age of 8 years with juvenile arthritis. Children are accompanied by a parent or carer, with siblings and other family members also welcome.

The program has four key elements:

- Education for parents
- Fun for children with juvenile arthritis
- Activities for siblings
- Experience-sharing between families

The format for each camp varies, but is typically a weekend residential camp, with guest speakers including health specialists such as paediatric rheumatologists and physiotherapists.



### Support Us

If you would like to discuss our camp corporate sponsorship opportunities, please contact our Fundraising and Partnership Coordinator on 02 9857 3300

## Camp Footloose

Freedom from arthritis for young people



**Camp Footloose** is an educational sport and recreation camp for children and young people with juvenile arthritis aged 9 to 18 years.

The camp provides a valuable opportunity for older children and young people with arthritis to have fun, meet others facing similar challenges, and share experiences in a supportive environment. It also helps them gain a sense of control over their condition and their lives.

Dedicated team leaders and staff, including health professionals, attend camp and guide participants through a range of exciting activities and engaging education sessions.

The format for Camp Footloose is typically a five-day residential camp, held during the NSW public school holidays.

**To find out more about attending or volunteering at our camps, please contact us on 02 9857 3300 and ask to speak with our Health Services Team or Volunteer Coordinator**

# Camp Footloose

Freedom from arthritis for young people **Arthritis**  
NEW SOUTH WALES



**APPLICATIONS for 2018 NOW OPEN!**  
**EARLY BIRD discounts until 31 July!**

A supportive sport and recreation camp for  
children and young people  
(9 to 18 years) with juvenile arthritis.

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**When:** 8<sup>th</sup> to 12<sup>th</sup> of October 2018

**Where:** Sydney Academy of Sport & Recreation  
Narrabeen, NSW

**Fees:** Members of AONSW \$200  
Non-members \$230

**SAVE \$50 by registering before 31 July!**

**Contact:** Call Julie Wakeman on 02 9857 3300 or  
Email [camps@arthritisnsw.org.au](mailto:camps@arthritisnsw.org.au)

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Visit <https://arthritisnsw.org.au/camp-footloose/> to  
download the Camp Footloose Application Form

**LIMITED PLACES** Applications close 24 August 2018

For more information call:  
02 9857 3300



Our Vision:  
**Freedom from Arthritis**

**Arthritis InfoLine: 1800 011 041**

**Phone: 02 9857 3300**

**[www.facebook.com/ArthritisNSW/](http://www.facebook.com/ArthritisNSW/)**

**[www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)**



For information on how to support us,  
please visit:

**[www.arthritisnsw.org.au/support-us](http://www.arthritisnsw.org.au/support-us)**