

About us

Arthritis NSW is a member-based health charity founded in 1967 to help improve the lives of people living with arthritis and other musculoskeletal conditions.

As the peak body for arthritis support in NSW, our organisation works to empower the individual to manage their own condition to achieve their personal meaning of ANSW's vision Freedom from arthritis.

Who and how we help

Arthritis NSW is here to help, support and empower people living with arthritis and related conditions. We are accessible to all people, from the newly diagnosed to those who have lived with the disease for some time.

We achieve this through the delivery of education programs covering topics such as lifestyle and nutrition, and health services which focus on self-management and gentle exercise.

The outcomes we seek for the people we help are improved or maintained joint functionality, reduced overall pain, and an improvement in quality of life.

Our key focus areas

1. Prevention of disease
2. Management of conditions
3. Understanding and support
4. Research towards improved treatments



Arthritis Info Line: 1800 011 041

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www.facebook.com/ArthritisNSW

www.arthritisnsw.org.au

Donate

As a non-government charitable organisation, we rely on the generosity of our donors, sponsors, members and other supporters to help us deliver our valued services.

For information on how to support us, please visit:

www.arthritisnsw.org.au



Arthritis
NEW SOUTH WALES

- SINCE 1967 -



Camps for children
and young people
with juvenile arthritis

Kids 0 to 8 years



Freedom from arthritis for children and their families



Camp Twinkletoes is designed to help families caring for young children under the age of eight 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:

1. Education for parents
2. Fun for children with juvenile arthritis
3. Activities for siblings
4. Experience-sharing between families

In 2019/20, each Camp Twinkletoes event will be held on a Saturday, with guest speakers to include health specialists such as paediatric rheumatologists and physiotherapists.



Our 2019-20 camps

Arthritis NSW now runs four children's camps each year to support families who are living with the daily challenges of juvenile arthritis. Camp Twinkletoes and Camp Footloose will each be delivered at a Sydney venue and at a regional or rural centre to give families outside Sydney a chance to attend.

Children's Camps Calendar

Camp Twinkletoes

Saturday 16 November 2019
Taronga Western Plains Zoo, Dubbo

Saturday 23 May 2020
The Ranch, Marsfield

Camp Footloose

Monday 30 September – Friday 4 October 2019
Broken Bay Sport & Recreation Centre

Monday 20 April – Friday 24 April 2020
Lake Burrendong Sport & Recreation Centre

Pricing

Camp prices and further details are available on our website: www.arthritisnsw.org.au/children-arthritis/camps-for-kids/.

All camps have early bird rates and Arthritis NSW member discounts.

To find out more about attending or volunteering at our camps, call us on 02 9857 3300.

Support us

If you would like to discuss our camp corporate sponsorship opportunities, please contact our Business Development Manager on **02 9857 3300**.

Kids 9 to 18 years



Freedom from arthritis for young people



Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis aged nine 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 experience 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.

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

