

YOUR GIFT OF FRIENDSHIP



Abigail and Elizabeth pair up to kayak across Narabeen Lagoon

THIS YEAR, YOUR GENEROSITY HELPED 12 TEENAGERS WITH JUVENILE ARTHRITIS TO COME TOGETHER FOR FUN AND FRIENDSHIP AT CAMP FOOTLOOSE.

For one of the boys, Thomas, it was as if a light had been switched on. For the first time, he realised that he wasn't alone, that other children had arthritis too and they could all relax and talk about it.

So often, children and teenagers with juvenile arthritis like Thomas struggle alone with painful and unpredictable flare-ups at school and with their friends.

At Camp Footloose, the children challenge themselves and each other with physical fun in a supportive environment.

Knowing that they're with others like them, helps them let down their guard and forge friendships that last way beyond the life of the camp.

Thanks to YOUR support, many tweens and teenagers return from Footloose with new resilience and confidence.

The only people who are happier than the children after Camp Footloose, are their parents. One mother, whose daughter Laura attended camp in 2019, said that she was making stronger friendships at school and taking more interest in school sports.

'Camp Footloose definitely made a positive impact on her and our family,' she said.

In 2020, Camp Footloose was held over one day at the NSW Academy of Sport. For more on that event, turn to Page 2.

HELP A TEENAGER TO FEEL THEY BELONG

Thanks to YOUR generosity, 12 teenagers with juvenile arthritis joined Arthritis NSW staff for a day of fun and friendship on 3 October 2020 at the Sydney Academy of Sports Narrabeen.

At Camp Footloose, JIA Day, two boys and 10 girls took part in fun activities and the opportunity to catch up with each other and share their experiences in this unique year.

The morning started with a round of archery, followed by kayaking in the clear waters of Narabeen Lagoon, which included a nature meditation.

‘The main reason I come to Camp Footloose is to be understood.’

RESILIENCE AND LAUGHTER

Over lunch, the children laughed, caught up with friends and shared their experiences of 2020. In the afternoon, they discussed how Camp Footloose helped them and what it teaches them. The children’s feedback will help to plan next year’s event.

It was wonderful to witness their indomitable resilience, hear their laughter see their smiles and to realise how much they value their camp experience and their very own JIA community.

‘Camp Footloose has taught me life hacks to deal with arthritis.’

YOU can help bring more children with juvenile arthritis to Camp Footloose and Camp Twinkletoes in 2021. To donate to our Children’s Camp Program, [visit our website here.](#)



Julia channels her inner Robin Hood



Thomas and Charlotte work as a team in their kayak

ARTHRITIS FACTS

- 3.9 million Australians have arthritis.
- By 2030, it is projected there will be 5.4 million Australians with arthritis
- Around 2 million people with arthritis are of working age (15-64 years)
- Arthritis cost the health system \$5.5 billion in 2015
- Children get arthritis too
- 52,000 people (aged 15-64 years) are unable to work due to arthritis
- There are more than 100 different types of arthritis

Online programs reach more people with arthritis

When Australia went into lockdown in March, Arthritis NSW worked hard to look after our members.

We launched the online education program *Empowering You* and exercise program *Get Moving!* to help people remain flexible and mobile in their living rooms. And they did. At 15 November, the *Get Moving!* webpage had received more than 7300 visits.

The team also used this time to create an online program to extend beyond

2020/21, to bring regular community education webinars and exercise classes to metro and rural audiences.

Arthritis NSW set this goal to expand our services to online audiences long before the COVID-19 lockdown.

So, with the help of YOUR general donations, the team worked quickly to bring our long-held goal to fruition.

Right: ANSW instructor Dai Uk leads an online Strength & Balance class



They’ll never ask for your help...

Recently, Arthritis NSW asked for YOUR help to support people living with arthritis in rural areas.

Since the program began two years ago, YOUR gifts have helped us reach more than 800 people living with arthritis in rural areas, which suffer from a shortfall of health services.

This means they have gathered in their own town to hear the latest ways to manage their arthritis through nutrition and exercise.

STEVE’S STORY

You heard the story of Steve, from western NSW, who’s lived with osteoarthritis in his knee for 20 years. It has gradually impacted his ability to do physical work. After working his property, he would ice his knee and have to rest the next day. He didn’t talk much about the pain. He took the anti-inflammatory prescribed by his doctor and just got on with it.

Thanks to YOU, the Arthritis NSW seminar he attended in Parkes inspired him to change his diet and to walk for exercise.

After 10 months he lost eight kilograms, reducing the weight on his knee, and he now no longer needs the anti-inflammatory.

Arthritis NSW runs the rural health seminars thanks to YOUR kind donations to our Christmas Appeal each year.

The funds allow our Health Team to deliver the seminars as free events. Your generosity will help bring this valuable information to those who need it in 2021.



L-R: Jenny, Thelma, Gen, Marie, Gloria and Susan gather after the rural seminar in Mudgee in August 2019



To make a donation, [visit our website here.](#)

Share the joy

Christmas is a happy reminder of the passing of time, and the need to be thankful for all we have. Imagine the difference your gift could make to so many in the future.



The spread of arthritis throughout the community, along with its burdens and costs, is predicted to grow to 5.4 million Australians by 2030. This will impact our economy and the ability of people living with arthritis to keep their jobs, social connections and independence. Including a gift to Arthritis NSW in your Will can make a difference to people with arthritis.

Your gift will help people to regain their lives, rejoin loved ones and once again feel thanks and joy. For more information about leaving a gift in your Will, [visit our bequest webpage](#), call Jo on 02 9857 3327 or 0412 510 102 or email: bequests@arthritisnsw.org.au

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