

GRATITUDE FOR THE BIG GIVING DAY

THANK YOU so much for contributing to *The Big Give 4 Arthritis Giving Day* on World Arthritis Day 2021.

Whether YOU are a sponsor who helped pre-build the pool of funding, or one of the generous donors whose gifts were matched on the day, we were overwhelmed with gratitude at YOUR response.

The funds raised by everyone on the day totalled nearly **\$73,000**, which exceeded our expectations. Pledges came in via sms, email, Facebook, the website and phone.

Two of our lovely donors Dr Irwin Lim (*below right*) and Katrina Fletcher (*right*) shared their reasons for taking action on the day.

Katrina's daughter Ellie, 18 was diagnosed with rheumatoid arthritis at age 11. 'She had it everywhere and could only get around her school using crutches,' said Katrina, an accountant.

On Big Giving Day, she asked her clients, friends and family to donate and gave their gifts as a single pledge.

Dr Lim is a rheumatologist who co-founded BJC Health, a group of Sydney-based rheumatology clinics. He gave on Big Giving Day because he believes arthritis is a deserving cause.

'There is a significant lack of support for arthritis and rheumatic disease. I also liked the fact my donation would be matched, so the amount was amplified,' he said.



Arthritis NSW welcomes our new partner BJC Health through their platform BJC Connect. BJC Connect membership provides ONLINE resources to empower people to manage their chronic pain and arthritis. BJC Connect includes live events and resources, group workshops to help put learning into practice, and an extensive library of recorded past events, ebooks, videos and recipes. Registration is free via: bjconnect.com.au.

Thank you!

We value our regular donors for providing us with reliable gifts that we can count on.

Diana Sykes joined the ANSW Board in 2006 when she was a marketing consultant. She stayed for four years. 'At the time, the Board was taking ANSW into a more commercial direction and we moved to the business precinct at North Ryde. I've been a regular giver for 15 years. I donate to charities where I have a vested interest.'

Diana was diagnosed with psoratic arthritis at 29. 'It affected every part of my life. I had always said yes to everything, but the arthritis took my spontaneity from me,' Diana said.

A move in 2017 to country NSW brought a change of lifestyle for Diana though she still does keynote speaking and training. 'It was becoming difficult to travel to speaking engagements so it's fortuitous that I can now give those addresses remotely.'

Joan Walker has donated regularly to ANSW for more than 20 years. Her lifelong career as a registered nurse led to her final position as Deputy Director of Nursing at Orange Base Hospital.

In 1989, Joan developed rheumatoid arthritis in her jaw, knees, hands, shoulders and feet. When life became too difficult, her specialist put her in hospital, gave her wax baths and

splints for her hands and wrists, physiotherapy and hydrotherapy. Joan was discharged with new medications and her life improved.

'I like to donate to people who are doing useful work and are passing on knowledge to those who need it,' Joan said.

ANSW CEO Alex Green said that regular donors loved the convenience of monthly giving. 'Once it's set up you don't have to think about making a gift. And it benefits the organisation because we know new donations will arrive each month to keep programs running,' he said.

To set up a regular donation, call 02 9857 3300 or email: info@arthritisnsw.org.au.



Diana Sykes

YOUR help when it's needed

As our valued donors, we want YOU to be certain that your gifts are empowering people with arthritis to live with more freedom from their condition.

As we couldn't deliver health services without YOUR gifts, we are delighted to confirm that they all contribute to the goal of Freedom from Arthritis.

A year ago we began to measure exactly that by asking the people who used our services if they were helping them to achieve their goals.

While many people have inspiring stories to tell, we have chosen one that exemplifies the way YOUR generosity is helping to change lives.

INSPIRING JOURNEY

In 2021, we spoke to Gail Rampling (*right*) from Wollongong who had joined our community education webinars and warm water classes.

'My first talk with Arthritis NSW was on Pain Management and it was pivotal to how I changed things. I was in so much pain, but didn't know that I needed to exercise to reduce it.'

After the webinar, Gail made progress, losing eight kilos over four months, commenting that 'my knees are so much happier that I'm lighter'.

She achieved the weight loss by using her neglected exercise bike, not giving up if she missed some days. 'I just know I'm heading in the right direction, even when I'm not perfect all the time.'



Gail Rampling

Five months later, her story became more inspiring. She has now lost 20kg and believes this is due to her being able to really engage with good habits rather than just follow a process.

'I have a reset button now so if I have a bad day I simply press the reset button. It's not easy, but it's not a struggle – things just require effort.'

It is stories such as Gail's that re-affirm the value of YOUR gifts to people struggling to re-gain control over their lives.

ARTHRITIS NSW FACTS

- **77%** of warm water class participants say the sessions have helped to increase or maintain their independence
- **90.2%** of our consumers agree that ANSW has increased their understanding of how to manage their condition
- **88%** of our consumers agree that ANSW motivates them to effectively manage their condition.

Source: *ANSW Outcomes Measurement Framework 2021*.

Your gift to the future

Your generosity today can mean the world to someone tomorrow.

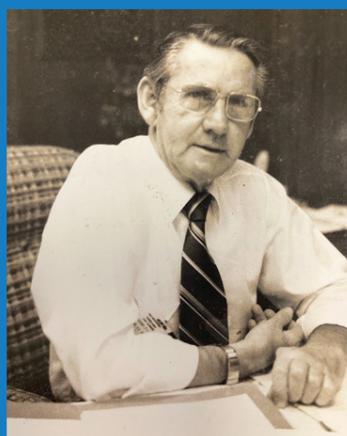
Arthritis is predicted to spread throughout the community to affect 5.4 million Australians by 2030.

This will impact our economy and the ability of people with arthritis to keep their jobs, social connections and independence.

A gift to Arthritis NSW in your Will can make a difference to people with arthritis, helping them to regain their lives and reconnect with loved ones.



Join the Bruce Williams Society



Bruce Williams

Arthritis NSW invites those who plan to provide for ANSW in their Will to join the Bruce Williams Society. The society launched in October 2021 to honour the legacy of the man who founded ANSW in 1967, Mr Bruce Williams.

Bruce was widely admired by all who knew him. As well as founding Arthritis NSW, he was an Air Force pilot, won awards for boxing, studied Pharmacy, and worked as a chemist.

Our Society members will receive personal invitations to attend information sessions and special events hosted by the Arthritis NSW Board, President and CEO throughout the year.

For more information about leaving a gift in your Will, visit our bequest webpage, call our Philanthropy Manager on 02 9857 3327 or 0412 510 102 or email: bequests@arthritisnsw.org.au.

ARTHRITIS NSW

Postal address: Locked Bag 2216, North Ryde NSW 1670
Telephone: 02 9857 3300
Email: info@arthritisnsw.org.au
Info Line: 1800 011 041

CONNECT WITH US

facebook.com/ArthritisNSW/
linkedin.com/company/3610705/
[Twitter.com/ArthritisNSW](https://twitter.com/ArthritisNSW)
Instagram.com/ArthritisNSW
arthritisnsw.org.au

YOUR GIFT OF BALANCE

THANKS TO YOU, OUR NEW DANCE PROGRAM LOOSEN UP IS GIVING PEOPLE WITH ARTHRITIS A NEW DIMENSION OF FITNESS AND AGILITY.

INSTRUCTOR BEN IS WALKING HIS STUDENTS THROUGH SALSA, AFRO, BACHATA AND KIZOMBA DANCE STYLES ONLINE FROM HIS GLEBE STUDIO THREE TIMES A WEEK.

The popular course has already expanded with new classes as word of the fun, gentle dance sessions has caught on.

YOUR generous donations have helped to launch the arthritis-tailored classes designed by physiotherapist and dance instructor Ben. He's currently completing a PhD in Dance for Chronic Pain and chose the dance styles for their weight bearing, knee and lower limb control.

The students all live with arthritis. Ben has designed the classes with small steps and slow turns, adding complexity as they regain range of movement and flexibility. Students of the pilot, held in September, reported better balance and co-ordination and happy feelings after each class.

Erica (pictured right) says she is enjoying Loosen Up. 'It's a workout as far as leg and hip muscles go but Ben paces the instructions well, so there's enough time to process,' she said.

'He talks us through the instructions, we do a practice run and then he counts the steps for us while we dance to music.'

Erica has lived with rheumatoid arthritis since 2006 and is in remission. She does hip and knee exercises every morning and cycles regularly.

Launching Loosen Up, with YOUR support, has allowed this unique program to be accessed online, giving relief and enjoyment to people throughout NSW.

'I'm pleased that ANSW has adapted to delivering classes online because it makes so many more services accessible to people,' Erica said.



Arthritis NSW member Erica Pitman takes her Loosen Up dance class in her living room every Monday morning.

'I've attended a couple of online workshops and I'm interested in doing a Strength & Balance class. You can fit them around your life, they're Covid-safe, and it opens up the opportunity to do things you couldn't normally do.'

If you've been inspired to try our Loosen Up classes, why not sign up quickly and easily on our website?

Visit: arthritisnsw.org.au/loosen-up-dance-program.