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Hello, and welcome to MSK News!

With the cost of living rising so dramatically, in this issue, we look at some practical ways to make your dollar go further, with a specific focus on [staying warm this winter](#) and [eating well for less](#).

Speaking of eating, we've got a couple of [hearty, filling recipes](#) from our wonderful volunteers: Lauren's [spiced chickpea soup](#) and Kitty's [cheesy cream cauliflower bake](#). Yum! That'll warm you up from the inside out!

This week is International Men's Health Week. While the prevalence of musculoskeletal conditions is higher in women, they do cause significant pain, disability and mental health issues in men. I'd urge any men out there living with a musculoskeletal condition, or living with pain, to contact our [Help Line](#) or visit our [website](#) for information and support. You can also get general information about men's health from our friends at [Healthy Male](#).

There's a lot more packed into this issue, so enjoy!

Stay warm, stay safe, and have a wonderful week.

Rob Anderson - CEO

Congratulations...

...to our Board Director Emeritus Prof Peter Choong for his recent Queen's Birthday Honour of Officer (AO) in the General Division of The Order of Australia. Peter



received the award for his distinguished service to orthopaedic medicine, research and tertiary medical education, and to professional associations. Peter has been a tireless supporter of MSK and consumers who live with musculoskeletal conditions. You can hear him speak at our next webinar on [joint surgery for arthritis](#) on Tuesday 12 July.



Keeping warm this winter

Many people with musculoskeletal conditions feel the cold more keenly with increased joint and muscle pain or lack of blood circulation to the extremities. We look at how you can [stay warm and keep the costs down this winter](#).



Eating well on a budget

With many of our favourite food prices skyrocketing (hello, \$10 iceberg lettuce), we share our hints for enjoying tasty, [healthy meals and snacks that won't cost an arm and a leg](#).

Please make your tax-deductible donation by 30 June

It's so important that people living with painful musculoskeletal conditions can access our free, easy to read information when they need it, to help manage their conditions. Your gift today can help provide the right information when people need it most. You can call us on 03 8531 8011 or click on the donate button below.

[Donate here](#)



Make healthy changes

January 1, the traditional date many of us decide to make healthy changes, has come and gone, along with many of our resolutions. If you still want to make healthy changes but haven't had much success so far, [we've got some tips to help you](#) make small, practical changes that can have a big impact.



Enjoy the soothing warmth of the hot springs

As we experience the brisk seasonal changes and adjust to shorter days, our search for wonderful warming comforts has never been greater. This winter, feel the warmth of a soothing soak at the Springs. [Book your winter bathe now](#). Friends of MSK receive a 20% discount on Revitalise Bath House bathing experiences. [Join today!](#)



Spiced chickpea soup

Delicious and spicy, Lauren's [warming soup](#) is packed full of flavour and is sure to fill you up and leave you satisfied.

Cheesy cream cauliflower bake

Kitty has provided a [rich and creamy cauliflower dish](#) that's perfect for a cold winter's night. Crispy on top with a gooey cheese centre, this is real comfort food.



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