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Due to the National Day of Mourning, Thursday 22 September 2022, we've brought our newsletter forward one day.

Hello, and welcome to MSK News!

Spring has sprung! Because we're so excited about that, we're bringing you a couple of spring-related articles. The warmer weather and longer days mean we can get outdoors and [enjoy our gardens](#) and a [good walk](#). But sometimes our ability to do these things may be affected by our condition or pain. We've got some tips to help. We also take a look at [juvenile arthritis](#). Did you know it affects as many kids as juvenile diabetes? Yet few people know about it.

Unfortunately, most people aren't aware of juvenile arthritis and other musculoskeletal conditions, even though 1 in 3 Australians has one or more of them. We all know someone who lives with the pain of one - a child, sibling, father, mother, grandparent, friend, teammate, or workmate. Or ourselves.

That's why our annual [Rattle Ya' Bones Day](#), coming up on Monday 31 October, is so important. It's a national Day of Awareness for all muscle, bone and joint conditions and the impacts they have on people's lives. We hope you can join us and get involved.

Last week we held our free online lecture *Working wise*. Our presenters provided tips, strategies, and resources to help people manage their musculoskeletal conditions at work. They also provided info and advice on staying at work, changing jobs, understanding your rights, and more. If you missed it, no problem! You can [access the recording now](#).

Finally, our volunteers, Lauren and Kitty, have provided [some tasty treats](#) for you to whip up this week - [soba noodle salad](#) and [tomato oxtail stew](#). So let's get cooking!

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

Rob Anderson, CEO



Weed 'em and reap

It's spring, and our gardens are coming alive. So it's the perfect excuse to get outside and dig in the dirt. But sometimes, gardening can be painful and difficult to do. We've got some [strategies to help you out](#).



Kids get arthritis too

Most people think that arthritis only affects older people, but kids can get it too. It's estimated between 1 in 800 and 1 in 1,000 children in Australia have arthritis. And yet, we don't know what causes it. [Learn about JIA](#).

Help people like Buffy find the answers they need

When Buffy's son was diagnosed with juvenile arthritis after his 13th birthday, it felt like the bottom had dropped out of her world. Feeling lost and overwhelmed, Buffy found the help she needed to care for her son at Musculoskeletal Australia. With your support, we can continue to provide people with the help and support they need to understand and manage musculoskeletal conditions, just like we did for Buffy.

[Please donate today.](#)





Just keep walking

Is there anything better than pulling on your comfy trainers and heading outdoors for a walk? With the first breath of fresh air and the sun on your face, you feel better. And we've got [14 tips to make walking even more enjoyable](#).



Rattle Ya' Bones Day

Our annual Rattle Ya' Bones Day is almost here! It's a chance for people everywhere to make some noise and raise awareness of invisible conditions like arthritis, back pain, fibromyalgia, gout and so many others. You can help us by joining in and sharing your story. [Find out how](#).

Cheaper medicines a step closer

Did you catch the news? From 1 January 2023, the maximum price of Pharmaceutical Benefits Scheme medicines will [drop from \\$42.50 to \\$30](#). Hooray! We're proud of our work with the Pharmacy Guild and other partners to advocate for this change.

Lauren's soba noodle salad

This [simple and refreshing salad](#) is just the thing for spring! And it takes no time, so it's sure to become a favourite mid-week meal for those days when you want something quick, tasty and healthy.



Kitty's tomato oxtail stew

Tired of the same old recipes and ingredients? Then give Kitty's [tomato oxtail stew](#) a whirl. It has a big flavour and is packed with nutrients. *Did you know, in the past oxtail came from, you guessed it, an ox.*



But today, it's simply the culinary name for the tail of cattle.

Conserving our history

We're pleased to announce that, thanks to the State Government of Victoria and the Public Record Office of Victoria, we've received further funding through the Local History Grant Program. This funding will enable us to complete Part 2 of our project, [Digitisation and Cataloguing of Musculoskeletal Australia's Photographic Collection](#). The digitised photographs will be made available for viewing online, and we look forward to being able to share them with you soon!



Recruiting now!

The following research trials are currently looking for participants.

Neuroscience Research Australia (NeuRA) is looking for volunteers over 60, with knee osteoarthritis living in and around South East Sydney. The BOOST trial will explore the use of a novel intervention combining non-invasive brain stimulation and exercise therapy in people with knee osteoarthritis. To find out more about the trial, contact Wei-Ju Chang at w.chang@neura.edu.au or [visit the website to sign up](#).

The University of Queensland is looking for people aged 18 and over to participate in a short 20-minute online survey to understand the thoughts and feelings that might influence pain management. [Visit their website](#) to find out more or to get started.

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