

Arthritis Matters



Ben with Luna



Georgia

Your gifts at work

SPRING 2026 | Your donor newsletter

Thank you to all who gave to The Arthritis Movement's (TAM) Tax Appeal 2026.

With your generous gifts, we will be supporting children with juvenile arthritis and their families with programs such as Camp Footloose, well into 2027.

Thank you to Ben, pictured left on his 15th birthday with his dog Luna. Thank you also to Georgia, pictured right with her scooter.

Their families shared stories that were confronting, yet full of hope and gratitude as they reflected on the fun and friendships they found at Camp Footloose.

Thanks to gifts like yours, TAM will run Camp Footloose this October, which Ben and Georgia each hope to attend. For Ben, it will be his third Camp Footloose.

'The messages from donors were great. I really liked reading them,' Ben said. 'A lady called Daisy said we had the same condition but she'd had it for 50 years. She was 90 years old.'

'All the donors said they hoped we'd have a great time at the next Footloose.'

Gifts like yours support the Children's Program which delivers events multiple times a year.

To donate to The Arthritis Movement, call 1300 275 826 or visit arthritis.org.au.



Your kindness brings balance

Thanks to you, Cheryl can walk with confidence again.

Your support of our gentle exercise programs, such as Tai Chi, has brought new confidence to Yeppoon resident Cheryl who was living with the risk of debilitating falls.

Cheryl began to experience balance issues after treatment to remove a tumor at the base of her skull.

‘Three years after the treatment, I was still experiencing balance problems, including a few falls. I started practicing yoga, but it didn’t improve my balance so I started Tai Chi classes with The Arthritis Movement (TAM) last year,’ she said.

‘My mother had arthritis so I joined her up, and when she passed I kept in touch, so I was aware of the classes TAM offered.

‘I began with Dance with Arthritis and moved on to Tai Chi. I’m 70 years old and both classes have helped me deal with a range of issues.

Falls have reduced

‘Since starting Tai Chi, I haven’t fallen in a while and I can walk up and down stairs more confidently. I’m just more assured in my movements.

‘I’d also been walking with a stick, and we took a trip to Brisbane recently and suddenly I didn’t need to use it.’

With the Tai Chi working so well, Cheryl embraced the ancient practice and moved from the beginner to the advanced class.

‘I researched Tai Chi and have found a video that demonstrates moves for

arthritis. So I’ll do some of those as a warm up and then a TAM session,’ she said.

‘The teacher Margaret is very good and a wonderful support. The classes are relaxing and energising at the same time. So they have physical and mental health benefits,’ Cheryl said.

Gifts like yours support the gentle exercise classes that help people like Cheryl improve her balance and reduce the possibility that she will fall.

Thank you for giving to The Arthritis Movement. To donate, call 1300 275 826 or visit: arthritis.org.au.



Cheryl

New moves give back gift of gardening

Cliff rediscovers life's simple joys, with your help.

By supporting exercise programs, such as Arthritis Moves, you have given back to our community the simple life pleasures that their arthritis had stolen from them.

Cliff lives in Blackheath, a scenic town in the Blue Mountains. His career in horticulture and stonemasonry led to back problems, which led to diagnosed osteoarthritis in his hips, knees and back about 10 years ago.

Sadly, the arthritis worsened when Cliff worked in his garden or went bushwalking, two activities that brought him joy.

But, after completing three terms of our online program Arthritis Moves, Cliff is now back in his one-acre garden and is joining his bushwalking friends again.

More flexible

'I noticed I was more flexible after two terms of Arthritis Moves and could garden again, which is my passion,' Cliff said.

'I can't do the heavy work I used to do, like wheelbarrowing soil. But I can garden enough to get pleasure out of it. **The exercises keep me limbered up which is good for all the changing and re-landscaping I'm always doing.**

Help to keep moving

Cliff soon noticed that the classes made him strong enough to go on regular bushwalks again.

'I was struggling with weekly bushwalks. It

was getting harder and harder to keep the distances and stay comfortable,' he said.

'Arthritis Moves made me fit enough to enjoy the walks again.'

'I also feel better after the class. I like the camaraderie with the others and hearing what they've been doing. The instructors are also very good and understand what we need according to our issues.'

Gifts like yours support the gentle exercise classes that help people like Cliff rediscover his enjoyment of life.

To donate to The Arthritis Movement, call 1300 275 826 or visit: arthritis.org.au.



Cliff and his dog Millie in his garden.

Your gifts teach and inspire

Wellness Seminars bring people and knowledge together.

Sharon attended the Community Wellness Seminar in Orange earlier this year because she wanted to know the latest in arthritis research.

Thanks to you, Sharon was not only fully updated on the subject, she also networked with others and was inspired to try acupuncture for nerve pain, and see a rheumatologist to address other issues.

Your gifts gave her, and other locals living with arthritis, access to the latest information in research, exercise, pain management and nutrition, at no cost.

Help to try something new

In 2025, we ran seminars in four regional centres in NSW and QLD attended by almost 400 people. **You helped almost 400 people with similar challenges access each other to share stories, learn what worked, and seek reassurance before trying something new.**

Sharon was diagnosed with seronegative rheumatoid arthritis 30 years ago, when her son was two-years-old. 'I didn't have the strength to lift him on to the change table or use nappy pins,' she said.

'I've managed my arthritis myself and hadn't been to a rheumatologist for 10 years. I went to the seminar because I wanted to know what people are thinking now about treatments.

'The seminar had great speakers and it was useful to talk to local people with

arthritis because they know where you're coming from.

'It prompted me to see a rheumatologist for a variety of tests I needed, and try acupuncture for swelling and nerve pain. The acupuncture helped immensely.

'The seminar was a great way to get out of my head and listen to others who have something useful to share.'

Gifts like yours support people who live with arthritis in regional and rural areas.

To donate to the Arthritis Movement, call 1300 275 826 or visit: arthritis.org.au.



Sharon and her medical assistance dog Elliott who attended the seminar with her.

Life's is now a dance for Glen

Glen brings her dance moves to the pool, and is stronger than ever.

Three months ago, Glen, 67, was having trouble getting out of her chair. Since starting Dance for Arthritis classes, she uses her new dance moves to bring herself to a standing position.

She has even brought her dance steps to the hydrotherapy pool, which enhances the benefits of her warm water sessions.

And it's all thanks to you and your support of our gentle exercise programs.

Glen was diagnosed with osteoarthritis in her hands 10 years ago and has exercises to manage her condition. She joined the dance program because she wanted to gain strength and improve her posture.

Rediscovering ballet

'I studied classical ballet from age five to 15 so I was familiar with the moves. I am definitely stronger in my glutes and thigh muscles now and have better balance.

'I modify the moves I can't make and still get so much enjoyment and strength from the class,' Glen said.

Dances out of her chair

Glen has modified the moves to get herself out of her chair. 'Before I would push myself up with my hands but my arthritis was making that difficult.

'Now I use my foot and calf muscles to literally dance myself out of the chair.'

She is also using the moves in her hydrotherapy sessions, not only to help

herself out of the pool, but to maximise her exercise in the warm water.

'I walk like a dancer, pointing my toes, walking forwards and backwards in the pool. I can rise on my toes in the water, where I can't outside. And I can do the dance arm and leg movements more easily in the water too.'

Gifts like yours support our gentle exercise program that help people like Glen feel stronger and more capable.

Thank you for giving to The Arthritis Movement. To donate, call 1300 275 826 or visit: arthritis.org.au.



Glen

Thank you Marie

Marie is one of The Arthritis Movement's regular donors. At 92, she lives independently and is very social, going out most days to shop, visit, attend church or go to exercise class.

Marie began regularly donating to The Arthritis Movement several years ago because her friend had developed rheumatoid arthritis.

'My friend told me about the work you do for people with arthritis and I wanted to help her by supporting your organisation,' Marie said.

Marie lives with osteoarthritis in her hands. This means she can no longer sew because she has difficulty threading the needle, and struggles to handle her kettle or cups and saucers. She no longer cooks and now enjoys pre-prepared meals.

Marie and her late husband raised a family of two children. She gave private piano and organ lessons and retired in her early 60s. Then she and her husband went caravanning around Australia.

'My daughter and her family now live out past Kingaroy and my son and his wife live in Brisbane,' Marie said. 'They look after me very well.'

Marie loved playing with her grandchildren but says it's harder to play with great-grandchildren. 'As a grandmother I was

young enough to get down on the floor with the little ones. But as a great grandmother, I can't do that anymore.'

Marie still plays her piano, though she says her fingers have very little strength so she barely makes a sound. 'I play it when I'm by myself,' she said.



Regular donor Marie

You can be an Arthritis Hero

By becoming a Regular Giver through a tax-deductible, monthly gift, you'll help us confidently plan activities to support more people with arthritis. You'll receive regular communication sharing the impact of your support.

Contact Felipe for more information on
1300 275 826 or
fbeltran@arthritis.org.au

Your Support Changes Lives

RA therapy goal getting closer

Thank you for supporting the clinical trials of a rheumatoid arthritis (RA) immunotherapy that could transform patient care.

Professor Ranjeny Thomas AM and her team are getting closer to a new curative therapy with the promise of drug free disease remission in the treatment of RA.

A rheumatologist and researcher at the University of Queensland, Professor Thomas has produced an Antigen-Specific Immune Tolerance Immunotherapy (ASITI) and companion blood tests.

ASITI-301 comprises lipid particles holding an immune-modulatory drug, vitamin D, and an RA-associated peptide antigen. It aims to target the dysregulated immune system underlying autoimmunity in RA.

Clinical trials

‘Next year we will test ASITI-301 in a phase 1 clinical trial. To do that, we test safety, the impact of a single dose and then multiple doses of the immunotherapy on immune

cells and inflammatory markers in blood, and have a first look at the RA disease activity response,’ Professor Thomas said.

‘We developed tests to look at T cells in blood of patients who did not achieve remission on their first-line RA medications, and studied joint biopsies to see if those T cells were present and where.

‘We found T cells that partner with B cells to keep the autoimmune reaction going and to make autoantibodies, were high in blood of patients with ongoing disease activity. These T cells were also high in biopsies, and were located very close to B cells. In patients in remission, the T cell-B cell aggregates shrank.’

Visit: arthritisaustralia.com.au/reset-ra/

To donate to The Arthritis Movement, call 1300 275 826 or visit: arthritis.org.au.

Deborah on the line

Your donation, big or small, is always appreciated, and we try to respond with a thank you call to as many donors as we can.

If you receive a thank you call, our volunteer Deborah may be on the other end of the phone.

‘I always reassure the donors that all contributions go towards doing big things for our community and, even in these tough times, all donations have a meaningful impact,’ she said. ‘Thank you all, for your generosity.’



Volunteer Deborah

It's your legacy



Leaving a gift to The Arthritis Movement in your Will is incredibly powerful.

Did you know that leaving just 1% of the value of your estate to The Arthritis Movement in your Will, so your family and loved ones inherit the rest, can change the lives of those living with arthritis?

If you have questions about the impact of your gift, call 1300 275 826 or email Philanthropy Manager Nick Cadey (NSW) on ncadey@arthritis.org.au.

Phone: **1300 275 826**

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Support groups

To find out more about support groups in your local area and online, visit:
arthritis.org.au/how-we-can-help/online-support-groups/