

Service Centre: **Whangarei / Kaipara District**
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2009 NATIONAL APPEAL

Thank you to all the volunteers who helped with the Appeal. The weather was not the kindest to us with strong winds and the cold but the rain stayed away for the most part. This year we collected in the Mangawahi area and thanks to Jill Brierly who offered to coordinate for us - it was very successful. Dargaville was not the same without our stalwart – Dorothea Geraghty who was tragically killed in July. She had organized the appeal for us for a great number of years. We hope that someone will offer to coordinate for us in 2010.

Volunteers' Update

It has been a busy year for all our volunteers. Maree and her band of cohorts are very good at getting us to volunteer. When one of them says to me "I've got an idea" I think I should run. A big "thank you" to everyone for assisting with Lottery Sales, Appeal Collecting, Gerbera Boxes, Seminars and coordinating our Support and Exercise Groups. Without you all willingly donating your time so freely, we would not be able to do what we do in our area. Maggie and I do appreciate your help.

I hope that you – and your families - have a great festive season and will be well rested for 2010 with our busy programme that we have planned. Take care, don't eat too much and we look forward to working with you next year.

Volunteer Profile

We would like to pay a special tribute to **Zoe Roadley** who has coordinated the door to door Appeal collection in the Maungaturoto area for 25 years. Zoe also Coordinates the Otamatea Arthritis Support Group and is a past member of the Northern RLG.



As well as doing all this, she has worked on the family farm and helped other people in her community. Zoe has also been a great supporter to

Maggie and I with our work and for Arthritis New Zealand. Thank you, Zoe.

OTAMATEA SUPPORT GROUP



It was lovely to meet up with some of the members of the Support Group in early at their Christmas Luncheon. We now know where to get a recipe

for Christmas pudding to feed 200 people. It is delicious!!! We know we all tried it.

Support and Exercise Groups

It has been a very busy and fulfilling year for all our groups. The numbers of people attending these groups have continued to grow and they are obviously meeting the needs of those who attend and enjoy the companionship of other members.

Thank you to all the Volunteers who coordinate these groups and for your support to both Maggie and myself. You are all doing a great job and the feedback from those attending is all positive.

I would also like to thank people for the way they share their knowledge and experience so generously. I know that this is very much appreciated by others who attend the various groups. To know that someone else has experienced symptoms and found ways to overcome them or to negotiate their lives around them is a great help to those who are just starting their journey with Arthritis.

Let's hope that 2010 will be kind to us all and allow us to experience better health.

Educator's Update

A very successful Joint Replacement was held on 8th October at Forum North. The speakers were Mr Andrew Herbert, Orthopaedic Surgeon and Isobel Finlayson, Physiotherapist.

Andrew's talk was very comprehensive covering what happens when you first visit a Surgeon through to having surgery. His slides were quite graphic but extremely interesting. The two slides showing the Arthroscopy were great



– showing what a knee joint looks like inside. Andrew described the types of replacements used and passed examples of these around the audience.

Isobel talked about exercises and the benefit of having strengthened muscles and ligaments. She had us all doing some exercises to show what we could do at home. Isobel also talked about the Hydrotherapy Classes which she takes for Arthritis New Zealand. Barbara Mosheim who attended the seminar and who also goes to the Hydrotherapy class, spoke about the benefit to her personally – both physically and mentally. She said her practice nurse had also noted the improvement to her well being.

We also had displays from Hugh Guerin, Stryker Representative, the company who make the replacement joints and sponsored the Seminar, BUPA who supply personal medical alarms and is a supporter of Arthritis New Zealand and from "All About Mobility" who had a great display of aids and equipment designed to make life easier for people affected by mobility and joint problems.

Maggie Philip

"KIDS WITH ARTHRITIS"

A local branch of this group has been formed in Northland. A great article and photo with three of them Zara, Alana and Kathleen, sharing their stories of 'living with arthritis' was printed in the "Northern Advocate". Karen Derrick said that the quicker arthritis is diagnosed the quicker treatment can start. All three said that they don't let it stop them enjoying life, they just have to pace themselves. **Contact for more information: kidswitharthritis@yahoo.co.nz**

The Service Centre will be closed from the 18th December and will re-open on 18th January.
Maggie and Sue