

## Providing

reliable and up to date information to improve the understanding of arthritis and osteoporosis

## Promoting

healthy lifestyles and self-management to optimise health outcomes

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What We Do

# joinNTed

 **Arthritis & Osteoporosis NT**

August - September 2023

## "Cheaper medicines from 60-day dispensing"

Extract from Press release, 23 June 2023

Minister for Health and Aged Care,  
the Hon Mark Butler MP,

From September 1, Australians living with a chronic condition will be able to buy 60 days' worth of many medicines listed under the Pharmaceutical Benefits Scheme for the price of 30 days' worth, under the first stage of the Albanese Government's new dispensing policy.

The first stage includes 92 medicines for a wide range of conditions, including: cardiovascular disease, Crohn's disease, gout, heart failure, high cholesterol, hypertension, osteoporosis, and ulcerative colitis.

**More information about this scheme is available on the next page.**

## Living with Joint Pain?

Physical activity, including essential routine tasks, can be difficult when experiencing pain on a daily basis. We are often advised to do more exercise for managing other conditions such as diabetes, heart disease and depression as well as arthritis. With sore joints this may be hard to put into practise.

For more on this subject, Arthritis Australia have recently published a handy little booklet.

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Taking control of your  
**Pain in Arthritis**

# A consumer guide to proposed 60-day scripts for many medicines.

These changes are planned to start from 1<sup>st</sup> September 2023.

***This information is taken from the website***

***www.60dayscripts.com.au***

***developed by the Consumers Health Forum of Australia.***

The Consumers Health Forum (CHF) represents the interests of Australian healthcare consumers. CHF works to achieve safe, quality, timely healthcare for all Australians, supported by accessible health information and systems.

## Will this affect me?

If you have a stable, chronic health condition and are on regular medication, your medicines may be on the list.

MEDICATION



## Will it apply to my medicines?



It's best to ask your doctor or the person who writes your scripts. You may like to do an Internet search through the website mentioned at the top of the page. Alternatively you are welcome to call the AONT office and request the "Frequently Asked Questions" fact sheets taken from this website, as well as the full list of medicines in stage 1 taken from the Australian Government, Department of Health and Aged Care.

***Arthritis Australia has provided a list of 12 medicines used in the management of musculoskeletal conditions, including gout, RA and osteoporosis. This list is also available through our office.***

## When will I start to save money?

The 60-day script changes will happen in three stages over 12 months from 1<sup>st</sup> September 2023. Eligible medicines will be added at each stage. If your medicines are eligible, your costs will be effectively halved as you will get a 60-day supply for the price of a 30-day supply.



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"Life is like riding a bicycle. To keep your balance you must keep moving". Albert Einstein

# Out and About: Community Engagement

## Creative Crafts Group

Thank you to coordinator Andrea for inviting us back again to talk to the ladies about arthritis, osteoporosis and the role of AONT in providing information and support.

Hosted by the Baptist Church in Casuarina, 44 Dripstone Road, and held in the Church hall, this group welcomes new faces. Go and see what the other ladies are working on: knitting, crochet, scrap booking, card-making, hand sewing, machine sewing etc. Take along any unfinished projects and \$4 weekly “subs” to contribute to morning tea and venue.

Weekly craft sessions are held on Wednesday mornings from 9:00 am to 11:30 am during school terms. Just turn up, or contact Andrea 0437 480 077. The hall can be accessed from Dripstone Road near St John Ambulance or from Rowling Street, Nakara.

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## Meeting at Government House with Patrons

Board members were invited to a patronage courtesy call to meet with Patrons, His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones. It was a wonderful opportunity to discuss our shared interest in promoting education and support to ensure good musculoskeletal health.



President Ruth Quinn, Treasurer Ruth Garden and Vice-president Amin Islam, with His Honour and Ms Jones.

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## “My Aged Care” - Palmerston Support Group

Guest speaker for the July meeting was Janet Brown of COTA NT, who is their Aged Care Navigator. Janet provided information and clarity regarding the many support options available through the Australian Government My Aged Care program. Janet is based at Spillett House in Smith Street, Darwin. Her hours are 9:00am to 2:00pm Tuesday, Wednesday and Thursday. Call COTA on 8941 10004.

### The Palmerston group meets monthly:

- on the **fourth** Monday of each month at 10:00 am
- at the Brennan Electorate Office, Palmerston Shopping Centre, opposite Target



# NT Consumer Affairs

Article provide by Michael Barritt  
Education and Information Officer,  
Northern Territory Consumer Affairs

NORTHERN TERRITORY

CONSUMER

AFFAIRS

Northern Territory Consumer Affairs (NTCA) is an independent office within the Department of the Attorney-General and Justice of the Northern Territory Government. It is one of many State, Territory and National agencies that help protect consumers through the Australian Consumer Law (ACL). The ACL is national legislation that details a series of consumer protections, and how businesses operating in Australia should behave. NTCA works with these other agencies, including the Australian Competition and Consumer Commission (ACCC), to administer the ACL.

A vital part of NTCA's work is to help reduce conflict between landlords or their agents, and renters. Unlike the Australia Consumer Law, each State and Territory has their own rental laws that apply in their jurisdiction. The *Residential Tenancies Act 1999* applies in the Territory.

You can see that the work of NTCA mainly focuses on Territory landlords and their agents, Territory renters, Territory consumers and all businesses that offer both goods and services to Territorians. We operate a call centre every business day to answer public enquiries. Some legislation can be complex, so it can help to discuss your situation with one of our Fair Trading Officers. We do not offer legal advice, but we can refer you to other agencies within the Territory that may be able to provide free legal advice. And if your issue doesn't fall under our legislation, we can direct you to the most appropriate organisation to assist you.



We have an Outreach Officer available to talk to community groups and attend community events to educate and raise awareness about the legislation we manage. This photo shows Consumer Affairs' information stall at the Darwin High School Health & Wellbeing Expo in June this year.

NTCA also manages the free MyFuel NT web app. This app is available for both android and apple devices and lists all the current fuel prices in all the outlets in the Northern Territory. It allows consumers to easily identify the lowest priced fuel in their area and encourages competition.



You are welcome to pop into one of our offices:

**Consumer Affairs - Alice Springs**

Ground floor, Green Well Building, 50 Bath Street, Alice Springs, NT

**Consumer Affairs - Darwin**

1st Floor, The Met Building, 13 Scaturchio St, Casuarina, NT.

You can find us on Facebook, Instagram and YouTube simply by searching for our full name on the platforms. We often post handy shopping hints, consumer warnings, advice about renting, emerging new scams and much more.

You can contact us at (08) 8999 1999 or 1800 019 319 and talk to one of our friendly Fair Trading Officers or arrange an information session. You can also email us at [consumer@nt.gov.au](mailto:consumer@nt.gov.au)

**Article provide by Northern Territory Consumer Affairs**

Some of the many fact sheets, merchandise, stickers and information used in Consumer Affairs' outreach program.



## Living with Joint Pain.

... Continued from front page

The booklet “Taking control of your Pain in Arthritis” will help you better understand your pain and provide guidance to various healthcare providers and techniques which can make a big difference to your wellbeing, both physical and emotional. Whatever the nature of your pain, be it in your joints or muscles, **physical activity is an important part of musculoskeletal pain management.**



Almost half of all patients living with chronic pain also experience depression or anxiety



Regular exercise, specifically tailored to an individual's situation and needs, can improve strength and functionality, meaning better ability to do the things which need to be done, and those extra activities we simply want to do for fun.



## Bread and Butter Pudding

Adapted from many recipes, this is a family favourite of one of our members. Some readers may be able to guess who!

Based on milk and egg, it provides a good source of protein and calcium. Makes 2 - 3 serves.



### Note:

Two baking dishes are needed, one to hold the pudding and a larger one to sit the pudding dish in, with hot water up to about halfway. The big one is a “water bath”, to cook the custard gently. So take care putting in, and removing from the oven!

### Ingredients:

1 egg  
1 teaspoon sugar  
1 cup milk  
1 - 2 thin slices lightly buttered bread or end crusts  
2 - drops vanilla essence  
Ground nutmeg

### Variations:

1. Spread a little jam on the bread and leave out the sugar.
2. Use multigrain bread.
3. Sprinkle 1 - 2 Tablespoons of sultanas or currants between the bread pieces.
4. Use fruit loaf and leave off the jam and the sugar.

### Method

1. Preheat oven to 180° C.
2. Cut bread into small triangles or squares and arrange in greased baking dish. Pieces can overlap.
3. Make custard: lightly whisk eggs, sugar if using, essence and 1 tablespoon of the milk.
4. Add warmed milk to egg mix, continuing to whisk.
5. Gently pour this custard over the bread, which will float to the top.
6. Sprinkle with nutmeg.
7. Put pudding dish into the larger one, and carefully pour hot water in around the pudding dish.
8. Bake until set, around 30 - 35 minutes.

## Membership renewals

It's that time of the year again - annual membership falls due on 1st July. Thank you to those members who have already renewed. For those who haven't, you will find a personalised renewal notice included with this newsletter. Renewals may be made in person, over the phone, using the internet or by post.

We look forward to hearing from you.



## Meet some Board members

### **Dr Sami Azam**

As a senior lecturer and Course Coordinator in the Faculty of Science and Technology at Charles Darwin University (CDU), Sami is involved in numerous IT activities at the university. As well as providing guidance and support to the Bangladesh Student Association - CDU at Charles Darwin University, Sami's community involvement further extends to the Nepalese Association of the NT. Sami has lived in Darwin for over 15 years and joined our Board in April this year.

### **Lyn Skipper**

Lyn is a long term local, having first come to Darwin in 1969. From 1975 she has lived in Jabiru, Malak and Batchelor, and now in Humpty Doo for almost 30 years. Lyn has a long history of community involvement with Humpty Doo events and both the Freds Pass and Darwin Shows. Lyn joined our Board at our AGM in November 2021. In the early 2000's Lyn helped out with AONT's warm water exercise program in Palmerston and is now the convener of our Palmerston Support Group.

### **Aminul Islam OAM**

A long term Darwin resident, Amin has served on our Board since the 2020 AGM and was initially introduced to members in our newsletter of February 2022. Congratulations to Amin, for his recent award of the Medal of the Order of Australia for service to community health. As well as being our Vice President, among other community interests Amin is Treasurer of Top End Association for Mental Health (TeamHEALTH), and the Chair of the Risk and Audit Committee, Menzies School of Health.

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## Board membership and the AGM

All members are urged to attend the AGM and consider joining the Board. There are no formal requirements for board membership, only that you are a member of the organisation. At the AGM all Board positions become vacant and elections are held. New faces welcome!

### **Board Members Wanted**



More details will be in our next newsletter, the October - November issue. At the AGM 10 non-executive positions will become available.

**The Arthritis  
Foundation of the  
Northern Territory Inc.**  
Trading as  
**Arthritis &  
Osteoporosis NT**  
ABN 67 099 326 608

**Patrons**

His Honour  
Professor the Honourable  
Hugh Heggie PSM  
Administrator of the NT  
and Ms Ruth Jones

**Vice Patron**

The Honourable Vicki  
O'Halloran AM CVO

**Find us at**

Shop 18 Rapid Creek  
Business Village,  
48 Trower Rd Millner

[www.aont.org.au](http://www.aont.org.au)

[facebook.com/  
arthritis.osteoporosis.nt](https://facebook.com/arthritis.osteoporosis.nt)

**Contact us**

(08) 8948 5232  
PO Box 452,  
Nightcliff 0814  
[info@aont.org.au](mailto:info@aont.org.au)

**We are open**

9:30am – 2:00pm  
Monday to Thursday  
(excluding Public Holidays)

**Staff**

*Administrative Assistant*  
Deirdre Moldenhauer

*Accounts*  
Natalie Valastro

**Board**

**President**  
Ruth Quinn

**Vice President**  
Amin Islam

**Secretary**  
Hilary Fowler

**Treasurer and Public  
Officer**

Ruth Garden

**Ordinary Board Members**

Margaret Murray  
Lyn Skipper  
Sami Azam

## What We Do

### Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting “Taking the first step” and pain self-management courses. Call the office on 8948 5232, for more details
- Providing information stands at a range of forums throughout the year
- Presentations to community groups
- Keeping in touch with other community health organisations and the services they provide
- Delivering bulk materials on request to a range of health services
- Producing this newsletter six times a year
- Liaising with Arthritis Australia, interstate arthritis affiliates and Healthy Bones Australia
- Making applications for various small grants to assist with special projects

**Arthritis &  
Osteoporosis NT**  
[www.aont.org.au](http://www.aont.org.au)



Your secrets  
are safe with  
me... I wasn't  
even listening.

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