

Report of the Myositis Support Group to the Arthritis Association

December 2009.

Our Myositis Support Group was established some eighteen months ago by the combined efforts of the Rheumatology Department of the Royal Adelaide Hospital and the Arthritis Association.

Since it's conception we have held our meetings every second month and over this period we have had guest speakers talking to us on a number of topics, with the view to us learning more about inflammatory myositis and how we can best deal with it's effects.

The meetings have been quite well attended by a core of members who wish to gain further information on our disease and to hear how we get help from outside organisations. An important part of our group is to be able to talk together and share information about how we can better manage our condition and to give each other support and encouragement.

Our aim next year is to expand our field of speakers, but for the time being, keeping within the bounds of subjects associated with our problem. We would appreciate suggestions from other support groups of the informative speakers they have used and ideas on how we might get more members to attend our meetings.

On behalf of our Myositis Support Group I would like to thank the Arthritis Association and staff for your help and assistance given to us during the year. I wish you all and the other groups, members and including your families a Very Merry Christmas and Happy and Prosperous New Year.

John Begg- Chairman of the Myositis Support Group