

# DRAGON CLAW

## NEWSLETTER

1. Indigenous video project

2. New website and Logo

3. Dragon Ambassadors

4. News

5. Donations



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## www.dragonclaw.net

### 1. Indigenous video project

Dragon Claw has targeted Indigenous Australians and is currently producing patient specific videos in four languages suitable for remote communities in Central Australia. This is an Australian first in terms of health promotion and rheumatoid.

The project has launched thanks to a wonderful donation from **Janssen Australia** and a grant from the **Federal Department of Health**. We are just about to conduct our second planning visit to the area with filming commencing at the end of March by Little Dog Productions. We launched the project via a small event in Sydney in November 2018.



November 2018 Sydney- DC event with guest speaker Colleen Hayes (foreground with flowers), Poche Centre (Alice Springs) Indigenous cultural health trainer, Alice Springs I-r Don Palmer Film Director, Susan Hughes DC Director, Lana, Poche Centre Alice Springs Researcher, Denis Tebbutt Director and Michael Gill, Founder.

Each of the videos will promote medication adherence as its key health message. The end user will be patients and the completed videos will be available to all health and outreach workers. The final videos will be produced around August and will be mounted on the Dragon Claw website for download. In addition, USB's along with a pamphlet will be distributed to all health clinicians in and around Alice Springs.



<http://www.guild.org.au>



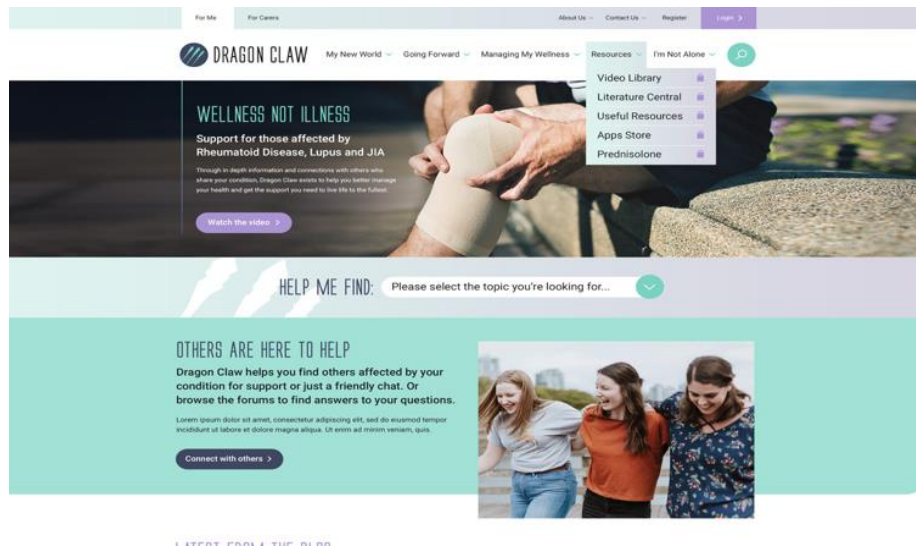
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## 2. New Website and Logo

Through the kind offices of **Pfizer Australia**, we have been provided with enough financial support to rebuild our website. The design is now complete, and the new site should be released at the end of April. Members will notice a totally new look and feel with an appealing banded colour layout. We have also modernized our logo to be far more symbolic. In addition, the site will be much improved for mobile and tablet access. The following is a snap shot of part of the new Home Page design. The pictures and text are just filling at this stage and will be altered.



The loved Dragon Claw logo will be updated and modernized with soft colouring and scratch symbolism. We feel that this is more in keeping with good design and is perhaps, less confronting that the previous design featuring a claw like “C” for claw.



### 3. Dragon Ambassadors

We are very pleased to announce the appointment of our first two Ambassadors; one here in Australia and one in Canada. **Anthony Ackroyd** is an Australian comedian, speaker and writer. He is a cast member of the ABC local radio comedy show *Thank God It's Friday!* He is the CEO of the company Feel Betterer ([www.feelbetterer.com](http://www.feelbetterer.com)) which provides online courses and live presentations which help people change their lives and create more success, happiness and fun. We are very pleased to support Anthony's desire to change people's lives - [www.anthonackroyd.com](http://www.anthonackroyd.com)

Charmaine Jones lives on an island in Sharbot Lake, Ontario, Canada. She snowshoes across the lake in winter, kayak in the summer and use the hovercraft when the ice is not safe (some weeks in the spring and fall). Charmaine is active in things rheumatoid arthritis and is a retired General Practitioner, great cook, supportive partner, proud mother and a busy travelling grandmother. She specialized in Palliative Medicine Specialty for 35 years then retired 12 years ago at 57. She has non-RA inflammatory arthritis/enthesitis.

Ambassadors will represent Dragon Claw and provide a voice back to us. We are keen to appoint additional Ambassadors.



Dr Charmaine Jones



Denis Tebbutt, Anthony Ackroyd and Susan Hughes

The role of a Dragon Claw Ambassador is new and, as such, evolving. We see it as a joint partnership with the broad aim of raising awareness of RA and of DC. Some of the tactical roles will include attending relevant community/social group meetings, giving presentations and talks about the work of DC and the difference we are making and inspiring people to support us. In addition, ambassadors will be the conduit of member interests by proving feedback directly to the DC leadership team.

## 4. News

Susan and Michael attended a two-day conference hosted by Janssen Pharmaceutical Companies of Johnson & Johnson, HealthVoices is a conference created specifically for online health advocates and is dedicated to strengthening online communities. The conference focussed on providing valuable insights, education and the opportunity to learn from others.



Susan Hughes, Michael Gill, Carly Findlay (speaker) and Shelly Horton, MC

Dragon Claw has a new marketing guru. Welcome to Terry Jones who has many years of commercial experience. You will see his hand in our new website. We would also like to welcome two new commercial partners to our group. You can see their logos elsewhere in this newsletter. **Byrne Partners** specialise in management consulting for small to medium business and support Dragon Claw. **Veritas Health Care** are a US based group of doctors aiming to deliver patient centric health care.

With thanks to Charmaine in Canada:

- have a look at where health care might develop via this link [www.lab100.org](http://www.lab100.org) Lab100 is a clinical platform where all the key stakeholders (patients, providers, researchers, and innovators) have come together to create a unique data set that is rapidly accelerating our healthcare system towards a new delivery model.
- Fasting may be important and has health benefits. There are different types of fasting. The easiest to start with is Time Restricted Eating - try to eat your day's food within a 10hr window and have a 14-hour fasting period. As you tolerate this, try to shorten your eating period to an 8-hour window. If in doubt consult your GP.



Pathways based on scientific knowledge and the accumulated wisdom of many cultures - [www.pathways2wellbeing.com.au](http://www.pathways2wellbeing.com.au)



Health information, personalized – [www.medivizor.com](http://www.medivizor.com)



British Medical Journal  
[www.BMJ.com](http://www.BMJ.com)

## 6. Donations

Dragon Claw is run by volunteers. None get paid so we use all funds for projects and our overheads are very low. Membership is free. We'd love you to become a monthly donor, which helps ensure a predictable steady stream of support. Notify us of your proposed donation at [info@dragon-claw.org](mailto:info@dragon-claw.org) and we'll prepare a tax-deductible receipt.

### Volunteer Needed

*Dragon Claw Charity Ltd is a fully registered Australian charity and operates in the health promotion space. We focus exclusively on rheumatoid arthritis and lupus. Due to rapid growth and increasing opportunity we are seeking two people to fill the positions of Executive, joining the founding three. The executive team manages the organisation with the support of a formal Board and a number of advisory groups. If you are interested to make a difference, can focus, deliver on agreed outcomes and have the ability to donate about 10 hours per week, then please consider Dragon Claw. These two positions are entirely volunteer as are all positions. Please visit the website ([www.dragonclaw.net](http://www.dragonclaw.net)) and if we pique your interest then send a one page application to the founder Michael Gill ([mgill@dragonclaw.net](mailto:mgill@dragonclaw.net)) by 10 March, 2019.*

<https://www.dragon-claw.org>

### Aim

Dragon Claw provides information, community and support.

### Why the name?

Rheumatoid Disease (RD) can be felt like an unpleasant animal moving around the body biting and scratching. Occasionally, the dragon rears up and breathes fire, which is felt as a flare, hence the name.

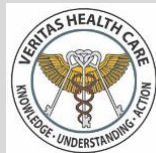
### Our Patron

Dr. Mukesh Haikerwal AO former National President of the Australian Medical Association. He is currently a board member of Beyond Blue, Cancer Victoria and Brain Injury Australia. In addition, he is a professor at the School of Medicine, Flinders University, Adelaide.

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stress**



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