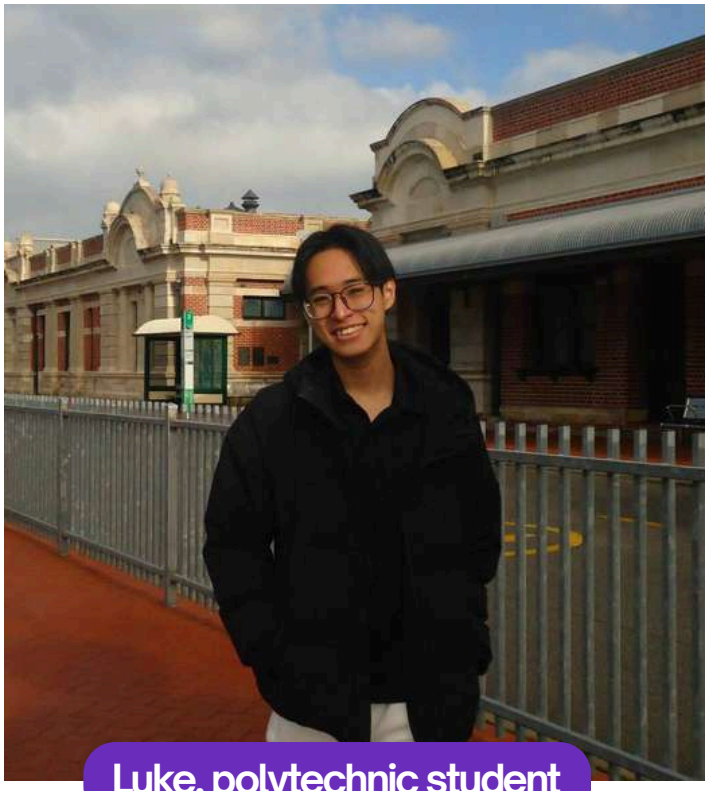
RTICLES

Newsletter | Issue 10

National Arthritis Foundation

Patient Story | Living life with JIA



Luke, polytechnic student

I was diagnosed with **Juvenile Idiopathic Arthritis (JIA)** when I was 10. Growing up, treatment meant regular medications and weekly injections. I still remember how anxious I became before my methotrexate injections. Sometimes I would start vomiting before the nurse even entered my house. As JIA is often invisible, people usually thought I was completely fine. There were days when writing or walking became difficult, but others did not always understand.

> "Whenever someone asked why I was wearing a cast, I would usually joke that I **"fought a dragon and won"** rather than explain my condition."

There were also days when the pain became so bad that I had to hold onto my friends' shoulders as we walked, almost like they were my walking sticks. I often felt guilty for slowing them down. As I grew older, JIA taught me to become more independent, from managing my own biologic injections, booking my own medical appointments and learning to understand my body better. Even so, I still find it difficult to tell people about my condition because I worry they may not understand. Arthritis is not only physical; the emotional and psychological strain of knowing that it may always be part of my life can be difficult too.

During a patient sharing session, someone who had lived with arthritis for decades said something that stayed with me: **you may not be able to get rid of it, but you learn to live with it.** I am still learning to accept that myself. Yet, meeting others who have lived full and meaningful lives with arthritis gives me hope. I still enjoy running and cycling, even knowing I might flare the next day. For now, I am learning that **living with JIA does not mean giving up the things I love** — it means **finding my own way to keep moving forward.**

Event Highlights





Beautiful Sunday @ Esplanade

Music has a way of bringing people together. Through Beautiful Sunday programme, our members and their families enjoy live orchestra performances at the Esplanade, offering them a chance to unwind, appreciate music and spend quality time together. These outings also create opportunities for members to connect, strengthen friendships and build a sense of community beyond our regular programmes.

We extend our heartfelt appreciation to Esplanade for their continued support which makes these meaningful experiences possible for our members!

One Ocean @ Science Centre

On 25 September 2026, our members enjoyed a memorable day out at Science Centre Singapore, exploring ONE Ocean: Every Action Ripples, an immersive exhibition celebrating the wonders of our oceans.

Through immersive 360-degree projections and interactive displays, members explored underwater worlds, discovered marine biodiversity and learnt about the importance of ocean conservation. The outing also gave members a chance to connect, share experiences and strengthen friendships.

Our sincere thanks to Science Centre Singapore for generously sponsoring the tickets and making this special outing possible!





Event Highlights

Patient Sharing Session



On 17 October 2026, brought members together in a warm and welcoming small-group setting to connect, share personal experiences and learn from one another. Members also enjoyed a relaxing tea break together, sharing conversations and getting to know one another better.

It was a meaningful reminder that no one has to face the arthritis journey alone, and that having a supportive community can make all the difference.

We look forward to bringing our members together again at the next sharing session!

National Celebration Of Seniors

NAF was honoured to be part of the National Celebration of Seniors (NCOS) 2026, organised by the Agency for Integrated Care (AIC) on 30 and 31 October at HDB Hub, Toa Payoh. Under the theme “Live Well, Age Well & Plan Well”, the two-day event brought together community partners and healthcare providers to celebrate seniors and promote positive ageing.

NAF contributed to the celebrations with a talk on managing knee pain by Dr Adrian Lau, followed by our Tai Chi for Healthy Longevity demonstration. Through this session, we encouraged seniors to stay active and highlighted the importance of incorporating regular movement into their daily lives as they age.









Knee Pain and Fall Prevention Talks at Fei Yue

NAF visited Fei Yue Active Ageing Centres (AACs) across Singapore to engage with seniors and help them better understand knee pain and fall prevention, supporting their mobility and independence as they age.

Our Senior Physiotherapist, Kelly, shared practical tips on managing knee pain and demonstrated simple stretches and exercises that seniors can practise in their daily routines to improve strength, balance and mobility.

Taking Steps Towards Better Health

On 22 and 23 August 2026, NAF joined the NUS Medical Society's annual Public Health Service (PHS) 2026 flagship event at Frontier Community Club to promote arthritis awareness and encourage early detection within the community.

Through our health exhibition, we introduced visitors to NAF's support groups and exercise programmes, while partnering with 1doc Medical Group to pilot complimentary arthritis screenings. These efforts encouraged the community to take a proactive approach to joint health and learn more about the support available.

We thank the PHS organising committee and 1doc Medical Group for making this outreach possible.





Community Engagement





Bringing Arthritis Awareness Closer

On 24 September 2026, our team participated in Tan Tock Seng Hospital's Arthritis and Myositis Awareness Day, an event dedicated to educating the public and raising awareness of arthritis and myositis.

As part of the event, our Tai Chi instructors led a Tai Chi for Arthritis demonstration, introducing participants to gentle movements that support flexibility, balance and mobility. Members of the public and hospital staff also joined in, giving them an opportunity to experience how suitable exercises can be incorporated into their daily routines.

Conversations That Inspire Better Joint Health

From 2 to 4 October 2026, NAF took part in ELDEX Asia 2026 at Suntec Convention Centre, connecting with the community through conversations on active ageing, health and wellness.

During the event, NAF had orthopaedic surgeon Dr Adrian Lau and physiotherapist Mr Calvin Sim share practical insights on knee pain and fall prevention, offering advice on managing knee pain, reducing fall risks and maintaining mobility as we age.

It was meaningful to engage with the community, address visitors' questions and introduce them to the support and programmes available through NAF!





Community Engagement









CHILDREN'S DAY @ LAKESIDE PRIMARY

NAF was delighted to be invited to join Lakeside Primary School's Children's Day celebration, a meaningful occasion that encouraged students to give back to the community through the sale of NAF merchandise.

In the lead-up to the celebration, students were introduced to My JIA Stories during classroom sharing sessions, helping them understand that Juvenile Idiopathic Arthritis (JIA) can affect children too. Arti colouring sheets and stickers were distributed to add to the fun and spread awareness among the younger generation.

We are grateful to Lakeside Primary School for giving NAF this opportunity to raise awareness of childhood arthritis and engage the students in supporting a meaningful cause. Every contribution, big or small, helps us continue our work supporting people living with arthritis. Thank you for being part of this journey!

Fundraising



KEPPEL CLUB CHARITY GOLF 2026

NAF was honoured to be one of 11 beneficiaries of the 54th Keppel Club Charity Golf 2026, which brought together golfers, donors and supporters over four exciting days, raising an incredible $1.55 million for charitable causes. Beyond the game, the event was a wonderful celebration of camaraderie, generosity and community spirit, bringing people together through a shared commitment to giving back and making a difference.

We extend our heartfelt gratitude to Keppel Club, its dedicated staff, organising team, golfers, sponsors, donors and supporters for making this remarkable event a success. Your generosity helps NAF continue raising arthritis awareness, delivering meaningful programmes and supporting individuals living with arthritis.

Every contribution, big or small, makes a meaningful difference in the lives of those living with arthritis. Thank you for making every swing count!

Fundraising



NAF CHARITY GALA DINNER 2026

Presented by **Elim Rheumatic Centre**

On 18 September 2026, our NAF community gathered at JW Marriott Hotel Singapore South Beach for an evening of giving, good food, entertainment and meaningful connections – all for a good cause. It was heartwarming to see our generous donors, supporters, partners and friends come together in support of the arthritis community.

We were honoured to welcome our Guest of Honour, Mr Dinesh Vasu Dash, Minister of State for Culture, Community and Youth and Minister of State for Manpower. Guests enjoyed a delightful dinner, an engaging performance by mentalist Nique Tan and lively music by Wild Ginger.

Our heartfelt thanks go to everyone who joined us, contributed and gave so generously to make the evening a success. We are deeply grateful to our donors, sponsors, partners and supporters for standing alongside us. Your continued belief in our cause allows us to reach more people, create meaningful opportunities and make a lasting difference in the arthritis community.

Ongoing Programmes



Tai Chi for Healthy Longevity

Looking for a gentle and enjoyable way to stay active? Come experience the benefits of Tai Chi for Healthy Longevity with us! Through gentle, mindful movements, our programme helps participants work on their balance, flexibility and mobility while enjoying the opportunity to exercise and connect with others.

With classes held across 10 locations, including libraries and hospitals, there are plenty of opportunities to make Tai Chi part of your regular routine.

Join our Tai Chi for Healthy Longevity classes **HERE**

Hydrotherapy for Arthritis

Our Hydrotherapy for Arthritis programme offers a gentle, joint-friendly way to stay active. Exercising in warm water allows buoyancy to support your body and reduce pressure on your joints, while guided movements help improve strength, flexibility and mobility.

Not sure if hydrotherapy is right for you? You can start with a trial or drop-in class to experience the programme before committing to a full intake.

Indicate your interest for the next intake **HERE**



Ongoing Programmes



Recovery and Wellness Therapy for Arthritis

Give your joints the care they deserve with our Recovery & Wellness Therapy for Arthritis programme! Through a range of wellness experiences, including hydrotherapy, cold plunge, Finnish sauna and more, participants can enjoy a relaxing way to ease muscle tension, support circulation and unwind.

Located at SoChill Bath Club, Raffles Holland V Mall, sessions are available at subsidised rates for NAF members, starting from $16 per session.

Indicate your interest for the next intake **HERE**

Reformer Pilates for Arthritis

Our Reformer Pilates for Arthritis programme offers guided, low-impact exercises to help individuals living with arthritis build strength, improve flexibility and support joint mobility through controlled movements and specialised equipment.

Classes take place at The Core Reformery, 420 North Bridge Road, just a 7-minute walk from Bugis or City Hall MRT. Come join us and discover how Reformer Pilates can support your movement and overall well-being!

Indicate your interest for the next intake **HERE**



Upcoming Events and Programmes



Project Ouchie x NAF

Join us for a fun-filled cycling day with NAF and students from Eunoia Junior College!

On 14 November 2026, members are invited to bring their own bicycles or rent one and join us as we explore the Punggol area together, making five stops along the way - Coney Island entrance, Punggol Beach, Jewel Bridge, Punggol Promenade Bridge, and Punggol Park Connector. Refreshments will be provided afterwards, wrapping up the session at Kopi Korner.

We look forward to seeing you there!

Sign-ups are available **HERE**

Movie with Arti

Our members can look forward to a special movie outing with Arti on 23 November!

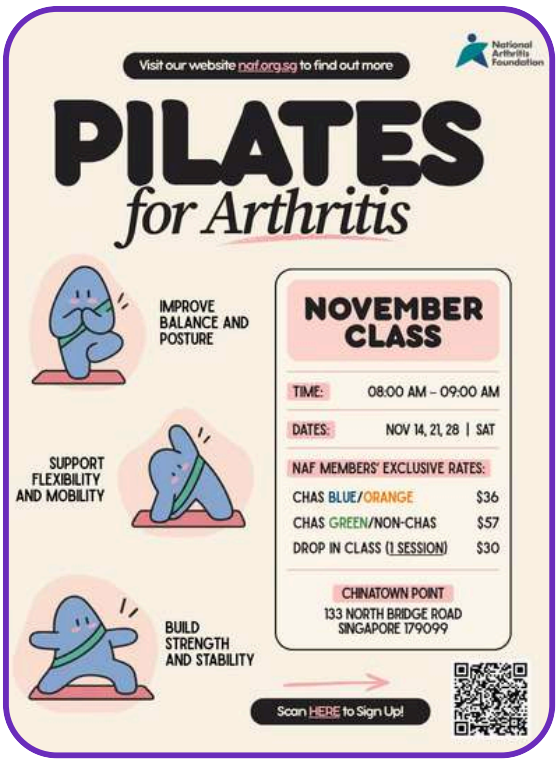
As part of this members-only event, we will be screening Light of the World, giving members a chance to unwind and enjoy a movie together. Popcorn and drinks will also be provided to make the experience even more enjoyable.

We look forward to having you join us for this special morning!

Tickets are available **HERE**



Upcoming Events and Programmes



Pilates for Arthritis

Our November intake for Pilates for Arthritis is now open! Join us for guided Pilates sessions led by Vera Chung, who is passionate about helping individuals build strength, flexibility and body awareness.

Drawing from her own movement journey and experience working with clients who experience pain in different parts of the body, Vera offers clear, practical guidance to help participants move with greater confidence and ease. Whether you are looking to build strength or improve flexibility, this programme is a supportive way to stay active and care for your joints.

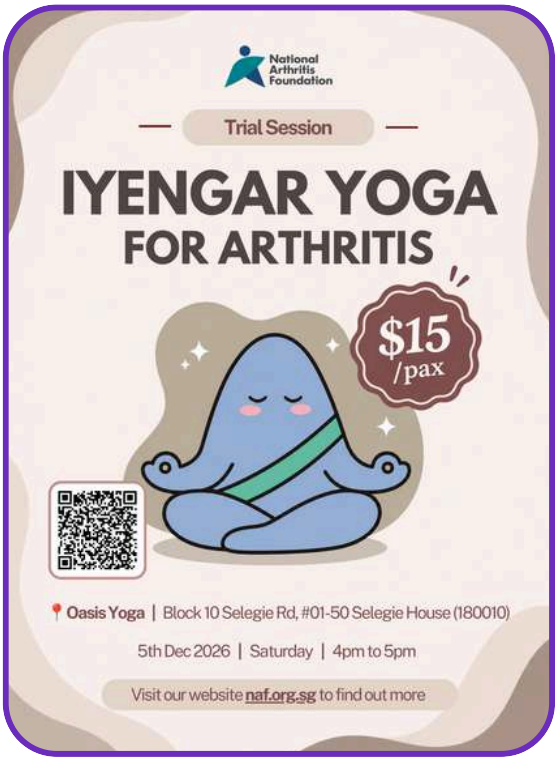
Sign-ups are available **HERE**

Iyengar Yoga for Arthritis Trial Session

Looking for a gentler way to stay active? Join us for an Iyengar Yoga for Arthritis Trial Session on 5 December 2026! Using supportive props such as blocks, belts and chairs, this practice focuses on proper alignment and movements adapted to different physical abilities.

NAF members can enjoy this introductory session at just $15 per person! Sign up and discover a new way to keep moving better and feeling stronger.

Sign-ups are available **HERE**



Upcoming Events and Programmes



Patient Sharing

Join us for our Patient Sharing Session on 12 December 2026 as we wrap up the year with some festive cheer!

Enjoy a warm morning of sharing, laughter and tea with fellow members as we exchange experiences, build friendships and learn from one another. After all, no one has to navigate the arthritis journey alone. We look forward to spending this special afternoon together!

Sign-ups are available **HERE**

A Ray Of Sunshine

Bring the family together for A Ray of Sunshine at Esplanade on 19 December 2026! Enjoy an afternoon of uplifting musical performances, family sing-alongs and fun post-show activities, including balloon sculptures and interactive crafts.

It's a lovely opportunity to spend quality time with your loved ones and create joyful memories together. We look forward to seeing you there!

Tickets are available **HERE**



News





Myth busters with Dr Adrian Lau

Our new series, Myth Busters with Dr Adrian Lau, uncovers whether myths about hip and knee replacements are true or false.

From understanding when surgery may be needed to exploring recovery and life after surgery, this video series offers valuable insights to help patients make more informed decisions about their treatment options and take the next step towards better mobility.

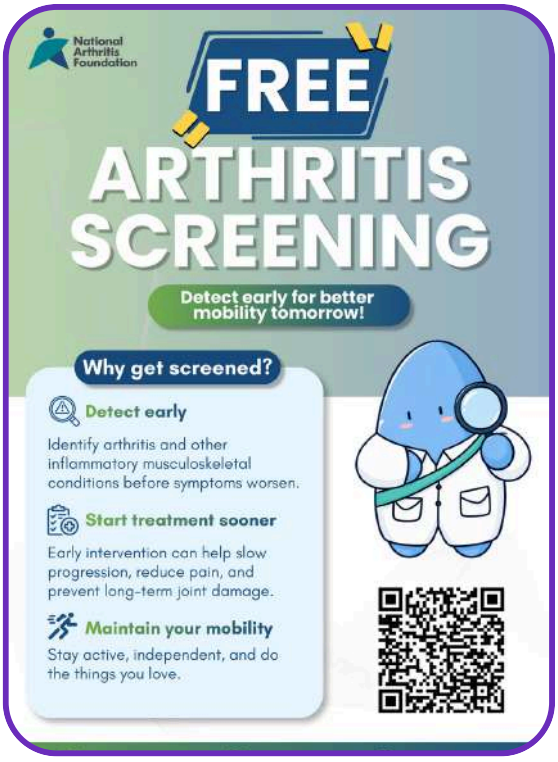
Watch the new series **HERE**

Free arthritis screening with 1doc medical group

Our newly launched free arthritis screening encourages individuals to take the first step towards understanding their joint health.

By identifying possible signs and symptoms of arthritis, screening can help individuals recognise when further medical assessment may be needed.

In partnership with 1doc medical group across various locations, register with us **HERE** to get your free arthritis screening today!



News

NAF Lifetime Membership



Physiotherapy



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