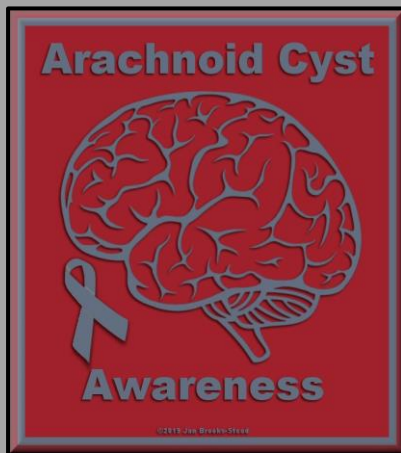


The Australian Arachnoid Cyst Awareness Support Group.

Email: acystawaraustralia@gmail.com

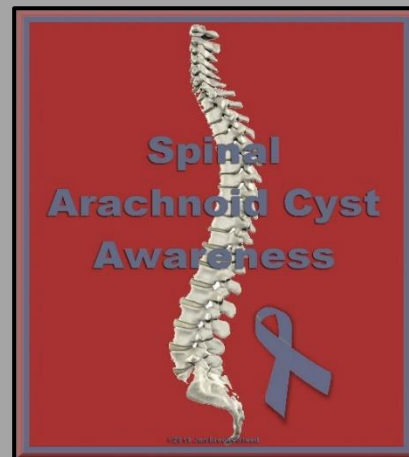
www.facebook.com/groups/acystawareaustsupportgroup/



Newsletter No7 Dec 2021.

<https://www.acystawareaust.com.au>

Ph: 0419 993 462



Hello Everyone,

Wow I cannot believe how quickly the year has passed and here we are getting ready for Christmas again! Its such a lovely time of year in our house but also so very busy!

I'm sure everyone is hoping the new year brings an improvement on covid and praying we have an

improvement on the demand on our hospitals, so we are not having to wait long periods of time until we get in for our specialist appointments or more importantly our surgeries.

Hearing borders might close again because of the new Omicron variant is a bit of a worry for NSW and Victoria, I know that some of us are needing to go interstate for our

appointments to our specialists or surgery, please pray for us that this does not happen again.

Next year brings about new projects. We have finally had the funds to join the Grants Hub. This is Australia's leading Grant search directory, every day I am emailed with various grants and are able to watch out for any grants that may suit our requirements in finding funding for our support group needs. This is exciting because the grants process is a lot simpler and there are grants ranging from council, corporate organisations, businesses to government grants.

I have applied for three grants before joining the grants hub but I had no success, so now I am hoping with the array of grants coming through each day we can apply for a few at a time. Also put future grants

on our calendar so we don't miss out on applying for any suitable ones.

One of the other things that we will be needing to do is register as a charity and apply for a deductible gift certificate. I am presently looking into this, this will give us a better chance of applying for more grants, as many organisations are asking that you have these details to be able to apply.

Kids Art Competition.

Unfortunately, we didn't receive any pieces of art for our kid's art competition. I was a bit saddened by this as I thought it would be a great way for our kids to see they are not alone in this journey.

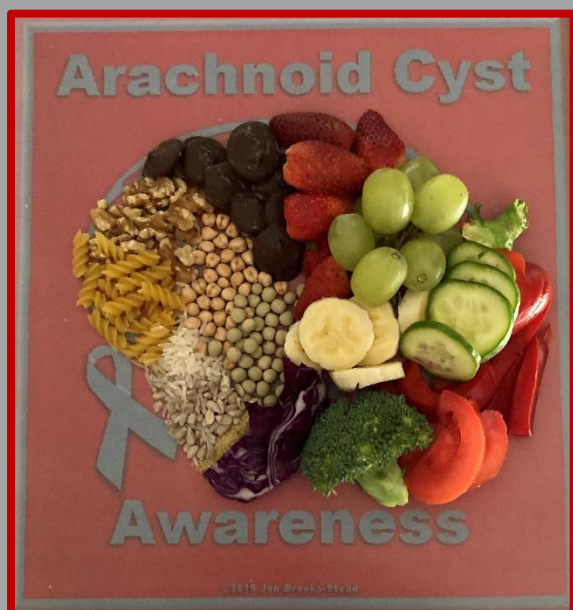
I know myself, as a child with this condition, silently my self-confidence was lacking as I had so many issues with memory, cognitive and social skills

that went unnoticed and I developed depression at the age of ten due to feeling different and inadequate compared to other children.

If I could have connected with other children having the same issues as me and felt I had a support network. I personally think it would have made a big difference growing up.

[Christmas Healthy Recipes for Healthy Brains.](#)

We have been having fun here at HQ, we have put together some recipes for Christmas researching foods for a healthy brain.



My carer and I spent some mornings putting together some fun Christmas recipes by using these healthy fresh foods and then hubby got to taste test them for me. I really did feel a bit healthier. It was all very yummy too!



You will find these recipes at the end of our newsletter.

[Christmas Holiday Children's Craft.](#)

I also had lots of fun with my grandchildren making some wonderful sensory crafts, to keep our kids busy

during the Christmas holidays.

Some of the older children or mums, dads or carers, will be able to put together these sensory crafts and our younger ones can enjoy hours of play with some of these ideas.



I will pop the instructions on F/b and on our kid's page on our website.

But I will wait a couple of weeks until after Christmas when the kids are over the

Christmas festivities and are starting to tell mum or dad, they are bored!!



Kids Eatable Paint.



Fun Kinetic Sand



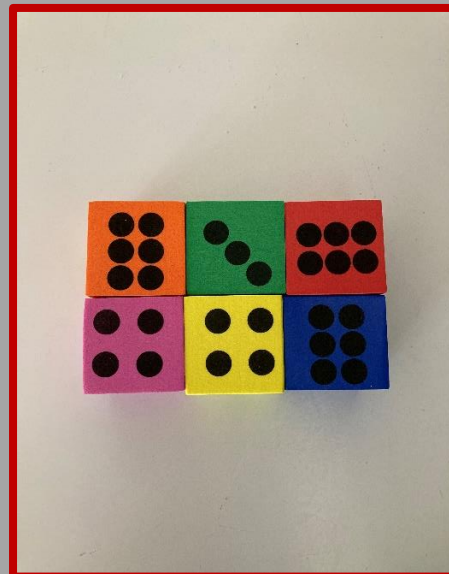
Stretchy Slime



Funny Face Stress Balls.



Extra Bouncy Balls.



Learn To Count Foam Dice.



Support Groups In each State

I am really hoping our support groups can commence this next year, I know we have some patients who really feel that by

connecting with others, it will be great support and also to be able to make understanding and caring friendships from patients with the same condition really helps. If you are interested in being part of one of these groups, please email me acystawaraustralia@gmail.com.

We have had some more patients who had good experiences recently with their specialists e.g., neurosurgeon/ neurologist, I will be adding these to our good drs list very shortly on our website. I have a list of things ready to up date our website for next year.

If in the mean time you are needing to find a good dr please email me or you can go to our Facebook page and inquire in a post.

Arachnoid Cysts listed on National Organization for Rare Diseases (NORD)


Just recently I was revisiting the rare disease database to view an updated version of Arachnoid Cysts. If you have not already viewed it most recently, it is well worth a read. It discusses signs and symptoms as well as causes, it also discusses Arachnoid Cysts and head trauma and the complications associated with this.

The other thing that this article discusses is related disorders. I thought I would add the link here.

<http://www.rarediseases.org/rare-diseases/arachnoid-cysts/>

The Australian National Disability Scheme

NDIS



Dear Members of Arachnoid Cyst Awareness Australia Group and Friends,

You are invited to a Zoom webinar with the Arachnoid Cyst Awareness Australia Group and MyIntegra to discuss the National Disability Insurance Scheme. There will be a presentation with time for questions and answers. Put the date and time in your calendars and click on the link below at the scheduled time.

When: 8.00pm (Canberra, Melbourne, Sydney time or adjust for the state or territory you live in)

Topic: NDIS discussion with Arachnoid Cyst Awareness Australia and MyIntegra

Please click the link below to join the webinar:
<https://us02web.zoom.us/j/83738762529?pwd=YmlxWlll3KzBqY0dYTXVtT1pWV0NTZz09>

Passcode: 870444
Webinar ID: 837 3876 2529

We look forward to seeing you there!

Any questions in the meantime, please contact Leonie at acystawaraustralia@gmail.com

I look forward to those patients that are wanting to find out more about The Australian National Disability Scheme (NDIS) or how to apply or navigate the NDIS taking part. This is a chance for other health organisations to also find out about our condition. We would also like to thank My Integra for providing this presentation for The Arachnoid Cyst Awareness Australian Support Group. All our patients are very welcome to join us for this information evening. **Click the link above in the picture.**

Until our next newsletter, I'd like to thank all our Arachnoid Cyst families for your continued support, love and friendship throughout this year and I wish you a truly happy Christmas. I hope we can all remain healthy throughout the season so you can spend some lovely time with your families



Merry Christmas!



How You can help

: Governing, coordinating a group and advocating a support group in your state

: Distributing brochures to Neurosurgery wards and Neurology rooms

: Join The Committee

: Contribute to our publications

: Contribute to our online Arts and Crafts Hub

The Arachnoid Cyst Awareness Australian Support Group

E:
acystawaraustralia@gmail.com

W:
<https://www.acystawareaustralia.com.au>

F:
www.facebook.com/groups/acystawareaustralsupportgroup/

P:
0419 993 462



THIS PICTURE WAS MADE OUT OF LOVE BY A DAUGHTER CONCERNED FOR HER MUM AS SHE STRUGGLES WITH THE SYMPTOMS OF AN ARACHNOID CYST AND COULD NOT FIND ASSISTANCE TO UNDERSTAND HER CONDITION. PLEASE DON'T FORGET ARACHNOID CYSTS DO CAUSE SYMPTOMS! DO NOT FEEL ALONE CONTACT US!