

CONTENTS

2	SA news	11	Lenny's story	21	Resilience and adapting to change – career, work and sport
3	From the President	13	Caring for yourself as a carer	26	Youth News – Dealing with life changes
4	2021 Conference	14	VWD update	28	Calendar
6	World Haemophilia Day	16	WFH MSK Congress		
8	Adults adapting to change	18	New HFA videos		
		20	Sport and exercise for girls		

PHOTOS:: Monstera, Vidal Balielo Jr and Karolina Grabowska for Pexels.com

Haemophilia Foundation Australia
Registered No.: A0012245M
ABN: 89 443 537 189
7 Dene Avenue Malvern East,
Victoria, Australia 3145
Postal address:
PO Box 1208, Darling,
Victoria, Australia 3145
Tel: +61 3 9885 7800
Freecall: 1800 807 173
Fax: +61 3 9885 1800
hfaust@haemophilia.org.au
www.haemophilia.org.au
Editor: Suzanne O'Callaghan



NEWS FROM SOUTH AUSTRALIA

Thank you to Christine and Paul for organising the Family Picnic at Bonython Park in Adelaide on May 16. It was great to hear there were some new faces as well as older ones! The children had a lovely time together in the park.

The Haemophilia Treatment Network has organised an Information Evening to be held on 29 June 2021 at the Women's and Children's Hospital to update both adults and families with children on new issues in treatment and care for people living with a bleeding disorder.

A community coffee morning is also being planned for July 2021.

More information to follow. If you want to be kept up-to-date, please email your details to hfaust@haemophilia.org.au. Keep an eye on your inbox and if you are not receiving emails, let us know your email address.

SA BLEEDING DISORDERS COMMUNITY INFORMATION EVENING

Tuesday 29 June 2021
6.00pm -7.30pm
Women's and Children's Hospital - Queen
Victoria Lecture Theatre

Light refreshments served from 5.30pm

Topics Covered

- *How Blood Clots & Update on New Treatments -
Dr Yvonne Brennan
- *Hemlibra and Surgery - Dr Ben Saxon
- *Dental Care in Children with Bleeding Disorders -
Dr Ninna Yusson
- *Joint health and physiotherapy - Cameron Cramey

For more information contact 1800 807 173
hfaust@haemophilia.org.au or book here -
<https://www.trybooking.com/BRSLQ>