



# Thalassaemia and Sickle Cell Australia

*Unifying Support and Genetics*



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## Connect with TASCA: Latest News and Updates

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TASCA acknowledges Australia's first people as the traditional custodians of the land on which we meet and provide our services to those affected by genetic haemoglobin disorders. We pay our respects to them and their cultures, and to Elders both past and present.

**Stay connected, stay informed, and look forward to our monthly newsletters!**

## TASCA MONTHLY



**Pat Bolland**

Chairperson  
Thalassaemia and Sickle  
Cell Australia

## From our Chair

A warm welcome to 2026!

The year promises to be an exciting one as we focus on greater community interaction, through social events and, of course, our 50<sup>th</sup> anniversary event.

We have almost completed our 4- week fitness program. Thank you to all participants, the instructor, Andrew, for his engagement with the young people and also to Kosta at 747 Fitness for his support and coordination of the program.

In preparation for the school year, TASCA has launched an Action Plan to be shared with teachers at their child's school. This is an important document as it enables teachers to understand genetic blood conditions more thoroughly. In addition, and more crucially, it is designed to put steps in place to accommodate student absences, to ensure ongoing social support and to negotiate school activities where necessary.

The document is available on our website [here](#). For further information, please feel free to contact the office by [email](#) or at (03) 7015 5637.



## TASCA MONTHLY - TIF Updates

### TASCA YOUTH FITNESS PROGRAM

Over the school summer holidays, TASCA, in partnership with **747 Fitness**, hosted an online four-week Youth Fitness Program for children living with Thalassaemia and Sickle Cell Disease.

Over the four weeks, fitness instructor Andrew covered gentle yoga and breathing exercises, cardio and fun movement games, strength and balance activities, and relaxation and mindfulness. All exercises were designed to calm the mind, energise the body, and build strength and balance.

TASCA would like to extend a huge thank you to Andrew and 747 Fitness for hosting this program, as well as a massive thank you to all participants who joined!

Video guides for each week will be made available on the TASCA website very soon.



**747 FITNESS**

### TASCA TURNS 50!

We're celebrating 50 years of TASCA with a special anniversary event and the launch of our 50th Anniversary Commemorative Book.

**When:** 24<sup>th</sup> May 2026

**Where:** Amora Riverwalk Melbourne

Registrations to attend this event are required.

You can book your ticket [here!](#)

RSVP by 28 February

### TASCA MEMBER SOCIAL EVENTS: TRIVIA NIGHTS

Get your trivia knowledge ready and join us for a fun-filled Trivia Tuesday at **The Bentleigh Social**! All TASCA members are welcome to attend. See below for more details:

**When:** Tuesday, 17 February

**Time:** 7:30 pm

**Where:** The Bentleigh Social

Level 1, 401 Centre Road, Bentleigh 3204

\*Access from the rear of building.

For more information, please contact the TASCA office by [email](#) or at **(03) 7015 5637**.

We hope to see you there!



## TASCA MONTHLY - TIF Updates

During the holiday season, the Thalassaemia International Federation (TIF) has shared several updates on world news, upcoming events, and new research in treatment options.

### ALZHEIMER'S DRUG DEMONSTRATES POTENTIAL THERAPEUTIC BENEFIT IN SCD

New research published by the **University of Zurich** highlights an innovative approach to managing Sickle Cell Disease (SCD) using a medication originally developed for Alzheimer's disease.

Find out more [here](#).



### U.S. EXIT FROM WORLD HEALTH ORGANISATION

The **U.S.** has officially ended its membership with the **World Health Organization (WHO)**, marking a major change in global health governance.

View the TIF article for more details [here](#).



### WORLD PATIENT SAFETY DAY WEBINARS

**WHO** is launching a five-part webinar series focused on how to implement the World Patient Safety Day goals for “safe care for every newborn and every child.”

The first session, ‘Engage Children, Parents, and Families’, will explore why engaging children, parents, and families is vital for safe newborn and child care. It will also discuss how to implement Goal 1 at the point of care, and how health care workers, leaders, and policymakers can enable meaningful engagement.

For more details, see [here](#).



### World Patient Safety Day Safe care for every newborn and every child

**Webinar 1: “Engage Children, Parents, and Families”**

Friday 6 February 2026, 14.00-15.30 CET



Learn more about Goals:  
<https://www.who.int/campaigns/world-patient-safety-day/2025/goals>

Join this five-part webinar series on the *Patient Safety Goals* for safe care for every newborn and every child, featuring global experts and patient champions discussing real-world implementation, challenges, and solutions to reduce avoidable harm.

#### The webinar Goal 1: Engage Children, Parents, and Families

- Why engaging children, parents, and families is essential for safe newborn and child care
- How Goal 1 can be implemented in practice at the point of care
- What health care workers, leaders, managers, and policymakers can do to enable meaningful engagement

[Register for the webinar here](#)



# CALENDAR

17<sup>TH</sup> FEBRUARY

TRIVIA NIGHT @ THE BENTLEIGH  
SOCIAL

28TH FEBRUARY

RARE DISEASE DAY

8TH MARCH

INTERNATIONAL WOMEN'S DAY

# CONNECT WITH US!

FIND TASCA ON SOCIAL MEDIA

@tascaust



## BECOME A MEMBER AND SUBSCRIBE TO OUR NEWSLETTER

GIVE TASCA A VOICE AND BECOME A MEMBER TODAY

- You can help support TASCA and its valuable work.
- You can be inspired by stories about the people we support.
- You will be updated regularly on medical advances and clinical trials.
- You will be invited to member events and programs.
- You will belong to a community supporting people living with a genetic haemoglobin condition.
- You will be part of a community voice advocating for better access to medical care.

Your membership will support Thalassaemia and Sickle Cell Australia's important work.

As a not-for-profit organisation, we need the support of the community to provide ongoing education, support and advocacy for the benefit of those living with, or touched by, genetic haemoglobin conditions.

Membership is open to all interested individuals and organisations who want to support our mission.



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