

# NEWSLETTER

From The Australian POTS Foundation



*From the Desk of Our  
CEO, Marie-Claire Seeley*

Welcome to 2025! This year marks the fourth anniversary of the Australian POTS Foundation—a milestone that reminds us of the enormous growth our community has experienced in such a short time. 2024 was a whirlwind of new initiatives and activities for the APF, with successes that far exceeded expectations—especially given our small but dedicated volunteer base.

With the federal election on the horizon, we've launched into 2025 with a major advocacy push, ensuring that the voices of those affected by POTS are heard at the highest levels. In January, we worked hard on developing our Pre-Budget Submission, outlining the urgent need for research funding, better access to treatment, and improved support for individuals with POTS. Then, in early February, Dr Celine Gallagher and I headed to Canberra to meet with politicians from all sides of government. We pushed for action on research funding, health reform to increase equity in access and reduce diagnostic delays, and support for the Foundation to ensure we can continue developing resources and community support—all things that would make a real difference for the 800,000+ Australians living with this condition.

As part of our advocacy, we were honoured to participate in the MissingSchool Parliamentary showcase in February. MissingSchool is a fantastic organisation that advocates for students who miss school due to acute and chronic illness, ensuring they receive the support they need to stay engaged in education. In what was an emotionally charged day, we joined other consumer representative groups to highlight the impact of chronic illness on school attendance. The APF shared the reality of how POTS affects young Australians' ability to participate in education, helping to push for system-wide change in both healthcare and education. You can view our poster presentation [HERE](#).

## WEBINAR SERIES 2025



Dr Kimberley Hindman will be launching our 2025 series with a webinar covering:

Cell Danger Response,  
Polyvagal Theory, and Limbic  
Retraining

**DATE:** 3rd April at 1000 ACDT

**[Book your tickets here](#)**



**By joining our Foundation, associate members provide us with the voice and authority to effectively champion the needs of the Australian POTS community. A growing membership base strengthens the bonds within our community and, importantly, showcases to policy makers the scale and significance of the needs of our community.**

**Being an associate member comes with exclusive benefits which are designed to support you in your POTS journey and demonstrate our gratitude for your invaluable support.**

Join us in advocacy! Meet with your federal MP or send them a letter—we've made it easy with a template on our website [HERE](#). Individual voices matter. When people share their experiences of POTS with their MPs, it makes a real impact. We've seen a clear shift in Canberra, with MPs increasingly acknowledging POTS through their constituents, relatives, or personal encounters. In just three years of engaging with MPs, we've seen the conversation change—because people like you are speaking up.

Excitingly, the APF has launched its LEAN (Lived Experience Advisory Network) committee, which will be meeting for the first time in March. This committee will ensure that the voices of people with POTS remain at the centre of our advocacy and research efforts.

In another big step forward, we have officially become a RACGP Continuing Professional Development (CPD) provider! This means we will be developing an education program for GPs to improve clinician understanding of POTS diagnosis and treatment, ensuring better care and earlier recognition.

With the new ICD code for POTS rolling out in July 2025, this initiative comes at a crucial time, helping to bridge the gap between recognition and real-world clinical change.

Ever your advocate,

*Marie-Claire*

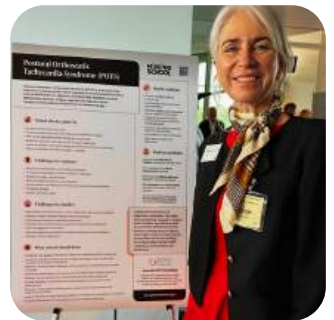
## LEAN Committee 2025



Please join us in welcoming the following inaugural members:

Amy	Isabel	Melissa
Aurora	Jessica	Miriam
Catherine	Kaitlin	Nicola
Claudia	Louise	Nina
Disha	Matthew	Sandra
Ilona	Meg	Tracy

We look forward to seeing the positive impact this committee will add to APF and we're excited to have these members on board.



In pictures: Marie-Claire Seeley, Celine Gallagher & Megan Gilmore at the Missing Schools Parliamentary showcase in Canberra

## Introducing Supacore

We are excited to introduce Supacore as a new partner! Supacore is a trusted leader in innovative compression wear, offering high-quality garments designed to provide support and improve the well-being of those living with chronic conditions like Postural Orthostatic Tachycardia Syndrome (POTS).

As part of this partnership, Supacore is generously offering our members an **exclusive discount of 25%** on their range of compression products. Compression therapy is a proven method to help alleviate many symptoms of POTS, including blood pooling, dizziness, and fatigue. Supacore's compression garments are specifically designed to help improve circulation, reduce swelling, and enhance overall comfort, allowing individuals with POTS to feel more supported in their daily activities. The unique design of Supacore's garments promotes optimal pressure on key areas of the body, helping to manage symptoms and support better blood flow—making a real difference in the lives of those managing chronic illness.


To check out the range visit <https://supacore.com>


## Community Surveys

We recently relaunched two community surveys, which have been invaluable in shaping our advocacy work. This includes the reopening of our Economic Survey, helping us capture the financial burden of POTS, and the launch of our 'Missing School' survey, which explores how POTS impacts education and school engagement.

Understanding these challenges is the first step toward driving real change through education and health reform.

To see our open surveys click [HERE](#)


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**STABILITY.  
SUPPORT.  
CONFIDENCE.**

MEET  
**SUPACORE'S POTS  
COMPRESSION  
LEGGINGS!**


**Living with POTS can be challenging,** but the right support makes all the difference. Supacore's medical-grade compression leggings help improve circulatory stability, core strength, and overall comfort—so you can move with confidence every day.



**MEDICAL-GRADE  
COMPRESSION**  
for better  
circulation.



**PATENTED  
CORETECH®  
WAISTBAND**  
for core and  
pelvic stability.



**MOISTURE-  
WICKING &  
SEAMLESS**  
for all-day  
comfort.

**FEEL THE DIFFERENCE. MOVE WITH CONFIDENCE.**





**sodii** <sup>®</sup>

Our Membership prize draw winner is...

**Aurora P.**

A big thank you to Sodii who are our Platinum Sponsors and provide discounts to our membership base, trial packs for our practitioners and prize packs and giveaways throughout the year.

If you are yet to join our membership you can do so below and you'll go into our next membership draw to win a giftpack.

Which flavour is your favourite?

[www.sodii.com.au](http://www.sodii.com.au)

## **VOLI IN FOCUS: Emma Newton**

A POTSIE of nearly 5 years, a volunteer at Australian POTS Foundation and Managing Director and Physiotherapist at Autonomic Health – a telehealth clinic for those experiencing dysautonomia, fatigue and/or persistent pain.

### **What inspired you to volunteer/fundraise with the APF, and what aspect of our mission resonates most with you?**

A combination of self-interest and a belief we can make a difference. I developed POTS in my 30's and while I was familiar with POTS, I had no concept of how life changing this condition can be, or how far our health system still had to come to ensure all POTSies receive quality care. The APF are working to improve our health system and I wanted to be a part of it.

### **How do you balance your volunteering commitments with other responsibilities in your life?**

Pacing!

### **What advice would you give to someone considering volunteering with the APF or another organisation focused on supporting individuals with POTS**

Volunteering is inherently rewarding if you're in the position to contribute. We know that meaningful change always starts with a passionate, well-connected community. A great first step is to join APFs community on social media, check out the website, and if you're interested and able to contribute further, reach out!

### **What would you like to share about your journey as someone with POTS or someone supporting those with POTS?**

When I developed POTS it felt like a bomb went off in my life. It took a few years to learn how to co-exist with my POTS in relative harmony. With some clever adaptations I now run my own business, volunteer, travel, and am generally excited for life again.

### **What is one small thing you do to raise awareness for POTS every day?**

I proudly wear my Australian POTS Foundation hoodie!



## At A Glance



### FUNDRAISING IDEAS

It's never too early to start brainstorming for a fundraiser. October will be here before we know it - what would you like to see this year?



### FOR THE BOOK LOVERS

Building community through a virtual bookclub. If you enjoy reading/listening to great books There's book recommendations, a monthly bookclub suggested read and virtual catch up once a month. You can join [HERE](#)



### REPORTS

Our Annual Report is available and can be found on our website alongside our Pre-Budget Submission [HERE](#)



### RAISE AWARENESS

Living with Postural Orthostatic Tachycardia Syndrome (POTS) can often feel isolating, but we want to remind you that you're not alone.

By sharing your story, you can help others who are also navigating the challenges of POTS feel seen, heard, and supported.

Whether you've recently been diagnosed or have been living with POTS for years, your journey can inspire hope and provide comfort to others.

1. What has your journey with POTS looked like?
2. How have you managed symptoms or found support?
3. What advice would you give to someone just starting out on their POTS journey?
4. How has the APF helped you to navigate POTS?

We may be walking different paths, but we're all in this together. Send your answers in an email to [admin@potsfoundation.org.au](mailto:admin@potsfoundation.org.au)



## Call for APF Volunteers

At the APF, we know that managing energy is key for individuals with POTS. That's why we're reaching out to our incredible community for support. Currently, our dedicated volunteers are working tirelessly, but we need reinforcements to truly make an impact. If you're a caring friend or family member with skills and time to spare, we'd love to welcome you aboard!  
Here's where we need your help:



### **Fundraising Expertise:**

Do you have a knack for planning and executing successful fundraising events? We're looking for volunteers to help us brainstorm, organize, and implement fun and effective fundraising initiatives.



**Sales Savvy:** Are you a natural at engaging and securing sponsors? We need volunteers with sales experience to help us connect with potential sponsors and partners who can contribute to our mission of raising awareness and research funds for POTS.



### **Research Whizz:** Understanding POTS Through Research:

What the Studies Are Showing

Research can be complex, and we would love to break it down in simple terms for our community. Can you help with this?

To volunteer for the above roles, or to learn more, please send us your CV with a cover letter outlining your interests and time availability at [admin@potsfoundation.org.au](mailto:admin@potsfoundation.org.au).

All donations can be made using QR code or direct into our account below



**THE AUSTRALIAN POTS FOUNDATION**  
BSB: 015208 Account Number: 153059214



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