

Painaustralia welcomes Tara Moss as newest Pain Champion

6 October 2020

Tara Moss has been announced as the latest Pain Champion for Painaustralia, joining the mission to improve the quality of life of people living with pain, their families and carers.

The announcement was made at an event held today by the Governor General, His Excellency General the Honourable David Hurley AC DSC (Retd) and Mrs Hurley, to formally launch Painaustralia's [Parliamentary Friends of Pain Management Group](#).

Tara Moss is an award-winning author, documentary producer, host and advocate. Since 1999 Tara has written 13 bestselling books, published in 19 countries and 13 languages. She is the winner of an Edna Ryan award and in 2017 was recognised as one of the [Global Top 50 Diversity Figures in Public Life](#), for using her position in public life to make a positive impact in diversity.

In the media and through her page *Tara and Wolfie*, Tara brings advocacy and visibility to issues of disability and chronic pain, and the need to normalise mobility aids.

"I am delighted to join Painaustralia as a Pain Champion. Pain impacts millions in our communities, and for me, is a lived, personal experience. I am dedicated to push for real change, improved public understanding of the experiences of those with chronic pain, and improved information and advocacy for the many people living with pain."

The Co-Chairs of the Parliamentary Friends Group, Senator Wendy Askew and the Hon David Smith MP, Member for Bean, said the announcement was an exciting addition to the formal launch of the Friends Group by the Governor General.

"Today is an exciting day for pain advocacy. It is wonderful to build on conversations about pain and its management, which is an important public health priority in Australia," said Senator Askew.

"Tara Moss will be a brilliant advocate as we help to raise awareness of the challenges faced by over 3.37 million Australians living with sometimes complex chronic pain conditions daily."

"Recognising the impact that chronic pain can have on ourselves, our loved ones and our community has never been more important," added Mr Smith.

"As we face unprecedented health challenges, many people living with pain are not accessing the services they need to manage their pain. Not only will prioritising pain as a national issue benefit our health system, reduce lost productivity and other financial costs, it can make a real impact on people's mental health and quality of life."

Painaustralia Chairman, Em Professor Ian Chubb, says bringing Tara on board will be valuable to raise the profile and awareness in the community of pain in Australia.

"Painaustralia is thrilled to welcome Tara Moss as our newest Pain Champion. Having a high-calibre advocate like Tara who has lived experience of chronic pain will resonate with many Australians and encourage national conversations and understanding."

Tara Moss joins Painaustralia's Patron, Air Chief Marshal Sir Angus Houston AK, AFC (Ret'd) and an outstanding group of Pain Champions including Veteran and Invictus Games competitor, Peter Rudland, seven-time Paralympian and NSW MP, Liesl Tesch AM and ABC Medical Reporter Sophie Scott.

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About Painaustralia

Painaustralia is Australia's peak national pain advocacy body working to improve the quality of life of people living with pain, their families and carers, and to minimise the social and economic burden of pain on individuals and the community.

Media enquiries

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