

ANNUAL REPORT 2017



EMPOWERMENT
GROWTH
SUSTAINABILITY



This Annual Report provides an overview of the performance of Arthritis & Osteoporosis NSW for the 2016/17 financial year and an outlook for the year ahead. Performance is tracked against the principal activities of health promotions, fundraising and the provision of support across NSW. Complete audited financial statements are published in our Financial Report for the year ended 30 June 2017. To obtain a copy of the Financial Report, please call **9857 3300** or email **info@arthritisnsw.org.au**. This Annual Report has not been audited, but it contains extracts from the audited financial statements. It is also available online at **<http://arthritisnsw.org.au/about-us/annual-reports/annual-report-2016-17/>**

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ARTHRITIS & OSTEOPOROSIS NSW

Arthritis & Osteoporosis NSW is a charitable and membership-based organisation that seeks to improve the quality of life of those affected by arthritis, osteoporosis and other musculoskeletal conditions. We work to empower the individual to manage their own condition and health, towards achieving their personal meaning of our vision, *Freedom from Arthritis*.

The organisation is a trusted source of evidence-based and up-to-date information on arthritis and its treatment, with education programs delivered across a number of platforms such as seminars, webinars and community awareness sessions. Our health services team develops and delivers exercise programs tailored to the needs of people affected by arthritis, such as the popular Warm Water Classes. We deliver two annual camps for children affected by juvenile arthritis: Camp Twinkletoes for children under 8 years old and their families, and Camp Footloose for children and young people aged 9 to 18 years.

We engage with the community through our membership program, publications such as *Arthritis Matters*, eNewsletter subscriptions, social media platforms such as Facebook and LinkedIn, and our toll-free Arthritis Infoline which connects callers with health professionals via a call-back service.

Our Vision

Freedom from Arthritis

Our Mission

To provide excellence in services that promote the prevention and treatment of arthritis & osteoporosis in NSW.

Our Values

- Compassion
- Support
- Integrity
- Respect
- Communication
- Commitment
- Positive Attitude

Our Priorities

- Provide support, advice and information for people with arthritis or other musculoskeletal conditions and their families
- Empower people to develop skills to manage their own health
- Promote community awareness of the issues associated with arthritis and other musculoskeletal conditions
- Work with health professionals to improve management of arthritis and early diagnosis
- Provide seminars and community programs for the community and health professionals
- Support research into the causes and treatment of arthritis and other musculoskeletal conditions.

OUR REACH



Warm Water Classes

- Campsie
- Castle Hill
- Epping
- Lane Cove
- Potts Point
- Ryde / Putney

KidsFlix

- Ballina
- Bathurst
- Brookvale
- Castle Hill
- Charlestown
- Dubbo
- Miranda
- Moore Park
- Orange
- Penrith
- Shellharbour
- Tuggerah

Children's Camps

- Stanwell Tops
- Myuna Bay

PRESIDENT'S REPORT

The 2016-17 financial year was a period of renewed confidence for Arthritis & Osteoporosis NSW, returning a much needed sense of both stability and direction to the organisation.

I congratulate the executive, management and staff for their initiative and commitment towards rebuilding the business. Under the high calibre leadership of CEO Sandra Vincent, there is a growing clarity of purpose across the organisation, coupled with cross-functional cooperation and improving efficiencies.

Organisational Performance

The financial result for 2017 showed an improvement upon prior year. The cessation of a number of unprofitable activities, together with improved efficiencies, funded investment to realign the business and improve our performance.

The focus of operations has shifted over the course of the year towards sustainability. This will ensure that services not only deliver value to our members and customers, but also support the long term viability of the organisation.

Development of the business has naturally involved change, essential for ensuring the future relevance of the organisation. The organisation must be positioned to adapt to evolving community expectations and behaviours. Today, people want to remain healthy, active and involved right into their senior years, and they want to be empowered to manage their own health. Social connection and community is as important as always, now achieved not only through face-to-face interactions but also online through social media.

In this context, our Support Groups will continue to fulfil an important albeit changing role in the organisation. I extend my thanks to those groups who have worked towards becoming financially independent in advance of the 31 December 2017 target. Branches will continue to transition to Support Groups.

Membership

A key organisational focus for 2017-18 and beyond will be to build our membership community.

Over the course of 2016-17, a review of the current membership program was undertaken in terms of community reach, performance, and the benefits and value delivered to members. This review uncovered a clear need for a new approach to membership which has relevance to a wider range of communities and which delivers a more compelling value-proposition to current and new members.

The new membership program will be finalised, announced and rolled-out early in 2018. I reassure current members that existing terms and benefits will continue but with a wider range of choice.

Constitutional Changes

In line with changing Government requirements under the Australian Charities and Not-for-Profits Commission we have had to change our constitution. If Members have any concerns or questions in relation to these changes, please direct them towards either our CEO or Company Secretary. Many thanks to Henry Davis York Lawyers who supported us with pro bono services during our review of the constitution.

Strategic Plan

A great achievement of 2016-17 was development of the organisation's Strategic Plan. The collaborative approach taken, involving the Board, Executive, management and staff, has resulted in a blueprint for the organisation's future which we all believe in and share ownership of. The organisation's vision is maintained, and we are committed to it.

Thank you

Thank you to all the individuals and organisations who have contributed towards our success, whether that be through the donation of funds, fundraising support, volunteering, corporate sponsorship, or the contribution of services, skills and expertise. Thank you for sharing our vision and contributing towards our cause.

Thank you also to all members of the Board for their contribution. Our new members have fitted in very well. The Board will continue to evolve to meet the changing needs of our Members and community.



Allan Ryan // President

Arthritis & Osteoporosis NSW

CEO'S REPORT

As my first year anniversary passes, I am thrilled with the progress of development and rebuild of the organisation, the most significant being the strategic plan which underpins the business direction.

I would also like to thank those members who have provided encouragement and support during this period through emails and well wishes. It has been wonderful to be working with such an enthusiastic group.

The year in review has been one of re-establishing and realigning to ensure we have good business practices in place. Some changes have been made to ensure the business is meeting its legislative responsibilities, others to ensure our developing business model is at all times guided by best practice.

The Board and Senior Staff spent time earlier this year working together to align the Vision and to set the direction for the next three years. The Strategic Direction is steering the organisation to become a modern, viable and sustainable business.

Our vision *Freedom from Arthritis* means different things to each individual and our strategy is to support the individual while ensuring that we are sustainable and have the systems in place to enable growth and resilience.

Change is challenging. However, to survive and to thrive in an ever-evolving world, change needs to be accepted and embraced as a necessary part of business. We need to ensure that we are keeping up with the latest trends in technology and service-delivery methods so as to attract new clients and members which will, in turn, ensure the sustainability of our business. Being on-trend gives a competitive edge for attracting and retaining the right talent and creating an innovative and strategic leadership that sets strong foundations. It is important that we have strategies that strengthen our business and ensure that we remain viable and financially sustainable in a highly competitive sector.

What has become evident is that there is a high level of donor fatigue for all charities and so the question that we ask ourselves is: how do we stay relevant in this environment?

Financial Result

Our Financial result for 2016-17 was a surplus of \$850K. This is a pleasing result and one that I envisage will continue to grow to support the development of new services for both our urban and rural members and consumers.

I stress again this year that competition among charities continues to intensify for funding streams. New revenues continue to be developed to enable us to provide services and support to our members and consumers. Our objective to provide up-to-date information and support to our members across various channels has incurred some costs we can no longer support. In October 2017 membership fees will experience a modest rise for the first time in 3 years to support the provision and continuation of these services and supports.

Thank you

I would like to thank our major benefactors, corporate sponsors and those who have contributed to the organisation. I would like to thank the members for their support and loyalty in continuation of their renewed membership. I thank the Board for their support and for having the courage to continue to refresh and refine as the environment dictates.

Thank you to our staff whose enthusiasm, resilience and support is inspiring and unwavering. Thank you to those who volunteer their time to support the delivery of services and support.



Sandra Vincent // CEO

Arthritis & Osteoporosis NSW

BOARD MEMBERS: 1 July 2016–30 June 2017



Allan Ryan President

BSc (Hons), MEng. Sci., MAICD
Appointed: 28 March 2012

Allan Ryan is a leading researcher and consultant who provides expert advice to businesses to improve performance

and be sustainable in today's rapidly changing world. He is an Adjunct Professor at the UTS Business School, founder and Executive Director of Hargraves Institute and Director at Managed Innovation International. Before starting research at the Australian Graduate School of Management he spent 13 years in senior executive roles in a leading not for profit organisation.



Peter Ricketts Honorary Treasurer

B. Com., MBA, CA, FGIA, FCIS, FAICD, CFTP (Snr)
Appointed: 28 August 2013
(Resigned 24 October 2017)

Peter has extensive financial leadership responsibility across various-sized businesses, mostly multinational, and predominantly engaged in manufacturing, industrial, consumer goods and distribution. Peter's mother had severe arthritis before passing away due to its consequences. For this reason and the desire to give back to the community, Peter was pleased with the opportunity to provide his financial and business expertise to the Board. He is Chair of the Arthritis & Osteoporosis NSW Finance, Risk and Audit Committee.



Nigel Corne Vice President

BE, FCIA, GAICD
Appointed: 26 October 2016

Nigel is an experienced and qualified Chairman and Director of listed public, unlisted public and private companies.

Past roles include National Chair of the Australian Hotel Association (Accom), Vice President of AHA NSW, Director of Sydney Convention & Visitors Bureau and Managing Director of Tourism, Hotels and Leisure Limited. Nigel has extensive non-executive committee and management experience in the industries of tourism & hospitality, franchising and trade & investment, together with community service organisations and Not for Profits. Nigel is Vice President of Arthritis & Osteoporosis NSW and Chair of the Governance and Strategy Committee.



Prof. Nick Manolios Director

MD BS, PhD, FRACP FRCPA
Appointed: 18 July 2007

Professor Manolios is Director of Rheumatology at Westmead Hospital and Professor in Medicine, University of Sydney. Nick brings to the Board a wealth of knowledge, direction and perspective pertinent to the needs and concerns of arthritis patients and can convey information about medicines, treatments and protocols. He aims to keep the Board up-to-date on current and ongoing research, scientific, and clinical matters relevant to patient care.



Cosimina Pupo Director

Cert (Mgt), Dip (Counselling)
Appointed: 19 December 2007

Cosi is a senior probate paralegal and former director of the Independent Living Centre. She is involved in the Tutor Patient Partner Program, and is also a member of the National Arthritis Consumer Reference Group (NACRG). Cosi applies her experience of living with chronic pain to assist others, especially working adults.



Lynn Garlick Director

Bachelor of Social Work, Master of Arts (Journalism), completing a Doctorate of Creative Arts (Creative Writing)
Appointed: 26 October 2016

Lynn is an experienced communication, engagement and consultation professional. She has a depth of expertise in the health, corporate communication and education industries and she has lectured at university in the fields of writing and social work. She is also an International Yoga Teachers Association (IYTA) qualified yoga teacher. Lynn is committed to improving other people's lives through her role as a director.



Murray Smith Director

BA Bus, CA, GAICD, FAPI
Appointed: 26 October 2016

Murray is a non-executive company director and chartered accountant with specialist restructuring and insolvency skills. Murray was previously a partner at McGrath Nicol and KPMG, having spent over 30 years working with troubled and impaired businesses, and advising banks, corporations and Government. After retiring from professional practice in 2014, Murray commenced non-executive director roles with Slattery Auctions Australia and the Independent Liquor & Gaming Authority. Murray has both personal and family experience with osteoarthritis.



Andrew Mock Company Secretary

Appointed: 15 May 2015
Bachelor of Laws, Bachelor of Commerce, Graduate Diploma of Legal Practice

Andrew is an experienced corporate and commercial lawyer who provides commercial, governance and regulatory advice to clients ranging from start-ups and not-for-profit charities to large multinational organisations. Andrew is passionate about providing his professional skills and expertise to the Board and giving back to the community.

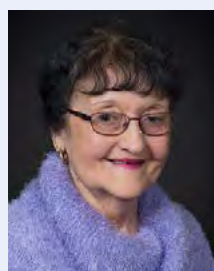
The Board is currently supported by two committees, the Governance & Strategy Committee and the Finance Risk and Audit Committee. These committees support the Board and management team to oversee and monitor principal activities.



Amanda Harvey Vice President (former)

BA/LLB (Social Psychology), Grad Dip Psych, MLLR
Appointed: 19 November 2014
(Resigned: 8 February 2017)

Amanda is a director of AJ Harvey Consulting Pty Ltd, Pixiu Pty Ltd and Weir Consulting Pty Ltd. She is an experienced employment lawyer, workplace investigator and consultant to the public and private sector. Amanda's understanding of musculoskeletal and autoimmune conditions has arising through personal experience with scleroderma. During her tenure on the board, Amanda chaired the Arthritis & Osteoporosis NSW HR committee and was a member of the finance and investment committee.



Doris Carrall Branches Representative (former)

Appointed: 28 March 2012
(Resigned: 6 September 2016)

Directors' appointment and retirement dates are provided in the Financial Report.

PERFORMANCE OVERVIEW

Memberships

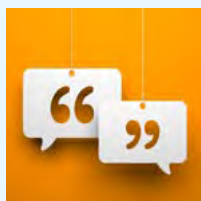
2,896

MEMBERSHIPS
INCLUDING
144 FAMILIES



32

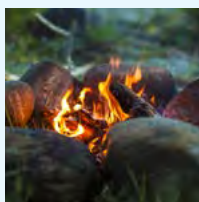
BRANCHES
& SUPPORT
GROUPS



Children's Camps

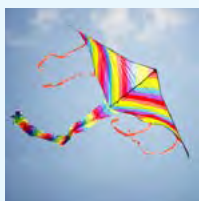
33

CHILDREN
@ CAMP
FOOTLOOSE



8

FAMILIES @ CAMP
TWINKLETOES



Health Promotion

1,078

COMMUNITY
EDUCATION
PARTICIPANTS

ACROSS

60

SESSIONS



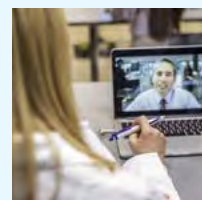
102

SEMINAR
PARTICIPANTS
ACROSS
1 SESSION



54

PARTICIPANTS
IN 2 CONSUMER
WEBINARS



49

PARTICIPANTS
IN 2 HEALTH
PROFESSIONAL
WEBINARS



145

PARTICIPANTS
IN WARM WATER
CLASSES ACROSS
6 LOCATIONS



140

ARTHRITIS INFOLINE
CALLERS



Publications

3

ISSUES OF ARTHRITIS
MATTERS MAGAZINE
PUBLISHED AND SENT
TO MEMBERS



2,200

SUBSCRIBERS
TO MONTHLY
NEWSLETTERS



Financial Result

REVENUE 2016/17:

\$2.33m

(2015/16: \$2.67M)

NET RESULT 2016/17:

\$740,971

(2015/16: \$784,484)

Our Office

10

STAFF



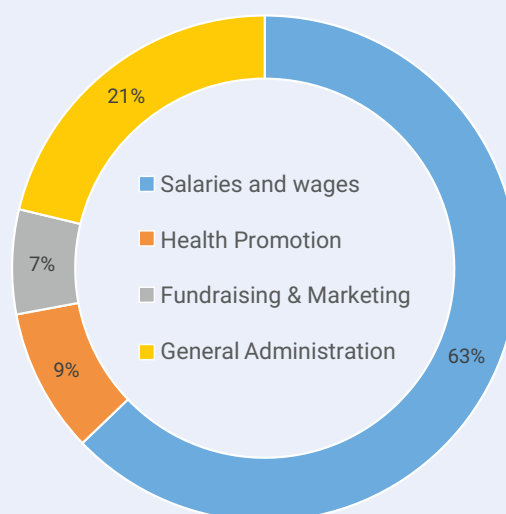
Regular Volunteers

52

VOLUNTEERS, 2
REGULAR, 16 FOR
CAMPS AND 34
FOR KIDSFLIX

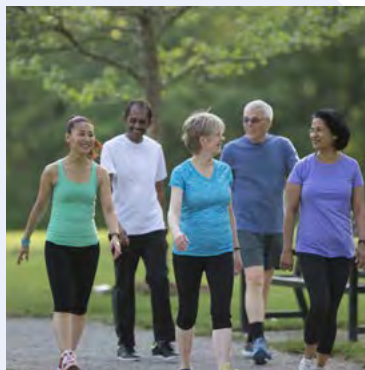


How Resources were used



STRATEGIC DIRECTION 2017–2020

FREEDOM FROM ARTHRITIS



Structuring for Growth

- Redevelopment of our Member
- Development of our corporate
- Realignment of our systems

Empowering the Individual

- Full review & evaluation of programs
- Development of new services
- Development of our clinical governance & research framework





Sustainability and Growth

- Development of our bequests and major donor program
- Identification and development of new communities across NSW
- Development of internal capabilities to support growth
- Development of brand value

ship model
partnerships
for growth





“ THANK YOU TO OUR MEMBERS, DONORS AND SUPPORTERS FOR YOUR GENEROSITY. IT IS ONLY THROUGH YOUR HELP AND CONTRIBUTIONS THAT WE ARE ABLE TO SUPPORT OUR COMMUNITY ”

SUPPORTING COMMUNITY

Arthritis & Osteoporosis NSW exists to serve the people of New South Wales in working towards a vision of *Freedom from Arthritis*.

We strive to achieve this vision through four key operational deliverables:

- **Prevention of disease**
- **Management of conditions**
- **Understanding and support – community**
- **Research towards cures and improved treatments**



Support Groups and Branches

Across NSW we have 32 branches and support groups who meet once a month providing support for those with arthritis and/or osteoporosis as well as those caring for family and friends with these conditions.

Arthritis & Osteoporosis NSW Support Groups and Branches provide:

- Social and friendship support in an environment where members have a common understanding of their conditions
- Sharing of current and any newly available information for their condition within their group and local communities
- Some groups have guest speakers attend meetings, including physiotherapists, dieticians and other health professionals
- Fundraising support for both Camp Twinkletoes and Camp Footloose.

Warm Water Exercise

We currently offer our warm water exercise classes at six locations across metropolitan Sydney (Campsie, Castle Hill, Epping, Lane Cove, Potts Point and Ryde), with plans to expand the program.

Unlike standard water-aerobic exercise classes, our program has been developed specifically for people affected by arthritis. All classes are led by trained health professionals, with the minimum qualification being a Fitness Certificate IV covering hydrotherapy. A number of classes are run by physiotherapists and are eligible for health fund claim receipts.

Classes are held during the NSW Department of Education school term, each program typically running for 9 or 10 weeks. Each class is 45 minutes long.



Telephone Support

Arthritis & Osteoporosis NSW operate a toll-free call-back service which connects callers with a health professional who can provide the most up-to-date information and reference material on managing their condition. This service is provided in agreement with Arthritis Australia and its network of affiliates.

Online Support Groups

Arthritis & Osteoporosis NSW moderate two online support groups on Facebook for children and young adults with arthritis:

- Juvenile Arthritis Support Group: 167 members
- Young Adults with Arthritis Support Group: 85 members

These closed groups provide a platform which enable people to freely ask questions and share experiences.

Facebook Community

The organisation's public Facebook page is at [facebook.com/ArthritisNSW/](https://www.facebook.com/ArthritisNSW/) with a community that is steadily growing (2,368 followers as at 15 October 2017) and becoming more highly engaged.

Facebook is proving to be a strong platform for the organisation's awareness-raising campaigns and also for promoting health services such as webinars to new audiences.

Arthritis Matters

During the 2016-17 financial year, three editions of *Arthritis Matters* were produced and distributed to members.



eNewsletter Subscribers

Each month, Arthritis & Osteoporosis NSW delivers an electronic eNewsletter to a growing number of subscribers. As at 15 October 2017, 2,253 members plus an additional 929 subscribers had signed-up to receive our monthly eNewsletters.

Webinars

Our webinar program is designed to deliver information that is accessible from people's homes or offices. Across 2016-17 four webinars were delivered, two designed for health professionals and two for consumers to support self-management of their condition. Topics included:

- **Health Literacy**, with Professor Don Nutbeam
- **Tackling Osteoarthritis & Chronic Disease Management**, with Matt Williams
- **Fibromyalgia**, with Dr Maxine Szramka
- **Managing Osteoarthritis & Osteoporosis**, with Professor Maria Fiatarone-Singh

Seminars

In February 2017 we delivered our consumer seminar *Living Well with Arthritis* for an audience of 102 at the Warilla Bowls and Recreation Club on the NSW south coast. Presenters included Dr Maxine Szramka, Dr John Booth, dietician Alicia Thackray, and occupational therapist Cate Menzies.

Quotes from the day included:

“ *Very informative.
All helpful information.
Found the information on pain by Dr John Booth very helpful.
Movement is medicine.* ”

Camp Twinkletoes

Camp Twinkletoes is an annual event designed to help families caring for young children with juvenile arthritis. The program has four essential elements:

- Education for parents
- Fun for children with juvenile arthritis
- Much-needed attention for siblings
- Experience-sharing between families.

For a family with a newly diagnosed child, the future is uncertain. Camp Twinkletoes supports families to adapt to this uncertainty and build the mental strength to care for their children in the most positive way possible.

This year's Camp Twinkletoes was held over the weekend of April 7-9 2017 at The Tops Convention Centre, Stanwell Tops. Guest speakers included Dr Jeffrey Chaitow (*Paediatric Rheumatologist*), Anne Senner (*Paediatric Rheumatology Clinical Nurse Consultant*) and Melanie Ryan (*Senior Physiotherapist at Westmead Children's Hospital*).

“ *From the volunteers to the parents, each person has made me feel so very at ease, providing me with a lot of information, but also giving me reassurance.* ”

Camp Footloose

Camp Footloose provides valuable opportunity for children and young people with arthritis (aged 9 to 18 years) to have fun, meet others like them and share experiences in a supportive environment. It also helps them gain a sense of control over arthritis and their lives.

Dedicated team leaders and staff, including health professionals, attend camp and guide participants through a range of exciting activities and fun education sessions.

Camp Footloose was held at Myuna Bay from September 26 – 30 2016, and was attended by 33 young people with juvenile arthritis.

“ *I had an awesome time and can't wait to come back next year!* ”

KidsFlix

KidsFlix is a program enabling children with juvenile idiopathic arthritis (JIA) and other disabilities to have an 'out of the ordinary day' with their families at the movies. In addition to the film screening, family entertainment is included such as costumed performers, face and hand painting, balloon twisting, and in December children receive a visit from Santa.



COWRA ARTHRITIS SUPPORT GROUP

In February 2016 a small group of people consisting of Jenny Hayes, George Hughes, Rae Dowd, Maureen Manson and Christine Murphy got together at “River Park” and held an informal meeting to finalise locations, meeting schedules and topics for the first official Cowra Arthritis Support Meeting.

The meetings would be open for anyone suffering from any type of arthritis, including juvenile arthritis.

The group was aiming for monthly meetings with support from Arthritis & Osteoporosis NSW (AONSW) and Cowra Community Health to help organise guest speakers who would be relevant for the area.

The Group has been very fortunate to have many interesting and knowledgeable guest speakers from the local area, who give up their time freely to share their expertise.

At a well-attended meeting on 28 October 2016, Kate Faber – (former) Health Promotions Manager from AONSW – gave a talk to the Group on pain management, the nature and impact of chronic pain, and what AONSW could do for those outside major cities.

The Cowra Arthritis Support Group continued to grow due to the support of the local medical community and expert guidance from AONSW. At the first meeting of 2017, Emily Murphy and Melissa Monge – two occupational therapists from Cowra Hospital – were the guest speakers.

An atmosphere of friendship, support and expert knowledge – followed by a cuppa and a chat – seem to have been the key ingredients that have seen the Group continue to grow.

We have had wonderful support from our local newspaper, *The Cowra Guardian*, and in particular, reporter Matthew Chown who has been with us from our original informal meeting in 2016.

We have outstanding and generous members such as Carol Nicholson – our computer whiz; Maureen Manson – group’s publicity genius; Beau Britsstar – catering captain; Dawn McKay – group’s matriarch; Jenny Hayes – meeting procedure guide; Rae Dowd – community contact liaison person, and finally George Hughes – our own Tai Chi Expert and his wife Val.

Below: Organisers Jenny Hayes, George Hughes, Rae Dowd, Maureen Manson and Christine Murphy at their planning meeting.



KAY STUBBS SCHOLARSHIPS

Background

The Kay Stubbs Scholarship is named in memory of Kay Stubbs who passed away in 2015 after a long association with Arthritis & Osteoporosis NSW. Kay was an active member of the Hawkesbury Branch and was passionate about the work we do.

The purpose of the Kay Stubbs Scholarship is to assist students affected by their arthritis to continue or resume their education and thus give them a better opportunity to achieve their life goals.

Award Details

The Kay Stubbs Scholarships provide \$5,000 annually which may be awarded to one or more applicants. Decisions are made on a needs and merit basis.

Kay Stubbs Recipient Testimonials

Matthew Duncan

"Being a school teacher, having the iPad has helped significantly. Not only has it made documenting files more convenient, it has also reduced the amount of sheets, books, and paper material I need to carry to class every day as it can all be stored and made electronically. This has reduced the strain on my body as I don't need to carry large amounts of documents around."

Jasmin Casserly

"The scholarship was a great help. It provided a positive boost towards my daughter's confidence as well as her self-esteem knowing there is an organisation who cares and is willing to offer a helping hand." **Toni Casserly**

Emily Solway

"The scholarship enabled us to get a laptop for Emily, it has really helped as she is able to use it every day to complete tasks at school as well as for leisure when she is at home."

Angela Solway

Daman Cassar

"We are very pleased and grateful to be awarded the Kay Stubbs Scholarship for this year for our son Daman. The \$1,000 grant awarded to Daman has been used to fund mathematics tutoring. As Daman was diagnosed with JIA (polyarticular course) in 2011 when he was just 4 years old he has had a very long battle so far with joint flares and continued spread of inflammation and pain. In 2015 Daman was away from school for 74 days; again in 2016 he was away from school for 35 days due to joint pain and treatment. With these significant periods of absence, keeping up with his peers at school was nearly impossible. Whilst Daman now attends hospital once every three weeks for his IV medication infusion his peers continue on at school learning. The scholarship has given Daman the opportunity to catch up on missed concepts with tutoring being provided at home. This has been a very valuable process and intervention for Daman which has stopped the decline in his mathematics results and moved him back towards the top of his class where he once was."

Thank you for providing the scholarship and support for Daman, we are so appreciate of this gift." **Jo Cassar.**

Georgia Mugridge

"I am very grateful to Arthritis & Osteoporosis NSW for awarding me a scholarship of \$200 which has enabled me to purchase some much needed text books. I am currently studying to become a P.E teacher which I hope will inspire others with JIA to remain active and passionate about health and fitness despite having this disease. Arthritis & Osteoporosis NSW is without a doubt a wonderful organisation and I am truly grateful for their support and the scholarship offered to me this year."

Alyssa Pensini

"The Kay Stubbs Scholarship has had an astronomically positive impact on my education as it allowed for me to access an efficient laptop that has given me opportunities equal to other students in my grade. The Kay Stubbs Scholarship allowed me to sit my exams using a laptop as writing is extremely painful due to my Juvenile Arthritis. It has provided consistency in my work and application throughout the year and will continue to greatly support me through my final exams for grade 12 in a few weeks' time. Thank you to all who were a part of the process, I appreciate the opportunity to receive this scholarship."

FUNDRAISING

As a charitable organisation, Arthritis & Osteoporosis NSW relies on the kindness and generosity of our supporters to continue our work, improving the quality of life of people affected by arthritis, osteoporosis and other musculoskeletal conditions.

Why our work and your support is important

- Arthritis is the single **most significant cause of chronic pain** and disability in Australia
- Recent NSW health statistics indicate that **one-in-four people** are now affected by arthritis and related conditions.
- There are approximately **3.85 million Australians** affected by arthritis, a figure that is projected to grow to 7 million by 2050.
- People of any age and background can get arthritis, including children and young people.
- In NSW alone, there are **3000 children** currently being treated for juvenile arthritis. And among the adults living with arthritis, **two-thirds are of working age**.
- In hard-cold economic terms, the cost of arthritis is high; it is responsible for a known 25% of workplace absenteeism, and is also the second most common cause of retirement due to ill-health. The cost to our economy is **more than \$23.9 billion each year** in medical care and indirect costs such as loss of earnings and lost productivity.

For those living with arthritis, chronic pain can have a profound negative impact on their quality of life - both physically and psychologically. Everyday living tasks can become difficult, if not impossible, to the point of lowering the ability to live independently. Reduced involvement in enjoyable physical activities can have flow-on health impacts such as obesity and diabetes.

Arthritis & Osteoporosis NSW works to help improve the quality of life of those living with arthritis and related musculoskeletal conditions.

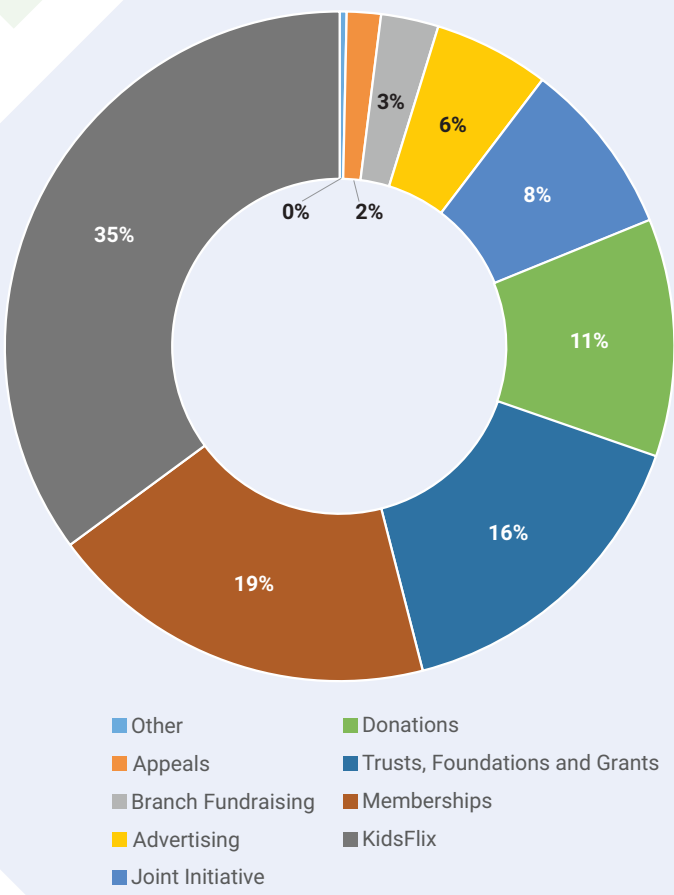
Bequests

Our heartfelt thank you to those who have chosen to leave a gift in their will to Arthritis & Osteoporosis NSW, and to the families, friends and executors of those whose legacies were realised.

A gift in your will, or the will of a loved one, ensures the ongoing support of others suffering with arthritis and those close to them.

In 2016-17 AONSW received legacies from 8 donors, including William Peter Steele Nicholson, Margaret Joan Deahm, Colin Archer and Johanna Widuch-Gach. These funds comprise the majority of our donated income and are vital to our work. We are truly grateful for these gifts which totalled **\$1.859 million in 2016-17**.

Other Fundraising and Marketing Income



STATEMENT OF PROFIT OR LOSS

and other comprehensive income
for the year ended 30 June 2017

	2017 \$	2016 \$
Revenue	2,327,879	2,671,839
Other income	215,887	209,047
Employee benefits expense	(978,099)	(997,870)
Depreciation and amortisation expense	(53,861)	(49,398)
Education expenses	(74,391)	(102,234)
Marketing and fundraising expenses	(189,200)	(458,467)
Other expenses	(507,244)	(488,433)
Profit before income tax	740,971	784,484
Income tax expense	-	-
Profit for the year	740,971	784,484
Other comprehensive income:		
Changes in fair value of available-for-sale financial assets	111,652	(32,648)
Other comprehensive income for the year, net of tax	111,652	(32,648)
Total comprehensive income for the year	852,623	751,836

STATEMENT OF FINANCIAL POSITION

as at 30 June 2017

	2017 \$	2016 \$
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	1,808,953	1,746,088
Trade and other receivables	50,807	30,440
Inventories	890	627
Other assets	12,447	11,650
TOTAL CURRENT ASSETS	1,873,097	1,788,805
NON-CURRENT ASSETS		
Financial assets	4,799,801	4,006,677
Property, plant and equipment	1,147,328	1,177,962
TOTAL NON-CURRENT ASSETS	5,947,129	5,184,639
TOTAL ASSETS	7,820,226	6,973,444
LIABILITIES		
CURRENT LIABILITIES		
Trade and other payables	159,413	122,545
Employee benefits	35,430	17,428
TOTAL CURRENT LIABILITIES	194,843	139,973
TOTAL LIABILITIES	194,843	139,973
NET ASSETS	7,625,383	6,833,471

STATEMENT OF CHANGES IN EQUITY

for the year ended 30 June 2017

	2017 \$	2016 \$
EQUITY		
Reserves	98,767	(12,885)
Retained earnings	7,526,616	6,846,356
TOTAL EQUITY	7,625,383	6,833,471

	Retained Earnings \$	Fair Value Reserve \$	Total \$
2017			
Balance as at 1 July 2016	6,846,356	(12,885)	6,833,471
Opening Adjustment	(60,711)	-	(60,711)
Profit attributable to members of the entity	740,971	-	740,971
Net Change in fair value of available for sale financial assets	-	111,652	111,652
Balance at 30 June 2017	7,526,616	98,767	7,625,383
2016			
Balance as at 1 July 2015	6,061,872	19,763	6,081,635
Profit attributable to members of the entity	784,484	-	784,484
Net Change in fair value of available for sale financial assets	-	(32,648)	(32,648)
Balance at 30 June 2016	6,846,356	(12,885)	6,833,471

STATEMENT OF CASH FLOWS

for the year ended 30 June 2017

	2017 \$	2016 \$
CASH FLOWS FROM OPERATING ACTIVITIES:		
Receipts	2,354,202	2,785,494
Payments to suppliers and employees	(1,695,123)	(2,108,117)
Interest received	4,432	61,950
Dividends received	164,765	118,724
Net cash provided by (used in) operating activities	828,276	858,051
CASH FLOWS FROM INVESTING ACTIVITIES:		
Purchase of property, plant and equipment	(23,228)	(28,387)
Purchase of available-for-sale investments	(742,183)	(1,437,582)
Net cash provided by (used in) investing activities	(765,411)	(1,465,969)
Net increase (decrease) in cash and cash equivalents held	62,865	(607,918)
Cash and cash equivalents at beginning of year	1,746,088	2,354,006
Cash and cash equivalents at end of financial year	1,808,953	1,746,088

ARTHRITIS AUSTRALIA ADVOCACY UPDATE 2016–17



Advocacy to government

Arthritis Australia has continued its ongoing advocacy to the Australian Government for action in three priority areas. These priorities are: building the rheumatology nurse workforce to provide patient education, support and care coordination; boosting arthritis research funding; and better non-surgical management for people with osteoarthritis.

Building the case for rheumatology nursing

We commissioned a report to help us to build the case for government funding for more rheumatology nurses in Australia. People diagnosed with severe and inflammatory forms of arthritis often do not receive enough support to help them deal with the emotional and physical impact of their condition and its often complex treatment. Increasing specialist nursing care can help to address this issue.

The report will be launched at a special Parliamentary Friends of Arthritis event in Canberra in October 2017.

Boosting arthritis research

A major focus of our advocacy is for increased government funding for arthritis research. Research is the key to finding better ways to prevent, treat and hopefully cure arthritis. However, government funding for research into arthritis and musculoskeletal conditions is disproportionately low relative to the burden and cost of these conditions.

The Government's recently established Medical Research Future Fund (MRFF) provides an excellent opportunity to increase research funding in the field. We have been advocating strongly to ensure that arthritis research receives a fair share of the future allocations from the MRFF.

Improving osteoarthritis management

We worked with the Australian Commission for Safety and Quality in Health Care to develop and promote new standards to support better non-surgical management for people with osteoarthritis of the knee.

We have also been monitoring the roll out of the Australian Government's Health Care Homes trial which is designed to support GPs to provide better care for people with chronic conditions. We are concerned that the proposed eligibility criteria for the trial will exclude people with arthritis, especially osteoarthritis, because they do not consider the impact of pain and limited function and mobility. We have raised our concerns with those responsible for developing the trial and will continue to work to ensure people with arthritis have an opportunity to participate.

Advocacy starting to get results

Advocacy can be a slow process, but we are starting to see results in some areas. In particular support for improved non-surgical management of osteoarthritis in the health system is increasing. Improving non-surgical management of osteoarthritis is one of our advocacy priorities and is a major recommendation from our *Time to Move: Arthritis* strategy. A number of initiatives are currently underway or have recently been launched to support non-surgical management for people living with this condition. These initiatives include the launch of a new clinical care standard for osteoarthritis of the knee by the Australian Commission of Safety and Quality in Health Care and a major education program for health care practitioners and consumers from the National Prescribing Service.

Advocacy to industry on hard-to-open packaging

Another major area of ongoing advocacy for Arthritis Australia relates to improving product packaging so that it is easier for people with functional limitations to open.

Arthritis Australia educates the packaging industry about the impact on consumers of hard-to-open packaging. Our Accessible Design Division also works with industry and government to improve packaging design and products. We have undertaken work for more than fifty organisations throughout the supply chain and clients include small family owned companies through to large organisations like Nestle, HealthShare NSW and Woolworths.

This year we continued to work to educate the packaging industry about the impact of hard-to-open packaging on consumers with functional limitations. At the Australian Institute of Packaging's National Technical Forums Arthritis Australia's Consumer Director, Wendy Favorito shared her personal experiences and struggles with packaging. In addition, Alexandra Brayshaw, our Accessible Packaging Researcher, shared the development journey for the innovative Easy to Open Certified SPC ProVital cup, which she had worked with SPC to develop.



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