

year
in review
2014 -15



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How did we help people with arthritis?

Arthritis Awareness Week 2015: *Kids get arthritis too*

During Arthritis Awareness Week in March 2015 we launched our *Kids get arthritis too* campaign, highlighting that at least 6000 Australian children have juvenile idiopathic arthritis (JIA). But because it is under recognised and resourced, children face long delays in diagnosis, and there are serious shortages of treatment and support services.

New JIA information sheets

As part of the *Kids get arthritis too* campaign and with developmental support from the Australian Paediatric Rheumatology Group we released 22 additional [JIA information sheets](#). Responding to parents' needs, the titles cover a range of questions often asked about the condition, symptoms, medicines and general management.

Launch of 5-Point Plan to improve care for children with juvenile arthritis

We launched a 5-Point Plan for improving care for children with juvenile arthritis at an event hosted by Arthritis Australia's Emeritus Director Ita Buttrose AO OAM at Parliament House Canberra. This plan reflects priorities for juvenile arthritis taken from our [Time to Move: Arthritis](#) strategy. Paediatric rheumatologist, Dr Davinder Singh-Grewal and a range of family members affected by JA shared their professional and personal experiences. As well, the launch was supported by a number of Federal Parliamentarians who tweeted a photograph of themselves with a *Kids get arthritis too* balloon.



From left Senator Carol Brown, Josh Frydenberg MP, Kelly O'Dwyer MP, Stephen Jones MP and Senator Rachel Siewert

Advocating for improved care for people with arthritis

Following the successful launch of the [Time to Move: Arthritis](#) strategy in 2014, we have spent this year meeting many Parliamentarians, government officials and representatives of healthcare organisations to promote and encourage action on the strategy's recommendations. The Australian Government has acknowledged the value of this work and is using the strategy to help inform the development of a new National Strategic Framework for the Management of Chronic Conditions.

Advocating for judicious uptake of biosimilar medicines

We advocated strongly to the Australian Government that its policies to promote the use of biosimilar medicines should not compromise safety and effectiveness of treatment for people on biologic medications. Biosimilars are copies of biologic medicines that are very similar, but not identical, to the original medicine. Our efforts have contributed to a more consultative approach being adopted by the Government and its agencies on this issue, beginning with a stakeholder forum on biosimilars held in July 2015.



New back pain booklet

With back pain being one of the most common causes of disability in Australia our Affiliate health educators and Arthritis Helpline receive many questions regarding this condition. To support these enquiries, we developed a [new back pain-specific booklet](#) in early 2015.

New disease-specific website [Empowered.org.au](#)

We launched a new online resource called [Empowered](#) to support Australians living with rheumatoid arthritis, ankylosing spondylitis and psoriatic arthritis and help them better understand and manage their condition. The site was independently developed by Arthritis Australia and funded by an educational grant from Janssen.

Launch of arthritis and disability report

On World Arthritis Day 12 October 2014 we launched our [Arthritis and Disability Report](#). Prepared by The University of New South Wales this report identifies that arthritis is the second leading cause of disability in Australia with many people so severely disabled they cannot engage in basic everyday activities.

Social media

This year we began engaging with consumers through social media platforms, particularly [Facebook](#). Each week a series of insightful posts are uploaded to direct consumers to the latest arthritis information, resources and research (example posts pictured right). The platform allows consumers to share posts with their friends and family as well as ask questions. Currently there are 16,000 Arthritis Australia Facebook fans and we anticipate this will continue to grow as our posts continue to provide credible information. For the latest arthritis news and to keep up to date on Arthritis Australia events, follow us on [Facebook](#) and [Twitter](#).

New version of [MyJointPain.org.au](#)

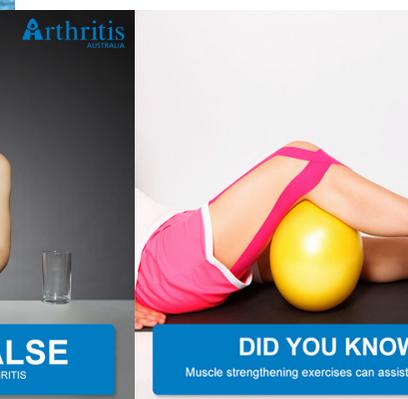
In response to user feedback, we revised and refreshed our osteoarthritis-specific website, [MyJointPain](#) including nearly 50 new videos and more user-friendly features.

Rethinking the traditional tomato sauce and jam packaging design for a frustration free experience

Arthritis Australia's Accessible Design Division has been working with a number of jam and tomato sauce manufacturers to assist them with the redesign of their packaging. The portion controlled sauce and jam packaging format has traditionally been difficult to open, requiring high levels of dexterity, fine motor skills and strength. One company that has taken a different approach is Handee Pax which has developed a squeeze sachet that can dispense content easily, in a controlled and one-handed approach. A recent patient trial by NSW Health showed that 14 out of 15 patients in a geriatric ward could open the new Handee Pax tomato sauce packaging.

World leading expert in Accessible Design visits Australia

In March our research partner from Georgia Tech Research Institute, Dr Brad Fain visited Australia. Brad joined us in meeting many of our clients who are currently working on improving their packaging. He also presented at the Australian Institute of Packaging National Technical Forums in Melbourne and spoke about his world leading research being conducted at the Accessibility Evaluation Facility he established at Georgia Tech. This includes pioneering evaluation techniques designed to measure accessibility and usability of products and services for people with disabilities.



How did we work together?



Support for the development of an osteoarthritis resource for nurses in general practice

To support improved care for people with osteoarthritis we worked with the Australian Primary Health Care Nurses Association and the Grampians Medicare Local in developing a resource to help nurses in primary care provide better care and support for people with osteoarthritis. [Read More](#)

Rural Outreach Education Program

Since its inception in 2013, the Rural Outreach Education Project has been instrumental in delivering high quality, accessible specialist clinical care to our regional centres and closing the 'gap' with their suburban counterparts. The number of patients attending these clinics has grown approximately 20% over the past year with a corresponding increase in clinic days in some centres such as Tamworth and Armidale. 77% of the patients reported improved function and quality of life (QOL) and praised the convenience of local access to services.

Multicultural information sheets

In Arthritis Awareness Week we conducted a campaign promoting our multicultural information sheets in languages such as Croatian, Korean, Macedonian, Persian and Spanish. Website downloads of these resources have doubled since the previous year, with a particular increase from the Spanish language community.

Were our projects effective?

Time to Move: Arthritis

This strategy is being used to help inform the development by the Australian Government of a new Chronic Conditions Framework. The aim of this framework will be to drive improvements in care for people with chronic conditions, including arthritis, in Australia.

MyJointPain website award for innovation

The MyJointPain.org.au website was one of five websites shortlisted for an internet innovation award by Australia & New Zealand Internet Awards auDA, (.au Domain Administration Ltd). The annual awards recognise the achievements of organisations, businesses and individuals that have made significant contributions to the development and use of the Internet in Australia and New Zealand. The MyJointPain website received a Highly Commended Award for Innovation.

Evaluating the effectiveness of the MyJointPain website

First results from a two-year research study into the effectiveness of the MyJointPain website as an intervention for osteoarthritis, yielded very positive indications. The research was led by Prof Kim Bennell (Melbourne University) and Prof David Hunter (Sydney University). The study showed that the website significantly improved self-management and weight loss among users.

Analysis also showed users improved their lifestyle and physical activity levels.



Accessible Design Division and HealthShare NSW receive recognition for Food Packaging Improvement Project

At the 2014 NSW Health Awards Dinner our Food Packaging Improvement Project with HealthShare NSW was awarded the Minister for Health and Minister for Medical Research Award for Innovation. HealthShare NSW provides high-quality services to support the delivery of patient care within the NSW Health system, including food support services.

The Health Minister, The Hon Jillian Skinner MP, said ‘I am very proud of this project – it is vital the elderly and those with conditions affecting fine motor skills, such as arthritis, can open or easily access food’. Mrs Skinner also said ‘Hard-to-open food packaging is not just a source of frustration for patients but a barrier to nutrition – food plays a vital role in assisting patients on the road to recovery’.

The Food Packaging Improvement Project with HealthShare NSW was also a finalist for the Premier’s Awards for Public Service in the Delivering Quality Customer Service Category.

Packaging Council Awards accessible design winner



The Packaging Council has two sets of accessibility awards – the Southern Cross Awards for students and the Australian Packaging Design Awards for industry. The winner of this year’s Southern Cross Accessibility Award developed a innovative design for planting mix called the Earthworm. It was designed by Billy Blue Sydney student, Katie Holgate, who won the gold in the Accessibility Category and Best Of Show at the Southern Cross Packaging Design Awards 2014. Katie had contacted our Accessible Design Division to receive design feedback from our Researcher Alexandra Brayshaw and this advice allowed her to achieve these two great results. The Hon Tanya Plibersek MP (pictured right) presented Katie with her awards at Billy Blue in early 2015. [Read more](#)



What research did we fund?

Along with education and assistance, Arthritis Australia spearheads the effort to further our knowledge of arthritis and to search for cures. Much of our work is directed toward raising funds for research grants, fellowships and scholarships. Assoc Prof Susanna Proudman is the Medical Director of Arthritis Australia and Prof Graeme Jones is the Chair of the Arthritis Australia Research Grants Assessment Committee.

Arthritis Australia conducts an annual research grants program open to both national and international researchers, as well as funding the Florence and Cope Chair of Rheumatology at the University of Sydney, currently held by Prof David Hunter.

CURRENT RECIPIENTS OF THE ARTHRITIS AUSTRALIA NATIONAL RESEARCH PROGRAM ARE:

To read a summary of each National Research Program project [click here](#)

FELLOWSHIPS

AFA-ARA Heald Fellowship - \$50,000

(funded jointly by Australian Rheumatology Association and Vincent Fairfax Family Foundation)

Dr Sultana Hussain

Department of Epidemiology and Preventive Medicine, Monash University

Project: *Towards a better understanding of low back pain*

The ARA Victorian Fellowship - \$12,500

(funded by Australian Rheumatology Association – Victoria)

Dr Lucy Croyle

Centre for Inflammatory Diseases, Monash University

Project: *Optimising treatment in systemic lupus erythematosus*

The ARA Victorian Fellowship - \$25,000

(funded by Australian Rheumatology Association – Victoria)

Dr Claire Owen

Department of Rheumatology, Austin Hospital

Project: *Predictors of relapse in polymyalgia rheumatica patients treated with low-dose glucocorticoid therapy*

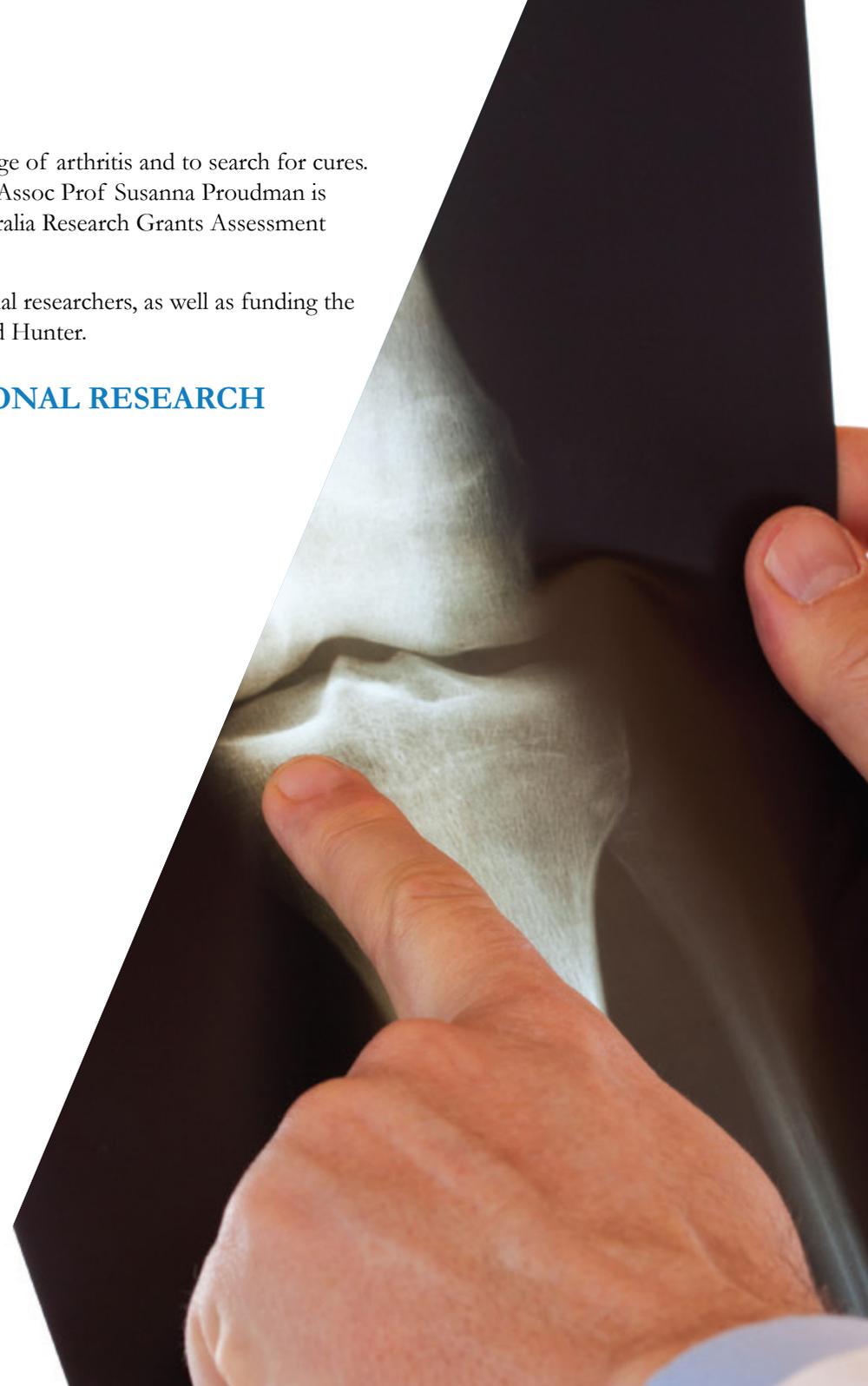
Arthritis Australia and State & Territory Affiliate Grant - \$50,000

(funded by Arthritis South Australia)

Dr Benny Eathakkattu Antony

Menzies Research Institute Tasmania, University of Tasmania

Project: *Vitamin D effects on osteoarthritis: A randomised control trial*



The Arthritis Queensland Fellowship - \$50,000

(funded by Arthritis Queensland)

Dr Karsten Schrobback

Institute of Health and Biomedical Innovation, Queensland University of Technology

Project: *Biomarkers of mechanical stress and harmful loading on osteoarthritic knee cartilage*

The Ken Muirden Overseas Training Fellowship - \$100,000

(funded jointly by an educational research grant by Australian Rheumatology Association and Roche Products Pty Limited)

Dr Ju Ann Tan

Department of Experimental Medicine, University of British Columbia, Vancouver, Canada

Project: *Overall and cause-specific mortality in patients with systemic vasculitis*

Leanne Stafford Award - \$50,000

(funded by Australian Rheumatology Association)

Dr Richard John Holland

Department of Rheumatology, Royal National Hospital for Rheumatic Diseases, UK

Project: *Evaluation of the PsAID Questionnaire*

UCB Australia Grant in aid - \$50,000

(funded by UCB Australia Pty Ltd)

Dr Helen Benham

Autoimmunity Division, Diamantina Institute, University of Queensland

Project: *Pre-clinical rheumatoid arthritis - prediction and prevention*

SCHOLARSHIPS

Marion A Simpson Grant - \$25,000

(funded by The Estate of the Late Marion Alice Simpson)

Mr Raul Chavez Valencia

Department of Paediatrics, University of Melbourne

Project: *Investigating the epigenetic profiles of children with Juvenile Idiopathic Arthritis (JIA)*

SA LSS Support Group Grant & Arthritis Australia and State & Territory Affiliate Grant - \$30,000

(funded by Arthritis South Australia)

Dr Premarani Sinnathurai

Rheumatology Department, Royal North Shore Hospital

Project: *Psoriatic arthritis in Australia*



GRANT-IN-AID

ARA Project Grant- \$10,000

(funded by Australian Rheumatology Association)

Dr Elizabeth Hoon

School of Population Health, The University of Adelaide

Project: *Developing a patient reported outcome measure in polymyalgia rheumatica*

ARA Project Grant- \$10,000

(funded by Australian Rheumatology Association)

Dr Bernadette Fitzgibbon

Monash Alfred Psychiatry Research Centre, Monash University

Project: *Interventional repetitive transcranial magnetic stimulation treatment for fibromyalgia*

ARA Project Grant- \$15,000

(funded by Australian Rheumatology Association)

Mr Jason Rogers

Menzies Research Institute Tasmania, University of Tasmania

Project: *Clinical and metabolic factors and imaging abnormalities in chronic plantar heel pain*

ARA Project Grant- \$15,000

(funded by Australian Rheumatology Association)

Dr Linda Rehaume

Diamantina Institute, The University of Queensland

Project: *Immunogenetic background and microbiota interaction promotes ileitis in the SKG mouse model of spondyloarthropathy*

Arthritis Australia and State & Territory Affiliate Grant - \$13,000

(funded jointly by Arthritis South Australia)

Dr Kade Paterson

Department of Physiotherapy, The University of Melbourne

Project: *A multi-faceted podiatry intervention for the management of foot osteoarthritis: a pilot randomised controlled trial*

Eventide Homes Grant and Arthritis Australia and State & Territory Affiliate Grant - \$15,000

(funded jointly by Eventide Homes NSW and Arthritis Australia)

Mr Adam Culvenor

School of Allied Health, College of Science, Health and Engineering, La Trobe University

Project: *Identification of phenotypes in early post-traumatic knee osteoarthritis: an exploratory study*



Eventide Homes Grant - \$15,000

(funded jointly by Eventide Homes NSW)

Dr Brigitte Tampin

Physiotherapy Neurosurgery, Sir Charles Gairdner Hospital

Project: *Assessment of neuropathic pain and altered sensory nerve function in patients with lumbar radicular pain*

UCB Australia Grant in aid - \$15,000

(funded jointly by UCB Australia Pty Ltd)

Assoc Prof Helen Keen

School of Medicine and Pharmacology, University of Western Australia

Project: *The prevalence of subclinical synovitis and urate deposition in a hyperuricemic cohort of the Fremantle Diabetes Study*

Zimmer Australia Grant - \$15,000

(funded by Zimmer Australia)

Ms Carina Blaker

Kolling Institute of Medical Research, University of Sydney

Project: *Investigating osteoarthritis following different injury mechanisms*

Zimmer Australia Grant - \$15,000

(funded by Zimmer Australia)

Ms Charlotte Ganderton

Physiotherapy Department, La Trobe University

Project: *Hormone replacement therapy and exercise in post-menopausal women with greater trochanteric pain syndrome*

Zimmer Australia Grant & Arthritis Australia & State and Territory Affiliate Grant - \$10,000

(funded by Zimmer Australia & Arthritis South Australia)

Assoc Prof Leslie Nicholson

Biomedical Sciences, Physiotherapy, The University of Sydney

Project: *Clinical characteristics of children with generalized joint hypermobility – 3 year follow up*

Zimmer Australia Grant - \$15,000

(funded by Zimmer Australia)

Mr Tom Ranger

Department of Epidemiology and Preventive Medicine, Monash University

Project: *Does the structure of the spine matter in low back pain?*



PROJECT GRANTS

The Allan and Beryl Stephens Grant - \$30,000

(funded by The Estate of the Late Beryl Stephens)

Dr Gethin Thomas

Diamantina Institute, University of Queensland

Project: *An oasis in the desert: A novel non-coding RNA underlies the genetic association with ankylosing spondylitis at the 21q22 gene desert locus*

ARA Project Grant - \$25,000

(funded by Australian Rheumatology Association)

Prof Matthew Brown

Human Genetics Group, Diamantina Institute, University of Queensland

Project: *VCAM1 as a therapeutic target in scleroderma*

H J & G J McKenzie Grant - \$30,000

(funded by The Estate of the Late Heather Joy McKenzie)

Dr Nagaraja Haleagrahara

Physiology and Pharmacology, James Cook University

Project: *Molecular mechanisms and therapeutic potentials of anti-inflammatory bioflavonoids in collagen-induced arthritis*

Marion A Simpson Grant - \$25,000

(funded by The Estate of the Late Marion Alice Simpson)

Dr Tania Crotti

Discipline of Anatomy and Pathology, School of Medical Sciences, The University of Adelaide

Project: *Abrogating inflammation and bone loss in a mouse model of inflammatory arthritis*

ORTHOPAEDIC FELLOWSHIP PROGRAM:

2014

Nottingham University Hospital NHS trust, Queens Medical Centre, Revision Hip Arthroplasty Fellowship - \$27,500

Dr Matt Barnes

Queens Medical Centre, University Hospital, Nottingham

Nottingham, UK

Bendigo Orthopaedic Fellowship - \$25,000

Dr Sergio Barroso Rosa

DSS James Pty Ltd

Bendigo, VIC



Chicago Comprehensive Hip Fellowship - \$50,000

Dr Sivashankar Chandrasekaran
American Hip Institute
Westmont Illinois, USA

Whitlam Joint Replacement Fellowship - \$25,000

Dr Karel de Pré
Fairfield Hospital
Parramatta, NSW

Sydney Orthopaedic Research Institute Fellowship - \$50,000

Dr Kunal Hemchard Dhurve
Sydney Orthopaedic Research Institute
Chatswood, NSW

The University of British Columbia – Upper Extremity Fellowship - \$50,000

Dr James McLean
St Paul's Hospital
Vancouver, Canada

John O'Donnell Anterior Hip Fellowship - \$25,000

Dr Bjorn Smith
St Vincent's East Melbourne
East Melbourne, VIC

Adult Hip and Knee Reconstruction & Arthroscopy Fellowship - \$37,500

Dr Julian Liang Yu
Peninsula Orthopaedic Research Institute
Dee Why, NSW

2015

Sports Surgery and Arthroscopy Fellowship - \$55,000

Dr Pradeep Balasubramanian
SPORTSMED•SA
Stepney, SA



Sports Surgery and Arthroscopy Fellowship - \$16,666

Dr Navendu Goyal
SPORTSMED•SA
Stepney, SA

Hip and knee arthroplasty surgery - \$55,000

Mr William Pianta
Dalhousie University
Halifax, Canada

Clinical research fellowship in orthopaedics, sports medicine, diseases of the knee & joint arthroplasty - \$37,500

Dr Famke Scheerder
Australian Institute of Musculoskeletal Research (AIMS)
Wollstonecraft, NSW

Fellowship in Shoulder Surgery - \$27,500

Mr Daniel Sydenham
CHP Saint Gregoire
Saint Gregoire, France

NUH Hip & Knee Fellowship - \$55,000

Dr David Wheatly
National University Hospital
Singapore



What are our key people saying?

CHAIR'S REPORT

Roger Mattar



This year saw Arthritis Australia move into an exciting and yet challenging period with respect to its new corporate governance model, Affiliates cooperation and unity, and the refocusing of our research grants program.

With the new corporate constitution firmly settled in, Arthritis Australia focused on consolidating its structure and continuing to develop the role and utility of the Council of Advice. The Council was intended to be the medium for a two way communication between Arthritis Australia and each of its Affiliates, as well as enabling the Arthritis Australia Board to call on the Council for its opinion on issues of mutual concern. We look forward to the continued development of the Council of Advice.

Affiliate cooperation was also a key highlight with Arthritis Australia's CEO stepping in to assist Arthritis Queensland while they searched for a general manager and the Affiliates sharing ideas and resources with a view to reducing unnecessary duplication and reducing costs with success.

The Affiliates and our other valued partners lobbied, advocated and promoted many worthwhile causes and issues, not least of which include the *Time To Move: Arthritis* strategy, JIA awareness, the proposed removal of paracetamol from the PBS and biosimilars substitution proposals.

Finally, Arthritis Australia is proud to have supported and contributed financially to many research projects this year. In particular, we welcome an increased consumer focus in our research grants allocation with the addition of consumer representatives on our Grants Assessment Committee.

Thank you to management & staff, Affiliates, the Australian Rheumatology Association, partners and our other many supporters for making it a fantastic year. I am looking forward to another big year ahead.

“...an exciting and yet challenging period...”

CEO'S REPORT

Ainslie Cahill



With ongoing funding and operational pressures placed on charities and not-for-profits we have been forced to spend more time than usual in reflecting on the work we do, the cost to serve and the priorities for those we serve – almost 3.3 million Australians living with arthritis. Our *Time to Move: Arthritis* strategy (which we launched in 2014) has provided a strong basis for this decision-making and our activities this year.

A recent Galaxy survey undertaken on behalf of Arthritis Australia found that almost half of Australians living with arthritis are only just coping or not coping at all with their condition and that 84% say there is a need for better publicly available educational information. This reinforces the necessity for Arthritis Australia and its State/Territory Affiliates to continue to offer quality information, education and support.

This year, we've built on our high-demand resources by improving our osteoarthritis-specific website and recently launching another site covering rheumatoid arthritis, ankylosing spondylitis and psoriatic arthritis. While we continue to update content on our Arthritis Australia website it is seriously outdated in its infrastructure, design and functionality and only lack of funds prevents us doing an upgrade right now! However, a priority for next year is to use our Empowered website as the foundation for one, standalone site that will form an enriched online platform to meet a wide range of conditions and reach cross-sections of our Australian community.

I give special thanks to the many volunteers and donors who support the work we do – the Arthritis Australia Board; Scientific Advisory Committee; National Consumer Reference Group; Grants Assessment Committee; the Australian Rheumatology Association Board and many of their members spread across the country who work not only with us but with our State/Territory Affiliates. But most of all I wish to acknowledge The A Team, a dedicated group of individuals who collectively keep the engine room of Arthritis Australia running so smoothly and effectively.

Despite our limited human and financial resources, we are proud of our achievements and grateful for the positive feedback we receive from health consumers, partners and stakeholders. We are looking forward to achieving further results through collaborations in the coming year.

‘ ...half of
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MEDICAL DIRECTOR'S REPORT

Assoc Prof Susanna Proudman



Australian researchers continue to work towards advances for patients with arthritis, often with funds from Arthritis Australia. While the pharmaceutical industry develops new biologic agents for inflammatory diseases such as rheumatoid arthritis and psoriatic arthritis, investigator-led research plays an important role in improving care in other diseases such as osteoarthritis.

Arthritis Australia is following the international lead and placing a greater emphasis on translational research, i.e. research which leads to tangible improvements in health outcomes for the Australian community such as improving quality of life for patients with musculoskeletal disease or advancing knowledge in clinical areas where there is therapeutic uncertainty. A good example is the work of Prof David Hunter, the Florence and Cope Chair of Rheumatology at the University of Sydney, whose research includes a focus on improving health care delivery and self-management of osteoarthritis with an emphasis on lifestyle factors such as exercise and weight loss to manage pain and co-morbidities such as cardiovascular disease.

Australian research in less common causes of arthritis such as systemic lupus erythematosus and scleroderma also has a growing international profile through the generous participation of patients in longitudinal observational studies which provide insights into the natural history of disease, the effects of therapy and improved quality of care.

In conjunction with other agencies such as the Australian Rheumatology Association, Arthritis Australia's advocacy activities continue to play an important role in maintaining patient safety. I have enjoyed contributing to these activities as well as to governance and other initiatives during my first year as Arthritis Australia's Medical Director.

“ Arthritis Australia
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CONSUMER REPRESENTATIVE'S REPORT

Wendy Favorito



As I reflect on this past year, I feel that the consumer voice has continued to grow stronger through the activities of Arthritis Australia. The National Arthritis Consumer Reference Group has carried on their work and our aim longer term is to further build on our national consumer representation. We are increasingly calling on consumers to assist with advocacy on both strategic issues and other matters as they arise. This year, for example, we have continued to advocate for better care for people with arthritis, as well as responding to new government policies relating to biosimilar and over-the-counter medicines. The input of consumers around the country is invaluable.

In line with one of the key priorities identified in our *Time to Move: Arthritis* strategy (launched in 2014) the theme for this year's Arthritis Awareness Week was *Kids get arthritis too*. At the Parliamentary Friends of Arthritis function held during that week, we were privileged to hear the very moving stories of three children and their journey living with juvenile idiopathic arthritis. Juvenile arthritis has a profound impact on not only the child with the arthritis but on his/her family as well. The campaign aimed to raise awareness of arthritis in children and I hope this will lead to longer term improvements in the delivery of much needed services for paediatric rheumatology.

I was recently invited to participate in the Grants Assessment Committee to provide a consumer voice regarding allocations of funding for future arthritis research. My aim is to assist with supporting research that has a consumer focus where possible and this is another example of how Arthritis Australia is committed to supporting people living daily with a form of arthritis.

I look forward to another positive year working with the Board and the wonderful staff at Arthritis Australia.

“...the consumer voice has continued to grow stronger through the activities of Arthritis Australia...”

FLORANCE AND COPE CHAIR'S REPORT

Prof David Hunter



Professor Hunter is a rheumatology clinician researcher whose main research focus has been clinical and translational research in osteoarthritis (OA). He is the Florance and Cope Chair of Rheumatology, Professor of Medicine at University of Sydney and Chair of the Institute of Bone and Joint Research. He is Chair of the Musculoskeletal Block for the Sydney Medical Program and supervises 6 PhD students and a team of 10 researchers. He is a visiting professor at University of Queensland, University of Melbourne and Anhui Medical University, China.

My research continues to be focused on a number of key elements in osteoarthritis (OA) including (but not limited to) the epidemiology of OA; the application of imaging to better understand structure and function with application to both epidemiologic research and clinical trials; novel therapies in disease management, and health service system delivery of chronic disease management. For two of these research areas I am intimately involved in collaborative research with Arthritis Australia; in particular being the clinical lead for myjointpain.org.au and working on developing and implementing models of care for osteoarthritis management.

Response to my work has been very encouraging. In 2014 I was ranked as the leading expert on OA in the world by expertscape.com. There has been increased and regular media attention given to the work my team and I are undertaking and I have been pleased to contribute to raising community awareness through a range of media interviews.

During the year I was fortunate to be awarded significant funding including a National Health and Medical Research (NHMRC) Grant; a Centre of Research Excellence Grant in collaboration with colleagues; and an NHMRC Practitioner Fellowship. I've also added over 30 publications to the more than 300 peer reviewed publications in international journals, my work is cited >1000 times per year and I recently completed my second book on OA self management strategies for the lay public.

Ongoing contributions were made in my capacity as an editorial board member for Arthritis and Rheumatology, Arthritis Care and Research, and Osteoarthritis and Cartilage; as section editor for UpToDate Osteoarthritis and I gave a number of keynote presentations at international meetings including ACR and OARSI.

As always, my work in understanding osteoarthritis is satisfying and I am enormously appreciative of the support given by Arthritis Australia to the Chair position as well as the collaborative opportunities they provide.

“...I am enormously appreciative of the support given by Arthritis Australia to the Chair position as well as the collaborative opportunities they provide.”

TREASURER'S REPORT

Wayne Jarman



Trading Results for the year

Although very consistent with overall market results, it is disappointing to report an overall deficit for the year of \$93,330 in a tough year where charities are increasingly under pressure for funding from all sources.

The finances are segregated into two streams – restricted funds and unrestricted funds.

The total restricted funds under administration have increased by \$28,045 to \$5,402,223. This was due to an increase in share portfolio valuations of \$27,838 and a surplus of \$207 for the year.

Unrestricted funds are for general and administration expenses. These are sourced from voluntary administration donations from Affiliates, public donations, sponsorships, accessible design initiatives and general investment funds.

The total unrestricted funds under administration have decreased by \$58,982 to \$798,366. This was due to a net increase on share portfolio valuations of \$34,555 and a deficit of \$93,537 for the year. This was mainly the result of the write off of \$74,439 on a proposed health awareness and fundraising initiative which did not come to fruition.

Restricted funds are sourced from several long-standing grants, the income or corpus of which provide specific funding; research donations, including from Affiliates, for the National Arthritis Research Grants Program; and Federal Government/private sector funding for national programs, some of which are subcontracted to Affiliates for service delivery.

Balance Sheet

Net Cash position has reduced by \$66,499 since last year. Cash flows for the coming year will be under pressure with uncertainties in forecast revenue and expenditure for the coming year.

Receivables have reduced by \$78,559 since last year as a result of speedier cash collections towards the year end.

Investment portfolios have increased by \$193,304, the overall increase in market values of \$62,393, net purchases and sales for the year of \$112,737.

Total liabilities have increased by \$95,965 over last year which is not a material variation and needs no further comment.

General

Our investment portfolios have performed relatively well this year considering the volatility of the market in the latter half of the financial year with astute advice from the team at Morgans our investment advisers.

Our new financial reporting structure has bedded down well during the financial year. This enables additional focus on strategy for the coming years to increase income streams for unrestricted use to ensure future financial viability.

‘ ... a tough year where charities are increasingly under pressure for funding from all sources. ’

What is our financial position?

STATEMENT OF FINANCIAL POSITION

	14/15	13/14
	\$	\$
Current Assets		
Cash and cash equivalents	1,970,344	2,036,843
Receivables	330,610	409,169
Total Current Assets	2,300,954	2,446,012
Non-Current Assets		
Financial assets	6,352,724	6,159,420
Property, Plant & Equipment	49,894	27,383
Total Non-Current Assets	6,402,618	6,186,803
Total Assets	8,703,572	8,632,815
Current Liabilities		
Payables	1,901,515	1,894,392
Short term provisions	562,038	473,196
Total Current Liabilities	2,463,553	2,367,588
Non Current Liabilities		
Long term provisions	39,430	33,701
Total Non Current Liabilities	39,430	33,701
Total Liabilities	2,502,983	2,401,289
Net Assets	6,200,589	6,231,526
Accumulated Funds		
Contractually restricted funds	5,402,223	5,374,178
General funds	798,366	857,348
	6,200,589	6,231,526

Total Foundation Funds at 30 June 2015 include \$5,402,223 (2014 \$5,374,178) of contractually restricted research funds administered by the Foundation.

The above tables showing the Statement of Financial Position for the year ended 30 June 2015 have been prepared from audited financial statements passed by the Board of Directors, who are responsible for the presentation of the financial statements and the information they contain. The complete financial report of the Foundation and the audit report by William Buck is available from Arthritis Australia PO Box 550 Broadway NSW 2007.

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

	14/15	13/14
Income	\$	\$
Donations/fundraising		
General	2,926,364	2,804,372
Affiliates	210,500	150,570
Total	3,136,864	2,954,942
Membership Fees	1,604	890
Investments		
Interest	28,925	39,262
Profit on Sale	18,174	141,757
Dividends	379,519	354,098
Total	426,618	535,117
Other	19,464	-
Total Income	3,584,550	3,490,949
Expenses		
Research	940,725	860,214
Education & Awareness	2,176,864	1,973,787
Administration	391,874	328,202
Fundraising	150,384	158,204
Depreciation	18,033	6,550
Total Expenses	3,677,880	3,326,957
Net Surplus	(93,330)	163,992
Net Gain on revaluation of Financial Assets	62,393	263,916
Bequest	-	476,581
Change in Foundation Funds	(30,937)	904,489

Total Foundation Funds at 30 June 2015 include \$5,402,223 (2014 \$5,374,178) of contractually restricted research funds administered by the Foundation.

The above tables showing the Statement of Profit or Loss and Other Comprehensive Income for the year ended 30 June 2015 have been prepared from audited financial statements passed by the Board of Directors, who are responsible for the presentation of the financial statements and the information they contain. The complete financial report of the Foundation and the audit report by William Buck is available from Arthritis Australia PO Box 550 Broadway NSW 2007.

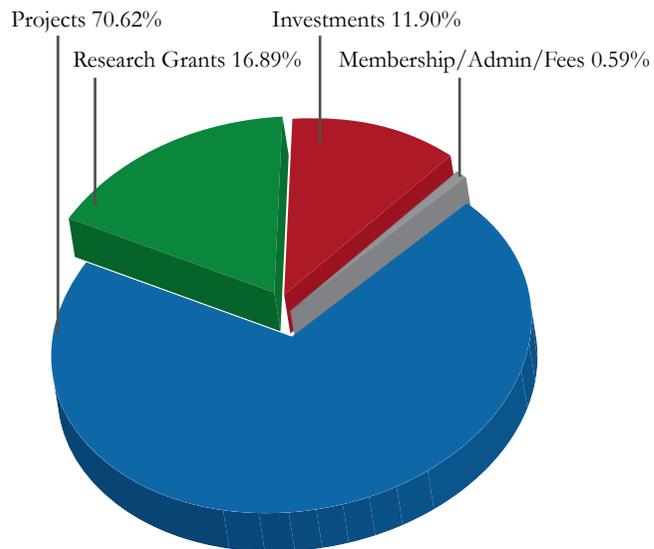
ARTHRITIS AUSTRALIA SUMMARY

Following is the summary of revenue and expenditure of Arthritis Australia.
Assets held \$8,703,572 and liabilities held \$2,502,983

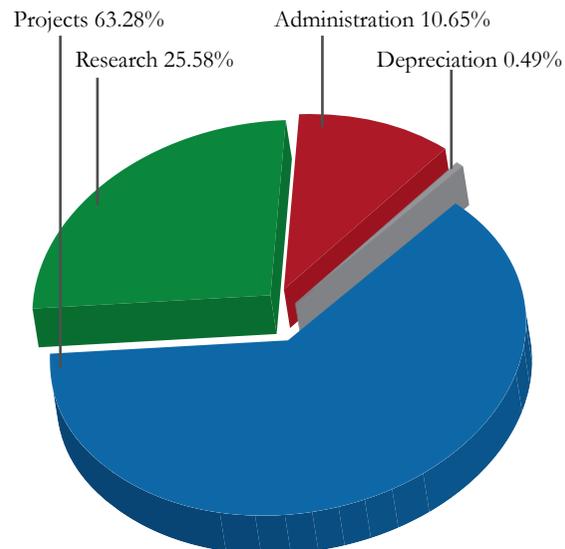
Revenue	\$	
Projects	2,531,364	70.62%
Research Grants	605,500	16.89%
Investments	426,618	11.90%
Membership/ Admin/Fees	21,068	0.59%
Total	3,584,550	100%

Expenditure		
Projects	2,327,248	63.28%
Research	940,725	25.58%
Administration	391,874	10.65%
Depreciation	18,033	0.49%
Total	3,677,880	100%

REVENUE



EXPENDITURE



How are we governed?

The constitution of Arthritis Australia allows for an independent board of six to eight members elected by the members of Arthritis Australia, and a Council of Advice consisting of nominees or organisations that are affiliated with Arthritis Australia. A formal Memorandum of Understanding between Arthritis Australia and affiliated organisations establishes guidelines for collaboration and outlines clear roles, responsibilities and obligations of each partner.

Board members

Roger Mattar – Chair
Prof Patrick McNeil – Chair (ceased November 2014)
David Motteram OAM – Deputy Chair
Wayne Jarman – Treasurer
Assoc Prof Susanna Proudman – Medical Director
(appointed November 2014)
Prof Michelle Leech – Medical Director
(ceased November 2014)
Wendy Favorito – Consumer Representative
Judith Nguyen OAM (appointed November 2014)
Kristine Riethmiller

Chief Executive Officer and Company Secretary

Ainslie Cahill

Emeritus Directors

Ita Buttrose AO OBE
Mona Marabani MBBS
Prof Patrick McNeil

Scientific Advisory Committee

Prof Peter Youssef – Chair
Prof Jim Bertouch
Prof Peter Brooks
Dr Simon Burnet
Dr Julien de Jager
Dr Anna Dorai Raj
Prof David Hunter
Prof Graeme Jones
Prof Michelle Leech
Dr Mona Marabani
Dr Andrew Taylor

Patron

His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd),
Governor-General of the Commonwealth of Australia.

Council of Advice members

Dr Irene Froyland - Chair
David Graham - Deputy Chair
Dr Ian Dover
Hilary Fowler
Greg Monaghan
Colette Smith
Andrew Walker

Grants Assessment Committee

Prof Graeme Jones – Chair
Assoc Prof Rana Hinman
Assoc Prof Helen Keen
Assoc Prof Catherine Hill
Prof Michelle Leech
Prof Chris Little
Assoc Prof Susanna Proudman
Dr Gethin Thomas
Dr Nicole Walsh
Dr Sharon Van Doornum

Who are our supporters?

We are extremely grateful to our supporters who have allowed us to continue our work in raising awareness, delivering education and support services, providing annual research grants and developing advocacy programs. Many have contributed expertise, time, funding, goods and services.

Awareness and education

AbbVie Pty Ltd
AstraZeneca Pty Ltd
Australian Institute of Packaging
Australian Primary Health Care Nurses Association
Australian Rheumatology Association
Blink Print Pty Ltd
Bupa Health Foundation
Commonwealth Department of Health
Grampians Medicare Local
Google Inc
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Lanham Public Relations
LOUD
Packaging Council of Australia
pdq design Pty Ltd
Print National Pty Ltd
Roche Products Pty Ltd
WeAreSocial

2014-2015 Donations of \$500+

Stephen Barripp
Adrian Batterby
Margaret Campbell (in memory)
Dr Graeme Carroll
Adam Cogar
Estate of the late Elizabeth Joy Davis
Eventide Homes (NSW)
Jenny & Cliff Farmer
D & R Field
FUCHS Lubricants (Australasia) P/L
Green Design Indoor Plant Hire
Gordon Hamilton

Libby Higgin
Dr Clare Hourigan
The Peter Isaacson Foundation
Matthew Leibowitz
The Luscombe Family Foundation
Angus McNaughton
William Murray
Open Gardens Australia Limited
Optiver Pty Ltd
Jonathan Shead
Manny Stul
Peter Twiner
Amanda Ugo
Estate of Sherry Marie Vandenberg
Maureen & Bruce Wallis
Jan West
Christine Woodruff

2014-2015 Fundraising of \$500+

Jamie Flynn
Craig McDonnell
Jess Newman
Michael Roberts
Kimmy Singline
Sofia Venitis
Lynne Zammit (in memory)

In-kind support

Anchor Hosting
Coverforce Insurance Broking Pty Ltd
Georgia Tech Research Institute
Google Inc
Halltech Services

Geoff Hall (Pasco Hall and Associates)
Kemp Strang Pty Ltd
RBS Morgans Ltd
WeAreSocial

Kids Get Arthritis Too Campaign

Ita Buttrose AO OBE
Anni Grindrod
Ben Horgan
Scott and Ronan Milne

National Consumer Reference Group

Wendy Favorito (Chair)
Helen Davies
Danielle Dunlevey
Michelle Graham
Suzie Edward May
Sarah McHarg
Alison Park
Cosi Pupo
Adrian Talbot

Medicines Australia Community Chest Program

Abbvie Pty Ltd
AstraZeneca Pty Ltd
Eli Lilly Pty Ltd
Janssen-Cilag Pty Ltd
Pfizer Australia Pty Ltd
Roche Products Pty Ltd

Parliamentary Friends

The Hon Kevin Andrews, Convenor, House of Representatives, Canberra
Senator Carol Brown, Convenor, the Senate, Canberra
Nick Champion, Co-convenor, House of Representatives, the Senate, Canberra
Rachel Siewert, Co-convenor, the Senate, Canberra

“ Thank you for
your contributions. ”

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**we
are
social**

ZIMMER BIOMET
Your progress. Our promise.™

“ Thank you for
your support. ”

Who can you contact?

For all arthritis information:
Arthritis Helpline **1800 011 041**
www.arthritisaustralia.com.au

Arthritis Australia

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www.arthritisaustralia.com.au

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Arthritis New South Wales

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F: 02 9857 3399
Jannine Jackson – Chief Executive Officer

Arthritis Northern Territory

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F: 08 8948 5234

Arthritis Queensland

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F: 07 3857 4099
Molly Sheen – Chief Executive Officer

Arthritis South Australia

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F: 08 8379 5707
Julie Black – Chief Executive Officer

Arthritis Tasmania

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F: 03 6228 3486
Jackie Slyp – Chief Executive Officer

Arthritis Western Australia

17 Lemnos Street Shenton Park WA 6008
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P: 08 9388 2199
F: 08 9388 4488
Ric Forlano – Executive Director

What are we doing next year?

IN 2016 WE WILL:

- Continue to work with government, health professionals and other stakeholders to promote and implement key elements of our [*Time to Move: Arthritis*](#) strategy
- Obtain a better understanding of the economic costs of arthritis in Australia through a study we have commissioned of the likely future prevalence and costs of arthritis. This will support our advocacy to government for better care and support for people with arthritis.
- Sustain and enhance our online and hard copy resources as well as introduce new apps to support the [**MyJointPain**](#) website program
- Complete a feasibility study to establish the merits of conducting a national capital appeal campaign to support increased paediatric rheumatology services, which, in turn will lead to better access to services and management of juvenile arthritis and related conditions.
- Continue to work with our Affiliates in developing consistent branding, programs and services, fundraising and project evaluation.
- In conjunction with Georgia Tech we will assist the Australian Institute of Packaging (AIP) in developing a new half-day training course in Accessible Design. It will be the first of its kind for industry and the syllabus will help educate packaging professionals about how hard to open packaging impacts the daily lives of many different groups in society, including those with arthritis, and demonstrate how to go about developing future accessible packaging.

Arthritis Australia Helpline

1800 011 041

