

A year
in review

2013-14

How did we help people with arthritis?

Our focus this year has been on improving services and support for people with arthritis. We developed a new national strategy for better arthritis care; commissioned research into arthritis-related disability; piloted an outreach program to improve rural services; initiated a program to improve access to arthritis-appropriate exercise; enhanced our MyJointPain osteoarthritis self-management website; and expanded our consumer information resources.

Time to Move: Arthritis strategy

Substantial personal, social and economic benefits can be achieved by improving care for people with arthritis. To create a catalyst for change, we worked with people with arthritis, health professionals and service providers to develop *Time to Move: Arthritis*, an important new strategy for better arthritis prevention and care. [Read more](#)

Research into Arthritis and Disability

Arthritis is a leading cause of disability, but the disabling impact of the condition is poorly recognised by the general population. Last year we commissioned research into people's experience of living with arthritis to improve our understanding and awareness of the disabling impact of the condition, and to identify how existing support services could be improved. [Read more](#)

MyJointPain

The osteoarthritis specific website, MyJointPain.org.au attracted over 62,000 users during the 2013-14 financial year and was shown by independent research to significantly help users with self-management. A new, moderated forum at community.arthritisaustralia.com.au provides a venue for people with arthritis to ask questions, learn from experts and educators, and to connect with others for support.

Helping remove a major barrier to nutrition in hospitals

The Institute of Hospitality in HealthCare (IHHC) has joined forces with HealthShare NSW and Arthritis Australia to ensure food packaging is easier to open and thereby help remove a major barrier to nutrition. Nearly two thirds of all food packaging in hospitals has been redesigned or is in the process of being redesigned.

Exercise for arthritis

To address the significant confusion about the benefit and safety of exercise for people with arthritis, we undertook to develop clear, evidence-based recommendations about the role of exercise in the prevention of arthritis and ongoing management of individuals with the condition. These recommendations will drive the development of criteria that can be used to evaluate whether current and proposed community exercise programs are suitable for people with arthritis.

Quality information for health consumers

All information sheets and booklets were reviewed and updated to ensure content was in line with the most recent literature reviews. A new [joint replacement booklet](#) was published and new information sheets produced in Croatian, Korean, Macedonian, Persian and Spanish. [Read more](#)

Rural Outreach Education Program

In partnership with the Australian Rheumatology Association, Arthritis NSW and Janssen, rural-based health consumers and health professionals benefited from a new program that delivers rheumatology specialist services and education seminars locally for community and health professionals. City-based rheumatologists commit one day a month to visiting a regional town or city to provide specialist services that normally are not available there. Arthritis NSW worked with the rheumatologists in coordinating community and health professional educational seminars during visits.



How did we work together?

Arthritis and exercise – the essentials

With the help of an Expert Group representing the Australian Physiotherapy Association, Australian Rheumatology Association, Exercise and Sports Science Australia, Fitness Australia and the Centre for Health, Exercise and Sports Medicine at the University of Melbourne, Arthritis Australia developed a position statement on exercise for arthritis. Arthritis Australia's Board, Scientific Advisory Committee and Affiliate Healthy Lifestyle Coordinators all reviewed the paper and provided further input. The paper, *Arthritis and exercise: the essentials* is being used internally to assess current exercise programs and their eligibility for arthritis accreditation, details of which will be launched in 2015.

Designing frustration free packaging for Kellogg's

Arthritis Australia helped Kellogg's design a new easy open portion control cereal range. The existing packaging format, which is widely used in hospitals, hotels and the home was challenging for many people with arthritis and the elderly.

New design awards to help make life easier

Arthritis Australia established new innovation and design awards for students and industry that encourage them to understand and meet the needs of people with arthritis.

Were our projects effective?

Rural Outreach Education Program

An evaluation by NewStat (Newcastle University) showed that in the areas where the program is available, only 6% of patients now travel 200kms or more to see a rheumatologist, compared to 56% before the program was introduced; the number of patients waiting two or more months for a first appointment is down from 65% to 20%; and 97% of attendees are either satisfied or very satisfied with their treatment at their current rheumatology clinic (previously 76%).

MyJointPain

The MyJointPain website is undergoing a two-year evaluation by the Universities of Melbourne and Sydney to test the effects of a web-based resource with information and management tools. Following 12 months exposure to the website, users showed a significant improvement in self-management and weight reduction compared to the control group. The website's transformative nature was also acknowledged by receiving an award for innovation in the 2014 Australian and New Zealand Internet Awards.



NSW Health Minister “inspired” by difference we are making

NSW Minister for Health Jillian Skinner (pictured left) says Arthritis Australia has helped transform food packaging, making it easier for hospital patients and people at home to open packets. “This is an outstanding example of a successful partnership that is not only improving the hospital experience for our patients but also... better protecting the most vulnerable members of our community,” said Mrs Skinner.



What research did we fund?

Earlier this year we released our [Research Retrospective Study](#) which examined Arthritis Australia's investment in research grants from 2006-2011. The national research program is designed to support young and emerging researchers and of those supported during this period, 85% remain active in the field of musculoskeletal research, and 84% reported their Arthritis Australia grant helped to leverage further funding to continue their research.

CURRENT RECIPIENTS OF THE ARTHRITIS AUSTRALIA NATIONAL RESEARCH PROGRAM ARE:

FELLOWSHIPS

AFA-ARA Heald Fellowship – \$50,000

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

Dr Sarah Jones

Southern Clinical School, Monash University

Project: *GILZ as a target for rheumatoid arthritis*

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 Kristy Yap

Lupus Clinic, Toronto Western Hospital, Centre for Prognosis Studies in the Rheumatic Diseases

Project: *The significance of vitamin D in systemic lupus erythematosus (SLE)*

The ARA Victorian Fellowship – \$25,000

(funded by Australian Rheumatology Association – Victoria)

Dr Kate Franklyn

Centre for Inflammatory Diseases, Monash University

Project: *That the maintenance of a novel lupus low disease activity state (LLDAS) is associated with a reduction in morbidity and mortality associated with SLE*

The ARA Victorian Fellowship – \$25,000

(funded by Australian Rheumatology Association – Victoria)

Dr Claire Owen

Department of Rheumatology, Austin Hospital

Project: *Predictors of failure to achieve clinical remission in polymyalgia rheumatica patients treated with low-dose glucocorticoids*

SCHOLARSHIPS

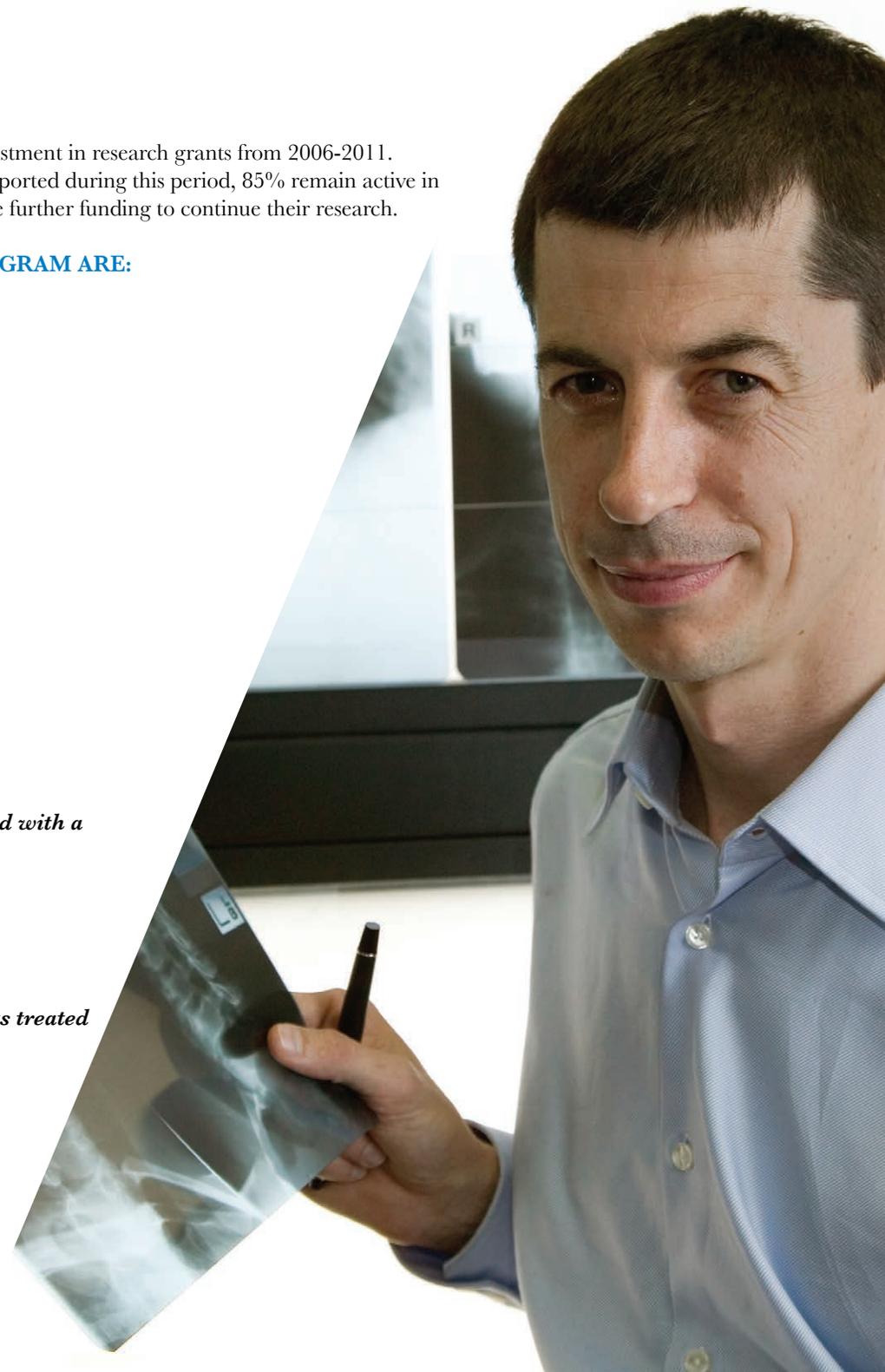
Arthritis Australia and State and Territory Affiliate Grant – \$25,000

(funded by Arthritis South Australia)

Mr Raul Chavez Valencia

Department of Paediatrics, University of Melbourne

Project: *Investigating the epigenetic profiles of children with juvenile idiopathic arthritis (JIA) disease*



SA LSS Support Group Grant – \$25,000

(funded by Arthritis South Australia)

Dr Lucy Croyle

Centre for Inflammatory Disease, Monash University

Project: *Azathioprine use in SLE*

GRANT-IN-AID

Arthritis Australia and State and Territory Affiliate Grant – \$10,000

(funded by Arthritis South Australia)

Dr Anak Dharmapatni

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

Project: *Autophagy in rheumatoid arthritis*

Arthritis Australia and State and Territory Affiliate Grant – \$14,000

(funded jointly by Arthritis South Australia)

Dr Michael Wiese

School of Pharmacy and Medical Sciences, University of South Australia

Project: *Identification of factors that influence efficacy and toxicity with leflunomide in the treatment of rheumatoid arthritis*

Philip Benjamin Grant – \$15,000

(funded jointly by Mrs Benjamin)

Dr Susan Slade

Monash Department of Clinical Epidemiology, Cabrini Health

Project: *Standardised method for reporting exercise programs*

Zimmer Australia Grant – \$10,000

(funded by Zimmer Australia)

Dr Siobhan Schabrun

School of Science and Health, University of Western Sydney

Project: *Boosting the effects of exercise with non-invasive brain stimulation in knee osteoarthritis*

Zimmer Australia Grant – \$10,000

(funded by Zimmer Australia)

Dr Tasha Stanton

School of Health Sciences, University of South Australia

Project: *Joint pain without a joint? An investigation into the nature of postsurgical pain following joint replacement*

“ Our seed-funding approach has initiated many important projects and established the careers of some highly creative and visionary researchers. ”

PROJECT GRANTS

Arthritis Australia and State and Territory Affiliate Grant – \$30,000

(funded by Arthritis Australia and Arthritis Queensland)

Dr Allison Pettit

Mater Research Institute, University of Queensland

Project: *Influence of macrophage activation phenotype on fracture repair*

Arthritis Australia and State and Territory Affiliate Grant – \$15,000

(funded by Arthritis South Australia)

Dr Helen Benham

Autoimmunity Division, Diamantina Institute, University of Queensland

Project: *Chlamydia induced uveitis in the SKG mouse model of spondyloarthritis*

Arthritis Australia and State and Territory Affiliate Grant – \$15,000

(funded by Arthritis South Australia)

Dr Manuela Ferreira

Musculoskeletal Division, George Institute for Global Health

Project: *Trends of spinal stenosis surgery in Australia*

ARA Project Grant – \$15,000

(funded by Australian Rheumatology Association)

Prof David Burgner

Susceptibility to Paediatric Infection, Murdoch Childrens Research Institute

Project: *Cardiovascular phenotype in children with chronic inflammatory disease (CUPID)*

ARA Project Grant – \$30,000

(funded by Australian Rheumatology Association)

Ms Laura Laslett

Menzies Research Institute Tasmania, University of Tasmania

Project: *Does either zoledronic acid or denosumab change back pain and morphology of modic changes: a randomised open label pilot study*

ARA Project Grant – \$30,000

(funded by Australian Rheumatology Association)

Assoc Prof Michael Shanahan

Department of Rheumatology, Flinders University

Project: *Suprascapular nerve block for the treatment of adhesive capsulitis*



H J and G J McKenzie Grant – \$38,000

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

Prof Jiake Xu

School of Pathology and Laboratory Medicine, University of Western Australia

Project: *Molecular mechanisms and therapeutic effects of helenalin on collagen-induced arthritis and osteolysis*

Zimmer Australia Grant – \$30,000

(funded by Zimmer Australia)

Dr Nicole Walsh

Arthritis Research Laboratory, Bone Cell Biology and Disease Unit, St Vincent's Institute of Medical Research

Project: *Healthy bone, healthy joints?*

ORTHOPAEDIC FELLOWSHIP PROGRAM:

2013

Shoulder and Elbow Arthroplasty and Reconstructive Fellowship – \$25,000

Dr Ashish Gupta

Kantonsspital St. Gallen

St. Gallen, Switzerland

Clinical Fellowship in Hip, Knee and Trauma Surgery – \$25,000

Mr Adrian Hughes

Sydney Orthopaedic Trauma and Reconstructive Surgery

Kogarah, NSW

Sydney Orthopaedic Research Institute Fellowship – \$50,000

Dr Garvin Macpherson

Sydney Orthopaedic Research Institute

Chatswood, NSW

Bendigo Orthopaedic Fellowship – \$50,000

Dr Yateen Morar

DSS James Pty Ltd

Bendigo, VIC

Bendigo Orthopaedic Fellowship – \$25,000

Dr Attila Szabo

DSS James Pty Ltd

Bendigo, VIC

“ Our Orthopaedic Fellowship Program promotes best practice treatment for arthritis sufferers and provides educational, research and training opportunities for orthopaedic surgeons wishing to expand and hone their skills. ”

2014

Whitlam Joint Replacement Fellowship – \$25,000

Dr Karel de Pré
Fairfield Hospital
Prairiewood, NSW

Adult Lower Extremity Reconstruction Clinical Fellowship – \$25,000

Dr Shaneel Deo
Mount Sinai Hospital, University of Toronto
Toronto, Canada

Adult Arthroplasty and Arthroscopy Fellowship – \$25,000

Dr Ali Ghaz
Peninsula Orthopaedic Research Institute (PORI)
Dee Why, NSW

Nelson General Orthopaedic Fellowship – \$25,000

Dr Matthew Hutchinson
SPORTSMED•SA
Stepney, SA

Adult Reconstruction Hip and Knee Fellowship – \$25,000

Dr Nicolas Lash
University of British Columbia (Vancouver General Hospital)
Vancouver, Canada

UHCW Lower Limb Reconstruction Fellowship – \$25,000

Dr Benjamin Parkinson
University Hospitals Coventry and Warwickshire (NHS)
Coventry, UK

Adult Reconstruction Hip and Knee Fellowship – \$50,000

Dr David Wysocki
University of British Columbia (Vancouver General Hospital)
Vancouver, Canada



What are our key people saying?

CHAIR'S REPORT

Prof Patrick McNeil



The past year has been highly productive for Arthritis Australia's new Board and the smaller size has allowed more frequent and more face-to-face meetings. In February, the Board consolidated its strategic planning process to focus activities over the next five years. The first priority has been to conclude formal Memoranda of Understanding with state and territory-based affiliates, and establish the Council of Advice. We now have a national affiliation with all Arthritis Foundations apart from Arthritis Victoria, and continue in discussions with their Board. The Council consists of nominees of each Affiliate Board and important roles include advising the Arthritis Australia Board on key strategic and operational issues of importance to affiliates and Arthritis Australia's strategic plan. The Council has met twice and already has shown that our new

governance structure will allow much-improved pathways for communication, shared engagement and national consistency.

This is my last annual report as I will step down from the Board in November. I have taken on a new role as Dean of the Faculty of Medicine and Health Sciences at Macquarie University and know that the added demands of this new position will compromise my ability to contribute to the activities of Arthritis Australia. It has been an absolute pleasure and privilege to have served on the Board as Chair, and I feel sure that the changes we have made together over these past four years will significantly strengthen the ability of Arthritis Australia to improve the lives of our consumers.

TREASURER'S REPORT

Wayne Jarman



I am pleased to report an overall surplus for the year of \$163,992 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 \$791,282 with the addition of a new corpus during the year of \$476,561, increase in share portfolio valuations of \$174,387 and the surplus for the year mentioned below. The total unrestricted funds under administration have increased by \$113,207 with a net increase on share portfolio valuations of \$69,799 and the surplus for the year mentioned below.

Restricted funds reported a net surplus for the year of \$140,314 mainly as a result of profit taking on the restricted investment portfolios. 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 Australian Government/private sector funding for national programs, some of which are subcontracted to Affiliates for service delivery.

Unrestricted funds reported a net surplus for the year of \$23,678 which is a pleasing result in increasingly tight market conditions.

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

Our investment portfolios have performed well this year as a result of the improved market conditions and astute advice from the team at Morgans our investment advisers. Our new financial reporting structure developed in conjunction with our auditors provides additional focus on strategy for the coming years to increase income streams for unrestricted use to ensure future financial viability.

“I feel sure that the changes we have made together over these past four years will significantly strengthen the ability of Arthritis Australia to improve the lives of our consumers.”

CEO'S REPORT

Ainslie Cahill



The past twelve months have seen us take on some major new initiatives to improve services and support for people with arthritis. Key among these has been the launch of our pivotal new strategy for better arthritis prevention and care in Australia – *Time to Move: Arthritis*. This strategy sets out a compelling case for change and provides a roadmap for all stakeholders to work together to improve care and support for people with arthritis. We have had an excellent response to the strategy so far and it will guide our advocacy and collaborative activities for some time to come.

We also embarked on a major new project to help people with arthritis to exercise more confidently. Keeping active is important to help people manage their arthritis, but confusion about what is safe and appropriate can be a major barrier. We have now developed clear evidence-based exercise recommendations which will form the basis of a training and accreditation program for arthritis-appropriate community based exercise programs.

We have also been upgrading our osteoarthritis-specific website, MyJointPain.org.au, to make it more engaging and user friendly. People using the website already report significant improvements in their ability to manage their condition and we expect even better results when the improvements are finalised.

Other highlights for 2013-14 include research into arthritis-related disability, an education and outreach program to improve access to specialist services for people with arthritis in rural areas and expanded consumer information resources.

Completing these projects and driving the implementation of the Time to Move strategy will be the focus of our activities in the coming year. We will also continue to work with our Affiliates in the States and Territories to improve services and support for people with arthritis.

MEDICAL DIRECTOR'S REPORT

Prof Michelle Leech



Arthritis research continues to advance internationally with a large range of standard and biological treatments for rheumatoid arthritis now available and others in the pipeline. The real challenge continues to be access to specialist care especially for regional Australians. Arthritis Australia continues to lead and support initiatives to increase access to rheumatologist care in regional Australia.

Osteoarthritis treatments have long focussed on relief of symptoms and intense research including that from Australian centres continues to examine early cartilage volume and bone changes which can predict more severe disease and allow earlier intervention. A drug indicated for osteoporosis has shown some benefit in osteoarthritis, however careful assessment by treating doctors is required to assess risk/benefit ratio.

New biologic drugs have been listed for the treatment of ankylosing spondylitis and psoriatic arthritis. As in all inflammatory diseases, the importance of managing cardiovascular risk factors continues to be emphasised by emerging research. Several studies in 2014 and across the last decade highlight the contribution of lifestyle factors including smoking and increased weight to pain, activity and morbidity in both inflammatory and degenerative causes of musculoskeletal disease.

“ The past twelve months have seen us take on some major new initiatives to improve services and support for people with arthritis. ”

Arthritis Australia's commitment to funding research becomes increasingly important, especially in supporting new investigators and developing good ideas into fundable large projects which have an impact on human health. Professor Graeme Jones continues to provide expert assistance in his role as Chair of the Grants Assessment Committee and we thank him for 10 years of outstanding service as Medical Director of Arthritis Australia.

CONSUMER REPRESENTATIVE'S REPORT

Wendy Favorito



It has been yet another interesting and productive year in my role as consumer representative. I have continued to be involved in chairing the National Arthritis Consumer Reference Group and contributing to advocacy projects such as difficult to open packaging.

A highlight of the year was the completion of the *Time to Move: Arthritis Strategy*. As a consumer it is encouraging to see that a practical blue print has been developed to identify ways for improving services for people with arthritis and I look forward to seeing the implementation in the future.

When *Time to Move* was launched at Parliament House Canberra, we had the privilege of hearing the McHarg family story following 11-year-old Patrick's diagnosis of JIA. Patrick and his mother talked candidly about the problems with making the diagnosis, accessing treatment and how the disease had a direct and profound impact on each family member. While their story was inspirational it also saddened me to hear that 40 years after my own JIA diagnosis little had changed with regard to the key issues for consumers. Patrick's story reinforces the critical need for change.

The Arthritis and Disability Research Project was finalised with the results providing solid data to confirm the pervasive disability associated with arthritis. While the results confirm what many of us already knew from our own experiences the findings will be valuable in supporting Arthritis Australia's advocacy work.

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

“ As a consumer, it is encouraging to see that a practical blue print has been developed to identify ways for improving services for people with arthritis... ”

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

Prof Patrick McNeil – Chair
David Motteram OAM – Deputy Chair
Wayne Jarman – Treasurer
Prof Graeme Jones – Medical Director
(from May 2003 to Nov 2013)
Prof Michelle Leech – Medical Director (from Nov 2013)
Wendy Favorito – Consumer Representative
Roger Mattar
Kristine Riethmiller (from Nov 2013)

Chief Executive Officer and Board Secretary

Ainslie Cahill

Emeritus Directors

Ita Buttrose AO OBE
Mona Marabani MBBS (Hons) FRACP

Scientific Advisory Committee

Prof Peter Youssef – Chair
Prof Peter Brooks
Dr Simon Burnet
Dr Julien de Jager
Dr Anna Dorai Raj
Prof John Edwards
Prof John Hart
Prof David Hunter
Prof Graeme Jones
Prof Michelle Leech (from Nov 2013)
Dr Mona Marabani (from Nov 2013)
Dr Andrew Taylor

Patron

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

Retiring Board members

Dr Helen Cooley (from Nov 2010 to Nov 2013)
Dr Ian Dover (from Nov 2010 to Nov 2013)
Hilary Fowler (from Nov 2010 to Nov 2013)
Dr Irene Froyland (from Sept 2009 to Nov 2013)
David Graham (from March 2012 to Nov 2013)

Council of Advice members – formed November 2013

Dr Irene Froyland – Chair
Mr David Graham – Deputy Chair
Ms Judith Cantor
Ms Hilary Fowler
Dr Ian Dover
Ms Colette Smith
Mr Andrew Walker

Grants Assessment Committee

Prof Graeme Jones – Chair
Assoc Prof Rana Hinman
Assoc Prof Helen Keen
Prof Michelle Leech
Assoc Prof Amanda Fosang (to Dec 2013)
Assoc Prof Catherine Hill
Prof Chris Little
Dr Susanna Proudman
Dr Gethin Thomas
Dr Nicole Walsh (from July 2013)
Dr Sharon Van Doornam

What is our financial position?

STATEMENT OF FINANCIAL POSITION

	13/14	12/13
Current Assets	\$	\$
Cash Assets	2,036,843	2,299,794
Receivables	409,196	609,984
Total Current Assets	2,446,012	2,909,778
Non-Current Assets		
Receivables	-	50,000
Financial Assets	6,159,420	4,831,382
Property, Plant and Equipment	27,383	32,797
Total Non-Current Assets	6,186,803	4,914,179
Total Assets	8,632,815	7,823,957
Current Liabilities		
Payables	1,894,392	2,038,856
Provisions	473,196	430,967
Total Current Liabilities	2,367,588	2,469,823
Non Current Liabilities		
Long Term Provisions	33,701	27,097
Total Non Current Liabilities	33,701	27,097
Total Liabilities	2,401,289	2,496,920
Net Assets	6,231,526	5,327,037
Accumulated Funds		
Contractually restricted funds	5,374,178	4,582,896
General Funds	857,348	744,141
	6,231,526	5,327,037

Total Foundation Funds at 30 June 2014 include \$5,374,178 (2013 \$4,582,896) of contractually restricted research funds administered by the Foundation.

The above table showing the Statement of Financial Position for the year ended 30 June 2014 has 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

	13/14	12/13
Income	\$	\$
Donations/fundraising		
General	2,804,372	1,637,596
Affiliates	150,570	199,750
Total	2,954,942	1,837,346
Membership Fees	890	1,676
 Investments		
Interest	39,262	54,582
Profit on Sale	141,757	214,843
Dividends	354,098	316,645
Total	535,117	586,070
Other	-	49,038
Total Income	3,490,949	2,474,130
 Expenses		
Research	860,214	726,192
Education and Awareness	1,973,787	1,141,456
Administration	328,202	403,055
Fundraising	158,204	142,136
Depreciation	6,550	7,856
Total Expenses	3,326,957	2,420,695
Net Surplus	163,992	53,435
Contribution to contractually restricted funds	476,581	152,602
Asset Revaluation/(Devaluation)	263,916	(86,074)
Change in Foundation Funds	904,489	119,963

Total Foundation Funds at 30 June 2014 include \$5,374,178 (2013 \$4,582,896) of contractually restricted research funds administered by the Foundation.

The above table showing the Statement of Comprehensive Income for the year ended 30 June 2014 has 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.

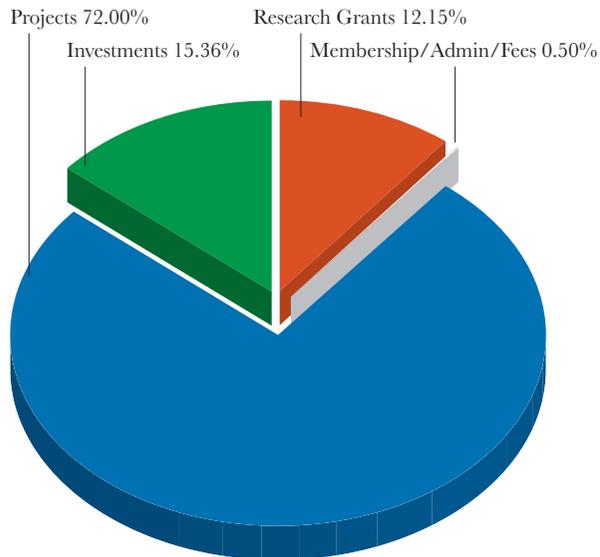
ARTHRITIS AUSTRALIA SUMMARY

Following is the summary of revenue and expenditure of Arthritis Australia.
Assets held \$8,632,815 and liabilities held \$2,401,289

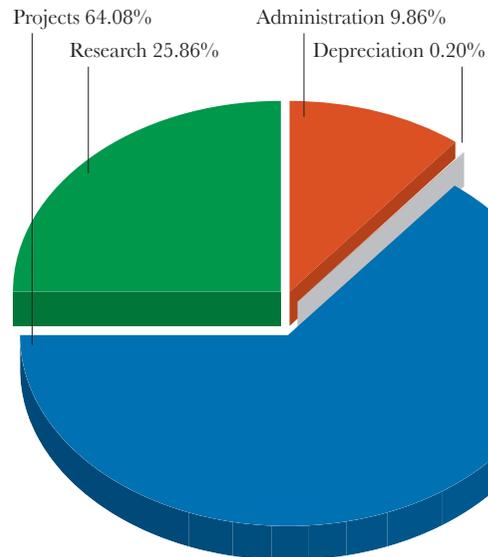
Revenue	\$	\$
Projects	2,513,372	72.00%
Research Grants	424,000	12.15%
Investments	536,117	15.36%
Membership/Admin/Fees	17,460	0.50%
Total	3,490,949	100%

Expenditure	\$	\$
Projects	2,131,991	64.08%
Research	860,214	25.86%
Administration	328,202	9.86%
Depreciation	6,550	0.20%
Total	3,326,957	100%

REVENUE



EXPENDITURE



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 Rheumatology Association
Blink Print Pty Ltd
Bupa Health Foundation
Commonwealth Department of Health
Google Inc
Janssen-Cilag Pty Limited
Lanham Public Relations
LOUD
Packaging Council of Australia
pdq design Pty Ltd
Print National Pty Ltd
Roche Products Pty Limited
Social Policy Research Centre, University of New South Wales

Medicines Australia Community Chest Program

AbbVie Pty Ltd
AstraZeneca Pty Ltd
Janssen-Cilag Pty Limited
Medicines Australia
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

2013-2014 Donations of \$500+

Adrian Batterby
Robert C Bulley Charitable Fund
Dr Arockia Doss
Robert Dowell
Echuca Moama Uniting Church Market Place Crafts
Élan Services Pty Limited



Eventide Homes (NSW)
Estate of the late Sheila Ann Fielding
FUCHS Lubricants Australia P/L
Prof John Hart
Libby Higgin
Brian Holliday
Dr Clare Hourigan
The Peter Isaacson Foundation
The Luscombe Family Foundation
Estate of the late Robert Leonard Marriott
Brian McAllister
Dr Stephen Milazzo AO (deceased)
Thu Ngo
Dr Paul Scott
ShareGift Australia
The late Kathleen Sherry
Manny Stul
Estate of the late Yvonne Pamela Tull
Bruce and Maureen Wallis
Janet West
Christine Woodruff

Licence agreements

Ethical Nutrients
Eatwell Foods

Business services

Betta Milk
Cormack Packaging
Eatwell Foods
Handeepax
HJ Heinz Company Australia
Homebush Cakes
Juremont
Kellogg's Australia
Mars Food Australia
Merisant Australia
Metalprint Australia
Nestlé Oceania
NSW HealthShare (NSW Health)
SPC Ardmona
Riviana Foods
Woolworths Limited

In-kind support

Anchor Hosting
Blink Print Pty Ltd
Coverforce Insurance Broking Pty Ltd
Georgia Tech Research Institute
Google Inc
Halltech Services
Geoff Hall (Pasco Hall and Associates)
Kemp Strang Pty Limited
Chris Lowe
Medical Media Group Pty Ltd
pdq design Pty Ltd
RBS Morgans Ltd

National Consumer Reference Group

Helen Davies
Wendy Favorito – Chair
Michelle Graham
Annie Grindrod
Matthew Leibowitz
Suzie Edward May
Alison Park
Cosi Pupo
Colette Smith

Time to Move: Arthritis Steering Committee

Dr Roger Allen
Jeff Cheverton
Prof Peter Choong
Anne Develin
Wendy Favorito
Dr Stan Goldstein
Prof David Hunter
Prof Danny Liew
Dr Mona Marabani
Maree Raymer
Jennie Roe
Dr Norman Swan
Dr Rob Walters

Research

Social Policy Research Centre, University of New South Wales

“ Thank you for
your contributions. ”



“ Thank you for your support. ”

Where can you find arthritis information?

MYJOINTPAIN

If you have joint pain or you've been diagnosed with osteoarthritis, you can find trustworthy information and self-management plans tailored to your needs by visiting MyJointPain.org.au.

ARTHRITIS AUSTRALIA WEBSITE

Information booklets

- 10 steps for living well with arthritis
- Taking control of your Ankylosing spondylitis – A practical guide to treatments, services and lifestyle choices
- Taking control of your Gout – A practical guide to treatments, services and lifestyle choices
- Joint replacement – A practical guide to understanding joint replacement surgery
- Taking control of your Osteoarthritis – A practical guide to treatments, services and lifestyle choices
- Taking control of your Psoriatic arthritis – A practical guide to treatments, services and lifestyle choices
- Taking control of your Rheumatoid arthritis – A practical guide to treatments, services and lifestyle choices
- Stepping out – A guide for young adults with arthritis
- At home with arthritis – Simple steps for managing in the home
- Juvenile arthritis
- Juvenile arthritis – A teacher's guide

[Find out more](#)

Information sheets:

Areas of the body

- Back pain
- Feet and arthritis
- Hands and arthritis
- Neck pain
- Shoulder pain
- Tips for osteoarthritis of the hip/knee

Complementary Therapy

- Complementary therapies
- Fish oils
- Glucosamine and chondroitin

10 steps for
living well
with arthritis

Taking control of your
Ankylosing
Spondylitis

A practical guide to treatments,
services and lifestyle choices

At home
with arthritis

Simple steps for managing in the home

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gout

Joint
replacement

A practical guide to understanding
joint replacement surgery

Taking control of your
Osteoarthritis

A practical guide to treatments,
services and lifestyle choices

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Taking control of your
Psoriatic
Arthritis

A practical guide to treatments,
services and lifestyle choices

Taking control of your
Rheumatoid
Arthritis

A practical guide to treatments,
services and lifestyle choices

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Who can you contact?

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

Arthritis Australia

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Ric Forlano – Executive Director

What are we doing next year?

IN 2015 WE WILL:

- Finalise and implement the key priorities of a new Strategic Business Plan with a three year outlook, including:
 - Structure and governance model
 - Business and operational model
 - Income generation and financial sustainability
 - Workforce skills and capabilities
 - Infrastructure and resources
 - Relationships and partnerships
- Continue to work with government, health professionals and other stakeholders to promote and implement key elements of the *Time to Move: Arthritis* strategy.
- Review and update health consumer information sheets and booklets and add new topics to meet community and health professional demand.
- Add significant enhancements to MyJointPain.org.au, including almost 50 videos that will provide more user friendly content, an app for mobile devices and new screening and assessments for hand Osteoarthritis.
- Work with our affiliate offices in developing consistent branding, programs and services, fundraising and project evaluation.
- Review our National Research Program to increase funding of projects that will have more immediate impact on consumers.