

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](http://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](http://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](http://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 an 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*

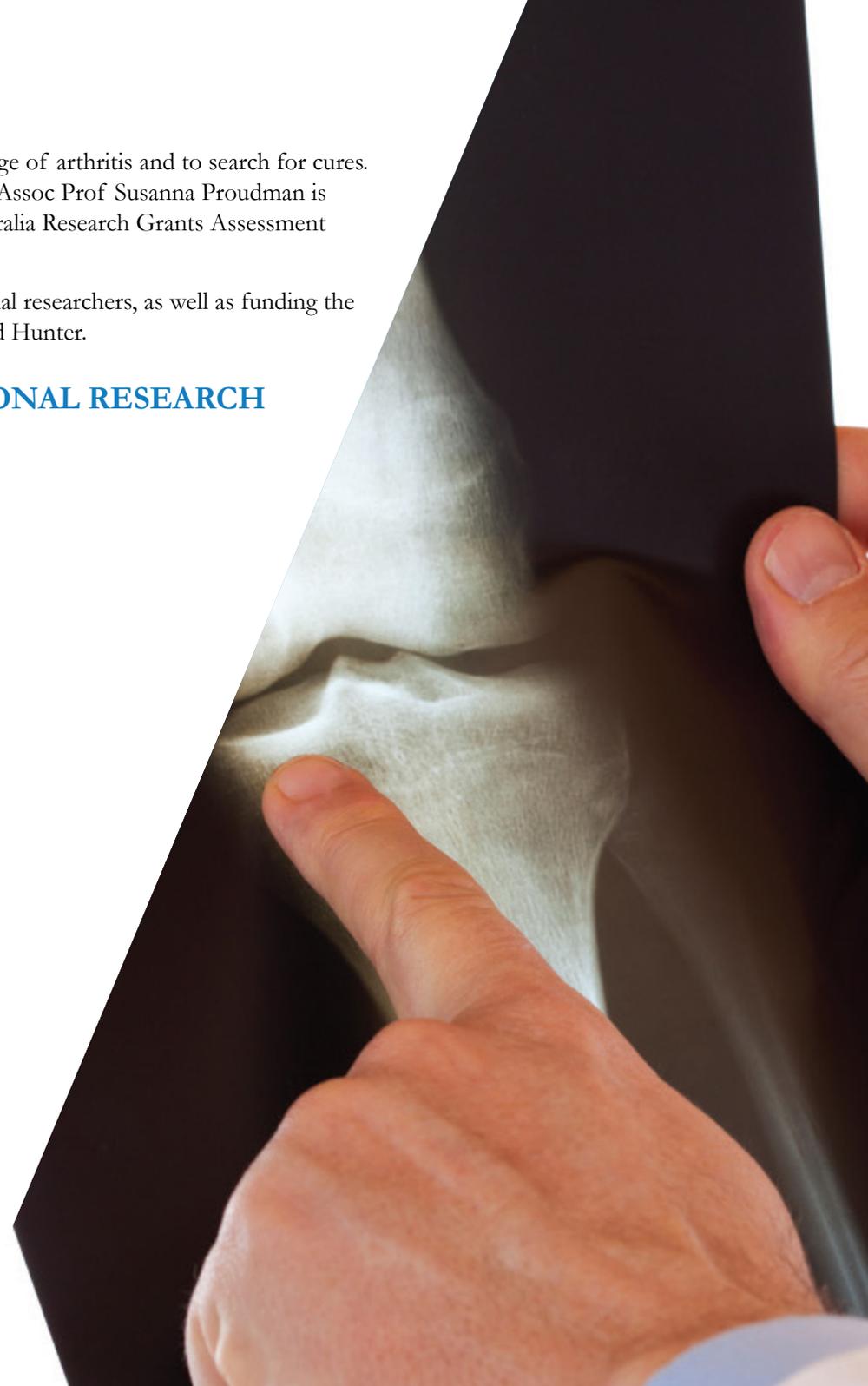
#### **Arthritis Australia and State & Territory Affiliate Grant - \$50,000**

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

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
<b>Income</b>	\$	\$
<b>Donations/fundraising</b>		
General	2,926,364	2,804,372
Affiliates	210,500	150,570
<b>Total</b>	<b>3,136,864</b>	<b>2,954,942</b>
<b>Membership Fees</b>	<b>1,604</b>	<b>890</b>
<b>Investments</b>		
Interest	28,925	39,262
Profit on Sale	18,174	141,757
Dividends	379,519	354,098
<b>Total</b>	<b>426,618</b>	<b>535,117</b>
<b>Other</b>	<b>19,464</b>	<b>-</b>
<b>Total Income</b>	<b>3,584,550</b>	<b>3,490,949</b>
<b>Expenses</b>		
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
<b>Total Expenses</b>	<b>3,677,880</b>	<b>3,326,957</b>
<b>Net Surplus</b>	<b>(93,330)</b>	<b>163,992</b>
Net Gain on revaluation of Financial Assets	62,393	263,916
Bequest	-	476,581
<b>Change in Foundation Funds</b>	<b>(30,937)</b>	<b>904,489</b>

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.

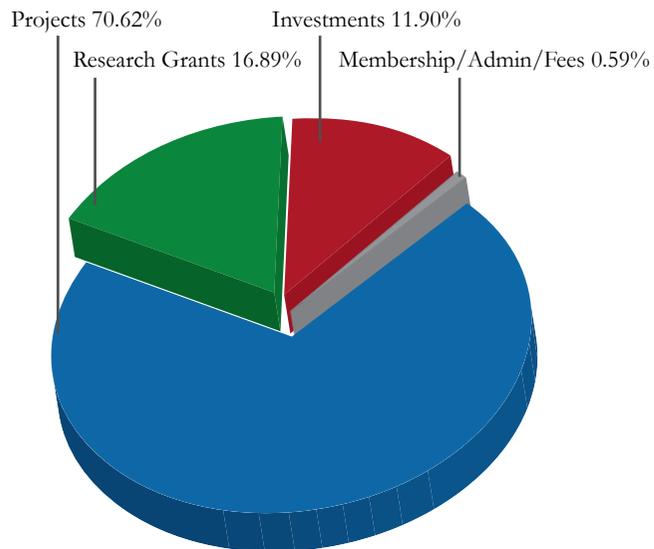
## ARTHRITIS AUSTRALIA SUMMARY

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

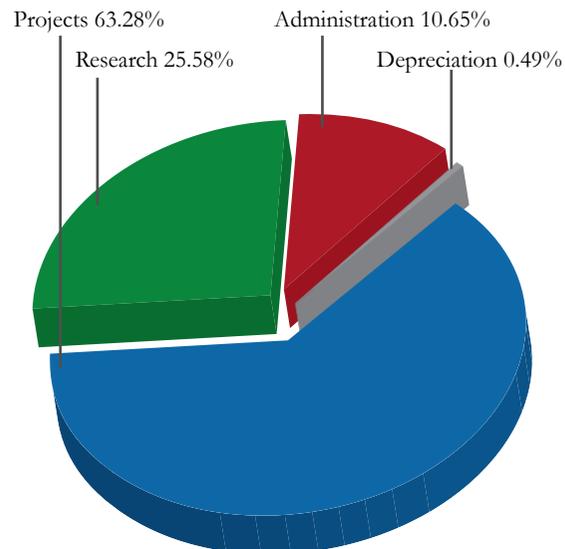
<b>Revenue</b>		\$	
Projects	2,531,364		70.62%
Research Grants	605,500		16.89%
Investments	426,618		11.90%
Membership/ Admin/Fees	21,068		0.59%
<b>Total</b>	<b>3,584,550</b>		<b>100%</b>

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

### 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  
Janssen-Cilag Pty Ltd  
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. ”

abbvie



AstraZeneca



DePuySynthes



Lilly

MEDICINES Australia



smith&nephew

stryker



we are social



Thank you for your support.





# Who can you contact?

For all arthritis information:  
Arthritis Helpline **1800 011 041**  
[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

## **Arthritis Australia**

Level 2/255 Broadway Glebe NSW 2037  
PO Box 550 Broadway NSW 2007  
P: 02 9518 4441  
F: 02 9518 4011  
E: [info@arthritisaustralia.com.au](mailto:info@arthritisaustralia.com.au)  
[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

## **AFFILIATE OFFICES**

### **Arthritis ACT**

Level 2B Grant Cameron Community Centre  
27 Mulley Street Holder ACT 2611  
PO Box 4017 Weston Creek ACT 2611  
P: 02 6288 4244  
F: 02 6288 4277  
Rebecca Davey – Chief Executive Officer

### **Arthritis New South Wales**

Unit 1, 15/32 Delhi Road  
North Ryde NSW 2113  
Locked Bag 2216 North Ryde NSW 1670  
P: 02 9857 3300  
F: 02 9857 3399  
Jannine Jackson – Chief Executive Officer

### **Arthritis Northern Territory**

Shop 18 Rapid Creek Business Village  
48 Trower Road Millner NT 0810  
PO Box 452 Nightcliff NT 0814  
P: 08 8948 5232  
F: 08 8948 5234

### **Arthritis Queensland**

1 Cartwright Street Windsor QLD 4030  
PO Box 2121 Windsor QLD 4030  
P: 07 3857 4200  
F: 07 3857 4099  
Molly Sheen – Chief Executive Officer

### **Arthritis South Australia**

118 Richmond Road Marleston SA 5033  
P: 08 8379 5711  
F: 08 8379 5707  
Julie Black – Chief Executive Officer

### **Arthritis Tasmania**

19A Main Road Moonah TAS 7009  
GPO Box 1843 Hobart TAS 7001  
P: 03 6228 4824  
F: 03 6228 3486  
Jackie Slyp – Chief Executive Officer

### **Arthritis Western Australia**

17 Lemnos Street Shenton Park WA 6008  
PO Box 34 Wembley WA 6913  
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

