

Vision

To bring quality of life to all people with arthritis and eliminate their suffering.

Mission

To provide dignity, support and education for Australians suffering from arthritis and their carers.

To radically restrict the rate of growth of arthritis in Australia.

To be a leader in funding and advocating world class research.

Arthritis Australia to be identified as the only independent, arthritis focused and patient driven national body.

Contents

Highlights	3
Working together	5
Reports	7
Governance	11
Research	13
Support	17
Finance	19
Contacts	21

Highlights

There was a 60% increase in website traffic and five times more calls.

Adam Gilchrist Trading Challenge

Registrations for the second Adam Gilchrist Trading Challenge doubled those of the previous year and raised almost \$30,000 for the Adam Gilchrist/Arthritis and Inflammation Centre Research Grant. This unique fundraising and awareness project gave entrants the chance to test their share trading skills. Participants received \$50,000 'virtual' cash to trade over a four week period. The 2007 Challenge winner, Jason Seeto, finished with a 33.6% strike rate.

Arthritis Awareness Seminars

Sponsored by Argo/Stryker, seminars about the latest medical and surgical options for the treatment of arthritis were held in every state/territory. These included regional and multicultural seminars, too.

Arthritis: It's your move

An integrated, targeted campaign was developed for Arthritis Awareness Week 2008. The call to action was for consumers

and health professionals to obtain copies of newly created information sheets as well as other disease-specific and arthritis management resources by calling the 1800 infoline or visiting the Arthritis Australia website. Compared to the same period last year, there was a 60% increase in Arthritis Australia website traffic and five times more calls to the Arthritis Infoline. In addition, a multicultural campaign was undertaken to promote new translated information sheets to GPs and the respective communities.

Research

In the 2008 calendar year Arthritis Australia allocated more than \$700,000 to musculoskeletal research, including support for the Florance and Cope Chair of Rheumatology at the University of Sydney, the Helen Moran Grant funded by the Australian Rheumatology Association, the Ray and Pam Robinson Award and Kilimanjaro Ascent Grant.

1. WPS Bathurst Motor Festival - Raffle winners. 2. Arthritis Awareness Seminars - Paula Barrass from Stryker Tasmania 3. Parliamentary Friends of Arthritis Launch - Senator Carol Brown (Tasmania) with Arthritis Australia President Dr Mona Marabani 4. Australian Doctors' Orchestra









Australian Doctors' Orchestra

Arthritis Australia was the recipient of funds raised by the Australian Doctors' Orchestra (ADO) at a concert held at Sydney Town Hall in August 2007. ADO membership is made up of about 600 medical musicians from around Australia, representing doctors and students from every branch and specialty of medicine. 160 voluntary players took part in the Sydney concert and were supported by professional conductor, Keith Crellin and trumpet soloist, Paul Goodchild from the Sydney Symphony Orchestra.

Australian Rheumatology Association (ARA) Conference

Arthritis Australia's President and CEO, as well as a number of Affiliate CEOs and health educators, took part in the 50th Annual Scientific Meeting of the ARA in Adelaide. Topics included updates on pain management in children, scleroderma and cardiovascular disease and arthritis. A special feature of the meeting was Prof Les Cleland's

Oration in honour of Dr Stephen Milazzo. Dr Milazzo is a pioneer in Australian rheumatology, supporting patient needs, mentoring emerging rheumatologists, and co-founding the Arthritis Foundation of Australia (Arthritis Australia).

WPS Bathurst Motor Festival

For the second year running, Arthritis
Australia was the official charity at the
2008 WPS Bathurst Motor Festival.
Held at Mount Panorama, Arthritis Australia
increased its presence at the event with
the help of more than 30 volunteers from
Rotary Club of Bathurst Daybreak. Arthritis
Australia conducted a series of education
and fundraising activities to raise awareness
of arthritis among race goers as well as the
local Bathurst community. Raffle prize
winner of two tickets to the WPS Festival
Club plus a joy ride on the WPS helicopter
was Peter Crocker of Wetherill Park, NSW.

Funding

The Australian Government's Better Arthritis and Osteoporosis Care program allocated further funding to Arthritis Australia for a range of awareness and juvenile arthritis (JA) projects. Initiatives included a national set of arthritis information sheets; custom-designed awareness programs for Greek and Chinese communities; an education program for increasing community information sessions; programs targeted to rural/remote communities; increased places for interstate and rural/remote children at JA camps; and a support program for adolescents/young adults living with arthritis.

Parliamentary Friends of Arthritis Launch

In March 2008 the Parliamentary Friends of Arthritis Group was launched at Parliament House Canberra. Almost 100 federal politicians have joined the group enabling Arthritis Australia to share with them updates on arthritis management as well as its social and economic impacts.

5. Parliamentary Friends of Arthritis Launch - Arthritis Australia Consumer Representative Judith Nguyen 6. WPS Bathurst Motor Festival - Rotary Club of Bathurst Daybreak volunteers 7. Arthritis Australia team with raffle winner 8. Mount Panorama racetrack









Working together

54 information sheets have been produced and are available nationally.

Joint action

The national and state offices continue to work together in implementing the Arthritis Australia Joint Action Plan. In December, CEOs, health educators and communications staff from all State/Territory Affiliate offices met to review national activities and plan for 2008-09. In March the Arthritis Australia Board and Affiliate CEOs met to sign-off on the priority objectives and actions.

Better arthritis care

Funding from the Australian Government supported a number of projects developed in association with State/Territory Affiliates, consumers and, where appropriate, other specialist groups such as the Australian Rheumatology Association, Australian General Practice Network, Australian Physiotherapy Association, Multicultural Health Communications Service, Pharmaceutical Society of Australia, Australian Practice Nurses Association, Royal Australian College of GPs, and community and allied health workers throughout Australia.

Arthritis Awareness Project

An integrated PR, advertising and radio/TV community service announcement campaign was launched to coincide with Arthritis Awareness Week 2008. From April to June 2008 there were approximately 34,500 unique visitors to the Arthritis Australia website, representing 572,500 hits.

Advancing Community Knowledge and Understanding

A quality-assured module for training volunteers to deliver community awareness programs was developed by Arthritis Tasmania. Affiliate health educators have undertaken train-the-trainer sessions and are now accredited to train community speakers in their own state/territory, enabling increased awareness-raising activities.

Arthritis Information Sheets

Co-badged with the Australian Rheumatology Association, 54 information sheets have been produced and are available nationally. The set includes five information sheets in five languages, namely Arabic, Chinese, Greek, Italian and Vietnamese. Contributors to their development included consumers, Arthritis Australia's Scientific Advisory Committee, State/Territory Affiliates, Australian Rheumatology Association, Australian General Practice Network, Australian Physiotherapy Association, Australian Practice Nurses Association, Pharmaceutical Society of Australia and Royal Australian College of General Practitioners. The project was coordinated by Arthritis Victoria.

Juvenile Arthritis and Adolescent/Young Adults Workshop

Commonwealth funding supported the participation of children from rural areas and interstate to attend the Juvenile



1. Arthritis Awareness Multicultural Information Sheets in Greek and Chinese 2. New disease-specific booklets 3. 2008 Arthritis Awareness poster 4. Joint Action Plan 08-09

Arthritis Camps hosted by Arthritis New South Wales, Arthritis Victoria and Arthritis Western Australia. The camps continue to be an exceptional program for children living with arthritis. Those attending take part in a range of recreational and educational activities, build friendships and feel less isolated as a result of their disease. National guidelines for best-practice camp management were developed and will be trialled during 2008-09. Young Adult Weekend Workshops were held in Western Australia and Queensland, providing an opportunity for young adults who are transitioning from paediatric rheumatology into mainstream health services to learn more about self-management.

National Arthritis Multicultural Initiative Arthritis awareness and education sessions for Chinese and Greek communities in the St George area of Sydney were coordinated by Arthritis New South Wales. In collaboration with other State/Territory Affiliates, national guidelines for multicultural community awareness programs were developed and will be trialled during 2008-09.

Osteoarthritis of the Knee and Rheumatoid Factor Programs Earlier government funding enabled the design and development of principle trainers' manuals and toolkits for the Osteoarthritis of the Knee (OAK) and Rheumatoid Factor programs. Further support has been received to conduct train-the-trainer sessions for multi-disciplinary health professionals to deliver these evidence based programs. The project is being coordinated by Arthritis Western Australia with the aim of national implementation.

Rural/Remote Awareness

Awareness and education programs for consumers as well as health professionals were undertaken in 2007 in rural/remote Western Australia, Northern Territory, Queensland and South Australia. Priorities were to raise awareness and increase knowledge of service and resource availability for consumers plus provide updates in arthritis care for GPs/health professionals.

Australian Rheumatology Association

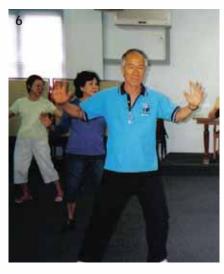
The Australian Rheumatology Association (ARA) supports Arthritis Australia in so many ways. This year we have increased our collaboration and have gained mutual benefits. For example, the ARA donated funds for a number of research grants and co-badged and contributed to the development and promotion of a range of quality resources, including information sheets. Individual members voluntarily contribute their services to our Scientific Advisory and Grants Assessment Committees and provide expert advice and leadership to the Juvenile Arthritis and Arthritis Awareness Advisory Committees.

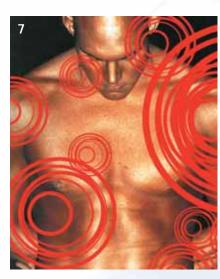
Medicines Australia Community Chest

The Medicines Australia Community Chest provided an unrestricted grant to review, update and re-print the 10 steps for living well with arthritis booklet as well as contributed to the expenses associated with the Parliamentary Friends of Arthritis launch. Some Community Chest members also provided additional sponsorship. Roche Products supported professional development by enabling health educators from each State/Territory Affiliate to attend a weekend symposium on rheumatoid arthritis in Sydney. Abbott Australasia gave untied funding for the production of disease-specific booklets on rheumatoid arthritis, ankylosing spondylitis and psoriatic arthritis. Pfizer Australia gave untied funding for a booklet on osteoarthritis. The four booklets were developed in collaboration with Affiliates, consumers and medical specialists and, again, were co-badged with the Australian Rheumatology Association.



- 5. Affiliate Health Educators
- 6. Tai chi for Arthritis Multicultural Program
- 7. Arthritis Awareness TVC





Reports

To government we say, Arthritis Australia is here to help!



President's report

It has been a very rewarding year. Arthritis Australia increased its range of national education and awareness

projects, brought arthritis and its associated issues to the attention of the community, business and governments and, with a rise in donations for our National Research Program were able to offer more, and larger, grants for clinical research. However, despite these advances, it has been a difficult year to generate income gains from investments.

The Department of Health and Ageing-funded awareness campaign -Arthritis: It's your move - was an outstanding success. The month-long campaign was launched during Arthritis Awareness Week in April. Its primary target was rural Australia where, often, communities have minimal access to quality healthcare information and services. During April I spoke to a number of regional radio stations and it struck me how important local media are in passing on quality information to those living in isolation and how much more State and Federal Governments should be doing to reduce the divide. To government we say, Arthritis Australia is here to help!

The accompanying national PR campaign promoted the new Arthritis Australia / Australian Rheumatology Association information sheets. This is the first time we have a consistent set of arthritis information sheets and we're proud of them. They are available from every State/Territory Affiliate as well as via the Arthritis Australia and ARA websites. Consumers, affiliates and relevant key stakeholder groups were involved in the content development and, following successful completion, we now have a proven way of producing high quality materials that are accessible for consumers with varying levels of health literacy.

Response to the campaign proved that consumers as well as health professionals are in want of quality and credible resources. Compared to the same period last year, there was a 60% increase in Arthritis Australia website traffic and five times more calls to our infoline. Of these consumers, 84% of those contacted after the campaign claimed to have changed their behaviour as a result of receiving and reading their Arthritis Information Pack.

As well, five topics in Arabic, Chinese, Greek, Italian and Vietnamese were produced. In April, a dedicated multicultural campaign was directed to communities and bilingual health professionals, creating significant response. As a practising rheumatologist in the south western suburbs of Sydney I am reminded daily of the needs of multicultural patients. The Arthritis Australia translated materials fill an important gap in helping patients understand their arthritis as well as providing an important tool for those practitioners unable to communicate directly to their non-English speaking patients. Arthritis Australia, with the support of Affiliates, will be extending multicultural services in the future.

With Commonwealth funding, arthritis-specific seminars will be held in the western suburbs of Sydney and Adelaide during 2008-09. Bilingual speakers will be trained in the accredited Advancing Community Knowledge module, an innovative quality-assured training program, which makes the best possible use of volunteers willing to help spread awareness and education about arthritis in the community. This program will be used for extending community awareness programs in rural Australia, too.

Rural awareness and education is a priority of the Arthritis Australia Joint Action Plan. We grapple constantly with how to make the most effective use of our resources and it is frustrating that we can't meet demand.

Therefore, we were pleased to receive supplementary funding from the Department of Health and Ageing for rural awareness programs during 2007. Consumer and health professional education sessions were held in rural Queensland, Western Australia, Northern Territory and South Australia, including places such as Karratha, Broome, Gove and Katherine that had never been visited by their State/Territory Arthritis Office.

The programs were enthusiastically received and there were many examples of consumers and GPs travelling more than 100km to attend. Local community support groups have been formed and, while there is no direct funding available to sustain regular visits, relationships between the rural/regional communities and their Affiliate Office have been developed so that timely support and updates can be given. Needless to say, Arthritis Australia will continue to advocate for increased rural services.

In March 2008 we launched Parliamentary Friends of Arthritis, made up of bipartisan, federal politicians who readily responded to our invitation to form this interest group. Senator Carol Brown's address to the Senate on the eve of the launch, presenting arthritis as a matter of national importance, was a major boost for the 1 in 2 households in Australia affected by arthritis. To be highlighted in this forum was validation that arthritis is a serious issue.

With 1 in 3 federal politicians enlisted, Arthritis Australia now has a formal way of bringing them up-to-date with arthritis-related matters. Apart from a quarterly newsletter and two face-to-face meetings per annum we're providing them with timely arthritis information and materials that can be shared within their electorate. Our special thanks to co-convenors Jim Turnour (Member for Leichhardt, Queensland), Senator Carol Brown (Tasmania), The Hon Kevin Andrews, MP

(Member for Menzies, Victoria), Senator Judith Adams (Western Australia) and Senator Rachel Siewert (Western Australia). Each of them, along with their staff, gave so willingly to the formation of this group – and continues to offer support.

While we are entering a challenging economic period that is influenced by world markets, Arthritis Australia is well-equipped to increase outputs. We have welcomed Fergal Barry to the newly-created position of Strategic Partnerships Manager. His role is to work with Affiliates in engaging the corporate sector in supporting sustainable, national programs. Arthritis Australia is now in advanced discussions with corporations and industry groups about ways to bring these projects to market.

Working with State/Territory Affiliates the Arthritis Australia Board reviewed and prioritised the Joint Action Plan. In accordance with the agreed priority activities and the national office role in facilitating service delivery; managing national advocacy and awareness programs; and allocating funds for clinical research, the Board signed off on a Strategic Business Plan that will guide us through the next critical period.

It is gratifying to be working in rheumatology at a time when so many innovative therapies have become available for the treatment of many forms of arthritis. One of the great challenges is to ensure that these treatments, along with traditional non-drug allied health interventions, are available to those who really need them.

As we look to the future, Arthritis Australia's message remains the same. The prevalence of arthritis is on the increase and its social and economic impacts can't be ignored. During 2008-09 Arthritis Australia will continue to advocate for community, business and governments to take notice and act on what needs to be done to correct the imbalance.

I would like to say a special thanks to Arthritis Australia's sponsors and donors and to the many people and organisations, too many to name individually, who have given so willingly of their time over the past year. I am indebted to my fellow board members, Scientific Advisory Committee members and Grants Assessment Review Committee, Australian Rheumatology Association and the other peak groups who have supported our programs during this period.

Finally, a word of thanks to the Arthritis Australia team - Ainslie Cahill CEO, Dora Stavrakis, Ron Richardson and Fergal Barry. They have worked tirelessly to play their part in improving the lot of Australians living with arthritis.

Mona Marabani

MBBS (Hons) FRACP

Reports



Medical Director Internationally in 2007 there continued to be exciting advances in arthritis research, particularly in relation to

the treatment of rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis. As a result, the quality of life for arthritis sufferers has improved markedly in recent years. The pace of development is still increasing with many new treatment options being currently evaluated. Some areas such as osteoarthritis and fibromyalgia have struggled in comparison but are also gathering momentum.

Nationally, the formation of two new committees by the National Health and Medical Research Council specifically for arthritis and musculoskeletal conditions has increased the funding for arthritis in Australia. There is also a national data monitoring centre for arthritis based at the Australian Institute for Health and Welfare which will give much needed information on trends in arthritis and whether national programs are succeeding.

The Grants Assessment Committee met in October to determine recipients of Arthritis Australia's 2008 funding round. Recommendations such as giving preference to new researchers and offering a smaller number of larger project grants to more established investigators were implemented. Special thanks to Patrick McNeil, Kathy Briffa, Michelle Leech, Maureen Rischmueller, Rachelle Buchbinder, Catherine Hill and Peter Youssef for their voluntary assistance.

More bequests and donations have also allowed us to expand the Arthritis Australia Grants program which funded a range of projects including grants to new investigators and a number of larger grants. These were in diverse areas including osteoarthritis, rheumatoid arthritis, juvenile arthritis, ankylosing spondylitis, gout, genetics, cardiovascular disease in arthritis and physiotherapy.

Graeme Jones

MBBS (Hons) FRACP MMedSc MD FAFPHM



Consumer
Representative
In 2008 Arthritis Australia
continued to be proactive

in 2008 Arthritis Australia continued to be proactive in involving consumers in the development of

national policy, programs and information. It is a win-win situation. Consumers want to contribute and feel they are being listened to, and Arthritis Australia is assured that its efforts are effectively directed towards helping people with arthritis gain knowledge of and manage their disease in order to improve their lives.

This year consumers were involved in the development of a first-ever national set of quality-assured arthritis information sheets, co-badged with the Australian Rheumatology Association. Aimed at people newly diagnosed with arthritis, as well as those who have lived with the disease for some time, the 29 fact sheets provide up-to-date information on topics currently 'in the news', such as the use of glucosamine and fish oils, as well as disease-specific arthritis information.

The Arthritis Awareness Week campaigns in April were particularly welcomed in regional, rural and remote Australia, where people with arthritis and health professionals need all the information and support they can get in managing arthritis. The campaigns resulted in a surge of calls to the 1800 number and thousands of visits to the Arthritis Australia website.

Consumers from the Chinese and Greek communities in the St George area of Sydney benefited from face-to face interaction with GPs and health professionals, and the multicultural campaign in 2008 promoted five new information sheets produced in five languages - Arabic, Chinese, Greek, Italian and Vietnamese - on fundamentals such as what arthritis is, arthritis medications, and working with the health care team.

An issue that is already significant for people with arthritis, but will become increasingly important as the Australian population ages, is that of packaging.

Hard-to-open packaging is a daily challenge for those whose hands are affected by arthritis, but unless consumers demand changes, manufacturers are unlikely to modify their production lines. With consumer input, Arthritis Australia is taking up the challenge of raising awareness of this issue with the packaging industry.

Being the Consumer Representative for

Being the Consumer Representative for Arthritis Australia has also enabled the consumer voice to be heard in Canberra, this year amongst our Parliamentary Friends of Arthritis. A breakfast meeting at Parliament House in March provided an opportunity to talk directly to politicians and successfully gained the interest and attention of those who attended. A follow-up will be held in October.

Judith Nguyen

BA DipTchg MPRIA



Chair, Scientific Advisory Committee

It is my pleasure to report on the activities of the Scientific Advisory Committee (SAC). The past

12 months have been very productive and I would like to thank my colleagues who have given their time and support to Arthritis Australia. Arthritis Australia has produced detailed information sheets as well as booklets on the management of osteoarthritis, rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis. Members of the SAC were asked to comment on these publications which are of great utility.

Arthritis Australia has had several approaches from manufacturers interested in becoming sponsors.

The efficacy of the potential sponsors' products and labelling are evaluated before any discussions take place. This is to ensure Arthritis Australia's standards and sponsorship policy are upheld. I am indebted to those members of the SAC who provided their expert comments.

Arthritis Australia is currently in the process of producing position statements on a range of complementary therapies. These statements will assist health educators in responding to consumer enquiries.

Encouragement of research into rheumatic diseases remains a priority and Arthritis Australia continues to support important research in the area of arthritis. Particularly pleasing is the continuing support of younger researchers in the field.

Peter Youssef MBBS PhD FRACP



Florance and Cope Chair of Rheumatology It has been another productive year. My tenure as the Florance

and Cope Chair of

Rheumatology was renewed by Arthritis Australia and the University of Sydney for a further 10 years and I continue to be Director of the Institute of Bone and Joint Research at the University of Sydney. I carried on work as the Chief Investigator of the FREE Study and the Northern Sydney Twin Study, the latter established in 1996 and which has recruited over 1000 twin pairs. This year also saw the commencement of a new study, the FREEDOM Study, supported by a NHMRC grant of \$820,000, aimed at preventing falls and fractures in the elderly.

In September 2007, I became President of the Australia and New Zealand Bone and Mineral Society and remain on the Board of Osteoporosis Australia. I chaired one of the new Musculoskeletal Grant Review Panels set up by the NHMRC and was elected a Director of the International Bone and Mineral Society for a four year term.

I continue to be a member of the Editorial Boards of the *Journal of Rheumatology*, Osteoporosis International, Clinical Rheumatology, Arthritis Research, Balliere's Best Practice & Research in Clinical Rheumatology and the *Journal of Bone* and Mineral Research.

A personal and professional highlight was being a member of the highly successful fundraising Ascent for Arthritis team, reaching the summit of Mount Kilimanjaro on 3rd July 2007.

Philip Sambrook
MBBS MD LLB FRACP

Governance

Board of Directors

The Board is responsible for overseeing planning, resource use, growth, liaison across the community, and enhancing the image of Arthritis Australia.

THE BOARD

Mona Marabani MBBS (Hons) FRACP – President

A practising rneumatologist, Dr Marabani was appointed President in June 2006. She was formerly Acting President (from February 2006) and Vice-President (from June 2003). She is also a member of the Arthritis Australia Executive, Finance Advisory and Scientific Advisory Committees, and has served the Australian Rheumatology Association as a councillor, the NSW branch as Honorary Secretary, and the NSW Advanced Trainee Selection Committee as Chair. Dr Marabani maintains an active interest in health education.

Andrew Walker - Vice-President

Mr Walker was appointed to the Board in November 2004 and became Vice-President in August 2006. He serves on Arthritis Australia's Executive Committee and has been President of Arthritis Tasmania since 2005. A legal practitioner in Hobart, he was admitted to the Supreme Court of Tasmania in 1991. Mr Walker specialises in corporations law, banking and securities, insolvency, planning and environment law and local government litigation.

Bruce Wallis BComm FCA FAICD – Treasurer Mr Wallis became a Director of Arthritis Australia in July 2005 and was appointed Treasurer in June 2006. He serves on the Executive and Finance Advisory Committees and is also President of Arthritis Queensland, having been their Treasurer for several years and a Director since 1999. Mr Wallis is a chartered accountant who has worked in audit with Price Waterhouse for 13 years; managed Cooper Grace & Ward, a Brisbane legal practice, for two years; and been the Operations Director for ABN AMRO Morgans for 18 years, where he is now Chairman of Finance and Remuneration.

Sharon Freund BSc LLM – Secretary
Ms Freund, a magistrate of the Local Court of
NSW and secretary of the Magistrates Association
of NSW, was appointed Secretary and a Director
of Arthritis Australia in November 2003.

Graeme Jones MBBS (Hons) FRACP FAFPHM MMedSc MD – Medical Director

Prof Jones was appointed Medical Director of Arthritis Australia in May 2003 and chairs the Grants Assessment Committee. He is Director of Rheumatology at Royal Hobart Hospital, and Head of the Musculoskeletal Unit at the Menzies Research Institute, University of Tasmania.

Judith Nguyen BA DipTchg – Consumer Representative

Mrs Nguyen, a Director of Arthritis Australia since May 2003, is also the Board's elected Consumer Representative. She has served as President of Arthritis Tasmania and is actively involved in consumer advocacy. A corporate communication specialist, Mrs Nguyen headed a secondary school English department, was a councillor of the Tasmanian Council of the Australian Marketing Institute, was corporate communications manager for two organisations in Tasmania, and then Director Communications Policy at the Tasmanian Department of Premier and Cabinet. Since her retirement in 2005 Mrs Nguyen has served on a number of arthritis-related steering committees and advisory groups.

Helen Cody (till November 2007)

Mrs Cody was on Arthritis Australia's Board from October 2001 to November 2007. A retired teacher, she is also on the Board of Arthritis ACT.

Barry Dove LLB QC (till October 2007)

His Honour Judge Barry Dove is a retired judge in Victoria. He served on Arthritis Australia's Board from July 2005 to October 2007 and is current President of Arthritis Victoria.

Russell Green BHA (NSW) ASA AFCHSE

Mr Green was appointed to the Board in March 2008. He has had a long-term career in senior positions in public hospital administration in Victoria, local government community services and business unit administrations, and a number of years in the aged care industry. He is currently the Treasurer of the Board of Arthritis Victoria.

Beth Harvey

Mrs Harvey, a Director of Arthritis Australia since June 2007, is also President of Arthritis NT. A retired registered nurse, she has a special interest in health and education and works voluntarily for a range of community groups.

Wayne Jarman Grad Dip Fin AMP (Harvard)

Mr Jarman was appointed to the Board in November 2007. A Fellow of the Australian Institute of Company Directors, Finance and Treasury Association, he is Project Director for Electricity Task Force NSW. Prior to this, he was Vice-Chairman and Managing Director of RBC Capitol Markets and CEO of TCorp, the New South Wales Governments Central Borrowing Authority for a period of nine years.

David Motteram

Mr Motteram is a retired business manager and current President of Arthritis SA. He was appointed a Director of Arthritis Australia in December 2002 and currently serves on the Executive and Finance Advisory Committees.

Barry Nunn AO RFD ED (RL)

Major General Nunn was appointed to the Board in April 2006. He serves on the Finance Advisory Committee and is also on the Board of Arthritis WA. After working for the Shell Group of Companies for 36 years, he began a private management consultancy in 1991. He served with the Defence Reserves for 41 years, retiring in 1994 with the rank of Major General. He was appointed an Officer of the Order of Australia (Military Division) in 1989 and was awarded a Centenary Medal in 2003.

Kristine Riethmiller BA CMC MIMC MAICD

Ms Riethmiller is a practising management consultant who has spent the past 10 years advising government and private organisations on governance, strategy and people management. She is Secretary of Arthritis ACT and a Director of the Canberra Business Council.

ALTERNATE DIRECTORS

Kathryn Barnsley BA Grad Dip (Soc Sci) Mrs Barnsley is Arthritis Tasmania's Alternate Director. She is a PhD student at the Menzies Research Institute, University of Tasmania, a tobacco control consultant, and Consumer Representative for the Board of Arthritis Tasmania.

Simon Burnet MBBS FRACP

Dr Burnet is Arthritis South Australia's Alternate Director. An Adelaide-based rheumatologist, he is a consultant at the Queen Elizabeth Hospital and also Medical Director of Arthritis SA.

Paul Crapper

Mr Crapper is Arthritis Victoria's Alternate Director. He is CFO and Director of the Building commission and Plumbing Industry Commission. He is also CFO of the Green Building Council of Australia and Board member of Scope Business Enterprises.

Ian Dover BSc MEng PhD MIMEA FAICD

Dr Dover is Arthritis Queensland's Alternate Director. A business professional in engineering, information systems and management, he is also the Vice-President of Arthritis Queensland.

Bill Wood M Ed

Mr Wood is Arthritis ACT's Alternate Director. Formerly a school principal and administrator he

was a member of the ACT Legislative Assembly from 1989 to 2004 serving at various times as a minister in Territory Governments.

EXECUTIVE

Ainslie Cahill

Ms Cahill was appointed CEO of Arthritis Australia in December 2005, having served as its Marketing and Business Development Manager from August 2003. She has more than 25 years' experience in a variety of industries, including senior management/board positions in vocational education (TAFE NSW), public relations (Write Communications Group), publishing (Capricorn Publishing Pty Ltd) and film, television and theatre production (Melaleuka Productions Pty Ltd).

SCIENTIFIC ADVISORY COMMITTEE

This committee provides the Arthritis Australia Board with medical expertise.

Peter Youssef MBBS (Hons) FRACP PhD – Chair

Assoc Prof Youssef is a staff specialist in rheumatology at the Royal Prince Alfred Hospital in Sydney. He is the Co-Chair of the Australian Rheumatology Association Scientific Programs Committee and rheumatology sub-editor of the IMJ. His research interests are in the mechanisms of joint damage in inflammatory arthritis, particularly rheumatoid arthritis, and the effects of therapy on the synovium.

Peter Brooks MD FRACP FRCP (Edin) FAFRM FAFPHM MD Lund (Hons Causa)

Prof Brooks is Executive Dean of the Faculty of Health Sciences and Interim Director, Australian health workforce Institute – University of Melbourne and the University of Queensland. He is the author of more than 300 publications in the areas of rheumatic diseases, drug therapy and psychological aspects of chronic disease.

Simon Burnet MBBS FRACP (Refer listing on page 11.)

Julien de Jager MB BCh FRACGP FRACP

Dr de Jager is Senior Visiting Rheumatologist at the Gold Coast Hospital and a visiting consultant rheumatologist at Allamanda and Pindara private hospitals in Queensland. He is an international fellow of the American College of Rheumatology and a past President of the Australian Rheumatology Association.

Anna Dorai Raj MRCP (UK) FRACP Grad Cert in Higher Education

Dr Dorai Raj is a rheumatologist in private practice in Canberra, a visiting medical officer at the Canberra Hospital and Unit Head of Rheumatology. She is a clinical lecturer at the Australian National University Medical School.

John Edmonds MBBS MA FRACP

Prof Edmonds is a Conjoint Professor at the University of NSW and the former Director of Rheumatology at St George Hospital in Sydney. He is currently Chair of the St George Medical Research Foundation and a past President of the Australian Rheumatology Association.

Graeme Jones MBBS (Hons) FRACP FAFPHM MMedSc MD – Medical Director (Refer listing on page 11.)

John Hart MBBS FRACS FAOrthA FASMF FACSP

Assoc Prof Hart is an orthopaedic surgeon based in Melbourne. He was Head of the Orthopaedic Unit at the Alfred Hospital from 1980 until 2003 and is a clinical associate professor in the Department of Surgery at Monash University.

Mona Marabani MBBS (Hons) FRACP (Refer listing on page 11.)

Philip Sambrook OAM MBBS MD FRACP LLB Philip Sambrook is Professor of Rheumatology at the University of Sydney, holding the Florance and Cope Chair which is supported by Arthritis Australia. Prof Sambrook completed his postdoctoral work at the MRC Clinical Research Centre in London before returning to Australia to work at the Garvan Institute of Medical Research, where he was part of the team that identified the first gene associated with osteoporosis. He was awarded an OAM in 2008 for his services to Rheumatology and Osteoporosis.

Andrew Taylor MBBS FRACP

Dr Taylor is a Consultant Rheumatologist at Royal Perth Hospital and is engaged in private practice at St John of God Healthcare, Murdoch. He is currently Director of the Goatcher Clinical Research Unit of the Rheumatology Department at Royal Perth Hospital.

GRANTS ASSESSMENT COMMITTEE

This committee assesses all applications for research funding.

Graeme Jones MBBS (Hons) FRACP FAFPHM MMedSc MD – Medical Director (Refer listing on page 11.)

Peter Youssef MBBS (Hons) FRACP PhD – Chair

(Refer listing on this page.)

Kathy Briffa, BAppSc (Physio) MAppSc (HIth Sc) PhD

Dr Briffa is an Associate Professor in the School of Physiotherapy, Curtin University of Technology, Perth.

Rachelle Buchbinder MBBS (Hons) MSc PhD FRACP

Prof Buchbinder is a rheumatologist and clinical epidemiologist. She is Director of the Department of Clinical Epidemiology at Cabrini Hospital.

Catherine Hill MBBS MSc FRACP

Dr Hill is a staff specialist in the Department of Rheumatology at the Queen Elizabeth Hospital, and a senior lecturer at the University of Adelaide. She is also an associate member of the Australian Drug Evaluation Committee (ADEC) of the Therapeutic Goods Association.

Michelle Leech MBBS FRACP PhD

Assoc Prof Leech is a research fellow at Monash University, Melbourne, and Director of Clinical Teaching Programs at Monash Southern Clinical School. She is also a consultant rheumatologist at Monash Medical Centre.

Patrick McNeil MBBS (Hons) PhD FRACP GradDipHEd

Prof McNeil holds the University of New South Wales' Chair of Rheumatology at Liverpool Hospital.

Maureen Rischmueller MBBS FRACP

Dr Rischmueller is Director of Rheumatology at the Queen Elizabeth Hospital, and a senior lecturer at the University of Adelaide.

PATRON

His Excellency Major-General Michael Jeffery AC CVO MC, Governor-General of the Commonwealth of Australia.

Research

Arthritis Australia offers year long fellowships, scholarships, project grants and grants-in-aid annually to clinical, scientific and allied health professionals studying at, or employed by, accredited research institutions.

In the 2007 and 2008 calendar years Arthritis Australia contributed approx \$1.3 million to a range of projects that will enable better understanding of the disease as well as more effective treatments.

2007 OUTCOMES

Grants-in-Aid

Arthritis Australia and State and Territory Affiliates Grants

funded jointly by Arthritis Australia and State and Territory Offices

Conservative treatment of hip osteoarthritis: A pilot study

 The results of the pilot study were encouraging with improvements in pain and disability. A comprehensive assessment and treatment manual was produced for the physiotherapy management of hip OA.

Dr Sallie Cowan School of Physiotherapy University of Melbourne

The effectiveness of pulsed electrical stimulation in the management of osteoarthritis of the knee: a randomised controlled trial.

 The treatment device has been well tolerated and to date, the target dose is being achieved by the vast majority for subjects.

Robyn Fary School of Physiotherapy Curtin University of Technology WA

Development of a diagnostic screen for osteoarthritis

 Showed that it is possible to discriminate between age matched, osteoporotic and healthy individuals using microarray gene expression profiles from bone.

Dr Blair Hopwood Division of Tissue Pathology Institute of Medical and Veterinary Science SA

Studies on effector and regulatory T cells in experimental polyarthritis

Suggested that if ways can be found to enhance replenishment of regulatory CD4 T cells (cells that regulate how our immune system works), it may be possible to restore balance in the immune system in those with rheumatoid arthritis and other autoimmune disease.

Graham Mayrhofer School of Molecular and Biomedical Science University of Adelaide

Determining the role of SOCS1 in the control of pro-inflammatory cytokine production by human monocytes

 Demonstrated that SOCS1 was not responsible for the block in TNF (a molecule that drives inflammation) production, but that this happened through a different message relay system and affected the actions of another cytokine, namely type I Interferon.

Dr Cecilia Prele
Division of Molecular Biotechnology
Telethon Institute for Child Health
Research WA

Win Dunne Research Grant

funded by Arthritis Tasmania

Preclinical studies of vitamin D3 in polyarthritis

 Findings indicated that vitamin D deficiency leads to delayed resolution of arthritis in mice.

Dr Mahin Moghaddami Rheumatology Unit Royal Adelaide Hospital Project Grants

Arthritis Australia and State and Territory Affiliates Grant

funded jointly by Arthritis Australia and State and Territory Offices

The relationship between body composition and hip cartilage

Using novel MRI technology to examine hip structure of hip osteoarthritis (OA) to identify modifiable factors that affect the early development of hip OA.

Dr Anita Wluka Department of Epidemiology and Preventative Medicine Monash University Vic

Jack Bloomfield Grant

Proteomics in osteoarthritis: a new direction for analysis of cartilage degradation and identification of biomarkers

 Developed and validated methodologies for proteomic analysis of the small amounts of material available from mouse cartilage. In most cases the increase or decrease in protein release from cartilage was mirrored by similar trends in gene expression.

Prof John Bateman Skeletal Biology and Disease Murdoch Children's Research Institute Vic

Ray Hill Grant

The role of IL-6 family proteins in the pathogenesis of pulmonary fibrosis in patients with systemic sclerosis

 To date the importance of the IL-6 family of chemical messengers have been shown to be important in the scar tissue formation in the lung in scleroderma.

Assoc Prof Steven Mutsaers Centre for Asthma, Allergy and Respiratory Research University of Western Australia

Phyllis MacDonnell Grant

funded by Arthritis New South Wales

The role of macrophage migration inhibitory factor (MIF) in neutrophil function, survival and trafficking in experimental arthritis

 The observations indicated that MIF can contribute to rheumatoid arthritis by promoting neutrophil accumulation and activation and highlighted its potential as an effective therapeutic target.

Dr Leilani Santos Department of Medicine Monash Institute of Medical Research Vic

Allan Stephens Grant

Updated chrysotherapy: therapeutic evaluation of some bio-transformation products of the classic anti-arthritic drug, Myocrisin

 Described the anti-arthritic properties of aurocyanide and CMG and allowed for new studies concerned with (1) the mechanism of action of these metabolites and (2) their safety as possible replacements for Myocrisin.

Dr Christopher Brown Faculty of Science Griffith University Qld

Trike Around Australia Grant

funded partly by the Department of Health and Ageing

Improving the quality of written doctor-patient information about drug therapy in rheumatoid arthritis

 Developed a framework for assessing the quality of written patient information about drug treatment based on systemic functional linguistics. Recommendations for revisions to the Australian Rheumatology Association (ARA) leaflets have been provided to the ARA and will be incorporated in the next update.

Assoc Prof Rachelle Buchbinder Department of Clinical Epidemiology/Department of Epidemiology and Preventative Medicine Cabrini Hospital Vic

Fellowships

Heald Fellowship

Role of B7 family members in enhanced secondary immune responses

 Showed that expression of the B7 family of proteins is an important mechanism to regulate the immune system and may contribute to the accelerated production of self-directed antibody in autoimmune disease.

Kim Good Laboratory Medicine Yale University USA

Scholarships

Arthritis Australia and State and Territory Affiliates Scholarship funded jointly by Arthritis Australia and State and Territory Offices

The role of antigen post translational modifications in rheumatoid arthritis

 Suggested that post translationally modified proteins (citrullinated proteins) have a role in the autoimmune response observed in rheumatoid arthritis.

Kim Lau Biochemistry and Molecular Biology Bio21 Molecular Science and Biotechnology Institute Vic

Wolf Blass Scholarship

funded by Arthritis South Australia

MIF polymorphism in systemic lupus erythematosus (SLE) patients

 Suggested the possibility of a link between the protein MIF and the increased rate of cardiovascular disease in SLE.

Dr Sally Ayoub Centre for Inflammatory Diseases/Department of Medicine Monash University Vic

Barbara Cameron Memorial Scholarship

Regulation and function of activating/inhibitory leukocyte immunoglobulin-like receptors (LIRs) in rheumatoid arthritis

 Have found that one particular receptor (LIR-7) to be highly expressed in individuals with active rheumatoid arthritis compared to healthy control patients. Activation via LIR-7 also produces TNF-α, a key molecule which is known to exacerbate the disease. Research is ongoing.

Owen Huynh Inflammatory Diseases Research Unit University of New South Wales

Research

2008 PROJECTS UNDERWAY

Grants-in-Aid

Victorian Ladies' Bowls Association Grant

Quantitative sensory testing in patients with neck and upper limb pain
Ms Brigitte Tampin

School of Physiotherapy
Curtin University of Technology WA

NSW Branches Award

Targeting inactive p38 kinase as novel strategy to treat rheumatoid arthritis
Dr Lenka Munoz
Department of Pharmaceutical Chemistry

Faculty of Pharmacy University of Sydney

Project Grants

Arthritis Australia and State and Territory Affiliates Grant

funded jointly by Arthritis Australia and State and Territory Offices

Genetics of rheumatoid arthritis

Prof Matthew Brown Musculoskeletal Genetics Group Diamantina Institute of Cancer Immunology and Metabolic Medicine University of Queensland

Jack Bloomfield Grant

An in-vitro model of meniscal degeneration initiated by inflammatory cytokines

Dr James Melrose Raymond Purves Laboratory Institute of Bone and Joint Research Kolling Institute of Medical Research University of Sydney Royal North Shore Hospital

SA LSS Support Group Grant

Genetic determinants of type I interferon responses in primary sjogren's syndrome and systemic lupus erythematosus

Ms Sue Lester Arthritis Research Laboratory Hanson Institute (RAH) and Rheumatology Department Royal Adelaide Hospital

Adam Gilchrist Trading Challenge

Control of inflammatory mechanisms in human monocytes and synovial fluid macrophages

Dr Cecilia Prele Division of Molecular Biotechnology Telethon Institute for Child Health Research WA

Allen Stephens Grants

Retinal vascular calibre and cardiovascular risk in patients with autoimmune disease

Dr Sharon Van Doornum Department of Medicine (RMH/WH) University of Melbourne

Cellular recruitment in rheumatoid arthritis: a role for sphingosine kinase

Dr Claudine Bonder Division of Human Immunology Institute of Medical and Veterinary Science Vic

Ray and Pam Robinson Award for Rheumatology Research

Better management of gout

Professor Richard Day Clinical Pharmacology & Rheumatology University of NSW and St Vincent's Hospital Sydney

Helen Moran Grant

Mast cell proteases in experimental inflammatory arthritis

Prof Patrick McNeil Inflammatory Diseases Research Unit School of Medical Sciences Faculty of Medicine University of NSW

Kilimanjaro - Ascent for Arthritis Grant

Establishment of a juvenile idiopathic arthritis case-control biobank

Dr Jane Munro Rheumatology Royal Children's Hospital and Murdoch Children's Research Institute Vic

Kilimanjaro - Ascent for Arthritis Grant

Tasmanian ankylosing spondylitis study

Dr Jane Zochling Menzies Research Institute University of Tasmania

Kilimanjaro - Ascent for Arthritis Grant

Influence of the ARHGEF3 gene on bone phenotypes

Dr Scott Wilson Department of Endocrinology & Diabetes Sir Charles Gairdner Hospital WA

Kilimanjaro - Ascent for Arthritis Grant

The relationship between pillow use, cervicothoracic symptom behaviour and quality of life in osteoarthritis and rheumatoid arthritis sufferers

Dr Susan Gordon Physiotherapy James Cook University Qld

Barbara Cameron Memorial Grant

The role of antibodies to collagen in the development of arthritis

Assoc Prof Merrill Rowley Department of Biochemistry and Molecular Biology Monash University Vic

NSW Branches Grant

Contribution of the cortical shell to vertebral fracture in osteoporosis

Assoc Prof Mark Forwood School of Biomedical Sciences University of Queensland

Fellowships

Heald Fellowship

Mesenchymal stem cells in inflammatory arthritis

Dr Derek Lacey Medicine Royal Melbourne Hospital University of Melbourne

Scholarships

Win Dunne Scholarship

Foot function of patients with knee osteoarthritis

Dr Pazit Levinger Musculoskeletal Research Centre La Trobe University Vic

Arthritis Australia and State and Territory Affiliates Scholarship

funded jointly by Arthritis Australia and State and Territory Offices

Regulation and function of activating/inhibitory Leukocyte Immunoglobulin-like receptors (LIRs) in rheumatoid arthritis

Mr Owen Huyhn (1st qtr only) Inflammatory Diseases Research Unit University of NSW

Arthritis Australia and State and Territory Affiliates Scholarship

funded jointly by Arthritis Australia and State and Territory Offices

The role of antigen post translational modifications in rheumatoid arthritis

Ms Kim Lau
Biochemistry and Molecular Biology
University of Melbourne

Support

With the assistance of supporters Arthritis Australia has been able to continue raising awareness, delivering education and support services, providing annual research grants and developing advocacy programs.

Many have contributed expertise, time, funding, goods and services. To them a heartfelt thank you on behalf of the nearly 1 in 5 Australians living with arthritis and their friends, families, colleagues and carers.

Medicines Australia Community Chest

Medicines Australia Abbott Australasia Pty Ltd Pfizer Australia Pty Ltd Roche Products Pty Limited Schering-Plough Pty Limited Wyeth Australia Pty Limited

Adam Gilchrist Trading Challenge

Adam Gilchrist **Amber Projects**

Arthritis and Inflammation Research Centre

Stephen Atkinson Craig Coleman IWL

Lanham Public Relations PocketWatch by 3 Sanford Securities

Louise Wilson Rebecca Wilson

Arthritis Awareness Week

Channel Nine South Australia Eleventh Hour Advertising KIX FM Queensland Lanham Public Relations MM Advertising **TAV Productions** WIN Television

Australian Doctors' Orchestra

Australian Doctors' Orchestra members Allergan

Douglas Hanly Moir Pathology

Novartis

Platinum Asset Management Sydney City Council

Awareness and education

Abbott Australasia Pty Ltd

The Australian General Practice Network Australian Physiotherapy Association Australian Practice Nurses Association beyondblue

College of Pathologists of Australasia Commonwealth Department of Health and Ageing

Dietitians Association of Australia

MBF

Pfizer Australia Pty Ltd

Pharmaceutical Society of Australia

Roche Products Pty Limited

Royal Australian College of General

Practitioners Stryker Australia

Parliamentary Friends

Gavin Anderson & Company (Allan Scroope and Linda Rademakers)

Medicines Australia Community Chest

WPS Bathurst Motor Festival

BAM Media Bathurst Regional Council Black Magic Media Branded by design (BBD) Eleventh Hour Advertising Global Entertainment Team (GET) Rotary Club of Bathurst Daybreak

Donations of \$500+

AAM Foundation ABN AMRO Morgans APIA Fundraising Australian Rheumatology Association

(research grants)

Craig Coleman M Cooper

Direct Credit Stratpay

Clitheroe Foundation

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Yvonne Gay Rosalind Griggs NL Hurford Isaacs & Cole

Kilimanjaro Ascent Team

Kerry Kingston

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Scleroderma Australia (research grants)

Sellers Holdings Pty Ltd

Beryl Stephens

Vincent Fairfax Family Foundation

EF Wagner Bruce Wallis

Wesley College Students Club

In-kind support

ABN-AMRO Morgans

Isaacs & Cole

Eleventh Hour Advertising

Google Kemp Strang Lanier

Master Builders Association

pdq design Print National

> And a very special thank you to all the television and radio stations throughout Australia who donated their airtime to promote Arthritis Australia's Arthritis: It's your move and the Adam Gilchrist Trading Challenge.







































Finance

Balance Sheet	07/08	06/07	Income Statement	07/08	06/07
Current Assets Cash Assets Receivables Financial Assets	1,488,139 210,467	1,594,554 339,259 507,385	Income Donations/fundraising General Affiliates	1,500,347 261,000	962,271 286,250
Total Current Assets Non-Current Assets Receivables	1,698,606 36,000	2,441,198	Total Sponsorship Membership Fees	1,761,347 291,127 2,177	1,248,521 217,120 1,920
Investments Property, Plant & Equipment Total Non-Current Assets	3,777,217 7,184 3,820,401	3,523,440 9,628 3,579,068	Investments Interest Profit on Sale Dividends	88,033 12,988 256,658	121,092 589,977 152,334
Total Assets	5,519,007	6,020,266	Total	357,679	863,403
Current Liabilities Payables Provisions	870,572 338,494	750,841 336,687	Other Total Income	38,075 2,450,405	47,981 2,378,945
Total Current Liabilities Total Liabilities	1,209,066	1,087,528 1,087,528	Expenses Research Patient & Community Services	707,445 75,159	622,485 79,899
Net Assets Accumulated Funds	4,309,941	4,932,738	Education & Awareness Administration	1,126,580 282,179	809,000 257,620
Contractually restricted funds	3,477,607 832,334	3,991,885 940,853	Fundraising Depreciation Total Expenses	232,068 2,444 2,425,875	213,452 3,074 1,985,530
	4,309,941	4,932,738	Net Surplus/(Deficit) Asset Revaluation / (Devaluation) Change in Foundation Funds	24,530 (647,327) (622,797)	393,415 (2,132) 391,283

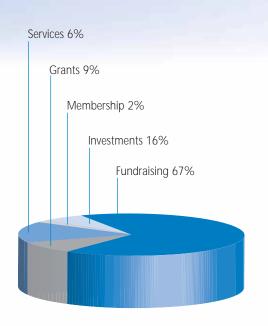
Total Foundation Funds at 30 June 2008 include \$ 3,477,605 (2007 \$ 3,991,885) of contractually restricted research funds administered by the Foundation.

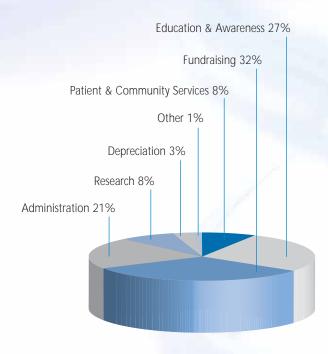
The above tables showing the Balance Sheet and Income Statement for the year ended 30 June 2008 have been prepared from audited financial statements adopted by the Board of Directors, who are responsible for the presentation of the financial statements and the information they contain. The complete financial report of the Foundation and the audit report by William Buck are available from Arthritis Australia GPO Box 121 Sydney NSW 2001.

National Summary

Following is the summary of revenue and expenditure of the nine Australian Arthritis Foundations; one in each state and territory plus the national office. Collectively they hold assets of \$27.4 million and liabilities of \$2.8 million.

REVENUE			EXPENDITURE		
Fundraising	\$12,154,647	67%	Patient & Community Services	\$1,171,134	8%
Grants	\$1,563,464	9%	Education & Awareness	\$4,081,280	27%
Investments	\$2,893,133	16%	Fundraising	\$4,961,855	32%
Membership	\$323,123	2%	Administration	\$3,202,930	21%
Services	\$1,157,315	6%	Research	\$1,191,241	8%
Other	-	-	Depreciation	\$413,437	3%
TOTAL	\$18,091,682	100%	Other	\$139,220	1%
			TOTAL	\$15,161,097	100%





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