



I'm worth it!

**Arthritis**  
VICTORIA  
inc. OSTEOPOROSIS VICTORIA

Annual Report  
**2014**

**Make a Move**

# Our purpose

To improve the quality of life of people who have, or are at risk of developing, musculoskeletal conditions.

# Our values

- Respect and integrity
- Service and stewardship
- Excellence and knowledge
- Collaboration
- Leadership

# Our strategic directions 2012–2016

- Creating a sustainable future
- Providing access to evidence-informed services
- Developing highly respected research capability
- Delivering community education
- Influencing systemic change
- Achieving recognition as a health industry leader

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# Who we work with

We work with people of all ages, across all stages of care – from prevention, to those at risk or newly diagnosed and those living with long term muscle, bone and joint conditions.



**People with muscle, bone and joint conditions**



**Families and carers**



**Health Professionals**



**The wider community**



**Government, industry groups and service providers**

# How we help

Arthritis and Osteoporosis Victoria has 46 years experience as the Victorian peak body for muscle, bone and joint health.



## Research

- Initiating, supporting and investing in research
- Helping consumers and carers participate in research
- Knowledge Hub
- Research translation
- Publications and special reports
- Awards and scholarships
- Research policy and strategy
- Research partnerships



## Education

- Public awareness campaigns
- Community speakers
- Health professional development
- Podcasts and videos
- Physical activity leader training
- Health promotion and prevention



## Advocacy

- Consumer and health professional research
- Policy reform submissions
- Lobbying campaigns
- Representation on committees
- Ambassadors
- Victorian Musculoskeletal Clinical Leadership Group
- Best practice forums
- Evidence-based models of care



## Information

- MSK Help Line
- Website
- Fact sheets
- Service map
- Library
- eNewsletter
- *Update* magazine
- Online store



## Peer support

- Peer support groups
- Physical exercise
- Connecting communities
- Youth and family support
- Volunteers



# CEO and President's Report

**The achievements of the Arthritis Foundation of Victoria (known as Arthritis and Osteoporosis Victoria) over the past year, are a testimony to the dedication of our Board, volunteers, staff and supporters who have helped us to improve the lives of so many with muscle, bone and joint conditions.**

As the state peak body for musculoskeletal health since 1968, we have taken a leading role for policy reform of the health sector. We have been strongly advocating for increased government funding to provide solutions for the 1.5 million Victorians who live with these debilitating and painful conditions.

We are working hard to influence government, workplaces and other community leaders to give musculoskeletal health a much higher priority than it is currently. Our landmark report *A Problem Worth Solving* highlighted that the prevalence rates are more than for any other national or state health priority area, yet the funding is grossly disproportionate. Unfortunately, neither the Commonwealth nor the State Government has a dedicated strategy to improve muscle, bone and joint health and this remains a concern.

To address this, we launched a new public awareness campaign in August, Make a Move. The campaign promotes physical activity and encourages government investment of just \$1 for every person with a muscle, bone and joint condition. The campaign has been embraced by many of our consumers who signed our petition. Our positive message is being broadcast nationally in a 30-second community service announcement that we produced.

Our commitment to advocacy was further reflected in the success of the Victorian Pain Forum in May, when we convened a forum for health professionals from multiple disciplines across the musculoskeletal and pain sector. In September, we released a report on behalf of the Forum which identified a number of key issues and recommended short-term and long-term service improvement.

We continue to inform government policy as a leading member of the Victorian Musculoskeletal Clinical Leadership Group and through direct advocacy, with the valuable assistance of our Consumer Ambassadors.

In 2014, we continued to invest in life-changing research in partnership with respected Australian and international institutions. With our partners, we published evidence-based reports; the scope, funding and publication of musculoskeletal clinical trials in Australia, the benefits of warm water exercise, pregnancy and post-natal care for women with rheumatoid arthritis and the barriers affecting people with persistent pain to maintain productive employment.

It was very satisfying to see that our service delivery activities significantly increased its reach in 2014. Over 2,000 people attended our training and professional development courses, the majority of which were health professionals and people who lead physical activity classes in the community. We also delivered classes and seminars specifically designed for the self-management of musculoskeletal conditions which were attended by more than 800 consumers.

We know that if we want to succeed in improving the quality of life of people with, or at risk of developing, muscle, bone and joint conditions, then it is very important to make sure individuals and health professionals have the most up-to-date information about the broad range of conditions and the best models of care.

Arthritis and Osteoporosis Victoria is using digital technology to make significant inroads into achieving our goal to reach more people with quality information and support services. Our award-winning website is being expanded into an interactive Knowledge Hub and the number of people using it has increased by more than 100%. We have continued to grow social media platforms which are proving to be a popular communication channel, particularly with adolescents and young people.

Our free MSK Help Line provides a valuable service for people wanting to speak to a specialist nurse or trained volunteer via telephone or email. In 2014, it was pleasing to see that this service was also increasingly being used by health professionals seeking information to better assist in the care of patients.

We are continuously looking at new ways to provide innovative programs to more people. We partnered with the Royal Flying Doctor Service to develop a model of service to improve musculoskeletal health services in rural and remote Victoria.

We understand how important it is for people to share their feelings of living with a muscle, bone or joint condition with someone who shares the experience. That is why we facilitate 59 Arthritis and Osteoporosis Victoria Peer Support Groups across Victoria. These groups meet regularly and are run by caring individuals who dedicate much of their time to helping others feel connected and supported.

We could not deliver the large range of services that we do without the valuable contribution of volunteers. In 2014, 227 wonderful people helped us with countless tasks from administration work, to presenting community talks, leading exercise classes, staffing our MSK Help Line, information stands at festivals and helping us to fundraise. Each year in May, we specially honour them with an annual volunteer celebration but, on a daily basis, we extend our sincere thanks for their help.

While our achievements in 2014 were considerable, the year also presented many challenges. Lack of recurrent government funding and increasing costs and risks associated with some of our long-running programs led us to undertake an organisational review. This review resulted in the closure of the Malvern Opportunity Shop in June and negotiations with the YMCA to deliver our Waves warm water exercise classes from 2015. This change did not impact people who attend regular warm water exercise classes provided through our Peer Support Groups.

With little government funding and traditional forms of fundraising on a downward trend, we are enormously grateful for the generosity of many individuals whose combined donations make up the majority of our annual revenue. These are your ordinary mums and dads, children and grandparents, singles and couples. These are Australians of all ages who know what it is like to live every day with restricted mobility and pain and they want to help in any way they can. Some hold a cake stall, others get their co-workers to give through our workplace program, or participate in a sporting event, attend a movie night, buy gifts through our online shop or get their school involved in a fundraiser. There are many of you and we applaud all of your wonderful efforts.

Finally, we wish to pay tribute to Judge Philip Misso who retired from the Board after six years, five of which he spent as President. We thank him for his excellent governance leadership, professionalism and guidance. We also thank our Patrons and other Board Directors for their wise counsel during the year including Ms Jade Rowarth, a partner at law firm Maddocks Lawyers, who joined the Board in April.

Together, we are making a difference.

**Linda Martin**, Chief Executive Officer  
**Duncan Langdon**, President

# Our Patrons and Board



## Patron-in-Chief

**Hon Alex Chernov  
AC**

QC Governor of  
Victoria



## Patron

**Professor Sir  
Gustav Nossal AC**

*CBE FAA FRS*

## Honorary Life Governors

His Honour Barry Dove QC

Ms Heather Rose

Mr Noel Smith

Dr Leslie Koadlow AM

Mrs Alice Petty

## Chief Executive Officer

Ms Linda Martin

*BA Dip Ed. BSW, MSW*

# Directors of the Board



## President

**Mr Duncan  
Langdon**

*F CPA MBA ACIS  
ACSA AIMM  
MAICD*



## Vice President

**Mr Stephen  
Fitzpatrick**

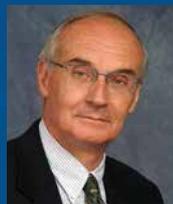
*DipBus(Accounting)  
AHSFMA ACHSM  
IPAA*



## Treasurer

**Mr Jim Dixon**

*F CPA MBA BCom  
BEd*



## Professor Peter Brooks AM

*MD FRACP  
FAFRM FAFPHM  
FRCP(Glas,Edin )  
MD Hon  
Causa(Lund)*



## Ms Janine Fisher

*GAICD*



## Dr Ian Relf

*MBBS BSc(Hons)  
MSc DipRACOG  
FRACGP FAMAC*



## Mr James Coyle

*BEC MSc CIMA  
MAICD*



## Mr Geoffrey McDonald Bowll

*B.Bus AMI Fellow  
CPM ASMI Fellow  
GAICD*



## Mr Anthony Raitman

*BBus BA GAICD*



## Ms Bernadette Dennis



## Ms Jade Rowarth

*LLB(Hons)  
BBus(Mgt)  
GAICD  
Appointed April  
2014*



## Judge Phillip Misso

*LLB BJuris  
Retired as  
President and  
Board Director  
April 2014*

# Award winners

Each year, Arthritis and Osteoporosis Victoria honours those whose ideas, passion and hard work help us to achieve our goal of improving the lives of people with muscle, bone and joint conditions. In 2014, they included:

## Helen Moran Gift

Awarded to Dr Alannah Quinlivan for her research: *Cost savings with a biomarker-based screening algorithm for pulmonary arterial hypertension in systemic sclerosis*, which looked at heart-lung involvement being the leading cause of death in scleroderma.



## Margaret Strang Award – Nicole Yeomans

Youth Ambassador Nicole Yeomans has been inspirational in raising awareness in the community about arthritis, particularly in younger people. As a young woman who has lived with arthritis for all of her life she has shown great courage and determination to live her life to the full. This was exemplified by her desire to conquer a six-day hike of Mt Speculation that she failed to finish in Year 9. She did just that in April 2013 and raised \$18,745 for our children's programs.



## Lorin Prentice Memorial Award – Professor Peter Ebeling

Professor Ebeling is Head of the Department of Medicine in the School of Clinical Sciences at Monash Health, Faculty of Medicine, Nursing and Health Sciences. He is also Director of the Australian Institute of Musculoskeletal Science (AIMSS). He is Medical Director of Osteoporosis Australia and the current President of the Endocrine Society of Australia and a past-President of the Australian and New Zealand Bone and Mineral Society. He is also a Board Member of the International Osteoporosis Foundation, Geneva, and a Councillor at the American Society for Bone and Mineral Research, Washington DC. Professor Ebeling is a past Chair of the Victorian State Committee of the Royal Australasian College of Physicians and Deputy Chair of the Victorian Musculoskeletal Clinical Leadership Group.



## Lorin Prentice Memorial Award – Body+Soul (Herald Sun & Sunday Herald Sun)

Body+Soul has been publishing articles about musculoskeletal health for over 10 years and this has been of great value informing the 6.1 million Australians who live with muscle, bone and joint conditions.



## Mollie Riches Trophy – Bairnsdale Fibromyalgia Peer Support Group

For the last seven years, the Bairnsdale Fibromyalgia Peer Support Group has been educating and improving the lives of their many members.

## Mollie Riches Trophy – Ballarat Fibromyalgia and Chronic Fatigue Syndrome Self Help Group

For more than a decade the Ballarat Fibromyalgia and Chronic Fatigue Syndrome Self Help Group has been providing crucial social connections and support for their members. They have also developed strong ties with local health professionals.

## Fellow of Arthritis and Osteoporosis Victoria

Board Director, Dr Ian Relf was recognised for his service to the organisation and his wider research into all aspects of musculoskeletal health.

## Life memberships

- Judge Philip Misso - outgoing Board President
- Mrs Beryl Logie - Founding member and current President of the Melbourne Osteoporosis Peer Support Group
- Ms Annie McPherson - President and founder of the Ankylosing Spondylitis Group of Victoria and winner of 2014 Victorian Minister for Health Award



# We research

There is no cure for most muscle, bone and joint conditions. That is why it is important that Arthritis and Osteoporosis Victoria continues to invest in more life changing research and lead policy sector reform.

Arthritis and Osteoporosis Victoria is continuing to develop a highly respected research capability, to keep people up to date on breakthroughs that are making an impact.

In 2014, we developed our five year Research and Knowledge Exchange Strategy (2015-2019). The Strategy was developed with input from leading musculoskeletal health researchers across Australia and consumers in metropolitan and rural Victoria. A key element of the Strategy is the translation of research into practice.

## Key research projects and partnerships

In 2014, we continued to develop important research partnerships with leading universities and institutions across Australia and internationally.



**MONASH**  
University



**LA TROBE**  
UNIVERSITY



The Royal  
Melbourne Hospital

**In 2014...**

**1 in 3** people affected by muscle, bone and joint conditions



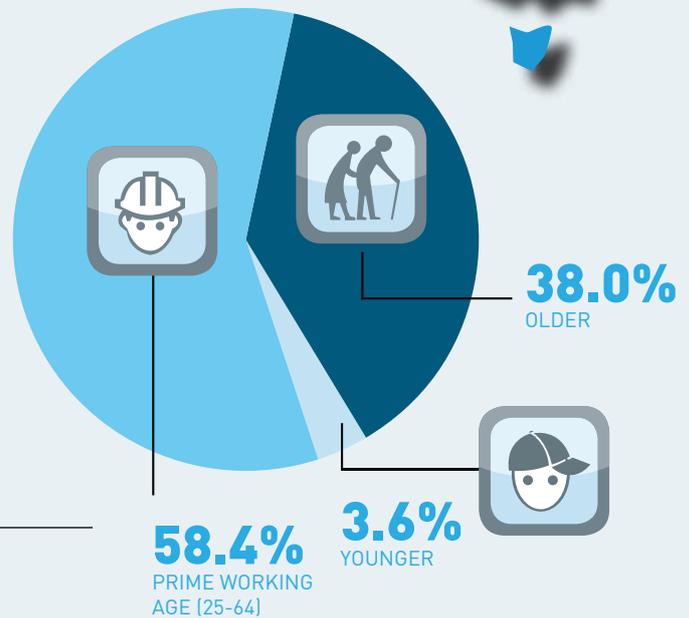
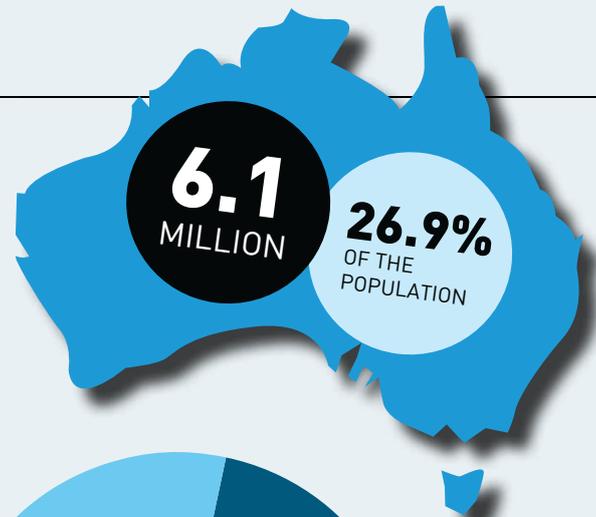
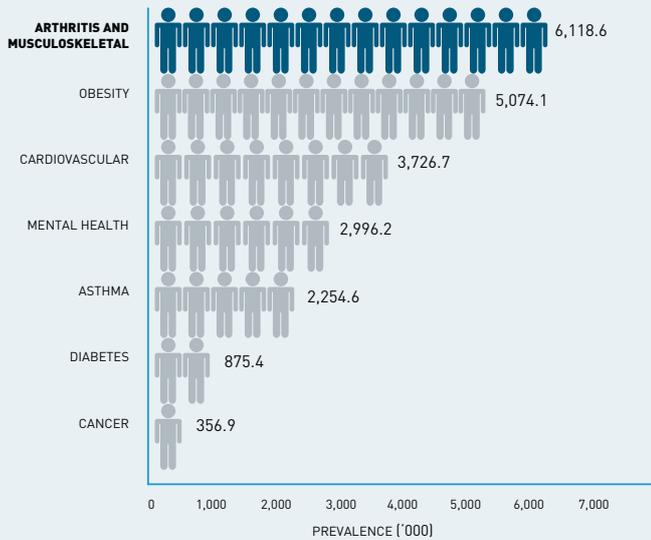
# A PROBLEM WORTH SOLVING

## THE RISING COST OF MUSCULOSKELETAL CONDITIONS IN AUSTRALIA

REPORT PRODUCED BY ARTHRITIS AND OSTEOPOROSIS VICTORIA  
BASED ON ANALYSIS BY DELOITTE ACCESS ECONOMICS

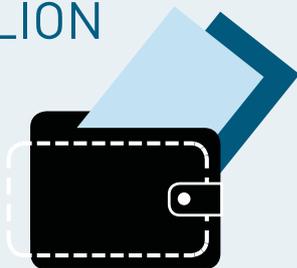
### MSK CONDITIONS AFFECT LOTS OF PEOPLE

MORE THAN **ANY** OTHER NATIONAL HEALTH PRIORITY AREA



### THE COST IS ENORMOUS

# \$55.1 BILLION



**\$9.2 BILLION**  
HEALTH COSTS



**\$11.7 BILLION**  
PRODUCTIVITY (**\$7.4B**)  
OTHER FINANCIAL COSTS (**\$4.3 BILLION**)



**\$34.2 BILLION**  
BURDEN OF DISEASE

### THE PROBLEM IS GROWING RAPIDLY

# 43%

INCREASE TO 8.7 MILLION CASES BY 2032



SURGE IN OLDER PEOPLE AFFECTED



### ACTION IS NEEDED NOW!

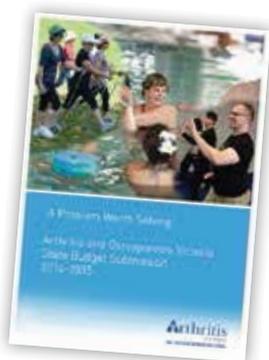
There is a social and economic imperative for government and industry to take action now. We must invest to manage the rising cost of musculoskeletal conditions - for the benefit of our community and as a substantial step towards addressing the sustainability of health system expenditure in Australia.

# We research



## Warm water exercise makes a difference

In 2013, we formed a partnership with Monash University to conduct both a systematic review of high quality published literature about the benefits of warm water exercise and gain some hard evidence through an observational study of our classes. The results of the expert review of literature, led by Dr Anna Barker of Monash University, were published in 2014 in the *Archives of Physical Medicine and Rehabilitation*. The results of the study suggest that participation in warm water exercise achieves improvements in symptoms and functional impairments and that greater improvements might be achieved if classes were attended more frequently and self-practiced. A paper describing these outcomes has been submitted to an international journal for review and the final report is on our website.



## Mapping the needs and use of medicines

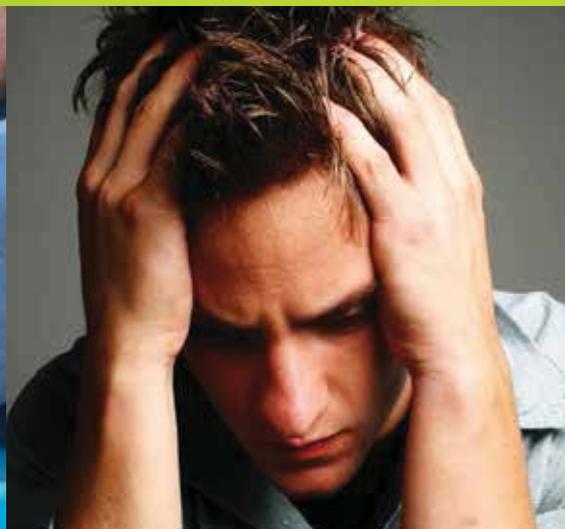
We are supporting a PhD candidate, Dianne Lowe from La Trobe University, in her study to identify the needs and preferences of people with arthritis and other chronic conditions when managing their medicines, and the impact of common problems that they face. The project *Multi-morbidity medicines journey: mapping the problems and needs of people with 'arthritis' for using and managing medicines* will be completed in 2015.

## MSK clinical trials in Australia

Monash University, the Cabrini Institute and Arthritis and Osteoporosis Victoria formed a partnership in 2013 to explore the scope, funding and publication of musculoskeletal clinical trials in Australia. This year, the project led by Professor Rachelle Buchbinder reported that, relative to the burden of arthritis and other MSK conditions on the Australian community, national funding for research is disproportionately low. The National Health and Medical Research Council (NHMRC) has awarded only 0.8% of the total NHMRC grants to MSK clinical trials. In spite of low funding, MSK research has generated some quality research findings. The report also highlighted the need for more research to be done on how evidence is implemented into health practices. The report was published on our website and in the *Medical Journal of Australia*.

## Expanding Australia's first lupus registry

In 2013 we committed to support the establishment and expansion of the Australian Lupus Registry for a further five years. This important initiative, led by Professor Eric Morand from Monash University, is building a databank of information gathered from people with lupus to increase research capacity and ultimately improve treatment outcomes.



## Working with pain

A research partnership with La Trobe University was established in 2013 to explore the barriers for people with persistent pain to maintain productive employment and the evidence for interventions to help people with persistent pain maintain productive employment. In 2014, a mixed method study was completed that describes the multiple challenges experienced by Australian workers who work with pain. The study also identifies how workplaces can assist employees to maintain productive employment. A systematic review of the scientific literature examining the evidence for various interventions will be completed in 2015. Reports from both studies will be published in 2015.

## Pregnancy, postnatal care and parenting with rheumatoid arthritis

In 2014, we continued to expand our research on supporting women with rheumatoid arthritis and their families around contraception, pregnancy and breast feeding. We completed a report with the University of Melbourne, led by Dr Ilana Ackerman, examining the information and support needs of women with rheumatoid arthritis around pregnancy, breast feeding and early parenting. In the second half of 2014, the research was expanded to review the use of medications for rheumatoid arthritis during pregnancy and breast feeding, gaining cross-discipline consensus on information provided to women with rheumatoid arthritis and their families, and development of information resources. This research is being undertaken in partnership between Arthritis and Osteoporosis Victoria (Assoc Prof Andrew Briggs), the

University of Melbourne (Dr Ilana Ackerman) and the Department of Rheumatology at the Royal Melbourne Hospital (Assoc Prof Sharon van Doornum). Research grants from the pharmaceutical industry are also supporting this work.

## Consumers' needs

In 2014, Assoc Prof Anita Wluka from Monash University was awarded an Arthritis and Osteoporosis Victoria partnership grant to undertake a comprehensive systematic review of the information and health services needs of people with common musculoskeletal conditions. This initiative will replace the biannual survey of consumers' needs undertaken by Arthritis and Osteoporosis Victoria and will provide a higher level of evidence around their needs. The project is due for completion in late 2015.

## Centre of Research Excellence award

In 2014, Prof Kim Bennell and an extended team of investigators including Arthritis and Osteoporosis Victoria was awarded a prestigious Centre of Research Excellence (CRE) award from the NHMRC. The CRE is a landmark funding event for musculoskeletal health in Australia, providing \$2.5 million over five years to support a range of translational research activities.

# We educate



We provide training and professional development courses to health professionals, people who lead classes in the community and to individuals to help them better self-manage their conditions.

The number of people taking part in our training programs and courses is increasing. In 2014, there were 1,983 participants (a 72% increase on 2013). This is a positive trend that supports our goal to focus on building the capacity of people and services.

Arthritis and Osteoporosis Victoria's feedback also showed that 98% of people who took part in training programs felt the information was relevant and met their needs, 97% said they were confident to apply their learning and 99% thought the trainers were effective.

Highlights of the year included:

- 237 leaders trained to deliver physical exercise classes in the community
- 1,126 health professionals participated in education and training programs
- 814 people attended classes and seminars for the general public
- Production of a warm water exercise training DVD with funding from the Lord Mayor's Charitable Foundation.

## Training partnerships and programs

We provide training programs on a consultancy basis across Victoria, with courses tailored to meet specific needs. In 2014, they included:

- 'MSK@Home' Home and Community Care (HACC) assessor training and information sessions as well as Tai Chi for Arthritis Leader Training for the Victorian Department of Health
- training and information sessions delivered to medical and allied health students from the Macedon Ranges and North-West Melbourne Medicare Locals
- Managing Pain project for the South-Eastern Melbourne Medicare Local
- Osteoarthritis Nurse Education Day for the Grampians Medicare Local
- Arthritis Update for the Victorian Medical Postgraduate Foundation
- Practice Network Forum for the Victorian Branch of Exercise and Sports Science Australia
- seminar on musculoskeletal health for Echuca Regional Health
- training for HACC staff at the City of Melton
- workshop presentations for the Australian Practice Nurse Association
- professional development dinner for the Rheumatology Health Professionals Association
- Ankylosing Spondylitis exercise program for the Caulfield Community Health Service
- training for National Pharmacy assistants, Villa Maria nurses and United Physiotherapy Group physiotherapists





## Webinars

Webinars for health professionals and consumers have continued to attract a strong audience and are in high demand. In 2014, our webinar series attracted 889 viewers, a 400% increase from 2013. We would like to thank the following people who presented our webinars:

- Prof Eric Morand - Director of Rheumatology, Monash Health; Head of the Southern Clinical School, Faculty of Medicine, Monash University
- Assoc Prof Helen Slater - School of Physiotherapy, Curtin University
- Dr Malcolm Hogg - Department of Anaesthesia and Pain Management, The Royal Melbourne Hospital
- Prof Peter Ebeling - Professor of Medicine and Head of the Department of Medicine, School of Clinical Sciences at Monash Health; President of the Endocrine Society of Australia and Consultant Endocrinologist for Monash Medical Centre.
- Dr Irwin Lim - Rheumatologist and Director, BJC Health
- Mr Errol Lim - Physiotherapist and Managing Director, BJC Health
- Assoc Prof Rana Hinman - Department of Physiotherapy, The University of Melbourne
- Assoc Prof Anita Wluka - Rheumatologist and a NHMRC Career Development Fellow in the School of Public Health and Preventive Medicine at Monash University
- Dr Emma Guymer - Rheumatologist Head, Fibromyalgia Clinic at Monash Medical Centre

The webinar series attendance was strengthened through joint promotion with several professional associations including Australian Disease Management Association, Australian Physiotherapy Association, Australian Practice

Nurse Association, Exercise and Sports Science Australia, General Practice Registrars Association, Health and Disability Strategy Group of TAC/Victorian WorkCover Authority, Occupational Therapy Association, Osteopathy Australia and Rheumatology Health Professionals Association.

## Seminars

Arthritis and Osteoporosis Victoria received funding from the Victoria Department of Health to deliver eight 'Living Well with Arthritis and other Musculoskeletal (MSK) Conditions' seminars around regional Victoria and metropolitan Melbourne during the Seniors Festival. The seminars provided people living with muscle, bone and joint conditions with an overview of the information and resources that can be used to improve their health management and daily lives. The seminars were attended by 211 people with feedback indicating that 94% of attendees found the knowledge shared as beneficial. A further 80 people attended a seminar on osteoporosis at the Caulfield Community Health Service.

Nursing staff presented several education sessions to health professionals and the general public including:

- the delivery of HACC Assessors training packages
- presentations at community events such as regional seminars
- participating as a regular presenter at the Ankylosing Spondylitis exercise program conducted by Caulfield Community Health Service
- in-house training of Community Speakers and MSK Help Line volunteers
- jointly presenting at the Australian Practice Nurses Association Chronic Disease Management Workshop.

## Community speakers

Our community speakers are trained volunteers who provide an invaluable opportunity for groups to interact and learn more about muscle, bone and joint conditions and the work of Arthritis and Osteoporosis Victoria.

In 2014, our Community Speakers delivered 53 public education talks attended by 1,452 people. At 16 of those talks, we used an interpreter for people from culturally and linguistically diverse backgrounds. We trained 22 new Community Speakers to support this program.

Talks include information about arthritis, osteoporosis and other common musculoskeletal conditions, how to access services and ways that people with these conditions can adapt and live well.

# We advocate

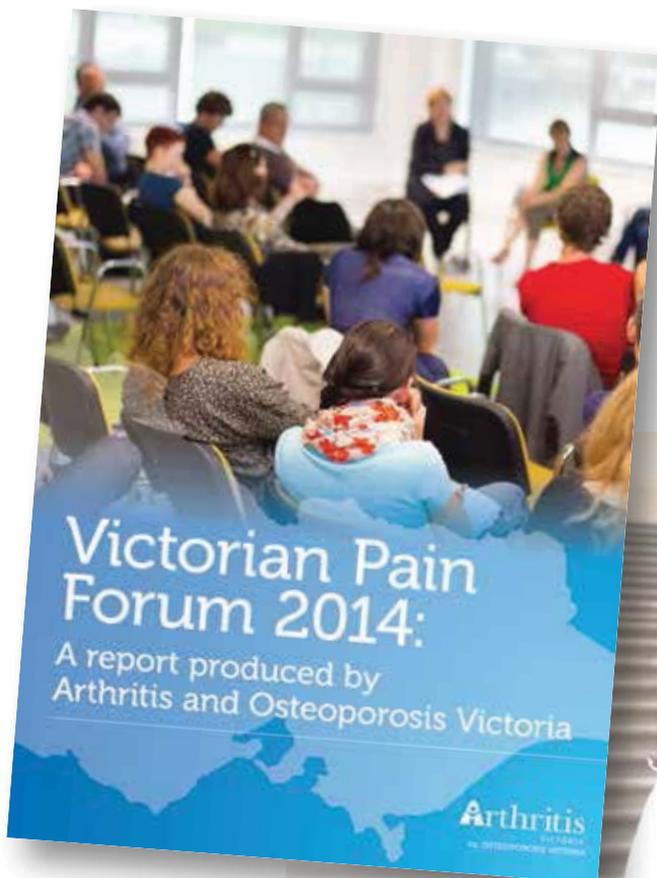
Arthritis and Osteoporosis Victoria is committed to uncovering the challenges that people with muscle, bone and joint conditions and health professionals face. We are the lead advocates for policy reform in the musculoskeletal health sector to provide solutions to those challenges.

## Victorian Pain Forum

Arthritis and Osteoporosis Victoria convened a Victorian Pain Forum on 31 May, sponsored by Pfizer Australia Pty Ltd, which brought together health professionals from multiple disciplines across the musculoskeletal health sector.

The *Victorian Pain Forum Report 2014* was released in September revealing that management of persistent non-cancer pain across Victoria is often fragmented and inconsistent.

The Report also identified a number of key issues around service delivery and service access for people living with persistent pain in Victoria. Those issues included a lack of coordination among service providers, inappropriate use of medication and long wait lists to access public services.



## Victorian Musculoskeletal Clinical Leadership Group

Arthritis and Osteoporosis Victoria has taken a leadership role after advocating to the Victorian Government to facilitate the Musculoskeletal Clinical Leadership Group (MSK CLG) in late 2013. The MSK CLG is a coordinated state-wide approach to guide and inform government policy, education and program development to improve the care of people with muscle, bone and joint conditions.

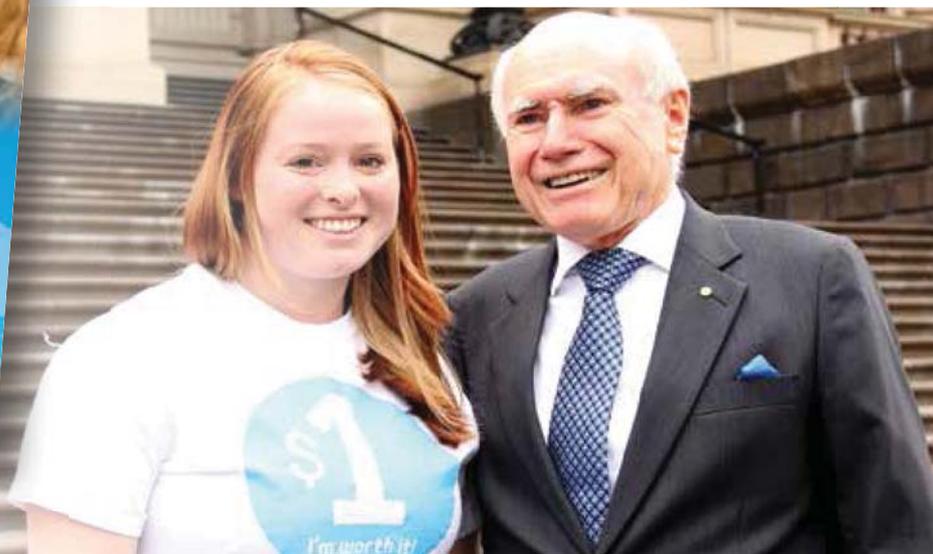
In 2014, the MSK CLG met six times and developed a two-year work plan detailing eight priority actions. If the Victorian Government agrees to fund these priority actions, it will deliver long term outcomes to improve the musculoskeletal health of Victorians.

## Ambassador Initiative

Arthritis and Osteoporosis Victoria encourages leadership by people living with muscle, bone and joint conditions to assist in advocacy and lobbying for improvements to the musculoskeletal health sector.

In 2014, we thank the following Ambassadors who have volunteered in these roles:

- Mr Noel Smith
- Ms Robyn McLeod
- Ms Nicole Yeomans





make a *move*

## Make a Move

In August we launched a new campaign *Make a Move*, a positive message to promote physical activity and a call for action to the Victorian Government to address the grossly underfunded area of muscle, bone and joint health. The campaign advocates for an investment of just \$1 for every Victorian living with these conditions. As part of the campaign, Arthritis and Osteoporosis Victoria:

- lobbied all Victorian Members of Parliament prior to and following the State Government election in November
- engaged the support of 1,200 individuals and 14 allied health organisations to endorse the *Make a Move* petition, to be presented to the Victorian Minister for Health during Arthritis Awareness Week 2015
- held a lunchtime concert at Federation Square to publicly launch the campaign and raise awareness during National Healthy Bones Week
- through in-kind donations from 29 talented individuals and 12 businesses, produced a 30 second *Make a Move* TV community service announcement that has been broadcast nationally with free advertising air time from Channels 7, 9, 10, SBS, regionally through Southern Cross, Prime, WIN and Channel 31. It also screened in 457 pre-movie sessions in metropolitan Melbourne compliments of Val Morgan Cinema Advertising
- produced *Make a Move* print and billboard advertising
- launched a public advocacy website [www.makeamove.org.au](http://www.makeamove.org.au)

*Make a Move* will continue in 2015 with ongoing government advocacy, media campaigns and the launch of an online fundraising appeal #makeamove dance challenge.

# We inform



## Website [www.arthritisvic.org.au](http://www.arthritisvic.org.au)

In 2014, our website received 580,726 visits. This is an increase of over 100% on visits in 2013 (281,696). The number of page views also increased significantly with 1,302,114 page views in 2014 compared with 697,455 in 2013.

The website is being expanded into an interactive Knowledge Hub with capacity to deliver wide-ranging benefits to more people on a global scale. Dedicated features under development for individuals, health professionals and researchers include:

- a centralised repository of digital MSK information and resources
- interconnected databases
- a digital library of MSK information

In 2014, there was a major redevelopment of the research section to improve usability and navigation. Portals were created for consumers and researchers, with content written to meet the particular needs of these groups.

The website continues to work hand-in-hand with our social media platforms, enabling the comprehensive information on our website to reach greater audiences.

## Media

In 2014, Arthritis and Osteoporosis Victoria significantly increased traditional media coverage by 339% which included 10 national television feature stories, 25 radio interviews, 41 newspaper stories and 15 online magazine features.

We continued to develop new social media channels via Facebook, Twitter and YouTube with a 688% increase of followers from the previous year.

In April, we launched a new corporate video, *The Faces of MSK*, featuring consumers.

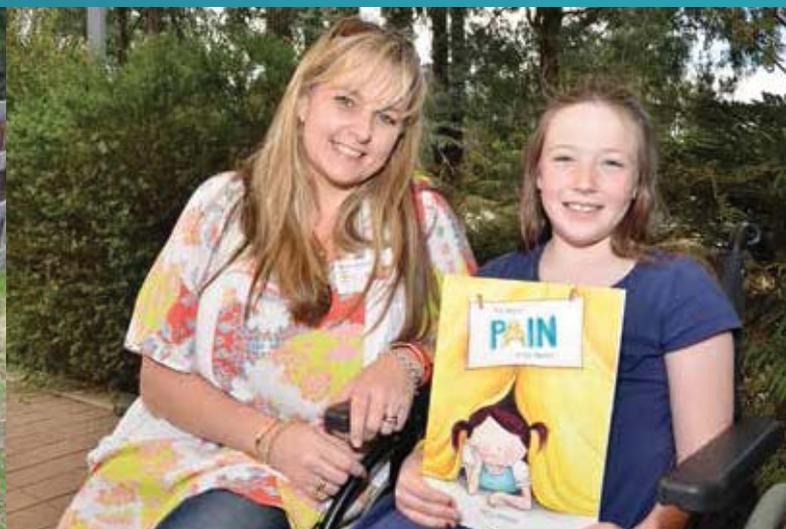
A media highlight during the year was CEO Linda Martin and Arthritis and Osteoporosis Victoria Youth Ambassador Nicole Yeomans on numerous media outlets during Arthritis Awareness Week in March. The launch at St Kilda Beach saw Linda and Nicole appear live on Channel 9's Weekend Today Show with Tai Chi for Arthritis and Nordic walking participants. They were also interviewed for the evening news by Channel 7, 9 and ABC TV. Arthritis Awareness Week also featured a lunchtime Tai Chi class on the food court terrace of Melbourne's QV Shopping Centre and a day at Collingwood Children's Farm for kids with arthritis and their families.

## MSK Help Line 1 800 263 265

Arthritis and Osteoporosis Victoria's free MSK Help Line is an invaluable service for people wanting to speak with a nurse or a trained volunteer about pain, medications and where to access services or information about muscle, bone and joint conditions.

In 2014, we answered 1,867 calls from people seeking information including health professionals.

The amalgamation of the nurse staffed Rheumatology Help Line and volunteer run Telephone Information Service occurred in May 2014 with the two programs now simply referred to as the MSK Help Line.



Our nurses contribute to the review of all internal educational resources for people, as well as the revision of 30 Department of Health Victoria Better Health Channel resources.

## The Worst Pain in the World

To coincide with National Children's Week in October, Arthritis and Osteoporosis Victoria published a beautifully illustrated children's book *The Worst Pain in the World* by award-winning author Nicky Johnston.

The book was launched at our children's camp in Marysville. Many of the children had previously contributed to the development of this book by talking with Nicky and sharing their experiences about living with juvenile arthritis.

The story follows the journey of Bella at her birthday party. Her friends have aches and pains from minor accidents: a hurt knee from tripping over, a plaster cast on a broken arm. But these pains are temporary and they are visible because of the bandage or plaster cast. But for Bella, her arthritis causes pain that nobody can see!

*The Worst Pain in the World* is the first children's book about arthritis written in the Australian context and offers practical advice for children living with all kinds of pain. It also gives children who do not live with pain an understanding of what their friends or family are going through.

Funding for the book was assisted by a grant from Pfizer Australia Pty Ltd. It is available for sale from Arthritis and Osteoporosis Victoria.

## Visit our library

Members and Health Professional Associates of Arthritis and Osteoporosis Victoria can access our comprehensive library containing books, CDs, DVDs, magazines and publications. We are constantly adding new resources. The collection can be searched online at [www.arthritisvic.org.au](http://www.arthritisvic.org.au) or in person at 263-265 Kooyong Road Elsternwick, Victoria.

## Update and eNewsletters

Regularly keeping health professionals and people with arthritis and other musculoskeletal conditions informed of the latest news, events, research and other items of interest is of great importance to Arthritis and Osteoporosis Victoria.

We print four editions of *Update Magazine* each year and distribute to 5,000 members and health professionals with an estimated readership of 14,000 per edition. Our eNewsletter *Around the Joint* is published six times a year and distributed to 7,500 subscribers.

In 2014, other publications included the *Youth and Family Services Newsletter* (two editions) and *Connect* (an annual newsletter for sellers of our fundraising raffle tickets).

In 2014...

**580,726**  
website visits

# We support



Connecting people with arthritis, osteoporosis and other muscle, bone and joint conditions is a valuable way to share experiences, gain support and insight.

## Peer Support Groups

Arthritis and Osteoporosis Victoria facilitated 59 Peer Support Groups across the state, attended by 2,100 people. Peer Support Groups offer a range of activities from informal gatherings to more formal events with guest speakers and exercise classes. The leaders and organising committees of these groups are valuable community champions who reduce the isolation, depression and anxiety associated with living with these conditions. In 2014, we conducted two training events for Peer Support Group Leaders.

A number of groups were recognised for their contribution to Arthritis and Osteoporosis Victoria. They include:

- South East Melbourne Osteoporosis Group who celebrated a 10 year anniversary
- Moe Peer Support Group, 20 year anniversary
- Narre Warren Peer Support Group, 20 year anniversary
- Timboon Peer Support Group, 20 year anniversary
- presentation of the Mollie Riches Trophy to the Bairnsdale Fibromyalgia Group and Ballarat Fibromyalgia and Chronic Fatigue Syndrome Self Help Group.

We would also like to specially acknowledge the following Peer Support Groups for their much appreciated fundraising efforts for Arthritis and Osteoporosis Victoria:

- Cranbourne Arthritis Support Group \$8000
- Bendigo Arthritis Club \$600
- Latrobe Valley Self Help Arthritis Group \$600
- Melbourne Osteoporosis Support Group \$490
- Pakenham Arthritis Self Help Group \$400
- East Bentleigh Arthritis Support Group \$350
- Healesville Arthritis Self Help Support Group \$300
- Parkdale Arthritis Self Help Group \$250

**“The main benefit of belonging to this group is being able to communicate with other members re osteoporosis, medications and medical professionals. Some other benefits are being able to hear a variety of speakers at our meetings on osteoporosis and related conditions ... and making a whole lot of new friends.”**

Jan Turner, South East Melbourne Osteoporosis Group



**“I go to the support group as I find it helpful to get information and share with one another and to know there is always someone who has more difficulties than yourself.”**

Joy Flint, Sale Arthritis Peer Support Group

## Youth and family support

Family gatherings and activities are a chance for parents, children and young people affected by juvenile arthritis to share their stories and make new friends.

### Camp Limber Up

Juggling, hula hooping, cooking lessons, camp fires, a trivia night and a children’s book launch were some of the highlights from this year’s camp held in the picturesque country town of Marysville in October.

The younger children got involved in rhythm and movement techniques and had the chance to make some noise with African drums, while the older kids worked together on the balancing wire, spider-web and bouldering wall. We were fortunate to have Dr Roger Allen, paediatric rheumatologist from The Royal Children’s Hospital, provide the opportunity for parents and kids to ask questions about medications, new treatments and the impact of living with juvenile arthritis.

Camp Limber Up played host to the launch of new children’s book *The Worst Pain in the World* by Nicky Johnston.

Special thanks to Cranbourne Arthritis Support Group for their financial support of Camp Limber Up 2014.

### Family day at Collingwood Children’s Farm

Around 85 people attended the family day at Collingwood Children’s Farm in March. Among those, 13 new families enjoyed the opportunity to speak to other parents and for their children to make new friends. The event, held during Arthritis Awareness Week, was promoted through the Monash Children’s Hospital and Royal Children’s Hospital.

## Physical exercise programs

The provision of group exercise is not only vital for the physical health and well-being of people with arthritis and other muscle, bone and joint conditions, but also for the social connection provided by such activities.

### Waves warm water exercise

In 2014, 434 people attended 1,735 Waves classes at 19 pools across Victoria.

In December, it was announced that Arthritis and Osteoporosis Victoria was negotiating with the YMCA to deliver the Waves warm water exercise program in 2015. The program has been heavily subsidised by Arthritis and Osteoporosis Victoria for many years. This partnership with the YMCA will enable the program to be financially sustainable and give more people across Victoria access to the benefits of warm water exercise.

This has not affected other warm water exercise classes run by Arthritis and Osteoporosis Victoria’s Peer Support Groups that is attended by more than 600 people.

### Nordic walking

In 2014, Arthritis and Osteoporosis Victoria ran four Nordic walking courses for the general public with a total of 52 participants. We also ran free ‘come and try’ sessions during the Victorian Seniors Festival, which attracted a total of 68 people over the eight sessions. Arthritis and Osteoporosis Victoria conducted training for Nordic walking leaders who run other classes in the community.

# Our volunteers



Our volunteers are skilled people who dedicate an enormous amount of time to enable us to expand and enhance our service delivery. In 2014, we would like to specially thank the following 227 volunteers:

## Community Speakers

Daisy Antoniou  
Maggie Cripps  
Stephen King  
Maria Noble-Hayes  
Terrie Seresli  
Rosemarie Taranto  
Del Stitz  
Kathleen Crawford  
Elaine Bee  
Olga Givoye  
Alfred Law  
Beryl Logie  
Elizabeth McCrea  
Annie McPherson  
Alison Owen  
Kay Timmins  
Elizabeth Voss  
Helen Wakeling  
David Chen

## Office

Gerry Black  
Annika Hall  
Susan Horley  
Garth Richards  
Tomer Shachar  
Nancy Yeomans  
Bill Hunter

Vicky Genius  
Rosie Freeman  
Shaynie Ashkenazi  
Linda Baynham  
Romina Atai

## Malvern Opportunity Shop

Elizabeth Becker  
Anne Brown  
James Brown  
Shirley Browne  
Helen Carter  
Yvette Cayzer  
Clementina Davies  
Maureen Devlin  
Kath Dight  
Noreen Hassett  
Betty Hastings  
Ailsa Jaques  
Renate Kupfer  
Judith Leerson  
Wendy Loveridge  
Joan Mason  
Wendy McKaskill  
Doreen McKenzie  
Gordon Meyers  
Maureen Meyers  
Gwen Moxey  
Ruth Nette  
Jan Nielsen

Jane Parsons  
Barbara Prouse  
Maureen Reid  
Vicki Shackelford  
Helen Thomas  
Maria Tolley  
Kate Wood  
John Young  
Graham Scott  
Su-Ling Lee

## MSK Help Line

Devi Chinnaraj  
David Clarke  
Joan Cotton  
Susan Donaldson  
Lynette Hinton  
Lesley Hunter  
Sandra Jolly  
Barbara Lock  
Jonathan Maltz  
Nathan Mittelman  
Barbara Mowat  
Elizabeth Peck  
Judy Pullar  
Matthew Sutherland  
Robyn Taylor  
Monica Abrahams  
Bruce Harvey  
Elizabeth Rumler

Eve Caplan  
Elizabeth 'Buffy' Squires

## Waves Leaders

Sharon Connor  
Catherine Anne Langlands  
Vivien Marks  
Michelle Axiak  
Michele Goodrich  
Dora Mouzakis  
Leon Creighton  
Jennifer Smallridge  
Catherine Calder  
Reginald Hargreaves  
Azmina Ijap  
Janine Gale  
Robyn Park  
Casey Ingham  
Cimen Rasih  
Valerie Coffey  
Dorothy Singe  
Janice Dawson  
Dorothy Gawthorne  
Jill Anjou  
Judy Bailey  
Carole Barber  
Gail Bevan  
Sue Brown  
Margaret Moyle  
Vera Fedorovskaya  
Peter James



Joan McPhee  
 Deanna Twomey  
 Cathy Revell  
 Lyn Scholes  
 Robyn Brown  
 Lynette Diss  
 Teresa Goldsbrough  
 Judith MacPherson  
 Jan McMenamin  
 Vicki Morzinek  
 Rosemary Padgett  
 Jo'Ann Carell  
 Barbara Fitzgerald  
 Pat McKinnon  
 Jim McKinnon  
 Barbara Mowat  
 Renee Wood  
 Jean Donaldson  
 Jennifer Jacobsohn  
 Denise Parrott  
 Freda Schelling  
 Pat (Elizabeth) Stark  
 Mary Stuart-Jones  
 Judy Wexler  
 Julie Woodward  
 Beryl Hennessy  
 Mary Maguire  
 Sally Rosenhain  
 Miriam Hicks  
 Vaal O'Keeffe  
 Lee Knight  
 Caroline Brooks  
 Marion Cummins  
 Beverley Ednie  
 Nicole Evered  
 Margot Lyons  
 Jill Lowe

Anne Te Teira  
 Ming Guo  
 Margaret Mitchell  
 Kylie Van Dinteren  
 Ann Williams  
 Roy Workman  
 Jayant Bapat  
 Yvonne Brown  
 Lois Miles  
 Julie Madjarevic  
 Lorna Burden  
 Gwen Davidson  
 Angela Khan  
 Patricia Ottrey  
 Janet Farnsworth  
 Rosalie Grenville  
 Colleen Hanbury  
 Helen McIlroy  
 Bill O'Connor  
 Nellie Plunkett  
 Allan Stewart  
 Patrick Byrne  
 Margot Anders  
 Judith Steele  
 Heather Feldman  
 Angela Maisano  
 Gary Milburn  
 Pauline O'Brien  
 Patrick Woodlock  
 Liz Robinson  
 Bart Biviano  
 Joan Bray  
 Margaret Hallam  
 Bill Karambatsos  
 Marion Linke  
 Janie Nichterlein  
 Lesley Smith

Noel Smith  
 Robyn Bate  
 Salai Cin  
 Monika Friedrich  
 Lorraine Hancock  
 John Hird  
 Irene Kayler-Thomson  
 Kay Maley  
 Julie Minniti  
 Ken Missen  
 Evelyn Missen  
 Faye Noble  
 Alison Richards  
 Michelle Sutherland  
 Lisa Williams  
 John Albanus  
 Janice Shnyder  
 Lena Rodger  
 Lillian Hayes  
 Fran Feldman  
 John Poletti  
 Gillian Poulier  
 Jenny Rutherford  
 Gwen Adams  
 Shelagh Mason-Jones  
 Edna McGregor  
 Robyn Talbot  
 Carmel Arenivar  
 Maria Tarascio  
 Susan Allan  
 Wendy Cohen  
 Olivia Lie  
 Stanley Hanbury  
 Kee Lee-Burman  
 Rhonda Killingsworth  
 Jeanne Thorburn  
 Carlina Ridgeway

## Youth and Family Services

Alice Baker  
 Catherine Congerton  
 Monique Crinall  
 Fiona Naughtin  
 Stuart Woollett

# Creating a sustainable future



At Arthritis and Osteoporosis Victoria, we have ambitious plans to reach even more people with muscle, bone and joint conditions, develop new programs and find new ways to help them live healthier and happier lives.

We are proud of the 46-year history of Arthritis and Osteoporosis Victoria and we recognise the need to expand our influence and resource base to ensure continued success into the future.

Despite musculoskeletal conditions being a National Health Priority Area since 2002, affecting more people than any other area, funding from the Commonwealth and State Governments remains small.

Largely, we rely on the generosity of individuals who support us financially by:

- giving to our direct mail appeals
- joining our regular giving program, fired UP
- participating in our Workplace Giving Program
- being a Member or Health Professional Associate
- giving to our collectors who door knock in the community
- buying our raffle tickets
- leaving a gift in a Will
- holding a fundraising event

## Fundraising highlights

The support that we receive from the community is a clear sign that they value the work that we do and the help that we provide. Fundraising is a vital part of our operations and makes up approximately 70% of our total income. In 2014, we gratefully received donations from 7,262 individuals. We would like to make special mention of the following grassroots fundraising events:

- **Run Melbourne** – over 40 people helped us raise \$18,000 in July. Special thanks to the staff of the Financial Ombudsman Service, Bank of Melbourne, Australian Rheumatology Association and Kandooit Creatively
- **Thalia Salt** – our junior champion and face of our Christmas Appeal, organised a cake stall at Riddells Creek Farmers Market and a 'Colour Run' at Sunbury School Vacation Care
- **Chris Moran** – ran the 42.2km Melbourne Marathon and raised over \$5,000 for the Helen Moran Gift fund, an annual prize awarded by Arthritis and Osteoporosis Victoria to emerging researchers
- **Words and Pictures** – award-winning Director Fred Schepisi introduced his new film at a movie fundraiser at the Classic Cinema Elsternwick
- **Peppertree Hill Retirement Village** – 'Keep Moving' exercise group raised \$2000 for us as their 2014 charity of choice
- **Art for Arthritis** – partnered with Menzies Art Brands for a new annual fundraising event that raised \$22,000 in December and was supported by Dorevitch Pathology, Dickerson Gallery and Cocofrio ice cream.

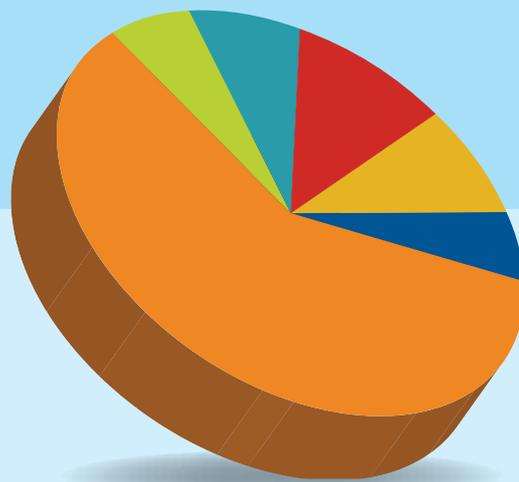


## Malvern Opportunity Shop

After 35 years of operation, Arthritis and Osteoporosis Victoria made the difficult decision to close the Malvern Opportunity Shop in June. We were no longer able to invest the resources required to operate this business. We sincerely thank the dedicated volunteers who staffed the Malvern Opportunity Shop, some for over 20 years.

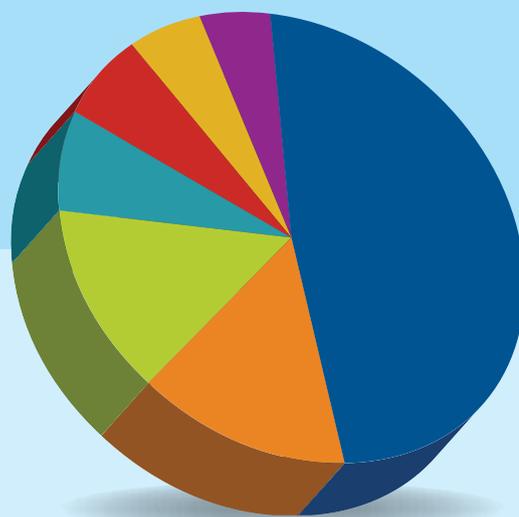


## Income by source



Donations and Bequests	62%
Government	10%
Client Service Fee	8%
Other	8%
Raffles	7%
Investment Revenue	5%

## Expenditure by function



Consumer Services	48%
Professional Training	14%
Research	13%
Governance	7.5%
Awareness & Advocacy	7%
Strategic Planning	5.5%
Fundraising	5%

# Our supporters and sponsors

We very much appreciate and would like to thank all of our supporters and sponsors, both big and small. Here are some that we think are extra special:

## Estates

Lindsay James Baldy  
Barbara Whilton Shearer  
Irene Rozental  
Lawrence Campbell Glover  
Jean Heuler

## Individuals

Dinah Krongold  
Ralph & Barbara Ward-Ambler  
David Williams  
SM Linsdell  
Kay Hill  
Gloria Meadows  
Les Gawler  
John & Chris Collingwood  
Nick Baker  
Loraine Chessells  
Neilma Gantner  
Paul Barnett  
CH Brookes  
Rita Andrew  
Mary O'Sullivan  
Noreen Ellis  
JS Rogers  
Joy Tannock  
Bronwyn Malouf  
Stephen & Anne Schnider  
Ainslie Cummins  
Shane Hammill  
John Ball  
June Smith  
C Griffiths  
MS Ross AM  
Greg Shalit & Miriam Faine  
Elizabeth Turnbull  
Graeme Thomson  
John Ellson  
Robert & Beverly Squire

Lynton Morgan  
Sam Abrahams  
Dennis & Fairlie Nassau  
Harold Mower  
Nicholas Atkins  
Tony Zhang  
Geoffrey Baker  
Dulcie Richards  
Rosemary Richardson  
John Williams  
John Brownbill  
Catherine Gray  
G & B Betts  
Leslye Evans  
Beverly Miller  
John & Jennifer Barke  
John Toomey  
Raymond Weir  
Norma Minney  
Lee White  
The Salt Family  
Chris Moran

## Philanthropic trusts and foundations

The GW Vowell Foundation  
The Landman Foundation  
The Russell Foundation  
William Angliss Charitable Foundation  
JM Harrison Charitable Trust  
Margaret Littledale Tutton Trust  
Will & Dorothy Bailey Charitable Gift  
AH & K Johnston Family Foundation  
Marion Popplewell Charitable Trust  
Bruce McDonald Charitable Trust

## Organisations



The Pups  
Lioness Club of Frankston Bayside  
Colonial First  
Peppertree Hill Village Exercise Group  
Ritchies Supermarkets  
Grill'd Windsor

## Probono sponsors

### Legal services



Ryan Carlisle  
Thomas Lawyers

### Business development



Savio Saldanha



### Webinar presenters

Prof Eric Morand  
Assoc Prof Helen Slater  
Dr Malcolm Hogg  
Prof Peter Ebeling  
Dr Irwin Lim  
Mr Errol Lim  
Assoc Prof Rana Hinman  
Assoc Prof Anita Wluka  
Dr Emma Guymer

**Run Melbourne**



Financial Ombudsman's Service



Chobani

**Art for Arthritis**



Nicolas Lyon  
Kristeena Saville

**National Healthy Bones Week**



George Donikian  
Wilbur Wilde  
Vicky O'Keefe  
Retro Bandits Band  
Shane Kelly

**Health Professional Development Dinner**

Rheumatology Health Professional Association  
UCB Australia Pty Ltd

**Gluten Free Expo**

Coeliac Victoria and Tasmania  
Melbourne Osteoporosis Peer Support Group

**Make a Move community service announcement**



Forrest Redlich	Ben Massey
Dan Burstall	Thelma Saville
Rob Copping	Alexis Saville
Peter White	Peter Brown
Kebbie Kirkcaldie-Bowell	Mary Fitzgerald
Jose Luis Perez	Miki Simankevicus
Laura Lee	James Sayers



# Treasurer's Report

In 2014 the Arthritis Foundation of Victoria (The Foundation) maintained its focus on the future by expanding and developing new activities which are in line with future trends in the musculoskeletal area while rationalising other activities. This has been achieved by reorganising the program service area following thorough reviews. At the same time The Foundation reinforced core and specialist capacities in critical areas. The past year was the final year of a three-year investment program designed to strengthen The Foundation's service provision and to broaden the scope of The Foundation's income sources. Disappointingly income from raffles and appeals did not meet expectations whereas progress was made in the areas of corporate giving and government grants.

The Foundation experienced a reduction in total reserves in the year of \$619,447 which comprised of the following major elements:

- deficit on operations of \$692,742 which was largely due to increased investment, as stated above
- reduction of land value of \$90,000 following a revaluation which took into account zoning changes introduced by Glen Eira City Council
- increase in value of buildings \$154,522 following the above valuation
- interest and dividends received totalling \$233,529 from funds designated for general operating use
- interest and dividends received totalling \$152,883. These were derived from funds designated for Specific Purpose use
- Specific Purpose expenses \$364,879
- net increase in the value of the Foundation's share portfolio of \$65,301
- reversal of previous fair value adjustments of shares sold during the year \$78,091

The Foundation also provides services under the name Osteoporosis Victoria. Revenue received through activities marketed in the name of Osteoporosis Victoria is included in the revenue of The Foundation. Similarly, expenses incurred in the name of Osteoporosis Victoria are included in the expenditure of The Foundation.

The organisation attempts to balance its investment portfolio in a manner which provides security and protection against inflation. To this end it invests approximately half of its cash, which is not required for operational purposes, in Government Guaranteed Term Deposits. In order to offset the impact of inflation and low interest rates the Foundation also invests in high yielding 'blue chip' shares. As part of this strategy the Foundation invested approximately \$390,000 in high yielding bank stocks while selling approximately \$350,000 in lower yielding stocks during the year. The Foundation has no direct exposure to mortgage backed securities or investments in complex securities, listed or unlisted.



The financial result for 2014 once again reflects the challenging conditions prevailing in the economy and the final year of The Foundation's three-year plan to commit additional expenditure aimed at securing its financial and operational sustainability in the longer term.

A handwritten signature in black ink that reads "Jim Dixon". The signature is written in a cursive, slightly slanted style.

**Jim Dixon** FCPA  
Honorary Treasurer

# Statement of Comprehensive Income

## Arthritis Foundation of Victoria Statutory Financial Statement of Comprehensive Income for the year ended 31 December 2014

	Note	2014 \$	2013 \$
Revenue from rendering of services	5	3,526,484	3,784,990
Revenue from sale of goods		73,538	81,755
Other income	7	343,589	254,901
		3,943,611	4,121,646
Development and business services expenses		(2,237,773)	(2,222,015)
Training and Information Programs		(1,990,061)	(2,167,665)
Policy and research unit expenses		(140,847)	(256,129)
Administration expenses		(267,672)	(220,568)
Operating surplus/(deficit) before finance, specific purpose income/expense, recognition of land as committee of management, and other comprehensive income and expenses		(692,742)	(744,731)
Finance income	6	233,529	145,469
Operating (deficit) surplus before specific purpose and other comprehensive income/expense		(459,213)	(599,262)
Specific purpose income/ (expense)			
Specific purpose revenue		152,883	161,921
Specific purpose finance income			
Specific profit/ (loss) on sale of shares		-	-
Specific purpose expenses		(364,879)	(219,589)
Specific Purpose shares and cash returned to trustee		-	-
		(211,996)	(57,668)
Land at Kooyong Road, revaluation decrement	14	(90,000)	-
Operating (deficit) surplus for the year before other comprehensive income and expenses		(761,209)	(656,930)
Other comprehensive income			
Net gain on valuation of land and buildings		154,552	0
Net change in fair value of available for sale financial assets		65,301	410,936
Reversal of previous fair value adjustments of available for sale financial assets disposed of during the year	1(a), 17	(78,091)	
Other comprehensive income/(deficit) for the year		141,762	410,936
Total comprehensive income for the year		(619,447)	(245,994)

The statement of comprehensive income is to be read in conjunction with the notes which appear in the full 2014 financial statements.

# Arthritis and Osteoporosis Victoria is the state peak body for people living with over 150 muscle, bone and joint conditions

## Here are some of them:

Achilles tendonitis	Freiberg's osteochondrosis	Osgood-Schlatter's disease	Sever's disease
Adhesive capsulitis (frozen shoulder)	Giant cell arteritis	Osteoarthritis	Sjögren's syndrome
Adult-onset Still's disease	Gout	Osteomalacia	Spinal stenosis
Ankylosing spondylitis	Henoch-Schönlein purpura	Osteonecrosis	Spondylolysis
Back problems	Juvenile dermatomyositis	Osteoporosis	Systemic lupus erythematosus (SLE)
Baker's cyst	Juvenile idiopathic arthritis	Paget's disease of bone	Takayasu's arteritis
Behçet's syndrome	<ul style="list-style-type: none"><li>• Pauciarticular-onset arthritis</li></ul>	Palindromic rheumatism	Tarsal tunnel syndrome
Bursitis	<ul style="list-style-type: none"><li>• Seronegative polyarticular arthritis</li></ul>	Perthes' disease	Temporomandibular joint disorders
Carpal tunnel syndrome	<ul style="list-style-type: none"><li>• Seropositive polyarticular arthritis</li></ul>	Plantar fasciitis	Trigger finger (flexor tenosynovitis)
Charcot's arthropathy	<ul style="list-style-type: none"><li>• Systemic-onset arthritis</li></ul>	Polyarteritis nodosa	Ulcerative colitis
Chondromalacia patellae	<ul style="list-style-type: none"><li>• Enthesitis-related arthritis</li></ul>	Polymyalgia rheumatica	Vasculitis
Churg-Strauss vasculitis	<ul style="list-style-type: none"><li>• Psoriatic juvenile arthritis</li></ul>	Polymyositis	Wegener's granulomatosis
CREST syndrome	Kawasaki disease	Pseudogout	
Crohn's disease	Kienböck's disease	Psoriatic arthritis	
De Quervain's tenosynovitis	Lateral epicondylitis ('tennis elbow')	Raynaud's phenomenon	
Dermatomyositis	Low back pain	Reactive arthritis	
Diffuse idiopathic skeletal hyperostosis (DISH)	Medial epicondylitis ('golfer's elbow')	Rheumatoid arthritis	
Discoid lupus erythematosus	Mixed connective tissue disease and overlap syndromes	Ross River and Barmah Forest virus	
Drug-induced lupus erythematosus		Rotator cuff disease	
Dupuytren's contracture		Sacroiliitis	
Ehlers-Danlos syndrome		Sarcoidosis	
Felty syndrome		Scheuermann's disease	
Fibromyalgia		Sciatica	
		Scleroderma	
		Septic arthritis	

# Leave a bequest and a lasting legacy

To find out more, contact our  
bequest team on **1800 263 265** or  
email us at [afv@arthritisvic.org.au](mailto:afv@arthritisvic.org.au)



## Arthritis and Osteoporosis Victoria

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Toll free: 1800 263 265

Fax: 03 9530 0228

Email: [afv@arthritisvic.org.au](mailto:afv@arthritisvic.org.au)

Website: [www.arthritisvic.org.au](http://www.arthritisvic.org.au)



Phone: 13 14 50



ABN: 26 811 336 442

