



Arthritis
VICTORIA
inc. OSTEOPOROSIS VICTORIA

Annual Report **2015**

Move for a healthier future

Our purpose

To improve the quality of life of people who have, or are at risk of developing, muscle, bone and joint 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 47 years experience as the Victorian peak body for muscle, bone and joint health.



Research

- Initiating and investing in research
- Focusing on consumer needs
- Supporting best practice care
- Involving consumers in research
- Collaborating with leading researchers
- Publications and specialist reports
- Awards and scholarships



Education

- Public awareness campaigns
- Community speakers
- Health professional development
- Consumer education
- Webinars and seminars
- Physical activity leader training
- Health promotion and prevention



Advocacy

- 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
- Websites
- Fact sheets
- Service map
- Library
- eNewsletter
- *Update Magazine*



Peer support

- Peer Support Groups
- Physical activity programs
- Social events
- Youth and family program
- Volunteers
- Online Shop



CEO and President's Report

The purpose of the *Arthritis Foundation of Victoria* (known as *Arthritis and Osteoporosis Victoria*) remains to improve the quality of life of people living with, or at risk of developing, muscle, bone and joint conditions. Our achievements are made possible through strong advocacy, partnerships and the generous support of our donors.

Over the past 12 months, *Arthritis and Osteoporosis Victoria* has been actively pursuing our purpose in innovative ways to build our capacity to meet ever increasing demand. 2015 was an exciting year for strategic growth focused on development of information, services and research. We also welcomed some excellent new talent to our Executive Team.

We represent the interests of millions of people affected by these conditions. Everyone has, or knows someone with a muscle, bone or joint condition. Our members are a constant reminder of the huge personal toll of arthritis and other musculoskeletal conditions. We are passionate about helping to improve people's lives.

In 2015 we expanded our research, education, advocacy, information and peer support activities to further our reach and impact. We are increasingly meeting the needs of people with muscle, bone and joint conditions by identifying new and creative ways to provide targeted support services and trusted information to consumers, their families and carers and to the health professionals who support them.

Extending our reach

We increased our number of webinars from six in 2014 to 22 in 2015. The standard of these webinars has been outstanding with up to 500 people participating. Our joint project in the Wimmera with the *Royal Flying Doctors Victoria* acquired additional partners with *Wimmera Health Care Group* and the *Wimmera Primary Care Partnership* moving into lead roles for the implementation of a new model of care. The Koadlow Lecture on *Treating Pain Using the Brain* had a full house at the State Library and the video has been viewed more than 13,000 times on our YouTube channel. Our consumer webinars and regional seminars continue to expand and receive high praise. Our Help Line and ever increasing digital/online services know no boundaries. We are encouraged by increasing demand and commit to continuously improving our services and trusted sources of information. Winning a three year tender to coordinate the *Victorian Active Ageing Partnership* was very exciting.

A strong consumer voice

Our consumer voice was heard on the policy front as we continued to roll out our 'Make a Move' campaign, submitted a collegiate response to the Victorian Department of Health 2040 Report; made a submission to the Victorian Health and Wellbeing Plan and to the National Inquiry into Chronic Disease. We remain committed to advocacy for systematic health system change with a focus on prevention, early intervention and significant consumer centred changes to models of care.

Leading research

In 2015, we began implementation of our Research and Knowledge Strategy, endorsed by colleagues in the research community and consumers. We have been very pleased to be partners for several National Health and Medical Research Council (NHMRC) partnership grant applications and in particular the successful University of Melbourne Centre for Research Excellence in translation of research into improved outcomes in MSK pain and health with the Centre of Research Excellence in Translational Research in Musculoskeletal Pain (CRE TRIUMPH). In 2015 our research team published reports on the Rheumatoid Arthritis Pregnancy Project, Working in Pain, Adolescent Pain and the first draft of an extensive systematic review of consumer needs. Our staff and a consumer were involved in leading three Musculoskeletal Clinical Leadership Group sub committees for projects funded by the Victorian Government. Arthritis and Osteoporosis Victoria staff also presented at several national and international conferences, promoting an integrated approach to models of care and research.

Consumer outcome focus

Our consumer outcome focus remains passionate, with a client centred approach to design, development and delivery of services and research. Extensive work with young people in 2015 has been a highlight. It has helped us to better understand their needs and work with them to design the services they want. Our work in this area has attracted partners such as Monash University, Curtin University, Arthritis and Osteoporosis WA and Rotary Club of Melbourne.

Young people are driving our social media connections. The 'Young Adults with Arthritis Plus' Facebook group has around 100 members.

Connecting communities

Arthritis and Osteoporosis Victoria's primary vehicle for staying connected to the community is through our extensive network of Peer Support Groups (face to face and online) and our thousands of consumer members and

growing number of Health Professional Associates. *MOVE with Bowls* established our new partnership with *Bowls Victoria*. Consumer engagement with fundraising was spearheaded by Stan and Mike hitting the road and connecting us to communities all the way from Melbourne to Darwin.

Good governance

Arthritis and Osteoporosis Victoria is committed to a high standard of corporate governance and was rewarded in the 2015 Charity Reputation Index with the highest possible rating. Board and organisational processes and procedures are in place to ensure we operate in a clear governance framework and comply with legal and regulatory requirements. We have robust systems in place to manage strategic directions and risk.

Growth in challenging fiscal environment

In spite of a tight fiscal environment, we have continued to build the infrastructure for future growth by expanding our sources of revenue. This strategic growth has positioned *Arthritis and Osteoporosis Victoria* to continue to 'Make a Move' as a strong and effective leader in the field of muscle, bone and joint health. The 2015 financial result reflects the difficult prevailing conditions for not for profits and also our need to be an even stronger 'voice' to convince government, philanthropists and the community that there is a significant and urgent need to invest in our health sector.

Unwavering commitment has made this organisation what it is today. Together we can change the landscape for muscle, bone and joint health. As leaders in the sector we need to be courageous and resilient, focussing clearly on our purpose. One of our biggest ambitions is to retain our commitment to high quality information, research and support services and simultaneously adapt to expanding demand and changing consumer expectations.

We wish to thank the Board, Executive and staff of Arthritis and Osteoporosis Victoria who have helped to navigate the ever challenging not for profit environment. We thank our many donors, members, volunteers, Ambassadors, pro bono supporters, partners, philanthropic trusts, the Victorian Government and corporate supporters for embracing the opportunity to contribute to the future of improved muscle, bone and joint health.

Linda Martin, Chief Executive Officer
Duncan Langdon, President

Our Patrons and Board



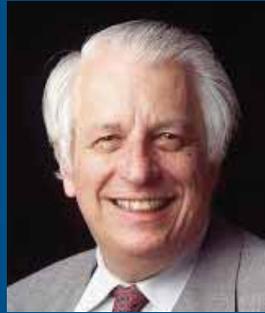
Patron-in-Chief

**The Honourable
Linda Dessau AM**
Governor of Victoria
Appointed July 2015



Patron-in-Chief

**The Honourable Alex
Chernov AC**
QC Governor of Victoria
Retired July 2015



Patron

**Professor Sir
Gustav Nossal AC**
CBE FAA FRS

Honorary Life Governors

His Honour Barry Dove QC
Ms Heather Rose
Mr Noel Smith

Chief Executive Officer

Ms Linda Martin
BA Dip Ed. BSW MSW

Directors of the Board



**President
Mr Duncan
Langdon**
*F CPA MBA ACIS
ACSA GAICD*



**Vice President
and Treasurer
Mr Stephen
Fitzpatrick**
*DipBus(Accounting)
AHSFMA ACHSM IPAA
Appointed Treasurer
April 2015*



**Treasurer
Mr Jim Dixon**
*F CPA MBA BCom
BEd
Retired April 2015*



**Professor Peter
Brooks AM**
*MD FRACP FAFRM
FAFPHM FRCP
(Glas,Edin)
MD Hon Causa
(Lund)
Retired October
2015*



**Ms Janine
Fisher**
GAICD



Dr Ian Relf
*MBBS BSc(Hons)
MSc DipRACOG
FRACGP FAMAC*



**Mr James
Coyle**
*B Ec MSc CIMA
MAICD*



**Mr Geoffrey
McDonald Bowll**
*B Bus AMI Fellow
CPM ASMI Fellow
GAICD*



**Mr Anthony
Raitman**
B Bus BA GAICD



**Ms Bernadette
Dennis**



**Ms Jade
Rowarth**
*LLB(Hons)
B Bus(Mgt) GAICD*

Award winners

Each year at *Arthritis and Osteoporosis Victoria*, we recognise and celebrate the achievements of individuals and organisations who share our purpose and desire to improve the lives of people living with muscle, bone and joint conditions.

Helen Moran Gift

Awarded to Dr Kimberley Ting for her contribution to gout research. Dr Ting's research titled *Prevalence and Associations of Gout and Hyperuricaemia: Results from an Australian Population-based Study* observed that gout is a common, under-appreciated and poorly managed type of arthritis.



Dr Kimberley Ting

Margaret Strang Award – Thalia Salt

Ten-year-old Thalia Salt has been an outstanding Ambassador, fundraiser and promoter of public awareness. Thalia has lived with osteoarthritis since she was 10 months old and spends a lot of time in a wheelchair due to her condition. She has organised several community events to raise awareness and funds for *Arthritis and Osteoporosis Victoria* – always with the key message 'kids get arthritis too'. As an Ambassador, Thalia helped launch our children's book *The Worst Pain in the World* and featured on the Channel 7 evening news during the Australian Open tennis finals.

Lorin Prentice Memorial Award – The Australian Financial Review

Awarded to the *Australian Financial Review* for their *Healthcare 2.0* campaign - a national conversation on the future of the health sector which brought together the nation's experts to identify the biggest opportunities for improvement. This initiative comprised of a series of round tables and articles, a TV debate hosted by Jenny Brockie as well as active discussion on social media on how to solve today's health challenges for a better tomorrow. The award was accepted by Patrick Durkin, *Australian Financial Review* Melbourne Bureau Chief.



Patrick Durkin and Thalia Salt

Mollie Riches Trophy

Awarded annually to Peer Support Groups that make a significant contribution to community awareness of muscle, bone and joint conditions and provide support to their members:

- Moe/Narracan Arthritis Self Help Group
- Frankston FMS/CFS Self Help Support Group

Life memberships

Mr Jim Dixon, outgoing Board Director and Treasurer

2015 Rotary Club of Melbourne – Senior of the Year

Awarded to Life Governor, Noel Smith for his outstanding service to *Arthritis and Osteoporosis Victoria*. Over the past 23 years, Noel has volunteered in a number of different capacities including 22 years of leadership with the Waves Warm Water Exercise and Community Speakers programs. Noel also spent nine years as a Board Director with five years as Vice President and is now our Senior Ambassador.



Noel Smith

We research

Arthritis and Osteoporosis Victoria supports and invests in research that matters most to consumers.

In 2015, *Arthritis and Osteoporosis Victoria* launched its *Research and Knowledge Exchange Strategy 2015-19*. The goal of the strategy is to translate research into routine practice to achieve better health and quality of life of people who have, or at risk of developing, muscle, bone and joint conditions.

To achieve this we will continue to invest in more life-changing research and lead policy sector reform so that people living with muscle, bone and joint conditions can participate fully in life, work and community.

Key research projects and partnerships

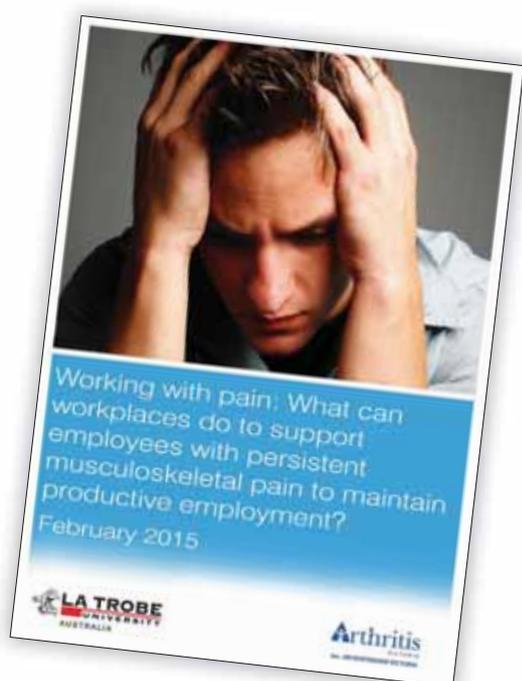
In 2015, we continued to develop research partnerships by collaborating with leading Australian and international research institutes including:





Working with pain

In 2015, we continued our work with *La Trobe University* to complete the second phase of a project that explored the barriers experienced by people with persistent pain in maintaining productive employment. A key finding from the research identified the importance of supportive and flexible workplaces as a major factor to ensuring people with musculoskeletal conditions maintain employment. Both phases of the study were accepted for publication by the *Journal of Occupational and Environmental Medicine*. This work was led by Dr Jodi Oakman.



Centre for Research Excellence

In 2014, Professor 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 National Health and Medical Research Council (NHMRC). The CRE is a landmark funding opportunity for musculoskeletal health in Australia, providing \$2.5 million over five years to support a range of translational research activities.

In 2015 the CRE was awarded an NHMRC partnership grant to undertake a randomised controlled trial evaluating the delivery of health information via telehealth which includes *Arthritis and Osteoporosis Victoria's* Help Line, as an intervention arm. This trial is due to commence in early 2016.

Lupus Registry

We continued to support the establishment and expansion of the *Australian Lupus Registry*. This important initiative, led by Professor Eric Morand from *Monash University*, is building a databank of information gathered from people with lupus. A national, electronic registry of this type will facilitate large-scale, clinical research, with the initial focus being disease treatment and outcomes. The project has international relevance and will be of substantial benefit to the Asia-Pacific region. The data collected as part of the registry has resulted in a number of research studies and publications in respected medical journals.

We research



Pregnancy, postnatal care and parenting with rheumatoid arthritis

The study *Information needs of women with rheumatoid arthritis concerning pregnancy and post-natal care*, led by Dr Ilana Ackerman of the *University of Melbourne* was completed and published in *BMC Musculoskeletal Disorders* and *Clinical Rheumatology*. This study explored women's information and service needs; reviewed the safety of rheumatoid arthritis medication in pregnancy and undertook a systematic review of self-management resources and programs. This work revealed a lack of resources for these women and that most women had great difficulty in finding up-to-date, high quality information on pregnancy planning, pregnancy and early parenting. This program of work is being continued by the *Royal Melbourne Hospital* with a focus on developing resources for clinicians and consumers on best practice care.

Arthritis and Osteoporosis Victoria also funded a study conducted by Shannyn Meloncelli of the *University of the Sunshine Coast* titled *Coping Strategies of Mothers with Rheumatoid Arthritis*. A common theme that emerged revealed effective practical strategies can provide a greater sense of control for mothers. The women reported that managing their condition positively improved their own wellbeing and that of their families.

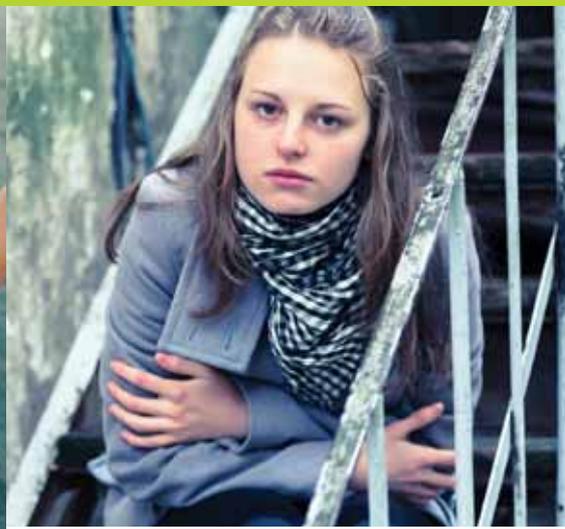
Consumer needs

In 2014, Associate Professor 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 consumer needs undertaken by *Arthritis and Osteoporosis Victoria* and will provide a higher level of evidence. The project work was largely completed in 2015 and is due for publication in 2016.

Adolescence and mental health

A research project investigating the experiences of Australians aged 16-24 years living with persistent musculoskeletal pain was completed. This study focused on young people's needs and preferred modes of delivery for pain management services, with a particular focus on digital technologies. This project was a collaboration between *Arthritis and Osteoporosis Victoria*, *Arthritis and Osteoporosis Western Australia*, *Curtin University*, *HealthSense (Aust) Pty Ltd* and *Wisdom Health*. Led by Associate Professor Helen Slater and Associate Professor Andrew Briggs, the study identified that:

- pain has a significant impact on every aspect of young people's lives
- there is a direct relationship between pain and psychological wellbeing
- there is great potential for digital technologies to provide accessible, affordable, and reliable resources to engage young people and develop shared solutions to improve their health and wellbeing



Australia & New Zealand Musculoskeletal Clinical Trials Network

In our commitment to develop quality research in musculoskeletal health, *Arthritis and Osteoporosis Victoria* was one of the sponsors of the inaugural ANZMUSC Summit, which convened in April 2015. CEO Linda Martin, was a guest speaker highlighting the importance of consumer involvement in all stages of research. The purpose of the Summit was to bring key stakeholders together to develop a musculoskeletal research network. Over 100 delegates attended comprising of researchers, clinicians, consumer representatives, policy makers and funders across a range of disciplines.

Warm water exercise

In 2015, results from our work with *Monash University* on the benefits of warm water exercise were published in *Clinical Rheumatology*. The findings were based on an observational study of *Arthritis and Osteoporosis Victoria*'s warm water exercise program and found that participation in warm water exercise improves symptoms and functional impairments of musculoskeletal conditions, however greater improvements might be achieved if classes were attended more frequently and self-practiced.

Rural Service Delivery Model

In partnership with the *Royal Flying Doctor Service Victoria* we developed a *Rural Service Delivery Model* for musculoskeletal health in rural and remote Victoria. The model would involve the development of a multidisciplinary service comprising a GP with a specific interest in musculoskeletal conditions and a dedicated nurse or allied health practitioner. The model aims to develop a network that would improve health care in remote communities and provide a platform to improve specialist care. In 2015, *Royal Flying Doctor Service Victoria* and *Arthritis and Osteoporosis Victoria* formed an agreement with the *Wimmera Health Care Group* to develop an implementation plan for the *Rural Service*. The *Wimmera Primary Care Partnership* was retained to undertake the project work and conducted 18 consultations across the Wimmera Southern Mallee with more than 80 participants. The results of this consultation informed the development of a local strategy for improving musculoskeletal health care. The proposed implementation plan is due for release in 2016.

PhD scholarship

Arthritis and Osteoporosis Victoria supported 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 they face. The project *Multi-morbidity medicines journey: mapping the problems and needs of people with arthritis for using and managing medicines* was completed.

We educate



We provide training and education for health professionals, community exercise leaders, consumers and carers to help people living with muscle, bone and joint conditions better manage their health.

In 2015, the number of people participating in our training and education programs significantly increased. Over 4,000 health professionals, service providers and community members engaged with our training and education activities (up from 1,983 in 2014). The majority of the training and education participants were health professionals and other service providers (84%), building the capacity of health services and the knowledge and skills of their staff.

Arthritis and Osteoporosis Victoria partners with leading academics, researchers and clinicians to deliver high-quality training and education programs.

These partnerships delivered close to 100 per cent satisfaction rating in 2015.



Webinars

Arthritis and Osteoporosis Victoria expanded its webinar training hosting 22 webinars throughout 2015. This included:

- 1,600 webinar participants (up from 889 in 2014)
- 19 webinars for health professionals and service providers
- Three webinars for consumers and community members

All webinar presentations were recorded and are available to view online.

Webinar topics included:

- Cognitive Behavioural Therapy and Pain
- Understanding Complex Regional Pain Syndrome
- Diagnosis and Management of Fibromyalgia
- Managing Back Pain in Primary Care - incorporating new research findings into clinical practice
- Sleeping Better - understanding common sleep problems and strategies to assist people to sleep better
- Diagnosis, Treatment and Management of Gout
- Exercise and Prevention of Osteoporosis
- Diagnosis, Treatment and Management of Whiplash
- Femoroacetabular Impingement
- Musculoskeletal Pain in Children and Adolescents
- Foot Health
- Arthritis and Diet
- Parenting a Child with a Chronic Illness



Arthritis and Osteoporosis Victoria gratefully acknowledges funding support from the *Victorian Government* for the *MSK Health Learning and Development package* for Victorian primary and community health staff. The package consisted of a series of five webinars, three of which were screened in 2015 with another two due in early 2016. Over 500 clinicians have viewed the webinars to date. All webinars have been recorded and are available for health professionals to download.

Seminars

Our ongoing commitment to presenting seminars around the state continued in 2015 with seminars held in Shepparton, Horsham, Ballarat, Swan Hill, Benalla, Woodend, Wedderburn, Melbourne and Warrnambool.

These seminars would not be possible without the support of our Peer Support Groups and local and visiting health professionals.

We also hosted a seminar at *Melbourne Town Hall* during the *Victorian Seniors Festival* and another for health professionals in Warrnambool for *World Osteoporosis Day*. This seminar was arranged in conjunction with *South West Healthcare*.

Community speakers

Our community speakers are trained volunteers who provide an opportunity for groups to interact and learn more about muscle, bone and joint conditions and the work of *Arthritis and Osteoporosis Victoria*. Talks include information about muscle, bone and joint conditions, how to access services and ways that people can self-manage these conditions.

In 2015, our community speakers delivered 53 public education talks attended by over 1,500 people. At 17 of those talks, an interpreter was used to assist people from culturally and linguistically diverse backgrounds.



Snapshot of 2015

4000



health professionals and community members engaged with our education and training activities

We advocate



Arthritis and Osteoporosis Victoria works hard to ensure that people with muscle, bone and joint conditions have a strong voice within the health system and community, so they are supported to live happy and healthy lives.

Policy submissions

Throughout 2015, we made a number of submissions to the *Victorian Government* and *Australian Government* regarding how healthcare systems could be improved so that the people we represent can receive the best care possible.

Arthritis and Osteoporosis Victoria submitted responses to:

- National Inquiry into Chronic Disease Prevention and Management in Primary Health Care
- Health 2040: A discussion paper on the future of healthcare in Victoria
- Victorian Public Health and Wellbeing Plan 2015–2019
- Australian Human Rights Commission National Inquiry into Employment Discrimination against Older Australians and Australians with a Disability

In 2015 we presented a case to the Hon Jill Hennessy, Minister for Health, and Kim Peake, the Departmental Secretary for Health and Human Services for the development of a Victorian strategy for musculoskeletal health. We will continue our advocacy to promote the needs for people with musculoskeletal conditions and to reinforce the economic and health system cost of not having proactive policy in this critical area.

Arthritis and Osteoporosis Victoria was also a supporter of an international campaign that resulted in a *United Nations* General Assembly Resolution being adopted for 'Measures to enhance the Promotion and Protection of the Human Rights and Dignity of Older Persons'.

Musculoskeletal Clinical Leadership Group

After advocating to the *Victorian Government* to facilitate the establishment of the *Musculoskeletal Clinical Leadership Group* in 2013, *Arthritis and Osteoporosis Victoria* continues to take a leadership role. The *Musculoskeletal Clinical Leadership Group* is a coordinated state-wide approach to guide and inform government policy, education and program development to improve the care of people with musculoskeletal conditions. In 2015, the activities of the Group included working with the *Department of Health and Human Services* to improve the content and structure of the musculoskeletal section of the *Better Health Channel*, contributing to a Model of Care for knee and hip rheumatoid arthritis in Victoria and contributing to *The Best Care for Older People Everywhere* toolkit (for non-specialist staff in hospitals).

make a *move*



Ambassadors

We would like to recognise and thank the following Ambassadors who have volunteered their time to advocate for improvements in our health system and promote awareness of *Arthritis and Osteoporosis Victoria's* services:

- Mr Noel Smith
- Ms Robyn McLeod
- Ms Nicole Yeomans
- Miss Thalia Salt

Our Ambassadors have a powerful voice and have been involved in advocating to government, health promotion events and fundraising initiatives.

Make a Move campaign

As part of Arthritis Awareness Week, we presented our *Make a Move* petition to the Victorian Minister for Health, the Hon Jill Hennessy MP on the steps of the *Parliament of Victoria*. The petition had over 1,200 signatures from people supporting our call for greater funding for muscle, bone and joint health.

The *Make a Move* TV community service announcement continued to be broadcast nationally with donated advertising time from Channels Seven, Nine, Ten, SBS and regionally through Southern Cross, Prime, WIN and Channel 31.



Snapshot of 2015

2474

Members and Health Professional Associates



Snapshot of 2015

3750km



cycled from Melbourne to Darwin on the Make a Move Ride fundraiser

We inform



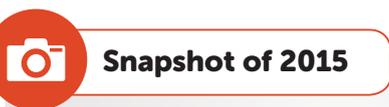
Koadlow Public Lecture

Held during National Pain Week, the 2015 Koadlow Public Lecture featured a presentation by Dr David Butler, Director of the Neuro Orthopaedic Institute, titled *Treating Pain Using the Brain*. The Lecture was attended by 165 people at the *State Library of Victoria*. A video of the Lecture is available on *Arthritis and Osteoporosis Victoria's* YouTube channel and was viewed more than 7,500 times in 2015 with numbers continuing to grow.

Website

www.arthritisvic.org.au

Our website continues to be our central information hub and a growing repository of muscle, bone and joint health knowledge. In 2015, our website received 646,520 visits (increased from 580,726 in 2014) and 1,351,010 page views (up from 1,302,114). New features on the website include improved online booking system and donation platform.



Media

Arthritis and Osteoporosis Victoria continued to promote our message about better muscle, bone and joint health on five national television feature stories, 13 radio interviews, 57 newspaper articles and 24 online publications.

A media highlight for the year included reaching over 3 million people with media coverage for the *Make a Move Ride*, a cycling event from Melbourne to Darwin, with major articles published in *RACV's Royal Auto Magazine* and *RideOn Magazine*. Many stories published in regional media en route in Victoria, South Australia and the Northern Territory.

The launch of our children's book, *The Worst Pain in the World* by Nicky Johnston, received national television coverage with Young Ambassador Thalia Salt interviewed for a Channel Seven News feature aired during the Australian Open Tennis finals.

Social media

Our online presence continued to grow on various social media platforms with our *Twitter* followers increasing by 43%, *Facebook* fans by 104% and our *YouTube* channel views had a significant jump increasing by 235%.





MSK Help Line 1800 263 265

The 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 2015, we answered 1,740 calls from people seeking information including health professionals. *Arthritis and Osteoporosis Victoria* invested in a data collection system to gain a greater understanding of the needs of people who use this service.

Information stands

We exhibited information at a number of major public events and health professional conferences throughout the year, including: the Victorian Seniors Festival, National Allied Health Conference and Australian Disease Management Association (ADMA) Conference.

Update Magazine and eNewsletter

Keeping in touch with our members and supporters is important to us. We share information about the latest research, management of conditions, upcoming events and also report back on the successes of various fundraising activities.

In 2015, we published *Update Magazine* and our eNewsletter *News from Around the Joint* to our members, supporters and health professionals.

Discover our library

Members and Health Professional Associates of *Arthritis and Osteoporosis Victoria* can borrow a great range of resources from our library to assist people in living well with muscle, bone and joint conditions including books, DVDs, CDs, magazines and research journals.



Snapshot of 2015



1740

Calls to our
MSK Help Line

We support



Connecting and engaging people with muscle, bone and joint conditions, their carers and families is essential to improving their quality of life.

Peer Support Groups

Across Victoria, we have over 50 Peer Support Groups with more than 2,200 members. The key element is making a connection with other people who have had similar experiences by sharing information and providing emotional support. They help reduce isolation by holding regular meetings, hearing from health experts, organising social gatherings and providing exercise classes with trained leaders.

The champions of the Peer Support Groups are the leaders and committees who work voluntarily to run them for the benefit of their communities.

We had four new groups start in 2015:

- Young Adults with Arthritis+ Facebook Group
- Baw Baw Region Arthritis Support Group
- Macedon Ranges Arthritis Support Group
- Mornington Peninsula Arthritis Support Group

This year, a number of groups celebrated milestones and were recognised for their contribution to *Arthritis and Osteoporosis Victoria*, including the Moe/Narracan Arthritis Self Help Group and Frankston FMS/CFS Self Help Support Group who were awarded the Mollie Riches Trophy and the following groups who celebrated anniversaries:

- | | |
|--|---------------------|
| • Ankylosing Spondylitis Victoria | 10 year anniversary |
| • Ballarat Fibromyalgia and Chronic Fatigue Syndrome Self Help Group | 15 year anniversary |
| • Healesville Arthritis Peer Support Group | 15 year anniversary |
| • Mortlake Better Health Group | 20 year anniversary |
| • Colac Arthritis Self Help Group | 25 year anniversary |
| • Horsham Arthritis Self Help Group | 25 year anniversary |
| • Ararat Arthritis Support Group | 30 year anniversary |
| • Bendigo Arthritis Club | 30 year anniversary |
| • Eastern Suburbs Hydrotherapy | 30 year anniversary |
| • Cranbourne Arthritis Support Group | 35 year anniversary |



We would like to acknowledge the fundraising efforts and donations to *Arthritis and Osteoporosis Victoria* from the following:

- Cranbourne Arthritis Support Group
- Latrobe Valley Self Help Group
- Bendigo Arthritis Club
- Pakenham Arthritis Self Help Group
- Knox Arthritis Support Group
- Sale Arthritis Support Group

Thanking our supporters at Government House

On 10 June, we were delighted to be guests of the former Governor of Victoria, the Honourable Alex Chernov AC QC and Mrs Chernov at the historic Government House. Many of our donors, supporters and partners enjoyed a beautiful morning tea and a tour of the stately home. This was one of the final public engagements of the former Governor of Victoria who has been the Patron-in-Chief of *Arthritis and Osteoporosis Victoria* since 2010.



Investing in young people

Younger people with chronic muscle, bone and joint conditions are often missed in terms of services, information, support and products to help improve their quality of life. *Arthritis and Osteoporosis Victoria* is committed to initiating and investing in events and projects that address this issue.

Young adults workshop

Arthritis and Osteoporosis Victoria conducted a workshop to better identify their needs and prioritise the main issues facing 18-24 year olds. We asked them what information they require and their preferences for how this information should be delivered. An outcome from this workshop was the formation of the Young Adults with Arthritis+ Facebook Group.

In Transit

In 2015, we partnered with *Monash University* and *Melbourne Rotary Club* to develop an online portal for adolescents transitioning out of paediatric care. This partnership is part of the *Monash Industry Team Initiative*, which teams students with industry partners to find innovative solutions to real issues. As part of this initiative, two Monash students; Charul Manglani and Joash Lee-Hsing Yong, worked with our Research and Knowledge team. They are developing a prototype platform called *In Transit*, to provide young people with essential health knowledge and practical skills, as they transition into adulthood.

Working age event

In October, we hosted a social and informative evening for people aged 25-40 years. The event *Tired of being told you're too young to have a muscle, bone and joint condition?* gave people the opportunity to meet and chat with others in a similar position. They also heard from Dr Emma Guymer, a rheumatologist from *Monash Medical Centre*, speak about how to manage conditions and the importance of physical activity.



609,440
Personal contacts

We support



Family activity days

Family days are a great opportunity for children with juvenile arthritis and their families to gain information, share stories and experiences, make new friends and have fun. In 2015, *Arthritis and Osteoporosis Victoria* coordinated two family days.

Circus Oz

Tumbling, juggling and hula hooping were just some of the fun activities that the kids took part in at the Circus Oz Headquarters. While the kids were learning circus tricks, parents heard from Dr Angela Cox, paediatric rheumatologist from the *Royal Children's Hospital* and *Monash Children's Hospital*. The Circus Oz family day was attended by 65 kids and adults.



Monash Aquatic and Recreation Centre

Thirty children splashed out, challenging themselves on the 15 metre inflatable obstacle course and competing with new friends in a game of water volleyball. These events are just as valuable for the parents as they have the opportunity to share their challenges with each other.

Physical activity programs

Physical activity is very important for the health of people with muscle, bone and joint conditions. Group exercise is a proven way to get people actively involved and provides social connection and support.

Waves and YMCA

In partnership with *YMCA Victoria*, we launched a new era of the Waves warm water exercise program at several venues across Melbourne in April.

The Waves program, designed and hosted by *Arthritis and Osteoporosis Victoria* since 1977, provides a general workout for the whole body for people living with muscle, bone and joint conditions, as well as other chronic health conditions. In order to grow the program, we partnered with *YMCA Victoria* to provide Waves warm water exercise classes and trained *YMCA* staff in delivering the program.

Nordic walking

In 2015 we gave the community an opportunity to learn the skill of Nordic walking by conducting two community courses and offering several free 'Come and Try' sessions during the *Victorian Seniors Festival*.

Positive partnerships

It was a busy year forming positive partnerships with a range of organisations who share similar values and goals as *Arthritis and Osteoporosis Victoria*. We are proud to be working alongside the following organisations to improve the lives of millions of Australians living with muscle, bone and joint conditions.

Victorian Active Ageing Partnership (VAAP)



In 2015 the Victorian Department of Health and Human Services (DHHS) announced *Arthritis and Osteoporosis Victoria* as the lead organisation for the Victorian Active Ageing Partnership. The three-year partnership aims to increase opportunities for older Victorians to participate in physical activity. We will work in collaboration with *Fitness Australia* and *Monash University* on three key priority areas: developing positive partnerships with key stakeholders, improving workforce capacity to promote and deliver accessible and appropriate physical activity with older people, and improving pathways to make physical activity more accessible for older people.

Bowls Victoria



Arthritis and Osteoporosis Victoria became the official charity partner of *Bowls Victoria* for the next three years.

As part of this partnership, we will progressively roll out the *MOVE with Bowls* program to 524 bowls clubs across Victoria, attend major *Bowls Victoria* events and receive fundraising support from clubs participating in the program.

MOVE with Bowls encourages people to stay fit, active and injury free when participating in lawn bowls. As part of the program, *Arthritis and Osteoporosis Victoria* will provide clubs with free health presentations from experts and Community Speakers, attract new members through 'Come and Try' bowls days, promote our Help Line service and connect Peer Support Groups with their local bowls clubs.

Peninsula Hot Springs



Peninsula Hot Springs has nominated *Arthritis and Osteoporosis Victoria* as one of their preferred charities for 2016. This announcement was celebrated at a fundraising event in November at their award-winning Mornington Peninsula centre. We share the health and wellness philosophy that keeping active is good for you both physically and mentally. In addition to offering discounted bathing to our members, *Peninsula Hot Springs* supported the *Make a Move Ride* and will host a series of other fundraising initiatives for *Arthritis and Osteoporosis Victoria* in 2016.

Liven



Arthritis and Osteoporosis Victoria has become an official charity partner with the entertainment and dining mobile app *Liven*. The *Liven* app gives its members access to discount offers from some of the best restaurants, retailers and service providers across Melbourne. *Liven's* new feature, *Save & Donate*, enables users to make a tax deductible donation of their entire discount, or a portion of it, to charity.

World Congress on Active Ageing (WCAA)



In 2015 *Arthritis and Osteoporosis Victoria* was announced as an official partner for the 2016 *World Congress on Active Ageing* to be held at the Melbourne Convention and Exhibition Centre, from 28 June to 1 July 2016.

Our supporters and spon

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

Estates

Dudley Barton Adams
Lindsay James Baldy
Agnes Ferguson
Jean Gwen Heuler
Edwin Erasmus Hinde
Elizabeth Webster Jones
Barbara Whilton Shearer
Victor Wetherall
Margaret Wilkinson

Individuals

Sam & Monica Abrahams
Rita Andre
Nicholas Atkins
John Ball
Geoffrey Baker
Nick Baker
Paul Barnett
Helen Brack
Alison Cameron
Lorraine Chessells
John & Chris Collingwood
Ainslie Cummins
Gary & Karla Dubsy
John Ellson
Greg Shalit & Miriam Faine
Rita Ferguson
C Griffiths
Shane Hammill
Dinah Krongold
SM Linsdell
Clare Maloney
Gloria Meadows
Beverley Miller
Norma Minney
Lynton Morgan
Harold Mower
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JS Rogers
June Smith
Robert & Beverly Squire
Marjorie Talty
Jenny Tatchell
Graeme Thomson
John Toomey
Elizabeth Turnbull

Ralph & Barbara Ward-Ambler
Ian Warren
Raymond Weir
Lee White
Edel Wignell
David Williams
Will Wiseman

Philanthropic trusts and foundations

Bruce McDonald Charitable Trust
Joe White Bequest
Lord Mayor's Charitable Foundation
Marion Popplewell Charitable Trust
Pierce Armstrong Foundation
Piers K Fowler Trust
Ray and Joyce Uebergang Foundation
The GW Vowell Foundation
The Landman Foundation
The Lorenzo and Pamela Galli Charitable Fund
The Russell Foundation
William Angliss Charitable Foundation

Organisations

All Souls Opportunity Shop



Probono supporters Legal services



Maddocks

Business development



Seminar supporters

Dr David Barraclough
Dr Angela Cox
Dr Emma Guymmer
Sonia Maker, Primary Care Connect
Kimberley Menallack, Cobaw Community Health Service
Sally Mitchell (dietician)
Dr Katie Overton
Laure Shorney (hand therapist)
Goulburn Valley Health
Southwest Healthcare

Events

Government House
Mulgrave Country Club
Serge Thomann Photography

Monash Industry Team Initiative

Monash University
Madeleine McManus
Peter Rogers
Laine Duggan

Rotary Club of Melbourne
Peter Rogers
David Beanland
Keith Callinan

Peninsula Hot Springs launch

Nicolas Lyon (musician)



Gluten Free Expo

Coeliac Victoria and Tasmania

Make a Move community service announcement



Make a Move Ride

Mike McKenzie
Julie McKenzie
Stan Proctor
Jane Proctor
Ian Proctor
David & Heather Hagen
John & Dorothy Sellers
Jan Clear
Shayne Van der Hyde
Albury JAM Support Group
Sealy's Cycles

Front cover image of cyclists reprinted with permission from photographer Meredith O'Shea and RoyalAuto magazine.



BIG4 Ballarat Goldfields
Acacia Caravan Park – Ararat
Nhill Caravan Park
Bordertown Caravan Park
Rivers Edge Caravan Park
Adelaide Caravan Park
Port Wakefield Caravan Park
Port Pirie Beach Caravan Park
BIG4 Port Augusta
Woomera Travellers Village
Oasis Tourist Park Coober Pedy
Cadney Homestead Caravan Park
Desert Oaks Resort Eridunda
BIG4 McDonnell Range
Aileron Roadhouse Caravan Park
Threeways Roadhouse Tennant Creek

Our volunteers

Volunteers generously donate thousands of hours, years of experience and valuable skills to assist us in delivering our services. We greatly appreciate their support, many of whom help us in multiple programs.

Community Speakers

Kathleen Crawford
Olga Givoye
Alfred Law
Beryl Logie
Elizabeth McCrea
Annie McPherson
Maria Noble-Hayes
Bill O'Connor
Alison Owen
Joanna Page
Terrie Seresli
Noel Smith
Del Stitz
Rosemary Taranto
Kay Timmins
Elizabeth Voss

Rosie Freeman
Lynette Hinton
Lesley Hunter
Nathan Mittelman
Barbara Mowat
Elizabeth Peck
Judy Pullar
Elizabeth Rumler
Elizabeth 'Buffy' Squires
Matthew Sutherland
Robyn Taylor

Work placement

Linda Brushfield
Elissa Henderson
Helen Koutsimanis
Charul Manglani
Joash Yong

Office administration

Linda Baynham
Liz Eades
Deepa Nalarajan
Neroli Powell
Garth Richards
Tomer Shachar
Kai Simpson
Nancy Yeomans

Research volunteers

Andrew Leung
Lan Nguyen
Nicole Walsh

Event volunteers

Leonie Cartledge
Bill Logie
Beryl Noonan
Andrea Priest

MSK Help Line

Monica Abrahams
Michele Barnea
Eve Caplan
Jane Cheong
David Clarke
Maggie Cripps
Susan Donaldson

Creating a sustainable future

To fund our work, we rely on the generosity of individuals and organisations who support us by making a donation, participating in our Regular Giving Program, becoming a member, buying raffle tickets, giving to our Collectors who doorknock in the community, hosting a fundraising event or leaving us a gift in their Will.

Our appeals

Every year we share the stories of brave and inspiring individuals who live with muscle, bone and joint conditions. These people and their stories help us raise funds through appeals to spread awareness about the impact living with these conditions can have on quality of life. Thank you to the following people who shared their stories this year:

Samantha Carlson

"I was diagnosed with Still's disease at the age of 37. The diagnosis came after three years of ill health and misdiagnosis. During that time my life was filled with uncertainty and frustration. It was the worst three years of my life."



Mike & Brad McKenzie

Mike never thought he would see his 29 year old son Bradley suffer with a serious muscle, bone and joint condition - ankylosing spondylitis. But when he was diagnosed too, he feared he was to blame.



Buffy & Sam Squires

"When Sam was diagnosed, I made the conscious decision as a parent to only look at reputable websites. Arthritis and Osteoporosis Victoria was my starting point and I am now volunteering at this wonderful organisation. Being able to chat to the MSK Help Line nurses and other volunteers about their experiences has been an invaluable help to me and my son." **Buffy (Sam's mum)**



I wish...

The 'I wish...' campaign was launched in National Children's Week and shared the wishes of many different children who live with juvenile arthritis, including:

"I love dancing. I do both jazz and calisthenics. I am teaching myself gymnastics with the help of YouTube and I have juvenile arthritis. *I wish...for one day with no arthritis*" **Hannah, 7 years old**

"I like to play football, basketball, read books...and listen to music. The worst thing about having arthritis is not being able to do everything my friends do. *I wish... I could be the best at footy every week!*" **Isaac, 12 years old**

"The worst thing about having arthritis is that people don't understand what you are going through. I don't like people to know that I have arthritis because I don't want people to think that I'm different. *I wish...people were more educated about juvenile arthritis*" **Lauren, 14 years old**



Regular Giving

Regular Giving is one of the most cost effective ways to support *Arthritis and Osteoporosis Victoria*.

In 2015, we had 13 organisations and their employees participate in our Workplace Giving Program. We also thank the 302 individuals who provide monthly donations through our Regular Giving Program.

Raffles

For the past 14 years, *Arthritis and Osteoporosis Victoria's* raffle program has been an important source of income and opportunity to have around 600,000 personal conversations with people about the work we do. In 2015, these conversations resulted in the sale of 1.8 million raffle tickets and four lucky winners driving away in a new Honda car. This year, we also introduced a new eticketing system to sell our raffle tickets online.

Community fundraising

This year we expanded our community fundraising program by employing new Collectors in Geelong and on the Mornington Peninsula. As well as securing much needed funds to ensure we are able to deliver vital services, the presence of our Collectors in the community helps to raise awareness of the impact of muscle, bone and joint conditions.

In memorium

A special way to honor a loved one when they pass away is by offering family and friends the opportunity to make a donation to *Arthritis and Osteoporosis Victoria* to celebrate their life, instead of sending flowers. We sincerely thank the family and friends of those people for making a donation in their name to support our work.

Grassroots fundraising

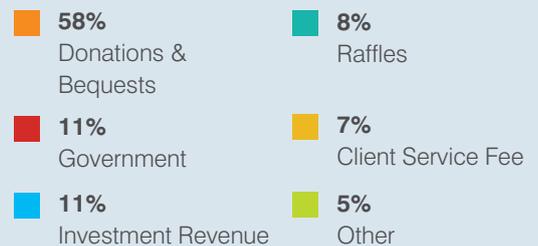
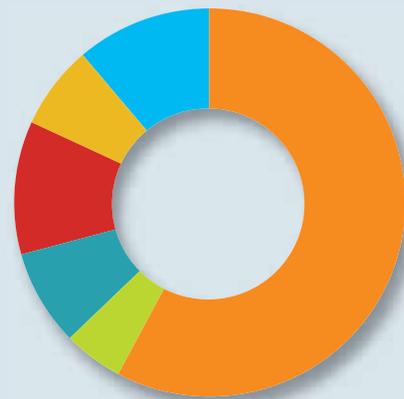
Fundraising is a social and rewarding way to make a valuable difference to the lives of people with muscle, bone and joint conditions. In 2015, we had a range of individuals and organisations host or contribute to great events to support people in pain. The *Make a Move Ride* was the major event for the year. It was inspired by Mike McKenzie's son Bradley who has ankylosing spondylitis, Mike and his best mate Stan Proctor cycled 3,750km from Melbourne to Darwin in October to raise funds and awareness. *Run Melbourne* and the *Melbourne Marathon* attracted some star runners to get active for a good cause. The *Peninsula Hot Springs* partnership launch was a successful evening thanks to the many local businesses who kindly donated the raffle and auction prizes.

Snapshot of 2015

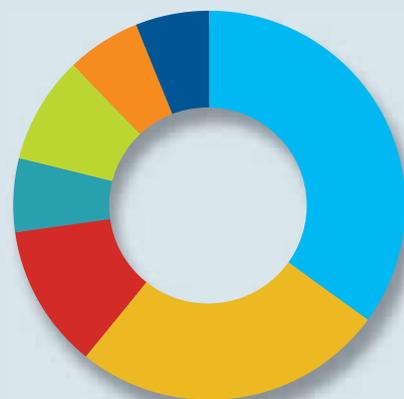
1.8
MILLION

RAFFLE
TICKETS
SOLD

Income by source



Expenditure by function



Treasurer's Report

2015 was a year of strategic growth continuing the emphasis on laying the groundwork for future revenue improvements in the Foundation to ensure our long term financial viability. This was particularly evident in the significant efforts made in Government, Philanthropic Trust and key partnership commitments that will benefit the organisation in the years ahead.

Towards the end of 2015 the Foundation was successful in winning a three year tender with the Victorian Department of Health and Human Services to promote active ageing among Victorians – the *Victorian Active Ageing Partnership*. Additionally new ventures were entered into such as the *MOVE with Bowls* partnership with *Bowls Victoria* for three years.

The Foundation experienced a reduction in total reserves in the year of \$472,029. Key items during the year included:

- Operating deficit of \$508,646
- Interest and dividends received totalling \$135,274 from funds designated for general operating use
- Interest and dividends received totalling \$128,171 from funds designated for specific purpose use
- Specific purpose expenses \$354,555
- Net increase in the value of the Foundation's share portfolio of \$127,727

The organisation attempts to balance its investment portfolio in a conservative manner which provides security and protection against inflation. To this end it invests approximately half the 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. The Foundation has no direct exposure to mortgage backed securities or investments in complex securities, listed or unlisted.



The financial result for 2015 reflects the difficult conditions prevailing in the economy. Despite tight management of our expenditure which was significantly below plan, our revenue was disappointing reflecting the increasing pressures to seek donations in a crowded and highly competitive not for profit sector. However with the benefit of the increased income partly due to the efforts referred to above, significant pro bono and skilled voluntary contribution that allow us to grow and expand our research, education, information, advocacy and peer support capacity - it is anticipated that 2016 will see significantly better financial outcomes for the Foundation. It is also pleasing to report that there are no future liabilities that will significantly affect the Foundation.

A handwritten signature in black ink, appearing to read 'S Fitzpatrick', written in a cursive style.

Stephen Fitzpatrick

Dip Bus (Accounting), AHSFMA, ACHSM
Honorary Treasurer

Statement of Comprehensive Income

Arthritis Foundation of Victoria Inc Statutory Financial Statement of Comprehensive Income For the year ended 31 December 2015

	Note	2015 \$	2014 \$
Revenue from rendering of services	5	3,139,610	3,526,484
Revenue from sale of goods		53,425	73,538
Other income	7	319,227	343,589
		3,512,262	3,943,611
Development and Business Services expenses		(2,096,854)	(2,237,773)
Policy, Information and Programs		(1,539,078)	(1,990,061)
Research and Knowledge		(34,236)	(140,847)
Administration expenses		(350,740)	(267,672)
Operating surplus/(deficit) before finance, specific purpose income/expense, recognition of land as Committee of Management, and other comprehensive income and expenses		(508,646)	(692,742)
Finance income	6	135,274	233,529
Operating (deficit) surplus before specific purpose and other comprehensive income/expense		(373,372)	(459,213)
Specific purpose income/ (expense)			
Specific purpose revenue		128,171	152,883
Specific purpose finance income			
Specific profit/ (loss) on sale of shares		-	-
Specific Purpose expenses		(354,555)	(364,879)
Specific Purpose shares and cash returned to trustee		-	-
		(226,384)	(211,996)
Land at Kooyong Road revaluation decrement			(90,000)
Operating (deficit) surplus for the year before other comprehensive income and expenses		(599,756)	(761,209)
Other comprehensive income			
Net gain on valuation of land and buildings		-	154,552
Net change in fair value of available for sale			
Financial assets		127,727	65,301
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		127,727	141,762
Total comprehensive income for the year		(472,029)	(619,447)

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

Thank you!



Donation form

Please make your donation by:

- completing the donation coupon
- calling us on **03 8531 8000** or **1800 263 265** (toll free)
- visiting **www.arthritisvic.org.au**

Yes, I want to help by making a donation of:

\$35 \$70 \$110 My choice \$ _____

Please send me information on:

Making regular monthly donations Leaving a gift in my Will

My cheque/money order (made payable to Arthritis Victoria) is enclosed or

Please debit my credit card MasterCard Visa

Card No

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Expiry date

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Name on card _____

Signature _____

Title: _____ First name: _____

Last name: _____

Address: _____

Postcode: _____

Email: _____

Date of birth / / _____

Return with your donation to:

Arthritis and Osteoporosis Victoria

Reply Paid 130 Caulfield South VIC 3162

Telephone 03 8531 8000 or 1800 263 265

afv@arthritisvic.org.au | www.arthritisvic.org.au

**Thank you! Your gift
of \$2 or more is tax
deductible.**

Arthritis
VICTORIA
inc. OSTEOPOROSIS VICTORIA



There are children growing up today suffering with the debilitating pain of muscle, bone and joint conditions.

A gift in your Will is a positive move for future generations.

To learn more, call 03 8531 8011 or email bequests@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

Website: www.arthritisvic.org.au



Phone: 13 14 50



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