



Annual Report 2015-16

Arthritis
SOUTH AUSTRALIA





Colette Smith
President



Alison Adair
Director, Secretary



Dr Tiffany Gill
Vice President



Martin Basedow
Director until February 16



Dr Simon Burnet
Medical Director



David Waterford
Director from November 15



Ian Terry
Director, Treasurer



Tracey Powell
Director



Anne Young
Director



Julie Black
Chief Executive Officer

Colette Smith – President

Dr Tiffany Gill – Vice President

Dr Simon Burnet – Medical Director

Ian Terry – Director, Treasurer

Anne Young – Director

Alison Adair – Director, Secretary

Martin Basedow – Director until February 16

David Waterford – Director from November 15

Tracey Powell – Director

Julie Black – Chief Executive Officer

PATRON

His Excellency the Honourable Hieu Van Le AC,
Governor of South Australia

Arthritis Foundation of South Australia incorporating
Osteoporosis SA

118 Richmond Road, Marleston SA 5033

Telephone: (08) 8379 5711

Country free call: 1800 011 041

email: info@arthritissa.org.au

Website: arthritissa.org.au

ABN 53 784 654 861

Who we are

Arthritis South Australia (Arthritis SA) is a “for purpose” organisation established in 1975 to provide support for people with arthritis, education about arthritis and fund research to find better treatments and cures.

Arthritis SA is governed by a Board of Directors and is supported by rheumatologists, staff members and volunteers.

Our Vision

To improve the quality of life of people with arthritis and related conditions.

Our Mission

To be recognised as the leading provider in SA that empowers people with arthritis and related conditions to achieve the best possible quality of life through advocacy, education, self-management and the support of research.

Strategic Pillars 2016 - 2019

SUPPORT PEOPLE WITH ARTHRITIS

A strong consumer driven organisation that represents and empowers people with arthritis and spearheads arthritis care pathways.

RESEARCH AND INNOVATION

Investment in targeted, consumer oriented research that is evidence based and supports the delivery of our strategic objectives.

PARTNERS AND NETWORKS

Grow alliances with health professionals, the corporate sector, SME's, government and donors so Arthritis SA is front of mind.

SUSTAINABILITY

Improve our financial sustainability by generating diverse income streams and considered investment strategies.

PEOPLE AND CULTURE

Grow the culture of continual improvement and innovation. Support and develop staff to embrace the organisation's core purpose.

1 in 4
South Australians
suffers from arthritis

Arthritis
SOUTH AUSTRALIA

oa
osteoporosis
south australia



President's Report

Arthritis is the second most common cause of early retirement. *Counting the Cost*, a report conducted by Arthritis Australia this year, highlights the economic impact of arthritis in terms of people's work capacity, finding that early retirement due to arthritis costs \$7.2 billion nationally in lost GDP alone. The report also found that arthritis currently costs the health system \$5.5 billion and this will grow to \$7.6 billion by 2030 unless more is done to prevent and better manage the condition.

With one in four South Australians suffering from arthritis, the foundation's Board and staff members are deeply committed to fulfill our mission to empower people with arthritis and related conditions to achieve the best possible quality of life through advocacy, education, self-management and research.

This year, Arthritis SA's Board signed off on our 2016 – 2019 strategic plan, affirming our position from consumer, research and sustainability perspectives. We continued to build upon our consumer focus, education and preventative programs. On the national platform, our *Take Charge Of Pain* course was and continues to be delivered in four other states and we invested greatly in the *Joint Movement* national exercise program.

Our commitment to research expanded with financial support provided both nationally and locally. The funding of a clinical nurse at SA's Women's and Children's Hospital, announced last year, made a real difference to children with Juvenile Idiopathic Arthritis (JIA) and their families. The nurse, Tracy Rose, works hand-in-hand with SA's paediatric rheumatologist to educate and empower families who have a child with JIA. The benefits we are witnessing are two-fold: visits and associated costs to the hospital have reduced; and we are receiving overwhelmingly positive feedback from the parents about Tracy's role and support.

The work of our research fellow in conjunction with The University of Adelaide saw exciting achievements in the last 12 months. One example was partnering with three general practices to explore how we can connect people, who have osteoarthritis, with local services and programs to support self-management.

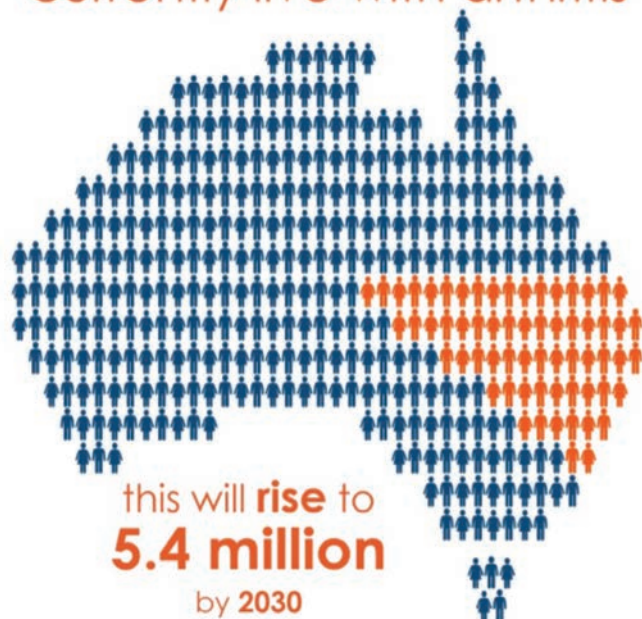
Financially, Arthritis SA came in slightly under budget with a net operating loss but the Board was committed to ensuring research and education were delivered at the same level as the previous year. Considering the economic environment, we performed extremely well. The Board was willing to accept a slight loss rather than reduce our research commitments which exceeded \$216,000.

Each year, we build upon the last. We are very strong operationally and therefore our focus will be to increase advocacy in SA and our strategic partnerships. We will continue to deliver education and accredited programs whilst aligning ourselves with health stakeholders to develop more robust care pathways for people with chronic forms of arthritis. We will also work to help keep people in their homes and living independently – important from macro-economic and often personal perspectives.

The success of our last year has been a team effort. I would like to acknowledge and thank the members of the Board, management, staff and volunteers. Our achievements have also been made possible through the generosity of our donors, partners, supporters and members. Their kindness and commitment have placed us in a position to expand our reach and support to people with arthritis and related conditions even further next year.

Colette Smith - President Arthritis SA

4 million Australians
currently live with arthritis



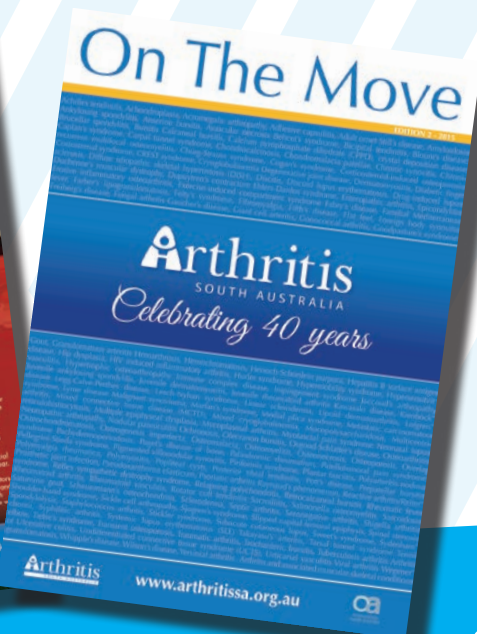
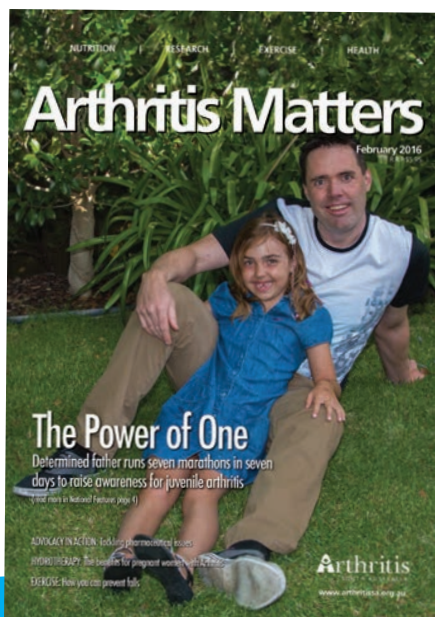
Arthritis health
system **costs**



• *Life Membership* •

*Life membership recipients
awarded this year*

Dr. Simon Burnet & Dr. Tiffany Gill





CEO's Report

Our front cover reflects the many faces of arthritis which impacts on the very young through to the very old and includes 120 different conditions. Arthritis SA staff and Board members have worked extremely hard to support the one in four South Australians who suffer from arthritis.

This report highlights a wide range of achievements in service innovation, education and support for people with arthritis while ensuring that income generating strategies were in place.

The delivery of education in regional South Australia was a major focus, as was developing the foundation's website to be more user-friendly. This ensured that people were able to tap into resources when and where they needed them.

Membership remained a cornerstone of our activities and we acknowledge and thank the members of Arthritis SA for continued support. This is vital to the foundation's future.

We are grateful to our partners who made it possible for our Kidsflix program to be delivered in five Australian states, and for the ongoing support of Telethon. These partnerships have been essential to our ability to raise the awareness of arthritis and Kidsflix, both locally and nationally.

We are also indebted to our many donors and generous people who chose to leave us a bequest. This money is invested wisely and used effectively.

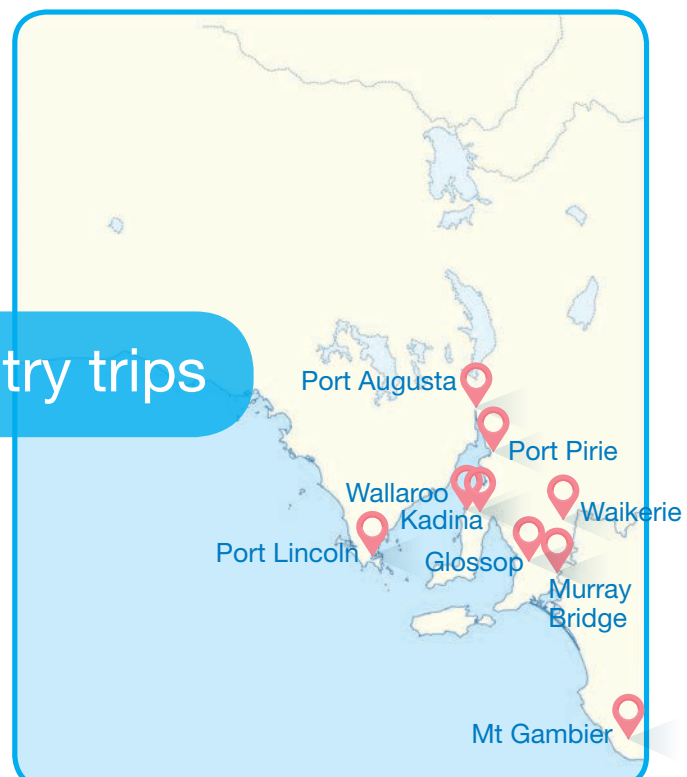
I would like to express my sincere thanks to our clients, Board members, partners, members, donors, and staff members for enabling us to deliver education and support for people with arthritis.

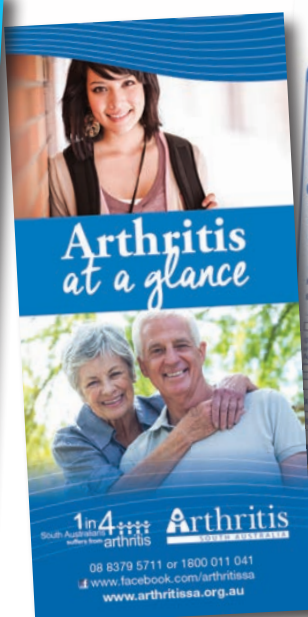
Looking ahead, we will focus on increasing awareness and education of arthritis, funding research and operating in a financially sustainable way.

Our 2016 - 2019 Strategic Plan identifies priorities for action to ensure that we represent people with arthritis the best way possible. We look forward to a very exciting journey.

Julie Black
Chief Executive Officer Arthritis SA

9 country trips





11,000 brochures distributed



10 events in SA

20 events in other states



raised \$90,855



Aussie Escape
Lottery - raised
\$40,210

australian
HOLIDAY
centre



Providing Support to our Community

Health Services continued to fulfil its commitment to provide high quality educational services to consumers and health professionals. The telephone, email and face-to-face advisory service, together with Arthritis SA's website and social media communications, were an integral component of the foundation's educational service, as were the 90,000-plus consumer contacts made during 2015 - 2016.

The *Take Charge of Pain* program continued to be one of the flagship educational programs offered by Arthritis SA. Thirteen courses were conducted. Participant feedback again demonstrated the popularity and benefit of the course to consumers. Other *Take Charge* courses - osteoarthritis and inflammatory arthritis - were also held. Meanwhile, more than 180 people attended a wide range of consumer information seminars. Consumers found these to be of high quality, practical and relevant. Arthritis SA is grateful to the speakers for sharing their expertise.

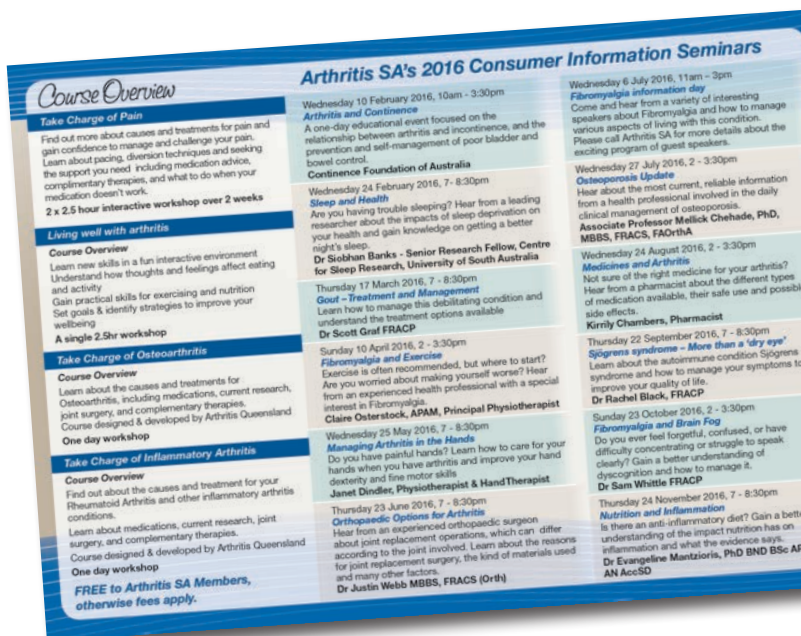
A highlight of the year was the *Arthritis SA Health Professional Conference* held in June 2016 and attended by 100 delegates. They heard stimulating presentations from guest speakers on topics such as the multidisciplinary management of shoulder arthritis, chronic pain management and psoriatic arthritis. As with the conference the previous year, the presentations were professionally filmed and made available to a wider audience through Arthritis SA's website.

Health Services continued its involvement in a number of arthritis support groups. These were an effective way for people to meet and interact with others with whom they have empathy. More than 40 support group meetings were held during the year across Adelaide and regional South Australia.

A focus this year has been the support of children with Juvenile Idiopathic Arthritis (JIA), with Arthritis SA funding the appointment of a rheumatology nursing specialist at the Women's and Children's Hospital. The foundation's links with and support for families impacted upon by JIA were also strengthened through Arthritis SA special events including functions at the circus, the Adelaide Entertainment Centre, the Royal Adelaide Show, Monarto Zoo and the fundraiser Walk for Arthritis.

The success of Health Service activities is contingent upon the generous support of many individuals and organisations. The help of local councils and general practitioners has been invaluable.

2,800 people attended courses



26% increase in contacts

90 talks delivered

15 consumer information seminars

\$547,000 invested in education



Providing Hope Through Research

Arthritis SA is committed to finding a cure for arthritis and a major focus has been placed on the commitment to funding research. As part of this strategy, the total amount awarded by Arthritis SA to research in 2015 – 2016 was the highest amount ever provided by the foundation. A total of \$93,000 was provided to the national research plan and \$123,000 to local programs.

National projects funded were as follows.

- **Dr Benny Eathakkattu Antony - Fellowship \$50,000** - of the Menzies Research Institute Tasmania, University of Tasmania for a project entitled: ***Vitamin D Effects on osteoarthritis: A randomised control trial***
- **Dr Kade Paterson - Grant in aid \$13,000** - of the Department of Physiotherapy, The University of Melbourne, for a project entitled: ***A multi-faceted podiatry intervention for the management of foot osteoarthritis: a pilot randomised controlled trial***
- **Associate Professor Leslie Nicholson - Grant in aid \$10,000** - (jointly funded by Arthritis South Australia and Zimmer Australia) of the Biomedical Sciences, School of Medical Sciences, University of Sydney. ***Clinical characteristics of children with generalized joint hypermobility – 3 year follow up***
- **SA LSS Support Group Grant Dr Premarani Sinnathurai - Scholarship \$30,000** - of the Rheumatology Department, Royal North Shore Hospital, for her project entitled: ***Psoriatic arthritis in Australia***

Meanwhile, Florey Research Fellow at The University of Adelaide, Dr Elizabeth Hoon, continued to work closely with Arthritis SA's Health Services team to ensure all programs were effectively evaluated. Among them were the *Take Charge of Pain* course and Arthritis SA's Workplace Program, both of which drew praise for their excellence in feedback from participants.

In conjunction with the Australian Rheumatology Association SA, a \$20,000 scholarship was awarded to Dr Rachel Black, a young rheumatologist, to support her studies entitled: *The epidemiology of oral glucocorticoid use and its influence on the development of cataracts and glaucoma in patients with rheumatoid arthritis.*

\$93,000 in national funding

\$100,000 to the University of Adelaide

Total \$216,000



THE UNIVERSITY
of ADELAIDE

\$23,000 Paediatric Rheumatology Nurse (part year) plus other programs



Our Community Supporting Us

Extraordinary fundraising and promotional efforts led by individuals who have first-hand experience of the impact of arthritis on the young were highlights of 2015 -2016.

Simon Trott, the dad of Lekeisha who has Juvenile Idiopathic Arthritis (JIA), ran the equivalent of seven marathons in seven days, from Yorketown to Adelaide, in October 2015 to raise awareness and funds for JIA. Each marathon marked one of Lekeisha's birthdays and Simon's efforts raised more than \$15,000.

Teenagers Danni Lehmann-May and Libby Harding sought support from businesses throughout SA to provide prizes for a super quiz night they staged at the Gawler STARplex. Danni has arthritis and Libby's mum also has arthritis. The teenagers wanted to draw attention to the fact that teenagers get arthritis and they need activities to meet their needs.

Arthritis SA's well-established and regular fundraising activities, including the Pain, Christmas and Tax Appeals, plus the Telethon SA Home and Land Lottery, continued and we are grateful for the support they received.

The 2016 Walk for Arthritis at Glenelg Beach resulted in very positive feedback from JIA families while our Annual Trek saw an energetic group traverse Milford Sound in New Zealand after holding multiple fundraisers benefiting Arthritis SA. These trekking fundraisers drew lots of attention to arthritis and raised more than \$20,000.

A partnership between Arthritis SA and Australian Holiday Centre and Sealink created the Aussie Escape Lottery. The all-Australian prize package proved to be very popular. Arthritis SA invited The Mary Potter Foundation, Orana, Special Olympics and HeartKids to partner with it to sell tickets and benefit from the lottery.



Backing up all fundraising activities were communications activities, most notable of which was the transformation of Arthritis SA's website so it can be navigated successfully by those using mobile phones and tablets. Other digital strategies were also undertaken. These resulted in the number of people accessing Arthritis SA's e-news, website and Facebook page increasing every month.

It is however, the one-to-one communications that have been the most memorable for Arthritis SA. These included the welcome party at Arthritis SA for Simon Trott, a special morning and afternoon tea for Arthritis SA's Heritage Society members, the brunch and performance by The Amazing Drumming Monkeys after the Walk for Arthritis and many other gatherings.



Website

Page views up 16%

Sessions up 14.2%

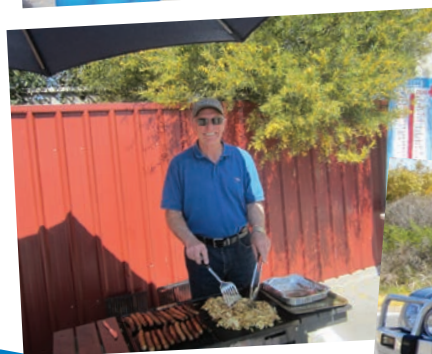
Facebook

Likes up by 79%

Organic total reach up by 38.9%

E-news

Subscribers up 10.2%



Contact Centre & Kidsflix

Kidsflix is a national project for Arthritis SA, with events now being held in all six states across Australia. Not only does Kidsflix serve as an important fundraiser for Arthritis SA, it provides an opportunity for children with arthritis, chronic illness, disabilities and those from disadvantaged families to enjoy a worry free experience as part of an understanding audience.

Kidsflix is underpinned by a successful Contact Centre whose staff members seek support from members of the community to donate to Kidsflix events.

New strategies were put in place to streamline Kidsflix. This included introducing digital invitations and ticketing, online registrations and increasing the profile of events through Facebook and the foundation's website. Meanwhile, contact Centre staff members had coaching and mentoring, with a focus on quality improvement, to achieve the best results.

In addition, this year, the Contact Centre dialled for Arthritis SA's lotteries, donations for the Paediatric Rheumatology Nurse position and the Rotary Club of West Adelaide's Youth Driver Awareness Programs. These projects have been important in raising funds and awareness.



30 events - total attendees 8,800



Total calls 1,490,384

New donors 4,667



Trust Monies and Benefactors

Arthritis SA acknowledges and thanks the following:

Albert Dennis Churcher Estate
 Australian Executor Trustees
 Australian Executor Trustees Discretionary Charitable Trusts
 Barbara Ellen Spaeth Estate
 Bert and Ella Miers Trust
 Brian Victor Link Estate
 Bruce William Neilson Estate
 David Mark Butterfield Estate
 E B Charitable Trust
 Edith Hazel Howard Estate
 Equity Trustees Limited
 Fay Fuller Foundation
 Gwendolyn Una Thomas Estate
 Leonora Lucy Martin Estate
 Mary Josephine Atkinson Estate
 Maureen Stewart Estate
 Mervyn Kingsley Porter Estate
 Oliver & Stella Raymond Trust
 Phyllis Edna Schubert Estate
 Public Trustee
 Ruth Alison Park Estate
 Tecla Mae Shaw Estate

In Memoriams

In memoriam gifts are a generous way of remembering loved ones and supporting the ongoing work of Arthritis SA. We very much appreciate the families who chose to support Arthritis SA this financial year.

Membership

Arthritis SA acknowledges the large number of individuals and companies who chose to be a member of Arthritis SA.

Membership advantages include:

- Arthritis SA magazine three times a year
- E-news 10 times a year
- Free entry into the monthly consumer session - 10 in total
- Free registration at the *Take Charge of Pain* course
- Special discounts for online purchases



Membership Advantages

- Arthritis SA magazine three times a year
- E-news 10 times a year
- Free entry into the monthly consumer session - 10 in total
- Free registration at the *Take Charge of Pain* course
- Special discounts for online purchases

Financial Report

Arthritis SA has had a challenging year financially and posted a net operating loss of \$183,938 for the year ended June 30, 2016 after the application of research and bequest monies.

We received a number of bequests totalling \$335,052 this financial year. We are very grateful to those people who have remembered us in their wills by making a bequest.

Despite the challenging economic conditions, the Board supported research spending of \$215,758 which was shared across national and state research programs.

Our management team controlled expenses strictly to ensure there was sufficient income to cover expenditure of \$546,988 in the area of education - a major purpose of the organisation - and we were pleased to deliver even more services to people with arthritis this financial year.

We are indebted to the many volunteers who provided a wide range of services, which otherwise would have been charged to the organisation.

Throughout the year, the Finance and Audit committee monitored our investments and with the assistance of our advisors we were able to achieve a positive 3.4% for the portfolio. At June 30, investments totalled \$3,462,882 and comprised a balanced portfolio of equities, fixed deposits and cash.

The balance sheet shows a strong financial position with net assets of \$6,867,499. With the positive performance of our investments, there is a \$96,442 investment fluctuation reserve in the balance sheet.

Having a strong economic position and a competent management team, the foundation is well placed to increase its services and research commitment in the year ahead.



Financial Report

ARTHRITIS FOUNDATION OF SOUTH AUSTRALIA INCORPORATED Statement of profit or loss and other comprehensive income for the year ended 30 June 2016

	2016 \$
REVENUE	
Revenue from ordinary activities	1,872,477
Less:	
COST OF SERVICES	
Employee expenses	1,910,250
Depreciation and amortisation expenses	63,459
Research	215,758
Other expenses from ordinary activities	555,873
TOTAL COST OF SERVICES	2,745,340
NET COST OF PROVISION OF SERVICES	(872,863)
Funded by	
Government grant	26,754
Other grants	13,150
Donations	198,781
Investing activities	115,188
Bequests	335,052
PROFIT/(LOSS) FOR THE YEAR	(183,938)
Other comprehensive income	
Item that may be reclassified subsequently to profit or loss:	
Net fair value gain/(loss) on available-for-sale financial assets during the year	(14,195)
Other comprehensive income for the year	(14,195)
TOTAL COMPREHENSIVE INCOME FOR THE YEAR	(198,133)

ARTHRITIS FOUNDATION OF SOUTH AUSTRALIA INCORPORATED
Statement of financial position
for the year ended 30 June 2016

	2016 \$
CURRENT ASSETS	
Cash and cash equivalents	227,261
Trade and other receivables	152,001
Inventories	1,641
Other assets	42,803
TOTAL CURRENT ASSETS	423,706
NON CURRENT ASSETS	
Trade and other receivables	7,863
Other financial assets	3,462,882
Plant and equipment	114,397
Investment property	3,240,000
Intangible assets	835
TOTAL NON CURRENT ASSETS	6,825,977
TOTAL ASSETS	7,249,683
CURRENT LIABILITIES	
Trade and other payables	158,057
Provisions	174,506
TOTAL CURRENT LIABILITIES	332,563
NON CURRENT LIABILITIES	
Provisions	49,621
TOTAL NON CURRENT LIABILITIES	49,621
TOTAL LIABILITIES	382,184
NET ASSETS	6,867,499
EQUITY	
Retained earnings	6,679,794
Reserves	187,705
TOTAL EQUITY	6,867,499

Financial Report

ARTHRITIS FOUNDATION OF SOUTH AUSTRALIA INCORPORATED Statement of cash flows for the year ended 30 June 2016

	2016 \$
CASH FROM OPERATING ACTIVITIES	
Cash receipts from operating activities	2,612,245
Interest and dividends received	182,101
Payments to suppliers and employees	(2,699,179)
CASH FLOWS FROM OPERATING ACTIVITIES	95,167
CASH FLOW FROM INVESTING ACTIVITIES	
Purchase of property, plant and equipment	(4,714)
(Payments) to/proceeds from investments	30,112
NET CASH USED BY INVESTING ACTIVITIES	25,398
NET INCREASE IN CASH HELD	120,565
CASH AT THE BEGINNING OF THE FINANCIAL YEAR	106,696
CASH AT THE END OF THE FINANCIAL YEAR	227,261

Acknowledgement, Thanks & Sponsors

AbbVie
Abbott Australasia
Adelaide's Coast FM
Amgen Australia
ANZ
Arthritis Australia
Arthritis NSW
Arthritis Queensland
Arthritis Tasmania
Arthritis WA
Australia-wide Rebel Legion and 501st Legion
Australian Holiday Centre
Australian Rheumatology Association
Bob Hinkley - Squeeze on Australia
Bumbles the Clown
Telethon SA
Cinema Augusta
Chaffey Theatre
City of Marion Council
City of Onkaparinga
City of Playford Council
Continence Foundation of Australia
Distinctive Homes
Entertainment Publications of Australia
Federal Government of Australia
Fisiocrem Australia
Gambier City Lions Club
Glossop High School
Healthfirst Network
Holden
Katron Creative
Kidsafe Queensland
GP partners Australia
Metropolitan Fire Service
Mount Gambier Bunnings Community
Activity Group
National Pharmacies

Nippy's
Northern Adelaide Medicare Local
Oatmill Cinema
People's Choice Credit Union
Pfizer Australia
Port Augusta Apex Club
Port Augusta Country Fire Service
PROBIZ
Reading Cinemas
Renmark High School
Roche Australia
Rotary Club of Adelaide West Inc
Royal Adelaide Show
SA Government
SciGen Australia Pty Ltd
SeaLink
Subnet
Supreme Kitchens
Tenison Woods College
Toymendous
Westpac
Wallis Cinemas

Many of Arthritis SA's activities rely very heavily on volunteers, to whom we are most grateful.

The Foundation especially acknowledges and thanks the following support group members

Copper Triangle
Fibromyalgia SA
JIA Families
Lupus/Scleroderma/Sjogren's support Group
Marion Branch
Scleroderma Australia
Southern Arthritis Friendship Group

Arthritis Foundation of South Australia incorporating
Osteoporosis SA

118 Richmond Road, Marleston SA 5033

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