



Ankylosing Spondylitis Victoria Inc Annual Report 2020

Our Purpose

Ankylosing Spondylitis Victoria Inc peer support group is an organisation of people who wish to improve knowledge of AS and the ability to manage the condition. Our group embraces the goals and objectives of people and families living with Ankylosing Spondylitis.

Our Mission

1. Provide a forum for the exchange of information ,ideas and experiences .
2. Distribute information to patients and healthcare professionals on Ankylosing Spondylitis.
3. Provide information to the public about the condition, it's symptoms and management options through our website
4. Provide and co-ordinate educational information , events, seminars/webinars on Ankylosing Spondylitis .
5. Co-ordinate and interact with local, interstate and international Arthritis and peer support groups including participation in their events and activities .
6. Arrange social events and activities, for our group members family and friends.

Webinars



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Presidents' Report for 2020

We are pleased to present to you Ankylosing Spondylitis Victoria Inc.'s annual report and financial details for 2019/2020.

Who would have thought we would be locked in, locked out, have restricted access and confined all at once! The Coronavirus pandemic (COVID-19) has certainly turned our world inside-out. We hope all our members, family and friends are safe and well. Our committee and volunteers have been keeping in touch, continuing with online meetings all whilst working from home.

A warm welcome to our new members and those who have re-joined over the year. Fortunately, we have an increased number of new people who live with Ankylosing Spondylitis (AS), liking our Facebook site. We now can reach over 670 people with each post. Thanks are due to our Facebook team in this time of constant change, for the regular and informative posts. Considering we have been restricted with our social activities this has been an excellent outcome over the year.

Since our inauguration over 15 years ago, the internet has become a powerful support and information tool for people with chronic musculoskeletal conditions and their support networks.

We are grateful to our Musculoskeletal (MSK) colleagues and Healthcare networks in Victoria and around Australia for keeping us up-to-date with most recent developments. As well as exercise we have been able to share online articles, videos and webinars.

From June 2019 through to January/February our regular activities were going well. However, during the second half of the year we have experienced major disruptions due to the COVID-19 restrictions. Our social events, educational/information stands and coffee and chat catch-ups have all been adjourned till further notice. We are looking at online social catchups, events and an e-news bulletin to send to members in between the AStretch newsletter editions.

We would like to thank Maeve McGoohan who has retired from our AS Victoria Inc. committee. Maeves' valuable contribution is much appreciated. We wish her and the family well in her future endeavors.

We anticipate the Caulfield Community Health Service will be continuing with the AS Exercise Physiotherapy education program in 2021.

The Musculoskeletal Aust. (MSK Au) patient Consumer Advisory Council (ConsAC) meetings have continued as online sessions. All the staff of MSK Au are working from home during the COVID-19 lockdown. Of note is their MSK Helpline, which has been inundated with calls and enquiries from across the MSK community. In addition they have continued to run their valuable MSK consumer webinar program.

The Young Women's Arthritis Support Group, Arthritis Australia and Creaky Joints Australia have continued to provide quality educational and informative articles on managing our health and chronic conditions.

In the wider health community, The Consumer Health Forum, Health Issues Centre and Patient Voice Initiative groups have provided forums, webinars and e-newsletters on many topics like Telehealth and changing Healthcare services in Australia. We have been kept busy participating in these organisation's activities and reporting to our AS community through newsletters, Facebook posts and email updates.

I extend thanks to our committee and volunteers, who give up their time to help with our activities, events, projects and administration of your peer support group throughout the year.



Annie McPherson . President
31/08/2020

Treasurers Report 2020

I am pleased to present this report as Treasurer and wish to thank our previous Treasurer and now Secretary, Vicky Genius, for her valuable assistance during the year when she deputised for me on many occasions.

AS Victoria holds \$ 13,660 of total assets at 30 June 2020, comprising \$ 6,119 cash at bank , \$ 7,521 in term deposits and \$20 at PayPal. Our assets rose by \$ 305 over the year due to income slightly exceeding revenues, largely as a result of sponsorships, PayPal Giving Fund and member donations. No doubt income would have been higher but for COVID-19 which forced a cancellation of several events during the final quarter of the year.

We have 27 registered members at the end of the year, including 19 complimentary members. Member numbers have fallen over the past year and one of priorities over the next year will be to increase membership and income. A specially reduced rate of \$ 2 for COVID-19 disruption now applies for new members so there is no excuse for not joining.

Our major items of expenditure during the year related to meeting costs, printing, subscriptions, postage , website and PO Box costs.

No Government grant income was received during the 2019-20 year although I am hopeful that this source of funding will become available in future years. Our sources of income included which have historically been largely confined to membership fees, donations and term deposit interest have now widened to include sponsorship and the Paypal Giving Fund, which is an increasingly important new source of funds (\$ 683 received last financial year)

I look forward to another successful year in 2020-21 and hopefully an early end to COVID-19 disruption. Keep safe and healthy.

Paul Fallon CPA Treasurer
28/07/2020

*Research:
Patient advocacy*



AGM 20 September 2019
Adam Collard - Vice President and Paul Fallon -Treasurer

AS Victoria Inc Financial State-ments	2020 Year	2019 Year
ACCOUNT Balance (previous year)	\$13,335	\$15,529
<u>Add Income</u>		
Membership fees	\$304	\$705
Donations From Membership	\$85	\$135
Donations from Events	\$813	\$430
Grants & Other DHHS	\$1,225	\$0
Seminar Income	\$0	\$0
Interest	\$159	\$252
DVD Sales	\$0	\$0
Total	\$2,587	\$1,522
<u>Less Expenditure</u>		
Postage	\$16	\$35
Printing	\$318	\$647
Ink Cartridges	\$185	\$89
Stationery	\$6	\$303
PO Box / Web Site	\$396	\$372
Meeting Costs	\$1,232	\$2,038
Meeting Costs/Catering	\$110	\$0
Subscriptions	\$0	\$47
Gifts	\$0	\$58
DVD/Booklet Purchases	\$0	\$0
Miscellaneous	\$0	\$127
Total	\$2,262	\$3,716
<u>BALANCE AT BANK</u>	\$13,660	\$13,335
<u>Bank Reconciliation</u>		
Cash at bank	\$6,120	\$5,874
Term Deposits	\$7,521	\$7,362
PayPal	\$19	\$0
Unprocessed payments	\$0	\$100
<u>BALANCE AS ABOVE</u>	\$13,660	\$13,335

Coffee and Chat meetings



Promotion of Warm Water Exercise



SCHEDULE 1

(Regulation 15)

FORM 1

Associations Incorporation Act 1981
Sections 94(2)(b), 97(2)(b) and 100(2)(b)

ANNUAL STATEMENTS GIVE TRUE AND FAIR VIEW OF FINANCIAL POSITION OF INCORPORATED ASSOCIATION

We, Adam Collard and Vicky Genius, being members of the Committee of the Ankylosing Spondylitis Victoria Inc, certify that—

The statements attached to this certificate, give a true and fair view of the financial position of the Ankylosing Spondylitis Victoria Inc during and at the end of the financial year of the association ending on 30th June 2020

Signed: ...

Vicky Genius

Dated: 25/07/2020

Signed:

Adam Collard

Dated: 25/07/2020



Social Dinners



Astretch Newsletter



**MOSG Lunch 3 September 2019 William Angliss Training Resturant
Left to Right Judith, Annie—AS Vic President , Charlotte ,
Paul—AS Vic Treasurer and Carol**



**AS Vic Committee Meeting 27 October 2019 Ringwood Training where
Shayne is the Centre Manager Left to right Maria , Shayne , Annie and Dee**



*Practical training for
medical students*



**Xmas in July Rosstown Hotel 28th July 2019
Left to Right Deidre ,Aaliyah ,Craig,Parvaneh ,
Rasul and Vicky -Committee member.**



I'm walking on sunshine

July 16, 2020 / by Lisa Bywaters / 0



Musculoskeletal Australia 22 July 2020

Committee Members of AS Victoria Inc 30 June 2020 -

Adam Collard (Vice President & Gippsland Region Representative)

- Member from 2006 , lives in Korumburra
- Facility Superintendent
- SGASG convener and Community representative

Annie McPherson (President)

- AS Victoria Inc Co-Founder and member from 2005, lives in Kew
- Retired IT- Business Analyst
- Patient advocate and representative

Dionne Lynch (North Central Region Representative)

- Member from 2014, lives in Bendigo
- Local Government employee
- Community volunteer

Maria Makris

- Founding member from 2005, lives in Doncaster East
- Secondary Teacher –retired

Paul Fallon (Treasurer)

- Member from 2013, lives in Wheelers Hill
- Part-time financial and due diligence consultant to Government

Shayne van der Heide

- Member from 2015, lives in Boronia
- Tertiary Educator/ Manager
- SES & St John Ambulance Volunteer

Vicky Genius (Secretary)

- Member from 2011, lives in Northcote
- Retired Finance employee
- Community Volunteer



Peer Support Meetings

AS Victoria Inc has support from and interaction with many organisations and individuals these are our main connections.

- ARA – Rheumatology Health Professional Special Interest Group
- Ankylosing Spondylitis Group of Queensland
- Arthritis Australia
- Austin Health Spondylitis Clinic - Dr Lionel Schachna (Rheumatologist)
- Australia New & Zealand Musculoskeletal Clinical Trials Network (ANZMUSC)
- Caulfield Community Health Services (CCHS) - Belinda Coulter (Physiotherapist)
- Creaky Joints Australia (CJA)
- Chronic Illness Alliance (CIA)
- Collective of Self Help Groups
- Donegan's Accountants
- Health Issues Centre
- Hydrohealth - Margaret Lewington (Physiotherapist)
- Janssen-Cilag Pty Ltd.
- MBE Printing Services Kew
- Melbourne Osteoporosis Support Group (MOSG)
- Musculoskeletal Australia
- Young Womens Arthritis Support Group (YWASG)



Promotion of exercise such as Nordic Walking

International Bodies

- Axial Spondyloarthritis International Federation (ASIF)
- National Ankylosing Spondylitis Society (NASS) UK
- Spondylitis Association of America (SAA) USA

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