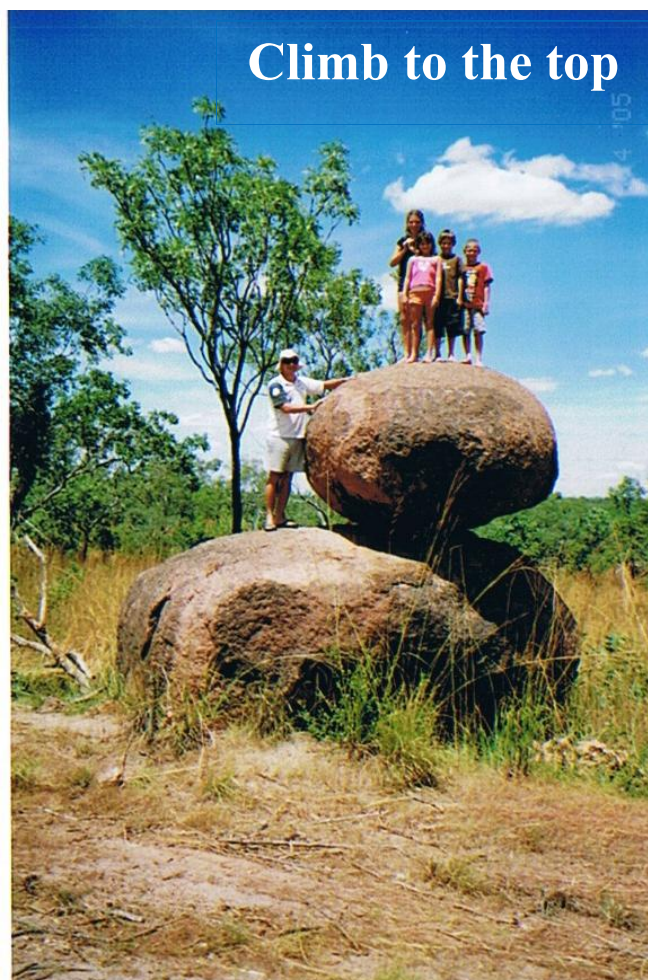


The Arthritis Foundation of the Northern Territory Incorporated

Trading as Arthritis & Osteoporosis NT

Annual Report June 2025



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Website: www.aont.org.au

Facebook: facebook.com/arthritis.osteoporosis.nt



The Arthritis Foundation of the Northern Territory Incorporated

Trading as Arthritis & Osteoporosis NT

Annual Report July 2024 – June 2025

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Introduction

Welcome to the Annual Report of The Arthritis Foundation of the Northern Territory Incorporated for the year ending 30th June 2025. The Foundation has a number of business names, the most often used being Arthritis & Osteoporosis NT (AONT). In keeping with this practice “AONT” will be used throughout this document. AONT is primarily an organisation that provides services for the benefit of people with arthritis and osteoporosis. These services may also have relevance to people affected by some other musculoskeletal conditions.

This report meets the requirements of our Constitution and the Associations Act NT, containing all information required for the Annual Report to the Australian Charities and Not-for-profit Commission.

President's Report

As I complete my third year as President I would like to thank all the Board Members and other volunteers for their support for myself and for the organization.

It would be impossible to run our organization without the committed and very willing volunteers who go out of their way to assist us in all our activities. We also could not manage once again without our two part-time staff members, Deirdre Moldenhauer, our administrative assistant, and Natalie Valastro, our bookkeeper, who together keep the organisation ticking over on a daily basis. I would also like to specifically thank our Secretary, Hilary Fowler and our Treasurer/Public Officer, Ruth Garden for their tireless efforts keeping the organisation viable, and to Vice President Amin Islam for chairing meetings in my absence due to recent health issues.

Other very strong supporters of AONT are our Patrons: His Honour Professor the Honourable Hugh Heggie AO PSM and Ms Ruth Jones. In August last year, at the invitation of our patrons, we had an information stand at their two consecutive Open Days along with other organisations for whom they are Patrons – an opportunity to showcase our materials and reach out to the public. In August of this year we participated in an evening reception at Government House, “Healthy Bones”, where among other speakers, Ms Jones spoke of her life-long passion for bone health.

Our usual activities have continued this year including being open to anyone who wants to drop in and get information about arthritis and osteoporosis; providing presentations to community groups; running stalls at various community events; publishing our newsletter every two months; and running self-management information sessions. A decision was made last year to offer these information sessions on a monthly basis, rotating through three different options. As well as the long-standing pain management session “What a Pain!” and “Taking the First step” a new module has been developed “Understanding and Managing Arthritis and Osteoporosis”. We have run a total of 10 Sessions in the 2024-2025 year. See pages 8 to 18 for more detail on our activities.

Early this year we were successful in applying for a Minor Community Benefit Fund grant to fund a “Community outreach; information and support” project. It was a two part project: purchase of a new laptop and data projector, and a brief trip to Alice Springs to deliver the three information sessions mentioned above. The Alice Springs trip was a collaboration with Healthy Living NT, who at the time were running a program called Strong.AS, and had invited us to contribute to the program as guest speakers. The Alice Springs participants were very appreciative of our presentations.

I look forward to another productive year of hard work, including the major exercise of having a new website constructed – another grant funded project. Continuing collaboration with Arthritis Australia and participating in national projects is also an important part of our work.

New Board Members are always welcome and strongly encouraged. We meet for about an hour on the afternoon of the third Wednesday of every month. A strong, proactive Board is essential to the health of any organization. In May this year we welcomed new board members Helgi Stone and Frieda Evans, who have brought fresh insight and energy to the organization. At the time of writing this report we have three ordinary (non-executive) board members and there are still unfilled vacancies. Please contact the office if you are interested to find out more, to meet board members, or to attend a board meeting.

Ruth Quinn
President AONT

Governance

As an organisation incorporated under the Associations Act (NT) since July 1983, and as a registered Not-for-Profit, AONT has a legislative responsibility to report annually to the Australian Charities and Not-for-profit Commission (ACNC).

The Board has the responsibility of running the organisation, with authority to employ persons as necessary and viable, and continues to perform all Management Committee functions.

Thanks to recurrent NT Government funding, we are able to maintain our office in the Rapid Creek Business Village, with modest staffing levels. However, volunteer involvement is crucial to the viability of the organisation, with weekly volunteer hours frequently exceeding that of employee hours. Note that all Board positions are also voluntary.

The Board

As at 30th June 2025 the AONT Board comprised:

President	Ruth Quinn
Vice President	Amin Islam
Secretary	Hilary Fowler
Treasurer & Public Officer	Ruth Garden
Ordinary Members	Lyn Skipper, Frieda Evans, Helgi Stone

They first joined the Board:

Ruth Quinn	September 2021
Amin Islam	November 2020
Hilary Fowler	March 2010
Ruth Garden	February 2006
Lyn Skipper	November 2021
Helgi Stone	May 2025
Frieda Evans	May 2025

From July 2024 to the 2024 AGM the Board also included Sami Azam who resigned in March 2025

The Board meets monthly, and its members maintain regular contact with each other and with staff. Other Board meetings are called as needed to deal with specific matters. Some of our Board members are also regular office volunteers heavily involved in service delivery.

Board members are involved in regular teleconferences with both the Council of Advice to Arthritis Australia and Arthritis affiliate CEOs.

Our Constitution requires election at the AGM of office bearers: President, Vice-President, Treasurer, Secretary, and a minimum of two and no more than ten ordinary members. The Public Officer is appointed by the Board from its members. Throughout the year, the Board has authority to appoint a member at any time to fill a vacancy arising, whether office bearer or ordinary member, and any person so appointed shall hold office until the following AGM.

Service Agreement

For many years AONT has relied on core funding from the Northern Territory Department of Health through a Service Agreement to serve the Darwin and Palmerston regions. In early 2022, a new Agreement was entered into for the period July 2022 to June 2027 with base funding of \$91,652.00 per annum. Since then we have occasionally benefitted from some modest indexation payments, but this is not a foregone conclusion for ensuing years.

This Agreement contemplates extended service delivery throughout the NT, as capacity allows, while the main focus is on activities in the Darwin and Palmerston regions. A new requirement of our Agreement is to conduct annual surveys of members and clients, which is not a simple exercise.

The terms of the Agreement require AONT to:

1. Advance and disseminate knowledge and understanding of arthritis and osteoporosis,
2. Promote healthy lifestyles and self-management to optimise health outcomes and reduce the burden of ill health on individuals, their families and carers.

Under this agreement AONT receives quarterly payments in advance and has six-monthly reporting obligations, both written (The Performance Report) and financial, from January to June and July to December each year. Details of the information and support services, education and training programs (both volunteers and employees) and evidence of networks and partnerships are provided. Service delivery activities (commencing on page 8) is a summary drawn from these reports.



Financial statements document how funding from the Northern Territory Department of Health (NT Health) was spent. These reports are prepared in-house in the Standard Chart of Accounts format required by the Department. A condition of the Service Agreement is that all Government funds be fully expended at the end of the Agreement term. For many years, AONT has maintained the practice of ensuring that all such funds are spent and acquitted at the end of each financial year. We are also required to provide the Department with a copy of the Annual Special Purpose Financial Report prepared by our auditor, reproduced on pages 19 - 31 of this report.

Structure and Running of the Organisation

The office continues to be open from 9:30am to 2:00 pm Monday to Thursday. Between the volunteers and paid staff there are usually two to three people working in the office on most days. Occasionally the office is late in opening, early in closing or not open at all on particular days due to unavailability of personnel.

The monthly info sessions are usually run on a Friday morning, by volunteers, when the office is otherwise closed to the public. Volunteer efforts are integral to the long term functioning of AONT, while employees provide core support in their given areas of expertise.

Staff to June 2025

Administrative Assistant	Deirdre Moldenhauer	15 hrs per week
Accounts and administration	Natalie Valastro	12.5 hrs per week

Natalie has been with us since early 2006, and Deirdre joined us in April 2014. Natalie and Deirdre are core personnel within our organisation and highly valued for their reliable support and willingness to go outside normal work parameters to assist our volunteers.

Volunteers

Volunteer time recorded for the financial year was **1476** hours. Overall, the average number of weekly volunteer hours for the year excluding the Christmas New Year closure was **31**. This includes many hours outside normal office hours.

Typical Responsibilities assumed by volunteers (including Board members) and assisted by employees:

- general administration duties, including reception, production of leaflets, printing of materials
- mandatory reporting
- membership database maintenance
- maintenance of distribution lists
- assessment of grant opportunities, writing grant applications, management of grant funded projects
- newsletter production and distribution, six per year to all members, plus complimentary mailings
- records management and resource management
- volunteer recruitment and support.
- Community outreach, including:
 - self-management info sessions: facilitating, delivering & following up
 - information stands: facilitation, provision of materials and staffing
 - support groups: convening, arranging special events and guest speakers
 - website and facebook page maintenance
 - facilitation of community speaking engagements
 - networking with different people and organisations
 - participation in network meetings, subject to availability

Volunteer activities outside the office include:

- facilitating support groups.
- networking with other community and government organisations
- presentations to various forums
- staffing information stands
- facilitating self-management info sessions and education sessions

Membership

At 30th June 2025 the number of memberships was 56, including 3 family memberships, comprising 55 females and 4 males. There were nine new memberships during the financial year.

Membership income makes a difference to AONT's ability to provide basic services, including printing, postage etc.

Membership benefits include:

- newsletter mail-outs, six times per year
- free or subsidised entry to self-management courses
- access to support group
- health information service
- borrowing library
- having the satisfaction of knowing that their organisation helps many people. Members should be proud of their contribution to this purpose.



Membership falls due on 1st July each year and individual renewal notices are usually sent out with the newsletters soon after that.

Annual fees are \$45 single (\$25 concession) and \$70 family (\$40 concession). Pro rata fees apply for new members joining throughout the year.

Support Groups

The aim of a support group is for participants to leave such meetings feeling better than when they arrived. New faces are very welcome.

Palmerston Arthritis Support Group: This long-established group now meets on the fourth Monday of each month at 10:00am at the Brennan Electorate Office opposite the Target store. This group is a wonderful example of enduring friendships and thanks go to convenor Lyn Skipper who arranges guest speakers for most meetings, as well as special events and activities throughout the year.

Donations and Sponsorship

Donations and sponsorship over 2024-2025 amounted to \$3,176. Along with membership income these funds are essential to our capacity to deliver much needed services as the Service Agreement income is insufficient to completely cover operating costs. No fundraising events were held during the year.

Particular thanks go to:

1. PFK Merit Partners for their in-kind donation towards our audit expense
2. AONT members who made donations; non-members who made donations.
3. Arthritis Australia for their ongoing support in providing resources and funding towards participation in national promotional campaigns.

Small grant projects

Arthritis Australia

For many years AONT has collaborated with Arthritis Australia, participating in various national projects. The most recent project has been the enhancement of the national infoline service. Dialling this 1800 number anywhere in Australia ensures callers are then redirected to their local state or territory office for information and support. As part of this service improvement, AONT focussed on promotion of self-management programs.

NT Government Community Benefit Fund (CBF)

1. Late last year AONT was invited by Healthy Living NT Alice Springs to participate in their Strong.AS program. The visit was made possible with a small grant from the CBF to cover travel and accommodation expenses. The grant also covered the expense of a new laptop computer and projector which are used for some of our info sessions.
2. At the time of writing this report, we have successfully applied for another Community Benefit Fund grant specifically to upgrade our website.

These particular grants entail a formal application process, including a comprehensive outline of the proposed project, a detailed budget, and anticipated benefits to the community.

Service delivery activities

Living with arthritis or osteoporosis, like any chronic condition, is not easy. Finding the right balance takes knowledge, commitment and often the help of others.

Much of AONT's work is disseminating information in response to requests through telephone calls, emails, visits to the office, presentations to various audiences, and information stands at community events. Our shop front windows provide opportunities for educational displays and notice of relevant community events. Resources available at our office include:

Arthritis information - developed by Arthritis Australia.

Booklets

10 Steps for Living Well with Arthritis		At Home with Arthritis
Pain in Arthritis	Back Pain	Joint Replacement
Ankylosing Spondylitis	Fibromyalgia	Gout
Juvenile Idiopathic Arthritis	Osteoarthritis	Osteoarthritis of the Knee
Psoriatic Arthritis	Rheumatoid arthritis	
A Guide for Young Adults	Arthritis and pregnancy	

Information sheets include: types of arthritis, general information, medical management, nutrition and complimentary therapies, and physical activity.

A number of interactive websites are also available through the Arthritis Australia website - <https://arthritisaustralia.com.au>



Osteoporosis information - developed by Healthy Bones Australia. Categories of information sheets are: bone health, supplements and lifestyle, medications, and other conditions and bone health (11 different conditions which can impact bone health directly or due to a side effect of medication). Booklets include: Bone Health Explained, Men's Bone Health Explained and Exercise and Bone Density.

Broken bones – sadly, not an uncommon way for a person to discover they have osteoporosis.



As well as resources developed by Arthritis Australia and Healthy Bones Australia, materials include our own publications.

Health related brochures

Warm Water Exercise – local providers
Stretch Break, chair based exercise
Improve your balance
Hand exercises Healthy Gardening Tips

General information flyers

Palmerston Support Group
Volunteering opportunities with AONT
Arthritis Australia websites

Participant packages are available for those attending self-management information session, “Understanding and managing arthritis and osteoporosis”, “What a Pain!” and “Taking the first step, how to get yourself moving”.

The newsletter “**joINTed**”, six editions per year, sent to all members and ultimately posted on our website.

Consumer information, education and support

The following pages provide an overview of our activities from 1st July 2024 to 30th June 2025, as reported to the NT Department of Health. All activities rely on our committed and hardworking volunteers and in part on AONT generated income which includes donations and membership income.

Enquiries and Information Packages Distributed

No. of enquiries	116
No. of packages distributed	114

Location of client and number of assistance packages

Darwin/Palmerston/rural area	97
Other NT	10
Interstate	7 (visitors to info stands)
Total number of info packs distributed	114

NOTE: This does not include all materials taken at presentations or information stands or verbal recommendations made where no materials were taken.

Client reporting is important to ensure the best possible service delivery, and where provided is collected from all enquiries - walk in, phone and email/website enquiries:

Feedback at time of enquiry: Specific feedback noted, “The materials are very informative” JK, client

Typical remarks include:

- Thank you very much for the materials.
- Thank you for being prepared to talk to me
- Happy with the info pack
- Happy with the service
- Following the info I'm now seeing a physio for exercise guidance
- Good information
- Information provided is very useful / very helpful

Follow-up about 4 weeks later:

Specific feedback noted:

- "Thank you so much for thinking of me" referring to follow up phone call. BS, "What a Pain" participant.
- "Thank you for contacting me, reminding me of upcoming pain management session. Thanks to you I'm now seeing a physio for guided exercise and am managing my pain well", BR, client
- "Thank you for the info, it has helped my Mum", JC, client
- "Remember that info you gave me? It's been really helpful for my friend" JQ
- "Thank you very much for all your help" JG
- "Thank you so much for your time. I feel much better than when I came in" C Mc
- In a follow up call, referring to the volunteer who provided initial assistance, "she was lovely, thank you"

Info session participant feedback

At the conclusion of each of our info sessions, participants are asked to complete a short feedback survey. They are asked to rate three key areas:

- the content of the session,
- the usefulness and relevance of the session, as well as
- the actual presentation.

The ratings are from 1 to 5, with 5 being the most favourable rating. These figures are then collated to provide satisfaction ratings.

We are proud to report that satisfaction ratings are always high, generally 90 to 95%

Additional comments from information sessions noted:

- "Excellent morning. Thank you."
- "This is wonderful. I am learning so much from you (participants & presenter)"
- "Enjoyed relaxed atmosphere, an update of new thinking"
- "Great workshop, valuable information and engaging presenter"



Education and training

AONT conducted 13 separate education forums throughout the year, all well received.

Total number of participants at workshops/seminars, by client group [e.g. clients, carers, family members, health professionals, other]; by type [e.g. client-based courses, educational presentations, displays, demonstrations; delivery by staff or volunteers], by location and Aboriginal & Torres Strait Islander status.

Client group	Type	Location	Date	ATSI or CALD status	Number of participants
Consumers; general public	Client based: "What a Pain!" self-management info session for chronic pain	Delivered by AONT volunteers	Darwin	0	6
Consumers; general public	Client based info session: "Osteoarthritis of the knee: introduction to self-management"	Delivered by a practising Physiotherapist, pro bono	Darwin	0	6
Consumers; general public	Client based info session: "Balance, falls prevention and functional strength"	Delivered by practising Exercise Physiologist, pro bono	Darwin	0	5
Consumers; general public	Client based: "What a Pain!" self-management info session for chronic pain	Delivered by AONT volunteers	Darwin	0	4
Consumers; general public	Client based: "What a Pain!" self-management info session for chronic pain	Prepared & delivered by AONT volunteers	Palmerston	0	3
Consumers; general public	Client based: "What a Pain!" self-management info session for chronic pain	Prepared & delivered by AONT volunteers	Darwin	0	7
Consumers; general public	Client based: "What a Pain!" self-management info session for chronic pain	Prepared & delivered by AONT volunteers	Darwin	0	2

Client group	Type	Location Date	ATSI or CALD status	Number of participants
Consumers; general public	Client based: <i>“Taking the first step to becoming more active”</i>	Prepared & delivered by AONT volunteer	Darwin 11 th April	0 2
Consumers; general public	Client based: <i>“What a Pain!”</i> self-management info session for chronic pain	Prepared & delivered by AONT volunteers	Darwin 16 th May	6 CALD clients 6, supported by 3 interpreters (1 Ukraine & 2 Swahili)
High school students and staff	Interactive information stand at Darwin High School Health Expo – <i>“The Skeletal system”</i>	Prepared & delivered by AONT volunteer	Darwin 30 May	ATSI status unknown. Visitors to stand: 70 students, 3 staff & 5 stall holders Quiz: 23 students participated
Consumers; general public	* Client based: <i>“Understanding & managing arthritis & Osteoporosis”</i>	Prepared & delivered by AONT volunteer	Alice Springs 18 th June *	0 8
Consumers; general public	* Client based: <i>“What a Pain!”</i> self-management info session for chronic pain	Prepared & delivered by AONT volunteers	Alice Springs 18 th June *	0 7
Consumers; general public	* Client based: <i>“Taking the first step to becoming more active”</i>	Prepared & delivered by AONT volunteer	Alice Springs 19 th June *	0 7

* Travel and accommodation for Alice Springs sessions were funded primarily by a NTG CBF grant and supported by Arthritis Australia.

Community and public awareness activities by topic and number of participants

Date	Type	Topic	Number of participants
Year round AONT office, Rapid Creek	Shop front window:	<ol style="list-style-type: none"> 1. Arthritis & osteoporosis related info, healthy lifestyle choices 2. Community noticeboard: activities and healthy lifestyle options 	Unknown
Palmerston Monthly	Palmerston Support Group for members	<ol style="list-style-type: none"> 1. Volunteer member convenor 2. Admin support from AONT office in procuring relevant guest speakers 3. Updates of AONT activities and materials available 	6 – 10 per monthly meeting
Year round	Website www.aont.org.au	Arthritis & osteoporosis related info, promotion of relevant events, both AONT's and other provider's; role of AONT	Sessions 1230 Page Views 1770 New Users 1087
Year round	Facebook www.facebook.com/arthritis.osteoporosis.nt	Courses and events	Likes: 3046 Follow: 5382
Monthly meetings:	Palmerston Arthritis Support Group	Social support & guest speakers. Arthritis & osteoporosis updates	6 – 9 at each meeting Guest speakers include: Seniors Advocate from Darwin Community Legal Service, AONT representative re our resources
14 th August	Information stand at Palmerston Seniors Day	Arthritis & osteoporosis information & resources	46 visitors counted Networking opportunity with other stall holder

Date	Type	Topic	Number of participants
30 th August	AONT Open day	Presentations: 1. Management of osteoarthritis of the knee 2. Functional strength & falls prevention Both sessions delivered by Allied Health practitioners, pro bono	1. Session 1, 6 2. Session 2, 5
30 th & 31 st August	Open Days at Government House	Information stand	11 & 16 visitors to the stand Including 4 significant one-on-one engagements. Other materials mailed to 2 interstate visitors.
8 th Feb	Information stand at “Defence Member & Family Support” Expo	Healthy Bones Simple “board game” for young children	46 visitors to stand 13 children participated in games
30 th May	Interactive information stand at Darwin High School Health Expo	The Skeletal System and Healthy Bones & Joints	Visitors to stand: 70 students, 3 staff, 5 stall holders 23 students participated in a quiz

Feedback from information stands

Typically visitors to stands are appreciative of AONT’s participation in forums, to learn about the organisation, including arranging further contact, taking the opportunity to chat and to take sample materials.



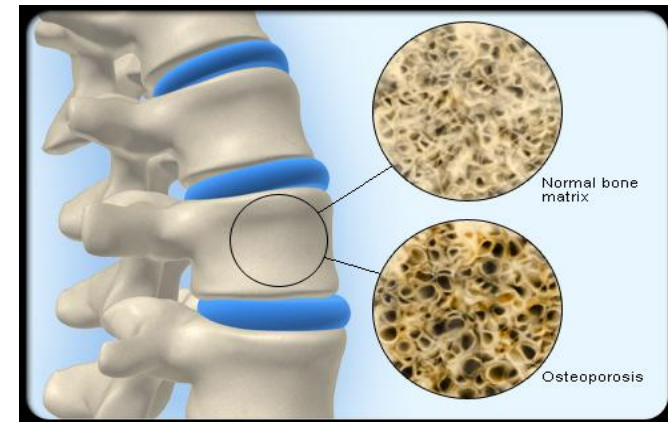
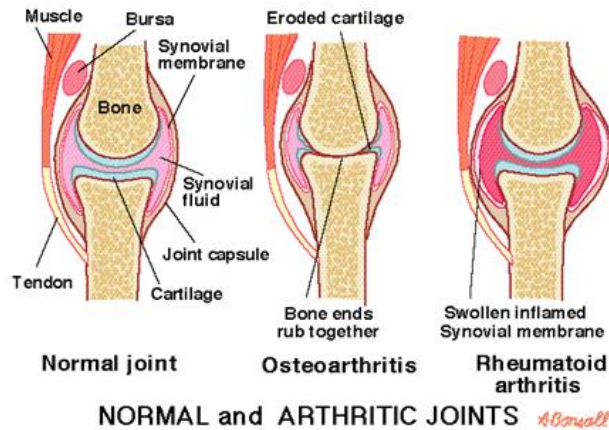
Networks/partnerships activities

Maintaining relationships with other organisations has many benefits to AONT and is a two way interaction, ensuring:

- Provision of suitable materials for AONT to share
- Awareness by AONT of other support available to clients
- Newsletter article contributions from other community groups and health providers
- Increased public awareness of AONT's role in health care
- Potential for joint projects

Group	Description
Arthritis Australia and state Affiliates	<ol style="list-style-type: none"> 1. Collaboration in National Arthritis projects e.g. infoline service, funded by Arthritis Australia 2. Regular zoom meetings with Council of Advice of Affiliates of Arthritis Australia 3. Regular zoom meetings with CEOs of Arthritis Australia and other affiliated organisations 4. Distribute materials produced by Arthritis Australia, promoting new materials/resources 5. Promoting Arthritis Australia websites 6. (a) Parliamentary Summit in Canberra, "Arthritis Australia's first interactive Parliamentary Summit on Better Care for Arthritis and Musculoskeletal Conditions", attended by AONT rep and meeting with NT Member of Parliament. (b) Visit to office of Arthritis ACT
Healthy Bones Australia	Distribute materials produced by Healthy Bones Australia
Healthy Living NT	Collaboration with AONT participation in Alice Springs healthy living program
COTA NT	<ol style="list-style-type: none"> 1. AONT is a member of COTA 2. Address by COTA Aged Care Navigator to Palmerston Support Group meeting 3. Collaboration with Aged Care Navigator for AONT member newsletter article
Vitality Health & Rehab	<ol style="list-style-type: none"> 1. Exercise physiologist guest presenter for "<i>Balance, falls prevention and functional strength</i>" 2. Promotion of AONT services

Group	Description
Physio Evolution Darwin	<ol style="list-style-type: none"> 1. Physiotherapist guest presenter for “Osteoarthritis of the knee: introduction to self-management” 2. Promotion of AONT services 3. Collaboration regarding programs relevant to members and client demographic
The Pilates Way	Promotion of AONT services
Amber NT (formerly SIDS & Kids)	Regular promotion of their support forums through AONT Community Noticeboard
City of Palmerston	<ol style="list-style-type: none"> 1. Representation on Palmerston Seniors Network 2. Palmerston Seniors Day: information stand at one-day event
Darwin Community Legal Service	<ol style="list-style-type: none"> 1. Guest speaker to support group, advocacy for seniors 2. Collaboration in promoting a survey on elder abuse
Medical centres: Leanyer Medical, Top End Medical Casuarina	Collaboration, providing organisation brochures and posters.



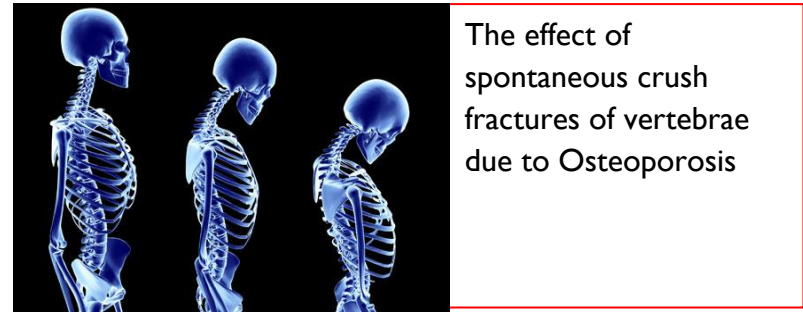
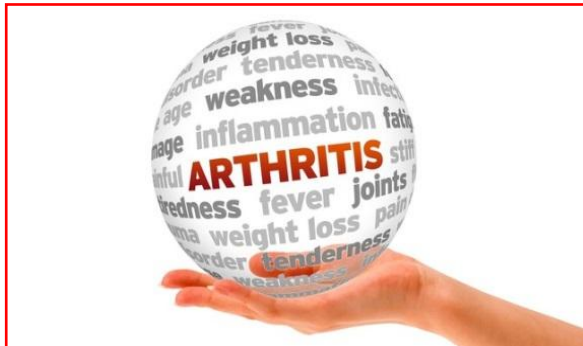
Professional development

Location	Date	Who	Type	AONT Attendees
Darwin	21 May	Volunteers, board members	Charity and Not-for-profit Regulation Forum, by ACNC and ATO	3
Darwin	4 times a year	Council of Advice to Arthritis Aust	Zoom meetings	1
Darwin	4 times a year	Arthritis Aust and Affiliate CEOs	Zoom meetings	1

Quality improvement activities and measurement

- Development of new information session “Understanding and managing arthritis and osteoporosis”
- Review of AONT website with view to rebuild, subject to funding through small grants scheme
- Evaluation of presentations to community groups – generally no formal evaluation by audience members, as impractical to implement, but feedback noted and referred it in preparation for future presentations.
- Development and updating of evaluation materials. Client feedback to provide satisfaction ratings of the standard of presentation of the three discrete categories of info sessions / workshops
- Developing new publications as appropriate.

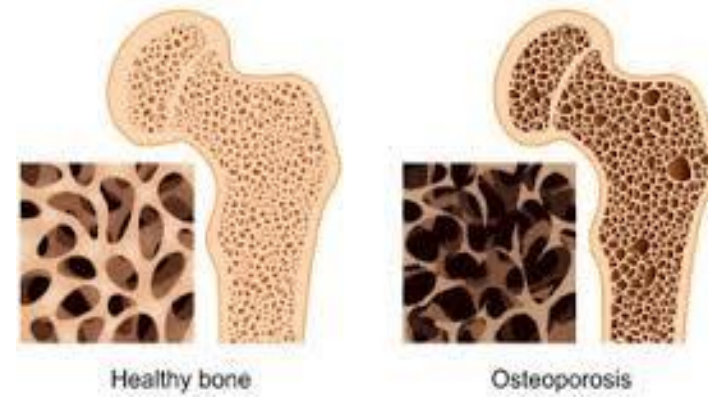




The effect of spontaneous crush fractures of vertebrae due to Osteoporosis



Osteoporosis



Treasurer's Report

As shown in the audited financial statements for the year ended 30th June 2025 the Association has continued the use of accrual accounting to enable a meaningful financial position to be shown. This is reflected in the balance sheet and the Statement of Income and Expenditure as summarised below.

It should be noted from the Special Purpose Financial Report:

1. The Statement of Income and Expenditure records an operating deficit of \$5,942 (page 6 of Financial Report)
2. The NT Government Operational Grant has been fully expended within the year (page 10 of the Financial Report) and did not fully cover all operational costs of the organisation.
3. The balance of operational costs, \$14,367, was met by AONT self-generated funds of \$4,575 (derived from membership income, donations, and bank interest), cash reserves, an NTG Community Benefit Fund grant of \$3,540, and funding from Arthritis Australia of \$310. These are itemised on pages 10 and 11 of the report.

The balance sheet shows:

- Accrual of expenses incurred and not paid as at 30th June 2025 amounting to \$13,018. These are: a \$1,108 ATO liability, net audit fees of \$2,350, provision for employee entitlements of \$8,970, and unexpended grants of \$590, details of which are shown respectively in Notes 3, 4, 5 and 7 to the accounts (pages 8 and 9 of the Financial Report).
- As shown in Note 2 on page 8 of the Financial Report, the Term Deposit of \$90,753 reflects a modest increase of \$353 from the previous balance. This was interest earned and credited in late July 2024 at maturity. Interest earned from then until to June 2025 (\$4,311) was credited in July 2025, so not part of the 2024 – 2025 income. This will be part of the 2025 – 2026 income.

The organisation is in a reasonable financial position and retains Accumulated Funds of \$97,976. These funds are available to cover operational costs of the organisation that are not fully covered by government grant funds, plus any other unfunded areas. The Board appreciates that long term reliance on accumulated funds to meet shortfalls is not sustainable, and continues to give much consideration to ways of increasing income.

Thank you to the many members and friends of AONT who have made donations, often on a regular basis.

Ruth Garden
Treasurer
November 2025

Special Purpose Financial Report

This report includes all income and expenditure items (Profit and Loss statement), and a Balance Sheet of all assets and liabilities, both for the full financial year. The report is prepared by an independent auditor, PKF Merit, and is reproduced in the following pages. This concludes the Annual Report for 2024-2025.

Arthritis Foundation of the Northern Territory Incorporated

*SPECIAL PURPOSE FINANCIAL REPORT
for the year ended
30 JUNE 2025*

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC**INDEX TO THE SPECIAL PURPOSE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2025**

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ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC
BOARD OF MANAGEMENT'S STATEMENT
FOR THE YEAR ENDED 30 JUNE 2025

In our opinion and to the best of our knowledge and belief:

(a) The accompanying financial report as set out on pages 5 to 11, being a special purpose financial report, is drawn up so as to present fairly the state of affairs of the Association as at 30 June 2025 and the results of the Association for the year ended on that date;

(b) The accounts of the Association have been properly prepared and are in accordance with the books of account of the Association; and

(c) The Board has reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

We confirm as follows:

(a) The name of each committee member of the Association during the financial year were:

July 2024 to November AGM 2024:

President: Ruth Quinn

Public Officer: Ruth Garden

Vice-President: Amin Islam

Treasurer: Ruth Garden

Secretary: Hilary Fowler

Non-Executive members: Lyn Skipper, Sami Azam

November 2024 AGM to present:

President: Ruth Quinn

Public Officer: Ruth Garden

Vice-President: Amin Islam

Treasurer: Ruth Garden

Secretary: Hilary Fowler

Non-Executive members: Lyn Skipper, Sami Azam (resigned 18/3/25)

Helgi Stone, Frieda Evans joined the board 28/5/25

b) The principal activities have not altered from previous years and are:
public and individual education and advocacy in the area of arthritis and osteoporosis treatment and management.

The net result of the Association for the year was a Deficit of \$5,942 (2024 Surplus of \$4,258)


Vice President


Treasurer

Darwin

Date: 20/11/2025



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Independent auditor's report to the members of Arthritis Foundation of the Northern Territory Incorporated

Opinion

We have audited the accompanying special purpose financial report of the Arthritis Foundation of the Northern Territory Incorporated (the "Association"), which comprises the balance sheet as at 30 June 2025, the statement of income and expenditure for the year then ended, a summary of material accounting policies and other explanatory notes and the board of management's statement.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Arthritis Foundation of the Northern Territory Incorporated as at 30 June 2025 and its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial report.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Association in accordance with the independence requirements of the Australian professional accounting bodies. We have also fulfilled our other ethical responsibilities in accordance with the independence requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of matter – Basis of Accounting and Restriction on Distribution

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the Association meet the needs of the Associations Act and the Association's constitution. As a result, the financial report may not be suitable for another purpose. Our report is intended solely for the Association and should not be distributed to or used by parties other than the Association. Our opinion is not modified in respect of these matters.

Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the Associations Act and the Association's constitution and has determined the accounting policies used as described in Note 1 are appropriate to meet the needs of the Association and for such internal control as management determines is necessary to enable the preparation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the management either intends to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Association's financial reporting process.

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Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report for the year ended 30 June 2025 as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with management regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

PKF Merit

PKF Merit

MunLi Chee

MunLi Chee
Director

Darwin

20 November 2025

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCBALANCE SHEET
AT 30 JUNE 2025

	Notes	30 June 2025 \$	30 June 2024 \$
<u>CURRENT ASSETS</u>			
Cash and bank	2	110,994	117,590
		<u>110,994</u>	<u>117,590</u>
TOTAL ASSETS		<u>110,994</u>	<u>117,590</u>
<u>CURRENT LIABILITIES</u>			
Payables	3	1,108	1,576
Accruals	4	2,350	2,200
Employee entitlements	5	8,970	9,896
Unexpended grants	6	590	-
		<u>13,018</u>	<u>13,672</u>
<u>NON CURRENT LIABILITIES</u>			
TOTAL LIABILITIES		<u>13,018</u>	<u>13,672</u>
NET ASSETS		<u>97,976</u>	<u>103,918</u>
<u>MEMBERS FUNDS</u>			
Balance at the beginning of the year		103,918	99,660
Current Year (Deficit)/Surplus		(5,942)	4,258
Accumulated Funds		<u>97,976</u>	<u>103,918</u>

The Balance Sheet should be read in conjunction with the notes to and forming part of the financial statements.

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC
STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED 30 JUNE 2025

	30 June 2025	30 June 2024
	\$	\$
INCOME		
Grant Income		
NT Government Grant - Operational	94,367	91,725
Total Grant Income	94,367	91,725
Non-grant Income		
Memberships	1,046	1,025
Grants - Other (Job 16 & Job 17)	4,440	5,155
Donations & Gift	3,176	3,050
Interest Received	353	6,177
Total Non-grant Income	9,015	15,407
TOTAL INCOME	103,382	107,132
EXPENDITURE		
Audit & Accounting	4,850	4,550
Advertising & Promotion	193	4,980
Bank charges incl Merchant fees	359	358
Consultancy Fees	-	-
Newsletter, Publication & Information Resources	468	389
Business Lodgement Permits & fees/Subscriptions	2,022	2,056
Computer Equipment, IT Support	2,956	1,889
Electricity	1,791	1,558
General Admin Fee - Arthritis Aust	5,000	5,000
Insurance - General & Workers Comp	5,469	5,093
Printing, Stationery, Postage, Photocopying	1,992	1,672
Rent / Legal Fees	24,317	20,121
Repairs & Maintenance/Minor Equip	2,133	175
Staff / Volunteers /Member Expns	195	282
Salary & Wages	46,860	46,774
Superannuation	5,389	5,145
Employee Entitlements Movement	(925)	446
Telephone	2,106	2,143
Travel & Accomodation	3,196	-
Work Health Safety / Misc Fees & Charges	363	243
TOTAL EXPENDITURE	108,734	102,874
Operating Surplus/(Deficit)	(5,352)	4,258
Unexpended Balances Carried Forward		
Unexpended Grants Carried Fwd	590	-
Balances Carried Forward	590	-
Net Operating (Deficit)/Surplus	(5,942)	4,258

The Statement of Income & Expenditure should be read in conjunction with the notes to and forming part of the financial statements.

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

1. MATERIAL ACCOUNTING POLICY INFORMATION

The accounting policies adopted by the Association are stated in order to assist in the understanding of the financial report. These policies have been consistently applied except as otherwise indicated.

(a) Financial Reporting Framework

The Association is not a reporting entity because in the opinion of the Board there are unlikely to exist users of the financial report who are unable to command the preparation of reports tailored so as to satisfy specifically all of their information needs. Accordingly, this "special purpose financial report" has been prepared to satisfy the Board's reporting requirements under the Constitution and the *Associations Act NT*. The Association is a not-for-profit entity.

The financial report has been prepared on an accruals basis and except where stated, does not take into account changing money values or current valuations of non-current assets.

(b) Depreciation of Property, Plant and Equipment

Items of property, plant and equipment with a cost of \$20,000 and over (if any), are capitalised and depreciated over their estimated useful lives using the straight line method. Other items of property, plant and equipment below this threshold are expensed.

(c) Employee Entitlements

The amount expected to be paid to employees for their pro-rata entitlements to long service and annual leave is accrued annually at current wage rates.

Sick leave is accrued in the payroll system but not provided for in the accounts, sick leave is non-vesting.

A provision for long service leave is recorded on a pro-rata basis and is measured at current rates and classified as both current and non-current liability as applicable .

(d) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST. Receivables and payables are recognised inclusive of GST. The net amount of GST recoverable from, or payable to, the taxation authority is included as part of receivables or payables.

(e) Government Grants

Grants are recognised as revenue in accordance with the year in which the service to which they relate is performed. Grants received or receivable in respect of services that will be provided in future years, are treated as a liability. The portion of grants unspent at year end, is transferred to current liabilities as unexpended grants and carried forward to the next financial year.

(f) Income Tax

The Association is exempt from income tax.

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC

**NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025**

	30 June 2025 \$	30 June 2024 \$
2. CASH AND BANK		
CBA Operating Account	20,241	27,190
Term Deposit	90,753	90,400
	<u>110,994</u>	<u>117,590</u>
3 PAYABLES - CURRENT		
ATO - GST	814	1,226
ATO - PAYG	294	350
	<u>1,108</u>	<u>1,576</u>
4. ACCRUALS		
Audit Fees (net)	2,350	2,200
	<u>2,350</u>	<u>2,200</u>
5. EMPLOYEE ENTITLEMENTS CURRENT		
Annual leave	2,479	3,080
Long Service Leave	6,491	6,816
	<u>8,970</u>	<u>9,896</u>
Total Employee Entitlements	<u>8,970</u>	<u>9,896</u>

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCNOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

	\$	
	30 June 2025	30 June 2024
	\$	\$
7. UNEXPENDED GRANT		
AA Chronic Conditions	590	-
	590	-

8. GOING CONCERN & ECONOMIC DEPENDANCY

During the year the Association received grant funds from government departments. The financial report has been prepared on the basis that the Association is a going concern and will continue to operate. The operating deficit is larger than anticipated due to: Interest on Term Deposit is payable in July 2025 and a one-off expense of Travel and Accommodation for the National Arthritis Summit. The Board of Management believes that the support from members and funding bodies will continue and that the Association will continue as a going concern for the ensuring 12 months from the date of this report.

9. SUBSEQUENT EVENTS

There are no known subsequent events that affect the financial position of the organisation as at 30 June 2025.

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC**DETAILED STATEMENT OF INCOME AND EXPENDITURE****OPERATIONAL NT GOVERNMENT GRANT**

Period 1 July 2024 to 30 June 2025

	Actual \$	Budget \$
INCOME		
NT Government Grant	94,367	91,725
TOTAL INCOME	94,367	91,725
EXPENSES		
<u>Operational</u>		
Audit Fees	2,500	2,350
Arthritis Australia Administration Fee	2,500	2,955
Electricity	1,791	1,558
IT Support/MYOB Subscriptions	3,614	3,505
Work Health Safety	279	243
Insurance incl Workers compensation	5,469	5,093
Staff Superannuation	5,389	5,145
Staff Wages	46,860	46,774
Movement in Employee Entitlements	(925)	446
Photocopying/Newsletter/Post & freight	467	1,567
Rent Office/Legal Fees	24,317	20,121
Telephone	2,106	1,968
TOTAL EXPENSES	94,367	91,725
Operating Surplus	-	-

DETAILED STATEMENT OF INCOME AND EXPENDITURE**CBF Grant - Job 16**

Period 1 July 2024 to 30 June 2025

	Actual \$
INCOME	
Grants - Other	3,540
TOTAL INCOME	3,540
Expenses	
IT Support	487
Repairs-Maint & Minor IT Equip	2,105
Travel & Accomodation A/S info sessions	948
TOTAL EXPENSES	3,540
Net Result	-

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCDETAILED STATEMENT OF INCOME AND EXPENDITURE**AONT SELF GENERATED FUNDS**Period 1 July 2024 to 30 June 2025

	Actual \$
INCOME	
Donations & Gifts	3,176
Membership Fees	1,046
Bank Interest	353
TOTAL INCOME	4,575
EXPENSES	
Arthritis Australia Admin Fee	2,350
Accounting & Audit fee	2,500
Advertising & Promotion	91
Bank Charges & Merchant Fees	359
Fees & Permits	93
Printing Stationery/Postage	785
Photocopying/Newsletter	1,137
IT Support/Subscriptions	785
Staff/Volunteer & Member Expense/ Training	195
Travel & Accomodation	2,110
Repairs & Maint & Minor Equip/Misc Fees	112
TOTAL EXPENDITURE	10,517
Net Result	(5,942)

DETAILED STATEMENT OF INCOME AND EXPENDITURE**ARTHRITIS AUST - Chronic Conditions - Job 17**Period 1 July 2024 to 30 June 2025

	Actual \$
INCOME	
Grants Other - Chronic Conditions	900
TOTAL INCOME	900
EXPENDITURE	
Advertising & Promotion	103
Photocopying/Printing & Stationary/Newsletter	69
Travel & Accom, A/S Info Sessions	138
TOTAL EXPENDITURE	310
Net Result	590
Unexpended funds carried fwd	590
Net Result	-