

The Arthritis Foundation of the Northern Territory Incorporated
Trading as Arthritis & Osteoporosis NT

**Annual Report
2019 - 2020**

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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 2020. It is designed to meet the requirements of the organisation's Constitution and the Associations Act. It contains all information required for the Annual Return to the NT Department of Business and the Annual Report to the Australian Charities and Not-for-profit Commission. For the year ending June 2020, the Board has performed all Management Committee functions.

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 for the benefit of, and services to, people with arthritis and osteoporosis. These services may also have relevance to some other musculoskeletal conditions.

President's Report

I am pleased to present my President's report to the 2020 AGM covering our achievements in the 2019-2020 year. As it has been world-wide, the past financial year has been like no other so I would like to take a moment to think of all humanity and the special people in our own lives.

As an organisation we adhered to NT COVID-19 guidelines and restrictions, closing the office and suspending The Joint Movement classes while required. Concerned for our members in isolation the Board approved Special Edition Newsletters as our way of maintaining contact and support. For now, we continue with our regular activities which are generously organised, attended and presented by our volunteers.

I was relatively new to Darwin when in 2013/2014 I was approached to consider joining the AONT team as a member with a health background. I am an Occupational Therapist by profession. Working with Top End Health Service has enabled me to bring a perspective of the wider health focused business to some of our AONT issues. Over time, we have increased our use of the internet with email, facebook and virtual meetings with affiliates. But we are always happy to hear from anyone via Australia post and visitors to the office are always welcome.

The 2019-20 financial year has seen AONT involved in a huge venture. The Joint Movement Program funded through the Better Ageing Grant has been a very demanding project for an organisation as small as ours. We were rather naive when agreeing with Arthritis Australia to participate in such a large project. Identifying suitable exercise providers, selling the concept, balancing the books, recording the data and meeting reporting requirements has not been without its challenges. The program however fits with our philosophy of health, education and self-management. Participants have been the beneficiaries. Further detail of the project can be found on Page 9.

Volunteers

Without volunteers we would be unable to meet our responsibilities of service delivery or as an affiliate to Arthritis Australia. In my tenure as President since 2018 without the skills of Treasurer Ruth Garden, Secretary Hilary Fowler, Vice Presidents Margaret Murray and more recently Carol Francis, I would have been unable to "steer" the business. As we know we are a not for profit

organisation, but in the world of 2020 without business acumen a not for profit organisation would very easily become legally and financially compromised. All board members have very effectively collaborated to ensure we move with the times and consider opportunities to fulfil our purpose. As happens in the NT members come and go in response to employment and family needs and adventure too. Former board member Janette Evers, with her family, relocated interstate and she has very generously continued to run our Facebook Page. That is dedication! At last year's AGM Anne Coutts joined us as a new board member and long-term member and previous Treasurer Charles Atherton stepped up again as a board member to satisfy the minimum number of non-executive members. Thank you for supporting me in the role of President and I wish you all well. To fully appreciate the extent of volunteers' contribution, see Pages 6 and 7.

2020-2021 will continue to require the generous spirits, plus good health and well being of our volunteers in their many and varied capacities. No doubt a Bunning BBQ could be on the calendar for which I am happy to provide prior experience and muscle if perhaps not expertise!! Before COVID distracted us, the Board had an interest in looking into how we might be able to have translation into Aboriginal Languages some of our educational resources and how we might fund a Camp for a young person experiencing arthritis. Yes, there is much to do.

Staffing

We have two ongoing part time positions, Administrative Assistant and Bookkeeper, which equate to one full time position. See **Structure and Running of the Organisation** on Page 6 for more detail.

Office hours continue to be 9:30am to 2:00pm Monday through to Thursday. Between the volunteers and paid staff there are usually at least two people in the office each day. There are occasional days when the office is late in opening or early in closing due to unavailability of personnel. Additional details of our activities are listed in **Achievements** on Pages 9 to 18.

Support of AONT by the Community and Other Organisations

Once again I would like to thank all those who have supported AONT throughout the year:

- members and non-members who have made donations, often on a regular basis;
- Arthritis Australia for collaborating on special projects and providing AONT with up to date information and materials;
- the people who coordinate and attend our Palmerston support group and keep it active;
- the various organisations who invite us to provide presentations and/or participate in their events.

Thank you
Joan Crombie
President

Governance

As an organisation incorporated under the NT Associations Act, the Board has the responsibility of running the organisation, with authority to employ persons as necessary and viable. We first became incorporated in July 1983. As a responsibility of this incorporation, and being a registered Not-for-Profit, the Board has a legislative responsibility to report annually to the Australian Charities and Not-for-profit Commission (ACNC).

With recurrent NT Government funding, we are able to maintain an office in the Rapid Creek Business Village, with modest staffing levels. However, volunteer involvement is still crucial to the viability of the organisation, with weekly volunteer hours often exceeding that of employee hours. All Board positions are also voluntary.

The Board

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.

Our Secretary Hilary Fowler sits on the Council of Advice to Arthritis Australia. Either Hilary or Treasurer Ruth Garden acts as our Honorary CEO, attending numerous meetings and teleconferences with other states and Arthritis Australia throughout the year to our mutual benefit. During the year Board member Carol Francis attended a seminar on Not-for-Profit governance principals.

Our Constitution requires election at the Annual General Meeting (AGM) of office bearers: President, Vice-President, Treasurer, Secretary, and a minimum of three 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 to fill any vacancy arising, whether office bearer or ordinary member and any person so appointed shall hold office until the following AGM.

As at 30 June 2020 the AONT Board comprised:

President	Joan Crombie
Vice President	Carol Francis
Secretary	Hilary Fowler
Treasurer & Public Officer	Ruth Garden
Ordinary Members	Margaret Murray, Anne Coutts, Charles Atherton

They first joined the Board:

Ruth Garden	February 2006
Charles Atherton	October 2006
Hilary Fowler	March 2010
Joan Crombie	June 2013
Margaret Murray	October 2013
Carol Francis	November 2018
Anne Coutts	November 2019

From 1 July 2019 until the 2019 AGM on 2nd November, the Board comprised:

President	Joan Crombie
Vice President	Margaret Murray
Secretary	Hilary Fowler
Treasurer & Public Officer	Ruth Garden
Ordinary Members	Mitzi Ferguson, Janette Evers and Carol Francis

Service Agreement

For many years AONT has relied on core funding from Northern Territory Department of Health through a Service Agreement to serve the Darwin and Palmerston regions.

The terms of the Agreement require AONT to:

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

In June 2017 a new Agreement was entered into for the period July 2017 to June 2022 with base funding. Since an indexation payment of \$1,891 in June 2019, the base funding is now \$90,673 per annum. Activities outside the greater Darwin area are not supported by the Agreement funding.

Under this agreement AONT receives quarterly payments in advance and has six-monthly reporting obligations (The Performance Report) from January to June and July to December each year. These reports are in two parts. Details of the information and support provided, education and training (both volunteers and employees) and evidence of networks and partnerships are provided. **Achievements** commencing on Page 9 is a summary of these reports.

Financial statements demonstrate how funding from the Northern Territory Department of 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 are fully expended at the end of the Agreement term. To this end, AONT has followed the practise of ensuring that all such funds are spent and acquitted at the end of each reporting period. We are also required to provide to the Department a copy of the Annual Special Purpose Financial Report prepared by our auditor.

Structure and Running of the Organisation

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 2020

- | | | |
|-------------------------------|---------------------|-------------------|
| • Administrative Assistant | Deirdre Moldenhauer | 20 hours per week |
| • Accounts and administration | Natalie Valastro | 15 hours per week |

Natalie Valastro, our bookkeeper, has been with us since early 2006, and Deirdre Moldenhauer, our Administrative Assistant 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

On any day the office is open there are usually one to three volunteers on duty.

Volunteer time recorded for the financial year was 1,391 hours. The office was closed for 11 weeks from 23rd March to 9th June due to COVID -19 restrictions. During this time, through volunteer effort, three Special Edition newsletters were published for members only. Overall, the average number of weekly volunteer hours for the year excluding the Christmas New Year closure was 30 (or 126 hours per month). This includes many hours outside normal office hours in:

- general administration;
- education activities;
- fundraising and networking with different people and organisations.

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

- website and facebook page maintenance;
- mandatory reporting;
- membership database;
- community speaking engagements;
- distribution lists;
- information stands;
- general administration including reception duties, production of leaflets, printing of materials;
- assessment of grant opportunities;
- network meetings, subject to availability;
- newsletter production and distribution, up to six per year to all members, plus complimentary mailings and emails when appropriate;
- presentations;
- records management and resource management;
- pain self-management courses;
- support groups: convening, arranging special events and guest speakers;
- volunteer recruitment and support.

Volunteer activities outside the office include:

- maintaining permanent information displays;
- networking with other community and government organisations;
- presentations to various forums;
- facilitating pain self-management courses;
- support groups.

Membership

Membership falls due on 1 July each year and individual renewal notices are usually sent out with the September and December newsletters. At 30 June 2020 the number of memberships was 62, including 6 family memberships, comprising 58 females and 10 males.

Membership income really does make a difference to AONT's ability to provide services. Members have the satisfaction of helping an organisation help many others and should be proud of their contribution to this purpose.

Membership benefits include:

- | | |
|---|---|
| <ul style="list-style-type: none"> • access to self-management courses; • free or subsidised entry to AONT events; • access to support groups; • borrowing library; | <ul style="list-style-type: none"> • health advisory service; • newsletter mail outs, four to six times per year. |
|---|---|



Support Groups

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

Palmerston Arthritis Support Group: This long established group meets on the third Monday of each month at 10:00am at the Brennan Electorate Office opposite the Target store. At the time of writing this report the group had recently celebrated their 24th anniversary. This group is a wonderful example of enduring friendships. Thanks go to convenor Anne Coutts, who usually arranges guest speakers, special events and activities.



In September 2020 a new opportunity was offered through the Autoimmune Resource & Research Centre holding the inaugural Café Conversation for those with auto-immune conditions such as Lupus, Scleroderma, Sjogren's, Raynards or associated autoimmune illness. Despite AONT's best attempts at advertising there was no significant uptake. It remains to be seen whether or not this opportunity will arise again.

Donations, Fund Raising and Sponsorship

Donations and sponsorship (both unrestricted and tied) over 2019-2020 amounted to \$4,400. 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 major fundraising events were held, largely due to COVID -19 restrictions.

Thanks go to:

1. Arthritis Australia for supporting our participation in national promotional campaigns,
2. Merit Partners,
3. all those who have made donations, small and large, including:
 - AONT members,
 - Non-members
 - King Ash Bay Fishing Club,
 - the members and businesses who have supported our charity jugs distribution and collection, for example Berry Springs Tavern and their patrons, collected in Sept 2020.



Achievements

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. During this financial year our permanent brochure stands in Palmerston had to be removed as a precautionary measure due to the COVID-19 management. It is unfortunate that this pro-active approach to make information more readily available to the general public has been curtailed. Our shop front windows provide opportunities for educational displays and extra effort was put in during the office closure to update displays.

The Joint Movement[®]

Developed to encourage older Australians to become more active, this exercise program was designed specifically for those experiencing arthritis-related symptoms. There is a choice between a land based program and a warm water exercise program, both 12 session courses. From the Program Guidelines: ***“Regular exercise can improve physical impairments associated with arthritis including muscle strength, joint range of motion, proprioception, balance and cardiovascular fitness.”*** We have worked hard identifying and negotiating with exercise providers to deliver the program on behalf of AONT. The first session is a one on one pre-exercise assessment, to ensure the safety of participants and to provide an opportunity for modification of specific exercises as required.

Providers we have collaborated with include:

- Maria Lennartz of Get Physical Fitness & Squash, Alice Springs
- Sue Shepherd of Inside Out Fitness, Darwin
- Bodyfit NT, Darwin
- Nikki Higgins of FitnutzH2O, Darwin.

At the time of writing this report we have had 100 unique participants enjoy the benefits of this introductory exercise program. Another 10 have re-enrolled to further develop fitness and confidence. A satisfying measure of success is the number of participants who have transitioned to mainstream programs, and planning is underway for further courses in both Darwin and Alice Springs.

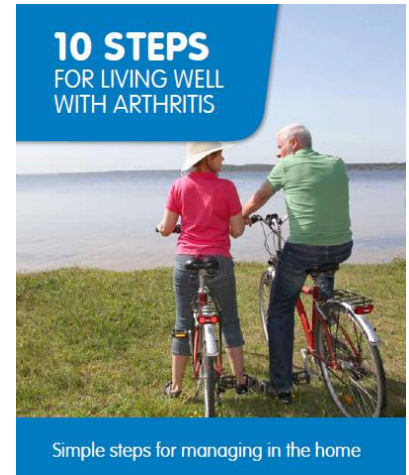
Funding for this program is through a Better Ageing grant between Arthritis Australia and the Australian Sports Commission. AONT receives period payments from Arthritis Australia to fund delivery of the program through outsourcing to appropriate exercise providers. Our Agreements with providers require the program to be offered free or low cost to participants to foster accessibility and commitment.





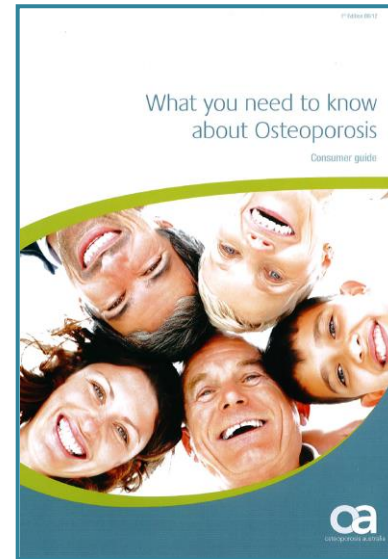
Arthritis information

Materials developed by Arthritis Australia available at the AONT office include: arthritis information sheets and booklets which cover numerous conditions, parts of the body affected, medical management, complementary therapies and general management.



Osteoporosis information

Developed by Osteoporosis Australia, the booklet “What you need to know about osteoporosis” is available from the office. Call in to pick up a copy or ring 8948 5232.



The following tables are drawn from our twice yearly reports to the Northern Territory Department of Health, as part of our Service Agreement, and provide an overview of our activities from 1 July 2019 to 30 June 2020. All activities rely on our committed and hardworking volunteers and in part on AONT generated income which includes donations. Activities from July 2020 to the time of writing this report are not included in these tables but may be referred to elsewhere in the Report.

Consumer Education *A refers to arthritis, O refers to osteoporosis*

Location	Date	Disease Category	Title of Event/Course/ Group	Type	Attendees	Total Hours for Project including volunteer hours
	Year round Facebook	A & O A & O	Website www.aont.org.au aont.org.au/facebook		Visits ~1300 Page views ~2000	150
Darwin	Year round	A & O	Shop front window displays	Promotion & large format display of: 1. materials available through AONT 2. arthritis management info 3. osteoporosis management info	Unknown	120
Darwin	Year round	A & O	Shop front window Community noticeboard	Promotion of programs, services and events relevant to healthy lifestyle choices	Unknown	80
Palmerston	Monthly	A&O	Palmerston Support Group including remote support during Covid lockdown	Support for members	6-8	8 per month
Palmerston	15 th July 2019	A&O	Restock stands at GP Superclinic & Palmerston Community Care Centre	Information & resources	Unknown	4
Palmerston	15 th July	A&O	Presentation to Palmerston Support Group re falls prevention	Information	7	6
Darwin	23 rd July	A&O	Pain management short course: "Take Charge of Pain"	Information & education	Cancelled for lack of numbers	8
Palmerston	14 th Aug	A&O	Restock stands at GP Superclinic & Palmerston Community Care Centre	Information & resources	Unknown	4

Location	Date	Disease Category	Title of Event/Course/ Group	Type	Attendees	Total Hours for Project including volunteer hours
Palmerston	21 st & 28 th August	A&O	Pain management short course: “Take Charge of Pain”	Information & education	8	15
Darwin	30 th October	A&O	Presentation to Casuarina Baptist Craft Group	Information & resources	30	3
Alice Springs	13 th November start	A & O	The Joint Movement – Better Ageing Funded entirely by Sport Aus & Arthritis Australia grants	10 sessions of twice weekly land based classes with pre- and post- assessments	8	AONT project management hours =16
Darwin	12 th & 19 th November	A&O	Pain management short course: “Take Charge of Pain”	Information & education	9	15
Alice Springs	3 rd December start	A & O	The Joint Movement – Better Ageing Funded entirely by Sport Aus & Arthritis Australia grants	10 sessions of twice weekly land based classes with pre- and post- assessments	8	AONT project management hours = 4
Alice Springs	4 th January 2021 start	A & O	The Joint Movement – Better Ageing Funded entirely by Sport Aus & Arthritis Australia grants	10 sessions of twice weekly land based classes with pre- and post- assessments	8	AONT project management hours = 4
Darwin	8 th February	A&O	Defence Community Welcome Day	Information & resources	20	15
Leanyer	11 th February start	A & O	The Joint Movement – Better Ageing Funded entirely by Sport Aus & Arthritis Australia grants	6 weekly land based classes, with pre- and post- assessments	10	AONT project management hours = 16
Leanyer	11 th & 18 th February		Pain management short course: “Take Charge of Pain”	Information, education	4	18
Bayview	13 th February start	A & O	The Joint Movement – Better Ageing Funded entirely by Sport Aus & Arthritis Australia grants	6 weekly land based classes, with pre- and post- assessments	11	AONT project management hours = 16
Katherine	14 th February		Katherine hospital, Discharge Nurse	Information & resources: various arthritis management	Unknown	2.5

Location	Date	Disease Category	Title of Event/Course/ Group	Type	Attendees	Total Hours for Project including volunteer hours
				booklets and exercise brochures		
Palmerston	21 st February	A&O	Restock stands at GP Superclinic & Palmerston Community Care Centre	Information & resources	Unknown	5
Leanyer	24 th Feb – 15th May	A & O	The Joint Movement – Better Ageing <i>Funded entirely by Sport Aus & Arthritis Australia grants</i>	Continuation of Leanyer classes by remote delivery	10	AONT project management hours = 4
Darwin	April	A & O	April Falls month	Falls Prevention window display	Unknown	3
Bayview	25 th May	A & O	The Joint Movement – Better Ageing <i>Funded entirely by Sport Aus & Arthritis Australia grants</i>	4 classes continuing previous sessions		AONT project management hours = 4
Coconut Grove	15 th June start	A & O	The Joint Movement – Better Ageing <i>Funded entirely by Sport Aus & Arthritis Australia grants</i>	5 twice per week warm water classes with pre assessment	19	AONT project management hours = 16
Darwin	18 th June	A & O	Open day at Darwin Community Hub, Pearl Retirement Village, Fannie Bay	Information & resources Various arthritis management booklets and exercise brochures	18 - 20	9

Enquiries & information packages distributed

Location	A/O	Category	Time (min)	Male	Female	Information Packs	Referrals
Darwin/ Palmerston	A	General public	820	13	30	41	Pain Management 36
	O	General public	140	1	5	6	Water Exercise 1
	Undiagnosed	General public	285	8	8	5	Support Group 3
Other NT	A	General Public	30	0	1	1	Exercise 5
	O	General public	25	0	1		
			1300	22	45	53	45

Professional Development – staff and volunteers

Location	Date	Disease Category	Who	Type	Attendees	Total Hours for Project
Darwin	30 th & 31 st Aug 2019	A & O	Volunteer, President	PHN Conference <i>Self funded</i>	1	15
Sydney	4 th March 2020	A	Volunteer, Secretary	Teleconference/ video link up of Arthritis Australia Affiliates Council of Advice	1	2
Sydney	11 th March	A	Volunteer ,Treasurer (Acting CEO)	CEO'S Face 2 Face Conference. <i>Funded entirely by AONT discretionary income.</i>	1	17

Location	Date	Disease Category	Who	Type	Attendees	Total Hours for Project
Darwin	6 th February	A	Board member & Administrative Assistant	Community Benefit Fund Road show- Grant writing workshop	2	2.5
Darwin	27 th May	A	Staff, Administrative Assistant	Online training for Arthritis Essentials Course commenced during office closure	1	7

Networks and partnerships

Location	Disease Category	Group	Description
Darwin/Sydney	A	Arthritis Australia and state Affiliates	<ol style="list-style-type: none"> 1. AONT has a representative on the Council of Advice of Affiliates of Arthritis Australia 2. AONT has a representative at meetings and teleconferences of CEOs of other state Arthritis organisations 3. Distribute materials produced by Arthritis Australia, Arthritis NSW and Arthritis QLD 4. Implementation & outsourcing of “The Joint Movement” exercise program through a Better Ageing grant 5. AONT has a representative on the Council of Advice of Affiliates of Arthritis Australia, attending teleconferences as required 6. AONT has a representative at meetings and teleconferences of CEOs of other state Arthritis organisations 7. Promotion of Arthritis Australia’s newly released website: MyRA, a patient-support website for those with Rheumatoid Arthritis (RA)

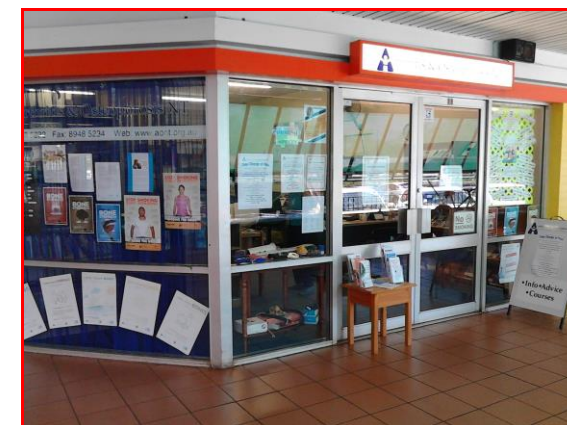
Location	Disease Category	Group	Description
			8. Participation in nationwide radio awareness campaign, re COVID-19 and RA management/medications <i>Project funded entirely by Arthritis Australia and AONT discretionary income</i>
Darwin/Sydney	O	Osteoporosis Australia	Distribute materials produced by Osteoporosis Australia
Darwin & Palmerston	A	Autoimmune Resource & Research Centre	<ol style="list-style-type: none"> 1. Distribute materials on autoimmune conditions relevant to arthritis sufferers 2. Assist with promotion of inaugural support group
Darwin	A	Rheumatology, Allergy, Immunology Nurse, Specialist Clinic RDH	Provide information for patients, referrals from them to us and us to them
Alice Springs	A	Alice Springs Town Council	<p>Discussion with activities coordinator re feasibility of outsourcing “The Joint Movement” an exercise program developed by Arthritis Australia</p> <p><i>Project funded entirely by Arthritis Australia Grant</i></p>
Alice Springs	A	<ol style="list-style-type: none"> 1. Get Physical Fitness & Squash; 2. YMCA – Kilgariff Recreation Centre 	<p>Discussion & negotiation re the outsourcing “The Joint Movement” an exercise program developed by Arthritis Australia</p> <p><i>Project funded entirely by Arthritis Australia Grant</i></p>
Darwin	A	<ol style="list-style-type: none"> 1. Bodyfit Allied Health; 2. Life Without Barriers; 3. Inside Out Fitness 	<p>Discussion & negotiation re the outsourcing “The Joint Movement” an exercise program developed by Arthritis Australia</p> <p><i>Project funded entirely by Arthritis Australia Grant</i></p>
Darwin / Canberra	A & O	University of Canberra researchers	Promotion of on-line survey, researching “An exploration into the connection between chronic illness, patient-carer relationships and wellbeing in the community”
Darwin	A & O	COTA	Promotion of The Joint Movement program

Location	Disease Category	Group	Description
Palmerston	A & O	GP Super Clinic, Community Care Centre	Permanent AONT brochure stands in both locations restocked every two to three months – subject to COVID-19 restrictions
Palmerston	A & O	Palmerston Community Care Centre	Remove brochure stand from Palmerston Community Care Centre, at their request in view of COVID 19 pandemic
Alice Springs	A & O	Get Physical Fitness & Squash	Collaboration re delivery of “The Joint Movement” an exercise program developed by Arthritis Australia <i>Project funded entirely by Arthritis Australia Grant</i>
Alice Springs	A & O	YMCA – Kilgariff Recreation Centre	Ongoing discussion re possibility of the outsourcing “The Joint Movement” an exercise program developed by Arthritis Australia <i>Project funded entirely by Arthritis Australia Grant</i>
Darwin	A & O	Bodyfit Allied Health	Collaboration re delivery of “The Joint Movement” an exercise program developed by Arthritis Australia <i>Project funded entirely by Arthritis Australia Grant</i>
Darwin	A & O	Inside Out Fitness	Collaboration re delivery of “The Joint Movement” an exercise program developed by Arthritis Australia <i>Project funded entirely by Arthritis Australia Grant</i>
Darwin	A & O	Life Without Barriers	Ongoing discussion re possibility of the outsourcing “The Joint Movement” an exercise program developed by Arthritis Australia <i>Project funded entirely by Arthritis Australia Grant</i>
Darwin	A & O	Fitnutz H2O	Negotiation & collaboration re delivery of “The Joint Movement” an exercise program developed by Arthritis Australia. <i>Project funded entirely by Arthritis Australia Grant</i>

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.

Visit us:

- at our office at Rapid Creek Business Village (pictured here)
- www.aont.org.au or
- on Facebook: Arthritis & Osteoporosis NT—Home/Facebook



Small grant applications and projects

Efforts are made to source additional funds to maintain and improve services. Grants are always project specific, and cannot be made retrospectively to cover unforeseen expenses. Recent changes to the NT Community Benefit Fund grant program allow for applications to be made at any time.

Grant	Date Submitted	Project	Amount	Date of project, Date finalised
NTG Community Benefit Fund	28 March 2019	2 replacement computers and new refrigerator	\$4,612	June 2019, finalised 16 August 2019
NTG Community Benefit Fund	6 February 2020	Funds for one representative to attend 3 F2F meetings with Arthritis Australia and affiliate CEOs in Sydney	\$3,027	Application unsuccessful

Treasurer's Report

As shown in the audited financial statements for the year ended 30 June 2020 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 shown below.

The balance sheet shows:

- accrual of expenses incurred and not paid as at 30 June 2020 amounting to \$15,906. These are: a \$2,568 ATO liability, net audit fees of \$2,200, provision for employee entitlements of \$3,841, details of which are shown respectively on Page 28 in Notes 4, 5 and 6 to the accounts, and \$7,297 of unexpended grants.
- unexpended grants are detailed in Note 7. This \$7,297 is the unexpended funding for the implementation of the exercise program, "The Joint Movement", at 30 June 2020, as part of a Better Ageing grant from the Australian Sports Commission to Arthritis Australia.

It should be noted:

1. The NT Government Operational Grant has been fully expended within the year and does not fully cover all operational costs of the organisation. The balance of operational costs, \$16,797 has been covered by AONT self generated funds, derived from membership income, donations, bank interest, and a small Arthritis Australia promotional project.
2. The Statement of Income and Expenditure records an operating surplus of \$6,150.
3. Delivery of "The Joint Movement" exercise classes is entirely outsourced and funded by the Better Ageing grant from the Australian Sports Commission to Arthritis Australia.
4. The income of the AONT self generated funds benefitted from a Cash Flow Boost from the Australian Taxation Office, as part of support to non-government agencies during the COVID-19 pandemic. Almost \$5,000 of this was spent on a radio awareness campaign developed by Arthritis Australia and partly reimbursed by Arthritis Australia in July 2020.

The organisation is in a reasonable financial position and retains Accumulated Funds of \$101,050 which is reflected in the Balance Sheet and covered by funds in the association bank account. These funds are available to cover operational costs of the organisation that are not fully covered by government grant funds for the plus any other unfunded areas. Long term reliance on accumulated funds to meet shortfalls is not sustainable, and the Board continues to give much consideration to ways of increasing income.

Thank you to the many members and friends of AONT who have made donations.

Ruth Garden
Treasurer

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 and is reproduced in the following pages. This concludes the Annual Report for 2019 – 2020.

Arthritis Foundation of the Northern Territory Incorporated

*SPECIAL PURPOSE FINANCIAL REPORT
for the year ended
30 JUNE 2020*

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC**INDEX TO THE SPECIAL PURPOSE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2020**

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ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INC
BOARD OF MANAGEMENT'S STATEMENT
FOR THE YEAR ENDED 30 JUNE 2020

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 2020 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 2019 to November AGM 2019

President: Joan Crombie

Public Officer: Ruth Garden

Vice-President: Margaret Murray

Treasurer: Ruth Garden

Secretary: Hilary Fowler

Non-Executive members: Mitzi Ferguson, Carol Francis, Janette Evers

November 2019 AGM to present:

President: Joan Crombie

Public Officer: Ruth Garden

Vice-President: Carol Francis - resigned 15/07/2020

Treasurer: Ruth Garden

Secretary: Hilary Fowler

Non-Executive members: Margaret Murray, Anne Coutts, Charles Atherton.

Non-Executive member: Appointed 19/08/2020 Carolyn Marriott.

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 surplus of \$6,150 (2019: a loss of \$817).



President



Treasurer

Darwin

Date: 7th September 2020



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 2020, the statement of income and expenditure for the year then ended, a summary of significant accounting policies and other explanatory notes and the board of management 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 2020 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

Without modifying our opinion, 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.

Emphasis of matter – COVID-19 Pandemic Impact

We draw attention to Note 8 to the financial report, which describes the impact of the COVID-19 pandemic on the Association. Our opinion is not modified in respect of this matter.

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.

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 2020 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.

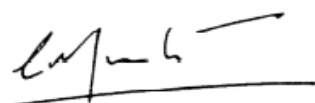
As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- 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.

Merit Partners

Merit Partners



MunLi Chee
Director

Darwin

7 September 2020

meritpartners.com.au

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCBALANCE SHEETAT 30 JUNE 2020

	Notes	30 June 2020 \$	30 June 2019 \$
<u>CURRENT ASSETS</u>			
Cash and bank	2	114,488	128,974
Prepayments & Other Assets	3	6,401	645
		<u>120,889</u>	<u>129,619</u>
<u>NON CURRENT ASSETS</u>			
Property, plant and equipment		-	-
		<u>-</u>	<u>-</u>
TOTAL ASSETS		<u>120,889</u>	<u>129,619</u>
<u>CURRENT LIABILITIES</u>			
Payables	4	2,568	4,423
Accruals	5	2,200	2,200
Provision for employee entitlements	6	3,841	1,639
Unexpended grants	7	7,297	23,269
		<u>15,906</u>	<u>31,531</u>
<u>NON CURRENT LIABILITIES</u>			
Employee entitlements	6	3,933	3,188
		<u>3,933</u>	<u>3,188</u>
TOTAL LIABILITIES		<u>19,839</u>	<u>34,719</u>
NET ASSETS		<u>101,050</u>	<u>94,900</u>
<u>MEMBERS FUNDS</u>			
Balance at the beginning of the year		94,900	95,717
Current Year Surplus/(Deficit)		6,150	(817)
Accumulated Funds		<u>101,050</u>	<u>94,900</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 2020

	30 June 2020	30 June 2019
	\$	\$
INCOME		
Grant Income		
Unexpended Grants B/Fwd	23,269	-
Arthritis Aust - Joint Movement Better Ageing	17,536	23,269
Community Benefit Fund	-	4,612
NT Government Grant - Operational	90,673	90,673
Total Grant Income	131,478	118,554
Non-grant Income		
Memberships	1,162	1,260
Arthritis Aust - Project	1,000	-
Fundraising	-	5,472
Donations & Gift	4,400	3,035
Interest Received	1,385	841
ATO Cashflow Boost	15,000	-
Course Fees/Miscellaneous	-	3,214
Total Non-grant Income	22,947	13,822
TOTAL INCOME	154,425	132,376
EXPENDITURE		
Audit & Accounting	4,466	4,466
Advertising & Promotion	5,351	1,548
Education Materials	-	91
Bank charges incl Merchant fees	280	394
Consultancy Fees	32,403	-
Newsletter, Publication & Information Resources	533	371
Business Lodgement Permits & fees	127	92
Computer Equipment, IT Support	497	2,543
Electricity	1,327	1,649
General Admin Fee - Arthritis Aust	5,250	7,750
Insurance - General & Workers Comp	5,185	4,861
Printing, Stationery & Postage	1,007	1,371
Rent / Legal Fees	18,701	22,918
Repairs & Maintenance	36	431
Minor Equipment	-	3,968
Staff / Volunteers Training /Member Expns	575	780
Salary & Wages	52,347	48,964
Superannuation	4,973	4,652
Employee Entitlements Movement	2,947	238
Telephone	1,932	1,989
Travel	2,710	540
Work Health Safety	331	308
TOTAL EXPENDITURE	140,978	109,924
Operating Surplus	13,447	22,452
Unexpended Balances Carried Forward		
Unexpended Grants Carried Fwd	7,297	23,269
Balances Carried Forward	7,297	23,269
Net Operating Surplus/(Deficit)	6,150	(817)

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 2020

1. SUMMARY OF ACCOUNTING POLICIES

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 2020**

	30 June 2020 \$	30 June 2019 \$
2. CASH AND BANK		
CBA Operating Account	7,678	23,549
Net Bank Online Saver	44,901	44,846
Term Deposit	61,909	60,579
	<u>114,488</u>	<u>128,974</u>
3. OTHER CURRENT ASSETS		
Insurance - Workers Compensation	0	645
ATO Cash Flow Boost	5,000	-
Overpaid BAS March 2020	1,401	-
	<u>6,401</u>	<u>645</u>
4. PAYABLES - CURRENT		
ATO - GST	1,556	3,371
ATO - PAYG	1,012	1,052
	<u>2,568</u>	<u>4,423</u>
5. ACCRUALS		
Audit Fees (net)	2,200	2,200
	<u>2,200</u>	<u>2,200</u>
6. EMPLOYEE ENTITLEMENTS		
CURRENT		
Annual leave	3,184	1,585
Long Service Leave	657	54
	<u>3,841</u>	<u>1,639</u>
NON-CURRENT		
Long Service Leave	3,933	3,188
Total Employee Entitlements	<u>7,774</u>	<u>4,827</u>

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCNOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2020

	30 June 2020 \$	30 June 2019 \$
7. UNEXPENDED GRANT		
Arthritis Aust - Joint Movement Better Age	7,297	23,269
	<u>7,297</u>	<u>23,269</u>

8. GOING CONCERN & ECONOMIC DEPENDANCY

From March 2020 the World Health Organisation announced COVID-19 being a pandemic. The Australian Government responded strongly by implementing a number of measures, including widespread restrictions. As a non-essential service, the Arthritis & Osteoporosis NT office was closed to the public from 23rd March 2020 for 11 weeks, re-opening on the 9th June 2020, with an approved COVID-19 safety plan in place. Whilst the closure affected the means of service delivery, it did not have a significant financial effect.

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 committee 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 2020.

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCDETAILED STATEMENT OF INCOME AND EXPENDITURE**OPERATIONAL NT GOVERNMENT GRANT**Period 1 July 2019 to 30 June 2020

	Actual	Budget
	\$	\$
INCOME		
NT Government Grant	90,673	90,673
TOTAL INCOME	90,673	90,673
EXPENSES		
<u>Operational</u>		
Audit Fees	2,266	2,250
Arthritis Australia Administration Fee	5,000	5,000
Electricity	1,200	1,200
IT Support/Advertising & Promotions	531	803
Work Health Safety	189	250
Insurance incl Workers compensation	5,185	4,900
Newsletter	272	-
Staff Superannuation	4,973	4,940
Staff Wages	52,347	52,000
Rent Office	17,267	18,000
Telephone	1,443	1,330
TOTAL EXPENSES	90,673	90,673
Operating Surplus	-	-

ARTHRITIS FOUNDATION OF THE NORTHERN TERRITORY INCDETAILED STATEMENT OF INCOME AND EXPENDITURE**AONT SELF GENERATED FUNDS**

Actual

Period 1 July 2019 to 30 June 2020

\$

INCOME

ATO Cashflow Boost	15,000
Donations & Gifts	4,400
Membership Fees	1,162
Arthritis Australia	1,000
Bank Interest	1,385
TOTAL INCOME	22,947

EXPENSES

Arthritis Australia Admin Fee	250
Accounting & Audit fee	2,200
Advertising & Promotions	5,120
Bank Charges	280
Education Materials / Fundraising	45
Electricity/Telephone	616
Fees & Permits & Work Health Safety	270
Movement Employee Entitlements	2,947
Photocopying/Newsletter / Printing Stationery/Postage	1,267
Travel & Accommodation	1,604
Computer Equipment, IT Support	197
Staff/Volunteer & Member Expense	461
Repairs & Maintenance	36
Rent	1,435
Misc Fees & Charges	69
TOTAL EXPENDITURE	16,797
Net Result	6,150

DETAILED STATEMENT OF INCOME AND EXPENDITURE**ARTHRITIS AUST - JOINT MOVEMENT BETTER AGE**Period 1 July 2019 to 30 June 2020

Actual

\$

INCOME

Grant Arthritis Australia - Joint Movement Better Ageing	17,536
Unexpended Funds Brought Forward	23,269
TOTAL INCOME	40,805

EXPENDITURE

Program Consultancy	32,402
Travel & Accommodation	1,106
TOTAL EXPENDITURE	33,508
Operating Surplus	7,297
Unexpended Balances Carried Forward	
Unexpended Grant Carried Forward	7,297
Net Operating Surplus/(Deficit)	-