

**NATIONAL ARTHRITIS FOUNDATION  
ANNUAL REPORT 2013**



**GENERAL INFORMATION**

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1. The **National Arthritis Foundation** is a registered society with the Registry of Societies since 27 June 1984.
2. **Singapore Unique Entity Number:** S84SS0010J
3. **Registered address:** 111 North Bridge Road, #07-21 Peninsula Plaza  
Singapore 179098
4. **General Council Members  
Appointed on 25 November 2013**
  - Founder & Emeritus President**  
Dr Tay Chong Hai
  - Honorary Advisors**  
Dr Chew Chin Hin  
Dr Tan Cheng Bock
  - President**  
Dr S Vasoo
  - Vice-President**  
Mr Sin Boon Ann
  - Members**  
Mr Low Beng Tin  
Mr Michael Wong  
Mr Kelvin Lim Lung Tieng  
Mr Ong Hock Leong
  - Honorary Secretary**  
Dr Katy Leung
  - Honorary Treasurer**  
Mr Jonathan Khoo
5. **Executive Committee  
Appointed on 27<sup>th</sup> July 2013**
  - Chairman**  
Mr Low Beng Tin
  - Vice-Chairman**  
Dr Lau Tang Ching
  - Honorary Secretary**  
Dr Katy Leung
  - Honorary Treasurer**  
Mr Jonathan KHoo
  - Members**  
Dr Wilson Chew  
Dr Ng Swee Cheng  
Dr Bernard Thong  
Dr Sheila Vasoo  
Dr Elizabeth Ang  
Dr Thaschawee Arkachaisri  
Ms Diana Koh  
Ms Fang Lee Wei  
Mr Benjamin Gaw  
Mr Low Aik Lim
6. **Other Advisers**
  - Auditors:** Kreston David Yeung PAC
  - Bank:** United Overseas Bank

## REPORT BY EXECUTIVE COMMITTEE

### 1. Objectives

The National Arthritis Foundation ("NAF") is the largest public organization in Singapore devoted to helping Arthritis sufferers, educating patients and the public on Arthritis, and supporting Arthritis research.

### 2. Policies

NAF shall continue with its medical subsidy programs to support needy arthritis patients in their medical needs.

### 3. Review of Activities

#### 3.1 Fund-Raising & Donations

NAF held a Charity Golf Tournament on 7 May 2013 at Raffles Country Club which was graced by Mr Lawrence Wong (Minister for Culture, Community & Youth). Funds raised was channelled to NAF General Fund, which is used for patient subsidies and operating expenses.

The net sum raised, after deduction of expenses, was \$158,438. The Fund-raising expenses incurred was 13% of the total gross receipts from this fund-raising event.

We also received a donation of \$10,000 in December 2013 from Janssen (a division of Johnson & Johnson Pharmaceuticals) which is to be utilised for the following purposes:

- Patient Medical Subsidy
- Patient Education Programmes
- Handicapped Patients' Needs

#### 3.2 Medical Subsidy

NAF disbursed a total of S\$21,615 in 2013 to subsidise the expenses of needy patients.

#### 3.3 TaiChi for Arthritis

Through the effort of Dr Lau Tang Ching, our Vice-Chairman, NAF collaborated with Leng Kee Community Club TaiChi Interest Group in conducting talks-cum TaiChi sessions for our members at Leng Kee Community Club and Bishan Park.

As TaiChi is a safe, enjoyable and effective form of exercise. NAF will continue to organise this activity as an ongoing programme in the coming years for our members, their families and the general public. TaiChi has proven to bring about improvement in their quality of life in their different domains of health namely physical function, social function (improve social bonding) and general health.

### **3.4 World Arthritis Day 2013**

In conjunction with World Arthritis Day (which falls on 12 October every year), NAF in partnership with AbbVie Pte Ltd organised a Photo Competition. Participation was encouraging and cameras were given away as prizes.

### **3.5 Membership**

As at 31 December 2013, the National Arthritis Foundation (NAF) had 400 members, including 140 members from Singapore Ankylosing Spondylitis Club (SASC).

The President of SASC is Mr Jonathan Khoo. Please refer to SASC Annual Report for the year 2013 as enclosed.

## **4. Review of Financials**

The main sources of income for NAF in 2013 were donations of S\$94,954 (2012: S\$72,280), S\$182,050 (Gross) from Charity Golf Tournament (2012: S\$142,320 were raised through the AA Charity Dinner) and grant from Singapore Totalisator Board of S\$57,357 (2012: S\$nil).

As for expenditure, S\$21,615 (2012: S\$84,967) were disbursed as medical subsidies, net of S\$4,042 (2012: S\$3,071) were spent on activities for members and administrative expenses amounted to S\$163,806 (2012: S\$199,581).

As at 31 December 2013, the Unrestricted General Funds of NAF amounted to \$187,535 (2012: S\$59,371), unutilized CapitaLand Hope Fund was S\$33,148 (2012: S\$48,138) and unutilized Janssen Fund was S\$10,000 (2012: S\$nil).

## **5. Future Plans**

Another Charity Golf event is scheduled to be held in end-October 2014 to raise funds to replenish NAF's Medical Subsidy Fund. NAF will also continue to approach corporate and individual donors to raise funds for NAF.

In addition to conducting TaiChi for Arthritis classes at Bishan Park, NAF will collaborate with other community centres to form Interest Groups which will organise activities such as TaiChi and health talks.

NAF also plans to update its corporate website to provide a more informative platform for its members and the general public to learn about Arthritis.

SASC shall continue to conduct weekly physiotherapy classes at TTSH Physiotherapy Department.

## **6. Conflict of Interest Policy**

NAF has in place a Conflict of Interest policy.

## **7. Disclosure on Remuneration**

No staff of NAF receives more than S\$100,000 in annual remuneration.

**SINGAPORE ANKYLOSING SPONDYLITIS CLUB**  
**ANNUAL REPORT 2013**  
**(1/1/2013 - 31/12/2013)**

1. **MEMBERSHIP**

The Singapore Ankylosing Spondylitis Club has a membership of 140 as at 31 December 2013.

2. **CLUB ACTIVITIES**

2.1. Annual Meeting. No annual meeting was held in 2013. There were no changes to the committee members.

President	:	Mr Jonathan Khoo Chew Hoe
Vice President	:	Mr Jason Loh Kok Kiang
Vice President	:	Mr Lau Won Sen
Secretary	:	Mr Koh Shao Yang
Treasurer	:	Mr Alan Goh Seng Khim

2.2. The Medical Committee members remain unchanged.

Medical Advisors	:	Dr Koh Wei Howe Dr Lui Nai Lee Dr Howe Hwee Siew Dr Lau Tang Ching
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Physiotherapists	:	Ms Ivy Ho Wei Fang Ms Yap Yan Mei Ms Chia Swee See
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2.3. Committee Meeting. Two committee meetings were held on 3<sup>rd</sup> May and 8<sup>th</sup> Nov 2013 to set the directions of the club for the upcoming year.

2.4. Weekly Exercise Class. The club held weekly physiotherapy classes at TTSH Physiotherapy Department on Fridays from 7pm to 8pm. The attendance ranged between 8 and 15 members every session. Club members gathered occasionally for dinner after the classes.

2.5. Changi Coastal Boardwalk. The club culminated the year with a morning outdoor walk and exercise program at Changi Beach boardwalk on 7<sup>th</sup> Dec. The walk ended with lunch at the Changi Village food center. A total of 10 participants attended, including a representative from TTSH Physiotherapy Department to facilitate the stretching exercises.

2.6. NAF Activities. The following NAF activities were participated by AS Club members:

2.6.1. Fund Raising. On 7<sup>th</sup> May 2013, the NAF held a Charity Golf Tournament as part of its fund raising activities. Members from the TTSH Physiotherapy Department and the AS Club were invited to attend.

2.6.2 NAF AGM. NAF held its AGM on 27 July 2013 on the premises of the foundation at 16 Jalan Kilang Barat.

### 3. EXPENDITURE REPORT

3.1. According to the audited NAF Financial Statements for FY2013, the total Club expenditure for 2013 was \$1,680. The major expenses were for Physiotherapy Classes.

3.2. The detailed breakdown of the expenditure can be found in Appendix 1.

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**Submitted By:**        **Mr Jonathan Khoo**  
                                 **President, SASC**

**Vetted By:**            **Mr Lau Won Sen**  
                                 **Vice-President, SASC**

**Prepared By:**        **Mr Koh Shao Yang**  
                                 **Secretary, SASC**

**Mr Alan Goh Seng Khim**  
**Treasurer, SASC**

**Last Updated:**        **23 June 2014**

Expenditure Report

## SINGAPORE ANKYLOSING SPONDYLITIS CLUB

## EXPENDITURE ACCOUNT FOR THE PERIOD 1 JAN 2013 TO 31 DEC 2013

	S\$	S\$
<b>Physiotherapy Session</b>		<b>1,680.00</b>
8/4/2013	360.00	
2/7/2013	420.00	
7/10/2013	420.00	
7/1/2014	480.00	
<b>TOTAL EXPENDITURE FOR THE YEAR 2013</b>		<b><u>1,680.00</u></b>

Notes:

Fm 2Q2013, Physiotherapists' transport & meal claims, per person, was raised from \$30/= to \$35/=

Fm 4Q2013, Physiotherapists' transport & meal claims, per person, was raised from \$35/= to \$40/=