

**NATIONAL ARTHRITIS FOUNDATION
ANNUAL REPORT 2014**



GENERAL INFORMATION

1. The **National Arthritis Foundation (NAF)** is a registered society under the ambit of the Registry of Societies since 27 June 1984. It is also accorded an Institution of Public Character (IPC) status under the purview of Ministry of Health.

2. **Singapore Unique Entity Number:** S84SS0010J

3. **Registered Address:** 111 North Bridge Road
Peninsula Plaza #07-21
Singapore 179098

4. **General Council**

Founder & Emeritus President

Dr Tay Chong Hai

Honorary Adviser

Dr Chew Chin Hin

President

Dr S Vasoo

Vice-President

Mr Sin Boon Ann

Members

Mr Low Beng Tin
Mr Michael Wong
Mr Kelvin Lim
Mr Eddie Loo
Dr Wong Kar King

Honorary Secretary

Dr Katy Leung

Honorary Treasurer

Ms Fang Lee Wei

5. **Executive Committee**

(Elected on 16 August 2014)

Emeritus Chairman

Prof Feng Pao Hsii

Chairman

Mr Low Beng Tin

Vice-Chairman

Prof Lau Tang Ching

Honorary Secretary

Dr Katy Leung

Honorary Treasurer

Ms Fang Lee Wei

Exco-Members

Dr Wilson Chew
Dr Ng Swee Cheng
Dr Bernard Thong
Dr Sheila Vasoo
Dr Elizabeth Ang
Dr Ernest Suresh
Ms Diana Koh
Mr Benjamin Gaw
Mr Low Aik Lim
Mr Jonathan Khoo

Other Advisers

Auditors	:	Kreston David Yeung PAC
Bank	:	United Overseas Bank

REPORT BY EXECUTIVE COMMITTEE

1 Objectives

The National Arthritis Foundation (NAF) is the key public organisation 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 programmes to support needy arthritis patients in meeting their medical needs.

3 Review of Activities

3.1 Extra-Ordinary General Meeting (EOGM)

An EOGM was held on 27 March 2014 to appoint Messrs Kreston David Yeung as the new auditor for NAF commencing from FY 2013 as NAF's incumbent auditor, Messrs Wu Wai Hong, had already completed their term of 5 years.

3.2 Fund-Raising & Donations

NAF held a Charity Golf Tournament on 28 October 2014 at Raffles Country Club which was graced by Mr Zainudin Nordin, Chairman of Government Parliamentary Committee for Manpower & Member of Parliament Bishan-Toa Payoh GRC. The money 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 \$180,800. The expenses incurred 14.2% of the total gross receipts from this fund-raising event.

We also received outright donations from the public amounting to \$40,440 during the year.

3.3 Medical Subsidy

NAF disbursed a total of \$39,370 to subsidise the expenses of needy arthritis patients.

3.4 Public Talks/Forums

In collaboration with the re-structured hospitals, 3 public talks were held throughout 2014 as follows:

- On 26 April @ SGH entitled "Rheumatoid Arthritis – We Can Help!
- On 16 May @ NUH entitled "Rheumatoid Arthritis –
- Know It To Conquer It"
- On 30 August @ TTSH entitled "GOUT – Medications, Diet, Lifestyle"

All 3 talks were well received and witnessed full attendance.

3.5 World Arthritis Day 2014

In conjunction with World Arthritis Day (which falls on 12 October of every year), NAF in partnership with AbbVie Pte Ltd organised a project called "Perspectives – Art, Inflammation and Me" whereby students of LASALLE College of the Arts produce

art pieces after two interaction sessions with arthritis patients. About 100 art pieces were produced and this was displayed for public viewing during LASALLE College 30th Anniversary Celebrations in early November 2014.

3.6 Membership

As at 31 December 2014, the National Arthritis Foundation had 410 members inclusive of members from Singapore Ankylosing Spondylitis Club (SASC).

Please refer to the enclosed SASC Annual Report for 2014.

4. Review of Financials

The main sources of income for NAF in 2014 were:

- Donations \$ 40,440 (2013:\$94,954)
- Charity Golf Tournament \$150,700 (2013: \$182,050 gross)
- Grant from Totalisator Board \$ 30,100 (2013: \$57,357)
- Grant from Charities Capabilities Fund \$ 9,600 (2013: Nil)

As for expenditure, \$39,370 (2013: \$21,615) were disbursed as medical subsidies, \$10,948 (2013: \$4,091) were spent on activities for members and administrative expenses amounted to \$160,923 (2013: \$163,807)

As at 31 December 2014, the Unrestricted General Funds of NAF amounted to \$203,187 (2013: \$187,535), unutilised CapitaLand Hope Fund was \$25,785 (2013: \$33,148) and unutilised Janssen Fund was \$2,881(2013: \$10,000)

5. Future Plans

With regard to fund-raising, 2 major events will be organised namely Charity Gala Dinner (during 1st half of 2015) and Charity Golf Tournament (during last quarter 2015). The target sum set to raise is \$500,000 to replenish NAF General Fund to support patient subsidies.

Another round of Tai-chi classes will also be organised and likely to be conducted at Bishan-Ang Mo Kio Park.

Revamping of NAF website will be done in 2015 aimed at providing a more informative platform for NAF members and the general public to learn about Arthritis.

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

6. Conflict of Interest Policy

NAF has in place a Conflict of Interest policy.

7. Disclosure of Remuneration

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

SINGAPORE ANKYLOSING SPONDYLITIS CLUB
ANNUAL REPORT 2014
(1/1/2014 - 31/12/2014)

1. CLUB ACTIVITIES

- 1.1. Annual Meeting. No annual meeting was held in 2014. There were no changes to the committee members.

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

In Sep 2013, Ms Ivy Ho left Singapore to pursue her Masters studies. Ms Yap Yan Mei took over as the 1st i/c, while Ms Yong Sue Mei joined the club as the 2nd i/c. Otherwise, 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 Yap Yan Mei Ms Yong Sue Mei Ms Chia Swee See
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- 1.2. Weekly Exercise Class. The club held weekly physiotherapy classes at TTSH Physiotherapy Department on Fridays from 7pm to 8pm. The exercise theme alternate between strengthening and aerobics to add variety, while maintaining the core stretching exercises. The attendance roughly ranged from 7 to 14 members every session.
- 1.3. Asian Multidisciplinary Interactive Symposium. Abbvie organized an Asian Multidisciplinary Interactive Symposium in Immunology for healthcare professionals in Kuala Lumpur, Malaysia in late Jan 2014. Together with the symposium, there was a networking session with the arthritis patient group of Malaysia held on 26 Jan 2014 and patients' sharing on "What I really want, what I really need" in their life journey on Psoriasis, Rheumatoid Arthritis and Crohn's Disease. Members of the SASC committee were invited to attend on behalf of the AS Club but due to the late invitation, our committee members were not able to attend.
- 1.4. Asian AS Patient Advocacy Council (AASPAC). Janssen has expressed interest in expanding its potential stakeholder audience reach by establishing coalition of Patient

Advocacy Groups within rheumatology to raise disease awareness and empower other patients. Mr Alan Goh from the AS Club was nominated to be part of the steering committee which includes other patients from around the region. The inaugural meeting was held in Hong Kong on 7~8 Mar 2014. Nine AS patients representing eight AS Associations from seven countries participated in the two-day meeting. The meeting aimed to bring together all AS stakeholders (i) to promote understanding of the serious burden of AS, (ii) to improve the quality of life and health outcomes of people with AS, and (iii) to reduce negative social and economic impact of AS on the community. The project is still ongoing but no dates have been fixed for a follow-up meeting.

- 1.5. IMID Summit. The Asia Pacific IMID Summit 2014 was held on 30-31 Aug in Seoul, South Korea. IMID is the umbrella term for Immune-Mediated Inflammatory Diseases. The 2014 Summit was organized by five of South Korea's leading patient organization groups in cooperation with AbbVie (Korean Organization of Ankylosing Spondylitis, Korea Crohn's Disease Patient Group, Korean Psoriasis Association, Korean Rheumatism Friendship Association, and Korea Inflammatory Bowel Disease Organization). 35 patient group leaders and potential advocates from seven countries/areas attended the two-day meeting. There were two representatives from Singapore, the President of the Singapore Ankylosing Spondylitis Club, Mr Jonathan Khoo, and the President of the Crohn's and Colitis Society of Singapore. Under the theme of 'Connect and Lead!' the IMID Summit 2014 had three objectives, (i) to provide effective communication methods, through which patient group leaders can impact the standards of care; (ii) to enable patient organization leaders to enhance the patient disease management experience and patient health outcome; and (iii) to share the best practices in various areas to support patient organization leaders in demonstrating better guidance and leadership to members. At present, no plans were announced for a follow-up summit.
- 1.6. Enhanced Volunteer Engagement Programme. The AS Club soft-launched an enhanced volunteer engagement programme. The objectives of the pilot programme were three-fold; (i) to increase volunteer engagement and satisfaction for the physiotherapist volunteers; (ii) to show appreciation to the AS Club volunteers who are mostly AS patients themselves and who have contributed time and energy (such as EXCO members and event logistical and speaker volunteers); and (iii) to stretch NAF's donation dollars by getting indirect subsidies from vendor merchants. For starters, we collaborated with a relaxation spa provider who agreed to avail to NAF vouchers at a deep discount. The latest feedback by the volunteers is that the even though voucher is desirable, but it is not preferable over direct cash. The programme is being reviewed to improve its effectiveness.
- 1.7. NAF Activities. The following NAF activities were participated by AS Club members:
 - 1.7.1. Fund Raising. On 28th Oct 2014, the NAF held a Charity Golf Tournament at Raffles Country Club as part of its fund raising activities. Members from the

TTSH Physiotherapy Department and the AS Club were invited to attend. However, due to the short notice given, SASC members were unable to attend.

1.7.2. Perspective Project. As part of World Arthritis Day 2014, Abbie partnered LASELLE Arts School and initiated the Perspective Project in Singapore, supported by NAF. The Perspective Project is a global project that had seen artist-patient participation from countries such as UK, Spain, NZ, Australia, Denmark Italy, Malaysia etc. A batch of 24-30 Master in Art therapy students from LASELLE participated in this project. They will interact with approx. 30 patient volunteers across the disease areas in arthritis. During the patient-artist interaction sessions, patient will share their journey with the artist, who will then transform this into a piece of Art, which will be auctioned for charity fund raising. Members from the AS Club were invited to attend the patient-artist interaction sessions and provide their personal sharing.

1.7.3. NAF EGM. NAF held its EGM on 27 Mar 2014 at the Oakwell Building.

2. EXPENDITURE REPORT

2.1. According to the audited NAF Financial Statements for FY2014, the total Club expenditure for 2014 was \$2,050. The major expenses were for Physiotherapy Classes.

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

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: 1 June 2015

Appendix 1

Expenditure Report

SINGAPORE ANKYLOSING SPONDYLITIS CLUB

EXPENDITURE ACCOUNT FOR THE PERIOD 1JAN2014 TO 31DEC2014

	S\$	S\$
Physiotherapy Session		1,960.00
1Q2014	480.00	
2Q2014	480.00	
3Q2014	520.00	
4Q2014	480.00	
Enhanced Volunteer Engagement Programme		90.00
TOTAL EXPENDITURE FOR THE YEAR 2014		<u>2,050.00</u>