

NATIONAL ARTHRITIS FOUNDATION ANNUAL REPORT 2012

GENERAL INFORMATION

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:** 16 Jalan Kilang Barat, Level 1, Cyber Centre, Singapore 159358

4. General Council

Appointed on 8 September 2012

Founder & Vice-President

Dr Tay Chong Hai

Vice-Presidents

Dr Tan Cheng Bock

Dr S. Vasoo

Mr Sin Boon Ann

Honorary Advisor

Dr Chew Chin Hin

Members

Mr Low Beng Tin

Mr Lim Boon Hock Bernard

Mr Teng Theng Dar

Ms Kellin Tham

Mr Michael Wong

Honorary Secretary

Dr Katy Leung

Honorary Treasurer

Ms Fang Lee Wei

5. Executive Committee

Appointed on 28 July 2012

Emeritus Chairman

Prof Feng Pao Hsii

Chairman

Mr Low Beng Tin

Vice-Chairman

Dr Lau Tang Ching

Honorary Secretary

Dr Katy Leung

Honorary Treasurer

Ms Fang Lee Wei

Members

Dr Wilson Chew

Dr Ng Swee Cheng

Dr Bernard Thong

Dr Mary Beth Son

Dr Sheila Vasoo

Dr Thaschawee Arkachaisri

Ms Diana Koh

Mr Benjamin Gaw

Mr Jonathan Khoo

Mr Low Aik Lim

5. Other Advisers

Auditors: Wu Wai Hong & Co.

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

The Automobile Association (“AA”) of Singapore held its 105th Anniversary Charity Gala Dinner on 5 December 2012 which was graced by Prime Minister Lee Hsien Loong. The aim of this AA Charity Dinner was to raise funds for the Singapore Road Safety Council, National Arthritis Foundation and Teck Ghee Citizens’ Consultative Committee Community Development & Welfare Fund in aid of the road safety campaigns and operations as well as social services programs.

Of the total funds raised at the AA Charity Dinner, NAF was allocated S\$182,100 of the donations and proportionately bore S\$39,780 of the expenses. The fund-raising expenses incurred was 22% of the total gross receipts from fund-raising event.

3.2 Medical Subsidy

NAF disbursed a total of S\$84,967 in 2012 to subsidise the medical and transportation expenses of needy patients. Of the medical subsidies disbursed,

- S\$75,668 was for subsidising 17 patients for Biologics medication;
- S\$7,099 was for subsidising 4 patients for non-Biologics medication; and
- S\$2,200 was for subsidising 3 patients for transportation expenses.

In addition, S\$51,862 medical subsidies were disbursed in 2012 from the CapitaLand Hope Fund to support 8 patients. In November 2011, NAF received a donation of S\$100,000 from CapitaLand Hope Foundation to launch the CapitaLand-NAF Juvenile Arthritis Fund to benefit underprivileged children age between 6 to 13 years old with Juvenile Arthritis conditions.

3.3 Tai Chi for Arthritis

Dr Lau Tang Ching, Vice-Chairman of NAF, conducted weekly "Tai-Chi for Arthritis Programme" class at Bishan Park over the period August to October 2012. Response was very encouraging.

As tai chi is a safe, enjoyable and effective form of exercise, it will continue to be organised as an ongoing programme in the coming years for our members, their families and the general public. Tai Chi 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 Membership

As at 31 December 2012, the National Arthritis Foundation (NAF) had 388 members, including 179 members from Singapore Ankylosing Spondylitis Club (SASC).

The President of SASC is Mr Jonathan Khoo. Please refer to SASC Annual Report for the year 2012 as enclosed.

4. Review of Financials

The main sources of income for NAF in 2012 were from donations of S\$72,280 and S\$142,320 were raised through the AA Charity Dinner.

As for expenditure, a total of S\$84,967 were disbursed as medical subsidies, net of S\$3,071 were spent on Tai-Chi and SASC activities and administrative expenses amounted to S\$199,581 in 2012.

Under the CapitaLand Hope Fund, S\$51,862 were disbursed in 2012 to help finance the medical costs of underprivileged patients age between 6 to 13 years old afflicted with Juvenile Arthritis conditions.

As at 31 December 2012, the Unrestricted Accumulated Funds of NAF amounted to S\$59,371 and the unutilized CapitaLand Hope Fund was S\$48,138.

5. Future Plans

Besides holding a Charity Golf on 7 May 2013, NAF will continue to approach corporate and individual donors to raise funds for NAF.

In addition to conducting Tai-Chi for Arthritis classes at Bishan Park, NAF will collaborate with community centres to form Interest Groups which will organise activities such as Tai-Chi 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. Please see attached.

7. Disclosure on Remuneration

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

SINGAPORE ANKYLOSING SPONDYLITIS CLUB
ANNUAL REPORT 2012
(1/1/2012 - 31/12/2012)

1. **MEMBERSHIP**

The Singapore Ankylosing Spondylitis Club (SASC) has a membership of 179 as at 31 December 2012.

2. **CLUB ACTIVITIES**

2.1. Annual Meeting. The 22nd Annual Meeting of the SASC was held on Saturday 2nd June 2012 at 12.00pm in Conference Room 1, Tan Tock Seng Hospital. A total of 25 people attended. The Committee for Year 2012 was formed:

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

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. The Annual Meeting was followed by a talk on "Ankylosing Spondylitis and Associated Ailments" by Dr. Law Weng Giap, Consultant, Department of Rheumatology, Allergy and Immunology, at Tan Tock Seng Hospital.

2.4. Committee Meeting. Two committee meetings were held on 31st Aug and 28th Sep 2012 to set the directions of the club for the upcoming year.

2.5. Weekly Exercise Class. The club held weekly physiotherapy classes at TTSH Physiotherapy Department on Fridays from 7pm to 8pm. The attendance ranged mainly between 8 and 12 members every session. Club members gathered occasionally for dinner after the classes. Apart from the regular stretching and exercise sessions, Chair Yoga classes were held in June 2012 to add variety.

2.6. Chair Yoga. Chair Yoga exercises (4 sessions) conducted by physiotherapists Ivy and Yan Mei were held during Friday exercise classes in Jun 2012.

2.7. Medical Talk by Prof. Muhammad Asim Khan. The club was honoured to have

Prof. Asim Khan, professor of medicine at Case Western Reserve University School of Medicine, to give a talk on 11 Jul 2012 at the Tan Tock Seng Hospital. As a world renowned author and lecturer on AS and as a person living with AS, Prof. Khan shared many useful insights which the attendees found much to gain from. This talk was preceded by a buffet dinner cum mingling session among the attendees. A total of 32 people attended the talk, of which 21 are AS Club members. A token of appreciation was presented to Prof. Khan at the end of the talk. Abbott Laboratories sponsored the logistical costs of this event.

2.8. Bulk Purchase of Dr. Asim Khan's Book. Following the talk, VP Jason Loh helped to coordinate the bulk purchase of Dr. Khan's book publication "Ankylosing Spondylitis: The Facts" for AS Club members who were interested. One additional copy was purchased and added to the club's repository.

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

2.8.1. Fund Raising. On 5th Dec 2012, the Automobile Association organized its 105th Anniversary Charity Gala Dinner with part of the proceeds going to NAF as one of its beneficiaries. As there were limited vacancies, seats were allocated to five TTSH physiotherapists, as coordinated by Physiotherapist Ivy Ho, in appreciation of their dedication for the weekly physiotherapist lessons.

2.8.3. NAF AGM. NAF held its AGM on 28 July 2012 on the premises of the foundation at 16 Jalan Kilang Barat. Mr Jonathan Khoo stepped down from Treasurer post and was re-elected as a member of the NAF Executive Committee.

3. EXPENDITURE REPORT

3.1. According to the audited NAF Financial Statements for FY2012, the total Club expenditure for FY2012 is \$2,651.27. The major expenses were for Physiotherapy Classes and costs of hosting the 22nd Annual Meeting (2012).

3.2. 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: 11 June 2013