

PRESIDENT'S ANNUAL REPORT 2016/2017

We have enjoyed a very busy, informative and social year, with an enthusiastic committee. We have all learned more about self management and being more involved in our treatments. Our financial membership stands at 97. 34 of our members have attended meetings during the year. Some of our members are in the work force, many live out of Melbourne, some interstate, and for others, travelling is no longer possible for health reasons. Members who attend meetings appreciate hearing from others as to how they are managing their condition and their experiences with various health professionals. Our library of books, DVD's etc. on the subject of osteoporosis continues to be well patronized at meetings.

Our General meetings continue to be held in a very comfortable and spacious room on the 4th Floor in Ross House, 247 Flinders Lane, Melbourne We are also represented at gatherings/meetings arranged by Ross House Association. Our bi-monthly committee meetings are still held in Glen Iris at St James' Church hall. To assist us with our activities we are appreciative of the Grant we receive from the Department of Health & Human Services each year.

Members have enjoyed the variety of speakers they have heard, all imparting useful information even when it is not directly related to osteoporosis. These included Ornella Clivisi, Musculoskeletal Research and Knowledge Manager and Simon von Saldern, General Manager Business & Services from *MOVE muscle bone & joint health* telling us about what they are doing to help people with musculoskeletal conditions, Sam Carson from the Royal District Nursing Service, Jennifer Capp from Statewide Home Health Service, Margaret Clayton, President of Coeliac Vic/Tas and Jane Keenan, Manager of the Fracture Liaison Clinic at St Vincent's Hospital.

During the year, Arthritis & Osteoporosis Victoria underwent a name change to better reflect its services. It no longer just services people in Victoria but all over Australia through its rheumatology help line so it was prudent to delete the word Victoria from its title in order to gain Federal funding. Also, arthritis and osteoporosis had connotations of being conditions solely affecting people in the older age group. This is not the case as these conditions affect people of all ages, so to remove this stigma it was prudent to delete these words from their title. It is well known that suffering from any muscle bone and joint condition it is advantageous to move around as much as possible hence the title *MOVE muscle bone and joint health*.

Many of our members belong to *MOVE, muscle bone and joint health* and we encourage this. as apart from receiving personal membership benefits, this aids the community, helping to finance programs and services to assist people with musculoskeletal problems, including osteoporosis. It also contributes to research and adds the weight of numbers when Grants are being applied for from the government and corporate sector. The Support Group's relationship with *MOVE muscle bone and joint health* is very valuable as they cover us for insurance which we otherwise could not afford. Committee members were invited to the *MOVE muscle bone and joint health* Volunteers Luncheon in May as a thank you for our support given, and we attended the two Support Group Leaders' Meetings/Luncheons at their premises in Kooyong Road Elsternwick during the year as well as their Consumer Forum at which we had the opportunity to put forth ideas as to what help is needed for people with musculoskeletal conditions. Two webinars on the subject of osteoporosis conducted by *MOVE muscle bone and joint health* were also available to our members.

In May, members enjoyed an interesting tour of the Walter & Eliza Hall Research Institute, followed by lunch nearby. Our Annual Luncheon at William Angliss restaurant in September was enjoyed by all who attended. In October we promoted our Group with an information table at the Gluten Free Expo at Jeff's Shed. We also had an information table at the Opening of Seniors Week at Federation Square. For the month of August, Ross House granted us window space onto Flinders Lane to publicize our Group. In February this year at the 'Ashburton til Twilight Festival' we had an information table and sold plants, the proceeds of which were added to our funds.

This past year we were invited to participate in the 'Grill'd Local Matters' program at their restaurant at Southern Cross Railway Station and we were successful in receiving the most popular of the three organizations represented at the time which added \$300 to our funds.

The changes at *MOVE muscle bone and joint health*, inspired us to change our logo to better reflect what we represent. Our website continues to attract 'hits' from which requests for information are followed up. We have during this year started our own Facebook page which is well supported. Our bi-monthly newsletters continue to be sent to all financial members with copies of the Minutes of the previous General Meeting. I have also been able to forward

from time to time, additional information I receive, to members who have given me their email address. We exchange newsletters with the Osteoporosis Sydney Support Group, the South East Melbourne Osteoporosis Support Group and the Young Womens Arthritis Support Group. We have strong links with Osteoporosis Australia in Sydney and Kieser Strength Training who have a particular interest in helping people with osteoporosis, as well as the National Osteoporosis Society in the UK from which we receive helpful information. Our newsletter goes out to 20 people in the health sector who have requested to be put on our mailing list. This past year we have had the opportunity to participate at committee level in a global survey on our experience with the pharmaceutical industry.

We continue to have an Exercise Physiologist interested in helping our Group through a question and answer column in our newsletters. Endocrinologists, rheumatologists and physiotherapists are available to us for advice when certain issues arise and I thank them for their support.

In conclusion I would like to thank Linda Martin the CEO of *MOVE muscle bone and joint health* and her staff for their help throughout the year, Bruce Brown, our website manager for keeping our site up-to-date, Bill Logie for looking after our sound system for meetings, Karen Mills our Facebook page manager, office bearers, Beryl Noonan Vice-President, Odille Douglas Secretary and Irene Sansom Treasurer and committee members Leonie Cartledge (catering), Helen Cunningham, Leigh Lugton, Andrea Priest (librarian) Nancy Pearson (raffles) and Irene Rawson who carry out their duties so cheerfully.

Beryl Logie President 18.4.2017