Arthritis Ireland Annual Report 2019

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Vision

A better world for people living with arthritis today and a world without arthritis tomorrow.

Registration at the Fibromyalgia Health and Wellbeing Summit, organised jointly with FibroIreland.

Team Arthritis Ireland at the Vhi Women's Mini Marathon.

Mission

We seek to ensure that every person living with arthritis in Ireland is supported to live a full and active life, having access to appropriate health services and treatments.

We work to ensure an enhanced quality of life for people living with arthritis, minimising the devastating effects that arthritis can have on lives.

National Volunteer Conference

Purpose

- We are the first and frequent point of support for people living with arthritis in Ireland.
- We develop and deliver the services and supports which allow people living with arthritis to lead full and active lives.
- We listen to our community and advocate solutions to their needs through developing evidence-based policy proposals.
- We influence the research agenda and promote development of new diagnostics, treatments and supports.

Values

- We understand the importance of trust and acting with the utmost INTEGRITY. We are responsible, accountable and operate to the highest governing standards.
- We are committed to TRANSPARENCY and are honest and clear about what we do, what we don't do and why.
- Our PERSON-CENTRED approach puts people living with arthritis at the heart of everything we do. Arthritis doesn't discriminate, so it's important for us to understand the lived reality of every person affected by this debilitating disease.
- We strive to be INCLUSIVE and ensure that the voices of those living with arthritis always takes priority.
- We work in PARTNERSHIP with people living with arthritis, their families, employers, health professionals, service providers and other organisations to achieve the best possible outcomes and greatest impacts.
- We are INNOVATIVE, forward thinking and dynamic. We are committed to finding smarter ways of doing things to improve quality of care.

Introduction from the Chair

2019 has been such a busy year for Arthritis Ireland with a number of significant milestones marked that are important for the organisation for different reasons, with each milestone or event demonstrating the breadth of the organisation in its wider sense and the important activities we undertake.

I have no intention of going through all of them, as that will be covered in the following report, but I would like to make mention of a few that have stood out for me personally.

Arthritis Ireland strategy 2019-2023
I have said before that the creation and launch of the Arthritis Ireland strategy 2019-2023 has been timely. That statement is worth repeating, as so much has changed in this organisation and the society and environment in which we now operate that a relatively fundamental revisit of our strategy was required.

In very simple terms we wanted to ask ourselves some questions, given that changing landscape in a changing world in which we operate. Does our organisation know where it is headed? Quite often one finds that many organisations have a fragmented view of their 'blueprint' or 'roadmap' and operate in a certain way 'because that's the way we always did it'.

It is also notable for the fact that a lot of effort from a lot of different people went into creating and launching it. It is a piece of work that the staff, the members, the branch representatives and the board should all be happy and proud of.

Mayo and Longford branch anniversaries
In an organisation like ours, indeed any patient support type of organisation, the stakeholder groups can be diverse. Obviously, they include people living with arthritis and their families, as well as healthcare professionals, researchers, policy makers, industry, funders, donors, other non-profits and patient organisations.

The core of our organisation is our branch structure spread around the country, made up mainly of people living with arthritis and their families – this seems like an obvious construct for an organisation like ours. But we should also consider how important our branches are, as they act as an important conduit to others from those stakeholder groups listed who wish to offer their support for arthritis as well as those living with arthritis and their families.

2019 saw two of our branches reach important milestones. The Mayo branch celebrated 25 years and the Longford branch celebrated 10 years. A huge thank you must go to all of the people, past and present, who have worked hard as committee members, volunteers and participants over such a long time to help keep these branches going.

It is no easy task to keep a voluntary organisation going for so long whilst consistently delivering for those who make use of the supports these branches offer.

Congratulations to both Mayo and Longford on reaching these anniversaries.

My RA Story

The production of the book *My RA Story* is the final milestone I would like to draw your attention to. It can be so difficult for us to 'get the message out' about arthritis. This collection of personal stories by people with rheumatoid arthritis giving their first-hand accounts of living with the condition and its impact makes it easier for us to bring people with us on the journey of living with RA and, to some extent, arthritis in general.

I believe that the collection helps both those who have written their story, but also those who are possibly only beginning their story, as they have recently been diagnosed. A big thank you to all of those involved.

Of course, there are other events and milestones throughout the year that deserve to be marked and I hope that you can see that from the annual report that follows. I think that, on the whole, 2019 has been another good year for Arthritis Ireland and we continue to make our mark on society in important ways, but there is always room for improvement. We will endeavour to change, adapt and improve what we do and how we do it.

Seoirse Smith
Chairman

Introduction from the Chief Executive

It is a great privilege to present our annual report for 2019. I hope you will see that it was a productive and successful year across the different areas of our work that exist to support and represent the one million people with arthritis in Ireland.

It was an extremely busy year that saw the launch of our new strategic plan: 2019-2023. This new plan puts those living with the condition at the centre of everything we do. This is an ambitious plan – it has to be. While there have been dramatic improvements in our knowledge and understanding of arthritis, and in how people are diagnosed and treated; there is no shortage of fresh challenges. The reality is that as we live longer, increasing numbers are going to get arthritis; the health system is under immense pressure; health inequalities are taking their toll; while false claims of cures serve to mislead and confuse. These have not dented our ambition. Instead, we have responded by articulating a plan built around six strategic priorities to achieve our vision of a better world for people living with arthritis today and a world without arthritis tomorrow. This will not easily be achieved. However, working towards an arthritis-free world is what people living with the disease in Ireland deserve. Our plan signposts the key actions that will move us closer towards the attainment of our vision, as well as a way of working that harnesses the power of collaborative action and partnership.

Our strategic priorities:

1. Provide relevant and meaningful services to people living with arthritis across the full journey of their disease.
2. Make Arthritis Ireland the 'go-to' destination for information, services and supports.
3. Ensure our organisation is dynamic, networked, transparent and resourced to deliver our strategic priorities.
4. Advocate and offer solutions to the state to recognise its role and responsibilities to people living with arthritis.
5. Build public awareness and understanding of arthritis.
6. Influence research activities for better treatments, diagnoses and cures.

Our impact was broad and far-reaching in 2019. Our Living Well with Arthritis self-management programmes continued to make an enormous difference to the lives of people with arthritis. This year we delivered courses to 452 people. We know that physical activity is a vital part of managing arthritis. In 2019 we organised and delivered physical activity opportunities around the country, ranging from walking groups through to physiotherapist-led classes. Some 1,200 people participated in these activities.

Living with a chronic condition like arthritis, people can sometimes feel overwhelmed, isolated, misunderstood and disempowered. Being able to connect with someone who understands is incredibly empowering. Through our helpline and various online support groups, we offer advice and information, and connect people living with arthritis to other organisations and community supports. In 2019, 3,624 people contacted our helpline or engaged with our online groups.

When it comes to living with arthritis and successfully managing the condition, being well-informed about the disease is key. Arthritis Ireland continued to expand its work in this area throughout the year. We distributed 35,000 information booklets through rheumatology centres, GP and physiotherapy practices, and through our courses and events. Over one thousand people attended our public information events nationwide and 130,000 people sought information through visiting our website.

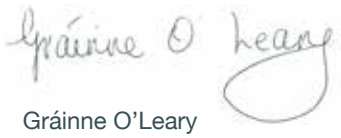
In 2019, we undertook a number of health promotion campaigns to increase public awareness and understanding of arthritis. These focused on such diverse areas as biosimilars, pregnancy and arthritis, juvenile idiopathic arthritis, rheumatoid arthritis and ankylosing spondylitis.

On the research front, we launched a national initiative that will improve patient-centred arthritis research. The Arthritis Research Coalition (ARC) biobank will make a significant difference to health research by collecting blood and tissue samples donated by patients. The biosamples will help researchers gain a better understanding of the causes and treatment of rheumatic conditions.

Despite a number of challenges on the fundraising front, our financial performance held firm. Arthritis Ireland was awarded three-year funding by Pobal on behalf of the Department of Rural and Community Development to support its community activities. Over the next three years, the grant will support the development of our branch network; growing our helpline and the peer support network; and increasing the number of self-management courses, information talks and exercise classes delivered.

2019 also saw the development of a new 3-year fundraising strategy for the organisation. This plan is about looking forward. It is about identifying what has worked for us in the last number of years and seeing how we can grow this, whilst also acknowledging that some activities are not appropriate for our support base right now.

None of our achievements in 2019 would be possible without the dedication of the volunteers and staff and our board of directors who work so hard to make a difference to the lives of people living with arthritis. I would like to thank everybody who has supported our work in any way, by making donations, engaging in fundraising activities, and raising awareness about who we are and what we do. Without your support, our work would not be possible.



Gráinne O'Leary
Chief Executive

Our Impact:
The difference we make

7,726

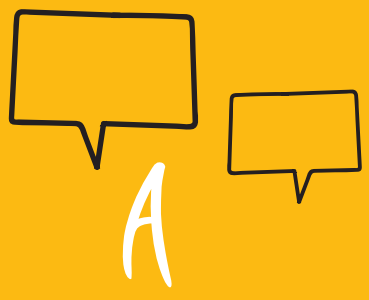
Enabling people to take control
7,726 people have completed a community-based self-management programme since 2006

130,000

Digital health
130,000 people visited our website in 2019

1,200

Getting people moving
1,200 people participated in one of our physical activity events in 2019



1,070

Educating and informing
1,070 people attended an information event in 2019

3,634

Providing emotional and practical support
3,634 people contacted our helpline in 2019

35,000

Informing and empowering
35,000 information booklets about various forms of arthritis and living with the condition distributed in 2019

€2,500,000

Working on a cure
€2,500,000 invested in research in the past six years – established centres of arthritis and rheumatology research at UCD and TCD

2019

My RA Story: Personal Accounts of Living with Rheumatoid Arthritis

An extraordinary book featuring first-hand, personal accounts of living with rheumatoid arthritis (RA) was published by Arthritis Ireland in September, as part of an innovative awareness campaign about the condition.

My RA Story is a collection of more than 40 stories written by people who are living with rheumatoid arthritis. The book features an introduction by best-selling author, Sinéad Moriarty, who was diagnosed with the condition in 2015, and who launched the title in the National Library. It is edited by Brian Lynch.

All proceeds from the sale of *My RA Story* go to Arthritis Ireland.

'It is only by talking to others with RA that I got through those first few dark and difficult years. It was by listening to other people's stories and experiences that I was able to figure out how to best manage the condition,' writes Sinéad Moriarty in the book.

'I feel very strongly that we need to raise awareness about this condition and get people to talk to each other and connect with others. It can be a very lonely place and just being able to talk to someone who 'gets it' can be incredibly helpful and consoling and informative,' she writes.

The contributors to the book document the impact of rheumatoid arthritis on their lives, from the physical pain and fatigue to its effect on their mental health, relationships and careers. Some of those featured in the book have been living with RA for over 40 years, while others were diagnosed inside the last year or two.

Several of the contributors comment on the challenges of living with an invisible disease. Pamela Collins from Athlone writes that 'It is difficult to see anything wrong with me, unless you see my scars from the surgeries over the years, or if you see me in the mornings/early afternoon or when my body has gone into full flare-up mode.'

Sandra Fitzgerald from Shrule, Co. Mayo was running her own successful business. 'It's one thing to walk away from a business venture that just didn't work out, maybe you can take some solace in the fact that you gave it your best shot and took that plunge,' she writes, 'But when your business is thriving and you're at the point of being able to expand and explore the gazillion other ideas you have spinning around your brain until BOOM… rheumatoid arthritis rears its ugly head and reminds you of its presence in your body.'

There's lots of hope and positivity in the book to balance the pain and anger. Triathlete, Ken Byrne, from Celbridge writes 'I get emotional thinking how far I have come; believe me, it's not been easy, it's been filled with ups and downs, injuries, sickness, but would I change it, not at all. Finding this road has given me my life back.'

Gráinne O'Leary and Sinéad Moriarty pictured at the launch of *My RA Story* at the National Library.

Rheumatoid arthritis affects 45,000 people in this country; 70 per cent of them women. Two thousand new cases are diagnosed annually; the vast majority of them when the person is in their 30s, 40s or 50s.

My RA Story: personal accounts of living with rheumatoid arthritis is published by Arthritis Ireland and costs €15. It is available to purchase directly from the organisation or via their website, www.arthritisireland.ie.

My RA Story is supported by a grant from MSD Ireland.

Arthritis Ireland Mayo Branch Celebrates 25th Anniversary

The Mayo branch of Arthritis Ireland marked 25 years of providing local supports to people in 2019.

The branch was founded by the late Mary Healy from Bohola in 1994. Mary was described as 'a pioneer in her fight for people with arthritis', by Ann-Marie Healy, branch chair in 2019.

According to Ann-Marie, Mary focused on early disease diagnosis and helping people to live their lives better through self-management. 'She campaigned tirelessly for better services at Mayo University Hospital for people with arthritis,' she said.

Stacey Grealis, Senator Michelle Mulherin, Ann-Marie Healy, Senator Rose Conway-Walsh and Gràinne O'Leary at the 25th anniversary celebrations of the Mayo branch.

After Mary's passing, the branch committee continued to campaign and advocate for a rheumatology service at MUH. This was achieved in 2017, with the commencement of a rheumatology outpatient service. The committee has continued to advocate for better health services for people with musculoskeletal disease, to ensure access to early diagnosis, treatment and improved services in acute and primary care for the people of Mayo and across the Northwest.

Ann-Marie Healy noted that over the 25 years' existence of the Mayo branch, an enormous debt of gratitude is due to large group of people, including the staff of Mayo University Hospital, Merlin Park Hospital and Manorhamilton, GPs, primary care staff, nurses, physiotherapists, occupational therapists and podiatrists.

She also thanked everyone who had fundraised on behalf of the branch since 1994, which she said had helped people with arthritis achieve the best possible quality of life.

Over the course of a quarter-century, Arthritis Ireland delivered its very successful self-management programmes in Mayo, Living Well with Arthritis and Breaking the Pain Cycle, as well as organising coping skills workshops, healthy eating and nutrition classes, physiotherapy-led exercise classes, walking groups, adapted seated exercises, water therapy and support groups.

None of what the Mayo branch achieved would have been possible without the selfless dedication of so many volunteers over the years. We are all in their debt.

Marking Ten Years of the Longford Branch of Arthritis Ireland

Loretta Doyle, branch vice-chair, casts a look back at the first decade of the branch

The Longford branch of Arthritis Ireland was launched in April 2009. From the beginning we had enormous support from the team in the national office, as well as lots of encouragement from the other branches, and in particular, the Mayo branch. Looking back, it seems hard to believe that 10 years have now passed.

We embraced the message that Arthritis Ireland wanted to spread: that taking control and managing arthritis and related conditions, such as fibromyalgia, was within the reach of anyone.

Exercise is a big part of what we do and we began our first arthritis aqua class in February 2010. It was an instant success, so much so that we had to have a second weekly class. We then went on to deliver a variety of other exercise classes, including seated yoga, seated pilates, physiotherapist-led exercises, dance classes (suited to limited mobility), Nordic pole walking; while activator pole walking is the latest addition to our programmes. Four of our volunteers are trained walking leaders.

The Living Well with Arthritis courses have helped countless people gain the knowledge and skills of self-management to be able to manage their condition. With three trained leaders in the branch, we have delivered courses across the Midlands and West, including in Longford, Roscommon, Leitrim, Cavan, Sligo and Galway.

Pictured at the Arthritis Ireland stand at the National Ploughing Championships were Mary Ryan from the Kilkenny branch; Loretta Doyle and Mary Henry, both from the Longford branch.

Through the Ambassador training, we are able to give presentations about arthritis to community organisations and have been invited by groups like the ICA, Men's Sheds, Age Action and ladies clubs to speak to their members about the condition. Training and refresher opportunities ensure that our members are equipped to spread the word on self-management and to give updates on research supported by Arthritis Ireland.

Through our activities we reach hundreds of people and our public information events are always well attended.

Margaret Hughes, Betty Heaney, Patricia O'Donnell and Mary Henry at a tree planting ceremony to mark 10 years of the Longford branch.

One such occasion in Ballymahon comes to mind. Dr Ausaf Mohammed, consultant rheumatologist, and Angela Camon, rheumatology nurse specialist, delivered a very informative presentation, followed by a lively Q&A. One young man at the event had recently been diagnosed with rheumatoid arthritis, and together with his wife, had travelled from Donegal. After the talk, they had an opportunity to speak with Dr Mohammed and were greatly relieved at his reassurance. Afterwards, they got in touch to say thanks. That is one of the things that makes volunteering so rewarding.

The local media are vital to getting the word about our activities and courses out to the wider public. In particular, the *Longford Leader* and Shannonside FM are great supporters of our branch.

Fundraising too is an important part of our branch activities and we do many church gate collections around the county. We're always delighted when someone fundraises for us. One young woman, who had her long hair cut, raised €1,300. She was inspired by a friend who had juvenile arthritis. Another lovely woman asked for money gifts for her eightieth birthday and donated all €600 to the branch. Such extraordinary generosity is never less than inspiring – and enables us to support people in Longford who are living with arthritis.

As a branch, we've also had an opportunity to contribute to discussions about arthritis at a European level. In 2015, Arthritis Ireland hosted the EULAR PARE conference in Dublin and three of our branch members were invited to attend. It was a fantastic opportunity to gain an understanding of how other countries approach challenges in their own health service. In 2019, our chair, Mary Henry, represented us at the EULAR PARE conference in Prague. Through the magic of live streaming, we were able to link-in with the round table discussions and experience the conference from our homes!

Having been part of Longford branch since its inception, I have learned so much and met wonderful and inspirational people. Our branch is a close-knit unit and firm friendships have developed. As volunteers, it feels like we have gained as much, if not more, than we have given.

In conclusion, it's appropriate to roll-call the committee who have worked hard to make our branch successful: Mary Henry (chair), Loretta Doyle (vice-chair), Pat Wilson (secretary), Margaret Hughes (treasurer), Betty Heaney (PRO), Lily Hannify (fundraising) and Patricia O'Donnell (walking leader).

New Arthritis Biobank to Improve Patient-centred Health Research Launched

A national initiative that will improve patient-centred arthritis research was launched in October.

The Arthritis Research Coalition (ARC) biobank will make a significant difference to health research by collecting blood and tissue samples donated by patients. The biosamples will help researchers gain a better understanding of the causes and treatment of rheumatic conditions.

The initial focus of the biobank is on rheumatoid arthritis, lupus and paediatric arthritis conditions, such as juvenile idiopathic arthritis and Down's arthritis. In time, this will expand to include gout, psoriatic arthritis, ankylosing spondylitis and connective tissues diseases.

A further objective of the coalition is to increase national involvement in clinical trials of novel therapeutic agents.

According to Prof. Gerry Wilson, chair of the ARC steering committee: 'The Arthritis Research Coalition is a national initiative to ensure that patient-centred research results in improved outcomes for children and adults with arthritis. The collection of blood samples will allow us to study ways of identifying the development of arthritis at an earlier stage, hopefully preventing joint damage and disability for many types of arthritis.'

Gráinne O'Leary, chief executive of Arthritis Ireland said: 'Research is increasing the knowledge base about arthritis. That knowledge has the potential to transform the lives of people living with the disease, through delivery of better care for patients, as well as gaining earlier access to innovative treatments through clinical trials, than would otherwise be possible. The launch of the Arthritis Research Coalition is a milestone in health research in this country.'

The establishment of the Arthritis Research Coalition, as well as the creation of two Arthritis Ireland professorial chairs in rheumatology, the award of a EULAR Centre of Excellence, and the development of a research nurse network will address previous challenges and ensure that Ireland remains at the forefront of the global research effort in rheumatic disease.

Patients looking to participate in the biobank are advised to speak with their rheumatologist.

The Arthritis Research Coalition is supported by Arthritis Ireland, the Health Research Board Clinical Research Coordination Ireland (HRB CRCI), AbbVie, Novartis, Pfizer and UCB.

Prof Gerry Wilson speaking at the launch of the Arthritis Research Coalition.

GENE-ius: Irish Research leads to Naming of Human Gene linked to Rheumatoid Arthritis

A mystery gene identified in research at UCD, supported by Arthritis Ireland, the Health Research Board (HRB), the Irish Research Council, was given a new name in 2019.

A team of doctors and scientists at the UCD Centre for Arthritis Research has been investigating the previously unnamed, mystery gene since a difference in its DNA code was linked with rheumatoid arthritis.

The gene, now called MACIR – for macrophage immunometabolism regulator – was shown to be important for our immune system.

Dr Emma Dorris, senior researcher on the work, said: 'The immune system is crucial for the normal functioning of the body. We looked at a type of immune cell, called a macrophage that has a role in inflammation, but also in growth and healing. These cells are like conductors of an orchestra; they tell the other immune cells when to turn on inflammation or fight infection, but also when to turn off 'fight' mode and to turn on 'healing' mode.

'Therefore, when they stop working properly, the whole immune system can go out of tune. When we reduce MACIR protein, the macrophages went very out of tune. They were no longer able to properly switch from 'fight' mode to 'healing' mode.

'People with rheumatoid arthritis have less MACIR compared to people that don't have an autoimmune condition,' Dr Dorris said.

Prof. Gerry Wilson, director of the UCD Centre for Arthritis Research and lead author of the research, has been investigating this gene for nearly 10 years. He was involved in the large genetics study in 2010 that first identified it was linked to rheumatoid arthritis.

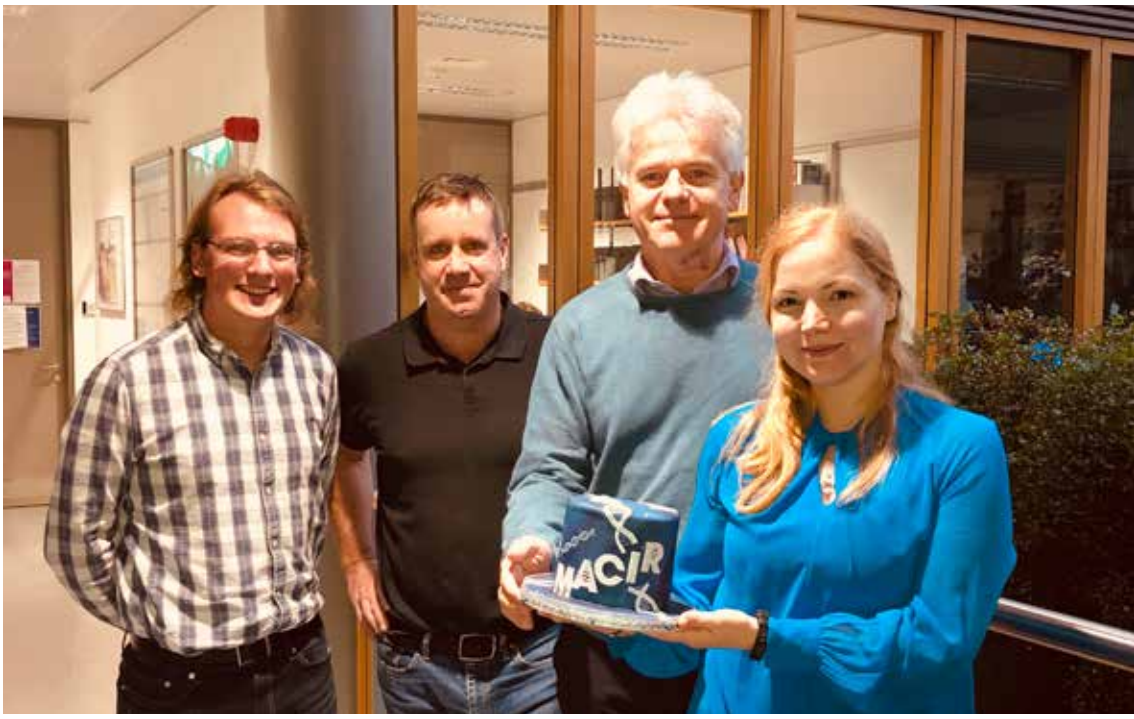
'Autoimmune disorders like rheumatoid arthritis are what we call complex diseases. There is no single gene that will give you RA, but there can be variations in your DNA that make you more or less likely to develop it,' he said.

He outlined how MACIR affected people with rheumatoid arthritis.

'Working with our colleagues in Queen Mary, University of London, we found that when people newly diagnosed with rheumatoid arthritis had more inflammation, they produced less MACIR,' he said.

The naming of human genes is now tightly regulated with oversight from the international Human Gene Nomenclature Committee, a part of the Human Genome Organisation (HUGO). Human gene symbols can no longer form known words and must be named after the gene function.

When the function of a gene is unknown, it is given a temporary symbol, based on where in the DNA it is located. The gene the Irish researchers were interested in was called C5orf30, which it means it was the thirtieth sequence of DNA code that looked like a gene on chromosome 5, the fifth biggest chromosome in our cells.



Dr Kevin Sheridan, Dr David O'Connell, Prof. Gerry Wilson and Dr Emma Dorris. Missing is Prof. Denis Shields.

Dr Dorris from UCD School of Medicine explained how scientists figure out what a gene does.

'Usually, you ask: does it look like a duck, walk like a duck and quack like a duck? If the answer is yes, you hypothesize it's a duck and carry out experiments to confirm.

'C5orf30 did not look like a duck. In fact, it looked like nothing else in the genome (the term for all our DNA code). So, it was a long process to discover what C5orf30 actually did.'

Dr Darrin Morrissey, Chief Executive of the HRB, said: 'Important findings like this demonstrate the importance of research and collaboration. We are delighted that through the HRB and the Health Research Charities Ireland awards scheme we can play a part in supporting research that helps to better understand the causes and mechanisms of disease and brings the hope of finding new treatments to people.'

Gráinne O'Leary, chief executive of Arthritis Ireland, emphasised the importance of this type of research to people in Ireland living with arthritis. 'Rheumatoid arthritis affects 45,000 people in Ireland, 70 per cent of them women. This is a chronic disease that can impact on every aspect of life: physical and mental well-being, relationships, career, social life. Through investing in research such as this, Arthritis Ireland is helping us draw closer to the day when people will be free from the pain of arthritis.'

Directors' Report & Financial Statements

Directors' Annual Report

The directors present their Directors' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the financial year ended 31 December 2019.

The financial statements are prepared in accordance with the Companies Act 2014, FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Directors' Report contains the information required to be provided in the Directors' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The directors of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the directors of Arthritis Ireland present a summary of its purpose, governance, activities, achievements and finances for the financial year 2019.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2014 and, although not obliged to comply with the Statement of Recommended Practice (Charities SORP effective January 2015), the organisation has implemented its recommendations where relevant in these financial statements.

Arthritis Ireland is limited by guarantee and does not have a share capital. At the balance sheet date there were 15 members whose guarantee is limited to €1.27. This guarantee continues for one year after membership ceases. The company is governed by the Companies Act 2014 and produces its accounts in compliance with that Act.

Mission, Objectives and Strategy

Vision
A better world for people living with arthritis today and a world without arthritis tomorrow.

Mission
We seek to ensure that every person living with arthritis in Ireland is supported to live a full and active life, having access to appropriate health services and treatments. We work to ensure an enhanced quality of life for people living with arthritis, minimising the devastating effects that arthritis can have on lives.

Purpose
- We are the first and frequent point of support for people living with arthritis in Ireland.
- We develop and deliver the services and supports which allow people living with arthritis to lead full and active lives.
- We listen to our community and advocate solutions to their needs through developing evidence-based policy proposals.
- We influence the research agenda and promote development of new diagnostics, treatments and supports.

Values
- We understand the importance of trust and acting with the utmost INTEGRITY. We are responsible, accountable and operate to the highest governing standards.
- We are committed to TRANSPARENCY and are honest and clear about what we do, what we don't do and why.
- Our PERSON-CENTRED approach puts people living with arthritis at the heart of everything we do. Arthritis doesn't discriminate, so it's important for us to understand the lived reality of every person affected by this debilitating disease.
- We strive to be INCLUSIVE and ensure that the voices of those living with arthritis always takes priority.
- We work in PARTNERSHIP with people living with arthritis, their families, employers, health professionals, service providers and other organisations to achieve the best possible outcomes and greatest impacts.
- We are INNOVATIVE, forward thinking and dynamic. We are committed to finding smarter ways of doing things to improve quality of care.

Structure, Governance and Management

Structure

Arthritis Ireland is governed by a board of directors. The board is elected at the AGM and consists of not more than 15 representatives as follows: not more than four directors from the societies (three from the Irish Society for Rheumatology (ISR) and one from the Irish Rheumatology Health Professionals Society (IRHPS) including the chairperson if a societies director), four directors nominated by the Arthritis Ireland branches and elected at the AGM, and seven ordinary directors to be co-opted by the remaining members of the board. The present membership of the board is listed on the directors and other information page. The directors and secretary who served during the year had no financial interests in the organisation. The board of Arthritis Ireland meets on a bi-monthly basis.

Arthritis Ireland has a Governance and Finance Committee, which is chaired by a board member and is responsible for the following areas: audit and finance, board structure, succession planning, memo and articles of association, AGM, Code of Governance implementation and review, compensation and benefits, legal awareness.

In addition, Arthritis Ireland also operates the following working groups, that are composed of board members, staff and external representatives and have the following focus:

- Services: Oversees the development of our services to ensure we are providing the appropriate support to people living with arthritis.
- Advocacy: Advises and supports the development and implementation of the organisation's advocacy strategy.
- Research: Responsible for our work in the area of research and our search for a cure.
- Fundraising: Develops new and innovative ways to raise funds to contribute to the sustainable development of the organisation.

Financial Review

The results for the financial year are set out on page 30 and additional notes are provided showing income and expenditure in greater detail.

Income

Total income for the year amounted to €986,870 (2018: €892,345), a 9.5% increase on the previous year.

In 2019, we published a new strategic plan which will guide our work over the coming years and covers the period 2019-2023. As part of this process, we articulated a new vision, mission and purpose for the organisation.

Despite the prospective economic environment, the directors remain confident that Arthritis Ireland will continue to achieve its strategic priorities into 2020 and beyond.

Financial Results

At the end of the financial year the company has assets of €989,387 (2018 - €1,330,837) and liabilities of €138,075 (2018 - €104,515). The net assets of the company have decreased by €(375,010).

Reserves Position and Policy

Movement on reserves
Net decrease in resources for the financial year before transfers €(375,010)

The directors recommend allocation of this amount to general funds €(139,386)
Unrestricted reserves at beginning of year €500,000

Funds reallocated from restricted to unrestricted €(139,386)

Unrestricted reserves at end of year €500,000

It was agreed at board level to formally allocate the funds included in the restricted funds to general funds in order to meet our commitments in respect of the funding to be allocated to the Chairs of Rheumatology programme and to ensure that the organisation has sufficient funds to support the organisation should it enter a period where there is a downturn in funding raised.

Directors and Secretary
The directors who served throughout the financial year, except as noted, were as follows:

Seoirse Smith (Chairperson)
Gerry Wilson (resigned 6 June 2019)
Peter Boyd (resigned 29 August 2019)
Bryan Whelan (resigned 6 June 2019)
Emma MacDermott
Andrew Kinsella
Andrea MacMahon
Timothy O'Sullivan
Finbar O'Shea
Keith Nix
Stephen Crowe
Dorcas Mafuva (resigned 18 October 2019)
Eric Boyle (appointed 6 June 2019)
Martina Cooney (appointed 24 October 2019)
Ursula Fearon (appointed 6 June 2019)
Miriam O'Sullivan (appointed 24 October 2019)

In accordance with the Articles of Association, the directors retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served throughout the financial year was Andrew Kinsella.

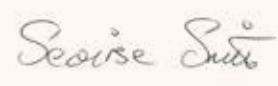
Compliance with Sector-Wide Legislation and Standards
The company engages pro-actively with legislation, standards and codes which are developed for the sector. Arthritis Ireland subscribes to and is compliant with the following:
- The Companies Act 2014
- The Charities SORP (FRS 102)

Post Balance Sheet Events
The Covid-19 crisis has had a substantial impact on the charity's activities. The main impact is in relation to the provision of services and activities. The directors have not been able to quantify the financial effects at this time.

Auditors
The auditors, KSI Faulkner Orr have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Accounting Records
To ensure that adequate accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at 1 Clanwilliam Square, Grand Canal Quay, Dublin 2.

Approved by the Board of Directors on 23 July 2020 and signed on its behalf by:



Seoirse Smith (Chairperson)
Director

Andrew Kinsella
Director

Arthritis Ireland Directors' Responsibilities Statement

for the financial year ended 31 December 2019

The directors are responsible for preparing the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland, applying section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the net income or expenditure of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities (2015);
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

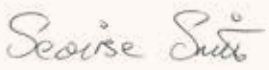
The directors confirm that they have complied with the above requirements in preparing the financial statements.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and net income or expenditure of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and the Directors' Annual Report comply with Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information (information needed by the company's auditor in connection with preparing the auditor's report) of which the company's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken as directors in order to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

Approved by the Board of Directors on 23 July 2020 and signed on its behalf by:



Seoirse Smith (Chairperson)
Director

Andrew Kinsella
Director

Independent Auditor's Report to the Members of Arthritis Ireland

Report on the audit of the financial statements

Opinion

We have audited the company financial statements of Arthritis Ireland for the financial year ended 31 December 2019 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Statement of Cash Flows and the related notes to the financial statements, including a summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish law and FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland, applying section 1A of that Standard and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2019 and of its net incoming resources for the financial year then ended;
- have been properly prepared in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland, as applied in accordance with the provisions of the Companies Act 2014 and having regard to the Charities SORP; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the Provisions Available for Audits of Small Entities, in the circumstances set out in note 3 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

- in our opinion, the information given in the Directors' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- in our opinion, the Directors' Annual Report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit. In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited. The financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Annual Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

RESPECTIVE RESPONSIBILITIES

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement set out on page 26 the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are 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 ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, 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 company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by directors.
- Conclude on the appropriateness of the directors' 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 company'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

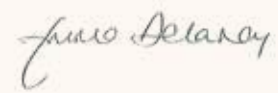
statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance 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.

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



Emma Delaney
for and on behalf of
KSI FAULKNER ORR
Statutory Auditors
Behan House
10 Lower Mount Street
Dublin 2
Ireland

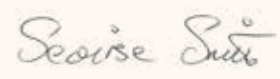
23 July 2020

Arthritis Ireland
Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the financial year ended 31 December 2019

	Notes	Unrestricted Funds 2019 €	Restricted Funds 2019 €	Total 2019 €	Unrestricted Funds 2018 €	Restricted Funds 2018 €	Total 2018 €
Income							
Voluntary Income	4.1	**77,204**	**-**	**77,204**	3,603	-	3,603
Charitable activities							
- Grants from governments and other co-funders	4.2	**-**	**540,896**	**540,896**	23,054	506,136	529,190
Activities for generating funds	4.3	**209,684**	**-**	**209,684**	213,609	-	213,609
Other income	4.4	**3,272**	**155,814**	**159,086**	124,955	20,988	145,943
Total income		**290,160**	**696,710**	**986,870**	365,221	527,124	892,345
Expenditure							
Charitable activities	5.1	**420,026**	**912,372**	**1,332,398**	925,555	400,000	1,325,555
Other expenditure	5.2	**9,520**	**19,962**	**29,482**	-	20,988	20,988
Total Expenditure		**429,546**	**932,334**	**1,361,880**	925,555	420,988	1,346,543
Net income/(expenditure)		**(139,386)**	**(235,624)**	**(375,010)**	(560,334)	106,136	(454,198)
Transfers between funds		**139,386**	**(139,386)**	**-**	560,334	(560,334)	-
Net movement in funds for the financial year		**-**	**(375,010)**	**(375,010)**	-	(454,198)	(454,198)
Reconciliation of funds							
Balances brought forward at 1 January 2019	15	**500,000**	**726,322**	**1,226,322**	500,000	1,180,520	1,680,520
Balances carried forward at 31 December 2019		**500,000**	**351,312**	**851,312**	500,000	726,322	1,226,322

The Statement of Financial Activities includes all gains and losses recognised in the financial year. All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 23 July 2020 and signed on its behalf by:



Seoirse Smith (Chairperson)
Director

Andrew Kinsella
Director

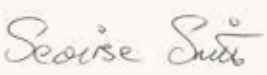
The notes on pages 33 to 40 form part of the financial statements

Arthritis Ireland
Balance Sheet
as at 31 December 2019

	Notes	2019 €	2018 €
Fixed Assets			
Tangible assets	10	**58,638**	68,158
Current Assets			
Debtors	11	**5,805**	28,833
Cash at bank and in hand		**924,944**	1,233,846
		930,749	1,262,679
Creditors: Amounts falling due within one year	12	**(138,075)**	(104,515)
Net Current Assets		**792,674**	1,158,164
Total Assets less Current Liabilities		**851,312**	1,226,322
Funds			
Restricted funds		**351,312**	726,322
General fund (unrestricted)		**500,000**	500,000
Total funds	15	**851,312**	1,226,322

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland, applying section 1A of that Standard.

Approved by the Board of Directors on 23 July 2020 and signed on its behalf by:



Seoirse Smith (Chairperson)
Director

Andrew Kinsella
Director

The notes on pages 33 to 40 form part of the financial statements

Arthritis Ireland
Statement of Cash Flows
for the financial year ended 31 December 2019

	Notes	2019 €	2018 €
Cash flows from operating activities			
Net movement in funds		**(375,010)**	(454,198)
Adjustments for:			
Depreciation		**9,520**	29,787
		(365,490)	(424,411)
Movements in working capital:			
Movement in debtors		**23,028**	(28,833)
Movement in creditors		**33,560**	104,515
Cash generated from operations		**(308,902)**	(348,729)
Cash flows from investing activities			
Payments to acquire tangible assets		-	(1,365)
Net increase in cash and cash equivalents		**(308,902)**	(350,094)
Cash and cash equivalents at 1 January 2019		**1,233,846**	1,583,940
Cash and cash equivalents at 31 December 2019	**17**	**924,944**	1,233,846

Arthritis Ireland
Notes to the Financial Statements
for the financial year ended 31 December 2019

1. General Information

Arthritis Ireland is a company limited by guarantee incorporated in the Republic of Ireland. The registered office of the company is 1 Clanwilliam Sqaure, Grand Canal Quay, Dublin 2 which is also the principal place of business of the company. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

Arthritis Ireland is governed by a Memorandum and Articles of Association. In our new strategic plan we have identified six strategic priorities:

1. Provide relevant and meaningful services to people living with arthritis across the full journey of their disease.
2. Make Arthritis Ireland the 'go-to' destination for information, services and supports.
3. Ensure our organisation is dynamic, networked, transparent and resourced to deliver our strategic priorities.
4. Advocate and offer solutions to the State to recognise its role and responsibilities to people living with arthritis.
5. Build public awareness and understanding of arthritis.
6. Influence research activities for better treatments, diagnoses and cures.

Arthritis Ireland has throughout the year been fundraising and spending its funds in support of its strategic priorities. As explained fully in note 15.2, we are funding research and academic teaching through the establishment of Chairs of Rheumatology in University College Dublin and Trinity College Dublin.

2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

BASIS OF PREPARATION

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)'.

The company has applied the Charities SORP on a voluntary basis as its application is not a requirement of the current regulations for charities registered in the Republic of Ireland. As permitted by the Companies Act 2014, the company has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats, as outlined in the Companies Act 2014, are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

STATEMENT OF COMPLIANCE

The financial statements of the company for the financial year ended 31 December 2019 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)' and FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', applying section 1A of that Standard.

FUND ACCOUNTING

The following are the categories of funds maintained:

Restricted funds
Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the company.

Unrestricted funds
Unrestricted funds consist of General and Designated funds.

- General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the company.
- Designated funds comprise unrestricted funds that the board has, at its discretion, set aside for particular purposes. These designations have an administrative purpose only, and do not legally restrict the board's discretion to apply the fund.

DONATIONS AND LEGACIES
Income from donations and legacies includes donations from individuals and corporate bodies. This income is recognised on a receipts basis. This income is unrestricted.

INCOME FROM CHARITABLE ACTIVITIES
Income from Charitable Activities includes grant income from the Health Service Executive and Department of Rural and Community Development, corporate sponsorship and income for Chairs of Rheumatology. This income is reflected in the Statement of Financial Activities in the period in which the related expenditure is incurred. This income is always restricted.

INCOME FROM FUNDRAISING
Fundraising income is derived from activities and events held by the organisation and the general public. This income is recognised when it is received and is classified as unrestricted.

OTHER INCOME
Other income is derived from branch income and bank interest. Branch income derives from activities and fundraising held by the branches throughout Ireland. This income is recognised in the Statement of Financial Activities when received. Branch and bank interest income is unrestricted.

EXPENDITURE
Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed, and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the company but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

TANGIBLE FIXED ASSETS AND DEPRECIATION
Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Land & buildings freehold	2% Straight line
Fixtures, fittings & equipment	10% Straight line
Motor vehicles	20% Straight line

DEBTORS
Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the company from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

CASH AT BANK AND IN HAND
Cash at bank and in hand comprises cash on deposit at banks requiring less than three months notice of withdrawal.

TAXATION AND DEFERRED TAXATION
Arthritis Ireland is registered as a charitable organisation (CHY 6297) with the Revenue Commissioners, therefore no provision has been made for corporation tax.

3. Provisions Available for Audits of Small Entities
In common with many other charitable companies of our size and nature, we use our auditors to assist with the preparation of the financial statements.

4. INCOME

4.1 DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Donations and legacies	**77,204**	**-**	**77,204**	3,603

4.2 CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Dept. of Rural and Community Development	**-**	**70,423**	**70,423**	61,500
Programme income	**-**	**25,543**	**25,543**	23,054
Health Service Executive	**-**	**177,108**	**177,108**	164,192
Branch grants	**-**	**25,622**	**25,622**	48,429
Sponsorship	**-**	**200,680**	**200,680**	231,967
Other grants	**-**	**30,020**	**30,020**	-
Chairs of Rheumatology	**-**	**11,500**	**11,500**	48
	-	**540,896**	**540,896**	529,190

4.3 OTHER TRADING ACTIVITIES

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Fundraising	**209,684**	**-**	**209,684**	213,609

4.4 OTHER INCOME

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Branch income	**-**	**135,852**	**135,852**	124,894
Interest income	**61**	**-**	**61**	61
Other income	**3,211**	**-**	**3,211**	-
Support in kind	**-**	**19,962**	**19,962**	20,988
	3,272	**155,814**	**159,086**	145,943

5. EXPENDITURE

5.1 CHARITABLE ACTIVITIES

	Direct Costs	Other Costs	Support Costs	2019	2018
	€	€	€	€	€
Administration	-	-	**118,357**	**118,357**	222,191
Community Support Service	-	-	**351,597**	**351,597**	216,178
Education & Information Programmes	-	-	**70,177**	**70,177**	84,061
Awareness and Advocacy	-	-	**118,327**	**118,327**	106,841
Governance	-	-	**111,294**	**111,294**	107,635
Research	-	-	**423,495**	**423,495**	413,978
Fundraising	-	-	**139,151**	**139,151**	174,671
	-	-	**1,332,398**	**1,332,398**	1,325,555

5.2 OTHER EXPENDITURE	Direct Costs €	Other Costs €	Support Costs €	2019 €	2018 €
Other expenditure	-	**9,520**	-	**9,520**	-
Support in kind	-	-	**19,962**	**19,962**	20,988
	-	**9,520**	**19,962**	**29,482**	20,988

5.3 SUPPORT COSTS	Charitable Activities €	Other Expenditure €	2019 €	2018 €
Support in kind	-	**19,962**	**19,962**	20,988
Administration	**21,101**	-	**21,101**	22,029
Maintenance and Insurance	**36,203**	-	**36,203**	35,636
Accountancy fees	**29,660**	-	**29,660**	25,559
Auditor fees	**4,403**	-	**4,403**	6,150
Meetings	**5,769**	-	**5,769**	3,584
Bank charges	**4,185**	-	**4,185**	2,923
Professional and consultancy fees	**38,972**	-	**38,972**	12,117
Staff costs	**365,263**	-	**365,263**	350,009
Programme expenses	**824,910**	-	**824,910**	836,288
Professional membership	**1,932**	-	**1,932**	1,473
	1,332,398	**19,962**	**1,352,360**	1,316,756

6. ANALYSIS OF SUPPORT COSTS	Basis of Apportionment	2019 €	2018 €
Support in kind		**19,962**	20,988
Administration		**21,101**	22,029
Maintenance and Insurance		**36,203**	35,636
Accountancy fees	Governance	**29,660**	25,559
Auditor fees	Governance	**4,403**	6,150
Meetings	Governance	**5,769**	3,584
Bank charges	Governance	**4,185**	2,923
Professional and consultancy fees	Governance	**38,972**	12,117
Staff costs		**365,263**	350,009
Programme expenses		**824,910**	836,288
Professional membership	Governance	**1,932**	1,473
		1,352,360	**1,316,756**

7. NET INCOME	2019 €	2018 €
Net Income is stated after charging/(crediting):		
Depreciation of tangible assets	**9,520**	29,787

8. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the financial year was as follows:

	2019 Number	2018 Number
Office and administration	**7**	6

The staff costs comprise:	**2019 €**	2018 €
Wages and salaries	**365,263**	350,009

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

9. HIGHER PAID EMPLOYEES

The number of employees whose total employee benefits (excluding employer pension costs) for the reporting period fell within the bands below were:

	Number of Employees	Number of Employees
€60,000 - €70,000	**1**	1
€70,000 - €80,000	**1**	1

10. TANGIBLE FIXED ASSETS

	Land and buildings freehold €	**Fixtures, fittings and equipment €**	**Motor vehicles €**	**Total €**
Cost				
At 31 December 2019	144,688	152,557	28,287	325,532
Depreciation				
At 1 January 2019	88,776	146,594	22,004	257,374
Charge for the financial year	2,894	3,726	2,900	9,520
At 31 December 2019	91,670	150,320	24,904	266,894
Net book value				
At 31 December 2019	**53,018**	**2,237**	**3,383**	**58,638**
At 31 December 2018	55,912	5,963	6,283	68,158

11. DEBTORS

	2019 €	2018 €
Accrued Income	**5,805**	28,833
	5,805	28,833

12. CREDITORS Amounts falling due within one year	2019 €	2018 €
Trade creditors	**34,380**	25,163
Taxation and social security costs	**19,314**	11,629
Other creditors	**(300)**	(2,614)
Pension accrual	**(1,870)**	-
Accruals	**11,471**	18,317
Deferred Income	**75,080**	52,020
	138,075	104,515

13. STATE FUNDING

Agency	Pobal
Government Department	Department of Rural and Community Development
Grant Programme	Scheme to support National Organisations in the Community and Voluntary Sector
Term	Expires 30 December 2019
Total Fund	€70,423
Expenditure	€70,423
Capital Grant	No
Restriction on use	Support for staff wages

14. RESERVES

	2019 €	2018 €
At 1 January 2019	**1,226,322**	1,680,520
Deficit for the financial year	**(375,010)**	(454,198)
At 31 December 2019	**851,312**	1,226,322

15. FUNDS

15.1 RECONCILIATION OF MOVEMENT IN FUNDS

	Unrestricted Funds €	Restricted Funds €	Total Funds €
At 1 January 2018	500,000	1,180,520	1,680,520
Movement during the financial year	-	(454,198)	(454,198)
At 31 December 2018	500,000	726,322	1,226,322
Movement during the financial year	-	(375,010)	(375,010)
At 31 December 2019	**500,000**	**351,312**	**851,312**

15.2 ANALYSIS OF MOVEMENTS ON FUNDS

	Balance 1 January 2019 €	Income €	Expenditure €	Transfers between funds €	Balance 31 December 2019 €
Restricted income					
Restricted	726,322	696,710	932,334	(139,386)	351,312
Unrestricted income					
Unrestricted General	500,000	290,160	429,546	139,386	500,000
Total funds	**1,226,322**	**986,870**	**1,361,880**	**-**	**851,312**

Included in restricted funds is the funding for the Chair of Rheumatology in Trinity College Dublin (TCD), which Arthritis Ireland established in 2015.

This programme aims to address the significant gap in research and teaching time in Ireland and also aims to improve the understanding of arthritis amongst medical students.

Arthritis Ireland has raised funds through its own activities and through the support of The Atlantic Philanthropies, the HSE, industry partners, individual donors and its voluntary branch network. One final payment to TCD of €250,000 remains to be discharged in 2020, after which TCD will assume the full costs of this academic post.

15.3 ANALYSIS OF NET ASSETS BY FUND

	Fixed assets - charity use €	Current assets €	Current liabilities €	Total €
Restricted funds	58,638	930,749	**(138,075)**	851,312
	58,638	**930,749**	**(138,075)**	**851,312**

16. STATUS

Arthritis Ireland is limited by guarantee and does not have a share capital. At the balance sheet date there were 15 members whose guarantee is limited to €1.27. This guarantee continues for one year after membership ceases. The company is governed by the Companies Act 2014 and produces its accounts in compliance with that Act.

17. CASH AND CASH EQUIVALENTS

	2019 €	2018 €
Cash and bank balances	**924,944**	**1,233,846**

18. POST-BALANCE SHEET EVENTS

The Covid-19 crisis has had a substantial impact on the charity's activities. The main impact is in relation to the provision of services and activities. The directors have not been able to quantify the financial effects at this time.

19. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on 23 July 2020.

Reference and Administration Details

Directors
Seoirse Smith (Chairperson)
Gerry Wilson (Resigned 6 June 2019)
Peter Boyd (Resigned 29 August 2019)
Bryan Whelan (Resigned 6 June 2019)
Emma MacDermott
Andrew Kinsella
Andrea MacMahon
Timothy O'Sullivan
Finbar O'Shea
Keith Nix
Stephen Crowe
Dorcas Mafuva (Resigned 18 October 2019)
Eric Boyle (Appointed 6 June 2019)
Martina Cooney (Appointed 24 October 2019)
Ursula Fearon (Appointed 6 June 2019)
Miriam O'Sullivan (Appointed 24 October 2019)

Company Secretary
Andrew Kinsella

Charity Number
6297

Charities Regulatory Authority Number
20011123

Company Number
78931

Registered Office and Principal Address
1 Clanwilliam Sqaure
Grand Canal Quay
Dublin 2
D02 DH77

Auditors
KSI Faulkner Orr
Behan House
10 Lower Mount Street
Dublin 2

Bankers
AIB
52 Upper Baggot Street
Dublin 4

Solicitors
Dillon Solicitors
Unit A1
Nutgrove Office Park
Rathfarnham
Dublin 14

Participants in the Arthritis Ireland Camino fundraiser pictured at the Santiago de Compostela Cathedral.

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Arthritis Ireland

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