Arthritis Australia

Annual Report 2025-2026





Breaking Barriers by Wanita Lowe, 2025

Acknowledgement of Country

Arthritis Australia acknowledges the Gadigal people of the Eora Nation as the Traditional Owners of the lands on which our office is located and recognises their continuous connection to land, sea, culture and Community. We pay our respects to their Elders past and present, and extend this respect to all Aboriginal and/or Torres Strait Islander peoples throughout Australia.

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Message from our Chair

For Arthritis Australia, 2025–26 has been a year of celebration and achievement. This was the year we marked 75 years since our organisation was formed. It was also the year in which one of our longest-held advocacy goals was realised.

In June 2026, the Australian Government announced the $100 million Medical Research Future Fund (MRFF) Arthritis and Musculoskeletal Conditions Mission (the Mission). It is the most significant standalone Federal Government investment in this field in Australia's history. For too long, National Health and Medical Research Council research funding has been around $6 for every Australian affected by arthritis and musculoskeletal conditions, a fraction of what goes to other major chronic conditions, while these conditions continue to cost our health system over $16 billion every year. This Mission presents an historic opportunity for the sector to come together and drive better outcomes for people with arthritis.

It was a privilege to stand alongside Prime Minister Anthony Albanese, Minister for Health and Ageing Mark Butler, Minister for Social Services Tanya Plibersek, our CEO Louise Hardy, lived experience advocate Sharyce Helyar, and rheumatologist Prof Peter Youssef at the announcement. It was equally a privilege to hear Minister Butler acknowledge the role of Arthritis Australia in making this happen. My recognition and thanks go to the team for their unwavering dedication, commitment, and hard work.

This outcome was not the result of a single moment or conversation. It came from years of advocacy from across the sector, including the Australian Rheumatology Association and many consumers, carers, clinicians, and researchers who shared their stories and refused to let arthritis be overlooked. Our partnership with Research Australia was critical in developing the evidence base and sector consultation to support the establishment of the Mission.

This year the Board was delighted to confirm Louise Hardy as Chief Executive Officer, following her time as interim CEO. Louise brings deep policy expertise and strong relationships across government and the health sector. Her leadership has been central to this year's success.

Our Strategic Plan (2024–2029) continues to guide our work across five areas: consumer information resources, national partnerships, national research, advocacy and policy, and the essential foundations of governance and financial sustainability.

We remain committed to putting the consumer voice at the centre of everything we do.

This year we:

- recruited new members to our Consumer Advisory Panel and Scientific Advisory Panel, and recognised the incredible contributions of members who completed their terms
- embedded lived experience in major research partnerships, including the Reset RA project and new work with the Bionics Institute
- developed a new brand and a mobile-first, accessible website, making it easier for people with arthritis to find accurate, timely information and support
- supported our Arthritis Research Champions to take part directly in the research process.

These achievements reflect the commitment of many people: our staff, Board, Committee members, volunteers, and partners. This includes our state and territory affiliated arthritis organisations, whose work in local communities is invaluable. We are also proud to work alongside the Australian

Rheumatology Association and are grateful for the support of our generous sponsors and donors.

Our priorities for the coming year include:

- continuing to strengthen our vital partnerships with state and territory arthritis organisations and the Australian Rheumatology Association
- working with government, researchers, clinicians, and consumers to ensure that the Mission delivers for people with arthritis
- continuing to advocate for better access to first-line osteoarthritis care and fairer out-of-pocket costs
- ensuring our consumer information resources are user friendly, accurate, and up to date, and promoting their uptake through our new website
- strengthening consumer involvement across our research, resources and advocacy
- building long-term financial sustainability through our growing philanthropy program.

This coming year will be my final year as the Chair of Arthritis Australia. I look forward to working with the Board to build on the achievements of the last year and to plan for succession.

Together, we remain committed to our vision of freedom from arthritis.



Kaylene Hubbard
Arthritis Australia Chair



Chair Kaylene Hubbard at the launch of the Evaluation of Preferred Investment Models for Arthritis and Musculoskeletal Research report at Parliament House, March 2026



Australian Prime Minister Anthony Albanese, Chair Kaylene Hubbard, and CEO Louise Hardy at the 75th Anniversary celebration at Parliament House, September 2025



Chair Kaylene Hubbard adds her name in support of increased arthritis research funding at Parliament House, March 2026



Minister for Health and Ageing Mark Butler, CEO Louise Hardy, Chair Kaylene Hubbard, and lived experience advocate Sharyce Helyar at announcement of the Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, June 2026

Message from our CEO

It is an honour to write my first report as Chief Executive Officer of Arthritis Australia, in a year that has been historic for our community. I thank our Chair, Kaylene Hubbard, and the Board for their trust and support. I also thank our team, whose skill and commitment made this year's achievements possible.

A year of advocacy success

In September 2025 we celebrated our 75th anniversary at Parliament House with the Prime Minister, Anthony Albanese, who was reunited with his mother's treating rheumatologist, A/Professor David Champion AM. More than a dozen parliamentarians joined our Accessible Design booth, trying everyday tasks while wearing arthritis simulation gloves as an empathy tool.

In March 2026 we returned to Parliament House with the Parliamentary Friends of Arthritis to launch the Evaluation of *Preferred Investment Models for Arthritis and Musculoskeletal Research* report by Research Australia, which set out the case for a dedicated MRFF Mission. Assistant Minister for Health and Aged Care Rebecca White, our Ambassador, former Senator Louise Pratt, and many parliamentarians and sector representatives joined us. Journalist Sophie Scott OAM led a moving panel on the hope research brings.

Three months later, on 11 June 2026, the Australian Government announced the $100 million Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, the result of years of advocacy by our team, our Affiliates, consumers, clinicians and researchers, and our partners at Research Australia and the Australian Rheumatology Association. We will keep meeting with parliamentarians and government to make sure the Mission delivers for people with arthritis.

Research and consumer involvement

In 2025–26 we spent $975,000 on arthritis research and training, thanks to donations from major funder the Australian Rheumatology Association, Arthritis and Osteoporosis WA, The Arthritis Movement, and generous individual donors. Our 2026 National Research Program round attracted more than 80 applications, and we awarded 13 fellowships, scholarships, project grants, and grants-in-aid.

We continued to put lived experience at the centre of research, including further developing our consumer research involvement activities to connect consumers with researchers and build capacity. We are a key partner on the groundbreaking **Reset RA** project, led by Prof Ranjeny Thomas AM, The Arthritis Movement's Chair of Rheumatology, which is developing an immunotherapy with the potential to transform the treatment of rheumatoid arthritis. We partnered with the Bionics Institute on its research into vagus nerve stimulation for rheumatoid arthritis, delivering co-design workshops.

We have increased our commitment to research that will transform outcomes for people with arthritis. We launched two new idea based grants for 2027: one for bold, high-risk ideas and one that funds the research priorities identified by people with lived experience.

Consumer information and support

The National Arthritis Infoline (1800 011 041), in partnership with our Affiliates, took 7,591 calls this year, and caller satisfaction rose to 81%. Our websites had 939,623 visitors, and our resources were downloaded 164,026 times.

With increased support from the Australian Government, we developed new resources with consumers and clinicians, including the Moving Safely with Arthritis exercise videos and shared decision-making tools for gout, and funded JIA Kids Camps across six states and territories. We also surveyed people who use our resources to make our information clearer and more practical, and renewed our Consumer Advisory Panel.

Partnerships and supporters

Our Affiliates remain vital partners in supporting people across the country. It was a pleasure to meet with state and territory CEOs in Adelaide in February at the Hospital Research Foundation, and to visit Arthritis & Osteoporosis Tasmania

with our Chair and to thank President Frankie Forsyth, CEO Jackie Slyp and their team for the support they provide to Tasmanians every day.

In November 2025 we launched our Reflect Reconciliation Action Plan, marking a significant milestone in our journey to strengthen relationships, deepen respect, and identify meaningful opportunities for Arthritis Australia to embed reconciliation and culturally appropriate initiatives in our core business.

This year has seen a renewed focus on philanthropy, as we seek to ensure our sustainability and increase our impact. We are grateful to our donors and to our sponsors, including Adjusta Mattress, for their ongoing support.

The future

As we begin our next 75 years, we do so with a new look and a new website. Our previous website was almost a decade old, had almost 500 pages and was not built for mobile, even though more than half of our visitors now reach us on their phones. The new mobile-first site is aligned with international accessibility guidelines and makes it easier for people with arthritis and musculoskeletal conditions to find accurate, timely information and support.

At the heart of our new brand is the hand, a symbol of connection, support, and action. Our name and our vision have not changed. We will continue to fund research, drive advocacy, and provide trusted information, so that every person living with arthritis is seen, heard, and supported.

None of this is possible without the people behind it: our staff, Board, committee members, volunteers, state and territory Affiliates, the Australian Rheumatology Association, our researchers, consumers, donors, sponsors, and community fundraisers. Whether you ran a marathon, made a donation, joined a campaign, shared your story or took the time to read this report, thank you. Together, we remain committed to our vision of freedom from arthritis.



Louise Hardy
Arthritis Australia CEO



CEO Louise Hardy at the launch of the Evaluation of Preferred Investment Models for Arthritis and Musculoskeletal Research report at Parliament House, March 2026



CEO Louise Hardy at the announcement of the $100 million Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, June 2026



Chair Kaylene Hubbard, Arthritis & Osteoporosis Tasmania President Frankie Forsyth, and CEO Jackie Slyp, with Arthritis Australia CEO Louise Hardy



Members of the Arthritis Australia team with CEO Louise Hardy: Anu Sawhney, Alex Brayshaw, Julie Weston, Cathryn Corcoran, and Patrick Tobin

About us

Arthritis Australia is Australia's leading national arthritis charity

As the national peak body, we work for all Australians affected by arthritis and musculoskeletal conditions – providing trusted information, advocating for change, and funding and shaping research.

We partner with affiliated state and territory arthritis organisations to deliver programs, and support for people of all ages and backgrounds, along with their families and carers.

Our vision: Freedom from arthritis

Information and support

Living well with arthritis starts with reliable information. We provide trusted, evidence-based information to help people understand arthritis and musculoskeletal conditions and make informed decisions about their care.

Our partners

Arthritis Australia works closely with affiliated state and territory arthritis organisations, which deliver programs and services in their local communities. Together with health bodies, research institutes, industry, and community groups that share our goals, we work to improve the lives of people living with arthritis.

Research and innovation

Research is essential to improving life with arthritis. As the leading non-government funder in the field, we support emerging researchers and drive innovative research guided by consumer priorities.

Advocacy and voice

We advocate nationally for people with arthritis and musculoskeletal conditions, using lived experience and scientific evidence to secure more funding, better access to care, and equitable support.

Work with communities

Arthritis can affect anyone, anywhere. Everyone deserves support, so we involve people with lived experience, respect diverse cultures and make information and services easier to reach.

Recognition of lived and living experience

Arthritis Australia recognises the individual and collective expertise of people with lived and living experience of arthritis and musculoskeletal conditions, and those who love and care for them. We acknowledge their vital contribution at all levels and value the courage of those who share this unique perspective for the purpose of learning and growing together to achieve better outcomes for all.



Reconciliation Action Plan

Our commitment to listen, learn and act

Arthritis Australia proudly launched our Reflect Reconciliation Action Plan (RAP), marking a significant milestone in our commitment to building stronger relationships and advancing reconciliation with Aboriginal and/or Torres Strait Islander peoples.

Our Reflect RAP, endorsed by Reconciliation Australia, sets out clear actions for the next year to embed respect, increase our cultural responsiveness, and identify meaningful opportunities for Arthritis Australia to embed culturally appropriate initiatives in our core business.

Key initiatives focus on forging partnerships with Aboriginal health organisations, developing a cultural learning strategy for our staff and committees, and exploring how Arthritis Australia can support and foster Aboriginal and/or Torres Strait Islander-led research.

Our Reflect RAP was launched on 20 November 2025 with an event at our office in Glebe, including the unveiling of Breaking Barriers, an artwork by Wanita Lowe, commissioned by Arthritis Australia.

Breaking Barriers by Wanita Lowe, 2025





***Wanita Lowe**, a proud Dunghutti and Biripi woman, Breaking Barriers artist*

Breaking Barriers reflects the pain of arthritis through woven circles and red trails, while healing begins as the outer layers break away. Gathering circles unite community through the healing journey, with native plants – tea tree, eucalyptus, lemon myrtle – offering traditional relief. The eagle and dolphin soar in a vibrant celebration of freedom and renewal.

Wanita Lowe is a proud Dunghutti and Biripi woman raised in the Riverina area and accepted in the Wiradjuri community, with deep connections to saltwater, freshwater, coastal, and rural landscapes. An internationally exhibiting artist at IDAIA Paris 2024 and 2025, she teaches Cultural Arts at TAFE NSW in the Illawarra and Shoalhaven region (Dharawal/Yuin Country). Her art combines traditional and contemporary practices, drawing inspiration from cultural landscapes, stories, and personal experiences. Her work reflects resilience, heritage, and a commitment to preserving Indigenous cultural knowledge, honouring her family, ancestors, and communities.

Our year in numbers

Research and advocacy

$100 million

over 10 years for the new Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, announced in June 2026

$975,000

arthritis research and training

80+

applications to our National Research Program

2

events at Parliament House with the Parliamentary Friends of Arthritis

13

new research awards: fellowships, scholarships, project grants and grants-in-aid

People and partners

7,591

calls to the National Arthritis Infoline

482

children, young people and families at JIA Kids Camps

12

organisations in the Accessible Product Design Alliance, which we lead

Digital footprint

939,623 website visitors, more than half a million to our main website

164,026

resource downloads – a huge 37% increase on the previous year

35,673

social media followers across Facebook, Instagram and LinkedIn with growing community engagement

19,134

newsletter subscribers with an impressive 51.1% open rate

10,000+

views of our Unboxing Accessibility videos

63

people volunteered their time and shared their lived experience and expertise through our Board, committees and advisory panels

532

people in our Arthritis Champions network share their experiences of arthritis to guide our work

A new look, the same commitment

For 75 years, Arthritis Australia has been the national voice for people living with arthritis. Our look has changed, but our work has not: supporting Australian research, driving advocacy and sharing evidence-backed information.





A new chapter

Our 75th anniversary year was a time to reflect on our legacy and chart the course ahead. Our previous brand had served us well, but it no longer reflected who we are today: inclusive, forward-looking and with consumers at the centre of everything we do.

As the national peak consumer body, we want every Australian living with arthritis to find information they can trust, on any device. With 56.7% of our website traffic in 2025 coming from mobile devices, that meant a website that works for everyone, wherever they are.

Guided by our 2024–2029 Strategic Plan, the new brand and website give us a stronger platform to share research, amplify consumer voices, advocate for change and reach more Australians living with arthritis.

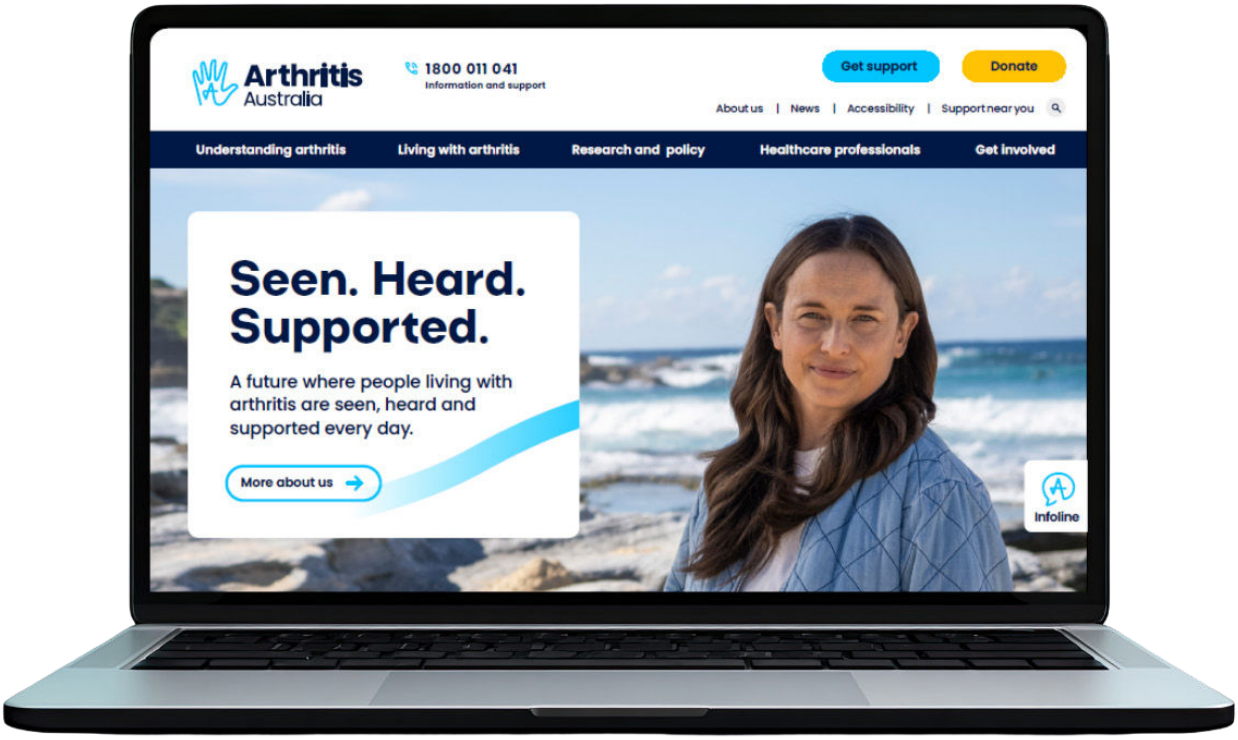
A hand offered

At the heart of our new brand is the hand: a universal symbol of connection, participation and action that says I see you, I hear you, I'm with you. Our new mark brings together a helping hand, a hand offered in support and a hand reaching forward – the values behind our advocacy, research and community.

Built with care

We built the new brand on broad consultation across our community. From October 2025, we interviewed members of our Board, the Chairs of our Consumer and Scientific Advisory Panels, our Affiliates and our staff about what we stand for and who we need to reach.

Their insights shaped the creative brief, and one message stood out: every person with arthritis should feel seen, heard and supported. That means recognising the daily challenges – the pain, fatigue and barriers others may not see. It means amplifying consumer voices in research, advocacy and accessible design, and offering practical resources and ways to get involved.

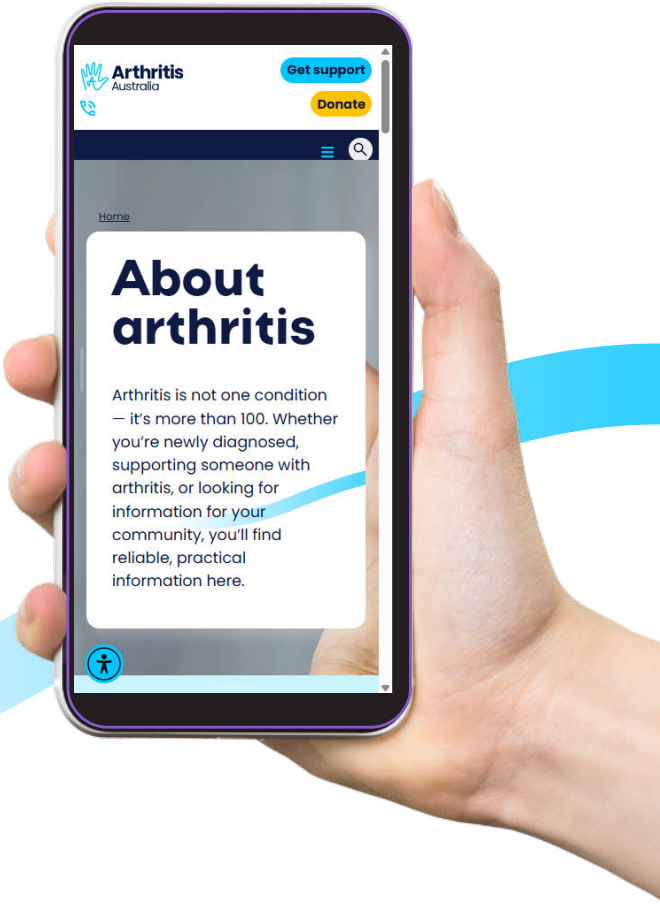


A new website for Arthritis Australia

We rebuilt our website alongside the brand. From December 2025, workshops mapped how people use the site, and our Advisory Panels helped shape navigation, structure and content. We reviewed every page and resource and rewrote content in plain language. Consumers and healthcare professionals tested the site before launch.

Built mobile-first and to WCAG 2.1 AA accessibility standards, the site helps people using phones, screen readers and other assistive technology find information more easily. We moved from arthritisaustralia.com.au to arthritisaustralia.org.au, in line with other not-for-profits.

Seventy-five years on, our look is new, but our purpose hasn't changed: to stand with the 7 million Australians living with arthritis and musculoskeletal conditions.



Message from our Consumer Director

Arthritis Australia Board Member and Consumer Director, Simon Smith, chairs our Consumer Advisory Panel and sits on our National Research Program Grants Assessment Committee. An executive coach by profession, he lives with ankylosing spondylitis and psoriatic arthritis.

This year saw a significant renewal of the Consumer Advisory Panel (CAP). Ten long-serving members – Dr Susanne Armstrong, Brett Coshell, Ruth Lee, Kerry Mace, Gayle McNaught, Fiona Naughtin, Hayley Stephens, Dr Christine Walker, Dr Hugh Watson and Shirani Wright – stepped down after years of contribution. We thank each of them for the time, insight and lived experience they brought, which has directly informed Arthritis Australia's research priorities, advocacy positions and consumer resources. An expression-of-interest process was run in the second half of the year to renew the Panel's membership, with new members confirmed and welcomed in June 2026.

The CAP agenda includes a standing "Personal Connection and Kinship" segment at each meeting, giving members space to share their own health experiences, both good news and challenges, before the formal agenda begins. It's proved to be a critical agenda item: not just because it gives important time for humanness, empathy, and connection, but because it's also a north-star reminder of why we do what we do, and, critically, that the people advising Arthritis Australia on policy and research are also those living every day with the conditions those decisions affect.

That was reflected in the feedback from one of the outgoing CAP members:

"I've thoroughly enjoyed being able to share my experiences whilst feeling like I'm making a difference to others. I also wanted to express my genuine admiration for the way the CAP is coordinated. I've worked with many lived experience groups in a professional capacity, and I can honestly say the Arthritis Australia CAP is one of the best. Your commitment to providing meaningful engagement opportunities and ensuring that lived experience is woven right through your operational activities is an absolute credit to the organisation. Best practice as far as I am concerned."

The CAP materially shaped national advocacy this year. Its feedback sharpened the Research Australia communiqué that underpinned our case for the $100 million Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission announced in June 2026.



Launch of the Evaluation of Preferred Investment Models for Arthritis and Musculoskeletal Research report at Parliament House, March 2026

This feedback covered the range of issues impacting people living with arthritis, from workforce impact data to the need to more clearly distinguish between different types of arthritis, including autoimmune forms, in how the case for funding is made, and CAP members contributed directly to the MP and senator outreach that followed.

Consumer input is also deeply embedded in decisions about how research money gets spent, not just how it's communicated. Two new grant categories for the 2027 National Research Program – one for bold, high-risk ideas and one built around consumer-identified priority areas – were developed with CAP input, including a clear preference for language in research that doesn't reduce people to the label "consumer".

The voice of people with arthritis was built into Arthritis Australia's rebrand and website relaunch at every stage, from early feedback on retaining the equity in the organisation name, through the site's proposed structure and audience journeys, to detailed direction on imagery in the final design – a firm preference for real people over stock or AI-generated photos, and against depicting everyone as uniformly happy.

I'd also like to mention and say a big thank you to the 532 people from across Australia who are our Arthritis Champions. Almost nine in ten are living with one or several forms of arthritis themselves, or caring for someone who is, and that lived experience runs through everything they contribute: reviewing information materials so they are easy to understand, joining advisory panels, providing input to support development of policy and advocacy submissions, and helping set research priorities from the ground up. To every Champion, carer, the CAP, and every person with arthritis who gave their time this year, thank you.



Simon Smith,
Arthritis Australia
Consumer Director



CAP members Sharyce Helyar and Selena Bunt with Consumer Director Simon Smith at the launch of the Evaluation of Preferred Investment Models for Arthritis and Musculoskeletal Research report at Parliament House, March 2026



CAP member Sharyce Helyar with Prime Minister Anthony Albanese at the announcement of the Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, June 2026



Former CAP member Dr Christine Walker at our 75th anniversary celebration at Parliament House, September 2025

Consumer information resources and support

Linking Australians with arthritis to information, education, and support

Good information helps people with arthritis make informed decisions about their care, manage their symptoms and know where to go for help. In 2025-26 we developed new resources with consumers and clinicians, took them to the communities that need them most, and rebuilt the website where people find them.

Aspects of this work was funded through three Australian Government grants and delivered with our state and territory Affiliates, the Australian Rheumatology Association, the Quality Use of Medicines Alliance, and community partners.

Developing and promoting resources with and for consumers

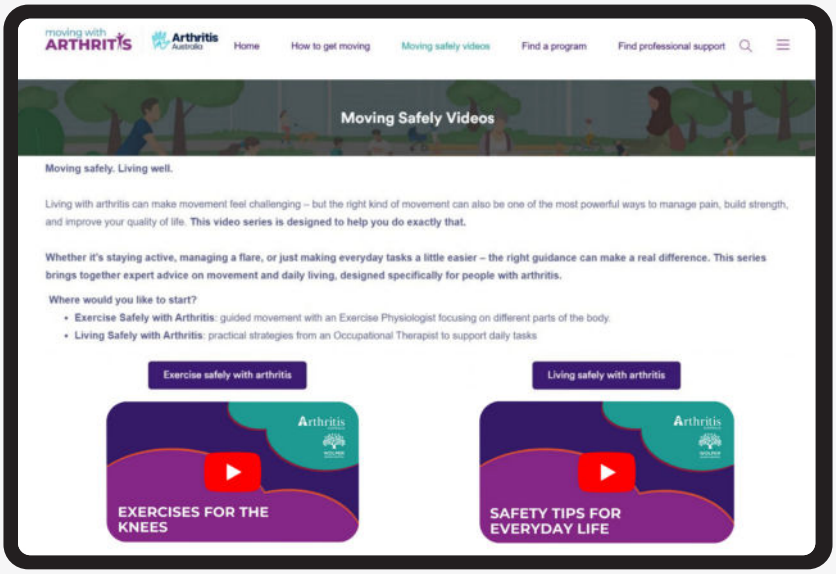
Our Consumer Awareness Grant funds new resources where consumers and clinicians have told us there are gaps, and helps existing resources reach more people.

Moving Safely with Arthritis videos

Many people with arthritis want to be more active but are unsure which exercises are safe for them. Consumers told us they wanted to see exercises demonstrated, so we filmed a new series of joint-specific exercise and joint protection videos for the Moving with Arthritis website.

Accredited Exercise Physiologists and Occupational Therapists from the Wolper Jewish Hospital in Sydney lead each video, together with people living with arthritis.

Access at www.movingwitharthritis.org.au/moving-safely-arthritis/



*Moving Safely Videos are curated on the Moving with Arthritis website into categories of **Exercise safely** and **Living safely.***

Consumer Care Guides

Our Consumer Care Guides for rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA) set out the care people should expect to receive. Occupational Therapy Australia, the Pharmaceutical Society of Australia, CreakyJoints Australia, the Australian Podiatry Association, and the Juvenile Arthritis Foundation Australia endorsed the guides, joining the Australian Rheumatology Association and the Australian Paediatric Rheumatology Group.

The guides are among our most practical and popular resources, with high download rates from the website. Printed copies are available for the Affiliates to give to Infoline callers, and to families at kids camps.



JIA Consumer Care Guide was co-designed with JIA families to show parents and carers what care to expect after a child is diagnosed with JIA

Staying Moving, Staying Strong

Staying Moving, Staying Strong is a set of arthritis resources developed by the SMSS project team, which consists of Aboriginal and non-Indigenous researchers, health practitioners and Aboriginal and Torres Strait Islander Community members with lived experience of osteoarthritis, rheumatoid arthritis, lupus and/or gout. For further information, see the dedicated project website Staying strong with arthritis.

Arthritis and Osteoporosis WA led promotion this year, including 9,600 brochures distributed to 33 hospitals and health organisations and at community education sessions through Yorgas Own Time, a gathering for Aboriginal women run by Luma.

Updated brochures based on evaluation recommendations are being designed for release in late 2026.

MySites and Moving with Arthritis websites

Hosting and maintenance of the MySites (MyPsA, MyRA, MyAS, and MyOA) and Moving with Arthritis moved to new providers in October 2025, and backend upgrades are underway to ensure the ongoing delivery of these consumer support sites. A full audit of the MySites, covering accessibility, information architecture, navigation, and user experience, began in 2026 to inform the next stage of their lifecycle.

Taking Control of Your Fibromyalgia

We invited people living with fibromyalgia to share their experiences in short videos, which became the centrepiece of a campaign promoting the Taking Control of Your Fibromyalgia booklet. Consumer health organisations shared the campaign across their own channels. This generated significant interest in the booklet, with downloads rising by 143% compared with the baseline period.

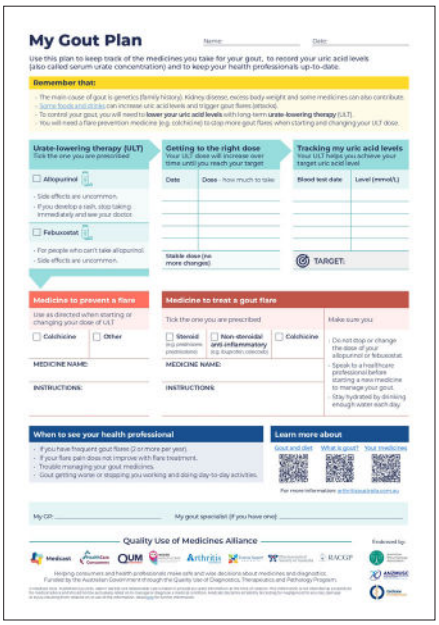
These resources are funded by the Australian Government under the Chronic Conditions Prevention and Management Program.

Supporting people with gout

With the Quality Use of Medicines Alliance, we continued to build on the Gout Hub launched last year. This year we focused on helping people make informed decisions about gout medicines and on reaching communities with higher rates of gout.

New shared decision-making tools

In February 2026 we published My Gout Plan and a Gout Decision Aid, which help people with gout and their health professionals make decisions about treatment together.


My Gout Plan

Name: Date:

Use this plan to keep track of the medicines you take for your gout, to record your uric acid levels (also called serum urate concentration) and to keep your health professionals up-to-date.

Remember that:

- The main cause of gout is genetics (family history). Kidney disease, excess body weight and some medicines can also contribute.
- Some foods and drinks can increase uric acid levels and trigger gout flares (attacks).
- To control your gout, you will need to lower your uric acid levels with long-term urate-lowering therapy (ULT).
- You will need a flare prevention medicine (e.g. colchicine) to stop more gout flares when starting and changing your ULT dose.

Urate-lowering therapy (ULT)
Tick the one you are prescribed

- Allopurinol
  - Side effects are uncommon.
  - If you develop a rash, stop taking immediately and see your doctor.
- Febuxostat
  - For people who can't take allopurinol.
  - Side effects are uncommon.

Getting to the right dose
Your ULT dose will increase over time until you reach your target

Date | Dose - how much to take

Stable dose (no more changes)

Tracking my uric acid levels
Your ULT helps you achieve your target uric acid level

Blood test date | Level (mmol/L)

TARGET:

Medicine to prevent a flare
Use as directed when starting or changing your dose of ULT

Colchicine | Other

MEDICINE NAME:

INSTRUCTIONS:

Medicine to treat a gout flare
Tick the one you are prescribed

Steroid (e.g. prednisone) | Non-steroidal anti-inflammatory (e.g. ibuprofen, celecoxib) | Colchicine

MEDICINE NAME:

INSTRUCTIONS:

Make sure you:

- Do not stop or change the dose of your allopurinol or febuxostat.
- Speak to a healthcare professional before starting a new medicine to manage your gout.
- Stay hydrated by drinking enough water each day.

When to see your health professional

- If you have frequent gout flares (2 or more per year).
- If your flare pain does not improve with flare treatment.
- Trouble managing your gout medicines.
- Gout getting worse or stopping you working and doing day-to-day activities.

Learn more about

Gout and diet | What is gout? | Your medicines

My GP: My gout specialist (if you have one):

Quality Use of Medicines Alliance

Endorsed by:

Helping consumers and health professionals make safe and wise decisions about medicines and diagnostics.
Funded by the Australian Government through the Quality Use of Diagnostics, Therapeutics and Pathology Program.

Gout awareness day

For Gout awareness day on 22 May 2026, George, Anne and Joseph shared their experiences of living with gout in a social media series linking to the Gout Hub. George described his turning point, Anne spoke about self-management and finding help that works for her, and Joseph about living fully with gout. The three videos were viewed more than 7,000 times.

This work is funded by the Australian Government through the Using Medicines for Better Health: Consumer Health Literacy for Quality Use of Medicines Program, in partnership with the Quality Use of Medicines Alliance.

National Arthritis Infoline

The National Arthritis Infoline (1800 011 041) connects people with arthritis to information, local services and support. It is staffed by our Affiliates in each state and territory. The Infoline received 7,591 calls across the year, which is in line with last year.

Our 2025 caller satisfaction survey found satisfaction steady at 81%. We used quotes from callers who took part in the survey to refresh the national promotion campaign, which ran on Meta and Google and reached people beyond our existing networks, and was promoted in our monthly e-newsletter.

Call the infoline on 1800 011 041 to access local services, information, and support

Some calls are becoming more complex, so this year we invested in support for Infoline operators. Operators are receiving training matched to the needs of each state and territory, including Lifeline Accidental Counsellor, Mental Health First Aid and arthritis specific sessions run by Arthritis Educators.

Local support in the Northern Territory and Tasmania

Arthritis and Osteoporosis Northern Territory ran five workshops on understanding and managing arthritis, becoming more active, and self-managing chronic pain. Arthritis and Osteoporosis Tasmania updated the guidelines and training for its Peer2Peer mentoring program, which pairs trained volunteer mentors with people with arthritis for 12 weeks of support, ahead of a campaign to recruit new volunteers.

JIA Kids Camps

Kids Camps give children with juvenile idiopathic arthritis (JIA) and related conditions, and their families, the chance to learn about managing arthritis and meet others who understand what they are going through.

There were 11 camps held across six states and territories, camps welcomed 482 attendees, including over 100 attendees who had not previously attended a camp. Camp activities include; zoo days, sports camps, cooking classes, face painting and craft stations.









Children enjoying activities at the JIA Kids Camps

The Infoline service improvements and promotion, JIA Kids Camps and local programs are funded by the Australian Government under the Chronic Conditions Prevention and Management Program.

Advocacy

Speaking up for arthritis

Arthritis and musculoskeletal conditions affect millions of Australians, including children, young adults, and people of working age, as well as older people. Two-thirds of those living with arthritis and musculoskeletal conditions are under 65, yet the outdated view of arthritis as a normal part of ageing persists, driving chronic underinvestment. These conditions cost the health system over $16 billion a year and are a leading cause of chronic pain, disability, and early retirement, but receive a fraction of the funding that goes to other high burden chronic diseases.

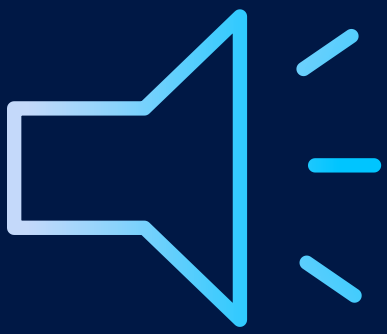
Changing that is the work of our advocacy. We engage at the highest levels of government and work actively with the Parliamentary Friends of Arthritis, people with lived experience, clinicians, researchers, and peak groups to drive change.

Advocacy and campaigns

Arthritis Australia develops policy solutions informed by lived experience and scientific evidence, and advocates to the Federal Government, industry, and the broader community for better awareness, policy, and funding.

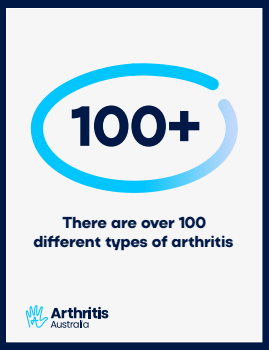
Some of the ways we advocate include:

- election campaigns and campaigns for major priorities
- Parliamentary Friends of Arthritis events at Federal Parliament
- advocating directly to parliamentarians
- engaging with government consultations
- raising public awareness through the media















Landmark research Mission

On 11 June 2026, the Australian Government announced a $100 million Medical Research Future Fund (MRFF) Arthritis and Musculoskeletal Conditions Mission (the Mission).
As Minister Butler highlighted, National Health and Medical Research Council (NHMRC) funding has sat at roughly $6 per person affected by arthritis and musculoskeletal conditions – a fraction of the $70–$110 per person directed toward other high burden conditions. The Mission begins to correct that imbalance. Analysis by Research Australia, commissioned by Arthritis Australia, projects that over the next decade the Mission would more than return $4.61 for every $1 invested by reducing the health system and productivity burden of these conditions, a net return of $361 million.

This announcement builds on many years of persistent advocacy from Arthritis Australia, affiliates, consumers, researchers, as well as our partner organisations, including Research Australia, the Australian Rheumatology Association, Monash University's Musculoskeletal Health Unit, and the Australia and New Zealand Musculoskeletal Clinical Trials Network. The ongoing support from the Parliamentary Friends group has also played an important role in keeping the call for a Mission on the government's radar.



Prime Minister Anthony Albanese announces the Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, 11 June 2026



Minister for Health & Ageing Mark Butler, rheumatologist Prof Peter Youssef, CEO Louise Hardy, and Prime Minister Anthony Albanese at the Mission announcement, June 2026

"We want Australian researchers working on better treatments, earlier diagnosis, and better outcomes for patients."

– Prime Minister Anthony Albanese announced the Mission with a clear purpose

"This hundred million dollars really represents new hope – the hope of better treatments, better quality of life, and ultimately the hope of cures for these debilitating conditions."

– CEO Louise Hardy spoke to what this means for the millions living with these conditions

"I want to stress how much work Arthritis Australia has done to put this work together over a couple of years. It is compelling work that they've put together with the support of Research Australia … we're very confident that it will be a Mission that makes real change for the lives of millions of Australians."

– Minister for Health and Ageing Mark Butler acknowledged the work of Arthritis Australia

Parliamentary events

Arthritis Australia, together with the Parliamentary Friends of Arthritis, hosted two events in Parliament House over the year.

75th Anniversary celebration

In September 2025, Arthritis Australia proudly commemorated its 75th Anniversary at Parliament House, reflecting on a legacy of research, advocacy and progress. We were pleased to welcome Prime Minister Anthony Albanese and Assistant Minister for Health and Aged Care Rebecca White along with the Parliamentary Friends co-chairs, national leaders, clinicians, researchers, and community advocates to celebrate past achievements and chart an ambitious course for the future of arthritis and musculoskeletal care in Australia. We thank the many parliamentarians who joined us, including Senator Helen Polley, Senator Jordon Steele-John, Senator Dorinda Cox, Senator David Pocock, Senator Tammy Tyrrell, Sam Birrell MP, Dr Monique Ryan MP, Rebekha Sharkie MP, and Alison Penfold MP.

The Prime Minister's attendance carried an especially personal note, as he had the opportunity to meet A/Professor David Champion AM, who treated his mother for rheumatoid arthritis many years ago. Their shared story highlighted the powerful bond between clinicians, patients, and families.



Prime Minister Anthony Albanese greets A/Prof David Champion AM, who treated his mother for rheumatoid arthritis

The Prime Minister has spoken many times about the profound impact of his mother's battle with rheumatoid arthritis. Despite major advances in treatment, people with rheumatoid arthritis still face a lifetime of immunosuppressive medication, complications, and side effects.

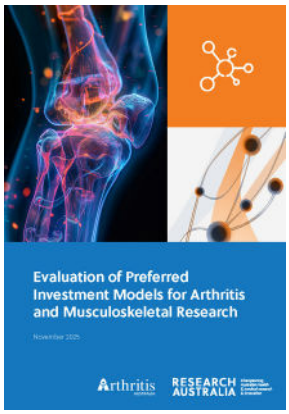


Chair Kaylene Hubbard, Prime Minister Anthony Albanese, CEO Louise Hardy, and Assistant Minister for Health and Aged Care Rebecca White

Evaluation of Preferred Investment Models for Arthritis and MSK Research Report Launch

In March 2026, Arthritis Australia, together with the Parliamentary Friends of Arthritis, hosted a Parliamentary event to launch the report prepared by Research Australia, Evaluation of Preferred Investment Models for Arthritis and Musculoskeletal Research, which evaluated a number of research funding models and found an MRFF Mission to be the preferred option against a range of criteria.

The launch was followed by a lived experience panel facilitated by award-winning journalist Sophie Scott OAM, who lives with osteoarthritis. Sophie was joined by Arthritis Australia Ambassador and former Senator Louise Pratt, Selena Bunt, Sharyce Helyar and Consumer Director Simon Smith, who all live with arthritis; as well as Medical Director Dr David Liew. The panel members discussed the impact of arthritis on daily life, work, and mental health, and the research that gives them hope. Following the event, we took the opportunity to meet with a number of MPs and Senators as well as the offices of the Minister for Health and Ageing and Shadow Minister for Health to advance our advocacy agenda, including the call for the establishment of the Mission.



Evaluation of Preferred Investment Models for Arthritis and Musculoskeletal Research, prepared by Research Australia for Arthritis Australia



Journalist Sophie Scott OAM, CEO Louise Hardy, Chair Kaylene Hubbard, Assistant Minister for Health and Aged Care Rebecca White, and Research Australia Head of Policy Dr Talia Avrahamzon at the report launch, Parliament House, March 2026

Pre-Budget submission

Arthritis Australia also provided a pre-Budget Submission to the Federal Government for its 2026-27 Budget. The submission covered important areas of our current advocacy relating to:

- access to better models of care and support for community programs,
- safety net reform that provides greater support at the time that people most need it
- addressing workforce shortages and maldistribution
  - particularly in relation to rheumatology, paediatric rheumatology, rheumatology nursing
  - continuing support for the ATLAS program aimed at increasing the competencies of health professionals and trainees in the diagnosis and management of arthritis and MSK conditions, as well as
  - MRFF research mission which the Government has now announced.

Accessible design division

Advocating and working with government and industry to make products and packaging easier for our community to use

Unboxing Accessibility: real experiences, real impact

Arthritis Australia continues to lead the Accessible Product Design Alliance, bringing together 12 not-for-profit consumer health organisations across Australia and New Zealand to advocate for more accessible product and packaging design. The Alliance exists to make sure people living with hand strength and dexterity issues have a voice in how everyday products and packaging are designed.

One of the key projects the Alliance has been working on is the **Unboxing Accessibility campaign.** It aims to capture the real, lived experience of using everyday products and packaging from the perspective of people living with disability, to raise awareness and give industry direct insight into what needs to change.

This year's campaign involved five participants living with arthritis, multiple sclerosis, motor neurone disease, stroke, and cerebral palsy, each sharing their own experiences. The result was 19 short videos covering the products people deal with every day. These ranged from meat packaging and different sunscreen formats to preparing a meal with pre-cut versus whole vegetables. Others explored the kitchen tools and aids people rely on to get by. The full series is available on our website.

Launched in October 2025, the campaign passed 10,000 social media views. The meat packaging post had the highest engagement, and the jar videos had the most views. It raised awareness of the everyday impact of hard-to-open packaging and is now used as an educational tool. The Australasian Institute of Packaging has incorporated the videos into its accessibility training across Australia, New Zealand, and Asia, describing them as one of the most impactful parts of the course because they show what inaccessible packaging actually looks like in real life.



Unboxing Accessibility participant sharing their experiences of everyday products and packaging.

Accessibility Activity at Parliament House

The Accessible Design Division ran its first Accessibility Activity at our 75th anniversary celebration at Parliament House. In this interactive space, parliamentarians and guests experienced everyday tasks with the reduced grip and joint stiffness that arthritis can bring. Designed to foster empathy and understanding, the activities gave participants a glimpse of what our community lives with on a daily basis.

Using arthritis simulation gloves, participants tried to complete everyday activities such as peeling a potato and applying a Band-Aid, through to the 'not an average breakfast' challenge. Simple acts like making a cup of tea, toast, a bowl of cereal, and cutting up fruit quickly became difficult when wearing the simulation gloves. These moments offered a real insight into the daily obstacles faced by those living with arthritis.

The Division was joined by Paralympic swimmer Jasmine Greenwood and several other members of the arthritis community who generously shared their lived experiences with hard-to-open packaging and the broader accessibility barriers they face.

The combination of hands-on activities and real stories from lived experience created a profound impact. Our hope is that these experiences continue to shape how our parliamentarians think about accessibility, inclusion, and design for all.



Co-Chair of Parliamentary Friends of Arthritis Sam Birrell MP tries the 'not an average breakfast' challenge



Alison Penfold MP and Co-Chair of Parliamentary Friends of Arthritis Senator Helen Polley try our interactive space wearing arthritis simulation gloves



Paralympic swimmer Jasmine Greenwood sharing her experiences at the Accessibility Activity at Parliament House

Educating industry and advocating for change

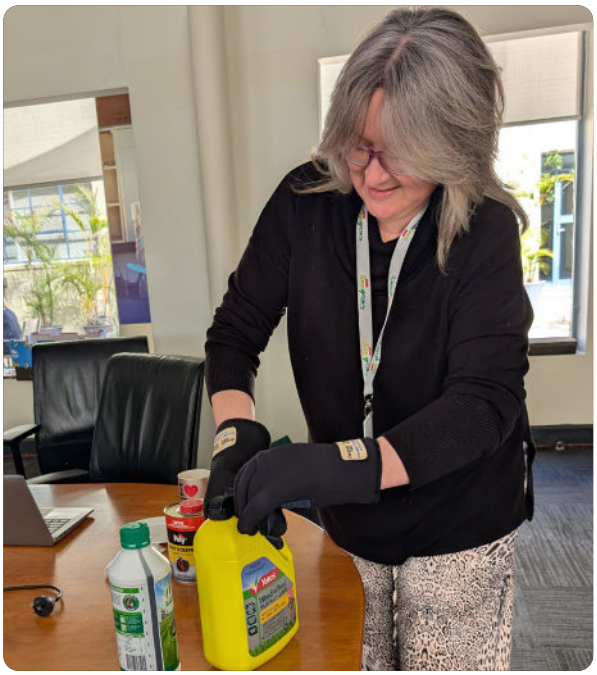
A core part of the Division's work is helping industry – anyone who makes products or packaging – understand what accessibility means in practice and why it matters. This year that work took the Division into boardrooms and onto industry panels, working with pharmaceutical companies, packaging manufacturers, and consumer goods brands. The Division's work also extended to the classroom with the University of Melbourne.

DuluxGroup invited the Division to speak at its packaging forum, an opportunity to explain what accessibility means, who it benefits, and how organisations can take their first steps. A highlight was sharing the real-life experiences of users living with arthritis, stroke, and cerebral palsy, and how they interacted with a few of DuluxGroup's own products. Attendees also used arthritis simulation gloves with those same products, a simple empathy exercise that begins to show the challenges our community experiences.

Our Ease of Use Certification was recognised at the PRIME Awards, where a certified medical device was named a finalist in the Innovation Category. It reinforced that accessible design in medical devices matters to users and to medicine adherence.

The Division also joined a panel at a forum on inclusive design hosted by the Institute of Electrical and Electronics Engineers, bringing together engineers, designers, and health organisations. Alongside representatives from Microsoft, NSW Health, and ResMed, the discussion focused on how companies can move inclusive design from an afterthought to standard practice.

The Division also educated future packaging designers through the University of Melbourne's Master of Food and Packaging Innovation program. Reaching them at this stage means accessibility can shape how they design for the rest of their careers.



A DuluxGroup packaging forum attendee opens their own company's packaging while wearing arthritis simulation gloves



Alex Brayshaw speaking at the IEEE EMBS NSW Forum on Inclusive Design, November 2025

That's a Wrap 2025: Our community's verdict

Our annual That's a Wrap campaign again highlighted the packaging that helps and hinders our community. People nominated products that were difficult, unsafe, or frustrating to open, giving us clear examples to take to industry. Nominations came via an online form and social media.



Best Packaging of 2025

Kellogg's single-serve cereal packs were named best packaging, praised for their easy-tear opening. Certified Easy to Open by Arthritis Australia for several years, they remain a design our community can rely on.



Worst Packaging of 2025

Our Top 5 offenders were:

5 | Induction seals – Foil seals under bottle caps that shred when pulled and tabs which are too small to grip.

4 | Medicine bottles – Child-resistant caps and sealed lids that keep people from their own medication. One woman described her frustration at not being able to separate the cap from the seal on a new bottle, saying "I try every time but fail."

3 | Single-use plastic water bottles – Caps so tight that people resort to kitchen tools to open them, with one person describing how she uses a garlic crusher to twist the lid open.

2 | Jars – Wide bodies and tight lids that defeat even those without arthritis. As one woman put it, "I cannot remove the lid due to hand arthritis, ask other family members who have good hands and they struggle as well."

1 | Medicine blister packs – Our worst offender of 2025. People described packs that split and foil edges that cut fingers. One described tablets so firmly set in stiff cardboard backing that they "had to be attacked from the back with a very sharp pointed kitchen knife." Another summed it up: "the irony that a lot of people in pain use this and get pain doing so."



Message from our Medical Director

Arthritis Australia's Medical Director, Dr David Liew MBBS FRACP, is an academic rheumatologist and clinical pharmacologist at Austin Health, Melbourne. His role also spans our Scientific Advisory Panel and National Research Program Grants Assessment Committee.

National Research Program

As the leading non-government funder of arthritis research in Australia, Arthritis Australia spent close to a million dollars in FY26 to support research and training in the sector, including through the grants of the National Research Program.

This year brought substantial change to how Arthritis Australia funds research. Arthritis Australia introduced an expression of interest phase for project grants and grants-in-aid, which reduced the burden on applicants and on assessors alike, and attracted more than 80 applications. Arthritis Australia also introduced funding for each grant recipient towards consumer remuneration, recognising the value of lived experience in research.

We continue to work closely with the Australian Rheumatology Association (ARA), which generously funds these grants, on how we can best support researchers.

We proudly launched two new ideas grants for the 2027 National Research Program. The **Arthritis Australia Accelerator (Triple A) Innovation Ideas Grant** backs bold, high-risk ideas with strong potential for high reward, supporting transformative approaches to arthritis and musculoskeletal research. **The Arthritis Australia Joint Impact – Lived Experience Priority Research Grant** funds the four key research investment areas identified as priorities by people with lived experience of arthritis and musculoskeletal conditions, through work we commissioned with Research Australia. The new Ideas Grant Program was shaped by feedback from our Scientific Advisory Panel, Consumer Advisory Panel and by the valuable contribution of Grants Assessment Committee Chair A/Prof Mihir Wechalekar. There are more details on these grants in the next section.

Reset RA, the project led by Prof Ranjeny Thomas AM that is developing an immunotherapy with the potential to transform the treatment of rheumatoid arthritis, continued through the year. As a key partner, Arthritis Australia is embedding lived experience in the research, and the project's consumer reference group has helped guide the study design and any consumer research that follows. Prof Thomas was the keynote speaker at our 75th Anniversary celebration at Parliament House, where she met the Prime Minister and a number of key policymakers. Interest generated by the project has flowed through to our Arthritis Champions program.

The Scientific Advisory Panel

The Scientific Advisory Panel (SAP) advised on a broad range of topics, including our National Research Strategy submission, the structure of the new website, and emerging questions our community is asking.

A notable contribution from the SAP this year came in the form of advocacy for research investment, supporting the case for a Medical Research Future Fund Mission covering arthritis and musculoskeletal conditions. The SAP contributed detailed feedback on the Research Australia

communiqué underpinning that case, including that:

- First Nations communities are underserved and should be named directly
- research needs to be embedded in the health system rather than held apart from it
- workplace impact must account for ongoing conditions rather than acute injury alone.

May 2026 also brought a change in the panel's membership, as several members completed their terms. I sincerely thank Prof Andrew Briggs, Mr David Menzies, Prof Michael Nicholas, Prof Debra Rowett, and Prof Deborah Turner for so generously giving their time and expertise. My thanks also go to Dr Rachel Black for her contribution as the ARA's representative on the panel. Their advice on issues ranging from policy and advocacy to research and consumer information has made a significant contribution to our work on behalf of the millions of Australians living with arthritis and musculoskeletal conditions. I also warmly welcome the new members who joined the panel in May 2026.

Looking ahead, these are exciting times for arthritis research. With a new Medical Research Future Fund Mission, our new ideas grants, and a renewed Scientific Advisory Panel, I look forward to working with our researchers, donors, and partners to turn this momentum into better care and, ultimately, cures.



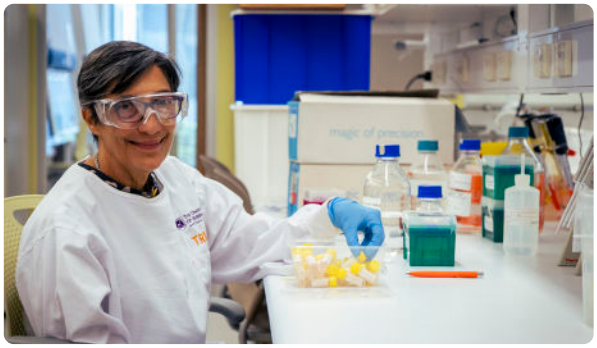
Dr David Liew,
Arthritis Australia
Medical Director



Reset RA lead researcher Prof Ranjeny Thomas AM delivers the keynote address at our 75th anniversary celebration at Parliament House, September 2025



Rheumatologist A/Prof David Champion AM, Medical Director Dr David Liew, then-ARA President Dr Sam Whittle, SAP member Prof Lyn March AM, CEO Louise Hardy, SAP member and Florance and Cope Chair Prof David Hunter, Chair Kaylene Hubbard, and SAP member Prof Peter Youssef at the report launch, Parliament House, March 2026



Reset RA lead researcher and The Arthritis Movement's Chair of Rheumatology Prof Ranjeny Thomas AM in her laboratory at the Translational Research Institute, Brisbane

Florance and Cope Chair report

Arthritis Australia has proudly supported the Florance and Cope Chair of Rheumatology with the University of Sydney for over 40 years.

The current Chair, Professor David Hunter, is a rheumatology clinician researcher whose main research focus is clinical and translational research in osteoarthritis. Considered one of the world's leading osteoarthritis experts, Prof Hunter has authored books on the condition, edits leading international journals, and has over 500 peer-reviewed publications.



Florance and Cope Chair Prof David Hunter speaks regularly about turning research evidence into better care, clinical guidance, and policy for people living with arthritis and musculoskeletal conditions

The Florance and Cope Chair has provided a platform to build and lead a nationally and internationally recognised program in rheumatology and musculoskeletal health, with a particular focus on improving outcomes for people living with osteoarthritis.

As Chair, I have sought to translate research evidence into better models of care, stronger clinical guidance, trusted consumer resources, and greater recognition of arthritis and musculoskeletal conditions as major public health priorities. This work has helped inform clinical practice, policy, and advocacy; supported the development of emerging researchers; and strengthened collaboration among researchers, clinicians, health services, community organisations, government, consumers, and international partners.

Over the past 12–24 months, national attention to arthritis and musculoskeletal conditions has accelerated substantially. This culminated in the Australian Government's announcement of a dedicated $100 million Medical Research Future Fund Arthritis and Musculoskeletal Conditions Mission, the most significant standalone national investment in this field to date. This landmark commitment reflects sustained collective advocacy and provides an important opportunity to improve prevention, diagnosis, treatment, and care.

The Florance and Cope Chair has been central to sustaining my contribution to this broader national effort. It has provided the continuity, credibility, partnerships, and translational focus needed to move research evidence beyond academic publication and towards meaningful, real-world benefits for people living with arthritis and musculoskeletal conditions.



Prof David Hunter,
Florance and Cope Chair


bollé

Research

Finding solutions and innovative treatments to improve the lives of people living with different types of arthritis.

Funding the future of arthritis research

Research is at the heart of our vision of freedom from arthritis. As Australia's leading non-government funder of arthritis research, we support work that offers hope to millions of Australians.

In 2025-26 we spent $975,000 on research and training, mostly through the National Research Program. This included the Florance and Cope Chair of Rheumatology and commissioned research.

We thank our funding partners: major donor the Australian Rheumatology Association (ARA) Research Fund, the New Zealand Rheumatology Association, ARA Victoria, Arthritis and Osteoporosis WA and The Arthritis Movement, as well as our generous individual donors.

National Research Program (NRP)

Our annual competitive funding round awards project grants, grants-in-aid, scholarships and fellowships, with a focus on early- to mid-career researchers. Applications in 2026 were outstanding.

We thank Grants Assessment Committee Chair, A/Prof Mihir Wechalekar, and the committee members, who volunteered to review every application.

New grants for 2027

In April 2026 we launched an exciting new idea-based research stream, opening applications for two new grants of $100,000 each for researchers at all career levels and an Early Mid Career Researcher (EMCR) grant of $50,000.

The Arthritis Australia Accelerator (Triple A) Innovation Ideas Grant funds bold ideas that are too early, too unconventional, or too ambitious for traditional funding. These high-risk, high-reward projects challenge what we think we know about arthritis. Not every project will succeed, but a breakthrough could open a new path to better prevention, detection, diagnosis, treatment, or support.

The Arthritis Australia Joint Impact – Lived Experience Priority Research Grant funds the research people with arthritis told us matters most. A year of consultation with Research Australia identified four priority areas:

- Better care: coordinated, integrated models of care that meet people's needs.
- Basic research: understanding the underlying causes of arthritis, co-designed with consumers and clinicians.
- Priority populations: Aboriginal and/or Torres Strait Islander peoples, rural and remote Australians, and people with disabilities.
- Cross-cutting research: challenges shared with other conditions, from chronic pain to comorbidities.

The Joint Impact Grant gives people with lived experience a direct say in where research funding goes.

2026 Grants Application round

Our National Research Program grant rounds are conducted annually. In 2026, four fellowships, two scholarships, one memorial award, three project grants and three grants-in-aid were awarded. Research funding recipient's and their research are outlined below. To read a summary of each recipients' work, visit arthritisaustralia.org.au/research-policy/research/national-research-program/

Fellowships

Research fellowships are available for post-doctoral work or following recently completed rheumatology advanced training. These fellowships are for research programs both overseas and in Australia.

ARA Ken Muirden Overseas Training Fellowship
Dr Jacinta Cheng

Eastern Health, Melbourne, VIC
Research project: $100,000

Rheumatology clinical expertise and research training at Mount Sinai Hospital, Sinai Health System, Toronto, Canada - A prospective cohort study of adults with rheumatic immune related adverse effects associated with cancer immunotherapies

Ken Muirden Overseas Training Fellowship is made possible by the generous funding from the Australian Rheumatology Association Research Fund.

ARA Victorian Fellowship
Dr Ian Teh

Western Health
Research project: $50,000

Identification of key markers on liquid biopsy of patients with idiopathic inflammatory myopathies & economic analysis of the costs of guideline-directed malignancy screening

This award is made possible by the generous funding from the Australian Rheumatology Association Victoria.

Arthritis Fellowship
Dr Fabien Vincent

Rheumatology Research Group, Centre for Inflammatory Diseases, Monash University, Melbourne, VIC
Research project: $37,000

Improving understanding of lupus in Aboriginal and Torres Strait Islander Peoples

The award is made possible through the funding provided by Arthritis Australia and Arthritis and Osteoporosis Western Australia.

Arthritis Fellowship
Dr Felicity Braithwaite

School of Allied Health and Human Performance, University of South Australia, Adelaide, SA
Research project: $37,000

"Busting Osteoarthritis Myths" project to reshape public understanding

The award is made possible through the funding provided by Arthritis Australia and The Arthritis Movement.

Memorial Award

ARA Research Fund/NZ Rheumatology Association Philip Robinson Memorial Award
Dr Claire Owen

Faculty of Medicine, Dentistry and Health Sciences, The University of Melbourne, Melbourne, VIC
Research project: $50,000

Characterising the plasma proteome of polymyalgia rheumatica

This award is made possible by the generous funding from the Australian Rheumatology Association Research Fund and the New Zealand Rheumatology Association.

Scholarships

Scholarships support early-career investigators: young science and medical graduates who undertake thesis studies into arthritis and musculoskeletal-related disorders at recognised universities.

Dr Lucinda Robinson
Rheumatology Clinic at Flinders Medical Centre, Adelaide, SA
Scholarship: $27,500

Pathways to relapse: dissecting temporal artery clues in giant cell arteritis

The award is made possible through the funding provided by Arthritis Australia and the Australian Rheumatology Association Research Fund.

Dr Gabriella Venter *(Note that this scholarship was relinquished post award)*
Adelaide University, Adelaide, SA
Scholarship: $27,500

The Impact of ANCA-associated vasculitis

The award is made possible through the funding provided by Arthritis Australia and the generous support of our donors.

Project grants

Larger amounts of funding are available for substantial projects which are generally undertaken by experienced researchers to generate important results on their own or to improve the likelihood of achieving government funding.

These awards are made possible by generous funding from the Australian Rheumatology Association Research Fund.

Dr Jessica Stanhope
Rheumatology Unit, The Queen Elizabeth Hospital, Adelaide, SA
Project grant: $62,266

Harnessing green space exposure to improve outcomes for people with arthritis

Dr Asolina Braun
Biomedicine Discovery Unit, Monash University, Melbourne, VIC
Project grant: $75,000

Investigations into citrullinated bacterial peptides in rheumatoid arthritis immunopathology

Dr Jessica Day
Walter and Eliza Hall Institute of Medical Research, Melbourne, VIC
Project grant: $75,000

MODIFI-IBM: Multimodal biomarker discovery and therapeutic profiling in inclusion body myositis

Grants-in-aid

Smaller awards support targeted research. These are for short-term projects with well-defined aims, which can be achieved within a 12-month period.

These awards are made possible by generous funding from the Australian Rheumatology Association Research Fund.

Dr Wittaya Suwakulsiri
Frazer Institute, The University of Queensland, Brisbane, QLD
Grant-in-aid: $25,000

Dissecting oral-joint immune crosstalk in RA using spatial and single-cell transcriptomics to improve early diagnosis, intervention and management

Dr Eugenie MacFarlane
ANZAC Research Institute, Concord Repatriation General Hospital, The University of Sydney, Sydney, NSW
Grant-in-aid: $24,980

The efficacy of glucocorticoid antagonists in the treatment of post-traumatic osteoarthritis

Dr Alana Dinsdale
Centre for Innovation in Pain and Health Research, The University of Queensland, Brisbane, QLD
Grant-in-aid: $24,984

The ECHO-A Project. Empowering Consumers & Health professionals for effective management of tempOromdibula disorders in Australia

Our supporters funding research

Australian Rheumatology Association (ARA)

The ARA is an association of rheumatologists and allied health professionals in Australia, and a specialty society of the Royal Australasian College of Physicians (RACP). The ARA is the major donor for the National Research Program, and its members provide valued expert input into consumer information resources.

ARA Victoria

ARA Victoria is a branch of the Australian Rheumatology Association actively supporting regional clinical education, training, and research. The annual ARA Victorian Fellowship Award supports advanced trainees or early-career rheumatologists in Victoria to pursue higher degree studies, post-degree research, or specialised clinical training.

New Zealand Rheumatology Association

The New Zealand Rheumatology Association is also a supporter of our National Research Program, providing funds towards the Philip Robinson Memorial Award.

Arthritis and Osteoporosis Western Australia

Arthritis & Osteoporosis Western Australia provides services that help people stay informed, active, and connected. Their services include self-management courses, Infoline support, exercise and hydrotherapy programs, community speakers, support groups, and children and family programs. They have provided valued support to our National Research Program.

The Arthritis Movement

The Arthritis Movement supports people in Qld and NSW living with arthritis, their families and carers. They provide access to practical support, trusted information, peer connection and digital tools to help people of all ages manage their condition with more confidence. Services are available to support people of all ages, from family and kid's events, to young adult support, and exercise classes for adults of all ages. They have given valued support to our National Research Program.

Arthritis Australia would also like to thank our generous individual donors who have invested in our research program.

Board and governance

The people guiding our work

Board Members
Ms Kaylene Hubbard - Chair
Mr Paul Ritchie - Deputy Chair and Treasurer
Dr David Liew - Medical Director
Mr Simon Smith - Consumer Director
Dr Ian Dover - Independent Director
Ms Sonja Read - Independent Director

Company Secretary
Mr John Butt

Chief Executive Officer
Ms Louise Hardy

Patron
Her Excellency the Honourable
Ms Sam Mostyn AC, Governor-General of the Commonwealth of Australia

Ambassador
Former Senator Ms Louise Pratt

Emeritus Directors
Ms Ita Buttrose AC OBE
Dr Mona Marabani
Prof Patrick McNeil

Council of Advice Members
Ms Frankie Forsyth (TAS), Chair
Dr Chris Bollen (THRF - SA)
Ms Sylvia Caratti (WA)
Ms Rebecca Davey (ACT – Observer)
Ms Hilary Fowler (NT)
Ms Michelle Uhlhorn (TAM)

Grants Assessment Committee
A/Prof Mihir Wechalekar – Chair
Dr David Liew
Dr Jessica Day
Prof Tasha Stanton
A/Prof Jenny Walker
Dr Sanaa Zaki
Prof Ilana Ackerman
Dr Joanna Tieu
Dr Leticia Deveza
Dr Annabelle Small
Ms Kerry Mace
Dr Jeanette Pritchard
Mr Simon Smith
Dr Louise Koller Smith - Observer

Scientific Advisory Panel – *until May 2026*
Dr David Liew – Chair
Prof Kim Bennell
Dr Rachel Black
Ms Linda Bradbury
Prof Andrew Briggs
Prof David Hunter
Prof Chris Maher AM
Mr David Menzies
Prof Mark Morgan
A/Prof Jane Munro
Prof Michael Nicholas
Prof Debra Rowett
Prof Tasha Stanton
Prof Deborah Turner

Scientific Advisory Panel – *from May 2026*
Dr David Liew - Chair
Prof Kim Bennell
Ms Linda Bradbury
Prof Peter Choong
Dr Brooke Conley
Prof David Hunter
Prof Chris Maher AM
Prof Lyn March AM
Prof Mark Morgan
Adjunct A/Prof Steve Morris
A/Prof Jane Munro
Prof Tasha Stanton
A/Prof Mihir Wechalekar
Prof Peter Youssef

Consumer Advisory Panel – *until May 2026*
Simon Smith – Chair
Dr Susanne Armstrong
Brett Coshell
Annique Daran
Sharyce Helyar
Harpreet Kaur
Ruth Lee
Kerry Mace

Gayle McNaught
Kevyn Morris
Fiona Naughtin
Dr Jeanette Pritchard
Hayley Stephens
Dr Christine Walker
Dr Hugh Watson
Shirani Wright

Consumer Advisory Panel – *from June 2026*

Simon Smith – Chair
Angela Brown
Selena Bunt
Annique Daran
Annette Heininger
Sharyce Helyar
Ashley Johnson
Katy Jones
Harpreet Kaur
Athanassios (Thanos) Lionsatos
Dionne Lynch
Adam McLeod
Louis Mercorelli
Kevyn Morris
Melinda Newnham
Dr Jeanette Pritchard
Sara Soliman

Reconciliation Action Plan (RAP) Working Group

Dr Brooke Conley, Ngiyampaa, Physiotherapist and Vice-Chancellor's Indigenous Senior Research Fellow at RMIT University

Mr Kevyn Morris, Aboriginal consumer representative and Consumer Advisory Panel member

Arthritis Australia staff

Louise Hardy - *RAP Champion and RAP Working Group Chair*
Grace Banfield
Alexandra Brayshaw
Courtney Brown
Cathryn Corcoran
Fahima Fouzdeen
Anu Sawhney
Sarah Stevens
Patrick Tobin
Julie Weston



Arthritis Australia Board, with our Patron Her Excellency the Honourable Ms Sam Mostyn AC, Governor-General of the Commonwealth of Australia

Financial overview

Treasurer's report

For the year ended 30 June 2026

I am pleased to present the Treasurer's Report for Arthritis Australia for the financial year ended 30 June 2026.

Arthritis Australia delivered a strong financial result in FY26, recording a surplus of $442,917, compared with a surplus of $8,348 in the prior year. Total income increased to $4.71 million, up from $3.24 million in FY25, while total expenditure increased to $4.26 million, compared with $3.23 million in the previous year. The result reflects an increase in bequest income, together with continued investment in research, education, awareness, and the organisation's broader national activities.

Income and fundraising

Donations and fundraising remained the organisation's principal source of revenue, with income from investments continuing to provide an important and relatively stable contribution to the organisation's financial capacity. Contributions from state and territory Affiliates remained consistent, comprising general donations, research donations, and affiliation fees. The continued support of our Affiliates is valued and remains important to Arthritis Australia's national research activities.

Investment in our purpose

Expenditure increased during FY26 as Arthritis Australia expanded the scale of its activities and applied funding to its research, education, awareness and consumer-focused priorities.

Research expenditure was $974,482, compared with $913,774 in FY25. This included funding for the Florance and Cope Chair of Rheumatology and the National Research Program, the ARA Ken Muirden Overseas Training Fellowship, state and territory Affiliate grants, and other designated research initiatives and bequests.

Expenditure on education and awareness – supporting implementation of consumer information resources projects, the National Infoline, and JIA Kids Camps – increased to $1.71 million, from $1.17 million in FY25. This reflected the continued delivery of programs and resources supporting people living with arthritis, including activity associated with the Australian Government Department of Health Arthritis Action Plan, consumer health literacy, accessible design, and other national initiatives.

Administration expenditure was $1.17 million, compared with $822,395 in the prior year, while direct fundraising expenditure increased to $289,823, from $201,593. These movements occurred alongside the broader scale of organisational activity during the year.

Restricted and unrestricted funds

The FY26 result comprised a surplus of $231,179 across contractually restricted activities and a surplus of $211,738 across unrestricted activities. This represented a significant improvement in unrestricted performance compared with the unrestricted deficit reported in FY25.

At 30 June 2026, accumulated equity totalled $8.69 million. This comprised $7.35 million in contractually restricted funds, $979,320 in unrestricted general funds, and $361,337 in unrestricted business reserve funds. The distinction between restricted and unrestricted funds remains important, as a substantial proportion of the organisation's resources can only be applied in accordance with donor, bequest, grant, or other contractual requirements.

Financial position

Arthritis Australia remained in a sound overall financial position at year end. Total assets were $11.66 million, compared with $11.22 million at 30 June 2025. Total liabilities were $2.97 million, resulting in net assets of $8.69 million, an increase from $8.51 million in the prior year.

Cash flow and liquidity

Cash and cash equivalents increased by $290,538 during the year, from $1.06 million to $1.36 million. Net cash generated from operating activities was $585,879, compared with $154,185 in FY25. This was partially offset by net cash used in investing activities of $233,894 and lease repayments of $61,447.

Current assets increased to $1.79 million, compared with $1.22 million at the end of FY25. Current liabilities were $2.64 million, of which $1.98 million related to obligations recognised in advance. These obligations represent funds held for future grants and research-related purposes, rather than general operating liabilities. The Board will continue to monitor cash flow, liquidity, and the timing of contractual commitments to ensure the organisation maintains sufficient accessible resources to meet its obligations.

Governance and outlook

The Board, supported by the Finance Advisory Committee, continues to oversee Arthritis Australia's financial performance, investment arrangements, cash flow requirements, and risk management framework. The organisation's capital management approach is directed toward maintaining adequate cash flow within appropriate risk parameters while maximising the sustainable returns available from its investments.

The strong FY26 operating result, increased cash balance, and growth in unrestricted funds provide Arthritis Australia with an improved financial platform from which to pursue its strategic priorities. At the same time, the organisation remains conscious that a significant proportion of its asset base is restricted, that fundraising income varies between years, and that investment values are subject to market movements. Maintaining disciplined financial management, clear oversight of restricted funds, and an appropriate level of unrestricted reserves is a key priority.

I would like to acknowledge the work of Arthritis Australia's management and staff, my fellow Directors, and the members of the Finance Advisory Committee for their commitment and governance throughout the year. I also thank our donors, the families of those who left bequests, funding partners, supporters, and state and territory Affiliates, whose contributions enable Arthritis Australia to continue its vital work in research, advocacy, and support for Australians living with arthritis.



Paul Ritchie,
Arthritis Australia Deputy Chair and Treasurer

Financial position

Statement of financial position for the year ended 30 June 2026

	2026	2025
Current Assets	**$**	**$**
Cash and Cash Equivalents	1,355,228	1,064,690
Trade and Other Receivables	392,456	123,614
Other Assets	38,950	29,209
Total Current Assets	**1,786,634**	**1,217,514**
Non-Current Assets		
Financial Assets	9,498,552	9,575,366
Property, Plant & Equipment	56,303	27,566
Right of Use Asset	319,766	395,005
Total Non-Current Assets	**9,874,621**	**9,997,937**
Total Assets	**11,661,255**	**11,215,451**
Current Liabilities		
Trade and Other Payables	2,456,455	2,170,245
Employee Benefits	117,690	95,448
Lease Liability	69,000	61,447
Total Current Liabilities	**2,643,145**	**2,327,140**
Non-Current Liabilities		
Employee Benefits	39,554	19,859
Lease Liability	291,581	360,581
Total Non-Current Liabilities	**331,135**	**380,440**
Total Liabilities	**2,974,279**	**2,707,580**
Net Assets	**8,686,976**	**8,507,871**
Accumulated Funds		
Contractually restricted funds	7,346,319	7,374,429
Unrestricted general funds	979,320	819,129
Unrestricted business reserve funds	361,337	314,313
	8,686,976	**8,507,871**

Profit and Loss

Statement of Profit or Loss and other comprehensive income for the year ended 30 June 2026

	2026	2025
Income	**$**	**$**
Donations/fundraising		
General	4,038,963	2,599,945
Affiliates	122,750	122,750
Total	**4,161,713**	**2,722,695**
Membership Fees	**680**	**760**
Investments		
Interest Income	6,878	18,890
Dividend Income	532,809	489,824
Total	**539,687**	**508,714**
Other income	4,975	4,386
Total Income	**4,707,055**	**3,236,555**
Expenses		
Research	974,482	913,774
Education & Awareness	1,706,243	1,166,616
Administration	1,168,927	822,395
Fundraising	289,823	201,593
Depreciation	93,398	87,901
Lease Interest	31,265	35,928
Total Expenses	**4,264,138**	**3,228,207**
Surplus for the year	**442,917**	**8,348**
Other Comprehensive income		
Net (loss)/gain on the movement in Financial Assets through Other Comprehensive Income	(263,812)	124,341
Other Comprehensive (Loss)/Income for the year	(263,812)	124,341
Total Comprehensive Income for the year	179,105	132,689
Surplus attributable to the entity	442,917	8,348
Total Comprehensive Income attributable to the entity	**179,105**	**132,689**

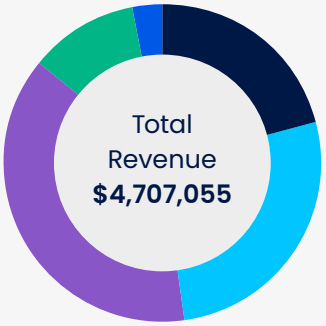
Revenue and expenditure

Summary of revenue and expenditure of Arthritis Australia

Assets held	**$ 11,661,255**
Liabilities held	**$ 2,974,279**

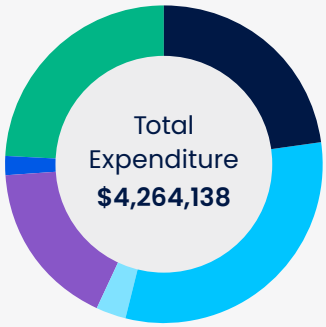
Revenue

National Research Program	$974,482	21%
Funding for Consumer Projects, Resources and Information	$1,258,339	27%
Income from Other Sources	$1,772,628	38%
Investment Income	$539,687	11%
Accessible Design	$161,919	3%
Total	**$4,707,055**	



Expenditure

National Research Program	$974,482	23%
Consumer Projects, Resources and Information	$1,320,025	31%
Fundraising Expenses	$123,851	3%
Other Expenses	$712,752	17%
Accessible Design	$88,026	2%
Employee Expenses	$1,045,001	24%
Total	**$4,264,138**	





Fundraising and philanthropy

Your support helps us do vital work for the arthritis community

In 2025–26, Arthritis Australia's fundraising grew strongly in line with our strategic plan. Our newly appointed Philanthropy Manager Sarah, worked hard to build out our program, including implementing a new fundraising system, which helped us understand our supporters better. We exceeded our combined target for donations and corporate support with a plan to grow philanthropic funding further.

Unrestricted giving, corporate partnerships, and general bequests all performed particularly well. Our overall donations, between general and research specific support, reached just over $250,000 in this financial year. The generosity shown through legacy gifts and bequests, for both general and research funding, was $1,357,551.

We increased our numbers of major and recurring donors, both key goals of our fundraising strategy. This year we ran our first online campaign around World Arthritis Day (12 October 2025). It raised $6,769 and was a big step up from the equivalent online campaign the year before. The End of Financial Year Appeal was our most successful yet: it raised $85,536 through online giving alone, almost double the previous year's online result. The appeal used personal emails, videos, and social media to share real stories of living with arthritis and the breadth of our work.

Our loyal major donors gave again, and new major donors, first-time supporters, and recurring donors joined them. Corporate and organisational partners made an important contribution too. Through continued and renewed commitments, they supported our day-to-day work, new research grants, and updated consumer resources.

Legacy gifts through bequests remained a vital source of income, and we are deeply grateful to everyone who chose to remember Arthritis Australia in this way.

Thank you to everyone who continues to support Arthritis Australia through our fundraising and philanthropic programs. We were proud to release our 2026 Impact Report to show all of the work your donations underpin.

Run for Stella

Run for Stella was a fundraising and awareness campaign created by Sam Dennis in honour of his younger sister, Stella. At 15, in Year 9, Stella was diagnosed with juvenile idiopathic arthritis after a long and uncertain year of waiting for answers. Her treatment has meant endless blood tests, infusions, and injections, leaving her feeling like a "pin cushion", and even the best care hasn't fully controlled her condition.

Inspired by her courage, Sam set out to run 150 kilometres from the Tan Track in Melbourne's CBD to Warragul in October 2025. He covered the distance in a single day to show how amazing our bodies are and to remind people never to take their health for granted. The run aimed to raise awareness of arthritis, support research, spotlight the reality of juvenile arthritis, and celebrate Stella's spirit.

The community rallied behind the cause. The campaign's GoFundMe, benefiting Arthritis Australia, raised $17,995 from 125 donations, well beyond its original $10,000 goal. Every dollar supports people living with arthritis, helping change the story for families like Stella's.



Arthritis Australia Medical Director Dr David Liew and Sam Dennis

Donors and supporters

Thank you for your support

We are extremely thankful to our donors and supporters who have helped to advance our work in raising awareness, delivering information and support services, providing annual research grants, and developing advocacy programs. Many have contributed expertise, time, funding, goods and services.

Parliamentary Friends of Arthritis in the 48th Parliament

Sam Birrell MP – Co-chair (until March 2026)
Senator Helen Polley – Co-chair
Senator Jordon Steele-John – Co-chair
Dr Anne Webster MP – Co-chair (from March 2026)
Senator Michelle Ananda-Rajah
Senator Carol Brown
Alison Byrnes MP
Senator Anthony Chisholm
Senator Raff Ciccone
Dr Mike Freelander MP
Steve Georganas MP
Senator Varun Ghosh
Michelle Landry MP
Senator Deb O'Neill
Alison Penfold MP
Fiona Phillips MP
Dan Repacholi MP
Rebekha Sharkie MP
Anne Stanley MP
Jess Teesdale MP
Senator Tammy Tyrrell

Bequests

The Estate of Darrel Arthur Dingey
The Estate of Corrie Eleanor Heath
The Estate of Maxwell Lloyd Newman
The Estate of Judith Shelley
The Estate of Frances Ruth Studd
The Estate of Andrew Basil Ware

2025–26 Fundraisers of $500+

Sam Dennis & family – through Run for Stella
Ben McInnes
Scotch Oakburn College

Our donors

2025–26 donations of $500+

Aussie Pools
Australian Philanthropic Services Foundation
Betsy and Ollie Pask Foundation
Inland Surf Warragul
The Landman Foundation
The Paperbark Co
A Au
D Bentley
H Bisby
L Charleson
P Clark
A Cogar
M Davies
J Day
G Dean
N Fkiaras
W Graham
A Gray
L Grbic
J Greenslade
L Gunning
J Hejtmanek
L Helyar
L Higgin
B Hoff
M Hutson
S Jacobs
M Jam
S Johnston
H Kosky
W Kosky
M Krenmayr
L Le Brocq
A Lear & E Bullen
N Leivenzon
V Lindores
D Martin
G Mcintosh
J Mitchell
D Motteram OAM
G Mullane
D & F Nassau
J Parry
A Patterson
V Pham
A Poole
D Porter
J Quinlan
E Raskopoulos
S Rathburn
B Rollins
J Salter
C Savage
J Scarlett
B & G Sharma
J Shead
B Sheardown
H Sheardown
S Shnider
R Smyth
M Stevenson
A Strang
S Thomson
B Vermeulen
B Wallis
M Willcocks
C & J Woodruff

Donors and supporters

Thank you for your support

Adjusta Mattress

Australian-owned Adjusta has continued to support Arthritis Australia through our corporate supporter program for the past six years. They are a multi-award-winning adjustable bed company whose mission is to support better sleep.

Bionics Institute

The Bionics Institute is a non-profit medical research institute, working on developing solutions to conditions through the use of technology. They partnered with Arthritis Australia this year through consumer engagement and feedback for one of their upcoming research projects.

Australian Government

We receive support from the Australian Government via grants for consumer resources, and national programs on which we collaborate with Affiliated State and Territory Arthritis Organisations, including the Arthritis Infoline and programs like Juvenile Arthritis Kids' Camps.

Research Australia

Established in 2000, Research Australia is the national peak for health and medical research and not-for-profit. We work closely with them in review and support of continuing to improve our National Research Program. They have also been instrumental in developing the evidence base for an arthritis and MSK Medical Research Future Fund Mission.

QUM Alliance

Arthritis Australia is a member of the Quality Use of Medicines Alliance, which has been awarded grants by the Australian Government through the Quality Use of Diagnostics, Therapeutics and Pathology Program. QUM Alliance members are developing and delivering free, high-quality, evidence-based health professional education and consumer health literacy resources and activities.

Quality Use of Medicines ALLIANCE

Helping consumers and health professionals make safe and wise decisions about medicines and diagnostics.
Funded by the Australian Government through the Quality Use of Diagnostics, Therapeutics and Pathology Program.

Thomson Geer

A leading Australian law firm, Thomson Geer, continues to provide corporate services that assist Arthritis Australia activities. Their ongoing support is greatly appreciated.

UCB

Pharmaceutical provider, UCB, has been a long-time corporate supporter of Arthritis Australia. This year they provided financial support for the updating and printing of much-needed consumer education information.

Wolper Jewish Hospital

The Moving Safely with Arthritis video series was made possible with support from Wolper Jewish Hospital, which generously provided the location and staff time for filming. The videos include guided movement sessions with an exercise physiologist and practical strategies from an occupational therapist to help with daily tasks.

Easy to Open and Ease of Use Certification

Arthritis Australia's Easy to Open and Ease of Use Certification recognises products and packaging that have been tested and found easier to open and use for people with reduced hand strength and dexterity. Arthritis Australia thanks its Certified partners for their commitment to accessible design:

Our team

Working together for people living with arthritis



Louise Hardy
CEO
(from August 2025)
Director of Policy and Advocacy
(until August 2025)



Jonathan Smithers
Former CEO
(until August 2025)



Fahima Fouzdeen
Chief Financial Officer



Patrick Tobin
Director Policy, Advocacy and Public Affairs
(from June 2026)



Anu Sawhney
Digital Communications Manager



Alex Brayshaw
Accessible Design Manager



Grace Banfield
Project Manager



Cathryn Corcoran
Research and Consumer Engagement Manager



Sarah Stevens
Philanthropy Manager



Courtney Brown
Program and Projects Manager



Cathryn Berry
Program and Projects Manager
(Parental Leave cover from April 2026)



Julie Weston
Office Manager



Arthritis Australia team, with our Patron Her Excellency the Honourable Ms Sam Mostyn AC, Governor-General of the Commonwealth of Australia

Contact information and resources

No matter who you are, or your experience with arthritis, we're here to help you manage your symptoms and get on with life.

Arthritis Australia

Level 2/255 Broadway
Glebe NSW 2037
PO Box 550 Broadway NSW 2007
P: 02 9518 4441
E: info@arthritisaustralia.org.au
W: arthritisaustralia.org.au

Louise Hardy
Chief Executive Officer

Call the free National Arthritis Infoline on **1800 011 041** to speak with someone who understands arthritis and musculoskeletal conditions. They can listen, share information and help you navigate services in your state or territory.

Contact your state or territory arthritis organisation for local support services

Arthritis ACT
Building 18, 170 Haydon Drive
Bruce ACT 2617
PO Box 908,
Belconnen ACT 2616
P: 02 6251 2055
E: info@arthritisact.org.au
W: arthritisact.org.au
Rebecca Davey
Chief Executive Officer

Arthritis & Osteoporosis Northern Territory
Shop 18,
Rapid Creek Business Village,
48 Trower Rd
Millner NT 0810
PO Box 452, Nightcliff NT 0814
P: 08 8948 5232
E: info@aont.org.au
W: aont.org.au
Hilary Fowler
Secretary

Arthritis & Osteoporosis Tasmania
19A Main Road
Moonah TAS 7009
PO Box 780, Moonah TAS 7009
P: 03 6228 4824
E: info@arthritistas.org.au
W: arthritistas.org.au
Jackie Slyp
Chief Executive Officer

Arthritis & Osteoporosis Western Australia
Wyllie Arthritis Centre
17 Lemnos St
Shenton Park WA 6008
PO Box 34, Wembley WA 6913
P: 08 9388 2199
E: general@arthritiswa.org.au
W: arthritiswa.org.au
Ric Forlano
Executive Director

The Arthritis Movement
Queensland Office
WOTSO Chermside,
Level 2 Westfield Chermside
Chermside QLD 4032
PO Box 2121,
Lutwyche QLD 4030
NSW Office
Suite 201/65 Hume Street
Crows Nest NSW 2065
Locked Bag 2216,
North Ryde NSW 1670
P: 1300 275 826
E: info@arthritis.org.au
W: arthritis.org.au
Michelle Devoy
Chief Executive Officer

The Hospital Research Foundation Group – Arthritis
111A Welland Avenue
Welland, SA 5007
P: 08 8379 5711
E: contactus@fightingarthritis.org.au
W: fightingarthritis.org.au
Michelle Hogan
Programme Director – Health

Our websites

Living with arthritis feels different for everyone, so the support you need may too. Explore programs and websites for people living with different types of arthritis and musculoskeletal conditions, helping you understand your condition, stay active, and manage day to day.

Arthritis Australia

Start with Arthritis Australia: information, resources and ways to get involved

Whatever type of arthritis or musculoskeletal condition you live with, start here. Learn how your condition affects your body and get practical tips on pain, movement, work, and emotional wellbeing. Find information sheets, booklets, videos, and local support near you. You can also join a research study or read our reports. Health professionals can find resources for their patients and practice. And there are many ways to get involved, from advocacy and donating to making everyday products easier to use.

arthritisaustralia.org.au

myRA RHEUMATOID ARTHRITIS SUPPORT PROGRAM

Take an active role in your care with MyRA

MyRA is an online support program for people living with rheumatoid arthritis (RA). Whether you are newly diagnosed or have been managing for years, you'll find high-quality information on RA, tests and treatments, plus practical skills to take the lead in managing RA and live well.

myra.org.au

myPsA PSORIATIC ARTHRITIS SUPPORT PROGRAM

Understand and manage PsA with MyPsA

MyPsA is an online support program for people living with psoriatic arthritis (PsA), helping you understand your condition, manage it effectively, and know where to turn for support. Built with clinical experts and people who live with PsA, it offers trusted articles, videos, and evidence-based resources on treatment options, pain management, and living well day to day.

mypsoriaticarthritis.org.au

myAS AXIAL SPONDYLOARTHRITIS SUPPORT PROGRAM

Take control of your axSpA with MyAS

Living with axial spondyloarthritis (axSpA) can feel overwhelming, whether you have ankylosing spondylitis (AS) or non-radiographic axSpA. The MyAS online support program is here with trusted, evidence-based resources to help you understand your diagnosis and treatment options, manage pain effectively, and work with your healthcare team to live on your own terms.

myas.org.au

myOA MyJointPain OSTEOARTHRITIS SUPPORT PROGRAM

Manage OA day to day with MyOA / MyJointPain

MyOA / MyJointPain is an online support program designed to help people living with osteoarthritis (OA). From understanding your diagnosis and treatment options to easing pain and staying comfortable, you'll find trusted, evidence-based resources matched to where you are right now.

myoa.org.au

MyBackPain.org.au

Got back pain? Learn how to manage it here

MyBackPain.org.au provides trustworthy and up-to-date information on low back pain. Developed by expert researchers, health professionals, and people with back pain, we aim to help you manage your back pain. Start with a simple questionnaire to get tailored advice to better manage your low back pain.

mybackpain.org.au

moving with ARTHRITIS

Find a program to help you get Moving with Arthritis

Knowing where to get started moving with arthritis can feel overwhelming. Moving with Arthritis brings together exercise programs, videos to follow at home, and practical information. Explore how to get moving, bust common myths, and find a local or online program near you.

movingwitharthritis.org.au

Arthritis Australia

Arthritis Australia
Level 2/255 Broadway, Glebe NSW 2037
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P: **02 9518 4441**
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W: arthritisaustralia.org.au
ABN 67 002 598 594

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arthritisaustralia