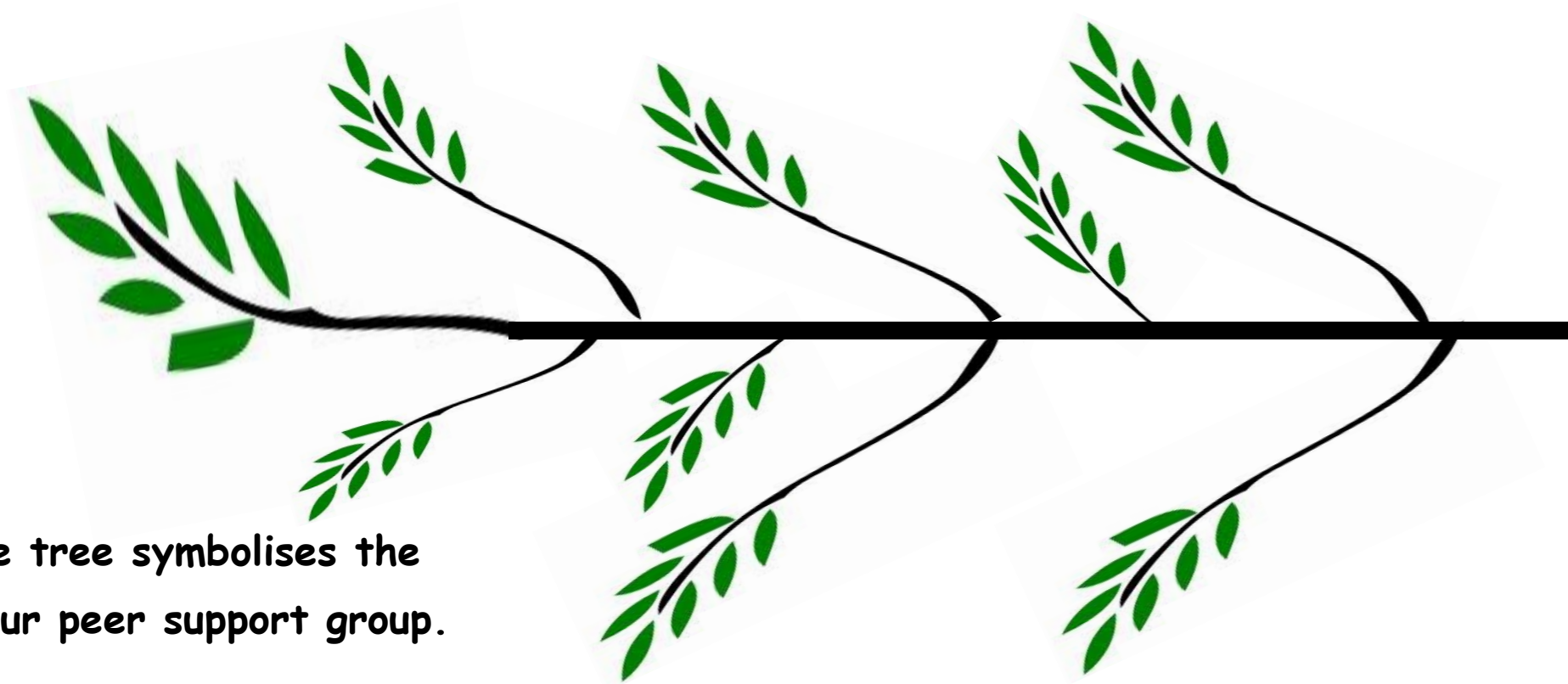


Ankylosing Spondylitis Victoria Inc

10th Anniversary
2005 -2015



**This is a concise 10 year history of Ankylosing Spondylitis Victoria Inc.
dedicated to the Members, Volunteers, Committee (past and present), our
Associates and supporters of all things A.S.**



**The timeline tree symbolises the
growth of our peer support group.**

May 2014

Consumer Information Bulletin (CIB) replaced with Update Magazine (e-version)

May 2014

AS Victoria Inc President Annie McPherson awarded Department of Health Volunteer Award and Arthritis Victoria life Membership Sara-Jane Dyrenfurth, of Arthritis Victoria (Arthritis Vic), nominated Annie McPherson for a Volunteer Award. Ahead of many other candidates Annie was presented with an Outstanding Individual Achievement Award. Annie was also awarded Life Membership of Arthritis Vic in recognition of her outstanding service to Victorians with Arthritis and Ankylosing Spondylitis.



AS Victoria Inc President Annie McPherson with Minister for Health (Victoria) David Davis

April 2015

Granted Deductible Gift Recipient Status by the ATO.

December 2014

Boroondara Volunteer Resource Centre (BVRC) Membership This allows us access to their events and other services.




March 2014

Information table at Austin Repatriation Hospital Outpatient Department -to be held 3 times per year

For 2014 Arthritis Awareness week we set up an AS Information table with AS fact sheets, AS stretch newsletters, booklets and related information on the same day as the Rheumatology and AS Clinics in the Outpatients Department. Picture shows Adam Collard and Annie McPherson at the information table.





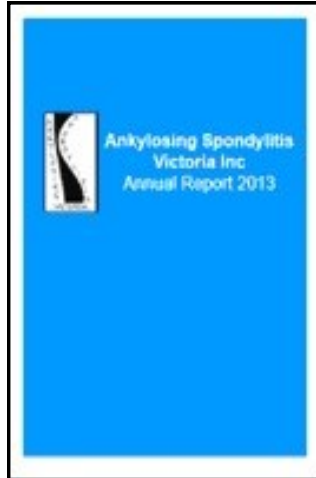
January 2014

Australian Charities and Not-for-Profit Commission Membership

Being accepted by the ACNC is a prerequisite for obtaining Deductible Gift Recipient status from the Taxation department. Membership attests to prospective members, donors and associates that we are a government recognised legitimate charity.

July 2013

Corporate format Annual Report created for members The report format fulfils the more formal reporting requirements that come with incorporation.




December 2013

Paul Fallon joins AS Victoria Inc and subsequently becomes a Committee Member, having been Treasurer/Secretary 1990 to 1992 of the earlier AS Society of Victoria .



July 2013

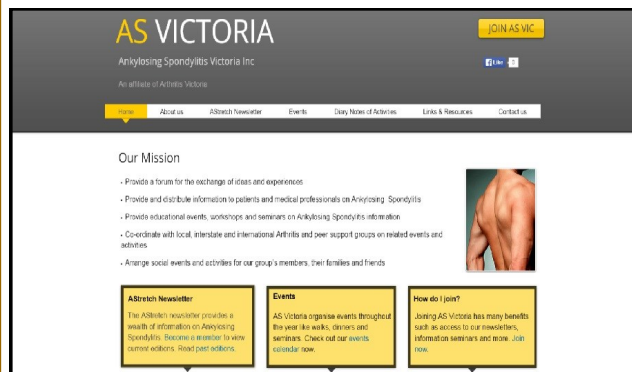
Chronic Illness Alliance (CIA) Membership



March 2013

Web site Launched www.asvictoria.org We now have a central hub

for our events, newsletters and general group information. Part of our Incorporation planning



October 2012

Incorporated as **Ankylosing Spondylitis Victoria Inc**

Main advantages to being incorporated :

Grants from Government bodies and Philanthropic organizations':

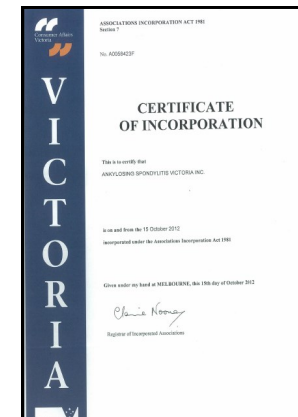
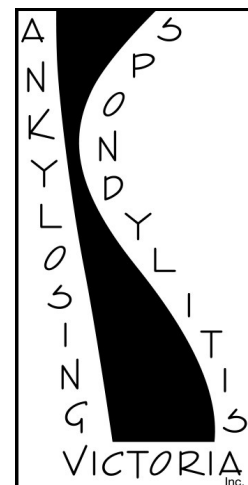
Our incorporated group becomes eligible for larger grants from a wider audience

Health Professionals and Services:

Sometimes these groups are restricted with un-incorporated groups

Research and Donations:

An incorporated group can become a tax-deductible entity which allows donations and research funding to be directed specifically to projects involving Ankylosing Spondylitis.



March 2013

Coffee and Chat meetings commence at Fairfield RSL—
Monthly except for December and January

A regular get together for Members, New and prospective members



Arthritis Vic's Consumer Advisory Committee discontinued

March 2012

Facebook page started www.facebook.com/asgroupvic



To reach users of modern social media we created a face book page. Many of our Associates also use fb and have been a great source of material to pass on to our members.

June 2011

Rheumatology Help Line created with our support Arthritis Vic launched the Rheumatology Help Line service from their head office in Elsternwick. The service has been made possible with the support of the Victorian Government Department of Health and aims to increase access to accurate evidence based health information. It is available to all Victorians, Monday to Friday PH: 1800 263 265 or email: rhl@arthritismvic.org.au.



March 2012

Participation in Breastscreen Forum. Breastscreen Stakeholder Forum representing consumers with a chronic condition specifically arthritis, where the theme was based around "First Screeners, How can we encourage them to come back?". In the past peer support groups have raised this with the Arthritis Vic Consumer Advisory committee.

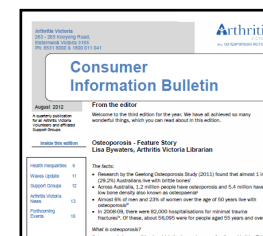
2012

Distribution of National Prescribing service (NPS) newsletters to members.



2011

Distribution of Consumer Information Bulletin (CIB) newsletters to members this was formerly Arthritis Vic's "Self Help Group Newsletter"



Feb 2011

AS Vic welcomes country members for our **first regional social event** at the Austral Hotel in Korumburra



May 2010

World Spondylitis day at Berwick- Annual event



2009

AS Vic is presented with the **Arthritis Vic Mollie Riches Award** for a peer support groups which have made a significant contribution to raising community awareness of musculoskeletal health issues and provided quality mutual support and furthered its own growth. A beautiful silver plate has been engraved with "Ankylosing Spondylitis Group of Victoria - 2009" and is mounted in the main offices of Arthritis Vic.



Dr Jane Glatz GM
Arthritis Vic and
Annie McPherson
President AS Vic

2009

AS Group of Queensland with Margaret Lewington, physiotherapist, produce a **Warm Water exercise DVD** with exercises specifically designed for AS patients.



April 2008

National Ankylosing Spondylitis Society UK (NASS) Membership



April 2008

Ankylosing Spondylitis International Federation (ASIF) Membership



April 2008

Spondylitis Association of America (SAA) Membership



2008

Participation in RMIT, Melbourne and La Trobe Universities educational programs- on going.

As part of Arthritis Vic community speaker activities, we were involved in Patient Perspective programs. Medical students were presented with a panel of consumers speaking on their experience of the healthcare sector. The theme being "What makes a good doctor".



2008

Our Members participate with Arthritis Vic in regional seminars -this one was at Cranbourne

2007

AS Group of Queensland with Margaret Lewington, physiotherapist, produce a Land exercise DVD with exercises specifically designed for AS patients. .

2007

Arthritis Vic "Early Arthritis Network" seminars: AS Vic representatives join other Health professionals to support newly diagnosed patients with their queries at Information seminars for people with Arthritis and their families.

2008

We join the Consumer Advisory Committee at Arthritis Vic The purpose of the Consumer Advisory Committee was to have representatives from the Arthritis Vic Volunteer and Consumer groups contribute to the work-plan of the board for policy and decision making. The process involved discussion, recommendations and/or proposals jointly with Arthritis Vic staff representatives on projects, activities and actions. This provided peer support groups, like AS Vic with a direct avenue to the board.

2007

Michael Slater, a retired Australian Test team cricketer, joins the Arthritis Australia AS awareness campaign with a DVD, web site and fact sheet on exercises specific for AS produced in association with the Australian Physiotherapists

June 2007

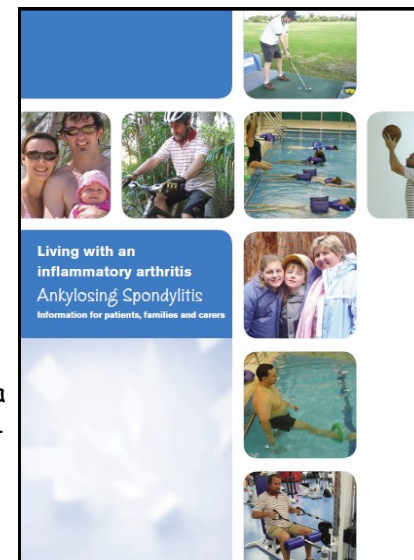
Caulfield Community Health Service (CCHS)

Land and Water exercise programs The 8 week AS program with a physiotherapist as leader, has run for over 25 years. The referring doctor is provided with a pre and post assessment for the patient and follow-up report. The gymnasium and hydrotherapy exercise focused program, includes sessions on self-management and a home based routine. In 2007 representatives from AS Vic join the program as presenter for the Patient Perspective session and benefits of belonging to a Peer Support Group session.



May 2007

Arthritis New South Wales publish the "Blue Book" 'Living with an inflammatory arthritis - Ankylosing Spondylitis' featuring information for patients, families and carers. Compiled by Diana Aspinall, the booklet is bright, positive, and easy to read. Contributors include Melbourne rheumatologist Dr Lionel Schachna and Margaret Lewington, a Brisbane physiotherapist with a special interest in AS



July 2007

We join with other **Peer Support Groups** at Arthritis Vic for exchange of ideas, leadership training and updates



March 2007

AS Vic applies for and is awarded its first Victorian Government, Department of Human Services (DHS), Self Help Group grant.



2006

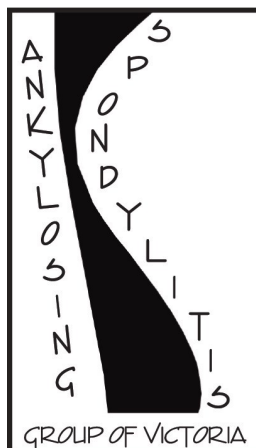
Dinner at Rose Hotel and Xmas in July at Rosstown Hotel-These become popular annual social events well attended by members their families and friends



The Rose Hotel AS group of Victoria dinner in full swing! March 3rd 2006.

17 May 2005

Ankylosing Spondylitis Group of Victoria Launched- In response to the Ankylosing Spondylitis in Victoria Questionnaire collected from AS Seminars held at Arthritis Vic, the Ankylosing Spondylitis Group of Victoria has been officially formed at a meeting held on the 17th of May 2005. People who responded with an interest in helping to start an AS Group in Victoria were invited to attend. The agenda covered the goals and objectives for the AS group, prospective group activities for the coming year and appointment of Committee members.



President: Annie McPherson

Treasurer: Rosemary Stephens

Secretary: James McCracken

Assistant Secretary: Danielle Wood

Newsletter Editor: Greg Tate

Guidelines and procedures for the group were set with input from Arthritis Vic as the group will be an affiliate of the Arthritis Foundation of Victoria

2004

AS Victoria Inc creation begins Greg Tate (relocated to Melbourne from Brisbane) and Annie McPherson with support from Dr Lionel Schachna of the Austin Spondylitis Clinic



Greg



Annie



Lionel



2005

AS Vic began presenting Information Seminars as an Annual event with the assistance of Austin Health's, Austin Spondylitis Clinic and Arthritis Victoria. Over the years we have had speakers from the fields of Rheumatology, Ophthalmology, Gastroenterology, Endocrinology, Psychology, Exercise Physiology and various representatives from Arthritis Vic.



2005

We present at **Royal Melbourne Hospital's AS Seminar** about our group and the benefits of belonging to a support group. We join other Health professionals to support newly diagnosed patients



The Royal
Melbourne Hospital

July 2005

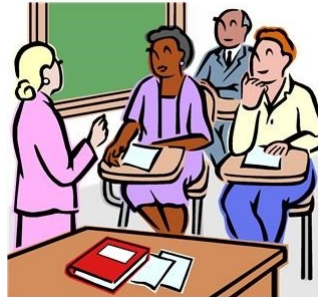
AS Vic is **certified as an affiliate of the Arthritis Vic** network of Support and Self Help Groups.

Arthritis
VICTORIA
inc. OSTEOPOROSIS VICTORIA

Our main activities:-

Ankylosing Spondylitis Victoria Inc Committee Members 2004 to Date

Adam Collard
Allan Davidson
Paul Fallon
Chris Fisher
Vicky Genius
Sophia Koulbanis
Ellen Makridis
Maria Makris
Belinda Martin
James McCracken
Claire McLinden
Annie McPherson
Rosemary McRae
David Meddings
Vince O'Grady
Danielle Pullin
Michael Tai
Greg Tate
Danielle Wood



Education of the
Public and Health
Professionals

Astretch Newsletter:
Creation of content and
distribution to *Members*



Seminars and exhibitions:
Our seminar or joining in
with Associates



Research: Patient
Advocacy



Promotion of exercise e.g.
warm water exercise, Nordic
walking and Tai Chi



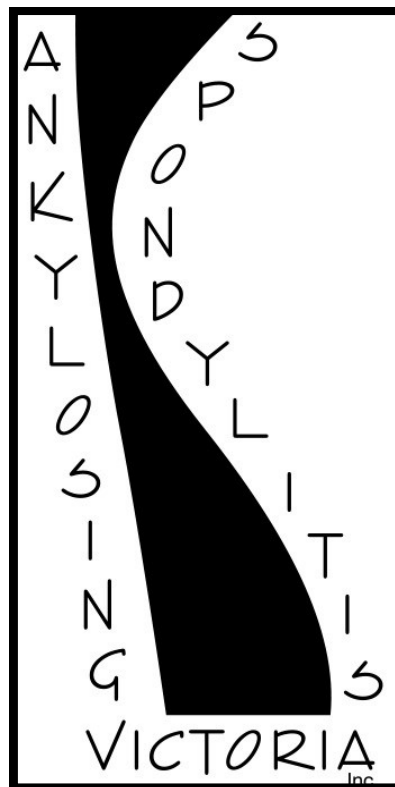
Coffee and Chat meetings:
group chat or one to one
mutual support , exchange
of ideas and experiences.



Peer Group meetings
and interactions



Social Dinners
and Lunches



Ankylosing Spondylitis Victoria Inc

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