The Arthritis Movement



IMPACT REPORT 2025

The Arthritis Movement
NSW/QLD

arthritis.org.au

FROM THE CHAIR



Nigel Corne // Chair
The Arthritis Movement

2025 was a defining year for The Arthritis Movement. One marked by significant organisational change, renewed ambition and expanded support for people living with arthritis.

Early in the year, Arthritis NSW and Arthritis QLD, two highly regarded organisations with proud histories, came together as The Arthritis Movement. This brought two Boards, two teams and established programs and services into one organisation, united by a shared purpose.

Throughout the transition, the Board's priority was to ensure we remained focused on the people and communities we serve. While considerable work took place behind the scenes to integrate our operations, systems and identity, our greatest achievement was extending programs and services into communities where they had not previously been available.

The stories in this report demonstrate the progress in people's lifestyle, including greater access to trusted information and support, improved confidence and, for many, the relief of knowing they do not have to face arthritis alone.

On behalf of the Board, I thank our dedicated team, volunteers, donors, partners and supporters, as well as everyone who placed their trust in our services during this important year.

I also acknowledge our former CEO, Alex Green, whose vision, conviction and leadership were instrumental in bringing The Arthritis Movement to life.

The Board was delighted to appoint Michelle Devoy as CEO to continue our impact and growth into the future.

Michelle brings the insight and steady leadership needed to build on the momentum of 2025 and strengthen our reach, impact and voice.

FROM THE CEO



Michelle Devoy // CEO
The Arthritis Movement

2025 was a year of building momentum and extending our impact. As The Arthritis Movement became one organisation, we strengthened how we support our community; reaching more people, addressing gaps in our services and making support more accessible.

I am incredibly proud of what our team achieved during a year of significant organisational change, while remaining focused on what would make the greatest difference to people living with arthritis.

One of the year's most significant developments was the launch of Clara, our new app developed with health professionals. In a health information landscape that can be complex and difficult to navigate, Clara helps people find trusted, relevant information about arthritis and connect with accessible services and support.

Clara achieved more than 16,000 downloads in its first year, demonstrating the potential of digital services to extend our reach and improve equity of access. Many of our exercise programs are also now available online, creating more opportunities for people where distance or schedules may otherwise be barriers.

Increasing the scale of our impact is central to our strategic direction. By providing both digital and in-person services, we can give people greater choice in how they engage with us.

Helping people manage pain and remain active also remained a major focus. We continued to grow exercise programs, including Relax and Restore classes and Tai Chi to cater for different levels of ability and we distributed more than 1,700 Pain Packs to people living with chronic arthritis pain.

We enter our next phase with greater capability, a clear sense of purpose and a strong foundation to support every person impacted by arthritis to live life to the fullest.

STRONGER TOGETHER, REACHING FURTHER

Real impact is the result of meaningful change. Our merger was fuelled by the belief that bringing together the resources and strengths of Arthritis NSW and Arthritis QLD would achieve an impact greater than working separately.

Even before the launch of The Arthritis Movement, we began bringing programs and services from each state to more people across our communities.

We expanded warm water classes and children's camps into Queensland while people in NSW gained access to programs including online dance with the Queensland Ballet and experienced the benefits of peer mentoring.

Merging the two organisations has streamlined administration, which benefits our community through more efficient and cost-effective services and programs. Our appeal campaigns are run across both states now, saving us time and money that ensures every donated dollar goes further.

Numbers speak

The numbers and feedback in this report speak volumes to our impact.

For example, before the merger, the QLD and NSW teams began sharing webinars to their new audiences. In 2024, we shared 29 educational webinars, attracting 756 attendees.

By the end of 2025, our merged audience had built to an enthusiastic 1,149 attendees across 16 webinars and generated almost 30,000 recording views, demonstrating our reach beyond the live sessions.

'I've joined many of your webinars and classes and now feel I know more about how to manage my osteoarthritis than my excellent GP does.'

Access for families

With between 1000 and 2000 children living with juvenile arthritis in Queensland, the extension of Twinkletoes Day to Brisbane has had a positive impact on parents, giving them access to new networks, and their children newfound friendships.



'We hadn't realised how lonely our daughter felt having arthritis. At Twinkletoes she made friends and they talked about how hard arthritis was. That made a huge difference to her confidence.'

Looking ahead, we're ready to scale our Pain Pack Program into new communities and expand our wellness seminar events further into Queensland.

The merger has made support easier to find and more consistent for our communities. And our team now has twice the expertise, relationships and insights to build capacity and scale to put more of our services in reach of whoever needs them.



A warm welcome from one of our 2025 community wellness seminar audiences.

BACKING THE ULTIMATE GOAL

The Arthritis Movement's funding of the Chair in Rheumatology at the University of Queensland (UQ), Professor Ranjeny Thomas, directly supports and furthers her groundbreaking research to cure rheumatoid arthritis (RA) and bring new therapies to other rheumatic diseases.

With a cure the ultimate goal, this research is also studying lifestyle and wellbeing.

The university is sincerely grateful for The Arthritis Movement's continued support, which has been critical to sustain Professor Thomas as the Chair in Rheumatology at UQ.

Crucial support

'The Arthritis Movement's support has been crucial to creating a better future for those living with rheumatoid arthritis,' Professor Thomas said.

Her team has made progress on developing an antigen-specific immune tolerance immunotherapy (ASITI) for RA treatment, which targets the dysregulated immune system underlying autoimmunity in RA.

'ASITI comprises tiny lipid particles containing an immunemodulatory drug, vitamin D and an RA-associated peptide antigen,' she said.

'Following a previous successful phase 1 trial in RA, we have developed a next-generation RA-specific ASITI product and companion blood tests to assess its immune effects.'

'In the last year, we completed a phase 1 single-dose trial of ASITI tailored for autoimmune diabetes in adults with type 1 diabetes.

Important learnings

Excitingly, ASITI was safe and well-tolerated at all doses. The multiple dosing trial will continue through 2026. The outcomes provide extremely important learnings in the proposed trials in RA.

'We have produced the engineering batch of ASITI-301, which will be tested in toxicology studies before commencing manufacture of the clinical batch,' she said. 'Biomarker tests have been developed to support our understanding of the immune mechanism and inflammatory response to ASITI-301 in clinical trials.'

The progress brings Professor Thomas and her team closer to their goal of a new curative RA therapy with the promise of a drug-free disease remission.

Lifestyle clinical trial

Professor Thomas also continued her work on the Resilience and Healthy Lifestyle for RA (RA-HEAL) clinical trial. RA-HEAL compares a formal, structured self-management training program with an informal, self-directed program focusing on lifestyle and wellbeing in RA patients diagnosed and medically managed in the last 12 months.

The structured program brings together a range of lifestyle interventions – resilience training, exercise therapy, nutrition counselling and smoking cessation support – to help people self-manage their RA.

'Improvements were noted in a range of quality-of-life and lifestyle indicators based on fitness, strength, diet and biological indicators of improved immune function and disease activity,' she said.

'Thank you, The Arthritis Movement, for making a difference in 2025.'



Source:
Your Impact: The Arthritis Movement, University of Queensland 2025.

Professor Ranjeny Thomas

OUR PERFORMANCE

KNOWLEDGE IS POWER





eNews subscribers	20,286
eNews issues	26
Website active users	180, 545
Regional seminar events	4
Total seminar participants	398
Webinars	16
Live webinar participants	1,149
Webinar recording views	29,940



CLARA



Downloads	16,393
Positive feedback	91%

TAKE CONTROL OF PAIN



Pain Packs distributed	1,724
Noticed improvement	85%

FEEL SUPPORTED





Arthritis Assist mentees	132
Arthritis Assist mentors	37
Infoline callers	394

FOR FAMILIES



Twinkletoes Family Days	2
Twinkletoes participants	147



Camp Footloose events	1
Camp Footloose participants	24

GET MOVING





Dance classes/week	7
Class spots filled	822



Arthritis Moves classes/week	12
Class spots filled	754



Tai Chi classes/week	3
Class spots filled	196

Relax & Restore classes/week	1-2
Class spots filled	180
Warm water classes/week	35
Class spots filled	1,296

'A huge thank you to The Arthritis Movement staff. I've learned so much about my osteoarthritis and how to manage it. I feel empowered to ask questions and occasionally provide further information to my GP and specialists.'

'Keep up the great work. You have an amazing range of resources we can explore online and in person.'

'I feel enormously supported and ready to deal with whatever happens next with my osteoarthritis. Thank you!'

IMPACT MEASUREMENT

We measure the impact of our services using our Tool for Outcome Measurement (TOM). The results help us ensure our services are meeting the needs of people with arthritis, and help us inform our yearly planning and longer term strategies.

In 2025 we received 782 survey responses from people who participated in Arthritis Assist, online exercise programs, Warm Water classes, Relax and Restore, and who accessed our Pain Packs, webinars, online/email resources and the Arthritis Infoline.

Positive responses

Our TOM survey measures impact across various self-management categories. The scores represent the percentage of positive responses within each category. As our services are designed to achieve a broad range of outcomes, results are considered at both organisational (all services) and individual service levels to provide a more meaningful picture of our impact.

Online exercise the top performer

In 2025, respondents named our online exercise programs the top performing services for impact across almost all categories. Our education services, including webinars, online resources and infoline were the top performing services for impact on Knowledge and Understanding.

Our influence on self management outcomes varies across different areas. Some are more directly shaped by the support we provide, while others sit within a broader ecosystem of health, social, personal and environmental factors. In these areas, our services make an important contribution as part of a larger picture. We continue to focus on where we can have the greatest impact, while strengthening our contribution across the full range of self-management outcomes.

Many thanks to you, our supporters, whose gifts make possible our services and programs, and their impact to our communities.

Categories

Knowledge and Understanding: Participants who have an increased understanding of how to manage their condition.

Motivation: Participants who are more motivated to effectively manage their condition.

Choice & Control: Participants who feel more in control of and have more choices available to manage their condition.

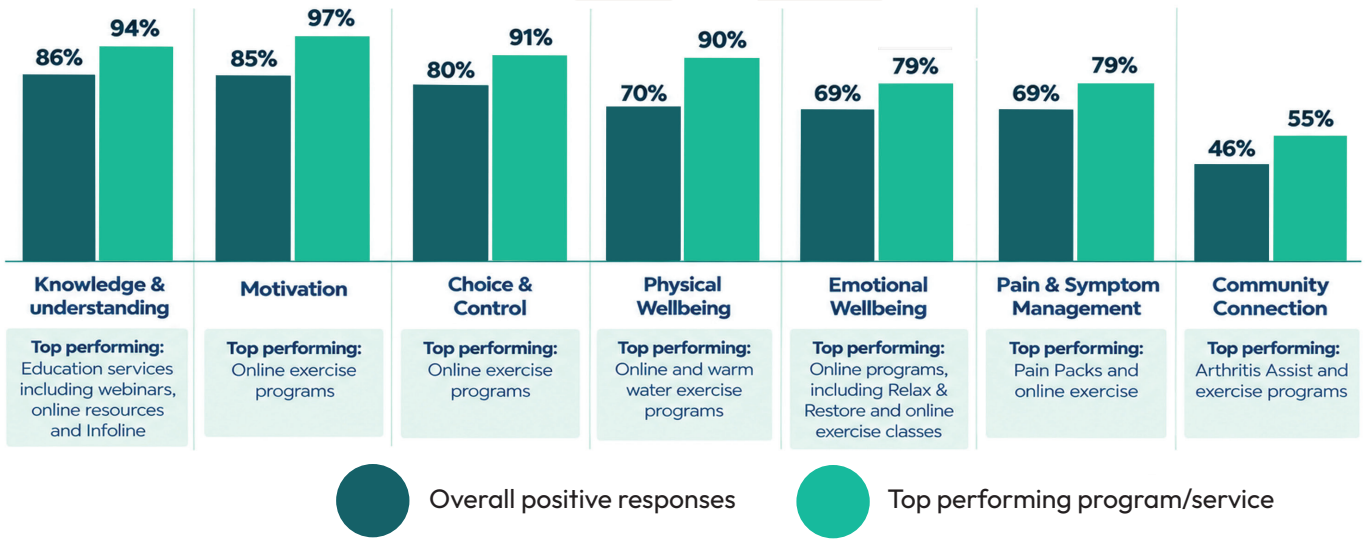
Physical Wellbeing: Participants who have improved their strength, flexibility mobility or energy.

Emotional Wellbeing: Participants who are more engaged in activities that support their emotional wellbeing and equip them to manage stress related to their condition.

Pain and Symptom Management: Participants who report less interference from their arthritis symptoms and who use more options to manage their pain and other symptoms.

Community Connection: Participants who feel part of The Arthritis Movement community.

Impact across our services



STORIES OF CHANGE

Our gentle exercise programs have changed lives for the better

Dornell started taking Arthritis Moves classes seven years ago. Now aged 82, she says that the classes have helped her keep her independence and be a good neighbour.

'I still mow my lawn with my battery mower, even my neighbour's nature strip,' Dornell said.

'Years ago, I overworked in my garden which caused pain in my back. X-rays showed I had osteoarthritis everywhere. I researched ways to help myself with exercise and started physiotherapy and Arthritis Moves classes because I wanted to improve my balance.'

Dornell's strength and balance soon improved, and she decided to do a Degree in Creative Writing at university, which she completed this year.

'I was busy at uni and felt I didn't need Arthritis Moves anymore. My strength and balance declined very quickly and I fell in the garden with the secateurs in my hand.

'I started Arthritis Moves again recently. The classes increase my fitness so I can walk to the bus stop and use public transport. You must keep doing things for yourself or you'll develop learned helplessness.'

Shoulder improvement

Another Arthritis Moves regular is Joan from the Blue Mountains. She says she feels so much better since she started classes in June.

'The instructor really understands how older people move and what their restrictions are,' Joan said. 'My shoulder mobility has improved a lot and my leg muscles are stronger because the instructor has us do a wide range of movements.'

Below: Dornell mows the nature strip.





Kylie on her property

Dance classes helped put Kylie back on the tractor

Thanks to Dance for Arthritis, and your generosity as our supporters, Gympie farmer Kylie returned to work on her charity after arthritic pain in her neck caused her to almost black out while slashing grass on a tractor.

Kylie joined our online ballet classes, improving her arthritis-related neck issues and allowing her to work her property pain-free.

She co-manages her charity Hope Reins which rescues horses and runs free programs for people who are dealing with challenges in their lives.

'One day, I twisted my back and neck and felt myself blacking out with the pain,' Kylie said. 'That prompted me to do something. I have 39 horses and people who rely on me.'

She gave Dance for Arthritis a try. 'I've never taken a dance lesson in my life, but I loved it.'

Kylie noticed after seven weeks that the pain had all but disappeared. 'I'm using muscles I've never used. I'm more aware of my posture and my balance has improved.'

STORIES OF CHANGE

Finding their feet again, one step at a time, thanks to you

After living with arthritis in her knees for five years, it took just three of our online Tai Chi classes, made possible by your generosity, for Gaynor to take the stairs again.

While dealing with the serious illness of a close relative, and painful arthritis, Gaynor started our Tai Chi classes.

Coping with stress

She was delighted that after only three weekly classes, she was able to use the stairs and cope better with the family stress.

The gentle movements also helped with back pain caused by carrying a heavy basket. Expensive specialists couldn't help, yet Tai Chi helped to settle the pain.

'Your Tai Chi is a brilliant program and the teacher is wonderful. I'm so happy with the physical benefits Tai Chi brings, and the mental health and resilience benefits I'm experiencing,' said Gaynor.



Gaynor can take the stairs again.

Regaining confidence

Janette, 77, joined our Tai Chi program after she experienced a number of significant falls, causing injuries and a loss of confidence.

The classes built her confidence and made her more aware of the positioning of her body, with the result that she hasn't had a fall in six months.

'Tai Chi has been marvellous,' she said. 'I have arthritis in my feet and legs and was always worried about my next fall.

'I also use the Tai Chi stretches to get me going in the mornings and even used the breathing technique when I had to undergo some dental work recently.'

Relax and Restore

Janette also enrolled in our Relax and Restore program to help prepare for her shoulder surgery, and to ease anxiety about the operation and her recuperation.

'The breathing exercises had me sleeping better from the first night. Then I knew I had the tools in my own body to limit my anxiety and restore equanimity,' she said.

Thanks to the relaxation techniques, Janette coped well with the surgery and was able to sleep comfortably while recovering.

'When you lose capacity, you don't want to lose everything. I want to live the best life I can,' she said.



Tai Chi helped Janette gain confidence and reduce her falls.

STORIES OF CHANGE

Social butterfly comes home from Camp Footloose

The first thing Georgia's mother Sarah noticed after she came home from Camp Footloose 2025 was her daughter's new confidence.

'Georgia was so happy because she knew she wasn't alone in having arthritis. She made friends and could talk to kids who understood,' Sarah said.

'The camp carers sent amazing photos. There were so many activities, arts and crafts and no pressure to join in. I saw her doing archery, jumping off a pier, in a water fight. In every photo she looked so happy.'

Georgia, 9, attended camp after her specialist told her she would have to wear a brace on her right leg, because her ankle had been permanently damaged by extended oligoarticular juvenile arthritis.

Prior to that prognosis, Georgia was hopeful the mechanical damage to her right ankle could still be treated. It was hard for her to hear that it could not.

Made new friends

Sarah knew that Georgia needed to meet other children who understood what juvenile arthritis was like. 'She told me she'd shared her cabin with a couple of girls and she's in contact with them.

'And she was awarded the Social Butterfly of the Camp. She wants to keep going back and eventually be a counsellor.'

Sarah said that Georgia had greater confidence since Footloose 2025. 'Now that she's older, she realises she's different. But she knows now that she isn't alone. Her mental health is much better as she's more hopeful about her future. And that means so much to us as her family.'

Georgia helps collect wood at Camp Footloose.



Arthritis Assist mentors listen and give practical advice

The Arthritis Assist Program entered its sixth year in 2025, connecting peer mentors to people recently diagnosed with arthritis who are seeking advice on how to manage their condition.

In 2025, 37 peer mentors gave guidance to 132 mentees. The peer mentors have all lived with arthritis and, with that lived experience, listen and give practical suggestions.

The service gives people, who are often anxious following their diagnosis, the chance to be heard. And that is possible because of your support.

Navigate life

As one lady living with rheumatoid arthritis said: 'I don't want to burden my family by talking about this disease.

'They listen but can't help me, so what's the point?'

Peer mentors can provide practical advice and support to help callers navigate life with their condition and find ways to continue doing the things that are important to them.

'Arthritis Assist is brilliant and so available!! Everyone I spoke to, including the support person, gave me excellent advice and guidance when I needed it most. I am very grateful, thank you.'

STORIES OF CHANGE

Clara : trusted arthritis support, wherever you are

Since launching in April, Clara has been downloaded more than 16,300 times, with 90% positive feedback from users.

The app helps people with arthritis find trusted, relevant information and practical support to better understand and manage their condition.

Through Ask Clara, users can ask questions about arthritis and self-management and receive relevant responses generated from a closed library of evidence-based content curated and verified by The Arthritis Movement.

The What's On feature helps people discover local and online programs, including webinars, exercise programs and community wellbeing activities. Discovery allows users to explore important topics, such as nutrition, in more detail. Digital technology gives us an opportunity to make arthritis information and support easier to access, wherever people live.

By putting reliable information, tools and services at people's fingertips, Clara can help people feel more informed, take a more active role in decisions about their health and engage in self-management. This is particularly valuable in communities where arthritis services or health professionals may be limited.

Clara helps make support more convenient, practical and equitable for people across Australia.

'Having lived with osteoarthritis for years, I found Clara so helpful to learn more strategies to try to better manage it. The app was easy to read and gave me some useful ideas.'

'It's nice to have something tailored for RA instead of endlessly searching online for answers.'

'I don't feel so alone with my arthritis. Clara has been very helpful, and now I know what questions to ask my rheumatologist.'

'This app is fantastic. I know I can trust the information there, not like a lot of other sources on the net.'



Queenslanders welcome warm water program

Our Warm Water Program grew to 35 classes in 2025, including three at Queensland's Bald Hills and Townsville.

The Bald Hills class filled quickly and, thanks to your gifts, we added a second class to cater for demand.

Kathy goes to the Bald Hills class to relieve pain in her arthritic knees.

'The class is terrific. My physio asks me to do squats but it hurts to do them on land.

'In the class it's different,' Kathy said. **'The biggest result for me is that I can walk for exercise again, which is a moderate, half hour walk.**

'The exercise tutors are bright, friendly and knowledgeable and they adjust the exercises if we need it.'



The warm water class at Bald Hills.

STORIES OF CHANGE

Pain Packs help more than 1700 people in 2025

In 2025, we gave 1,724 Pain Packs to people living with arthritis, giving them strategies that they had never considered before, thanks to your kind support.

About 85% of respondents to our user surveys said they had noticed an improvement in their pain.

The Pain Packs contain non-pharmacological items to educate people on trustworthy self-management strategies rather than relying on medication.

People use the contents, such as heat packs, thermotherapeutic heat creams and resistance bands to manage their arthritic pain.

Migraines linked to arthritis

Gail turned to the Pain Pack when her GP linked her migraines to her neck arthritis.

'I requested a Pain Pack when the migraines became more frequent and affected my eyesight.

'I couldn't drive or hold a conversation for very long,' she said. 'I tried all the contents and found the heat pack was the best for me. I use it on my neck when it gets tight and this stopped the migraines.

'I can make plans again now and look after my granddaughters like I used to.'

Information valuable

For another user Lisa, who has degenerative arthritis and pain throughout her body, the Pain Pack's information was most valuable.

'I've researched arthritis pain, but the Pack explained pain clearly, in layman's terms. I don't always understand what the doctor is saying.

'The thermotherapy and resistance bands were good too. I don't often get to try new ways to manage the pain, because they cost money and I'm a pensioner,' she said.

The Pain Packs were distributed in the Windsor area, Hawkesbury, Central Coast, Hunter Valley and south-eastern NSW. **Users told the Health Team that the contents made them feel supported, more knowledgeable and curious to explore other non-pharmacological options.**

The program fulfils The Arthritis Movement's long-held goal to offer our community a free option for natural pain relief.

'My hands are affected by arthritis and I've been using the squeeze ball from your Pain Pack to relieve pain and improve flexibility. I can now open jars again using a hand grip.'

Young Adults are seen and heard

The Young Adults Program this year focused on education tailored to the 18-34 year age group.

The program allows the group to connect and support each other and talk about relevant topics, such as work, friendships and travel.

The 2025 Chill and Chat sessions covered nutrition, physical activity, and a panel discussion on the tips and tricks to navigating arthritis as a young person.

Group members said they love meeting each other and learning how everyone was managing their lives.

'I found the Chill and Chat sessions super valuable and the things I've learned from the sessions I've attended have had a direct improvement on my life and my ability to cope with my condition, thanks team!!'

'It's really good knowing there is a community out there. Just being able to talk about medications and how other people are day to day I found important.'



Our Young Adults Group chill out in Centennial Park.

FUTURE MATTERS

The Arthritis Movement is committed to its Environment, Sustainability and Governance (ESG) role to align our strategies with responsible practices and positively impact our stakeholders and the environment.

This enables us to foster a sustainable future for our community, promote responsible stewardship, and address social and environmental challenges.

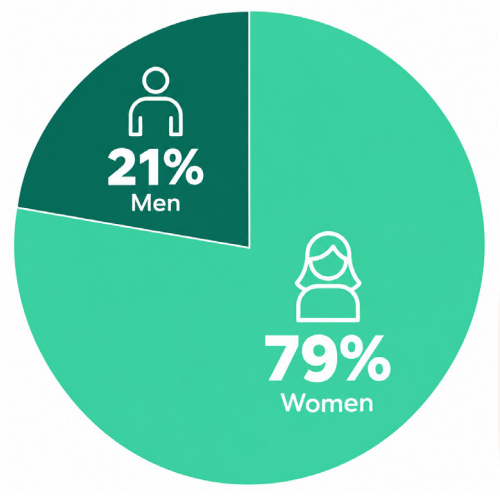
In 2025, we demonstrated responsible practices in the following areas:

Environmental footprint: We continued to drive measures including reduction in waste, reusable cups, using FSC-certified printing paper, use of digital communications, reduction in printing and postage, and incentives to reduce car travel.

Employee wellbeing and culture: We prioritised employee wellbeing and a healthy work/life balance to support their mental and physical health. We are committed to regular check-ins on workplace safety and professional development needs.

Staff engagement strengthened year-on-year, increasing 5% over the 12-month period. This positive result reflects continued growth in employee engagement and workplace sentiment.

Diversity, equity and inclusion: We ensured equitable and accessible recruitment practices and demonstrated equitable gender representation in our teams. In 2025, women represented 79% of our workforce, held four of six management positions and occupied three of the five highest-paid roles, including the CEO position.



Women represented 79% of our workforce in 2025



A gender pay gap analysis examines the difference between the average earnings of women and men across an organisation. The Arthritis Movement's overall gender pay gap reduced from 35% in 2024 to about 7%, an improvement of 28%.

Accessibility of services: Equity of access to services is important to us, which is why we strive to ensure our programs are accessible and include many digital options, such as our online classes, Clara and our website.

Privacy, data protection, and cybersecurity: Protecting customer data and maintaining secure, well-governed information systems is an important priority for the business. During the year, we strengthened our technology governance and strategic oversight through the appointment of a fractional Chief Technology Officer.

Our approach to data governance focuses on appropriate controls, accountability and risk management, supported by specialist third-party providers who monitor our technology environment and support our cyber security practices.

'I love the flexibility of the online classes. 'I've done Arthritis Moves in Mooloolaba, Stanthope and Warwick while visiting family as well as Brisbane where I live. Thank you.'

GENEROSITY IN ACTION

Our volunteers generously gave their time, energy and experience to support our community in 2025. From our children's camps to Big Give Day, our peer mentor service and donor thank you calls, their contribution helped extend our reach and make a great impact.

The volunteers to our children's camps helped create a safe and supportive environment, from helping the kids to build a raft, to piggybacking small, tired campers back to their cabin.

Connection with campers

Many of our camp volunteers have lived with juvenile idiopathic arthritis (JIA), and some attended our camps when they were younger. They understand what our campers may be experiencing — the hospital visits and medical procedures, feeling different at school, and the challenges of keeping up with friends.

This connection makes them positive role models and their example reassures parents and children that a JIA diagnosis doesn't limit what the future can hold.

Several are health professionals who often speak to the parent groups and teenagers about their experience growing up with JIA. Their stories of attending university and establishing their careers are encouraging for everyone to hear.

Over the phone

Volunteers also came through for us on one of our busiest fundraising events of the year — Big Give Day. With donations matched by generous sponsors for just 24 hours, our volunteers called supporters to encourage them to take advantage of the opportunity. Their efforts helped us maximise every matched gift, with donations doubled, tripled and even quadrupled during the campaign.

Their generosity continued after donations were made. Our volunteers called donors to thank them for their support, providing a warm connection that is an important part of our donor experience.

And our Arthritis Assist peer mentors listened carefully to people who were newly diagnosed with arthritis, gave them great practical advice from their own experience and encouraged them to find ways to regain their lives.

We are enormously grateful for everything our volunteers contribute.



Doan Nguyen, who lived with JIA as a child, inspires parents at Twinkletoes events by sharing her story of becoming a doctor.



Our volunteers bring fun and understanding to Camp Footloose.



Piggyback rides

MAKING IMPACT POSSIBLE, THANKS TO YOU

Transparency is important to us. We want our donors, supporters and community to see the full picture of how The Arthritis Movement is funded and how those funds are used.

The charts below show our sources of income and our expenditure across 2025. They demonstrate the significant contribution of our donors and bequestors, and income from investments, grants, fundraising activities and our health programs.

It is equally important to show the full cost of delivering our impact. Providing high-quality health programs requires more than the direct cost of running them. Fundraising generates the income that makes our work possible, while administration provides the people, systems, governance, technology and infrastructure needed to deliver our services effectively, safely and sustainably.

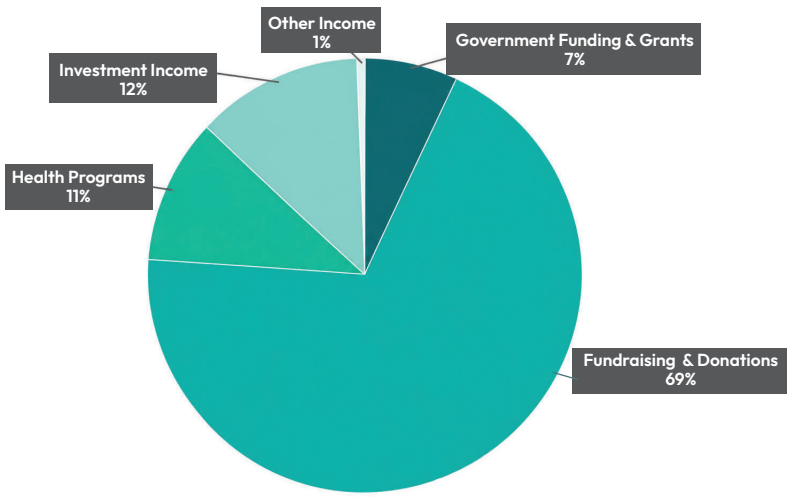
These costs are not separate from our impact – they help make that impact possible.

By showing our complete income and expenditure, we want our supporters to understand not only how we put their gifts to work, but how every part of our organisation works together to help people with arthritis live better.

In 2025, health programs and research support represented about 67% of our total expenditure, reflecting our commitment to directing our resources towards our purpose while maintaining the organisational foundations to deliver that work well.

While funding levels naturally vary year to year, our commitment to people living with arthritis remains constant. We continued to invest in delivering programs, services and support our community relies on, contributing to the operating deficit for the year.

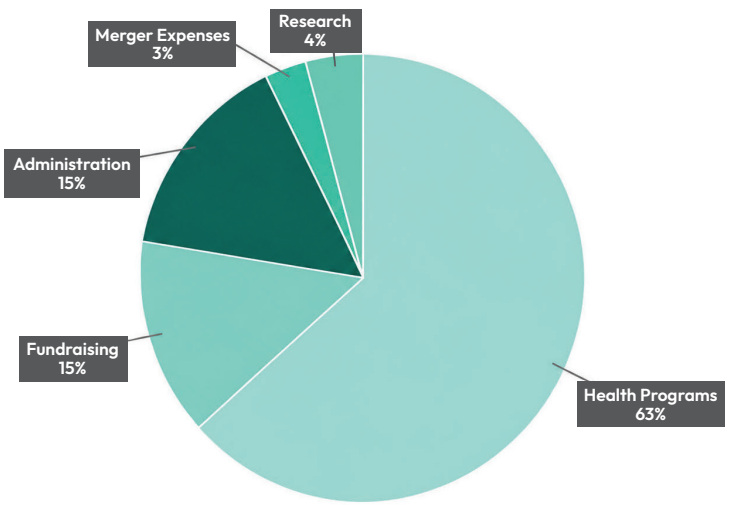
Income: $3,373,000



Where our financial resources came from



Expenditure: $3,959,000



How we spent our financial resources

THANK YOU!

Our work is made possible by the generosity of our wonderful supporters. Thank you to our donors, sponsors, government agencies, foundations, bequestors and their families, and everyone who chose to support The Arthritis Movement in 2025.

Your kindness and belief in our work helped us provide support, information, connection and hope to people living with arthritis. **Every contribution has helped us make a meaningful impact in the lives of people and families across our communities.**

And a special thank you to those below:

- The Morgans Foundation
- Wolper Jewish Hospital Foundation
- Cecilia Kilkeary Foundation
- Gambling Community Benefit Fund
- Crommelin Family Foundation
- Evans Family Foundation
- Catalano Family Foundation
- QLD Department of Sport, Racing and Olympic and Paralympic Games
- Queensland Health
- Health & Wellbeing Queensland
- Western Sydney Local Health District
- Queensland Ballet
- Australian Rheumatology Association of Queensland
- Australian Rheumatology Association of New South Wales
- Fisiocrem
- Pain Pod

Online community

Our online community makes a valuable contribution to the work we do by sharing their experiences, offering encouragement, exchanging information and reminding others that they are not alone. **Thank you to all who connect with us and with each other through our digital channels – Facebook, Instagram and YouTube.**

By sharing what they've learned to support others, they've created a welcoming and informed community for people living with arthritis.



Views

5.6M



Views

140.4M



Views

196.5K

This Impact Report provides an overview of The Arthritis Movement's fundraising income and expenditure for 2025. Complete audited financial statements are published in our Financial Report for the year ended 31 December 2025. This Impact Report hasn't been audited but contains results from the audited financial statement. For a copy of the Financial Report, please call 1300 275 826 or email: info@arthritis.org.au. For an electronic copy, visit: arthritis.org.au/About us/Reports.

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NSW/QLD

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