



ANNUAL REPORT

2016 - 2017

IN THIS TOGETHER
parkinson's
NSW

IN THIS TOGETHER

Parkinson's NSW Inc is an incorporated association in New South Wales under the Associations Incorporation Act 2009.

Parkinson's NSW is a registered charity holding a charitable fundraising authority CFN 12868 and is endorsed by the Australia Taxation Office as a tax-deductible gift recipient.

ABN 93 023 603 545

ANNUAL GENERAL MEETING

2017 Annual General Meeting will be held on
30 November 2017

CONTENTS

OUR VISION

A COMMUNITY FREE OF
PARKINSON'S DISEASE

OUR MISSION

TO ENHANCE THE QUALITY OF
LIFE TO ALL PEOPLE LIVING
WITH PARKINSON'S DISEASE

WE ENCOURAGE
RESEARCH

WE WORK IN
PARTNERSHIP

From the President	4
From the CEO	5
Education gets a boost	6
Exercise and Parkinson's	7
Neurological Nurse	8
Our Support Groups	9
Counselling	10
InfoLine	11
JWT support PNSW	12
Thanks for your support	13
Inaugural Literary Dinner	15
Unity Walk and Run 2016	16
Bequests	18
Our Corporate Partners	19
The Board	24
Financial Report	26

FROM THE PRESIDENT



**Andrew
Whitton**

As our 2016 financial year comes to a close, it is time to reflect on what Parkinson's NSW has achieved during the last 12 months.

I am very proud of our achievements in 2016-2017 that have resulted in providing people with Parkinson's an improved quality of life, and hope for the future.

We have focused on important structural changes such as changing to a company limited by guarantee and developing improved governance and board structure.

Additionally, I would like to extend a very warm welcome to our new CEO Jo-Anne Reeves. Jo-Anne comes to us with an extensive background in both fundraising and Not for Profit organisations. She brings a wealth of experience, passion and commitment that will be transformative for the organisation.

I would also like to thank Phil Maundrell for his caretaker role as interim CEO whilst we were recruiting for a new CEO. His guidance and understanding during this time was invaluable.

A lot of words have been written about the benefits of exercise to sufferers of PD. One of our initiatives was to promote exercise through PDfit which is a Parkinson's NSW initiative designed to encourage, educate and motivate people to include exercise as part of their treatment. Doing regular exercise is linked with an improved sense of well being, even across different stages and severity of Parkinson's

Neurological Nurses continue to be in high demand in our regional areas. They provide an invaluable source of expertise and support to those with Parkinson's and their carers. And to that end we are currently working extremely hard at building on the current team of nurses by firstly working with Support Groups to identify the areas of greatest need and secondly by harnessing their contacts in attracting the funds necessary for such a program. This will be in conjunction with private funds and our lobbying the government for funding.

Whilst the government is yet to provide any funding, the NSW National Party passed a motion at the annual conference to support the call for Neurological Nurses.

I am thrilled to see the level of excellence with our research that we continue to support. Examining areas such as depression, exercise, Deep Brain Stimulation and Anti-Inflammatory therapies. Let's hope we make significant breakthroughs in these areas as soon as possible.

Andrew Whitton
President

FROM THE CEO

I would firstly like to start by expressing my thanks to Phillip Maundrell for taking on the role as Interim CEO. I know that the board, employees and our organisation truly appreciated his hard work and dedication.

“There has never been a better time to have Parkinson’s” according to Professor Simon Lewis. Breakthroughs in drug treatments, ongoing trials, exercise and advances in medical techniques have all proven to have positive outcomes in the treatment for a cure for Parkinson’s.

But there is one thing that remains unchanged, our ongoing commitment. Since our inception, our vision has remained unwavering; to enhance the quality of life of all people living with Parkinson’s, to raise awareness of the disease and to encourage research.

When I began my role in January 2017, these values became my goals. I started by focusing on meeting our support groups, people with Parkinson’s, their carers and families and industry bodies. By listening to what our community had to say, three key issues that immediately needed addressing became apparent.

- ✔ **The need for more Neurological Nurses**
- ✔ **Access to Information including the latest research**
- ✔ **Ensuring that our community gains a greater understanding of the role that Parkinson’s NSW plays.**

I am acutely aware of how important it is to ensure that education throughout our regional areas is given the support it deserves. And our long-term commitment to fundraising will ensure that education in all areas can and will continue. Thanks to the generosity of our incredible and very generous donors and supporters.

Over the next year five years a progressive and transformative plan will be enacted to ensure that we remain steadfastly committed to providing a seamless and vital service to our community all whilst continuing to provide funds for research.



**Jo-Anne
Reeves**

Our organisation is reviewing our services, how they are delivered and our processes so that we can:

- ✔ Deliver relevant services to benefit people with Parkinson’s, their carers and families
- ✔ Reach the widest possible audience
- ✔ Are cost effective

During the coming year we will be changing the nature of the organisation to be a company limited by guarantee. This will not change any of the wonderful services that we provide or our relationships with our community, however it will provide a much more robust corporate structure in the years to come.

A handwritten signature in black ink that reads "J. Reeves". The signature is written in a cursive, flowing style.

Jo-Anne Reeves
CEO

EDUCATION

gets a boost in our Support Groups

A new and exciting initiative has begun across the State. Education will now have a greater emphasis within our support groups and the wider community

Thank you to our funding sponsors

Medtronic
Further, Together

CARERS
NSW



Currently, we have seventy-two support groups across NSW, providing a vital service to the Parkinson's community and playing a pivotal role in educating those with Parkinson's and their carers. Regular Educational Seminars facilitated by Parkinson's NSW have now been established so that our support groups can receive the latest in education.

With updates and discussions from local Neurologists, Exercise Physiologists, Neurological Nurses, exercise groups, GP's, Geriatricians, financial advice and guidance and many more professionals, we aim to ensure that our group's educational needs are met. Additionally, Parkinson's NSW has also ensured that the mental health and wellbeing of our clients is taken into consideration. Counsellors and psychologists will regularly speak with those who have Parkinson's and their carers, especially regarding stress and how to cope.

Many thanks to our sponsors Medtronics, UCB and Carer's NSW for funding the Educational Seminars, in addition, thanks to the many Doctors, Nurses, Allied Health professionals and volunteers who have so willingly given up their time and expertise to help further the education of those with Parkinson's and their carers.



Do I need to exercise if I already feel ok and healthy? THE ANSWER IS YES!

EXERCISE AND PARKINSON'S

Have you just been diagnosed with Parkinson's and been told to exercise? Or are you thinking about exercise and wondering how it can help you?

Exercise is crucial for everyone, but it is especially helpful for those with Parkinson's. Not only does it help to preserve your mobility but it may also improve your balance and flexibility.

Exercise can also help with your ability to carry out daily activities. Plus, it has the added benefit of keeping your body healthy and potentially free of other health issues which may amplify your Parkinson's.

Research has shown that exercise can improve your symptoms including, coordination, gait, tremor, rigidity, balance, flexibility, strength, endurance and heart health.

Boxing, dancing, treadmill, bike, tai chi, yoga and many other types of exercise have been shown to significantly lessen the impact of your symptoms on a day-to-day basis. In fact, participating in an exercise program improves movement and can slow symptom progression. Medical professionals agree that improving your movement not only decreases the risk of falls, it also lessens the risk of other health complications. We know that people who exercise vigorously have fewer changes in their brains caused by aging. A Parkinson's Outcomes Project has proven that people with

Parkinson's who vigorously exercise for 2.5 hours per week have a slower decline in quality of life.

For those with Parkinson's exercise is not optional. Exercise activates and increases the brain's neuroplasticity, compensating for the loss of brain cells. And in Parkinson's the brain cells that transmit dopamine perish. By the time most people are diagnosed 40-60% of these cells have already gone. Exercise helps the brain compensate by using natural neuroplasticity to adapt to the initial loss and improve the symptoms.

Consistency is the key. Regardless of the exercise intensity or duration, significant improvements have been seen from continually exercising. However there is a direct correlation with increased exercise showing greater benefits.

Experts recommend exercising often and as hard and for as long as possible.

The type of exercise you choose is based upon your symptoms:

Specificity – specifically targeted towards the symptom i.e. bradykinesia, stiffness etc.

Intensity – increased amount of force in the action.

Repetition – increased amount of repetitions of the task.

There are many and varied Parkinson's programmes available across NSW. The list is on our website.

OUR NEUROLOGICAL NURSE

in the mid North Coast

In January 2015 Parkinson's NSW welcomed Vince Carroll as the Neurology Clinical Nurse Consultant for the Coffs Harbour, Nambucca and Bellingen local government areas, the position employed by the Mid North Coast Local Health District.

This 3 year project is funded by a private donor and is a partnership between Parkinson's NSW, North Coast Medicare Local and the Mid North Coast Local Health District. The Parkinson's Support Group and a Coffs Harbour local charity, the 'Pink Silks', are supporting the project by providing a car and services.

The Neurology Clinical Nurse Consultant is a part time position at 16 hours per week. The service is co-located with the Mid North Coast Brain Injury Rehabilitation and Rural Spinal Cord Injury Services on a health campus site in Victoria St, Coffs Harbour. Vince works with the Local Health Service, visiting Neurologists and GPs in supporting people with Parkinson's disease and other nominated neurological conditions, keeping patients functioning to an individual level and avoiding inappropriate hospital and/or Residential Aged Care Facility admission.

The project aims to ease the symptoms and financial burdens on those living with Parkinson's disease and other neurological conditions, their carers, families and the community as a whole, by implementing innovative and personalised patient care systems. Vince joins the team at the Neurology Outreach Clinic where Associate Professor Aggarwal visits on a monthly basis. Vince provides follow up and support for patients who



visit the clinic.

In the month of June alone, Vince:

- ✔ Provided services to 71 patients
- ✔ Travelled 600kms
- ✔ Attended support group meetings
- ✔ Visited patients in hospital
- ✔ Attended Neurologist visits with patients
- ✔ Handled over 30 patient phone calls

This is in addition to his many and varied other duties.

Vince has over 30 years experience as a nurse having worked across a variety of clinical and administrative areas within acute hospitals and aged care. Previously he was working in the role of Clinical Nurse Educator in Aged and Dementia Care, and has completed a Masters in Science (Dementia Care) at the University of Wollongong in 2012.

The project is based on a successful British model, which has seen the creation of an effective network of over 200 Parkinson's nurses throughout the UK. The presence of the Neurological Clinical Nurse Consultant in Coffs Harbour will prove invaluable to the people in the area living with Parkinson's disease and other neurological conditions. It is hoped the position will evolve into a full time role like other positions in NSW.

OUR SUPPORT GROUPS

Support groups bring together people facing similar issues, whether that's illness, relationship problems or major life changes. And that certainly applies to the members of our 72 Parkinson's Support groups, spread throughout NSW.

From those who have been recently diagnosed, to carers, supporters or people who have had Parkinson's for a number of years, our support groups provide different benefits for each individual.

Members of support groups often share experiences and advice. It can be helpful just getting to talk with other people who are in the same situation.

And that is why we are so grateful to the hundreds of volunteers that make up our 72 groups. Our volunteers willingly give of their time, expertise and knowledge, tirelessly raising funds for Parkinson's NSW and their own groups and ensuring further education is provided to their members.

We regularly get feedback that our Support Groups hold social gatherings, arrange guest speakers, even holding two different groups - one for those with Parkinson's and one for carers, so that each

72
support groups

100's
of volunteers

1
family

group has their needs met. In fact, our carers are a vital component of each group and are often the backbone to ensuring that the groups run smoothly. They ensure that members are followed up, arrangements are made and the group runs like a well-oiled machine.

Our groups offer encouragement, care and advice when needed, as well as organising exercise groups within their specific area.

It is not unusual to hear that many groups have formed a 'family-like' bond and that the monthly outing to the meetings is the only time where members feel they can be heard and understood by others in the same position.

So whether it's providing education, a shoulder to cry on or an ear to listen with, our support groups provide amazing support, not only to those who have Parkinson's, but also to Parkinson's NSW, and we are certainly grateful.



Drumming with the Newcastle Group



"Hands of support" St George Sutherland Group

COUNSELLING

leading the way for our patients and carers

Our counselling services are provided at no charge to our clients due to the generous donations of our fundraising community.

With continued support and generosity, we will continue to offer this invaluable service specially for people with Parkinson's, their families and carers.

The service is located at our offices in North Ryde and from clinics at Concord, Westmead, Wolper, St. Vincent's and the War Memorial hospitals. We also provide telephone counselling for those who are unable to access our offices.

Counselling may be providing information and reassurance to help someone adjusting to a recent diagnosis, or it may involve helping people develop tools and strategies to manage anxiety and depression.

This service helps those in need to better understand the challenges of living with Parkinson's. It provides the reassurance of knowing that help is at hand at different points along their journey, whenever and for as long as they may need it.

The counselling provided is confidential and no information about the client is disclosed without consent. All client concerns are treated respectfully.

OVER 1,400

Total face to face sessions and phone calls provided in the last year.

INFOLINE

MORE THAN
6,500
POINTS OF CONTACT

PROVIDES

- ✔ Up to date information
- ✔ Latest research
- ✔ Case management
- ✔ Friendly voice


InfoLine remains the first point of contact for many people living with Parkinson's. InfoLine staff provide information to those who are Newly Diagnosed or those with a general enquiry; education, management strategies to Health professionals; complex case management for those living at home; or simply a friendly voice on the end of the phone.

Our team of health professionals assist in answering enquiries on a wide range of subjects relating to people living with Parkinson's, their families, carers and family members and friends.

Calls are varied and include complex calls, carer support with appropriate referral options offered. InfoLine helps with providing an understanding in changes in symptoms and strategies for managing them. There are requests for information on research, medications, community services, aids and equipment and exercise groups. Information can be provided on allied health professionals, counselling support, support group contacts and event details as well as changes in the health care system.

There has been a continued increase in health professional interaction through this service, ranging from Registered Nurses to General Practitioners. We continue to experience an increase in the number of health professionals referring their patients to the InfoLine.

The InfoLine team have professional qualifications including nursing and counselling. They maintain currency through professional membership and continued education. Memberships include the International Movement Disorder Association, Australasian Neuroscience Nursing Association (ANNA), Movement Disorders Chapter and Australian College of Nursing. Education is through online courses, online seminars, and attendance of various courses and seminars throughout the year. Each and every call is important to us.



3 Australians under 40 are diagnosed every day.

WORLD PARKINSON'S DAY

J. Walter Thompson supports us

When Simon Langley from the world-renowned advertising company J. Walter Thompson was asked to create a powerful awareness campaign for World Parkinson's Day, he did it for a number of reasons. But two reasons struck a significant chord with him. Firstly, his very close friend, David Jagoda (who directed last year's film "The Lucky Ones") has Parkinson's and has been a big source of inspiration for Simon, not only to do great work, but to also help find a cure for this debilitating disease.

Secondly, he realised that the disease affects so many young people and he especially wanted to raise awareness of that.

This sobering and little known fact was the basis for the campaign behind 'The Hold'. Directed by David Denneen through Filmgraphics, the campaign features an elderly man and his daughter holding hands to subdue the father's shaking – or so it seems. It is then revealed that it is in fact the young woman whose hands are shaking, and she is the one who is living with Parkinson's.

Simon said the film is intended to challenge what people believe they know about Parkinson's – that it only affects old people.

In fact, the tragic reality is that three Australians under 40 are diagnosed with Parkinson's every single day

"We always try to create a powerful awareness campaign around World Parkinson's Day and this shocking statistic led us to the creative idea where we play on people's misconceptions that Parkinson's is an old person's disease. We used the powerful twist in the ad to prove this point."

J. Walter Thompson not only raised significant awareness of Parkinson's and early onset Parkinson's, but gave a sobering and thought provoking campaign that we Parkinson's NSW will be able to use for years to come.

THANK YOU

for your support

We are sincerely thankful to the generous members of the community who kindly and tirelessly provide the funds needed for Parkinson's NSW to continue their work.

We have celebrated some great successes in the past twelve months and have implemented a framework to support further growth of our fundraising program. A structured multi-faceted fundraising program is essential to meet our longer-term goals of funding more Parkinson's nurses throughout the State and to provide greater support through increased funding for research, counselling and education programs.

Some of the highlights for the financial year

Community Fundraisers

Many people who are living with Parkinson's; have a family member with Parkinson's; or simply care about people with Parkinson's; generously offer their time to host a fundraising event or program.

We thank our community fundraising friends and encourage more people to consider supporting Parkinson's NSW in this way.

Whilst every fundraising event is greatly appreciated, a couple of unique fundraising activities were held or launched during the past financial year:

- Wrestler Jackson Spade, whose father has Parkinson's, hosted a Pro Wrestling Event in October 2016, raising \$2000 for Parkinson's.



- In March, Poppy Moore set sail on her yacht, Scaramouch, on a 12-month campaign to circumnavigate Australia to raise awareness of

Parkinson's and funds for a cure. Poppy is well on her way to reaching her fundraising target of \$12K. To support Poppy, visit <https://give.everydayhero.com/au/scaramouch-parkinsons>



Regular Giving

The Regular Giving program "Parkinson's Partners" has been developed to encourage supporters to make regular donations. The regular giving program will continue to offer opportunities for growth, as this is a simple and cost-effective way for people to show their support.

General Donations

For the first time, thanks to your support, **we proudly raised \$103,520 from the annual tax appeal.** The tax appeal featured the story of Jo, a mother of four, diagnosed with Parkinson's when she was just 47 years old. Due to Jo's willingness to share her story, **more than 417 donors gave generously to achieve this incredible result.**

GOLF DAY

Thanks to the golf-loving members of the Parkinson's community, our annual golf day was a sell-out event, which raised more than \$32,000. The golf day is only possible due to the event co-ordination efforts of the Monash Country Club.

Additionally, with the support of presenting sponsor Cromwell Property Group and the enthusiasm of 140 players, the success of this event was cemented.

Thanks also to sponsors Harper Bernays, John Silk and the Friends of Monash, Cassella Wines and Coca-Cola Amatil.

Thank you again to the thousands of people who enable the work that we do each year. It is only through your support and commitment that people living with Parkinson's, carers and their families have access to information, counselling, healthcare and supports.



PRESENTING SPONSOR



PROPERTY GROUP

INAUGURAL LITERARY DINNER 2017

held in the stunning NSW State Library on 24th June this year

With a tremendous turn out of 84 guests, those who attended enjoyed the night enormously and declared it a complete success. The very talented and entertaining Brendan Jones from WSFM hosted the evening and ensured the night ran smoothly.

Our guest of honour was Michael Robotham, leading International Crime Writer. Michael was born in Casino, NSW in 1960 and began a journalism cadetship at The Sun newspaper in 1979. In 1986, he went to London where he worked as a reporter and sub-editor for various UK national newspapers.

In 2002, a partial manuscript of his first novel, *The Suspect*, became the subject of a bidding war at the London Book Fair. It was later translated into 22 languages and sold over a million copies around the world.

Interviewed on the night by Jennifer Byrne, well read host of the ABC's Book Club, Jennifer adeptly questioned Michael about the inner nuances

of his book series featuring Joe O'Loughlin, a Clinical Psychologist who has Parkinson's. It was a fascinating and enthralling discussion.

For those who were new and not so new to the arena of Parkinson's the keynote Speaker, Professor Simon Lewis, spoke to the guests giving an address that was inspiring, informative and moving. Professor Lewis is an NHMRC-ARC Dementia Fellow who works as a Consultant Neurologist at the Royal Prince Alfred Hospital and is Professor of Cognitive Neuroscience at the University of Sydney.

Many guests spoke afterwards of how educated and thrilled they felt to have been a part of night and their understanding of Parkinson's had grown exponentially.

Overall, the night was an enormous success, raising much-needed funds for our Parkinson's Nurses Programme.



Jennifer Byrne
and Mrs Lea Portrate



Professort Simon
Lewis and Mrs Soraya Lewis

UNITY WALK & RUN 2016



More than
1,685 PEOPLE
took part

More than
\$124,000
raised

On Sunday 28th August 2016 over 1,685 people of all ages and abilities participated in the Parkinson's NSW Unity Walk & Run. Held at Sydney Olympic Park and Stuart Park, Wollongong, the event raised over \$124,000 to improve the lives of people living with Parkinson's

50% of the profits goes towards the Parkinson's NSW annual research grants and 50% goes towards funding the free support services provided by Parkinson's NSW; Counselling, Support Groups, Education, Information, InfoLine and Neurological Nurses in the community. Since its inception 9 years ago, the objectives for the event have remained the same: raising awareness; hosting an inclusive event for people with Parkinson's and their loved ones; and raising much needed funds.

Sponsorship support is essential to the success of this event and we thank the following Unity Walk financial sponsors: AbbVie, UCB, Medtronic, Crunchy Munchy and in-kind sponsors: Rebel Sport, Zappia Produce, Transport for NSW and Sydney Olympic Park. This year Parkinson's NSW partnered with Athletics NSW (ANSW) to include the Half Marathon. This was done to benefit both parties as ANSW was looking for a carnival

atmosphere and Parkinson's NSW was looking for a challenging distance to include in the day.

In addition to direct mail, radio and digital marketing, substantial social media was used to advertise the event.

The Wollongong event is only possible due to the dedicated efforts of Jennifer Gray who volunteers as the event manager for this region. Our greatest thanks are extended to Jennifer for her extraordinary commitment. We also send thanks to the hundreds of volunteers who assist at this event throughout the year.

We would like to thank all our wonderful staff and volunteers for their enthusiasm and hard work on the day – without your help this event wouldn't be possible.





A gift in your Will enables REAL CHANGE

After attending the Newcastle Support Group, Sandra realised that in addition to the support she found there, she also wanted more. So in conjunction with friends she founded a Parkinson's choir, knowing just how important it was to focus on exercising every muscle in your body.

Knowing the importance of the fitness regimes and how much of a difference they make, Sandra is hoping that one day, there will be centres dedicated to Parkinson's where it's a one stop shop for everything from PDFit, Punchin' Parko's to singing and dancing. And this is what inspired her to leave a gift in her Will.

"My children have all worked very hard to have what they have and I'm not worried about them. They of course will be taken care of, but I think there are other important issues.

"If you have something like Parkinson's then leave some money to some aspect of that disease that you think will help a bigger, a wider audience than just your own children."

Thank you Sandra for sharing your story and for highlighting just how important is it for your legacy to continue.

BEQUEST PROGRAM

Exciting breakthroughs in Parkinson's research are made possible every day by Australians who leave a gift to Parkinson's NSW in their Will.

As a charity, we rely on donations for our funding. Your generous gifts are critical to ensuring we can commit to the long-term funding required for significant breakthroughs and to support our Neurological Nurses and Support Groups.

A gift in your Will is a simple and powerful way to provide ongoing support to the causes closest to your heart, and to enable real change for future generations.

When Sandra Elms decided to leave a gift in her Will, it was not a hard decision for her. Sandra was diagnosed with Parkinson's in 2012. At first she noticed that her arm was not swinging when she was walking and it was also shaking. She did some preliminary research and hoped that it may just be a thyroid condition. Sadly it turned out to be Parkinson's.

OUR CORPORATE PARTNERS

To Parkinson's NSW **our major donors, Wolper Hospital, UCB Australia, Teva and Abbvie Pty Ltd, make an enormous difference to the lives of those with Parkinson's and their carers on a daily basis.**

Their level of donation and effort they put into relationship building is second to none and we are extremely grateful for their ongoing support.

Wolper Jewish Hospital is a specialist medical and rehabilitation hospital in the quiet, tree-lined streets of Woollahra in Sydney's eastern suburbs. But for our Parkinson's patients and carers Wolper has become a lifeline. A place where they can see our therapists for counselling and support, all at no cost, this is large thanks to the amazing support of CEO John Tucker.

John became the CEO at Wolper three and a half years ago and has been a proud supporter of Parkinson's NSW ever since. In fact Wolper has been supporting us since 2014 when we successfully applied for a grant. A grant that continues to provide a consulting room for therapist Shushann Movessian, a trained Counselor / Psychotherapist who works for Parkinson's. In addition to providing the consulting room for Shushann, Wolper Hospital also provides space to hold the Support Group.

Abbvie Pty Ltd, certainly like to get right behind us when it comes to our Unity Walk. Not only do they support our fundraising walk, they also enter a team themselves. Better still, they match their teammates contribution dollar for dollar up to \$2,000.

Additionally, AbbVie help to make sure our support meetings run smoothly. When Nina Cheyne one of our Neurological Nurses recently contacted AbbVie, she was given gift bags full of pens, bottles of water, information leaflets etc. to hand out at

regional meetings. All just one more way, AbbVie is helping us through understanding and assistance.

UCB Australia is also on board with helping to fund our Unity Walk. Additionally, they provide much needed funding for regional educational seminars throughout NSW. These seminars are designed to educate members of the community about Parkinson's.

Teva Pharma plays an incredibly important role in ensuring that we are able to bring our services to Orange in Western NSW, by supporting our Parkinson's Support Nurse, Meg Reeves. Meg is available for people with Parkinson's in the NSW Central West requiring education, information & resources, support and referrals to allied health professionals. The Support Nurse provides support to patients in a clinic-based environment through Central Neurology & Neurosurgery and Orange Neurology Centre.

The role of the Parkinson's Support Nurse extends far beyond clinic-based consultations. The role encompasses lengthy phone conversations, home and hospital visits, attendance at Parkinson's Support Group Meetings throughout the Central West plus education at aged care and hospital facilities. It also includes facilitation of education sessions for the wider community; community based referrals for people with Parkinson's as well as improved access to advanced therapies.

The Parkinson's Support Nurse provides support to between 40-80 people per month and the role is funded for 13 hours per week. The program was established in 2011 and has provided vital support to people with Parkinson's and their families. The program has been very well received by the regional Parkinson's community and we hope the program is able to continue in the long term.

SUPPORT AND CONTRIBUTIONS TO RESEARCH

Parkinson's NSW supports and funds research into the causes, treatment and prevention of Parkinson's. We recognise excellence and innovation and constantly strive to fund amazing researchers in our field.

We believe that evidence-based research is the most effective way to help those dealing with Parkinson's lead a healthier, more informed and supported lifestyle.

Our research-funding portfolio is designed to support and develop excellence in Parkinson's research. Each year we fund the best and brightest researchers, exploring a wide range of issues relating to Parkinson's in areas of treatment options, therapies, mental health and

most importantly, a cure. We provide funding and opportunities for individual researchers groups and projects.

As a strategic priority we regularly review our funding scheme to ensure that it caters to the needs of our supporters. Increasingly our community gives us feedback that they want to be informed about what is happening in the research space and exactly how our funding is making a difference.

In the period 2016-2017 we received 13 applications for research. The following projects were successful in receiving funding.

SEED GRANTS

“MECHANISM AND TOXICITY OF SUPEROXIDE DISMUTASE-ONE AGGREGATION IN PARKINSON'S DISEASE”

Associate Professor Kay Double
(University of Sydney)
Dr Dominic Hare (University of Technology, Sydney)



This project investigated a new type of abnormal protein in the Parkinson's disease brain that may have important implications for why brain cells die in this disorder.

This protein, called superoxide dismutase one or SOD1, normally acts as an important protective protein in brain cells but we recently discovered that this protein becomes abnormal and forms insoluble clumps or aggregates in the regions

of the brain where brain cells die in Parkinson's disease. This is important as a similar change in this protein causes nerve cell death in another degenerative disease, amyotrophic lateral sclerosis, suggesting the abnormal protein may also be causing brain cells to die in Parkinson's disease.

We found that the formation of the abnormal forms of the SOD1 protein involves changes in brain metals and in the way these metals are associated with SOD1 to regulate the shape and function of the protein. PhD student Benjamin Trist was awarded the PNSW Young Researcher of the Year award in 2016 for his part in this work.

Our paper describing this data was nominated as one of the most significant presentations at the international Congress of Parkinson's Disease and Movement Disorders in Berlin, 2016 and was published in the international journal Acta Neuropathologica in July, 2017.

With continuing support from Parkinson's NSW, we are now working to understand the biochemistry of how the abnormal protein forms and why it is toxic to brain cells. This knowledge can be used to develop novel treatments, which protect the vulnerable brain cells from the toxic protein.

"MELTING FREEZING OF GAIT WITH NON-INVASIVE CEREBELLAR STIMULATION"

Moran Gilat, PhD (The University of Sydney)



We would hereby like to express our heartfelt thanks to the patient volunteers who kindly gave up their time and comfort to participate in our research study. With their help we were able to successfully obtain important pilot data for the above named study. This pilot data served to assess whether a larger clinical trial would be warranted.

Unfortunately, our pilot data, together with the results obtained by another research group in the Netherlands (led by our international collaborators), indicates that this type of stimulation of the cerebellum is unlikely to become a feasible treatment option to improve freezing at this time. The stimulation seemed to slightly improve people's speed of walking, but not freezing. In addition, there was a higher rate of dropouts than would be acceptable to initiate larger clinical trials with some participants also reporting that the stimulation protocol used was slightly unpleasant.

Overall, the work that was conducted is of high importance as it provides novel insights into the neuronal dysfunctions that cause freezing, which allows us to develop more adequate treatments for this devastating and complex symptom of Parkinson's disease.

We are grateful for the support by Parkinson's NSW and endeavour to use the knowledge obtained during this study to design new and improved clinical trials in order to assist our Australia-wide patient communities. For this reason, we have donated the total amount of funds that were obtained for this study back to Parkinson's NSW

so that it may be used to sponsor other promising research studies!

"PSYCHOLOGICAL TREATMENT OF ANXIETY AND DEPRESSION IN PATIENTS WITH PARKINSON'S DISEASE: A PILOT STUDY."

Associate Professor Viviana Wuthrich & Distinguished Professor Ron Rapee, Centre for Emotional Health, Macquarie University, Sydney.



In this study we developed a cognitive behavioural therapy program for treating anxiety and depression in individuals with Parkinson's disease. The 10 week program uses a work-at-home manual that is supported with one hour a week telephone call from a clinical psychologist. We have trialed this program using a small randomised controlled trial in which half the participants were randomly allocated to receive the intervention straight away, and the other half waited for the intervention for 3 months. Both groups of participants (and carers) were evaluated for symptoms of depression and anxiety before and after the same 10 week period, and one month later. By comparing differences in distress levels we will be able to determine whether the program results in significant benefits that are sustained. This trial is in the final stages and results will be available soon. Participant feedback has been excellent:

- "Skills have helped me in reducing worries and managing low mood, and to be more assertive"
- "I have learnt to be more aware of PD and to go gently on myself. The telephone calls helped me to use new coping skills and the manual is a great backup."
- "Telephone support was also more helpful than I expected, and helpful due to my mobility limitations"
- "The program highlights for me were: 1. Made me more aware of myself, challenges, and ability to do something; 2. I'm not the only one with difficulties and I need to make the most of what I've got; 3. I'm now taking more time to use problem solving which eases my mind."

UNITY WALK & RUN RESEARCH GRANTS

“TOWARDS EFFECTIVE EXERCISE PRESCRIPTION TO REDUCE PAIN IN PEOPLE WITH PARKINSON'S DISEASE”

Dr Natalie Allen (Faculty of Health Sciences, University of Sydney), Dr Benjamin Barry (School of Medical Sciences, UNSW and Neuroscience Research Australia), Dr Leanne Hassett (Faculty of Health Sciences, University of Sydney), Prof Colleen Canning (Faculty of Health Sciences, University of Sydney).



Pain is a common and troubling symptom experienced by people with Parkinson's disease (PD). Emerging evidence suggests that exercise might help people with PD to manage pain, however, exercise could also exacerbate pain. Our previous work has shown that isometric exercise has an immediate pain relieving effect (i.e. exercise-induced analgesia) in people with PD. This project aims to determine if aerobic exercise (treadmill walking) leads to exercise-induced analgesia and if any analgesia varies with the dose of walking. We are also investigating the relationships between measures of pain, exercise-induced analgesia and physical activity.

Thirty people with PD and 29 people of similar age without PD have completed the study, with a final participant due to complete in coming weeks. Participants undertook two sessions of treadmill walking; 1) light intensity, and 2) moderate intensity. Participants' pressure pain thresholds (i.e. the amount of pressure required to feel slight pain) were measured before and after each walk. In the week between the walking sessions, participants with PD have worn an activity monitor and kept a physical activity log book.

The results of the study will be known by the end of the year, and will inform the design of a trial to investigate the effect of an ongoing exercise intervention aimed at

helping people to manage their pain. The team would like to thank Parkinson's NSW for the grant allowing this work to proceed and for their previous research support which has hugely contributed to the development of the evidence-base for exercise in PD.

“LIGHTING THE PATHWAY”

Dr Asheeta Prasad, PhD (The University of New South Wales)



Deep brain stimulation (DBS) is a current treatment for PD. However, the mechanisms of DBS remains unclear; if DBS excites or inhibits cells in the brain. The Parkinson's NSW grant allowed me to apply a novel technology called optogenetics to examine the brain region targeted for DBS in motor and cognitive behaviours. Our results show inhibition of the STN significantly increased movement whereas excitation of STN had no effect. Since PD affects non-motor symptoms, the next question of interest was whether silencing or exciting STN would contribute to cognitive decline. In this experiment, we found inhibition of STN had no effect; however, excitation of STN disrupted cognition. These outcomes from the project has now led to me to develop a new therapeutic to specifically inhibit the neurons with the vision to reduce the side effects of DBS.

The funding support not only lead to research outcomes, moreover generated a spark in me to increase awareness of the complexity of Parkinson's disease and communicate with the general public about the scientific developments for better treatments. I organised Parkinson's Scientific Exhibition as part of the National Science week. The exhibition is a collection of scientific images from researchers and clinician from Australia, US and Europe. Furthermore, I borrowed human brain tissue from museum of pathology (UNSW) and displayed a video of Neurologist Simon Lewis talking about Parkinson's disease. My goal was to apply visual images to ease the communication of scientific information. This vision also led be to be an invited speaker at Lightning speaker at VizbiPlus: Bridging Science with Art, Design & Animation event at

Museum of Contemporary Art Australia. I am very thankful to the support from PNSW. Over the 12 months, I have research outcomes that provide insights into the neurobiological mechanism of DBS, started collaborations with leading experts in the field to develop better treatments for PD.

ACTIVIN A AND DYSKINESIAS

By Bryce Vissel



While effective in the short-term at reducing the symptoms of Parkinson's disease, chronic use of L-Dopa often results in debilitating movements known as L-Dopa-induced dyskinesias (LIDs).

This therapeutic challenge has consequently resulted in a critical need to discover novel anti-dyskinetic treatment strategies that can either reduce the severity of LIDs or delay their onset. While the exact mechanisms underlying LIDs remain to be fully elucidated, the relationship between neuroinflammation and LIDs is gaining interest in the scientific community.

We have previously published a paper that demonstrated that the growth factor activin A significantly increases survival of dopamine neurons in animal models of Parkinson's disease through its anti-inflammatory properties. In addition, we have also shown when administered after neurodegeneration has occurred, activin A induces motor recovery when used in combination with low doses of L-Dopa, suggesting activin A may reduce dyskinesias independently of its neuroprotective actions.

In the present study, supported by Parkinson's NSW, mice were injected with a toxin to render them Parkinsonian and then administered L-Dopa daily to induce dyskinesias. Interestingly, our study revealed that activin A was unable to reduce the severity of dyskinesia or delay their onset, when compared with a matched placebo.

While our results suggest that activin A may not have an effect on dyskinesias, it does not rule out the possibility of other anti-inflammatories as a viable anti-dyskinetic therapy. Indeed, we performed a preliminary screening of other anti-inflammatory drugs and have identified a strong anti-dyskinetic candidate that we will begin investigating further.

THE BOARD



President
Andrew Whitton

Andrew has a corporate background – state and national roles in sales and marketing and more recently running his own small business. Andrew holds a BBus (Charles Sturt University) majoring in Accounting and a MA (Macquarie University) majoring in Marketing.



Vice - President
Malcom Irving

Malcolm has over twenty years of senior practice and programme management experience working for corporate organisations, consulting services companies and international agencies. Malcolm has a PhD in Control Theory from Warwick University and a 1st class BSc in Mathematics from Edinburgh University.



Treasurer
Jaimee Thompson

Jaimee has over 17 years audit and risk management experience and is the Chief Risk and Assurance Officer for Downer EDI a mining, rail and construction company. Jaimee has a Bachelor of Business (Accounting) and a Bachelor of Computing. She is a Chartered Accountant and a member of the Institute of Chartered Accountants and is also a Member of the Company Directors Institute.



Secretary
Lawrence Gray

Lawrence joined the Board as a non-metropolitan member in early 2015. Lawrence is a graduate in Commerce and Law from the University of NSW. Now retired, he was a long-term practitioner in criminal law and a NSW Crown Prosecutor.



Director
Rodney Chaplin

Rodney Chaplin is the Sales & Commercial Director for Landis & Gyr's Services Business in Asia Pacific. Rodney has a Class One Honours Degree in Telecommunications Engineering and a Diploma in Electrical technology. He has also studied business strategy at INSEAD/China Europe Business School whilst with IBM.



Director
Colin Hall

Colin is a qualified Chartered Accountant and Assoc Director for Macquarie Bank working as a project manager and business analyst for the finance trading division. He is excited to have the opportunity to bring his finance, project management and business skills to Parkinson's NSW and help promote Parkinson's NSW



Director
Ramy Soussou

Ramy is the General Manager of Regulatory Affairs and Stakeholder Relations for Red Energy and Lumo Energy, the retail divisions of the Snowy Hydro Group Limited. Ramy holds a Bachelor of Arts (Economics) from Sydney University, an Executive Masters in Business Administration from the Australian Graduate School of Management and is a graduate of the Australian Institute of Company Directors.



Director
David Veness

David is now retired and has a background in hospitality and banking. David joined the Board with a desire to represent country areas of NSW. He understands the difficulties providing direct support for those living with Parkinson's in country areas and is passionate in gaining more nurses for regional areas.



Director
Bryce Vissel

Dr. Bryce Vissel serves as the Head of the Neurodegenerative Diseases research group at the Garvan Institute of Medical Research as well as Conjoint Senior Lecturer at St Vincent's Clinical School, Faculty of Medicine, University of NSW. Dr. Vissel has published more than 50 peer-reviewed papers, many in top tier journals.



Director
Lloyd Rothwell

Lloyd is an experienced senior manager in the sports industry with a philosophy of making a positive difference to people's lives. He is currently a member of the Board of Directors for the Aquatic & Recreation Institute and holds a Master of International Sport Management and a Bachelor of Arts.



Director
Susan Miles

Susan worked in Public Health since training as a general Nurse in Feb 1987, she then completed midwifery training in 1989 and worked in this area until completing a BA in Arts in 1997. Susan regularly give talks regarding Parkinson's to Sydney University students and has arranged for her local member to talk in the NSW legislative assembly regarding advocating for neuro nurses in local health districts.

CONCISE FINANCIAL REPORT

FOR THE YEAR ENDED 30 JUNE 2017

EXECUTIVE COMMITTEE REPORT

Your executive committee present their report on Parkinson's NSW Inc for the financial year ended 30th June, 2017.

Executives

The names of each person who has been an executive office holder since the last annual general meetings are :

Andrew Whitton (President)

Malcolm Irving (Vice President)

Jaimee Thompson (Treasurer)

Lawrie Grey (Secretary)

Jo-Anne Reeves (Chief Executive Officer) appointed 9 January 2017

Council Members

Bryce Vissel

Colin Hall

David Veness (Non Metro)

Lloyd Rothwell

Ramy Soussou

Rodney Chaplin

Susan Miles appointed 30 November 2016

Chris Davis resigned 30 November 2016

Kay Double resigned 30 November 2016

Vera Heil resigned 30 November 2016

Principal activities

The principal activity of the association during the year was to make a positive contribution to the provision of treatment and professional support services for people with Parkinson's disease, as well as provide in-service training and education for health professionals.

Operating result

For the association, the profit from ordinary activities was \$218,213 (last year : loss \$113,041).

Review of operations

The association operated on a consistent basis to previous years in the conduct of the principal activities noted in this report. The results of operations are as disclosed in the financial report.

Significant changes in state of affairs

There has been no significant change in the state of the affairs of the association.

Events after balance sheet date

No matters or circumstances have arisen since the end of the financial year which significantly

affected or may significantly affect the operations of the association, the results of those operations, or state of affairs of the association in future financial years.

Future developments

The association will continue to make positive contributions for the provision of treatment and professional support services for people with Parkinson's disease and provide in-service training and education.

Environmental issues

The association's operations are not regulated by any particular and significant environmental regulation under a law of the Commonwealth or State.

Options

The association is limited by guarantee and as such, no options over issued shares or interests in the association were granted during or since the end of the financial year and there were no options outstanding at the date of this report.

Indemnification of Officers or Auditor

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the association. The association has paid premiums to insure each of the executives against liabilities for costs and expenses incurred by them in defending any legal proceedings arising out of their conduct while acting in the capacity of executives of the association, other than conduct involving a willful breach of duty in relation to the association.

Proceedings on behalf of association

No person has applied for leave of Court to bring proceedings on behalf of the association or intervene in any proceedings, which the association is party for the purpose of taking responsibility on behalf of the association for all or part of those proceedings.

The association was not party to any such proceedings during the year.

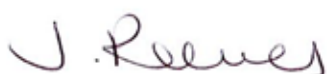
Executive officers' emoluments

All positions on the executive are honorary except for the Chief Executive Officer. No executive, in their capacity as an executive has received or become entitled to receive, during or since the financial year, a benefit because of a contract made by the association or a related body corporate with the director, a firm of which a director is a member or an entity in which a director has a substantial financial interest.

Auditors independence declaration

A copy of the auditor's independence declaration is attached and forms part of the Executives' report.

Signed in accordance with a resolution of the Executives,



Jo-Anne Reeves

Chief Executive Officer

09/10/2017



Council Member

09/10/2017

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

FOR THE YEAR ENDED 30TH JUNE, 2017

	Note	2017 \$	2016 \$
Income			
Donations and grants	2	2,035,043.93	1,275,132.85
Subscriptions	3	27,568.18	36,209.06
Other income	4	49,894.16	120,050.65
Interest received		7,037.34	28,187.62
Transfers from:			
Unity Walk	5	124,334.78	163,428.43
Golf Day	6	31,944.41	19,893.30
Big Ride 4 Parkinson's	7	2,509.09	6,574.06
Investments	8	73,478.82	0.00
Total income		2,351,810.71	1,649,475.97
Expenses			
Salaries and employment costs	9	1,331,882.03	882,488.41
Education, support and promotion	10	321,646.88	186,767.87
Nurse specialists		173,854.26	143,350.00
Research grants and bequest	11	7,546.43	353,838.73
Operating expenses	12	298,668.34	196,071.70
Total expenses		2,133,597.94	1,762,516.71
Surplus/(loss) for the year		218,212.77	-113,040.74

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDED 30TH JUNE, 2017

	2017 \$	2016 \$
Opening retained equity	899,507.09	1,012,547.83
Surplus/(loss) for the year	218,212.77	-113,040.74
Closing retained equity	1,117,719.86	899,507.09

STATEMENT OF FINANCIAL POSITION

AS AT ENDED 30TH JUNE, 2017

	Note	2017 \$	2016 \$
Assets			
Current			
Cash and cash equivalents	13	638,490.23	1,293,168.47
Debtors	14	61,176.81	16,214.85
Investments	15	794,507.37	0.00
Prepayments		38,865.05	14,346.60
Merchandise on hand		21,986.75	11,881.10
GST refund		28,041.59	11,471.92
Parkinson's NSW Trust		3,005.58	0.00
Current Assets		1,586,073.38	1,347,082.94
Non current			
Plant and equipment	16	206,569.86	200,675.60
Non Current Assets		206,569.86	200,675.60
Total Assets		1,792,643.24	1,547,758.54
Liabilities			
Current			
Creditors	17	122,379.32	49,329.97
Employee entitlements		59,297.17	69,778.68
Grants received held in Trust	18	319,931.35	339,232.14
Money held on behalf of Support Groups	19	123,032.88	104,454.62
Prepaid membership fees		0.00	1,579.07
Deferred income		17,143.34	0.00
Prepaid income - Nurse Specialist		33,139.32	83,876.97
Current Liabilities		674,923.38	648,251.45
Total liabilities		674,923.38	648,251.45
Net assets		1,117,719.86	899,507.09
Retained Equity		1,117,719.86	899,507.09

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30TH JUNE, 2017

	2017 \$	2016 \$
Cash flow from operating activities		
Cash receipts from members and sponsors	2,218,640.62	1,617,546.22
Cash paid to suppliers, members and employees	-2,106,740.67	-1,835,583.96
Net cash from operating activities	111,899.95	-218,037.74
Cash flow from investing activities		
Interest received	80,516.16	28,187.62
Payments for plant and equipment and investments	-847,094.35	-129,447.64
Net cash used in investing activities	-766,578.19	-101,260.02
Cash and cash equivalents at beginning of year	1,293,168.47	1,612,466.23
Net increase (decrease) in cash held	-654,678.24	-319,297.76
Cash and cash equivalents at end of year	638,490.23	1,293,168.47

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017

Note 1: Statement of significant accounting policies

This financial report is for Parkinson's NSW Inc.

Basis of Preparation

The financial report is a general purpose financial report that has been prepared as permitted in accordance with the *Australian Charities and Not-for-profits Commission Act 2012*.

The financial report has been prepared on an accruals basis and is based on historical costs modified, where applicable, by the revaluation of selected non-current assets, financial assets and financial liabilities.

Related Party Transactions

This report does not include the assets and liabilities or results of operations of Parkinson's NSW Trust because the management of Parkinson's NSW Inc doesn't control the management of the Trust.

However, expenditures of \$3,005.58 were incurred by Parkinson's NSW Inc on behalf of the Trust (last year \$134,551.38) and donations of \$20,000 were received or receivable from the Trust (last year \$220,000).

Accounting Policies

a. Income Tax

The association is exempt from income tax pursuant to section 50-10 of the Income Tax Assessment Act 1997

b. Plant and Equipment

Each class of plant and equipment is carried at cost or fair value less, where applicable, any amount of accumulated depreciation and impairment losses.

The asset's residual values and useful lives are reviewed, and adjusted if appropriate, at each balance sheet date. An asset's carrying amount is written down immediately to its recoverable amount if the asset's carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are included in the income statement. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.

c. Employee Benefits

Provision is made for the association's liability for employee benefits arising from services rendered by employees to balance date. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled. Other employee benefits payable later than one year have been measured at the net present value of the estimated future cash outflows to be made for those benefits.

Contributions are made by the association to employee's superannuation funds and are charged as expenses when incurred.

d. Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are netted off against current assets.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017 (CONTINUED)

e. Revenue

Revenue from the sale of goods is recognised upon the delivery of goods to customers.

Grant revenue is recognised in the income statement when the association obtains control of the grant and it is probable that the economic benefits from the grant will flow to the association and the amount of the grant can be reliably measured. If conditions are attached to the grant that must be satisfied before it is eligible to receive the contribution, the recognition of the grant as revenue will be deferred until those conditions are satisfied.

Where the association receives non-reciprocal contributions of assets from the government and other parties for zero or nominal value, these assets are recognised at fair value on the date of acquisition in balance sheet, with a corresponding amount of income recognised in the income statement.

Donations and bequests are recognised as revenue when received. Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument. Dividend revenue is recognised when the right to receive a dividend has been established. Revenue from the rendering of a service is recognised upon the delivery of the service to the customers.

f. Goods and Services Tax

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST is not recoverable from the Australian Taxation Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the statement of financial position are shown inclusive of GST.

g. Impairment of Assets

At each reporting date the association reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the Income Statement.

When future economic benefits of the asset are not primarily dependent upon the assets ability to generate net cash inflows and when the association would, if deprived of the asset, replace its remaining future economic benefits, value in use is depreciated replacement cost of an asset.

Where it is not possible to estimate the recoverable amount of an assets class, the association estimates the recoverable amount of the cash-generating unit to which the class of assets belong.

Where an impairment loss on a revalued asset is identified, this is debited against the revaluation reserve in respect of the same class of asset to the extent that the impairment loss does not exceed the amount in the revaluation reserve for that same class of asset.

h. Comparative Figures

Where necessary and in accordance with the Accounting Standards, comparatives have been reclassified and repositioned for consistency with current year disclosures.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017 (CONTINUED)

i. Provisions

Provisions are recognised when the group has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured. Provisions recognised represent the best estimate of the amounts required to settle the obligation at reporting date.

j. Financial Instruments

Initial recognition and measurement

Financial assets and financial liabilities are recognised when the association becomes a party to the contractual provisions to the instrument. For financial assets, this is equivalent to the date that the association commits itself to either purchase or sell the asset (i.e. trade date accounting is adopted). Financial instruments are initially measured at fair value plus transactions costs except where the instrument is classified as 'at fair value through profit and loss' in which case transaction costs are expensed to profit and loss immediately.

k. Unexpended Grants

The association receives grant monies to fund programs either for contracted periods of time or for specific projects irrespective of the period of time required to complete those projects. It is the policy of the association to treat grant monies as unexpended grants in the balance sheet where the association is contractually obliged to provide the services in a subsequent financial period to when the grant is received or in the case of specific project grants where the project has not been completed. Unexpended grants are also recognised where the funding agreement stipulates amounts at year end are repayable to the funding provider and the association loses control of such funds. Refer to Note 18 for financial impact.

l. Contributions

The association receives non-reciprocal contributions from other parties for no or nominal value. These contributions are recognised at the fair value on the date of acquisition upon which time an asset is taken up in the balance sheet and revenue in the income statement.

m. Economic Dependence

The association is dependent on donations and grants for the majority of its revenue to operate its activities. At the date of this report, the executive have no reason to believe the donations and grants will not continue to support the association.

n. Critical accounting estimates and judgments

The Executive evaluate estimates and judgments incorporated into the financial report based on historical knowledge and best current information. Estimates assume a reasonable expectation of future events and are based on current trends and economic data, obtained both externally and within the association.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017 (CONTINUED)

2017
\$

2016
\$

Note 2: Donations and Grants			
In memoriam		37,329.08	47,390.91
Support groups		-1,003.80	12,334.93
Williams estates		140,000.00	140,000.00
Members		18,885.05	17,631.15
Corporate		13,100.00	17,100.00
Research		31,222.14	37,914.40
General		158,531.16	288,377.18
Bequests		1,245,688.29	328,593.84
Nurse specialist	Refer to Note 20	150,039.69	120,362.44
Autumn appeal		35,775.50	0.00
Appeals		103,520.00	0.00
RGP		14,075.00	0.00
Events		200.00	0.00
General		41,181.82	45,428.00
PNSW Trust		20,000.00	220,000.00
NGO Grant Program		26,500.00	0.00
		2,035,043.93	1,275,132.85

Note 3: Subscriptions			
Life membership		2,259.08	6,013.63
Renewals		25,218.19	29,922.71
Association membership		90.91	272.72
		27,568.18	36,209.06

Note 4: Other Income			
Sale of merchandise		9,033.12	4,833.55
Less: Cost of Goods Sold		-684.35	-5,609.57
Gross Profit (Loss) from Merchandise		8,348.77	-776.02
Seminar fees		0.00	3,081.82
Education		7,000.00	-236.99
Other income		-298.42	114,678.21
Parkinson		2,295.00	2,815.00
Newsletter		800.00	488.63
Robotham Literary Dinner		31,748.81	0.00
		49,894.16	120,050.65

2017
\$

2016
\$

Note 5: Unity Walk Account

Registrations	42,484.17	47,131.34
Donations	101,867.99	116,282.60
Sponsorship	14,100.00	48,713.60
Other	138.45	0.00
Total Income	158,590.61	212,127.54
Less expenses	-34,255.83	-48,699.11
	124,334.78	163,428.43

Note 6: Golf Day Account

Sponsorship	22,363.63	32,050.91
Registrations	22,856.08	5,306.03
Donations	10,795.21	0.00
Total Income	56,014.92	37,356.94
Less expenses	-24,070.51	-17,463.64
	31,944.41	19,893.30

Note 7: Big Ride 4 Parkinson's

Donations and sponsorship	2,509.09	6,076.88
Registrations	0.00	0.00
Total Income	2,509.09	6,076.88
Less expenses	0.00	497.18
	2,509.09	6,574.06

Note 8: Investments

Dividends received	26,357.65	0.00
Franking credits	8,435.40	0.00
Investment interest received	701.25	0.00
Realised gains/losses	4,338.37	0.00
Unrealised gains/losses	43,733.15	0.00
Total Income	83,565.82	0.00
Less expenses - portfolio management fees	-10,087.00	0.00
	73,478.82	0.00

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017 (CONTINUED)

	2017 \$	2016 \$
Note 9: Salaries and Employment Costs		
Wages and salaries	980,180.76	775,609.39
Fringe Benefits Allowance	229,452.70	181,917.51
Superannuation contributions	152,404.73	106,632.50
Leave accruals	-10,481.51	-6,068.33
Consultant and temporary staff	97,587.67	8,622.83
Staff training	16,187.67	90.00
Recruitment	51,404.27	983.06
Employee assistance	1,500.00	0.00
	<u>1,518,236.29</u>	<u>1,067,786.96</u>
Less: Recoveries on grants	-12,500.00	-41,948.55
	<u>1,505,736.29</u>	<u>1,025,838.41</u>

Note 10: Support, Education and Promotion		
Service costs	9,638.32	7,056.24
Member and volunteer activities	28,139.65	16,359.89
Support groups	16,733.01	20,121.88
Education expenses	41,472.52	4,572.16
General awareness expenses	36,469.81	60,515.88
Advertising and promotional cost	1,890.71	0.00
Fundraising expenses	48,746.27	19,193.14
Telemarketing management fees	60,426.17	0.00
Marketing expenses - Literary Dinner Robotham Event	21,758.59	0.00
Publications and resources	9,893.38	9,931.66
Parkinson's Australia	45,770.81	47,290.75
Political strategy	707.64	1,726.27
	<u>321,646.88</u>	<u>186,767.87</u>

Note 11: Research Grants and Bequest Expenses		
Bequest expense	4,291.48	134,551.38
Research expense	3,254.95	219,287.35
	<u>7,546.43</u>	<u>353,838.73</u>

2017
\$

2016
\$

Note 12: Operating Expenses

Accounting fees	1,900.00	18,140.00
Fees to auditor for		
auditing	5,000.00	4,830.00
other services	0.00	0.00
Depreciation	46,692.72	29,208.20
Payroll processing fees	674.10	0.00
Bartercard fees	196.43	0.00
Travel and accommodation - Meetings	9,566.35	14,405.77
Telephone and communications	19,239.27	15,568.42
Internet expense	1,304.08	380.30
Insurance	18,928.40	19,251.43
Office expenses	18,069.04	35,362.23
Postage	8,797.88	10,965.37
Printing	2,772.84	1,353.62
Rent	16,887.36	8,876.41
Repairs and maintenance	7,362.29	748.00
Staff amenities and meetings	2,332.34	3,475.29
Membership and subscriptions	22,820.68	8,255.64
Stationery	5,976.22	5,902.41
Sundries expense	89.09	0.00
Legal expenses	47,355.10	1,909.09
Restructure	21,828.10	0.00
IT Support costs	40,154.10	0.00
Software expenses	721.95	0.00
Moving Expenses	0.00	17,439.52
	298,668.34	196,071.70

Note 13: Cash Assets

Commonwealth Bank of Australia	46,936.57	99,450.44
Bendigo Bank trading account	590,953.66	1,192,299.26
Bendigo Bank - Commonwealth Grant	0.00	1,018.77
Cash on hand	600.00	400.00
	638,490.23	1,293,168.47

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017 (CONTINUED)

2017
\$

2016
\$

Note 14: Debtors

Debtors	13,565.00	14,552.80
Sundry debtors	1,000.04	1,662.05
Franking credits receivable	8,435.40	0.00
Foreign withholding tax	148.90	0.00
Accrued income	25,227.47	0.00
Donations tax appeal	12,800.00	0.00
	61,176.81	16,214.85

Note 15: Investments

Harper Bernays Cash Account	19,304.07	0.00
Equities at cost	731,470.15	0.00
Unrealise gain/loss equities	43,733.15	0.00
	794,507.37	0.00

Note 16: Plant and Equipment

Office Equipment	464,007.96	411,420.98
Less: Accumulated depreciation	-257,438.10	-210,745.38
	206,569.86	200,675.60

Note 17: Creditors

Bendigo Bank Credit Card	6,032.49	231.28
Creditors	64,953.46	28,441.96
Accruals	19,359.20	25,114.63
PAYG Withholding Payable	19,110.00	10,743.00
Superannuation Payable	12,924.17	-15,200.90
	122,379.32	49,329.97

2017
\$2016
\$**Note 18: Grants Held In Trusts**

Mid Nth Coast Neuro Nurse	77,752.18	106,887.71
The Wellness Program	9,960.95	9,960.95
Dance for Parkinsons	46,839.94	19,952.47
Australian Chinese Foundation	0.00	2,000.00
Tom Burns Trust for PD Nurses	29,689.80	29,689.80
CLUB Grants	2,009.10	2,931.10
Young Men's Network	74,246.72	74,246.72
Bondi Lions Club	2,417.10	2,417.10
Punchin Parkos	13,058.05	11,598.05
HACC Training	-2,840.00	2,000.00
Orange Neuro Nurse	-2,191.75	16,394.68
Wolper Hospital	0.00	2,500.00
Art 4 Parkinson's	6,676.68	8,553.36
Grant for Education in NH	50,100.20	50,100.20
Neuro Nurse - General	2,403.15	0.00
Awareness campaign 10 Aug 16	-1,514.71	0.00
Art 4 Parkinson's - Bankstown	4,246.66	0.00
Shoalhaven Shakers	1,350.00	0.00
Northern Rivers Support Group	227.28	0.00
Northern Illawara Support Group	5,500.00	0.00
	319,931.35	339,232.14

Note 19: Money held on behalf of Support Groups

Chinatown Support Group	15,350.55	22,014.19
Nambucca Valley	14,355.00	0.00
Coffs Harbour Nurses Fund Support Group	23,841.73	11,302.46
Goulburn Nurses Fund	27,208.60	26,538.60
Hornsby Support Group Nurses	5,000.00	5,000.00
Coffs Harbour Support Group - Operating Exp	2,150.00	2,150.00
Maroubra - S.G. In Trust	246.00	276.00
Eurobodalla	78.90	1,771.27
Port Macquarie Support Group	20,302.10	19,402.10
Illawarra Region Support Group Nurses Fund	14,500.00	14,500.00
Together Funding re Support Group	0.00	1,500.00
	123,032.88	104,454.62

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH JUNE, 2017 (CONTINUED)

Note 20: Unexpended Grants - Nursing Funds in NSW

	Coffs Harbour	Mid-North Coast	Goulburn	Shoalhaven	Illawarra	Orange	TOTAL
2017							
Income Statement							
Employment expenses	251	69,136		121,453		28,586	219,426
Travel/Telephone expenses				7,962			7,962
Training	210			742			952
Computer expenses							0
Stationery				61			61
Administration fee		13,305					13,305
Motor vehicle							0
Total Expenses	461	82,441	0	130,219	0	28,586	241,707
Income taken to account	0	0	0	121,453	0	28,586	150,040
Funding Statement							
Opening balance	11,302	106,888	26,539	84,606	14,500	16,395	260,230
Funds received	13,000	53,305	670	78,752	0	10,000	155,727
Expenses	-461	-82,441	0	-130,219	0	-28,586	-241,707
Closing balance	23,841	77,752	27,209	33,139	14,500	-2,192	174,250

Note 20: Unexpended Grants - Nursing Funds in NSW (Continued)

	Coffs Harbour	Mid-North Coast	Goulburn	Shoalhaven	Illawarra	Orange	TOTAL
2016							
Income Statement							
Employment expenses		50,000		105,835		21,969	177,804
Travel/Telephone expenses				1,361		2,261	3,621
Training							0
Computer expenses							0
Stationery							0
Administration fee							0
Motor vehicle				7,069			7,069
Total Expenses	0	50,000	0	114,264	0	24,229	188,493
Income taken to account	0	0	0	105,835	0	14,528	120,362
Funding Statement							
Opening balance	7,921	96,888	24,459	104,370	14,500	9,624	257,762
Funds received	3,381	60,000	2,080	94,500		31,000	190,961
Expenses	0	-50,000	0	-114,264	0	-24,229	-188,493
Closing balance	11,302	106,888	26,539	84,606	14,500	16,395	260,230

EXECUTIVES' DECLARATION FOR THE YEAR ENDED 30TH JUNE, 2017

The executives of the association declare that :

1. the financial statements and notes are in accordance with the Associations Incorporations Act 2009 and :
 - a. comply with Accounting Standards and the Corporations Regulations; and
 - b. give a true and fair view of the association's financial position as at 30th June, 2017 and of its performance for the year ended on that date;
2. in the executives' opinion, there are reasonable grounds to believe that the association will be able to pay its debts as and when they become due and payable.

Signed in accordance with a resolution of the Executive Committee.



Jo-Anne Reeves
Chief Executive Officer
09/10/2017



Council Member
09/10/2017



Frost Crane & Co
ABN 89 625 234 511

AFSL No. 484233

PO Box 2605
Carlingford NSW 2118
Unit 1, 7 Lloyds Avenue
Carlingford NSW 2118

Phone (02) 8820 2020
Fax (02) 9872 7400
Email contact@frostcrane.com
Web www.frostcrane.com

Parkinson's NSW Inc
ABN 93 023 603 545

**Auditor's Independence Declaration Under Section 60-40 Australian Charities and
Not-for-profits Commission Act 2012**

To the Executives of Parkinson's NSW Inc.

I declare that, for the year ended 30th June, 2017, to the best of my knowledge and belief, there have been;

- i. no contraventions of the auditor independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- ii. no contraventions of any applicable code of professional conduct in relation to the audit.

Bruce Frost CA
Frost Crane & Co
Carlingford NSW
Registered Company Auditor
30 September, 2017



Frost Crane & Co
ABN 89 625 234 511

AFSL No. 484233

PO Box 2605
Carlingford NSW 2118
Unit 1, 7 Lloyds Avenue
Carlingford NSW 2118

Phone (02) 8820 2020
Fax (02) 9872 7400
Email contact@frostcrane.com
Web www.frostcrane.com

Parkinson's NSW Inc
ABN 93 023 603 545
Independent Auditor's Report

To the members of Parkinson's NSW Inc

Report on the Audit of the Financial Report

Opinion

I have audited the accompanying financial report of Parkinson's NSW Inc which comprises the statement of financial position as at 30th June, 2017 and the statement of comprehensive income statement, statement of changes in equity, and statement of cash flows for the year ended on that date, a summary of significant accounting policies and other explanatory notes and the executives' declaration.

In my opinion the financial report of Parkinson's NSW Inc have been prepared in accordance with Division 60 of the Australian Charities and Not-For-Profits Commission Act 2012, including:

- i. giving a true and fair view of the company's financial position as at 30 June, 2017 and of their performance for the year ended on that date; and
- ii. complying with Accounting Standards to the extent described in Note1 and Division 60 of the *Australian Charities and Not-for-profits Commission Regulation 2013*.

Basis for opinion

I conducted my audit in accordance with Australian Auditing Standards. My responsibilities under those standards are further described in the Auditor's responsibilities for the Audit of the financial report section of my report. I am independent of the company in accordance with the *Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act)* and the ethical requirements of the *Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for professional accountants* (the Code) that are relevant to my audit of the financial report. I have also fulfilled my other ethical responsibilities in accordance with the Code.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my opinion.

Committees' responsibility for the financial report.

The directors of the Company are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the *Corporations Act 2001*. This responsibility includes establishing and maintaining internal controls relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Emphasis of Matter - Basis of Accounting

I draw attention to Note 1 of the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the registered entity's financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose. My opinion is not modified in respect of this matter.

As disclosed in Note 1 these Financial Statements do not include the affairs of Parkinson's NSW Trust. Separate audited Financial Statements are prepared for the Trust.

Committees' responsibility for the financial report.

The directors of the entity are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of ACNC Act and the needs of members in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the *Corporations Act 2001*. This responsibility also includes such internal controls as the directors determine necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

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

Auditor's Responsibilities for the Audit of the Financial Report

My objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes my opinion. Reasonable assurance is a high level of assurance, but it not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Accounting Standards, professional judgement is exercised and professional scepticism is maintained throughout the audit. I also:

- Analyse the risks of material misstatement in the financial report are identified and assessed, whether due to fraud or error, and design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

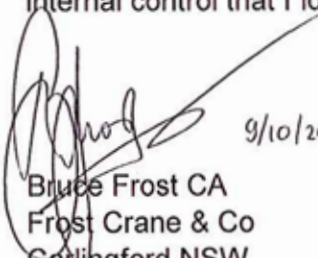
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.

- Evaluate the appropriateness of accounting policies used and reasonableness of accounting estimates and related disclosures made by responsible entities.

- Conclude on the appropriateness of the company's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If I were to conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the registered entity to cease to continue as a going concern.

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

I communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identify during my audit.

 9/10/2017
Bruce Frost CA
Frost Crane & Co
Garlingford NSW
Registered Company Auditor

HELP FOR TODAY • HOPE FOR • TOMORROW

Australia is very fortunate to be home to some of the top neurological researchers working towards a community free of Parkinson's, however the reality is that until a cure is found, people living with Parkinson's need your help.

“Every hour of every day another Australian is given the devastating diagnosis that they have Parkinson's”

Please consider becoming a Parkinson's Partner so that people living with Parkinson's can continue to have access to quality care through nursing, counselling and the latest information.

Thank you for your role in helping to provide more support for people who are living with Parkinson's. Your support really will improve the lives of so many.

THANK YOU

We can't do it without you

I would be proud to become a Parkinson's Partner.
I am happy to commit to a monthly donation of*

\$20 \$30 \$50 \$100

I would love to help but cannot commit to a monthly donation right now but I would like to make a single donation of \$ _____

About You

Title _____

Name _____

Address _____

City _____

State _____ Postcode _____

Phone _____

Email _____

Payment

Card Type: Visa Mastercard Amex

Card Number: _____

Name on Card _____

Expiry: ____ / ____

THANK YOU! Your support of people living with Parkinson's is greatly appreciated.

* Donations are withdrawn on the 15th of each month or the nearest business day.

Please return this slip (no postage stamp required)
Reply Paid 71, North Ryde BC NSW 1670.



parkinson's IN THIS TOGETHER
NSW

InfoLine
1800 644 189

www.parkinsonsnsw.org.au