



MS Auckland Field Workers

# multiple sclerosis auckland.

## *about ms. auckland*

Entity type and Legal name:	Multiple Sclerosis Society of Auckland and the North Shore Inc.
Legal basis:	Multiple Sclerosis Society of Auckland and the North Shore Inc. is a registered Incorporated Society under the Incorporated Societies Act 1908
Charities Commission No.:	CC10863
Physical address:	Takapuna Community Services Building Top Floor 5 The Strand Takapuna Auckland 0622
Postal address:	PO Box 33574 Takapuna Auckland 0740
Phone:	09 845 5921
Website:	<a href="http://www.msakl.org.nz">www.msakl.org.nz</a>

## our vision.

*a world free of MS!*

## our mission.

Empowering those affected by Multiple Sclerosis through education, advocacy and support to enjoy fulfilling lives.

## who we are.

MS Auckland is a charitable organisation managed by a small office team who handle the running of the Society. A team of professional Field Workers cover the Auckland region providing home visits, phone support, and information to people affected by MS and their families. A volunteer committee oversees the work and the direction of MS Auckland.

# ms. auckland people 2017.

## *staff support*

### **General Manager**

Ingrid Minett

### **Business Manager**

Mark Blackie

### **Projects Coordinator**

Kirsty Whitehouse

### **Volunteer/Admin Assistant**

Becky Tucker

### **Field Workers**

#### **South Auckland**

Dianne Bartlett

#### **Central Auckland**

Carol Andrews

#### **North Shore**

Diane Hampton

#### **West Auckland/Rodney**

Andrea Kortas-Ray

## *the committee*

### **President**

Neil Woodhams

### **Vice - President**

Louise Reed

### **Treasurer**

Peter Wood

### **Secretary**

Kerri Hoy

### **Committee Members**

Michael Cole

Robert Irving

Carolin Perkins

Joan Thomson

Fran Watts

Graham Wear

Maureen Wood

## *our supporters*

### **Patrons**

Dr. Ernie Willoughby

Dr. Jennifer Pereira

### **Ambassadors**

John and Lorraine Street

Lady Raewyn Henry

### **Auditors**

Lynch & Associates

### **Banks**

ASB St Lukes

BNZ Takapuna

## ms. auckland structure.

Multiple Sclerosis Auckland is an Incorporated Society governed by a Committee. The Constitution specifies that the Committee is to be comprised of the officers of the Society comprising the President, Vice-President, Secretary and Treasurer together with up to eight further Committee members and the General Manager of the Society (ex officio) of which it is desirable that 50% be people with Multiple Sclerosis or their carers.

The Treasurer is responsible for supervising the financial transactions of the Society and the preparation of monthly financial reports. The four Field Workers employed by the Society are responsible for providing information and support services to people with MS. Four administration staff (including the GM), look after remaining duties.

The MS Auckland Region Trust supports the work of the Society. It's primary aim is to support the work of the Society by ensuring its long term financial viability. In addition it holds the funds from the sale of the Society's property at Taylors Road with the view of eventually finding appropriate premises for the Society. Three of the Trustees of the Trust are also members of the Committee of the Society.

## main sources of cash and resources.

In 2017 Multiple Sclerosis Auckland raised funds to cover 92% of its operating expenses through donations, grants from charitable organisations and philanthropic trusts and fundraising endeavours – such as an annual Street Appeal and a charity dinner. The remaining 8% of funds received came from a Disability Advisory and Information contract with the Ministry of Health.

## main methods used to raise funds.

The Society's principle sources of funds are:

- The MS Auckland Region Trust
- Grants from philanthropic trusts and charities
- The Annual Street Appeal where over 400 volunteers collect over two days in September
- The Annual charity lunch/dinner and auction – this year's event being 'Clash of the Hemispheres' with a dinner at Eden Park
- Direct Mail appeals to our donor and supporter database

## reliance on volunteers and donated goods or services.

Volunteers are an integral part of Multiple Sclerosis Auckland's operations. They assist in governance of the organisation through the Committee, as pool assistants in weekly neurological hydrotherapy classes held at six venues around Auckland, as Community Friends who visit homebound people with MS, providing assistance in the office and with events, as drivers or dog walkers and as collectors in the annual Street Appeal. This year over 5,632 hours were given by volunteers.



# president's report for the year ending 31 december 2017.



Sitting down to write this report each year is a time for reflection. Reflection on achievements and successes and on issues and problems. On balance 2017 had its share of both. It is also an opportunity to look forward to the challenges of the future.

On the success side, the Society maintained a high level of services to its members and the wider MS community. This was achieved through the efforts of our hardworking Field Workers and office staff helped by a large band of volunteers who give so generously of their time.

The 2017 Research Day drew the biggest crowd yet with over 200 people attending. It confirmed my view that the MS community has a thirst for knowledge about the disease, efforts to combat it and future prospects even if in some instances those new developments may be too late to impact on their own condition. We will continue to try to bring well qualified speakers presenting evidenced based research on topics of interest to you.

In October in conjunction with MSNZ and the NZ MS Research Trust, we were able to bring an internationally recognised expert on Stem Cell treatment for MS, Dr Riccardo Saccardi to Auckland. He spoke to a packed room of interested members. Dr Saccardi had been the keynote opening speaker at the MS Research Australia conference in Sydney the previous week. Dr Saccardi presented details of the latest research on this treatment as well as detailing the ideal candidates for HSCT. We were delighted that while in Auckland he was asked to present to the Neurology Department at Auckland Hospital to an audience which included representatives from the Haematologists. I understand there is some work going on looking at how this treatment could be introduced here in Auckland.

Our Clash of the Hemispheres fund raiser at Eden Park, the day before the Auckland Blues played the Lions was an outstanding success from at least two points of view. It proved that the Society can organise a charity event of the highest quality which reflected well on the professionalism of the staff and volunteers involved. In addition it raised over \$80,000 in much needed funds for the Society. The downside was the effort required to do this, effectively tying up all of our resources for about three months and other work of the office staff suffered somewhat as a result.

The committee of the Society is starting a Strategic Review process to ensure that what we do and how we do it is fit for purpose in a rapidly changing MS environment. We fully intend to involve members of the MS community in this process in the next few months. There are a number of challenges both exciting and frustrating facing us all.

Firstly MS is no longer a condition with "no known cause and no known cure". The diagnosis of MS does not now need to be the horrifying and traumatic experience so many people encountered when diagnosed in the past and were told "You have MS and there are no drugs available to halt progression."

The number and range of research projects underway world-wide is breathtaking. Current research is showing that the majority of people with relapsing remitting MS, given early access to disease modifying treatments, can expect to radically slow down progression or stop it completely. The first drugs showing promising signs in the treatment of Primary Progressive MS and Secondary Progressive MS are also coming on line.

As Dr Saccardi's presentation showed, for a carefully selected cohort of PwMS, HSCT is a treatment which is also highly successful.

On the frustrating side there are two major issues for PwMS in New Zealand. Firstly PHARMAC's very restrictive access criteria for MS drugs in New Zealand means that PwMS here have much poorer access in a timely manner for drugs which are proven to slow or stop progression. This compares unfavourably with most first world health systems. In addition, if MS does progress, access to drugs is stopped in NZ at a much earlier point than overseas. The PHARMAC criteria have been described as "cruel" by one world recognised MS researcher.

The second frustration is the acute shortage of publicly funded services for MS and other chronic diseases. It is unfortunate but we seem to always play second fiddle to funding being diverted to acute services and drugs. Not only are there shortages of MS specialist neurologists, MS nurses and other hospital based diagnostic services but effective treatment for MS requires an integrated approach. An integrated approach involving doctors,

# president's report...

nurses, physiotherapists, occupational therapists, rehab specialists, psychologists, counsellors etc. does not exist anywhere in New Zealand and particularly in Auckland. In making these comments I am in no way being critical of those health professionals with whom we work. Quite the contrary I understand the huge pressure that they are working under and the lack of resources with which they work.

For people with MS, their families and carers there is in my view a greater need than ever to be as well educated as they can be about their disease and the services and treatments available. We all need to become vociferous advocates for better services to ensure that MS has the least impact possible on their own lives and those of their loved ones. To face the future with confidence, MS Auckland needs to make sure our services support members of the MS community to do this.

The accounts included in this report are the accounts for Multiple Sclerosis Auckland and North Shore Inc. activities for the year.

There was a strong lift in revenue of \$208,000 or 30% from \$681,980 in 2016 to \$889,592. The principal reason for the increase was the increase in bequests to \$214,000 compared with bequests of only \$4000 in the previous year. There were also significant increases in income from donations of \$15,000 and events \$51,000. On the negative side results from our Street Appeal were down \$26,000 or 42%. We will need to work hard to correct this trend.

Good ongoing control of our expenses saw these increase by only \$500 which was an excellent achievement in a challenging environment.

As a result the surplus for the year increased from \$46,841 to \$253,937. This is obviously a very satisfactory result but given the uncertainty of receipt of substantial bequests, it is one we cannot expect to repeat every year.

In accordance with our Financial Reserves policy \$180,000 of the Bequests received were transferred to the Auckland MS Region Trust which is tasked with investing these funds to ensure the long term viability of the MS Society.

As a result Total Accumulated Funds increased from \$93,815 to \$167,752.

## Staff:

The smooth running of the Society and the highly successful year we have just had is due in large part to efforts of Ingrid and her staff. All of them have worked above and beyond the call of duty and we are really grateful for that.

## Committee:

The AGM marks the retirement of one of the key members our committee Graham Wear. Graham was involved with MS North Shore for many years and was President at the time of the merger of the two Societies in 2007. Graham played a major part in ensuring the merger took place and was successful. He became Vice President of the combined Societies and served in that role for a number of years. Graham and his wife Judy have given unstintingly of their time to further the interests of PwMS in Auckland. He has been a huge support for me personally and for other members of the committee. His advice and counsel will be missed.

My thanks also go to the rest of the committee especially Louise Reed Vice President, Peter Wood Treasurer and Kerri Hoy Secretary for their support and the hours of work they have contributed as volunteers to the sound governance of the Society.

Finally I want to end this review on a positive note. In my view effective treatments for MS are already here and we can confidently expect further progress in the short term. This is an exciting prospect. We need as an organisation to ensure that all people with MS and their families know what treatment and services are available and become powerful advocates for themselves to ensure they receive the very best treatments and services which are available.



Neil Woodhams  
President

# general manager's report.



Through 2017 MS Auckland continued to build on the good foundation that has held us steady over the past 50 plus years. We were fortunate to enjoy a stable work force through the year with our four wonderful Field Workers and our brilliant office team. I am so very fortunate to have such a dedicated group of people who will always go out of their way and go the extra mile to ensure people with MS receive the best quality support services we can offer.

As with most charities these days, fundraising often consumes more time than we would like. Only 8% of our operating cost is covered by the government. Our big fundraiser of the year was a highlight with 331 people enjoying a fantastic night out at Eden Park for the Rugby themed event in conjunction with the British and Irish Lions Rugby tour. Our annual street appeal unfortunately didn't bring us our usual returns this year.

Challenges included being denied permission to collect from some of our prime supermarket locations due to some stores limiting the number of collectors or choosing only one or two charities to align with, as well as getting enough volunteer collectors to fill the sites we did obtain. While I am continuously amazed at the generosity of people, times are hard. Many people dropped money in our buckets however collectors noted fewer notes and more coins, making the overall amount at the end of the day significantly less.

A lovely spontaneous event was when comedian Sam Smith, who lives with MS, offered to get together some of his mates and put on a comedy show at the Comedy Club.

Harcourts Cooper & Co sponsored the event and the show was sold out in no time. What a fun evening it was!

The Field Workers were kept busy supporting a growing number of people with MS. Two 'Newly Diagnosed Days' were held to provide those new to MS with a morning of information and connecting. All our programmes and services were well received this year. Our wish is always to do more. The limitations of both people and funding resources can be so frustrating. A new programme trialled this year was group counselling. The Tui Centre was contracted to provide a trained group therapist and the first group was held in Manukau. With the positive feedback we received and the wide range of benefits people gained from the 6 week programme, we ran a second group on Whangaparaoa Peninsula.

If I had to single out one highlight for 2017 it has to be the people. I am inspired, in awe and in gratitude for the amazing people who are part of our MS community – the people living with MS, family and friends of those living with MS, donors and funders who give to MS, and all the people who give their time for MS.

I need to give special mention to our volunteers. We couldn't do what we do if we didn't have them. I was thrilled when Lady Raewyn Henry, joined our community and joined Lorraine and John Street to become an ambassador for MS Auckland. We are so very fortunate to have these amazing people looking out for our interests. Our volunteer committee, led by our President, Neil Woodhams, remained steadfast through the year and led the way in working with me and the team to ensure that MS Auckland runs smoothly and effectively. Our patrons also, help us out whenever they can and keep us connected with the medical world.

***What is the most important thing in the world? It is the people, it is the people, it is the people.***

Maori Proverb

Thank you to everyone for being there with us for 2017.

With gratitude and best wishes,

A handwritten signature in black ink that reads "I. Minett".

Ingrid Minett  
General Manager



Sam Smith at the Comedy Club

# memberships.

One of the goals for MS Auckland for 2017 was to extend our reach to serve and support all people living in the region with MS and their families. To do this we opened up different ways to be part of the MS Auckland community. People were offered the opportunity to belong to the community via membership, through a gift to the organisation, or through regular giving.

## Membership fees remained constant in 2017 from previous years as follows:

Individual	\$40/year
Family	\$55/year
Beneficiary	\$20/year
Life membership	\$400.00

Gifts were at the discretion of each individual and were tax deductible. People who chose to belong to the community with a gift were given all the benefits of membership, excepting voting privileges at the AGM or any special meetings.

Some people in the past had chosen not to take out a membership because their MS is well managed and they do not see themselves taking part in any programmes or services that MS Auckland offers. By choosing to Gift to MS they continue to support the organisation to continue operating and contribute to us building a stronger voice when advocating for people with MS. The number of people providing a financial contribution to MS Auckland by being part of the community increased over the year to nearly 500 people. Our database however of people with MS grew to 725 people. While this is still short of the 1000 people living in Auckland with MS, we hope to continue to build on this with the aim of having all people with MS being a part of our community and benefitting from the services and support we can offer.

# honorary life members at the end of 2017.

Barbara Broome

Bruce Cameron

David Ashton

Judy Wear

Jo Smith

Ken Hall

Roger and Judith Linton

Tina French

Graeme Sinclair

Milton Jennings

Ken Wadham

Doug and Marvyn Smith

Dr Ernest Willoughby

# field worker services.

The key service provided by MS Auckland is the professional Field Worker service. The Field Workers aim to see every newly diagnosed person in the comfort of their own home and assist them with understanding and living with MS. Being diagnosed with MS is often a frightening time for people as they come to terms with how this diagnosis will affect them and their family. The time that Field Workers give to the newly diagnosed person and their family is so very much appreciated and seen by many as being crucial to helping them come to terms with their MS.

The Field Workers work closely with the MS Nurses at Auckland hospital with the goal of providing a comprehensive integrated approach to MS care.

Key services provided by the Field Workers include:

- Visiting with each newly diagnosed person
- Providing on-going follow up for people via home visits or phone calls
- Providing information on a wide variety of issues (from support aids, to funding support, to care facilities)
- Advocacy for people with MS
- Providing referrals to health and counselling services
- On-going assessments
- Assisting with accessing services and other needs
- Organising peer support groups, social networks, workshops
- Liaising with Health professionals
- Being a listening ear

The feedback we receive on our Field Workers is overwhelmingly positive. In some cases they have been referred to as 'life savers'. For some of our long term members the Field Workers have been able to provide a continuity of care through the years and have supported not just the individual but the partner, children and the extended family as well. They also work with employers and give talks to other organisations to enable them to understand Multiple Sclerosis, and the unique needs for people living with the condition.



*Dianne Bartlett, Carol Andrews, Diane Hampton & Andrea Kortas-Ray*

## ms. support groups.

In 2017 there were 14 active support groups operating around the Auckland region. Generally the groups meet in a nearby café, with one group choosing to rotate venues to trial all the different cafes in the area.

The groups generally meet monthly and provide an opportunity for people with MS to connect with others living with MS and make new friends. Spouses and children sometimes also attend. Many people find making these connections and getting together each month invaluable.

Other support groups include facebook groups that have been initiated and set up by younger MS people to meet the needs of the busy, working 20 year old age group, groups that arise out of MS Auckland's programmes and courses, and smaller neighbourhood groups of people introduced to each other through newly diagnosed days or through Field Workers. Talking with other people living with MS can be so therapeutic, just by knowing that you are not alone with what you are feeling and going through.



*From left: Neil, Robyn, Ann, Erin (Hiding - striped top), Gwen, Alice, Janice, Peter, Tonia, Werner, Richelle and Michael*

## hydrotherapy.

Hydrotherapy sessions are offered 6 times a week at 6 different pools across Auckland. The sessions are led by a staff member at Rope Neuro Rehabilitation. Professional Neuro Physiotherapists guide the class through a whole body workout designed to provide many benefits for people with MS, including: improved muscle strength, improved fitness, improved gait and mobility, reduced fatigue, and increased quality of life.

Outcome measures taken through the year show those participants who attend regularly show improvement or no decline in all measurements. With MS being a progressive disorder, seeing no further progress in symptoms is a positive measure. The sessions have gained in popularity each year since starting in 2011. Attendance at the pools was 1,598 for the 2017 year.



## group counselling.

For the first time MS Auckland provided group counselling for people with MS. The sessions were facilitated by a specialist grief therapist and were run over 6 weeks in two hour sessions. Sessions covered the following topics: Grief and loss; work; dealing with 'overwhelm'; family, friends and socialising; relationships and intimacy; and building a future.

The first course was held in Manukau and the second at Whangaparaoa Peninsula. Feedback was overwhelming positive from both courses. The letter we received below from a participant of the first course is indicative of the responses we received.

*"I would like to thank the MS Auckland Society for putting on a counselling course here in the South Auckland at Friendship House.*

*This was a 6 session course and I must admit, it was a very good course. In this course, there were people with all types and levels of MS and together we spoke about things that none of us would ever talk about to others. This is what made this experience a very memorable one for me.*

*Speaking with like-minded people that all experience similar types of condition(s) made for easy conversation. It was truly amazing to hear the stories of others and how they get on with life every single day. Very inspiring!*

*I would love to see this same course become available for others that live in different parts of Auckland. I would highly recommend others to attend – it will be life-changing!*

*Many thanks to MS Auckland, thanks to all the course participants and thanks to anyone who made this counselling course possible. As I said, it was life-changing for me."*

## minimising fatigue, maximising life.

Field Worker Carol Andrews became trained to deliver the 6 week Minimise fatigue, maximise life programme for people living with MS related fatigue. The course was designed in New Zealand by health professionals and people with MS. Evaluations of the programme show that people who attend experience significant improvements in their fatigue as well as benefits in other aspects of their life. A take-home workbook is included in the course.

One full course was delivered in 2017 plus one condensed version. Both courses have been well received. Carol also used her skills to provide one-on-one sessions for people struggling with managing their fatigue.

Below is some of the feedback we received from people on what they felt they got out of the course:

- *I am now more actively aware on a day to day basis of causes and possible scenarios which mitigate my fatigue*
- *Learning to live with rather than exist with. Fitting in things you enjoy not just things you have to do*
- *Realising the importance of socialisation*
- *Thinking about ways to preserve energy*
- *Did not realise the importance of exercise. Thought it would add to my fatigue, not help it*
- *Learning to recognise own fatigue limit before going over the top*
- *Gave me the chance to really think through what is important to me*
- *Setting goals for the week was really helpful and kept me focused and on track (an unexpected highlight for me)*
- *Learned to make lifestyle changes and take control of my own health*
- *More understanding of my limits*
- *Learned to be more forgiving of myself when there are things I cannot do*
- *Helped me manage my MS smarter and more effectively, also how to get more out of life*
- *Gave me more control over how I feel and my capabilities. Made me think about prioritising and getting the important things done*
- *I learned how to have more control over my MS*

## wellness workshops.

Three Wellness Workshops were held throughout the year.

**25 February – Mindfulness workshop - with 34 people attending**

**27 May – Let's talk about fatigue – with 26 people attending**

**30 September – Taking control of cognitive changes – with 61 people attending**

Each workshop was held between 10am and noon at the centrally located Commerce Club in Remuera. A light morning tea was provided and the opportunity to meet up with old friends or make new friends.

Feedback from workshops is always positive. The Cognitive workshop, which attracted the highest number of participants had 58% rate the workshop as excellent and 42% as very good. This was the last Wellness workshop of the year with one participant writing:

*"Please keep doing these small workshops they are so informative!"*

## research day.

The annual Research day in 2017 was once again held at the Alexander Park Race Course. This year the day was combined with the National Field Workers conference and had 201 people in attendance including 21 Field Workers. This is an increase of 59 people from the previous year. The event is becoming an important day in people's calendar with people travelling from outside Auckland to participate.

This year's speakers were:

Dr Ernie Willoughby – update on new drug treatments

Gilly Davy – MS and Exercise, how to take the power back

Dr Terry Wahls (via video conference) – using food choices to stabilise and reverse neurodegenerative disease processes

We received 90 feedback forms on the day as follows:

From people with MS = 65

From a family member of a PwMS = 21

From a health professional or HP and family with MS = 4

Overall rating for the day was high with the most interesting topics for people being the Exercise and Diet.

35%	Exercise
31%	Diet and Exercise
14%	Diet

The message we are receiving is that people like to learn more about the things they can do to for themselves to manage their MS well.

On the 18th of October we were privileged to have Dr Riccardo Saccardi from Florence, Italy in New Zealand for the MSNZ annual meeting. As a hematologist, Dr Saccardi has had a special focus on MS and has been involved over the past 20 years in the field of Hematopoietic Stem Cells Transplantation (HSCT). As part of his trip to NZ, Dr Saccardi agreed to come to Auckland to speak. He spoke to a full house of 105 people at the Novotel hotel in Ellerslie. He also spoke to the medical teams at Auckland hospital. His presentations sparked much interest from both people living with MS and the medical professionals.



## awareness week.

Awareness Week takes place on the first week of September and aims to increase the public's knowledge of the condition through media and other channels. This year the week was launched with a Comedy show at the Comedy Club in downtown Auckland. Sam Smith, a comedy writer and stand-up comedian, got together some of his friends (including well known comedians Dai Henwood and Guy Williams) who all donated their time for the show. Our partner, Harcourts Cooper & Co sponsored the event and the tickets sold out fast. It was a wonderful start to the week.

While we did get some local newspaper coverage through the week, our highest profile comes from the Street Appeal which takes place on the last two days of the week and where hundreds of volunteers take to the street for a bucket collection.

## newly diagnosed day.

Two newly diagnosed days were held in 2017. The first one in August had 18 people attend and the one in November had 28 people. Attendees included the person with MS and their partner or parent or other relative. These days are designed to provide a bit more information to people while also giving people the opportunity to meet others like them. While in the past this was held just once a year, we found that the smaller groups provided for a friendlier, informal style and encouraged people to talk more with each other.

Feedback from the newly diagnosed day included:

- Great to meet people on the same journey
- This day was really helpful and great forum for discussion
- Thank you for a very informative morning. It was great being among others who are experiencing similar issues
- Very informative. Not a big overload of information and made it easy to understand.

## magazine and e-news.

Four magazines were produced through the year and delivered to over 600 homes. The magazine was also made available in the hospital, clinics and surgeries. The magazine is also sent out electronically to 335 subscribers and made available on the MS Auckland Website.

Monthly e-newsletters went out to over 1400 subscribers providing updates on events and news each month.

## other services.

**Library** – MS Auckland has an excellent lending library with a wide range of books as well as CDs available to loan.

**Taxis** – When transport is a barrier to people attending support groups, workshops or other events, MS Auckland assists by paying for the provision of a taxi.

**Christmas Party** – The end of the year Christmas party is always a fun social event. People who have volunteered through the year and key donors are invited to attend and all others pay a small amount to cover the cost of a big Christmas banquet.



## major fund-raising events.

With only 8% of our operating expenses covered by the Ministry of Health, fund-raising has become an important revenue stream for MS Auckland. The two main fund-raising events this year were:

### *clash of the hemispheres*

This year we took advantage of the British and Irish Lions Rugby Tour and themed our charity dinner and auction event around their visit. We enjoyed record attendance with 331 people at Eden Park to enjoy the evening entertainment, dinner and auction.



The event was sponsored by Fidelity Life, Harcourts Cooper & Co and John Andrew Mazda. MC Jeremy Corbett looked after a debate between the Northern Hemisphere and the Southern Hemisphere as to who plays the best rugby. The Northern Hemisphere was represented by Stuart Barnes, Scott Quinnell and Miles Harrison and the Southern Hemisphere by Sir Graham Henry, Phil Gifford and Ian Jones.

The event made a net profit of \$86,000 and also raised awareness of MS.



## street appeal

224 volunteers and 31 community groups went out to the streets for 2 days to collect donations in buckets for MS Auckland. This year we took in almost \$35,000, which was well short of previous takings. Unfortunately many of our 'prime sites' no longer allow collectors. Street appeals however remain a valuable way for us to connect with the public and raise awareness and funds. A strategy for how we can increase revenue again for 2018 is being looked at.



## other fundraising events.

We are most grateful to the people who raise money on our behalf through events such as running marathons and doing their own fundraisers. We can't do this on our own and the help from the community in getting behind MS Auckland to help raise funds is so much appreciated.

This year we were also very fortunate to have a volunteer group of students from the University of Auckland do some consulting work for us. The group called Synergy- Think Pod, choose a few charities each year to work with. The students are selected by the Synergy senior team and through the term are mentored by business professionals and academic leaders to complete the requirements of the charity. The students volunteer their time and work throughout the term gaining valuable work experience.

MS Auckland had five students – Miguel Antonio, Nick Goldstein, Silvia Martino, Sukhkriti Mehta and Anand Vallabh, supported by students Jennifer Crosland and Mary Moon – who explored opportunities for Corporate Partnership and provided a Merchandise Assessment for us. Their comprehensive report provided valuable insight for the MS Auckland staff and committee into these two areas of development for revenue growth.



## bequests.

We were fortunate to receive 3 bequests this year:

- Betty McGrevy
- Estate of Lipanovich & Covich
- Estate of Jos Pickett

Bequests are a great way to support and future proof MS Auckland to ensure those with MS in the future will receive the care and support they need.



# financial report.

A full version of the financial statements may be obtained from Charities Services website.

## THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED

### Statement of Financial Performance

For the Year Ended 31 December 2017

	Notes	2017	2016 \$
<b>Revenue</b>			
Donations, fundraising and other similar receipts	2.1	803,635	597,049
Fees, subscriptions and other receipts from members		8,187	11,407
Revenue from providing goods and services	2.2	74,103	71,512
Interest, dividends & other investment income receipts		3,657	2,011
Other revenue		-	-
<b>Total revenue</b>		<b>889,582</b>	<b>681,980</b>
<b>Expenses</b>			
Expenses related to public fundraising	3.1	123,090	117,972
Volunteer and employee related payments	3.2	379,272	362,675
Cost related to providing goods and services	3.3	111,813	124,585
Grants and donations made		-	-
Other expenses	3.4	21,471	29,908
<b>Total expenses</b>		<b>635,645</b>	<b>635,139</b>
Total surplus/(deficit) for the year		<b>253,937</b>	<b>46,841</b>

THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED

Statement of Financial Position

As at 31 December 2017

	Notes	2017	2016 \$
<b>Current assets</b>			
Bank accounts and cash	4.1	207,107	158,935
Debtors and prepayments	4.2	46,479	9,057
Inventory (books)		1,597	-
Term deposits - maturity in 3 months to 1 year	4.3	64,287	36,900
Other Current Assets		-	-
<b>Total current assets</b>		<b>319,470</b>	<b>204,892</b>
<b>Non-current assets</b>			
Property, plant and equipment	5	18,762	31,307
Investments		-	-
<b>Total non-current assets</b>		<b>18,762</b>	<b>31,307</b>
<b>Total assets</b>		<b>338,232</b>	<b>236,199</b>
<b>Current liabilities</b>			
Bank overdraft		-	-
Creditors and accrued expenses	4.4	9,223	9,755
Employee costs payable		16,191	21,746
Unused donations and grants with conditions		145,065	110,883
<b>Total current liabilities</b>		<b>170,478</b>	<b>142,384</b>
<b>Non-current liabilities</b>			
Loans		-	-
<b>Total non-current liabilities</b>		<b>-</b>	<b>-</b>
<b>Total liabilities</b>		<b>170,478</b>	<b>142,384</b>
<b>Total assets less total liabilities (Net assets)</b>		<b>167,752</b>	<b>93,815</b>
<b>Accumulated funds</b>			
Capital contributed by owners and members		-	-
Accumulated surpluses/(deficits)		167,752	93,815
Reserves		-	-
<b>Total Accumulated funds</b>	6	<b>167,752</b>	<b>93,815</b>

**THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED**

**Statement of Cash Flows**

**For the Year Ended 31 December 2017**

	Notes	2017	2016 \$
Cash flows from operating activities			
<i>Cash was received from:</i>			
Donations, fundraising and other similar receipts		803,637	558,247
Fees, subscriptions and other receipts from members		8,187	11,407
Receipts from providing goods or services		71,754	75,364
Interests, dividends and other investment receipts		2,764	1,781
		886,342	646,799
Net GST*			
<i>Cash was applied to:</i>			
Payments to suppliers and employees		628,837	640,493
Donations or grants paid		-	-
		628,837	640,493
<b>Net cash flows from operating activities</b>		<b>257,505</b>	<b>6,306</b>
Cash flows from investing and financing activities			
<i>Cash was received from:</i>			
Receipts from the sale of property, plant and equipment		-	10,435
Receipts from the sale of investments		-	-
Proceeds from loans borrowed from other parties		-	-
Distribution from MS Auckland Region Trust		-	-
		-	10,435
<i>Cash was applied to:</i>			
Payment to acquire property, plant and equipment		1,946	18,590
Payments to purchase investments		27,387	36,900
Repayments of loans borrowed from other parties		-	-
Distribution to MS Auckland Region Trust		180,000	-
		209,333	55,490
<b>Net cash flows from investing and financing activities</b>		<b>(209,333)</b>	<b>(45,055)</b>
Net increase/(decrease) in cash		48,172	(38,749)
Opening cash		158,935	197,684
<b>Closing cash</b>		<b>207,107</b>	<b>158,935</b>
<b>This is represented by:</b>			
Bank accounts and cash	4.1	207,107	158,935

## **INDEPENDENT AUDITOR'S REPORT**

### **TO THE MEMBERS OF THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED**

#### **Report on the Performance Report**

##### **Opinion**

We have audited the accompanying performance report of The Multiple Sclerosis Society of Auckland and The North Shore Incorporated (The Society) on pages 2 to 16 which comprise the entity information, the statement of service performance, the statement of financial performance and statement of cash flows for the year ended 31 December 2017, the statement of financial position as at 31 December 2017, and the statement of accounting policies and other explanatory information.

In our opinion:

- a) The reported outcomes and outputs, and quantification of the outputs to the extent practicable, in the statement of service performance are suitable
- b) The performance report on pages 2 to 16 presents fairly, in all material respects, :
  - The entity information for the year then ended;
  - The service performance for the year then ended; and
  - The financial position of The Society as at 31 December 2017 and its financial performance and cash flows for the year then ended.

in accordance with Public Benefit Entity Simple Format Reporting – Accrual (Not-For-Profit) issued by the New Zealand Accounting Standards Board.

##### **Basis for Opinion**

We conducted our audit of the statement of financial performance, statement of financial position, statement of cash flows, statement of accounting policies and notes to the performance report in accordance with International Standards on Auditing (New Zealand) (ISAs (NZ)), and the audit of the entity information and statement of service performance in accordance with the International Standard on Assurance Engagements (New Zealand) ISAE (NZ) 3000 (Revised). Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Performance Report section of our report. We are independent of The Society in accordance with Professional and Ethical Standard 1 (Revised) Code of Ethics for Assurance Practitioners issued by the New Zealand Auditing and Assurance Standards Board, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other than in our capacity as auditor we have no relationship with, or interests in, The Society.

### **The Responsibility of Management Committee for the Performance Report**

Management Committee is responsible on behalf of the entity for:

- (a) Identifying outcomes outputs, and quantifying the outputs to the extent practicable, that are relevant, reliable, comparable and understandable, to report in the statement of service performance;
- (b) The preparation and fair presentation of the performance report which comprises:
  - The entity information;
  - The statement of service performance; and
  - The statement of financial performance, statement of financial position, statement of cash flows, statement of accounting policies and notes to the performance report

in accordance with Public Benefit Entity Simple Format Reporting – Accrual (Not-For-Profit) (issued in New Zealand by the New Zealand Accounting Standards Board), and

- (c) For such internal control as the Management Committee determines is necessary to enable the preparation of the performance report that is free from material misstatement, whether due to fraud or error.

In preparing the performance report, the Management Committee is responsible on behalf of The Society for assessing The Society's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless Management Committee either intends to liquidate The Society or to cease operations, or have no realistic alternative but to do so.

### **Auditor's Responsibilities for the Audit of the Performance Report**

Our objectives are to obtain reasonable assurance about whether the performance report is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (NZ) and ISAE (NZ) 3000 (Revised) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this performance report.

As part of an audit in accordance with ISAs (NZ) and ISAE (NZ) 3000 (Revised), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the performance report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher

than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of the use of the going concern basis of accounting by the Management Committee and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Society's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the performance report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Society to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the performance report, including the disclosures, and whether the performance report represents the underlying transactions and events in a manner that achieves fair presentation.
- Perform procedures to obtain evidence about and evaluate whether the reported outcomes and outputs, and quantification of the outputs to the extent practicable, are relevant, reliable, comparable and understandable.

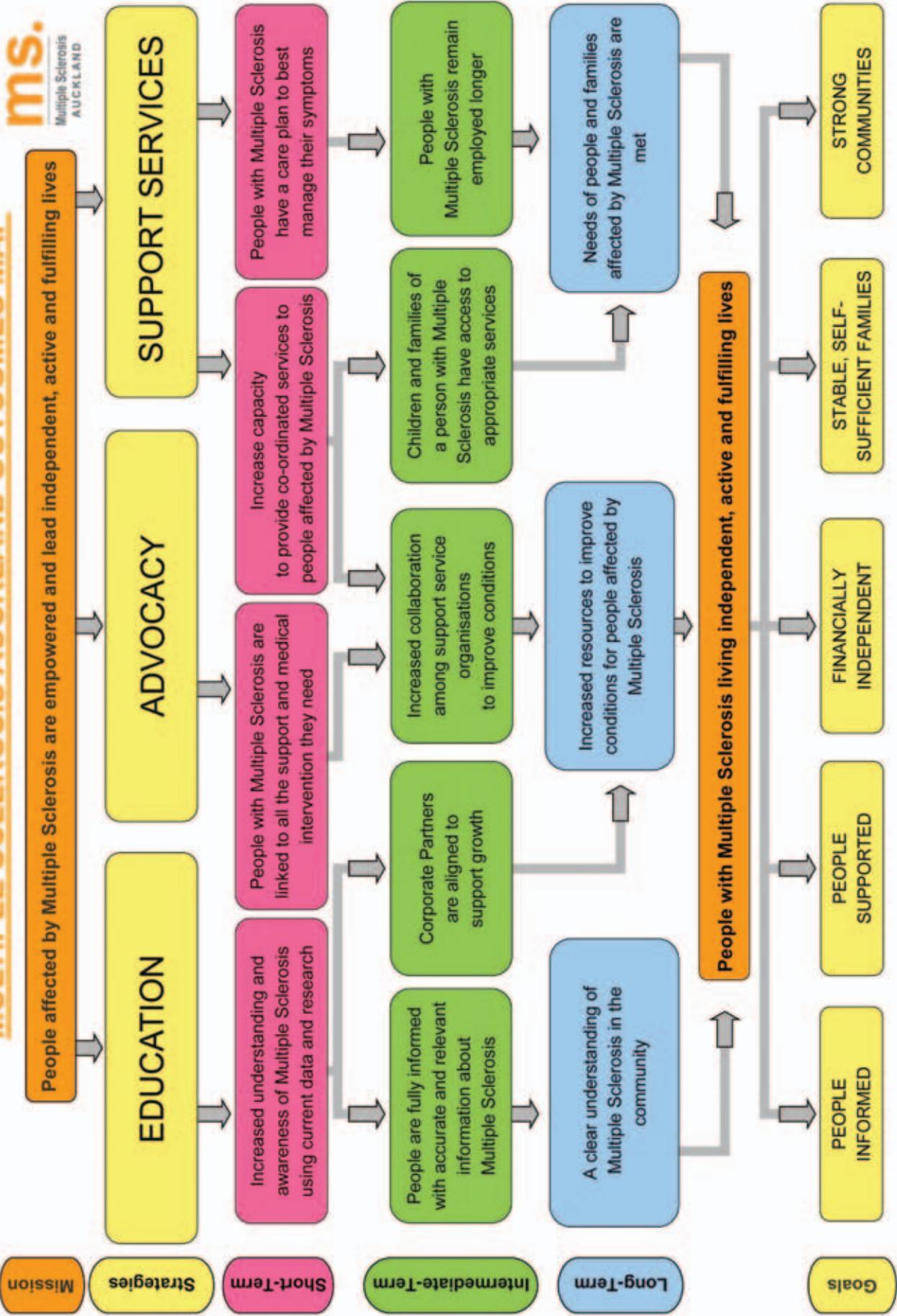
We communicate with the Management Committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Lynch & Associates Limited  
Parnell, Auckland

21 March 2018

# MULTIPLE SCLEROSIS AUCKLAND OUTCOMES MAP



# Infographic

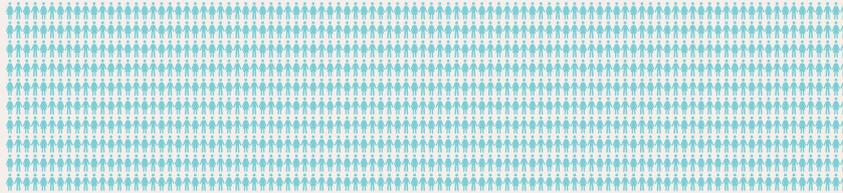
January - December 2017



**Field Workers**  
3 FTE



**Support Staff**  
3.25 FTE



**1000+**  
**People with MS in Auckland**



**12,632**  
Communications with Clients



**446**  
Home Visits by Field Workers



**2,577**  
Support Calls Made



**3,558**  
Community Outreach

**4000+**

The reach of our service throughout Auckland, including people with MS, their carers, families, friends, employers and other agencies



**70**  
People Newly Diagnosed with Multiple Sclerosis and introduced to our services.

**279**

People attended Wellness Workshops on a variety of topics



**191**  
People attended our annual Research Day with local and international speakers presenting

**1,598**

People attended Hydrotherapy sessions across six Auckland venues



**781**  
People attended MS Support and Networking groups

**22,848**

Multiple News magazine and e-newsletters distributed to the MS community, health Professionals and other outlets



**5,632**  
Volunteer hours spent assisting in the office, at Hydrotherapy, Support Groups, Events and Admin

**2**

Major Fund-raising events



of operating expenses received from Ministry of Health funding



of funds raised goes back into supporting people with Multiple Sclerosis in the Auckland region

## Multiple Sclerosis Auckland

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Residuary Estate



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Assisting people with disabilities



*Thank you to our partners and funders for their generosity and support!*

bequests.

Betty McGrevy  
Estate of Lipanovich & Covich  
Estate of Jos Pickett

in memoriam.

Freda Davis  
Margueritte McDonald  
Christine Johnson