

ms.

Multiple Sclerosis
AUCKLAND



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:	www.msakl.org.nz

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 2018.

staff support

General Manager

Ingrid Minett

Business Manager

Mark Blackie

Projects Coordinator

Kirsty Whitehouse

Volunteer/Administration Assistant

Becky Tucker

Field Workers

South Auckland

Dianne Bartlett

Central Auckland

Catherine Glover

North Shore

Diane Hampton

West Auckland/Rodney

Andrea Kortas-Ray

the committee

President

Neil Woodhams

Vice - President

Louise Reed

Treasurer

Peter Wood

Secretary

Amit Abhyankar

Committee Members

Donald Bowie

Judith Herbert

Jan Hollway

Robert Irving

Carolin Perkins

Joan Thomson

Fran Watts

Maureen Wood

our supporters

Patrons

Dr. Ernie Willoughby

Dr. Jennifer Pereira

Ambassadors

John and Lorraine Street

Lady Raewyn Henry

Auditors

Lynch & Associates Limited

Lawyers

Reo Webber & 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. Its 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 2018 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, a charity lunch and MS Bike the Bridge. 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
- An Annual charity lunch/dinner and auction
- 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 4,117 hours were given by volunteers.

president's report for the year ending 31 december 2018.



It's hard to believe another year in the life of MS Auckland has gone by. As usual it has been one of achievements and challenges.

The Society has continued to maintain 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.

In recent years we have worked with the MS Nurses at Auckland hospital to run a newly diagnosed course to people and their partners and family members. We have recognised that when people are diagnosed with MS their need for good reliable information and support is critical. We believe working closely with the MS nurses is the best way to achieve this. We are investigating currently how we can strengthen this support in the future.

Last year the Hospital saw a total of 38 people newly diagnosed with MS. This is a reduction of about 20% on numbers diagnosed in recent years. It is too early to tell whether this is a start of a welcome trend or not.

The 2018 Research Day was again a great success. Run in conjunction with the MSNZ Field Worker training workshop, it again drew a crowd of over 200. We were very lucky that we were able to bring Professor Helmut Butzkueven as the principal speaker. Helmut is a world renowned MS researcher and clinical neurologist based in Melbourne. He is very critical of the PHARMAC restrictions on access to disease modifying drugs. While in New Zealand he also spoke in Christchurch to PwMS there and I was able to take him to Wellington for a meeting with senior PHARMAC officials.

In November in conjunction with the NZ MS Research trust we hosted two more international experts in MS. Professor Bill Carroll from Perth and Professor Mitch Wallin from Washington DC. They were both in Auckland for an international conference on the global incidence of Brain disease.

With the successful establishment of the NZ MS Research trust it is likely that they will take prime responsibility for Research Day in the future. Education about MS and the dissemination of information about the latest research is a prime objective of the trust. However we will ensure that this is done with the help and co-operation of the Society.

Our Lifebuoy fund raiser at the Royal New Zealand Yacht Squadron was an outstanding success. After the Clash of the Hemispheres event associated with the Lions Tour the previous year we had concerns whether we would be able to match its success. In the event those concerns were needless. The Lifebuoy committee ably led by Ingrid produced a memorable event which although pitched at a slightly different audience resulted in a profit well in excess of budget. Our thanks must go to all involved but especially to Raewyn Henry and Sir Graham Henry whose support and personal commitment with prizes made the day the success that it was, and of course John and Lorraine Street whose connections and support enable the event to be the success that it is each year. It proved again that the Society can organise a charity event of the highest quality which reflected well on the professionalism of the staff and volunteers involved.

The committee of the Society has started 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. This has proved more protracted and difficult than first anticipated. The major challenge is we know we will not be able to in the future, deliver services in the way we have in the past. Further our members have unprecedented access to information from sources other than the Society although some of that information is of dubious quality. At the same time we know our current services are valued by our members. The age range in the newly diagnosed PwMS in Auckland in 2018 ranged from 18 to 68. We know how people of that wide range of ages access their information can be widely different. The challenge is how we meet these vastly different needs in an affordable and professional way. The committee intends to bring to the membership our recommended ways of addressing these issues during the coming year.

Last year I referred to the difficulties we were having in addressing with PHARMAC their very restrictive access criteria for MS drugs in New Zealand. This 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. In conjunction with MSNZ we have made

a further detailed well researched submission to PHARMAC At time of writing we had made no progress in getting any movement by PHARMAC. The acute shortage of publicly funded services for MS has not been addressed. DHB Neurology services are plagued with increasing demand and an ongoing shortage of specialist MS neurologists and access to critical services like MRIs. I do not hold out any great hope that these will be addressed in the short term although together with MSNZ we will continue to advocate strongly for them. It therefore remains really important for people with MS, their families and carers 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.

Finances:

The accounts included in this report are the Consolidated Accounts for Multiple Sclerosis Auckland and North Shore Inc. and the related MS Auckland Trust for the year. It is pleasing that the consolidated accounts show a surplus of \$59,000 for the year and the accounts for the Society alone showed a surplus of \$71,000. The Auckland MS regional Trust made a small loss for the year of \$21,000 accounts as a result of a revaluation of its investments at 31 December which is balance date. The Accumulated Funds of both the Society and the Consolidated Group are in good shape which is a credit to the staff and committee which continues to manage the needs of members with the need for financial sustainability where over 90% of the annual revenue must be raised each year by fund raising of one sort or another.

Honorary Life Member; It is with sadness that I record the death of our honorary Life member Rob Linton. Rob and his wife Judith for many years ran a monthly coffee morning tea in their home in Point Chevalier. There will be many members whose first contact with the Society was through these groups. I was privileged to represent the Society at his memorial service along with a number of members of the society who had enjoyed the Linton's hospitality and friendship over many years.

I also note the passing of Sandy Ashton, wife of our Life member David Ashton, who died recently in Taupo.

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. We were very sorry to lose the services on Diane Hampton who worked as Fieldworker on the North Shore for over 14 years. Diane was a passionate advocate for her clients and participated fully in the activities of the Society. In recognition of her outstanding services the committee has unanimously resolved to recommend to the AGM to confer Honorary Life membership on her.

Committee:

My thanks goes to all of the committee especially Louise Reed Vice President and Peter Wood as Treasurer for their support and the hours of work they have contributed as volunteers to the sound governance of the Society. The strategic planning process has involved far more committee work than is normal and significant additional hours of committee time has been put in.



Neil Woodhams
President

general manager's report.



2018 marked my third year at MS Auckland. I continue to be impressed with the dedication and hard work of staff and volunteers, and the remarkable and resilient people who live each day with the challenges and uncertainties of multiple sclerosis.

As a charity we rely heavily on our community and the goodwill of many people for support. In 2018 we unfortunately had two of our skilled and dedicated Field Workers retire – Carol in February and Diane in December. We were lucky to have Catherine come on board to keep the Field Worker service running in Central Auckland to the end of the year. With Diane's departure positions were reviewed and the decision was made to create a full time Field Worker position to cover both Central Auckland and the North Shore.

The key service we provide continues to be our Field Work service. The Field Workers provide information, education, advocacy, referrals, resources, and a listening ear with practical advice when needed.

Our aim the past few years has been to build on our solid foundation and continue to grow a strong MS community of camaraderie and support. Our database of people with MS in Auckland at the end of the year was at 745, out of an anticipated 1,000 people. We hope in the coming year we can build on that further. I'm reminded of a quote by Helen Keller – 'Alone, we can do so little; together, we can do so much'.

The Committee has been working hard this past year developing a strategy to see the organisation into the next 5 to 10 years. It has been a long process with six key areas identified – Structure & Membership; Finance; Information system; Services; Communication & Marketing; and Collaboration and Partnerships. A sub-committee was developed for each area. The work of the sub-committees continues with the overall aim to ensure that the work of the society keeps up with the huge changes we have seen over the years with MS treatment and care and the bulk of information on MS available on the web, and ensuring our resources are best utilised to meet the needs. With change often comes disruption and unease, but we hope to bring about changes that will continue to serve the needs of current members while also being relevant to those who are newly diagnosed each year. I would like to thank the committee for their commitment to the strategy development process. I feel fortunate to be able to work with such a dedicated and lovely group of people.

In the following pages you will read about the activities of our very busy year! The key events were once again our big annual fundraiser, Life Buoy for MS, Research Day, and Awareness Week and Street Appeal. However in between these events there is always something going on. Our regular Hydrotherapy programme and support groups continued, as did our Wellness Workshops. We once again held a Group Counselling workshop, and a Newly Diagnosed Day. We also had a table at the annual Brain Day, run by the Neurological Foundation, and together with the Stroke Northern Foundation, piloted a new exercise programme in West Auckland. We were also invited by the People with Parkinson's group to attend a presentation by John Kirwan on his journey with depression.

We are enjoying collaborating with both Stroke and People with Parkinson's and together we are looking for ways to continue collaborating in the future.

I would like to give special mention to the team at Hunch, who offered their services free of charge for our awareness week. The skilled team, led by Matt Watts, their creative director developed a campaign focusing on one of the symptoms (numbness of the fingers and hands). It included posters, cards, videos, and even a simulation game. We felt truly blessed to have the expert support of Hunch, as raising awareness and an understanding of MS, a complicated and often invisible condition, is an important part of our work at MS Auckland.

We are very fortunate to have two MS Nurses at Auckland Hospital that we can call on. The MS Nurses feel that the work they do in the hospital is well complimented in the community by the Field Workers, and the Field Workers feel that they are well supported with medical advice and knowledge by the MS Nurses.

All in all it has been another busy and rewarding year. Thank you for being there with us in 2018!

With gratitude and best wishes,

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

Ingrid Minett
General Manager

memberships.

Our goal was to continue to extend our reach to serve and support all people living in the region with MS and their families. People were asked to support the society either through a paid membership, or with a donation or through regular giving. To participate with voting rights or to be on the Committee a paid membership was required.

Membership fees remained the same in 2018 as follows:

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

We gained slightly on our membership over the year, finishing the year with 745 members, just 20 more than in 2017.

honorary life members at the end of 2018.

Barbara Broome
Bruce Cameron
David Ashton
Judy Wear
Graham Wear
Jo Smith
Ken Hall

Roger and Judith Linton
Tina French
Graeme Sinclair
Milton Jennings
Ken Wadham
Doug and Marvyn Smith
Dr Ernest Willoughby



Dr Ernest Willoughby with Field Workers Dianne Bartlett and Diane Hampton



Graham Wear receiving his honorary life membership

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, often 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 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
- Providing referrals to health and counselling services
- Advocating for needs or services (including WINZ, housing, employers)
- 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

This year the Field Workers all took part in the Living Well Toolkit training, a resource for people living with long-term conditions, to help them improve communications and plan for the future.

The feedback we receive on the work of our Field Workers is overwhelmingly positive. A survey done in 2018 with people who had MS had 79% of respondents rate Field Work as excellent, and showed it as the number one service we provide.

Table of current services and their ratings from the October 2018 on-line Survey of People with MS (159 respondents out of 606 – 26%)

Service	Excellent	Good	Average	Low
Field Workers	79%	11%	8%	2%
Research Day and Special Speakers	64%	15%	15%	6%
Hydrotherapy	55%	16%	18%	11%
MS Awareness	53%	32%	13%	2%
Fatigue Management Courses	51%	25%	18%	6%
Magazine and E-News	51%	29%	18%	2%
Support Groups	46%	28%	16%	10%
Wellness Workshop	43%	28%	24%	5%
Other Exercise Programs (Yoga etc.)	43%	27%	21%	9%
Group Counselling	39%	20%	32%	9%

ms. support groups.

In 2018 there were 15 active support groups operating around the Auckland region. Generally the groups meet in a local café. Attendance fluctuates at the meetings with anywhere from 5 to 25 people at a group.

A new Men's Group was formed in mid-2018 that is proving to be very popular. They meet once a month on a Saturday morning, with 12 or more men showing up to meet others living with MS, catch up with friends, gain valuable tips and ideas on dealing with the symptoms of MS and generally just gaining satisfaction from the knowledge that they aren't alone.



hydrotherapy.

Hydrotherapy sessions were offered 6 times a week at 6 different pools across Auckland. In 2018 we contracted with three different providers to lead the classes – Rope Neuro Rehabilitation; Physio Rehab Group; and Neuro Rehab Results. We had 149 people attend the sessions throughout the year, with some going to two pools a week. We also had the support of 27 volunteers who assist the therapist from duties such as helping people get their floating belts on, assisting people in and out of the water, and making the tea or coffee for the social time after the pool workout. The sessions are available to people with other conditions with some stroke people as well as a few people who have been affected by polio taking part weekly.

Research investigating the use of aquatic exercise in people with MS shows that it provides varying levels of support for the following benefits:

- Improved muscle strength
- Improved fitness
- Improved gait and mobility
- Reduced fatigue
- Increased quality of life or sense of well-being



Feedback from participants on the sessions highlights the physical, mental and social benefits that people receive from being part of a pool group. Some feedback over the year has been:

“The hydrotherapy is good social interaction and keeps my legs moving”

“I like the social element and being able to move by body freely in the water”

“Great leader - the therapist gets the most out of each of us”

“Without these sessions I regress markedly, even one week off leaves me weaker”

group counselling.

With the success of the group counselling sessions held for the first time in 2017, another session was held in September/October in West Auckland. The sessions were facilitated by the same 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.

10 people attended all 6 sessions and provided feedback as follows:

50% would have liked more than 6 sessions; 50% thought 6 sessions were enough

100% found the content of the sessions helpful

70% feel that have gained new ideas on ways of handling things

100% would recommend the course to others

Some of the feedback comments were:

Our group gelled quickly and shared openly. I learnt a lot from the sharing of others and am grateful to people for their honesty and frankness

I learnt not to worry about things I can't control

'Management not control' is my new catch phrase now

I wasn't sure what to expect but I am really glad I came and that everyone else here did too.

wellness workshops.

Three Wellness Workshops were held throughout the year.

- **24 February – Discrimination in Employment - with 12 people attending**
- **30 July – Resistance Training (2 sessions one in the morning in Central Auckland and one in the afternoon in West Auckland) – with 24 people attending**
- **15 October – Balance Workshop – with 17 people attending**

Each workshop was run by a trained facilitator. For the first time two of our workshops – resistance and balance – were 'hands on', with the participants actively taking part in some of the exercises. This meant however that for safety we had to limit the number of participants in these groups.

The topic for the workshops is determined to a large extent by our members through our Field Workers. Employment issues, balance problems, and the need for strength training were all topics seen by the Field Workers as needing to be addressed further.



research day.

The annual Research day in 2018 was once again held at the Alexander Park Race Course. Once again we combined the day with the National Field Workers conference with 177 people in attendance including 21 Field Workers. This event continues to be an important day in people's calendar with people also travelling from outside Auckland to participate. In our survey to people with MS Research Day and the special speakers we are able to get in through the year are second only to Field Workers services in their overall ratings.

This year's speakers were:

- **Dr Helmut Butzkueven**, Associate Professor and Neurologist from Melbourne – with a presentation on Brain Health: Time matters in MS. Dr Butzkueven also spoke on MS Base, an international database of people with MS
- **Dr John Davison**, Senior Clinical Psychologist at Middlemore Hospital – with a presentation on Cognition and MS
- **Dr Mark Craig**, GP – with a talk on MS and Diet: What should we be eating?



We received 102 feedback forms on the day as follows:

From people with MS = 65
From a family member of a PwMS = 28
From a health professional or Field Worker = 9

97% rated the day as excellent or good
3% rated the day as average

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.

We were very fortunate to have the professional support of Hunch, who developed our campaign this year centred around everyday things that are hard when you have MS. The campaign included three eye-catching posters with the slogan 'MS can make easy things hard' – with a can opener 'can't opener', a fork 'forkward', and mascara 'dramascara': The design was used for Street Posters in 9 different locations around Auckland, wall posters, and postcards.

They also developed a series of videos of people sharing their real life stories of living with MS, which were shared on social media and on our Givealittle page. And, finally they made an MS Simulator – a special Skill Claw game which was created especially for Awareness Week. The MS Simulator looked to replicate what it's like to have MS, by challenging people to pick up everyday items such as pens, kitchen utensils and TV remotes, instead of the usual fluffy toys.

This year we were very fortunate once again to launch Awareness Week 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 know comedians Paul Ego, Justine Smith and Rhys Mathewson) who all donated their time for the show. Our partner, Harcourts Cooper & Co together with JUCY sponsored the event and the tickets sold out fast. It was a wonderful start to the week.



newly diagnosed day.

A newly diagnosed day was held on the 27th of October with 24 people attending, including people with MS and their partners. This day is organised collaboratively with the MS Nurses and MS Auckland.

Three key speakers presented on the day:

- Dr Jennifer Pereira, Neurologist – presented on two topics 'What is MS' and 'Managing your MS'
- Dr Suzy Mudge and Janine Manga from Neuro Rehab Results presented on MS & Exercise
- Fiona d'Young, MS Nurse presented on wellness in MS

Field Worker Dianne Bartlett spoke on the services provided by MS Auckland and community support. A major part of the day also is for people to meet others newly diagnosed. Phone numbers are exchanged and new friends are made.

magazine and e-news.

Three 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 350 subscribers and made available on the MS Auckland Website.

Monthly e-newsletters went out to 1335 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 received from the Ministry of Health, fund-raising has become an important revenue stream for MS Auckland. The two main fund-raising events this year were:

Life Buoy for MS 2018

A volunteer committee of 5, including our ambassadors Lorraine Street and Raewyn Henry, and two staff members came together to hold a very successful Sunday afternoon lunch and auction. We were very fortunate to have Scotty Stevenson as our MC and our very own comedian, Sam Smith, as our special guest speaker. Harcourts Cooper & Co supplied the auctioneer and net total of \$72,000 was raised to support MS Auckland services.



Street appeal

This year we had 161 individual volunteers, 6 Rotary Clubs, 2 Lion Clubs, 2 Schools, 2 Church Groups, 3 other clubs and the armed force, collect over the 2 days of our annual street appeal. Unfortunately our income from Street Appeal continues to drop, and while we were pleased to be able to raise over \$25,000, this is well below other years.

Bike the Bridge

2018 will mark the last year of Bike the Bridge. We have been the charity partner of this event for a number of years, which has given us an opportunity to spread awareness and raise funds. This year, with the addition of the donation of the e-bike to raffle we made a combined total of \$12,805.

other fundraising events.

E-Bike Raffle

Electric Bikes NZ together with Smartmotion donated an e-bike which was raffled off and raised over \$5,000 for MS Auckland.

Remuera Lions Club Magic Show

We were most grateful to the Remuera Lions who this year offered MS Auckland to be one of their nominated charities for the Magic Show. This event was held in December with the proceeds of the event distributed to us early in 2019. The funds will be used to purchase newer model vehicles for the Field Workers.



We are most grateful to the people who raise money on our behalf.

A big thank you to Sam Smith for organising the Comedy Night and the Titirangi potters for their generous donation from their charity day selling beautifully handcrafted bowls, plates and mugs at the Titirangi market.

And thank you too for everyone that raised funds and contributed to supporting MS. We can't do this on our own and the help from the community is so much appreciated.

bequests.

We were fortunate to a bequest this year from the Estate of Lipanovich & Covish.



**LYNCH &
ASSOCIATES**

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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 2018, the statement of financial position as at 31 December 2018, 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 2018 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.



**LYNCH &
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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.



LYNCH & ASSOCIATES

Chartered Accountants & Business Advisors

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- 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 Ltd

Lynch & Associates Limited
Parnell, Auckland

25 March 2019

THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED

Statement of Financial Performance

For the Year Ended 31 December 2018

	Notes	2018	2017 \$
Revenue			
Donations, fundraising and other similar receipts	2.1	514,205	803,635
Fees, subscriptions and other receipts from members		6,196	8,187
Revenue from providing goods and services	2.2	87,839	74,103
Interest, dividends & other investment income receipts		4,481	3,657
Other revenue		-	-
Total revenue		<u>612,721</u>	<u>889,582</u>
Expenses			
Expenses related to public fundraising	3.1	43,765	123,090
Volunteer and employee related payments	3.2	389,876	379,272
Cost related to providing goods and services	3.3	93,653	111,813
Grants and donations made		-	-
Other expenses	3.4	14,819	21,470
Total expenses		<u>542,113</u>	<u>635,644</u>
Total surplus/(deficit) for the year		<u>70,609</u>	<u>253,937</u>

THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED

Statement of Financial Position

As at 31 December 2018

	Notes	2018	2017
			\$
Current assets			
Bank accounts and cash	4.1	168,082	207,107
Debtors and prepayments	4.2	3,165	46,479
Inventory (books)		1,356	1,597
Term deposits - maturity in 3 months to 1 year	4.3	94,825	64,287
Other Current Assets		-	-
Total current assets		<u>267,428</u>	<u>319,470</u>
Non-current assets			
Property, plant and equipment	5	14,717	18,762
Investments		-	-
Total non-current assets		<u>14,717</u>	<u>18,762</u>
Total assets		<u>282,145</u>	<u>338,233</u>
Current liabilities			
Bank overdraft		-	-
Creditors and accrued expenses	4.4	3,727	9,223
Employee costs payable		17,768	16,191
Unused donations and grants with conditions		22,286	145,065
Total current liabilities		<u>43,781</u>	<u>170,478</u>
Non-current liabilities			
Loans		-	-
Total non-current liabilities		-	-
Total liabilities		<u>43,781</u>	<u>170,478</u>
Total assets less total liabilities (Net assets)		<u>238,362</u>	<u>167,754</u>
Accumulated funds			
Capital contributed by owners and members		-	-
Accumulated surpluses/(deficits)		189,392	167,752
Unspent Grants Reserve		48,969	-
Total Accumulated funds	6	<u>238,361</u>	<u>167,752</u>

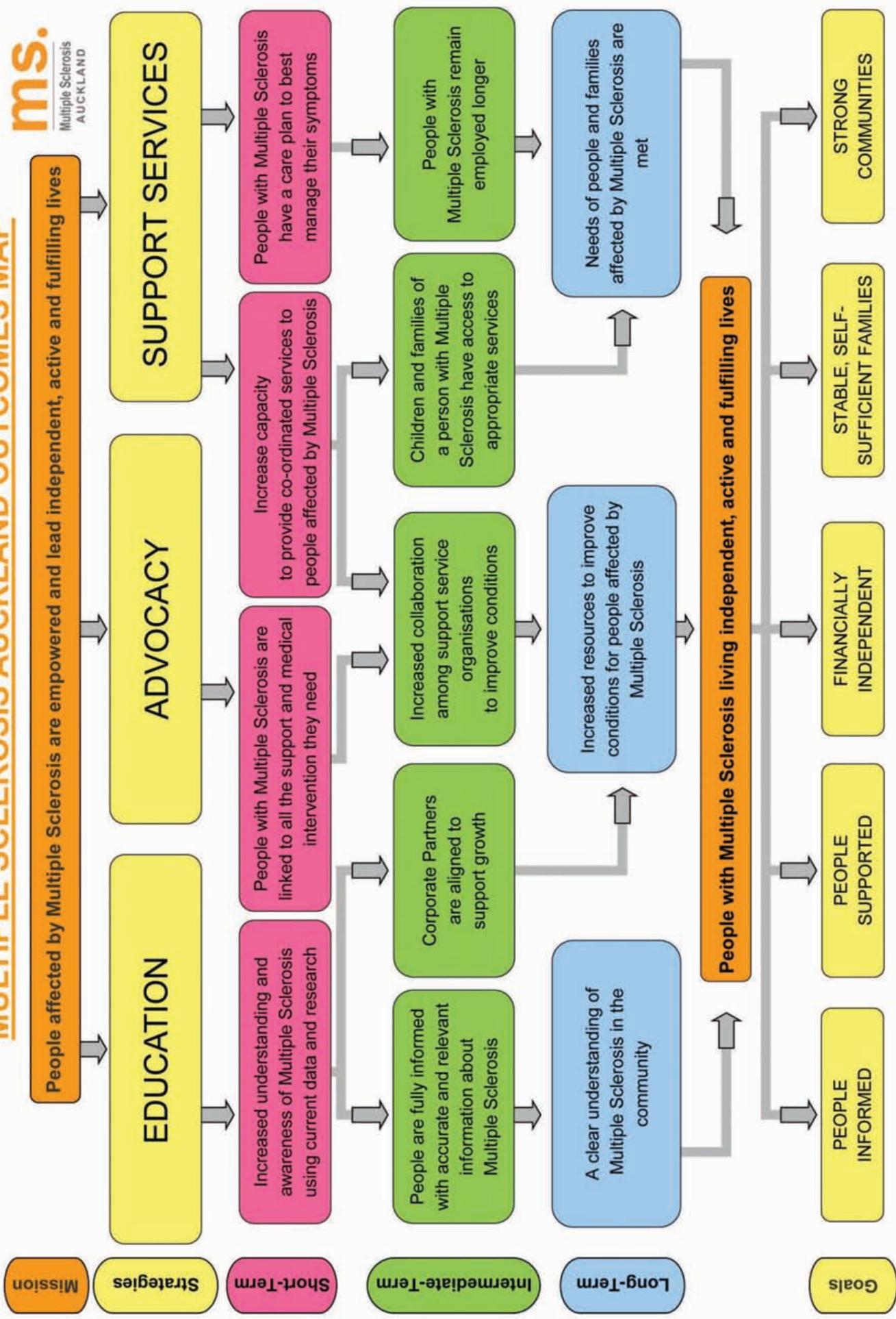
THE MULTIPLE SCLEROSIS SOCIETY OF AUCKLAND AND THE NORTH SHORE INCORPORATED

Statement of Cash Flows

For the Year Ended 31 December 2018

	Notes	2018	2017
			\$
Cash flows from operating activities			
<i>Cash was received from:</i>			
Donations, fundraising and other similar receipts		433,147	803,637
Fees, subscriptions and other receipts from members		6,196	8,187
Receipts from providing goods or services		89,087	71,754
Interests, dividends and other investment receipts		4,828	2,764
		<u>533,257</u>	<u>886,342</u>
Net GST*			
<i>Cash was applied to:</i>			
Payments to suppliers and employees		537,941	628,837
Donations or grants paid		-	-
		<u>537,941</u>	<u>628,837</u>
Net cash flows from operating activities		<u>(4,684)</u>	<u>257,505</u>
Cash flows from investing and financing activities			
<i>Cash was received from:</i>			
Receipts from the sale of property, plant and equipment		-	-
Receipts from the sale of investments		-	-
Proceeds from loans borrowed from other parties		-	-
Distribution from MS Auckland Region Trust		-	-
		<u>-</u>	<u>-</u>
<i>Cash was applied to:</i>			
Payment to acquire property, plant and equipment		3,803	1,946
Payments to purchase investments		30,538	27,387
Repayments of loans borrowed from other parties		-	-
Distribution to MS Auckland Region Trust		-	180,000
		<u>34,341</u>	<u>209,333</u>
Net cash flows from investing and financing activities		<u>(34,341)</u>	<u>(209,333)</u>
Net increase/(decrease) in cash		(39,025)	48,172
Opening cash		207,107	158,935
Closing cash		168,082	207,107
This is represented by:			
Bank accounts and cash	4.1	168,082	207,107

MULTIPLE SCLEROSIS AUCKLAND OUTCOMES MAP



Mission

Strategies

Short-Term

Intermediate-Term

Long-Term

Goals

EDUCATION

ADVOCACY

SUPPORT SERVICES

People affected by Multiple Sclerosis are empowered and lead independent, active and fulfilling lives

Increased understanding and awareness of Multiple Sclerosis using current data and research

People with Multiple Sclerosis are linked to all the support and medical intervention they need

Increase capacity to provide co-ordinated services to people affected by Multiple Sclerosis

People are fully informed with accurate and relevant information about Multiple Sclerosis

Corporate Partners are aligned to support growth

Children and families of a person with Multiple Sclerosis have access to appropriate services

Needs of people and families affected by Multiple Sclerosis are met

A clear understanding of Multiple Sclerosis in the community

Increased resources to improve conditions for people affected by Multiple Sclerosis

PEOPLE INFORMED

PEOPLE SUPPORTED

FINANCIALLY INDEPENDENT

STABLE, SELF-SUFFICIENT FAMILIES

STRONG COMMUNITIES

Infographic

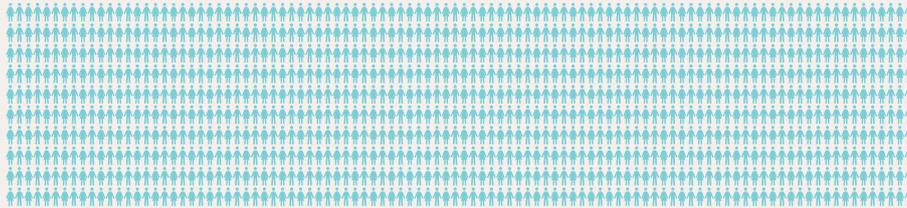
January - December 2018



Field Workers
3 FTE



Support Staff
3.25 FTE



1000+
People with MS
in Auckland



12,061
Communications
with Clients



1,122
Visits by Field
Workers



2,691
Support Calls
Made



7,127
Community
Outreach



60

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

267

People attended Wellness Workshops, counselling course and programmes on a variety of topics



177

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

1,953

People attended Hydrotherapy sessions across six Auckland venues



648

People attended MS Support and Networking groups

22,434

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



4,117

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

3

Major Fund-raising events



4100+

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



of operating expenses received from Ministry of Health funding



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

Multiple Sclerosis Auckland

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partnerships, grants, trusts, and foundations.



Harcourts
Cooper & Co



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

bequests.

Estate of Lipanovich & Covich

in memoriam.

Alan Underwood