

Hong Kong Arthritis & Rheumatism Foundation Ltd.

TENTH ANNUAL GENERAL MEETING

4 December, 2011

Report of the Chairman of the Executive Committee and Reports of the Conveners of Committees for the Financial Year from 1 April 2010 to 31 March, 2011

1. I am very pleased to report that the Hong Kong Arthritis and Rheumatism Foundation had another busy, successful and memorable year in 2010-11.
2. The Foundation was established in October, 2001. So in October, 2011 we held a Carnival in the Olympian City shopping mall as the kick off event to mark the start of a series of activities planned throughout the year in celebration of the Foundation's 10th Anniversary. A Patients Conference and Forum was held earlier in July 2010 at the Hong Kong Convention and Exhibition Centre, with nearly five hundred registered participants. During the year we partnered with the 'Health Action' monthly magazine to publish a series of twelve articles on various arthritis diseases and their treatment and care, cumulating in the compilation of these monthly articles into a special 10th Anniversary commemorative publication entitled '風雨同路十載情'. We revamped and enhanced the contents of our web-site to provide more informative and interactive resources and included the addition of a version in simplified Chinese characters to make our 'www.hkarf.org' site the most important and informative resources for arthritis for the Chinese population around the world. In November, 2010 we also successfully launched our Arthritis Helpline service. And, as we approached the year end, we were thrilled to reach a special milestone for the Foundation in that we had found a new home for the Foundation, and achieved to realize some of the earlier dreams of its founders in the setting up of a Resource and Training Activities Centre for arthritis patients, when we concluded the signing of a lease and obtained approval in the setting up of the Centre in the Nam Shan Estate, Shum Shui Po and, at the same time, secured the Foundation's first external funding support from another charity fund -- the Operation Santa Claus -- to support its planned new PT and OT assessment and training programmes which would be introduced to arthritis patients in the new Centre.
3. We are proud that the Foundation had provided much-needed service to the Hong Kong community in the last ten years. I am particularly happy in writing this report to relate the key activities of the Foundation during the year on this special occasion, but I thought I would not have done my job thoroughly if I did not take this opportunity to devote a major addendum section to put on record a summary of its work and achievements in the decade since it started serving the people of Hong Kong in October 2001. I shall, however, keep this year's report relatively shorter as the recap of the ten years' service records will provide a much more thorough and vivid illustration of the work and service of the Foundation all through these years.

Educating the public about arthritis and rheumatism

4. The Foundation is committed to promoting awareness, early diagnosis and early intervention

to improve the quality of life of people in Hong Kong with arthritis and rheumatism.

5. Arthritis and Rheumatism are major causes of disability. Although there are no official statistics published by the Hong Kong Government, it is estimated that one in five persons in the population have arthritis and that over 50 per cent of people who have arthritis are of working age. Children can also suffer from rheumatic diseases and it is estimated that 1 in 1,000 children suffered from these conditions.
6. Unfortunately arthritis and rheumatism conditions tend to be chronic. Once a person has them, they are likely to last a long time and may be a source of trouble on and off for the rest of the person's life. According to overseas statistics, the number of cases of chronic physical disability resulting from arthritis is second only to heart disease. Osteoarthritis or degenerative joint disease is the form which often affects older people. As one gets older, the joints just wear out and this often happens along with some softening of the bones, a condition called osteoporosis. 1 in 2 women and 1 in 3 men over the age of 60 will suffer from osteoporosis.
7. Because arthritis and rheumatic diseases are affecting such a large population, they are costing multi-million dollars a year in healthcare costs, plus millions of working days lost. The social and economic impact of these diseases could be enormous as they had resulted in loss of careers, health, dreams, relationships, independence and mobility. A better understanding of these diseases and their potential consequences is therefore very important.
8. One of the committed works of the Foundation is the education of the Hong Kong general public on the various arthritis diseases – what they are, what it is like to live with these diseases, what can be done to manage them, and what more can be done to limit their potential life-changing effect on the patients after diagnosis. The Foundation achieved these through collaborating with specialist doctors, HA hospitals, Patient Self-Help Groups in organizing free public talks on various arthritis diseases, and carnivals and exhibitions in shopping malls and exhibition venues. We also co-operated with radio and TV stations, magazines and newspaper media, to publish special documentaries and columns on the diseases so that more people could become aware and have a better understanding of arthritis and rheumatic conditions commonly found in Hong Kong.
9. A series of 10th Anniversary Educational Talks had been organized during the year. A total of 29 public educational talks had been held for the public on various topics of Osteoarthritis (OA), Joint Surgery and Replacement, Ankylosing Spondylitis, Juvenile Idiopathic Arthritis, Psoriatic Arthritis, Lupus, Gout and Rheumatoid Arthritis, and Exercises for the management of arthritis and joint pains. In the OA talks, a rheumatologist specialist and an orthopaedic surgeon would inform the public audience about the general aspects of OA disease, and how it might affect the joints, and a patient volunteer who had joint surgery or other arthritis diseases would be invited to tell the audience about his/her experience. Over 1600 audiences attended these talks. Besides the Foundation's talks, Patient Self-Help Groups also organized educational talks for the public on their specific group of arthritis diseases and we hoped with these joint efforts, more people could understand these diseases more clearly and correctly.
10. The Foundation also tried to reach to more general public by holding carnivals and exhibitions in shopping malls to provide the public with information on arthritis and its care. Last October, to promote better awareness of the 2010 World Arthritis Day, and to kick start

the Foundation's 10th Anniversary celebration programmes, a Carnival cum Exhibition was held at the very popular Olympian City Shopping Mall in Tai Kok Tsui, with educational talks and entertaining performances held on the stage and six disease-specific educational games stalls, two bone density checking booths and two other health check booths manned by physiotherapists and occupational therapists set up to enable shoppers and members of the public to join in the fun and absorb information on the arthritis diseases and their management. More than 1,500 participants of all ages turned up for the event. The Foundation would continue each year during World Arthritis Day to organize a major function to educate the public about different aspects of care for arthritis. For 2011, a major Carnival was held on Sunday 16 October in the Shatin Town Hall Plaza, again to promote public awareness of general arthritis and rheumatic diseases.

11. A full-day Patients Conference was also held as a prelude to the 10th Anniversary celebration activities. This was organized jointly with the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation and the Hong Kong Society of Rheumatology. This Conference was held on Sunday, 11 July, 2010 at the Hong Kong Convention & Exhibition Centre, at the same time when the Asian Pacific Conference on Rheumatology, organized by the Hong Kong Society of Rheumatology, was also being held at the same venue. 14 seminars on various arthritis diseases were conducted, many by leading world rheumatologists who came to Hong Kong to attend the Asian Pacific Conference. A total of 474 participated in the Patients Conference and all benefitted from the expert advice of many of these world renowned specialists. I wish to put on record our thanks to the Hong Kong Society of Rheumatology for their assistance and for letting the Foundation use the venue for the Conference.
12. A special symposium on Tai Chi as a means of exercise to improve the joint conditions of arthritis patients was conducted for medical and para-medical professionals on 30 October, 2010 in the Hospital Authority's Headquarters at Argyle Street. This symposium was part of our annual series of "East Meets West" scientific exchanges for providing medical professionals with new ideas and food for thought.
13. In trying to reach more people through the printed media, the Foundation co-operated with the Apple Daily during the year, and published a bi-weekly Foundation 10th Anniversary special column written by specialists and doctors on various aspects of arthritis diseases and treatment and exercises for these diseases. A total of twenty-five articles were published throughout the year. These newspaper columns seemed to have been widely read by the public, as our office would normally receive a lot of enquiries from the public after each article was published.
14. From March, 2010 we collaborated with the 'Health Action' monthly magazine to publish a series of interviews with the Foundation's Executive Committee Members, Hon Advisors, HKARF Ambassadors, representatives of the Patient Self-Help Groups, doctors and other allied health professionals on the work of the Foundation, the various arthritis diseases and their treatment and care. At the end of the series all the published articles were compiled into a Commemorative Book entitled '風雨同路十載情', as a special publication to celebrate the 10th Anniversary of the Foundation. We hoped this would enhance the Foundation's image and would help promote the Foundation's work and elevate better public understanding of the diseases.
15. We continued to publish the bi-annual Foundation Newsletter – 'Arthritis CARE' to provide

the public with the latest news and development of the Foundation, information affecting arthritis patients, as well as information on patient support activities and educational materials. Two issues were published during the year and the circulation for each issue was 3,000 copies.

16. At the beginning of this report I referred to the refurbishment of our Foundation's web-site – www.hkarf.org. We tried to make it more informative and user-friendly, and added a version in simplified Chinese Characters so that arthritis patients in China and in other places of the world could make use of this web-site for important information on the diseases. Readers are welcome to visit our web-site to get an idea of the materials they will be able to find about arthritis and rheumatism.
17. As part of the continued education for health care professionals, the Foundation had since February 2009 published and distributed a bi-annual topic-focused Newsletter, 'CHARM', representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT to update health care professionals on the recent developments on the management of patients with arthritis. 4,000 copies of each issue of this Newsletter would be disseminated free of charge to hospitals, rheumatologists, orthopaedic surgeons, physiotherapists, occupational therapists, paediatricians, and nurses involved in the management of patients with rheumatic diseases, to keep them abreast of the latest developments in a specific arthritis or rheumatic disease. During the year, two issues of CHARM were published, on osterarthritis and osteoporosis.
18. We hoped with better public education on the arthritis and rheumatic diseases patients could be alerted to the disease's early symptoms and knew to seek help from their doctors. We also hoped that family physicians and general medical practitioners could be better trained to diagnose these diseases as these doctors would be the patients' first line of defense. Early detection and diagnosis of the disease would be extremely essential to avoid deterioration of the disease resulting in permanent joint damage.

Supporting Patients in financial need

19. The support of patients and improving their quality of life are naturally at the top of the Foundation's work priorities. A number of financial support schemes to provide assistance to patients to purchase expensive drugs and rehabilitation aids had been launched. We were constantly trying to develop new initiatives and improve existing programmes in their support.
20. Since 2003 the Foundation had been operating a Patients Support Fund to assist patients with financial needs to purchase non-government subsidized medications dispensed by physicians in the treatment of their arthritis or rheumatism. The procedures for application were quite simple. Patients in need could ask their doctors or nurses in public hospitals, or the hospital's medical social workers, who were all well aware of the fund's operations, to confirm their recommendations and submit the applications together with the necessary financial assessment, to the Foundation for assistance. 102 (80 in 2009/10, +27.5%) applications were approved during the year and a total of HK\$243,286.80 (HK\$124,475.50 last year, +95%) was allocated to help 36 (31 last year, +16%) patients (or average HK\$4,015 per patient last year compared to HK\$6,757 per patient this year, +68%). Expenditure on the Patients Support Fund accounted for over 17.5% (10.5% last year, +7%) of the Foundation's recurrent expenditure in 2010/11. These figures clearly demonstrated

our belief that the patients needed more help during the difficult economic times, and the Foundation therefore decided to provide increased assistance to the patients at these times of need. It also illustrated the need for Government to provide more suitable drugs for treatment of arthritis patients in HA clinics.

Fostering Patient Self Rehabilitation and Mutual Help

21. We strongly believed that self-management of the patient's own disease and mutual help among arthritis patients would instill more self-confidence in the patients and would provide better understanding and long-lasting benefits in their battle with arthritis. One of the missions of the Foundation was to help people with arthritis live a full and active life. Besides helping our patients understand their condition we helped them learn more about how to manage it both medically and non-medically, by empowering and teaching them to take up exercises and physical activities in the self-management of their diseases, and as a form of rehabilitation, in the comfortable company of groups of patients who could share their valuable experience to cope and fight with similar ailments. New patients diagnosed with arthritis were encouraged to join our affiliated Patient Self-Help Groups – HK Rheumatoid Arthritis Association, HK Lupus Association, HK Ankylosing Spondylitis Association, B27 Association, HK Paediatric Rheumatism Association and HK Psoriatic Arthritis Association – to participate actively in their functions, training, volunteering, and mutual help work in sharing and educating others about the diseases.
22. Since 2008, the Foundation had also been providing sponsorship and support through collaborating with public hospitals and physiotherapists to provide sponsored and PT-supervised specially conducted water exercises classes in the hydrotherapy pools of the Queen Elizabeth and the Pamela Youde Nethersole Eastern Hospitals, so that patients could relax and strengthen their muscles and joints in the hospitals' warm pools, and alleviate pains. This rehabilitation programme proved to be so successful and welcomed by the patients that the Foundation had to continue and increase its support for this programme in the last four years. In the current year, the programme had been extended to five evenings per week, two classes per evening.
23. This hydrotherapy programme had proved to be an extremely cost effective rehabilitation programme, enabling patients to make use of idling facilities in the public hospitals at affordable costs to improve the condition of their muscles and joints, thus reducing the need to be re-hospitalized as their health conditions improved. Also it provided the added benefits of training more patients to work as volunteers in coordinating and supervising the classes, and opportunities for the patients to socialize and live a normal quality life. To encourage self-motivation and to defray costs, these classes were not provided free and each participating patients had to contribute \$30 to attend each lesson while patients who were CSSA recipients would pay only \$15. The Foundation would pay for the rentals of the pools and for engaging the supervising physiotherapists. Last year over 300 patients had benefitted from the programme with total attendance well over 5,700. The Foundation's net expenditure to support this programme amounted to HK\$174,990, accounting for 12.6% of the Foundation's expenditure in 2010/11.
24. Participating patients had reported general improvement of health and better comfort and confidence in going about their daily activities with lesser worries of pain after they had gone through this self-management discipline. Many more were willing and happy to come out and meet with friends and peers, and offer themselves for volunteer service to help others.

Such positive changes in the patients' attitude and in their quality of life could not be measured in dollar terms, nor could it be bought with money. Millions and millions of dollars of public money would have been saved as these patients' health improved, as their need to see the doctors or to be hospitalized greatly reduced. We would be reflecting the proven success of the programme to the Hospital Authority, and advocate that HA should open up more hydrotherapy pools for the patients in different districts in the evenings and weekends at minimum or no costs. After all, these pools were heated around the clock, but left there idling in the evenings and week-ends. Also, when the Foundation had to pay HA to rent these pools, we would be using public donations to subsidize Government. Yet we were helping HA to provide a needed rehabilitation programme to their patients. Thus, letting patients make use of these pools for therapy at nominal fees, under proper supervision, would be a win-win situation for the community.

Training Volunteers and Peer Support

25. The work of the Foundation relied heavily on the help of Volunteers, particularly patient volunteers, and the Foundation treasured their contributions. We encouraged them to attend Foundation functions, such as the International Arthritis Day Carnival, Water Gala, Flag Day, Philharmonic Concert, and Patients Conference, both as enjoying participants and some helping as volunteers in various duties. We sponsored them to attend training courses in counseling techniques, so that they could be better equipped for peer support. We recognized the service of active volunteers and selected some outstanding members with exceptional courage and exemplary service as HKARF Ambassadors, to take part in education talks, and other public appearances in TV and other media interviews and press conferences. These Foundation Ambassadors had all gone through the painful processes in their fight with arthritis and rheumatism, and now they were able to come out and speak about their experience bravely in front of any public audience. Life became so much more meaningful to many of them! This was not only striking evidence of what these patients could achieve, but was also most convincing as a role model to educate the public about these diseases and about the fight against these diseases, emphasizing the need to take early action to avoid further damages to their health. To expand the scheme further, a third batch of five HKARF Ambassadors had been selected during the summer of 2011, and these Ambassadors would help enhance our public education work in future public talks and media appearances.
26. The Foundation's 'Helpline for Arthritis' was launched in November 2010, to provide an interactive telephone answering service to help patients in need of diseases information or psychosocial support. 16 patient Volunteers, selected by the Foundation and trained in the skill of psychological and peer counseling by the Department of Psychology of the University of Hong Kong, took turns in providing the service. To gain more experience, we would develop the service in stages by first setting up the Helpline for our Volunteers to answer telephone enquiries, provide help and answers to questions, and where necessary, come back to them with regular assistance and advice. Should the Volunteer find out that a patient would possibly need professional counseling help, the patient would be referred to fully trained social workers of the Community Rehabilitation Network who would provide counseling or assess the need for further consultations with private psychologists who supported our work by providing consultations at pre-agreed concessionary fees. The trial service had served 106 callers in the first five months. The effectiveness of this service would be evaluated in the coming financial year.
27. Volunteers are the most important asset of the Foundation. Whether they are patients

affected by arthritis diseases, or non-patient, including all our Committee Members, all contributed countless hours and their expertise with enthusiasm and passion. Many of them had been so touched by our work that they supported us with generous donations, to enable the Foundation to provide a brighter future for those unfortunately impacted by the arthritis diseases. On behalf of the Foundation and the patients, I wish to express my heartfelt thanks to all Volunteers and Donors for their selfless contribution.

Meeting Patients' Needs despite Difficult Times

28. As reported last year, although the Foundation continued to need more financial support and donations to sustain its recurrent education and patient support programmes, the Foundation had to suspend most of its fund-raising activities in the face of world economic setback. Similarly this year, we had limited these activities to a few small scale programmes, but concentrated our efforts in the promotion of public awareness of arthritis and rheumatism, and of the work of the Foundation through various 10th Anniversary celebration activities. Despite our stringent financial reserves, we decided that we would not shirk from our commitments in supporting and helping our patients in need when they had to meet the challenges of their diseases as well as to face the economic tough times, and we would continue not to cut costs and programmes to reduce our financial expenditures.
29. Last year we took a similar stand and we ended up in a financial deficit of HK\$317,010, with incomes at HK\$866,807 and expenditures at HK\$1,183,817. We knew if we were to continue our recurrent programmes without additional revenues, even with prudent spending we would end up in depriving our limited financial reserves further more. Indeed our operating deficit at the end of the 2010/11 financial year amounted to HK\$700,395, with incomes at HK\$692,209 and expenditures at 1,392,604.
30. Our financial reserves at the end of the year stood at only HK\$1,051,191, just barely adequate to cover our annual recurrent expenses for one year. However, we simply considered that there was no option for curtailing our work, because we were concerned that our patients would need our help even more during such difficult times, and that the value and impact of our work and services were equally vital in good times as well as bad times. Instead of reducing expenditures on programmes, we tried to explore avenues to increase our income and source additional philanthropic supporters to support our recurrent and new programmes, so that we could continue to develop new initiatives to help patients in need, update medical and para-medical professionals of new developments in the care and treatment of arthritis diseases, improve our ongoing patient-support programmes, as well as expand our work in educating the general public and patients to seek early diagnosis and treatment of various arthritis diseases, thus limiting their debilitating effects and avoiding complications and chronic or permanent disabilities.
31. Indeed, despite the generally depressed economy which was not conducive to successful major fund-raising, we did not give up our fund-raising efforts entirely. We were still fortunate enough to have the staunch support of many corporations and friends, and managed to have donations and sponsorships amounting to HK\$473,325 during the year. I am particularly pleased to report that in May 2011, we held a Charity Dinner in the Mira Hotel and managed to raise a record \$2.5 million to help us carry on with our work so that we could create a healthy future for ourselves as well as for our children and grandchildren. We had also applied to the Hong Kong Jockey Club Charities Trust for the fitting out and renovation costs of the Nam Shan Centre, which would start operation in early 2012, as a happy finale

for our 10th Anniversary celebration activities.

32. As more plans and programmes were developed to help the public better understand arthritis diseases and to help patients become more knowledgeable about their diseases' management and care, the Foundation needs the support of every Hong Kong citizen who cares to help us achieve these goals. Donations from corporations and members of the general public are therefore needed to continue to fund these ongoing programmes and new initiatives. We look to all readers of this Report for their continued generous donations and support of our meaningful work.

Celebrating 10 Years of Service to Hong Kong

33. Our visionary founders had established the Foundation in October, 2001. In the last ten years it had developed and grown to become a respectable Non-Government charitable Organization, providing public education, research, financial support and community services not only to patients suffering from chronic arthritis and rheumatism, but also to the general public of Hong Kong as a whole. I have described some of the celebration activities held during the year to commemorate our ten years' service to Hong Kong. We hoped all who took part in the activities had shared our joy and renewed our commitment to continue providing the needed service to the Hong Kong community. We are particularly happy that we had successfully found a new home for the Foundation and the arthritis patients in the Nam Shan Centre.
34. To further mark the development of the work and service of the Foundation, we are in the process of publishing a 10th Anniversary commemorative book which would cover stories of how arthritis patients, doctors and the carers fought with arthritis and rheumatic diseases, and through these touching stories, the public could better understand these diseases and would show more care and concern to the arthritis patients. This book will be published in early 2012.

Votes of thanks

35. I would like to put on record my personal heartfelt gratitude for the unfailing support and relentless commitment of all my fellow Executive Committee Members, and Members of the various Committees, as well as to the staff and volunteers of the Foundation. They played a pivotal role in the design and delivery of the Foundation's services. Their dedication and brilliant ideas had helped realize the many innovative projects for the welfare of Hong Kong's rheumatism and arthritis community. We are of course grateful for the advice and support of our Hon Presidents, Hon Advisors and the numerous rheumatology and orthopaedic specialists and doctors in the two Universities and various Hospitals. We are also indebted to the Hong Kong Society of Rheumatology, the Community Rehabilitation Network, the many Chairmen, Officers and Members of the six arthritis Patient Self-Help organizations, and the many charitable organizations, business corporations and pharmaceutical companies for with their cooperation and assistance. Their invaluable help had made our work so much easier. I am forever most grateful for their enormous and constant contributions.
36. Of course I also would like to put on record my special thanks for the hard work of our Executive Officer, Ms Den Law. She had done a marvelous job in supporting all the Committees and in the planning and execution of the many old and new services and projects undertaken by the Foundation, without much-added resources. I am glad that we had

managed to recruit Ms Shirley Wong, who succeeded Ms Zoe Cheng as a full-time Executive Assistant to deal with the ever-increasing work of the Foundation, and particularly the 10th Anniversary celebration activities.

37. Last but not least, on behalf of all the patients with arthritis and rheumatism, I wish to record once again my most sincere appreciation to all our donors and corporations for their generous donations and valuable sponsorships in support of our programmes and initiatives. The Foundation could not have its present achievement without their generous contributions and continued support.
38. Having made a small step in our work to help people with arthritis to live better lives in the last ten years, I am confident that, with your continued support and the establishment of our new Resource Centre, the Foundation will be able to make even a bigger stride to help Hong Kong create a healthy community for our future generations in the next decade.

Yau Po-wing, David

Chairman

Sunday, 4 December, 2011

GOVERNANCE

Honorary Presidents:

Dr. David **FANG**

Prof. CS **LAU**

Mr. MB **LEE**, SBS MBE, CPA, JP

Dr. **TAM** Wah-ching, PhD, DBA

Honorary Advisors:

Dr. **CHAN** Ka-ho

Prof. **CHAN** Lai-wan, Cecilia

Ms. Shirley **CHAN**

Ms. Mabel **CHAU**

Mr. Johnny **CHENG** Woon-sun

Mrs. **CHEUK AU** Ching-mei, Corona

Mr. Benny **CHEUNG** Wai-leung

Prof. Peter KW **CHIU**

Prof. **CHOW** Shew-ping

Dr. **CHU** Mang-yee, Eli

Dr. Margaret W L **CHUNG**

Dr Emily **KUN**

Prof. YL **LAU**

Dr. Anthony **LEE** Kai-yiu

Dr. **LEE** Tsz-leung

Prof. Edmund K **LI**

Ms. Kitty **LO** Yuk-yee

Mr. **NG** Hang-sau

Mr. Peter **POON**

Dr. **WONG** Woon-sing, Raymond

Mr. **YUNG** Wing-Ki, Samuel

Executive Committee members (2010-11):

Mr. **YAU** Po-wing, David (Chairman)

Mr. **CHAN** Kar-lok (Vice-Chairman)

Dr. **CHAN** Tak-hin (Vice-Chairman)

Dr. **MOK** Mo-yin, Temy (Hon Secretary)

Mr. **CHAN** Ka-ming, Albert (Hon Treasurer)

Ms. **CHEUNG** Wai-han, Elsa (Hon Legal Advisor)

Ms. Camilla **CHAN**

Ms. **CHAN** King Chu

Dr. **CHENG** Hang-cheong

Ms. Pauline **CHENG**

Mrs. Linda **LAU**

Dr. **LEE** Ka-wing, Gavin

Dr. **LEE** Ka-yan, David

Prof. Cecilia **LI**

Dr. **NG** Kam-hung, Daniel

Ms. Christine **LEUNG** (co-opted)

Honorary Auditor:

S. L. Lee & Lau

Conveners of Committees:

- Education Committee** - Dr. Gavin **LEE**
- Finance & Fund-raising Committee** - Mr. **CHAN** Kar-lok
- Patients Support Committee** - Dr. **CHAN** Tak-hin
- Scientific Committee** - Dr. Temy **MOK**

Staff:

Executive Officer:
Executive Assistant

Ms Den **Law**
Ms Zoe **Cheng**
(from 11 August, 2010 to 30 June 2011)
Ms Shirley **Wong** (from 25 July 2011)

Administrative Assistant (Part-time)
Administrative Assistant (Part-time)

Ms **Cheung** Shing-yip
Ms **Liu** Hoi-ting, Felice
(from 17 November 2009 to 31 August 2010)

Report of the Patients Support Committee (2010-2011)

Membership of the Committee

Convener: Dr. Chan Tak-hin (Convener)
Members: Mr. Albert Chan
Ms. Chan King-chu
Mrs. Linda Lau
Ms. Christine Leung
Dr. Ng Kam Hung, Daniel
Mrs. Agnes Wong
Ms. YM Wong
Ms. Lillian Woo
Dr. Yim Cheuk-wan
Mr. Yau Po-wing, David (Ex-officio)

The Foundation continued to provide financial assistance to needy patients of the public health sector who could not afford non-subsidized drugs, rehabilitation devices and home modification. Clinicians referred patients with financial difficulties who required expensive self-paid medications to the Foundation through the hospital medical social workers. Two schemes were in operation - the Patient Support Fund and the Emergency Fund.

In addition, the HKARF continued to collaborate with major pharmaceutical company partners to provide subsidized biologic agents for patients with chronic arthritis through the Expensive Drug Support Scheme (EDSS). However, the Scheme has been halted temporarily from March 2010. It was because the procedure of the scheme was not allowed by Hospital Authority since the patients could get the drugs directly from pharmaceutical companies but not through any pharmacist. Because of this the patients would change to apply for Patient Support Fund instead. But those applicants using Remicade (Infliximab) would face huge financial pressure as the drug would cost around HK\$60,000 a year. Thus, the Foundation increased the ceiling of the PSF funding for those applicants to HK\$20,000. It would be similar to the existing EDSS that the pharmaceutical company would help the patients one-third of the total drug cost a year. There were a total of 3 applicants using Remicade (Infliximab) who successfully applied for the Patient Support Fund.

The Expensive Drug Support Scheme (EDSS) was resumed in December 2010 and some new drugs were added to the scheme. Up to June 2011, there were 4 drugs provided under the scheme as follows:

- 1) Infliximab (Remicade)
- 2) Etanercept (Enbrel)
- 3) Enteric coated Mycophenolate Sodium (Myfortic)
- 4) Bosentan (Tracleer)

Further, the Foundation continued to support patient groups to organize social and educational events to encourage active patient involvement of their arthritis management through the Patients Activities Fund.

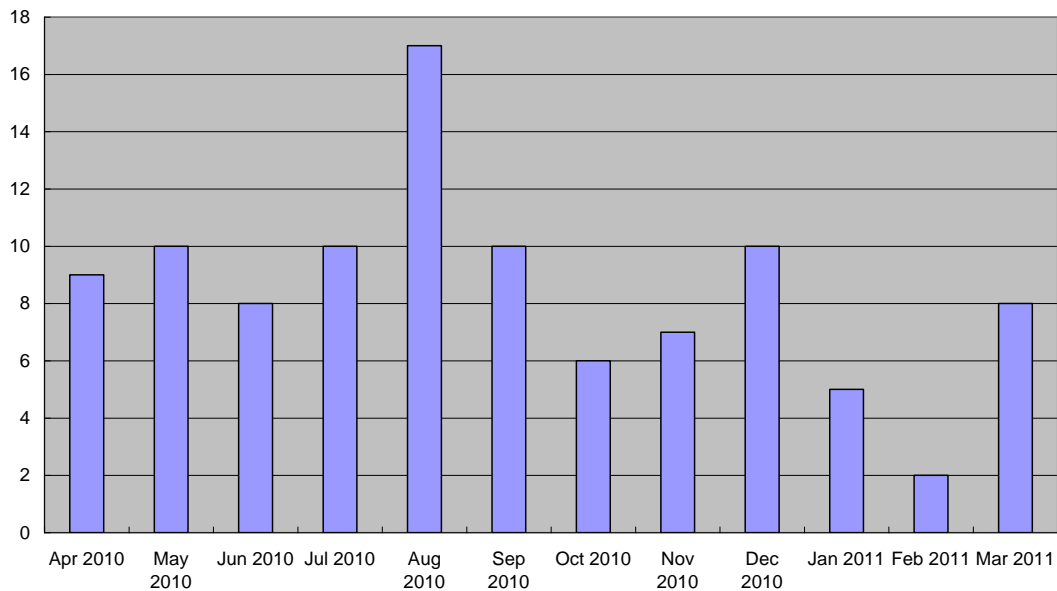
1.1 Patients Support Fund

The aim of the Patient Support Fund is to provide financial assistance to needy patients to procure medications, including non-government subsidized medications, to purchase devices for arthritis rehabilitation, and to arrange for necessary home modifications. The applicant must be a Hong Kong resident and must produce certified diagnosis with any arthritis diseases by physicians.

1.1.1 Total approved applications and amount from **1 April 2010 to 31 March 2011:**

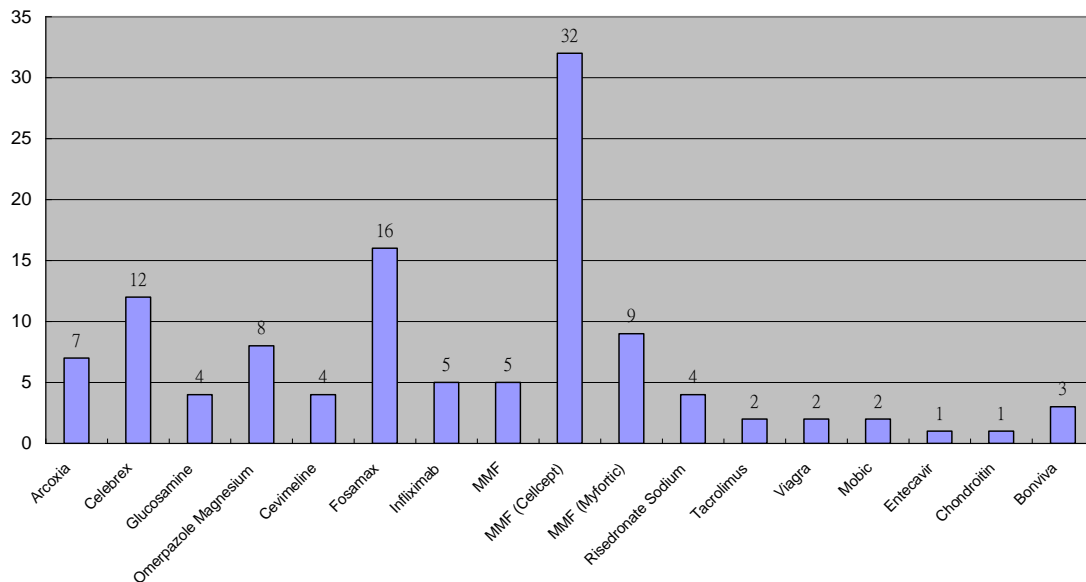
Total number of application received:	106	Approved:	102
		Rejected:	4
Total amount:		HK\$ 243,316.80	
Total no. of patients benefited:		36	

Monthly Distribution



1.1.2 Medications

Distribution of Medications



launched the hydrotherapy programme for the patients referred by rheumatic doctors and 5 Patient Self-Help Groups in 2008. As the programme was popular and many patients benefited, the programme was continued and expanded to 6 classes per week at Queen Elizabeth Hospital (QEH) and 2 classes per week at Pamela Youde Nethersole Eastern Hospital (PYNEH).

Report of Hydrotherapy Programme 2010 from 1 January to 31 December 2010

Total number of days:	214	Total number of lessons:	428
Total number of attendances:	5,704	Total number of beneficiaries:	255
Total number of new referral case:	109		

Expenditure

Physiotherapy	HK\$112,400.00
Hydrotherapy pool rental	HK\$176,400.00
Sub-total:	HK\$288,800.00

Income

Participant fee *^	HK\$113,810.00
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Deficit: HK\$174,990.00

* \$20 per person per lesson & \$10 per person per lesson for CSSA recipients before July 2010

^ \$30 per person per lesson & \$15 per person per lesson for CSSA recipients from July 2010

Hydrotherapy class referrals from 1 January to 31 March 2011

Total number of referral cases received:	48		
2011 Hydrotherapy Programme:			
Approved:	40	Withdrawn:	8
Phase 1:	14	Phase 2:	17
Phase 3:	9		
Choose QEH:	27	Choose PYNEH:	13

1.6 Psychosocial programmed – Arthritis Helpline

Recognizing the needs for psychological counseling and the service gap, the Foundation approached the Department of Psychology of the University of Hong Kong and arranged to organize some tailor-made training to patient volunteers. Focus Group meetings were conducted by Prof Peter Lee and his professional team of psychologists to find out the psychological and emotional needs of patients at different stages of their ailments. The team provided 6 sessions counselling training to the patient volunteers from February to April and June 2009.

After the training, Prof Peter Lee and his professional team of psychologists also conducted survey on March 2010 to understand deeply on the psychological need of patients. In the meantime, the Foundation recruited volunteers to answer the support line and provided training to all volunteers on October 2010. The support line service was launched in November 2010.

The support line operation was divided into 2 parts. First, patients could contact the volunteers for inquiry and sharing their experiences. When the callers agreed, mentors

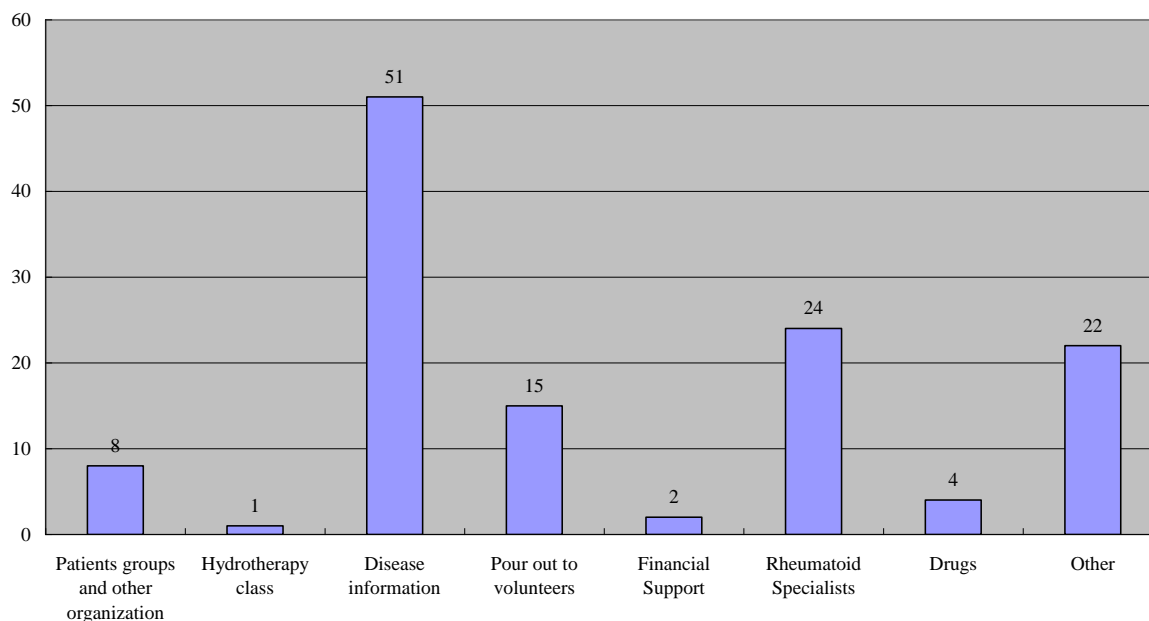
programme would be introduced to them and there would be a specific mentor, who attended the training session from Prof Peter Lee and selected by the Foundation, to contact the caller in the coming three month to provide more information and as a “friend”.

When the volunteers found there were patients needing professional counselling service, the patients would be referred to social workers of the Community rehabilitation Network who would take over and assess if it would be necessary to have private psychologists provide professional counselling sessions, at pre-agreed concessionary rates to patients when the need arises.

Report on the Arthritis Helpline from 2 November 2010 to 31 March 2011:

Total number of incoming calls:	106
Join “Arthritis Buddy” programme:	13
Withdrawn (the “Arthritis Buddy” Programme):	5

Type of Inquiry



Total Allocations during the period 1 April 2010 – 31 March 2011

	Approved Cases	Approved Amount
1. Patient Support Fund	102	HK\$ 243,316.80
2. Expensive Drug Support Scheme	2	
3. Emergency Fund	0	HK\$ 0.00
4. Activity Fund	3	HK\$ 15,000.00
5. Hydrotherapy programme 2010 (PT fee Phase 1 – 6)		HK\$ 112,400.00
6. Hydrotherapy programme 2010 (QE Pool rental – 1 st half year)		HK\$ 64,800.00
7. Hydrotherapy programme 2010 (QE Pool rental – 2 nd Half year)		HK\$ 63,000.00
8. Hydrotherapy programme 2011 (PT fee Phase 1)		HK\$ 19,200.00
9. Psycho-social Programme		HK\$ 0.00
		<u>HK\$ 517,716.80</u>

Account Payable:

10. Hydrotherapy program 2010 (PY Pool rental)	HK\$ 48,600.00
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HK\$ 48,600.00

Income

1. Hydrotherapy programme 2010 participants' fee	HK\$ 1,200.00
2. Hydrotherapy programme 2010 participants' fee	HK\$ 113,810.00
3. Hydrotherapy programme 2011 participants' fee	HK\$ 26,340.00
4. Sponsorship of Hydrotherapy	HK\$ 50,000.00
	<u>HK\$ 191,350.00</u>

Net Expense: HK\$ 374,966.80

Report of the Fund-raising Committee (2010-2011)

Membership of the Committee

Convener: Mr. Chan Kar-lok (Convener)
Members: Mr. Chan Ka-ming, Albert
Ms. Shirley Chan
Ms. Pauline Cheng
Mrs. Linda Lau
Dr. Lee Ka-yan, David
Mr. Yau Po-wing, David (Ex-officio)

We have a mission to teach people how to prevent or delay the onset of arthritis or limit its effects. We must also help our patients deal with the increasing difficulties in their fight with these chronic diseases. Of course we cannot do it alone; we need the help of every Hong Kong citizen who care about them. We need to raise more money to fund our ongoing programmes and new initiatives.

1) **7-Eleven Donation Collection Service for Wise-Giving Charity**

The Foundation joined the Wise-Giving fundraising platform provided by the Hong Kong Council of Social Services, to make the public better aware of the charity work of the Foundation. Through this arrangement, donors could make donations to the Foundation with a special bar-code through 7-11 stores. HK\$700 donation was collected from this platform.

2) **Donation Boxes at SOGO Supermarket**

With the kind permission of the SOGO Department Store, two donation boxes were placed at the Causeway Bay SOGO Supermarket shroff counters to collect donations from shoppers. The boxes would be placed from June 2010 to December 2011 and, up to 31 March 2011, the donation collected was HK\$6,558.30.

3) **Club Balance “2nd Victoria to Peak Challenge” Run**

The Foundation joined the “2nd Victoria to Peak Challenge” Charity Run organized by Club Balance on 1 October 2010. The Foundation provided 10 volunteers to help in the logistics of the race and Club Balance donated HK\$10,000 to the Foundation. The Foundation was keen to join in the project so as to out-reach more potential donors to understand and appreciate the work of the Foundation.

4) **Hong Kong Multisports Association “5K Cross Country Challenge & Family Day”**

The Foundation also joined the “5K Cross Country Challenge & Family Day”, which was held on 17 April 2011, organized by the Hong Kong Multisports Association. A “Long Distance Running Sports Injury” Sports Seminar was organized pre-race and a talk was provided by the Foundation. Participants of the seminar would each donate at least HK\$50 to the Foundation. In addition, the Foundation was invited to participate in setting up a booth at the race assembling site to exhibit the Foundation’s work and to conduct a charity of products donated by its volunteers and business corporations. The Foundation became the beneficiary of this series of events and a total of HK\$24,640.00 donation was collected from the pre-race talk, the sponsorship to the racers, and the charity sale at the event. However, while the organization of the event was mostly done in the year 2010/11, because the event

was held in April 2011, accounts for the event would be reported as income and expenditure for the 2010/11 financial year.

4) **Charity Dinner 2011**

The Foundation's Charity Dinner was held on 12 May 2011 at the Mira Hotel Ballroom. This turned out to be extremely successful and a record total of 300 guests turned up to support the event. All enjoyed the ambience and cozy extravagance of the luxuriously decorated banquet hall and the fine dining as well as the exciting programmes prepared for the evening, including the superb performance of opera singing by the Foundation's Honorary President, Dr David Fang. Besides, the competitive bidding of Prof Jao Tsung-I's calligraphy brought the event to an unprecedented climax. Total donations and income amounted to \$2.69 million, and a net proceed of \$2,478,158.00 was recorded after expenses.

However, while the preparation and organization of the event were mostly done in the year 2010/11, because the event was held in May, 2011, accounts for this Dinner would be reported as income and expenditure for the 2010/11 financial year.

Report of the Education Committee (2010-2011)

Membership of the Committee

Convener: Dr. Lee Ka Wing Gavin (Convener)
Members: Ms. Camilla Chan
Ms. Chan King-chu
Ms. Patsy Chan (Started from 10 February 2011)
Dr. Chan Tak Hin
Dr. Cheng Hang-cheong
Ms. Ho Pui-ying (Retired from 15 November 2010)
Ms. Jackie Kwan (Retired from 15 November 2010)
Ms. Kwok Suet-Kei, Gladys
Mr. Lam Wai-hung, Stephen
Ms. Christine Leung (Started from 10 February 2011)
Dr. Mok Mo-yin, Temy
Ms. Ng Mei-sum
Mr. Yau Po-wing, David (Ex-officio)

Sub-committees:

Newsletter Sub-committee

Website Sub-committee

1) **Patients Conference 2010**

Venue: Hong Kong Convention and Exhibition Centre

Number of sessions: 14

Number of participants: 474

The Patients Conference was held at the Hong Kong Convention and Exhibition Centre on 11 July 2010 with great success. Participants were very satisfied with the conference. There were a total of 14 seminar sessions on different topics. Participants had to choose the topics they were interested to attend as it was necessary to hold three talks concurrently at the limited time slots. A Forum was held at the end of the day to gather participants' views. Participants all commented that the times allotted for the talks were too short. It was satisfying to note that almost all participants stayed on until the completion of the Forum and many patients were actively engaged in providing suggestions. Again more time could have been allocated to such Forum in the future. A report of the Forum with the patients' collected views would be sent to the Hospital Authority to advocate the patients' needs. The total expenditure of the event was \$87,396.90 while sponsorships totaling HK\$120,000.00 was received. Including registration fees of HK\$21,690.00 collected from the participants, the event grossed a surplus of \$54,293.10.

2) **International Arthritis Day 2010 – Carnival**

To celebrate the 2010 International Arthritis Day and to kick-off the Foundation 10th Anniversary celebration activities, a Carnival was held at Olympian City in Tai Kok Tsui on 10 October, 2010. There was a small press gathering at the start of the event. Mr. Benny CHEUNG, Chairman of Hong Kong Society for Rehabilitation and also the Hon. Advisor of the Foundation attended the occasion as Guest of Honour. There were 6 game booths, 2 bone density checking booths, 1 booth of Charity Sale for the Foundation, 1 booth for Physiotherapy check and 1 booth for Occupational therapy check, and more than 1,500

participants turned up for the event. All the attendees enjoyed the game booths, the demonstration of joints exercises and the talks on arthritic diseases. The total expenditure for the event was \$75,200.30 while—a total sponsorship of HK\$50,636.40 was collected. Moreover, HK\$10,141.50 donations had also been collected from the Charity Sale. A deficit of \$14,422.40 was recorded for the event.

3) **Educational Talks**

3.1 Osteoarthritis

3 talks on the subject of Osteoarthritis were held in Tsuen Wan and Tai Po, in collaboration with the Tsuen Wan Library and the Tai Po Baptist Church Social Service. In each talk, a rheumatology specialist, an orthopaedic surgeon and a patient who had joint surgery were invited to present the talks.

- a) Tsuen Wan (talk by doctors): 31 July 2010
- b) Tsuen Wan (talk by PT & OT): 7 August 2010
- c) Tai Po (talk from doctors & PT): 12 December 2010

Besides, another series of OA talks were provided by Physiotherapists and Occupational therapists to provide demonstration of simple exercise for the elderly to maintain fitness and health of joints. About 200 audiences attended these talks.

3.2 10th Anniversary Public Talk Series

As part of the 10th Anniversary celebration programme, a series of Talks on specific arthritis diseases was held each season throughout 2010-2011. The talks were organized with the assistance of the Community Rehabilitation Network of the Hong Kong Society for Rehabilitation, together with the related Patients Self-Help Group. Each talk was sponsored by a pharmaceutical company to cover all promoting and logistic costs. The details of the talks were as follows:

- a) Ankylosing Spondylitis Talk (2010 Season 2)
Date: 16 May 2010
Venue: Hong Kong Polytechnic University, Hung Hom
Speaker: Dr. Gavin Lee, Ms Rebecca Wong (OT) & Ms Kristo Shum (PT)
No. of participants: 160
- b) Childhood Rheumatic Disease Talk (2010 Season 3)
Date: 15 August 2010
Venue: Boys' & Girls' Club Association of Hong Kong, Wanchai
Speaker: Dr. Reann Chu, Dr. Amy Fung (Psychologist)
No. of participants: 60
- c) Psoriatic Arthritis Talk (2010 Season 4)
Date: 20 November 2010
Venue: Hong Kong Polytechnic University, Hung Hom
Speaker: Dr. Leung Moon-ho, Dr. Patrick Tam (Specialist in Ophthalmology)
No. of participants: 120
- d) Rheumatoid Arthritis Talk (2011 Season 1)
Date: 12 March 2011

Venue: Duke Of Windsor Social Service Building, Wanchai
Speaker: Dr. Chan Tak-hin, Ms. Sally Liu (OT)
No. of participants: 130

3.3 Other Public Talks

A special talk on the topic of Gout was held on 5 March 2011, to match the Foundation's article in the Apple Daily column. The talk was delivered by Dr Gavin Lee and a total of 130 participants attended. All promotional and logistics expenses were covered by a pharmaceutical company sponsorship.

3) Publication of Newsletters 'Arthritis Care'

Two issues of the bi-annual Foundation Newsletter were published in June 2010 and December 2010 respectively. These Newsletters covered the latest news of the Foundation, as well as updated information on patient support activities and educational materials. 3,000 copies of each issue were distributed to arthritis patient self help groups, members of Hong Kong Society of Rheumatology, donors, volunteers, hospitals and other related organizations.

4) Revision of the HKARF website

The Foundation's website was being revamped in the coming year, in order to provide a more user-friendly interface. Besides, all the arthritis information would be updated and provide both HTML and PDF file to suit users need. The new layout of the website was launched in July 2011. New members, including nurses, were invited to join the website sub-committee.

5) Apple Daily Columns

As further promotion of the Foundation during its 10th Anniversary, from 13 January 2010, the Foundation undertook to contribute to a bi-weekly special column on arthritis diseases in the Apple Daily Newspaper. The Foundation invited different doctors and allied health professionals to talk about treatment and exercises for different arthritis disease. The project ended in April 2011 and a total of 32 articles were published.

6) "Health Action" Magazine Interviews

To promote the Foundation further during its 10th Anniversary, the Foundation cooperated with the monthly "Health Action" magazine and arranged to publish 12 special articles on the Foundation's work. Editors and Reporters from the magazine would interview the Foundation's Executive Committee Members, Hon. Advisors, doctors, HKARF Ambassadors, other allied health professionals and different arthritis patients self-help groups write stories on different arthritis diseases, and how the patients cope with fighting with these diseases. The first issue was published in March 2010 and the last article was completed in March 2011. The 12 issues of interview were then compiled into a book to commemorate the Foundation 10th Anniversary.

7) TVB "Pearl Report"

The Foundation assisted TVB in the production of an episode of TV programme on "Rheumatism & Remedies". The Foundation helped in lining up and in the filming of patients and used the opportunity to educate the public about these common diseases and the work of the Foundation. The programme was aired at 6pm on 24 October 2010, on TVB Pearl.

8) **St. John's Carnival (North District)**

In order to raise the public concern about ~~the~~ arthritis diseases, the Foundation joined the St. John's Association's Carnival (North District) in providing a booth in which we arranged bone-density checking of visitors. This carnival was held on 23 January 2011. Dr. Daniel Ng, an Executive Committee Member of the Foundation was invited to deliver a health talk on Osteoarthritis.

Report of the Scientific Committee (2010-2011)

Membership of the Committee

Convener: Dr. Mok Mo-yin, Temy (Convener)
Members: Ms. Chan Lai-hung, Jane
Dr. Cheng Hang-cheong
Dr. Chu Wai-po, Reann
Dr. Leung Wai-keung
Prof. Cecilia Li
Dr. Ng Kam-hung, Daniel
Mr. Peter Poon
Mr. Yau Po-wing, David (Ex-officio)

Training Fellowship & Research Fund Schemes Sub-Committee:

Convener: Prof Cecilia Li
Scholarship scheme sub-committee members: Dr. Chan Tak-hin
Dr. Cheng Hang-cheong
Dr. Mok Mo-yin, Temy

1) **HKARF Research Grant 2010/11**

The Hong Kong Arthritis & Rheumatism Foundation (HKARF) has been offering research grants, on an annual basis, to fund research projects initiated by rheumatologists and collaborators since January 2007 with maximum amount of HK\$30,000 per project. The Scientific Committee reflected on the issue of limited impact of investigator initiated projects and would consider re-launch of the research grant when a solid plan for supporting projects with larger scale and with more direct impact on promotion of arthritis care for patients in Hong Kong has been substantiated.

Prof. Peter Lee, psychologist and researcher from The University of Hong Kong, has been invited by the Foundation to nurture development of peer counseling service by the HKARF. A request of HK\$14,435 was made to support a survey on the psychological needs of the patients suffering from rheumatic disorders. Due to the research nature of the survey, the EXCO has referred the project to the Scientific Committee for formal approval, and this research expenditure was agreed in October 2010.

2) **HKARF/HKSR Scholarships**

The HKARF/HKSR Scholarship is provided jointly by the Hong Kong Society of Rheumatology and the Foundation, to Hong Kong medical professionals in the field of Rheumatology to pursue training overseas. The scholarship has been postponed in 2010/11 upon further discussion with the Society with the view to offering more appealing package for rheumatologists as well as extending the Scholarships to allied-health professionals.

From 2011, it was agreed that there will be one scholarship for trainees in rheumatology (1 quota per year) and a newly introduced scholarship for allied-health professionals (6 quotas per year). The scholarships will be in the form of lump-sum grants to cover costs of airfare

and accommodation. The total amount offered will also be determined by the duration of training period (Table 1).

Table 1:

Scholarship	Quota per year	Scholarship Amount	Contribution from HKSR	Contribution from HKARF
Doctor	1	HK\$30,000.00 for 3mth OR HK\$60,000.00 for 6mth	HK\$25,000 for 3mth OR HK\$55,000 for 6mth	HK\$5,000.00
Allied-health	6	HK\$60,000.00 (HK\$10,000 / scholarship)	HK\$50,000.00 (HK\$8,333 / scholarship)	HK\$10,000.00 (HK\$1,667 / scholarship)
Maximum contribution:			HK\$75,000 OR HK\$105,000	HK\$15,000.00

The Foundation will contribute HK\$5,000 for each of the rheumatologist awarded the scholarship (1 quota per year) and HK\$1,666 for each allied-health professionals (6 quotas per year) respectively. The maximum commitment for the Foundation for 2011/12 is expected to be HK\$15,000.

Applicants must be full time medical doctors in rheumatology training and full time allied health professionals including nurses, occupational therapists, physiotherapists, dieticians who are involved in rheumatology service. Only rheumatology trainees undertaking a supervised training program under the Hong Kong College of Physicians are eligible to apply. The deadline for applications has been set to 30 June every year.

3) Newsletter for health care professionals: CHARM

As a means of education and provision of updated information regarding management of rheumatic diseases to health care professionals, bi-annual issues of a ‘topic-focused’ medical bulletin for professionals named CHARM, representing CARE, HEALTH and ARTHRITIS and RHEUMATISM MANAGEMENT, has been launched since February 2009 and is disseminated to multi-disciplinary health care workers involved in the management of patients with rheumatic diseases. Each issue involves articles from cross-disciplines including Rheumatology, Paediatrics Rheumatology, Orthopaedic surgery, Physiotherapy, Occupational therapy and Rheumatology nursing.

Since the last year-end, two issues of CHARM have been published:

August 2010 – Osteoarthritis
February 2011 – Osteoporosis

- a) Around 4,000 copies of each issue of CHARM were printed and distributed to the hospitals and various professional organizations including rheumatologists, orthopaedic surgeons, physiotherapists, occupational therapists, paediatricians, nurses. Some copies were also sent to those who contributed to the production cost of the magazine.

4) **East Meets West series – Tai Chi Symposium**

The annual East Meets West series of educational symposium organized by the Foundation provides a platform for Western medical professionals to have more understanding in the perspectives of Traditional Chinese medicine and arts in the management of arthritis. This time, a 3-hour afternoon symposium on Tai Chi was held on 30 October 2010 (Saturday). The speakers of the symposium included Dr. William TSANG and Dr. Mason LEUNG of Hong Kong Polytechnic University. A patient expert in Tai Chi, Ms CHUNG Ngan-ching, has also been invited to share with the audience the way Tai Chi helped to improve her physical and mental wellbeing and to demonstrate to the audience Tai Chi style suitable for arthritis patients. There were 65 attendees and the symposium was well received with positive feedback according to post-seminar evaluation questionnaires.

2010/11 HKARF Activity / Working List

Date	Event	Committee
4 Jan 2010 – 23 Dec 2010	Hydrotherapy Programme 2010 Total no. of attendances: 5,704	Patient Support Committee
13 Jan 2010 – 29 Dec 2010	Apple Daily column Total no. of articles: 25	Education Committee
March 2010 – March 2011	“Health Action” magazine interview Total no. of articles: 12	Education Committee
16 May 2010	Seasonal Educational Talk – AS Speaker: Dr. Gavin Lee, Ms Rebecca Wong (OT) & Ms Kristo Shum (PT) No. of participants: 160	Education Committee
June 2010	Newsletter – Arthritis Care Vol. 11 No. of issues: 4,000	Newsletter Sub-committee
1 Jul 2010 – 31 Dec 2011	Donation Boxes at Sogo Supermarket (Causeway Bay)	Fund Raising Committee
11 July 2010	Patient Conference 2010 Venue: Hong Kong Convention & Exhibition Centre, Wanchai Time: 9am – 4:30pm No. of participants: 474	Education Committee
31 July 2010	Educational Talk – OA (Tsuen Wan) In collaboration with Tsuen Wan Library, LCSD Speaker: Dr. To Chi-hung Dr. Wong Yiu-chung No. of participants: 40	Education Committee
August 2010	Newsletter – CHARM Vol. 4 No. of issues: 4,000	Scientific Committee
7 August 2010	Educational Talk – OA (Tsuen Wan) In collaboration with Tsuen Wan Library, LCSD Speaker: Ms Rebecca Wong (OT) Ms Kristo Shum (PT) No. of participants: 40	Education Committee
15 August 2010	Seasonal Educational Talk – JIA Speaker: Dr. Reann Chu Dr. Amy Fung (Psychologist) No. of participants: 60	Education Committee
1 October 2010	Club Balance “2 nd Victoria to Peak Challenge”	Executive Committee
10 October 2010	IAD 2010 – Carnival Venue: Olympian City, Tai Kok Tsui Time: 11am – 5pm No. of participants: 1,500	Education Committee
24 October 2010	Pearl Report Interview broadcasted	Education Committee
30 October 2010	“East meets West” series – Tai Chi Symposium Speaker: Dr. William Tsang (PolyU) Dr. Mason LEUNG (PolyU) Ms. Chung Ngan-ching (patient) No. of participants: 65	Scientific Committee
November 2010	Peer Counselling programme – “Support Line” Launch	Patient Support Committee
20 November 2010	Seasonal Educational Talk – PsA Speaker: Dr. Leung Moon-ho Dr. Patrick Tam (Ophthalmology) No. of participants: 120	Education Committee

Date	Event	Committee
December 2010	Newsletter – Arthritis Care Vol. 12 No. of issues: 4,000	Newsletter Sub-committee
December 2010	Resume Expensive Drug Support Scheme application	Patient Support Committee
12 December 2010	Educational Talk – OA (Tai Po) In collaboration with Tai Po Baptist Church Social Service & CRN Speaker: Dr. Ho Ling-yin Dr. Fan Chi-ho Ms. Chan Yan-yan (PT) No. of participants: 50	Education Committee
13 Jan 2011 – 20 Apr 2011	Apple Daily column Total no. of articles: 7	Education Committee
10 Jan 2011 – 16 Jan 2012	Hydrotherapy Programme 2011 Total no. of attendances: 6,128	Patient Support Committee
23 January 2011	St. John Carnival (North District)	Education Committee
13 February 2011	CNY Volunteers Gathering 2011 Venue: Music Café, Tsim Sha Tsui No. of participants: 80	Executive Committee
March 2011	Newsletter – CHARM Vol. 5 No. of issues: 4,000	Scientific Committee
5 March 2011	Educational Talk – Gout Speaker: Dr. Gavin Lee No. of participants: 130	Education Committee
12 March 2011	Seasonal Educational Talk – RA Speaker: Dr. Chan Tak-hin Ms Sally Liu (OT) No. of participants: 130	Education Committee

* Below activities list after Apr 2011 is for your reference.

Date	Event	Committee
April 2011	HKARF/HKSR Scholarship 2011/12	Scientific Committee
1 April 2011	Pre-Race Talk for 5K Run	Education Committee
17 April 2011	5K Cross Country Challenge & Family Day	Education Committee
8 May 2011	Educational Talk – OA (Tai Po) In collaboration with Tai Po Baptist Church Social Service & CRN Speaker: Dr. Gavin Lee Ms. Jackie Kwan (Social Worker) No. of participants: 50	Education Committee
12 May 2011	Charity Dinner 2011 Venue: The Mira Hotel, Tsim Sha Tsui No. of participants: 300	Fund Raising Committee
28 May 2011	Seasonal Educational Talk – SLE Speaker: Dr. Ma Kai-yiu Ms Gladys Kwok (Nurse) No. of participants: 70	Education Committee
June 2011	Newsletter – Arthritis Care Vol. 13 No. of issues: 4,000	Newsletter Sub-committee
June 2011	3rd HKARF Ambassador Election	Education Committee
June 2011	New Drug added to Expensive Drug Support Scheme	Patient Support Committee
16 July 2011	Educational Talk – RA Speaker: Dr. Gavin Lee Ms. Annie Chiang No. of participants: 200	Education Committee
August 2011	Newsletter – CHARM Vol. 6 No. of issues: 4,000	Scientific Committee
20 August 2011	Seasonal Educational Talk – Vasculitis Speaker: Dr. Chan Pui-shan No. of participants: 100	Education Committee
3 September 2011	Seasonal Educational Talk – Dermatomyositis & Polymyositis Speaker: Dr. Chow Suk-yee No. of participants: 100	Education Committee
17 September 2011	“East meets West” series – Chinese Medicine Symposium	Scientific Committee
16 October 2011	IAD 2011 Carnival Venue: Shatin Town Hall Plaza	Education Committee
26 November 2011	Seasonal Educational Talk – Scleroderma & Sjogren Syndrome No. of participants: 60	Education Committee