



# OUR ORGANISATION

## WHO IS CCA?

Crohn's & Colitis Australia (CCA) is the peak body representing more than 85,000 Australians living with Crohn's disease or ulcerative colitis. These two serious gut conditions are commonly referred to as inflammatory bowel disease (IBD). For over 32 years, CCA has been helping make life more liveable for Australians living with IBD, for which there is currently no cure.

## VISION

Create a future where no one lives with or suffers from IBD

## PURPOSE

- Drive quality of care
- Engage with and support the IBD community
- Educate health professionals and people with IBD
- Raise community awareness
- Build capacity in the search for a cause or cure
- Promote gut health

## 22 STRATEGIC PRIORITIES 2019 - 2021

### COMMUNITY AND STAKEHOLDERS

- **Increase** national profile, services and volunteers in each State and Territory
- **Strengthen** relationships with stakeholders nationally
- **Keep** service and membership offerings under review, trial and implement new initiatives
- **Become** a leader within the international community

### QUALITY OF CARE

- **Deliver** IBD National Action Plan
- **Communicate** findings from quality of care projects
- **Advocate** for improvements in IBD care, treatments and services
- **Keep** IBD quality standards under review
- **Undertake** hospital audits on a 2 year cycle and expand audit program.

### RESEARCH

- **Establish and grow** research fund
- **Increase** volume of research scholarships for IBD projects
- **Award** post-doctoral scholarships in IBD
- **Partner** with researchers and research organisations in quality research projects

### FUNDRAISING & BRAND

- **Launch and grow** Gut Smart social enterprise on e-commerce platform
- **Measure and grow** consumer awareness of IBD and reputation of CCA's brands
- **Increase** digital and third-party fundraising activities
- **Expand** funding partnerships across corporate, government and philanthropy where there is brand alignment and value

### CULTURE AND PEOPLE

- **Engage** with the right people who have the right skills/ attitudes aligned with culture and organisation values
- **Drive** best practice corporate governance with skills based board conducting evaluations of performance every 2 years

### ORGANISATIONAL SUSTAINABILITY

- **Create** an organisation risk management plan and implement.
- **Grow** a lean organisation achieving budget targets and other financial KPI's
- **Increase** financial reserves for investment in services, research and digital capability

## CONTACT US

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### OUR COVER

YEP! - our new Youth Empowerment Program demonstrates a renewed focus on young people living with IBD. See more on Page 7.



## A MESSAGE FROM THE CHAIR AND CEO

As the new Chairperson and CEO of Crohn's & Colitis Australia, we feel honoured to have been appointed to lead an organisation that has been so successful in driving change in support of people who are living with IBD.

Both of us have a connection to IBD, Bruce personally and Leanne with family members and friends affected. We are passionate about contributing and making a huge difference for the IBD community, building on the good work undertaken by our predecessors and inspiring you to get involved.

We recently revised the CCA organisational strategy for 2019-2021 and are excited to be working to create a future where no one suffers from or lives with IBD and transforming our organisation into a powerful, respected and go-to advocate.

In 2018 CCA made real progress in raising awareness of IBD in the community, helping people with IBD get better support and improved care, empowering people to have conversations about IBD and increasing our knowledge about treatments and possible causes of IBD as we build our capacity in the search for a cure.

Key achievements in 2018 included:

- Launch of **Crohn's & Colitis Hub** – our go-to information portal for everything you need to know about living well with IBD
- **#LetsTalkIBD Awareness Month Campaign** in May
- Launch of **'My IBD Experience' Research Report** in Parliament House Canberra - capturing the experiences of care for over 1,000 people with IBD who participated in our quality of care survey
- Commencement of our youth services program with the launch of **YEPI!**, our **Youth Empowerment Program** helping young people tackle key challenges through adolescence
- The **Live Fearless Challenge** which inspired many in our community to talk about IBD with their families and work colleagues as well as raising vital funds for CCA

- Submission of the **IBD National Action Plan** to the Minister for Health and Federal Department of Health. This report highlights key priority areas for action and has widespread stakeholder support
- Awarding of the **'Mandy & Edward Yencken Postgraduate Research Scholarship'** to Dr Betty Wu to investigate "Does the Microbiome predict success and complications of IBD therapy?"

With so many people to thank for all their efforts in 2018 we wish to recognise Beata Koropatwa for her significant contribution as Chair from August 2016 and Francesca Manglaviti, board member and CEO for the past 12 years. The contributions of previous board members, Philip Picking as Treasurer and Hayley Torpy are also acknowledged.

A huge thank you is extended to all CCA board members and committee members, including the members of our reconstituted Scientific, Medical and Quality of Care Advisory committee, our Ambassadors, local champions and support/fundraising volunteers. All of these people volunteer their time and expertise in contributing to our success as an organisation and for that we are truly grateful.

We also would like to thank the CCA staff for their energy and commitment as they all play such an important role in making an impact in the achievement of a no-IBD future. Finally, we would like to acknowledge the contributions of our CCA members who let us know their thoughts and ideas; and our sponsors and donors who provide the necessary funds to help us be more effective.

**BRUCE ROSENGARTEN**  
CHAIR

**LEANNE RAVEN**  
ASSOCIATE PROFESSOR  
CEO

# THE BOARD



**MR BRUCE ROSENGARTEN | CHAIR**

Bruce has spent over 35 years in executive roles across eminent organisations. Until mid-2017, Bruce was Executive General Manager, Commercial at Caltex responsible for all sales, marketing, innovation and convenience stores. Bruce has held senior leadership roles at Shell, Weight Watchers, Crown and Coles Myer.

Bruce has extensive governance experience across a diverse range of organisations including ASX listed, private companies, joint ventures, industry associations and not-for-profit. He has held several governance roles in the not-for-profit sector including as a Director of Jewish Care Vic 2008-15 and its President/Chair 2009-2012, the Singapore Jewish Welfare Board and as a Council Member of Mt Scopus Memorial College. He has also held extensive roles in industry associations. Bruce is the author of *Passionate Leadership*, runs his own consultancy and is a member of several advisory Boards including Binyan 3D Studios (Chairman), and Mad Mex. Bruce has had Ulcerative Colitis for 40 years.



**MS ANITA REILLY | DIRECTOR**

Anita has been involved with CCA for 30 years across various roles. With three decades of experience providing help to the IBD community, Anita runs CCA's IBD Helpline. Anita has an intimate knowledge and understanding of IBD; her son (who is now in his thirties) was diagnosed with Crohn's disease at just two years of age. Anita also co-owns a building and construction business.



**PROFESSOR PAUL PAVLI | DIRECTOR**

Paul completed a PhD in gastrointestinal immunology. He is currently studying the role of bacteria in triggering IBD and developing a clinical IBD service at Canberra Hospital. He helped establish the Australian Familial IBD Register in the early 1990s and has served on the Australian Drug Evaluation Committee, NHMRC, and the Gastroenterological Society of Australia.



**ASSOCIATE PROFESSOR GREGORY MOORE | DIRECTOR**

Greg is an IBD specialist gastroenterologist. He founded the Inflammatory Bowel Diseases Unit at Monash Medical Centre in 2006 and oversees a specialised IBD clinic that conducts clinical trials, ongoing research and teaching. A senior lecturer in the Department of Medicine at Monash University, he previously served as the Chair of the Australian Inflammatory Bowel Disease Association.



**MR DAVID RECKENBERG | DIRECTOR, COMPANY SECRETARY**

David is a lawyer who has worked both in-house and in private practice in the wealth management industry for over 20 years. He has also held senior operational (non-legal) management roles. David currently works part time as a special counsel with Hive Legal. He started supporting CCA a few years ago after a family member was diagnosed with Crohn's disease.

**The following board members resigned during 2018. We thank them for their service to the IBD Community.**

**MR PHILIP PICKING**  
RESIGNED APRIL 2018  
**MS FRANCESCA MANGLAVITI**  
RESIGNED APRIL 2018

**MS BEATA KOROPATWA**  
RESIGNED JUNE 2018  
**MRS HAYLEY TORPY**  
RESIGNED JUNE 2018



**THE HON BERNIE RIPOLL | DIRECTOR**

The Hon Bernie Ripoll served in the Australian Commonwealth Parliament from 1998 to 2016 as the Member for Oxley and worked across government and opposition and on many Joint Parliamentary Committees as the Chair or Deputy Chair. Bernie has devoted many years to the community, including ten years as Director for not-for-profit medical company, Inala Primary Care.

**MS JULIE WELDON | DIRECTOR**

Julie Weldon has worked in corporate communication in both the Australia and the UK for nearly 25 years. She is the Managing Director of JAW Communications, a consultancy she founded in 2011, which works across a wide range of industries and sectors, including government, corporates, small businesses and not-for-profit groups. She was previously a director of the International Association of Business Communicators (Victoria) and served on several of IABC's international task-forces and committees. Julie has lived with Crohn's disease since 1994..

**MR JAMES OLIVER | DIRECTOR**

James Oliver is a partner with Deloitte Touche Tohmatsu, specialising in governance, regulation, audit and risk management services to the financial services sector. He has worked in Deloitte's London, Sydney and Melbourne offices and is well connected within the business community. James has a BSc Economics from the University of Nottingham and is a Fellow of the Institute of Chartered Accountants in England and Wales. He is a member of several industry working groups on matters related to regulation, internal controls and governance.

**SCIENTIFIC, MEDICAL AND QUALITY OF CARE ADVISORY COMMITTEE****Associate Professor Gregory Moore (Chair)****Dr Fergus Gardiner****Professor Paul Pavli****Dr Edward Giles****Associate Professor Leanne Raven****Professor Jane Andrews****Dr Emma Halmos****Ms Stephanie Buckton****Dr Simon Knowles****Mr Wayne Massuger****Ms Alexandra Sechi****IBD QUALITY OF CARE PATIENT EXPERIENCE SURVEY ADVISORY COMMITTEE****Associate Professor Antonina Mikocka-Walus (Chair)****Professor Jane Andrews****Dr Simon Knowles****Ms Stephanie Buckton****Professor Paul Pavli****Associate Professor Gregory Moore****Dr William Connell****Associate Professor Leanne Raven****Mr Wayne Massuger**

# 2018 IN REVIEW

## COMMUNITY & STAKEHOLDERS

### IMPROVED SUPPORT TO THE IBD COMMUNITY

At CCA we deliver free programs and services to our members and wider IBD community to enhance knowledge and understanding of IBD. We held six IBD forums across the country, which provided an opportunity for the community to hear directly from experts on topics including advances in treatment, diet and latest research. We also organised our first online forum during Awareness Month via Facebook Live, which has been viewed over 7,900 times.

2018 saw the creation of six new support groups across the country, including two new regional groups formed in Wollongong and Griffith. CCA continues to review and improve iConnect. Since its launch the service has provided valuable live chat support, with volunteers responding to over 130 support enquiries over the past 12 months.



(L to R) Helen Moon, Cassandra Anslow and Wendy McKern held a high tea event in Orange NSW in November to raise awareness and funds for CCA.

*“It gives us great satisfaction to try and reach as many people as possible with IBD and to raise much needed funds for research and support CCA Programs.”*  
- Cassandra Anslow, Orange Volunteer Team

**6** forums held across Australia

**400** attendees across six forums

### LAUNCH OF CROHN'S & COLITIS HUB



**Crohn's & Colitis Australia**

A diagnosis of IBD can be an emotional time, especially with the lack of information about the condition within the general community. We have created a safe place; a credible source of

information, your go-to place to turn to if you are looking for answers, read inspirational stories from people in the same situation as yours, explore ongoing research in the field and much more. Crohn's & Colitis Hub has had more than 20,000 visitors since launching in April 2018.

### NATIONAL IBD HELPLINE

Each year we offer information and support to hundreds of callers to our National IBD Helpline. Some come to us looking for answers to specific questions, and some want support and a listening ear during tough times.

Whatever the reason, our Helpline provides support when needed.

**The National IBD Helpline is available during business hours, Australian Eastern Standard Time, by calling 1800 138 029 (option 1).**

**600** calls to the national IBD helpline

**62%** of helpline queries about medications, medical tests, symptoms or mental health

**3** new youth ambassadors welcomed

**AMBASSADOR PROGRAM**

We would like to thank our Ambassadors for their continued support and dedication over the past year. In 2018 we welcomed sisters Danielle and Ashleigh Ross, and Trinity Marell-Seach as new ambassadors. We would also like to thank our long-time ambassadors Britanni Nicholl, Luke Escombe, Francesca McMillan and Tahlia Giumelli for their ongoing commitment to CCA.

**VOLUNTEERS**

In the past year alone, our volunteers succeeded in raising much-needed awareness and helped in the planning and execution of each of our programs and campaigns.

Without the efforts of our volunteers, CCA would not be able to provide our support services to the community.

**76** volunteers donated more than **925** hours of their time to the IBD community



(L-R) CEO Leanne Raven with volunteers Lily Smallbone and Guilherme Arcieri at the Beethoven event in Melbourne.

**YEP! YOUTH EMPOWERMENT PROGRAM**

The first ever YEP! was held in Sydney in October 2018. Our aim with YEP! was to provide teen members of the IBD community with a chance to interact with others who share their experience. A huge thank you to CCA ambassadors Luke Escombe, Danielle Ross and Ashleigh Ross and a fleet of hard-working volunteers for their support. We evaluated the program, and presented the results at a youth health conference on the Gold Coast.



CCA Ambassador Luke Escombe (L) performs for YEP! attendees

**PROVIDING GREATER VALUE THROUGH MEMBERSHIP**

In 2018, CCA continued to offer a valued range of benefits to its members. In addition to the quarterly editions of *Inside Insight* magazine, members can access an online portal which features an online version of our IBD Toolkit publication, connect to the CCA Member Rewards program, view our series of exclusively produced research videos and connect with important support services.

**375** online membership enquiries serviced throughout 2018

**AWARENESS MONTH**

In May 2018, CCA's awareness month campaign themed around 'No One Talks About It' reached more than 4 million people through the efforts of our social media channels, light-up campaign and a spirited media campaign supported by a dedicated group of staff, ambassadors and volunteers. The IBD community, health and medical professionals all came together in support of the campaign with fundraising and awareness events throughout the month.

**35,000** comments, likes, shares

**8** sites illuminated in purple across Australia on World IBD Day

**4,230,600** audience reached through media

# 2018 IN REVIEW

**1024** IBD patients surveyed about their experience of healthcare in Australia

## QUALITY OF CARE

On 28 November 2018, CCA launched its first-ever national IBD patient-experience survey research report at Parliament House in Canberra. The report in conjunction with the national IBD Audit of 2016 provide comprehensive evidence for the improvement of quality of care for people diagnosed with IBD.

CCA's Wayne Massuger presented the development of the IBD Standards and results of the IBD Audit at the Second International Symposium on Research Supported by IBD Associations, held by the European Federation of Crohn's & Ulcerative Colitis Associations, in Romania. The report has been accepted for publication in the Internal Medicine Journal and is likely to appear in March 2019.



(L-R) Paul Pavli, Bernie Ripoll, Antonina Mikocka-Walus, Gregory Moore, Leanne Raven, Bruce Rosengarten and Hugh Whittaker at the Parliament House launch of the 'My IBD Experience' report.

We are proud to share that CCA was contracted by the Australian Government Department of Health to develop a national action plan for IBD. The draft plan was reviewed by the Scientific, Medical and Quality of Care Advisory committee and was submitted to the government for approval in December 2018.

## RESEARCH

### 2019 MANDY AND EDWARD YENCKEN POSTGRADUATE RESEARCH SCHOLARSHIP

CCA is proud to announce that the 2019 Mandy and Edward Yencken Postgraduate Research Scholarship was awarded to Dr Betty Wu. The scholarship is for three years and has a total value of \$75,000. It is generously funded by CCA's dear friends Mandy and Edward Yencken.

“My research forms part of the Australia IBD Microbiome Project, a multi-centre effort to understand the microbiome throughout course of illness. Gene sequencing technologies are better than ever and we are starting to become aware of the microbial 'dark matter' - fungi and viruses, which live alongside the bacteria. The Microbiome Research Centre at St George Hospital is state-of-the-art, and I feel very privileged to be a part of the team.”

- Dr Betty Wu

### RESEARCH VIDEO SERIES

In an effort to keep our members better informed with recent breakthroughs and developments in IBD research, CCA shared an informative video update featuring Dr Simon Knowles who examined the psychological distress experienced by a majority of patients living with IBD.



“These videos are short and easily digested, so rather than reading lengthy pieces of research, you get real time articulate commentary around research, medications and trends.”

- Simon, CCA member



# FUNDRAISING AND BRAND

## LIVE FEARLESS CHALLENGE

Over time, we have recognised the need for an interactive path to bridge the gap between our supporters and the wider community. The answer was our first-ever digital fundraising campaign – the Live Fearless Challenge – which aims to empower members of the community to 'live fearless' and engage in conversations with others about the impact of living with IBD.

*With each kilometre walked, and each milestone passed, we're creating a better future for people living with IBD.*



PEOPLE INVOLVED

**5,000**



FUNDS RAISED

**\$240,000**



DISTANCE TRAVELLED

**46,000km+**



*"I have most certainly made friends for life after bonding over our IBD journeys and life in general."*

- Melissa Lord, pictured above (centre bottom), was a participant in the 2018 CCA El Camino Trek, which raised over \$20,000 for the IBD community.

## COMMUNITY FUNDRAISERS

We had many courageous people across Australia set themselves personal goals, physical challenges and host fundraising events in 2018. They participated in marathons, fun-runs, busked, climbed mountains, held bake stalls and hosted golf days and even chopped off their own hair – all in support of people living with IBD. We applaud their commitment and enthusiasm to support others, and hope to grow our community fundraising network further in 2019.



### MELBOURNE BEETHOVEN QUARTET CYCLE

In 2018, the CCA – Fidelio Quartet collaboration celebrated the legacy of a great musician and IBD warrior, Beethoven. Held bi-annually in May and September, the concerts were a success, with all tickets sold.

**40** fundraising events

**\$118,000+**  
funds raised through  
community fundraisers

# 2018 IN REVIEW

## FUNDRAISING AND BRAND (CONTINUED)

### SILVER LINING BREAKFAST 2018

The inaugural Silver Lining Breakfast was held at the RACV City Club, Melbourne in July 2018. It was a fabulous coming together of CCA members, friends and partners to interact and communicate over a hot breakfast. Speakers for the event (pictured right), included gastroenterologist Dr Greg Moore, dual Paralympian Dr Hannah Macdougall, and CCA local champion Hugh Whittaker.



*The Silver Lining Breakfast was a great event that provided an opportunity to interact and hear from others in the IBD community. The importance of research, fundraising and increasing awareness were highlighted as crucial aspects of the goal which CCA has and will continue to contribute positively to.*

- Gavin, CCA Member & Fundraiser

### HEALTH-E-VOICES

CCA staff joined forces with IBD patient advocates, Luke Escombe, Amy Benn (pictured right with CCA CEO Leanne Raven) and Mary Jane Pureza to attend the Healthvoices conference which was held on 10 November, 2018 in Sydney. We were also delighted to meet and exchange ideas with IBD delegates from New Zealand and Taiwan who provided us with excellent insights on how they have been working to raise awareness about the disease within their own countries.

### ADOLESCENT HEALTH CONFERENCE

CCA's Volunteer & Programs Coordinator, Lauren Goldsworthy, attended the Australian Association for Adolescent Health's 'Youth Health Conference in November 2018'. It provided CCA with an opportunity to discuss the impact that IBD has on young people living with the condition, and how peer support programs such as YEP! are beneficial to teens who have been diagnosed with IBD.

### AUSTRALIAN GASTROENTEROLOGY WEEK 2018

Members of the CCA team attended the 2018 Australian Gastroenterology Week (AGW) conference for doctors, nurses and other health clinicians at the Brisbane Convention and Exhibition Centre in September 2018. The conference provided CCA an insight into cutting-edge research and developments in IBD.



# NEW INITIATIVES: 2019

We are extremely excited about the opportunities that lie ahead in 2019-20. Here are some of the highlights:

## COMMUNITY AND STAKEHOLDERS

### SUPPORTING YOUNG PEOPLE

This year, CCA will expand our Youth Program offerings to provide much-needed support and empower young people living with IBD. After a successful pilot of our YEP! in Sydney last year in 2018, this year in 2019 we will organise youth-focused events in other states. It will be a fantastic opportunity for young people to meet other teens with IBD and hear stories from peers – all while participating in a fun activity.

### KIDS FUN DAY

Our inaugural Kids Fun Day will be held in Sydney this year, and will bring together children and their families for a day of sharing, support and of course, fun. Thanks to funding received this year, we are bringing back our popular Kids Camp to be held in Queensland in July.

### VOLUNTEERS AND AMBASSADORS

CCA will continue to support volunteers and ambassadors, who are integral to the organisation's support services, awareness raising and educating the community about IBD. We will look to recruit new volunteers and ambassadors, and recognise the service of our existing volunteers.

### CAN'T WAIT PROGRAM

This year, the Can't Wait program will be expanded to improve access to toilets for Can't Wait holders. The program will undergo a redesign and aim to increase the awareness of IBD amongst host organisations to enable better access to toilets for people living with Crohn's and colitis.

### WORKING TOGETHER AND BUILDING RELATIONSHIPS

CCA has a close relationship with external stakeholders that support the work we do. In 2019, we will endeavour to nurture and grow our relationships with sponsors, pharmaceutical companies, peak bodies and government.

### IMPROVING IBD SUPPORT

In 2019 CCA aims to improve and increase access to community support programs. Eight IBD Information Forums will be held across Australia. Building on the success of our first Facebook Live stream from 2018, we will return with an interactive forum in May 2019. This online forum will be accompanied by a series of Facebook Live Chats throughout the year which will focus on topics such as diet, mental health and wellbeing.

The digital helpline iConnect will be reviewed with a number of proposed changes which are likely to occur later in the year. The telephone helpline will continue to provide support on a vast array of topics related to IBD. We will be encouraging more support groups, particularly in states where they are needed.

### AWARENESS MONTH 2019

In May, CCA will launch a number of initiatives as part of our annual Awareness Month campaign aimed to help the general public understand the mental impact of living with IBD, and inform the community on ways to improve their mental wellbeing.



Activities will include a month-long social media campaign, an online forum featuring health professionals, Shine a Light campaign, Kids Fun Day, Silver Lining Lunch and a national media campaign. Every member will be asked to wear a purple ribbon to raise awareness.



# NEW INITIATIVES: 2019

## FUNDRAISING AND BRAND

### LIVE FEARLESS

#### CHALLENGE 2019

After the success of our first-ever Live Fearless Challenge last year, we will be back with the 2019 edition of our digital walk in September – bigger, better and more fun!

During September, we will encourage people in the IBD community, their family, friends and colleagues to walk or run 150km over a month and raise vital funds to support people living with IBD.



### THE FIDELIO QUARTET SERIES CONTINUES...

The Fidelio Quartet will perform the final five Quartets of their 3-year Beethoven Cycle at the Melbourne Recital Centre in 2019. This performance will present a rare opportunity to witness the beautiful renditions of Beethoven's melodies. The final two concerts of the Quartet are on 28 May and 24 September 2019 and have almost sold out.

### COFFEE FOR CHANGE

Thanks to our fabulous CCA member Silvio Verrocchi, Coffee for Change has been piloted and will continue to grow across Australia in 2019. With the support of Coffex Coffee Roasters and Coffee for Change, supportive café partners across Australia will be displaying posters with information on IBD and a donation box in a bid to raise awareness and funds.

### CREDIBLE INFORMATION VIA E-BOOKS

At CCA we recognise that information and awareness is the first step in the battle against IBD. This is why we will launch five new e-books in 2019 to inform and educate people living with IBD to better understand and manage their condition. The e-books cover a range of subjects such as travel, diet, pregnancy and ostomies.

### SILVER LINING LUNCH

This year a Silver Lining Lunch at the RACV City Club Melbourne is locked in for 3 May 2019 to kick-off our annual Awareness Month campaign. ABC Melbourne Breakfast Presenter Jacinta Parsons and guest speakers will share their personal stories over a two-course lunch event.

### NEW MEMBER OFFERINGS: FORTNIGHTLY E-NEWSLETTER & IMPROVING MENTAL HEALTH & WELLBEING

Our members are the core of everything we do, and in 2019 we will be keeping them up to date throughout 2019 with a fortnightly e-Newsletter.

We will also be launching a Wellness Video series, aimed to provide helpful information on a range of subjects, from dealing with a sudden flare up, pain management and practicing self-care.



The series will feature Flic Manning (pictured above), a certified Wellness Coach, Personal Trainer, Dance Choreographer and Founder of the Corethenic Wellness Program. Flic is also a member of the IBD community and has been battling Crohn's disease since the age of 13 and understands the profound impact self-care and mindfulness practices can have on a patient's quality of life.



## INDUSTRY CONFERENCES

**Asia Pacific IBD Alliance:** CCA CEO, Associate Professor Leanne Raven, will represent Australia at the upcoming Asia Pacific IBD Alliance as the Chair of the meeting in Bangkok. This will be an opportunity for us to give voice to patients and raise awareness about how IBD impacts mental wellbeing of those with these diseases.

**QCWA State Conference:** The QCWA has chosen Crohn's & Colitis as their health awareness program for 2019 and will be working in collaboration with CCA to help promote awareness across the state.

## COMMUNITY FUNDRAISERS

Last year, we supported more than 40 community fundraising events across Australia. In 2019 we commit to further supporting our community and providing support and information to fundraisers so that they can raise awareness and funds in support of people living with IBD.

# QUALITY OF CARE

## IBD NATIONAL ACTION PLAN

CCA has plans to launch and circulate the IBD National Action Plan in 2019. The plan is currently in the drafting stages and has been submitted to the government for approval, and is likely to be ready for implementation later in the year.

## IBD STANDARDS FOR CONSUMERS

In an effort to allow the general public better access to information, CCA will draft and circulate a new version of the IBD Standards which will clarify in plain, consumer-friendly terms, the care expectations for people with IBD. Building on this action, CCA will also release the findings from its other Quality of Care projects. Additionally, CCA will work towards conducting a repeat of the national IBD Audit from 2016 in order to measure the extent to which the quality of care has changed.

**Biosimilar Education Stakeholder Group:** CCA is among a number of stakeholders representing health consumers and professional organisations who are working together to produce accurate, comprehensive, and yet easy to understand educational material on Biosimilar medicines.

**AGW 2019:** CCA team will attend the Australian Gastroenterology Week (AGW) to be held during September in Adelaide. The event is a fantastic opportunity for us to showcase our work in quality of care and learn about the latest medical and research advances in IBD.

**GENCA 2019:** Our CEO has been invited to present the keynote address at the Gastroenterological Nurses College of Australia's national conference during May in Melbourne.

# RESEARCH

## RESEARCH UPDATES

Thanks to the generous support from our sponsors, we will deliver five Research Update videos to members over the course of next 12 months.

The videos will put the spotlight on the latest research being conducted in the field of IBD including topics such as stem cell therapy, microbiomes and faecal microbiota transplant (FMT).

## RESEARCH SCHOLARSHIP

We continue to put research on top of our agenda this year kicking off a matched-funding Research Appeal in February 2019. The aim of this appeal is to raise funds to build IBD research capacity by being able to offer another post-graduate IBD scholarship.

# OUR FINANCES

## FINANCIAL REPORT

This report is for the 12 months ended December 2018. The financial surplus of \$91,135 has been the result of our successful 'Live Fearless Challenge' event which resonated with our IBD community.

Without any bequest revenue this year, our total revenue decreased by \$91,849 compared with the previous year.

We are pleased to report our administration expenses have decreased by \$91,486 from the previous year, allowing us to put more funds into programs,

communications and fundraising. Our cash position has improved this year as a result of the Live Fearless Challenge.

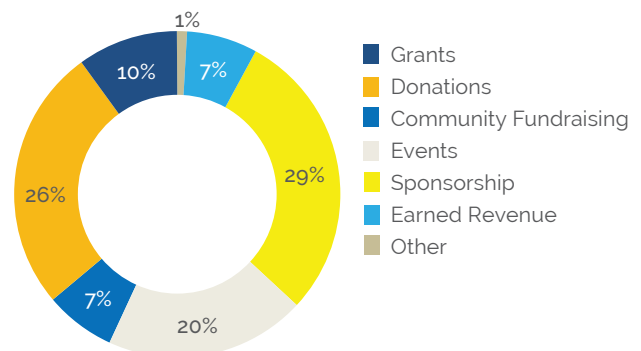
With a stronger balance sheet, we can report an increase in net equity to \$678,179 for this year, compared with \$587,044 in 2017.

A full audited financial report is available on request or can be accessed via our website.

## HOW THE FUNDS WERE GENERATED

REVENUE	2018
Grants	136,999
Donations	341,873
Community Fundraising	97,906
Events	271,105
Sponsorship	375,652
Earned Revenue	92,337
Other	12,696
<b>TOTAL REVENUE</b>	<b>1,328,568</b>

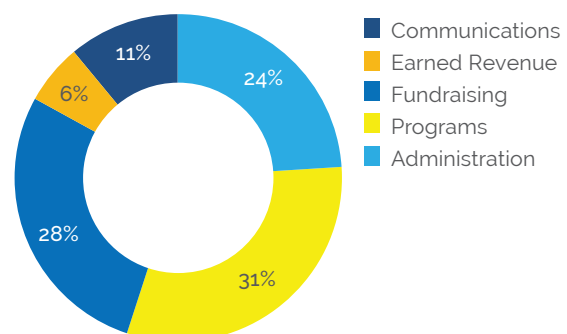
## REVENUE



## HOW THE FUNDS WERE SPENT

EXPENSES	2018
Communications	135,213
Earned Revenue	73,572
Fundraising	343,281
Programs	388,452
Administration	296,915
<b>TOTAL EXPENSES</b>	<b>1,237,433</b>
<b>SURPLUS FOR YEAR</b>	<b>91,135</b>

## EXPENSES



## BALANCE SHEET AS AT 31 DECEMBER 2018

ASSETS	2018	LIABILITIES	2018
<b>Current Assets:</b>		<b>Current Liabilities:</b>	
Cash assets	442,190	Payables and Accruals	63,990
Inventories	6,286	Prepaid Membership	11,021
Receivables and Prepayments	23,263	Unearned Revenue	218,501
Bonds/Deposits	17,031	GST Payable	733
Investments	356,784	Employee Entitlements	32,919
<b>Total Current Assets</b>	<b>845,554</b>	<b>Total Current Liabilities</b>	<b>327,614</b>
<b>Non Current Assets:</b>		<b>TOTAL LIABILITIES</b>	<b>327,614</b>
Investments	73,131	<b>NET ASSETS</b>	<b>678,179</b>
Office Equipment	86,658		
<b>Total Non-Current Assets</b>	<b>159,789</b>	<b>EQUITY</b>	
<b>TOTAL ASSETS</b>	<b>1,005,343</b>	Retained Surplus	678,179
		<b>NET EQUITY</b>	<b>678,179</b>

## STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 31 DECEMBER 2018

CASH FLOWS FROM OPERATING ACTIVITIES	2018
Receipts from Donors and Supporters	1,519,373
Interest received	11,540
Other income	1,156
Payments to suppliers and employees	(1,151,338)
<b>Net cash provided by/(used in) operating activities</b>	<b>380,731</b>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>	
Purchases of property, plant and equipment	(22,672)
Proceeds from/(purchase of) investments	9,190
Payments for bonds and deposits	(340)
<b>Net cash (used in)/provided by investing activities</b>	<b>(13,822)</b>
<b>Net Increase/(Decrease) in Cash Held</b>	<b>366,909</b>
<b>Cash at the beginning of the financial period/year</b>	<b>75,281</b>
<b>Cash at the end of the financial period/year</b>	<b>442,190</b>

## KEY FINANCIAL INDICATORS

Ratio	Category	Definition	Calculation	Target	2018	2017
Current Ratio	Liquidity	An indicator of the company's liquidity	Current Assets/Current Liabilities	2:1	2.58	4.30
Return on Investment	Profitability	Indicates how well an organisation is utilising it's equity investment	Net Income/Equity	10-14%	13%	45%
Debt to Assets	Debt/Leverage	Measures the % of assets being financed by liabilities	Total Liabilities/Total Assets	<1	0.3	0.2

# THE CCA TEAM

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CCA's head office is based in Melbourne, housing a dedicated team who are committed to making life more liveable for all Australians living with IBD:



**ASSOCIATE PROFESSOR LEANNE RAVEN**  
CHIEF EXECUTIVE OFFICER



**ANITA REILLY**  
IBD HELPLINE COORDINATOR



**WAYNE MASSUGER**  
PROJECT MANAGER, IBD QUALITY OF CARE



**POPPY BOUHALIS**  
EA TO THE CEO, GENERAL ADMINISTRATION



**SONA BABBAR**  
COMMUNICATIONS MANAGER



**TIM COSTELLO**  
MEMBERSHIP & DONOR CARE COORDINATOR



**STACEY JAMES**  
COMMUNITY FUNDRAISING & EVENTS COORDINATOR



**LAUREN GOLDSWORTHY**  
VOLUNTEER & PROGRAMS COORDINATOR



# OUR SUPPORTERS



**Australian Government**  
**Department of Health**



## CORPORATE VOLUNTEERS



## 2018 LIVE FEARLESS CHALLENGE: TOP 10 FUNDRAISERS

Kelsey Nasello  
Bruce Rosengarten  
Simone Spaulding  
Anthony Johns  
Jade Jenkins

Elly Hanneford  
Brittani Nicholl  
Hannah Simmons  
Arjun Guduguntla  
Rhiannon Westhorp-Jan

# OUR VALUED DONORS

Crohn's & Colitis Australia are grateful for the generous support of so many individuals, organisations and businesses. We would like to acknowledge and thank those listed below for making a positive difference to those living with inflammatory bowel disease during 2018:

## RESEARCH

**\$25,000** Mandy & Edward Yencken

**\$2,000 - \$5,000** C Redman, S Trevor, Hawkesbury Court No. 18 Order of the Amaranth, J Mandel, The Bruce and Ros Rosengarten and Family Fund, D Birner, M Hughes, B Hughes, D Lehmann

**\$1,000 - \$1,999** D McDermid, E Hatzimanolis, S Bartlett, T Thwaites, S Agar, Whites Group Pty Ltd, C Thorne, K Sandison, S Conroy, Burra Quilters, N Barrow, C Nicolaou, M & R Winter

**\$200 - \$999** S Keys, M & L Dumbleton, B Purbrick, M Ebb, B Thomas, L Irwin, J Becher, N Spitzer, H Koustas, P Crupi, M Campbell, G & M Ryan, Double Scotch Pastoral Co, P Gordon, A Plint, A Stewart, W Viles, M Sutton, C Lloyd, B Kelleher, K Lu, L Davies, C & M Koch, K Forrester, D Minns, M Donnelly, P Cornwell, L Bowler, P Wise, G Dunstone, S Chhabra, L Medalia, K Crowe, G Culvenor, K Coulson, J Amprimo, P Eddy, L Salomon, B Backer, R Mattha, R Masters, J Seeto, S Oster, M & L Olsen, M Sallmann, W McCrae, L Gatfield

## GENERAL

**\$30,000** Mandy & Edward Yencken

**\$20,595** Estate of Linda S Lyons

**\$10,000** P & H Butts

**\$5,000 - \$9,999** Melbourne Recital Centre, S550 Ford Mustang Owners, C Redman, The Eva & Les Erdi Humanitarian Charitable Foundation

**\$2,000 - \$4,999** S Hillebrand-Roellgen, The Jackson Foundation, G Board, R Lynch, D Shanahan, D Birner, D Reckenberg, C Azzopardi, C Martin, C Rathbone, D Gluskie

**\$1,000 - \$1,999** I Habib, Flight Centre Foundation, K Rogers, VicRoads - Kew, S O'dea, W Feben, N Barrow, P Goldsmith, N Hayward, M Hockless, A Kingsford-Smith, M McPherson, A Newman, K Rich, Rolfe Constructions

**\$200 - \$999** J Chan, R Morphett, A Whelan, G Purser, N Kruger, J Andrews, B Boyd, E Bray, D Petrie, K Toirkens, M Walker, E Leske, K Hayward, S Sidhu, A Scoufis, V Allen, J Andrews, M Behling, C Busby,

H Chew, D Dadon, Lioness Club of Palm Beach Currumbin, Lions Club of Jervis Bay, I Mackenzie, P Maguire, W Moran, P Re, T Motiani, N Schot, S Trevor, Yarra Valley Grammar, A Etherton, M Powell, A Spencer, J Fenton, M Shannon, K Formosa, C Bechly, A McWhirter, G Geracitano, D Mistry, S Ahrens, J Fahad, M Gibson, L McNally, G Rabinowitz, S Sutton, G Howells, J Kooloos, R Turner, K Versteeg, T Whitney, J Williamson, V Anich, M Clarke, D Cooper, K Costanzo, J Ford, L Maughan, H Moraitis, C Pradun, M Turpin, P Walker, J Zeinstra, J Kagan, Diversified Communications Australia, C Cutche, S Allison, L Burns, A Cooper, R D'Orazio, K Ellard, P Farnan, P Gaudry, J Harding, P Irving, R Johnston, B Legoe, D Minns, Northern Minerals, D Peiris, A Saraceni, R Singleton, G Vincent, P Zantis, R Ziino, B Lillee, N Giles, N Ross, M Sharp, E Bardoe, A Baud, B Gray, A Junor, J Jones, S Hayward, T Jakubowski, A Weeks, C Cook, C McKinnon, N Waugh, C Levinthal, AON Charitable Foundation, R Brydie, J Buckland, M Buxton, V Capurro, H Day, L Deep, B Elliott, H Elliott, K Diamond, M Fogarty, P Fredericks, S Gillon, B Gommers, B Hayllar, P Herten, L Hinchey, B Jenkins, K KN & DJ Muckert, J Koch, R McKay, S Lawson, B McShanag, N McVicar, R Mikk, N Morrow, R Moulden, D Noble, P Papaleo, H Pedretti, T Pick, J Scuglia, L Salomon, J Schwartz, M Watkins, I Terzopoulos, T Van Der Jagt, B Weldon, W Wise, B Zahra

## COMMUNITY FUNDRAISING

**\$29,650** The Country Women's Association of Victoria Inc.

**\$2,000 - \$9,999** R Hallett, K Burges, C Anslow, Busk for a Cure (H Uhlmann), The Posy Story

**\$1,000 - \$1,999** Entertainment Publications, D Smith, Deer Park Club Inc., Janssen-Cilag Pty Ltd, K Parr, C Acreman, N Burrowes, M Lord, A Akkari, O Elliott, M Brown, C Schneider, Lions Club of Morayfield & District Inc., C Pert, G McClafferty, K Hartas

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## IN MEMORIAM DONATIONS

A Formosa, E Church, A Scott, B Ritchie, A Katopodis, J Katopodis, M Avramides, M Pavli, M Tinawi Yacoubian, P Jeffries, P Scodella, R McDonald

## IN CELEBRATION DONATIONS

C & J Tornatora's 50th Anniversary, Wedding of D Reckenberg & D Bradbury, J Kagan's 50th Birthday, J Shein's 60th Birthday, M Fisher's Birthday, S Lipschitz' Birthday