



EMPOWERING OUR COMMUNITY

PARKINSON'S VICTORIA  
ANNUAL REPORT 2017-18

IN THIS TOGETHER  
**parkinson's**  
VICTORIA

# About Parkinson's Victoria

## ABOUT PARKINSON'S

Parkinson's is a progressive, neurological condition that affects control of body movement.

Motor symptoms include slowed movement, stiff muscles, tremor and postural changes. Non-motor symptoms may include pain, depression, cognitive and functional changes, speech and sleep difficulties.

Parkinson's affects everyone differently and symptoms vary between individuals. The condition cannot be cured, nor its progression halted. Medication and treatment options focus on symptom management to improve quality of life.

Parkinson's impacts adults of all ages. It is most common in people aged 65 years and over, although younger people can be diagnosed. The condition progresses slowly and it may take years for symptoms to impact a person's daily life.

There is currently no known cause of Parkinson's.

## ATYPICAL PARKINSON'S

Atypical Parkinson's are rare conditions that initially present like Parkinson's, but which have different causes, symptoms and rates of progression. They include **Progressive Supra-Nuclear Palsy (PSP), Multiple System Atrophy (MSA), and Cortico Basal Syndrome (CBS).**

There are currently no known treatments to cure or slow the progression of PSP, MSA or CBS, or ways to prevent them from occurring. Treatments, therapies and strategies are available to help people manage their symptoms to make the most of living with these conditions.

## WHO WE ARE

Parkinson's Victoria is a not-for-profit, member-based organisation raising awareness and funds for services and research that improves the quality of life for 27,000 people living with Parkinson's and Atypical Parkinson's conditions across the state.

*Front page image: Lennie (L) and Bill (R), part of Team Debbie's SR&R at A Walk in the Park 2017.*

Our multi-disciplinary health team provides specialist advice and support to people living with Parkinson's, their families, carers and health care professionals through:

- tailored health education programs and seminars
- a free and confidential health information service
- comprehensive web-based information
- an extensive Peer Support Group network.

Parkinson's Victoria is committed to supporting vital research into effective treatments that improve the quality of life for people living with the condition, and for the pursuit of a cure.

## OUR VISION

A world without Parkinson's.

## OUR MISSION

To enable people living with Parkinson's to lead active and full lives.

To support the development of more effective treatments and a cure for Parkinson's.

## OUR VALUES

### Engagement and Inclusion

We engage and connect people living with Parkinson's, to understand their needs and ensure services, supports and research are responsive, relevant and sympathetic.

We promote connection, participation and inclusion as a means to living an active and full life.

### Knowledge and Empowerment

We understand the needs and challenges of people living with Parkinson's and their families, and use evidence and best practice to inform, increase understanding and build individual capacity to manage.

### Innovation and Excellence

We provide quality services and support in an environment that is committed to continuous improvement and establishing industry standards for people living with Parkinson's, their families and carers.

We promote a learning culture within our organisation, the community and health sector to ensure that advancements in research are reflected in services, methods and responses.

# 2017-18 highlights

**3019**

support group  
education  
attendees

**3410**

A Walk in the Park  
participants across  
Victoria

**109,318**

unique website  
users

**4685**

calls to our  
Health phone line

**\$362,834**

invested in research  
programs

**70**

support groups  
across Victoria

**4.3M**

A Walk in the Park  
media reach

**148**

health professional  
visits to support  
groups

**2980**

professional  
and community  
education session  
attendees



# Chair & CEO Report

Building capacity to position Parkinson's Victoria as a leader in best practice health and education service delivery was key to our focus and activities in 2017-18.

This revitalised strategic approach was adopted to ensure Parkinson's Victoria has the financial and organisational capability to deliver on its 2017-2020 Strategic Plan, endorsed by the Board in May 2017.

Having the right staff and resources in place to meet the growing demand for tailored information and education from people living with Parkinson's, as well as the medical and allied health sectors, is critical to achieving this.

A re-alignment of Parkinson's Victoria's structure and subsequent investment in the growth of our team saw the appointment of six new staff to support the growth of our service capability and program delivery.

The new corporate structure has already produced results. Our multi-disciplinary health team is better placed to focus attention on activities that support improved understanding of Parkinson's, both for the individual impacted by the condition and the community that cares for them.

We know that by improving knowledge of Parkinson's and treatment options, people living with the condition can make more informed decisions based on their individual symptoms and needs, enhancing their quality of life.

The desire for knowledge and information is growing at one of the highest rates seen in recent years, particularly influenced by changes to Government disability and aged care service models.

In 2017-18, the health team responded to 4685 calls to our Health Information Phone Line, a 27% increase compared to the previous year. We also saw an 18% increase in the number of people attending professional and community education sessions, while there was a 38% increase in the number of unique visitors to the Parkinson's Victoria website.

A proven approach to providing support and information to people living with Parkinson's and their families, particularly for those in more isolated regional areas, are the Parkinson's Peer Support Groups.

In recognition of the immeasurable value of these groups, Parkinson's Victoria appointed a Community Development Coordinator to further build on community engagement and connection and develop new support mechanisms for these peer communities.

Specialist peer support groups also continued to thrive and in April 2018, we proudly supported the ParkinSong Concert event, *From Little Things, Big Things Grow*, in Williamstown, home of Victoria's first ParkinSong group.



Image: Emma Collin (L) Assoc. Prof. David Finkelstein (R)

Research remained a key focus in 2017-18, with more than 400 people attending the Insearch 2018 lecture series in Melbourne, Bairnsdale and Mildura, where they heard from world recognised Australian researchers to better understand more effective treatments for Parkinson's.

Parkinson's Victoria continued its commitment to research into effective treatments and therapies that improve quality of life, as well as the search for a cure, with an investment of \$362,834 in 2017-18.

This included \$127,000 towards a major global clinical trial aimed at creating a fundamental change in the way Parkinson's is treated and managed through the use of the Parkinson's KinetiGraph™ (PKG™) wearable technology.

Overarching these activities has been a strong focus on ensuring the long-term financial viability and sustainability of Parkinson's Victoria now and into the future.

We have taken a lead role in advocating for long-term health funding of neurological conditions, worked to build our fundraising capability and income revenue streams and commenced revitalisation of the Parkinson's Victoria membership program.

Finally, we would like to thank our dedicated staff, volunteers, corporate and community partners, not to mention those who donate and fundraise on our behalf, to ensure we can provide the best possible health services and support to the 27,000 Victorians living with Parkinson's.

A handwritten signature in black ink that reads "David Finkelstein".

Assoc. Prof. David Finkelstein  
Chair

A handwritten signature in black ink that reads "Emma Collin".

Emma Collin  
Chief Executive Officer

# Parkinson's Victoria Board



**Associate Professor  
David Finkelstein**  
Chair

Chair Research Committee  
Parkinson's Victoria representative on  
Parkinson's Australia Board  
(Feb 2017 - Jan 2018)  
B.Sc., Grad. Dip. Scientific Instrumentation,  
M. Sc., Ph.D.  
Appointed: May 2014



**Adam Conrad**

Chair Finance and Investment Committee  
B. Comm., CPA, GAICD  
Appointed: November 2012  
Resigned: February 2018



**Damien Farrell**

Member Finance and Investment  
Committee  
B.A., ACU, FAIM, MAICD  
Appointed: November 2012  
Resigned: August 2017



**Sue Harper**

Chair Governance Committee  
B.A., Grad. Dip. Ontological Coaching  
Appointed: November 2013



**Karyn Spilberg**

Member Research Committee  
B.Ed., Grad. Dip. Computer Education,  
Grad. Dip. English as a Second Language  
Appointed: June 2014



**Shane Murphy**

Member Governance Committee  
B. Applied Computing, Assoc. Dip.  
Electrical Engineering, Cert. Electrical  
Engineering, Grade A Electrician  
Appointed: November 2015



**Philip Thomas**

Member Governance Committee  
Parkinson's Victoria representative on  
Parkinson's Australia Board  
(Feb 2018 - June 2018)  
M. ComLaw, B.Bus., Grad. Dip. CSP, ASA,  
FCSA, FCIS, FFin, MAICD  
Appointed: June 2016



**Dylan Hardy**

Member Finance and Investment  
Committee  
B.A (Bachelor Arts)  
Appointed: June 2017



**Celia Robinson**

Member Finance and Investment  
Committee  
M. Pub and Int Law, B. Bus  
(Local Government)  
Appointed: July 2017



**Jason Karametos**

Chair Finance and Investment Committee  
B Com/LLB (Hons), LL.M.  
Appointed: April 2018



# Health Information Service

Changes within the health, disability and community sectors continued to impact the volume and complexity of phone calls to the Health Information Service, reinforcing the critical role of this service in supporting people living with Parkinson's.

Backed by a dedicated health team of Parkinson's nurses, a speech pathologist and physiotherapist, the state-wide service provides individualised advice on symptom management and support services to people living with Parkinson's, their families and carers.

This multi-disciplinary approach, recognised as world's best practice, has proven to be an optimally responsive model meeting the medical, mobility and psycho-social needs of individuals seeking advice and support in a changing community health services sector.

Our specialised service is well-regarded as a credible source of understandable, evidence-based information, reflected in an increase in calls from health care professionals.

In 2017-18, 4685 calls were made to the health line – a 27% increase in calls and an almost 100% increase over five years.

This trend was also reflected in calls from people living with Parkinson's looking for assistance accessing and navigating both My Aged Care and the NDIS.

Parkinson's Victoria's organisational re-structure and investment in new staff enabled our Health Team to focus its attention on providing health-related information, advice and education and meet this increased service demand.

We have taken a lead role in advocating for long-term State health funding of neurological conditions, to ensure Victorians living with Parkinson's continue to have access to the health information line and other essential and tailored health services.

The Health Information Service team experienced a 27% increase in calls to

4685

94%

increase over 5 years



Image: Hwa O'Brien, Essendon Parkinson's Peer Support Group member.



"I've sought the assistance of Parkinson's Victoria at many points since my diagnosis, and in particular when things got tough. They are full of knowledge and support."

Patrick Cahill, diagnosed in 2013.

# Tailored Health Education

**18%**  
increase in  
2017-18

**2980**  
education  
seminar  
attendees

Key to empowering our community to better understand, manage and live with Parkinson's are comprehensive health seminars and education programs, led by our multi-disciplinary health team.

These specialist conferences and seminars are tailored to people living with Parkinson's, their families and carers, including the invaluable Recently Diagnosed Seminars designed to support those at the start of their journey.

In addition, the Health Team works collaboratively with the health and aged care sectors to provide a range of education programs aimed at building knowledge and capacity of professionals in the disability, aged care and health sectors, in order to improve health outcomes for people living with Parkinson's.

In 2017-18, Parkinson's Victoria's experienced health specialists delivered 100 seminars, community-led conferences and workshops, and continued its collaborative health professional program, reaching almost 3000 people.

## NATIONAL YOUNG ONSET CONFERENCE

Drawing on information collated by people living with Young Onset Parkinson's, the agenda of the National Young Onset Conference featured a blend of scientific and medical information, as well as interactive sessions dedicated to Yoga and Dance.

The Young Onset Conference, attended by more than 110 people, also included a dedicated NDIS workshop aimed at building knowledge about how to access support under the NDIS.



Image: Prof. Simon Lewis.

## RECENTLY DIAGNOSED SEMINARS

Recently Diagnosed Seminars have been pivotal to our community education program for more than 15 years. In 2017-18, 300 people attended seven seminars in metropolitan Melbourne, Wangaratta, Mildura, Sale and Shepparton.

Providing a more intimate environment in which individuals and their families can understand diagnosis and connect with others facing a similar situation, they are essential in providing people with the information and tools to build a foundation for improved self-management.

Following a successful trial in 2016-17, a Young Onset Recently Diagnosed Seminar attracted 30 people and focussed on meeting the unique needs of people diagnosed with Young Onset Parkinson's (those aged under 65 years).

## HEALTHCARE PROFESSIONALS CONFERENCE

This one-day educational seminar offered a unique and specific focus that explored the complexities of managing Parkinson's in the later stages.

A key aim of this seminar was to equip healthcare professionals with the information, tools and confidence to improve management of complex symptoms which are often responsible for acute and residential aged care admissions.

This seminar also provided knowledge of treatments and best practice care to improve comfort and quality of life for people with advanced Parkinson's.

## NATIONAL NURSE MEETING

Parkinson's Victoria was proud to lead the third consecutive National Parkinson's Nurse Meeting, in collaboration with Parkinson's Queensland, Parkinson's Western Australia and Parkinson's New South Wales, and supported by pharmaceutical company UCB.

This meeting brought together the Parkinson's specialist movement disorder nurses from around Australia, providing an educational and networking opportunity to support their ongoing education needs.



## AGED CARE AND EDUCATION

Our experienced Health Team has remained a key provider of education within the aged care sector, helping to develop, review and deliver the National Aged Care Parkinson's education module.

This education program provides a foundation for aged care workers to understand Parkinson's, its symptoms and treatments, with the aim of improving the quality of life for people with Parkinson's in aged care.

This module was delivered in more than 50 aged care facilities across Victoria, with an estimated audience of 700 participants.

## ATYPICAL PARKINSON'S

Reflecting the complexity and rare nature of the Atypical Parkinson's conditions, the Health Team responded to requests for highly specialised education from a variety of health and community settings, delivering training around communication, sexual intimacy, behaviour management and palliative care.

## COLLABORATION

Parkinson's Victoria continued to work across community, education, health and the aged care sectors to increase knowledge, incorporate Parkinson's-specific content into education initiatives and promote movement disorders to undergraduate students.

- Worked with Primary Health Care Networks to deliver continuous professional development for GPs in regional Victoria, many of whom play a significant role in managing patients with Parkinson's.
- Contributed to the design and review of content for the Australian College of Nursing's Graduate Diploma in Gerontology and Graduate Diploma in Community/General Practice Nursing.
- Joined health care professional leaders from around Victoria as part of a DHHS Palliative Care Strategy Workshop, helping to identify gaps and barriers to access.
- Contributed to the provision of national education on Parkinson's to the Aged Care Complaints Commission as part of their ongoing professional development.
- Partnered with the Australian Medical Council to provide content and support for teaching and examination of overseas-trained doctors.

# Supporting the Parkinson's Community

**70**  
support groups  
across Victoria

**3019**  
support group  
education  
attendees

Peer support groups provide the opportunity for people living with Parkinson's to learn from, and enjoy, the company of others who share similar experiences and challenges. They offer information, hope, support and social connection for people living in their community.

This is particularly important for those living in regional Victoria, where access to services and interaction with others living with the condition can be restricted. Parkinson's Victoria coordinates 70 Peer Support Groups in Victoria, 40 of which are in regional areas.

Parkinson's Victoria's newly appointed Community Development Coordinator has connected with Peer Support Group leaders and key community stakeholders to broaden awareness of, and support and enhanced opportunities for, Peer Support Groups and people living with Parkinson's.

The Health Information team continues to provide education and information support to these groups, making 148 visits to Support Groups in 2017-18.

Parkinson's Victoria also continued its support of a bi-monthly meeting for people living with Atypical Parkinson's conditions, a vital support for people living with these rare and poorly understood conditions.

The 2017 Peer Support Group Leader Training Day provided an opportunity for leaders to network and update their knowledge of best practice, evidence-based treatment as well as information on group dynamics, succession planning, leadership and governance.

Specialist support groups also continued to grow in popularity, offering a range of focus areas across the community including Carers, Deep Brain Stimulation, Infused Therapies, Parkinson's for Chinese-speaking, ParkinSong, Painting with Parkinson's, Young@Park and Young Onset Men's Group.

One of the most valuable seminars I've been to for years!

Peer Support Group Leader Training Day attendee



# ParkinSong

ParkinSong is a successful activity-based peer support program, growing from one group in Williamstown in 2013 to nine in 2017-18. Importantly, emerging evidence supports the health and social benefits it provides to participants.

This tested program model has provided an accessible and sustainable peer support group, offering enjoyable and engaging activities specific to supporting communication and wellbeing. Vocal warm-up and exercise, practical communication activities, group singing and social engagement are essential elements of ParkinSong.

Of particular importance is that these benefits extend to both people with Parkinson's and those with Atypical Parkinson's conditions and carers.

A study into the therapeutic and social benefits of participating in Parkinson's Victoria's ParkinSong model, led by Senior Music Therapy Lecturer at Melbourne University, Dr Jeannette Tamplin, has been completed, with three month data showing promising outcomes in both voice and emotional wellness.

Almost 200 people now participate in ParkinSong in Victoria. Programs established as part of the research project have chosen to continue as community-based ParkinSong groups in 2017-18, highlighting the popularity of the program.

Parkinson's Victoria appointed a part-time Music Therapist in October 2017, to support the roll-out and ongoing development of the ParkinSong program.

The power of song was showcased to the community at the ParkinSong concert in April when more than 150 ParkinSong members came together to sing in an uplifting event that also celebrated the pursuits of dance and painting. The concert was attended by 430 people.

It is impossible to feel alone when you're singing along with hundreds of others with Parkinson's

Ashwood ParkinSong member



Image: The ParkinSong concert at Williamstown Town Hall.

# Investing in Research

With no known cause, cure, diagnostic test or therapies to slow, stop, prevent or reverse Parkinson's or the Atypical Parkinson's conditions, research into prevention, cure and improved lifestyle is a cornerstone of Parkinson's Victoria's strategic direction.

In 2017-18, generous donors and benefactors raised \$235,489 to fund research and Parkinson's Victoria invested \$362,834 to help fund world class research projects worth more than \$1.8 million.

Parkinson's Victoria is playing a key role in the major global clinical trial aimed at fundamental change in the treatment and management of Parkinson's through the use of the Parkinson's KinetiGraph™ (PKG™) wearable technology.

This year also marked the third of our partnership project with La Trobe University, Shake It Up Foundation and the Michael J. Fox Foundation measuring mitochondrial respiration and stress in blood cells as a biomarker for Parkinson's.

Parkinson's Victoria also promoted and facilitated involvement in Parkinson's-related research projects conducted by Victorian and National universities. Research requests covered a range of topics, from exercise and singing to resilience, cognition and motivation.

## BRAIN BANK RESEARCH PROGRAM

We continued our support of the Victorian Brain Bank Network (VBBN), auspiced by Melbourne University and the Mental Health Research Institute.

The Brain Bank provides researchers with tissue samples used to provide invaluable insights as part of research into Parkinson's and Atypical Parkinson's.

From September 2017 – August 2018, the Brain Bank collected, processed and stored 51 new brain donations,

of which 13 cases were confirmed neuropathologically as either Parkinson's or Atypical Parkinson's.

Nine Australian and international research projects were granted access to Parkinson's related tissues, quantifiable by provision of 344 diseased and control brain samples.

## INSEARCH RESEARCH SERIES

Shining a light on research into Parkinson's, more than 500 people came together for the Insearch Parkinson's 2018 Lecture series, where they heard world recognised Australian researchers present the latest findings into more effective treatments for Parkinson's.

Sessions in Melbourne, Mildura and Bairnsdale allowed members, clinicians and researchers from across Victoria to learn first-hand some of the important research being undertaken and results being seen.

Post event surveys indicated more than 80% of attendees rated their experience as excellent or very good, with 93% saying they would recommend the series to others.

## MELBOURNE LECTURE

More than 255 people attended the Melbourne Brain Centre in Parkville on World Parkinson's Day to hear from Senior Principal Research Fellow and Professor of Neuroscience at the University of Sydney, Professor Glenda Halliday, and Dr Jeannette Tamplin, Senior Music Therapy lecturer at Melbourne University.

Prof. Halliday shared her research into the significance of alpha-synuclein and other proteins implicated in brain changes causing Parkinson's symptoms. She also spoke of biomarkers as an emerging early diagnosis tool.

Dr Tamplin shared the interim results of her research on the therapeutic impact of singing on managing Parkinson's symptoms.



Image: Andy Clarke (L), wife Suzanne and Gerald Crough (R) at the Insearch lecture series.

## BAIRNSDALE & MILDURA LECTURES

Almost 100 people attended the two regional lectures, in Bairnsdale and Mildura, where Parkinson's Victoria Chair, Associate Professor David Finkelstein presented an overview of recent research into treatments and therapies to improve quality of life.

At Bairnsdale, Associate Professor Jenny McGinley, Head of Physiotherapy at the University of Melbourne, focussed on her research into how people with Parkinson's can stay active and factors that influence regular activity. Dr Tamplin shared her interim therapeutic singing research results at the Mildura lecture.

## PARKINSON'S NEUROLOGY PROFESSIONALS FORUM

As part of the Insearch Series, and in conjunction with the Florey Institute of Neuroscience and Mental Health, a neurology professionals forum offered an engaging and informative professional development and networking opportunity to 150 attendees.

Prof. Halliday spoke about her ground-breaking research and a case study from the Royal Melbourne Hospital Neurological Department was presented.

## TREAT TO TARGET

Parkinson's Victoria was proud to announce its involvement in a global research project on World Parkinson's Day.

The \$450,000 trial, a collaboration between Global Kinetics, Parkinson's Victoria, The Michael J. Fox Foundation and Shake it Up Australia Foundation, aims to improve treatment and symptom management through use of the Parkinson's KinetiGraph™ (PKG™) wearable technology.

The PKG is a wrist-worn device that remotely records data on a patient's movement and measures the presence and severity of bradykinesia and dyskinesia.

This allows medical professionals to see how a patient is responding to treatment and implement the right medication at the right time.

The research project will establish whether objective and continuous measurements and targets can lead to improved clinical care and wellbeing.

Parkinson's Victoria granted \$127,000 towards the landmark research project, and offered Victorians the opportunity to be part of this important global clinical trial.



Image: Dr Dominic Hare.

## PARKINSON'S FELLOWSHIP PROGRAM

### The Argyrou Family Fellowship (\$80,000)

Awarded to Dr Dominic J Hare, The Florey Institute of Neuroscience and Mental Health

*Metals and superoxide dismutase-1 proteinopathy in Progressive Supranuclear Palsy*

### The Atypical & Argyrou Family Fellowship (\$55,000/\$75,000)

Awarded to Dr Susan C Slade, School of Allied Health La Trobe University

*Designing Evidence-Based Exercise Programs for People Living With Progressive Supranuclear Palsy Informed by Consumers and International Research*

### The Argyrou Scholarship (\$7,500)

Awarded to PHD student Ms Sonia Rao The Florey Institute of Neuroscience and Mental Health

*The pathological interaction between iron and tau in Progressive Supranuclear Palsy*

Six month extension of existing scholarship.

### The Parkinson's Scholarship (\$15,000)

Awarded to Ms Tracy Zhang The Florey Institute of Neuroscience and Mental Health

*Unifying biochemistry, neuroimaging and behaviour to trace iron from neurodevelopment to neurodegeneration in Parkinson's disease*

# In our Community



## SIR ZELMAN COWAN AWARD

Mildura resident Cheryl Barnes was awarded the Sir Zelman Cowen Award in 2017-18. This award is presented to an individual in recognition of their invaluable voluntary contribution to the Parkinson's community.

Cheryl's commitment to the local Parkinson's community has been exceptional for many years.

A leader known for her strong engagement and representation in her peer group and powerful advocacy both locally and across Victoria, Cheryl continues to identify opportunities to improve services and support access for people with Parkinson's.

She has led the Mildura Parkinson's Support Group for more than a decade and is an active advocate to local politicians. It was her successful campaigning that delivered a federally funded Movement Disorder Nurse in Mildura more than four years ago.

Committed to raising awareness of the condition, Cheryl has hosted a "Slow Walk" in support of A Walk in the Park for eight years. An active fundraiser and event organiser, she has held art and fashion shows, high teas and community health events so that more people with Parkinson's can access the health support they need.

## 2017 RECOGNITION AWARDS

The annual Parkinson's Victoria Volunteer Recognition Awards recognise individuals and groups for their contribution to the Parkinson's community.

Years of Service Awards acknowledge the continuous service of volunteers in an administrative, project or service capacity, particularly those coordinating Peer Support Groups.

### 15 year Service Awards

Trevor White - South Gippsland Support Group  
Jill Goss - Essendon Support Group  
Judy Buckley - Camberwell Support Group  
Nola Matuschka - Portland Support Group

### 10 year Service Awards

Linda Walsh - Essendon Support Group  
Margaret Nickson - Essendon Support Group  
Marion Thiele - South Gippsland Support Group  
Peter Nassau

### Community Recognition Awards

These recognise the significant contribution of an individual or organisation to events or activities in support of the Parkinson's community.

Dr Wesley Thevathasan  
Sandra Turner  
Dr Kelly Bertram  
Dr Arup Bhattacharya  
Judy Phelan  
Lyn Blake - Mildura Support Group  
Robert Hurley - Bellarine Support Group  
Marilyn Brown - Bellarine Support Group



Image: Trevor White (centre) receives his 15 year service award.

# A Walk in the Park 2017

A Walk in the Park is our largest community event dedicated to raising awareness and improving the lives of people with Parkinson's in Victoria. In its ninth year, the Melbourne walk attracted 2562 people to Federation Square on Sunday 27 August, with another 847 people walking in six regional locations.

As our major fundraising activity, A Walk in the Park 2017 was a record breaker, raising almost \$258,000 and exceeding our fundraising target by 14%. This included an impressive \$11,200 raised at the regional walks, more than double that raised in 2016-17.

A Walk in the Park is an uplifting event brings that together people from all walks of life – those living with Parkinson's, their families, carers, health professionals, friends and supporters. It provides an important sense of community for people living with a condition where social isolation can be significant.

People walk for many reasons. Those living with Parkinson's walk proudly with a community who care and understand. Families and friends come together in a show of support; or in memory of a loved one. Others represent corporate partners, standing by the community they serve.

Integral to the success of the event is strong media coverage. A Walk in the Park would not be the success it is without the inspirational people who publicly share their stories. This year's 4.3 million media reach was boosted by a substantial pre-record and live interview on Weekend Sunrise.

Our gratitude extends to the 662 committed fundraisers who contributed to the fundraising efforts, including 43 people who joined the \$1K Club by raising more than \$1000, and a further 43 who raised more than \$500.

Special thanks to The Top Five Individual Fundraisers in 2017:

- **Kim Goodridge** (Team Wayne-O)     **\$34,227**
- **Isa Adams** (Team Isa)                 **\$9898**
- **Geoff Wilkinson** (Wilko's Whiskers) **\$9894**
- **Judy Phelan** (Phelan Ready)         **\$8189**
- **Peter Raymond** (Walking with Pa)   **\$7263**

We also acknowledge the following peer support group leaders and their support crews for organising and hosting the six successful regional A Walk in the Park events:

- Mildura           **Cheryl Barnes**
- Horsham         **John McRoberts**
- Timboon         **Pam Robb**
- Warrnambool   **Andrew Suggett**
- Wodonga         **Alys Cummings**
- Yarrawonga     **Judy Ramsdale**

**Over 2500**  
participants in Melbourne

**Over 840**  
participants in six regional walks across Victoria

**4.3m**  
people reached through media coverage

**86%**  
of evaluation respondents would participate in next year's walk

**\$258K**  
in donations raised to support people with Parkinson's and their families

**Over 95**  
volunteers donated their time



*"A wonderful day to show support for family and friends."*  
Walk participant



# Our Supporters

In 2017-18, fundraising represented 68% of our overall income.

## MAJOR DONORS AND BEQUESTS

It's because of generous donations that we can continue to deliver essential services and contribute to Parkinson's research, to support people living with Parkinson's throughout Victoria.

We greatly appreciate contributions made by the following individuals, organisations, trusts and foundations.

### Bequests

- Estate of Alan Michael
- Estate of Tatiana Madatow
- Estate of Mavis Moss
- Estate of Elsie Joyce Spicer
- Estate of Bessie Mary Thompson
- Estate of Joe White
- Estate of Kathleen Mavis Allen
- Estate of Peter John Craig

### Community Fundraising

- Central Victorian Chrysler Club
- Firefighters Charity Foundation
- Horsham/ Wimmera Parkinson's Support Group
- Kong Chew Chinese Opera Association
- Rotary Club of Huntingdale
- Rotary Club of Frankston Sunrise Inc
- Mildura Parkinson's Support Group

### Trusts and Foundations

- The Mary Elinor Harris Fund
- G & I Meagher Charitable Trust
- The Barbara Luree Parker Foundation Ltd



Images: Community fundraising efforts around Victoria (from left), Warrnambool Coin Line; Kong Chew Chinese Opera Association; Queenscliff 180 Family Swim; Eastern Hill Fire Station and Firefighters Charity Foundation.

# Increasing Impact through Partnership

The generosity and commitment of our corporate and community partners are vital to the successful delivery of our comprehensive support programs for people living with Parkinson's.

In 2017-18, we were proud to partner with a number of organisations across a wide range of events, seminars and research programs.

We also acknowledge the contribution of our volunteers, in particular the Swinburne University students who provided event management support for A Walk in the Park 2017.

## In-kind support

- Activate Strategy Group
- Advantage Advisors
- Maurice Blackburn
- MLC

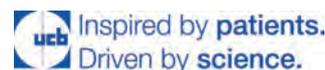
## Community partners

- Alfred Health
- Brainlink
- Calvary Health Care Bethlehem
- Epilepsy Foundation
- Florey Institute of Neuroscience & Mental Health
- Goulburn Valley Health
- Monash Health
- Monash University
- La Trobe University
- Shake It Up Foundation
- University of Melbourne

## Information Line

- Victoria State Government

## Corporate partners



# Financial Report

Delivering a surplus of \$35,560, 2017-18 had been a year of growth and investment in building our capabilities. With a 16% increase in donations, the generous ongoing community contributions to Parkinson's Victoria provided crucial funding for our health programs and research partnerships.

Our Investment Strategy achieved a growth of 114% in investment income. The 10% decrease in total revenue compared to last year was due to significant extraordinary bequests (over \$800K) in 2016-17.

One year into the Strategic Plan 2017-2020, our focus this year was on investing in new and current staff to support the growth of our service capability and program delivery. With the appointment of 6 new staff members, our investment in staff grew by 10%.

Our unwavering commitment to research to improve the quality of life, as well as the search for a cure for Parkinson's, is evidenced by significant investment of \$362,834 in research. This investment is 127% higher than last year. The research fund balance of \$547,636 will support 2018-19 commitments of \$175K, including our ongoing scholarship and fellowship program.

The Parkinson's community came together to celebrate the 9th anniversary of our signature community fundraising and awareness event, A Walk in the Park. The event delivered a net revenue of \$180K, a 7% growth from last year.

Our net assets remain at a healthy position of \$3.36 million.

Our contract with the Victorian Department of Health and Human Services to fund our health information line, contributing 13% of our total revenue, ends in June 2019. New funding is being sought to support future programs.

Budget for 2018-19 forecasts a deficit of \$17K, as we continue to invest in the growth of our programs and support for the Parkinson's community.



**Jason Karametos**  
Chair Finance and Investment Committee



Image: Ian Baker and Parkinson's Victoria's Victor McConvey.



Image: Parkinson's Victoria 2017 AGM.

# Auditor's Report



Chartered Accountants & Advisors

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## INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF PARKINSON'S VICTORIA LIMITED

### Opinion

We have audited the accompanying financial report of Parkinson's Victoria Limited, which comprises the statement of financial position as at 30 June 2018, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies and the directors declaration.

In our opinion the financial report of Parkinson's Victoria Limited has been prepared in accordance with Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*, including:

- (a) giving a true and fair view of the company's financial position as at 30 June 2018 and of its financial performance and cash flows for the year ended on that date; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1, and Division 60 the *Australian Charities and Not-for-profits Commission Regulation 2013*.

### Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Emphasis of Matter - Basis of Accounting

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the responsible entities' financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose.



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# Auditor's Report cont...



## **INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF PARKINSONS VICTORIA LIMITED (Continued)**

### **Directors' Responsibility for the Financial Report**

The directors of the company are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of the ACNC Act, and for such internal control as the directors determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

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

### **Auditor's Responsibility**

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

As part of an audit in accordance with the Australian Auditing Standards, we exercise professional judgment and maintain professional scepticism throughout the audit.

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

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

We evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.

We conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Company to cease to continue as a going concern.



**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF PARKINSONS VICTORIA LIMITED (Continued)**

We evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation. We communicate with the directors regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

**Independence**

In conducting our audit, we have complied with the independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012*. We confirm that the independence declaration required by the *Australian Charities and Not-for-profits Commission Act 2012*, which has been given to the directors of Parkinson's Victoria Limited, would be in the same terms if given to the directors as at the time of this auditor's report.

A handwritten signature in cursive script that reads "Walker Wayland Advantage".

**WALKER WAYLAND ADVANTAGE AUDIT PARTNERSHIP  
CHARTERED ACCOUNTANTS**

A handwritten signature in cursive script that reads "Ben Bester".

**BEN BESTER  
PARTNER**

Dated in Melbourne on this 25 day of October 2018

# Financials

<b>STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2018</b>	<b>2018 \$</b>	<b>2017 \$</b>
Revenue	1,566,332	1,741,902
Research Revenue	235,488	292,846
Victorian Dept of Human Services Grant	263,786	251,717
Employee Benefits expense	(942,277)	(855,720)
Depreciation amortisation expenses	(16,620)	(18,295)
Operating Lease expense	(51,920)	(41,316)
Finance costs	(14,004)	(14,064)
Research expenses	(362,834)	(160,020)
Other expenses from ordinary activities	(642,391)	(564,258)
<b>Current year surplus/(deficit) before income tax</b>	<b>35,560</b>	<b>632,792</b>
Income tax expense	-	-
<b>Net current year surplus/(deficit)</b>	<b>35,560</b>	<b>632,792</b>
<b>Other comprehensive income:</b>		
<b>Items that will not be reclassified subsequently to profit or loss</b>	-	-
<b>Items that will be reclassified subsequently to profit or loss when specific conditions are met</b>	-	-
<b>Total other comprehensive income for the year</b>	-	-
<b>Total comprehensive income for the year</b>	<b>35,560</b>	<b>632,792</b>
Total comprehensive income attributable to members of the entity	<b>35,560</b>	<b>632,792</b>
<b>STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2018</b>	<b>2018 \$</b>	<b>2017 \$</b>
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Receipts from donations and bequests	1,502,964	1,910,012
Government grant	263,786	251,717
Payments to suppliers and employees	(1,997,833)	(1,677,435)
Interest received	13,484	21,135
Net cash (used in)/generated from operating activities	(217,599)	505,429
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Purchase for plant and equipment	(18,603)	(28,943)
Investment in Financial Assets	(152,412)	(2,465,276)
Income from Investments	145,215	115,977
Management fees for Investments	(11,871)	(11,885)
<b>Net cash used in investing activities</b>	<b>(37,671)</b>	<b>(2,390,127)</b>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>		
Finance Costs	-	-
Net cash (used in)/generated from Financing activities	-	-
Net decrease in cash held	(255,270)	(1,884,699)
Cash on hand at the beginning of the financial year	990,628	2,875,326
Cash on hand at the end of the financial year	735,358	990,628

**STATEMENT OF FINANCIAL POSITION  
AS AT 30 JUNE 2018**

	2018 \$	2017 \$
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash and cash equivalents	735,358	990,628
Accounts receivable and other debtors	89,691	41,226
Inventories	3,118	5,433
Other current assets	96,515	74,998
<b>TOTAL CURRENT ASSETS</b>	<b>924,682</b>	<b>1,112,285</b>
<b>NON-CURRENT ASSETS</b>		
Plant and equipment	49,196	33,999
Financial Assets at fair value through Profit or Loss account	2,708,905	2,465,276
<b>TOTAL NON-CURRENT ASSETS</b>	<b>2,758,101</b>	<b>2,499,275</b>
<b>TOTAL ASSETS</b>	<b>3,682,783</b>	<b>3,611,560</b>
<b>LIABILITIES</b>		
<b>CURRENT LIABILITIES</b>		
Accounts payable and other payables	120,876	109,510
Provisions for Employee Benefits	83,221	77,459
Revenue received in advance	100,635	87,884
<b>TOTAL CURRENT LIABILITIES</b>	<b>304,732</b>	<b>274,853</b>
<b>NON-CURRENT LIABILITIES</b>		
Provisions for Employee Benefits	17,441	11,657
<b>TOTAL NON-CURRENT LIABILITIES</b>	<b>17,441</b>	<b>11,657</b>
<b>TOTAL LIABILITIES</b>	<b>322,173</b>	<b>286,510</b>
<b>NET ASSETS</b>	<b>3,360,610</b>	<b>3,325,050</b>
<b>MEMBERS' FUNDS</b>		
Members' funds	2,812,974	2,685,640
Research Funds	547,636	639,410
<b>TOTAL MEMBERS' FUNDS</b>	<b>3,360,610</b>	<b>3,325,050</b>

**STATEMENT OF CHANGES IN EQUITY  
FOR THE YEAR ENDED 30 JUNE 2018**

	Members' funds \$	Research funds \$	Retained surplus \$
<b>Balance at 1 July 2016</b>	<b>2,207,692</b>	<b>484,565</b>	<b>2,692,258</b>
<b>Comprehensive income</b>			
Surplus/(deficit) for the year	477,948	154,845	632,792
Other comprehensive income for the year	-	-	-
<b>Total comprehensive income attributable to members of the entity</b>	<b>477,948</b>	<b>154,845</b>	<b>632,792</b>
<b>Balance at 30 June 2017</b>	<b>2,685,640</b>	<b>639,410</b>	<b>3,325,050</b>
<b>Comprehensive income</b>			
Surplus/(deficit) for the year	127,334	(91,774)	35,560
Other comprehensive income for the year	-	-	-
<b>Total comprehensive income attributable to members of the entity</b>	<b>127,334</b>	<b>(91,774)</b>	<b>35,560</b>
<b>Balance at 30 June 2018</b>	<b>2,812,974</b>	<b>547,636</b>	<b>3,360,610</b>

## HOW YOU CAN HELP

Thanks to the kind support of individuals, families, corporations, the Victorian State Government and the community, Parkinson's Victoria can continue to enable people living with Parkinson's to lead full and active lives, support the development of more effective treatments and a cure for Parkinson's.

To help us continue our work, send your donation to:

**Parkinson's Victoria**

PO Box 239, Surrey Hills VIC 3127

Phone us on (03) 8809 9400

Visit [parkinsonsvic.org.au](http://parkinsonsvic.org.au) to make an online donation

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