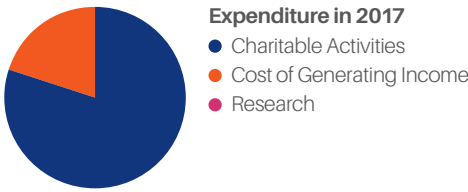
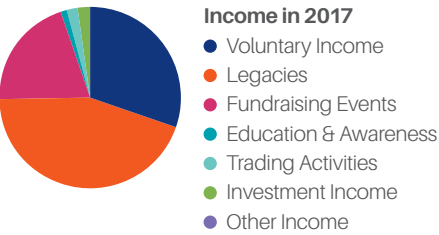


OUR FINANCES IN 2017

During 2017, we continued to develop essential services to help those living with osteoporosis and to improve awareness and understanding of the condition among the general public and healthcare professionals. We invested in our digital capabilities, our continued focus on the strategic direction of the charity, as well as our resources to help improve crucial Fracture Liaison Services in NHS hospitals. We also invested in our education programmes for healthcare professionals and continued to develop our volunteers, supporters, clinical advisors and employees across the UK so we can continue to make the biggest difference possible to the day-to-day lives of people affected by osteoporosis. We did experience a slight fall in income compared to the previous year, and a related decrease in expenditure, because 2016 included income and expenditure related to our biennial conference.

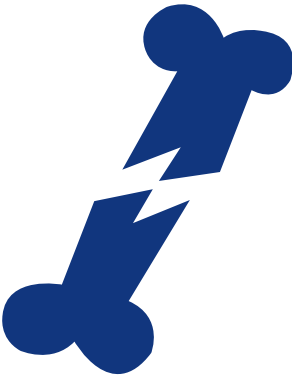
	Total 2017	Total 2016
Income	£	£
Voluntary Income	1,323,646	1,559,754
Legacies	1,929,811	2,260,538
Fundraising Events	892,993	340,853
Education & Awareness	40,185	486,453
Trading Activities	78,314	83,627
Investment Income	95,412	109,984
Other Income	7,545	-
Total Income	4,367,906	4,841,209
Expenditure	£	£
Charitable Activities	3,859,811	3,981,201
Cost of Generating Income	974,403	1,057,761
Research	18,137	32,349
Total Expenditure	4,852,351	5,071,311



OSTEOPOROSIS - A GROWING PROBLEM

Osteoporosis is a bone condition that leads to painful and debilitating fractures. Those affected break bones really easily – from a minor fall or bump, turning over in bed, or even from coughing. The fractures caused by osteoporosis can change almost every aspect of life, including the things we all take for granted – like getting dressed, eating a meal or holding a grandchild.

By the time you’ve read this page, one more person will have suffered a life-changing fracture



Osteoporosis affects more people than you think – one in two women and one in five men will break a bone during their lifetime as a result of the disease. The fractures it causes affect millions of people – there are approximately 500,000 fragility fractures in the UK every year. That’s one fracture every minute.

Our health and social care service will not be able to cope



Treating and looking after people who have suffered fractures caused by osteoporosis already costs £4.4 billion a year. As our population continues to age, it’s obvious that this is a big problem that is not going to go away.



OUR IMPACT

How we made a difference in 2017

CASE STUDY - MARY FIELD



Mary found out she had osteoporosis after suffering from severe back pain when bending down to pick up a pot in her garden. An X-ray confirmed her worst fears that she had suffered several spinal fractures.

Now aged 54, every aspect of Mary’s life has been affected irrevocably by her fractures. Extreme discomfort when sitting for too long limits her enjoyment of reading a book or watching television, and she relies on her husband for nearly everything - including personal care, shopping and housework:

“I can’t go to work, drive, carry anything, have a bath or do simple things – like giving the cat a saucer of milk. I have lost my independence. The constant pain is the worst thing – that and the worry of constantly fracturing.”

She says her initial experience of life with osteoporosis was overwhelming and terrifying, but she turned to the National Osteoporosis Society for support:

“Things were terrible when I first found out. I spent the dark days of winter 2016 weeping and standing up as I could not sit down. I cannot attempt to explain the pain or hell I was in – I wanted to die. During this time, I rang the nurses at the National Osteoporosis Society Helpline several times and they were wonderful. I am sure without them I would not be here today”.

HOW THE NATIONAL OSTEOPOROSIS SOCIETY HELPS

The National Osteoporosis Society is at the very heart of addressing the wide ranging physical, personal and social issues created by osteoporosis. We do this by supporting people living with the disease, promoting good bone health to prevent osteoporosis, and funding research to help those affected.

During 2017, we continued to focus our work around two strategic aims:

- Aim One:**
Every person aged over 50 who breaks a bone is assessed for osteoporosis and managed appropriately.
- Aim Two:**
People with osteoporosis are empowered to make choices and manage their condition in ways that best meet their needs.

IMPROVING SERVICES TO PREVENT FRACTURES

The National Osteoporosis Society works in partnership with the NHS to set up and improve health services that can reduce the fractures caused by osteoporosis. Fracture Liaison Services provide a systematic and proven approach to identifying people at risk of osteoporosis following a fracture, starting them on a treatment and preventing them from breaking bones in the future.

During 2017 we helped to establish three new FLSS' across the UK, which will prevent almost 300 hip fractures and save local health and social care services more than £5.5 million over the next five years.



PUTTING PATIENTS IN CONTROL

Not enough people know or care about osteoporosis so, throughout 2017, we worked hard to raise awareness of the condition among the general public through generating press and media coverage, and through targeted, results-driven awareness initiatives such as our Stop at One campaign.



During 2017 more than 80% of the people who took our Stop at One quiz to find out if they were at risk of osteoporosis took action to improve their bone health, either through seeing their GP or taking positive steps to help themselves.

KEEPING HEALTHCARE PROFESSIONAL UP TO DATE

We know we can improve the care given to people with osteoporosis if we do everything we can to support healthcare professionals. We give healthcare professionals working at the front line of care in the UK the knowledge and tools they need to do their jobs more effectively.


More than 1,300 health professionals attended our locally organised study days during 2017 to find out more about osteoporosis and improve the care they give to patients.



PROVIDING A LIFELINE

Our Helpline is the first place people turn to when they have been told they have osteoporosis. Our specialist nurses deal with hundreds of queries every week from people struggling to find the information they need about their drug treatments, about how to cope and about how they can help themselves. Our Helpline and the information we provide through our website really is a lifeline.

“When I was at my lowest ebb, with nowhere to turn, I found the National Osteoporosis Society Helpline. The nurse I spoke to was able to answer all of my questions, put my mind at rest, and let me know what I needed to do to help myself. I really couldn't have found the information, reassurance and support I needed anywhere else and I will always be grateful for how the nurses helped me.” NOS Member



FUNDING LIFE-CHANGING RESEARCH

As our population continues to age and our health service is stretched to breaking point, it's more important than ever to identify new treatments and approaches to osteoporosis. During 2017, the National Osteoporosis Society reinforced its leading position in the field of osteoporosis research with a new strategy, which sets out an ambitious and forward-looking roadmap for the future.



More than £5.2m has been invested in 130 projects to improve life for people with osteoporosis over the last 30 years.

INFLUENCING THE HEALTH AND POLITICAL AGENDA

We can only make life better for people with osteoporosis if the politicians, health service managers and bodies that influence health policy have the interests of people affected by osteoporosis at heart.

During 2017, the National Osteoporosis Society continued to talk to those in positions of influence in politics and policy, representing the voices of people affected by osteoporosis at the highest level.



HELP AND SUPPORT CLOSE TO HOME

With the help of an army of volunteers and support groups, we deliver help, support and crucial information about osteoporosis and bone health direct to communities across the UK.

During 2017 nearly 3,000 people in almost 100 different locations up and down the country were able to attend information events to find out more about osteoporosis and how they can manage their condition.



FIND OUT MORE



National Osteoporosis Society

To find out more about how the National Osteoporosis Society helped people with osteoporosis and prevented fractures during 2017, and to see a full copy of our financial statement, visit:

nos.org.uk/what-we-do/how-we-help/