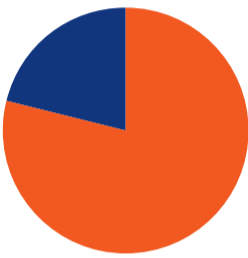


# OUR FINANCES IN 2016

During 2016 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 health professionals. We invested in our Helpline and Support Groups, our resources to help improve crucial Fracture Liaison Services in NHS hospitals, our education programmes for Healthcare Professionals and our growing number of online resources. We also 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.

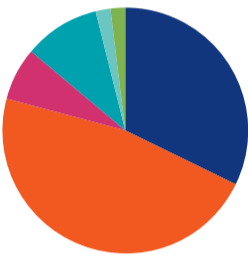
For full details of what we do and the difference we have made, please see our 2016 report and financial statement at [www.nos.org.uk/about-us](http://www.nos.org.uk/about-us), by calling 01761 471 771 or by emailing [info@nos.org.uk](mailto:info@nos.org.uk)

|  | Total 2016   | Total 2015         |
|--|--------------|--------------------|
| <b>Income</b>  | £000         | £000               |
| Voluntary income                                     | 1,560        | 1,226              |
| Legacies   | 2,261        | 2,873 <sup>†</sup> |
| Fundraising events                                   | 341          | 371                |
| Health Professional Training and Biennial Conference | 486          | 70                 |
| Trading activities                                   | 84           | 168                |
| Investment income                                    | 110          | 94                 |
| <b>Total Income</b>                                  | <b>4,841</b> | <b>4,801</b>       |
|  |              |                    |
| <b>Expenditure</b>                                   |              |                    |
| Charitable activities                                | 3,981        | 3,179              |
| Cost of generating income                            | 1,058        | 861                |
| Research*  | 32           | (9)                |
| <b>Total Expenditure</b>                             | <b>5,071</b> | <b>4,031</b>       |



**Expenditure in 2016\*\***

- Charitable Activities
- Cost of Generating Income
- Research



**Income in 2016**

- Voluntary Income
- Legacies
- Fundraising Events
- Health Professional Training and Conference
- Trading Activities
- Investment Income

\*\*Our spending during 2016 covers the cost of running our Helpline and specialist nurse team, and other services, our communications, awareness raising such as Lace Up for Bones and policy work, the cost of providing training services to Health Professionals and our spending on our research programme. The cost of generating income includes employees, materials and our retail operation. <sup>†</sup>Income from legacies for 2016 is lower than 2015 because 2015 figures include 16 months' worth of legacy income as opposed to 12 months in 2016, as a result of changes to charity SORP legislation. \*Our relatively small expenditure on research during 2016 reflects a suspension of spending on grants during the period due to a strategic review of our research programme.



## Our impact

How we made a difference in 2016

# WHAT IS OSTEOPOROSIS?

It's a **fragile bone condition** which leads to **painful and often debilitating broken bones**. It means people affected can break a bone really easily –through a minor bump or fall, turning over in bed or even coughing. **These fractures really change people's lives**. They mean they will have a problem doing the things most people take for granted such as getting dressed, getting around, eating or even holding a grandchild. Hip fractures and vertebral fractures are especially serious.

A month after suffering a fracture of the hip,

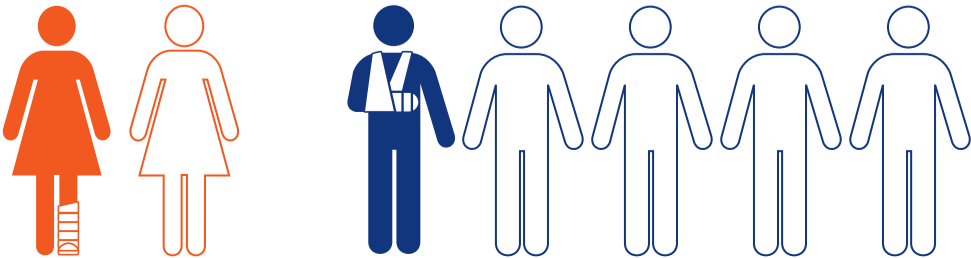
**One** in 14 people



will have died and around half will remain in long-term care

# WHO DOES IT AFFECT?

Osteoporosis **affects an estimated 3 million people in the UK** and 1 in 2 women and 1 in 5 men over the age of 50 are expected to break a bone during their lifetime. It is estimated there are 500,000 fragility fractures in the UK every year – 1,400 a day.



## THE WIDER CONSEQUENCES

As well as wide-reaching personal cost, osteoporosis and the fractures it causes also have a wider social impact. **The cost of hospital care for patients with hip fractures is estimated at over £1.1bn every year.** As our population ages, the problem will only get worse.

**As our population ages, the cost of hospital care will significantly increase**



### CASE STUDY: JOSEPHINE'S STORY

Josephine is one of hundreds of patients living in North Staffordshire who, thanks to our work, has been screened for osteoporosis by the newly extended Fracture Liaison Service in Haywood Hospital. Josephine was treated in the hospital following a fall but, as a result of services and protocols put in place with support from the National Osteoporosis Society, was assessed for osteoporosis, identified as having the condition and put on a treatment to strengthen her bones. "I know I'm lucky," Josephine says, "I'm so grateful that the NOS has helped to extend services like the one at Haywood so they can help more people like me avoid fractures."



### CASE STUDY: LYNLEY'S STORY

Lynley was only 48 with a busy career as a secondary school teacher when, one day, everything changed. "I felt a horrendous pain in my back – I was in agony", she said. At first, Lynley was told her pain was due to back spasms, but a DXA scan soon showed she had severe osteoporosis. "It has completely turned my life on its head. I can't walk without crutches and have to use a wheelchair most of the time when I go out. I've had to leave the career I love." Luckily Lynley says she soon contacted the National Osteoporosis Society and found the help and support provided through our Helpline and website absolutely invaluable. "The information provided really has been a lifeline, I don't know what I'd have done if I hadn't found the National Osteoporosis Society."



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 condition, promoting good bone health to prevent osteoporosis and funding research to help those affected.

Our top priorities during 2016 centred on our 2 strategic aims:

- 1** **Aim 1:** Every person aged over 50 who breaks a bone is assessed for osteoporosis and managed appropriately.
- 2** **Aim 2:** People with osteoporosis are empowered to make choices and manage their condition in ways that best meet their own needs.

To find out more about how the National Osteoporosis Society helped people with osteoporosis and prevented fractures during 2016, and to see a copy of our report and financial statement, visit:

[nos.org.uk/ourimpact](http://nos.org.uk/ourimpact)

## Better services to address the problem

The National Osteoporosis Society works in partnership with the NHS to set up and improve services which can actually reduce the number of fractures caused by osteoporosis. They're called Fracture Liaison Services and they systematically identify people at risk of osteoporosis and start them on a treatment pathway to try to stop them breaking bones in the future. There are now...

**157 sites in the UK**

which we have either helped or are helping to develop these services. We estimate these services could save the NHS £49m over the next five years.



## Raising awareness

In order to tackle the problem of osteoporosis, more people need to be aware of their own risk of developing the condition. We drive awareness through running successful and engaging campaigns, generating press coverage in the national media and making sure our messages about good bone health reach as wide an audience as possible, as often as possible.



## Public awareness campaigns

including Lace up for Bones and Stop at One helped to tell the story of osteoporosis during 2016 and promote good bone health to new audiences all over the UK.

## Investing in research

We fund research to ensure future generations are freed from the burden of osteoporosis. We also want to encourage progress towards developing more effective and safe medications and, ultimately, to achieve a cure to maintain bone strength and prevent fractures. During 2016 we supported 10 research projects involving 63 researchers across 22 UK research institutions. We also started a strategic review to ensure the research we fund has a significant and lasting impact.



Over the past 30 years  
we've invested more than  
**£5.2m in more  
than 130 projects**

all of which lead to vast improvements in diagnosis and treatment

## Feet on the street

We have to reach people with our crucial services in every area of the UK. We do this with the support of an unpaid army of volunteers who organise events and raise funds locally.



**During 2016  
over 5,200  
people**

with osteoporosis came to events organised by our regional volunteers to meet people facing the same problems and find out more about how to manage their conditions.

## Help and support

When people are told they have osteoporosis or are worried about their bone health, the first place they will look for answers to their questions is the National Osteoporosis Society. During 2016 our specialist nurses helped over 11,000 people.

**Our Helpline really helps!**

"The specialist nurses on the helpline gave me the help, information and confidence to ask the right questions and decide where to go next with my treatment. They are amazing and really easy to talk to. It would have been so much harder without them."

## Helping improve care

Making sure Health Professionals know more about osteoporosis is one of our top priorities because the better informed and up to date they are, the better the support and treatment those living with osteoporosis can expect.

During 2016 we held our biennial Osteoporosis Conference - **the biggest in our history which attracted over 820 Health Professional delegates**

**820** 

## Making sure your voice is heard

People living with osteoporosis need to know their voice is being heard by those in positions of influence in politics and health service policy.

During 2016 we worked with politicians across the UK and offered views and expert opinions to those driving forward health service policy to

**ensure people living with osteoporosis  
had access to the services they need**

