



**2024 - 2025  
Annual Report**

**Charcot-Marie-Tooth Association Australia Inc.  
CMT AUSTRALIA**

*“Enhancing the Quality of Life  
for People with CMT”*

## OUR MISSION

TO UNITE ALL THOSE IN AUSTRALIA WHO ARE IMPACTED BY CMT, THE MOST COMMON INHERITED NEUROPATHY; EMPOWER THOSE WITH CMT TO LIVE THEIR LIVES TO THE FULLEST; AND TO ENCOURAGE OUR COMMUNITY TO SUPPORT CMT AUSTRALIA IN ITS GOALS.

## OUR VISION

A WORLD WITHOUT CMT

## OUR HISTORY

THE CHARCOT MARIE TOOTH ASSOCIATION AUSTRALIA INC. (CMTAA) BEGAN AS A SUPPORT GROUP IN 1988 AND WAS INCORPORATED IN 1990 AS A REGISTERED CHARITY.

THE MOTIVATION TO ESTABLISH CMTAA INC. WAS TO MEET THE NEED FOR PEOPLE WITH CMT TO COMMUNICATE WITH EACH OTHER AND PROVIDE MUTUAL ENCOURAGEMENT.

OVER THE YEARS WE HAVE SLOWLY “EVOLVED” AND ARE NOW MOVING FORWARD AT AN UNPRECEDENTED PACE. IN 2018, THE NATIONAL COMMITTEE PROPOSED THE ASSOCIATION BECOME KNOWN AS CMT AUSTRALIA, THIS CHANGE WAS PROPOSED AND ACCEPTED AT THE 2018 NATIONAL AGM.

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## SECTION 1

## AN OVERVIEW OF CMT AUSTRALIA (CMTAA)

## ABOUT US

## Raising Awareness of CMT

We are:

- Engaging with persons with CMT, their families, carers, and the community. This occurs with contact with the National Office, face to face support gatherings, holding of a National Conference, on social media – Facebook and Twitter, publication of our Newsletter three times a year and this website.
- Engaging with Medical and Allied Health Professionals in every State to raise their awareness of the condition, and to inform them of strategic options they can assist their patients with to enhance their quality of life.
- Using data compiled for the 'Reducing the Health Burden of Charcot-Marie-Tooth in Australia' Report to approach Members of Parliament to raise awareness, and of the need for facilities to assist persons with CMT access services they need in one place to enhance their quality of life.
- Through our Research Grants, attracting applications to fund research into CMT and engaging with the research community.
- Acknowledging and promoting September: International Awareness Month for CMT.



*"Enhancing the Quality of Life  
for People with CMT"*

## OUR PEOPLE

### Governance

| Name               | Position       | Dates acted (if not full year) |
|--------------------|----------------|--------------------------------|
| Dr Peter Critchley | Public Officer |                                |

### National Committee Members 2024-2025

| Name               | Position                 | Dates acted (if not full year)   |
|--------------------|--------------------------|----------------------------------|
| Dr Helen Burnie    | President                |                                  |
| Robert Twin        | Vice President/Treasurer | Vice President Nov 24 - April 25 |
| Dr Peter Critchley | Vice President           | April 25 - Nov 25                |
| Lisa Moore         | Secretary                |                                  |
| Jillian Critchley  | Committee Member         |                                  |
| Kylie McIntyre     | Committee Member         |                                  |
| Ellen Woodbrige    | Committee Member         |                                  |
| Nickolas Peachey   | Committee Member         | resigned May 25                  |
| Rachel Crichton    | Committee Member         | May 25 - Nov 25                  |
| Victor Christou    | Committee Member         | May 25 - Nov 25                  |

### Employees 2023 - 2024

| Name         | Position                          | Dates acted (if not full year) |
|--------------|-----------------------------------|--------------------------------|
| Anna Siddell | National Administration Assistant |                                |

### Volunteer National State and Regional Area Support Coordinators/Contacts - November 2024 - November 2025

| Name                       | Position                                  | Dates acted (if not full year) |
|----------------------------|-------------------------------------------|--------------------------------|
| Kylie McIntyre             | National Support Coordinator              | Nov 24 - 11 Nov 2025           |
| Darryl Beitsch             | NSW State Coordinator                     |                                |
| Roger MacRury              | ACT Support Coordinator                   |                                |
| Larissa McKinnon           | VIC State Support Coordinator             |                                |
| Marilyn Kremmer            | TAS State Support Coordinator             |                                |
| Lisa Moore                 | SA State & Regional Support Coordinator   |                                |
| Vic Christou               | WA State & Regional Support Coordinator   |                                |
| Paula Hodgson              | Vic Regional Support Contact              |                                |
| Gabby Cosgrove             | Newcastle Regional Support Contact        |                                |
| Tanya Peachey              | Bathurst Regional Support Contact         | stepped down Oct 2025          |
| Rachel Crichton            | QLD Support Coordinator                   | From Sept 2025                 |
| Stephen Bonner             | Central Brisbane Regional Support Contact | removed Sept 2025              |
| Neil Munro                 | Brisbane Regional Support Contact         | From October 2025              |
| Judy Pinchin               | Gold Coast Regional Support Contact       | removed Sept 2025              |
| Dianne Lloyd               | Gold Coast Regional Support Contact       | From Sept 2025                 |
| Joy Gath                   | South West QLD Regional Support Contact   | stepped down Oct 2025          |
| Ann Purcell                | Bundaberg Regional Coordinator            |                                |
| Lynne Scanlan              | Cairns Region Support Contact             | From Sept 2025                 |
| Francesca Herdahl-Thorsing | New Zealand Support Contact               |                                |

## National Committee & National Assistants 2024- 2025 (elected November 2024)



**Dr Helen Burnie**  
President



**Robert Twin**  
Vice President/Treasurer  
Treasurer only from Feb 25



**Lisa Moore**  
Secretary



**Anna McKenzie**  
National Assistant

Appointed  
after Feb  
2025 SGM  
to increase  
committee  
to 9



**Dr Peter Critchley**  
Vice President



**Jillian Critchley**  
Committee Member



**Ellen Woodbridge**  
Committee Member



**Nickolas Peachey**  
Committee Member  
resigned April 2025



**Kylie McIntyre**  
Committee Member

Appointed  
after Feb  
2025 SGM  
to increase  
committee  
to 9



**Rachel Crichton**  
Committee Member



**Victor Christou**  
Committee Member

## National Committee & National Assistants 2025 - 2026 (elected November 2025)



**Dr Helen Burnie**  
President



**Dr Peter Critchley**  
Vice President



**Robert Twin**  
Treasurer



**Lisa Moore**  
Secretary



**Anna McKenzie**  
National Assistant



**Jillian Critchley**  
Committee Member



**Ellen Woodbridge**  
Committee Member



**Kylie McIntyre**  
Committee Member



**Rachel Crichton**  
Committee Member



**Victor Christou**  
Committee Member

## LIFE MEMBERS

**Professor Garth Nicholson**

**Professor Joshua Burns**



## OUR SUPPORTERS - Sustaining Partners

### SILVER



Brazier Mobility  
Vehicle Modifications (SA)



Footpower (Shoetech - NSW)  
Custom Footwear, Orthotics and AFO providers



TaxBiz Australia  
Tax, Business, Superannuation and Retirement Planning  
Specialists (VIC)



All Bodies Community (USA)  
CMT Friendly Exercise Trainers

## 2025 NATIONAL CONFERENCE SPONSORS:

### GOLD



Brazier Mobility  
Vehicle Modifications (SA)



Neuromuscular Orthotics  
AFO & Prosthetics providers (VIC)

### SILVER



MUSCULAR DYSTROPHY AUSTRALIA  
SUPPORT (VIC)



COASTAL ORTHOTICS &  
PEDORTHICS (NSW)  
ORTHOTICS MODIFIED FOOTWEAR



FOCUSED EXERCISE PHYSIOLOGY  
(NSW)

### BRONZE



Anthony Vidal Support Services  
Support Worker (SA)



MUSCULAR DYSTROPHY NSW  
SUPPORT (NSW)

DR SCOTT DENTON  
PARKING SPONSOR

## HIGHLIGHTS OF 2024

### *CMT Aussie Kids Zoo Funday*

Our second successful CMT Aussie Kids Family Fun Day was held in November 2024. Many families enjoyed a day at the Zoo across 4 states and New Zealand, getting to know one another, learning new strategies to deal with CMT, and just having fun. For more details email [cmtaussiekids@gmail.com](mailto:cmtaussiekids@gmail.com) and join the CMT Aussie Kids Facebook page here: <https://www.facebook.com/share/g/IPBX5cgbwY/>



## HIGHLIGHTS OF 2025

### *CMT AUSSIE KIDS WEEKEND - Stanwell Tops NSW*

Held at the beautiful 'The Tops' at Stanwell Tops, just an hour south of Sydney, the CMT Aussie Kids Camp continues to be a life-changing experience for children and young adults living with Charcot-Marie-Tooth disease (CMT). This year marked another successful and memorable camp, with over 200 kids having attended the weekend since it first began nearly 15 years ago.

The weekend brought together kids from all over Australia and New Zealand, with attendees from New South Wales, Victoria, Queensland, South Australia, and the Australian Capital Territory. With a wide range of activities on offer, the camp provides more than just fun — it's an opportunity for kids to build independence, resilience, and most importantly, a sense of belonging. For more details email [cmtaussiekids@gmail.com](mailto:cmtaussiekids@gmail.com) and join the CMT Aussie Kids Facebook page here: <https://www.facebook.com/share/g/IPBX5cgbwY/>



## *CMT Aussie Kids Adventure Park Funday*

This years' CMT Aussie Kids Family Fun Day was enjoyed by more than 11 families across Australia and New Zealand. Kids with CMT, their siblings and other family members enjoyed a day together at an amusement park nearby, sharing laughs, whilst giving families an opportunity to meet others who understand and live the challenges CMT brings to many.

The Family Fun Day was created to give younger members of the group a chance to take part in activities, when they might be a little too young to attend our CMT Aussie Kids Weekends. The day is a great introduction to the CMTAK Program, and can really help when kids eventually go on the weekend, knowing there will be someone else there they know.

For more details email [cmtaussiekids@gmail.com](mailto:cmtaussiekids@gmail.com) and join the CMT Aussie Kids Facebook page here: <https://www.facebook.com/share/g/IPBX5cgbwY/>



## *CMT Australia Aussie “Big Kids”*

We continue to develop our Program for the 18 – 30 year old ‘Big Kids’ across Australia and New Zealand. This group was created to give our young adults a space to connect, share, laugh, support, and talk about life with CMT from study and work to relationships, disability hacks, NDIS tips, mental health, mobility aids or just everyday wins and struggles.

This is a safe, inclusive, and positive community where everyone is welcome and everyone’s experience matters. Specific activities are led by the group members and include weekends away, wine tastings, paint and sip nights and more.

For more details email [cmtaussiekids@gmail.com](mailto:cmtaussiekids@gmail.com) and if you’re between 18 and 30 join the CMT Aussie Big Kids Facebook page here: <https://www.facebook.com/groups/1385760022494176/>



## STRUCTURE & MANAGEMENT

Charcot-Marie-Tooth Association Australia Inc. (CMT Australia) was led by a National Committee of 7, comprised of 4 Office Bearers (President, Vice President, Treasurer and Secretary) and 3 General Committee Members. In February 2025 a SGM was called to vote on increasing the committee to 9 - comprised of 4 Office Bearers (President, Vice President, Treasurer and Secretary) and 5 General Committee Members. This passed, and the constitution updated to reflect this change. All positions were filled by May 2025.

The National Committee are all Volunteers.

To assist the committee, CMT Australia has employed a part-time National Administration Assistant, who manages incoming calls to the National number, processing of payments and receipts, mailing out to our postal members, and general assistance to the National Committee in their tasks.

To gain a National Support presence, there are 7 State Support Coordinators, and 9 Regional Support Contacts around the Nation. We also have a Support Contact in New Zealand. These roles are all volunteer.

All who Volunteer in the above roles either have CMT or are supporting family members with CMT.

Charcot-Marie-Tooth Association Australia Inc. (CMT Australia) is registered in all states to fundraise.



Charcot-Marie-Tooth Association Australia Inc. (CMT Australia) is registered with the Australian Charities and Not-for-profits Commission (ACNC).

## PRESIDENT'S REPORT - Helen Burnie



It is my great pleasure to present the 2025 CMT Australia President's report. I am just ending my first year as President and I am nominating to continue in this role for the coming year. If elected, I look forward to further using the skills and knowledge I have gained.

CMT Australia has been productive and effective throughout 2025.

### Highlights included:

- a structural change to our management committee so that we now have 9 members rather the 7 which we had previously. This required a constitutional change, which was agreed at an association Special General Meeting held on 22nd February 2025. This has been great – giving us broader skills on the committee and broader representation from various states.
- providing grant support to
  1. the Royal Melbourne Children's Hospital to investigate children with CMT to determine the prevalence of fatigue and evaluate sleep quality
  2. the Northcott Neuroscience Laboratory at Concord, Sydney to purchase a machine that sequences the "gene messages" (RNA) that are coded by DNA to help with genetic diagnosis and future treatment of currently undiagnosed CMTers.
- our first year with US-based Silver Sustaining Partner, All Bodies Community providing free, online exercise classes developed for people with CMT by qualified fitness instructors with CMT
- our first donation from the Coca Cola in the Community workplace giving program thanks to association member Jennifer Tang who nominated our association to her employer, Coca Cola
- our second year offering the CMT Australia Pathways Nurse program, with most of the fee we pay toward the overall Pathways program admin and infrastructure costs covered by the \$5,000 from the Coca Cola in the Community donation, and the CMT specialist nurses continuing to volunteer their services for free.
- our fantastic CMT Aussie Kids camp held on an unusually warm weekend in March at The Tops, Stanwell Park in southern Sydney, thanks to Jillian and Peter Critchley, Kylie McIntyre, sister Kim and the CMT Aussie Big Kids
- our very successful annual national conference on 30 August, thanks to our terrific MC Nick Peachy and wonderful guest speakers, including researchers, clinicians, dance and exercise instructors and those with CMT sharing their personal stories.

Now let's take a moment to lift the curtain for a behind-the-scenes glimpse at the work and skills that underpin these achievements and generally keep our association running. Helped by our Admin Assistant Anna, our volunteer committee members provide oversight, budgeting, fundraising and promotional activities, support activities, financial and regulatory accountability, project management and delivery of key programs. This is all done in line with the CMT Australia vision, objectives and strategic plan – which you can read on our website.

Other key CMT Australia volunteers are the State and Regional Support Coordinators. They arrange the coffee and chats and other support groups. They often run fund-raising activities and/or support other members who wish to fund-raise. And, crucially, they pick up the phone when you just need to have a chat. Thanks so much to our Support Coordinators for being the real heart of the organization.

Many thanks also to our 2025 management committee, specifically:

- Lisa Moore, multi-tasker extraordinaire as our association Secretary, as well as our webmaster, South Australia State Support Coordinator, and the key project manager of our 2025 conference.
- Robert Twin, our Treasurer and principal in ensuring that we meet all association accountabilities required by the Australian Charities and Not-for-profits Commission and the NSW Department of Fair Trading
- Peter Critchley, our Vice President, who co-runs CMT Aussie Kids with wife Jillian and is the long-term Public Officer for our association
- Jillian Critchley, another multitasker, for managing our social media accounts with Facebook, Instagram and LinkedIn, as well as editing and laying out 3 newsletters per year and co-running CMT Aussie Kids with husband Peter
- Ellen Woodbridge, for providing social media content and marketing and engagement support
- Kylie McIntyre, for her practical support during CMT Aussie Kids activities, especially the weekend camp
- Rachel Crichton, as our Queensland State Support Coordinator, and for assisting with social media and support engagement
- Vic Christou as our Western Australia State Support Coordinator, and for helping us balance out our east coast bias.

Big thanks also to those of you who donate to our association. We rely heavily on these donations to provide research grants, help toward the CMT Aussie Kids activities and generally run the association. Last but not least, thanks to each and every one of our members for your continuing support.

I propose that the President's Report for the year 2024/25 be approved.



Dr Helen Burnie, President.

## OUR OBJECTIVES AND ACTIVITIES

**'To unite all those in Australia who are impacted by CMT, the most common inherited neuropathy; empower those with CMT to live their lives to the fullest; and to encourage our community to support CMT Australia in its goals.'**

**How did we meet these challenges over the last year?**

- **We maximised the capacity of our limited volunteer base** by allocating specific responsibilities across our goals and market segments.
- **We continued to implement our 2024 strategic plan** to steer us towards targeted outcomes based on our goals.
- **We retained and enhanced our strengths**, including activities such as the
  - **CMT Aussie Kids program**, enhanced now with the addition of the "Big Kids" program, to further develop the bonds and mentorship for the younger kids.



- **our CMT CoMmuniTy newsletter**, now enhanced online for our members, as a flip book.



- our website <https://www.cmtaustralia.org.au>



- our Hybrid conference, National Zoom meetings, In person Coffee Catch Ups



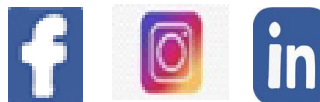
The 2025 National Conference was held in a hybrid format, with in person attendance at Rydges Camperdown hotel, Sydney and online via zoom. Over 100 attended, with the majority joining onsite. This hybrid format has enabled many more of our members and others to attend our conferences and we will be continuing this format into the future. It was good to be able to meet up with others in person. We also welcomed international attendees, via zoom.

- our support of our researchers -

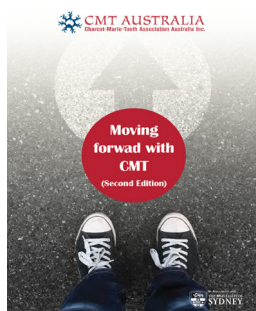
We granted a total of 29,898.95 to 2 Research Projects.

First Project was granted to Professor Marina Kennerson at the Anzac Research Institute, to purchase leading equipment and supplies to further her Research into solving undiagnosed genes for CMT. Second was granted to Eppie Yiu, Murdoch Childrens Research institute, to purchase in home sleep recording equipment for the investigate children with CMT to determine the prevalence of fatigue and evaluate sleep quality project.

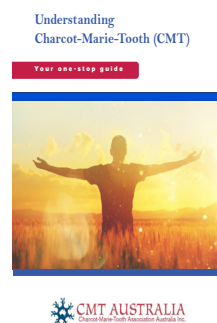
- our social media interfaces: National - We have expanded our social media reach



- awareness publications



Moving Forward with CMT  
2nd Edition 2025  
Online flipbook only



Understanding CMT  
Launched 2025  
Flipbook, PDF, Hardcopy

- our sustaining partner support, our member communications, our nationally distributed network of supporters, and our sympathetic ear when required.
- Where the was benefit - to our members, we engaged and cooperated with other patient support organisations

## PLANNED ACTIVITIES FOR 2025 - 2026

- National funday for the Aussie Kids –



Stay tuned for more details of our next CMT Aussie Kids family fun day in November 2026

- Release of Moving Forward with CMT 3rd Edition – CMT Australia new Publication



- Aussie Kids Youth Weekends – 2026

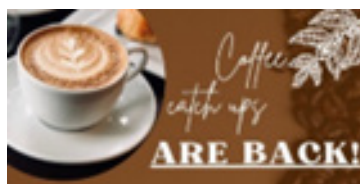


Australia



New Zealand

- National Zoom Meetings and Regional Coffee Catchup – throughout the year



- National Conference – Hybrid, Brisbane – Oct 2026



## TREASURER'S REPORT - ROBERT TWIN



This is my 16th report to you as Treasurer and I am pleased to report that we remain in a strong financial position. This continues to be as a result of our members' generous donations; the support we receive from our sustaining partners; and management of our national conference by Lisa Moore.

This year has seen us continue to utilise our funds to the advantage of our members through publications, improvements to our website, research grants, and supporting our youth members. As we are all experiencing, costs are on the rise, and Associations like ours are not immune to these increases. Our recent growth has included extending the part-time employment of Anna our Administrative Assistant who provides vital support to you our members, as well as your volunteer committee members.

The attached preliminary Balance Sheet and Profit and Loss statements show a loss for the year of \$42,210 with the major expenditure items including wages with superannuation (\$18,589); other office related costs of \$9,264; research grants totaling \$29,828 and youth activities after income of \$18,260 (in part due to the fit of these events within a financial year.)

To balance these costs, we made a small profit on our national conference, received a small increase in membership income, and received around \$28,000 in combined partnership income and donations. Your committee believes that as a patient support organisation with a focus on CMT, the funding you have provided has been responsibly managed across our various goals.

CMT Australia ended the 2024/25 financial year with a provisional equity of \$171,211, so we continue in a strong financial position to enable us to progress further in 2025/26.

I would like to acknowledge the contribution by Sustaining Partners as these annual donations remain an important part of our capacity to deliver for you. Thank you to Brazier Mobility, TaxBiz Australia, Footpower, and our new partner All Bodies Community.

Knowing we have their support along with that of our members, we are able to:

- Deliver our Telehealth Nurse program at no charge;
- Continue to improve our website and support systems;
- Subsidise kids to attend our annual weekends and other activities;
- Employ our Admin Assistant to ease the load on our volunteers and improve our contact with you our members; and
- Continue to contribute to CMT research through the various organisations which are playing their part to further knowledge about the causes of CMT and how we can all manage this in our own lives.

We continue to hold our per household membership fee at \$40.00 per year. Retaining even this modest fee ensures that we can retain contact with you our members, enabling us to direct assistance where it is most appreciated.

Max Newnham of TaxBiz Australia has again volunteered to review our accounts and give your committee confidence that all is in order financially. Unfortunately, we have not been able to receive this advice in time for the AGM due to my travel arrangements; however, this will happen before the end of the calendar year. I'm happy to address any questions you may have either now, or once these documents have been uploaded.

Thank you for your support.

Robert Twin



## How Funds Were Utilised

### Research Grants \$29,898.95

- Funding two Australian research projects:
- Investigating undiagnosed genetic causes of CMT
- Studying sleep quality and fatigue in children with CMT
- Improving diagnosis and outcomes for people living with CMT



### Youth Programs \$18,260 (net)

- CMT Aussie Kids Weekend, Family Fun Days & Big Kids Program
- Providing accessible, subsidised participation for kids & teens with CMT.



### Administration & Member Support \$18,589 + \$9,264

- Wages & superannuation for admin staff
- Office & operational costs for national service delivery.



### Pathways Telehealth Nurse \$5,500

- Admin & infrastructure costs for the Telehealth Nurse Program
- Free service thanks to our dedicated volunteer nurses



### Transparency & Governance



- Committed to transparent financial management
- Funds applied according to approved budgets
- ACNC Compliance & regular audits



Full detail in Treasurer report

## Financial Statements



Charcot-Marie-Tooth Association of  
Australia Inc.  
Building 22  
Concord Hospital, Concord, NSW,  
2137  
0409840042

### Balance sheet report

Cash mode  
30 Jun 2025

|                                       | Total              |                   |                     |                 |
|---------------------------------------|--------------------|-------------------|---------------------|-----------------|
|                                       | Actual             | Last Year         | Variance \$         | Variance %      |
| <b>1-0000 Asset</b>                   |                    |                   |                     |                 |
| <b>1-0001 Banking</b>                 |                    |                   |                     |                 |
| <b>1-0005 Saving Accounts</b>         |                    |                   |                     |                 |
| 1-1505 Youth account                  | 14,746.10          | 52,214.21         | (37,468.11)         | -72             |
| 1-1510 Research account               | 1,560.01           | 8,092.49          | (6,532.48)          | -81             |
| 1-1515 Admin account                  | 31,175.66          | 122,462.18        | (91,286.52)         | -75             |
| 1-1520 PayPal transfers               | 7.53               | 3,607.53          | (3,600.00)          | -100            |
| 1-1525 Telehealth Nurse               | 673.40             | 0.00              | 673.40              | -               |
| 1-1526 Term Deposit                   | 100,000.00         | 0.00              | 100,000.00          | -               |
| <b>Total Saving Accounts</b>          | <b>148,162.70</b>  | <b>186,376.41</b> | <b>(38,213.71)</b>  | <b>-20.50%</b>  |
| 1-1000 Cheque account                 | 18,549.52          | 21,589.37         | (3,039.85)          | -14             |
| 1-1100 Debit card                     | 693.00             | 634.29            | 58.71               | 9               |
| 1-1200 PayPal                         | 2,533.54           | 979.78            | 1,553.76            | 159             |
| 1-1250 Give Now                       | 238.73             | 393.71            | (154.98)            | -39             |
| <b>Total Banking</b>                  | <b>170,177.49</b>  | <b>209,973.56</b> | <b>(39,796.07)</b>  | <b>-18.95%</b>  |
| <b>1-0003 Fixed Assets</b>            |                    |                   |                     |                 |
| 1-2400 Office equipment and computers | 12,852.97          | 12,852.97         | 0.00                | 0               |
| 1-2600 Accumulated depreciation       | (11,707.00)        | (10,967.00)       | (740.00)            | 7               |
| <b>Total Fixed Assets</b>             | <b>1,145.97</b>    | <b>1,885.97</b>   | <b>(740.00)</b>     | <b>-39.24%</b>  |
| 1-4000 Payroll Clearing Account       | (255.47)           | (255.47)          | 0.00                | 0               |
| <b>Total Asset</b>                    | <b>171,067.99</b>  | <b>211,604.06</b> | <b>(40,536.07)</b>  | <b>-19.16%</b>  |
| <b>2-0000 Liability</b>               |                    |                   |                     |                 |
| <b>2-0002 Current Liabilities</b>     |                    |                   |                     |                 |
| 2-1600 ABN withholdings payable       | (82.16)            | 0.00              | (82.16)             | -               |
| 2-2200 GST collected                  | 3,849.80           | 3,489.31          | 360.49              | 10              |
| 2-2400 GST paid                       | (4,170.62)         | (5,396.96)        | 1,226.34            | -23             |
| 2-2600 PAYG withholdings payable      | 82.00              | 0.00              | 82.00               | -               |
| 2-3200 Superannuation payable         | 177.29             | 89.78             | 87.51               | 97              |
| <b>Total Current Liabilities</b>      | <b>(143.69)</b>    | <b>(1,817.87)</b> | <b>1,674.18</b>     | <b>-92.10%</b>  |
| <b>Total Liability</b>                | <b>(143.69)</b>    | <b>(1,817.87)</b> | <b>1,674.18</b>     | <b>-92.10%</b>  |
| <b>Net Assets</b>                     | <b>171,211.68</b>  | <b>213,421.93</b> | <b>(42,210.25)</b>  | <b>-20</b>      |
| <b>3-0000 Equity</b>                  |                    |                   |                     |                 |
| <b>3-0001 Current Earnings</b>        |                    |                   |                     |                 |
| 3-1800 Current year earnings          | (42,210.25)        | 95,247.78         | (137,458.03)        | -144            |
| <b>Total Current Earnings</b>         | <b>(42,210.25)</b> | <b>95,247.78</b>  | <b>(137,458.03)</b> | <b>-144.32%</b> |
| <b>3-0002 Retained Earnings</b>       |                    |                   |                     |                 |
| 3-1600 Retained earnings              | 213,421.93         | 118,174.15        | 95,247.78           | 81              |

Charcot-Marie-Tooth Association of Australia Inc. | Balance sheet report | Generated 30 Sep 2025

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|                                | Total             |                   |                    |                |
|--------------------------------|-------------------|-------------------|--------------------|----------------|
|                                | Actual            | Last Year         | Variance \$        | Variance %     |
| <b>Total Retained Earnings</b> | <b>213,421.93</b> | <b>118,174.15</b> | <b>95,247.78</b>   | <b>80.60%</b>  |
| <b>Total Equity</b>            | <b>171,211.68</b> | <b>213,421.93</b> | <b>(42,210.25)</b> | <b>-19.78%</b> |

Charcot-Marie-Tooth Association of Australia Inc. | Balance sheet report | Generated 30 Sep 2025

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## Financial Statements



Charcot-Marie-Tooth Association of  
Australia Inc.  
Building 22  
Concord Hospital, Concord, NSW,  
2137  
0409840042

### Profit and loss report

Cash mode

01 Jul 2024 - 30 Jun 2025

|                                            | Actual           | Total<br>Last Year | Variance \$       | Variance %     |
|--------------------------------------------|------------------|--------------------|-------------------|----------------|
| <b>Income</b>                              |                  |                    |                   |                |
| <b>4-0001 CMT Aussie Kids</b>              |                  |                    |                   |                |
| 4-3100 Camp Fees - National                | 7,927.76         | 6,136.38           | 1,791.38          | 29             |
| 4-3120 Youth Sales                         | 181.82           | 0.00               | 181.82            | -              |
| <b>Total CMT Aussie Kids</b>               | <b>8,109.58</b>  | <b>6,136.38</b>    | <b>1,973.20</b>   | <b>32.20%</b>  |
| <b>4-0003 Memberships</b>                  |                  |                    |                   |                |
| 4-1200 Membership fees                     | 10,440.33        | 9,999.43           | 440.90            | 4              |
| 4-1210 Bronze Sustaining Partnership       | 500.00           | 0.00               | 500.00            | -              |
| 4-1220 Silver Sustaining Partnership       | 3,000.00         | 0.00               | 3,000.00          | -              |
| <b>Total Memberships</b>                   | <b>13,940.33</b> | <b>9,999.43</b>    | <b>3,940.90</b>   | <b>39.40%</b>  |
| <b>4-0004 Miscellaneous Income</b>         |                  |                    |                   |                |
| 4-9001 Nat Conf Sponsorship                | 9,000.00         | 0.00               | 9,000.00          | -              |
| 8-1200 Interest income                     | 900.46           | 1,421.71           | (521.25)          | -37            |
| 8-1400 Other income                        | 271.82           | 27.45              | 244.37            | 890            |
| <b>Total Miscellaneous Income</b>          | <b>10,172.28</b> | <b>1,449.16</b>    | <b>8,723.12</b>   | <b>601.90%</b> |
| <b>4-0005 Sales</b>                        |                  |                    |                   |                |
| 4-1420 Booklets                            | 18.19            | 9.10               | 9.09              | 100            |
| 4-1440 Nat Conf Registration               | 459.08           | 1,745.46           | (1,286.38)        | -74            |
| 4-1450 Stress Ball Postage                 | 27.27            | 109.08             | (81.81)           | -75            |
| <b>Total Sales</b>                         | <b>504.54</b>    | <b>1,863.64</b>    | <b>(1,359.10)</b> | <b>-72.90%</b> |
| <b>Total Income</b>                        | <b>32,726.73</b> | <b>19,448.61</b>   | <b>13,278.12</b>  | <b>68.30%</b>  |
| <b>Gross Profit</b>                        | <b>32,726.73</b> | <b>19,448.61</b>   | <b>13,278.12</b>  | <b>68</b>      |
| <b>Expense</b>                             |                  |                    |                   |                |
| <b>6-0001 Finance Expenses</b>             |                  |                    |                   |                |
| 6-1400 Bank fees                           | 5.00             | 0.00               | 5.00              | -              |
| 6-1410 PayPal fees                         | 223.34           | 204.07             | 19.27             | 9              |
| 6-1420 Poli Fees                           | 0.00             | 0.80               | (0.80)            | -100           |
| 6-1700 Dues and Subscriptions              | 333.82           | 359.26             | (25.44)           | -7             |
| 6-2600 Insurance                           | 2,653.71         | 2,663.86           | (10.15)           | -0             |
| <b>Total Finance Expenses</b>              | <b>3,215.87</b>  | <b>3,227.99</b>    | <b>(12.12)</b>    | <b>-0.40%</b>  |
| <b>6-0002 Internet</b>                     |                  |                    |                   |                |
| 6-1910 Web site development                | 2,414.87         | 1,947.67           | 467.20            | 24             |
| 6-1920 Web site hosting                    | 1,383.83         | 527.99             | 855.84            | 162            |
| 6-1930 Internet access                     | 29.00            | 0.00               | 29.00             | -              |
| <b>Total Internet</b>                      | <b>3,827.70</b>  | <b>2,475.66</b>    | <b>1,352.04</b>   | <b>54.60%</b>  |
| <b>6-0003 National Conference Expenses</b> |                  |                    |                   |                |
| 6-1820 Room hire                           | 7,186.89         | 3,190.91           | 3,995.98          | 125            |

## Financial Statements

|                                           | Total              |                    |                     |                 |
|-------------------------------------------|--------------------|--------------------|---------------------|-----------------|
|                                           | Actual             | Last Year          | Variance \$         | Variance %      |
| 6-1830 Catering                           | 0.00               | 1,991.26           | (1,991.26)          | -100            |
| 6-1840 Travel Reimbursement               | 788.16             | 356.61             | 431.55              | 121             |
| 6-1860 Conference - Misc costs            | 627.47             | 115.07             | 512.40              | 445             |
| <b>Total National Conference Expenses</b> | <b>8,602.52</b>    | <b>5,653.85</b>    | <b>2,948.67</b>     | <b>52.20%</b>   |
| <b>6-0004 Office Expenses</b>             |                    |                    |                     |                 |
| <b>6-0008 Computer Costs</b>              |                    |                    |                     |                 |
| 6-1300 Computer software                  | 1,065.88           | 556.07             | 509.81              | 92              |
| 6-1310 Computer hardware                  | 0.00               | 179.05             | (179.05)            | -100            |
| 6-132 Office System Support               | 1,909.80           | 1,580.82           | 328.98              | 21              |
| 6-1500 Depreciation expense               | 740.00             | 884.00             | (144.00)            | -16             |
| <b>Total Computer Costs</b>               | <b>3,715.68</b>    | <b>3,199.94</b>    | <b>515.74</b>       | <b>16.10%</b>   |
| 6-3400 Meeting expenses                   | 923.52             | 89.56              | 833.96              | 931             |
| 6-3600 Office supplies                    | 731.29             | 89.70              | 641.59              | 715             |
| 6-4000 Postage                            | 668.36             | 1,331.25           | (662.89)            | -50             |
| 6-4200 Printing                           | 543.80             | 1,132.37           | (588.57)            | -52             |
| 6-5400 Superannuation expense             | 1,965.31           | 1,994.03           | (28.72)             | -1              |
| 6-5600 Telephone                          | 117.27             | 168.19             | (50.92)             | -30             |
| 6-5800 Teleconference                     | 177.87             | 0.00               | 177.87              | -               |
| 6-5900 Travel expenses                    | 2,386.34           | 978.51             | 1,407.83            | 144             |
| 6-6200 Wages & salaries                   | 16,624.44          | 16,073.56          | 550.88              | 3               |
| <b>Total Office Expenses</b>              | <b>27,853.88</b>   | <b>25,057.11</b>   | <b>2,796.77</b>     | <b>11.20%</b>   |
| <b>6-0005 Promotion Expense</b>           |                    |                    |                     |                 |
| 6-1210 Promotional material               | 4.22               | 375.00             | (370.78)            | -99             |
| 6-1230 Conference registration            | (328.18)           | 0.00               | (328.18)            | -               |
| 6-1610 Sponsorship                        | 0.00               | (6,818.19)         | 6,818.19            | 100             |
| 6-6500 Confrence Attendance               | (181.82)           | 0.00               | (181.82)            | -               |
| <b>Total Promotion Expense</b>            | <b>(505.78)</b>    | <b>(6,443.19)</b>  | <b>5,937.41</b>     | <b>92.20%</b>   |
| <b>6-0007 Youth Activities</b>            |                    |                    |                     |                 |
| 6-6100 Youth - Camp expenses              | 17,826.09          | 181.82             | 17,644.27           | 9704            |
| 6-6110 Youth - travel reimbursement       | 5,936.00           | 1,538.63           | 4,397.37            | 286             |
| 6-6120 Youth - other                      | 2,607.35           | 315.83             | 2,291.52            | 726             |
| <b>Total Youth Activities</b>             | <b>26,369.44</b>   | <b>2,036.28</b>    | <b>24,333.16</b>    | <b>1195.00%</b> |
| <b>Total Expense</b>                      | <b>69,363.63</b>   | <b>32,007.70</b>   | <b>37,355.93</b>    | <b>116.70%</b>  |
| <b>Operating Profit</b>                   | <b>(36,636.90)</b> | <b>(12,559.09)</b> | <b>(24,077.81)</b>  | <b>-192</b>     |
| <b>Other Income</b>                       |                    |                    |                     |                 |
| <b>8-0001 Donations</b>                   |                    |                    |                     |                 |
| 4-1300 Donations - admin                  | 3,343.32           | 106,354.06         | (103,010.74)        | -97             |
| 4-1310 Donations - research               | 16,130.33          | 26,078.70          | (9,948.37)          | -38             |
| 4-1320 Donations - youth                  | 3,707.15           | 6,797.37           | (3,090.22)          | -46             |
| 4-1330 Donations - Telehealth Nurse       | 74.80              | 2,416.93           | (2,342.13)          | -97             |
| <b>8-0002 Regional Donations</b>          |                    |                    |                     |                 |
| 4-1334 Donations SA Activities            | 1,000.00           | 0.00               | 1,000.00            | -               |
| <b>Total Regional Donations</b>           | <b>1,000.00</b>    | <b>0.00</b>        | <b>1,000.00</b>     | <b>-</b>        |
| <b>Total Donations</b>                    | <b>24,255.60</b>   | <b>141,647.06</b>  | <b>(117,391.46)</b> | <b>-82.90%</b>  |
| <b>Total Other Income</b>                 | <b>24,255.60</b>   | <b>141,647.06</b>  | <b>(117,391.46)</b> | <b>-82.90%</b>  |
| <b>Other Expense</b>                      |                    |                    |                     |                 |
| 6-1810 Gifts                              | 0.00               | 204.67             | (204.67)            | -100            |
| 6-3800 Research Grants                    | 29,828.95          | 25,758.18          | 4,070.77            | 16              |

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|                            | Total              |                  |                     |                |
|----------------------------|--------------------|------------------|---------------------|----------------|
|                            | Actual             | Last Year        | Variance \$         | Variance %     |
| 6-3850 Telehealth Nurse    | 0.00               | 7,800.00         | (7,800.00)          | -100           |
| 9-1000 Other expenses      | 0.00               | 77.34            | (77.34)             | -100           |
| <b>Total Other Expense</b> | <b>29,828.95</b>   | <b>33,840.19</b> | <b>(4,011.24)</b>   | <b>-11.90%</b> |
| <b>Net Profit</b>          | <b>(42,210.25)</b> | <b>95,247.78</b> | <b>(137,458.03)</b> | <b>-144</b>    |

Charcot-Marie-Tooth Association of Australia Inc. | Profit and loss report | Generated 30 Sep 2025

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## Highlights of 2024/2025

### *Local Catchups*

Our local coordinators continue to hold local catch ups around the Nation, to enable our CMT community a safe environment to connect with others living with CMT, to share experiences, gain some new insights and perhaps hear from CMT relevant local service providers



### *New Silver Sustaining partner - US based All Bodies Community*

CMT Australia is excited to announce that All Bodies Community became a our 4th Silver Sustaining Partner in 2025. As part of this partnership, All Bodies Community is providing free, online exercise classes developed for people with CMT by qualified fitness instructors with CMT 6 times per year.

## **FREE CMT FRIENDLY FITNESS CLASS**

**Where:** Online via Google Meet

**About:** Together we'll work on strengthening the body from a seated or standing position. Both seated and standing versions of each exercise will be shown, so you can choose which variation is best for your body. All you need is a chair and water bottle.

**Sign Up:**  
<https://www.AllBodiesCommunity.com/CMTAustralia>





## ***CMT Australia Hybrid Conference - Camperdown NSW & Zoom August.***

### **PRESENTATION TOPIC: THE "DARK GENOME" AND PUSHING FORWARD THE FRONTIERS OF CMT GENETICS**



#### **SPEAKER: PROFESSOR MARINA KENNERSON**

Marina Kennerson's presentation focuses on exploring the "dark genome" – non-coding regions of DNA that control how genes work but do not produce proteins. This research aims to explain the 30–40% of CMT cases that remain genetically unsolved after traditional DNA sequencing.

### **PRESENTATION TOPIC: SLEEP QUALITY & FATIGUE IN CHILDREN WITH CMT SPEAKERS: DR. MOYA VANDELUER AND KATHLEEN WHIPP**

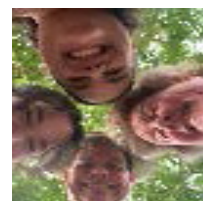


Dr Moya and Kathleen found most children with CMT experience significant sleep disturbances and fatigue. Home sleep studies confirmed issues like disrupted breathing, highlighting the need for routine screening to improve wellbeing.

### **PRESENTATION TOPIC: CMT AUSSIE KIDS**

#### **SPEAKERS: PETER & JILLIAN CRITCHLEY, MATILDA BAEHNISCH & ELEANOR CRITCHLEY**

CMT Aussie Kids and Big Kids offered camps, meetups, mentoring, and family support nationwide. The Stanwell Tops weekend—featuring archery, team challenges, and the giant swing—was a standout, strengthening confidence and connection. Mentors with CMT guided younger participants, while parents engaged in Zoom sessions on school and life skills. Family Fun Day, lab visits, and Big Kids workshops on independence and mental health broadened support for all ages. Peter and Jillian's key message is clear: participation builds confidence, community, and lifelong friendships for young people living with CMT.



### **PRESENTATION TOPIC: CHAIR MOVEMENT SPEAKER: LARISSA MCKINNON**



Larissa led an engaging, CMT-aware fitness session using a chair for stability, showing exercise can be accessible, enjoyable, and full of laughter.

### **PRESENTATION TOPIC: CMT FRIENDLY EXERCISE DEMO SPEAKER: LARISA SHELOUKHOVA**



All Bodies Community led an inclusive mini-workout, showing that CMT-friendly movement can be accessible, enjoyable, and confidence-building for everyone.

### **PRESENTATION TOPIC: GENETIC COUNSELLING FOR CMT SPEAKER: DR MATT BURGESS**



Dr Matt Burgess explained how genetic counselling helps families understand CMT, using family trees and modern genetic testing to clarify inheritance, guide family planning, and support informed, confident decision-making.

### **PRESENTATION TOPIC: FERTILITY MANAGEMENT AND CMT SPEAKER: DR NICOLE SIDES**



Dr Nicole Sides outlined fertility and reproductive planning, explaining IVF, pre-implantation genetic testing, and the impact of age and genetics. She encouraged early planning, egg freezing, and informed, realistic decision-making for people with CMT.

### **PRESENTATION TOPIC: PATHWAYS NURSE MODEL SPEAKER: KATE HOLIDAY**



Kate Holiday outlined the Pathways Nurse Model, a free telehealth service providing holistic CMT support, improving access, guiding management and NDIS navigation, funded through CMT Australia's maintenance support.

### **PRESENTATION TOPIC: IMPORTANCE OF SUPPORT GROUPS SPEAKER: MARILYN KREMMER:**



Marilyn shared how her Hobart support group grew from a few members to 50+ families, offering practical guidance, emotional connection, and a safe space to find "your tribe" when navigating life with CMT.

### **PERSONAL STORIES SPEAKER: RIK DILLON**



Rik shared how swimming and later pickleball helped rebuild confidence after childhood challenges with CMT. Guided by specialists, he stays active, adapts safely, and highlights resilience, suitable activities, and CMT's lifelong impact.

### **PERSONAL STORIES SPEAKER: HAMISH LILLEY**



Hamish, 16, lives with CMT2A, progressing from AFOs to a wheelchair. After giving up swimming, he rebuilt confidence with strong family support and CMT Aussie Kids weekends, finding community and acceptance.

## ACKNOWLEDGEMENTS & THANK YOU

CMT Australia recognises that without the volunteer support of individuals and kind donations we receive; we would not be able to provide the support and information we do to our CMT community and the general community or provide funding to our local researchers to further research into CMT.

CMT Australia sincerely thanks:

### **Our Donors**

Those who have given generously to our income streams, Coca Cola in the community and those organised fundraising events through Local schools, Bunnings Barbecue Days, Grill'd Local Matters Campaigns, Specific Research Campaigns.

### **Our Corporate & Business partners**

Brazier Mobility, Tax Biz Australia, All Bodies Community and Shoetech – Our Silver partners for their continued financial or in-kind support this year, to help us keep delivering some of our programs.

Brazier mobility, Neuromuscular Orthotics - Our Gold sponsors for 2025 National Conference, Muscular Dystrophy Australia, coastal orthotics and Prosthetics and Focused Exercise Physiology - Silver Sponsors for the 2025 National Conference  
Muscular Dystrophy NSW and Anthony Vidal Support Services - Bronze Sponsors for the 2025 National Conference.

### **Our research partnerships –**

for working with us to fund or part fund new research related to CMT, inviting our members into your labs, to bring a greater understanding of the work you are doing, building a connection between the science and the consumers/patients and reaching out to CMT Australia for members to participate as community rep in developing these projects.

### **Our Volunteers**

Without our volunteers, we would not exist. To our Support Coordinators and Regional Contacts – You assist to bring CMT Australia to all in Australia, to let us be a truly National Organisation.

### **Our Members**

Most importantly, thank you to our 300+ paying members. We thank you for your support and loyalty to CMT Australia, helping to guide us in what you want from your Association.

## HOW YOU CAN HELP

For many people, the diagnosis of Charcot Marie Tooth (CMT) comes as a complete shock. CMT is a disease caused by genetic faults. In some cases, they are inherited, in others the fault is a new mutation in the gene.

CMT Australia was established to assist those affected by CMT through a range of programs. Your support can help us in our mission.

There are a number of ways you can support us: Donate direct to CMT Australia or through Workplace Giving, make a Bequest, Fundraise, Volunteer, become a Member, provide Sponsorship, or make a purchase from us.

### Become a member

Membership is \$40/yr. and covers all in one household.

Visit <https://cmtaustralia.org.au/membership/>, download, complete and email application form to [info@cmt.org.au](mailto:info@cmt.org.au), then click Join Now to select and pay for your membership. Payment options include PayPal/Credit Card, EFT/Direct Deposit, and Cheque/Money Order.

### Volunteer your time

There are ways you can volunteer for CMT Australia:

- Organising and/or assisting at fundraising events
- Encouraging donations to CMT Australia through GiveNow for fundraising events
- Assisting at CMT Australia events
- Do you have Marketing or Promotions experience – CMT Australia would love to have you on board to help
- Join the CMT Australia Committee and help the Association meet its goals and grow in the future
- Encourage your workplace to support CMT Australia through Workplace Giving program

If you are interested in becoming a CMT Australia Volunteer in your area, please contact our National office on 0458 630 631 to discuss.

### Make a donation

All donations over \$2 are tax deductible.

CMT Australia has 4 Donation Streams – **Youth** (CMT Aussie Kids program), **Admin** (applied to promotional materials, salary for Office Assistant, running the national office), **Pathways Telehealth Nurse** (applied to administration cost of the program) and **Research** (financial grants for projects that our researchers have put forward and have been approved by the Committee. These can vary in scope and financial commitment, but usually involve thousands of dollars and can extend over more than a year).

Donations can be made through

- **Online direct through PayPal/Credit card** – complete the online blue donation form and click the Donate button to complete your donation. Visit <https://cmtaustralia.org.au/donate/>
- **GiveNow Platform**  
CMT Australia has 4 Ongoing Crowd raising Platforms – Research, Support CMT Australia, CMT Aussie Kids and Pathways Telehealth Nurse, which fund our 4 streams of Research, Admin, Pathways Nurse and Youth.  
Visit <https://www.givenow.com.au/organisation/public/236>.

- **Workplace Giving** – Many people are familiar with the opportunity to salary sacrifice part of your salary for a range of purposes such as superannuation or leasing a car. Did you know that you can also salary sacrifice through a Workplace Giving Organisation to a charity with ATO Deductable Gift Recipient status (CMT Australia).

We signed up with the Workplace Giving Organisation: [Good2Give](#) to facilitate supporters who would prefer this method of donating to our causes.

### **Leave a bequest**

You would be required to update your Will, make a decision as to the amount of the bequest and how you wish CMT Australia to allocate the funds (Research, Youth or Admin stream), notify your loved ones and notify [CMT Australia](#).

### **Support an event or fundraising activity**

To help us reach our goals you can use our [GiveNow fundraising page](#) in conjunction with our [Fundraising Policy](#), to raise funds for CMT research. All donations from this page go to fund CMT Research in Australia.

Or come up with your own fundraising idea and setup a fundraising page on Give Now. Online fundraising is the easiest way to start fundraising. You will need an 'Authority to Fundraise' letter if you are fundraising on behalf of CMT Australia. Please contact the national office to get this organised.

You can support an event or activity by helping out at the event, and/or donating to the event via the donation method nominated and/or promoting the event via your network.

### **Become a corporate partner**

You can choose between two Levels Gold or Silver Partnership

Basic inclusions in this form of sponsorship package are –

- recognition of your support through a framed certificate
- acknowledgement in the CMT Australia Annual Report
- your logo on the CMT Australia website with a link to your site
- recognition of your organisation's support at CMT Australia events and in the newsletter
- permission to use the CMT Australia logo to advertise your partnership promotion of your events through the CMT Australia network
- a complimentary membership.

Please contact Treasurer, Robert Twin on 0409 840 042 or email [treasurer@cmt.org.au](mailto:treasurer@cmt.org.au) to discuss your partnership with CMT Australia.

### **Other ways you can help our cause**

Make a purchase from CMT Australia

- 2x Stress balls – Member only purchase
- CMT Australia has a couple of Publications for Purchase.
- Non- Member access to Member Events

Visit <https://cmtaustralia.org.au/shop/>

## LOOKING TO THE FUTURE

- Implementation of Full Marketing plan
- Strong Connections with Medical/Allied Health Professionals through greater awareness of CMT, dedicated pages for these professionals on the website
- Strong connections with our researchers, to achieve progress in management and treatments diagnosis and ultimately cures for the various types of CMT
- Support Contacts actively engaging with communities in all areas of Australia
- Growth of our membership base and Supporting Partnership programs
- Information and support dedicated to parents of children and parents with CMT
- Fun getaway experience for adults with CMT (Activities similar to the Kids Program)
- Continuing Pathways Telehealth Nurse to assist our members to navigate their journey with CMT



**CMT AUSTRALIA**  
Charcot-Marie-Tooth Association Australia Inc.





**CMT AUSTRALIA**  
Charcot-Marie-Tooth Association Australia Inc.

## CONTACT US

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0458 630 631

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[Facebook](#), [Instagram](#), [LinkedIn](#)