

continence  NZ



ANNUAL PERFORMANCE REPORT
2022

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continence NZ

Legal Name of Entity

New Zealand Continence Association Incorporated
Trading as Continence NZ

Entity Type and Legal Basis

Continence NZ is an Incorporated Society under the
Incorporated Societies Act 1957

Registration Number

CC35684

Postal Address

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Waiuku
2341

Contact

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HELPING KIWIS

YOUNG AND OLD

Continence NZ provides support, advice and education for the estimated 1.2 million New Zealanders who live with some form of incontinence.

1 | ABOUT US

OUR PURPOSE

Continence NZ was established to provide a service to people with continence problems, caregivers, health professionals and the public by providing information and education about continence.

From small beginnings, our annual public awareness campaign has developed into an effective method of promoting awareness of continence problems and encouraging access to professional help.

We also run an 0800 helpline, provide both community and professional education, along with popular Pelvic Floor Focus workshops for fitness trainers, and offer a website packed with information and advice.

OUR STRUCTURE

We are a not-for-profit, registered as an incorporated society. We are governed by an Executive Committee with four Board meetings per annum. We have a President, Secretary and Treasurer as office holders, and up to six other Executive Committee members. We produce annual audited accounts.

MAIN SOURCES OF CASH AND RESOURCES

We receive funding from the Ministry of Health to operate our 0800 helpline and website, however this needs to be supplemented with revenue from grant and trust funding. All sources of funding are critical for our organisation. We also receive funding from corporate sponsorship.

MAIN METHODS USED TO RAISE FUNDS

We raise money through grant and trust applications, and through corporate sponsorship.

RELIANCE ON VOLUNTEERS AND DONATED GOODS OR SERVICES

Our Executive Committee members are volunteers, and we rely on volunteer speakers for our education days.

REPORT

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FROM OUR PRESIDENT

DR ANNA LAWRENCE



For all New Zealanders, 2021 came with the ongoing challenges of living in the COVID-19 pandemic.

Our small but resourceful and resilient team, led by CEO Louise Judd, adapted quickly to the changing environment and remains committed to providing education and support for those living with incontinence in Aotearoa. Continence NZ receives a small proportion of the funding required from the Ministry of Health.

Louise and the team have done an incredible job of securing additional funding and growing our organisation in a challenging environment. We are grateful to all our funders for their ongoing support of this important work.

In early 2022, our CEO, Louise Judd, advised us of her intention to step down from the CEO role to allow more time to care for her family members with complex health needs, and in September 2022 our new CEO, Laura Fear, joined the team.

We are incredibly fortunate that Louise will stay with Continence NZ as Funding and Planning Manager and would like to take this opportunity to thank her for her exceptional leadership, passion, and dedication as CEO over the past five years.

As an organisation, we are acutely aware of the impacts the pandemic is having on those New Zealanders living with incontinence and the effect of delayed or deferred care for this very treatable condition. The pandemic has placed additional pressures on individuals and whānau across the country which, in a community unaware that incontinence is not normal, may lead to more patients tolerating this condition rather than seeking treatment and support.

As we approach the end of 2022, our organisation is taking time to reflect and connect again with the communities we serve through a significant Service Review and Research project. The feedback and insights we receive through this project will provide the foundation the organisation needs to shape and position itself to support and serve our members and our community most effectively.

Finally, we recognise the critical role that you, our members, play in ensuring patients receive the treatments they need and supporting them through their treatment pathways for incontinence. Thank you for your efforts in educating, advocating, and supporting patients to receive treatments that can be life-changing, resolving more than 'wet pants', by freeing them from the social and financial impacts of living with incontinence.

Ngā mihi ki a koutou

Dr Anna Lawrence
Executive President
Continence NZ

REPORT FROM OUR OUTGOING CEO

LOUISE JUDD

Like most small not-for-profits, the COVID-19 pandemic played a significant role in our work planning and implementation for the 2021/2022 financial year. Despite the challenges presented, we have continued to support New Zealanders living with incontinence through our website, 0800 helpline, World Continence Week campaign, education for the community and health professionals, and the development of resources.

Call volumes to our helpline increased by 34% compared to the previous financial year, and we were able to increase education participation by 134% through the provision of online opportunities, alongside face-to-face education when possible. The development of online courses has also been an educational priority, to enable continuation of professional development in the absence of our usual annual education events. We appreciate that our members have missed the annual opportunity to complete professional development and networking in person and look forward to a traditional two-day conference which will occur in 2023.

During World Continence Week 2021, 21 to 27 June, we let anyone in a caring role know 'You care. We care too'. Our World Continence Week video with this message was viewed more than 27,000 times. We also created a digital resource pack full of information, links, and resources to help get people chatting about continence, which was downloaded over 1,300 times. As we have for several years now, we also encouraged people to host 'Wee Chats' around the country. These included conversations at school, within church groups, by hospital staff, pelvic health physiotherapists, fitness trainers and among whānau (family).

Calls to our helpline increased by 22% during World Continence Week, and we enjoyed hearing about the various events hosted around the country. A sincere thank you to those who supported the campaign.

This past year has also resulted in some changes within our wonderful team.

We have been very fortunate to have had Janet Thackray employed as our Continence Nurse since August 2016, providing inspiring education, and support on our helpline. In 2021, Janet made the decision to semi-retire. We are incredibly grateful for Janet's service, and the thousands of lives she changed through her work. Along with her in-depth knowledge, Janet's sense of joy and fun was also evident in all she did. Peals of laughter could always be heard whenever she was presenting or educating. We will dearly miss Janet, but completely respect her decision to focus on her well-deserved retirement. Janet, thank you for being such a valued and respected member of our team.

This year, we also say farewell to Carol White, who has assisted us in a part-time, fixed-term, Operations Manager role since my partial maternity leave in January 2021. Carol's support beyond her initial contract has been greatly appreciated, and we wish her all the best for the future.

With Janet's retirement, in June 2021 we recruited two Continence Nurse Specialists to share work across the week, supporting the helpline and providing education. Lisa Smith has a career stretching 35 years in the field of paediatric nursing. She moved to New Zealand in 2004, after working in paediatric nursing in the UK, and also lecturing at Dundee University. Louise Mills has more than 35 years of nursing experience, with 20 years specialising and focusing on improving continence care within our communities. Louise and Lisa are valued additions to our team and have continued our focus on education and raising awareness.

We have also been working towards broadening the governance skillset of our Executive Committee. We are fortunate to have a range of health professionals represented, and our updated constitution, approved at the 2020 AGM, now allows four additional roles to be appointed by the Executive.

Helen Peek finished her term as an Executive Committee Member in December 2021, having served the organisation since 2009. Helen's extensive skill and experience made a significant contribution to our work, and she will be greatly missed by her Executive Committee colleagues, and our team. Thank you, Helen.

We are very fortunate that Obstetrician and Gynaecologist John Short has accepted the invitation to join our Executive Committee, as an Executive Appointed Committee Member. John's expertise covers the spectrum of women's health conditions including fertility investigation, menstrual disorders, pelvic pain and colposcopy.

We have exciting plans for the year ahead, with the recruitment of Toni Horan as our Education and Communications Manager. Toni's qualifications and experience are ideally suited to this role, which will focus on developing resources and education. With a Master of Science degree in Psychology from the University of Auckland, and a Bachelor of Science cum laude in Psychology from the University of Florida, Toni has spent the last decade in behaviour support and leadership roles. We have a variety of projects and online courses in development and look forward to sharing these in our next annual report.

This is my last annual report for Continence NZ. As we are all aware, the pandemic has increased challenges for anyone caring for vulnerable loved ones. My family is no exception, and I have stepped down from my role to allow more time to care for my family members with complex health needs. As I remain passionate about our work, I am fortunate to be able to continue to support the organisation in a part-time role as our Funding and Planning Manager, with a focus on funding the organisation, and developing new projects.

The five and a half years I have spent in this role have been a privilege, and I would like to sincerely thank our Executive Committee, the Continence NZ team, and our members for their support over this time. A special thanks to Zoe Gillett, our Programme Manager, for her ongoing dedication to the organisation and her support during my time as CEO. I would also like to acknowledge Dr Anna Lawrence for her leadership and support as our Executive President.

My aim over these last few years has been to develop a robust foundation, with enhanced organisational capacity, to extend our service delivery. When I started with Continence NZ we had 1.85 FTE of staffing resource across three roles. With a deliberate and strategic focus on growth, we now have 4.18 FTE across eight roles. These additional staffing resources provide the opportunity for more rapid service enhancements, which are currently in progress.

We have also received a Lottery Community Sector Research grant to evaluate our work streams, and to assist with our strategic planning. This project will be undertaken over the coming months, with completion by March 2023.

Continence NZ is in a strong position and has clear strategic plans in place for continued growth, and I look forward to supporting our new CEO, Laura Fear, as she leads the organisation into the future.

Laura started in the role in early September 2022 and comes to us from CARE Waitakere. With significant operations management experience, and her passion for serving the community, Laura is already making a positive difference in the role, and we are absolutely delighted to welcome her to the team.

I would also like to thank our significant funders, Lotteries New Zealand, the Ministry of Health, the IHC Foundation, and the Lindsay Foundation, for their ongoing commitment to our work. Thank you also to Essity (Tena) for your years of support.

Ngā mihi nui,
Louise Judd
Outgoing CEO

REPORT

4 | FROM OUR TREASURER

Our financial position at the close of the 2021 financial year shows a deficit of \$49,720 compared to a budgeted surplus of \$43,984. This is due to the transfer of \$187,920 in unused donations and grants with conditions into the 2022/2023 financial year, an increase of 165% on the previous year.

The significant transfer of grants into the 2022/2023 financial year is indicative of the delays in project delivery due to the COVID-19 pandemic. As the 2022/2023 financial year has progressed and New Zealand has moved further through the lifecycle of the pandemic, we have seen an easing of the constraints around project delivery. Continence NZ continues to demonstrate the ability to raise additional funding and deliver significant value to our community.

Total revenue for the 2021/2022 financial year was \$326,828, a decrease of 3.6% when compared with the 2020/2021 financial year.

Total expenditure for the 2021/2022 financial year was \$376,547, an increase of 16.6% when compared with the 2020/2021 financial year.

Charity Integrity Audit completed the audit of our accounts for the year ended 31 March 2022, and it is proposed that we retain their services for the audit of accounts for the financial year ending 31 March 2023.

Sincerely,

Lucy Keedle
Acting Treasurer



COMMUNITY EDUCATION SESSION - APRIL 2021



BY THE NUMBERS

27K+ VIDEO VIEWS
1.3K+ RESOURCE PACKS
4.3K WEBSITE VIEWS
CALL VOLUMES ↑22%

WORLD CONTINENCE WEEK

YOU CARE. WE CARE TOO

21-27 JUNE 2021

World Continence Week 2021 ran from 21 to 27 June. We let anyone in a caring role know 'You care. We care too'.

Our animated World Continence Week video was viewed more than 27,000 times. It depicted a range of carers and let them know how we could help.

We also created a digital resource pack full of information, links and resources to help get people chatting about continence. And we encouraged people to host 'Wee Chats'.

The events included conversations at school, within church groups, by hospital staff, pelvic health physiotherapists, fitness trainers and among whānau.

We are grateful to everyone who held a 'Wee Chat', shared our campaign video or called our helpline, and supported World Continence Week.



**WEE CHATS - WORLD
CONTINENCE WEEK
JUNE 2021**



MEET OUR 7 NEW NURSES

In mid-2021 we bolstered our team with two highly experienced Continence Nurse Specialists, Lisa Smith and Louise Mills, as we farewellled our excellent Janet Thackray as a permanent team member.

Our nurses are available via our free Continence Helpline where they offer advice and support. They also provide education sessions for health professionals, community groups and the public.



LISA SMITH
CONTINENCE NURSE

Lisa Smith has a career stretching 35 years in the field of paediatric nursing. She moved to New Zealand in 2004, after working in paediatric nursing in the UK, and also lecturing at Dundee University.

Lisa started work in the children's ward at Hastings Hospital and very quickly realised there was a huge gap in support for children and families with severe constipation and soiling. A child was being admitted every week to the ward for a bowel clearout with no close follow-up afterwards. Subsequently, many of them were readmitted within the year.

Over the next year, she researched the problem of chronic constipation in children and developed a similar model to running a nurse-led asthma clinic.

She researched and presented a proposal to the management team about setting up a nurse-led bowel management service and 17 years later expanded and extended the practice to include all continence issues in children.

"My mantra has always been 'turning bad into good' after the many hurdles I have encountered supporting my son, Aaron, who was diagnosed with Foetal Alcohol Spectrum Disorder. The experience of managing my child's challenging behaviours has helped me in my role as a Children's Continence Nurse. There is nothing more satisfying than when a child comes to my clinic and says, 'Mr Poo is a happy poo and comes out in the toilet every day'. Hearing that is something that I will never get tired of hearing."



LOUISE MILLS
CONTINENCE NURSE

Louise Mills has more than 35 years of nursing experience, with 20 years specialising and focusing on improving continence care within our communities.

For the last 11 years, Louise has worked as a Clinical Nurse Specialist - Continence. This has involved supporting families to reduce their continence symptoms, advocating, liaising and networking with health providers.

Helping partners continue to look after their loved ones at home, enabling their loved ones to have time swimming and enjoying music and whānau celebrations with comfort and dignity, while living with dementia, were part of her community practice over this time. Louise has been able to support residents living with dementia with an intellectual disability by working collaboratively with staff. At other times, she has helped families by liaising with wider community teams to ensure services are available, such as support with personal cares.

"I love my new role at Continence NZ, where I provide support and education for the public and health professionals. It enables me to provide information on continence and let people know where they can get help in a culturally appropriate way. We use easy-to-understand language and visual resources like online videos, to dispel myths and begin the conversation that incontinence is a symptom, not a diagnosis - and offer ways we can work together to reduce symptoms."



THANK YOU TO JANET THACKRAY

Ngā mihi nui to Janet Thackray who made a huge difference to many lives in her time as our Continence Educator.

Janet is a highly experienced Continence Nurse Specialist who brought knowledge and fun to her education sessions and offered a kind and wise ear to everyone who reached her on our 0800 helpline, seeking advice.

We wish Janet all the very best in the next step in her career and greatly appreciate all her work over her time with us.

8 | **STATEMENT OF SERVICE PERFORMANCE**
NEW ZEALAND CONTINENCE ASSOCIATION INC TRADING AS CONTINENCE NZ



“A phone consultation with Lisa Smith was the most informative discussion I’ve had with a health professional regarding my daughter’s bowel/bladder health. Lisa even had an understanding of our daughter’s rare congenital condition ...

... Lisa’s specialist in-depth knowledge and experience managing continence issues in children has been enormously helpful ... Lisa has armed our daughter with practical tips and written information which she has found immediately helpful. She now has a much better understanding of normal function and is much better placed to discuss her differing experience with doctors.

We hope Lisa can continue to do this life-changing work with your team.”

- TESTIMONIAL FROM A HELPLINE CALLER

DESCRIPTION OF OUTCOMES:

Continence NZ achieves the following outcomes annually:

- A nationwide awareness campaign, which aligns with World Continence Week.
- Promotion of our services, and support via our 0800 helpline, website and email.
- The provision of professional development for our members around the country (the majority of members are health professionals).
- Education sessions around New Zealand for at-risk groups, carers, and caregivers.
- Facilitation of Pelvic Floor Focus workshops for fitness professionals.
- The development of new resources.

Description and Quantification of Outputs	2022	2021
Education sessions for vulnerable community groups	42 Sessions 1,315 Participants	23 Sessions 560 Participants
Pelvic Floor Focus workshops	3 Sessions 69 Participants	2 Sessions 39 Participants
0800 helpline calls	778	580
Website/email requests for support	64	50
Education days for health professionals	–	–
Unique website sessions seeking support	158,284	153,513
Pamphlets distributed by DHB/private services	3,191	6,817
Pamphlets distributed within the community	5,330	3,240
Toilet Cards	270	194
Views of the World Continence Week video	27,303	45,000

ADDITIONAL OUTPUT MEASURES:

In addition to the above, our organisation provides 18 information pamphlets about managing incontinence, which DHBs, physiotherapists, occupational therapists and other health professionals can order to distribute to their clients.

Helping Kiwis Young & Old



2021/22 BY THE NUMBERS



COMMUNITY
EDUCATION
PARTICIPANTS



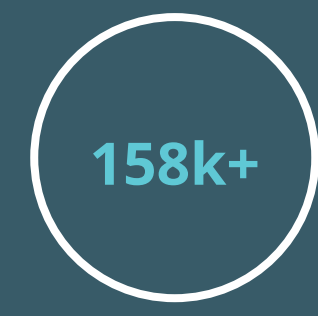
PELVIC FLOOR
FOCUS WORKSHOP
PARTICIPANTS



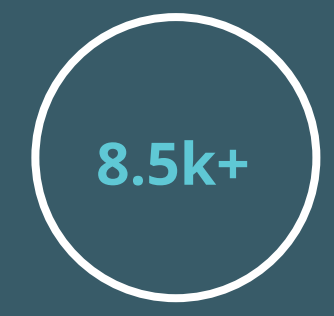
CONTINENCE
AWARENESS WEEK
VIDEO VIEWS



0800 HELPLINE
CALLS



WEBSITE
SESSIONS



PAMPHLETS
DISTRIBUTED

10 HOW WE MAKE A DIFFERENCE

“Ending the Misery of Constipation”

Constipation is not only miserable for a child, but also very stressful for their parents.

Among the worried parents who have reached out to Continence NZ for help with this issue was mum Rachel, who spoke to our Continence Nurse Specialist Janet Thackray.

Rachel’s son Alex had a history of constipation and had developed anxiety around sitting on the toilet. He was also refusing to use the toilet at school and holding on too long, consequently having faecal leakage into his pants.

Rachel told Janet that Alex had been examined by his GP three days previously. The GP found no physical abnormalities and had prescribed Lactulose syrup.

“Janet explained that Nocturnal Enuresis is a common problem with children who do not drink enough fluids during the day and then have too much in the evenings.”

Janet established Alex had a low fibre intake, having sugary cereal for breakfast, white bread meat sandwiches and biscuits for lunch, ate no fruit and disliked vegetables. He only had three to four drinks a day, mainly milk and water. Janet reassured his mum that holding on is a common occurrence with children who have been constipated. As it has hurt to ‘poo’ they become scared of it happening again. Alex

ideally needed to pass a soft bowel motion once a day in the morning, to ensure complete bowel emptying and prevent leakage at school, which can have a severe psychological impact on a young child.

Janet discussed introducing more fibre into Alex’s diet, such as high-fibre cereal, replacing white bread with wholemeal, adding two portions of fruit and 2-3 servings of vegetables daily. She advised that Alex also needed to drink around 1000-1400mls per day.

Janet also recommended that Alex sit on the toilet for 10 minutes after each meal when the bowel is at its most active, especially after breakfast. To help empty his bowels, Alex could blow ‘bubbles’ or a balloon and raise his feet on a stool to mimic the squatting position. A sticker chart or small reward could encourage Alex to sit for long enough on the toilet to achieve this.

If these measure were not effective, Janet recommended a referral to the Continence Nursing Service via their GP.

Alex’s mum was grateful for the advice and ended the call with several practical solutions she had not heard of or tried before.

Many parents call the Continence Helpline feeling like they have tried everything and are relieved to learn there is plenty more they can do.



CASE STUDY: “HOW CAN WE HELP OUR MUM?”

“How can we help our mum?”

We often receive calls and emails from whānau members who live far away from a loved one who has continence issues, asking how they can help remotely – and avoid upset and embarrassment.

Continence Nurse Specialist Louise Mills was contacted by Masie after she and her sibling noticed their elderly mum was having bladder and bowel control issues. She explained her mum had worn liner pads for some time but thought she might need something more substantial.

The siblings had noticed faecal toileting issues and signs of accidents, but when they spoke to their mum, she denied there was any problem. Masie asked for advice on how to approach the issue and get their mother to a health professional, asking whether her GP might be a good first port of call.

Louise Mills assured Masie her description of her mum’s denial and embarrassment was common, as it can be quite difficult for people to feel comfortable talking about incontinence and a tricky conversation to have with her children. She thought their mum might have constipation issues, which can cause accidents, suggesting she might not realise when she needs to go to the toilet – and she may not be eating or drinking as usual and not walking around as much, which impacts on bowel routines.

Louise offered Masie some practical advice, such as making sure the toilet was easy to get on and off. She also provided some gentle conversation starters and questions about her apparent continence issues, while keeping her mum’s dignity at the top of mind. She was able to provide advice on continence products that would be better suited than liners, and some ideas the siblings could put in place during their next in-person visit to help her with a healthy routine that can help with continence.

Louise also provided contact details for a local continence service nurse and agreed a GP visit would be a good starting point. Louise explained their mum’s GP might be able to refer her on to a local agency who could provide some in-home personal cares and could help with a plan to reduce the accidents.

Through our 0800 helpline and email contact service our nurses can help arm family members with practical tips and information, so they feel more empowered to help support their loved ones and broach tricky topics. Their empathetic nature and extensive experience allow them to provide valuable support for the public.

NEW ZEALAND CONTINENCE ASSOCIATION INC
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021



Approval of Financial Report

New Zealand Continenence Association Incorporated trading as Continenence NZ
For the year ended 31 March 2022

The Trustees are pleased to present the approved financial report including the historical financial statements of New Zealand Continenence Association Incorporated trading as Continenence NZ for year ended 31 March 2022.

APPROVED

Chairperson

Date 18/11/2022

Treasurer

Date 18/11/2022

Statement of Financial Performance

New Zealand Continenence Association Incorporated trading as Continenence NZ
For the year ended 31 March 2022

	NOTES	2022	2021
Revenue			
Donations, fundraising and other similar revenue	1	317,216	310,022
Revenue from providing goods or services	1	9,522	9,382
Interest, dividends and other investment revenue	1	90	95
Other revenue	1	-	19,659
Total Revenue		326,828	339,158
Expenses			
Volunteer and employee related costs	2	304,544	224,507
Costs related to providing goods or service	2	1,486	3,897
Other expenses	2	70,517	94,570
Total Expenses		376,547	322,973
Surplus/(Deficit) for the Year		(49,720)	16,185

Statement of Financial Position

New Zealand Continenence Association Incorporated trading as Continenence NZ
As at 31 March 2022

	NOTES	31 MAR 2022	31 MAR 2021
Assets			
Current Assets			
Bank accounts and cash	3	319,380	267,437
Debtors and prepayments	3	94	107
Total Current Assets		319,474	267,544
Non-Current Assets			
Property, Plant and Equipment	4	1,977	3,820
Total Non-Current Assets		1,977	3,820
Total Assets		321,451	271,364
Liabilities			
Current Liabilities			
Creditors and accrued expenses	5	9,960	21,997
Unused donations and grants with conditions	5	187,920	70,750
Other current liabilities	5	13,119	18,445
Total Current Liabilities		210,999	111,193
Total Liabilities		210,999	111,193
Total Assets less Total Liabilities (Net Assets)		110,451	160,171
Accumulated Funds			
Accumulated surpluses or (deficits)	7	110,451	160,171
Total Accumulated Funds		110,451	160,171

Statement of Cash Flows

New Zealand Continenence Association Incorporated trading as Continenence NZ
For the year ended 31 March 2022

	2022	2021
Cash Flows from Operating Activities		
Receipts from providing goods or services	4,421	5,540
Interest, dividends and other investment receipts	35,090	95
Cash receipts from other operating activities	446,103	446,236
GST	(28,725)	(19,115)
Payments to suppliers and employees	(404,946)	(332,025)
Total Cash Flows from Operating Activities	51,943	100,730
Cash Flows from Investing and Financing Activities		
Payments to acquire property, plant and equipment	-	(1,334)
Cash Flows from Other Investing and Financing Activities	-	-
Total Cash Flows from Investing and Financing Activities	-	(1,334)
Net Increase/ (Decrease) in Cash	51,943	99,396
Cash Balances		
Cash and cash equivalents at beginning of period	267,437	168,041
Cash and cash equivalents at end of period	319,380	267,437
Net change in cash for period	51,943	99,396

Statement of Accounting Policies

New Zealand Continenence Association Incorporated trading as Continenence NZ For the year ended 31 March 2022

Basis of Preparation

The entity is eligible to and has elected to apply PBE SFR-A (NFP) Public Benefit Entity Simple Format Reporting - Accrual (Not-For-Profit) on the basis that it does not have public accountability and has total annual expenses equal to or less than \$2,000,000. All transactions in the Performance Report are reported using the accrual basis of accounting. The Performance Report is prepared under the assumption that the entity will continue to operate in the foreseeable future. All amounts are presented in New Zealand dollars and are rounded to the nearest dollar.

Goods and Services Tax (GST)

The entity is registered for GST. All amounts are stated exclusive of goods and services tax (GST) except for accounts payable and accounts receivable which are stated inclusive of GST.

Income Tax

New Zealand Continenence Association Incorporated trading as Continenence NZ is wholly exempt from New Zealand income tax having fully complied with all statutory conditions for these exemptions.

Bank Accounts and Cash

Bank accounts and cash in the Statement of Cash Flows comprise cash balances and bank balances (including short term deposits) with original maturities of 12 months or less.

Revenue Recognition

Revenue from providing goods or services is recognised when the goods are sold or by reference to the stage of completion of service. Interest income is recognised as and when it is earned.

Expenditure

Expenses are recognised when the cost is incurred, with prepaid expenses deferred at the amount relating to the future goods or services to be received.

Trade Receivables

Trade Receivables are recognised at estimated realisable value. Bad Debts are written off in the year in which they are identified.

Property, Plant & Equipment

Property, Plant & Equipment is recognised at cost less aggregate depreciation. Historical cost includes expenditure directly attributable to the acquisition of assets, and includes the cost of replacements that are eligible for capitalisation when these are incurred.

All other repairs & maintenance are recognised as expenses in the Statement of Financial Performance in the financial period in which they are incurred.

Depreciation has been calculated using the maximum rates permitted by the Income Tax Act 2007.

Operating Leases

Operating lease payments, where the lessors effectively retain substantially all of the risks and benefits of ownership of the lease items, are recognised in the determination of the operating surplus in equal installments over the lease term.

Changes in Accounting Policies

There have been no changes in accounting policies. Policies have been applied on a consistent basis with those of the previous reporting period.



Notes to the Performance Report

New Zealand Continence Association Incorporated trading as Continence NZ For the year ended 31 March 2022

	2022	2021
1. Analysis of Revenue		
Donations, fundraising and other similar revenue		
COGS Income	54,000	64,701
Corporate Sponsorship	27,250	23,750
Donations	-	205
IHC Fund	35,000	-
Lotteries Grant	40,625	44,375
Membership	2,217	2,284
MOH income	74,898	68,119
Trust and Grant Income	83,225	106,589
Total Donations, fundraising and other similar revenue	317,216	310,022
Revenue from providing goods or services		
Paediatric Education	43	-
Pelvic Floor Focus Workshops	5,645	4,609
Sales	3,833	4,773
Total Revenue from providing goods or services	9,522	9,382
Interest, dividends and other investment revenue		
Interest Income	90	95
Total Interest, dividends and other investment revenue	90	95
Other revenue		
MSD Wage Subsidy	-	19,659
Total Other revenue	-	19,659
	2022	2021

2. Analysis of Expenses

Volunteer and employee related costs		
ACC	484	578
Staff Training and Expenses	2,909	2,856
Subcontractors	47,992	8,836
Salaries	253,159	212,237
Total Volunteer and employee related costs	304,544	224,507
Costs related to providing goods or services		
CFA Conference	1,391	1,507
Education - Online	-	2,283
Resources	96	107
Total Costs related to providing goods or services	1,486	3,897
Other expenses		
Advertising and Promotion	3,631	13,677
Awareness Week	14,925	11,912



Bank Fees	160	174
Consulting and Accounting	1,753	3,649
Continence Educator	675	690
Depreciation	1,843	1,094
Executive Meetings	522	1,617
Freight and Courier	1,891	1,902
General Expenses	-	384
Insurance	2,550	2,620
Legal Expenses	3,000	-
Loss on Sale of Fixed Assets	-	2,104
Meeting Expenses	52	-
Mileage	130	672
Minor Assets	-	8,004
Office Expenses	2,829	407
Pelvic Floor Focus Workshop Expenses	4,221	2,171
Printing and Stationery	2,787	6,200
Project Costs	3,250	14,765
Rent	2,512	2,172
Subscriptions	17,918	13,112
Telephone and Internet	4,063	2,903
Website Expenses	1,804	4,340
Total Other expenses	70,517	94,570

	2022	2021
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3. Analysis of Assets

Bank accounts and cash		
BNZ - 00	314,348	263,044
BNZ - 025	6,613	6,610
BNZ - 066 - Savings	1,923	1,799
BNZ CC - 5394 - Zoe Gillett	(3,323)	(1,785)
BNZ CC - 8013 - Louise Judd	(180)	(2,232)
Total Bank accounts and cash	319,380	267,437
Debtors and prepayments		
Accounts Receivable	94	107
Total Debtors and prepayments	94	107

	2022	2021
4. Property, Plant and Equipment		
Furniture and Fittings		
Furniture and fittings	582	582
Accumulated depreciation - furniture and fittings	(379)	(304)
Total Furniture and Fittings	203	278
Office Equipment		
Office equipment	4,959	4,959
Accumulated depreciation - office equipment	(3,185)	(1,418)
Total Office Equipment	1,774	3,541
Total Property, Plant and Equipment	1,977	3,820

5. Analysis of Liabilities

	2022	2021
Creditors and accrued expenses		
Accounts Payable	2,612	8,772
GST	7,347	13,225
Total Creditors and accrued expenses	9,960	21,997
Unused donations and grants with conditions		
Grants Received in Advance	187,920	70,750
Total Unused donations and grants with conditions	187,920	70,750
Other current liabilities		
Annual Leave Accrual	13,119	18,445
Total Other current liabilities	13,119	18,445

6. Unused Grants with Conditions

Description	Amount
Foundation North	\$25,000
Lotteries Research Grant	\$34,500
Lotteries Grant	\$65,000
Four Winds Foundation	\$13,500
Lindsay Foundation	\$49,920

	2022	2021
7. Accumulated Funds		
Accumulated Funds		
Opening Balance	160,171	142,489

	2022	2021
Accumulated surpluses or (deficits)	(49,720)	17,682
Total Accumulated Funds	110,451	160,171
Total Accumulated Funds	110,451	160,171

8. Commitments

There are no commitments as at 31 March 2022 (Last year - nil).

9. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 31 March 2022 Last year - nil).

INDEPENDENT AUDITOR'S REPORT

To the MEMBERS of the CONTINENCE NEW ZEALAND [NZ] INC for the year ended 31 March 2022

**Report on the Financial Statements
Opinion**

We have audited the financial statements contained in the performance report of the CONTINENCE NZ on pages 7 to 16, which comprise the statement of financial position as at 31 March 2022, the statement of financial performance, statement of cash flows for the year ended, the statement of accounting policies and other explanatory information.

In our opinion, the financial statements on pages 7 to 16 present fairly the financial position of the CONTINENCE NZ as at 31 March 2022 and its financial performance and cash flows for the year ended on that date in accordance with the requirements of Public Benefit Entity Simple Format Reporting – [PBE-SFR-A] (Not-For-Profit) [NFP] Accrual issued in New Zealand (NZ) by the NZ Accounting Standards Board relevant to reporting the financial position, the financial performance and the cash flows.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (NZ ISAs). Our responsibilities under those standards are further described below in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the organisation in accordance with Professional and Ethical Standard 1 (Revised) *Code of Ethics for Assurance Practitioners* issued by the New Zealand Auditing and Assurance Standards Board and the International Ethics Standards Board for Accountants' Code of Ethics for Professional Accountants (IESBA Code), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion. Other than in our capacity as auditor we have no other relationship with, or interests in, the CONTINENCE NZ.

Restriction on responsibility

This report is made solely to the MEMBERS, as the governance, in accordance with the entity's constitutional requirements. Our audit work has been undertaken so that we might state to the MEMBERS those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the MEMBERS as a body, for our audit work, for this report, or for the opinions we have formed.

Other Information

The governance board is responsible for the other information being the entity information and statement of service performance. No assurances on the other information are engaged by us.

Our audit opinion on the financial statements does not cover any assurance of the other information.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Governance Board Responsibility for the Financial Statements

The governance board is responsible for determining that the PBE-SFR-A NFP framework is acceptable in the entity's circumstances, for the preparation of financial statements, and for such internal control as the governance board determines is necessary to enable the

preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the CONTINENCE NZ is responsible for assessing the organisation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are 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 ISAs (NZ) 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 these financial statements.

As part of an audit in accordance with ISAs (NZ), we exercise professional judgement and maintain professional skepticism throughout the audit. We also:

- identify and assess the risks of material misstatement of the financial statements, 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.
- 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 entity's internal control.
- conclude on the appropriateness of the use of the going concern basis of accounting by the board. Based on the audit evidence obtained, no material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report, and no assurances are provided for any future events or conditions which may cause the entity to cease to continue as a going concern.
- evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by governance.

We communicate with the board 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.

Charity Integrity Audit Ltd - Director: Peter Conaglen
Chartered Accountants - South Auckland - 18th November 2022

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We are incredibly grateful to our funders, who ensure that we can continue to provide essential support to New Zealanders living with incontinence.

