

continence **NZ**

# ANNUAL PERFORMANCE REPORT



**2023**  
*Celebrating 30 years*

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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

PO Box 254  
Waiuku  
2341

#### Contact

Phone: 0800 650 659

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[www.continence.org.nz](http://www.continence.org.nz)



HELPING KIWIS

WHENEVER YOU NEED US

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 information and education about continence to people with continence problems, caregivers, health professionals and the public.

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

2

# FROM OUR PRESIDENT

DR ANNA LAWRENCE



**We reflect on another challenging year with the Omicron outbreak shaping the early months of 2022. Our small team remains resourceful, resilient and committed to increasing awareness and providing education and advocacy for those living with incontinence in Aotearoa.**

Continence NZ receives a small proportion of the funding required from the Ministry of Health. The team has done an incredible job of securing additional funding and growing our organisation in a challenging environment. Omicron and the natural disasters in Auckland and Hawke's Bay have impacted this year's results. We are grateful to all our funders for their ongoing support of this important work.

In the middle of the year, we welcomed a new CEO, Laura Fear. Our previous CEO, Louise Judd, stepped down to support family members with complex health needs, and remains with Continence NZ as our Funding and Planning Manager. I would like to thank Louise for her exceptional leadership, passion and dedication as CEO, and for her continued service to the organisation.

New Zealand's ageing population and increasing demand for health services is increasing pressure on continence services around the country. Increasingly we hear that containment is becoming the focus of public continence services over treatment and prevention. This ignores the significant quality-of-life impacts of incontinence on those who experience this very treatable medical condition and their whānau, as well as the societal costs, such as early rest home admission as a result of carer stress, increased risks of falls and preventable hospital admissions from incontinence that is not properly treated.

Our recently completed Service Review and Research Project highlights the costs associated with incontinence in New Zealand. With the environmental cost of just disposing of incontinence products estimated at \$14.9 million per year, incontinence is a significant and growing issue for New Zealand. An estimated investment of \$6.4 million per year into Pelvic Health Nurses and Pelvic Health Physiotherapists would result in \$8.9 million in savings, producing a net benefit of \$2.5 million per year. More importantly, it would support New Zealanders to live their best lives free from the economic, social and personal burdens of incontinence.

Our members play a critical role 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 CEO

**LAURA FEAR**

**It has been my privilege to join the Contenance NZ team in 2022, taking over from outgoing CEO Louise Judd. Louise has moved into a part time role as Funding and Planning Manager, to allow her to care for family members with complex health needs. I would like to thank Louise for her years of passion and dedication as CEO, for her guidance in the early months of my time at Contenance NZ and for her ongoing service to the organisation.**

The ongoing challenges of the COVID-19 pandemic and the Omicron outbreak continued to play a significant role in the 2022/2023 financial year, especially in the first half of the year. Our call volumes remained high, and the numbers of those seeking support increased. In the second half of the financial year, we were able to begin to provide more face-to-face education opportunities again, and likewise start our Service Review and Research project, looking at the experiences of those living with incontinence in New Zealand. These research findings are now available on the Lotteries Commission website. Thank you to all who participated in this research, giving their time and sharing their journeys to help us serve New Zealanders as best we can.

We also began the planning phase for our Contenance NZ National Conference which was held on 14th and 15th September 2023. It was a pleasure to see so many of our members there. Thank you for your support.

During World Contenance Week 2022, 20 to 26 June, we focused on supporting tamariki and teens. We had a special video message from Jason Gunn for all the whānau out there struggling with bladder and bowel issues. Our World Contenance Week video with this message was viewed more than 46,000 times. We also created a digital resource pack full of information, links and resources to help get people chatting about continence, which was emailed to more than 5,000 people and organisations as well as printed resource packs for health professionals. 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 81% during World Contenance Week, and we enjoyed hearing about the various events hosted around the country. A sincere thank you to those who supported the campaign.

Toni Horan joined us in mid-2022 as Education and Communications Manager. Toni has led the way for us on the development of online courses and resources. These are available free to our members via our website.

September 2022 marked a significant milestone for Contenance NZ - our 30th Birthday! While Omicron prevented the party this milestone deserved, we took time to reflect on 30 years of helpline calls, awareness campaigns, community education sessions and professional development opportunities for our members. We are grateful for the support of our funders, members and community over the past 30 years.

This year has also led to changes in our Executive Committee and team.

We were pleased to welcome two new Executive Committee members following our AGM in 2022, Jacinta Townsend and Helen Peek. Jacinta is a Nurse Practitioner with over 25 years' experience in urology. She qualified as a Nurse Practitioner in 2015 with Distinction. Her training includes male and female voiding dysfunction, bladder cancer diagnosis and surveillance, prostate cancer assessment and surveillance, in addition to other common benign urological conditions. Jacinta runs independent flexible cystoscopy and urodynamics clinics. She established her own consulting company four years ago and now works across both the public and private sectors. Her passion is providing evidence-based nursing practice, and she has published several research articles.

Helen is a Contenance Nurse Specialist at Southland DHB and previously served on our Executive from 2009 to 2021. She completed her nursing training at Timaru Hospital before moving south. All of her nursing career has been in Invercargill, so she very proudly calls herself a Southlander. Helen worked in paediatrics and aged care before becoming a Contenance Nurse Specialist, a role she truly enjoys. She completed her Master's Degree with a dissertation exploring women's perceptions and understanding of the pelvic floor.

Helen now works alongside other health professionals creating education packages for primary healthcare providers, focusing on recognising and managing those affected by surgical mesh, and preventing and managing urinary incontinence and pelvic organ prolapse.

Both Jacinta and Helen have been incredibly valuable additions to our Executive Committee. In the first half of 2023, we also farewelled two significant members of our team.

Lisa Smith, our Children's Contenance Nurse has left Contenance NZ to focus on her private continence clinic in the Hawke's Bay. While we miss having her as part of our team, we are thrilled that Lisa continues to collaborate with us on projects as the opportunities arise. We also farewelled Louise Mills, who has left us to work in aged residential care in her local community. Her knowledge in continence management will be a huge asset to her local community. We are grateful to Lisa and Louise for their service to the organisation.

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 to our members for their support.

Ngā manaakitanga

Laura Fear  
CEO

## REPORT

## 4 FROM OUR TREASURER

**The budget for the financial year ending 31 March 2023 indicated an expected surplus of \$10,693. However, our financial position at the close of the financial year was a deficit of \$135,192.**

A number of factors have contributed to the deficit, including the pause of Continenze NZ's corporate sponsor programme, changes in funder priorities and delays in funder decisions due to natural disasters, as well as the impacts of Omicron on the organisation. Additionally, \$67,332 in unused grants has been carried forward to the 2023/2024 financial year. Cashflow projections for the coming 12 months and half year results for 2023/2024 are positive, showing a net profit of \$96,000 as at 30 June 2024, as the organisation continues to work towards further diversifying its funding sources.

Continenze NZ continues to demonstrate the ability to raise additional funding and deliver significant value to our community.

Total revenue for the 2022/2023 financial year was \$370,760, a increase of 13.4% when compared with the 2021/2022 financial year.

Total expenditure for the 2022/2023 financial year was \$505,953, an increase of 34.3% when compared with the 2021/2022 financial year. This increase in costs is due to the investment in two critical roles for the organisation, our Education and Communications Manager and our Funding and Planning Manager. Both roles continue to deliver significant benefit to the organisation.

Charity Integrity Audit completed the audit of our accounts for the year ended 31 March 2023, and it is proposed that we retain their services for the audit of accounts for the financial year ending 31 March 2024.

Sincerely,

John Short  
Acting Treasurer





## THE NUMBERS

46K+ VIDEO REACH  
5.5K+ RESOURCE PACKS  
5.9K WEBSITE VIEWS  
CALL VOLUMES ↑81%

WORLD CONTINENCE WEEK

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**LET'S TALK.**  
*Tamariki and teens.*

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20-26 JUNE 2022

For World Continence Week 2022, Jason Gunn shared a special message for parents whose children are struggling with bladder or bowel issues and urged them to call Continence NZ for support. His video reached more than 46,000 people.

We also created a digital Continence Guide for Tamariki and Teens which was emailed to more than 5,000 people and organisations, along with printed resource packs for healthcare professionals.

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



*Celebrating  
30 years*





## 6 INTRODUCING OUR ONLINE EDUCATION

This year, we expanded our online course offerings and now have modules suitable for healthcare professionals, aged care workers, parents, carers, disability support workers, teachers and teacher aides who support people with their continence needs.

Our newest KEY Continence Training programmes were designed for anyone in the education and/or disability fields supporting people with additional physical, sensory, developmental, learning and/or behavioural needs.

The overall aim of our modules is to give learners practical knowledge and tools to support the people they work with to achieve their best level of continence and improve their overall quality of life.

Since expanding our course offerings, we have seen an increase in enrolments. We expect this to grow as we continue to add courses and promote these to the community.

In recent surveys of Continence NZ members and the community, results show that most of those who have accessed these courses have found them to be “very useful”, and a number have commented that online education was one of the most helpful supports that they received from Continence NZ.

## Continence NZ Education Centre

Join Continence NZ for access to our online education. Or email [education@continence.org.nz](mailto:education@continence.org.nz)

[Find out more](#)

*“The online education was excellent – great explanations to support reasons for actions etc. – honest language used – not a big medical intimidating approach.”*

All Courses

Child Continence: Constipation

35 Lessons



All Courses

KEY Continence Training for Disability Support Services

30 Lessons



All Courses

KEY Continence Training for Schools

31 Lessons



All Courses

Dementia and Continence - For Health Professionals

47 Lessons



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



*“Meant so much in my difficult life to know that there is such a kind person who is unshockable when hearing such embarrassing symptoms.”*

*“[I appreciated] being listened to fully, treated with compassion and aided with individualised practical help. Thank you for all you do.”*

*“The first time in 27 years of incontinence that I’ve had advice on how to clean and look after my skin. Step-by-step instructions I could follow and product recommendations - so very helpful!”*

**- CONTINENCE HELPLINE CALLERS**

**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	2023	2022
Education sessions for vulnerable community groups	56 Sessions 939 Participants	42 Sessions 1,315 Participants
Pelvic Floor Focus workshops	3 Sessions 65 Participants	3 Sessions 69 Participants
0800 helpline calls	619	778
Website/email requests for support	104	64
Education days for health professionals	–	–
Unique website sessions seeking support	173,166	158,284
Pamphlets distributed by DHB/private services	5,891	3,191
Pamphlets distributed within the community	1,830	5,330
Toilet Cards	275	270
Views of the World Continence Week video	39,072	27,303

**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.



# 2022/2023 BY THE NUMBERS



COMMUNITY  
EDUCATION  
PARTICIPANTS



PELVIC FLOOR  
FOCUS WORKSHOP  
PARTICIPANTS



WORLD  
CONTINENCE WEEK  
VIDEO REACH



0800 HELPLINE  
CALLS



WEBSITE  
SESSIONS



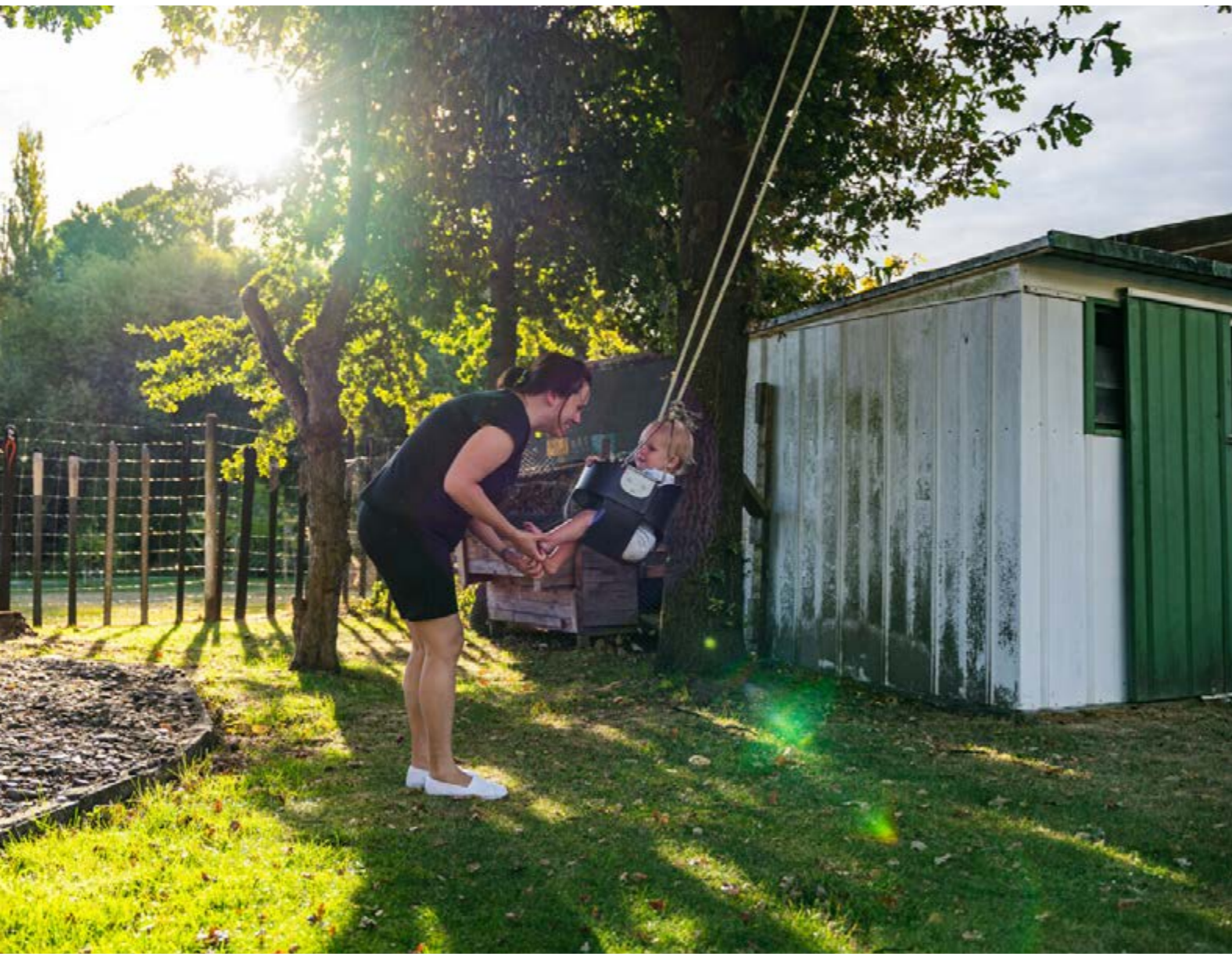
PAMPHLETS  
DISTRIBUTED

# 9 CONTINENCE NZ SERVICE USERS RESEARCH AND SERVICE REVIEW

We commissioned an independent and internal valuation of our service to identify any areas for improvement within our current offerings and provide us with information on gaps and new opportunities.

This was the first independent evaluation our organisation has undertaken since we were established. It will help us make a further difference in the lives of people in Aotearoa dealing with continence concerns.

You can see a summary of some of the key findings on the opposite page, [or find the full report here.](#)



## CONTINENCE NZ SERVICE USERS

Service Review and Research Project

### At a glance

It's likely that more than 1 in 4 Kiwis experience incontinence, and they are struggling to access the services they need. Significant economical, environmental and social improvements can be made by investing in continence care services in Aotearoa.

### CURRENT SITUATION

Incontinence continues to be a culturally sensitive topic in New Zealand, particularly for Māori, Pasifika and older people. When Kiwis do seek continence care, they find it difficult to navigate the system, feel they are not being heard, and experience significantly variable service provision and wait times depending on where they are in the country. Positive trends in continence care include slightly more people asking for help, and the shift of focus from cleaning and containment to education and treatment.

### OPPORTUNITIES

Feedback on Continenace NZ's services was highly positive, though it was noted that the services are currently underutilised by Māori and Pasifika. Opportunities to improve the delivery of Continenace NZ's services include:



Web-based education



Reshaping the helpline



Increasing awareness

### RECOMMENDATIONS

1

#### Unification and collaboration of services

Allowing for more equitable access to continence care, standardisation of services delivered, and shared focus on treatment and improved patient outcomes.

2

#### Revitalisation of Continenace NZ's services

Aiding in raising awareness about Continenace NZ and incontinence, and supporting those experiencing continence concerns.

3

#### Meeting the needs of underrepresented communities

Developing partnerships between Continenace NZ and Māori and Pasifika health providers, and further understanding of the prevalence of incontinence and the experiences and needs of Māori, Pasifika and Asian communities.

### Key metrics

Further investment in nationwide Continenace Services would result in significant savings through the reduction of product use, a reduced environmental impact and an improvement in the quality of life for those living with incontinence.



\$2.5M

Saved per year in product costs



1.25M

Kiwi lives improved



info@continenace.org.nz

www.continenace.org.nz

P.O. Box 254, Waiuku 2341

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



**Statement of Financial Performance**

New Zealand Continenence Association Incorporated trading as Continenence NZ  
 For the year ended 31 March 2023

	NOTES	2023	2022
<b>Revenue</b>			
Donations, fundraising and other similar revenue	1	362,751	317,216
Revenue from providing goods or services	1	7,311	9,522
Interest, dividends and other investment revenue	1	698	90
<b>Total Revenue</b>		<b>370,760</b>	<b>326,828</b>
<b>Expenses</b>			
Volunteer and employee related costs	2	402,421	304,544
Other expenses	2	103,531	72,003
<b>Total Expenses</b>		<b>505,953</b>	<b>376,547</b>
<b>Surplus/(Deficit) for the Year</b>		<b>(135,192)</b>	<b>(49,720)</b>

**Approval of Financial Report**

New Zealand Continenence Association Incorporated trading as Continenence NZ  
 For the year ended 31 March 2023

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 2023.

APPROVED

Chairperson

Date 9/10/23

Treasurer Trustee

Date 13/10/23



## Statement of Financial Position

New Zealand Continenace Association Incorporated trading as Continenace NZ  
As at 31 March 2023

	NOTES	31 MAR 2023	31 MAR 2022
<b>Assets</b>			
<b>Current Assets</b>			
Bank accounts and cash	3	64,637	319,380
Debtors and prepayments	3	86	94
<b>Total Current Assets</b>		<b>64,723</b>	<b>319,474</b>
<b>Non-Current Assets</b>			
Property, Plant and Equipment	4	2,528	1,977
<b>Total Non-Current Assets</b>		<b>2,528</b>	<b>1,977</b>
<b>Total Assets</b>		<b>67,251</b>	<b>321,451</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Creditors and accrued expenses	5	2,527	9,960
Unused donations and grants with conditions	5	67,332	187,920
Other current liabilities	5	22,133	13,119
<b>Total Current Liabilities</b>		<b>91,992</b>	<b>210,999</b>
<b>Total Liabilities</b>		<b>91,992</b>	<b>210,999</b>
<b>Total Assets less Total Liabilities (Net Assets)</b>		<b>(24,741)</b>	<b>110,451</b>
<b>Accumulated Funds</b>			
Accumulated surpluses or (deficits)	7	(24,741)	110,451
<b>Total Accumulated Funds</b>		<b>(24,741)</b>	<b>110,451</b>

## Statement of Cash Flows

New Zealand Continenace Association Incorporated trading as Continenace NZ  
For the year ended 31 March 2023

	2023	2022
<b>Cash Flows from Operating Activities</b>		
Receipts from providing goods or services	3,033	4,421
Interest, dividends and other investment receipts	699	35,090
Cash receipts from other operating activities	269,827	446,103
GST	(11,471)	(28,725)
Payments to suppliers and employees	(513,627)	(404,946)
<b>Total Cash Flows from Operating Activities</b>	<b>(251,539)</b>	<b>51,943</b>
<b>Cash Flows from Investing and Financing Activities</b>		
Payments to acquire property, plant and equipment	(3,204)	-
Cash Flows from Other Investing and Financing Activities	-	-
<b>Total Cash Flows from Investing and Financing Activities</b>	<b>(3,204)</b>	<b>-</b>
<b>Net Increase/ (Decrease) in Cash</b>	<b>(254,743)</b>	<b>51,943</b>
<b>Cash Balances</b>		
Cash and cash equivalents at beginning of period	319,380	267,437
Cash and cash equivalents at end of period	64,637	319,380
<b>Net change in cash for period</b>	<b>(254,743)</b>	<b>51,943</b>

## Statement of Accounting Policies

### New Zealand Continenence Association Incorporated trading as Continenence NZ For the year ended 31 March 2023

#### 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 is accounted for as follows:

**Goods and Services** - Revenue from providing goods or services is recognised when the goods are sold or by reference to the stage of completion of service.

**Donations, Grants and Fundraising Income** - Donations, Grants and Fundraising income are accounted for depending on whether they have been provided with a "use or return" condition attached or not. Where no use or return conditions are attached, they are recorded as income when the cash is received. Where donations, grants and fundraising include a use or return condition, they are initially recorded as a liability on receipt. The donation, grant and fundraising is subsequently recognised within the Statement of Financial Performance as the performance conditions are met. Donated goods or services (other than donated assets) are not recognised. Where significant donated assets are received with useful lives of 12 months or more, and the fair value of the asset is readily obtainable, the donation is recorded at the value of the asset obtained. Where the fair value of the asset is not readily obtainable, the donation is not recorded. Donated assets with useful lives less than 12 months are not recorded.

**Other Income** - All other income is accounted for on an accruals basis and accounting for in accordance with the substance of the transaction.

**Interest income** - 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 Continenence Association Incorporated trading as Continenence NZ  
For the year ended 31 March 2023

	2023	2022
<b>1. Analysis of Revenue</b>		
<b>Donations, fundraising and other similar revenue</b>		
COGS Income	50,300	54,000
Corporate Sponsorship	3,500	27,250
Donations	1,764	-
IHC Fund	-	35,000
Lotteries Grant	99,786	40,625
Membership	3,891	2,217
MOH income	71,880	74,898
Trust and Grant Income	131,629	83,225
<b>Total Donations, fundraising and other similar revenue</b>	<b>362,751</b>	<b>317,216</b>
<b>Revenue from providing goods or services</b>		
Paediatric Education	-	43
Pelvic Floor Focus Workshops	4,673	5,645
Sales	2,638	3,833
<b>Total Revenue from providing goods or services</b>	<b>7,311</b>	<b>9,522</b>
<b>Interest, dividends and other investment revenue</b>		
Interest Income	698	90
<b>Total Interest, dividends and other investment revenue</b>	<b>698</b>	<b>90</b>
	2023	2022
<b>2. Analysis of Expenses</b>		
<b>Volunteer and employee related costs</b>		
ACC	559	484
Subcontractors	21,939	47,992
Salaries	375,171	253,159
Staff Training and Expenses	5,345	2,909
<b>Total Volunteer and employee related costs</b>	<b>403,014</b>	<b>304,544</b>
<b>Other expenses</b>		
Advertising and Promotion	3,211	3,631
Awareness Week	15,447	14,925
Bank Fees	119	160
Community Education Expenses - Corporate	23	-
Conference	2,375	1,391
Consulting and Accounting	3,369	1,753
Continenence Educator	-	675
Depreciation	2,653	1,843
Education - Online	1,957	-
Executive Meetings	167	522
Freight and Courier	1,264	1,891

Insurance	2,635	2,550
Legal Expenses	-	3,000
Lotteries Grant Expenses	10,037	-
Meeting Expenses	1,100	52
Mileage	681	130
Office Expenses	36	2,829
Pelvic Floor Focus Workshop Expenses	2,554	4,221
Printing and Stationery	3,033	2,787
Project Costs	23,229	3,250
Rent	3,017	2,512
Resources	11	96
Subscriptions	20,717	17,918
Telephone and Internet	4,233	4,063
Website Expenses	1,072	1,804
<b>Total Other expenses</b>	<b>102,939</b>	<b>72,003</b>
	2023	2022

### 3. Analysis of Assets

<b>Bank accounts and cash</b>		
BNZ - 00	60,090	314,348
BNZ - 025	6,648	6,613
BNZ - 066 - Savings	2,076	1,923
BNZ CC - 5394 - Zoe Gillett	(3,552)	(3,323)
BNZ CC - 8013 - Louise Judd	(625)	(180)
<b>Total Bank accounts and cash</b>	<b>64,637</b>	<b>319,380</b>
<b>Debtors and prepayments</b>		
Accounts Receivable	86	94
<b>Total Debtors and prepayments</b>	<b>86</b>	<b>94</b>



	2023	2022
<b>4. Property, Plant and Equipment</b>		
<b>Furniture and Fittings</b>		
Furniture and fittings	582	582
Accumulated depreciation - furniture and fittings	(455)	(379)
Total Furniture and Fittings	127	203
<b>Office Equipment</b>		
Office equipment	8,163	4,959
Accumulated depreciation - office equipment	(5,762)	(3,185)
Total Office Equipment	2,401	1,774
Total Property, Plant and Equipment	2,528	1,977

	2023	2022
<b>5. Analysis of Liabilities</b>		
<b>Creditors and accrued expenses</b>		
Accounts Payable	2,821	2,612
GST	(294)	7,347
Total Creditors and accrued expenses	2,527	9,960
<b>Unused donations and grants with conditions</b>		
Grants Received in Advance	67,332	187,920
Total Unused donations and grants with conditions	67,332	187,920
<b>Other current liabilities</b>		
Annual Leave Accrual	22,133	13,119
Total Other current liabilities	22,133	13,119

**6. Unused Grants with Conditions**

Description	Amount
Auckland Unlimited	\$7,613
Blue Sky	\$2,700
Blue Waters Community Trust	\$3,741
Lindsay Foundation	\$27,198
Procare	\$26,080

	2023	2022
<b>7. Accumulated Funds</b>		
<b>Accumulated Funds</b>		
Opening Balance	110,451	160,171
Accumulated surpluses or (deficits)	(135,192)	(49,720)
Total Accumulated Funds	(24,741)	110,451
Total Accumulated Funds	(24,741)	110,451

**8. Commitments**

There are no commitments as at 31 March 2023 (Last year - nil).

**9. Contingent Liabilities and Guarantees**

There are no contingent liabilities or guarantees as at 31 March 2023 (Last year - nil).

**10. Related Parties**

During the financial year under review, there was a payment made to Pelvic Health Physiotherapy for \$10,195 who is a related party via executive member Liz Childs.

**11. Events After the Balance Date**

There were no events that have occurred after the balance date that would have a material impact on the Performance Report (Last year - nil).

**12. Ability to Continue Operating**

The entity will continue to operate for the foreseeable future.

**INDEPENDENT AUDITOR'S REPORT**

To the MEMBERS of the CONTINENCE NEW ZEALAND [NZ] INC for the year ended 31 March 2023

**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 15, which comprise the statement of financial position as at 31 March 2023, 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 15 present fairly the financial position of the CONTINENCE NZ as at 31 March 2023 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 - 13 October 2023

# THANK YOU TO OUR FUNDERS

