Annual Report

2010–11
The Continence Foundation of Australia is a not-for-profit organisation and the national peak body for incontinence.

History of the Continence Foundation of Australia

The Continence Foundation of Australia (CFA) is the peak body for continence promotion, management and advocacy. The organisation was founded in 1989 by an alliance of health professionals and corporate representatives who wanted to achieve better advocacy and services for people with incontinence.

The CFA has representation across Australia with a branch or resource centre located in each state and territory. Its National Office manages the National Continence Helpline, Continence Awareness Week, and education and awareness programs under the Australian Government’s National Continence Program.

The Foundation publishes the Australian and New Zealand Continence Journal for health professional members and Bridge consumer newsletter.

The Foundation’s Board of Directors is voluntary and is committed to building a strong organisation dedicated to promoting continence and managing incontinence.

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Continence Foundation of Australia
Level 1, 30-32 Sydney Road
Brunswick VIC 3056
Phone +61 3 9347 2522
Fax +61 3 9380 1233
Website www.continence.org.au
CONTENTS

02 Continence Foundation of Australia: Mission and Objectives
03 Board Members 2010–11
04 Sub-committees to the CFA Board
05 President’s Report
07 Board of Directors
08 Projects
10 Awareness Raising
14 Education
17 The Australian New Zealand Continence Journal
18 National Continence Helpline
18 Community Support
20 Industry Support
22 Financial Statements
33 Independent Auditor’s Report
35 Directors’ Declaration
36 Directors’ Report
38 Reports from our Resource Centres
41 Reports from our State Branches
IBC National Office Staff
Our vision
An Australian community free of the stigma and restrictions of incontinence.

Our mission
To represent the interests of our membership and work with our stakeholders to improve the quality of life of all Australians affected by incontinence.

Our objectives
- Raise community awareness of this major health condition.
- Encourage people to seek professional help.
- De-stigmatise bladder and bowel issues as ‘taboo’ topics for the wider community.
- Educate both the community and clinicians to improve their understanding of incontinence-related issues.
- Promote the better management of incontinence in the home and all residential settings.
- Encourage the development of accessible continence services and information centres.
- Support the development of self-help groups.
- Facilitate and/or fund continence-related research.

Our members
- consumers with incontinence and their carers;
- health professionals such as continence nurse advisors, continence physiotherapists, general nurses, GPs and specialists;
- organisations with an interest in incontinence; and
- companies supplying continence-related products.
BOARD MEMBERS 2010–11

President  Michael Murray MB, BS, MPH, FRACP
Vice-President  Ian Tucker MB, BS FRCOG, FRANZ, COG, CU
Treasurer  Therese Tierney RN, CRRN (USA), Grad Dip Bus Mgt
Director  Hugh Carter
Elected Ordinary Director  Darryl Kelly RN, BScN, Post Grad Dip Nursing. MRCNA
Elected Ordinary Director  Kay Josephs RN, CNC, CNA, Cert IV (until 29 October 2010)
Elected Ordinary Director  Glenice Wilson RN BSc., Grad Dip Continence., Grad Cert Mens’ Health, MRCNA Churchill Fellow 1992
Elected Ordinary Director  Janet Chase Physiotherapist. PostGrad Cert. (Continence and Pelv. Floor Rehab.), Cert. Management (Health), (elected 29 October 2010)
Chief Executive Officer/Secretary  Barry Cahill BBus, MHA
Industry Advisor to the Board  Lesley Barton RN, CNA
Solicitors  Brian Ward & Partners
          Level 11, 555 Lonsdale Street, Melbourne, Victoria
Auditor  Tim P Meehan
          Prospect Accountants
          Office 4, 321 Balwyn Road, North Balwyn VIC 3104
Bankers  ANZ Bank, North Carlton, VIC
SUB-COMMITTEES TO THE BOARD

STATE PRESIDENT’S COMMITTEE
Michael Murray (Chair)
Irmina Nahon (ACT)
Margaret Tipper (NSW)
Judith Goh (QLD) (until 13 Mar 2011)
Kay Joseph (QLD) (from 13 Mar 2011)
Tess Steel (TAS)
Judy Sincock (VIC)
Christopher Barry (SA)
Gail McBean (NT)
Karen Allingham (WA)
Barry Cahill (CEO)

FINANCE SUB-COMMITTEE
Therese Tierney (Chair)
Barry Cahill
Frances Correa

PAEDIATRIC ADVISORY SUB-COMMITTEE
Janet Chase (Chair)
Wendy Bower
Barry Cahill
Vivienne Corcoran Smith
Denise Edgar
Susie Gibb
Lil Johnstone
Mark Gibberson
Frances O’Connor

AUSTRALIAN & NEW ZEALAND CONTINENCE JOURNAL COMMITTEE
Assoc Prof Pauline Chiarelli
(Chair & Editor)
Barry Cahill (CFA)
Jan Zander (NZCA)
Assoc Prof Hans Peter Dietz
Dr Jenny Kruger
Shona McKenzie
Dr Margaret Sherburn
Assoc Prof Winsome St John
Dr Vincent Tse
Assoc Prof Mark Weatherall
Debbie Rigby
 Assoc Prof Kate Moore
Prof Beverley O’Connell
Jacinta Miller (Production Editor)

CONTINENCE AWARENESS AND SUPPORT PROJECT (CASP) STEERING COMMITTEE
(until 31 December 2010)
Barry Cahill (Chair)
Jacquie Lodewyke
Pauline Chiarelli
Lesley Millar
Phillip Herreen
Lisa Wragg
Kerry O’Dea (DoHA)
Bev Hamming (DoHA)
Rosalie Donhardt

BLADDER AND BOWEL COLLABORATIVE (BBC)
(From 1 January 2010)
Barry Cahill (Chair)
Jacquie Lodewyke
Pauline Chiarelli
Lisa Wragg
Phillip Herreen
Erin Murphy
Marilyn Woodcock
Mark Gaukroger (DoHA) (until 8 July 2011)
Louise Jensen (DoHA) (from 11 July 2011)
Kamini Muttukumaru (DoHA)
(from April 2011)

BRIDGE EDITORIAL COMMITTEE
Anne Ramus (Editor)
Barry Cahill
Fay Brassington
Hugh Carter
Colin Cassells
Elizabeth Kirby
Jacquie Lodewyke
Steve Marburg
Frank Ritchie
Shirley Shaw
Glenice Wilson
Susan McCarthy

CONSUMER ADVISORY COMMITTEE
Hugh Carter (Chair)
Elizabeth Kirby
Barry Cahill
Fay Brassington (until 30 Jun 2011)
Shirley Shaw (until 30 Jun 2011)
Frank Ritchie
Phillip Herreen
Tania Hayes (until 30 Jun 2011)
Lionel Foote dec (until 30 May 2011)
Keith Davies (from 1 June 2011)
Beverley Bird (from 1 June 2011)

BOARD OF TRUSTEES
Sub-committee
Michael Murray (Chair)
Therese Tierney
Hugh Carter
Darryl Kelly
Glencie Wilson
Barry Cahill

19th National Conference on Incontinence 2010

SCIENTIFIC COMMITTEE
Michael Murray (Chair)
Christopher Barry
Janet Chase
Pauline Chiarelli
Peter Dwyer
Kate Moore
Christine Murray
Di Semmler
Marg Sherburn
Ian Tucker
Michael Whishaw

20th National Conference on Incontinence 2011

SCIENTIFIC COMMITTEE
Michael Whishaw (Chair)
Janet Chase
Susan McCarthy
Shan Morrison
Michael Murray
Leigh Pretty
Anna Rosamilla
Margaret Sherburn
Janie Thompson
Ian Tucker

ORGANISING AND SOCIAL COMMITTEE
Barry Cahill
Mary Trezise
Shan Fleming (Conference Link)
Highlights for this year have included:

- 19th National Conference on Incontinence was held at the Alice Springs Convention Centre, in the Northern Territory October 27–30, 2010. Attended by 422 delegates, the scientific program included a range of national and international guest speakers covering topics such as the ageing bladder and bowel, nocturnal enuresis, pelvic pain, dermatological advances in continence care, and meeting the needs of Indigenous clients. Held in one of the oldest meeting places in the world, a highlight of the conference was the gathering of current and past national presidents to cut the cake celebrating the CFA’s 21st birthday. In delivering the Robert Taylor Memorial Address, it was fitting that Assoc Prof David Fonda, inaugural president, spoke on the history of the organisation paying tribute to founding members such as the late Robert Taylor.

- Successful management and completion of the three-and-a-half year Continence Awareness and Support Project (CASP) funded by the Australian Government under the National Continence Management Strategy (NCMS). Programs supported by the project included a very successful 2010 Continence Awareness Week.

- Under the new National Continence Program (NCP), the CFA was successful in being awarded the Bladder Bowel Collaborative (BBC) project to be managed by the Foundation until June 2014.

- Continued development and growth of the Australian & New Zealand Continence Journal (ANZCJ) with increased circulation of the Bridge consumer magazine.

- In partnership with The Benchmarque Group, delivery and further development of our nationally accredited courses in continence promotion and management. Further development of the vocational graduate certificate in continence promotion and management has been undertaken in preparation for the course to be re-launched as a distance education course next year.

- Dedicated to the theme of exercise and the pelvic floor, in June 2011 the CFA aligned Continence Awareness Week with World Continence Week (WCW) in order to leverage additional media and stakeholder engagement. Our success in promoting WCW was acknowledged by the ICS’s continence promotion committee, awarding a gold medal prize to CFA at the 41st ICS Annual Meeting in Glasgow.

- With our State Resource Centres and State Branches, we finalised the very exciting process of recruiting five new health promotion officers. These new roles have been funded under the BBC and will provide added support to the branch/resource centre activities and support the outcomes of the BBC.

- At the strategic planning forum in May, the strategic plan to guide our next five years was developed and presented to the board of directors for endorsement. The planning forum was attended by representatives from key stakeholder groups, including the Department of Health and Ageing, the Consumer Advisory Committee, Australian Nurses for Continence, the Australian Physiotherapy Association, state resource centres and state presidents. The forum was informed by feedback from the strategic planning questionnaire circulated to all members.

- Commissioning of Deloitte Access Economics to undertake research into the economic cost of incontinence in Australia, with the final report presented in December 2010. Guided by an expert advisory committee, the report was officially launched as part of the promotion of WCW 2011.

- DoHA launched the National Continence Program Action Plan, articulating the principles and objectives of the program at the breakfast launch for WCW in Adelaide in June 2011.

- Funded under the NCP the National Continence Helpline received more than 25,000 inquiries, from people affected by incontinence, their carers and...
health professionals, clearly demonstrating the worth of this important service managed by the Foundation.

• As a member of the bid committee, CFA participated in the process for securing the right to hold the 2015 joint meeting of the ICS and IUGA at the Sydney Convention Centre. The bid, with the support of the NSW government, was presented at meetings of the two organisations during the year and as one of three bids approved, will be voted on by all ICS and IUGA members in November 2011.

The Board receives support and input from our many sub-committees, including the Consumer Advisory Committee. The committee continues to support activities, including representation on the editorial panel for *Bridge*, project steering committees and external committees. The Board is also appreciative of the contribution made by Lesley Barton in her role as Industry Advisor to the Board.

As the national peak body for continence, the Foundation receives funding from the Department of Health and Ageing’s Community Sector Support Scheme (CSSS). The funding agreement includes detailed KPI’s and I am extremely pleased to be able to report that we have met all measures of performance set for the year under review. I am also able to report that further CSSS funding has been approved for the 2011–12 year.

Under our constitution, one of three Ordinary Directors elected by the members retires from office at each AGM. In 2010 we had three nominations for the vacant Ordinary Directors position, with Kay Josephs retiring after a three-year term. Janet Chase was elected to the Board and in welcoming Janet, I would also like to record our appreciation for Kay’s support and contribution as a director over the last seven years, having been first elected to the Board in 2003.

I wish to thank my fellow directors, state presidents, resource centre managers, sub-committee members, and all members who have contributed to this year’s outcomes. Our thanks also to our many corporate supporters who have assisted us with so many projects throughout the year. Both I and the Board are always delighted to receive advice and feedback from our members and we encourage your participation.

Finally, on behalf of the National Board and membership, I thank the dedicated team at our national office, capably led by our CEO Barry Cahill. Barry has continued to demonstrate his expertise and leadership making a substantial contribution to continence and those people with continence related issues.

Michael Murray
June 2011
CFA BOARD OF DIRECTORS’ COMMITTEES

**State Presidents’ Meetings**

Regular meetings throughout the year have been held between the National President and the State Presidents. The meetings provide an important communication link between the national Board and State Branches. One face-to-face meeting of State Presidents and the Board is scheduled to be held during the national conference. Thank you to all State Presidents for their support of the Foundation’s activities through the year and National Office.

**Paediatric Advisory Sub-Committee**

The Paediatric Advisory Sub-committee (PASC) is a sub-committee of the Board. A multi-disciplinary committee the membership represents professionals who participate in the care of children with incontinence problems, and consumers. The committee provides specialist expertise on projects undertaken by the Continence Foundation that have a paediatric focus.

During the year the committee has continued to support the paediatric news column in the *Australian & New Zealand Continence Journal* providing regular updates from the International Children’s Continence Society (ICCS) and local information.

The PASC and the Continence Foundation continue their close association with the ICCS. Currently, planning is proceeding with the possibility of holding a joint meeting with ICCS in 2014.

During the year, arrangements were confirmed to hold a joint conference with the ICCS at the Cairns Convention Centre, Queensland, in October 2014.

**Industry Advisor to the Board**

The appointment of an Industry Advisor to the Board has meant ongoing liaison at Board level with a representative from the continence products industry sector. This allows the Board of Directors and management to benefit from informed corporate opinion nationally.

Lesley Barton of Bunzl continued in this role in 2010–11. Her broad industry experience and her background as a continence nurse advisor has proved valuable to the Foundation.

**Consumer Advisory Committee**

The CFA Consumer Advisory Committee is dedicated to advising the CFA on strategies to enhance and promote consumer and community participation in the development, implementation and evaluation of activities.

The CFA would like to thank its members for their invaluable input into our planning over the past 12 months. Consumer Advisory Committee members have been active participants on the Steering Committees for projects administered by the CFA (funded by the Department of Health and Ageing) and were involved in the development of the organisational strategic plan for the next five years.

- Lionel Foote – In May the Committee was saddened to learn that Lionel had lost his battle with prostate cancer after a long and defiant fight. Lionel is sincerely missed by all his friends at the CFA.
- New members – Keith Davies and Bev Bird.
- Retirements – Tanya Hayes, Shirley Shaw, Fay Brassington.

**Life Membership Awards**

The success of the Continence Foundation is largely due to the strong support provided by a significant number of members over the last 21 years. Two long-standing members who retired during the year having made a significant contribution to the Foundation were acknowledged at the 2010 AGM held during the conference. Stan Wisniewski, President of the CFA National 1997–1999 and a member since 1997, and Glenice Wilson, a member since 1997 and board member since November 2006, were both awarded life membership.
Economic Impact of Incontinence in Australia

During the year, CFA commissioned Deloitte Access Economics (DAE) to undertake research into the economic cost of incontinence in Australia, with the final report presented to the CFA in December 2010.

Guided by an expert advisory committee, key corporate stakeholders were invited to partner with the CFA in delivering the project, which will hopefully influence future policy on financial support for Australians with incontinence. The research has proved invaluable in advocating for a better deal for incontinent Australians, both at the federal and state level by determining the economic impact of incontinence and the burden of disease in Australia. The report will hopefully raise the profile and need for effective support and management strategies for incontinence in Australia.

The report was formally presented in February to the Hon. Mark Butler MP, Minister for Mental Health and Ageing and officially launched as part of the promotion of WCW in Adelaide in June 2011. The research highlights the need for continued commitment by the Australian Government to financial support for continence product and equipment through schemes such as DVA RAP and CAPS. The research will play an important role in influencing future federal and state government policy in relation to support for Australians with chronic and severe incontinence.

Continence Awareness and Support Project (CASP)

The Continence Awareness and Support Project (CASP), a key initiative in Phase Three of the Australian Government’s National Continence Management Strategy, was managed by the CFA over the past three-and-a-half years ending, December 31, 2010.

The key objectives of the project were to:

- promote bladder and bowel health;
- raise awareness of the diagnosis, treatment and management of incontinence; and
- facilitate access to a range of information and support services.

This was facilitated through the following activities:

- the operation of the National Continence Helpline;
- relationship building with continence-related agencies and groups;
- the coordination of education and training activities across Australia; and
- the coordination of awareness-raising activities such as Continence Awareness Week.

The activities of the CASP seamlessly aligned with the National Continence Management Strategy and were overseen by a Steering Committee guided by the operational plans developed for each year of this very successful project. This ensured adequate stakeholder involvement was maintained throughout the life of the project, with processes in place to implement, evaluate and report activities and outcomes.

Bladder Bowel Collaborative (BBC)

The Bladder Bowel Collaborative (BBC) is a key initiative of the Department of Health and Ageing’s (DoHA) National Continence Program (NCP) that will be managed by the Continence Foundation of Australia (CFA) from January 1, 2011 to June 30, 2014.

The BBC is a nationally focussed initiative that aims to increase education and awareness of bladder and bowel health in Australia. The key objectives of the initiative are to:

- promote bladder and bowel health;
- increase education and awareness of the treatment and management options available to people affected by incontinence; and
- facilitate access to a range of information and support services.

It is hoped that this will lead to the following desired outcomes:

- increased awareness of bladder and bowel health within the target audiences of the BBC;
- more people being provided with help for their continence issues through a range of communication channels; and
- the specialist and non-specialist continence workforces are up-skilled and supported.
The CFA will achieve these outcomes through the design and implementation of activities and projects to align with the five key principles – prevention, evidence, equity, person-centred care and quality – that guide the Australia Government’s National Continence Program, launched in June 2011.

**National Continence Program – Action Plan 2011–2014**

The Australian Government continues to support the prevention and management of incontinence through two complementary initiatives, the National Continence Program (NCP) and the Continence Aids Payment Scheme (CAPS). The NCP commenced in January 2011. The NCP builds on the National Continence Management Strategy (NCMS), which was established in 1998 by the Australian Government to provide funding for research and service development initiatives, aimed at prevention and treatment of incontinence.

The preventative health focus of the NCMS continues under the NCP in light of evidence that suggests the sustained approach to awareness raising, promotion of bladder and bowel health, and workforce support has had a positive impact on people with incontinence, their carers and health professionals. The purpose of the Action Plan is to articulate the principles and objectives of the NCP, while providing a high-level map for program activities. Mr Russell de Burgh, Acting Assistant Secretary Office of an Ageing Australia, took the opportunity to officially launch the plan at the breakfast launch of WCW in Adelaide in June 2011.
Partnerships and collaborations

The key learnings relating to stakeholder engagement and collaboration are as follows:

- the ability to reduce the stigma associated with incontinence by targeting individuals at risk of, or affected by, the condition through collaboration with consumer groups;
- the ability to increase the credibility of activities and projects by working in collaboration with multidisciplinary professionals groups;
- the ability to promote the NCHL by providing input into the communication strategies of corporate groups; and
- the opportunity to increase continence awareness among health professionals by presenting at scientific conferences.

The CFA has a strong network of relationships with consumer, professional, and industry groups. Maintaining these relationships, while continuing to establish and build new relationships, is integral to our success in effectively reaching target audiences identified in the previous CASP and current BBC projects.

The CFA has developed an engagement strategy to maximise stakeholder relationships in order to improve the continence outcomes of people with, or at risk of, incontinence. The objectives of the strategy are to:

- develop and maintain mutually beneficial relationships with continence-related consumer, professional and industry groups;
- ensure the priorities of stakeholders are used to inform planning;
- identify opportunities for partnership and collaboration;
- ensure key messages are embedded in the activities and programs of stakeholders in order to maximise the reach of the target audiences; and
- promote the wide range of continence resources and support services available.

The CFA has strategically leveraged ongoing opportunities for partnerships and collaboration with consumer, professional and industry groups, demonstrating both formal and informal opportunities for raising awareness. Examples of activities conducted in collaboration with these groups include:

- the development of information resources;
- reciprocal articles in newsletters, magazines and websites;
- reciprocal attendance at educational forums; and
- input into policy and advocacy activities.

To further enhance our work in this area, the CFA has recently appointed a Programs and Partnerships Co-ordinator. This role will focus on the development of partnerships and facilitation of opportunities for collaboration.

Bridge Magazine

*Bridge* is the consumer magazine of the CFA. Its aim is to improve the understanding of incontinence (poor bladder or bowel control) for Australians from all age groups and all walks of life.

Four editions of *Bridge* were produced over the last year, targeting a wide range of audiences. Each edition of *Bridge* is dedicated to a specific topic and promoted the continence related agencies and groups relevant to each topic:
• Spring 2010 – Children
  Practical advice for parents, grandparents, carers and teachers about an important aspect of children’s health and awareness.

• Summer 2010 – Travel tips
  Focused on helpful tips, products and treatments to help people get out and about.

• Autumn 2011 – Pelvic Floor First
  How to take control of your pelvic floor and exercise wisely to protect and strengthen your pelvic floor.

• Winter 2011 – World Continence Week
  A special edition for World Continence Week all about pelvic floor fitness.

The Pelvic Floor First focussed Autumn edition of *Bridge* was the highest circulating edition in the magazine’s history, requiring a reprint a mere two months following its release. Distribution of this edition was particularly high among fitness professionals, who inundated the CFA with positive feedback and further requests for information.

We appreciate the efforts of the many individuals and organisations who help to distribute *Bridge* in their local communities, and our thanks also to those who responded so positively to the reader’s survey – your praise is as equally welcome as your suggestions for improvement. My thanks also to the editorial panel for their review and suggestions for each issue.

On behalf of the Continence Foundation, I extend our appreciation to Independence Australia and BrightSky who supported *Bridge* this past year.

Anne Ramus
Editor

**Continence Awareness Week 2010**

Continence Awareness Week (CAW) 2010 was held August 1–7, 2010. The theme was dedicated to healthy bowel habits.

CAW 2010 was launched at a breakfast held at The Boulevard Restaurant in Kew, Victoria, on July 30, 2010. The breakfast was co-sponsored by SCA Hygiene Australasia (makers of TENA continence products) and featured Accredited Practicing Dietitian Rebecca Smith, from The Prince Charles Hospital, Queensland, who presented *Management of constipation: nutritional and lifestyle recommendations*. Rebecca has extensive experience in the management of constipation in both children and adults.

**World Continence Week 2011**

In 2011, the CFA aligned Continence Awareness Week with World Continence Week – a global awareness raising event coordinated by the International Continence Society. This was done to increase the credibility of the event, in order to leverage additional media and stakeholder engagement.

World Continence Week 2011 held June 20–26, 2011, was dedicated to the theme of exercise and the pelvic floor. This supported the Pelvic Floor First campaign, which commenced in December 2009 under the NCMS Continence Awareness and Support Project (CASP).

The CFA’s success in promoting WCW was acknowledged by the ICS’s continence promotion committee, with the award of a gold medal prize announced at the 41st ICS Annual Meeting in Glasgow.
Pelvic Floor Fitness Project

Pelvic Floor First is the first special project of the BBC and spanned both CASP and the BBC.

Achievements to date

- November 2010 – Pelvic Floor First logo and microsite
- April 2011 – a total of 3453 visitors accessed the Pelvic Floor First microsite since its launch in April 2011.
- April 2011 – Pelvic Floor First ambassadors appointed.
- April 2011 – Pelvic Floor First was launched to fitness professionals at FILEX 2011 – Australia’s largest fitness convention, which attracts more than 13,000 fitness professionals.
- June 2011 – The Pelvic Floor First speakers kit launched in the lead up to World Continence Week 2011.
- June 2011 – The Pelvic Floor First campaign was launched to the general public during World Continence Week 2011.

Ongoing

- The CFA has partnered with the Australian Fitness Network to produce a Continuing Education Credit approved course for fitness professionals, titled Pelvic Floor Fitness.
- The National Fitness Industry Training Package underlies all fitness professional courses in Australia. This package is reviewed every five to six years. While the review of the package was not scheduled for 2009, the CFA, through its extensive stakeholder networks, was alerted to a review that was being undertaken at this time, and was successful in lobbying for pelvic floor and women’s health to be included in the package.
- The CFA has just completed a series of videos for the Pelvic Floor First online course.
- The CFA has developed a series of e-fact sheets and a male/female pelvic floor muscle dysfunction screening tool as part of the Pelvic Floor First campaign.

Website

In July 2010, the CFA launched a new website that was fully integrated with Salesforce – the customer relationship management system used across the CFA. The aim of the website development was to enhance a series of existing features and introduce a number of new and improved systems, including:

- online registration for regular website users to support recurrent resource orders (including the ability to view previous orders); and
- online access to the continence service directory and continence products directory – including the ability to search for a continence service by location, specialty or professional type, and a product supplier/manufacturer by location or product type.
In 2010–11 the most frequently accessed pages on the CFA website were the:

- resource order page;
- continence service directory; and
- continence products directory.

**National Health Promotion Officers**

A significant addition to the CFA project team under the BBC is the recruitment of Health Promotion Officers in Victoria, Queensland, South Australia, New South Wales and Western Australia.

Our new Health Promotion Officers are:

- Western Australia – Katie Miliauskas, based at the WA Continence Advisory Service;
- Victoria – Lauren Jordan, based at the Victorian Continence Resource Centre;
- Queensland – Tracey Sparks, based at Carers QLD Mt Gravatt Office;
- South Australia – Kate Kameniar, located at the SA Continence Resource Centre; and
- New South Wales – not appointed as at 30 June 2011.
19th National Conference on Incontinence

The CFA turned 21 in The Alice

The National Conference on Incontinence is the largest continence education event in Australia. Hosted by the CFA on an annual basis, this multidisciplinary conference provides a platform for the latest research in the field of incontinence, featuring both national and international speakers.

The 19th National Conference on Incontinence was held at the Alice Springs Convention Centre, in the Northern Territory, October 27–30, 2010. Attended by 422 delegates, the scientific program included a range of national and international guest speakers covering topics such as the ageing bladder and bowel, nocturnal enuresis, pelvic pain, dermatological advances in continence care, and meeting the needs of Indigenous clients in English-dominant health services.

International guest speakers at the conference included:

- Catherine DuBeau, Professor of Medicine and Clinical Chief of Geriatrics at the University of Massachusetts, United States of America;
- Hans Smola, Professor of Dermatology at the University of Cologne, Germany;
- Tryggve Neveus, Secretary General of the International Children’s Continence Society, Sweden; and
- Wendy Bower, Chairperson of the International Continence Society’s Paediatric Sub-Committee, Hong Kong.

A particular highlight of the conference was the gala dinner, where the current and all past presidents of the CFA Board were present to cut the cake celebrating the CFA’s 21st birthday.

Once again our thanks go to Michael Murray and his colleagues on the Scientific Committee for delivering another successful conference.

We look forward to seeing you all in Melbourne for the 20th National Conference on Incontinence November 16–19 at Crown Conference centre.

Joint meeting with IUGA September 4–8 2012

The International Urogynaecological Association membership voted Brisbane as the preferred destination for a joint meeting with the CFA and Urogynaecological Society of Australasia (UGSA). The CFA was a member of the 2012 Brisbane bid committee and is represented on the local organising committee for the 2012 joint conference.

The CFA has also been active as a member of the bid committee for the joint ICS/IUGA meeting in Sydney 2015. The 2015 destination is not due to be voted on until November 2011.
National Continence Scholarships Program

The Continence Foundation, funded under the Continence Awareness and Support Project, sponsored 10 health professionals to attend the 19th National Conference on Incontinence. The scholarships focused on health professionals working in a rural and remote environment.

The aim of the scholarship program was to support health professionals working in continence care (or with an interest in continence care) to up-date their knowledge and skills in continence diagnosis, treatment and management.

The 2010 National Continence Scholarships Program was awarded to six nurses and four physiotherapists, supporting them to attend the 19th National Conference on Incontinence in Alice Springs.

Congratulations go to the following recipients:

- Emily Coman, physiotherapist (QLD);
- Ruth Crawford, continence nurse advisor (WA);
- Ann Doyle, continence nurse advisor (NSW);
- Bronwyn Hughes, continence nurse advisor (VIC);
- Bernie Kennedy, continence and women's health physiotherapist (TAS);
- Judith Mays, continence nurse advisor (VIC);
- Fiona O’Meara, physiotherapist (NSW);
- Gillian Pearce, continence nurse advisor (NSW); and
- Julie Westaway, continence nurse advisor (QLD).

Every Body’s Business forums

Every Body’s Business forums are a key education and awareness raising activity under the Continence Awareness and Support Project and now the Bladder Bowel Collaborative. These free forums target both health professionals and consumers in order to raise awareness about incontinence and bladder and bowel health. Two events comprised evening information sessions for the general public, and full day education sessions for health professionals.

The CFA successfully coordinated four Every Body’s Business forums across Australia. These were held in Brisbane (Queensland), Launceston (Tasmania), Canberra (ACT) and Sydney (New South Wales) and were attended by a total of 581 health professionals, 67 consumers, 23 peak bodies and 28 industry groups.

The theme of the forum tied into the CAW theme of bowel health.

Every Body’s Business is supported by a strong network of partnerships, which include peak body and industry groups. Examples of organisations the Continence Foundation partnered with include:

- Alzheimer’s Australia;
- beyondblue;
- Cancer Council;
- Arthritis Foundation of Australia;
- Jean Hailes Foundation;
- National Stroke Foundation; and
- Diabetes Australia.
Paediatric continence education

The CFA, through the expertise of its Paediatric Sub-Committee and local working groups, runs a bi-annual paediatric continence education program targeting specialist and non-specialist continence professionals with an interest in paediatric continence care. The forums aim to up-skill and support the paediatric continence workforce and to provide equitable access to paediatric continence education and training across Australia.

In November 2010, the CFA Paediatric Sub-Committee in partnership with the New South Wales Continence Promotions Centre, piloted a paediatric education forum targeting health professionals working in, or with an interest in, child and adolescent incontinence. This forum was piloted in response to the severe lack of paediatric services in NSW, which is mirrored across the rest of Australia. The aim of the forum was to measure health professionals’ interest in the area and up-skill health professionals to assess, treat and manage children and adolescents, while waiting to be seen by a specialist paediatric service – which can take up to 12 months, due to the lack of appropriate services.

The NSW forum was held over one-and-a-half days, and attended by a total of 49 delegates.

On June 3, 2011, the CFA held a Paediatric Bowel Dysfunction workshop in Brisbane. This one day event was attended by a range of health professionals, including continence nurse advisors, continence and women’s health physiotherapists, paediatricians, occupational therapists and stomal therapists.

The Paediatric Bowel Dysfunction workshop attracted a total of 59 delegates, comprising 48 health professionals (including presenters) and 8 industry representatives.

Who should attend?

Accredited health professionals with an interest in paediatric incontinence.

RSVP is essential as places are limited.

Put these dates in your diary now:
19–20 November 2010

An Australian Government initiative managed by the Continence Foundation of Australia.

For more information:
www.continence.org.au
www.bladderbowel.gov.au

Accredited Continence Education

The CFA delivered a number of CFA/Benchmarque accredited continence education courses under the education and training portfolio of the CASP. These courses were met with a high level of interest and offered an alternative mode of education to Every Body’s Business forums or attendance at the National Conference on Incontinence.

In 2010–11, Certificate II in Continence Promotion and Care courses were delivered to Indigenous health workers or health workers that work with Indigenous people in:

- Goondiwindi (QLD);
- Atherton (QLD);
- Batchelor (NT); and
- Tamworth (NSW).

Also delivered were courses to practice nurses, community nurses and residential aged care workers in:

- Perth (WA);
- Canberra (ACT);
- Hobart (TAS);
- Adelaide (SA);
- Melbourne (VIC); and
- Sydney (NSW).
The Australian and New Zealand Continence Journal is a quarterly publication produced under the auspice of the Continence Foundation and the New Zealand Continence Association.

This peer reviewed journal, is a key education activity and aims to increase the information and evidence base of the continence workforce and to provide a foundation for best practice.

The Australian and New Zealand Continence Journal is the only multidisciplinary journal dedicated to research related to the diagnosis, treatment and management of urinary and faecal incontinence.

The Journal is overseen by a Journal Editorial Committee and supported by Production Editor Jacinta Miller, with publishing by Cambridge Media.

At the 2010 CFA AGM the Journal welcomed two new members to the Editorial Committee: Dr Jenny Kruger, New Zealand, and Ms Debbie Rigby, Pharmacist of Brisbane, QLD. The new committee members have increased the scope of the committee with an increase in representation from New Zealand and the addition of expertise in pharmacy.

Production Editor’s report

On reflecting on the Journal’s content over the past year, I have been pleased to see the breadth and diversity of guest editorial writers who have generously provided thought-provoking articles on topics such as: the history of the CFA; the use of quality-of-life tools to measure interventions; a discourse on conflict of interest; perspectives from the ICS Nursing Committee; and an update on significant clinical and multidisciplinary advances in the management of disorders of the pelvic floor.

I was very pleased to host the Journal’s workshop at the National Conference on Incontinence in Alice Springs in October 2010. With a focus on writing an abstract, and with the able support of Marg Sherburn and Winsome St John, who provided the workshop scenario, we hopefully fostered 16 new authors.

Jacinta Miller, Production Editor

Editor’s report

In my 2010 report I noted that one challenge for the Journal was to provide interest to as many of its constituents as possible, while retaining the scientific rigour necessary to sustain and increase the standing of the Journal. I believe that the high calibre of editorial writers and the unstinting support of committee members enable the Journal Editorial Committee to meet these challenges.

As the Journal is a niche publication and is particular to our region, another of our challenges is to convince researchers to take the first step towards publication in such a specialised journal. To this end, the Journal committee participated in the Excellence in Research for Australia (ERA) Consultation and made a submission to that review in March 2011. The Journal currently has a C ranking, which the committee did not feel represented the calibre of the Journal given that it is a multidisciplinary, peer-review publication. The submission also addressed the addition of Field of Research (FoR) codes, as several codes pertinent to the Journal were not included in the original ranking information. A final report on that review is expected later in 2011.

My two-year tenure as editor of the Australian and New Zealand Continence Journal expires in September this year and I have decided to hand on the baton due to my university commitments. My time as editor has been not only a great honour and very rewarding, it has also been a pleasure due to the unstinting and high-calibre, help given to me by Jacinta Miller, the Production Editor.

An efficient and very capable editorial team at Cambridge Media and the Editorial Committee has also ably supported me. I thank each Editorial Committee member for their diligence and assistance, Jacinta for managing the day-to-day work of the Journal and I thank Barry and Jan for their support. I hand over my role as editor, safe and confident in the knowledge that the Journal is in capable hands ensuring its future growth.

Associate Professor Pauline Chiarelli, Editor
The National Continence Helpline (NCHL) is a telephone advisory service funded under the Australian Government’s National Continence Program.

The helpline is a free service staffed by a team of continence nurse advisors who provide confidential information and advice about the diagnosis, treatment and management of incontinence.

In 2010–11, the National Continence Helpline received 25,349 calls from consumers, carers and health professionals. The majority of these calls were received from New South Wales, Victoria and Queensland, with more than half of the callers reporting learning of the helpline through a printed resource. This aligns with the fact that more than one million continence resources were ordered via the helpline during this period.

The NCHL achieved a number of significant achievements during 2010–11. These included:

- the successful introduction of a new telephony system, including the use of Interactive Voice Response to support skills-based routing between clinical and non-clinical staff on the NCHL;
- the introduction of Salesforce, a customer relationship management system that provides greater accuracy and transparency of data capture and reporting;
- the introduction of non-clinical staff to support the activity on the NCHL;
- the establishment of remote access, which allows staff from anywhere in Australia to work on the NCHL;
- successfully supporting the CAAS to CAPS transition; and
- acquisition and management of the CAAS Information Line, and the administration of a record number of inquiries via the NCHL.

The Carer of the Year award

The Carer of the Year award acknowledges the invaluable role that carers play in looking after people with bladder and bowel control issues and is open to all unpaid carers looking after a person affected by incontinence.

The high calibre of nominations received for the 2010 Continence Carer of the Year award, meant that we were unable to split the winners.

The winners of the 2010 Continence Carer of the Year Award were Elaine Hodder from Scarborough, WA, and Florence Arnold from Wyndham, WA.

Florence Arnold and family

Florence (with help from her sister Philomena and extended family) has been officially caring for her father, John Hunter since 2007.

John is a Bardi, Aboriginal man from Ardyooloon (One Arm Point area) in the Kimberley, who spent many years in Darwin prior to moving to his home in Wyndham. In 1955 (aged 23), John had a major car accident causing serious spinal injuries. He was advised by doctors he would never walk again. Through his determination and commitment for rehabilitation he proved the medical team wrong. John was independent and worked as the Bullungurr Hostel Manager until 1986. He and his wife then continued to be very active with volunteer work in Wyndham.

In 1995 (aged 63), John required a walking frame and at times required assistance from family members for various tasks he was incapable of doing. In 2002, John had a fall in the bathroom and fractured the left neck of femur (and was also thought to have had a stroke and weakness on the right side). This is when John became more dependent on family members.

In 2007, aged 75, John became fully dependent on assistance from his family for all his daily activities and one of his daughters, Florence, officially became his carer.
As a close-knit Aboriginal family who understand John’s needs, it was decided that the best lifestyle for John and for them was to have John at home. They endeavour to maintain his personal care at all times to ensure that his personal safety, health, hygiene, social interactions and mental wellbeing are met to the best of their ability. The key aspects of all this is keeping the family together and for John to be able enjoy his life to the fullest.

In tribute to how well the family is doing in providing care for John, Florence and her family were nominated by Ruth Crawford, Clinical Nurse Specialist Continence, for the 2010 Carer of the Year Award.

Elaine Hodder

Elaine is carer to her son Reece, aged 27 years old. She has been caring for him full time since 2006, when he was involved in a diving accident. Elaine also has three other adult children and a large extended family. She has always put Reece’s needs first, before the needs of herself and other family members.

Reece has also suffered from a number of medical issues since birth. These include Cerebral Palsy, deafness, vision impairment, intellectual disability, tracheostomy and asthma.

Reece’s diving accident, caused a high-level spinal cord injury leaving him a quadriplegic. This left him experiencing urinary and faecal incontinence for life. Containment is the main focus of maintaining Reece’s incontinence.

After Reece’s accident, the spinal specialist team recommended that Reece be placed into institutional care due to his high-care needs. Through Elaine’s persistence and courage, Reece was discharged home in January 2007. In Elaine’s own words, after all she had been through with Reece, she was “not walking away from him now”. Determined to keep her son at home with the family, Elaine battled with all sorts of bureaucracy to establish a level of care that would not put her son’s health at risk.

Elaine continues to battle to obtain quality staff, a major problem due to her son’s specialist care needs. All through the hard times Elaine continues to pray for the “light at the end of the tunnel”.

Elaine never complains or begrudges the commitment she has made to the care of her son, despite the circumstances and personal costs at times being quite dire. Without Elaine’s care and unconditional love for Reece, he would not have anywhere near the quality of life that he enjoys at present. In recognition of her love and commitment, Elaine was nominated by Darryl Kelly, Clinical Nurse Spinal Cord Injuries, and Continence Nurse Advisor from Scarborough, WA, and Liza Harvey, Member for Scarborough, for the 2010 Continence Carer of the Year award.

Our thanks to TENA for sponsoring the 2010 Continence Carer of the Year Awards

Kidsflix

Kidsflix (Victoria) is a free movie day for children with a disability or special needs and their families/carers, and is the key fundraising activity of the Continence Foundation.

Kidsflix is managed by Arthritis South Australia and proceeds from the initiative are used to support paediatric incontinence research, education and promotion.

In 2010–11, there were three Kidsflix events, which were held at Geelong, Richmond and Chadstone in Victoria. The initiative was also supported once again by a donation of $8500 from The Marion & E.H. Flack Foundation.
INDUSTRY SUPPORT

The corporate sector is a significant and valued stakeholder of the CFA. When the CFA was originally established in the late 1980s, it was as a result of a close collaboration of health professionals and industry representatives.

Since that time, various companies and their staff have been involved on a CFA state and/or national level, in various ways:

- a presence at events, talking to both clinicians and consumers (and marketing the CFA and the Helpline in the process);
- including CFA and Helpline contact details on their printed materials, in press releases and similar;
- liaising with the CFA in drafting and reviewing continence-related content used in sales and marketing information;
- help in running CFA continence events such as community presentations and during Continence Awareness Week;
- funding the printing of CFA resources; and
- sponsorship support to assist the Continence Carer of the Year Award; National Conference on Incontinence; or as an exhibitor at the Conference.

CFA also includes an industry representative on the Foundation’s Board. Lesley Barton represents the wider interests of industry members and advises the Board on industry-related matters.

The Incontinence Products Promotion Group (IPPG) in Victoria and the Continence Products Promotion Group (CPPG) in New South Wales work support’s many of the CFA’s state branches and resource centres in their metropolitan and regional continence promotion events.

Bob Thornton

After 28 years with Independence Australia, Bob Thornton, Equipment Services Manager, retired in July 2011. Bob contributed significantly to the success of Independence Australia. He was the first Chairman of the Board when ParaQuad Victoria became incorporated in 1973.

Bob was a committee member of the Standards Association of Australia looking at building standards, a founding member of the Incontinence Products Promotions Group (IPPG) promoting continence, and involved in the Continence Foundation of Australia as a committee member of the Victorian branch. We wish Bob well in his retirement.

Kimberly-Clark support

For the seventh consecutive year Kimberly-Clark Australia confirmed their on-going support for the activities of the CFA through a further grant from their Community Care Sector Program. Jeff Poulter, National Business Development Manager, Personnel Care, presented the cheque for $10,000 to Michael Murray at the 2010 AGM.
Jan Paterson Awards
The Jan Paterson Awards at the 19th National Conference on Incontinence were presented to:

**Best Paper:** – Janet Chase – *Trunk strength and mobility changes in children with slow transit constipation*

**Best Poster:** – Lynne Bartlett – *Faecal incontinence in North Queensland Biofeedback exercise regimes compared.*

---

**Our thanks to Norgine for sponsoring the 2010 Jan Paterson Awards**

Janet Chase accepting her Best Paper prize from John Spicer, Senior Product Manager from Norgine

Lynne Bartlett accepting her Best Poster prize from John Spicer, Senior Product Manager from Norgine
## STATEMENT OF COMPREHENSIVE INCOME

**FOR THE YEAR ENDED 30 JUNE 2011**

<table>
<thead>
<tr>
<th>Note</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>REVENUE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conference and Seminars</td>
<td>563,524</td>
<td>509,037</td>
</tr>
<tr>
<td>Interest</td>
<td>162,738</td>
<td>104,145</td>
</tr>
<tr>
<td>Membership Fees</td>
<td>79,773</td>
<td>89,373</td>
</tr>
<tr>
<td>Programs</td>
<td>2,807,743</td>
<td>2,542,703</td>
</tr>
<tr>
<td>Peak Body Status Funding</td>
<td>163,954</td>
<td>161,465</td>
</tr>
<tr>
<td>Other</td>
<td>161,154</td>
<td>225,163</td>
</tr>
<tr>
<td><strong>Total Operating Revenue</strong></td>
<td>3,938,886</td>
<td>3,631,886</td>
</tr>
<tr>
<td>Kidsflix - Fundraising</td>
<td>184,054</td>
<td>181,943</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td>4,122,940</td>
<td>3,813,829</td>
</tr>
<tr>
<td><strong>EXPENDITURE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conference and Seminars</td>
<td>391,358</td>
<td>320,435</td>
</tr>
<tr>
<td>Depreciation</td>
<td>102,260</td>
<td>38,468</td>
</tr>
<tr>
<td>Programs</td>
<td>2,807,743</td>
<td>2,544,589</td>
</tr>
<tr>
<td>Salaries and Oncost</td>
<td>94,140</td>
<td>89,307</td>
</tr>
<tr>
<td>Other</td>
<td>53,624</td>
<td>69,587</td>
</tr>
<tr>
<td><strong>Total Operating Expenditure</strong></td>
<td>3,449,125</td>
<td>3,062,386</td>
</tr>
<tr>
<td>Kidsflix</td>
<td>165,501</td>
<td>162,687</td>
</tr>
<tr>
<td><strong>Total Expenditure</strong></td>
<td>3,614,626</td>
<td>3,225,073</td>
</tr>
<tr>
<td><strong>Surplus before income tax</strong></td>
<td>508,314</td>
<td>588,756</td>
</tr>
<tr>
<td>Income tax expense</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td><strong>Surplus after income tax</strong></td>
<td>508,314</td>
<td>588,756</td>
</tr>
<tr>
<td><strong>Other comprehensive income</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other comprehensive income for the period, net of income tax</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the period</strong></td>
<td>508,314</td>
<td>588,756</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
Continence Foundation of Australia Limited

STATEMENT OF FINANCIAL POSITION
as at 30 June 2011

<table>
<thead>
<tr>
<th>Note</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

**ASSETS**

Current Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>3,218,828</td>
<td>2,493,085</td>
</tr>
<tr>
<td>Kidsflix – SA Bank</td>
<td>121,864</td>
<td>84,407</td>
</tr>
<tr>
<td>Receivables</td>
<td>799,889</td>
<td>896,477</td>
</tr>
<tr>
<td>Investments</td>
<td>–</td>
<td>3,258</td>
</tr>
<tr>
<td>Prepayments</td>
<td>45,834</td>
<td>12,570</td>
</tr>
</tbody>
</table>

Total Current Assets 4,186,415 3,489,797

Non Current Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Property, Plant and Equipment</td>
<td>196,086</td>
<td>228,103</td>
</tr>
<tr>
<td>Security Deposit</td>
<td>–</td>
<td>9,971</td>
</tr>
</tbody>
</table>

Total Non Current Assets 196,086 238,074

Total Assets 4,382,501 3,727,871

**LIABILITIES**

Current Liabilities

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable</td>
<td>286,341</td>
<td>376,519</td>
</tr>
<tr>
<td>Kidsflix – SA</td>
<td>39,304</td>
<td>16,005</td>
</tr>
<tr>
<td>Provisions</td>
<td>319,240</td>
<td>173,756</td>
</tr>
<tr>
<td>Conference revenue in advance</td>
<td>166,343</td>
<td>159,712</td>
</tr>
<tr>
<td>Income Received in Advance</td>
<td>254,276</td>
<td>221,394</td>
</tr>
</tbody>
</table>

Total Current Liabilities 1,065,504 947,386

Non Current Liabilities

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provisions</td>
<td>158,754</td>
<td>130,556</td>
</tr>
</tbody>
</table>

Total Non Current Liabilities 158,754 130,556

Total Liabilities 1,224,258 1,077,942

Net Assets 3,158,243 2,649,929

**EQUITY**

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retained Surplus</td>
<td>3,158,243</td>
<td>2,649,929</td>
</tr>
</tbody>
</table>

Total Equity 3,158,243 2,649,929

The accompanying notes form part of these financial statements.
Continence Foundation of Australia Limited

STATEMENT OF CHANGES IN EQUITY
For the Year Ending 30 June 2011

<table>
<thead>
<tr>
<th></th>
<th>Retained Earnings $</th>
<th>Total Equity $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance at 1 July 2009</td>
<td>2,061,173</td>
<td>2,061,173</td>
</tr>
<tr>
<td>Total comprehensive income for the period</td>
<td>588,756</td>
<td>588,756</td>
</tr>
<tr>
<td>Balance at 30 June 2010</td>
<td>2,649,929</td>
<td>2,649,929</td>
</tr>
<tr>
<td>Total comprehensive income for the period</td>
<td>508,314</td>
<td>508,314</td>
</tr>
<tr>
<td>Balance as at 30 June 2011</td>
<td>3,158,243</td>
<td>3,158,243</td>
</tr>
</tbody>
</table>
### Statement of Cash Flows

**For the Year Ending 30 June 2011**

<table>
<thead>
<tr>
<th>Note</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

**Cash Flow from Operating Activities**

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash receipts from operations</td>
<td>4,096,302</td>
<td>2,908,114</td>
</tr>
<tr>
<td>Interest</td>
<td>162,738</td>
<td>104,145</td>
</tr>
<tr>
<td>Payment to consultants, suppliers and employees</td>
<td>(3,428,855)</td>
<td>(2,863,745)</td>
</tr>
</tbody>
</table>

Net Cash inflow from operating activities  

<table>
<thead>
<tr>
<th></th>
<th>Note</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10</td>
<td>830,185</td>
<td>148,514</td>
</tr>
</tbody>
</table>

**Cash Flow from Investing Activities**

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchase of Property, Plant and Equipment</td>
<td>(70,243)</td>
<td>(181,817)</td>
</tr>
<tr>
<td>Proceeds from sale of Property, Plant &amp; Equipment</td>
<td>–</td>
<td>10,970</td>
</tr>
<tr>
<td>Purchase (Purchase) Redemption of Investments</td>
<td>3,258</td>
<td>–</td>
</tr>
</tbody>
</table>

Net Cash inflow (outflow) from investing activities  

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(66,985)</td>
<td>(170,847)</td>
</tr>
</tbody>
</table>

**Cash Flow from Financing Activities**

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Increase (Decrease) in financing activities</td>
<td>–</td>
<td>–</td>
</tr>
</tbody>
</table>

Net Increase (Decrease) in Cash Held  

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>763,200</td>
<td>(22,333)</td>
</tr>
</tbody>
</table>

Cash and cash equivalents at the beginning of the financial year  

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2,577,492</td>
<td>2,599,825</td>
</tr>
</tbody>
</table>

Cash and cash equivalents at the end of the financial year  

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3,340,692</td>
<td>2,577,492</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
Continence Foundation of Australia Limited

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
For The Year Ended 30 June 2011

1: Statement of Significant Accounting Policies

Reporting Entity
Continence Foundation of Australia Ltd is a company limited by guarantee and is domiciled in Australia.

Summary of accounting policies

(a) Basis of Preparation
The financial report is a general-purpose financial report that has been prepared in accordance with applicable Accounting Standards, including Australian Accounting Interpretations, other authoritative pronouncements of the Australian Accounting Standards Board and the Corporations Act 2001. The financial report has been prepared on an accrual basis and is based on historical costs. It does not take into account changing money values or, except where stated current valuation of non-current assets. Cost is based on fair values of the consideration given in exchange for assets. The accounting policies have been consistently applied, unless otherwise stated.
As per last year, the amount of the depreciated replacement cost of plant and equipment is not expected to exceed the recoverable amount of the assets.

(b) Statement of compliance
The financial report complies with Australian Accounting Standards which include Australian equivalents to International Financial Reporting Standards (AIFRS). A statement of compliance with International Financial Reporting Standards cannot be made due to the company applying the not-for-profit sector specific requirements contained in the AIFRS.

(c) Significant accounting judgements, estimates and assumptions
Accounting policies are selected and applied in a manner which ensures that the resultant financial information satisfies the concepts of relevance and reliability, thereby ensuring the substance of the underlying transaction and other events is reported.
In the application of AIFRS management is required to make judgements, estimates and assumptions that affect the application of policies and reported amount of assets, liabilities, income and expenses. The estimate and associated assumptions are based on historical experience and other various factors that are believed to be reasonable under the circumstances, the results of which form the basis of making the judgements. Actual results may differ from these statements.
The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period or in the period of the revision and future periods if the revision affects both current and future periods.

Significant accounting judgements
The company has entered into leases of premises and office equipment as disclosed in Note 15(d). Management has determined that all of the risks and rewards of ownership of these premises and equipment remain with the lessor and has therefore classified the leases as operating leases.

Significant accounting estimates and assumptions
The key estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of certain assets and liabilities within the next annual reporting period are:

Provisions for employee benefits
Provisions for employee benefits payable after 12 months from the reporting date are based on future wage and salary levels, experience of employee departures and periods of service, as discussed in Note 1(k). The amount of these provisions would change should any of these factors change in the next 12 months.
(d) Revenue recognition

Revenue is recognised when the company is legally entitled to the income and the amount can be quantified with reasonable accuracy. Revenues are recognised net of the amounts of goods and services tax (GST) payable to the Australian taxation Office.

Revenue from fundraising

Donations

Donations and fundraising are recognised when received, with the exception as disclosed in Note 2 (b).

Membership Subscription

Subscription revenue is recognised when received except where receipt relates to future period as disclosed in Note 12.

Program Revenue

Program Revenue which represents project grants is recognised only when costs relating to goods and services specified under the conditions of the funding contract are incurred. Unutilised amount is carried forward as deferred income as stated in Note 1(j).

Investment Income

Investment income comprises interest. Interest income is recognised as it accrues, taking into account the effective yield on the financial asset.

Asset sales

The gain or loss on disposal of all non-current assets is determined as the difference between the carrying amount of the asset at the time of the disposal and the net proceeds on disposal.

(e) Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to a particular category they have been allocated to activities on a basis consistent with use of the resources. Premises overheads have been allocated on a floor area basis and other overheads have been allocated on the basis of the head count.

Fundraising costs are those incurred in seeking voluntary contributions by donation and do not include costs of disseminating information relating to the activities carried on by the company. Fundraising activities are disclosed in Note 2 (b).

(f) Cash and cash equivalents

Cash and cash equivalents in the balance sheet comprise cash at bank and in hand and short-term deposits with an maturity of six months or less. For the purposes of the cash flow statement, cash and cash equivalents consist of cash and cash equivalents as defined above, net of any outstanding bank overdrafts.

(g) Trade and other receivables

Trade receivables, are recognised and carried at original invoice amount. Normal terms of settlement vary from seven to 30 days. The notional amount of the receivable is deemed to reflect fair value.

An allowance for doubtful debts is made when there is objective evidence that the company will not be able to collect the debts. Bad debts are written off when identified.

(h) Property, plant and equipment

Basis of measurement of carrying amount

Plant and equipment is stated at cost less accumulated depreciation and any accumulated impairment losses.

Any property, plant and equipment donated to the company are recognised at fair value at the date the company obtains control of the assets.
Depreciation

Items of property, plant and equipment (other than land) are depreciated over their useful lives to the company commencing from the time the asset is held ready for use. Depreciation is calculated on a straight line basis over the expected useful economic lives of the assets as follows:

<table>
<thead>
<tr>
<th></th>
<th>2011 % pa</th>
<th>2010 % pa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project and office equipment</td>
<td>20.0</td>
<td>20.0</td>
</tr>
<tr>
<td>Computer equipment</td>
<td>33.3</td>
<td>33.3</td>
</tr>
<tr>
<td>Motor vehicles</td>
<td>20.0</td>
<td>20.0</td>
</tr>
<tr>
<td>Leasehold Improvements</td>
<td>33.3</td>
<td>33.3</td>
</tr>
</tbody>
</table>

Impairment

The carrying values of plant and equipment are reviewed for impairment at each reporting date, with recoverable amount being estimated when events or changes in circumstances indicate that the carrying value may be impaired.

The recoverable amount of plant and equipment is the higher of fair value less costs to sell and value in use. Depreciated replacement cost is used to determine value in use. Depreciated replacement cost is the current replacement cost of an item of plant and equipment less, where applicable, accumulated depreciation to date, calculated on the basis of such cost.

Impairment exists when the carrying value of an asset exceeds its estimated recoverable amount. The asset is then written down to its recoverable amount.

For plant and equipment, impairment losses are recognised in the income statement.

De-recognition and disposal

An item of property, plant and equipment is derecognised upon disposal; when the item is no longer used in the operations of the company; or when it has no sale value. Any gain or loss arising on de-recognition of the asset (calculated as the difference between the net disposal proceeds and the carrying amount of the asset) is included in profit or loss in the year the asset is derecognised.

Any part of the asset revaluation reserve attributable to the asset disposed of or derecognised is transferred to general funds at the date of disposal.

(i) Trade creditors and other payables

Trade payables and other payables represent liabilities for goods and services provided to the company prior to the end of the financial year that are unpaid. These amounts are usually settled in 30 days. The notional amount of the creditors and payables is deemed to reflect fair value.

(j) Deferred income

The liability for deferred income is the unutilised amounts of grants received on the condition that specified services are delivered or conditions are fulfilled. The services are usually provided or the conditions usually fulfilled within 12 months of receipt of the grant. Where the amount received is in respect of services to be provided over a period that exceeds 12 months after the reporting date or the conditions will only be satisfied more than 12 months after the reporting date, the liability is discounted.

(k) Employee benefits

Employee benefits comprise wages and salaries, annual and long service leave, and contributions to superannuation plans.

Liabilities for wages and salaries expected to be settled within 12 months of balance date are recognised in other payables in respect of employees’ services up to the reporting date. Liabilities for annual leave in respect of employees’ services up to the reporting date which are expected to be settled within 12 months of balance date are recognised in the provision for annual leave. Both liabilities are measured at the amounts expected to be paid when the liabilities are settled.

The liability for long service leave is recognised in the provision for employee benefits and measured as the present value of expected future payments to be made in respect of services provided by employees up to the reporting date. Consideration is given to anticipated future wage and salary levels, experience of employee departures, and periods of service. Expected future payments are discounted using market yield at the reporting date on national government bonds with terms to maturity and currencies that match, as closely as possible, the estimated future cash outflows.

The company pays contributions to certain defined contribution superannuation plans. Contributions are recognised in the income statement when they are due. The company has no obligation to pay further contributions to these plans if the plans do not hold sufficient assets to pay all employee benefits relating to employee service in current and prior periods.
(l) Leased assets and liabilities

**Operating leases**

Operating lease payments are recognised as an expense in the income statement on a straight-line basis over the lease term.

(m) Taxation

**Income Tax**

The company is a charitable institution for the purpose of Australian taxation legislation and is therefore exempt from income tax. This exemption has been confirmed by the Australian Taxation Office. The company holds deductible gift recipient status.

**Goods and services tax (GST)**

Revenues, expenses and assets are recognised net of the amount of GST except where the amount of GST incurred is not recoverable from the Australia Taxation Office, in which case it is recognised as part of the cost of acquisition of an asset or as part of an item of expense.

Receivables and payables are recognised inclusive of GST.

The net amount of GST recoverable from or payable to the Australian Taxation Office is included as part of receivables or payables.

Cash flows are included in the statement of cash flows on a gross basis. The GST component of cash flows arising from investing and financing activities which is recoverable from or payable to the Australian Taxation Office is classified as operating cash flows.

2. Operating Profit for the Year

(a) The operating profit for the year is $508,314. The net surplus comes from the Foundation’s normal administrative operations, Kidsflix Fundraising activities as per Note 2 (b) and the Annual National Continence Conference.

(b) Under an agreement entered into between the CFA and Arthritis South Australia (ASA), ASA undertake fundraising for the CFA via telemarketing. The fundraising supports Kidsflix activities in Victoria involving sponsoring theatre events for children with a disability. The fundraising activities under the agreement are subject to statutory audit by ASA’s auditors, PKF. An audit report on the telemarketing fundraising activities conducted for the CFA covering the period 1 July 2010 to 30 June 2011 has been provided. The audit provides an opinion as to whether the reporting requirements for Kidsflix are consistent with the agreement entered into between the CFA and ASA to raise funds for the CFA. Revenue and expenditure for Kidsflix are recognised when received and paid as stated in Note 1, except when they relate to a future event. Fundraising activities this year has resulted in a surplus of $18,890 for the twelve months to 30 June 2011.

(c) As stated in Note 1, expenditure is accounted for on an accrual basis.

<table>
<thead>
<tr>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Cash and Cash Equivalents</td>
<td></td>
</tr>
<tr>
<td>Cash on Hand</td>
<td>200</td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>1,521,578</td>
</tr>
<tr>
<td>Short Term Deposits with bank</td>
<td>1,697,050</td>
</tr>
<tr>
<td>Kidsflix – SA</td>
<td>121,864</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3,340,692</strong></td>
</tr>
<tr>
<td>4. Receivables</td>
<td></td>
</tr>
<tr>
<td>Trade Receivables</td>
<td>774,595</td>
</tr>
<tr>
<td>Sundry Debtors</td>
<td>25,294</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>799,889</strong></td>
</tr>
<tr>
<td>5. Investments</td>
<td></td>
</tr>
<tr>
<td>Trust Company of Australia</td>
<td>–</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>–</strong></td>
</tr>
</tbody>
</table>
6. Property, Plant and Equipment

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plant and Equipment – At cost</td>
<td>314,652</td>
<td>249,556</td>
</tr>
<tr>
<td>Accumulated Depreciation</td>
<td>(168,463)</td>
<td>(87,655)</td>
</tr>
<tr>
<td>Motor Vehicle – At cost</td>
<td>41,029</td>
<td>41,029</td>
</tr>
<tr>
<td>Accumulated Depreciation</td>
<td>(18,219)</td>
<td>(10,013)</td>
</tr>
<tr>
<td>Leasehold Improvements – At cost</td>
<td>40,722</td>
<td>35,576</td>
</tr>
<tr>
<td>Accumulated Depreciation</td>
<td>(13,635)</td>
<td>(390)</td>
</tr>
</tbody>
</table>

Total Property Plant and Equipment 196,086 228,103

7. Accounts Payable Unsecured Liabilities

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trade Creditors</td>
<td>130,674</td>
<td>305,760</td>
</tr>
<tr>
<td>Accrued Liabilities</td>
<td>61,873</td>
<td>19,618</td>
</tr>
<tr>
<td>Liability for Tax Payable</td>
<td>93,794</td>
<td>50,540</td>
</tr>
<tr>
<td>Sundry Payables</td>
<td>–</td>
<td>601</td>
</tr>
</tbody>
</table>

286,341 376,519


<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provision for Employee Leave Entitlements &amp; FBT</td>
<td>135,746</td>
<td>109,142</td>
</tr>
<tr>
<td>Provision for Redundancy</td>
<td>183,494</td>
<td>64,614</td>
</tr>
</tbody>
</table>

319,240 173,756


<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provision for Employee Leave Entitlements</td>
<td>158,754</td>
<td>130,556</td>
</tr>
</tbody>
</table>

158,754 130,556

10. Net Cash Flow from Operating Activities

<table>
<thead>
<tr>
<th>Description</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating Surplus/(Loss)</td>
<td>508,314</td>
<td>588,756</td>
</tr>
<tr>
<td>Add back Depreciation</td>
<td>102,260</td>
<td>38,468</td>
</tr>
<tr>
<td>Profit on Disposal of Asset</td>
<td>–</td>
<td>(6,665)</td>
</tr>
<tr>
<td>(Increase) Decrease in Prepayments</td>
<td>(33,264)</td>
<td>111,244</td>
</tr>
<tr>
<td>(Increase) Decrease in Receivables &amp; Investments</td>
<td>106,558</td>
<td>(776,929)</td>
</tr>
<tr>
<td>Increase (Decrease) in Accounts Payable</td>
<td>(66,878)</td>
<td>130,921</td>
</tr>
<tr>
<td>Increase (Decrease) in Provisions</td>
<td>173,682</td>
<td>85,864</td>
</tr>
<tr>
<td>Increase (Decrease) in Revenue Received in Advance</td>
<td>39,513</td>
<td>(23,145)</td>
</tr>
</tbody>
</table>

Net Cash from Operating Activities 830,185 148,514

11. Members

The company is limited by guarantee. If the company is wound up, the Memorandum of Association states that each member is required to contribute a maximum of $2 towards meeting any outstanding obligations of the company. Annual subscriptions are from July to June in any one year and only recognised when received, however, subscriptions paid for future periods are treated as income in advance.

12. Segmental Information

The activities of the company are generally to assist people with incontinence, their families, carers and health professionals, the promotion of self-help groups, public awareness and research on all aspects of incontinence, and the development of accessible continence services throughout Australia.

13. Related Party Disclosures

The names of Directors who held office during the financial year were:

Dr Michael Murray  Mr Hugh Carter  
Ms Kay Josephs  Ms Therese Tierney  
Mr Darryl Kelly  Dr Ian Tucker  
Ms Glenice Wilson  Ms Janet Chase
NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS (Cont’d)
For The Year Ended 30 June 2011

14. Financial Instruments

(a) Significant Accounting Policies
Details of the significant accounting policies and method adopted, including the criteria for recognition, the basis of measurement and the basis on which revenues and expenses are recognised in respect of each class of financial asset and financial liability are disclosed in Note 1 to the financial statements.

(b) Interest Rate Risk

<table>
<thead>
<tr>
<th></th>
<th>Average Interest Rate</th>
<th>Interest Bearing</th>
<th>Non Interest Bearing</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>1. Financial Assets</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash</td>
<td>5.7</td>
<td>3,191,884</td>
<td>148,608</td>
<td>3,340,492</td>
</tr>
<tr>
<td>Receivable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prepayments</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Financial Liabilities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts Payable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conference revenue in advance</td>
<td></td>
<td>166,343</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income Received in Advance</td>
<td></td>
<td>254,276</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(c) Credit Risk
Credit Risk refers to the risk that a counterpart will default on its contractual obligations, resulting in financial loss to the entity. The carrying amount of the financial assets recorded in the financial statements net of any provisions for losses, represents the entity’s maximum exposure to credit risk without taking account of the value of any collateral or other security obtained.

(d) Operating Lease – Contingent Liabilities
The risks and rewards of ownership to the following remain with the Lessor as disclosed in Note 1 of the financial statements. However Management are aware there are future contractual financial obligations for lease payments during the period of the lease agreement.

Non-cancellable operating lease commitments not capitalised in the financial statements

<table>
<thead>
<tr>
<th>Payable – Minimum Lease Payments</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not later than 1 year</td>
<td>87,653</td>
<td>68,353</td>
</tr>
<tr>
<td>Later than 1 year but not later than 5 years</td>
<td>112,953</td>
<td>130,717</td>
</tr>
</tbody>
</table>

(e) Net Fair Values
The carrying amount of financial assets and financial liabilities recorded in the financial statements represents their respective net fair values, determined in accordance with the accounting policies disclosed in Note 1 to the financial statements. The aggregate employee entitlement liability recognised and included in the financial statements is as follows:

<table>
<thead>
<tr>
<th>Provision for Employee Entitlements</th>
<th>2011</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>319,240</td>
<td>173,756</td>
</tr>
<tr>
<td>Non Current</td>
<td>158,754</td>
<td>130,556</td>
</tr>
<tr>
<td>Total</td>
<td>477,994</td>
<td>304,312</td>
</tr>
</tbody>
</table>
AUDITOR’S INDEPENDENCE DECLARATION

CONTINENCE FOUNDATION OF AUSTRALIA LTD
ACN 095 393 463

Auditor’s Independence Declaration Under Section 307C of The Corporations Act 2001

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2011 that there have been:

(i) no contravention of the auditor’s independence requirements as set out in the Corporations Act 2001 in relation to the audit; and
(ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Prospect Accountants

Tim P. Meehan

Date: 2 September 2011
Balwyn North, Victoria
INDEPENDENT AUDIT REPORT

CONTINENCE FOUNDATION OF AUSTRALIA LTD
(A Company Limited by Guarantee)

Auditor’s Report for the year ended 30 June 2011

INDEPENDENT AUDIT REPORT
To the members of Continence Foundation of Australia Ltd

Scope
The financial report and directors responsibility

The financial report comprises the balance sheet, income statement, statement of recognised income and expenses, and statement of cash flows, accompanying notes to the financial statements, and the directors declaration for Continence Foundation of Australia (the company) for the year ended 30 June 2011.

The directors of the company are responsible for the preparation and presentation of the financial report that gives a true and fair view of the financial position and performance of the company and that complies with Accounting Standards in Australia, in accordance with the Corporations Act 2001. This includes responsibility for the maintenance of adequate accounting records and internal controls that are designed to prevent and detect fraud and error, and for the accounting policies and accounting estimates inherent in the financial report.

Audit approach
I conducted an independent audit of the financial report in order to express an opinion on it to the members of the company. My audit was conducted in accordance with Australian Auditing Standards in order to provide reasonable assurance as to whether the financial report is free of material misstatement. The nature of the audit is influenced by factors such as the use of professional judgment, selective testing, the inherent limitations of internal control, and the availability of persuasive rather than conclusive evidence. Therefore, an audit cannot guarantee that all material misstatements have been detected.

I performed procedures to assess whether in all material respects the financial report presents fairly, in accordance with the Corporations Act 2001, including compliance with Accounting Standards in Australia, and other mandatory financial reporting requirements in Australia, a view which is consistent with my understanding of the company's financial position, and of its performance as represented by the results of its operations, changes in equity and cash flows.

I formed my audit opinion on the basis of these procedures, which included:

- Examining, on test basis, information to provide evidence supporting the amounts and disclosures in the financial report.
- Assessing the appropriateness of the accounting policies and disclosures used and the reasonableness of significant accounting estimates made by the directors.

While I considered the effectiveness of management’s internal controls over financial reporting when determining the nature and extent of my procedures, my audit was not designed to provide assurance of internal controls.

I performed procedures to assess whether the substance of business transactions was accurately disclosed in the financial report.

These and our other procedures did not include consideration or judgment of the appropriateness or reasonableness of the business plans or strategies adopted by the directors and management of the company.
Independence

I am independent of the Company, and have met the independence requirements of Australian professional ethical pronouncements and the Corporations Act 2001. I have given to the directors of the company written auditors’ independence declaration, a copy of which is included in the financial report.

Audit opinion

In my opinion, except for the effects on the financial report of such adjustments, if any, as might have been required had the limitation on our audit procedures referred to in the qualification paragraph not existed; the financial report of Continence Foundation of Australia is in accordance with:

a) The Corporations Act 2001, including:
   i) Giving a true and fair view of the financial position of The Continence Foundation of Australia Ltd at 30 June 2011 and its performance for the year ended on that date.
   ii) Complying with Accounting Standards in Australia and the Corporations Regulations 2001

b) Other mandatory financial reporting requirements in Australia.

Emphasis of Matter

Proceeds from appeals are a source of revenue for the company. The company has determined that, other than relying on the auditor of the appeal, it is impracticable to establish control over the collection of proceeds from appeals prior to entry into its records. Accordingly, as the evidence available to us regarding revenue from this source was limited, my audit procedures with respect to proceeds from appeals had to be restricted to the amounts recorded in the financial records. I am therefore unable to express an opinion whether the proceeds of appeals which the company obtained are complete.

The directors have added note 2(b) to explain that fundraising by Arthritis South Australia on behalf of the Continence Foundation of Australia has occurred and an amount of $18,890 surplus at year end has been achieved. We accept this additional disclosure and note that this fundraising activity has been independently audited by a registered company auditor.

Prospect Accountants

Tim P. Meehan

Date: 2 September 2011
Balwyn North, Victoria
DIRECTORS’ DECLARATION

The directors of the company declare that:

a) The financial statements and notes:

   (i) Comply with accounting standards, other mandatory professional reporting requirements and the
       Corporations Regulations 2001; and

   (ii) Give a true and fair view of the company’s financial position and performance for the financial year ended
       30 June 2011 in accordance with the accounting policies described in Note 1 to the financial statements.

b) In the Directors’ opinion there are reasonable grounds to believe that the company will be able to pay its debts
   as and when they become due and payable.

This declaration is made with a resolution of the Board of Directors.

Signed at Melbourne this 15th day of September 2011.

M. Murray
Director

T. Tierney
Director
DIRECTORS’ REPORT

CONTINENCE FOUNDATION OF AUSTRALIA LTD
ACN 095 393 463

Your Directors present their report on the accounts of the company for the year ended 30 June 2011

1. The Directors in office at any time during or since the end of the year are:
   Assoc Prof Michael Murray
   Ms Therese Tierney
   Dr Ian Tucker
   Mr Hugh Carter
   Ms Kay Josepha (until 29 October 2010)
   Mr Darryl Kelly
   Ms Glenice Wilson
   Ms Janet Chase (from 29 October 2010)
 Directors held office since the start of the financial year to date of this report unless otherwise stated.

2. The principal activity of the Foundation is generally to assist people with incontinence, their families, carers and
   health professionals in understanding and managing incontinence; the development of accessible continence
   services throughout Australia; and the promotion of self-help groups, public awareness and research on all
   aspects of incontinence.
   There were no other significant changes in the nature of the company’s principal activities during the
   financial year.

3. The net result of operations was a profit $508,314.00

4. No significant changes to the company’s state of affairs occurred during the financial year.

5. It is not recommended that a dividend be declared, and no dividend has been declared or paid since the end of
   the previous financial year.

6. The company’s operations are not regulated by any significant environmental regulation under a law of the
   Commonwealth or of a State or Territory.

7. No matters or circumstances have arisen since the end of the financial year which significantly affected or may
   significantly affect the operations of the economic entity, the results of those operations, or the state of affairs
   of the economic entity in subsequent financial years.

8. Likely developments in the operations of the company and the expected results of those operations have
   not been included in this report as the directors believe, on reasonable grounds, that the inclusion of such
   information would be likely to result in unreasonable prejudice to the company.
9. Particulars of Directors at the date of this report:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael Murray</td>
<td>President, Additional Director</td>
</tr>
<tr>
<td>Ian Tucker</td>
<td>Vice-President, Additional Director</td>
</tr>
<tr>
<td>Therese Tierney</td>
<td>Treasurer, Additional Director</td>
</tr>
<tr>
<td>Hugh Carter</td>
<td>Consumer Representative, Additional Director</td>
</tr>
<tr>
<td>Darryl Kelly</td>
<td>Elected Ordinary Director</td>
</tr>
<tr>
<td>Kay Josephs</td>
<td>Elected Ordinary Director (until 29 October 2010)</td>
</tr>
<tr>
<td>Glenice Wilson</td>
<td>Elected Ordinary Director</td>
</tr>
<tr>
<td>Janet Chase</td>
<td>Elected Ordinary Director (from 29 October 2010)</td>
</tr>
</tbody>
</table>

10. Information on Directors

<table>
<thead>
<tr>
<th>Total number of Board Meetings in 2010–11: 11</th>
<th>Board Meetings Eligible</th>
<th>Board Meetings Attended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assoc Prof Michael Murray</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td>Ms Therese Tierney</td>
<td>11</td>
<td>7</td>
</tr>
<tr>
<td>Dr Ian Tucker</td>
<td>11</td>
<td>9</td>
</tr>
<tr>
<td>Mr Hugh Carter</td>
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<td>9</td>
</tr>
<tr>
<td>Mr Darryl Kelly</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td>Ms Kay Josephs (until 27 October 2010)</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Ms Glenice Wilson</td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td>Ms Janet Chase (from 28 October 2010)</td>
<td>8</td>
<td>4</td>
</tr>
</tbody>
</table>

11. The company has not, during or since the end of the financial year, in respect of any person who is or has been an officer or auditor of the company or related body corporate:

- Indemnified or made any relevant agreement for indemnifying against a liability incurred as an officer, including costs and expenses in successfully defending legal proceedings, or
- Paid or agreed to pay a premium in respect of a contract insuring against a liability incurred as an officer for the costs or expense of defending legal proceedings.

12. No Directors have received or become entitled to receive, during or since the end of the financial year, a benefit because of a contract made by the company, or a related body corporate with a Director, a firm of which the Director is a member or an entity in which a Director has a substantial financial interest.

This statement excludes a benefit included in the aggregate amount of emoluments received or due and receivable by Directors shown in the company’s accounts, or the fixed salary of a full-time employee of the company or related body corporate.

Signed in accordance with a resolution by the Directors.

M. Murray, Director
Date: 15 September 2011
NEW SOUTH WALES
The Continence Foundation of Australia in NSW Inc (CFA NSW) continues to provide a clinical service and be the state wide resource centre for health professionals, clients, carers and the general public.

Highlights from the last year include:

- August 2010: CFA NSW and the Association of Nurse Continence Advisors Network (ANCAN) held a combined metropolitan workshop ‘Bottoms Up’ at St George Leagues Club on Friday 13, in line with the theme for Continence Awareness Week.
- September 2010: Independence Australia offered CFA NSW a stand at their education day in Coffs Harbour with approximately 120 attendees.
- December 2010: 25th anniversary dinner for CFA in NSW, Prostate Cancer Information evening at the Parramatta Workers Club, Continence Information Session for new company representatives.
- March 2011: The rural ANCAN / CFA workshop, ‘All Things down South’ was held at Batemans Bay. This event attracted 85 delegates and was also well evaluated.
- May 2011: Continence Education forum in Wagga Wagga at the request of Forrest Community Services.
- June 2011: NSW was chosen by the National Office to launch ‘Exercise and the Pelvic Floor – A forum for Health and Exercise Professionals’ at Kirribilli Club on the June 24.

Clinical services
- Clinical Services have continued at the Newington campus on a needs basis for both adults and children.
- The Outreach Program to the HACC client group in the Hawkesbury, Penrith, and Blue Mountains local government areas is going from strength to strength, with a six week waiting list for home visits.
- The Hawkesbury Clinic in Windsor is fully booked with a one-month waiting list.
- Barbara Scales is presently attending Westmead Children’s Hospital for ongoing clinical development in paediatrics with Dr Patrina Caldwell.
- CFA NSW was again successful in receiving funding from the Australian Chinese Charity Foundation for the development of a website attached to the National website.
- Barbara Scales is continuing in her role as Outreach Nurse for the HACC client group and Kim Goutsios keeps the office running very efficiently.

Our State President, Margaret Tipper, was invited by CFA National to attend their strategic planning meeting in May and CFA NSW looks forward to the National Board’s vision for the future of CFA.

Thanks must also go to CFA National for the support of the CFA NSW professional staff to attend the national conference in Alice Springs last year.

I am forever grateful of the support from the Management Committee who give their time generously to CFA NSW. CFA NSW looks forward to continuing on the work that has been done throughout the 2010–11 year.

Marilyn Woodcock
Manager, Continence Promotion Centre

VICTORIA
The Victorian Continence Resource Centre (VCRC) has had another successful and busy year. Work on the Easy English guide to toilet training project is well underway. In addition we have seen a general increase in demand for community and professional education sessions.

Highlights from the year
- Project: Awareness of Incontinence in Ethnic Communities. The completion of the first stage of the Awareness of Incontinence in Ethnic Communities project has been a major achievement. This project engaged with 10 different cultural groups to gain an understanding of the issues around incontinence and cultural practices.
- Project: Easy English Guide to Toilet Training. This guide builds on the work of One step at a time: a parent’s guide to toilet skill development for children with special needs. The guide is written for those parents and carers with low English proficiency and or low literacy skills. The writing style uses easy English and provides information in small chunks, using simple direct sentences and illustrations. The guide is
designed to be read with the professional assisting the family with toilet training, rather than do-it-yourself. The booklet will be available from our website: www.continencevictoria.org.au

World Continence Week 2011
To celebrate WCW and raise awareness about pelvic floor safe exercise, VCRC, in collaboration with Southern Health Continence clinic, held a community session, titled Fun fitness and the pelvic floor. About 50 women came out on a very cold winter’s night to learn about the pelvic floor and fitness. The night was a great success, with very positive feedback about the event. The pre-session massages were very popular. There have been several requests to run the event again.

Professional education and training
• Demand for professional development and training sessions has again increased, with around 53 sessions conducted. We have provided education to more than 2500 health, community and education workers/professionals.
• Workshop: One step at a time: toilet skill development for children with special needs
• Workshop: Water for Wellbeing. The Water for Wellbeing workshops builds on the work of the resource kit, which is available from our website: www.continencevictoria.org.au

Community education
• Community seminar: Simply Busting! This community seminar is based on the program developed by Continence Advisory Service WA. The seminars are funded through grant applications to local government as part of the community grants program.

Finally, special thanks to the staff at VCRC and the Committee of CFA Victoria.

Susan McCarthy
Manager, Victorian Continence Resource Centre

WESTERN AUSTRALIA

Continence Awareness Week 2010
A capacity crowd of 220 people attended the Brothersome Bowels public seminar, which featured presentations from dietician Heather Cowan, continence physiotherapist Christine Chidlow, and colorectal surgeon Patrick Tan. The event was supported by a grant from Lotterywest and trade sponsorship. Local CFA members, along with our regular volunteers, helped make the night a great success.

Continence education
The Continence Advisory Service received sponsorship to hold its popular community education session Simply Busting! in the City of South Perth and the City of Rockingham. Funding support from the Injury Control Council for Stay on Your Feet Week® allowed us to hold a continence and falls prevention seminar in Wanneroo. Evaluation of these seminars found that many people go on to seek help and adopt a healthier lifestyle to improve their bladder and bowel function.

Education was also provided to groups in regional areas – Wickepin, Kukerin, Geraldton and Roebourne – along with carer support groups, people with chronic health conditions such as diabetes, indigenous, culturally and linguistically diverse groups, Home and Community Care clients and others.

Highlight
Lotterywest, the Western Australian Lotteries Commission awarded a grant of more than $65,000 to the Continence Advisory Service for the purchase of new telephone and IT equipment.

I would like to extend my thanks to Hollywood Private Hospital, Lotterywest and all the health care professionals, volunteers, sponsors and supporters, staff and Board of the Continence Advisory Service for all their efforts and support in 2010–11.

Deborah Gordon
Chief Executive Officer
SOUTH AUSTRALIA

SA Independent Living Centre

Community client inquiries continue to increase each year, requesting information on continence management strategies, community continence services, ranges of continence products available and continence funding schemes.

Continence forums to community groups have also increased, including student groups, carer support groups, elderly community groups, prostate cancer support groups and CALD groups (eg Bosnian, Spanish, Ukraine, Italian and Chinese).

We have also attended expos and conferences throughout the year in both metropolitan and regional areas of South Australia, and have continued to be involved in national continence working parties and continence project work.

Highlights of the year

- August 2010 Continence Awareness Week: The CFA SA Branch activities included a CFA Stand in Rundle Mall, and a very successful health professional continence education forum at Mt Barker Community Health Service.

- June 2011 World Continence Week: A Pelvic Floor Function and Fitness seminar was held on June 22, 2011, for Strength For Life Fitness Instructors at COTA SA. Physiotherapist Tory Toogood presented the talk and took questions from the attendees.

- The June 2011 Aged Care Continence seminar, organised by Ann Robinson from the CFA SA Branch committee, was very successful with a lot of positive feedback.

Other events

- August 13, 2010 – Disability and Ageing Expo at the Adelaide Showgrounds, organised by DIRC (Disability Information and Resource Centre).

- August 31, 2010 – Falls Prevention Continence Seminar at Hampstead Centre.


- October 1, 2010 – International Day of the Older Person event at the Adelaide Entertainment Centre.

- October 7, 2010 – Galloping Forward Ageing Expo at Murray Bridge.


- May 28, 2011 – Health Ed Seminar Women’s and Children’s Update and Education Day for GP’s at the University of SA, Basil Hetzel Building.

- June 3, 2011 – Multiple Sclerosis Continence Seminar.


Rosalie Donhardt
CFA SA – Independent Living Centre
REPORTS FROM OUR STATE BRANCHES

**VICTORIA**

This is an exciting time for CFA VIC and the Victorian Continence Resource Centre (VCRC). With the new CFAN funding for a full time Health Promotion Officer we will have added capacity to build on existing programs and to foster new initiatives. We welcome Lauren Jordan to this position and look forward to her participation at VCRC. I am also hopeful that this new appointment will provide an opportunity to consolidate a closer collaborative working relationship with CFAN and help inject new life into the Victorian membership.

The *Awareness of Incontinence in Ethnic Communities* report prepared by the VCRC had an impressive launch on May 12. We will have further engagement with CALD communities in 2011–12 to build on this report and develop new initiatives.

Other highlights have been our involvement in World Continence Week 2011 and Pelvic Floor First; development of *One Step at a Time: Easy Read Guide to Toilet Training – a parent’s guide to toilet skills development for children with special needs*; our involvement with CFAN regarding Continence in Schools; ongoing *Simply Busting!* community education seminars and further *Water for Wellbeing* education sessions with practice nurses. We will also once again have a booth at the Parents, Babies and Children’s Expo, October 22–24, organised and staffed by CFA VIC physiotherapists.

Notably, the committee plan to host a one day state conference/study day in Bendigo in May 2012 as a response to providing more accessible educational opportunities for rural continence health professionals and to bring the Victorian continence community together. We are looking forward to the support of Victorian members to make this day a success.

The VCRC has secured a further three year renewal of the lease to remain located at Royal Talbot Rehabilitation Centre, Kew.

Thank you to fellow committee members and to the staff of the VCRC for their support.

**Judy Sincock**

President, CFA VIC

**SOUTH AUSTRALIA**

The last year has seen has continuing involvement in community awareness and healthcare education throughout the state. The committee have again worked hard promoting continence care. We are pleased to have new committee members on board from the Care of the Elderly medical units of the Royal Adelaide Hospital.

Welcome to Ayesha Mohammed and Alice Bourke. Their perspective on the effects of ageing on both male and female pelvic function has been invaluable. In addition we welcome back Yana Glaros as a layperson.

Meetings have been well attended. Sadly, we have seen Donna Coates resign from the committee who has made an enormous contribution but who will now be dedicating her time to completing her Masters and running the increasingly busy continence unit at her hospital.

Notable events included a wonderful talk from Professor Nick Rieger at the annual general meeting about *Art and Surgery*, an interesting and esoteric connection.

We were very proud to hold the inaugural pessary workshop in May of this year in conjunction with the CFA, which was a resounding success. Thanks to the hard work of Trish Neumann who helped drive the project under the watchful eye of UniSA and its health research department. Hopefully, this course will be held at regular intervals, with the next one being at the national conference in November.

Another focus for the local committee was aged care and education for carers, following on from the success of the carer’s workshops at the ASM in Adelaide. Many thanks again to the huge amount of work put in by Ann Robinson, who adapted her program to allow carers and nurse practitioners to reap the benefits at different levels of residential care practices related to continence.

We were delighted to hold the opening of World Continence Week in Adelaide, with both the launch of pelvic floor awareness in the fitness industry as well as announcing the Deloitte Access Economics report on the staggering cost of continence care in Australia. The meeting was held in the Pavilion and the centre was packed for the event. Thank you to CFA National and in particular Dr Ian Tucker and Jacquie Lodewyke for their presentations on these matters. Further seminars in conjunction with local fitness groups have been held in conjunction with physiotherapists on the committee – Di Semmler and Annette Innes – to educate fitness.
professionals on good pelvic floor care especially for women.

We are grateful to the work of the CFA in being awarded funding for a health promotion officer to aid Rosalie Donhardt in her excellent work at the Resource Centre, a crucial aid for South Australia for advice and support. CFA AGM will be held in November and we look forward to recruiting more people to the executive to promote new ideas.

Dr Christopher Barry
SA State President, CFA

QUEENSLAND

The CFA Queensland branch has been well represented, with a rise in membership and increased involvement in continence and health promotion throughout the state.

The AGM was held on March 14, 2011. The elected executive consists of: President Ms Kay Josephs; Vice president Dr Hannah Krause; Secretary Ms Jacinta Crickmore; and Treasurer Dr Peta Higgs. Committee members include Prof Judith Goh, Sue Croft, Karen Matthews, Audrey Burgin, Pat Miers and Donna Ahchay.

Exciting news in this report is the CFA Queensland appointment of a health promotion officer based in Brisbane. Tracey Sparks was the successful applicant. Tracey will be responsible for promoting and delivering continence health awareness to all target groups throughout the state. She will report to National CFA and be involved with events and activities of the Queensland branch and its members.

Continence education and promotion
- The Women’s and Children’s Health Education forum for GPs.
- Holistic Healthcare Forum at the RBWH.
- The Continence Professional Development Interest Group (CPDIG) held informative sessions for health professionals on a quarterly basis with guest speakers presenting various topics pertaining to continence issues.
- The HACC/MASS Continence project held their annual two day forum in March 2011, which was well attended.
- North Brisbane Health Service delivered a free education day – Chronic disease: the effect on continence.
- Blue Care continence nurse advisors in various areas, including regional and rural Queensland, continue to deliver the two-day continence promotion courses and the continence advisors’ course in conjunction with University of Queensland.
- Other Blue Care events including Dry Up programs, talks to the general public and health professionals for continence awareness and promotion were held at regular intervals by dedicated Blue Care continence advisors.
- Pondering Poos education evening was held in CAW.
- CFA National delivered an education day – Paediatric Bowel Dysfunction for Health Professionals on June 3 in Brisbane.

Education and training
- CERAP – Certificate II training – 24 Indigenous health workers and registered nurses working in Indigenous communities completed the training.
- two registered nurses were successful in obtaining hospital scholarships for a Graduate Certificate with Flinders University.
- two registered nurses were successful in obtaining hospital scholarships to complete Benchmarque Certificate IV.
- Dry Up programs were delivered to older persons in the community.
- Time to Talk Tackle – health promotion day for health professionals.
- rural education programs, residential aged care facility program for health professionals, community education to support groups, Breath Easy program groups – Impact of respiratory illness on continence management and Toilet Time for Children with Disability were just some of the activities provided by the service promoting continence in rural areas.

World Continence Week June 2011

World Continence Week was full of activities, including displays in the Myer Centre in the city and a banner hung in Fortitude Valley. Other activities to promote healthy pelvic floor and awareness were held throughout the state by health care professionals. CFA material was displayed at the events.

During the year Professor Judith Goh and Dr Hannah Krause again volunteered to give their specialist services to work in health services in countries in Africa.

Sue Croft (CFA Qld member) has written and launched a book Pelvic Floor Recovery, a Physiotherapy Guide, for Gynecological Repair Surgery.
Once again, the year has been a very exciting, successful and rewarding one, especially with the opening of a new resource centre in Brisbane and the commencement of a health promotion officer. With Tracey in such an important position we will build an even stronger CFA Qld.

Kay Josephs
President

TASMANIA

Like everyone, it has been a very busy year in Tasmania. Our biggest challenge was to provide training for our continence nurses in pelvic examination for continence assessment and competence accreditation. Key stakeholders were identified from both the DHHS and UTAS to form a curriculum team to support the learning and accreditation for continence nurse pelvic assessment. The team members consist of academics and clinical leaders chosen for their leadership and expertise.

The program uses the University Clinical Teaching Associates (CTA’s) – men and women from the community specifically trained to teach the fine technical and interpersonal skills required for genital examinations. The program offers authentic teaching, learning and assessment of competencies for pelvic examination related to continence assessment and management.

The program aims to provide learning experiences to enhance continual professional practice development of clinical examination and assessment skills, and communication and consultation skills related to urinary continence assessment.

This education is to be offered nationally through the CFA website with the first workshop offered September 23–24, 2011.

Engaging men in their own health, as we all know, is not an easy task. We are continually seeking new channels to tap into, and hopefully will be working with Colony 47 (a not-for-profit organisation offering services to disadvantaged Tasmanians) in the future. We have met with industry groups and provided education and men’s screening programs – which were well-received by participants. However, the success of this approach depends on business management having an interest in the wellbeing of their staff for this to occur.

Tess Steel
President

WESTERN AUSTRALIA

This last year has seen some changes to the committee. Following the Annual General Meeting in October, Lesley Barton and Heidi Davies stood down. Many thanks go to Lesley and Heidi for their hard work and commitment to the committee. We have since welcomed two new members:

• Lesley Pitman, Continence Advisor, Hollywood Private Hospital. Lesley also facilitates the Continence Post Graduate Certificate course, which is held annually at HPH in collaboration with Curtin University. Lesley brings knowledge and experience to the committee and has taken on the role of Sponsorship Secretary.

• Tracey Shanley, Continence Advisor, Swan Districts Hospital. Tracey is very passionate about continence and has agreed to take on the challenge of Editor.

This year also saw the successful appointment of health promotion officer Katie Miliauskis. Katie has a nursing background and brings with her a wealth of health promotion experience, especially within the Indigenous community. She is an eagerly-awaited and welcome addition to our committee and I look forward to working with her over the coming year.

The main focus for the committee continues to be providing education for members. To that end, we held a Continence Allsorts study day in June to coincide with World Continence Week. It was well attended with 37 participants. As the title suggests, the day covered a variety of topics, including alternative therapies such as Bowen Therapy; autonomic dysreflexia; and erectile dysfunction. Once again, the evaluations were positive, with plenty of ideas and suggestions for future topics. Our final meeting for the year will be the AGM in October and then our planning for 2012 will begin in earnest with a focus on education in the rural areas.

We continue to support our members with their professional development by offering financial assistance. Last year we were able to support five members to attend the National Conference in Alice Springs. As always, we maintain a healthy relationship with our industry colleagues, who are always willing to support our educational events.

The committee looks forward to the coming year and the development of the HPO role, and ultimately achieving our goals.

Karen Allingham
WA State President, CFA
NEW SOUTH WALES

This year has been a very busy one, particularly for the NSW branch employees, who have spread the message about continence throughout New South Wales. As well as professional and public workshops being held in the Sydney metropolitan area, they have also been held in rural areas, such as Wagga Wagga, Bateman’s Bay and others. These events have been well attended.

It is our intention to continue to spread the continence message in rural areas as time and resources allow. Many of the workshops that were undertaken could not have been held without the collaboration and partnership of various professional organisations and industry groups. CFA in NSW values all the support that is given.

Events were also run in conjunction with other organisations, including, the Association of Nurse Continence Advisors in NSW during Continence Awareness Week in August 2010 and a prostate cancer information session for public and health professionals in Parramatta with BrightSky Australia in December 2010.

For a comprehensive outline of all the events that CFA in NSW has delivered, or partnered with other organisations, please read the Report of the Continence Promotions Centre for 2010–11.

In May 2011, I was invited by the CFA National Board to Melbourne to participate in their strategic planning workshop. It was a pleasure to catch up and meet with some of the wonderful volunteers and staff behind the scenes who manage CFA. The strategic planning document should be released by the end of 2011.

During early 2011, CFA National was successful in receiving grant funding under the Bladder Bowel Initiative and, therefore, funding has been received in five states to each employee a Health Promotions Officer. NSW is one of the five states and recruitment is currently taking place. We look forward to welcoming a new staff member onto the CFA in NSW team.

In December 2010, CFA in NSW celebrated 20+ years as an organisation supporting professionals and the public with continence issues. Sixty people enjoyed this celebration at Professor Richard Millard’s restaurant at Randwick. Special thanks to Sally Rippingale Pang (and Noel) for maintaining the history of CFA in NSW both in words and pictures.

Again, this year the Australian Chinese Charities Foundation funded another grant and we thank them for their ongoing support. CFA National also reimbursed 100 per cent of the membership fees to all States, which was a bonus for our budget and supported the registration costs of the NSW employees who attended the National Conference in Alice Springs.

Of course, I could not do this role without the support of the Board, so thank you to Dr George Szonyi (Treasurer), Dr Jenny King (Doctor’s Rep), Kylie Wicks (Company Rep), Gillian Marcham (Allied Health Rep), and Denise Edgar (Secretary) for taking time out of your busy lives to support CFA in NSW.

Last, but not least, special thanks to Kim Goutsios for her organisation of the office, to Barbara Scales for travelling over the countryside to see continence clients and to Marilyn Woodcock for her leadership of the operations of CFA in NSW. CFA in NSW is fortunate to have such a dedicated team of employees and volunteers.

Margaret Tipper
President, CFA NSW
National Continence Helpline staff

The Helpline is staffed by dedicated and experienced Continence Nurse Advisors from 8 am to 8 pm, Mondays to Fridays. Areas of special interest among the team include women’s health, prostate and men’s health, enuresis and neurological-related incontinence. The nurses also work closely with CFA, advising on health promotion, representing the Helpline at conferences or expos, or reviewing articles for various consumer or health professional publications.
We gratefully acknowledge our 2010 Conference Sponsors

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