

2018

ANNUAL REPORT



**Continence
Foundation
of Australia**

Promoting Bladder and Bowel Health

OUR COVER PHOTOGRAPHS

are of inspiring Australians whose personal stories we shared in *Bridge Magazine* during 2018:



Bev Killick
– Autumn edition



Greg Ryan
– Winter edition



Alan White
– Spring edition



Anna Culcasi
– Summer edition

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VISION

An Australian community free of the stigma and restrictions of incontinence.

The Continence Foundation of Australia, established in 1989, is a not-for-profit organisation and the national peak body for incontinence management, education, awareness, information and advocacy. The Continence Foundation has representation in each Australian state and territory.

The Foundation is supported by the Australian Government Department of Health under the National Continence Program and the Health Peak Advisory Bodies Program. We also rely on the generous support of our members and partners to carry out our work.

Mission

To represent and advocate for Australians affected by, or at risk of, bladder and bowel control problems and pelvic floor dysfunction.

To serve all Australians by promoting bladder and bowel health. This will be achieved by:

- working with consumers, professionals, industry and government
- facilitating access to continence support services through advocacy
- providing evidence-based information and advice
- building the capacity and capability of the workforce
- supporting research to achieve the Foundation's objectives

Principles

- Enable through information
- Leadership
- Partnership and collaboration
- Capacity building
- Integrity and accountability
- Best practice

Objectives

- Increase community awareness
- Further develop policy and leadership
- Strengthen partnerships
- Educate the workforce
- Invest in research
- Build a sustainable future

OUR WORK

AWARENESS Increase community awareness	<ul style="list-style-type: none"> National Continence Helpline 	<ul style="list-style-type: none"> Social media 	<ul style="list-style-type: none"> Events & activities
	<ul style="list-style-type: none"> Media 	<ul style="list-style-type: none"> Publications 	<ul style="list-style-type: none"> Health promotion
	<ul style="list-style-type: none"> Websites 	<ul style="list-style-type: none"> Resources 	<ul style="list-style-type: none"> Awareness campaigns
POLICY & LEADERSHIP Further develop policy and leadership	<ul style="list-style-type: none"> Advocacy 	<ul style="list-style-type: none"> Committee representation 	<ul style="list-style-type: none"> Membership
	<ul style="list-style-type: none"> Consultation 	<ul style="list-style-type: none"> Submissions 	
PARTNERSHIPS & COLLABORATION Strengthen partnerships	<ul style="list-style-type: none"> Corporate 	<ul style="list-style-type: none"> Consumer advocacy partnerships 	
	<ul style="list-style-type: none"> Community 	<ul style="list-style-type: none"> Health professional associations 	
EDUCATION Educate the workforce	<ul style="list-style-type: none"> Online courses 	<ul style="list-style-type: none"> State conferences 	<ul style="list-style-type: none"> Scholarships
	<ul style="list-style-type: none"> Face-to-face education 	<ul style="list-style-type: none"> National conference 	
RESEARCH Invest in research	<ul style="list-style-type: none"> Australian Bladder Foundation 	<ul style="list-style-type: none"> Australian + New Zealand Continence Journal 	
SUSTAINABLE FUTURE Build a sustainable future	<ul style="list-style-type: none"> Financial responsibility 	<ul style="list-style-type: none"> Strategic planning 	<ul style="list-style-type: none"> Governance

PRESIDENT'S REPORT

It gives me great pleasure to present the 2018 Annual Report of the Continence Foundation of Australia.

It has been a busy and productive year for the Foundation, achieving significant outcomes for the 1 in 4 Australians living with incontinence as well as their carers, families, friends and health professionals.

From humble beginnings in 1989, we have evolved into a respected national peak body, expanding the reach and impact of our services in collaboration with our members and partners and with the support of Australian Government funding under the National Continence Program.

Last year, the Board undertook a Strategic Review to seek ways to consolidate our operations, strengthen governance and risk management, work closer with state branches as well as ensure a more sustainable future. This Strategic Review identified clear objectives to increase the value we generate to Australians living with or at risk of incontinence, as well as our members, partners and the broader continence sector. This Annual Report showcases the work we deliver under each of these objectives.

Some of the highlights of 2017-2018 include:

- The 26th annual National Conference on Incontinence, held in Sydney in November attracted a wealth of expertise from international and Australian health professionals.
- The success of our Laugh Without Leaking public awareness campaign, with news and media outlets right across Australia helping make incontinence a nationwide conversation. The campaign attracted 492 media stories over a three-month period to an audience reach of over 134 million. This culminated in 1,431 events, activities and displays being held nationally in the lead up to, and during, World Continence Week.
- A new media strategy has resulted in tremendous growth in TV, radio, print and digital media coverage throughout the year. There were 1,132 media stories [a 640% increase on last year] to a total audience reach of over 215 million.
- Community forums delivered by our state-based health promotion officers increased by 129%. The percentage of forums delivered in rural and remote communities increased from 12% to 32%.
- A total of 982,790 continence information resources were distributed to consumers, carers, professionals and community organisations which represents a 14% increase on the previous year.
- The National Continence Helpline answered 27,632 enquiries, which included an 11% increase in calls from health professionals and 16% increase from callers over 70 years of age.
- Educating the continence workforce continued to be a focus of the Foundation with a range of online and face-to-face courses for specialist and non-specialist health professionals and 190 scholarships awarded.

- Our primary website continence.org.au registered a 17% increase in the number of page views. This website is our main repository for resources to support growth in awareness and access to information. It will shortly undergo a redevelopment to make it more user-friendly and maximize new technology.
- We engaged 85 active partnerships and collaborations with the continence industry, other corporates, community organisations, professional associations, government agencies, state and national peak bodies and the communications sector.



A special thanks to those members who volunteered their expertise and time to assist the Foundation in delivering community presentations, media interviews as well as serving on the Board, sub-committees and working groups. I'd like to highlight our most recent new initiatives; *Continence Support Now* and *Incontinence in Confidence*.

Continence Support Now is an online pocket guide to continence for the aged care and disability workforce. It is a mobile device-friendly website that personal care workers can easily access on their smartphones, tablets, laptop or desktop computers.

Incontinence in Confidence is a ground-breaking new website for young people aged 13 to 18 years who have been diagnosed with incontinence or may have bladder and bowel concerns.

We hope you enjoy reading about the invaluable work of the Foundation in this Annual Report.

A handwritten signature in black ink, appearing to read 'Michael Murray'.

Associate Professor Michael Murray



In May, the national office relocated to the Melbourne eastern suburb of Surrey Hills to accommodate the growth of the Continence Foundation of Australia.

BOARD OF DIRECTORS

We thank our Board of Directors who voluntarily provide their services.

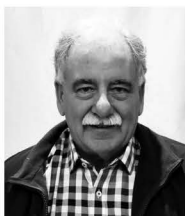
Michael Murray PRESIDENT

Associate Professor Michael Murray has a broad range of management, clinical and clinical teaching experience in the area of aged care. Michael is the Medical Director of Continuing Care and head of Geriatric Medicine at Austin Health, Associate Professor at Melbourne University and Adjunct Associate Professor Australian Centre for Evidence Based Aged Care, La Trobe University, and formerly the University of Notre Dame. He holds board and committee positions with a variety of health and educational institutions, and is the President of the National Ageing Research Institute. He has been the Board President since 2004.



Ian Tucker VICE PRESIDENT

Dr Ian Tucker has been an active member of the Continence Foundation since its inception. Ian has been a pioneer in the field of sacral nerve neuromodulation for disturbances of bladder and bowel function and has chaired sessions nationally and internationally at major conferences, as well as lecturing on neuromodulation nationally and internationally.



Therese Tierney TREASURER

Therese Tierney has 45 years experience in the health sector, most recently as chief executive of Bairnsdale Regional Health Service. While Therese primarily works in the health sector, she has also had significant involvement in local government and been involved in a number of roles that focus on strategic planning and innovation. She has been a member of the Continence Foundation Board since 2002, serving as President until 2004. She was the Foundation's CEO from 2002 to 2005 and has been the Board's Treasurer since 2005.



Rosemary Calder AM DIRECTOR

A founding member of the Continence Foundation, Rosemary Calder has worked in health and aged care policy and services in the non-government sector and has held senior executive roles in both Victorian and Commonwealth health departments. She is the Director of the Australian Health Policy Collaboration, a health-policy think tank established by Victoria University.



Janet Chase DIRECTOR

Janet Chase is a physiotherapist whose chosen area of practice is the treatment of incontinence and pelvic floor dysfunction in women, men and children. She has a strong interest in continence education and is currently chair of the Continence Foundation's Paediatric Advisory Committee and is a former board member of the International Children's Continence Society.



Karen Allingham DIRECTOR

Karen Allingham developed an interest in the specialty of continence in 1992 and went on to successfully complete the continence nurse consultant course. She undertook her first continence advisor role in 2000, working in the community with residential care facilities. In 2002, Karen returned to the acute hospital environment and, the following year, began work in the continence service at Royal Perth Hospital. She gained her current position of clinical nurse consultant in 2007 and successfully achieved her Masters of Nursing in 2012.



Jacinta Crickmore DIRECTOR

Jacinta Crickmore first gained valuable insights into incontinence issues consumers faced while working in healthcare sales with SCA Hygiene. She became the company's QLD representative and an active member of the Continence Foundation's QLD Branch, of which she was secretary for five years, and is the current treasurer. In 2014, Jacinta became a member of the Foundation's Consumer Advisory Committee, which she chairs. In 2015, she was appointed as a consumer representative on the Board and the Bladder and Bowel Collaborative Steering Committee.



SUB-COMMITTEES TO THE BOARD

State Presidents Committee

Michael Murray (Chair)
Rowan Cockerell (CEO)
Irmina Nahon (ACT)
Vincent Tse (NSW)
Gail McBean (NT)
Allison Bryant (QLD)
Ashani Couchman (SA)
Alyson Sweeney (TAS)
Barry Thomson (VIC)
Annelize Prinsloo (WA)

Finance, Audit, Risk Sub-committee

Therese Tierney (Chair)
Jacinta Crickmore
Michael Corry

Paediatric Advisory Sub-committee

Janet Chase (Chair)
Wendy Bower
Rowan Cockerell (CEO)
Frances Connor
Vivienne Corcoran
Susie Gibb
Lil Johnstone
Lewina Schrale

Australian Bladder Foundation Advisory Committee

Helena Frawley (Chair)
Kate Moore
Lewis Chan
Michael Murray
Rowan Cockerell (CEO)

Australian & New Zealand Continence Journal Committee

Dr Margaret Sherburn (Chair & editor)
Ms Jacinta Miller (Production Editor)
Mrs Rowan Cockerell (CFA)
Ms Louise Judd (NZCA)
Assoc Prof Wendy Bower
Dr J Oliver Daly
Dr Jenny Kruger
Dr Anna Lawrence
Dr Joan Ostaszkiewicz
Ms Debbie Rigby
Assoc Prof Ka Lai (Clara) Shek
Ms Louise Mills
Dr Vincent Tse
Prof Kate Moore

Bladder & Bowel Collaborative Steering Committee (BBC)

Rowan Cockerell (Chair)
Steve Webster
Karen McLaughlan (since April)
Pauline Chiarelli (until Dec)
Dr Margaret Sherburn (since Jan)
Phillip Herreen (until Oct)
Liza Lau
Janie Thompson
Jacinta Crickmore
Donna Heggie
Bev Hamming (DoH)

Consumer Advisory Committee

Jacinta Crickmore (Chair)
Bethia Wilson
Keith Davies
Phillip Herreen (until Oct)
Frank Ritchie
Rowan Cockerell (CEO)

Board of Trustees

Michael Murray (Chair)
Rowan Cockerell
Therese Tierney

26th National Conference on Incontinence 2017

Scientific Committee

Jenny King (Chair)
Donna Heggie
Tara O'Reilly
George Szonyi
Vincent Tse
Kylie Wicks

Organising/Social

Rowan Cockerell (CEO)
Mary Trezise
Penelope Hunter

PATRON

Dr Bethia Wilson AM

CHIEF EXECUTIVE OFFICER

Rowan Cockerell

INDUSTRY ADVISOR TO THE BOARD

Lesley Barton

COMPANY SECRETARY

Michael Corry

SOLICITORS

JRT Partnership Pty Ltd

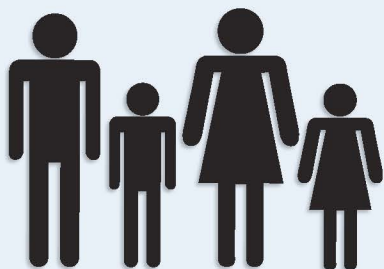
AUDITOR

Prospect Accountants

NATIONAL GOVERNMENT PROGRAMS

Established in 2010, the *National Continence Program* encompasses a range of targeted activities promoting preventative health messages and supporting the provision of information, resources and continence workforce education. The program builds on the substantial achievements of the *National Continence Management Strategy*.

National Continence Program



The Continence Foundation of Australia delivers a key initiative of the Program, the *Bladder Bowel Collaborative*. Responsibilities include:

- Management of the *National Continence Helpline* 1800 33 00 66
- Online and face-to-face education courses and professional development for specialist and non-specialist health professionals
- Consumer forums delivered by state-based health promotion officers, supported by state branches and independent continence resource centres
- Resources for target groups, including specialized tools for Aboriginal and Torres Strait Islander health care workers and culturally and linguistically diverse communities
- Coordination of public awareness campaigns, national *World Continence Week* activities, media coverage and social media platforms
- Distribution of information and resources through websites, the *National Continence Helpline* and other communication channels
- Quarterly publishing of the peer reviewed *Australian and New Zealand Continence Journal* (for health professionals) and *Bridge Magazine* for consumers

The Foundation also promotes the Australian Government's *National Public Toilet Map* toiletmap.gov.au and the *Bladder Bowel Website* bladderbowel.gov.au



Health Peak and Advisory Bodies Program

As the national peak body, the Continence Foundation contributes to public debate and community consultation, providing advocacy for its members and the organisation's stakeholders. Activities under these objectives are supported with funding under the Australian Government's Health Peak and Advisory Bodies Program. The agreement specifies reports, milestones, performance targets and outcomes to be achieved as the national peak body for incontinence.



Australian Government
Department of Health

AWARENESS

We provided information, advice and community awareness through a range of activities.

After a lifetime of purchasing continence aids, Greg discovered from the National Continence Helpline that he was eligible for continence products funding through an Australian Government scheme.



National Continence Helpline 1800 33 00 66

The National Continence Helpline is staffed by specialist nurses and customer service officers weekdays 8am to 8pm AEST

27,632

ENQUIRIES

How



89%
phone calls

11%
written

Callers



45%
consumers

35%
carers

20%
professionals

Reason



35%
management

33%
funding
schemes

25%
resources /
advice

7%
referrals

95% Caller Satisfaction



Health Promotion

Resources

We developed and produced health resources including flyers, booklets, fact sheets, posters and brochures. These were distributed by printed mail out, digital download and via website views.

982,790
RESOURCES DISTRIBUTED



Toilet Tactics Kits

2,162	primary schools registered	+19%
2,212	health professionals registered	+39%

Carers resources

Over 540,000 Australian carers provide daily incontinence care

23,486	distributed	+38%
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Maternity resources

Women who are pregnant, or who have had a baby, are at increased risk of experiencing incontinence.

163,586	distributed
----------------	-------------

Culturally and linguistically diverse resources

Provided information in 29 languages

142,096	distributed
----------------	-------------

Indigenous resources

23,334	distributed	+15%
---------------	-------------	-------------

Community forums

State-based health promotion officers deliver community presentations with the support of Continence Foundation of Australia health professional members, state branches and resource centres.

355
COMMUNITY FORUMS



77

of these were in rural & remote areas

+20%

As a result of attending

23% saw a health professional

44% increased physical activity

48% practiced healthy eating habits

50% did daily pelvic floor exercises

Conferences & expos

We exhibited and presented at 105 consumer and health professional conferences and expos.

82
EXPOS

6,041
DIRECT
CONTACT

23
CONFERENCES

75,796
ATTENDEES

Community grants

We provided funding to community groups for bladder, bowel and pelvic floor health promotional activities and events.

26
**COMMUNITY GRANTS
AWARDED**

Western Radio Broadcasters Incorporation VIC

Multiple Sclerosis Ltd VIC

Spectrum Journeys VIC

Association of Hazaras in Victoria Inc. VIC

Multiple Sclerosis Ltd NSW

Blue Mountains Women's Health
and Resource Centre NSW

Coffs Harbour Women's Health Centre NSW

Older Women's Network NSW Inc.
- Sutherland Branch

3Bridges Community NSW

Central Coast Community Women's
Health Centre NSW

WILMA Women's Health Centre NSW

Kalaya Children's Centre SA

Arthritis Foundation of SA

Parkinson's SA

Multiple Sclerosis Society of SA & NT Inc.

Greenleaf Consultancy SA

Coonalpyn Community Hub Inc. SA

COTA NT

Deaf Services QLD

Diversicare - PICAC program QLD

Carers Queensland QLD

Cystic Fibrosis QLD

Juniper Community WA

The Nintirri Centre Inc. WA

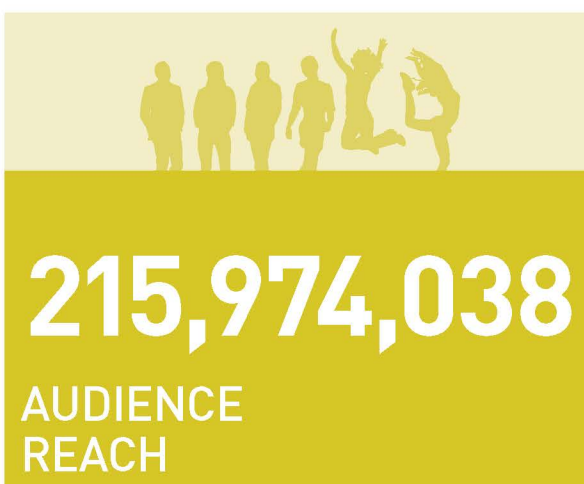
Women's Health and Family Services WA

City of Armadale - Champion Centre WA

Media

We promoted bladder, bowel and pelvic floor health awareness as well as the services of the Continence Foundation by generating positive TV, radio, print and digital media coverage.

1,132
MEDIA STORIES



Campaigns



Laugh Without Leaking & World Continence Week 2018

Our public awareness campaign was launched in April and used humour to promote bladder and bowel health and encourage people to seek help for incontinence.

Laugh Without Leaking		
492	media stories	+613%
134,214,880	audience reach	+577%
1,431	events, activities, displays	

Websites

The Foundation's primary repository of information and resources is continence.org.au. We also publish secondary websites for specific initiatives and events.

1,468,795
TOTAL VISITS

2,876,703
WEB PAGE VIEWS



continence.org.au

VISITS

1,024,039

+17%

PAGE VIEWS

2,086,353



Mobile devices



New visitors



pelvicfloorfirst.org.au

418,704

visits

727,238

page views



continenceexchange.org.au

12,365

visits

30,217

page views



laughwithoutleaking.org.au

13,687

visits

32,895

page views



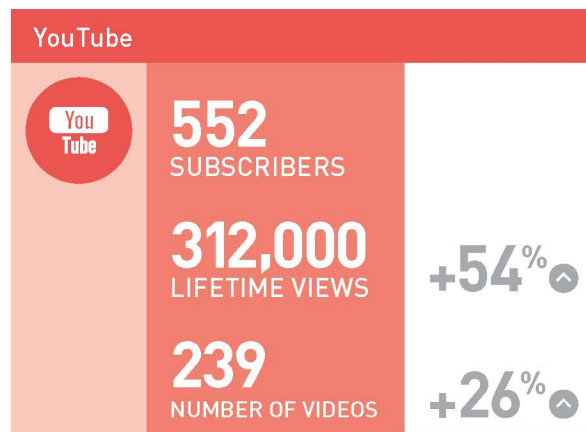
Incontinence in Confidence

This year, we developed a ground-breaking new website for teenagers. *Incontinence in Confidence* is a safe and supportive online space for young people who have been diagnosed with incontinence or may have bladder and bowel concerns. It provides information on the different types of incontinence, who it affects, treatments, where to get help, tips on socialising, staying motivated, tricky conversations, dating, relationships and how to confidently get on with life.

inconfidence.org.au

Social Media

@AusContinence



Publications

179,564
TOTAL
DISTRIBUTED **+23%**

Distribution		
167,779	Bridge Magazine	134,000 printed & 33,715 digital
5,988	Australian & New Zealand Continence Journal	printed
5,797	In the News	digital



AUSTRALIAN + NEW ZEALAND
CONTINENCE JOURNAL

In the news
Membership newsletter of the Continence Foundation of Australia

POLICY & LEADERSHIP

Strategic Review & National Charter

As part of the Strategic Review of the organisation over the past 12 months, the Board of the Continence Foundation of Australia has been working with the State Branch committees to establish guidelines for cooperation and collaboration between the entities (State Branches and National Office) that comprise the Continence Foundation of Australia. The guidelines, otherwise known as a Charter, while still in development, will support the mutual understanding of the roles and responsibilities of the State Branches and the National Office as we all work towards the national vision of 'an Australian community free of the stigma and restrictions of incontinence'.

Submissions

The Australian Government Senate Inquiry on *Number of women in Australia who have had transvaginal mesh implants and related matters* released its report in March. The Continence Foundation had provided a written submission to the Senate Inquiry Committee on behalf of members.

Membership

Our strong and active membership is vital to the work of the Foundation in raising awareness and advocating on behalf of people with bladder and bowel control problems.

1,604

 MEMBERS

Membership type		
43	Corporate	2.7%
71	Individual	4.4%
8	Library	0.5%
44	Organisation	2.7%
1430	Professional	89.2%
8	Student	0.5%

By profession

39%
allied health

8%
medical



50%
nursing

3%
other



An accident in 2005 left Anne-Marie with a spinal cord injury and no control over her bladder and bowel. We shared her inspiring story during World Continence Week.

PARTNERSHIPS & COLLABORATION

We collaborated with 85 organisations to strengthen and extend positive outcomes for the Australian community.

Highlights included:

- The **Australian Local Government Association** partnered in our Laugh Without Leaking campaign to engage Australia's 537 councils in promoting continence awareness, the National Public Toilet Map and World Continence Week activities.
- We partnered with the **Australian Libraries and Information Association**, peak body for public libraries representing 9 national and state libraries, 1500 public libraries and 9000 school libraries.
- The St Kilda branch of the **Sacred Heart Mission** was a participant in the pilot program of our new initiative *Continence Support Now*. The Mission incorporated the resource in their hostel for all staff to be aware of continence care best practice.

Other partnerships this year included:

Community

- Australian Men's Shed Association
- Chronic Illness Alliance
- Cystic Fibrosis Community Care
- Indochinese Elderly Refugee Association
- Greystanes Disability Services
- Lifesolution
- Life without Barriers
- Scope
- Southern Cross Care (SA)
- TOWN weightloss groups
- TrueNTH/Movember

Professional

- Australian College of Midwives
- Australian College of Nursing
- Australian Physiotherapy Association
- Fitness Australia
- Pharmacy Guild of Australia
- UroGynaecological Society of Australasia
- Continence Nurses Society Australia (CoNSA)
- International Children's Continence Society
- International Continence Society
- New Zealand Continence Association
- Andrology Australia
- Carers Australia
- Diabetes Australia (& Victoria)
- Master Locksmiths Association of Australasia
- Prostate Cancer Foundation of Australia

The Tuggeranong Men's Shed (ACT) built us this awareness raising classic Aussie outhouse for our World Continence Week exhibit at the Australian Local Government Association's National General Assembly in Canberra.



EDUCATION

We ensured the specialist and non-specialist continence workforce is supported through education programs.

3,742

PROFESSIONALS PARTICIPATED



190

SCHOLARSHIPS AWARDED



For

National Conference on Incontinence

Graduate Certificate in Continence Promotion and Management

Certificate II in Continence Promotion and Care

CSN Continence Support Now



continencesupportnow.com

Continence Support Now

This year we completed an online pocket guide to continence for the aged care and disability workforce. Continence Support Now is a mobile device-friendly website that personal care workers can easily access on their smartphones, tablets, laptop or desktop computers. It covers basic information on skin care, products, equipment, catheters, bladder, bowel, diet, exercise, nutrition, mobility, toileting, care plans with new topics planned.

continencesupportnow.com



Jean is a 95-yr-old grandmother from South Australia. She was one of the first Australians to survive a colostomy operation and has self-managed a lifetime of incontinence.



26th Annual National Conference on Incontinence 2017

In 2017, the National Conference on Incontinence was held in Sydney, 15-18 November. It featured four international guest speakers, 31 Australian speakers, 76 presentations, nine practical workshops, four breakfast symposiums, 16 sponsors, 38 exhibitors and 551 delegates.

National Conference scholarship recipients



- Alyson Sweeney
- Amee Rice
- Ann Whitney
- Anna Lennie
- Clee Tonkin
- Karina Caldwell
- Leiana Hewitt
- Louise Hoffensetz
- Mayb'n Clarke
- Peta Titter

THANK YOU FOR YOUR SUPPORT

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Australian Government
Department of Health

IN ASSOCIATION WITH



UroGynaecological
Society of Australasia

RESEARCH

Australian Bladder Foundation

Established to fund health professionals continue development of research, health promotion, education and improved patient care.

RECIPIENTS:

- **Christian Moro:** The effects of age on contractile activity of the bladder urothelium and detrusor.
- **Jodie Dakic:** Urinary Incontinence (UI) in exercising women: are women being helped?
- **Angela Khera:** Behavioural treatment, including pelvic floor muscle training, for functional bowel symptoms in patients with inflammatory bowel disease – the LIBERATE study.



Australian and New Zealand Continence Journal

The Australian and New Zealand Continence Journal is a scientific, peer reviewed journal, produced under the auspice of the Continence Foundation of Australia and the New Zealand Continence Association on a quarterly basis. The ANZCJ is the only multidisciplinary journal dedicated to researching the diagnosis, treatment and management of incontinence.

This year, 8 research papers were published as well as 19 abstracts that were presented at the National Conference on Incontinence in four editions during the year. The Journal is distributed to members in Australia and New Zealand.



Naomi Gill was awarded the Barry Cahill Travel Scholarship for the Best Scientific Presentation at the 26th National Conference on Incontinence for her research on *The prevalence of urinary incontinence in adult netball players in South Australia.*

FINANCIAL SNAPSHOT

The Continence Foundation of Australia Ltd's Statement of Comprehensive Income for the year ended 30 June 2018 shows a surplus of **\$996,721** (2016/2017: \$995,869).

The total revenue for the 2017/2018 financial year is **\$5,857,850** (2016/2017: \$5,678,959).

The main increase in revenue for the year is due to a 12% increase in conference and seminars income of **\$774,026**.

The statement of financial position at 30 June 2018 shows the organisation in a strong financial position with members' equity of **\$9,241,978**.

The following charts provide a snapshot of the Continence Foundation's income and expenditure for the year ended 30 June 2018.

Income breakdown 2017-18

Conference and seminars	\$774,026
Interest	\$228,936
Membership fees	\$124,556
Government funding (Bladder Bowel Collaborative)	\$3,794,293
Government funding (Peak Body)	\$375,000
Other income	\$561,039

The analysis of income generated for the year shows government funding accounted for 71% of the total revenue and conference and seminars for 13%. Interest (4%), membership fees (2%), and other income comprising education income, royalties, donations, short term projects etc accounted for the balance.



Expenditure breakdown 2017-18

Conference and seminars	\$608,855
Peak Body	\$457,981
Programs - Bladder Bowel Collaborative ...	\$3,794,293

Analysis of expenditure for the year shows 78% was spent on Bladder Bowel Collaborative activities to support the community including the National Continence Helpline, health promotion, education, marketing and communication, partnerships, 13% on conference and seminars and 9% on Peak body activities.



The following charts summarise the financial position of the Continenace Foundation as at 30 June 2018

Asset breakdown

Cash and cash equivalents	\$10,428,067
Trade and other receivables	\$112,513
Prepayments	\$37,497
Property, plant and equipment	\$429,324
Security deposit	\$30,023

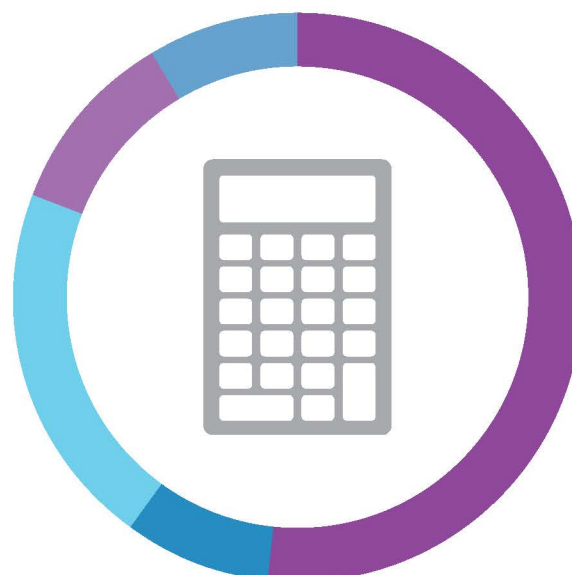
Analysis of assets as at 30 June 2018 showed cash and cash equivalents made up 94%, Property, plant and equipment 4%, trade and other receivables 1%, other assets prepayments and security deposit 1%.



Liability breakdown

Trade and other payables	\$930,313
Employee benefits - current	\$149,896
Income received in advance	\$373,659
Employee benefits - non-current	\$189,860
Lease liabilities - non-current	\$151,718

Analysis of liabilities showed trade and other payables comprised 52%, income received in advance 21%, employee benefits – current 8%, non-current 11% and non-current lease liabilities 8%.



The Statement of Profit and Loss and other Comprehensive Income and Statement of Financial Position for the year ended 30 June 2018, have been audited by Prospect Accountants and authorised by the directors of the company. The complete Financial Statements for the Continenace Foundation of Australia Ltd along with the auditor's and directors' reports are available on our website at continenace.org.au and from the Continenace Foundation of Australia Ltd, Suite 1, 407 Canterbury Road, Surrey Hills, Vic 3127.



2017 CONTINENCE CARER OF THE YEAR

Melbourne mother-of-three, Anna Culcasi, was named 2017 Continence Carer of the Year. After 30 years of working as a professional carer for intellectually-disabled clients, Anna became her elderly mother Dina's full-time carer when she was diagnosed with dementia and Parkinson's Disease.

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