



Promoting  
Bladder  
and Bowel  
Health

# Annual Report 2016





*The Continence Foundation of Australia was founded in 1989 and is a not-for-profit organisation and the national peak body for incontinence promotion, management and advocacy, managing education and awareness programs under the Australian Government's National Continence Program. The Continence Foundation has representation across Australia, with branch or resource centres in each state and territory. The Board of Directors provide their services in a voluntary capacity.*

## Our mission

To represent the interests of Australians affected by, or at risk of, bladder and bowel control problems and act as an advocate for their interests.

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

- working with consumers, professionals and industry
- facilitating access to continence support services
- providing evidence-based information and advice, and
- building the capacity and capability of the workforce

## Our objectives

- Achieve our mission through partnership and collaboration
- Raise awareness of bladder and bowel health through social marketing
- Empower consumers to take control and improve health outcomes
- Ensure equitable access to continence information and support services
- Build the capacity and capability of the specialist and non-specialist workforce
- Further develop our policy leadership and advocacy role
- Continue to build our future

## Our Vision

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

# President's Report



This year was a positive one, with the Australian Government extending its Bladder and Bowel Collaborative (BBC) funding agreement with the Continence Foundation until 2020.

The commitment to a four-year contract, following two successive year-long contracts, allows for a long-term approach to program planning and implementation. The establishment of the BBC agreement in 2011, funded under the National Continence Program, has enabled the Continence Foundation to expand the breadth of its initiatives to support the many target groups at risk of, or living with, incontinence, and train specialist and non-specialist continence health professionals.

Of the estimated 4.8 million Australians living with incontinence, a great many of them are now supported through one or more of the Foundation's programs, whether it be carers, pregnant women, children, the fitness community or people from culturally and ethnically diverse backgrounds. This year's special focus group has been people with a disability and/or low literacy.

In recognition of the many people living with a disability that prevents access to resources, the Foundation's website is now compatible with adaptive technologies such as screen readers, and features text to speech and video captioning. The Foundation has also added four Easy English fact sheets to its extensive suite of resources. As the nation rolls out the NDIS, these measures are a key plank in achieving the Foundation's goal to ensure equitable access to continence information and support services.

In addition to launching new programs and resources, the Foundation has had another busy year delivering its core promotional and educational programs, the outcomes of which are highlighted in this report.

Achieving these outcomes can only be done with the dedication of many people, including the Board of Directors, who all provide their services in a voluntary capacity. Under our constitution, one of three Directors elected by the members retires from office at every AGM. In 2015, Darryl Kelly resigned from the position of Director. Jacinta Crickmore was appointed by the Board to fill the casual vacancy, and had her reappointment confirmed at the 2015 AGM. Hugh Carter also resigned his position as Director during the year, having served as a board member for 15 years. Rosemary Calder was appointed to replace Hugh as one of the four non-elected Directors of the board.

We thank Hugh and Darryl for their past contributions and welcome Rosemary and Jacinta as worthy replacements.

The other significant appointment during the year was Rowan Cockerell as Chief Executive Officer, replacing Barry Cahill, who served as CEO for the past 14 years. In her previous role as DCEO, Rowan and Barry worked closely together and provided a strong foundation for the organisation's growth over the past five years. The Continence Foundation has been fortunate to retain Barry's services in a part-time role as Business Development Manager. I thank Barry and Rowan for their hard work during the year, ably supported by the national office team and the Department of Health staff, who assist the Foundation in managing activities funded under the BBC.

Finally, thank you to the state presidents, resource centre managers, members of the advisory and sub-committees, members, and corporate supporters who continue to assist us in achieving our vision and objectives.

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

Associate Professor Michael Murray  
October 19, 2016

# Sub-committees to the board

## State President's Committee

Michael Murray (Chair)  
Barry Cahill (CEO) until November 2015  
Rowan Cockerell (CEO) from November  
Irmna Nahon (ACT)  
Vincent Tse (NSW)  
Gail McBean (NT)  
Karen Matthews (QLD)  
Ian Tucker (SA) until October 2015  
Donna Coates (SA) from October 2015  
Alyson Sweeney (TAS) from November 2015  
Barry Thomson (VIC)  
Brigid Keating (WA)

## Finance Sub-committee

Therese Tierney (Chair)  
Barry Cahill (CEO) until November 2015  
Rowan Cockerell (CEO) from November  
Frances Correa

## Paediatric Advisory Sub-committee

Janet Chase (Chair)  
Wendy Bower  
Barry Cahill (CEO) until November 2015  
Rowan Cockerell (CEO) from November  
Frances Connor  
Vivienne Corcoran  
Susie Gibb  
Mark Gibberson until March 2016  
Lil Johnstone  
Erin Murphy  
Lewina Schrale from November 2015

## Australian & New Zealand Continence Journal Committee

Dr Margaret Sherburn (Chair & editor)  
Jacinta Miller (Managing Editor)  
Barry Cahill (CFA) until November 2015  
Rowan Cockerell (CFA) from November  
Jan Zander (NZCA)  
Dr Wendy Bower  
Assoc Prof Pauline Chiarelli  
Dr Jenny Kruger  
Dr Dominic Lee  
Ms Shona McKenzie  
Dr Joan Ostaszkiewicz  
Ms Debbie Rigby  
Assoc Prof Ka Lai (Clara) Shek  
Prof Mark Weatherall  
Co-opted members:  
Dr Vincent Tse  
Assoc Prof Kate Moore

## Bladder & Bowel Collaborative Steering Committee (BBC)

Rowan Cockerell (Chair)  
Barry Cahill  
Penny Pengryffen (DoH)  
Pauline Chiarelli  
Phillip Herreen  
Lisa Wragg  
Janie Thompson  
Jacinta Crickmore  
Steven Webster

## Consumer Advisory Committee

Jacinta Crickmore (Chair)  
Hugh Carter  
Beverley Bird  
Keith Davies  
Gabrielle Fakhri  
Phillip Herreen  
Elizabeth Kirby  
Frank Ritchie  
Barry Cahill  
Rowan Cockerell

## Board of Trustees

Michael Murray (Chair)  
Barry Cahill  
Hugh Carter  
Therese Tierney

## 25th National Conference on Incontinence 2016

**Scientific Committee**  
Donna Coates (Chair)  
Christopher Barry  
Nicola Bennett  
Rosalie Donhardt  
Annette Innes  
Elizabeth Murphy  
Leigh Pretty  
Fiona Roney  
Diana Semmler  
Ian Tucker  
Ailsa Wilson-Edwards

**Local Organising**  
Barry Cahill (Chair)  
Rowan Cockerell  
Mary Trezise

**PATRON**  
Bethia Wilson AM

**CHIEF EXECUTIVE  
OFFICER/SECRETARY**  
Rowan Cockerell

**INDUSTRY ADVISOR  
TO THE BOARD**  
Lesley Barton

**SOLICITORS**  
Brian Ward & Partners

**AUDITOR**  
Prospect Accountants

**BANKERS**  
ANZ Bank

# Board of Directors



**Michael Murray**  
PRESIDENT

Associate Professor Michael Murray has a broad range of management, clinical and clinical teaching experience in the area of aged care.

Associate Prof Murray 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. Dr Tucker

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 is chief executive of Bairnsdale Regional Health Service and has 36 years' experience in the health sector. While Therese primarily works in the health sector, she has also had significant involvement in the local government sector, 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.



**Rosemary Calder AM**  
DIRECTOR

A founding member of the Continence Foundation, Rosemary 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 a director of the Australian Health Policy Collaboration, a health-policy think tank established by Victoria University.



**Janet Chase**  
ELECTED ORDINARY MEMBER

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

Sub-committee, is a former board member of the International Children's Continence Society and a director of the Continence Foundation of Australia.



**Karen Allingham**  
ELECTED ORDINARY MEMBER

Karen developed an interest in the specialty of continence in 1992 and went on to successfully complete the continence nurse consultants course in 1998. 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 in 2003 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**  
ELECTED ORDINARY MEMBER

Jacinta 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, of which she is chairwoman, and in 2015, a consumer representative on the board and the Bladder and Bowel Collaborative committee.



# Programs

## Bladder Bowel Collaborative

The Continence Foundation of Australia is supported by the Australian Government Department of Health under the National Continence Program to manage the Bladder Bowel Collaborative program. The program has been extended to June 2020 and under the program, the Continence Foundation continues to deliver a wide range of national programs and activities, including, but not limited to:

- Management of the National Continence Helpline 1800 33 00 66
- Skilling specialist and non-specialist continence health professionals through Every Body's Business health professional forums and paediatric continence education forums
- Consumer forums, delivered under the Health Promotion Officer program at the state level, and supported by state-based continence resource centres
- Management of the Australian Continence Exchange ([continencexchange.org.au](http://continencexchange.org.au))
- Online education resources, courses and forums for both health professionals and consumers

- Publications, including the peer reviewed *Australian and New Zealand Continence Journal* (for health professionals) and *Bridge* for consumers
- Resources for special-need groups, including targeted tools for Aboriginal and Torres Strait Island health care workers and culturally and linguistically diverse communities
- Coordination of national World Continence Week activities

## Health Peak and Advisory Bodies Program

As the national peak body, the Continence Foundation continues to meet its commitment to contribute 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 Continence Foundation was pleased to learn in the first half of the year that the peak body funding was extended for a further three and a half years, ending June 30, 2019. The agreement specifies reports, milestones, performance targets and outcomes to be achieved as the national peak body for incontinence.

# 2016 Highlights

## National Conference

The 24th National Conference on Incontinence was held at Melbourne's Crown Convention Centre in November, in association with the UroGynaecological Society of Australasia. The strong scientific program featured 70 national and international speakers, with delegates attending concurrent plenary sessions and a diverse range of workshops. The conference attracted 777 delegates and was well supported by sponsors and industry representatives exhibiting across 60 booths.

The \$1000 Carer of the Year award, sponsored by Hartmann, was announced at the conference dinner, presented to Jodie Roberts, who, with the support of husband Scott, cares for son Joe, who was born with congenital cytomegalovirus and requires constant care.

## Australian Bladder Foundation

Each year health professionals working in or with an interest in continence management are invited to apply for research grants through the Australian Bladder Foundation (ABF), administered through the Continence Foundation of Australia. The ABF aims to foster research, health promotion and education aimed at improving patient care for people with bladder dysfunction in Australasia. This year six grants were awarded, with a value of \$67,500. The next round of grants will be announced at the Annual General Meeting in Adelaide.

### Disability and accessibility

This year's special project, *Finding the answers: improving access to continence information*, aims to ensure equitable access to continence information and support services. As such, the Foundation's website was upgraded to increase usability for people reliant on adaptive technologies, and those with low English literacy skills, particularly through the development of Easy English fact sheets.

To improve access to the popular 1-17 set of brochures, the Foundation has introduced audio versions of the brochures in English. These audio files will assist people who are blind or vision impaired as well as people who have difficulty reading text on screen due to dyslexia or low literacy. These English audio versions complement the suite of current audio versions in 29 other languages available on the Continence Foundation website.

### New state branch - Tasmania

This year, with the assistance of members, the Continence Foundation of Australia assisted the Tasmanian branch to become an incorporated association, with Alyson Sweeney elected to the president's role in November. The formal establishment of the branch will further strengthen the Tasmanian membership and enhance educational and promotional opportunities.

### Life memberships

This year, three individuals were recognised and honoured with life memberships for their years of service and commitment to the Foundation.

Pauline Chiarelli, who recently retired from the University of Newcastle, was a founding member of the Continence Foundation of Australia and the first Australian physiotherapist member of the International Continence Society. Pauline has many research and teaching credits to her name, and has also over the years served on the NSW Branch committee.

Richard Millard, who recently retired as Associate Professor of Urology at NSW University, has held a number of consulting positions with public and private hospitals, and has published numerous research articles. Richard also served as president and vice president of the national board, and has been active in the affairs of the NSW Branch, having occupied various board positions.

Hugh Carter was diagnosed with Multiple Sclerosis in 1994 and retired from full time employment in 1995, having worked in business, public service and with the RAAF. Hugh worked as a consultant in the disability sector and a member of a number of disability organisations. Hugh joined the national board in 2001, retiring in 2015, and was formerly the chair of the Foundation's Consumer Advisory Committee for the Bladder and Bowel Collaborative.

*“For me, (the award’s) not about the recognition, but more the acknowledgement, understanding and awareness of what is involved in a carer’s life.”*

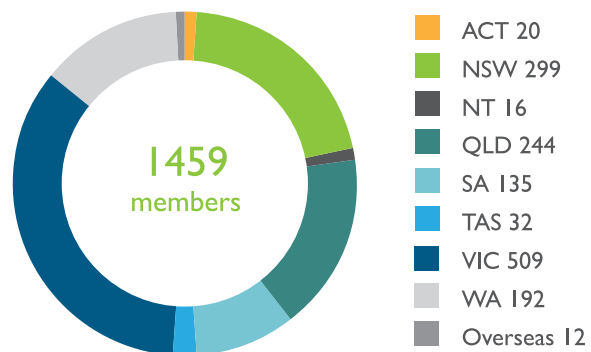
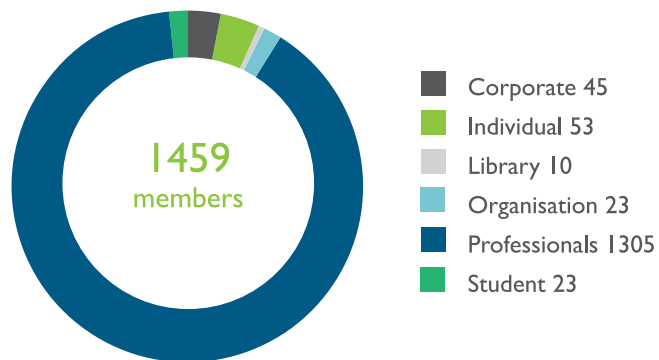
*Jodie Roberts*



*2015 Carer of the Year Jodie Roberts with son Joe.*

# Year in review

## MEMBERSHIP



## Workforce Support

### FORUMS

**4**  
Every Body's  
Business events  
**344 attendees**

**17**  
Health and fitness  
forums  
**305 attendees**

**2**  
Paediatric education  
workshops  
**141 attendees**

### ACCREDITED COURSES

**156**  
Certificate II in Continence  
Promotion and Care  
placements

**29**  
Graduate Certificate in  
Continence Promotion  
and Management  
scholarships



## NATIONAL CONFERENCE



- Medical 10%
- Nurse 37%
- Physio 22%
- Corp/Org 2%
- Other 29%



## ONLINE EDUCATION

**142** participants  
Women's health webinar

**216** enrolments  
LUTS in men education module

**229** placements offered  
Paediatric online course

**999** enrolments  
Continence Care for  
Pharmacists

**202** enrolments  
Continence Care for Pharmacy  
Assistants

AUSTRALIAN  
CONTINENCE  
EXCHANGE  
[continencexchange.org.au](http://continencexchange.org.au)

**18** alliance members

**9022** visits

**28,360** page views



## AUSTRALIAN BLADDER FOUNDATION

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

**6**  
research grants  
**\$67,500**

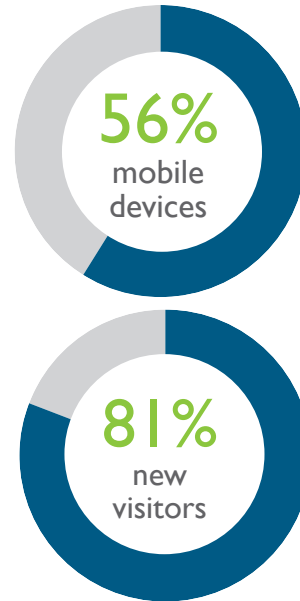
# Health Promotion

WEBSITE  
continence.org.au

845,359  
visits

1,926,392  
page views

49,715  
online forum page views



## EVENTS

196  
consumer events  
5193 attendees

69 conferences & expos attended  
82,528 delegates

## RESOURCES

818,644 ordered

Most popular:

*Pelvic Floor Muscle Training for Women*

*The Pregnancy Guide*

Most popular download:

*Looking after your bowel - A guide to improving bowel function*



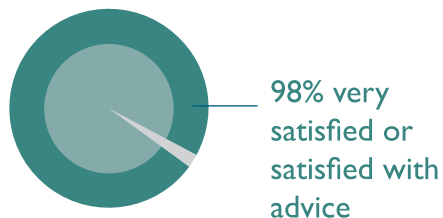
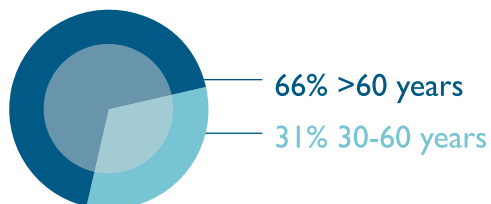
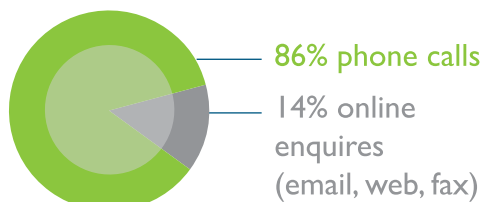
## PUBLICATIONS

Bridge  
148,341  
copies distributed

ANZCJ  
6216  
copies distributed

## NATIONAL CONTINENCE HELPLINE

**30,711** enquiries



## MEDIA

**411**  
articles and broadcasts

**13.7m**  
people reached

## ADVERTISING

**9396** TV ads

**12**  
Morning Show advertorials

**1,957,134**  
online ads

## SOCIAL MEDIA

**140** You Tube videos  
**78,354** views

### Pelvic Floor First

Facebook  
likes  
**4367**

Twitter  
followers  
**959**

### Continence Foundation

Facebook  
likes  
**1917**

Twitter  
followers  
**1202**

LinkedIn  
**105**



## CAMPAIGNS



The digital #leakface campaign was launched at the end of June, capturing moments when common actions result in embarrassing leaks.

9 videos

512,570 views

1,908,067 impressions

4832 web clicks

## PROGRAMS

### PELVIC FLOOR FIRST

2624

e-newsletter subscribers

103

online fitness course enrolments

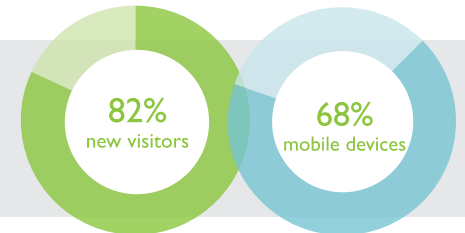
[pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)

694,766

visits

338,419

page views



### Pelvic Floor First app

16,322

downloads

369

countries



## MATERNITY

116

online maternity  
course enrolments

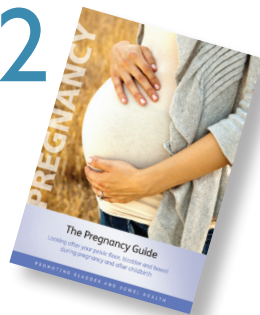
## Pregnancy Guide

40,792

orders

599

downloads



## Maternity app

11,865

downloads



## HEALTHY BLADDERS AND BOWELS IN SCHOOLS

2

webinars for school staff  
112 participants

## Toilet Tactics Kit registrations

229

schools



247

health/school staff

## CALD OUTREACH

71

forums, 1823 attendees

2

new languages

33,279

language resources ordered

*Most popular languages:  
Arabic, Hindi and Korean*

72,673

languages page views

## CARERS

5

new carer videos

17,653

carer resources distributed

## DISABILITY & ACCESSIBILITY

Continence Foundation website  
optimised for assistive technology

4

Easy English fact sheets

4

NDIS web pages

34

web videos captioned

## COMMUNITY PARTNERSHIPS

24

community grants

\$36,000

3

events  
978 attendees

Kidsflix

*Free film and entertainment  
morning for families with  
children experiencing a  
disability, chronic illness or social  
disadvantage*

Marion & E. H. Flack  
Foundation

donation  
\$9000



# Financial Statements

## Statement of Profit and Loss and Other Comprehensive Income

For the Year Ended  
30 June 2016

	Note	2016 \$	2015 \$
<b>Revenue</b>			
Conference and Seminars		810,820	1,016,319
Interest		221,795	245,064
Membership Fees		120,289	104,526
Programs		3,723,754	3,786,122
Peak Body Status Funding		246,483	176,532
Other		470,086	527,316
Profit on sale of Asset		0	18,000
<b>Total Operating Revenue</b>		<b>5,593,227</b>	<b>5,873,879</b>
Kidsflix - Fundraising		218,637	240,155
<b>Total Revenue</b>		<b>5,811,864</b>	<b>6,114,034</b>
<b>Expenditure</b>			
Conference and Seminars		599,882	768,303
Depreciation		20,222	18,050
Programs		3,723,754	3,786,122
Salaries and Oncost		229,242	198,124
Other		129,667	174,812
<b>Total Operating Expenditure</b>		<b>4,702,767</b>	<b>4,945,411</b>
Kidsflix - Expenses		178,039	193,799
<b>Total Expenditure</b>		<b>4,880,806</b>	<b>5,139,210</b>
<b>Surplus before income tax</b>	3	<b>931,058</b>	<b>974,824</b>
Income tax expense		-	-
<b>Surplus after income tax</b>		<b>931,058</b>	<b>974,824</b>
<b>Other comprehensive income</b>			
Other comprehensive income for the period, net of income tax		-	-
<b>Total comprehensive income for the period</b>		<b>931,058</b>	<b>974,824</b>



# Financial Statements

## Statement of Financial Position

as at 30 June 2016

The Statement of Profit and Loss and Other Comprehensive Income and Statement of Financial Position for the year ended June 30, 2016, have been audited by Prospect Accountants and authorised by the directors of the company. The complete financial statements of the Continence Foundation of Australia Ltd along with the auditor's and directors' reports are available on our website at [continence.org.au](http://continence.org.au) and from Continence Foundation of Australia Ltd, LI 30-32 Sydney Road, Brunswick, Victoria 3056.

	Note	2016 \$	2015 \$
<b>Assets</b>			
<b>Current Assets</b>			
Cash and Cash Equivalents	4	8,677,329	6,916,590
Kidsflix - SA Bank	4	17,132	104,111
Trade and Other Receivables	5	62,340	890,421
Prepayments		130,575	43,561
<b>Total Current Assets</b>		<b>8,887,376</b>	<b>7,954,683</b>
<b>Non Current Assets</b>			
Property, Plant and Equipment	6	40,369	46,513
Security Deposit		7,159	2,000
<b>Total Non Current Assets</b>		<b>47,528</b>	<b>48,513</b>
<b>Total Assets</b>		<b>8,934,904</b>	<b>8,003,196</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Trade and Other Payables	7	735,492	680,233
Kidsflix – SA		20,864	41,970
Employee Benefits	8	346,668	415,353
Conference revenue in advance		243,477	243,755
Income Received in Advance		98,472	70,007
<b>Total Current Liabilities</b>		<b>1,444,973</b>	<b>1,451,318</b>
<b>Non Current Liabilities</b>			
Employee Benefits	8	240,543	233,548
<b>Total Non Current Liabilities</b>		<b>240,543</b>	<b>233,548</b>
<b>Total Liabilities</b>		<b>1,685,516</b>	<b>1,684,866</b>
<b>Net Assets</b>			
<b>Equity</b>		<b>7,249,388</b>	<b>6,318,330</b>
Retained Surplus		7,249,388	6,318,330
<b>Total Equity</b>		<b>7,249,388</b>	<b>6,318,330</b>

# 2015 Conference Sponsors

## Platinum Sponsors



## Gold Sponsors



## Silver Sponsors



## Bronze Sponsors



## Supported by



Australian Government  
Department of Health





# 26th National Conference on Incontinence



International Convention Centre  
Darling Harbour, Sydney

**November 15-18, 2017**  
[continence.org.au](http://continence.org.au)



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