

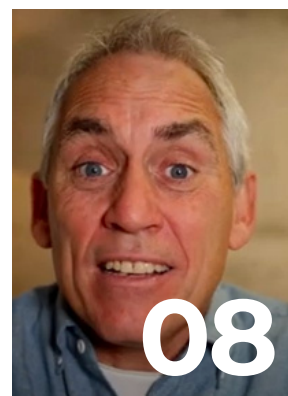


ANNUAL REPORT 2025

continence

NZ

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LEGAL NAME OF ENTITY

New Zealand Continence Association
Incorporated Trading as Continence NZ

ENTITY TYPE AND LEGAL BASIS

Incorporated Society

REGISTRATION NUMBER

CC35684

POSTAL ADDRESS

PO Box 254
Waiuku 2341

CONTACT

0800 650 659
facebook.com/continencenewzealand
info@continence.org.nz
www.continence.org.nz



Our Purpose: Empowering people affected by incontinence to thrive.



WHAT WE DO

Continence NZ provides education, information, advocacy and support for people living with incontinence, caregivers, health professionals and the general public.

OUR STRUCTURE

We are a not-for-profit, registered as an incorporated society. We are governed by an Executive Committee with four Board meetings per annum.

We have a President, Secretary and Treasurer as office holders, and up to six other Executive Committee members. We produce annual audited accounts.

MAIN SOURCES OF CASH AND RESOURCES

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

MAIN METHODS USED TO RAISE FUNDS

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

RELIANCE ON VOLUNTEERS AND DONATED GOODS OR SERVICES

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



FROM OUR PRESIDENT

DR ANNA LAWRENCE

As Executive President of the organisation I am delighted that Continence NZ has continued its important mahi despite ongoing challenges across the health and community sectors. From our World Continence Week campaign to enhanced digital access and targeted education, our team and Executive Committee have remained committed to supporting individuals affected by incontinence throughout Aotearoa.

Our 2024 World Continence Week campaign in June 2024, once again supported by the engaging Jason Gunn, delivered an impactful message around continence health.

The campaign video was viewed more than 71,000 times in just two weeks and was supported by a wide range of educational resources, including a comprehensive pelvic health video guide. We continue to be encouraged by the campaign's reach and the conversations it generates.

We are particularly proud of the education delivered during this period. Although we opted not to host face-to-face education due to human resource constraints, our team still reached 1,355 individuals, supporting more than 48,000 people.

A major milestone was the successful upgrade of our website, significantly improving accessibility and content delivery. Over 207,000 sessions were recorded on the site through the year - evidence of the ongoing need for easily accessible and trusted information.

We also maintained our national health promotion efforts, distributing more than 7,900 pamphlets and toilet cards, and responding to over 680 individual helpline and email enquiries.

Our Executive Committee continues to invest in strong governance practices, including an energising strategic session in September 2024 that led to the development of our revised purpose: empowering people with incontinence to thrive. This refreshed statement reflects both our aspirations and our commitment to enhancing equity, dignity, and quality of life for those we support.

Moving forward will also be a time of change within our team. In September 2025 we farewell Zoe Gillett, our Programme Manager, after 18 years of outstanding service. Zoe's knowledge and compassion have been invaluable to Continence NZ and the wider community, and we extend our heartfelt thanks for her dedication.

As kaitiaki of this organisation, we remain deeply aware of the increasing pressure on the New Zealand health system. Structural reforms and workforce shortages are severely impacting service delivery, while access remains inequitable across regions.

The so-called "postcode lottery" continues to disadvantage many, and demand for charitable sector funding remains at an all-time high. For people living with incontinence and their whānau, this translates to delayed care, limited resources, and increased stress. These realities heighten the importance of our purpose. Our networks, members, and sector partners are critical to ensuring the voices of those affected by incontinence are heard and their needs addressed.

Thanks to prudent management, we recorded a surplus of \$49,826 this year - an improvement from the previous two years - and we are focused on building our financial resilience further in the year ahead.

I want to thank our members, funders, Executive Committee, and staff for your ongoing support, passion, and commitment. Together, we remain a strong, responsive organisation with resilience and capacity to meet the challenges ahead.

Ngā manaakitanga,

Dr Anna Lawrence
Executive President
Continence NZ

FROM OUR ACTING CEO

LOUISE JUDD

When we reflect on the financial year ending 31 March 2025, Continence NZ has continued to navigate the challenges of the current economic climate, making significant progress towards our purpose.

Education remains an important priority for the organisation. This year, we delivered educational opportunities to 1,355 individuals, who collectively support a caseload of 48,075 people around Aotearoa. We are delighted with this outcome given the ongoing pressures within the health and community sectors. We had opted not to host a face-to-face education day within this financial year, due to the many other projects we needed to deliver and a reduced team. There have been face-to-face opportunities provided in our current financial year, and we plan to hold an event in late 2026.

World Continence Week is a highlight in our calendar, effectively raising awareness, reducing the ongoing stigma, and encouraging conversations about continence health. The ongoing support of beloved entertainer Jason Gunn, who has supported our campaign for four years running, is greatly appreciated. With over 71,000 views, our campaign video featuring Jason's inspiring story of his own health journey has no doubt encouraged "wee chats" up and down the country.

In September 2024, our dedicated Executive Committee shared an inspiring half-day governance session facilitated by Liz Riversdale from Catapult Leadership. This important mahi led to our inspiring new purpose statement of empowering people with incontinence to thrive. We are very grateful to Liz for her time and expertise and are fortunate to have such a committed governance team.

We have continued our health promotion efforts, distributing over 7,900 pamphlets and toilet cards throughout New Zealand. Our website remains a vital source of information, with over 207,000 sessions from people seeking support and advice. In addition to our other outcomes, our helpline supported 376 callers, and we responded to 306 website and email support requests.

A major achievement this financial year was the upgrade of our website, significantly enhancing accessibility and user experience, along with providing more digital resources for both the public and health professionals. This was a comprehensive project, and one that will continue to make an impact.

Safeguarding the financial sustainability of the organisation remains a core priority, and we have made various changes to ensure that we are operating as efficiently as possible. We are pleased with the progress made towards enhancing our financial position and will continue this focus in the years ahead.

This year, we say farewell to our wonderful Programme Manager, Zoe Gillett, who has resigned after 18 years of dedicated service to Continence NZ, with her last day being 3 September 2025. Zoe's commitment and passion have touched many within our community, and her contribution leaves a lasting legacy. On behalf of the team, the Executive Committee, our members, and the people we support, I extend our heartfelt thanks and wish Zoe all the very best for her future.

Looking ahead, the next 12 months will bring continued demand and changes in the health and community sectors. However, with the ongoing support of our dedicated staff, Executive Committee, funders, and members, Continence NZ is well-positioned to continue to work towards our purpose.

Thank you for your ongoing commitment to our mahi, and for continuing to support us as we work to improve continence health and the quality of life of people affected by incontinence.

Ngā mihi nui,
Louise Judd
Acting CEO



FROM OUR TREASURER

JOHN SHORT

Our result for the financial year ending 31 March 2025 was a surplus of \$49,826 compared to a surplus of \$21,121 in the previous year. This improvement reflects a decrease in expenditure despite a drop in revenue.

Total revenue for the 2024-2025 financial year was \$365,047, a decrease compared with the 2023-2024 revenue of \$493,489. This revenue decline was expected as the previous year included a two-day conference event which was not replicated in this period. The organisation also had reduced salary costs to fund, following the transition of our Funding and Planning Manager into the Acting CEO role in January 2024, with the funding role not replaced.

Continence NZ continues to explore diversified revenue streams to enhance financial stability.

Given the challenging economic climate, our current focus remains on obtaining grant and trust revenue and ensuring a strong emphasis on cost management, alongside timely delivery of projects.

Total expenditure for the 2024-2025 financial year was \$315,222, a reduction from \$472,369 the previous year. This significant decrease reflects our continued efforts to operate conservatively in a competitive funding environment and to maintain reduced costs.

Ensuring the financial sustainability of Continence NZ remains a key strategic focus. While the sector continues to experience intense competition for funding, our priority is to further increase our net assets by the end of the financial year ending 31 March 2026. This work is underway and progressing well.

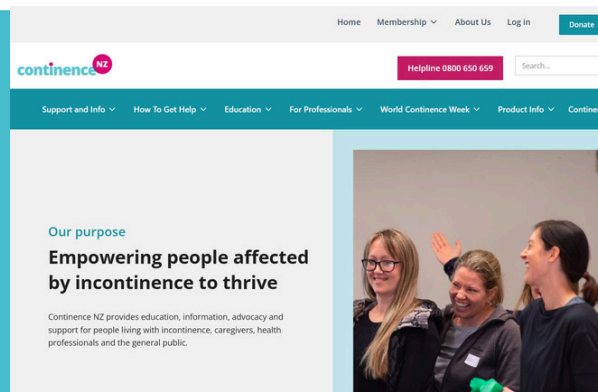
Charity Integrity Audit were unable to complete the audit of our accounts for the year ended 31 March 2025, due to partial retirement of a director. They recommended Murray Audit, who provided an incredibly effective and efficient service, and it is proposed that we retain their services for the audit of accounts for the financial year ending 31 March 2026.

OUR 2025 HIGHLIGHTS

01

WEBSITE UPDATE

We launched a new website to improve access to the crucial information we provide.



02

WORLD CONTINENCE WEEK

We urged the community to 'Take the Pelvic Floor Challenge!' this World Continence Week.



03

NEW PELVIC HEALTH GUIDE

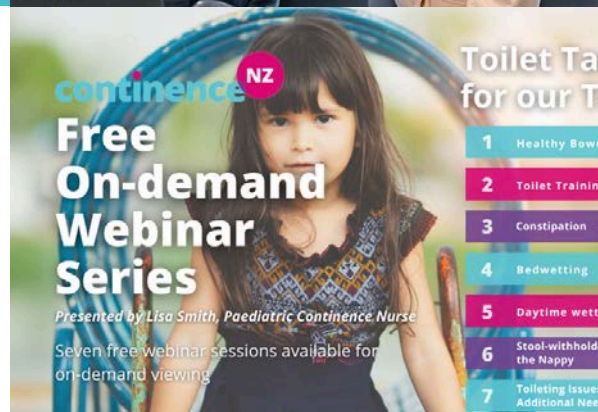
Our easy-to-follow guide empowers people to better understand and care for their pelvic health.

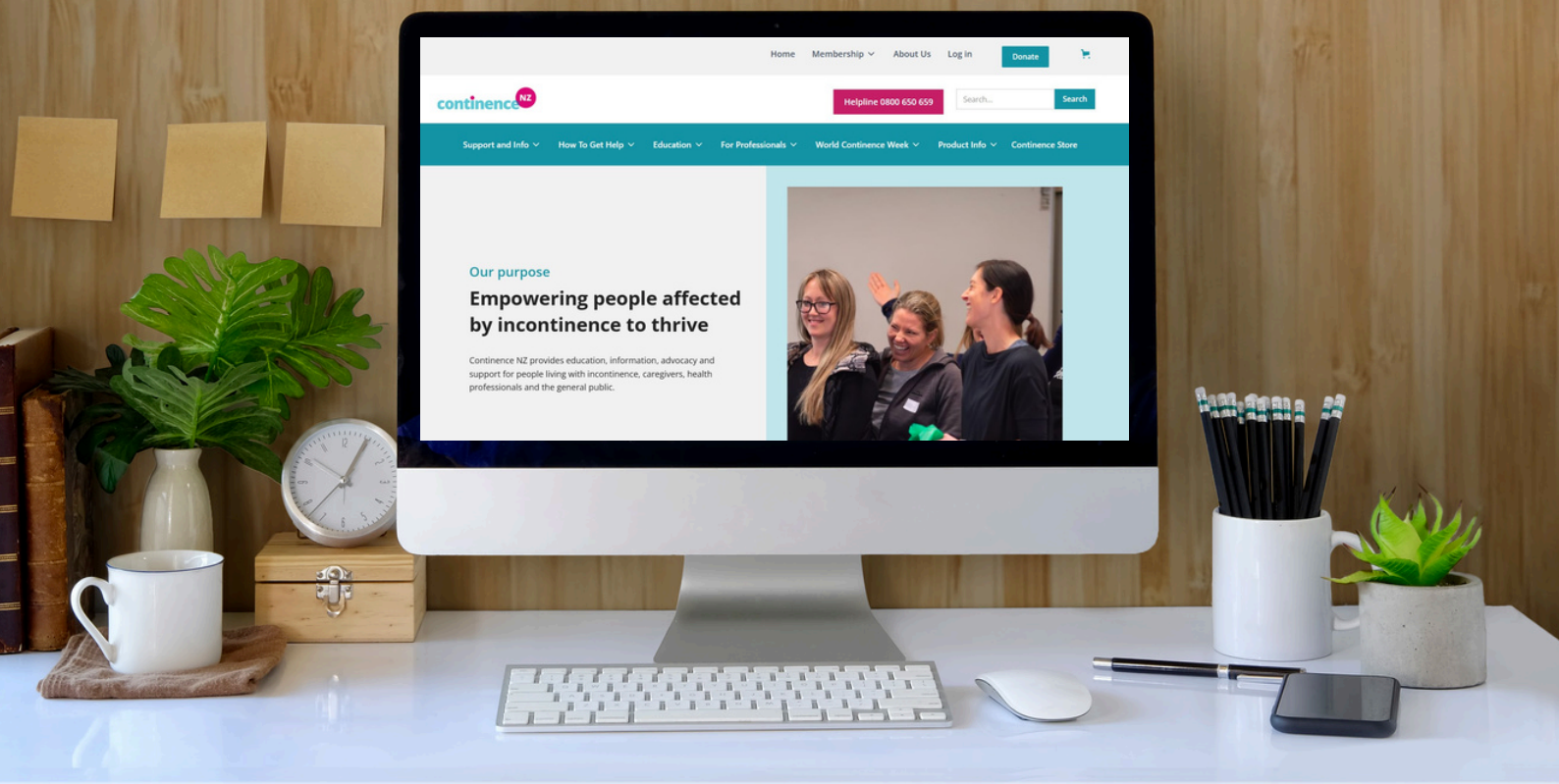


04

ON-DEMAND WEBINAR SERIES

Our Toilet Tactics webinars cover everything carers, teachers and families need to know to help support young people in their care with continence.





A DIGITAL STEP FORWARD

This year, we were proud to launch our brand-new website — a major step forward in how we connect with and support people across Aotearoa. Our refreshed site is easier to navigate, more accessible, and better reflects who we are and the work we do.

The new design puts people first, with clearer pathways to information, support services, and resources for both the public and health professionals. Whether it's finding help for bladder or bowel issues, accessing financial support, locating a toilet, or registering for one of our webinars, it's all now much easier to find and use.

We've listened closely to our community, and this website has been shaped by what people told us they needed. It meets modern accessibility standards, works beautifully on mobile, and is designed to support everyone, including Māori, Pacific, and disabled communities, to access the help they deserve.

We're excited about the difference this improved platform will make and grateful to everyone who supported its development. It's an important step in our work to ensure continence education and support is accessible to all.

WORLD CONTINENCE WEEK 2024

TAKE THE PELVIC FLOOR CHALLENGE!



Our 2024 World Continence Week ran from 17-23 June and we invited everyone to focus on pelvic health by committing to daily pelvic floor exercises – encouraging participation with fun, practical tips and a down-to-earth approach. Beloved Kiwi personality Jason Gunn featured in a motivational video, urging people to move beyond talk and start doing their pelvic floor exercises, reinforcing "Let's not talk about it, let's start *doing* it!"

"I found this campaign extremely valuable, making it a fun and easy way to implement new habits which I feel will make a difference."

"Happy to say pelvic floor exercises are a part of my life now."

- Challenge participants

71k

VIDEO VIEWS

534

CHALLENGE
PARTICIPANTS

3.1k

WEBSITE
VISITORS





HELPING PEOPLE TAKE CHARGE OF THEIR PELVIC HEALTH

As part of our commitment to making continence and pelvic health support more accessible, we were thrilled to launch our Pelvic Health Guide during World Continence Week 2024.

Based on expert video content from experienced pelvic health physiotherapists Liz Childs and Leanne Wait, this beautifully designed, easy-to-follow guide empowers people across Aotearoa to better understand and care for their pelvic health — no matter their age, gender, or stage of life.

“I am getting so much new knowledge from the pelvic health download.”

The guide covers the essentials of pelvic floor health, including what the pelvic floor is, what can go wrong, how to look after it, and when to seek help. It offers simple, practical advice alongside tips, myth-busting insights, and links to more specialised resources.

With **3,351 views** of our pelvic health videos on YouTube in this guide's first year, we've already seen it make it easier for people to learn, talk about, and improve their pelvic health.

continence

NZ

Free On-demand Webinar Series

Presented by Lisa Smith, Paediatric Continence Nurse

Seven free webinar sessions available for on-demand viewing

Toilet Tactics for our Tamariki

- 1 Healthy Bowels and Bladder
- 2 Toilet Training
- 3 Constipation
- 4 Bedwetting
- 5 Daytime wetting
- 6 Stool-withholding and Tips for Ditching the Nappy
- 7 Toileting Issues for Children with Additional Needs

EMPOWERING WHĀNAU AND PROFESSIONALS: TOILET TACTICS WEBINAR SERIES

This year, we were proud to launch free on-demand webinar series supporting better continence care for tamariki, which is relevant for those with and without additional needs.

Developed and presented by Paediatric Continence Nurse Lisa Smith, the Toilet Tactics webinars we released for on-demand viewing offer practical, evidence-based guidance in a warm, accessible format.

“Lisa’s knowledge and skills are amazing. She genuinely cares about people.”

Our original series, Toilet Tactics for our Tamariki, covered key topics including toilet training, bedwetting, constipation, and daytime wetting. It reached 632 participants, who collectively support more than 11,950 tamariki.

“These are great webinars. I’m recommending them to colleagues and parents.”

Building on that success, we launched Toilet Tactics for Tamariki with Additional Needs, tailored for those working with children who face extra challenges with their continence. This series reached 225 participants, supporting an estimated 13,305 tamariki, many with learning support needs or complex health conditions.

The response has been overwhelmingly positive, with viewers praising both the content and delivery, and now applying the learnings in their work with whānau and tamariki.

OUR YEAR IN NUMBERS

1,355

EDUCATION
PARTICIPANTS
WITH A CASELOAD
OF 48,075



376 & 306

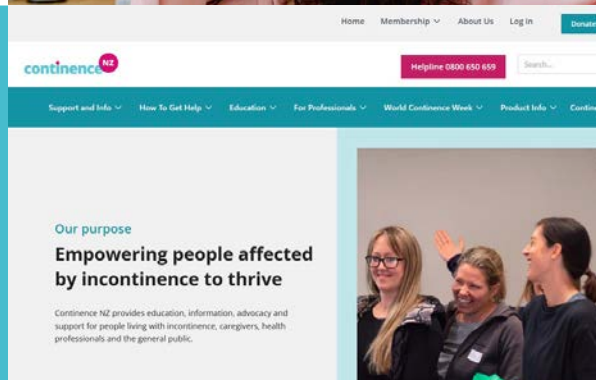
HELPLINE
CALLS

WEBSITE/EMAIL
REQUESTS FOR
SUPPORT



207k

WEBSITE
VISITORS



626 & 7,979

TOILET CARDS
DISTRIBUTED

PAMPHLETS
DISTRIBUTED



PERFORMANCE REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Beany

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Approval of Financial Report

**New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2025**

The Trustees are pleased to present the approved financial report including the historical financial statements of New Zealand Continence Association Incorporated trading as Continence NZ for year ended 31 March 2025.

APPROVED

A handwritten signature in black ink, appearing to be "Dawn", written over a horizontal line.

Chairperson

Date: 17/07/2025

A handwritten signature in black ink, appearing to be "JL", written over a horizontal line.

Treasurer

Date: 17/07/2025



Entity Information

New Zealand Continence Association Incorporated trading as Continence NZ For the year ended 31 March 2025

Legal Name of Entity

New Zealand Continence Association Incorporated trading as Continence NZ

Entity Type and Legal Basis

Incorporated Society

Registration Number

CC35684

Entity's Purpose or Mission

Continence NZ was established to provide a service to people with continence problems, caregivers, health professionals and the public by providing information and education about continence. From small beginnings, our annual public awareness campaign has developed into an effective method of promoting awareness of continence problems and encouraging access to professional help. We also run an 0800 helpline, provide both community and professional education, and offer a website packed with information and advice.

Entity Structure

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

Main Sources of Entity's Cash and Resources

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

Main Methods Used by Entity to Raise Funds

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

Entity's Reliance on Volunteers and Donated Goods or Services

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

Physical Address

22 George Street, Riverhead 0820

Postal Address

PO Box 254, Waiuku, Auckland 2341

Statement of Service Performance

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2025

Description of Entity's Outcomes

Continence NZ achieves the following outcomes annually :

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

	2025	2024
Description and Quantification of the Entity's Outputs		
Education Participants	1,355	2,353
0800 Helpline Calls	376	452
Website/email requests for support	306	102
Website views seeking support	207,000	205,804
Pamphlets distributed by DHB/private services	5,125	4,992
Pamphlets distributed within the community	2,854	4,847
Toilet Cards	626	309
Views of the World Continence Week video	71,000	40,777

Additional Output Measures

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



Statement of Financial Performance

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2025

	NOTES	2025	2024
Revenue			
Donations, fundraising and other similar revenue	1	361,321	453,705
Revenue from providing goods or services	1	2,191	37,557
Interest, dividends and other investment revenue	1	1,536	2,227
Total Revenue		365,047	493,489
Expenses			
Volunteer and employee related costs	2	238,758	328,386
Other expenses	2	76,464	143,983
Total Expenses		315,222	472,369
Surplus/(Deficit) for the Year		49,826	21,121



This statement has been prepared with an audit, and should be read in conjunction with the attached Audit Report.



Statement of Financial Position

New Zealand Continenence Association Incorporated trading as Continenence NZ
As at 31 March 2025

	NOTES	31 MAR 2025	31 MAR 2024
Assets			
Current Assets			
Bank accounts and cash	3	148,774	123,168
Debtors and prepayments	3	1,050	81
Total Current Assets		149,824	123,249
Non-Current Assets			
Property, Plant and Equipment	4	14,445	1,001
Total Non-Current Assets		14,445	1,001
Total Assets		164,269	124,250
Liabilities			
Current Liabilities			
Creditors and accrued expenses	5	11,763	10,729
Unused donations and grants with conditions	5	96,214	100,074
Other current liabilities	5	10,087	17,067
Total Current Liabilities		118,064	127,870
Total Liabilities		118,064	127,870
Total Assets less Total Liabilities (Net Assets)		46,205	(3,620)
Accumulated Funds			
Accumulated surpluses or (deficits)	7	46,205	(3,620)
Total Accumulated Funds		46,205	(3,620)



This statement has been prepared with an audit, and should be read in conjunction with the attached Audit Report.

Depreciation Schedule

New Zealand Continenace Association Incorporated trading as Continenace NZ
For the year ended 31 March 2025

NAME	COST	RATE	METHOD	OPENING VALUE	PURCHASES	DISPOSALS	DEPRECIATION	CLOSING ACCUM DEP	CLOSING VALUE
Furniture and Fittings									
Winding Adjust Standing Desk	582	13.00%	SL	51	-	-	51	582	-
Total Furniture and Fittings	582			51	-	-	51	582	-
Office Equipment									
HP Pavilion 16GB Laptop with Office	1,829	50.00%	SL	-	-	-	-	-	-
Laptop	1,622	50.00%	DV	439	-	-	220	1,402	220
Laptop	1,565	40.00%	SL	-	-	-	-	1,565	-
Laptop	1,582	49.00%	DV	510	-	-	250	1,322	260
Laptop	1,565	40.00%	SL	-	-	-	-	1,565	-
Total Office Equipment	8,163			950	-	-	470	5,854	480
Website Development									
Website Development	15,960	50.00%	DV	-	15,960	-	1,995	1,995	13,965
Total Website Development	15,960			-	15,960	-	1,995	1,995	13,965
Total	24,705			1,001	15,960	-	2,516	8,431	14,445



Statement of Cash Flows

New Zealand Continenace Association Incorporated trading as Continenace NZ
For the year ended 31 March 2025

	2025	2024
Cash Flows from Operating Activities		
Receipts from providing goods or services	2,595	6,616
Interest, dividends and other investment receipts	1,536	2,227
Cash receipts from other operating activities	385,433	563,953
GST	(16,520)	(17,017)
Payments to suppliers and employees	(331,477)	(497,259)
Total Cash Flows from Operating Activities	41,566	58,519
Cash Flows from Investing and Financing Activities		
Payments to acquire property, plant and equipment	(15,960)	-
Cash Flows from Other Investing and Financing Activities	-	12
Total Cash Flows from Investing and Financing Activities	(15,960)	12
Net Increase/ (Decrease) in Cash	25,606	58,532
Cash Balances		
Cash and cash equivalents at beginning of period	123,168	64,637
Cash and cash equivalents at end of period	148,774	123,168
Net change in cash for period	25,606	58,532



This statement has been prepared with an audit, and should be read in conjunction with the attached Audit Report.

Statement of Accounting Policies

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2025

Basis of Preparation

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

Goods and Services Tax (GST)

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

Income Tax

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

Bank Accounts and Cash

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

Revenue Recognition

Revenue is accounted for as follows:

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

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

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

Interest income - Interest income is recognised as and when it is earned.

Expenditure

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

Trade Receivables

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

Property, Plant & Equipment

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

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

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

Operating Leases

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

Changes in Accounting Policies

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



Notes to the Performance Report

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2025

	2025	2024
1. Analysis of Revenue		
Donations, fundraising and other similar revenue		
COGS Income	45,500	51,659
Corporate Revenue	5,640	-
Donations	250	-
Lotteries Grant	75,597	65,000
Membership	2,174	3,928
MOH income	76,214	75,004
Trust and Grant Income	155,946	258,114
Total Donations, fundraising and other similar revenue	361,321	453,705
Revenue from providing goods or services		
Adult Education	-	43
Conference 2023 Revenue	-	31,746
Sales	2,191	5,767
Total Revenue from providing goods or services	2,191	37,557
Interest, dividends and other investment revenue		
Interest Income	1,536	2,227
Total Interest, dividends and other investment revenue	1,536	2,227
	2025	2024

2. Analysis of Expenses

Volunteer and employee related costs		
ACC	515	798
Salaries	230,080	310,046
Staff Training and Expenses	8,162	17,542
Total Volunteer and employee related costs	238,758	328,386
Other expenses		
Advertising and Promotion	767	2,892
Awareness Week	8,384	14,814
Bank Fees	120	163
Conference	2,058	34,687
Consulting and Accounting	13,651	33,673
Depreciation	2,516	1,527
Executive Meetings	3,412	1,892
Freight and Courier	1,046	1,675
Insurance	2,830	2,691
Interest Expense	-	37
Lotteries Grant Expenses	-	3,535
Meeting Expenses	360	4
Mileage	121	536

Office Expenses	-	44
Pelvic Floor Focus Workshop Expenses	-	1,308
Printing and Stationery	4,415	974
Project Costs	8,443	1,647
Research	-	10,610
Rent	4,431	3,213
Resources	-	11
Subscriptions	17,496	21,758
Telephone and Internet	3,546	4,269
Website Expenses	2,868	2,022
Total Other expenses	76,464	143,983

2025 2024

3. Analysis of Assets

Bank accounts and cash

BNZ - 00	141,378	115,636
BNZ - 025	6,895	6,773
BNZ - 066 - Savings	2,456	2,255
BNZ CC - 5394 - Zoe Gillett	(568)	(1,435)
BNZ CC - 8013 - Louise Judd	(1,388)	(61)
Total Bank accounts and cash	148,774	123,168

Debtors and prepayments

Accounts Receivable	1,050	81
Total Debtors and prepayments	1,050	81

2025 2024

4. Property, Plant and Equipment

Website Development

Website Development	15,960	-
Accumulated Depreciation	(1,995)	-
Total Website Development	13,965	-

Furniture and Fittings

Furniture and fittings	582	582
Accumulated Depreciation	(582)	(531)
Total Furniture and Fittings	-	51

Office Equipment

Office equipment	6,334	8,163
Accumulated Depreciation	(5,854)	(7,213)
Total Office Equipment	480	950

Total Property, Plant and Equipment

14,445 1,001

	2025	2024
5. Analysis of Liabilities		
Creditors and accrued expenses		
Accounts Payable	-	893
GST	11,763	9,836
Total Creditors and accrued expenses	11,763	10,729
Unused donations and grants with conditions		
Grants Received in Advance	96,214	100,074
Total Unused donations and grants with conditions	96,214	100,074
Other current liabilities		
Annual Leave Accrual	10,087	17,067
Total Other current liabilities	10,087	17,067

6. Unused Grants with Conditions

Description	Amount
Dragon Community Trust	\$4,047.02
Eastern Central Community Trust	\$6,000
Lindsay Foundation	\$1,521.12
Lottery National Community	\$54,403.19
The Lion Foundation	\$4,846.43
The IHC Foundation	\$25,396.35

	2025	2024
7. Accumulated Funds		
Accumulated Funds		
Opening Balance	(3,620)	(24,741)
Accumulated surpluses or (deficits)	49,826	21,121
Total Accumulated Funds	46,205	(3,620)
Total Accumulated Funds	46,205	(3,620)

8. Commitments

There are no commitments as at 31 March 2025 (Last year - nil).

9. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 31 March 2025 (Last year - nil).

10. Related Parties

During the financial year under review, there was a payment made to Pelvic Health Physiotherapy for \$200 who is a related party via executive member Liz Childs.

11. Events After the Balance Date

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

12. Ability to Continue Operating

The entity will continue to operate for the foreseeable future.

THANK YOU TO OUR FUNDERS

