



ANNUAL REPORT 2026

continence  NZ

TABLE OF CONTENTS



ABOUT US

Our purpose, our structure, and how we raise the funds we need for our vital work.

03

REPORTS

Hear from our President, Treasurer, and Acting CEO who reflect on the 2025-26 year.

05

YEAR IN REVIEW

Marking a productive year of launching a new podcast, World Continence Week campaign, and new resources.

10

PERFORMANCE REPORT

See the numbers that show the difference we are making across Aotearoa.

16



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 300129
Albany, Auckland 0752

CONTACT

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



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 Continence NZ, I am pleased to reflect on another productive year for the organisation. Despite continued pressures across the health and community sectors, Continence NZ has remained focused on its purpose of empowering people with incontinence to thrive.

This year has seen the organisation continue to strengthen its education, awareness and advocacy work. Our face-to-face and digital education, public campaigns and newer platforms such as *The Pelvic Pod* have helped extend our reach and provide trusted information in different ways. World Continence Week 2025 again encouraged open conversations about bladder and bowel health and challenged the stigma that still surrounds incontinence.

Advocacy has also remained an important part of our work. Through our involvement with the New Zealand Carers Alliance, Continence NZ has contributed to advocacy surrounding *Mahi Aroha – New Zealand's Carers' Strategy*, helping ensure the needs of people living with incontinence, and the whānau and carers who support them, remain visible within wider discussions about carer support in Aotearoa.

From a governance perspective, an important milestone was the review and update of our Constitution in line with the Incorporated Societies Act 2022. The wider governance and compliance environment for charities is also continuing to evolve, requiring increasing attention to governance, reporting, privacy and organisational accountability. This is particularly significant for small organisations, and we remain committed to ensuring our governance practices and policies are fit for purpose and compliant with our obligations.

While there is much to be proud of, there are also important challenges ahead. Incontinence is common, but it should never be minimised as simply an inevitable consequence of ageing, childbirth, disability or other life stages. The language we use matters, as minimisation can discourage people from seeking help and understate the very real impact incontinence can have on dignity, confidence, participation and quality of life.

I am also concerned about the future of continence knowledge and training across health professions. Bladder and bowel health spans medicine, nursing, physiotherapy, primary care, disability support and aged care, yet increasingly pressured training and clinical environments risk reducing the attention given to continence. Maintaining strong education and expertise across the workforce will be essential to early intervention, appropriate management and equitable access to care.

Access to treatment also remains an important area to watch. The pause on the use of surgical mesh for stress urinary incontinence remains in place, with no confirmed timeframe for lifting it.

Any reconsideration depends on four agreed safety conditions operating effectively, including clinician credentialling, structured informed consent, multidisciplinary review and a national pelvic floor procedure registry. Given the complexity and history of this issue, any future direction must continue to prioritise evidence, patient safety and informed choice.

More broadly, workforce shortages, regional variation in access and pressure across both the health and charitable sectors reinforce the importance of a strong national voice for continence health.

At this AGM, we also farewell Jacinta Townsend from her role as an Executive Committee member. Jacinta joined the Committee in November 2022, and I would like to sincerely thank her for her passion, energy and commitment to Continence NZ over nearly four years. She has been a wonderful and highly valued member of our Executive Committee, and her contribution to the organisation has been greatly appreciated.

I am very proud of what Continence NZ has achieved this year and grateful to our dedicated Executive Committee, staff and contractors, members, funders, health professionals, community partners and people with lived experience who continue to support our mahi.

Thank you for your continued support of Continence NZ and our commitment to improving continence health throughout Aotearoa.

Ngā manaakitanga,
Dr Anna Lawrence
Executive President

FROM OUR ACTING CEO

LOUISE JUDD

When we reflect on the financial year ending 31 March 2026, Continence NZ can be proud of another year of significant mahi towards our purpose of empowering people with incontinence to thrive. Despite an increasingly challenging funding and operating environment, we continued to deliver education, health promotion, resources and essential support services throughout Aotearoa.

Education remained an important priority. During the year, 623 people participated in our online and face-to-face education opportunities, with a further 1,433 views of our video and podcast education content. With support from the IHC Foundation, we delivered our Continence NZ on Tour education programme in Auckland, Christchurch and Wellington, presented by experienced Continence Nurse Lisa Smith. The education focused on supporting disabled people with their bladder and bowel health. Content from the Auckland event was also developed into a five-part disability support video series, extending the reach of this education nationwide.

World Continence Week 2025 was another highlight. Our theme, *Everyone Should Be Talking About Continence*, encouraged New Zealanders to challenge the stigma surrounding bladder and bowel health and start conversations. We were once again grateful for the support of Jason Gunn, who openly shared his own experience with bowel issues. The campaign video achieved 54,291 views, helping us reach a significant national audience.

We continued to strengthen our range of practical resources. New Care Pathways were developed for women, men, children, older people and disabled people, alongside the *You Are Not Alone* digital guide. We also updated our Pregnancy Guide and progressed development of a comprehensive bladder and bowel health guide for older people, incorporating both community input and multidisciplinary clinical expertise.

Another significant development was *The Pelvic Pod*, our new podcast series designed to make conversations about bladder, bowel and pelvic health more accessible. Six episodes were produced during the financial year, featuring a combination of clinical expertise and lived experience.

Our direct support and health promotion services continued to reach large numbers of New Zealanders. Our 0800 Helpline supported 369 callers, while a further 239 requests for support were received through our website and email. Our website recorded 256,553 views from people seeking information and support.

We distributed 2,788 resources through DHB and private health services and a further 2,071 within the community. Resources were downloaded 8,454 times from our website, and 148 Toilet Cards were distributed to provide practical support for people needing urgent access to toilet facilities.

Strengthening our governance and organisational foundations was also an important focus. Our Constitution was comprehensively reviewed and updated in line with the Incorporated Societies Act 2022, including the required dispute resolution provisions and changes to support greater stability within our Executive Committee.

Advocacy remained an important part of our work. Through the New Zealand Carers Alliance, Continence NZ contributed to advocacy surrounding *Mahi Aroha – New Zealand's Carers' Strategy*, helping ensure the needs of people living with incontinence, and the whānau and carers who support them, are represented in wider discussions about the future of carer support in Aotearoa.

As a small national charity, achieving this breadth of work is only possible through the support of others. We are extremely grateful to our funders, sponsors, members, health professionals, community partners, people with lived experience, dedicated Executive Committee and small team for their ongoing contribution to our mahi.

Safeguarding the financial sustainability of Continence NZ remains a core priority. The funding environment continues to be challenging, and we will carefully prioritise our activities to ensure the organisation remains sustainable while protecting our essential services.

Looking ahead, we will continue to build on this work and respond carefully to the changing needs of the health and community sectors. With the ongoing support of our staff, Executive Committee, funders, members and wider continence community, Continence NZ remains well positioned to continue working towards our purpose.

Thank you for your ongoing commitment to our mahi and for helping us improve continence health, reduce stigma and empower people with incontinence to thrive.

Ngā mihi nui,
Louise Judd
Acting CEO



FROM OUR TREASURER

DR JOHN SHORT

I am pleased to present the Treasurer's Report for Continence NZ for the financial year ended 31 March 2026.

Continence NZ recorded a surplus of \$28,732 for the year, compared with a surplus of approximately \$49,614 in the previous financial year. Total revenue was \$405,968, while total expenses were \$377,236.

The result was slightly below our budgeted surplus of \$33,344. While revenue exceeded budget during the year, this was offset by slightly higher than budgeted expenditure, particularly employee-related costs. Due to operational workload and periods of team illness, a core management role was unable to take the level of annual leave that had been anticipated during

the year, contributing to higher employee costs and the year-end leave liability.

Despite the result being slightly below budget, the organisation achieved another healthy surplus and continued to strengthen its financial position.

At 31 March 2026, accumulated funds were \$74,726, increasing from \$45,994 at the end of the previous financial year. Building an appropriate level of reserves has been an ongoing priority for Continence NZ, and it is encouraging to see continued progress in this area.

The organisation also ended the year with \$154,070 in cash and short-term deposits. A portion of these funds relates to grants received for projects with documented expectations, however the overall financial position of Continence NZ has continued to improve.

The funding environment for charities remains challenging, particularly for a small national organisation delivering a broad range of services. Continued careful financial management, diversification of income, securing grant and trust funding, and maintaining appropriate reserves will therefore remain important priorities for the organisation.

I would like to acknowledge the Executive Committee and staff for their continued careful management of Continence NZ's resources throughout the year.

Dr John Short
Treasurer

OUR 2026 HIGHLIGHTS

01

THE PELVIC POD

We launched a new podcast to share trusted continence information in an accessible and engaging way.



02

WORLD CONTINENCE WEEK

World Continence Week 2025 was all about starting conversations, because “Everyone Should Be Talking About Continence”!



03

DISABILITY CONTINENCE EDUCATION

In-person and online education strengthened continence support for disabled people.



04

NEW AND UPDATED RESOURCES

Our new and updated resources provided practical information for people to navigate continence care and support.





A NEW PLATFORM FOR CONNECTION

This year, we expanded how we connect with people across Aotearoa by launching a new digital platform to make continence information more accessible and engaging.

The Pelvic Pod is a podcast that creates space for open, honest conversations about bladder and bowel health. It features expert insights, real-life experiences, and practical advice. *The Pelvic Pod* delivers trusted information in an accessible, on-demand format.

Since launch, six episodes have been released, reaching audiences across YouTube, Spotify, Apple Podcasts, and Amazon Music.

Strong engagement with short-form clips highlights the value of relatable, bite-sized content in encouraging deeper conversations about continence health.

Together, these efforts support our goal of reducing stigma, normalising conversations, and improving access to trusted information.



WORLD CONTINENCE WEEK 2025

EVERYONE SHOULD BE TALKING ABOUT CONTINENCE



Our World Continence Week 2025 campaign ran from 16–22 June, and we encouraged everyone to break the silence and start conversations about bladder and bowel health – because *Everyone Should Be Talking About Continence!* Through a range of personal stories (including from beloved Kiwi personality Jason Gunn!), resources, and supportive messaging, we aimed to reduce stigma and make it easier for people to open up and seek help.

“I know a lot of us don’t feel comfortable talking about that sort of stuff – but there lies the problem: A lot of us need to get more comfortable talking about that sort of stuff. It’s okay to talk about it. And there’s people to talk about it with...It’s okay to share your story with other people.”

– Jason Gunn

54k

VIDEO VIEWS

305

RESOURCE
DOWNLOADS

51k

CASELOAD
SUPPORTED





SUPPORTING BETTER CONTINENCE CARE FOR DISABLED PEOPLE

As part of our commitment to making continence support accessible to everyone, we delivered a nationwide education tour focused on supporting disabled people.

With the generous support of major funder the IHC Foundation and other valued sponsors, expert Continence Nurse Lisa Smith led free, full-day sessions across Aotearoa. Participants – including health professionals, whānau, teachers, parents, disabled people, and carers – gained practical, evidence-based knowledge to better support those in their care. Across the tour, we

“Great training. Loved all of the examples, stories, and links to resources. Great speaker with lots of amazing knowledge to share.”

had **330 registered participants**, with a combined caseload of **37,027 people supported**.

To extend the reach of this important kaupapa, we made the full presentation available online as a free video series, allowing people to learn at a time and place that suits them. Since its release, the series received **569 views** on YouTube, expanding the impact well beyond the event locations.

Through both in-person education and accessible online content, we are strengthening continence knowledge, reducing stigma, and improving quality of life for disabled people and those who support them.



STRENGTHENING SUPPORT THROUGH UPDATED AND NEW RESOURCES

This year, we continued our commitment to providing practical, evidence-based resources to support individuals, whānau, and professionals across Aotearoa.

We updated our *Pregnancy Guide*, ensuring expectant parents have access to clear, up-to-date information to support their health during and after pregnancy. Over the year, the guide reached 2,404 people through a combination of digital downloads and printed copies distributed.

In addition, we developed our *Care Pathways* for women, men, children, older people, and disabled people. These were designed to support individuals and whānau to better understand continence issues, what to expect, and how to seek

help. The pathways provide clear, easy-to-follow guidance on symptoms, management, and when to access support, empowering people to take informed steps in their care. They were downloaded 790 times, reflecting strong engagement from across the community.

We also introduced the *You Are Not Alone* Guide, a supportive resource aimed at reducing stigma and encouraging people to seek help for continence concerns, while empowering them with knowledge and reinforcing that support is available.

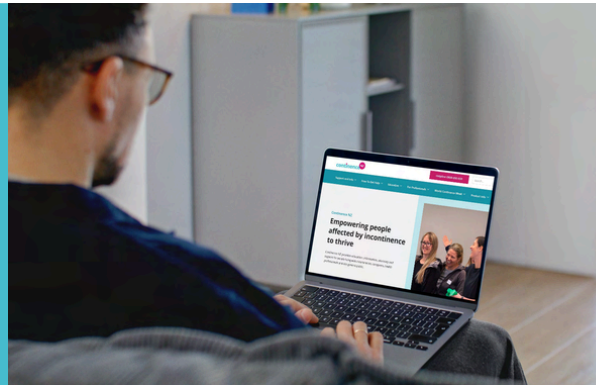
Finally, we developed our *Bladder and Bowel Health Guide for Older Adults*, recognising the unique needs of our ageing population. This resource offers practical advice to support independence, dignity, and wellbeing in later life.

Together, these resources represent an important step forward in improving access to trusted information and strengthening continence care for all.

OUR YEAR IN NUMBERS

256K

WEBSITE VIEWS
WITH 8,454
RESOURCES
DOWNLOADED



369 & 239

HELPLINE
CALLS

WEBSITE/EMAIL
REQUESTS FOR
SUPPORT



623

EDUCATION
PARTICIPANTS
WITH A CASELOAD
OF 61,650



148 & 4,859

TOILET CARDS
DISTRIBUTED

RESOURCES
DISTRIBUTED



PERFORMANCE REPORT

FOR THE YEAR ENDED 31 MARCH 2026

The logo for 'Beany' is displayed in a bold, red, sans-serif font. It is positioned to the right of a decorative graphic consisting of several overlapping, semi-transparent circles in various colors (pink, blue, yellow, green) of different sizes, creating a bokeh-like effect.

Contents

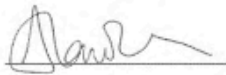
3	Approval of Performance Report
4	Entity Information
5	Statement of Service Performance
6	Statement of Financial Performance
7	Statement of Financial Position
8	Depreciation and Amortisation Schedule
9	Statement of Cash Flows
10	Statement of Accounting Policies
12	Notes to the Performance Report
16	Independent Auditor's Report

Approval of Performance Report

New Zealand Continenence Association Incorporated trading as Continenence NZ For the year ended 31 March 2026

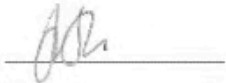
The Executive Committee is pleased to present the approved performance report of New Zealand Continenence Association Incorporated trading as Continenence NZ for the year ended 31 March 2026.

APPROVED



Chairperson

Date 5/09/2026



Treasurer

Date 5/09/2026

Entity Information

New Zealand Continence Association Incorporated trading as Continence NZ For the year ended 31 March 2026

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

Our purpose is to empower people affected by incontinence to thrive. 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 300129, Albany, Auckland 0752

Statement of Service Performance

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2026

Description of Entity's Outcomes

Continence NZ achieves the following outcomes annually :

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

	2026	2025
Description and Quantification of the Entity's Outputs		
Education Participants (online and face-to-face)	623	1,355
Video and Podcast Education views	1,433	-
0800 Helpline Calls	369	376
Website/email requests for support	239	306
Website views seeking support	256,553	207,000
Resources distributed by DHB/private services	2,788	5,125
Resources distributed within the community	2,071	2,854
Resources downloaded from website	8,454	-
Toilet Cards	148	626
Views of the World Continence Week video	54,291	71,000

Additional Output Measures

Other significant outputs : Podcast series The Pelvic Pod (6 episodes). Development of the comprehensive bladder and bowel guide for older people.

* Video/podcast views and resource downloads are measures introduced in 2026. Comparative information is unavailable because these measures were not collected in 2025.



Statement of Financial Performance

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2026

	NOTES	2026	2025
Revenue			
Donations and government service delivery grants/contracts	1	80,657	76,464
General Grants	1	320,495	277,043
Membership Fees and subscriptions	1	1,245	2,174
Revenue from commercial activities	1	1,625	7,831
Interest, dividends and other investment revenue	1	1,946	1,536
Total Revenue		405,968	365,047
Expenses			
Employee remuneration and other related expenses	2	256,987	238,758
Service delivery expenses - activities and projects	2	52,067	27,071
Grants and donations made	2	1,500	-
Service delivery expenses - administration		59,033	46,848
Other expenses	2	7,649	2,757
Total Expenses		377,236	315,433
Surplus/(Deficit) for the Year		28,732	49,614

Statement of Financial Position

New Zealand Continenence Association Incorporated trading as Continenence NZ
As at 31 March 2026

	NOTES	31 MAR 2026	31 MAR 2025
Assets			
Current Assets			
Cash and short-term deposits	3	154,070	150,730
Debtors and prepayments	3	185	1,050
Total Current Assets		154,255	151,780
Non-Current Assets			
Website development assets and property, plant and equipment	4	7,225	14,445
Total Non-Current Assets		7,225	14,445
Total Assets		161,480	166,225
Liabilities			
Current Liabilities			
Credit-card liabilities	5	2,622	1,956
Creditors and accrued expenses	5	4,488	11,975
Deferred revenue - grants with documented expectations	6	60,634	96,214
Employee costs payable	5	19,010	10,087
Total Current Liabilities		86,754	120,231
Total Liabilities		86,754	120,231
Total Assets less Total Liabilities (Net Assets)		74,726	45,994
Accumulated Funds			
Accumulated surpluses or (deficits)		74,726	45,994
Total Accumulated Funds		74,726	45,994

Depreciation and Amortisation Schedule

New Zealand Continenace Association Incorporated trading as Continenace NZ
For the year ended 31 March 2026

NAME	COST	RATE	METHOD	OPENING VALUE	PURCHASES	DISPOSALS	DEPRECIATION	CLOSING ACCUM DEP	CLOSING VALUE
Furniture and Fittings									
Winding Adjust Standing Desk	582	13%	SL	-	-	-	-	582	-
Total Furniture and Fittings	582			-	-	-	-	582	-
Office Equipment									
Laptop	1,622	50%	DV	220	-	-	110	1,512	110
Laptop	1,565	40%	SL	-	-	-	-	1,565	-
Laptop	1,582	49%	DV	260	-	-	128	1,450	133
Laptop	1,565	40%	SL	-	-	-	-	1,565	-
Total Office Equipment	6,334			480	-	-	237	6,092	243
Website Development									
Website Development	15,960	50%	DV	13,965	-	-	6,983	8,978	6,983
Total Website Development	15,960			13,965	-	-	6,983	8,978	6,983
Total	22,876			14,445	-	-	7,220	15,651	7,225

Statement of Cash Flows

New Zealand Continenence Association Incorporated trading as Continenence NZ
For the year ended 31 March 2026

	2026	2025
Cash Flows from Operating Activities		
Cash Received		
Donations, koha, bequests and other general fundraising activities	100	250
Government service delivery grants/contracts	80,557	76,214
General grants	284,915	273,183
Membership fees and subscriptions	1,245	2,174
Gross sales from commercial activities	2,095	2,595
Interest, dividends and other investment receipts	1,946	1,536
Other cash received	24,394	33,612
Total Cash Received	395,252	389,564
Cash Payments		
Employee remuneration and other related payments	(248,064)	(245,738)
Other payments related to service delivery	(111,100)	(73,919)
Grants and donations paid	(1,500)	-
Other payments (including GST)	(31,248)	(27,881)
Total Cash Payments	(391,912)	(347,538)
Total Cash Flows from Operating Activities	3,340	42,026
Cash Flows from Other Activities		
Payments to acquire property, plant and equipment	-	(15,960)
Total Cash Flows from Other Activities	-	(15,960)
Net Increase/(Decrease) in Cash	3,340	26,066
Cash Balances		
Cash at beginning of period	150,730	124,664
Cash at end of period	154,070	150,730
Net change in cash for period	3,340	26,066

2025 cash-flow comparatives have been re-presented to exclude credit-card liabilities from cash. Other comparative figures are unchanged.

Statement of Accounting Policies

New Zealand Continenace Association Incorporated trading as Continenace NZ For the year ended 31 March 2026

Basis of Preparation

The entity is eligible and has elected to apply the Tier 3 (NFP) Standard - Reporting Requirements for Tier 3 Not-for-Profit Entities because it does not have public accountability and has total expenses of \$5 million or less. Transactions are reported on the accrual basis. The performance report has been prepared on a going-concern basis and is presented in New Zealand dollars, 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 Continenace Association Incorporated trading as Continenace NZ is wholly exempt from New Zealand income tax having fully complied with all statutory conditions for these exemptions.

Bank Accounts and Cash

Cash comprises bank balances and short-term deposits with original maturities of three months or less. Credit-card liabilities are excluded from cash.

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 - Insignificant donations and grants are recognised when received. Significant donations, grants and bequests without documented expectations over use are recognised when received. Significant donations, grants and bequests with documented expectations over how or when funding will be used are initially recognised as deferred revenue and recognised as revenue as each expectation is satisfied. Donated goods and services are not recorded unless they are significant donated assets with useful lives of 12 months or more and a readily obtainable value.

Other Income - All other income is accounted for on an accrual basis and accounted 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 and equipment is recorded at cost less accumulated depreciation and impairment. Depreciation allocates each asset's depreciable amount over its expected useful life. Office equipment is depreciated at 40%-50%; furniture and fittings over their expected useful lives. Repairs and maintenance are expensed as incurred.

Website Development Assets

Qualifying website development costs are recognised under Appendix D by applying PBE IPSAS 31, at cost less accumulated amortisation and impairment. They are amortised at 50% diminishing value; research and maintenance costs are expensed.

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

The current Tier 3 (NFP) Standard has been applied in preparing this report, replacing PBE SFR-A (NFP). Revenue, expense, grant and cash-flow policies and labels have been updated. Comparative figures have not been amended. The 2026 cash movement and closing cash exclude credit-card liabilities; this does not affect surplus or net assets.

Notes to the Performance Report

New Zealand Continence Association Incorporated trading as Continence NZ
For the year ended 31 March 2026

	2026	2025
1. Analysis of Revenue		
Donations and government service delivery grants/contracts		
Donations	100	250
MOH Income	77,739	76,214
MSD	2,818	-
Total donations and government service delivery grants/contracts	80,657	76,464
General Grants		
COGS Income	57,000	45,500
Lotteries Grant	54,403	75,597
Trust and Grant Income	209,092	155,946
Total General Grants	320,495	277,043
Membership Fees and Subscriptions		
Membership	1,245	2,174
Total Membership Fees and Subscriptions	1,245	2,174
Revenue from commercial activities		
Corporate Revenue	(350)	5,640
Sales	1,975	2,191
Total Revenue from commercial activities	1,625	7,831
Interest, dividends and other investment revenue		
Interest Income	1,946	1,536
Total Interest, dividends and other investment revenue	1,946	1,536
	2026	2025

2. Analysis of Expenses

Employee remuneration and other related expenses		
ACC	411	515
Salaries	252,422	230,080
Staff Training and Expenses	4,154	8,162
Total employee remuneration and other related expenses	256,987	238,758
Service delivery expenses - activities and projects		
Awareness Week	8,258	8,384
Carers Alliance	524	-
Conference	2,073	2,058
Executive Meetings	4,741	3,412
Meeting Expenses	-	360
Education Expenses	821	-
Printing and Stationery	12,152	4,415
Project Costs	23,477	8,443

	2026	2025
Resources	22	-
Total service delivery expenses - activities and projects	52,067	27,071
Grants and donations made		
Donation Paid	500	-
Grants	1,000	-
Total Grants and donations made	1,500	-
Service delivery expenses - administration		
Advertising and Promotion	1,319	767
Consulting and Accounting	16,916	13,651
Freight and Courier	1,858	1,046
Insurance	5,669	2,830
Rent	6,345	4,431
Subscriptions	21,453	17,708
Telephone and Internet	2,786	3,546
Website Expenses	2,687	2,868
Total service delivery expenses - administration	59,033	46,848
Other expenses		
Bank Fees	150	120
Depreciation and amortisation	7,220	2,516
Mileage	279	121
Total Other expenses	7,649	2,757

	2026	2025
--	------	------

3. Analysis of Assets

Cash and short-term deposits		
BNZ - 00	145,518	141,378
BNZ - 025	5,933	6,895
BNZ - 066 - Savings	2,619	2,456
Total Cash and short-term deposits	154,070	150,730
Debtors and prepayments		
Accounts Receivable	185	1,050
Total Debtors and prepayments	185	1,050
	2026	2025

4. Non-Current Assets

Website Development		
Website Development	15,960	15,960
Accumulated amortisation	(8,978)	(1,995)
Total Website Development	6,983	13,965
Furniture and Fittings		
Furniture and fittings	582	582

	2026	2025
Accumulated Depreciation	(582)	(582)
Total Furniture and Fittings	-	-
Office Equipment		
Office equipment	6,334	6,334
Accumulated Depreciation	(6,092)	(5,854)
Total Office Equipment	243	480
Total non-current assets	7,225	14,445
	2026	2025

5. Analysis of Liabilities

Credit-card liabilities		
BNZ Business First Visa - Lydia Ritchie Continnence NZ	1,597	-
BNZ CC - 5394 - Zoe Gillett	-	568
BNZ CC - 8013 - Louise Judd	1,025	1,388
Total credit-card liabilities	2,622	1,956
Creditors and accrued expenses		
GST	4,488	11,975
Total Creditors and accrued expenses	4,488	11,975
Deferred revenue - grants with documented expectations		
Grants Received in Advance	60,634	96,214
Total deferred revenue - grants with documented expectations	60,634	96,214
Employee costs payable		
Annual Leave Accrual	19,010	10,087
Total employee costs payable	19,010	10,087

6. Deferred Revenue - Grants with Documented Expectations

Description	Amount
Wright Family Foundation - podcast project; expected by 31 Mar 2027	\$10,434
The Selwyn Foundation - community roadshow; expected by 31 Mar 2027	\$49,600
Aotearoa Gaming Trust - podcast project; expected by 31 Mar 2027	\$600

7. Accumulated Funds

Current Year : 2026

Description	Accumulated Surpluses or Deficits	Total
Opening Value	\$45,993.50	\$45,993.50
Surplus/(Deficit)	\$28,732.33	\$28,732.33
Closing Value	\$74,725.83	\$74,725.83

Last Year : 2025

Description	Accumulated Surpluses or Deficits	Total
Opening Value	(\$3,620.29)	(\$3,620.29)
Surplus/(Deficit)	\$49,613.79	\$49,613.79
Closing Value	\$45,993.5	\$45,993.5

8. Commitments

There are no commitments as at 31 March 2026 (Last year - nil).

9. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 31 March 2026 (Last year - nil).

10. Related Parties

Pelvic Health Physiotherapy is related through Executive Committee member Liz Childs. The \$200 payment relates to 2025. No related-party transactions occurred in 2026 and no amounts were outstanding at year end (2025: nil).

11. Events After the Balance Date

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

12. Ability to Continue Operating

The entity will continue to operate for the foreseeable future.



INDEPENDENT AUDITOR'S REPORT

To the Members of New Zealand Continence Association Incorporated

Opinion

We have audited the financial information in the Performance Report of New Zealand Continence Association Incorporated, operating as Continence NZ on pages 6 to 15, which comprise the Statement of Financial Position as at 31 March 2026, and the Statement of Financial Performance and Statement of Cash Flows for the year then ended, a Statement of Accounting Policies and Notes to the Performance Report including material accounting policy information and other explanatory information. We were not engaged to audit the Entity Information or Statement of Service Performance and accordingly these statements, representing other information, are not included in our audit.

In our opinion, the financial information in the accompanying Performance Report presents fairly, in all material respects, the financial position of New Zealand Continence Association Incorporated as at 31 March 2026, and its financial performance and its cash flows for the year then ended in accordance with the requirements of the Tier 3 (NFP) Standard issued by the New Zealand Accounting Standards Board of the External Reporting Board (XRB).

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (New Zealand) (ISAs (NZ)). Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Performance Report section of our report. We are independent of New Zealand Continence Association Incorporated in accordance with Professional and Ethical Standard 1 'International Code of Ethics for Assurance Practitioners (including International Independence Standards) (New Zealand), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other than in our capacity as auditor we have no relationship with, or interests in, New Zealand Continence Association Incorporated.

Restriction on Responsibility

This report is made solely to the Members, as a body, in accordance with section 42F of the Charities Act 2005. Our audit work has been undertaken so that we might state to the Members those matters we are required to state to them in an auditor's report and for no other purpose. To the

Office: +64 9 426 1502
shawn@kudosmurray.co.nz

28 Constellation Drive, Rosedale
Auckland
0632



fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Members as a body, for our audit work, for this report, or for the opinions we have formed.

Other Information: Entity Information and Statement of Service Performance

The National Executive Committee are responsible for the other information. The other information comprises the Entity Information and Statement of Service Performance but does not include the Performance Report and our auditor's report thereon.

Our opinion on the financial information in the Performance Report does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the Performance Report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the Performance Report or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

National Executive Committee's Responsibility for the Performance Report

The National Executive Committee are responsible on behalf of the entity for:

- (a) the selection of elements/aspects of service performance, performance measures and/or descriptions and measurement bases or evaluation methods that present service performance information that is appropriate and meaningful in accordance with the Tier 3 (NFP) Standard;
- (b) the preparation and fair presentation of the Performance Report which comprises:
 - the Entity Information;
 - the Statement of Service Performance; and
 - the Statement of Financial Performance, Statement of Financial Position, Statement of Cash Flows, Statement of Accounting Policies and Notes to the Performance Report in accordance with the Tier 3 (NFP) Standard, and
- (c) for such internal control as the National Executive Committee determine is necessary to enable the preparation of a Performance Report that is free from material misstatement, whether due to fraud or error.

In preparing the Performance Report, the National Executive Committee are responsible on behalf of the entity for assessing the entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the National Executive Committee either intend to liquidate the entity or to cease operations, or have no realistic alternative but to do so.

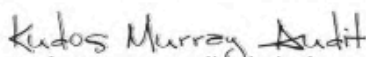
Auditor's Responsibilities for the Audit of the Financial Information in the Performance Report

Our objectives are to obtain reasonable assurance about whether the financial information in the Performance Report is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (NZ) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the decisions of users taken on the basis of this Performance Report.

As part of an audit in accordance with ISAs (NZ), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial information in the Performance Report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of the use of the going concern basis of accounting by the National Executive Committee and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial information in Performance Report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.

We communicate with the National Executive Committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.


Kudos Murray Audit Limited
Auckland
7 September 2026

THANK YOU TO OUR FUNDERS



AOTEAROA
**GAMING
TRUST**



OTAGO
Community Trust



cht
care homes



THE LION
FOUNDATION



**FOUNDATION
NORTH**
*Pūtea Hāpai Oranga
Funding to Enhance Lives*

COGS
Community Organisation
Grants Scheme

The Selwyn
Foundation



**Trust
Waikato**
TE PUNA O WAIKATO