



STROKE RECOVERY ASSOCIATION NSW

ANNUAL REPORT



2022/2023

WHO WE ARE



The Stroke Recovery Association NSW is a member-based organisation that seeks to improve the quality of life of those affected by Stroke.

A not-for-profit consumer driven organisation that advocates for and provides a range of support through counselling, education and information services to survivors of Stroke and their families and carers.

The basis of the organisations services are the Stroke Recovery Clubs/groups/choirs which are located throughout NSW. These groups are support groups for survivors of Stroke, their families and carers.





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VISION AND STRATEGIES

Vision

***SUPPORTING SURVIVORS OF STROKE
&
REDUCING THE IMPACT OF STROKE***

Strategies

Stroke recovery and support:



Promote recovery



Mutual support

To maximise Stroke recovery of the individual and reduce the impact of Stroke on the family/carer and the community.

Stroke planning and development:



Consumer voice



Collaborate with government

To develop and advise on policy and best practice to maximise services available for those affected by Stroke.

Stroke awareness and risk minimisation:



Information



Education

To increase the public knowledge of Stroke, its causes, risk minimisation and recovery.

ORGANISATIONAL OVERVIEW



The Stroke Recovery Association NSW is a focal point for information about Stroke prevention and recovery. We provide programmes that enhance the quality of life for people affected by Stroke through:

1300 telephone counselling & support

Stroke Recovery Clubs/groups/choirs

Online Stroke support groups

Advice on policy

Advocacy

NSW Stroke Awareness Week activities

Information available to CALD communities

Education

Conferences

MEMBERSHIP BREAKDOWN

Our membership database includes individuals, families, volunteers, health professionals and corporate organisations from the Stroke community.

1,018 Members*

65 new memberships

MEMBERSHIP BREAKDOWN

7 corporate memberships
24 health professionals
698 Stroke survivors*
25 volunteers



MEMBERSHIP TYPES

161 General memberships*
816 Club memberships*
** 1 family membership is counted as 2 members*

STROKE RECOVERY CLUBS/GROUPS/CHOIRS



39 STROKE CLUBS/GROUPS

- 27 rural Stroke Clubs/groups
- 12 metropolitan Stroke Clubs/groups



3 STROKE CHOIRS

- 2 face to face
- 1 online choir



12 ONLINE STROKE GROUPS

- 21 online groups each month
- 1,283 attendees in 2022/23





YOUR BOARD



**JUDITH
THORNLEY**



JOHN GARBUTT



KAREN FELTON

DIRECTORS



JANETTE DANIEL



JUDY SUMNER



KYLIE TASTULA



JOHN TASS



**PROFESSOR SHIH-CHANG
(MING) WANG**



YOUR STAFF



MICHELLE SHARKEY OAM
CEO



MARIA NGYUEN
STROKE PROJECT OFFICER



LANI CUTULI
COMMUNITY LIASION OFFICER



RACHEL FIELD
EVENTS & COMMUNICATION
MANAGER



CHERYL SMITH
FINANCE MANGER



ALEX WELLS
INFORMATION AND
ADMINISTRATION



PRESIDENTS REPORT

As we slowly emerge from the international health crisis, the Association has reestablished all the services that were our mainstay prior to COVID - 19. Our Stroke Clubs/groups/choirs though still hesitant have all opened again with some new groups seeking assistance to develop. We are still required to comply with funding body vaccination obligations, however, this has not deterred the numbers attending our programmes to return to pre COVID - 19 level.

The financial year began with the continuation of the Stroke Project Officer Grant from the Department of Social Services which has enabled us to retain the services of Maria Ngyuen for another two years.

The Project Officer has been travelling around again to all the Clubs/groups/choirs continuing to upskill members on issues to do with accessing technology. She has particularly targeted accessibility to the Associations online resources, accessing personal essential services and E-Safety.

A Facebook page has been set up for all the clubs/groups/choirs. With both Maria and Rachel working together, the Associations Social Media presence has increased considerably.

The Community Liaison position has meant that clubs/groups/choirs have access to the considerable resources brought to the Association by Lani Cutuli. Clubs are progressing exceedingly well with the support of this very valuable position. Accessing funding and supporting the development of new and struggling clubs has also been a focus of this position over the 2022/2023 financial year.

Monthly online training for Clubs/groups/choirs began in late 2022 and continued into 2023. Both the Community Liaison Officer and Stroke Project Officer have found this to be an invaluable tool to educate members on the roles and responsibilities of running their respective groups. With legislation changing quickly it is important that we keep our very valuable volunteers as up to date as possible on what is required to run their local groups.

All the planned events for the 2022/2023 period were able to go ahead with great success. The outline on page 6 gives you an indication of the number of events that the Association staff have organised over the past year, eleven (11) in total.





The highlight of the year is the events during Stroke Awareness Week 2022, and it was wonderful to be able to enjoy the Launch of Stroke Awareness Week with our partner organisations and supporters at NSW Parliament House.

The online groups have continued to be run by Maria, Lani, and Rachel. Numbers have reduced significantly since the community reopened after Covid – 19, however, these groups still play a vital role for many of our members in rural and remote communities.

The Association has worked with many of our partners in both the health and disability sectors to continue the Topical Thursday education Group. We have also worked with one of our longtime supporters, Advanced Rehab Centre to engage the expertise of their occupational therapist to run six (6) specialised sessions of “Memory Monday” which was an excellent programme. Unfortunately, the attendance was not great enough to support this programme moving forward.

The online support groups will continue into the next financial year, however the format will be changed. This programme is funded through the monies received through the Stroke Project Officer funding under the Information Linkages and Capacity Building programme, while we are seeking further funding there is no guarantee of funding for this programme after June 2024.

Education of community groups on Stroke prevention has also begun again in earnest however fewer requests have been received. The education of Health professionals and education through our conferences tend to take up most of the staff resources available in this area.

The Creating Connections Stroke Conference September 2022 was run as a hybrid, face to face and live streamed event. This seems to be the format that we will be following into the future. The conference was attended by eighty (80) people face to face and over one hundred and twenty-five (125) online.

The Building Capacity Conference, May 2023 format was changed significantly. The attention was on the training and networking of the executives of our Stroke clubs/group and choirs. The evaluation and feedback on this format was extremely positive.





This Annual report contains quite a lot of statistics on the services and events organised by the Association and as you can see, we are meeting all Key Performance Indicators set out by the funding bodies and the board at the Strategic Planning meeting held every year in February.

The Association continues to reach out into the health and disability sectors to build partnerships and ensure your voice is heard. I, as your representative was privileged to be again elected as the President of Health Consumers NSW, the primary consumer organisation consulted by NSW Health on matters impacting health in NSW. My fellow Director Professor Ming Wang is part of the George Institute for Global Health Consumer Research committee. Ms. Kylie Tastula, is the Co-chair of the Agency for Clinical Innovation - Stroke Network and holds positions on many and varied health and research committees.

Our CEO represents the Association on the Ability Access Transport Committee (Transport NSW); NSW Health Agency for Clinical Innovation Stroke and Rehab Networks (NSW Health), NSW Disability Advocacy Network, Multicultural Disability Advocacy Citizens Education committee, Health Consumers NSW Consumer Taskforce and many other community consultations that have occurred throughout the year.

The long and the short of it is, your voice has a seat at the table, and we are often called upon to provide input on all manner of issues. This is such an ever-growing area that we will be seeking funding for a policy and research position in the next round of Information, Linkages and Capacity Building funding programme grants.

The Board has successfully managed the organisation through one of the most difficult international health crises in over a century. The organization has come through this crisis to be in a stronger and more cohesive position than ever before. I commend the work of our very committed and diligent staff and I applaud my fellow board members for all they have contributed to and supported the work of the Association over the past twelve months. We have been a great team. I look forward to working with you all going forward to continue to build on and develop the programmes of the Association in the 2023/2024 period.



John Garbutt

President

PRESIDENT'S OVERVIEW



2022/2023



COMMUNITY ENGAGEMENT



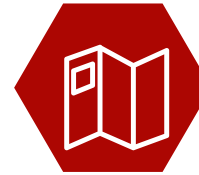
2,727
Phone calls



59,860
Mail/Emails



5,224
Information sheets



3,270
Pamphlets



125
Visits to Stroke Recovery
Clubs/groups/choirs



4
Combined Club events



127
Meetings attended



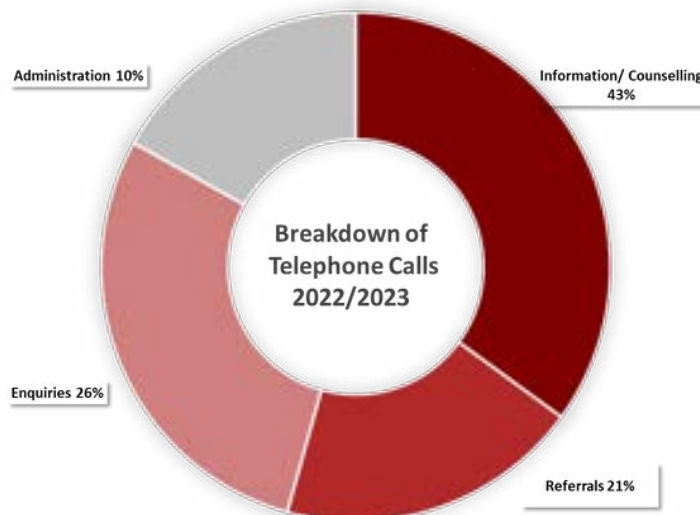
15
Committees



22
"Governance"
training sessions



6
Newsletter editions
3,722
Newsletters distributed

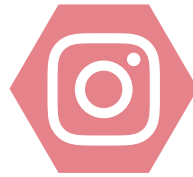


ONLINE ENGAGEMENT



2,284

Facebook followers



1,756

Instagram followers



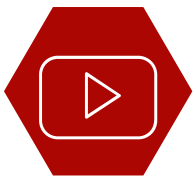
170,176

Social media reach



18,750

Website reach



5,782

YouTube video views

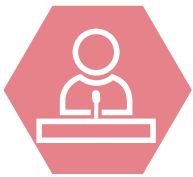


3

Livestreamed events

145

Online attendees



12

Guest speaker presentations



14

Online special events



195

Online Stroke support groups



1,283

Attendees on online groups



13

FINANCIAL REPORT



At the conclusion of the 2022/2023 financial year, the Association is in a very sound financial position. The monies we have in reserve are being carefully managed by the Board and staff to ensure the most effective return on investments. The financial overview on the following page gives you a compact picture of how monies have been received and expended over the past year and a comparison with the previous financial year.

The income and expenditure report indicates that there has been an increase of just over \$150,000 in monies received from funding bodies and interest received on our investments. The Association received \$ 36,000 in bequests over the past financial year, considerably lower than that received in the previous financial year. The Board has reinvested the considerable reserves in February 2023, and we are expecting a greater return in interest payments in the 2023/2024 period, when our investment matures.

The overall annual expenditure in 2022/2023 has again increased due to higher staffing levels. Staff have worked diligently to source alternative funding, and this is reflected in the extension of the grants received from NSW Health, NSW Department of Communities and Justice and a further grant from NDIS (ILC Programme) for the 2022/2024 period.

Our funding agreement with NSW Health has now been secured until June 2026. The NSW Department of Communities and Justice under the Disability Advocacy Futures Programme (DAFP) funding is a guaranteed annual amount of \$150,000, secure until 30 June 2024. We are extremely hopeful that this will also be extended at the end of that period and negotiations are being undertaken in partnership with our NSW Disability Advocacy Network partners to secure this funding for a further five-year period. This would lead to much more stability and security for both the Association financially and staff.

The extension of the NDIS grant for Stroke Connectivity Training Project will be in place and secure until 30 June 2024. This project is unlikely to secure funding going forward and staff are already in the process of submitting for another project through this funding grant programme.

The Association will continue to receive funding of approximately \$497,000 for the 2023/2024 period. This is being utilised to retain the staffing at its current level and provide support services to members, particularly those who attend the Stroke Recovery Clubs/groups/choirs.

Staff have again been successful in working with Clubs/groups/choirs to source monies from the various Grant programmes. In the past financial year, the Community Liaison Officer has successfully acquired approximately \$29,000 for the ongoing use of Clubs/groups/choirs for the benefit of members.



FINANCIAL REPORT

The Association is also very appreciative of the bequests that were received from the Estate of Myer Stien and the final payments from Shenay Yusuf. The combined amount received from these estates was just under \$36,000. A major boost to our retained earnings.

The expenses amount noted in the auditor's report for Clubs/groups/choirs is that of \$ 107,998, considerably higher than the previous financial year of \$60,876 indicating that they are fully operational again. These figures continue to be incorporated into our audited statement, as required by the Australian Not-for-Profit and Charities Commission, however, they no longer impact on the Association's bottom line figure as they did when they were first included.

The Board is acutely aware of the ever-increasing legislative burden on the Association and our Clubs/groups/choirs, particularly the volunteers. It is imperative that the Board monitors the spending of monies diligently to ensure that our legal obligations are fulfilled. I have included on page 15 an overview of the compliance requirements that we have fulfilled over the past 12 months to ensure you are fully informed of the extent of what is involved for your staff and Board. With more funding there are more reports to write and very stringent financials acquittals to complete, all of which add more to the workload of staff.

It would be remiss of me not to acknowledge the extra work undertaken by the financial manager, Cheryl Smith, and the treasurers of the Clubs and choirs who have again worked diligently to ensure we comply with the audit requirements of the Australian Not-for-Profit Charities Commission. It is vital that we maintain our status as a charity and strictly comply with all processes of the Australian Not-for-Profit and Charities Commission. Financial diligence remains a primary concern of the Board. A full financial overview of the Association is reviewed monthly.

The staff and Board express our appreciation for the outstanding work of our honorary auditor Vishal Modi from Nexia. A copy of the independent Auditor's Report is included on page 17 of this report.

As we move into the 2023/2024 financial year, we are in a very strong and viable financial position with a total equity of \$1,440,535, a decrease of \$100,417 (6%) on last year's position.

Our retained revenue will be managed carefully to enable the Association to continue to grow and move forward. Some of this cash reserve has been used to employ administrative support for the Association's office. This is an expense we will continue to incur in future years.

Karen Felton
Public Officer/Treasurer

COMPLIANCE OVERVIEW



2022/2023



INDEPENDENT AUDITOR'S REPORT



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Independent Auditor's Report to the Members of Stroke Recovery Association Inc.

Report on the Audit of the Financial Report

Opinion

We have audited the financial report of Stroke Recovery Association Inc. (the Association), which comprises the statement of financial position as at 30 June 2023, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the Committee members' declaration.

In our opinion, the accompanying financial report of the Association is in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, including:

- i) giving a true and fair view of the Association's financial position as at 30 June 2023 and of its financial performance for the year then ended; and
- ii) complying with Australian Accounting Standards - Simplified Disclosures and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2022.

Basis for opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the 'auditor's responsibilities for the audit of the financial report' section of our report. We are independent of the Association in accordance with the ethical requirements of the Accounting Professional & Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants (including Independence Standards)* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Committee members' responsibility for the financial report

The Committee members of the Association are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Australian Charities and Not-for-profits Commission Act 2012 and for such internal control as the Committee members determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Committee members are responsible for assessing the Association'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 Committee members either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

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INDEPENDENT AUDITOR'S REPORT



Auditor's responsibility for the audit of the financial report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole 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 the Australian Auditing Standards 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 economic decisions of users taken on the basis of this financial report.

A further description of our responsibilities for the audit of the financial report is located at The Australian Auditing and Assurance Standards Board website at: www.auasb.gov.au/auditors_responsibilities/ar4.pdf. This description forms part of our auditor's report.

Report on the Requirements of the Charitable Fundraising Act 1991 (NSW) and the Charitable Fundraising Regulation 2015 (NSW)

We have audited the financial report as required by section 24 of the Charitable Fundraising Act 1991 (NSW). Our procedures included obtaining an understanding of the internal control structure for fundraising appeal activities and examination, on a test basis, of evidence supporting compliance with the accounting and associated record keeping requirements for fundraising appeal activities pursuant to the Charitable Fundraising Act 1991 and Charitable Fundraising Regulation 2021.

Because of any inherent limitations of any assurance engagement, it possible that fraud, error or non-compliance may occur and not be detected. An audit is not designed to detect all instances of non-compliance with the requirements prescribed in the above-mentioned Act and Regulation as an audit is not performed continuously throughout the period and the audit procedures performed in respect of compliance with these requirements are undertaken on a test basis. The audit opinion expressed in this report has been formed on the above basis.

Opinion

In our opinion:

- a) The financial report gives a true and fair view of the financial results of fundraising appeal activities for the financial year ended 30 June 2023;
- b) The financial report has been properly drawn up, and the associated records have been properly kept for the financial year ended 30 June 2023, in accordance with the Charitable Fundraising Act 1991 and Regulations;
- c) Money received as a result of fundraising appeal activities conducted during the financial year ended 30 June 2023 has, in all material respects, been properly accounted for and applied in accordance with the Charitable Fundraising Act 1991 and Regulations; and
- d) There are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

Nexia Sydney Audit Pty Ltd

Vishal Modi

Director

Dated: 26 October 2023

Sydney



INDEPENDENT AUDITOR'S REPORT



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To the Committee Members of Stroke Recovery Association Incorporated

Auditor's Independence Declaration under section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012*

As lead audit director for the audit of the financial statements of Stroke Recovery Association Incorporated for the financial year ended 30 June 2023, I declare that to the best of my knowledge and belief, there have been no contraventions of:

- (a) the auditor independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- (b) any applicable code of professional conduct in relation to the audit.

Yours sincerely

Nexia Sydney Audit Pty Ltd

A handwritten signature in blue ink that reads 'Vishal Modi'.

Vishal Modi

Director

Date: 26 October 2023

AUDITED FINANCIAL STATEMENT

YEAR ENDING 30 JUNE 2023

	Notes	2021/2022 \$	2022/2023 \$
Revenue			
Revenue	3	771,263	750,681
Other Income	4	3,150	16,601
Expenses			
Employee benefits expense		361,243	524,513
Superannuation		32,645	51,714
Stroke Awareness Week		-	-
Insurance expenses		6,847	4,326
Printing and stationary		27,681	28,762
Travel expenses		14,108	39,633
Conference expenses		54,138	19,074
Grants paid		-	-
Program expenses		5,250	10,150
Club expenses		60,876	107,998
Other expenses		58,796	81,529
Surplus/(deficit) for the year		152,829	(100,417)
Other comprehensive income, net of income tax		-	-
Total comprehensive loss for the year		152,829	(100,417)

AUDITED FINANCIAL STATEMENT

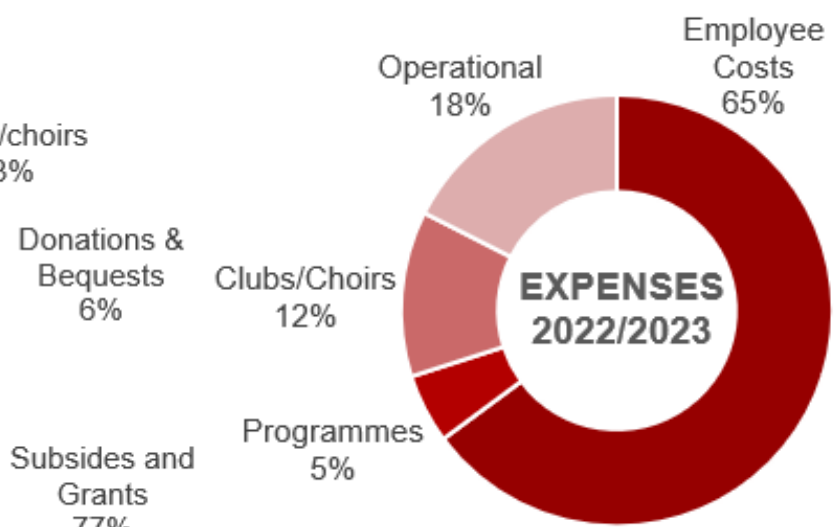
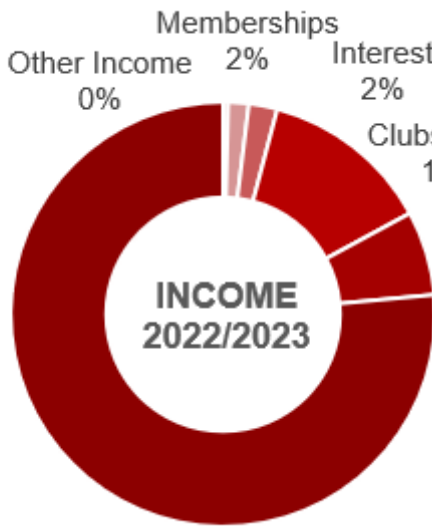
YEAR ENDING 30 JUNE 2023

	Notes	2021/2022 \$	2022/2023 \$
Current Assets			
Cash and cash equivalents	5	1,689,629	1,621,783
Trade and other receivables	6	4,650	18,489
Other assets	7	2,054	2,907
Total current assets		1,696,333	1,643,179
Total assets		1,696,333	1,643,179
Current Liabilities			
Trade and other payables	9	25,259	53,666
Employee benefits	10	130,122	148,978
Total current liabilities		155,381	202,644
Total liabilities		155,381	202,644
Net assets		1,540,952	1,440,535
Equity			
Reserves		308,249	308,249
Retained earnings		1,232,703	1,132,286
Total equity		1,540,952	1,440,535



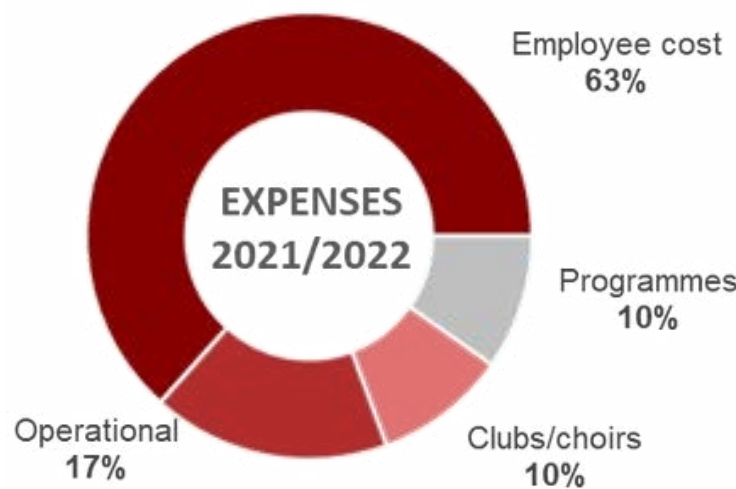
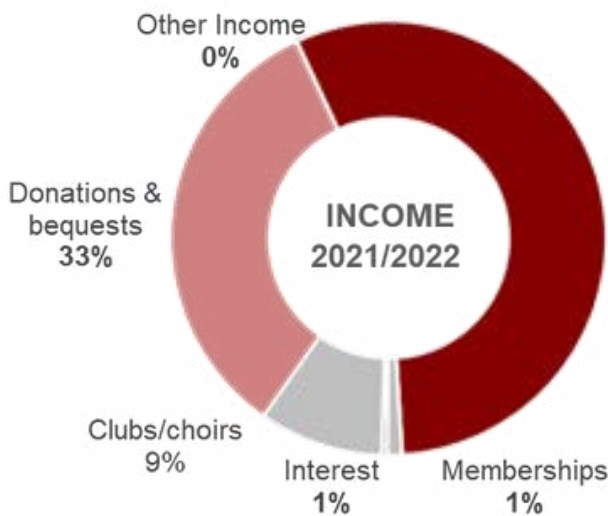
FINANCIAL POSITION

This financial year - 2022 / 2023



Net position 2022/2023
- \$ 100,417

Last financial year - 2021 / 2022



Net position 2021/2022
+ \$ 152,829

BEQUESTS, FUNDING GRANTS, SPONSORS 2022/2023

BEQUESTS:

Our heartfelt thank you to those who have chosen to leave a gift in their will to the Stroke Recovery Association. In 2022/2023, the Association received legacies from:

Myer Stein
Shenay Yusuf

MAJOR FUNDERS:



CORPORATE SPONSORS:



Thank you to the following organisations, councils and clubs who have provided funding grants to our Stroke Recovery Clubs/groups/choirs in 2022/2023.





Contact Us



1300 650 594



info@strokensw.org.au



www.strokensw.org.au

