

Annual Report 2017/2018



STROKE RECOVERY ASSOCIATION NSW

NOTES

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STROKE RECOVERY ASSOCIATION

Stroke Recovery Association NSW is a charitable and member based organisation that seeks to improve the quality of life of those affected by Stroke. We work to empower the individual and their supports to manage their recovery and ongoing health towards achieving an improved quality of life after Stroke.

The Association is a trusted non-profit organisation that advocates for and provides a range of support and information services to people affected by Stroke and their families / carers. We engage the community through our membership programme, publications such as Stroke Recovery News and Club News, social media platforms such as Facebook, Instagram and Twitter and our toll-free Stroke information, counselling and support line.

The Stroke Recovery Association promotes self-help, mutual support, self-determination and integration back into the community. We are committed to quality service provision.

Our Vision

Support survivors of Stroke
&
Reduce the Impact of Stroke

Priorities

Stroke Recovery and Support

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

Stroke Planning and Development

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

Stroke Awareness and Risk Minimisation

Increase the public's knowledge and awareness of Stroke, its causes, risk minimisation and recovery.

Values and Beliefs

The provision of our services is based on the following values and beliefs:

Stroke can affect individuals at any age with life changing and catastrophic consequences Stroke Recovery is ongoing

The emotional, cultural and social well-being of people is a significant factor in their recovery

People affected by Stroke and their Family/Carers

- have a right to access accurate information and support with consideration for culturally significant issues
- have important knowledge to contribute to service and policy development
- have a right to confidentiality
- have a right to be treated with respect
- have a right to be treated with sensitivity to cultural diversity
- are integral to the management and direction of the Association

Volunteers are an integral part of the Association's function

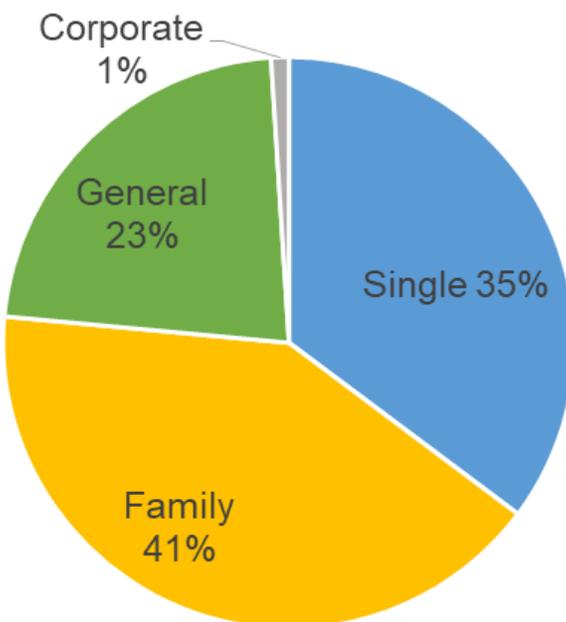
The feedback provided by people affected by Stroke is vital to the planning and direction of the organisation

ORGANISATIONAL OVERVIEW

Membership

795

Memberships including
328 Families, 8
Corporate and 16 Life
memberships



Board & Staff

7

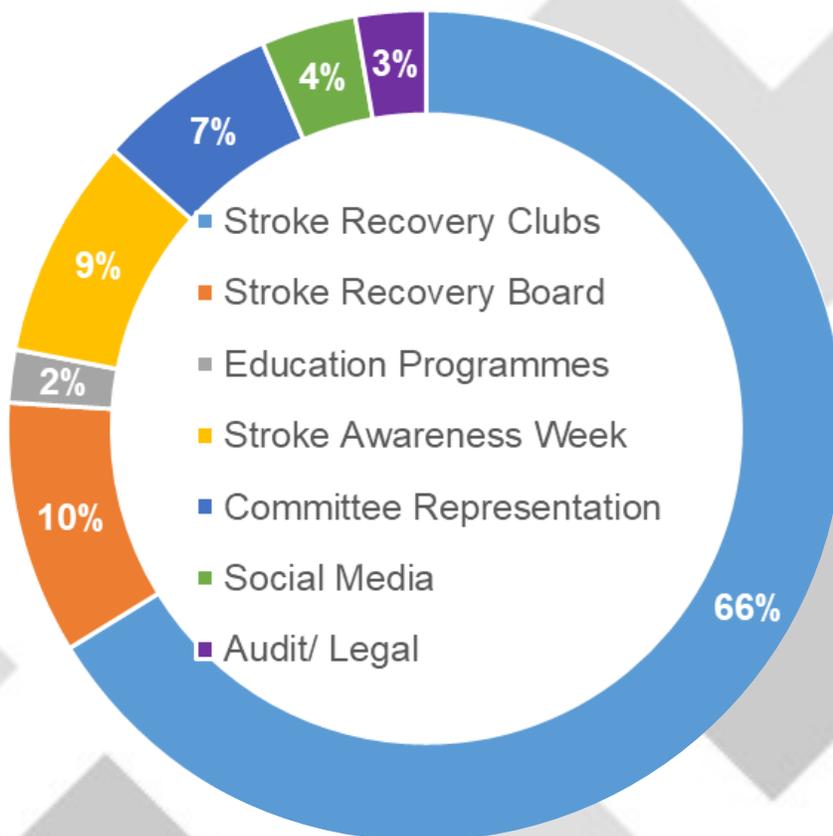
Board Members
(4 Stroke Survivors)

5

Staff Members

VOLUNTEERS

In 2017/18, our volunteer hours accumulated to **7,284 hours** over the year. If the volunteer's hours were costed out at \$25 per hour this would represent a saving of **\$182,100.00** to government in service provision costs.



PRESIDENT'S REPORT

2017/2018, what a great year for the Association. With the finalisation of our '40 and Fabulous' celebrations. we also ended the financial year with renewed confidence in the ability of the Association to sustain its' work in the long term.

I congratulate the executive management, the staff and our wonderful volunteers for their initiative and ongoing commitment to driving the Association forward, continuing to work diligently with finite resources to provide excellent services to clients and members of the Association.

In the latter part of the 2017/2018 financial year, we moved from an organisation concerned about our ability to sustain the programmes of the organisation due to impending funding cuts, to one that is in a very sound financial position, to not only sustain programmes but to grow and develop programmes in the 2018/2019 period.

This was only achieved by the strength of our members particularly from our Stroke Recovery Clubs who lobbied government both at a Local and State level to ensure our Advocacy funding was sustained for at least the next financial year. This was combined with the success of staff in obtaining a substantial Grant under the NDIS Information Linkages and Capacity Building Programme means we have a very bright outlook in to the future.

Performance Review

The performance of the Association continues to be a source of pride for all of those involved. It is recognised that as a small organisation, we punch above our weight with what has and will continue to be achieved.

The Associations' statistics indicate that the services and programmes are continuing to perform well.

Strategic Plan

The Board continues to monitor and oversee the work of the organisation with the development of an Annual Strategic Plan. This provides the staff with a blueprint of the expected organisations strategies and outcomes to be achieved in each calendar year. The plan is evaluated in November/December, enabling us to refresh and refine the organisational programmes as required.

Advocacy

The CEO continues to be very active in advocating for services through all levels of Government. This is a vital aspect of the Associations' mandate and this is expected to increase with the support of the new staff. We will continue to be involved with NSW Health and Transport NSW with the provision of consumer representatives. It is vital that we **have a seat at the table** and ensure that the voice of Stroke survivors continues to be heard in the provision and planning of services in NSW.

The Associations' utilisation of Social Media is becoming an ever increasing platform in our Advocacy projects.

Support and Information

This aspect of the Association's work continues to grow. The increasing need for support after Stroke, the changes made by the introduction of NDIS and the changes to the aged care system, have highlighted the ongoing need for our support line .

Support of Stroke Recovery Clubs

We have held two regional telephone conferences involving Stroke Clubs during 2017/2018, which is designed to increase interaction in and between clubs in each region.

These teleconferences will continue to be held twice a year. The second scheduled teleconference in 2017 was supplemented by a combined Club Picnic in each rural area of NSW.

The combined Club events continue to become more popular with additional events held last year to celebrate the final half of our "40 and Fabulous" celebrations. The 2018 Stroke Clubs Survey has been completed and the results distributed to Clubs.

These results will be used to inform the Stroke Clubs Coordinators in their role to support existing and develop new Stroke Clubs over the next twelve months.

The Board has identified priority areas as Macarthur, Nepean, Wagga Wagga, Dubbo, Richmond Valley and a virtual /online Club.

Stroke Awareness and Education

This continues to be the major focus of our year. The ongoing support of our Patron His Excellency David Hurley AC DSC Governor of NSW, will ensure that it continues to grow.

The events "Creating Connections " and the Stroke Choirs Recital Day are now well established in the organisations calendar.

Accreditation

The Association was successful in completing a Third Party Verification process. This is an outside review of the Associations Policies and Procedures undertaken by QIP.

The Association passed the review with no changes required to our policies and procedure in April 2018.

Moving Forward

As we move into 2018 we can look back on the past twelve months with enormous pride in the achievements of this Association. It is anticipated that with the appointment of the Clubs Coordinators, we will have the resources to support new and existing Clubs in an enhanced dimension.

In 2018/2019 your staff and Board of Management will remain committed to working with Stroke Survivors and their carers to ensure that the interests and the voice of Stroke Survivors are well represented within NSW and work to expand and diversify our services.

Thank you

A huge thank you to all the individuals and organisations who have contributed to our success, whether that be through contribution of their skills through volunteering or as a member of staff.

Thank you for sharing our vision.

Thank you also to all members of the Board for their ongoing contribution.

You can be confident that the Board will continue to evolve with the Association, to meet the changing need of our members and the Stroke community.



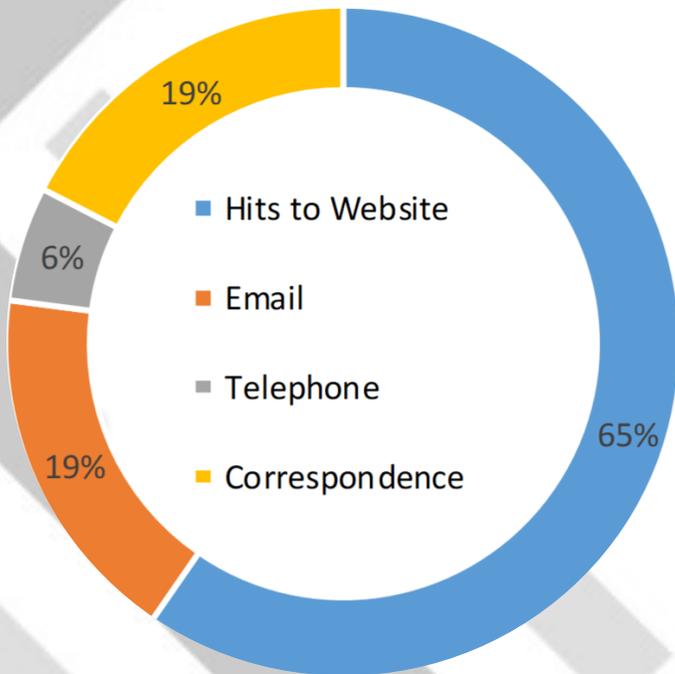
John Garbutt // President

PERFORMANCE OVERVIEW

Service Provision

41,085

Total Number of Client Contact



Advocacy

11

Committee Representations

118

Meetings

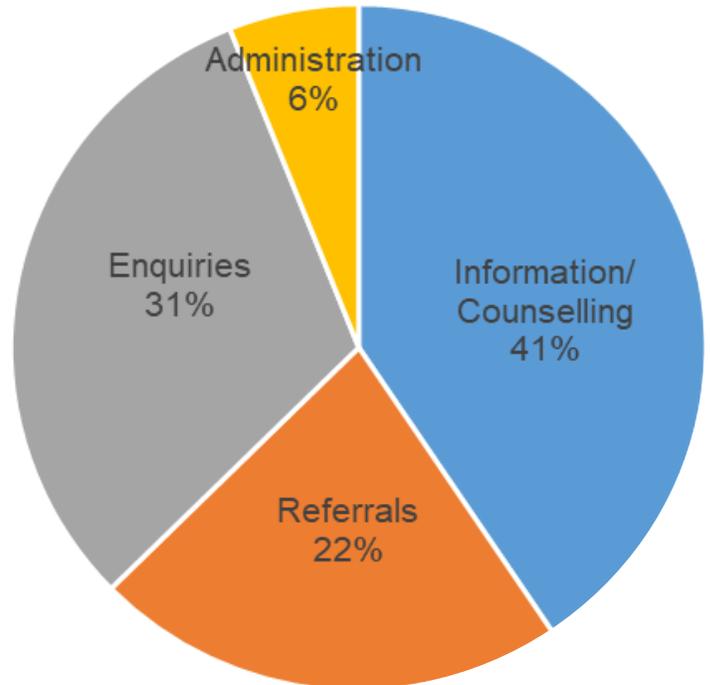
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Consultations

Support, Information & Counselling

3,428

Total Number of telephone calls



Support of Clubs

54

Visits to Stroke Recovery Clubs

14

Funding Submissions

Stroke Awareness

7

Conferences

48

Information Sessions

10

Professional Group/ Training

1,170

Total Participants

38

Community Groups (9 CALD groups with an interpreter)

1,754

Total Participants

48

Displays

5

Media Interviews

Publications

4

Issues of Club News

2

Issues of Stroke Recovery News

4,628

Copies of publications distributed

Information Distribution

38,781

Information sheets about Stroke recovery

369

Stroke Information Kits

3,214

Pamphlets, posters and relevant media articles

2017/2018 PICTORIAL REVIEW



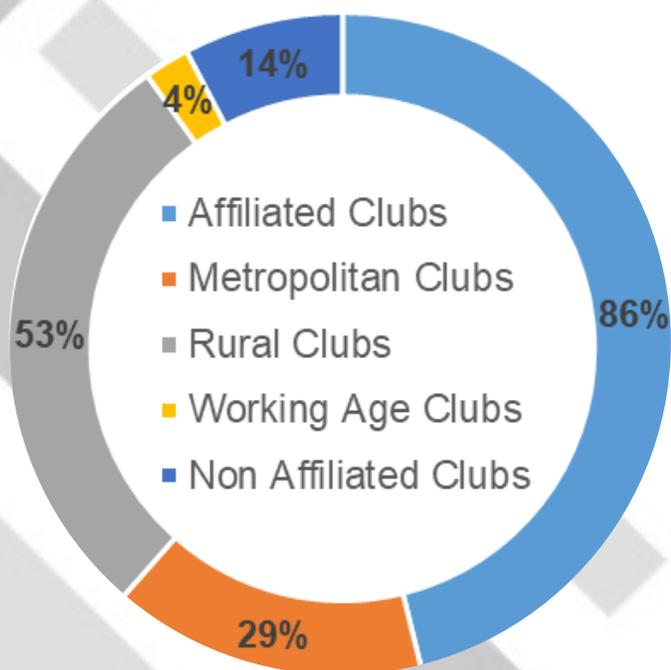


CLUBS OVERVIEW

Stroke Recovery Clubs

42

*Affiliated Stroke
Recovery Clubs in
NSW*



3

*New Stroke Recovery
Clubs in 2017/18
including:*

- *Bega*
- *Port Macquarie*
- *Sutherland*

New Stroke Recovery Clubs

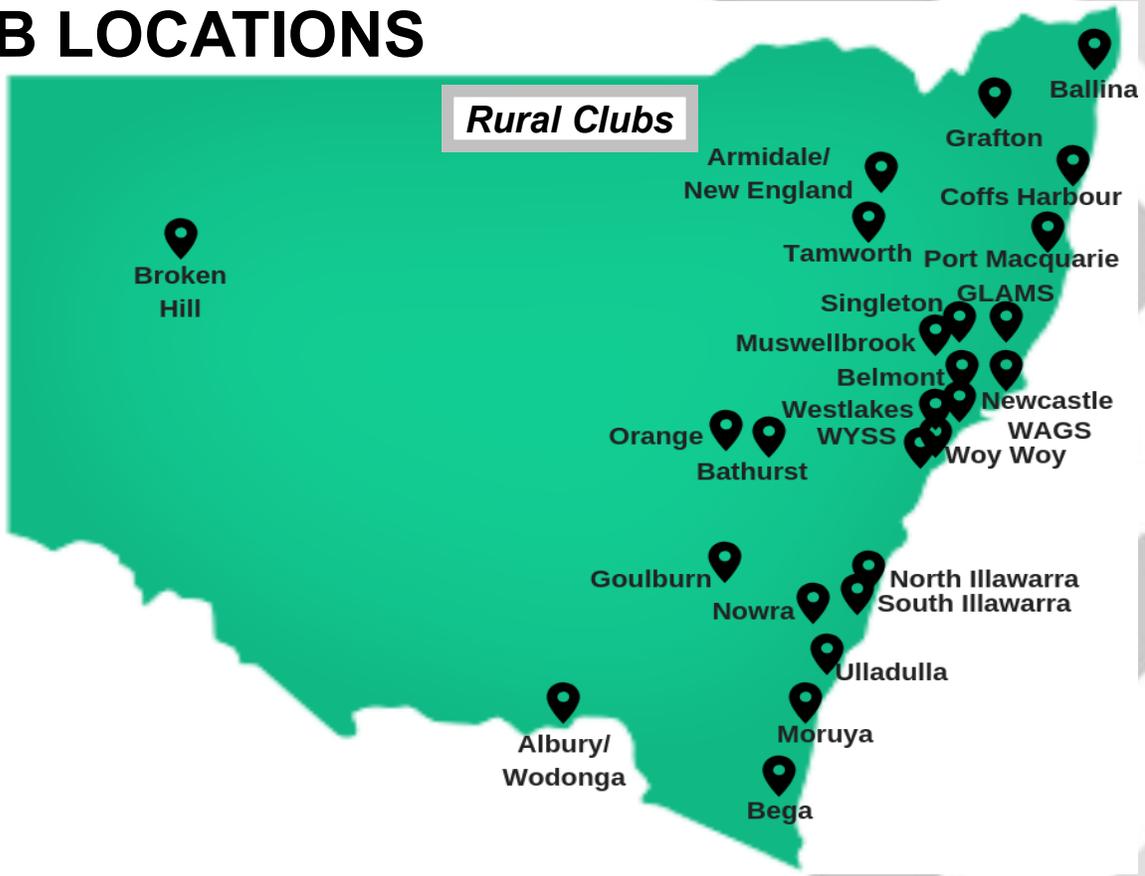
Clubs being developed in 2018/19

- Chinese Speaking Stroke Support Group
- Wagga Wagga
- Blue Mountains
- Dubbo
- Penrith
- Lismore
- Virtual/Online

Combined Club Activities

- Annual General Meeting
- Combined Clubs Morning Tea
- Stroke Awareness Week Launch
- Creating Connections Conference
- Stroke Choir Recital
- Hunter Stroke Olympics
- Combined Clubs Picnic at
 - Sydney- Mount Anan
 - North Coast/ New England- Dorrigo
 - South Coast – Nowra Zoo
 - Central Coast – Budgewoi Park
- Sydney Olympics Games Day

CLUB LOCATIONS



TREASURER'S REPORT

I would like to begin my report by stating that as a result of a number of factors the Association has completed the 2017/2018 with our Statement of Financial Position indicating that the Association is in its most sound financial position ever.

We have ended the year with an operating profit of **\$526,234**. The Income and Expenditure report indicates that there has been an increase in monies received from all forms of income. This year's profit however, was primarily as a result of several very generous bequests.

Our investments have returned an increased performance in relation to previous years and the Board will continue to work to maximise the benefits of the surplus monies from 2017/2018 using the existing investment strategy.

The financial overview gives you a compact picture of how monies have been received and expended over the past year. We cannot stress enough our gratitude to those who have remembered us in their passing.

The overall annual expenditure in 2017/2018 has decreased. This however will be short term as we intend to utilise accumulated fund to support the development of new services for both our urban and rural members and consumers.

Staff have worked diligently to source alternative sources of funding. We were successful in obtaining a two year funding grant for the development of the Stroke Recovery Clubs. A very positive way to end the last financial year.

This funding through the NDIS- Information, Linkages and Capacity Building Programme, along with the bequests received will ensure the longevity of the Association and its valuable work.

Thank you

I would like to express our appreciation to Hill Rogers, for their excellent work in relation to our Audit report. We would also like to thank Geoff Stein, our honorary solicitor for his work with the negotiation of our bequests.

Moving Forward

As we move into the 2018/2019 financial year, we are in a very strong and viable financial situation with a total cash reserve of **\$1,042,624**, an increase of **\$620,173** or **147%** on last year's position.

We are confident that our present level of funding is secure from NSW Health and NDIS until June 2020. However, we will be striving to ensure continued funding from the NSW Government for our Advocacy and Information Programme from July 2019. While this funding was reinstated for the 2018/2019 period this is only on a one year extension.

We will continue to work with Advocacy Alliance in their ongoing lobbying to have Advocacy organisations recognised by the NSW Government and the ongoing funding of these vital organisations permanently reinstated.

While the Board is cognisant of the ever increasing need for our services, members should feel assured that financial diligence should be their primary concern. We will continue to work conscientiously to seek alternative sources of revenue to enable the Association to continue to move forward.



Linda Glanfield // Treasurer

FINANCIAL OVERVIEW

Financial Comparisons

2016/17

\$299,780

Revenue in 2016/17

\$347,940

Expenditure in 2016/17

(\$48,160)

*Net position at the conclusion
of 2016/17 financial year*

2017/18

\$823,058

Revenue in 2017/18

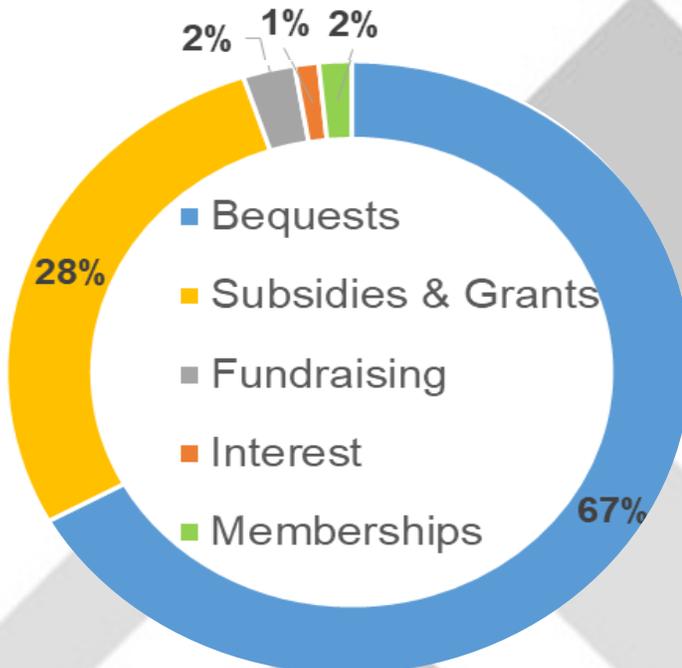
\$296,734

Expenditure in 2017/18

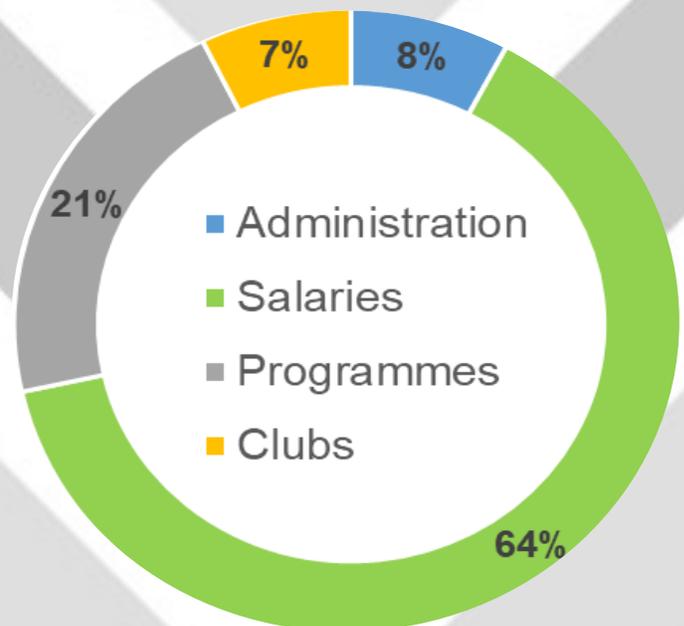
+\$526,324

*Net position at the conclusion
of 2017/18 financial year*

Income 2017/18



How Resources were used 2017/18



BEQUESTS

Our heartfelt thank you to those who have chosen to leave a gift in their will to the Stroke Recovery Association NSW, and to the families, friends and executors of those whose legacies were realised.

In 2017/18, the Stroke Recovery Association NSW received legacies from 4 people, including:

- Mr. John William Delehory
- Mrs. Indrani Jayasinghe
- Mrs. Kathleen Joan Kalman
- Mr. Alan Parish

These funds comprise the majority of our donated income and are vital to our work. We are truly grateful for these gifts which totaled \$551,784 in 2017/2018.

GRANTS & SUBSIDIES

The Stroke Recovery Association NSW wishes to acknowledge with gratitude the grants received from the following grants programmes:

- NSW Health
- NSW Health- Agency for Clinical Innovation
- NSW Department of Ageing, Disability and Home Care
- NSW Health– Department of Families and Community Services
- Clubs NSW
 - Tradies– Miranda
 - Mingara
 - Club Five Dock
 - Diggers at the Entrance
 - Roseville RSL Club
 - Club Burwood
 - Ryde Ex-Services Memorial Club
 - Blacktown Workers Club
 - Wangi Wangi Workers Club
 - Macarthur Catholic Club
 - Thurgoona Catholic Club
 - Club Forster
 - Woonona Bulli RSL Club
 - Nowra Tennis Club
 - Albion Park Bowling Club
 - Goulburn Workers Club
 - Everglades Country Club

These funds comprise 28% of the income and are vital programmes. We appreciate not only the financial support which totaled \$551,784 in 2017/2018 but also the enormous in-kind support to both the Association and our member Clubs.

AUDITOR'S REPORT

STROKE RECOVERY ASSOCIATION INCORPORATED

ABN: 58 459 163 597

For the Year Ended 30 June 2018

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