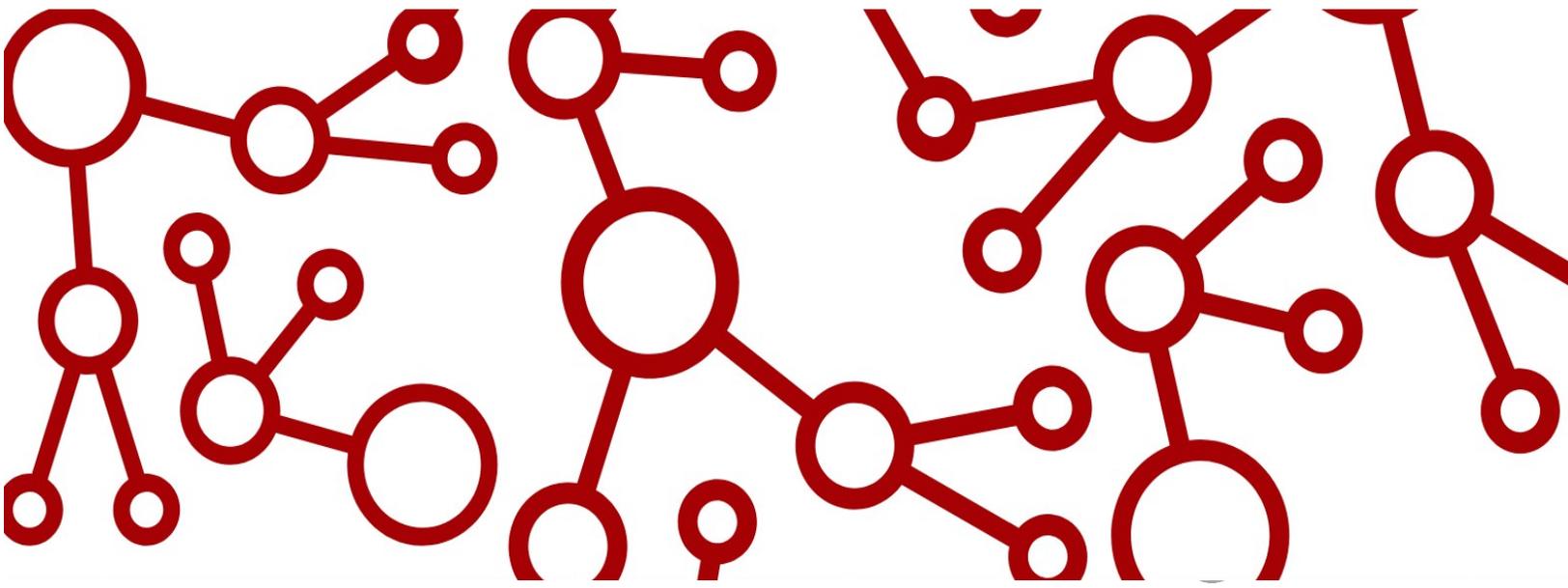


# ***Annual Report*** **2018/2019**



**STROKE RECOVERY ASSOCIATION NSW**



# NOTES



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STROKE RECOVERY ASSOCIATION INC  
ANNUAL REPORT  
JULY 2018– JUNE 2019

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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 supporters 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

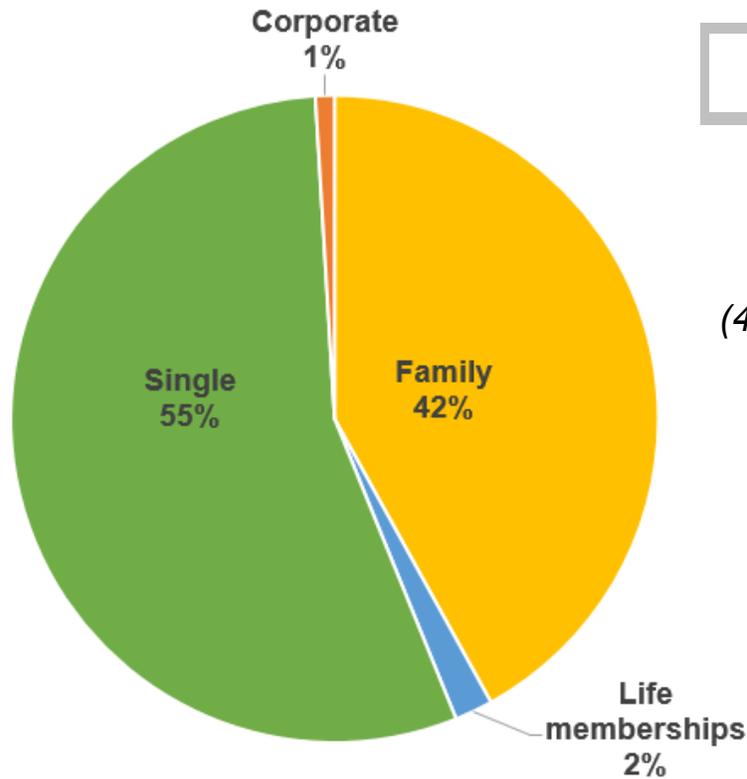
The feedback provided by people affected by Stroke is vital to the planning and direction of the organisation

# ORGANISATIONAL OVERVIEW

## Membership

**817**

*Memberships including  
353 Families,  
8 Corporate and  
16 Life memberships*



## Board & Staff

**7**

*Board Members  
(4 Stroke Survivors)*

**5**

*Staff Members*

---

# STROKE RECOVERY ASSOCIATION EVENTS

## Annual Events

- Building Capacity Training Conference
- Stroke Awareness Week Launch
- Creating Connections Conference
- Stroke Choir Recital
- Annual General Meeting

## Combined Club Activities

- Combined Clubs Morning Tea
- Stroke Awareness Week Launch
- Hunter Stroke Olympics
- Combined Clubs Picnic
- Sydney Olympics Games Day

# PRESIDENT'S REPORT



2018/2019, was another successful year for the Association. I congratulate my fellow board members, the staff and our wonderful Stroke Recovery Club volunteers for their initiative and ongoing commitment to the Association,

by continuing to work diligently to provide excellent services to clients and members of the Association.

The ability of the Association to sustain its' work in the long term was improved in the 2018/2019 period by an increase in funding through our success in obtaining a two year grant through the NDIS funding programme as well as two more substantial bequests. This has enabled the Association to expand our services, particularly those relating to Stroke Clubs. With the employment of two Stroke Club coordinators.

In the latter part of the 2018/2019 financial year, the NSW Government has reinstated our funding from Family and Community Services for a further financial year while it undertakes a review in to the Advocacy and Information sector within the State. The outcome of this will be known early in 2020. The Association continues to work with our partners at the Advocacy Alliance to the work of this sector is valued by Government and to ensure that we are heard as part of their combined voice in response to the review.

## **Performance Review**

The performance of the Association continues to be a source of pride for all of those involved. 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. The achievement of identified goals within the plan is evaluated by the Board in November/December, enabling us to refresh and refine the organisational programmes as required. Copies are available to all members should they wish to view in detail the extent of the work of the Association.

## **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. We will continue to be involved with NSW Health, and Transport NSW with the provision of consumer representatives. It is vital that this work continues to ensure that the voice and needs of Stroke survivors continues to be considered in the provision and planning of services in NSW.

## **Support and Information**

Our ability to promote the organisations programmes through social media (Facebook, Twitter and Instagram) has increased enormously and this is now a very vital instrument in the promotion of our services ensuring 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. It was thought that this may decrease over time but the complexity of both these programmes warrants an ever increasing need.

## **Support of Stroke Recovery Clubs**

The success in obtaining a substantial grant under the NDIS Information Linkages and Capacity Building Programme, a two year funding programme, will ensure that the allocation of designated staff to support Stroke Clubs/Groups will continue at least until the end of June 2020.

Most of the Clubs have enjoyed a visit from one of the Club Coordinators. Their work has led to the development of a proposed change in process of how we set up support Clubs/ Groups. This has also led to a change in the requirements in our constitution which will be addressed in the body of our Annual General meeting.

The increased confidence in the Associations financial future has enabled the Association to replace one scheduled regional telephone conference in support of Stroke Clubs during 2018/2019, with a face to face “Building Capacity Training Conference”.

Our Inaugural conference was held in Sydney in late May 2019 and was attended by many of our Stroke Club executives. This event has proved to be so successful that we have now scheduled it as an annual event. Thus, the second meeting with Club executives will continue to be a teleconference held in October. This increased support of Stroke Clubs is intended to maintain ongoing dialogue between the Association and member Clubs, ensuring we are all on the same page when it come to the vision and direction of the Association and its work.

The opening of new Stroke Recovery Clubs/ Groups is detailed on page 12. However, there have also been some Clubs that have closed due to issue associated with their management and the loss of people willing to take on the executive roles. It is hoped that the new two tier process will mean that the Association is available more readily to support Clubs thorough any difficult periods

### **Stroke Awareness and Education**

Stroke Awareness continues to be the major focus of our year and we are enormously grateful to our member Clubs who are out and about during this time to promote the message of Stroke. The events “Creating Connections “, and the Stroke Choir Recital Day are now well established in the organisations calendar.

## **Moving Forward**

As we move into 2019/2020, we can revisit on the past twelve months with enormous pride in the achievements of this Association. It is anticipated that the funding for the Clubs Coordinators will be renewed at the end of the next financial year, so that their success will be able to be continued. The work of the Coordinators has added great value to the Association over the past twelve months.

In 2019/2020 your staff and Board of Management will remain steadfast in working with Stroke Survivors and their carers to ensure that the interests and the voice of Stroke Survivors will be heard within the decision making processes of NSW. We will continue our work to evaluate our services to ensure they are meeting the needs of survivors as they evolve over time.

## **Thank you**

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

Thank you also to all members of the Board for their ongoing contribution. Our friend and colleague John Tass has now retired from the Board and we particularly thank him for his 5 year contribution to the Board and Association.

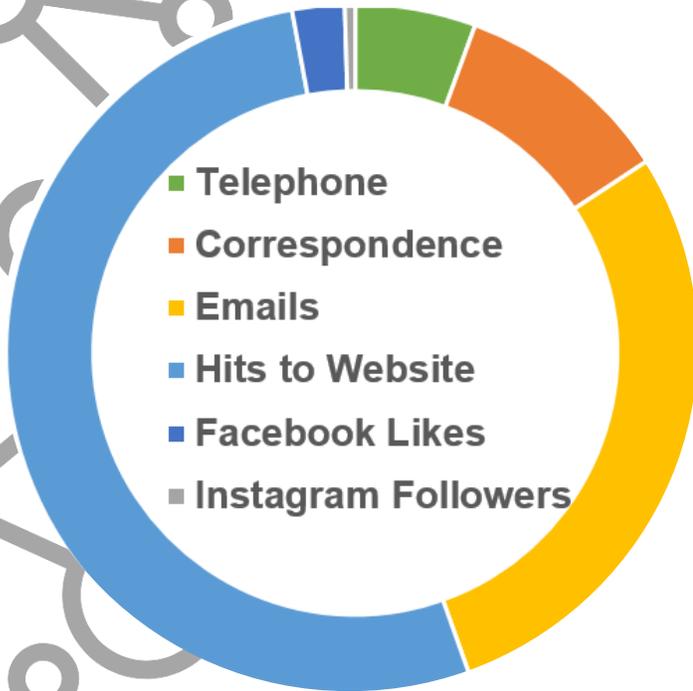
We welcome the addition of Dr Ming Wang to the Board and members can be confident that the Board will continue to monitor the work of the Association and lead it to evolve to meet the changing needs of our members and the Stroke community.



**John Garbutt //  
President**

# PERFORMANCE OVERVIEW

## Service Provision



**45,229**

Total Number of Client Contact

## Social Media

**1,096**

Facebook Likes

**316**

Instagram Followers

**392**

Twitter Followers

## Advocacy

**13**

Committee Representations

**155**

Meetings

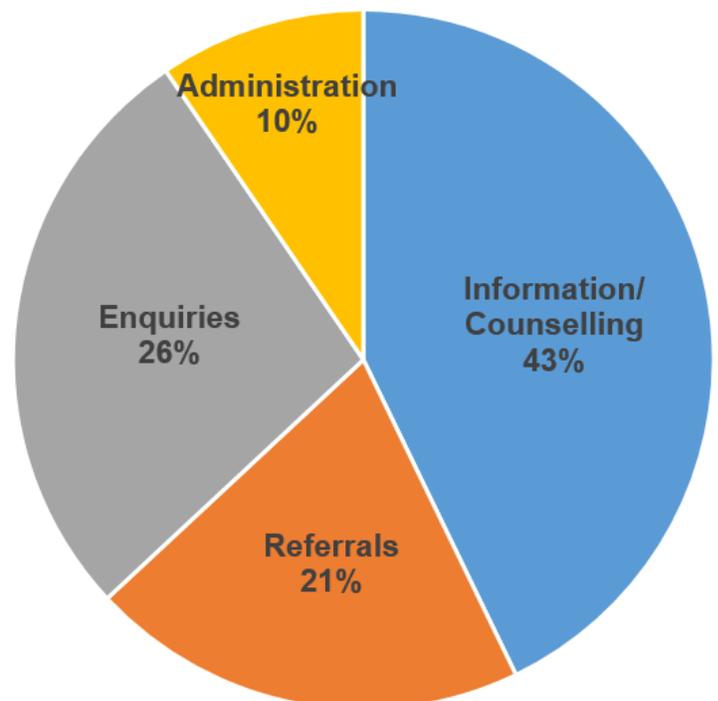
**8**

Consultations

## Support, Information & Counselling

**2,524**

Total Number of telephone calls



## Support of Clubs

**96**

*Visits to Stroke  
Recovery Clubs*

**17**

*Funding Submissions*

## Stroke Awareness

**6**

*Conferences*

**41**

*Information Sessions*

**5**

*Professional Group/ Training*

**1,170**

*Total Participants*

**36**

*Community Groups (6 CALD  
Groups with an interpreter)*

**1,323**

*Total Participants*

**51**

*Displays*

**8**

*Media Interviews*

## Publications

**4**

*Issues of Club News*

**2**

*Issues of Stroke  
Recovery News*

**4,462**

*Copies of publications  
distributed*

## Information Distribution

**13,340**

*Information sheets about  
Stroke recovery*

**315**

*Stroke Information Kits*

**7,671**

*Pamphlets, posters and  
relevant media articles*

# 2018/2019 PICTORIAL REVIEW





# CLUBS OVERVIEW

**Stroke Recovery Clubs/Groups**

**45**

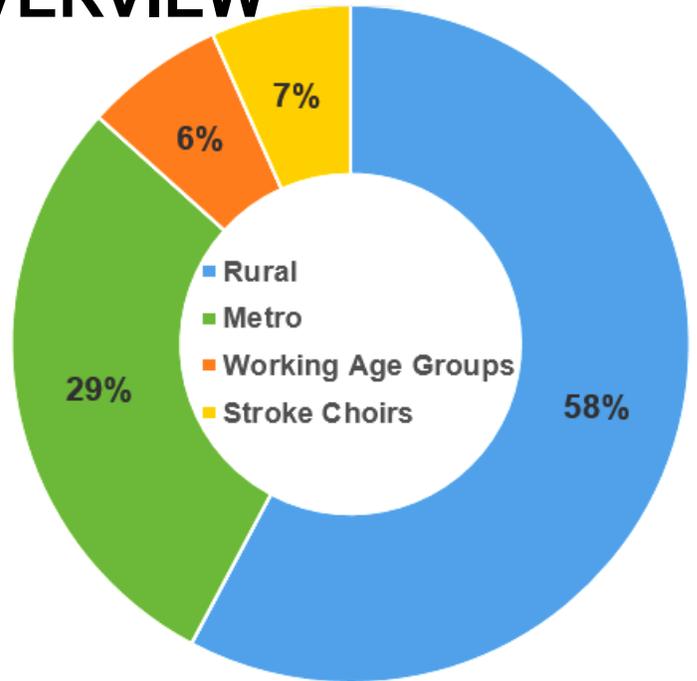
Affiliated Stroke Recovery Clubs/ Groups in NSW

**New Stroke Recovery Clubs/Groups**

**6**

New Stroke Recovery Clubs/ Groups in 2018/19 including:

- Brainwaves Stroke Choir
- Penrith Stroke Recovery Club
- Maitland Aphasia Communication Group
- Griffith Stroke Support Group
- Monaro Region Stroke Support Group
- Northern Beaches Stroke Support Group



Clubs being developed in 2019/20

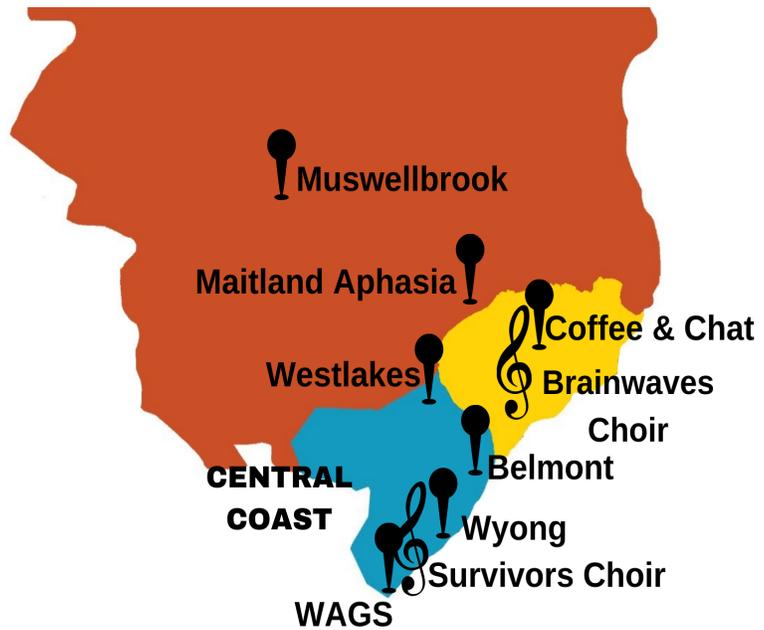
- Chinese Speaking Stroke Support Group
- Wagga Wagga
- Liverpool
- South West Sydney
- Fairfield

# CLUB LOCATIONS

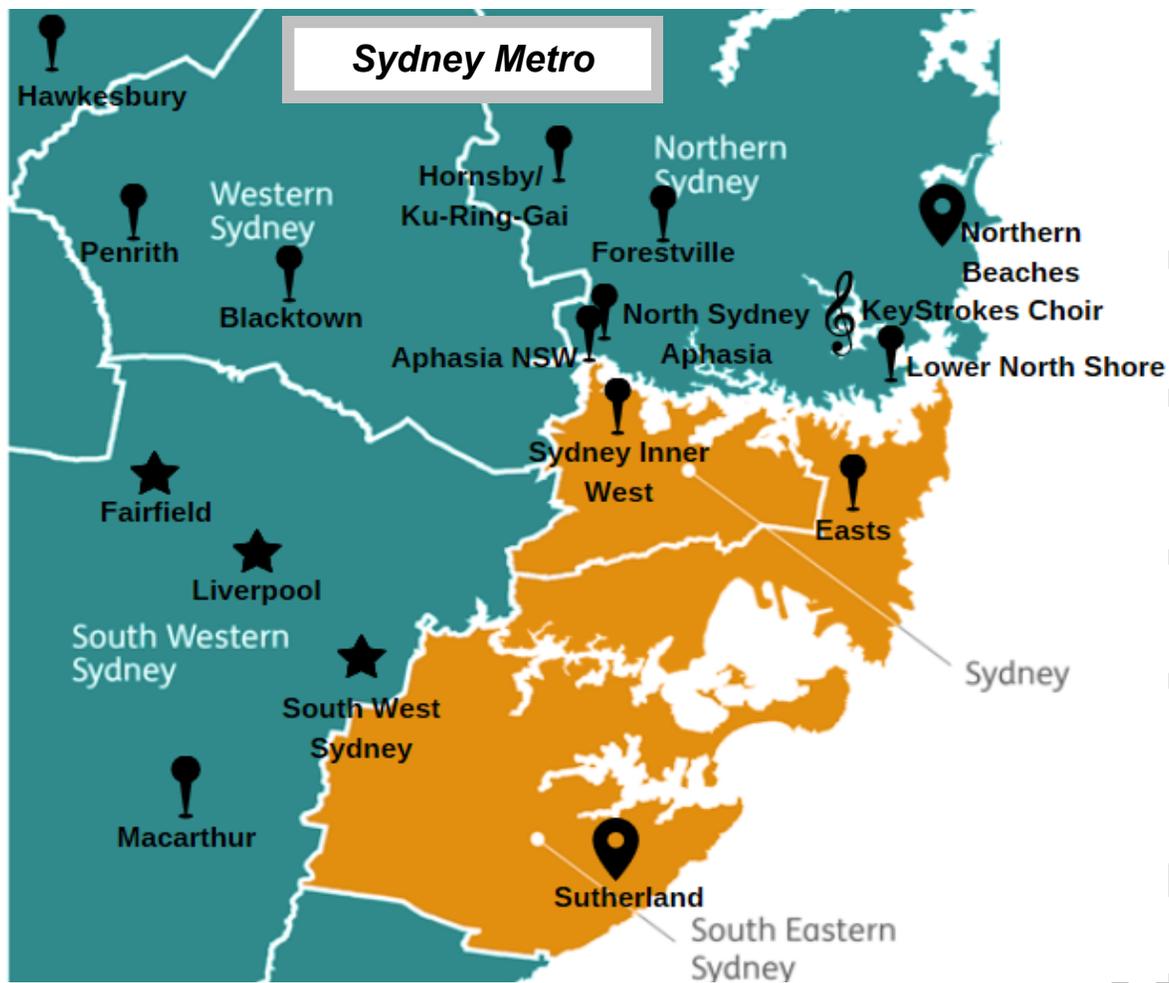
**Key**

- Stroke Recovery Clubs
- Stroke Support Groups
- Stroke Choirs
- Target Areas 2020

**Hunter Region**



# CLUB LOCATIONS



# TREASURER'S REPORT



As a result of a number of factors, the Association has concluded 2018/2019 with our Statement of Financial Position indicating that the Association is in its most sound financial position ever.

The financial overview gives you a compact picture of how monies have been received and expended over the past year.

We have ended the year with an operating profit of **\$319,615**. The Income and Expenditure report indicates that there has been an increase in monies received from most forms of income. This year's profit however, was again primarily as a result of very generous bequests and the successful grant application through the Information Linkages and Capacity Building Programme.

Our investments have returned an increased performance in relation to previous years due to having substantial more funds to invest. However, we do not expect this to continue in 2020 due to the much lower interest rates available.

The overall annual expenditure in 2018/2019 has increased. This was expected and is primarily due to the employment of the two Stroke Club Coordinators as funded by the NDIS Information Linkages and Capacity Programme. Three quarters of the monies for this two year grant were paid to the Association in the first year, meaning that the Board has had to manage the budget carefully to ensure that there is enough left in the grant budget to cover the cost of the project in 2020.

Staff continue to work diligently to source alternative sources of funding. We have again been successful in working with Clubs to source monies from the Volunteer Small Grants Programme and the ClubGrants programme. A significant amount of money was received by Clubs under the VSGP totaling approximately \$31,900.

The issues raised in relation to an affiliated Stroke Recovery Club spending grant monies received outside the parameters of the conditions of the grant, has caused the Board significant concern over the past eight months. Following the Honorary Solicitors advice and in order for the Association to continue to comply with the requirements of the Australian Charities and Not for Profit Commission we have had

to really tighten the financial reporting procedures of affiliated Clubs. This will result in a requirement for the Association's CEO/Public Officer to be a signatory on all Club Accounts in order for the Board to access information about accounts held by clubs using the Associations Australian Business Number.

## Thank you

I would like to express our appreciation to Vishal Modi for his excellent work in relation to our audit report. Our previous Auditor Hill Rogers have now undertaken a merger with Nexia, however Vishal appears keen to continue to undertake his support of the Association in his new capacity as a Director of Nexia.

We would also like to thank Geoff Stein, our Honorary Solicitor for his work in assisting us with the closure of the CBA Bank Account held by the disaffiliated Stroke Recovery Club.

## Moving Forward

As we move into the 2019/2020 financial year, we are in a very strong and viable financial situation with a total cash reserve of **\$1,291,173**, an increase of \$248,549 or 24% on last year's position.

We are confident that our present level of funding is secure from NSW Health, Family and Community Services and NDIS until June 2020. The Association will seek further funding from the NDIS Information Linkages and Capacity Building Grant programme and NSW Health. We will also be striving to ensure that funding from the NSW Government for our Advocacy and Information Programme is secure in the long term from July 2020.

While the Board is conscious of the ever increasing need for our services and will continue to work diligently to seek alternative sources of revenue to enable the Association to continue to move forward.

The Board is also acutely aware of the ever increasing legislative burden on the Association. It is imperative that the Board monitors the spending of monies diligently to ensure that our legal obligations are fulfilled. It is particularly imperative that we are able to maintain our status as a charity and comply strictly with the new processes of the Australian Not-for-Profit and Charities Commission. Members can feel assured that financial diligence is a primary concern of the Board.

  
**Linda Glanfield //**  
**Secretary/ Treasurer**

# FINANCIAL OVERVIEW

## Financial Comparisons

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*

2018/19

**\$851,370**

*Revenue in 2018/19*

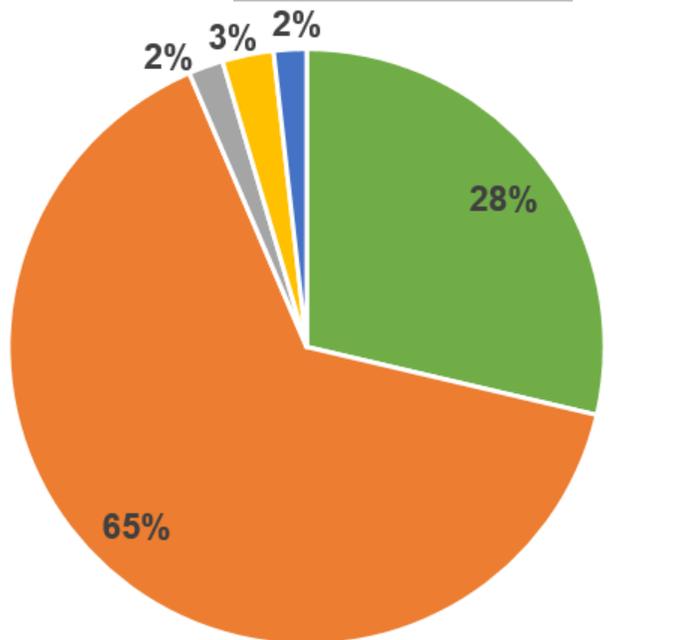
**\$531,755**

*Expenditure in 2018/19*

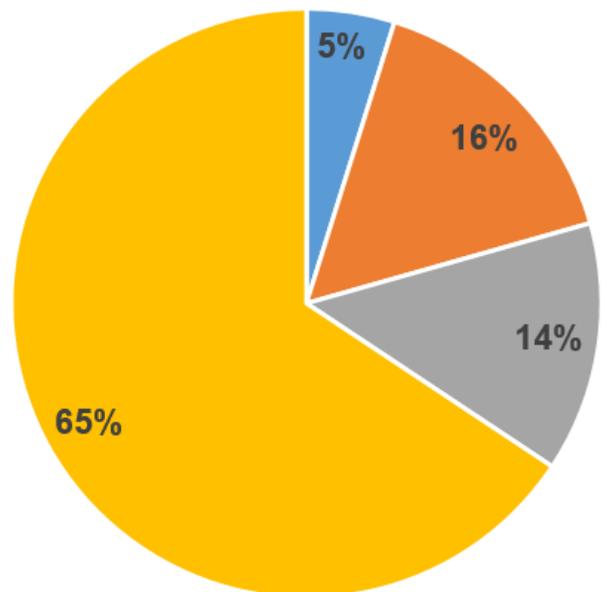
**+\$319,615**

*Net position at the conclusion  
of 2018/19 financial year*

### Income 2018/19



### How Resources were used 2018/19



- Bequests
- Fundraising
- Memberships

- Subsidies & Grants
- Interest

- Administration
- Programmes

- Clubs
- Salaries

# 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 2018/19, the Stroke Recovery Association NSW received legacies from 2 people. This includes a substantial legacy from the Estate of Mr. William Holdaway and the finalization of the Robert Delehory Estate.

These funds comprise the majority of our donated income and are vital to our work. We are truly grateful for these gifts which totaled \$242,085 in 2018/2019.

# GRANTS & SUBSIDIES

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

- NSW Health
- NSW Department of Families and Community Service and Justice
- Department of Families, Community Services, Housing and Indigenous Affairs ( FaCSHIA)
- Clubs NSW
  - Mingara Recreation Club
  - Club Five Dock
  - Diggers at the Entrance
  - Roseville RSL Club
  - Club Burwood
  - Blacktown Workers Club
  - Wangi Wangi RSL Club
  - Kangaroos Leagues Club
  - Macarthur Catholic Club
  - Thurgoona Catholic Club
  - Club Forster
  - Woonona Bulli RSL Club
  - Nowra Tennis Club
  - Albion Park Bowling Club
  - Everglades Country Club
  - Griffith Leagues Club Southside

These funds comprise 65% of the income and are vital programmes. We appreciate not only the financial support which totaled \$547,898 in 2018/2019 but also the enormous in-kind support to both the Association and our member Clubs.

# IN KIND SUPPORT

The Board of the Association would also like to acknowledge the tremendous ongoing support from:

Mr. Geoff Stein, Brown Wright and Stein - Honorary Solicitor

Mr Vishal Modi, Nexia - Honorary Auditors

# AUDITOR'S REPORT

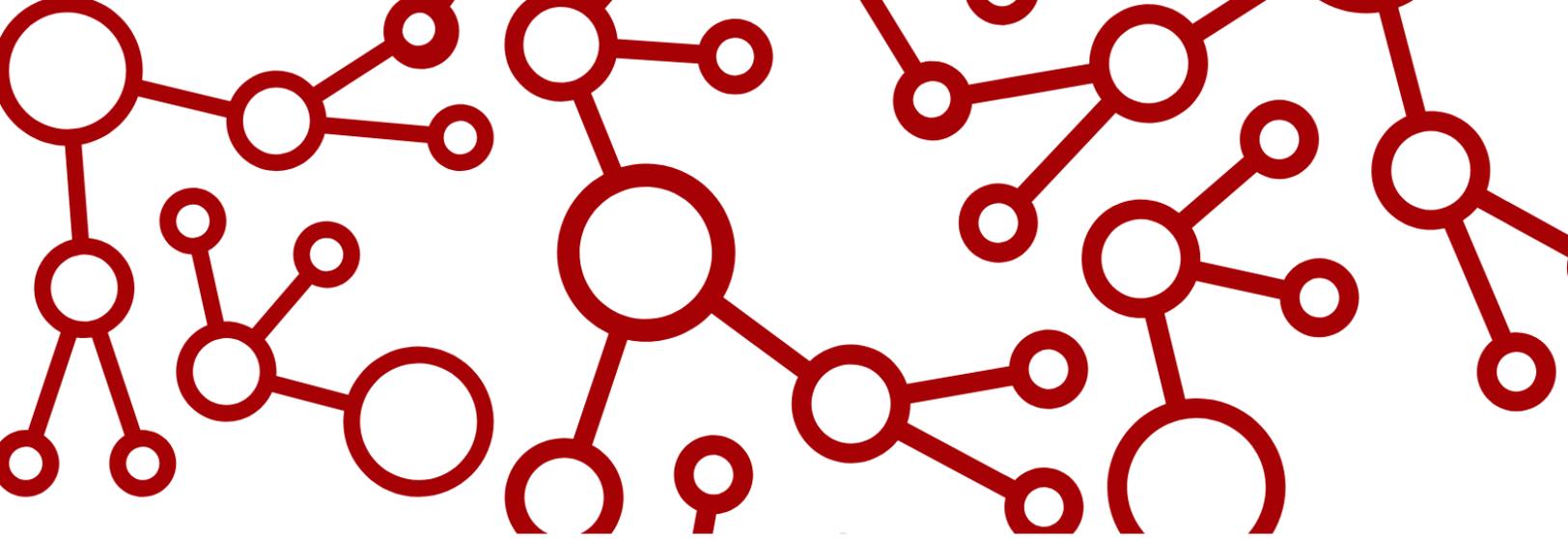
**STROKE RECOVERY ASSOCIATION INCORPORATED**

**ABN: 58 459 163 597**

**For the Year Ended 30 June 2019**

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**STROKE RECOVERY ASSOCIATION NSW**