

HEARTBEAT EPWORTH INCORPORATED

A report to members and supporters of the activities and financial situation of Heartbeat Epworth for the Financial Year 2022-23 Annual Report 2022-23

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Overview of the Year

As I complete my seventh year as President and ninth year of being involved with Heartbeat I reflect that, while the responsibilities that come with the President's role may have presented some interesting challenges, I have also had the privilege over that time to both lead an organisation that makes a very positive difference to the lives of others and work with many wonderful people who are similarly motivated. Heartbeat's achievements are the result of the commitment of our Committee, our wonderful volunteers, Scott Bulger and his team at Epworth Medical Foundation, the members of Heartbeat, and a very large group of supporters across the community. Without their kindness, generosity and time, Heartbeat would not succeed.

After the years of disruption to our activities brought on by COVID-19, it feels like we have eventually found our way back to a place that more closely resembles 'business as usual', resulting in Heartbeat being able to donate \$133,000 to the Epworth Medical Foundation in 2022-23.

Our donation enabled us to complete funding for the \$300,000 Heartbeat Centenary Scholarship Fund. Heartbeat's contribution of \$150,000 was made possible by the efforts of Heartbeat members and supporters during the difficult three years from the onset of COVID-19. This amount was matched by the Epworth Medical Foundation. The balance of our 2022-23 donation went to funding the Cardiac Nurse Ambassador Program (\$8,000) and making the first contribution (\$75,000) to the 2023-24 Cardiac Equipment Campaign.

I would like to thank Zwany Stoker for her generous donation to the Centenary Scholarship Fund and Sylvia McGregor for donating the funds required to support the Ambassador Program.

Of course, Heartbeat's fundraising activity is underpinned by our wonderful team of volunteers. Continuing COVID-19 restrictions in the hospital environment meant that volunteers were required to wear masks until March 2023. Despite the challenges that come with everyone wearing masks, sales table volunteers were incredibly successful - raising over \$27,000 from 4 raffles and \$19,800 from sales of cards and craft. Thank you to Kevin O'Dea, Wolfgang Ott, Bernadette Hodgkinson, Margo Kelly, Robert Saitta, Heera Nayak, Marion Thurkle, Shirley Chung, and Con and Loula Vlass for their efforts in challenging circumstances on the sales tables and craft stalls at Richmond.

The financial contribution that Heartbeat made this year to help keep Epworth at the leading edge of cardiac care was significant, however, just as importantly, Committee members worked hard to ensure access to a range of fellowship opportunities such as morning teas and lunches for our members and supporters across each of the Heartbeat Groups.

Margo Kelly and Fay Henderson organised monthly morning teas for the Richmond Group and, when COVID-19 restrictions allowed, they also ran three well-attended and most enjoyable lunch outings at Angliss Restaurant. Thank you Margo and Fay.

Con and Loula Vlass took on responsibility for the South Eastern Group this year. A monthly members' meeting held in the boardroom at Epworth Eastern followed by lunch at the Box Hill RSL have been very successful. Con's sense of humour has been an energising touch to the meeting. Thank you Con and Loula.

Sharon and Robert Saitta at North West Group continued to run their bi-monthly Group meetings and lunch get-togethers. With assistance from Shirley Chung and many others, they also organised the long-standing

and much-anticipated Annual Christmas Lunch in November 2022. Once again, this event was very successful and enjoyed by all those who attended. Thank you Sharon and Robert for sponsoring the entertainment at this event and for all the other work that you do for members in the North West.

Finally, I would like to recognise the important contribution made to Heartbeat by:

- Scott Bulger whose encouragement and support is critical to the work we do
- Sarah Dyke for her administrative support
- everyone else on the EMF team for willingly responding to our requests for assistance
- Kylie Semple (Epworth Group Volunteer Manager) for her assistance with all things volunteer-related, including the help she has provided to our volunteers with their Police and Working With Children Checks
- Cat Shinkfield for taking the minutes at our Committee meetings
- Sheila Ross for pulling together Zippers and editing all our written communication to members.

2022 Annual General Meeting

The Annual General Meeting was held on the 28 October 2022. All the matters required by the rules of the association were successfully dealt with at the meeting.

274 members were invited to the meeting. 39 Apologies were received, 21 members attended and 33 Proxies were nominated - 30 to the Chairperson and 3 to members attending the meeting.

We presented a \$100,000 cheque reflecting our 2021-22 contribution to the Epworth Medical Foundation and the members of the 2022-23 Committee were elected.

The traditional AGM Christmas Cake raffle (started by the late Priscilla Rogers and continuing thanks to the generosity of Priscilla's daughter Sandra Rogers-Neal) was, as always, well-supported.



Scott Bulger, Executive Director Epworth Medical Foundation, attended the AGM and accepted a (symbolic^{*}) cheque for the donation made to Epworth Medical Foundation on behalf of Heartbeat Epworth members. President Bill Preston presented the cheque. ^{*}Heartbeat no longer uses cheques



Heartbeat Epworth Committee 2022-23

Back Row – Left to Right Kasi Nathan, Bill Preston, Sharon Saitta, Con Vlass Second Row - Left to Right Fay Henderson, Shirley Chung, Sylvia McGregor Front Row Justine Middleton, Margo Kelly, Loula Vlass

Membership

At the beginning of 2022 Heartbeat had 274 members (couples are counted as two members). During the year a total of 16 members were removed from the database as a result of resigning their membership, passing away, or being deemed as inactive as a result of Heartbeat mail being returned repeatedly.

One new donor and two new members were added to the register of members and donors.

Volunteers

It is important to highlight that Heartbeat is run entirely by volunteers, including all Committee members. None of the work we do to support cardiac patients or to raise funds to purchase cardiac equipment and sponsor Scholarships would happen without volunteers.

With the exception of two members who have volunteered to do Patient Support Visits at Richmond, the number of members coming forward to volunteer for Heartbeat is in decline, resulting in the size of the team diminishing as volunteers retire.

This year the Committee embarked on a campaign to actively recruit volunteers from outside the membership group. A leaflet about volunteering at Heartbeat has been developed and is being circulated to patients during Patient Support Visits as well as being displayed and available at the Heartbeat Office, Richmond. We also ran an advertisement for recruitment of volunteers on the job-seeker site 'Seek' for most of the year. This advertisement attracted a number of enquiries from people who were not suitable for the role and the recruitment of only two volunteers who stayed for a short time before moving on voluntarily.

Patient Support Visits

Patient Support Visits were suspended at all hospitals from early in 2020 until March 2023 while COVID-19 restrictions were in place.

For a number of unavoidable reasons, none of our team of Patient Support Visit volunteers was able to return when the restrictions were lifted. As soon as we were able to reintroduce Patient Support Visits we reached out to readers of *Zippers* for new volunteers to do this very important and rewarding work. Two existing members - Susan Iles and Jane Dobney - came forward and are now visiting patients on 2 Lee Wing on two separate days each week.

An information pack including the most recent issue of *Zippers*, a membership brochure, an overview about volunteering at Heartbeat, and a flyer outlining some of the events organised by Heartbeat is provided to patients. A small gift including lip and hand moisturiser is also given to each patient during these visits. The contents and packaging of the gifts, which are donated by the product manufacturers, are organised by Sylvia McGregor.

Jo Kevill at Camberwell Rehab Hospital runs a very successful Cardiac Rehabilitation program and has invited Heartbeat to present on our activities to program participants. Sylvia McGregor has assumed responsibility for these presentations.

A very special thank you to Susan, and Jane and Sylvia for their willingness and commitment to share their personal experiences and for giving cardiac patients the opportunity to learn more about the support available to them through Heartbeat.

Scholarships

Scholarships play an important role in improving the care of cardiac patients through building the knowledge and skills of our cardiac nurses, some of whom would not be able to undertake further study without this support.

Five staff were awarded Heartbeat Epworth Scholarships in November 2022 for study in 2023. Unfortunately, one of the recipients was unable to accept the Scholarship. Subsequently, two others have had to defer their studies until 2024; the funds that were allocated to them will be carried over to 2024. We are pleased to report though that the remaining two recipients (listed below) are progressing well.

Recipient	Scholarship Fund	Field of Study
Elizabeth Payne	Centenary Scholarship	Cert IV in Training and Assessment
Kendal Maclean	Cardiac Nurse Scholarship	Post graduate diploma of cardiac ultrasound

Donations to Epworth

Heartbeat donated \$133,000 to the Epworth Medical Foundation in 2022-23.

Our donation enabled us to complete funding for the \$300,000 Heartbeat Centenary Scholarship Fund. Heartbeat's contribution of \$150,000 was made possible by the efforts of Heartbeat members and supporters during the difficult 3 years from the onset of COVID-19. This amount was matched by the Epworth Medical Foundation. The balance of our donation went to funding the Cardiac Nurse Ambassador Program (\$8,000) and making the first contribution (\$75,000) to the 2023-24 Cardiac Equipment Campaign.

I would like to thank Zwany Stoker for her generous donation to the Heartbeat Epworth Centenary Scholarship Fund and Sylvia McGregor for donating the funds required to support the Ambassador Program.

Supporters

Many individuals donate goods to help us with our fundraising – Lesvia Bain, Sue Riddell and the Silver Knitters, Helen Weiss, Heera Nayak, and Marion Thurkle are just some of the generous people who make and donate handcrafted items for our craft stalls and sales tables. We were pleased to receive a large quantity of beautifully knitted items from Joy and Graham Woods for the first time this year. Thank you to all our craft makers for the beautiful work you do and for donating it to Heartbeat. More than \$11,000 was raised from the sale of craft.

Support from Scott Bulger and the Epworth Medical Foundation also extends to their generous donations of goodies for our raffles, including Levantine Hill Estate wine which has been a significant feature in our raffles and a strong motivator for people to purchase raffle tickets.

Bunnings Box Hill South was very generous and supported Heartbeat with items for the Christmas Hamper raffle in 2022 and the 2023 Father's Day raffle.

A total of just over \$1,700 (up from \$1,000 last year) was raised from donation boxes at the Zouki Epi and Bridge Road cafes. Boxes have recently been placed at the Zouki cafes at Epworth Camberwell and Epworth Freemasons. A very special thank you to Sam Zouki and the staff at Zouki cafés who forego some of their tips to support Heartbeat in this way. Ken and Fay Henderson are very generous supporting us with products from their businesses ('Nature's Cuppa' teas and 'eat right' rice crackers) which are a constant in raffles and events at Heartbeat, including at the Richmond morning teas and Angliss Restaurant events. Fay also kindly provides gifts of flowers on occasions where it is appropriate.

Once again, Debbie Casey from 'Central Steel' made another generous donation of \$500 to support Heartbeat through the North West Group.

The Committee would like to thank all these people and their businesses for the very generous support they give to Heartbeat Epworth.

Zippers

In 2022-23 we used our bi-monthly newsletter *Zippers* primarily as a means of communicating upcoming events to keep members and supporters connected, providing information from Epworth's Pastoral Care and Cardiac Rehabilitation teams about self-care and well-being, and sharing the 'good news' about scholarship winners and the progress they had made in their studies.

The Committee acknowledges the regular contribution to *Zippers* made in 2022-23 by:

- Committee members Bill Preston, Robert and Sharon Saitta, Margo Kelly, and Con and Loula Vlass
- Andrew Somerville and his team (Pastoral Care)
- Jo Kevill and Glynis Cacavas (Cardiac Rehabilitation Coordinators)
- Dorani Lacey (Scholarships)
- our editor Sheila Ross
- EMF for printing the hard copies that are distributed to members (who don't have email addresses) and to patients while they are in hospital.

We distributed approximately 250 hard copies and another 175 emailed copies of each Zippers issue.

Epworth Richmond

During the 2022-23 financial year, social functions, craft stalls and sales tables were all regular features of the Richmond Group's activities. In addition to our Father's Day, Christmas Hamper and Mother's Day Raffles, we also ran a Three Quilt Raffle which was effectively three separate raffles run simultaneously so that people could purchase tickets for the quilt(s) they most wanted to win. This approach was well received.

We are very grateful for the beautiful quilts offered in the Three Quilt Raffle. They were made and donated by Mrs Hazel Adams from Templestowe Victoria, Kay Wagland from Launceston Tasmania, and Fay Woodhart from Horsham Victoria.

A special thank you to Sylvia McGregor for the preparation of the baskets and raffle prize presentations which always look amazing.

This year we were able to introduce craft as a regular line on the sales tables. This change was made possible by the generous donation of knitted craft from Joy and Graham Woods which included a large collection of footy bears, jumpers, toys, blankets and beanies. Of course, we continued to sell the indemand footy dolls that Lesvia Bain makes from footy socks.

Sales table activity at Richmond has also benefitted from Con and Loula Vlass becoming part of our volunteer sales team and offering a range of beautifully knitted craft items made and donated by Loula and Sue Riddell and her Silver Knitters.

A huge thank you to the enthusiastic team of volunteers who work on our sales tables.

Craft stalls, held on the third Thursday of each month, were run by Heera Nayak, Bernadette Hodgkinson and Marion Thurkle. They collect and make popular items of craft, and are very grateful to the busy band of knitters and sewers who support the stalls.

The craft stalls and sales tables raised a total of \$44,000 in 2022-23.

Following the easing of COVID-19 restrictions in the hospitals, Patient Support Visits, an important part of our program at Richmond, commenced again this year. A very sincere thank you to Susan Iles and Jane Dobney who conduct these visits to provide patients with peer support.

We held three Angliss Restaurant Lunches this year. Students of William Angliss Institute prepare and serve a three-course meal under supervision. These events provide a great opportunity for members and friends to enjoy a restaurant meal at a nominal cost and to enjoy catching-up with each other; they are also a good fundraiser for Heartbeat.

Our morning teas held on the second Wednesday of the month are popular with a small but regular group of members. These are social events where we get to know each other, discuss items of interest and raise a small amount for Heartbeat.

North West Group

The North West Group has continued to hold bi-monthly meetings and social functions throughout the year. These activities have provided much-needed opportunities for our members to get together and reengage. During this time, Robert Saitta provided support to all our members through regular phone contact as well as by organising and providing transport for members who would otherwise find it difficult to get to these events.

In memory of her late father Tom Hodgson (who served as North West Group Director for many years), Debbie Casey from 'Central Steel' continued to support Heartbeat with another generous donation of \$500. A special thank you to Debbie and her team for their continued support.

As a result of its fundraising activities, we are pleased to announce that the North West Group raised more than \$3,500 in 2022-23.

South Eastern Group

We were delighted that during this reporting period we were able to hold our monthly meetings and lunches without the interruptions that we experienced during the COVID-19 restrictions. Our meetings were held in the boardroom of Epworth Eastern followed by lunch at the Box Hill RSL. Our monthly lunch raffles were well supported.

In October 2022 we were given the opportunity to tour the new building and cardiac facilities at Epworth Eastern, including a new \$2m hybrid theatre which provides the most advanced technology and procedures available for cardiac services.

At our April 2023 meeting, we organised a demonstration of basic life support and how to perform CPR in an emergency. Louise Wilson (Clinical Nurse Educator ICCU) ran the demonstration and also showed us how to use a defibrillator when one is available. The group decided that this session was so informative and useful that it should be organised annually.

The renovations at Eastern mean that, at this stage, a suitable venue for a craft stall or sales table hasn't been found. Consequently, Con and Loula have been running a monthly or bimonthly stall at Richmond.

We would like to express our appreciation to Sue Riddell and her Silver Knitters whose wonderful crafts have contributed to our successful fund raising.

Bill Preston President

Financial Statements

Heartbeat Epworth Inc.

A.B.N. 63 047 089 954

2023 Financial Statements

Statement by Members of the Committee

The Committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the Committee, details as set out in the accompanying financial statements:

- 1. Presents a true and fair view of the financial position of Heartbeat Epworth Inc. as at 30 June 2023 and its performance for the year ended on that date.
- 2. At the date of this statement, there are reasonable grounds to believe that Heartbeat Epworth Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

Bill Preston

President

Justine Middleton

Dated: 24 August 2023

Income and Expenditure Statement

Heartbeat Epworth Inc.

Income and Expenditure Statement

For the Year Ended 30 June 2023

	2023	2022
	\$	\$
Revenue:		
Membership	3,230	2,100
Donations	81,172	17,088
Fundraising Activities	56,655	14,668
Grant - DHSS	4,140	4,140
Interest Received	1,171	-
Total Revenue	146,368	37,996
Less Fundraising Costs	8,802	2,780
Net Surplus Before Overheads	137,566	35,216
Less Overheads & Administration		
Bank Fees and Charges	561	561
Computer Software Licence Fees	3,547	-
Insurance	2,545	2,425
Stationery and Office Costs	964	157
Total Overheads and Administration	7,617	3,143
Surplus Before Donations	129,949	32,072
Donations to Epworth Medical Foundation	133,534	39,000
(Deficit) / Surplus	(3,585)	(6,928)

Statement of Changes in Equity For the Year Ended 30 June 2023

	2023	2022
	\$	\$
Retained Surpluses Brought Forward	14,042	20,970
Current Year Surplus/(Deficit)	(3,585)	(6,928)
Total Retained Surpluses	10,457	14,042

Balance Sheet

Heartbeat Epworth Inc.

Balance Sheet

as at 30 June 2023

	2023	2022
	\$	\$
Current Assets		
Cash and Bank Accounts		
Petty Cash	450	450
Westpac Cheque Account	6,744	6,466
Bendigo Bank - North West Group	-	826
Total Cash and Bank Accounts	7,194	7,742
Inventory	3,263	6,300
Total Current Assets	10,457	14,042
Non-Current Assets	-	-
Total Non-Current Assets		-
Total Assets	10,457	14,042
Less Liabilities	-	-
Net Assets	10,457	14,042
Represented by:		
Retained Surpluses:	10,457	14,042

Cash Flow Statement

Heartbeat Epworth Inc.

Cash Flow Statement

For the Year Ended 30 June 2023

	2023	2022
	\$	\$
Cash flow from Operating Activities		
Membership	3,230	2,100
Donations	81,171	17,088
Fundraising Activities	56,655	14,668
Grants	4,140	4,140
Payments to Suppliers	(13,381)	(5,474)
Operating Cash Flow	131,815	32,522
Cash flows from Investing Activities		
Payments for Non-Current Assets	-	-
Cash flows From Financing Activities		
Interest Received	1,171	-
Less Donations to Epworth Medical Foundation	(133,534)	(39,000)
	(132,363)	(39,000)
Net Increase/(Decrease) in Cash	(548)	(6,478)
Reconciliation of Cash Balances		
Cash at Beginning of Year	7,742	14,220
Add net increase/(decrease) in cash	(548)	(6,478)
Cash at End of Year	7,194	7,742
Operating Surplus/(Deficit) before Donations	129,949	32,072
Less: Interest Income	(1,171)	-
Add: (Increase)/Decrease in Inventory	3,037	450
Operating Cash Flow	131,815	32,522

Fundraising Information

Heartbeat Epworth Inc. Fundraising Information

For the Year Ended 30 June 2023

	2023 \$	2022 \$
Funds and Assets received as a result of Fundraising Activities	56,655	14,668
Expenditure on Assets	-	-
Expenditure on Wages, Salaries, Commissions and other remuneration in relation to fundraising activities	-	-
Administration expenses related to fundraising activities	7,617	3,143
Other Expenses related to fundraising activities (Cost of merchandise sales and raffles)	8,802	2,781

Notes to the Financial Statements

For the Year ended 30 June 2023

1. Statement of Significant Accounting Policies

The financial statements are special purpose financial statements prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Act Reform Act 2012. The Committee has determined that the Association is not a reporting entity.

The financial statements have been prepared on an accruals basis and are based on historic costs and do not take into account changing money values or, except where specifically stated, current valuations of non-current assets. The following material accounting policies, which are consistent with the previous period unless stated otherwise, have been adopted in the preparation of the financial statements:

(a) Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities on the balance sheet.

(b) Property, Plant and Equipment

Office and other equipment are carried at cost less, where applicable, less any accumulated depreciation. Minor assets (cost < \$1000) with an expected life of less than 3 years are depreciated in full in the first year. The depreciable amounts of all other fixed assets are depreciated over the useful lives of the assets to the Association commencing from the time the asset is held ready for use.

(c) Revenue and Other Income

Interest revenue is recognised when credited to the bank account.

Revenue does not include any amount of goods and services tax (GST).

(d) Trade and Other Payables

Trade and other payables represent the liabilities at the end of the reporting period for goods and services received by the Association that remain unpaid.

Trade payables are recognised at their transaction price. Trade payables are obligations on the basis of normal credit terms.

e) **Tax**

The Association is a registered charity with the Australian Charities and Not for Profits Commission (ACNC) and is endorsed by the ATO as a "Deductible Gift Recipient" (DGR) meaning donors of gifts to the Association are able to claim a tax deduction for their gift. The ATO has allowed the Association Income Tax Exemption and GST concessions.

The Association is not registered for GST (and not required to be registered) with the Australian Tax Office. Therefore, expenses and assets are recognised at their gross cost including any amount of GST.

Receivables and payables are stated inclusive of the amount of GST receivable or payable.

2. Financial Liabilities

As at 30 June 2023, the Association has nil financial liabilities (2022: \$nil).

3. Capital Commitments

As at 30 June 2023, the Association has nil capital commitments (2022: \$nil).

4. Events subsequent to Reporting date

The COVID-19 crisis and the resulting restrictions have adversely affected the operation of the organisation since March 2020. This has substantially impacted the fundraising activities and patient support activities since that time. During this financial year we have largely recovered from the impact of the pandemic.

The Committee is not aware of any other material events, subsequent to the reporting date, that would have an impact on the financial statement or on the affairs of the Association.

At the date of this statement, there are reasonable grounds to believe that Heartbeat Epworth Inc. will be able to pay its debts as and when they fall due.

Committee's Report

Heartbeat Epworth Inc.

For the Year Ended 30 June 2023

The Committee is pleased to submit the financial report of the Heartbeat Epworth Inc. for the financial year ended 30 June 2023.

Committee Members:

The names of Committee members who were elected to manage Heartbeat Epworth Inc. at the date of this report are:

President:	Mr Bill Preston
Vice Presidents:	Vacant
Secretary:	Mr Kasi Nathan
Treasurer:	Mrs Justine Middleton
Members:	Mrs Fay Henderson
	Mr Con Vlass
	Mrs Loula Vlass
	Mrs Shirley Chung

Mrs Sylvia McGregor Mrs Margo Kelly Mrs Sharon Saitta

The Committee is responsible for the management of the Association as per delegation of powers granted by Heartbeat Epworth Inc. until a new Committee is installed.

Principal Activities

The principal activities of the Association during the financial year were to:

- (a) To give support and reassurance to people and their families following hospital treatment for heart disease.
- (b) To assist in the further development of cardiac units at Epworth hospitals by raising funds to provide additional equipment and services.
- (c) To promote friendships between past cardiac patients, their families and supporters through meetings and social events.

The Committee assumed responsibility of Heartbeat Epworth Inc. on 28 October 2022.

Significant Changes

While COVID-19 still imposed restrictions on the activities of the Association, no significant change in the nature of these activities occurred during the year.

Operating Result

The Surplus from ordinary activities (the Association is exempt from Income Tax) for the year ended 30 June 2023 amounted to \$129,949 (30 June 2022 - \$32,072).

Bill Preston President *Kasi Nathan* Secretary

Dated: Dated: 24 August 2023