



SOS Health
Foundation Ltd

Annual Report 2015



Message from the Executive Chairman

The mission of the SOS Health Foundation is to transform disadvantaged individuals and communities in Australia through allied health care. We are committed to those who need us most and when they can least afford it. This cause remains our strong conviction. It's the driving force behind every activity and decision we make.

William Carey was a missionary who blazed the trail to India in 1792. Amongst other great legacies, Carey is famous for describing his mission in the metaphoric terms of an underground miner penetrating deep into an unexplored mine.

He said to his colleagues at the time: "I will go down, if you will hold the rope." His good friends reported: "He took an oath from each of us, at the mouth of the pit, to this effect—that 'while we lived, we should never let go of the rope.'"

In some ways, the SOS Health Foundation is the rope. We rely on people who are willing to be lowered down onto the ground to provide health to those in need. We also depend on those who are willing to hold the rope from a position of strength and support.

This annual report celebrates both.

Our 2014/2015 financial year has been our most productive year to date with permanent health services commenced on Palm Island and the extension of existing pro bono services into Arnhem Land, Melbourne and Brisbane. Hundreds of people in need were positively impacted because of the work of the SOS Health Foundation.

It is your generosity, tenacity and compassion that fuels our efforts. With each new person who joins the cause, we add another strand to the rope that offers hope in an otherwise dark space.

On behalf of the Board of Directors, we want to thank our management team, volunteers and our growing support base who have shown themselves determined to make a significant difference in the lives of others by improving the health of disadvantaged Australians.

Jason Smith
Executive Chairman



Manager's Report

In 2014/2015, the SOS Health Foundation continued to make a growing and resoundingly positive impact through the provision of physiotherapy and related health services in communities that need them the most.

Supported by an ever-growing team of dedicated volunteers and generous donors, we continued to pursue our vision of 'transforming lives through allied health', ensuring that those who could least afford it had the opportunity to access physiotherapy and related healthcare in both remote communities and urban centres in Australia.

An increasing number of physiotherapists and allied health professionals who have seen, first hand, SOS Health Foundation's impact are taking up the cause through volunteering and financial support.

With a greater reach, we are engaging more volunteers and donors than ever before.

Looking ahead to 2016...

Expanding reach

Through new partnerships, more people will access better healthcare allowing us to increase services to larger homeland communities in our Indigenous Health Outreach Program in NE Arnhem Land.

Accessible and relevant projects

Two new projects on Palm Island will allow individuals diagnosed with Diabetes to learn how they can manage and control this disease by participating in our new Healthy Lifestyle Program. Women with incontinence issues will soon have the education, tools and treatment they need delivered with dignity and without shame.

Building capacity through health education

A healthcare education project is being developed to impart knowledge and skills, while encouraging compassion and a professional work ethic. This project incorporates a mix of one-on-one mentoring opportunities, recognised courses, and practical work experience to ensure local community members can continue or undertake employment within their local community.

The passion and excitement of seeing our programs expand demonstrates that we are heading in the right direction.

As we look forward to working with more people and communities in need within Australia, we encourage your continued support, so together we can create a bigger impact story for those we serve in the coming months and years.

Lynda Cunningham
Manager



Together we supported

31+

Indigenous remote communities

Together we supported

2

Probono Physio Clinics

Together we provided

4308

Volunteer hours

Together we empowered

80

Volunteers

Remote Indigenous Programs

The SOS Health Foundation would like to acknowledge and pay our respects to the traditional custodians of the land on which we work and live.

SOS Health Services: Palm Island

Situated in North Queensland with a population of approximately 4,000 people, Palm Island is home to arguably the largest Indigenous community in Australia.

In August 2014, SOS Health Services Palm Island was launched. This is a permanent, not-for-profit clinic providing physiotherapy and related services, vital in improving the health and health literacy of the Palm Island community.



Jane Linton joined in July 2014 to help establish the Clinic and together with her husband Ned, assisted in renovating a derelict office space. The Clinic now consists of a welcoming reception area, small gym, treatment room and a secondary treatment room with storage space.

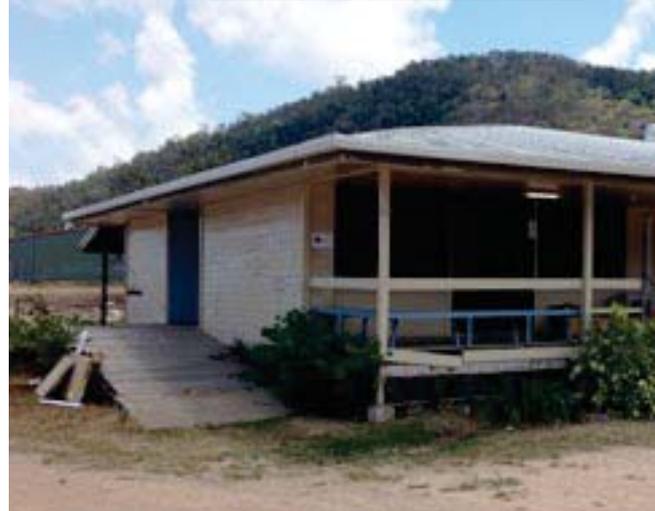
Jane is Aboriginal, from the Gumbaingirr tribe from around Coffs Harbour on the north coast of NSW, one of approximately 40 indigenous physiotherapists in Australia. She was instrumental in furthering relationships and in establishing this Clinic, the base for services offered throughout the community.

We value and thank Jane for her enormous contribution.



Jinwook (Jin) Yoon, his wife Susan and their two young daughters relocated from Adelaide in April 2015. The family is settling in and getting to know the people and life on Palm Island.

Jin continues to provide physiotherapy and community outreach services to individuals and various community and service groups. As Practice Manager, Jin has taken the Clinic to another level by streamlining administration and billing processes as patient numbers increase and as the community learns more about how we can help them with their health concerns.





Patient Story

What a difference a week makes

Lisa* came to see one of our volunteer physios. She was unsure how they could help because no one had given Lisa an exercise or post-operative physio plan. This was despite 2 months earlier having a lung removed because of a tumour.

Every day Lisa was experiencing difficulty in breathing, and could not escape constant neck and back pain. Scarily for Lisa, food continued to get stuck in what felt like a blockage of her oesophagus.

During her visit to our clinic a volunteer physio helped to clear the blockage in her oesophagus. Providing immense immediate relief. Our volunteer then carefully talked Lisa through how to use a respiratory device and provided relief from the spinal pain.

Drawing on the supportive volunteer team, Lisa learned how to use a customised exercise plan to continuously improve her health.... and more importantly, to set Lisa free from the ongoing neck and back pain.

*not her real name

Health Outreach Program

NE Arnhem Land

Now in its second year, the Health Outreach Program continues to positively impact Yolngu people in NE Arnhem Land. Beginning with quarterly Health Outreaches in the first year, we increased our service to six times per year due to the need of more regular services to this vast area.

From our base in Yirrkala, volunteers join with Laynhapuy Health (partner organisation) medical teams travelling to remote Homeland communities most people don't have the opportunity to visit. Volunteers travel to areas accessible by small aircraft or by 4WD on roads with long stretches of corrugation.

The 30+ Homeland communities vary in size from 30 to 500 people. Some have purpose built clinics, others provide more 'interesting' settings such as classrooms or outdoors often with beautiful views of the surrounding landscape. Clinics are set up for the day with patients dropping in, or physios visiting patients in their homes accompanied by health workers.

Although the physical conditions physios are treating are not unique to indigenous people in these communities, language barriers and the lack of equipment require lateral thinking and creativity when developing treatment and exercise plans for their patients.

Training also forms part of the job description, providing sessions to health workers or other medical personnel to ensure all have a good understanding of how physiotherapy can benefit patients most.



"The physio volunteers are great. The people in the Homelands would not have access to physio. For them to come in to Nhulunbuy is difficult, appointments are hard to arrange... basically, the service would not be available if SOS Health didn't provide it."

Penny Gibson
Nurse, Laynhapuy Health, Yirrkala

Health Outreach Program

Palm Island

Apart from assisting in the building and setup of the Clinic, Health Outreach teams have added specialist skills to the service provision including paediatrics, neuro, cardiopulmonary, women's health and sports physiotherapy.

Sports are important to the whole of the Palm Island community and our volunteers have supported various activities from strapping clinics to injury prevention and management for the Rugby League and Netball teams, Boxing and school sports programs.

The 'SOS Mob', as we are affectionately known, continue to foster relationships with community members and other health service providers to ensure services are relevant to this community.

With the help of our volunteers, our staff have identified two key areas of need: Diabetes and related health issues, and Incontinence. Over the last 12 months, volunteers have been vital in exploring options to address these needs and have established the ground work for further program development and implementation in the coming year.



"We are really excited about the SOS Health clinic, our people have to pay so much money to go to the mainland to get physio, exercise plans or some advice. We are so grateful to have the service here. It's a great service to our people and we hope SOS Health is here for a very long time because there is so much work to do."

Dianne Foster
Bwngcolman Woman Social Worker,
Palm Island



Urban Program

Probono Physiotherapy Clinics

With respect, dignity, sensitivity and without judgement, over 450 physiotherapy treatments were provided through the SOS Health probono physio clinics in the Melbourne and Brisbane CBD. Staffed by volunteers we ensure the homeless, those at risk of homelessness or living in poverty have easy access to much needed physiotherapy.

Melbourne

Operating in the Salvation Army Melbourne Project 614 building, the Clinic is open on Thursday mornings. We acknowledge and thank [Amelia Weerheim](#), [Tom West](#) and [Ssu Chun Chua](#) who generously gave their time to provide excellent care to so many in need over the past year.



"When a person feels like they have been forgotten, it is quite moving when they have a (volunteer) physio say to them why don't we pop into a private space and have a chat. I think I might be able to help you."

Major Brendan Nottle
Salvation Army Melbourne Project 614

Brisbane

With two committed and dedicated volunteer physios, the Brisbane Probono Physiotherapy Clinic was launched in July 2014 at the Salvation Army Pindari Homeless Services building in Spring Hill (CBD). Operating in a similar format as the Melbourne Clinic, this is the second probono physio service for SOS Health Foundation.

We acknowledge and thank [John den Kaat](#) for assisting in securing space and setting up the Clinic. We also thank [Helen Cowley](#) and [Robin Flynn](#) who along with John, so generously gave their time to provide excellent care to so many in need over the past year:

Physical Fitness and food preparation

The Urban Program also provided weekly physical fitness sessions for homeless men in Ozanam House in North Melbourne, assisting these men to build self-esteem and to make better life and health choices. Our gratitude to [Nathan Rickard](#) and [Jay Scott-Hunter](#) who conducted these sessions weekly.

Ozanam House provides meals to around 200 homeless people daily. We thank the 20 [Back In Motion Health Group](#) staff who volunteered in the kitchen assisting with food preparation and service one morning per month.



Fundraising

work4significance® Day

3 September 2014

work4significance® Day is the SOS Health Foundation's premier annual fundraising event held on the first Tuesday of September, hosted by participating physiotherapy practices nationally.

Now in its eighth year, this event is growing in support as more physiotherapy practices get involved to support our cause. 33 Physiotherapy practices from the [Back In Motion Health Group](#) and [Sport & Spinal Physiotherapy](#) in the ACT donated their day's sales to SOS Health. Practices were decorated with balloons and posters to assist in raising awareness to clients and many of the staff donated their time or made private donations.

This Event raises awareness and much needed funds to support health initiatives for disadvantaged Australians through our Probono Physiotherapy Clinics in Melbourne and Brisbane and in remote indigenous communities in NE Arnhem Land and Palm Island.

Workplace Giving Program

Workplace Giving allows businesses and employees to invest in the community and build a reputation as a socially responsible business. It is a simple and tax effective way for employees to make regular donations to the SOS Health Foundation through automated payroll deductions - pretax.

Our '\$1 a day' campaign, launched in March 2015, has much lower administration costs than other forms of fundraising and the small but regular contributions provide a solid, regular income stream for the SOS Health Foundation.



Funds from this campaign will be used to support

- A pilot Healthy Lifestyle Program on Palm Island, to educate individuals and families in how to manage and control Diabetes.
- Two additional Probono Clinics to care for the physical health needs of homeless and vulnerable people in large urban centres.



Acknowledgements

We acknowledge our partners, major donors and volunteers for their valued contribution toward fulfilling our mission.

Partners



Laynhapuy Homelands Aboriginal Corporation



Melbourne Project 614 and
Pindari Homeless Services (Brisbane)



VincentCare
Victoria
Ozanam House

Major Donors



BACK IN
MOTION®
HEALTH GROUP



Sport & Spinal
Physiotherapy

Volunteers

We would not have achieved the level of significance we have, without our Volunteers. They are vital to the success of our programs by bringing their physiotherapy skills and a range of specialisations to those in need.

We thank all of our volunteers for their generosity of time and their kindness and compassion, many of whom volunteered on a number of occasions,:

Brooke Adair	Tim Hardiman
Natalie Arambasic	Isaac Ho
Peter Bain	Enid Hull
Sam Ballinger	Bronwyn Jest
Lexie Brough	Norma Lee
Jess Burford	Jane Linton
Matt Burns	Ned Linton
Nikki Capp	Fiona McKenzie
Jamie Chan	Rebecca Payton
Ssu-Chun Chua	Annie Phelan
Jamie Clough	Jake Pizzati
Helen Cowley	Nathan Rickard
Lynda Cunningham	Kate Scheres
John Den-Kaat	Paulina Smith
Sarah Dobson	Jason Smith
Barbara Dorsch	Jasna Spiranovic
Nick Dorsch	Ian Tran
Jodie Downes	Mia Vakatini
Carla Dyson	Julia Vo
Liz Elphick	Michelle Wallace
Robin Flynn	Amelia Weerheim
Alicia Foreman	Tom West
Michael Gaggiano	Mandi White
Jim Griggs	Simon Yule
Janetta Happe	

Student Placements

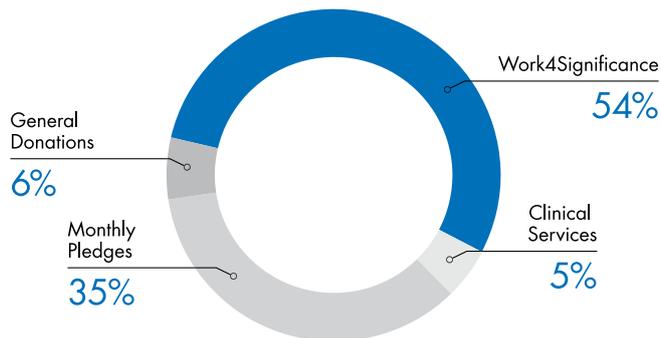
Tom Adler, Flinders University, SA

Vatche Douzmanian, Melbourne University, VIC

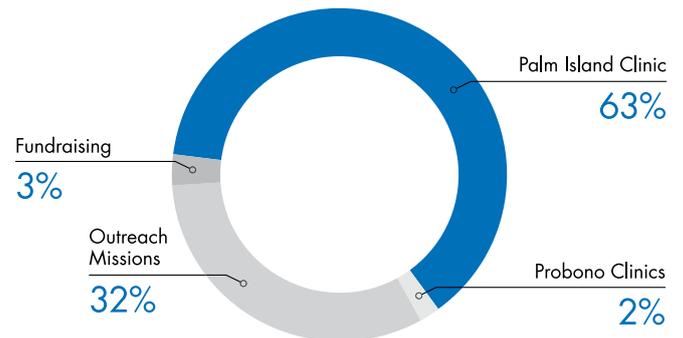
Jordy Elkington, Latrobe University, VIC

2015 Financials

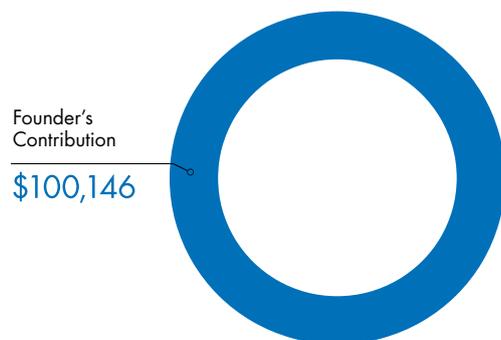
Missional Income



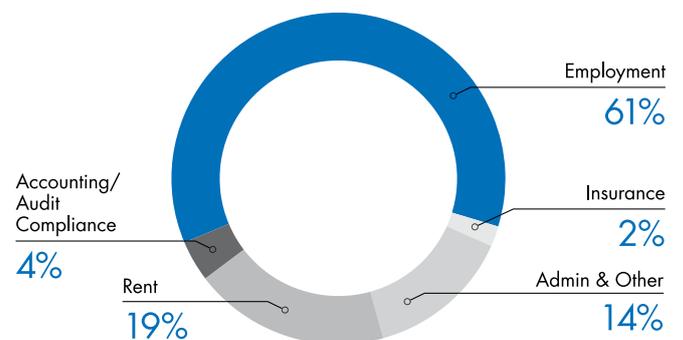
Missional Expenditure



Organisational Income



Organisational Expenditure





ShineWing Australia
Accountants and Advisers
Level 10, 530 Collins St
Melbourne VIC 3000
T +61 3 8636 1800
F +61 3 8102 3400
shinewing.com.au

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF S.O.S. HEALTH FOUNDATION LIMITED

Report on the Financial Report

We have audited the accompanying financial report, being a special purpose financial report, of S.O.S Health Foundation Limited (the "Company"), which comprises the statement of financial position as at 30 June 2015, the statement of comprehensive income, the statement of changes in equity, the statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information to the financial report and the directors declaration.

Responsibility of the Directors for the Financial Report

The Directors of the Company are responsible for the preparation and fair presentation of the financial report and have determined that the accounting policies used and described in Note 1 to the financial report, which form part of the financial report, are appropriate to meet the requirements and needs of the Members. This responsibility includes such internal controls as the Directors determine are necessary to enable the preparation of the financial report to be free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards which require us to comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance about whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the Company's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Company's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Directors, as well as evaluating the overall presentation of the financial report.

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

Independence

In conducting our audit, we have complied with the applicable independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012*.



Opinion

In our opinion, the financial report of S.O.S Health Foundation Limited is in accordance with the *Australian Charities and Not-for-profits Commission Act 2012*, including:

- a) giving a true and fair view of the company's financial position as at 30 June 2015 and of its performance for the year ended on that date in accordance with accounting policies described in Note 1; and
- b) complying with Australian Accounting Standards to the extent described in Note 1 and the *Australian Charities and Not-for-profits Commission Regulation 2013*.

Basis of accounting

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the members of the company. As a result, the financial report may not be suitable for another purpose.

A handwritten signature in cursive script that reads 'ShineWing Australia'.

ShineWing Australia
(formerly Moore Stephens)
Chartered Accountants

A handwritten signature in cursive script that reads 'Hayley Underwood'.

Hayley Underwood
Partner

Melbourne, 10 September 2015

We wouldn't be here without the generous support of our community of donors, volunteers and supporters.

Thank you from the SOS Health Team



SOS Health Foundation Ltd
PO Box 1220
Waverley Gardens VIC 3170
1300 859 451
www.soshealth.physio