



# ANNUAL REPORT 2022-2023

# CHAIRPERSON'S REPORT



## CHAIRPERSON'S REPORT

As we move through another great year at BIM, I want my report to begin with a poem by Scott Jefferies, one of our members about his experiences in attending two of our peer groups.

### THE LIVED EXPERIENCE

**A Mission Necessary In the heart of our community, there's a force that quietly shines – for those with Brain Injuries in the face of challenging times.**

**They lift us up - those in need - in a world that is not always fair, challenging all with Brain Injuries to come along and share.**

### Peer Support Groups (PSG)

Lived Experience is at the heart of all that BIM does. It is the reason behind the 10 peer support groups that we now run and support. Eight of those groups – Northern suburbs, Western suburbs, Eastern Suburbs, Southern Suburbs, Gisborne, Albury-Wodonga, Bendigo and the Women's group – are run face-to-face. And the Coffee Morning and our 'Brainwave' are by ZOOM! Importantly during 2023-23, three of these groups were facilitated by people with an ABI, who used to be members of their group. I want to acknowledge Nick, Peter L, Andrew, and Rhino. And two more groups are soon to be facilitated by former group members. This is what self-advocacy is about, plus making our groups sustainable. Our connection to the Neighbourhood Houses where the groups meet continues to strengthen with people connecting with other activities offered at these great community hubs. Whilst we know the very positive impact that groups have (and the number of people attending shows that), we are undertaking exciting research with the University of Melbourne to objectively understand the impact. Around 30 in-depth interviews will be a rich source of information. The whole research project is a great example of real co-design.



Peer support group meeting at the West Footscray Neighbourhood House

### **Building Skills and Confidence, and Providing Information**

BIM received funding from the Transport Accident Commission to develop three workshops on relationships. Members of BIM have told us relationships after their ABI can be tricky. In partnership with Monash University we co-designed workshops on family, friends and intimate. These workshops will be piloted with five peer groups, evaluated and then delivered annually. Again, people with ABI are facilitating these workshops.

We continue to update our website, ABI Wise App and Facebook page as other sources of information. Many thanks to Col and Yannick. And of course, the monthly newsletter – thanks Adrian, Bernadette, Peter L, Anat, Fiona and Sally, for a big effort each month.

### **Membership**

Last year I reported that we had over 300 members – we are now close to 400 members at the time of writing. And our on-line reach also continues to grow strongly.

## **Community Awareness and Training**

We have finalised our “ABI – A Lived Experience Perspective” training for service providers. As I mentioned last year is a unique and important perspective to improve the understanding of carers and workers. We will run this training 3 or 4 times a year, building on two workshops last year. And a lot of information sessions are delivered by individual BIM members to a range of groups in the community. We hope to improve awareness of ABI and its impacts.

## **Strategy**

The BIM Annual Needs Survey was conducted in February 2023. This is the fourth time we have asked people with brain injury what are their issues, how BIM is meeting their needs and how we can improve. As with the previous 3 years, social isolation remains the number 1 issue. We also finalised 2023-2026 Strategic Plan in early 2023.

## **Committee of Management and Staff**

I want to say a big thank you to the Committee of Management – Col, Nia, Roger, Carol, Anat, Kelvin and Adrian. Your commitment and work to make BIM a better organisation for people with ABI is AWESOME! And likewise, to our staff – Fiona, Fraser, Peter, Poppy, Sally and Fraser. I also wanted to mention that Poppy, as person of lived experience, has joined our team in a leadership role. And I must acknowledge our past coordinator Lauren, who made a huge contribution to BIM over the past few years. Many thanks Lauren!

## **Conclusion**

BIM has been around for over 20 years. This is a tribute to all the self-advocates who have been involved and contributed during that time. And I believe BIM will continue to make an important contribution to the lives of people with an ABI.

The funding that BIM has received through the Information Linkages and Capacity Building (ILC) has provided us with the opportunity to demonstrate the important place that LIVED EXPERIENCE has in supporting people with an ABI, in this case through peer support groups. So, my favourite words remain: IT'S ALL ABOUT THE LIVED EXPERIENCE.



**Brent Alford**

# TREASURER'S REPORT

## Financial Year Ending 30<sup>th</sup> June 2023

*Another year of Economic ups and downs. We remain somewhat impacted by the COVID Economic Hangover, but this last financial year has been impacted by WAR and inflationary pressures.*



*Our office saw one of our well-known staff depart. Lauren Howe left Brain Injury Matters and I'd personally like to thank Lauren for looking after myself where I needed assistance. Lauren was particularly missed and several of our staff "Stepped Up" to absorb several responsibilities whilst we recruited a new staff member. I like to wish Lauren the utmost success for the future!*

*But it isn't time to talk about the future just yet. I'd like to talk about our last 12 months. Fraser Baxter has again in instrumental in ensuring both revenue and payments are being made on time with the utmost correctness to our accounts. This has resulted in:*

- For the 12 months ending 30<sup>th</sup> June 2023 we ended with \$480,095 held in our accounts.
- Our financials were audited by Collins & Co Audit Pty Ltd. This is the 5th Annual Audit which has been undertaken for BIM. The full report and Audit Statement will be available for viewing on our website.
- DHS, AMIDA & SARU Funding Improved. Funding from each to cover our core costs of rental and one staff member improved over the financial year (+4.8%). This was appreciated but will be eroded by rising costs and additional "sticky costs" because of greater numbers of people in the office.
- Grants received from the TAC and to fund the Gisborne Groups were particularly joyous. We received \$9,260 (+86.4% than 2022.) Although small, this effectively covered a number of costs that would have eaten further into our core cash available.
- Operating Expenses increased by \$50,145 (13%) from the previous year. The increase was due to several of one-off expenses incurred such as set up of Groups in Locations, Travel and training costs incurred.
- Meeting, Event & Hiring increased by \$18,554.19 and this is due to additional accommodation for new groups and rising costs.
- Travel, Meals & Accommodation costs have increased by \$4,995 and this increased cost is travel related as there is a significant travel cost involved for people attending the greater number and distance of peer support meetings.

## INCOME/ REVENUE FOR 2022 TO 2023

INCOME / REVENUE	2023	2022	Amount	Increase	COMMENT
AMIDA / SARU funding to BIM	\$7,883	\$7,537	\$346	4.59%	Funding Increase
DHS General Funding	\$62,230	\$59,355	\$2,875	4.84%	Funding Increase
Grants	\$19,968	\$10,707	\$9,260	86.48%	Government Grants awarded TAC, Gisborne Self Help & Deferred Income from 2022
Miscellaneous Income	\$19,632	\$839	\$18,793	2,238.22%	<ul style="list-style-type: none"> <li>Brent Alford – Donation</li> <li>ATO - BAS Refund</li> <li>Payment: Inclusion Melbourne</li> <li>PayPal Donation</li> <li>Donation from United Brains ceased operating</li> </ul>
Other Revenue	\$263,916	\$327,296	\$63,379	-19.36%	\$572,227.14 Received for ILC & other Grants however, \$308,310.64 placed into deferred income until 2024 when funds are required to be spent.
<b>Total Income</b>	<b>\$373,631</b>	<b>\$405,736</b>	<b>\$32,105</b>	<b>-7.91%</b>	As per above Grants increased, however placed in Deferred income until financial year required.

## EXPENSES FOR 2022 TO 2023

Operating Expenses	1 Jul 2022-30 June 2023	1 <sup>st</sup> Jul 2021 to 30 June 2022	\$ Difference	% Difference
Accounting/Audit/Bookkeeping	\$2,890.63	\$3,123.50	-\$232.87	-8%
Annual Leave	\$1,970.77	-\$12,825.82	\$14,796.59	751%
Awsabi	\$5,000.00	\$ -	\$5,000.00	100%
Bendigo Neighbourhood House	\$4,545.45	\$ -	\$4,545.45	100%
Training	\$1,554.26	\$ -	\$1,554.26	100%
Training Lead	\$6,632.00	\$ -	\$6,632.00	100%
Insurance	\$5,596.08	\$676.72	\$4,919.36	88%
Meeting, Event & Hiring	\$22,480.66	\$3,926.47	\$18,554.19	83%
Office Expenses	\$3,192.29	\$1,591.46	\$1,600.83	50%
Office Supplies	\$953.57	\$477.90	\$475.67	50%
Travel/Meals/Accommodation	\$12,033.98	\$7,038.19	\$4,995.79	42%
Depreciation	\$2,682.97	\$1,661.31	\$1,021.66	38%

## COSTS FOR EVERY DOLLAR RECEIVED

Operating expenses ÷ operating income = cost-to-income ratio

YEAR	COST TO INCOME RATIO
2022-2023	\$1.06
2021-2022	\$0.86
2020-2021	\$0.81
2019-2020	\$1.01
2018-2019	\$1.02

Due to Income having been deferred to the 2023 to 2024 Financial Year.

## BIM REACH for 2022 to 2023

Since the 6<sup>th</sup> of July 2022 our growth rate has improved in all segments of where we communicate or touch members of Brain Injury Matters. Two peer support groups will have former group members moving into facilitators roles. This will make a total of 5 Peer Support Groups being led by former members.

- The Albury Wodonga group will be meeting at a neighborhood house (NH) for a total of 5 face-to-face groups meeting at NH
- We continue to see the POSITIVE Impacts of our work to date being:
- Information Linkages and Capacity Building (ILC) Project continues to propel us forward with “achievements of Members becoming facilitators as noted above. Many thanks goes to all staff involved but with particular standout performance as always by Mr Peter Persson and as required Mr Bruce Francis. Without these two gentlemen, our achievements would be a lot harder.
- Cost Management to Income Management. (Cost to Income Ratio rose to \$1.06 which was largely due to a bulk of revenue received was deferred until 2023 to 2024 Financial Year, although we absorbed setup costs of new groups earlier than expected.
- Based on our growth to date, we do not expect this to stop or reverse in the 2023 to 2024 Financial Year should ILC Funding Continue. ABI Wise App growth is particularly pleasing.

## FORECAST

Applying for 3 years from the ILC to support our 10 PSG and set up 4 new groups. We also will be seeking other funding opportunities that enable us to develop resources like the relationships workshop modules that we conduct at least annually.

The research findings from the University of Melbourne on the impact of peer support groups will be available.

Based upon Feedback from our President and Peter Persson our Project Co-Manager, feedback from Mr Bill Shorten' s Office was particularly promising in respect to application for Funding. We are appreciative of the meeting and the feedback that BIM came away with.

Operating COSTS will be carefully managed to bring down impact over the next 12 months so as not to exceed revenue.

Financials will continue to be Audited but we believe that we are currently in the position to receive some further funding from multiple sources. This will be communicated as soon as we are able to do so. This will include Source, Amount, Purpose and Timing.

Inflation continues. It is expected that the Reserve Bank will again increase rates at the time of writing. High Costs with Low Growth continue to place pressures across the economy. For BIM Inflation has the immediate effect on our costs relative to funding we receive.

**Roger Astell, Treasurer**

**BRAIN INJURY MATTERS**



# ILC PROJECT REPORT

Our Information, Linkages and Capacity Building (ILC) Peer Support project during the past 12 months has continued to thrive. Not only did the number of peer support groups that we now run increase, but the number of people attending regularly also increased. BIM now supports 10 peer support groups, connecting around 170 people with an ABI. The new groups include two in the country – Bendigo and Albury-Wodonga – one on the urban fringe in Gisborne, and a women’s-only group. And our feedback remains overwhelmingly positive, people reflecting on the impact of the groups on their lives. We asked people to rate the impact of the groups on them (BIM 2023 Annual Needs Survey) – 82% rated the impact as positive or very positive. We also asked for comments and feedback on the impact. Here is a sample:

- *“Being involved with a peer support group has helped my confidence to grow and given me connection to others that I would not have had otherwise. The value of the peer support groups is immense, and I love attending my group being part of the ABI community.”*
- *“Since becoming a self-advocate and a member of our group, it has opened up a new world for me.”*
- *“It has given me purpose to connect with others and not feel so isolated.”*
- *“Has given me more confidence to speak up and makes me feel my input is valid.”*
- *“Being in a group which understands when good happens and also bad in life. Helped me get my mojo back.”*

The range of activities and discussions that the peer groups have covered this year have been many and varied, all driven by people with an ABI.



Importantly our collaborative research with the Melbourne Disability Institute to gather an evidence base to further our understanding of the impact of peer support groups in the community, is nearing its conclusion. This has been an outstanding example of real co-design from start to finish.

It is also worth highlighting that our project team is now co-managed by a person with lived experience, demonstrating BIM's commitment to be a true Disabled Peoples Organisation.

**IT'S ALL ABOUT THE LIVED EXPERIENCE**

Another highlight of the year has been the Relationship's project, funded by the TAC and codesigned with Monash University. This project was developed in direct response to our annual needs surveys that have repeatedly identified relationships as an area of concern for members. Three workshops were developed on friendship, intimate relationships, and family. These workshops have now been delivered to 4 metropolitan peer support groups. All workshops were well attended by members. Another additional indication of growing confidence and skills of people with an ABI, is the role of facilitators confidently delivering the workshops to peer support groups they were not members of.

Anecdotally, the response to the relationships workshops has been positive. The feedback and evaluation of the project undertaken by Monash University is yet to be completed.

In line with BIM's commitment to educating the broader community on ABI, we developed and delivered a Lived Experience Workshop on ABI. In the workshop we covered the topics of:

- What is an Acquired Brain Injury (ABI)?
- Causes of ABI
- Physical, cognitive and emotional challenges of ABI
- Tips and strategies for working with people with ABI

This workshop was delivered to 9 practitioners and carers with varying backgrounds. Workshop participants all reported receiving the information they needed from the workshop. The majority reported that the personal stories were the most effective part of the presentation. The Lived Experience Workshop will now be delivered 3 or 4 times annually to service providers and other professionals. Once again, BIM is championing giving voice to the perspectives of people with an ABI and effectively educating the community on the impacts of ABI.

The coming year promises more of the same – with people connecting and gaining confidence and skills. For us as a team, it is great to play a role in that!

**Andrew, Fiona, Fraser, Nick, Peter L, Peter P, Poppy, Sally, Ryan, Yannick**  
**Peer Project Team**

**BRAIN INJURY MATTERS INCORPORATED**  
**ABN 64 214 940 427**  
**INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 30 JUNE 2023**

	2023 \$	2022 \$
<b>INCOME</b>		
DHS General Funding	62,231	59,356
NDIS: Community Inclusion Capacity Development Funding	263,917	327,296
COVID-19 Cash Boost Payments	19,633	840
AMIDA/ SARU Grant	7,883	7,537
Other Grants	19,968	10,708
	<u>373,632</u>	<u>405,737</u>
<b>EXPENDITURE</b>		
Advertising	-	-
Annual Leave Expense	1,971	12,826
Bank Charges	55	55
Bookkeeping Fees	2,891	3,124
Depreciation	2,683	1,661
General Expenses	-	17
Honorarium	10,645	900
Insurance	5,596	677
Meeting Attendances	26,981	8,116
Office Expenses	3,192	1,591
Office Supplies	954	478
Portable Long Service Benefits Scheme Levies	4,309	4,543
Rent	10,205	10,951
Subscriptions	-	320
Superannuation	28,103	28,314
Telephone & Internet	4,429	6,331
Training	10,186	4,017
Travel/Meals/Accommodation	12,034	7,038
Wages and Salaries: Staff	270,760	278,780
Wages and Salaries: Contractors	770	3,478
Website	872	1,630
	<u>396,636</u>	<u>349,195</u>
<b>INCOME RECEIVED IN ADVANCE CARRIED FORWARD TO NEXT YEAR</b>		
NDIS: Community Inclusion Capacity Development Funding		-
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>	<u>(23,004)</u>	<u>56,542</u>

**BRAIN INJURY MATTERS INCORPORATED**  
**ABN 64 214 940 427**  
**STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2023**

	2023 \$	2022 \$
<b>NET SURPLUS/(DEFICIT) FOR THE YEAR</b>	(23,004)	56,542
Total Comprehensive Income for the Year	-	-
<b>NET SURPLUS/(DEFICIT) ATTRIBUTABLE TO THE ASSOCIATION</b>	<u>(23,004)</u>	<u>56,542</u>

**BRAIN INJURY MATTERS INCORPORATED**  
**ABN 64 214 940 427**  
**STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2023**

	Note	2023 \$	2022 \$
<b>CURRENT ASSETS</b>			
Cash at Bank		479,689	161,413
Accounts and Other Receivables		(24,089)	24
<b>TOTAL CURRENT ASSETS</b>		<b><u>455,600</u></b>	<b><u>161,437</u></b>
<b>NON-CURRENT ASSETS</b>			
<b>Property, Plant and Equipment</b>			
Office equipment - at cost		7,390	7,390
Less: provision for depreciation		(6,891)	(6,795)
		<u>499</u>	<u>595</u>
Computer equipment - at cost		13,391	12,436
Less: provision for depreciation		(5,811)	(3,223)
		<u>7,580</u>	<u>9,213</u>
<b>TOTAL NON-CURRENT ASSETS</b>		<b><u>8,079</u></b>	<b><u>9,808</u></b>
<b>TOTAL ASSETS</b>		<b><u>463,679</u></b>	<b><u>171,245</u></b>
<b>CURRENT LIABILITIES</b>			
Accounts Payable		747	1,959
Accrued Expenses		5,646	-
Grants Received in Advance	2	321,775	3,502
PAYG Withholding Tax Payable		(3,064)	4,492
PLSA Levies Payable		1,163	1,323
Superannuation Payable		2,965	4,489
Provision for Annual Leave		3,441	1,470
		<u>332,673</u>	<u>17,235</u>
<b>TOTAL CURRENT LIABILITIES</b>		<b><u>332,673</u></b>	<b><u>17,235</u></b>
<b>TOTAL LIABILITIES</b>		<b><u>332,673</u></b>	<b><u>17,235</u></b>
<b>NET ASSETS</b>		<b><u>131,006</u></b>	<b><u>154,010</u></b>
<b>EQUITY</b>			
Accumulated Funds		131,006	154,010
		<u>131,006</u>	<u>154,010</u>