

Annual Report

ABN 60 131 315 145

2022



Supporting families and medical professionals on their CDH journey.

About us

CDH Australia is a national not-for-profit health promotion charity led by volunteers for families, friends and medical professionals affected by Congenital Diaphragmatic Hernia (CDH).

We work to improve the lives of those affected by this rare and complicated birth condition. We fund research projects, produce educational content, connect families with services and vital peer support. We are dedicated to raising awareness, and helping families navigate their own CDH journey.

We are fully registered and compliant with relevant statutory bodies in every state and territory of Australia and hold Deductible Gift Recipient (DGR) status. Our organisation is run by a Board of Directors and we have membership spread throughout Australia.



information@cdh.org.au



Board Update

Summary of achievements

Helping people affected by CDH to survive, thrive and live their best lives.

It is a pleasure to introduce the 14th Annual Report for CDH Australia, providing a summary of CDH Australia's activities and financial results for 2021-2022.

Our community continues to develop, and we are happy to be providing dependable support to families, no matter their experience with CDH. Our families are our core, and we are proud of the caring and engaged community that continues to grow and thrive.

The online support groups moderated by our empathetic support services team is always evolving. With more families joining each year, we find experienced families take on a mentoring role, sharing their lived experiences and offering comfort to newer families.



Board of Directors

L-R

Courtney Vodopic (President)
Susan Fisher (Secretary)
Valentine Manuelpillai (Treasurer)
Emiko Hunt (Board member)
Caitlin Ferguson (Board member)

Our revamped website has been a focal point with our professional videos and medically-verified content reassuring families, and offering reliable information to complement the real-world guidance shared in our support groups.

Major developments are underway in the research sphere; following a lengthy consultation process, we have partnered with the Murdoch Children's Research Institute (MCRI), Royal Children's Hospital (RCH), and James Lind Alliance (JLA) to develop and implement a research project. The initial part of the work will be to gather experiences and questions from CDH families, survivors and professionals which relate to their CDH journey. Specifically, questions they feel need answering, gaps in their experiences, or things we should be doing with regards to CDH care and outcomes in Australia. The next phase will be to identify the ten areas of greatest concern as raised in the initial survey. The outcome of this will be published and available for review by future researchers. By combining factors that are relevant to clinicians and families we have a wonderful opportunity for families in Australia to shape the face of future research.

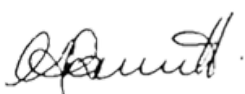
Contact from the community is now largely online; our 1800-number is being phased out, replaced by a more responsive online presence. With many people utilising social media in much the same manner as a search engine, Facebook continues to be a major source of new referrals, with email closely following. As outlined further in the report, our Support Services arm continues to reach a growing number of families each year; while we are sad that these families have a need to find us, we are grateful to be able to walk alongside them throughout their CDH experience.

Since our formation in 1999 we have maintained applicable registrations and strict governance practices at both state and national levels; this allows us to maintain our position as an official health-promotion charity, holding deductible gift recipient (DGR) status and registered to fundraise in each state and territory of Australia. This level of certification is difficult to achieve and maintain; as the only charity in Australia to support local families and research we believe it is vital to continue investing in our personnel and procedures to maintain our standing.

At the time of writing, Covid-related restrictions are being rolled back across the country; one of the benefits of the pandemic-enforced changes to our operating model has been the success of our virtual events. This year will again see a combined CAAF/CDH Sunflower Sunday online observance take place. Our Covid-safe virtual events have been popular with many people; we recognise also the desire for many families to get together face-to-face and hope to be able to accommodate preferences in the future.

Finally, thank you to our volunteers, board members and ambassadors, without whom we could not be as successful as we are. Your support allows us to remain sustainable and is at the caring core of our community, living on in each generation of CDH families who come to our organisation for assistance, and who stay for the lifelong friendships.

Together, no family will face CDH alone.



Courtney Vodopic
President

History

An organisation helping families to find hope in their darkest moments

With hope, anything is possible.

CDH Australia was founded by Victorian mother, Danielle Kessner, following the birth of her daughter Alyssa, who was born with undiagnosed Congenital Diaphragmatic Hernia (CDH).

Prior to Alyssa's diagnosis Danielle had never heard of CDH, nor did she know of anyone who had been affected by the condition. When her precious daughter passed away the day after she was born, Danielle found herself in a very lonely place.

THE CDH SUNFLOWER

For CDH Australia, and for our CDH families, the sunflower inspires hope, warmth and strength – especially after a period of darkness. The sunflower signifies finding light. It is part of our logo, and we hold an annual CDH Sunflower Sunday event, which is a chance for CDH families to join together in our shared CDH journeys.

It took seven years – and the advent of the internet – for Danielle to discover other families who had been affected by this life-threatening condition. Danielle was determined to ensure other families in Australia were not alone in their CDH journey, and so she formed CDH Australia in 1999.

As well as personally supporting and connecting families, Danielle began

facilitating annual forums in 2001, bringing families and medical professionals together to provide peer support and to share knowledge. Danielle worked tirelessly and passionately as the President of CDH Australia for over 13 years. Her relentless work saw CDH Australia grow a strong, connected community of families and friends affected by CDH, including CDH survivors, families raising CDH children, bereaved families and medical professionals.

In 2013 Danielle was awarded with CDH Australia's first Honorary Life Membership. Today, we continue to strive for Danielle's vision that no family faces CDH alone.

Alyssa's Story

Honouring the inspiration for our organisation - as told by Danielle Kessner.
Trigger warning: infant loss



"On Thursday May 21, 1992 I gave birth to my first child in a regional hospital in Victoria. We named our beautiful little girl Alyssa. When she was born she was passed to me and we looked deep into each other's eyes. My thought at the time was 'we already know each other'. Little did I realise at the time just how precious that moment was.

An x-ray had revealed that Alyssa had a congenital diaphragmatic hernia (CDH). We had never heard of the condition and struggled to pronounce it let alone understand what it meant. Our obstetrician explained what a CDH was and that Alyssa was a very sick little girl. My husband asked what her chances were, and she replied in a broken voice "not good" before leaving the room in tears.

Alyssa was transported to the Royal Children's Hospital in Melbourne by the neonatal emergency transport service and given very little chance of surviving the trip. She made it to Melbourne and even started to improve a little before starting to crash. But by the time we arrived at the hospital things were beyond bad.

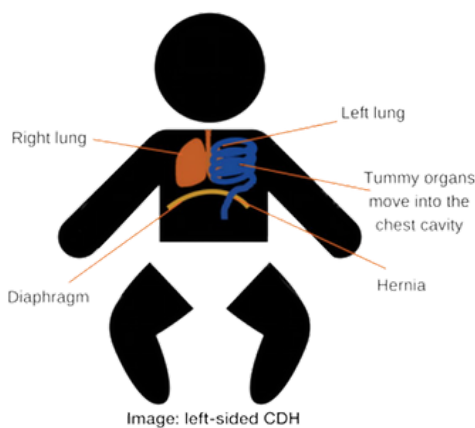
We went in to see her for the first time, hooked up to life support. Our little girl had gone into cardiac arrest a number of times, all of her organs were starting to shut down and she was no longer responsive. We couldn't let her suffer any longer with no chance of survival. We made the heartbreaking decision to remove life support and let our first born child go peacefully. We held her in our arms and said goodbye. Less than 24 hours after giving birth to Alyssa we were leaving hospital with empty arms and empty hearts."

What is CDH?

Shedding light on a complex birth defect

Every baby born is an individual. No two cases of CDH are ever the same.

Congenital Diaphragmatic Hernia (CDH) is a life-threatening condition caused by a baby's diaphragm not forming properly during pregnancy. The diaphragm is the main muscle that helps us breathe, and also separates the chest cavity from the abdominal cavity. The hernia (or hole) can occur on either the left or the right side of the diaphragm, or very rarely, can be on both sides (bilateral). In most cases (about 80%) the hernia is on the left side.



Because of the hole in the diaphragm, abdominal organs such as the stomach, intestine, liver and spleen, can move through the hole into the chest cavity where the lungs and heart are. This means the lungs have insufficient space to grow normally and are therefore smaller than they should be. A smaller lung size can also mean that the lungs

cannot grow as many air sacs (alveoli). Babies with CDH are usually born with less lung sacs and tissue than a baby that does not have this condition. The lung on the side of the hole is always the smallest lung. The lung on the other side is also usually smaller than normal because the heart is pushed across and restricts growth. For example, if a baby's hernia is on the left side, the left lung will be much smaller, but this may in turn push the heart to the right, therefore affecting the right lung's growth as well.

Vision

CDH Australia is a grassroots, national health promotion charity for families, friends and medical professionals affected by congenital diaphragmatic hernia (CDH).

Our vision is for no family to face CDH alone.

Mission

01

Our mission is to improve the lives of those affected by CDH, support and advocate for families, raise awareness and support research.

RAISE AWARENESS

CDH remains a rare disease, poorly understood by public-health decision-makers and the public at large.

02

SUPPORT FAMILIES

Navigating medical systems and dealing with a life-changing diagnosis creates challenges many families have never previously had to consider.

04

FOSTER RESEARCH

Whilst remaining part of the international community, we acknowledge that the specific framework of Australian medical care requires a localised approach to research.



Key Figures



568 + 40

At the time of writing (October 2022), we have 568 community members, 40 of whom are financial members. Our service is not restricted by financial membership.



2421 + 762

Social media sites - especially Facebook - have become integral community interface gateways for us. We currently have 2421 likes on Facebook and 762 followers on Instagram, our two highest-engagement social platforms.



5286 + 1751

In 2022, our posts have reached and encouraged interaction from thousands of users. Our highest engagement individual posts on Facebook and Instagram (respectively) have resulted in 5286 and 1751 unique users engaging with us.



481

Whilst membership of our moderated online support groups fluctuates, we always have a very active core ready to peer-support other community members. At the time of writing we have 481 group members active within the main support group.

Strategy 2021-2022

strategy 2021-22

**CDH
Australia**

Our strategic plan communicates our goals, the actions needed to achieve those goals and supporting elements that make us who we are.

cdh.org.au



CDH Australia's vision, for no family to face CDH alone, stems from our founding members' desire to ensure that every family receiving a CDH diagnosis is offered the support they need.

Our mission is simple. We aim to improve the lives of those affected by CDH, advocate for affected families, raise awareness, and support research. Each year the board sets priorities for the year ahead with the ultimate goal of ensuring that no family faces CDH alone.

Strategic Performance

The CDH Australia vision is for no family to face CDH alone; our mission is to improve the lives of those affected by CDH, advocate for affected families, raise awareness and support research. This translates to what we refer to as the "three pillars" of our mission: awareness, support and research.

In view of recent expansion and internal process changes related to management of our Support Services branch, we decided to maintain our momentum with a view to building on our offerings in the years to come. This will be somewhat shaped by the outcome of the lived experience research currently being undertaken; by ensuring that our support services branch is as strong as possible, we will be well-placed to expand in the directions indicated by the research outcomes.

Awareness

Prepare to build
Secure our internal processes
Engage our audience
Seek to support new families

On track

We have seen an increase in the number of new families supported
Analysis shows meaningful community engagement

Support

Strengthen processes
Provide a reliable, stable, informative and easy-to-navigate website
Ask our audience what their needs are

On track

Our website has remained accessible since launch, and has received positive feedback from users
Research underway regarding needs

Research

Retain professional relationships
Maintain regular contact with key stakeholders
Look for partnership opportunities

On track

Research partnership with MCRI and RCH secured
Regular meetings and communication established

SWOT

Analysis Table

S

Strengths

- Uniquely positioned to provide support to the CDH community
- 20+ years of experience in the Australian charity sector
- Strong partnerships with specialist tertiary medical centres
- Engaged local communities
- Body of repeat donors and fundraisers
- Huge body of knowledge within our membership
- Motivated volunteers
- Recently-built bespoke website
- Offer more than traditional "cheque-writing" charities
- Low operating costs

W

Weaknesses

- Reliance upon fundraising and community giving
- Onerous governance requirements
- Not seen as a "trendy" nonprofit or cause
- Limited public knowledge of our organisation or cause
- Regular turnover of volunteers (12-month board positions)
- Increasing level of nonprofit expertise required to compete in market for donations
- Large variance in the needs of our community

O

Opportunities

- Philanthropic grants and ongoing community giving
- Current state of charity giving is strong in Australia
- Continued website development
- Engagement of our community to respond to changing needs
- Strengthened internal policies and procedures

T

Threats

- Reliance on individual operating knowledge
- Competition from other nonprofits
- Rising costs of living
- Rising operation costs across the nonprofit sector in general
- Trend towards a decrease in volunteering
- Covid-19 pandemic uncertainty
- Continued low-level (external) community awareness

Our future



New directions?

Our organisation has experienced periods of extreme growth, followed by consolidation over the last five years; having moved from what was essentially a group of mums supporting other mums, we now offer more specific and targeted support to a wider recipient base. The shape of our organisation will respond to changing needs in this increasingly digitised post-pandemic world. Our involvement in lived experience research, currently being designed, will help to design future offerings and direction.



What we need to get there

- Clearer division of responsibilities between executive and non-executive board members.
- Ongoing executive leadership governing the board.
- Commitment to paid specialist employees.
- Advancing service offerings.
- Continuing involvement in research.



How we will do it

- Review position descriptions and operations manuals.
- Recruit to organisation needs.
- Create stronger funding opportunities.
- Regular operational reviews.



When we will do it

The new board of directors will meet early in their tenure to set the priorities for the coming year.

Consumer journey

Understanding our customer's needs at each stage is vital to meeting demand.

AWARENESS

- At this stage a customer becomes aware of your brand, service or product.
- This stage sees the customer either actively seeking information about CDH or inadvertently coming across it.

RESEARCH

- At this point the customer is interested to find out more; to research.
- This stage is a fairly one-way interaction from the customer to your business. They are aware you exist, and now want to use your resources to learn more.

ENGAGEMENT

- At this stage the customer is ready to engage further with your business.
- This stage is the beginning of a deeper, two-way engagement.

ADVOCACY & DONOR

- At this stage, customers are invested and supportive of the brand.
- At this stage the customer has had deeper-level engagement with CDHA and takes this engagement further still.

MEMBERSHIP & FUNDRAISING

- At this stage, customers or members are committed to the brand or business.



CDH Australia Social Media: Facebook

CURRENT PAGE DATA *

2421

Number of current page likes

This number reflects the number of individual pages who currently like the official CDH Australia Facebook page.

30,560

2022 page reach

The number of individuals who saw content from, or about, the official CDH Australia Facebook account from January 2022.



*current as of 13 October 2022

CDH Australia Social Media: Instagram

CURRENT PAGE DATA *

762

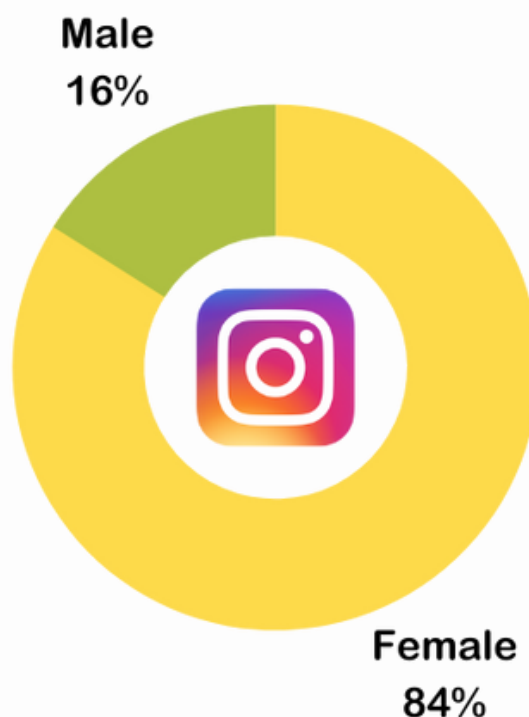
Number of current page followers

This number reflects the number of individual pages who currently follow the official CDH Australia Instagram page.

1,751

Page reach

The number of individuals who saw content from, or about, the official CDH Australia Instagram account from January 2022.



*current as of 13 October 2022

Business Updates

• IT infrastructure

The last 12 months saw further development and growth of the new CDH Australia website, which acts as the primary information point for families in Australia who are navigating the CDH journey. Since the website's delivery in July 2021 (the site was actively launched in September 2021) the website has been visited by nearly 5,000 users with over 6,500 website sessions.

The website is regularly maintained by an external website agency, with Board members actively monitoring,

updating, reviewing and reporting on the site.

The website is continually being improved upon with the goal to ensure we are servicing the needs and wants of the CDH community, while sharing up-to-date and medically-sound information.

Alongside the website, new content has been developed, which has involved reaching out to families in our CDH community, and to medical professionals to share first-hand knowledge, experiences and stories.

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**HON. DR STEVEN
MILES**

It is wonderful to have such an established and professional organisation in CDH Australia who can assist with a series of support services including care packs, information booklets, online support groups, peer matching, medically-endorsed fact sheets, face-to-face support events and annual fundraisers.

Deputy Premier, Queensland

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Support Services

We always celebrate the addition of new families to our community, although their welcome is always tinged with sadness that they have been placed in the position of having to seek us out. Recent years have seen us push ourselves to reach as many newly diagnosed families as we can, and this year saw us contact approximately half those diagnosed in Australia.

We provide a number of supports, as well as responsible and verified information, to families impacted by CDH. Many families join our community after receiving a diagnosis in pregnancy; their needs as expectant families are quite distinct from our other main cohorts, namely our bereaved families and those raising CDHers. We also support the small but growing contingency of adult CDHers, those who have survived childhood and are now able to share their experiences beyond the paediatric realms. Another key group are our grandparents, who often join us fearing for the wellbeing of their child as well as their CDHer grandchild.

CDH GRANDPARENT

Once the CDH diagnosis was confirmed, I joined up and wrote about our situation [in the support group]. That was the best thing I could have done. What a life-changing group to be embraced by!

Reflecting on her decision to join the CDH Australia online support group

Most people are initially received into our main online support group; this has members who belong to all of our cohorts and who are able to provide a broad and varied welcome to new families. Those raising CDH children may then choose to join our “Raising CDHers” group, specifically to discuss the challenges and joys of taking home a child who was born with CDH. The families who lose their children to CDH may choose to join our “Remembering CDHers” group, a safe place to share the sadness and unique experiences felt after the loss of their child.

We also provide families with a number of medically-verified information sheets. Topics include those relevant to expectant families; families planning further pregnancy; preparing to bring a CDH baby home; CDHers at school; feeding children born with CDH; post-traumatic stress; how to support bereaved families, and more.

New families often spend time exploring our online resource library, which brings together medical information and lived experience, as well as videos, our eNews back catalogue, and links to other helpful organisations.

Families are eligible for a number of tangible supports as well, including our expectant family care packs; remembrance gifts for bereaved families; and financial support.

Key to our community are our flagship events, CDH Sunflower Sunday (CDHSFS) and CDH Australia Annual Forum (CAAF). Typically held face-to-face, they allow members of our community to come together with other families and medical professionals to share, learn, remember and recognise.

Research

- **Gaps in the CDH Journey**

Identifying the priorities of healthcare for babies and families affected by Congenital Diaphragmatic Hernia.

We are excited to announce that we have been developing a new research study in collaboration with the Murdoch Children's Research Institute and the James Lind Alliance.

This new project aims to identify the healthcare priorities for CDH families and understand the gaps in care for people with a lived experience of Congenital Diaphragmatic Hernia (CDH) in Australia.

Families in our community will be invited to take part, along with healthcare providers who work with babies and families affected by CDH.

In the first stage of the project, an online survey will be used to collect CDH-related questions.

These questions can be related to any aspect of the CDH journey, including diagnosis, antenatal preparation, postnatal treatment, and future implications.

All questions that are submitted will be checked to see if they have been answered by any existing research. Existing research will be identified and shared at the conclusion of this project.

In the second stage of the project, participants will be asked to help decide the most important questions. The outcome will be the identification of the Top 10 Priorities.

Research

By identifying and highlighting the needs of CDH families, our goal is to improve outcomes and wellbeing of those diagnosed with CDH.

The Top 10 will be published and shared with key groups such as research funders, healthcare providers, hospitals, government, research institutes, researchers, and the wider community.

By sharing this evidence, we aim increase the likelihood that the Top 10 will influence future research and healthcare options for families in the CDH community.

The first stage of the survey will be available very soon.

The second stage of the project will take place in 2023 with the published results available by the end of 2023.

A big thank you to everyone who has been involved in the development of the project.

And a special thank you to our donors for making it possible to fund research towards a better future for babies and families affected by CDH.



Budget and finance

In 2021-2022, CDHA increased its donations/matched giving receipts year-on-year, which were followed by increases in expenses related to the supporting work required. We made savings year-on-year on audit expenses and IT costs.

A significant amount of work has gone into improving the functionality of CDH Australia's finances this year. As part of this we have reviewed our auditing processes, resulting in the engagement of a new auditor who has been working with the board to get to know our cause, our community and how we get things done.

At the commencement of our financial year we put together a conservative budget, reflecting the difficult operating conditions during the Covid-19 pandemic; despite the challenges we still had our income exceed our expenses for 2021-22, after meeting all our obligations.

The financial report, which comprises the statement of financial position and statement of profit or loss, presents a true and fair view of the financial position of CDHA as at 30 June 2022 and its performance for the year ended on that date.

We were pleased to note that the auditor found that CDH Australia has "strong internal control, good communication and a definite purpose of the Board, as well as keenness and passion in being involved in a charity that was serving a specific need to families in the Australian community."



ANNE FRANK

No one has ever become poor from giving.



Events

• CDH Sunflower Sunday 2021

In 2021, our online awareness day remained online due to ongoing concerns and disruptions surrounding Covid-19.

Our community came together across Australia on 14 November 2021 to watch our virtual video event.

Viewers met three families in the CDH community and heard first-hand, the details of their unique journeys.

Event packs were sent to registrants which included bubble blowers, sunflower decorations, and themed balloons.

99 families registered with a total guest list of 538 participants taking part from home.

The CDH community encouraged donations throughout the months of October and November so that we could beat our fundraising target of \$20,000

• Online fundraising

The CDH community continues to come up with creative and beautiful ways to create fundraisers to support our organisation. In addition to the many wonderful Facebook fundraisers, there were many families who designed their own way to encourage donations. A special thank you to Team Mattschoss for your ongoing support.

• Fun Runs

Several amazing CDH Superheroes took part in organised fun runs and fitness events across Australia over the past year.

Unfortunately, Covid-19 continued to play havoc with public events with many cancellations and date changes, but nothing could stop the CDH community from getting behind us.

24 fun-runners took part in 9 events all over Australia in the past year and raised over \$10,000!

A special mention to the team at Quickway Constructions who entered a team in the City2Surf in Sydney to support workmates who had been affected by CDH.

And a big shout out to CDH survivor Sophia who trained for months to smash her fitness and fundraising goal in the Blackmores Sydney Running Festival.

Thank You



As a volunteer-led organisation, our people truly are the backbone of our organisation.

It is the inspirational compassion and generosity of our volunteers which provides us with the momentum necessary to ensure that no family faces CDH alone.

Extra thanks to the following people, without whom our organisation would not run as smoothly:

Social media messages for birthdays, anniversaries and
Carmel Chesterfield

CDH Sunflower Sunday

Rebecca Monforte of Silver Lioness Marketing

Support Services

Cheryl-Anne McBay & Kristal-Mae Littlejohns

Administration

Carine Ziegler

Cindy Cheung

Christmas Video

Each December we ask the CDH community to send in photos of their family celebrating the festive season. If you would like to be part of this year's video, please send your festive pic to us in early December.

We acknowledge the work of retiring and returning board members, and look forward to another prosperous year with thanks to our community.

Our Ambassadors

In Brendon's own words, "it's a miracle that I ever became a professional footballer. It's a miracle I lived at all."

Born in 1982, most babies with CDH did not survive. "Life was a second-by-second proposition in the period immediately after I was born. I was flown from Wollongong Hospital in a helicopter to the Children's Hospital in Sydney. It was a race against the clock. I was rushed in for emergency surgery to repair the hernia. I was cut in half, all the way around my stomach, leaving just the skin on my back connected. It's incredible that a human can survive that. The work of the doctors was incredible. Lifesaving."

Brendon is a fighter – facing death at such a young age sparked a fire in him.

"Growing up with the knowledge that I came so close to death shaped who I am as a person. I've gone on to celebrate goals and win trophies. I don't feel any lasting effects of that condition but it's something that has made me brave, determined and resilient."

Like all surviving CDH children, Brendon has a physical reminder of the battle he faced as a child. "I've still got a big scar on my stomach. Every time I see it I feel incredibly grateful for the life I have lived."

Brendon has had a successful career as a professional soccer player and is an A-League fan favourite. He has played internationally for multiple European and Asian clubs, and for A-League teams, Sydney FC, Western Sydney Wanderers, and Perth Glory.



Brendon Santalab “

When I think about what I went through as a baby, I have no idea how I'm here today, fit and doing what I love, playing football. I had a condition called Congenital Diaphragmatic Hernia, which is a defect in the diaphragm that allows vital organs to be sucked up into the chest cavity causing suffocation.

Michael Shelley



Michael was born in Southport on the Gold Coast with CDH that needed immediate surgery. He started running aged 13 in high school, and later went on to complete a Bachelor of Business at Griffith University.

Michael is an Australian long-distance runner who competed in track events and road races. He has won gold medals in the marathon event at the 2014 Commonwealth Games at Glasgow, Scotland, as well as the 2018 Commonwealth Games on the Gold Coast, Australia.

He is the most consistent modern-day male marathoner in Australia

with five sub-2:12 times from his 13 career marathons. He also has a remarkable championships record at Commonwealth and Olympic Games.

Michael has also represented Australia at the IAAF World Cross Country Championships and the IAAF World Half Marathon Championships. On the road, he has won at the Gold Coast Half Marathon and the City2Surf race in Sydney.

Michael is very generous with the CDH Australia community, often attending the CDH Sunflower Sunday event in Brisbane to help raise awareness and chat with families affected by CDH.

Olivia Vivian

When she's not up a light pole, or swinging around on monkey bars, you'll find Olivia Vivian motivating others to unlock their full potential. Ninja Warrior and motivational speaker, Olivia was born with Congenital Diaphragmatic Hernia, although it's not the only challenge she's faced in her life.

With her CDH, Olivia was told she would never compete in sports; at age 9 she was told she was too tall to follow her gymnastic dreams. At 17 she was told to quit, because she would never make the Olympic

team, and at 23 she was told she was too old for the sport.

But Olivia has reached the ranks of sporting elite in not one, but two international sporting spheres - gymnastics and ninja warrior – despite numerous personal challenges.

Olivia has a list of credentials to her name – from consistently being the only female to make it to the Grand Final on Australian Ninja Warrior, to winning a Commonwealth Games gymnastics silver medal and representing her country at the Olympics.

These are all the more impressive when you consider that she has overcome injuries (including a broken back), bullying, grief and depression to become the inspiring CDH champion she is today.



Ariana Melrose



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Anything is possible when you have the right people there to support you.

Ariana was born in 2008 with Congenital Diaphragmatic Hernia. She lives in Western Sydney with her family and is the oldest of four girls. Ariana is a great role model to her three younger sisters, Emerald, Kensi and Havana.

Ariana loves to dance, it is her passion – and she is studying to become a professional dancer. When she is not dancing, you will find her with her head in a book. She has never let CDH get in the way of doing the things she loves or pursuing her dreams. If she ever has a setback, she finds a way to come back stronger than before.

About being born with CDH, Ariana said, “At first I became very sick when catching a cold or flu and would end up in hospital with respiratory issues. I also had a bowel obstruction caused by the scar tissue from my repair. Thankfully it corrected itself and I did not need another surgery. As I have gotten older, I have become stronger and more aware of my body. I don’t get as sick as often. I stay very active and try not to let CDH stop me from doing the things I love. Sometimes I become short of breath, especially when I have back to back numbers to perform, but I have learnt when to stop and ‘recharge’ before getting back into it.”

Auditor's Report

INDEPENDENT AUDITOR'S REPORT TO THE
MEMBERS OF CDH AUSTRALIA

2022



Completed by Garry Andrews, 10 October 2022
Accountant, auditor, tax agent
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CDH AUSTRALIA

ABN 60 131 315 145

10 October, 2022.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF CDH AUSTRALIA

I report that I have audited the books of CDH Australia, a not-for-profit charity, for the year ended 30 June, 2022 and in my opinion the attached accounts show a true and fair view of the results for the year with the profit being \$ 1,766 and the net assets totalling \$ 206,645.

During the audit I have had extensive discussions with the Treasurer, Mr. Val Manuelpillai, and have communicated with the Secretary, Mrs Susan Fisher, and the President, Mrs. Courtney Vodopic. All documentation, reports and attachments has been provided by the Treasurer, and all replies to my queries have been answered to my complete satisfaction.

CDH Australia is limited by guarantee and if wound up each member is required to contribute a maximum of \$ 10.00 towards meeting any outstanding obligations, at 30 June 2002 the number of members totals 13 (2021: 8).

Garry Andrews, accountant, auditor, tax agent
ABN 67526517195

**1 Higham Street,
Cheltenham Vic 3192**

Phone: (03) 9584 9871, 0409834618
Email: garry.andrews514@gmail.com

The reports have been prepared in accordance with the Australian accounting standards and the Charitable Fundraising Act 1991 and I certify that;

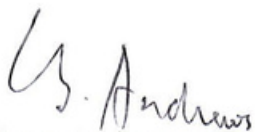
A) At the date of this report, there are most reasonable grounds to believe that CDH Australia will be able to pay all its debts when they become due.

(B) All monies received during the period of audit have been properly accounted for in accordance with all regulations.

(C) The reports show a true and fair result for the year.

During the audit process I was pleased to find strong internal control, good communication and a definite purpose of the Board as well as keenness and passion in being involved in a charity that was serving a specific need to families in the Australian community.

If further information is required I would be happy to provide as I have certified the prepared reports.



Garry Andrews
Certified Practising Accountant

10 October, 2022.

Garry Andrews, accountant, auditor, tax agent
ABN 67526517195

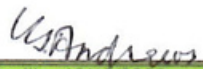
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CDH AUSTRALIA (ABN 60131315145)

STATEMENT OF PROFIT OR LOSS FOR THE YEAR ENDED 30 JUNE 2022

	<u>2022</u>	<u>2021</u>
<u>INCOME</u>		
MEMBERSHIPS	355	431
DONATIONS	62349	52296
SALES	103	0
INTEREST INCOME	0	19
	<u>62807</u>	<u>52746</u>
<u>EXPENSE</u>		
FUNDRAISING COSTS	2754	1910
PAYPAL FEES	0	226
FUNDRAISING - MANAGEMENT - ADMINISTRATION	13500	7049
SUNFLOWER SUNDAY	2918	2003
SUPPORT SERVICES - CARE PACKS	1883	
SUPPORT SERVICES - GIFTS	0	47
SUPPORT SERVICES - FINANCIAL ASSISTANCE	400	0
SUPPORT SERVICES - PROFESSIONAL SERVICES	2244	0
TELEPHONE	868	853
WEBSITE & I.T.	5041	9171
MISSION DELIVERY- MANAGEMENT - ADMIN.	13500	7049
ACCOUNTING & AUDIT FEES	875	5250
INSURANCE	3124	2969
SOFTWARE - MYOB FEES	434	367
OPERATINGS - MANAGEMENT - ADMINISTRATION	13500	6042
DEPRECIATION	0	133
	<u>61041</u>	<u>43069</u>
<u>NET PROFIT</u>	<u>1766</u>	<u>9677</u>


Auditor 10/10/2022

Garry Andrews, accountant, auditor, tax agent
ABN 67526517195

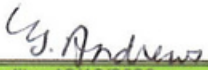
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CDH AUSTRALIA (ABN 60131315145)

BALANCE SHEET AS AT 30 JUNE 2022.

	<u>2022</u>	<u>2021</u>
<u>ASSETS</u>		
CHEQUE ACCOUNT	9629	7937
TRANSACTION ACCOUNT	183750	198388
CASH RESERVE ACCOUNT	2015	2014
RESERVE ACCOUNT	1942	3473
PAYPAL	0	233
ACCOUNTS RECEIVABLE	3861	13216
OFFICE EQUIPMENT & COMPUTERS	1359	1359
LESS ACCUM. DEPR. - OFFICE EQUIPMENT	-1359	-1359
<u>TOTAL ASSETS</u>	<u>201197</u>	<u>225261</u>
<u>LIABILITIES</u>		
ACCOUNTS PAYABLE	400	24075
GST ACCOUNTS (NET)	-5848	-3835
PRIZE OWING	0	142
	<u>-5448</u>	<u>20382</u>
<u>NET ASSETS</u>	<u>206645</u>	<u>204879</u>
RETAINED EARNINGS B/F	204879	195200
ADD PROFIT FOR 2021-2022 CURRENT YEAR	1766	9679
EQUITY 30/06/2022	<u>206645</u>	<u>204879</u>


Auditor 10/10/2022