Laura Fergusson Brain Injury Trust Annual Report 2025





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Our vision

Uara Our Values

Our vision is to provide ordinary life opportunities for every client. The Trust provides a range of lifestyle support and rehabilitation to enable our clients to achieve this.

Manaakitaka We care: We work with empathy and compassion

Kauanuanutia We are respectful; We value and appreciate the people and environment

we work within

Kotahitaka We are inclusive: We work as a team encouraging collaboration

Tika me te Pono We do it right;

We include knowledge, education and communication to support us in our work

He aha te mea nui o te ao? He tāngata, he tāngata!

What is the greatest thing in the world? It is people, It is people!

A word from our Chair

Tēnā koutou katoa.

On behalf of the Board of Trustees, I am pleased to present the Laura Fergusson Brain Injury Trust Annual Report for the year ended 30 June 2025.



This year has been one of both consolidation and achievement. Against a backdrop of increasing demand for brain injury rehabilitation and support services, the Trust has continued to deliver high—quality outcomes for nearly 1,900 people across Canterbury. Importantly, we have done so while strengthening our financial position, closing the year with a surplus of \$330,000 and increasing equity to \$8.2 million. This prudent stewardship ensures we can continue to invest in our facilities, people, and services for the long term.

A particular highlight was the hosting of New Zealand's first international Traumatic Brain Injury Conference in Christchurch. This milestone event drew more than 300 participants and reinforced the Trust's leadership in research, education, and advocacy in the field of brain injury. It also symbolised the strength of our partnerships with researchers, clinicians, community organisations, and whānau – partnerships which remain central to our mission.

Our services are only as strong as the people who deliver them. The Board recognises the extraordinary dedication of our staff, who together contributed over 317,000 hours of rehabilitation and support this year. Their compassion, professionalism, and resilience are the heartbeat of the organisation. We are equally grateful to our leadership team, whose vision and expertise ensure that the Trust remains innovative, sustainable, and client-centred.

As trustees, our role is to provide governance that ensures the Trust remains faithful to its founding purpose while adapting to future needs. In 2024/25, we have invested in building strategic relationships, strengthening financial sustainability, and planning for the ongoing evolution of our services. These efforts reflect our long—term vision of empowering people with brain and spinal injuries to live lives of independence, inclusion, and quality.

Looking ahead, the Trust will continue to advocate, innovate, and invest – always guided by our responsibility to those we serve. Together, we remain steadfast in our mission to provide pathways to independence and dignity for people with brain injuries across our community.

I want to extend my gratitude to our partners, supporters, and donors, whose generosity enables us to extend our reach. I also thank my fellow trustees for their commitment and wisdom, and our clients and their whānau for the trust they place in us. A particular thank you to our CEO, Kathryn Jones for her tireless leadership, knowledge, support and advocacy for everyone and everything at Laura Fergusson Brain Injury Trust. Without Kathryn's continual efforts, the organisation would not be where it is today.

This is my final Chair's statement as my term is now up. I would like to express my heartfelt thanks to my fellow board members for their support, professionalism and most importantly, friendship over the last few years. I wish the new Chair all the very best in the role going forward.

Kā mihi Christine Johnston Board Chair

A word from our CEO

Nei kā mihi kī a koutou katoa. As we reflect on 2024/25, it's clear that our investments in new technology were never about innovation for innovation's sake – they were about impact.



This year, the Trust implemented new software to streamline our recruitment, adopted Al tools to enhance secure communication among our community support teams, and upgraded our documentation systems to strengthen operational effectiveness. We also redesigned our website to enhance accessibility, and implemented a new donor management platform, which plays a pivotal role in supporting our capital fundraising campaign.

What matters most is how these tools empower our frontline staff and improve outcomes for the people we support, without adding unnecessary administrative burden.

Beyond technology, we've made significant strides in cultural capability. We welcomed Leisa Aumua to our senior leadership team in the newly established role of Pou Ārahi, dedicated to enhancing our internal cultural competencies and ensuring our services are culturally safe and responsive for Māori. This is a cornerstone of our strategic commitment to service quality.

In partnership with the University of Otago, we proudly launched the Laura Fergusson Brain Injury Trust Mana Tangata Scholarship. Awarded to two final—year Physiotherapy students of Māori or Pacific heritage with a passion for neurorehabilitation, this scholarship reflects our dedication to growing a diverse and culturally grounded workforce. Mana Tangata, "the prestige of the people", captures the spirit of this initiative and the value we place on indigenous excellence.

We also expanded our service, securing a new ACC contract for Home and Community Maximising Independence services. This milestone enables us to support clients with high care needs in their own homes, an achievement that aligns with our mission to deliver care where it matters most.

A highlight of the year was hosting an international conference at Te Pae in March, welcoming over 300 delegates from around the globe. This event not only showcased our work but positioned the Trust as a thought leader in rehabilitation and disability services.

Our redevelopment project at North Parade continues to progress, with planning and design now underway. We anticipate the bridge on—site will be repaired by Christmas 2025. A heartfelt thank you to our generous supporters who have made this possible.

This annual report tells many stories of an organisation that understands infrastructure is more than systems and buildings – it's about creating the conditions for better outcomes, and I hope you enjoy the stories we have captured here. By investing in technology, cultural competency, and community engagement, we've laid a strong foundation for growth, adaptability, and enduring impact. None of this would be possible without the wonderful and dedicated staff and volunteers. I am wholeheartedly grateful for their commitment and professionalism throughout the year.

Ngā mihi Kathryn Jones CEO

Ara Hou – New Pathways



Mai I te karaka o ka tupuna I te mahi rongoā, mahi haumaru, waiora hoki. Tenei Arahou o te ope nei, ka kaiawhina, kaitautoko kaimahi hoki. Tino mihi ki ka mana whenua o Te Waipounamu, Ngāi Tahu, Kati Mamoe, Waitaha. Tenei te mihi ki ka Mataa Waka, o te rohe nei. Nei te mihi kī a koutou katoa.

In late 2024, the Trust commenced a new pathway, introducing the role of Pou Ārahi Māori Health and Wellbeing Lead. This role aims to bridge the gaps of health equity and all the learning that evolves from embracing diversity, equity and inclusion for Māori.

Pou Ārahi Leisa Aumua is excited about the potential the role has to increase the level of cultural safety for the whānau we serve, our team members, as well as increased collaboration opportunities with likeminded organisations.

"Mauri Tau Puāwaitaka" is the Māori Health Strategy that incorporates a braided river approach to cultural touch points, providing clarity and focus along the journey of integration and learning. We are working towards establishing and maintaining strong relationships with whānau, hapū and iwi and welcome their feedback on our developments.

Organisational knowledge is expanding to understand and embrace Te Ao Māori, Tikanga, Te Reo Kai Tahu and Māori Health frameworks for a deeper understanding of holistic wellbeing. As proactive Tangata Tiriti, Tangata Moana, Tangata Haumi, Tangata Whenua and Mana Whenua, we are in the early stages of learning how this looks and feels in our organisation.

In addition to culturally syncronised learning, our team is encouraged and supported to work collaboratively with the Pou Ārahi to create team specific resources to support their service delivery and learning.

When we strive to be better next week than we were last, we continue to improve our skills, and in turn improve the outcomes for those we serve. When applied through a "Te Tiriti in practice" process, the potential is infinite. The work is understood and embraced by more people, and support is tailored for a whānau—centered approach, including whānau voice in all work we do.

Leisa states, "I am humbled and excited by the potential this brings to the wellbeing of generations — the many ways we can positively contribute to supporting people to transform opportunities especially when the complexities are life—altering and challenging.

"I wish to express my gratitude to everyone embracing this opportunity and supporting my role. Last but not least to the whānau we serve: our hopes are for you to be well supported with cultural integrity. For my hapū and iwi, ka mihi ki a koutou for trusting in this journey, and for me to lead and guide."

Tēnā koutou, Tēnā koutou, Tēnā koutou katoa Tapasā Fetu Ni sa Bula Vinaka, Ki Orana, Fakaalofa lahi atu, Malo e lelei, Malo ni, Namaste, Talofa lava.

Tapasā Fetu, our Pacifica Health Strategy for 2025+ provides scope for engagement, collaboration and learning opportunities to work towards Pacific wellbeing and health equity for Pacific people.

Tapasā Fetu is a navigational tool used to sail the seas. It symbolises our organisation's journey and the many cultural touchpoints where Pacifica relationships are nurtured and strengthened.

Supporting the Trust with cultural sustainability into the future,
Tapasā Fetu aims to reduce and remove the barriers Pacific people find in accessing assessment, rehabilitation, support and learning opportunities.

Tapasā Fetu is phase one of a three phase approach with strategic goals for relationships, communication and opportunity.

Meitaki Ma'ata, Fa'afetai lava Ia manuia

Laura Fergusson Brain Injury Trust Mana Tangata Scholarship

Building on our new pathway – Ara Hou, we introduced the Laura Fergusson Brain Injury Trust Mana Tangata Scholarship in 2025.

Launched in partnership with the University of Otago, the Mana Tangata Scholarship is awarded annually to two final—year physiotherapy students of Māori or Pacific ancestry and who show both academic excellence and a genuine passion for neurorehabilitation.

The name itself, Mana Tangata, or "the prestige of the people" speaks to its purpose, to honour rangatira in training and to uplift the communities they represent.

For James Wilson, one of the inaugural recipients of Ngāti Kuia and Te Āti Awa descent, the scholarship meant exactly that.

"I will always be indebted to this scholarship because I wouldn't have been able to complete my degree without it. But it's more than financial support; it's their belief in me as well," he says.

The other inaugural scholarship recipient, Georgia Schmidt–Uili, is a proud daughter of the Pacific. Receiving the Mana Tangata Scholarship for Georgia has been both affirming and motivating.

"Personally, it tells me I'm capable and that people believe in me. Professionally, it inspires me to make the most of every opportunity and to be a role model for other Pacific students," Georgia says.

For James and Georgia, the Mana Tangata Scholarship is more than a lifeline, it's a platform for service. It celebrates their personal journeys, works to amplify their cultural heritage and positions them to transform lives through neurorehabilitation across Aotearoa.

"This scholarship is about investing in us so that we can invest in our communities," James says.







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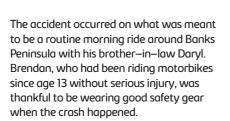
Good Outcomes Can Happen

Client Story:

Meet Brendan

Brendan Daly credits his loving family and support from Laura Ferguson Brain Injury Trust in helping him regain his independence and rebuild his career following a traumatic brain injury and severe nerve damage to his arm.

Brendan suffered four brain bleeds, four broken ribs, a punctured lung, a crushed artery and a total brachial plexus injury to his left arm when the motorbike he was riding collided with a vintage Jeep on a blind corner near Little River in June 2023.



"It was just really, really unfortunate," he said. "The police were involved, and they've said there's no one at fault here. I really do take a lot of comfort out of that fact because I don't have to carry any guilt for it."

Emergency responders performed a life—saving pneumothorax procedure at the roadside, cutting a hole in Brendan's chest to relieve pressure from his punctured lung. He was then airlifted to hospital, where he immediately went into cardiac arrest.

"I don't think you can really come any closer than that," he reflected.

Brendan's recovery journey began in Christchurch Hospital's intensive care unit, where he spent four days in a coma. He remained hospitalised for nearly four weeks before being transferred to Wellington's ABI Rehabilitation Centre.

Brendan's traumatic brain injury initially caused severe memory problems and confusion. He recalls waking up in Wellington Hospital at 4am, attempting to leave for the airport to catch a flight that didn't exist

"I would ring my mum in the middle of the night asking, 'Where am I?' And she would have to explain where I was and why. You're 39 years old, and you're ringing your mum."

He credits his wife Liz who bore much of the strain during those early weeks, staying by his bedside and managing care for their two children while he recovered.

"I think what a load that is to take," Brendan said. "How can I repay that? How do you say thanks to that?"

Community Rehabilitation with Laura Fergusson Brain Injury Trust

After some time in Wellington, Brendan was able to return home and The Laura Fergusson Brain Injury Trust became instrumental in his rehabilitation, providing occupational therapy, physiotherapy and psychological rehabilitation and support. Having lost the use of his left arm, team members from the Trust helped him to learn basic skills to foster his independence, including how to tie shoelaces with one hand and to use adaptive cutlery.

"The Laura Fergusson team meet you where you are, and they never came across as condescending," he said. "These people were wonderful. They were just fantastic with their approach."

Gaining Independence Through Driving

Following great progress with his brain injury, one of Brendan's most significant challenges was regaining his driving licence, which Laura Fergusson Brain Injury Trust Occupational Therapist Jarrod Withers helped facilitate through assessments and equipment modifications.

Jarrod says, "Brendan was able to demonstrate that from a brain injury perspective he had made sufficient recovery to support him in returning to driving and his only remaining challenge was going to be the physical aspect of driving.

"Brendan came in, trialed a modification in our assessment vehicle and showed immediate control over the vehicle indicating a return to driving with a simple modification was going to be a feasible and realistic goal."

Brendan now uses a spinning knob on his steering wheel to accommodate his limited left arm function.

"Jarrod helped me gain my independence back. I took a test with Jarrod to identify obstacles and hazards and have an assessment – he's a brave man!

"Not being able to drive was a real loss of independence," Brendan explains, "I had a lot of help around me, but I wasn't able to do little things like go and pick up the milk. I was so keen to be able to be mobile again. Being able to drive again — it's fantastic."

Gaining Strength With Physiotherapy

In December 2023, Brendan underwent a 10.5—hour operation where surgeons grafted nerves from his legs into his neck and shoulder. The procedure has slowly restored some movement to his left arm, though progress remains gradual.





"My physiotherapists Ciaran and Lizzie have been so encouraging and gave me exercises to help move my arm. You've just got to keep going."

LFBIT Physiotherapist Lizzie says, "Brendan is an absolute pleasure to work with. He is highly motivated, consistent, realistic and reflective. He has such an inspiring outlook on life, and I know his recovery and lessons learned will inspire others! He's got a brilliant support unit and every step of the way we've been able to collaborate with them."

Taking Care of Mental Health

The Trust also connected Brendan with one of the team's clinical psychologists, which he initially resisted but found transformative.

"I didn't think I needed that kind of support, but it was amazing," he explains. "I liken it to if you've got a pack of cards and someone says put them in order — it's going to be a lot easier if you just spread it out on a table," he said. "My psychologist helped me put everything back into some type of order that I could manage."

Returning to Work

Incredibly, Brendan is now back working four and a half days a week as an insurance broker, a milestone he once thought impossible. Returning to work gradually, Brendan started with a few hours per day before building up to his current schedule.

"They said you need to prepare yourself for the possibility you might never go back to work," Brendan said, "To go from that guy to working four and a half days a week, full time as an insurance broker, that's quite satisfying.

"I'm quite proud that I've been able to return to work in the capacity that I have," he said. "I also want to acknowledge that without the help that I've had, I wouldn't have been able to do it."

Finding New Ways of Doing Things

Despite the trauma from his life altering accident, Brendan has found new ways to continue his passions. He's teaching his daughter to play bass guitar, an instrument he can no longer play himself due to his arm injury. He's also purchased a vintage—style motorbike with a sidecar, allowing him to ride again safely with his daughter as a passenger.

Lizzie has also supported Brendan to get back into road cycling again on an adaptive bike. "It's been a joy supporting Brendan's return to the community and especially back into biking with his family," Lizzie said.

Brendan reflects, "It's great to be able to get back to some of my old activities. It's doing the same things, but in a different way,"

"Good Outcomes Can Happen"

Brendan recently visited the Wellington rehabilitation centre where he was treated, encountering one of his former doctors who became emotional upon learning of his recovery.

She said, "I needed a win today," Brendan recalled. "I want to be encouragement to the people that provide the help and the people that need the help that good outcomes can happen."

His advice to others facing similar challenges is simple: celebrate your small wins and accept help when it's offered.

"It's actually okay to need help and accept what's there because it's all in place to help you have a better outcome," he said. "It took me a while to grasp that. The tools and equipment that you've been given to get better — I wouldn't have had the recovery without the help."

Brendan sums up his experience with heartfelt thanks: "I can't express how thankful I am to Laura Fergusson Brain Injury Trust for what they've done. To be back up and about, driving, and back at work is a direct result of the work that people like the Laura Fergusson Brain Injury Trust have put in."

"I'm quite proud that I've been able to return to work in the capacity that I have. I also want to acknowledge that without the help that I've had, I wouldn't have been able to do it."

Brendan Daly

Raising Awareness

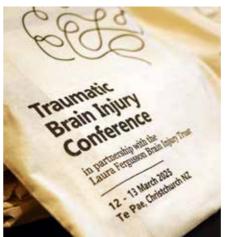
TBI Conference 2025 — Keeping It Real: Real Injury, Real People, Real Lives March 12–13, 2025 | Te Pae Christchurch Convention Centre

As part of Brain Injury Awareness Month in March 2025, we were proud to launch a new partnership with Interpoint Events to bring The Traumatic Brain Injury Conference NZ to Te Pae Christchurch Convention Centre. This two–day event brought together experts, professionals, people with lived experience, and individuals working in sectors where traumatic brain injury (TBI) is often present — but not always recognised.













Exploring the theme "Keeping it Real: Real Injury, Real People, Real Lives", the conference focused on three core areas:

- Real Injury Presenting the latest research and insights into the impact, diagnosis, and management of traumatic brain injury.
- Real People Showcasing the powerful voices of those with lived experience and their whānau, sharing their journeys, challenges, and resilience.
- **Real Lives** Highlighting practical rehabilitation approaches, supports, and services that help people with TBI live meaningful, connected, and independent lives even when challenges persist.

This inaugural event drew more than 360 delegates, featured 46 outstanding speakers, and welcomed 12 exhibitors. Across two days, attendees heard first—hand stories, explored clinical and community—led innovations, and connected over shared experiences and practical ideas for supporting people with traumatic brain injuries.

We were thrilled to have Connor Kitto, radio announcer from radio network The Hits, as Conference MC. "MCing the Traumatic Brain Injury Conference is a great privilege. When the team asked me to do so, I'd never said 'yes' faster," Connor said.

"Retiring early from my favourite sport, rugby, due to multiple concussions — mainly sustained in that very sport — was a tough call to make. But considering the impact my head injuries were having on my personal and professional life, it was a no—brainer (pardon the pun). I looked forward to learning from the amazing array of speakers and hearing the experiences of those attending."

Among the many highlights was International Keynote Speaker, Holly Kostrzewski from the USA, who shared her story and expertise with warmth and humour. Her session was a standout, and feedback from delegates was overwhelmingly positive.

A dedicated 'concussion and sport' stream featured presentations from sports physicians, researchers, support agencies, and former All Black Steve Devine, who spoke candidly about the decision to retire after repeated concussions.

This stream generated considerable interest and practical discussion around injury prevention, support, and life after sport.

The Trust is deeply grateful to the sponsors who helped make this event possible:

- Platinum Sponsor:
 Phoenix Health Hub
- Gold Sponsor: Life Plus
- Silver Sponsor: Neurological Foundation of New Zealand
- · Bronze Sponsor: Abbott
- City Partner Sponsor:
 Ōtautahi Christchurch
- Lanyard Sponsors: Proactive
 4 Health NZ and ABI Rehabilitation

Thanks to their generous support, we were able to bring this important event to life and create a space where real conversations could happen, between researchers and whānau, clinicians and clients, and peers supporting each other.

The event attracted nationwide media coverage and featured on 3News.

Following the success of this event, planning is already in place for the next TBI Conference in Christchurch in March 2027.

Providing Rehabilitation





Strengthening Services, Empowering Recovery

This year has been one of growth, innovation, and enhanced collaboration across our community rehabilitation services. We've made significant strides in securing key contracts, enhancing cultural responsiveness, and expanding clinical offerings to better meet the diverse needs of our whānau and kiritaki clients.

Contract Success and Service Continuity

We successfully resecured several ACC contracts which were due for renewal, including Wheelchair and Seating, Housing, Social Rehabilitation Needs Assessments, Nursing Services, and Concussion Services. All other contracts have also been retained.

Culturally Responsive Practice

The appointment of our inaugural Pou Ārahi has enriched our cultural supervision and support, helping us deliver services that are more responsive to Māori and Pacific whānau and kiritaki. This collaboration continues to shape our practice in meaningful ways.

Innovation in Practice

The rollout of Heidi Al scribe has been a game—changer for many clinicians, improving documentation efficiency and allowing for deeper client engagement during sessions.

Service Development Highlights

We've seen exciting developments across our services, including:

- · A new pressure injury care pathway
- Ongoing implementation of a community stroke rehabilitation service, complemented by a clinician training series that was recently showcased at the Rehabilitation Medicine Society of Australia and New Zealand 2025 Annual Scientific Meeting
- Continued development of the Accident–Related Spinal Cord Injury Respiratory Community Service, with the initiative recently presented at the Australia and New Zealand Spinal Cord Injury Society Conference in Australia
- Expansion of our dizziness clinic
- Establishment of a regular seating and mobility clinic in conjunction with the Adult Conductive Education Trust to support families with navigating equipment and wheelchair and seating needs.

These achievements reflect our ongoing commitment to delivering high–quality, client–centred care. We're proud of the progress made and look forward to building on this momentum in the year ahead.

Behavioural Support as a Cornerstone of Holistic Brain Injury Rehabilitation

When supporting individuals with complex needs following traumatic brain injury (TBI), behavioural management is not just an add—on; it's essential. One recent case illustrates the power of a co—ordinated, inter—disciplinary approach in transforming not only a client's behaviour, but also their relationships and quality of life.

A client in his 50s, living with the long—term effects of a severe TBI, was experiencing frequent verbal and physical outbursts towards his partner, in community settings, and within his rehabilitation group. These behaviours were compounded by a history of mental health challenges and personal trauma, including the loss of close family members to suicide. The impact on his partner and wider support network was significant, and police involvement had occurred on more than one occasion.

The complexity of the client's needs was identified and presented to ACC, enabling the development of a tailored intervention through close collaboration between the Trust's Behaviour Support Service team, comprising a psychologist and occupational therapist, and the client's Living My Life (LML) rehab coach. The psychologist focused on emotional regulation and safety planning, working with both the client and his partner

to build awareness of early warning signs and develop practical coping strategies. The occupational therapist supported the client in learning how to navigate everyday challenges without resorting to aggression and upskilled the rehab coach to reinforce these strategies in real—world settings.

This collaborative approach paid off.
Over time, the client's aggressive
behaviours, once occurring weekly,
reduced significantly. His partner reported
no further incidents of physical aggression,
and verbal outbursts in the community
ceased. Most importantly, the client himself
reported feeling more in control and better
equipped to manage distress.

This case is a powerful reminder that behavioural support, when integrated into a wider rehabilitation framework, can be life changing. It not only improves safety and wellbeing but also empowers clients and their families to move forward with confidence.

Enhancing Pressure Injury Care Through a Unified Pathway

Prior to the development of our pressure injury pathway, care for clients with spinal cord injuries (SCI) who developed pressure injuries in the community was delivered in a semi–collaborative but fragmented manner.

Although all team members were part of the Trust's Community Rehabilitation team, they operated under separate contracts. For example, nursing focused on wound management, occupational therapists on equipment provision, and other disciplines contributing as needed. This lack of structured collaboration often resulted in inconsistent service delivery and limited cohesion.

The introduction of a unified pressure injury pathway has significantly transformed our practice. Referral of clients by a local Spinal Consultant in partnership with ACC, are directed to the Trust. By utilising the Training for Independence contract model wherever possible, we enable integrated team planning and a more cohesive, client—centred approach. This shift has strengthened interdisciplinary collaboration, improved communication, and enhanced the consistency and quality of care we provide.

Data from the Spinal Cord Injury Registry, based on nearly 400 community survey responses since 2016, highlights the importance of this work. Over 25% of respondents reported experiencing a pressure injury in the past 12 months, and 40% had pressure injuries persisting for more than a year. Incidence was higher among individuals with tetraplegia and those with complete injuries.

Of those affected, 76% sought treatment, with 18% requiring surgical intervention, and 70% experienced activity limitations ranging from partial to complete. These figures underscore the long—term challenges associated with pressure injuries and the critical need for coordinated, timely care.

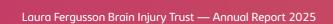
Through the pressure injury pathway, clients with complex wounds that have not responded to healing may undergo planned reconstructive surgery. Structured postoperative care, strict mobilisation protocols and pressure mapping is supported by the Trust, both within respite facilities and in clients' homes, ensuring continuity and consistency in recovery. This approach avoids delays associated with acute hospital admissions and supports successful transitions back home.

The success of this pathway is rooted in true interdisciplinary collaboration. Our team of physiotherapists, occupational therapists, dietitians, and nurses at LFBIT work seamlessly under medical guidance to support each client's recovery.

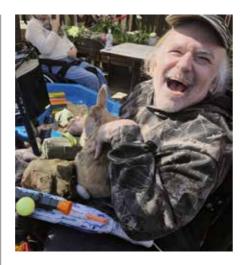
With extensive experience in spinal cord injury and pressure care, our professionals bring a strong clinical knowledge base and a proven ability to work together to achieve the best possible outcomes for our clients.

"By investing in technology, cultural competency, and community engagement, we've laid a strong foundation for growth, adaptability, and enduring impact. None of this would be possible without the wonderful and dedicated staff and volunteers."

Kathryn Jones CEO



Assisting with Residential Needs



Fostering Education



New ACC Residential Contract Awarded

It was a busy year for our Residential Support Services team, supporting 46 kiritaki (clients) with residential housing and care across three sites. We were awarded the ACC Home and Community Maximising Independence contract in March 2025 and are now working on introducing new ACC whānau and kiritaki into our bespoke service.

Designed to provide home and community support for people recovering from injuries, the Maximising Independence service aims

to give people more choice and control over their care, while ensuring they receive personalised and high-quality support in their own homes. Integrating Te Whare Tapa Whā as a foundation for holistic wellbeing, clients receive individualised care, and are placed at the centre of all decisions regarding their needs, wants, and goals.

"I feel much happier in my own home because I have less hospital admissions and I have better health. I now have the freedom to be independent."

Sam, Client.

introduced a vast range of activities and community engagements for our activities for our residents to try. A large number of residents joined in, and their level of engagement was

Following the success of the introductory clowning, dress-ups, and performance opportunities, led by Circability's experienced tutors. We thank the outcomes and funding this programme.

Diversional and Recreational Therapy Making a Positive Impact

The Trust's Registered Diversional and Recreational Therapist Mekiesha has residents over the past year. One of the many highlights was an introductory visit from circus arts organisation Circability, who came on–site and provided engaging beyond expectation.

session, Circability applied to Waimāero Fendalton-Waimairi-Harewood Community Board to fund ongoing classes for the Trust. We were thrilled to be given a year of free classes focusing on skill progression, team building, circus games, Waimāero Fendalton–Waimairi–Harewood Community Board for acknowledging the potential of circus for better mental health

Our in-house cooking group is going from strength to strength led by James, who started out as a volunteer, and is now employed by Can Do Catering. James is very popular with the residents and the cooking group is bursting at the seams producing wonderful smells and tasty creations.

The Trust is committed to building awareness, understanding and confidence across the wider community when it comes to working with people affected by brain injury.

We offer education and training sessions to a range of organisations including community agencies, sporting groups, schools, the Department of Corrections – Ara Poutama Aotearoa, healthcare providers, and any services or workplaces our clients may interact with. Over the past year, we've delivered 27 sessions on a wide range of topics, including:

- How to Access Concussion Services
- Concussion in the Workplace
- · Referral Pathways
- · Catheter and Wound Care
- · Cognitive Communication and Traumatic Brain Injury
- · Working Successfully with People with TBI
- Medical Fitness to Drive and Vehicle Adaptations
- Dysphagia and Safe Swallowing
- Overview of Laura Fergusson Brain Injury Trust's Services
- Helpful Heads Peer Support
- Professional Boundaries
- Understanding Complex Behaviours
- · Wheelchair and Seating Support

Working with other organisations

Sharing Knowledge to Improve Safety and Support

The Trust was invited to be part of the St Andrew's College Parent Education Programme, where we shared a short film featuring our interdisciplinary Concussion Services team. The film explains the signs and symptoms of concussion and how to access timely, ACC-funded support.

Our Education and Training team has also been actively involved with HARMfree Transport and Logistics, an industryled initiative that focuses on practical strategies to improve workplace safety and wellbeing across the sector.

Our first HARMfree presentation focused on traumatic brain injuries, highlighting the impact of concussion on safe driving and outlining how to access driving assessments.

This year, we also delivered a national webinar on concussion, available on the HARMfree portal for all members. It was well received, with 100% of poll respondents agreeing with the statement:

"This webinar provided information and practical solutions to support improvements in our workplace."



Advocating

Advocating for the rights and interest of people with a disability

Residents and families shape design guidelines for our new inclusive community development at North Parade



The new site at 126 North Parade has reached a significant milestone with the completion of a comprehensive design statement. The document, shaped through a collaborative process, reflects the aspirations and needs of future residents, their whānau, and the wider project team. It will serve as a guiding framework for architects and planners as the project moves into its design and construction phases.

Community-Led Design Process

Between September and October 2024, we hosted 12 co—design workshops involving 43 participants: future residents, their families, and staff. These sessions were designed to ensure that those who will live and work in the new development had a direct voice in shaping its design. The workshops focused on understanding what "home" means to our community, moving away from institutional models and toward environments that foster dignity, comfort, and connection.

CEO Kathryn Jones emphasised this vision during the process, "We didn't want it to feel like an institution. It should be just right for our clients."

Key Design Themes

The resulting design statement outlines a holistic approach to residential living and operational planning including:

- Residential Experience: Homes that feel personal and welcoming, with attention to layout, privacy and comfort.
- Outdoor and Shared Spaces: Courtyard gardens, communal areas and a café to encourage social interaction and wellbeing.
- Arrival and Movement: Thoughtful design of entryways, pathways and circulation to support accessibility and ease of navigation.
- Staff Needs: Workspaces designed to promote team collaboration, support staff wellbeing and ensure operational efficiency.
- Operational Considerations:
 Maintenance, waste management, delivery logistics and cleaning protocols integrated into the design.

Acknowledging Shared Expertise

We acknowledge Capability Scotland for generously sharing their design statement process from their Bertha Park inclusive community in Perth, Scotland. Their insights helped inform our own approach and underscored the value of international collaboration in inclusive design.

Impact and Next Steps

The design statement is more than a technical document—it's a reflection of our values and commitment to inclusive co—design. It ensures that the development will meet both the practical needs of our residents and staff, while also fostering a sense of belonging and community.

As we move forward, this statement will guide architectural planning and serve as a guide for decision—making throughout the build. It represents a shared vision, shaped by the people who will call North Parade home.

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Noelene McIlroy QSO Residents Trust:

Meeting the cultural, sporting and creative needs of our clients



Noelene Mcllroy QSO Residents Trust was established in 2004, following the generous donation by its founder, Mrs Noelene Mcllroy QSO. The Trust has a purpose to assist disabled people meet their cultural, sporting and artistic needs and provides support to the Trust's day programmes. Mrs Noelene Mcllroy was elected President of the Laura Fergusson Brain Injury Trust in the early 1970's and she was instrumental in fundraising for our original residential accommodation in llam. Mrs Mcllroy remained a passionate supporter of the Trust until her death in 2012.

This year, the Noelene McIlroy QSO Residents Trust proudly supported a wide range of cultural, sporting, and creative activities that brought joy, connection, and vitality to our community. Through thoughtful and generous grants, our disabled people were empowered to explore new experiences, nurture their talents, and build lasting friendships.

Exploring our Backyard

In a celebration of adventure, nine group members were treated to the panoramic views of a ride up the

Christchurch Gondola. Meanwhile, residents received passes to Orana Park and Willowbank Wildlife Reserve, providing opportunities to engage with native wildlife in natural settings.

Active Bodies, Physical Wellbeing

Physical wellbeing was a key focus this year. A 12-month gym and pool membership at Jellie Park was granted which encouraged regular movement and social engagement. The Wednesday Reconnect Group embraced a variety of physical activities, from table tennis to yoga and fitness circuits, thanks to a \$231 grant. One resident found new purpose and camaraderie through walking football, supported by \$175 in equipment funding.

A brand—new table tennis set brought friendly competition and laughter to our shared spaces, while a grant to purchase a 20—concession pool card also ensured continued access for our people to aquatic exercise and relaxation.

Creative Expression

Thanks to the Noelene McIlroy QSO Trust, art and music flourished this year. One individual explored their artistic side through nine weeks of drawing classes at Art Metro, complete with a materials kit.

The Mind, Body and Voice programme received \$1,800 in funding, enabling 12 sessions for our residents that blended movement, mindfulness, and vocal expression.

Gathering Around the Table

At the heart of our community lies the joy of shared meals. A generous \$1,800 grant funded a new dining suite, transforming our weekly dinner parties into warm, welcoming gatherings to share stories and deepen friendships.

The Noelene McIlroy QSO Trust has generously granted \$7,605.90 this year to meet the needs of our community.

"Residents received passes to Orana Park and Willowbank Wildlife Reserve, providing opportunities to engage with native wildlife in natural settings."

"My bucket is full"

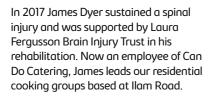


Client Story: Meet James

Established in 2015, Can Do Catering is the Trust's social enterprise dedicated to creating meaningful, paid employment opportunities for individuals facing barriers due to their physical impairments and care needs.

For 10 years, Can Do Catering has fostered an inclusive work environment, empowering people who would otherwise struggle to access purposeful work, helping them build confidence, skills, and community.

And, their food is delicious!



Prior to his injury, James trained at CPIT, now Ara, and enjoyed his career in hospitality as a chef. Then, in late 2017 he had a motor vehicle accident, fracturing his neck, breaking his back, and severing his spinal cord. He sustained a T6 spinal cord injury, placing a halt to his career. His injury caused a loss of sensation from the chest down, and caused issues with his core stability.

After a six month stay at Burwood Hospital, James immediately began receiving support from Laura Fergusson Brain Injury Trust. This involved physiotherapy, where James worked hard at the gym, and trained his wheelchair control, and learned to transfer in and out of his chair. Moving into a new accessible home,

James had an occupational therapist visit to oversee the installation of tools to support his independence.
This included items such as a shower bench, and a lazy Susan in cupboards to keep everything in reach.

Most essential for James was his wheelchair and seating support, with even the seemingly smallest adjustments being incredibly valuable for his physical wellbeing.

"The adjustments that we made last time to the chair made me realise that the entire time I'd just been sitting in my chair wrong," says James. "It was a twist of a bolt and a slight tweak of back press, and it was like 'oh, okay. That feels better!"

While James' initial support from LFBIT is complete, he values having access to specialists when needed. "I can call up at any time and basically ask for adjustments or anything like that, just a phone call away, which is bloody good."

"It is so important for the seat to feel right, so paramount to a happy life. It's just a small adjustment that ends up improving massive levels of comfort."

During his time with LFBIT, James became interested in the Trust's social enterprise, Can Do Catering. Post injury, James had tried to get back into hospitality work, but logistically, nothing quite worked. Then in late 2024, an opportunity arose for James to volunteer for the Trust's weekly cooking group at llam Road.

When coming in for an interview with Marcus Braun, Catering Manager at Can Do Catering, the two realised they knew each other, as James used to study under Marcus at CPIT.

"I never would have thought that about a decade later I'd just be back working under my teacher again. Luckily, he trained me well!"







James began to volunteer his time on a Monday and Tuesday, where he works alongside residents and support workers with their cooking sessions. He delegates preparation jobs between residents and then assembles the meal in front of everyone to show everyone how it is made.

"They enjoy it a lot! They've even started asking for seconds. It's cool to be able to give back, even if it is just cooking a feed. If I'm bringing a smile to someone, that's all that matters."

After some time volunteering with the cooking group, James also became an employee of Can Do Catering, working on Wednesdays and often a Thursday or Friday. James has enjoyed helping out with the production of Can Do Catering orders as they come in.

"I'll help out with making the sausage rolls or whatever's needing prep in higher quantities. It is getting busier, soon we have an order that is so big we will need all day, and that thrills me! I'm just like, yes, sweet, bring on more."

"We are thrilled to have James on board as one of the Can Do team," says Marcus Braun, Catering Manager. "Giving James the opportunity to shine in the environment where he obviously thrives in, is rewarding for us as an organisation and most importantly gives James the chance to utilise his skills and knowledge."

"James' professional kitchen experience is an asset that we really value. His ongoing contribution towards all tasks that he completes are always at a high standard and with an amazing positive attitude. We look forward to seeing where this exciting journey goes for James." James says he is excited for the future of Can Do Catering, and with the new site at North Parade including a planned dedicated space for the kitchen, hopes are high that the work will only continue to grow.

Outside of work, James enjoys his family life, and spending special time with his ten year old daughter.

"Between family life, looking out for my daughter, and work, that is all that is needed to fill my bucket." Our Service and Impact

1,032	Group Activities
2,070	Supported Tāngata Whai Ora
2,574	New Referrals Received
3,511	Total Referrals Supported
15,265	Bed Nights Provided
153,479	Individual Activities
317,228	Total Client Support Hours



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Accountability

Recognition for Residential Services

The hard work and dedication of the Trust's residential services team was acknowledged via a successful Ngā Paewera Health and Disability Services Standard Certification Audit. This framework sets guidelines for delivering quality, person—centred health and disability services. The Trust's residential services were acknowledged for two continuous improvement initiatives and awarded four years' recertification—the highest level attainable.

Excellence in Allied Health

In March, the Trust's community rehabilitation services passed its Allied Health Sector Standard audit with outstanding feedback. The auditor praised clinicians' approachability, client satisfaction, and the depth of staff knowledge. She also highlighted the wide range of training opportunities available, including peer and traditional supervision, in—services, and online modules.

Our People

Commitment to Diversity, Equity and Inclusion

In December 2024, we appointed the role of Pou Ārahi Māori Health and Wellbeing Lead. This is a new and exciting role for the Trust. The Trust wishes to enhance our cultural competencies and ensure a culturally safe environment for all Māori, inclusive of our kiritaki clients, whānau and our kaimahi team members. Through effective guidance, the Pou Ārahi role contributes to the Trust's commitment to cultural diversity, equity, and inclusion.

Commitment to Learning

The Trust's commitment to learning and development continues with a growth in the number of kaimahi with qualifications and studying towards a qualification.

37% of kaimahi hold a bachelor's degree or higher. Kaimahi with a level 4 NZQA qualification (or equivalent) has risen to 50%. Our support worker skill ratio remains high with 74% holding level three or four qualifications.

Earlier this year the team celebrated the graduation of 13 kaimahi who gained NZQA qualifications in a variety of areas including hospitality, household support services and health and wellbeing. 18 kaimahi are currently studying towards NZQA qualifications. One staff member is studying towards a doctorate and another towards a financial qualification.

The Trust's e-learning management system now includes numerous self-directed learning opportunities for kaimahi and the Trust continues to invest and grow this resource for staff over time.

Enhancing our Organisational Culture

The 2025 staff survey results were once again incredibly positive. Included in the survey were several new questions on cultural learning opportunities with a remarkably high percentage of kaimahi expressing an interest in the opportunities the Pou Ārahi has introduced. The Trust enjoys high engagement from its diverse workforce, and we feel fortunate to have such a committed, professional team supporting our clients.

Overall, from a people perspective the Trust is in good position to grow its workforce and ensure a strongly inclusive, diverse and rich culture for the future.



"Do Less"

Client Story: Meet Bryony

The road to recovery after traumatic brain injury looks different for everyone, and the right pace is the one that works for you. Bryony Matthews is an Ōtautahi Christchurch—based musician, mother, and someone who has learned how to find the right pace in her recovery after an injury.



In July 2023, Bryony was knocked off a scooter after colliding with a pedestrian, unaware of their surroundings. While the pedestrian was fine, Bryony fell hard and hit her head on the road. She was rushed to hospital, where surgeons were called in for emergency surgery after scans revealed bleeding in the brain. Bryony spent two weeks in hospital, including four days in ICU following her surgery.

Fortunately, Bryony woke with her memory intact. However, following further surgeries and follow-up appointments, the challenges that arose from her injury became clear: overwhelming fatigue meant she needed help with simple tasks; her walking became slow and lasted only for short bursts; broken bones in her ears led to severe tinnitus and hearing loss; vertigo and eye fatigue left her feeling stuck in a brain fog; sensory overload made bright places difficult to tolerate; and her ability to socialise was significantly impaired.

"Socialising gave me a feeling of heavy depression," says Bryony. "I was trying so hard to be my old self, but everything was so difficult, and no one could see that on the outside. I found myself trying to explain things to people who would ask me how I was, and that would be incredibly draining and depressing."

Three weeks after her injury, Bryony was referred to the Laura Fergusson Brain Injury Trust and saw a number of members of our interdisciplinary team.

"When arriving at LFBIT, I was a terrible mess. After talking to my occupational therapist, I came outside and broke down into tears of sheer relief knowing that there were people to help me through everything. I didn't realise the stress I'd been feeling from trying to figure out how to recover. To this day, I call occupational therapists angels; they are there to help you through everything, from ACC admin to just talking and guiding you through life."

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"The bittersweet silver lining of this journey is that I was forced to stop and slow down. While working with my neuropsychologist, I took on a new mantra: "Do Less." This is something I constantly remind myself."

Bryony worked with one of our physiotherapists to help ease challenges around her fractured jaw and eye fatigue, as well as managing her vertigo. She was also supported by a neuropsychologist, who helped her work through the stress and feelings that come with having to face living a new way of life.

"Knowing that I had them to fall back on took such a weight off. Their kindness and patience with me made me always feel at ease."

Two years on, Bryony is doing very well in her recovery. She is back at her job, working reduced hours, many from home, to manage fatigue. While she still faces fatigue and finds moments of forgetfulness or clumsiness frustrating, she is living life to the full and has accepted that things may never go back to the way it was.

"The bittersweet silver lining of this journey is that I was forced to stop and slow down. While working with my neuropsychologist, I took on a new mantra: "Do Less." This is something I constantly remind myself.

I have become aware of how strong, resilient and persistent I am. At times I felt weak and miserable, but I have such an amazing community of family and friends who have made me see how well I have done and am doing, and I know that they are right."

Being patient, kind and understanding with yourself is advice that Bryony would give to anyone going through recovery.

"This kind of recovery can be very long and is not linear. You may feel like you are doing so incredibly well, and then crash back to feeling awful; that is ok. It is important to work hard, but also to let yourself rest and surrender to what you cannot instantly fix. Listen to your body, don't push yourself too hard. Do less, be aware and be grateful for the small, beautiful things that make life wonderful."

Statement of Comprehensive Revenue & Expenses

Laura Fergusson Brain Injury Trust For the year ended 30 June 2025

	2025	2024
Revenue	17.57/ 607	16 205 461
Revenue from exchange transactions	17,574,627	16,385,461
Revenue from non-exchange transactions	198,376	303,041
Total Revenue	17,773,003	16,688,502
Other income	36,303	33,067
Total Income	17,809,306	16,721,569
Expenses		
Employee benefit expenses	12,685,973	11,061,923
Contract labour	1,809,761	1,769,919
Client rehabilitation costs	112,529	110,091
Depreciation	247,380	268,873
Ground maintenance & waste disposal	143,190	130,040
IT & telecommunication costs	334,743	344,010
Insurance	135,984	126,698
Loss/(Gain) on disposal of assets	(4)	(5,218)
Nursing bureau costs	139,791	112,731
Power	116,762	123,351
Rent	399,922	403,071
Repairs and maintenance	158,183	167,954
Staff training	119,167	149,669
Client groceries and food	273,911	275,396
Vehicle & transport	131,466	149,978
Other expenses	772,876	682,436
Total Expenses	17,581,634	15,870,922
Surplus / (Deficit) Before Financing Revenue & Costs	227,672	850,647
Finance		
Finance income	102,722	74,654
Finance expenses	0	(42)
Total Comprehensive Revenue & Expenses for the Year	330,394	925,259

Statement of Financial Position

Laura Fergusson Brain Injury Trust As at 30 June 2025

	2025	2024
Assets		
Current Assets		
Cash & cash equivalents	1,568,343	1,372,52
Receivables (from exchange transactions)	1,230,297	1,184,533
Prepayments & other assets	117,033	119,755
Laura Fergusson Foundation loan	0	101,227
Investments	1,440,095	875,749
Total Current Assets	4,355,768	3,653,785
Non-Current Assets		
Capital work in progress	336,998	300,674
Property, plant & equipment	4,604,475	4,705,866
Intangibles & goodwill	700,000	700,000
Total Non-Current Assets	5,641,473	5,706,540
Total Assets	9,997,241	9,360,325
Liabilities		
Current Liabilities		
Payables (from exchange transactions)	530,549	406,467
Credit cards	10,310	11,456
Employee benefit liability	1,024,642	870,150
Unexpired grant funding	96,883	61,116
Goods and services tax	127,762	134,435
Total Current Liabilities	1,790,146	1,483,624
Total Liabilities	1,790,146	1,483,624
Total Assets less Total Liabilities (Net Assets)	8,207,095	7,876,70
		7,0.0,10
Trust Equity	0 207 005	7,876,70
Accumulated revenue and expenses	8,207,095	7,870,70
Total Trust Equity	8,207,095	7,876,701

Fundraising and Supporters

Tino mihia kī a koutou mō ō koutou koha.

The Laura Fergusson Brain Injury
Trust acknowledges all individuals and
organisations who generously give time,
goods and funds to support our vital
work. We are extremely grateful for all
support we receive.

The Trust acknowledges its volunteers who each contribute in meaningful ways to support our work. From assistance with weekly activities to helping at events, we are consistently overwhelmed with the time and effort our volunteers put in to supporting us and we thank them for their incredible generosity.

We acknowledge and thank the grant funders and donors below for their generous contributions:



EL & JB Sanderson Cerebral Palsy Trust







Arthur Frederick William & Jessie May Jones Foundation







Elizabeth Ball Charitable Trust



