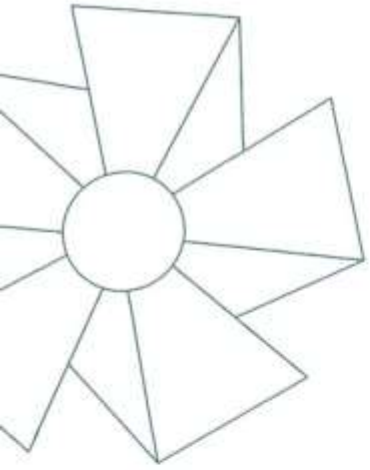




Kindred  
Clubhouse

2019  
ANNUAL REPORT





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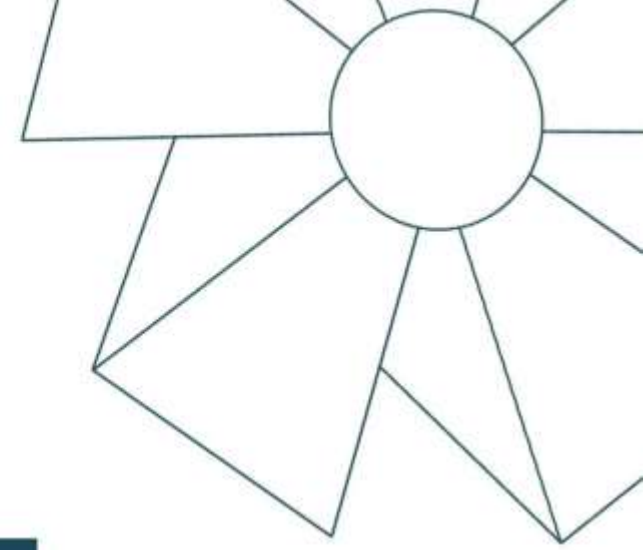
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## Our Vision

All people living with a mental illness will have opportunities to realise their potential within a supportive community.



## Our Mission

To provide a safe and welcoming space for people with a mental illness to develop the skills and confidence needed to lead satisfying and purposeful lives in the community.



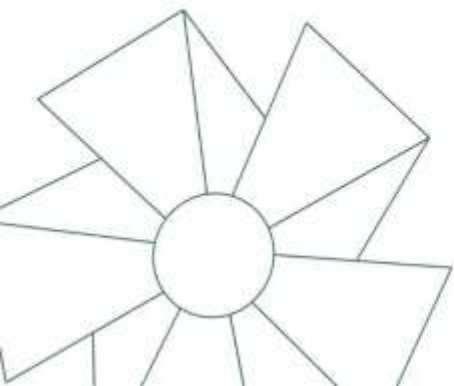
## Our Values

**Integrity:** We strive for fairness and adherence to ethical principles. We are genuine in all our work practices. We are responsible and accountable for all our actions.

**Quality:** We aspire to excellence in all our work practices and service deliveries.

**Equality:** We believe in the potential of all people and are committed to inclusive practices with those with whom we work so they can exercise voice, choice and control over their futures.

**Safety:** We are committed to ensuring a safe environment for our staff, program members and the community.



# President's report

As the 2018-2019 year comes to a close, I would like to reflect on the mission of Kindred Clubhouse, the achievements we have made over the last year and our goals for the year ahead.

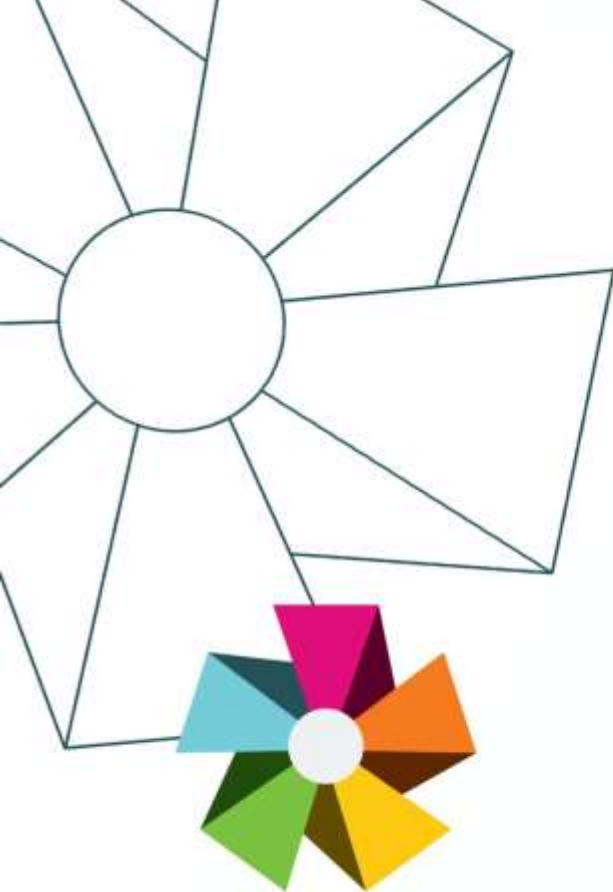
We've had a number of new faces in and around the Clubhouse over the year so, I thought it was important to reflect on our journey thus far. Ignited by my frustration with program cuts and gaps in mental health services, I sent the idea of Kindred Clubhouse into the universe hoping it would resonate with those in the community. Over the past five years, our board, supporters, and members have remained dedicated to taking the Clubhouse from idea to reality.

After a meeting last year in April with Federal Minister Greg Hunt and MP Chris Crewther, we were extremely grateful to have been granted \$500,000 to support further development of the Clubhouse. This grant has allowed us to expand our services in a variety of areas including;

- Increasing hours and services to include an additional eight-hour weekday with the long-term goal of being fulltime five days a week operation.
- Employing our Clubhouse Manager, Kim Kerr who has been an invaluable asset to the Clubhouse due to his previous experience and knowledge in managing Bromham Place.
- The ability to further employ additional staff once the Clubhouse expands its hours and operation.
- Securing the rental of a property in Hastings which will provide consistency in service delivery and the ability to fully carry out the Clubhouse mission, which has been one of our biggest milestones.

At present, we continue to hold our weekly Saturday meetings at Ebdale Hub as we slowly transition to our Hastings site. Clubhouse members have embraced this new opportunity and we have discussed the logistics of ensuring members are able to travel from Frankston to Hastings to attend.

Our Clubhouse membership continues to grow and we are still proud to report we have not missed a day of operation! This provides our Clubhouse members with a service that is consistent and dedicated to meeting their needs.





# President's report

We have been fortunate to have the continued support of many community organisations, including Rotary Peninsula 2.0 who, for the past four years, have graciously allocated monies raised from their annual Seaford Wetlands Fun Run to Kindred Clubhouse. This support has been vital throughout the Clubhouse development.

Frankston Council has provided support through a grant that allows us to access a room at Ebdale Community Hub where we have been able to hold our weekly Saturday meetings. This has been critical as it has allowed us to go from concept to implementation. We have also obtained a grant from The Lord Mayor's Charitable Foundation which provides us with additional resources.

Monash University has been committed to collaborating with the Clubhouse which allows OT students volunteer opportunities within the Clubhouse. This past year, Joanne, Helen and Maddie have been a core support at our Saturday meetings. We are very grateful for their commitment, eagerness to learn and willingness to share their skills and knowledge.

2018-19 has seen us grow in leaps and bounds. Securing funding, a premise, and the support of the community has propelled us forward and provided us the foundation we need for the next stage of our journey.

Special thanks to all of the organisations and individuals who continue to support us and believe in our values and mission. We are extremely grateful for your ongoing support.

To our amazing board members, Kindred Clubhouse would not be possible without your continued dedication, passion and expertise. I could never have imagined how many incredible people I would meet throughout this process.

To all of our Clubhouse Members, you are the reason we do this work. Thank you for allowing us to walk with you on your journey.

As Sandra Day O'Connor eloquently states,

"We don't accomplish anything in this world alone and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something."

As members of the Clubhouse, you are not only committing to your own wellness, but also to that of your fellow Clubhouse members. The magic of the Clubhouse is the collective healing and transformation that occurs when you are supported by a community that is invested in your wellbeing.

I look forward to participating in the magic that will continue to be created as the Kindred Clubhouse community grows in the coming year.

*Stefanie Poole - PRESIDENT*

# Manager's report

The 2018-2019 financial year has been a very exciting and productive time for Kindred Clubhouse. Receiving the Federal Grant for our clubhouse program at the start of 2019 has meant that we have now finally been able to move on from the 'conversation' stage and into the action phase, for making our fully functioning clubhouse a reality.

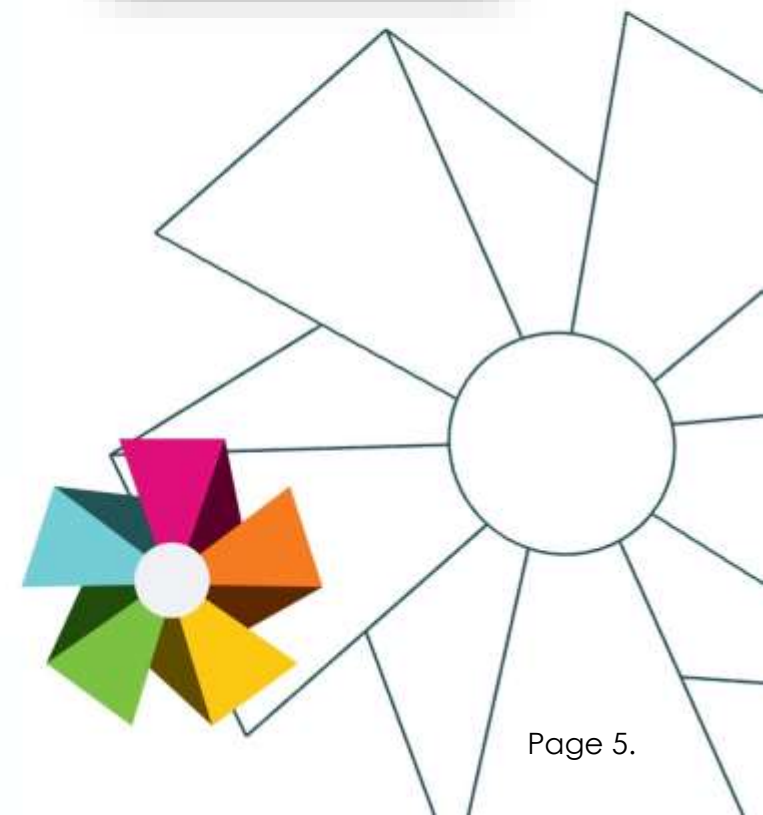
It has been interesting to see how ideas or trends from the past, have tended to cycle around over time and have then returned as 'new' ideas or new trends.

This appears to be the case for the clubhouse model in Victoria. Over the past 15 or so years, the number of centre-based programs for people with a mental illness has declined significantly and this has correlated with an increase in the amount of one-on-one support available.

What hasn't changed over this time though, is the impact that having a mental illness can have on an individual. This impact includes: social isolation, low motivation, low self-image and low self-esteem, lack of confidence, feeling that you don't fit in, poor diet and physical health, often feeling stuck and without a hopeful future.

It is important for all of us to have social connections, to feel that we belong somewhere, that we are valued, accepted and do have a hopeful future. Our Kindred Clubhouse offers people membership and a place to belong.

Having membership in an organisation provides important messages of belonging, fitting in, and having a place where you are always welcome. Being a member of the Clubhouse also provides people with the 'rights' that come with membership, and with these 'rights' come responsibilities. For a person living with the effects of mental illness, these simple things are very important and should not be taken for granted.



## Manager's report (continued)

We have been very excited to finally find premises for our Clubhouse which have a very welcoming feel to them. Initially we had been searching within the Frankston area, and then after five months of not finding anything suitable, we expanded the search area beyond Frankston. We had been hunting for a building which offered a sizable kitchen, had male and female toilets, was disability friendly, had a garden area and was located in a safe and attractive location. Our new home located at 29 Marine Parade Hastings has ticked all these 'boxes' with the exception perhaps of having much of a garden – but we have a park opposite. Recently (21/10/19) we were granted the Operating permit that we needed from Mornington Council so we are now all set to get going. Special thanks to Rob Poole for helping us with the internal renovations of the building and to Russel Poole for providing the skip which stored our donated office furniture, and then, for later delivering it to our building.

We are now in the process of employing staff, expanding the clubhouse hours of operation and we will soon be tackling the task of developing some Transitional Employment Placements for our members. The next 12 months will be an exciting time of growth and development for our clubhouse. We currently have enough funding to take us through until the end of 2020, so a significant challenge for us next year will be to establish an ongoing funding source.

It takes a community of people to establish and effectively operate a clubhouse program. I would like to take this opportunity to give a huge 'thank you' to the Kindred Board for their commitment, enthusiasm and efforts in establishing our clubhouse. Thank you also to our wonderful team of volunteers who have donated their time to each week, to the members for helping us to build our Clubhouse community, and to the other supporters who have helped champion our cause or have provided resources. It has been a fabulous collective effort.

*Kim Kerr - MANAGER*



# OUR BOARD 2019

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**President**  
Stefanie Poole



**Vice President**  
Michael Sillikens



**Secretary**  
Eric Linder



**Treasurer**  
Sam Holyman



Doug Neal



Salome Argyropoulos



Brad McLean



Jacob Koster

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# Our Volunteers



Since starting our Kindred Clubhouse program in September 2016, we have relied on our fabulous team of volunteers who turn up each weekend to help. Special thanks to our three Monash student volunteers- Maddie, Helen and Joanne. We look forward to continuing our relationship with Monash University in 2020.



# Through the eyes of a member...

I started coming to Kindred Clubhouse about two years ago. I first heard about the Kindred Clubhouse when my sister showed me an article that was in the local paper. I remember that I was a little anxious about going – however after being there for a little while, I found it to be very welcoming.

Going to Kindred helps to get me out of the house, it also means that I am meeting and talking with other people. If I were to just stay at home, I would probably be watching TV all day, so it is good that Kindred gets me out of the house.

I enjoy being involved in making the lunch on a Saturday and then sitting down with the other people to eat it together. It is a really good social activity each weekend.

It is also great that Kindred Clubhouse is open every Saturday. There are other places that are open on weekdays, but on weekends, everything is shut and there is not much to do.

I like that I have an opportunity to be with other people who have experienced mental illness. There are others at Kindred who understand what it is like to be having a 'bad 'day. The people that go to Kindred are very supportive – they 'get' what is going on for you.

What the clubhouse model offers to members is really good. Involving the members in roles and teamwork is a positive thing. I really like that the clubhouse gives you somewhere where you actually belong. Feeling that you belong somewhere is so important.





## Through the eyes of a member....continued

I notice that usually when people start coming to Kindred Clubhouse they are feeling a little anxious and are struggling a bit socially – then after a little while, people connect with others and get involved. It has been good to be able to share our stories, and to really get to know each other. It has been nice seeing how people progress after they start coming along. We all say and do some dumb things at times – but it is a very supportive group. It is nice that you are missed if you don't turn up. When I had a few months off in hospital – the response I received when I returned to Kindred was really welcoming. It was so nice that people were pleased to see me when I turned up again.

It is reassuring to know the importance that the Clubhouse places of having a welcoming and 'safe' place to come to. I like that we have a code of conduct at Kindred and that people are expected to behave appropriately. It is very important that those attending do not have a negative impact on the sense of safety and comfort of others. I also like that we are aiming to help people with some of the more challenging 'things' that are associated with having a mental illness, like appropriate hygiene and social etiquette. If someone in the kitchen is being involved in making my lunch, then I want to know that they have good hygiene.

I am looking forward to getting involved in setting up our Clubhouse in Hastings – but I do not plan to attend every day. It is good to know that if I am having a nery day, that going to Kindred will help to settle me down. It is great that you can be away from the Clubhouse for a while, but it is then ok to return. It is also good that we are straight with people – if their behaviour is a problem, we tell them. This helps people to change behaviours so that they fit in and are accepted.

*SARAH – Clubhouse member*







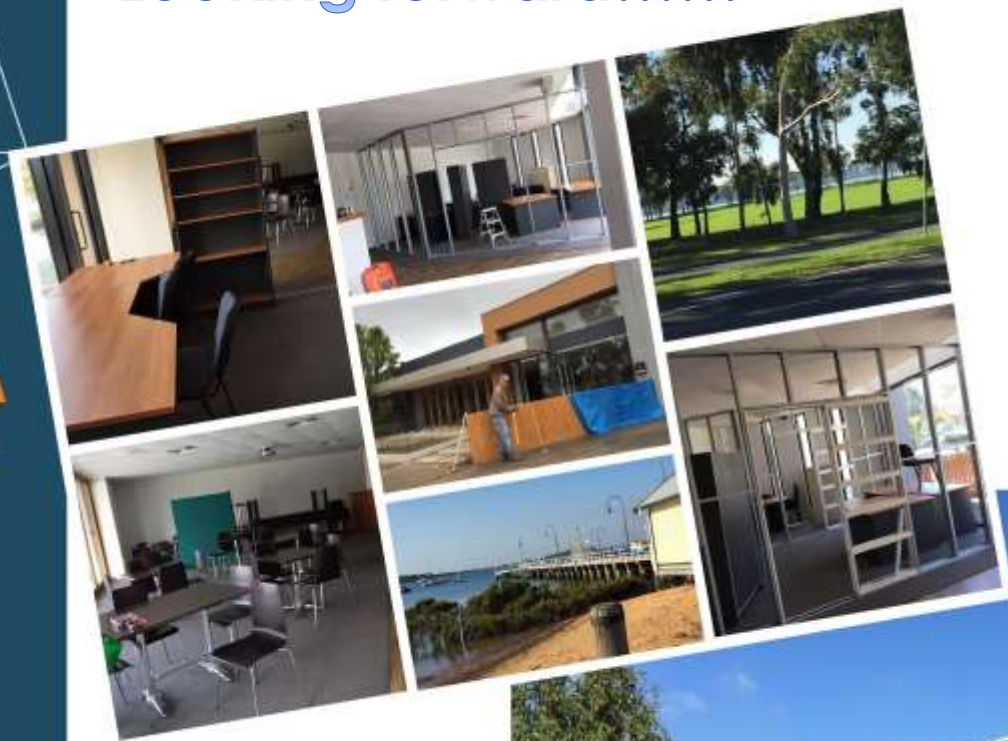




# THANK YOU TO ALL OUR SUPPORTERS



## Looking forward.....



Much work is being done to prepare our new building in Hastings. We are in the process of installing walls to create an administration section in the Clubhouse. This area will accommodate desks and computers. Work is also being done to set up the commercial kitchen and create a garden area.

Kindred Clubhouse signage is soon to be erected on the front of the building (as per photo.)

A new picket fence has been built to help give us an enclosed garden area.



## **Kindred Clubhouse Inc.**

### **Treasurer's Report & Financial Summary**

#### **Annual Report for July 1<sup>st</sup> 2018 to June 30<sup>th</sup> 2019**

Kindred Clubhouse has had a watershed year financially, with the establishment of a \$500,000 line of funding from the Department of Health via the Federal Government. I joined the Kindred Board in November 2018 and was extremely fortunate to join at the time the funding had been secured; this has made my job both very rewarding and also perhaps more complex than we anticipated (in a good way, too!).

We received our first tranche of funding, \$220,000 (GST inclusive) on 31<sup>st</sup> January of this year, and began our Activity Work Plan preparation in tandem with the release of funding.

In February/March, we worked to establish our new Xero accounting package and begin the transition from spreadsheets and paper to a more formal bookkeeping and accounting process. Our accounting period began on 1<sup>st</sup> March 2019. We incorporated Xero payroll to prepare for our new management structure, with Kim Kerr taking on the role of Manager in March on a full-time basis. We are looking forward to recruiting for two more positions in November. One additional full-time position and one 0.6FTE part-time position have been costed through to December 2020 at this stage

Our next tranche of Department funding, a further \$220,000, came at the end of March, with the 3<sup>rd</sup> and final tranche of \$110,000 paid at the end of June. During this time, we successfully negotiated with the Department for our funding and AWP timeline to be extended to the calendar end of 2020. We were still seeking a suitable property within budget and assessing the feasibility of a move outside the Frankston catchment area. With the shift in budget and work timeline, our priority remains that through budget discipline and being proactive, we must utilise the Department funding as best



possible prior to calendar year end. Currently our budget forecast for FY19-20 and JUL-DEC20 projects we will come in line with budgeted funds, excluding one-off donations that are mentioned below.

Of course, Kindred's DGR status remains and we are currently working with an NFP accountancy to establish how our new-found revenue changes our accounting requirements with the ACNC. We will also likely be moving to an accrual accounting method with the publishing of our EOFY accounts and Annual Accounts for our AGM. In terms of our Department funding and GST, it is worth noting we are unable to expend this unless it is on the GST component of major purchases and capital expenditure. We are tracking our GST expenditure and will be establishing a more formal budget tracking vs expenditure model in the next couple of months now our operation is more fully fledged.

Outside of our headline Department funding, some key financial highlights for the past year for Kindred include the following:

1. \$200,000 was placed in a Term Deposit with AMP in April on a 6 month term. In October, this was rolled over with \$150,000 reinvested and \$50,000 + interest accrued paid out. We will continue to explore options to utilise Kindred's surplus cash prudently.
2. We have paid \$55,000 in rent upfront for our new Hastings premises, in order to align with our funding timeline to December 2020. We received 3 months rent free.
3. Our Rotary Club (\$5,000) & Lord Mayors Trust (\$5,820) donations will assist greatly with our miscellaneous setup expenses

To this summary report I attach our provisional figures for EOFY 18-19 as well as our recent quarterly P&L and Balance Sheet. We have been advised by NFPAS (Not for Profit Accounting Specialists) that audited accounts are not required for Kindred Clubhouse at this stage.

*Sam Holyman* **Treasurer**

# Balance Sheet

## Kindred Clubhouse As at 30 June 2019

30 JUN 2019

### Assets

#### Bank

Kindred Clubhouse	338,272.95
Term Deposit	200,000.00
Westpac AU 033046358260	502.03
<b>Total Bank</b>	<b>538,774.98</b>

#### Current Assets

Prepayments	1,000.00
<b>Total Current Assets</b>	<b>1,000.00</b>

**Total Assets** 539,774.98

### Liabilities

#### Current Liabilities

Accounts Payable	15.00
Grant Income in Advance	354,166.67
GST	29,768.90
PAYG Withholdings Payable	3,771.00
<b>Total Current Liabilities</b>	<b>387,721.57</b>

**Total Liabilities** 387,721.57

**Net Assets** 152,053.41

### Equity

Current Year Earnings	114,462.43
Retained Earnings	37,590.98
<b>Total Equity</b>	<b>152,053.41</b>



# Profit and Loss

## Kindred Clubhouse

For the year ended 30 June 2019

2019

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### Trading Income

Commonwealth Grant Income	145,833.33
Interest Income	99.34
<b>Total Trading Income</b>	<b>145,932.67</b>

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### Gross Profit

145,932.67

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### Operating Expenses

Advertising	1,289.19
Bank Fees	1.13
Consulting & Accounting	813.56
Food & Drink	1,396.91
Freight & Courier	19.08
General Expenses	36.27
Insurance	2,417.13
Kitchen Expenses	302.72
Motor Vehicle Expenses	21.85
Office Expenses	36.35
Printing & Stationery	1,175.72
Rent	27.27
Repairs and Maintenance	19.14
Rounding	(0.01)
Subscriptions	13.64
Superannuation	2,018.76
Telephone & Internet	80.86
Travel - National	550.68
Wages and Salaries	21,249.99
<b>Total Operating Expenses</b>	<b>31,470.24</b>

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### Net Profit

114,462.43