

# 2025 Annual Report



*Building Resilience Together*



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# Building Resilience Together

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This year has been a powerful reminder of what can happen when a community chooses connection over isolation, purpose over passivity, and hope over hardship. At Kindred Clubhouse, we have continued to build a space where every member is valued, every voice matters, and every step forward no matter how small is celebrated.

Our theme, “Building Resilience, Together,” reflects the heart of our work. Resilience is not something people must cultivate alone; it grows through supportive relationships, meaningful roles, shared routines, and opportunities to contribute. Throughout the year, we have witnessed this collective strength in action: members encouraging one another, staff and volunteers offering steady support, and the community recognising the unique contribution Kindred Clubhouse makes to wellbeing and recovery.



This report highlights the progress we have made, the challenges we have navigated. Together, we are not just supporting individuals we are building a more connected, compassionate, and resilient community.







# President's Report

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## MICHAEL SILLEKENS

### PRESIDENT



“You can’t have Kindred without the word Kind.”

This phrase has become a quiet mantra for us at Kindred Clubhouse – a reminder that kindness is not just a value, but the very essence of who we are. It’s in our name, our culture, and our every interaction. I love that kindness is infectious and forms the very basis of what we do and set out to be.

### A Year of Kindness in Action

This year, kindness showed up in countless ways: in the gentle welcome of a new member, the shared joy of a creative workshop, the quiet strength of someone offering you a coffee or a bite to eat. Kindness is not always loud – often, it’s the softest voice in the room that speaks the loudest. A simple smile. A thank you. It is the impact of a kind gesture that resonates the most. It can be profound, brighten an otherwise dark day, give hope and lend strength.

### Highlights of the Year

**Welcoming New Members:** We embraced eighteen new members, each enriching our community with their unique story and spirit.

**New staff:** We’ve had a few new faces join the team during the year as we strive to get the right balance of skill mix within a really tight budget. We said good bye to one of our loved, long term staff members in Caryl who has been with us for many years and dedicated so much of herself to Kindred,

**Expanding Programs:** From peer-led initiatives to creative expression and wellness activities, our offerings grew in depth and diversity. Trying to align what we offer each day that meets the expectations of the funder whilst staying true to the Clubhouse model is a challenge and something we continually work at.

**Partnerships:** The support from so many people and other agencies has been again amazing this year. Special shout outs to Rotary Peninsula 2.0, Paul Mercurio MP, Zoe McKenzie MP, Peninsula Aero Club, Bunnings (Debbie Stargatt), Mornington Peninsula Shire, Mentis Assist, SEMPHN, Health & Wellbeing Local, Bluegum and Steamin Mugs.

**Sustainability:** With the support of Mentis Assist and SEMPHN, we’ve kept the doors open into our 10th year and continue to keep fighting for our future.

### Gratitude and Collaboration

To our members, staff, volunteers, board, and community partners thank you. Your kindness, courage, and commitment are the heartbeat of Kindred. Together, we’ve created a space where people feel safe, valued, and empowered. I’d like to take a moment to send a special thank you to Sarah Nyikos who is stepping down from the board this year. Sarah started with us after the board decided to have at least 3 seats dedicated to current members many years ago.



# President's Report

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As part of our strategic planning, we decided that every decision that affected the members had to have sign off by the members and Sarah's role in representing the members voice has been invaluable. In a changing world for mental health services, where peer workers and lived experience is rising to the top, Sarah has been instrumental in performing this role, way before it became popular. We try not to underestimate the personal toll these roles can have and truly value the alternate lens through which the world is seen. Being a member and a board member is hard and on behalf of the board, thank you. We hope to still see you at Kindred.

## Looking Ahead

In the coming year, our aims include to:

- Deepen our commitment to member-led leadership and decision-making.
- Expand our presence across the Mornington Peninsula to reach more people in need.
- Continue advocating for kindness as a core principle in mental health care – not just in our Clubhouse, but across the sector.

## Challenges

We've spoken before about our ongoing challenges, so I'll not spend too much time here other than to say that there's a fundamental issue when we know some people require ongoing support, yet funding is tied to time limited interventions. The majority of our funds come through what is called the Psychosocial Support program, but the guidelines suggest you should only be in that program for up to six months on average. So, a number of current members have 'graduated' from this program but still want to come on a regular basis meaning that the current funds doesn't technically cover the costs for everyone. Similarly, we don't charge the NDIS for anyone's attendance but have members with various NDIS packages in place. It's a complex issue and we remain grateful for allowing us to keep the conversation going with some hope that system reform may assist with securing our future.

## Final Reflections

Kindness is not a luxury – it's a necessity. In a world that can often feel rushed, disconnected, or overwhelming, Kindred Clubhouse stands as a testament to what's possible when we lead with compassion. I am deeply proud to serve as Chairperson of this extraordinary community, and I look forward to the journey ahead.

With heartfelt thanks,

*Michael Sillekens*

President





# Director's Report



**STEFANIE POOLE**  
DIRECTOR

This year at Kindred Clubhouse, our theme “Building Resilience, Together” reflects the heart of everything we do. Resilience is not a solo act it’s something we build side by side, through connection, purpose, and community. In a world that can feel increasingly uncertain, the strength of the Kindred community has continued to shine through the challenges.

Together, we have created spaces of belonging where hope is rebuilt, skills are rediscovered, and confidence grows. Our members, staff, volunteers, and supporters have each played a vital role in weaving resilience into the fabric of the Clubhouse one conversation, one opportunity, and one act of kindness at a time.

This year has seen both growth and reflection. We’ve continued to strengthen our programs, nurture partnerships, and advocate for the value of community-based mental health recovery. Most importantly, we’ve stayed true to our mission, to ensure that every person who walks through our doors feels seen, supported, and empowered to rebuild their life with dignity and connection.

As we look ahead, we carry with us the lessons and strength that only resilience can bring. Together, we remain committed to creating a future where recovery is shared, hope is lived, and resilience is something we continue to build together.

I want to thank members, staff, volunteers, the Board and all our supporters for your dedication and commitment to Kindred’s vision and mission. I look forward to a successful year ahead in 2026.

*Stefanie Poole*

Director

# Vision And Mission

## Vision

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

## 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

## Values

### **Integrity**

We strive for fairness and adherence to ethical principals. 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.



# Programs & Services

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## The Work Ordered Day

Members take part in the daily running of the Clubhouse. From cooking and gardening to administrative work and creative projects, this shared work builds skills and confidence.



## Social and Vocational Programs

We support members pursuing work, volunteering or study with resume help, goal setting and confidence building. Every step is backed by a community that values growth. We run excursions and social events to foster connection and reduce isolation and loneliness, creating a community that provides support, care and nourishment.

## Commonwealth Psychosocial Support Program

Through our partnership with Mentis Assist, we offer the Commonwealth Psychosocial Support Program (CPS) a powerful, person-centered service that helps individuals living with mental illness reconnect with their communities and gain additional support. Together with Kindred this partnership offers the opportunity for continuity of care for members.





# Our People



**200**

Clubhouse Members

**1000**

Hours of peer support  
provided per year

**3,060**

Meals prepared and shared  
together throughout the  
year

**204**

Days of support provided in  
2024

**\$8.08**

Cost per member per day

**5**

Councils serviced: Frankston, Mornington Peninsula, Kingston,  
Casey, Bayside



***"Kindred has given me a social  
prescription for human connection"***

***- Courtney, Kindred Member***

*"I had that much belief in Kindred Clubhouse, I joined the Kindred Board of Directors and have not been back to hospital nor used a psychiatrist or psychologist. I have gained the strength and confidence to speak at Parliament, local hospitals and support services."*

*-Craig, Kindred Member*



# Highlights & Achievements



## **Welcoming the Minister for Mental Health**

This year, Kindred Clubhouse had the honour of welcoming the Minister for Mental Health, Ingrid Stitt, to our community space. Her visit provided an invaluable opportunity to showcase the Kindred model in action. The Minister spent time speaking with members, hearing firsthand how the clubhouse has supported their wellbeing, confidence and sense of belonging. Her recognition of our work affirmed the vital role Kindred plays in community led mental health support and strengthened our shared commitment to building a more connected, resilient and inclusive future. A big thank you to Paul Mercurio, MP for collaborating to make this happen.

## **Partnership with the Peninsula Aero Club**

This year, Kindred Clubhouse was proud to be selected as a beneficiary of the Peninsula Aero Club's 2026 Air Show. Their generous support reflects a shared commitment to strengthening local wellbeing and creating opportunities for people on the Mornington Peninsula. Through this partnership, we were able to expand programs that foster purpose, connection and recovery for members.

## **Support from Bendigo Bank**

Kindred Clubhouse is deeply grateful for the generous support of Bendigo Bank, whose commitment to strengthening local communities continues to make a tangible difference in our work. Their sponsorship has enabled us to enhance programs that build connection, purpose and wellbeing for our members. We extend our sincere thanks for their belief in Kindred and the positive impact their support makes.

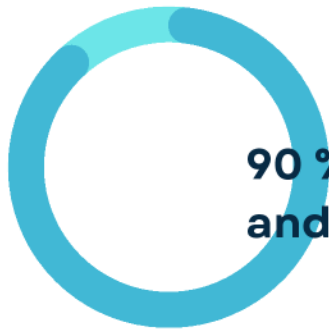
## **Partnership with Mentis Assist**

Our ongoing partnership with Mentis Assist plays a vital role in strengthening the support available to Kindred members. Through collaborative programs, shared referrals and integrated service pathways, the partnership helps ensure that our community has access to consistent, person-centred mental health support. This partnership not only enhances member wellbeing, but also reinforces a united approach to recovery across the Mornington Peninsula.





# Year In Review



**90 % of members reported reduced isolation and improved wellbeing.**



**An average of 25 members participate weekly in Clubhouse programs**



**Approximately 10% members re-engaged with work, education, or volunteering.**



**64% increase in membership from 2024-2025.**

## Strategic Priorities for the Year Ahead

- Strengthen pathways to employment, education, and community participation.
- Develop new partnerships to increase opportunities for members.
- Implement new wellbeing initiatives (Stories that Move Us and our Kindred Ambassador Program).
- Deepen our commitment to member-led leadership and decision-making.
- Expand our presence across the Mornington Peninsula to reach more people in need.
- Increase financial sustainability through grants and social enterprise planning.



# Treasurer's Report



**NICKY BARR**

TREASURER

## **Treasurer's Report for July 1, 2024, to June 30, 2025 (Financial Year 2025)**

This report outlines the key financial outcomes for the 12 months ending June 30, 2025. The accompanying Balance Sheet and Profit and Loss Statement, included in the Annual Report, provide additional details.

### **Income Summary**

The total income for FY 2025 was \$408,117, representing a 13% increase compared to the previous year's income of \$365,092. This growth was largely driven by a substantial contribution from the Commonwealth Grant compared to the past year, as well as the introduction of the Disability Self-Help Grant during the year.

### **Expenses and Financial Outcome**

Operating expenses decreased by 9% compared to the previous financial year. As a result, Kindred Clubhouse an operating profit of \$53,837.61 - a notable improvement from the FY24 deficit of \$23,321. A key driver of this positive result was the significant reduction in rent expenses, which fell by 52% compared to last year.

### **Asset Position**

As of June 30, 2025, Kindred Clubhouse held total assets valued at \$178,755, with cash making up the largest component at \$131,120. This represents an increase from the previous year's total assets of \$131,042, which included \$100,316 in cash.

### **Looking Ahead**

Committed funding for the next financial year, up to June 2026, totals \$250,000 (net of GST). This grant is the primary source of financial support for Kindred Clubhouse operations. With continued fundraising efforts, community donations, and diligent cost management, Kindred Clubhouse is in a stable financial position to sustain operations through FY 2026.



# Financials

## Kindred Clubhouse For the year ended 30 June 2025

2025

### Trading Income

Commonwealth Grant Income	360,000.00
Disability Self Help Grant	14,162.50
Donations	23,142.00
Market Income	430.02
Fundraising	10,000.00
Givenow Donations	383.98
<b>Total Trading Income</b>	<b>408,118.50</b>

<b>Gross Profit</b>	<b>408,118.50</b>
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### Operating Expenses

Advertising	4,101.30
Annual Leave expense	(10,081.67)
Bank Fees	3.60
Consulting & Accounting	4,200.00
Depreciation	4,334.10
Food & Drink	9,446.99
Freight & Courier	405.22
Insurance	5,442.68
Kitchen Expenses	20.00
Light, Power, Heating	741.73
Motor Vehicle Expenses	5,375.40
Office Expenses	1,084.64
Printing & Stationery	1,626.18
Rates & Outgoings	325.92
Rent	23,833.38
Repairs and Maintenance	3,414.39
Rounding	(2.21)
Sponsorship	250.00
Subscriptions	924.13
Superannuation	26,878.25
Telephone & Internet	1,369.43
Travel - National	39.67
Wages and Salaries	261,368.81
WorkCover	9,178.95
<b>Total Operating Expenses</b>	<b>354,280.89</b>

<b>Net Profit</b>	<b>53,837.61</b>
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# Partnerships & Collaboration

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# Member Story



## **GREG**

### KINDRED MEMBER

Kindred clubhouse has given me a purpose. I have a place to go and meet new people and learn new skills such as gardening, personal growth, mental health first aid and hopefully one day public speaking.

Meeting new people going through similar things to me is also great. Helping toward resurrecting the garden at Kindred has been one of my goals that I have been working on.

I was not aware of CPS ( Commonwealth Psychosocial Support program) until I started at Kindred. CPS touch base with me regularly and have an interest on how I am going and what I would like to achieve.

My mental health has improved by interacting with people and giving me more confidence. A medication change has also been part of my recovery. Being part of a group, meeting regularly, having input on ideas and decision making and feeling like part of a community has been beneficial to me.

Staff connection and peer support has helped me move in the right direction for tasks and helping others. I was impressed with the staff and Kindred members' concern for me while going through my medication change while I was in hospital for three weeks.

It has helped me immensely being connected to other members and knowing my story may create more awareness about Mental health, Kindred and CPS



# Kindred Member Reflections





# Acknowledgements



Thank you to our members, whose courage and kindness inspire everything we do.

To our staff, volunteers, supporters, and Board your commitment makes resilience possible.

And to our community partners thank you for walking alongside us as we create pathways to recovery, empowerment, and hope.

## Closing Statement

This year, we witnessed the true meaning of resilience not as something individuals must muster alone, but as something built together in connection, compassion, and collective strength. At Kindred Clubhouse, every shared moment reinforces the truth, when we support each other, we rise together.



*Kindred Clubhouse acknowledges that we work on the Ancestral land of the Bunurong/Boon Wurrung people of the Kulin Nations.*

*We pay our respects to Elders past and present, and recognise their continuing connection to the land, water, and community.*



*Kindred respectfully recognises the wisdom of people with lived and living experience and thank them for shaping our services and communities.*