

ANNUAL REPORT

2023



Kindred Clubhouse

Where you find community and purpose

Acknowledgement of Country

Kindred Clubhouse proudly acknowledges the Bunurong/Boon Wurrung peoples as the Traditional Owners and custodians of the land on which we live and work.

We recognise and value the ongoing contribution of Aboriginal and Torres Strait Islander people and communities to Australian life and how this enriches us. We embrace the spirit of reconciliation, working towards the equality of outcomes and ensuring an equal voice.





VISION

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



VALUES

Integrity

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

Quality

We aspire to excellence in all our work and services.

Equality

We believe in the equality of all people and are committed to inclusive work 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 staff, members and the community



MISSION

To provide a safe and welcoming space to anyone living with mental health concerns to develop the skills and confidence needed to live safe and purposeful lives in the community



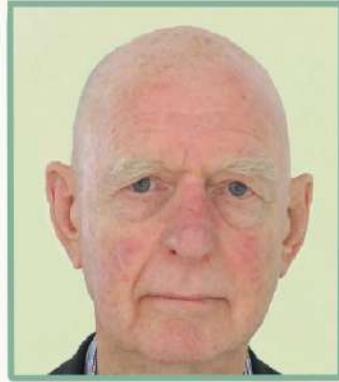
Our Board



Michael Sillekens - President



Brad McLean - Deputy President



Eric Lindner - Treasurer



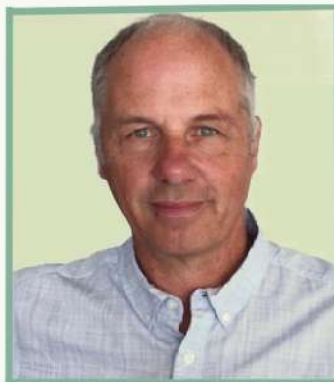
Karen Dixon - Secretary



Sam Holyman



Nicholas White



Kim Kerr



Sarah Nyikos



Jace Monaghan




President and Director's message

The theme of this year's Annual Report 2023 is "Where you find Community & Purpose" and it sums up perfectly where our Clubhouse fits in to an ever-changing Mental Health landscape. It speaks to the missing elements of care planning, the Social Prescription for a supportive community and good dose of hope that things will get better. The Kindred Clubhouse members and staff are a supportive community. They are non-judgemental, accepting and incredibly compassionate, bringing people together under one roof to establish genuine relationships. As one member spoke of their experience, they described the "bombshell" of being invited at any time they're ready, to join a current member for a coffee and a chat. No appointments or timeframes. The 2.5 FTE staff at the Clubhouse have mastered the art of being equals and working shoulder to shoulder with every one of the 180+ members to run the service. The Clubhouse wouldn't operate without this community pulling together to provide this amazing safe space. Being member led, operated and governed also highlights the second element of the theme, purpose, which can't be manufactured.

It takes people finding that they have individual strengths and something to offer within the community. It is often remarked by members that the Clubhouse is the only service they interact with that calls to them as they're walking out the door "Hey! We could really do with your help tomorrow if you can make it". Teamwork for us is our purpose and it is something that many of our members have missed during the times they have had away from work or society due to mental health concerns.

In the times of innovation and new programs, the Clubhouse members have very clearly articulated that their want is for more of the same. In our Strategic Plan – "Every Day, Forever" a key pillar of the strategy is to have the Clubhouse open on any day our members need it, so that all members can avoid crisis and clinical intervention by addressing stressors as they come up and not be exacerbated by lengthy waitlists and appointments. The other pillars in our Strategic Plan focus on growing membership numbers and diversity, refining our service model and building key community partnerships.


Establishing future funding to sustain ongoing base level operations remains a key challenge for Kindred Clubhouse



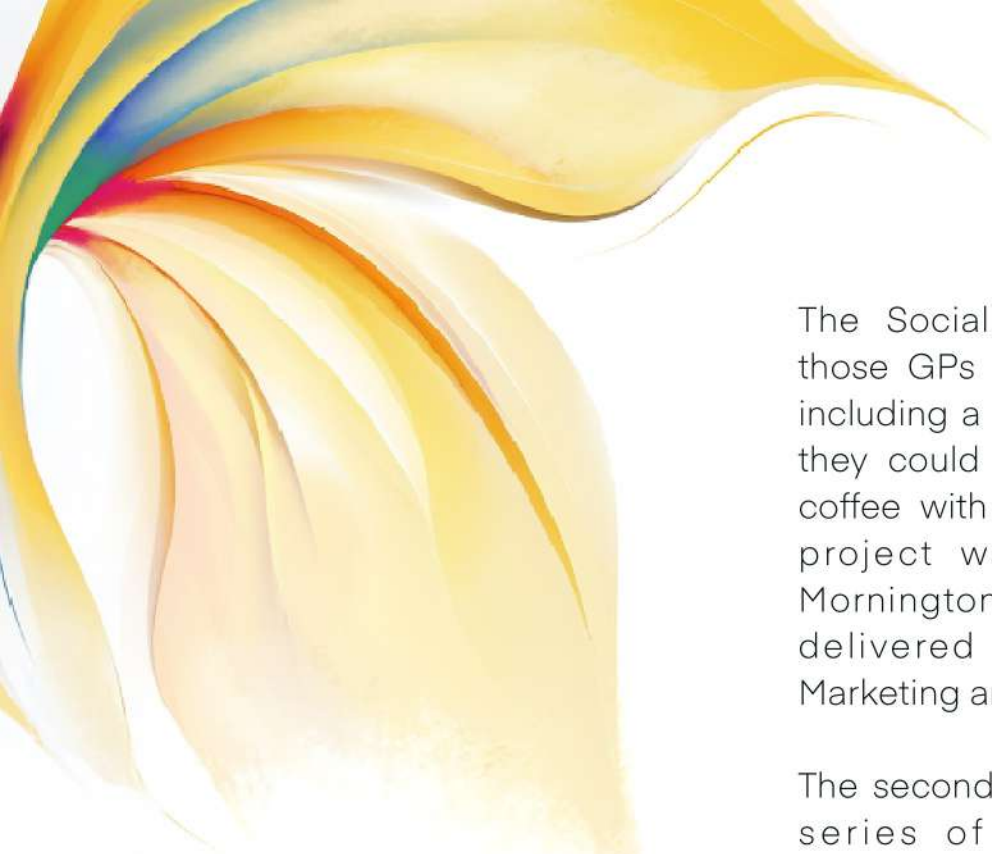
It is important to highlight the work undertaken by the Board to develop the Strategic Plan. Not only did they want the three member representatives on the Board to have their say, but they also wanted every member to have input. To address this challenge, the Board and members created a “Clubhouse members filter” which is a set of principles that the members felt every strategic goal had to meet and, in the case that they did not, return to the members for a decision. Our future really is in good hands.

Continuing the governance update, the Board has spent much of its time engrossed in our financial risk management processes. Kindred Clubhouse has benefited greatly from Commonwealth funding under the National Leadership in Mental Health program which runs to June 30 2024.

This funding is welcome but it alone is not enough to cover our operations, especially with the growth experienced and the additional costs through inflation. This saw the operation budget for 30 members also expected to cover an extra 150. Fortunately for us, we have the most generous and passionate donors, and alongside the incredible fundraising committee, we have been able to sustain the expected level of service without going backwards. Our heartfelt thanks go to those private donors, Peninsula Rotary 2.0, the Commonwealth Psychosocial Branch and all those that supported us this year through our fundraising events.



“Kindred members and staff are supportive, non-judgemental, accepting and compassionate”




The Clubhouse has been busier than ever. Attendance is averaging over 100 people per week and new programs and partnerships have seen the members drive change in the systems that support the community.

The first project we'd like to highlight is The Social Prescription – a project that invited our local GP clinics to refer people with mental health concerns to the Clubhouse as part of their care planning. Our members knew that without a supportive community and easy access to mental health support, many people end up in regular discussions with their GP about mental health.

The Social Prescription project armed those GPs with new marketing materials including a Social Prescription Pad so that they could write up a prescription for a coffee with people who understand. The project was funded generously by Mornington Peninsula Shire and was delivered in partnership with PEIR Marketing and will be an ongoing offering.

The second project is Clubhouse Live – a series of speaking events where Clubhouse members get the chance to share their experiences and guidance on mental health management, prevention and system design. Uptake of this project has been exceptional and Clubhouse members have taken the stage at Victorian Parliament, local services and even at an International Conference on Lifestyle Medicines. It is incredibly motivating to see the impacts on the audience and the engagement they have with the members, be it a Minister or patient in the Acute Ward. The members are a message of hope and support in an environment so often focused on the negatives. This project was funded through generous donations from our supporters and has become a staple part of our operations.





We would like to take this opportunity to thank our partner organisations that are working alongside the members and staff to support our community in amazing ways, especially Brotherhood of St Laurence for their NDIS support, Advance College for their vocational training, JobCo for their employment services, and Western Port Community Support for their housing, financial and family services programs.

We also have to thank the many various referral points that include APARC, Two West, PAPU, local GPs, Peninsula Health peer workers, The Frankston Local, psychiatrists, psychologists and as often, friends and family members.

Finally, thank you to the ever growing Clubhouse membership, staff, volunteers and our Board for all the passion and professionalism you bring to your roles every day. It is inspiring to work beside you and learn from your experiences.

Finding community and purpose has never been needed more by people living with mental health concerns and we are incredibly thankful that we have so many supporters across our great region that believe in what we are doing.

Michael Sillekens – President
Brendan O’Connell - Director

Looking ahead, we have new projects coming that will bring benefits and challenges to the members. We are especially looking forward to partnering with SANE on a Peer Guide Program pilot and with WISE on the Employ Your Mind program. Each of these programs will open new avenues for the members to explore opportunities for work and volunteering while equipping them with new vocational and life skills.

*“Finding community
and purpose has never
been needed more”*



"I am not defined by my illness anymore" **by Sarah**

I started to go to Kindred when it was based at Ebdale St
in Frankston.

It was only held on a Saturday back then, but it gave me
a place to go to weekly and it meant I would meet new
people.

It was a dark time for me, I was in grief, on drugs and
suffering from psychosis on a daily basis. Kindred
offered me a place where no drugs were allowed so this
made me make the step to get clean.

I met lots of people and nobody judged me.
I met Kim Kerr, the last manager, his wife Lisa, Doug and
Michael Sillikens. These people helped me to change
my world, especially when they moved to Hastings and
operated from Wednesday to Saturday .

Kindred Clubhouse gave me a place to make new
acquaintances and friends, all of whom suffered from
mental health issues and had their own life problems.
After regularly attending Kindred for 4 years I had gained
enough confidence to decide to return to the workplace.
My first job was as a volunteer at the RSPCA. I loved it. I
now had a purpose.

Along came Brendan and he has been a great
confidence builder as he supported me when I returned
to the workforce 2 years ago.

I have also been a member of the board for the past two
years which I love.

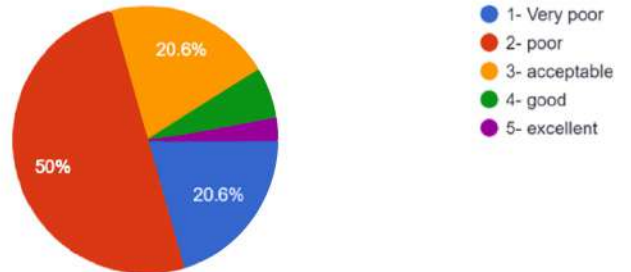
I have been going to the clubhouse for 6 years now and
feel the best I have ever felt in my life. Kindred
encouraged me and believed in me to become my
personal best.

I love life now!

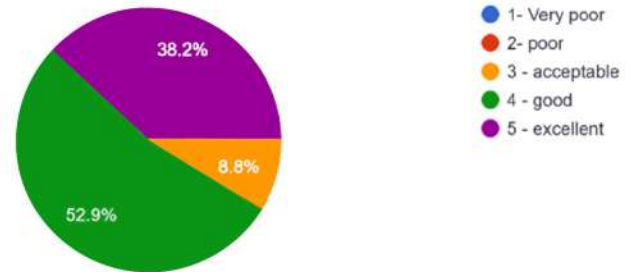


Clubhouse impact on the community

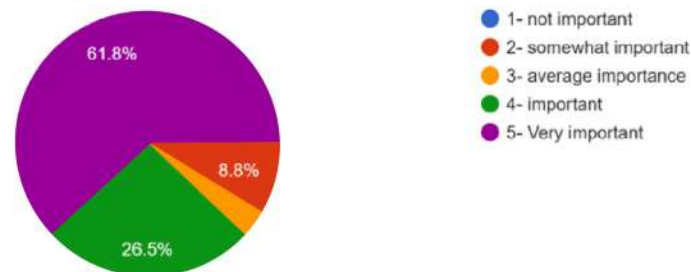
How strong was your sense of community BEFORE joining the clubhouse?



How strong was your sense of community AFTER joining the clubhouse?



How important is a sense of community to your wellbeing?



"The Clubhouse has taught me to be more helpful, more respectful and to learn new skills."

"I feel accepted no matter what my abilities are in regards to my mental health or other disabilities"

"It's helped my depression to feel part of a group that understands me."

Meeting other people has been nice. I've had the opportunity to help run activities and that makes me feel fulfilled."

"I now have the community that I have always wanted"

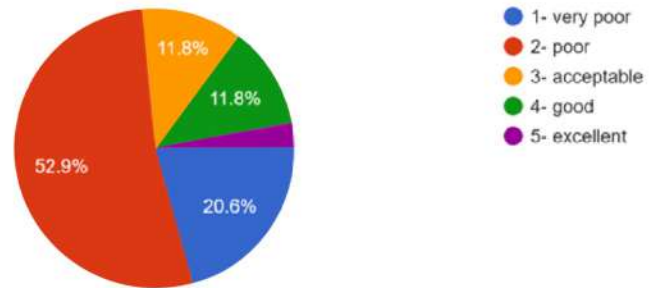
"Clubhouse has brought me out of isolation, helped me make friends and made me feel part of an accepting community."

"I now know that there are people who have mental health issues just like me, and I don't have to feel so alone. I feel understood."

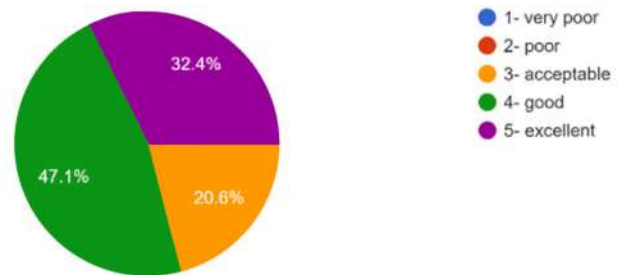


Clubhouse impact on Purpose

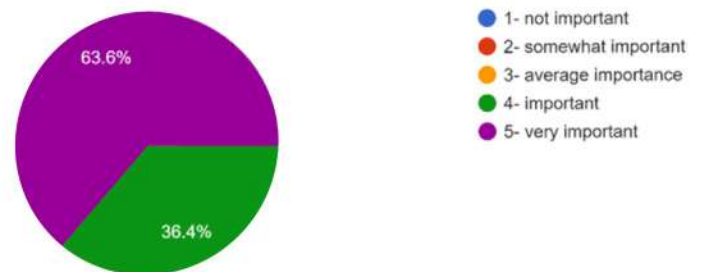
How strong was your sense of purpose BEFORE joining the clubhouse?



How strong was your sense of purpose AFTER joining the clubhouse?



How important is a sense of purpose to your wellbeing?



"Clubhouse has shown me that I am an important part of the community. It has taught me tools to maintain mental health and well-being"

"It has opened opportunities for me to speak at conferences and mental health fundraisers and allowed me to feel that sharing my story has allowed others to feel that they can also speak up."



"I am studying the Peer Guide Program with SANE Australia. This has increased my sense of purpose and I hope to get work that would increase this purpose even more"

"It's wonderful to have a greater understanding of the human condition and realise that you are not alone"

"It's helped me to take note of my qualities and improve my sense of self worth and abilities."

A Place to Catch My Breath

by Courtney

There was a time when I was treated like a number instead of a human being in the clinical health service. I was hospitalised 6 times in 5 months because I was circling between crisis and discharge. After each hospital stay, I was pushed out into the real world with no coping strategies and no support. I was too sick to be home but I needed to be acutely sick for me to access support.

I felt as if I was a hamster unable to get out of a wheel.

We are often given all the tools but don't possess a tool belt.

I was missing socialisation, purposeful days, maintenance, care for others and a place to catch my breath.

Kindred was my circuit breaker that gave me a sense of purpose, human interaction, self confidence and self worth that I was desperately missing. At the clubhouse I can confidentially fill my cup so that I can continue to help others who are experiencing similar scenarios.

Kindred has given me a social prescription for human connection - a safe space to implement therapeutic tools and skills in a safe and judgement free environment. I have been fortunate enough to be given opportunities through Kindred to speak at events, international conferences and local mental health events. Without this support from Kindred, I could only imagine where I may have ended up.

Treasurer's Report for July 1 2022 to June 30 2023 (Financial Year 2023)

This report summarises the key financial outcomes for the 12 months ending 30 June 2023 [Financial Year {FY} 2023], with the Balance Sheet and Profit and Loss statement included in the Annual Report, providing more detail.

The FY 2023's income was \$417,575, which was about 10% above the previous Financial Year's income of \$381,207. The increase in income was as a result of the extension in the Commonwealth Government's, Department of Health's grant with a CPI adjustment, generous personal and organisational donations, plus fund raising. The importance of funds from generous donors and the Member driven fund raising has been critical to ensuring Kindred Clubhouse has continued to operate with its significant increase in membership.

Despite the increase in revenue, Kindred Clubhouse had an operational deficit of \$24,884 over FY 2023 compared with the previous year's operational deficit of \$3,856. The increase in the operational deficit was driven by the growth in operating expenditures. Significant cost increases were associated with the implementation of Social Prescribing, which was funded by a Mornington Peninsula Shire grant received in FY 2022, inflation driven cost increases and accrued annual leave.

The value of the assets of Kindred Clubhouse at the end of FY 2023 was \$162,592 with cash of \$135,425 being the major component. At the end of the previous Financial Year, the value of total assets was \$170,033 with \$137,544 cash. The decrease in the value of assets over FY 2023 and an increase in liabilities have resulted in the value of equity, at the end of FY2023, of \$111,254. This compares with the value of equity at the end of FY2022 of \$136,138.

Looking forward, the Commonwealth Department of Health's funding through to June 2024 is \$311,504 (net of GST), which includes the CPI adjustment of \$11,504. This grant provides the major financial support of Kindred Clubhouse's operations. With the generous donations and the fund raising activities, plus the ongoing tight control of costs, Kindred Clubhouse is in reasonable financial position to maintain operations through to June 2024.

With the uncertainty of substantial additional funds over FY2024, the budgeted operating expenditures for FY2024 have been based on the existing scope of operations. These expenditures do not include any significant new initiatives or programs, plus rely on the continuation of tight expenditure control. Also, with the expectation that membership will continue to increase and the need for staff to take accrued leave, there will be an increased reliance on members and volunteers contributing to the running of the day-to-day operations.



Balance sheet as of June 30th 2023

Account	30 Jun 2023	30 Jun 2022
Assets		
Bank		
Kindred Clubhouse	134757	137103
Westpac AU 033046358260	668	441
Total Bank	135425	137544
Current Assets		
Security Deposit	4583	4583
Total Current Assets	4583	4583
Fixed Assets		
Computer Equipment pre FY2022	2954	2954
Coffee machine	4364	4364
Motor Vehicle	31809	31809
Computers EOFY2022	2060	2060
Less Accumulated Depreciation on Computer Equipment pre FY2022	-2821	-2245
Less Accumulated Depreciation on Coffee Equipment	-921	-563
Less Accumulated Depreciation on Motor Vehicle	-14449	-10473
Less Accumulated Depreciation on Computers EOFY 2022	-412	0
Total Fixed Assets	22583	27906
Total	162592	170033
Liabilities		
Current Liabilities		
Accounts Payable	10967	14612
Annual Leave Provision	33003	18003
Employee Expense Claims	-38360	0
GST	386	388
Owner A Drawings	59	0
Salary Sacrifice clearing	38360	0
Superannuation Payable	6919	891
Suspense	2	0
Total Current Liabilities	51337	33895
	51337	33895
Net Assets	111255	136138
Equity		
Current Year Earnings	-24884	-3856
Retained Earnings	136138	139994
Total	111254	136138

Profit and Loss

Kindred Clubhouse

For the year ended 30 June 2023

Account	2023	2022
Trading Income		
Commonwealth Grant Income	311,503.95	300,000.00
Donations	96,080.81	81,200.00
Interest Income	0.00	7.14
Total Trading Income	407,584.76	381,207.14
Gross Profit	407,584.76	381,207.14
Other Income		
Fundraising	9,641.52	0.00
Positivity Book - Donations	349.09	0.00
Total Other Income	9,990.61	0.00
Operating Expenses		
Advertising	26,326.94	5,153.96
Annual Leave expense	15,000.00	2,781.04
Bank Fees	43.08	99.94
Cleaning	2,702.59	1,211.17
Consulting & Accounting	4,200.00	9,196.00
Depreciation	5,323.00	4,910.80
Entertainment	0.00	88.18
Fines	185.00	0.00
Food & Drink	11,999.94	7,506.92
Insurance	4,434.60	3,717.97
Kitchen Expenses	41.27	67.64
Light, Power, Heating	3,506.04	2,092.46
Motor Vehicle Expenses	6,840.26	3,461.39
Office Expenses	370.83	1,122.49
Petty Cash Expense	(166.15)	0.00
Printing & Stationery	518.08	1,745.63
Program Expenses (Food Card)	0.00	290.49
Rates & Outgoings	7,999.31	12,292.20
Realised Currency Gains	0.00	35.92
Rent	61,149.47	50,598.79
Repairs and Maintenance	2,951.84	337.95
Staff Training	337.25	3,428.50
Subscriptions	872.76	2,057.28
Superannuation	26,459.75	23,469.56
Telephone & Internet	1,757.09	1,756.20
Travel - National	80.91	384.36
Wages and Salaries	253,143.97	244,435.01
WorkCover	6,381.79	2,821.42
Total Operating Expenses	442,459.62	385,063.27
Net Profit	(24,884.25)	(3,856.13)



An Ethnographic Study of the Kindred Clubhouse: Addressing Member Needs in Mental Health Community Services

Monique K. Lee, Primrose Lentin and Karen Dixon

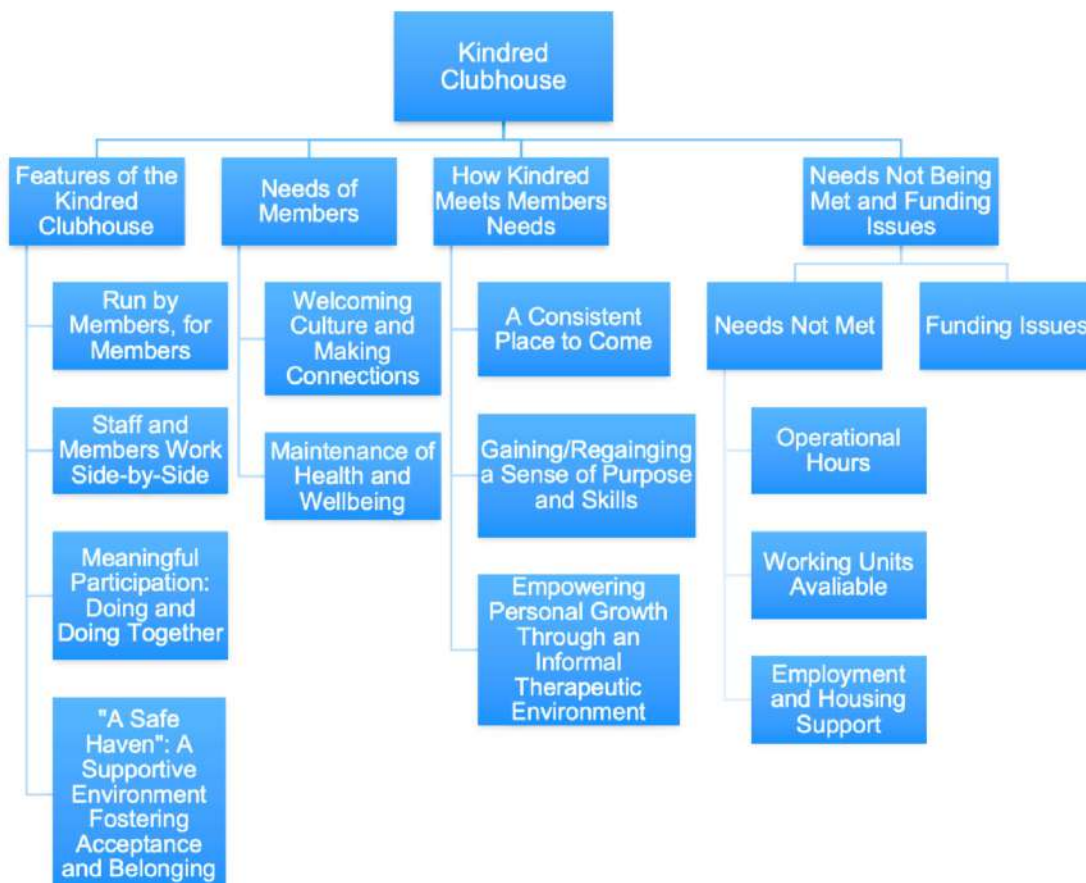
Occupational Therapy Department, School of Primary and Allied Health Care, Faculty of Medicine, Nursing and Health Sciences, Monash University Peninsula Campus, Frankston, Australia

Abstract

Objective: This study investigated the Kindred Clubhouse service, Victoria's sole mental health clubhouse. This research aimed to describe the features of the Kindred Clubhouse, and the needs of its members, and to identify features that do or do not meet the needs of its members.

Methods: A qualitative ethnographic approach employed participant observation (31 hours), semi-structured interviews with five Kindred members and three staff, and document review. Data analysis followed an iterative ethnographic process.

Results: Findings demonstrated that the Kindred Clubhouse effectively meets the diverse needs of its members, providing a consistent, supportive, and inclusive environment, where meaningful connections, a sense of purpose, and maintenance of health and wellbeing are fostered. However, Kindred Clubhouse has to further develop areas such as employment and housing, along with expanding accessibility and increasing working units to meet the needs of its members and to fulfil the Clubhouse Model's mission. This requires stable ongoing funding.



Conclusions and Implications for Practice: The Kindred Clubhouse service exemplifying the International Clubhouse Model is a valuable community resource for individuals with mental health challenges, offering a sustainable, member-led approach that caters to their unique needs. This research provides evidence of the crucial role of non-clinical programs in addressing the diverse needs of people with mental illness, emphasising the need for ongoing support and the expansion of such initiatives in mental healthcare. The International Clubhouse Model is currently underutilised in Australia, and there is a strong argument for its broader implementation in the community.

Finding Purpose by Craig

About 18 months ago I got the sack from my full time position while I was on work cover. Work has been everything to me my whole life, trying to give my children what I had never had as a child. So the loss of my job had a huge negative impact on my life.

The first thing that happened was that I started having falls and loss of memory and concentration. I went to Frankston hospital and they diagnosed me with functional neurological disorder. This is a failure in the 'software' of the brain that causes seizures, falls..etc. This can be brought on by any psychological trauma. As I had had a lot of childhood trauma, the loss of my job was the final straw. My psychologist saw the warning signs that I wanted to commit suicide and she rang the CAT team. They took me into hospital for an assessment where I had to sit in front of a whole panel of people questioning me. That made me feel worse.

I was given a clinician and other specialists over the next few months but still got nothing out of it. Nothing but medication, which was needed, but not the whole answer, which the 'experts' seemed to think was enough.

I went to the gardening program at Joy Street but got nothing out of that either. I felt as anxious and depressed as ever.

A support worker mentioned Kindred to me and brought me down a couple times. I only stayed an hour or two in the beginning. It only took a week or two to feel comfortable and accepted.

After 12 months at Kindred I felt so much in the way of empowerment. I believe so much in the clubhouse model, it absolutely works.

I haven't been back to hospital and I haven't seen my psychologist in a year. I know I can come to Kindred whether I feel good or whether I feel bad - I can still be there.

I really do believe that Kindred has brought out the best qualities in me, such as compassion, empathy and respect for fellow people. I want to help people in a way that I have never felt before, which gives me a sense of purpose. I don't know what exactly that purpose is yet, but I do know that I look forward to getting up every day and going to Kindred.