



Kindred Clubhouse

ANNUAL REPORT 2024



Our Board



Michael Sillikens
President



Brad McLean
Vice-
president



Nicky Barr
Treasurer



Karen Dixon
Secretary



Sarah Nyikos



Eric Lindner



Kim Kerr



Nick White

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



PRESIDENT'S REPORT



I think we say it every year that we've had another big year for Kindred Clubhouse. This year has been no exception.

I'm pleased to bring you the President's report for the for 2024 AGM. It has again been an honour to be associated and involved with Kindred clubhouse. The theme for this year is growth and opportunities.

This year we said goodbye to Brendan who was our director over the past couple of years. Brendan led us through a time when funding was always difficult to obtain. He oversaw a huge growth in the clubhouse membership and was an inspirational, charismatic and amazing leader. Our loss was SANE's gain but it's pleasing to know that he has not been lost to the sector and will continue to have a relationship with us.

Brendan's departure created the opportunity for Stefanie to step into the role. As many of you will know Stefanie was the original person who pulled the community meeting together that formed the initial committee for the Kindred Clubhouse over 10 years ago. Working at Kindred is more than just a job and the board are very pleased that we have the right person that encompasses all the right attributes to continue to lead Kindred strongly.

This year we also farewell Sam from the board after many years of varying roles on the board. In the early days Sam stepped up to be treasurer that helped us established many of the processes we continue to use today. Due to work commitments Sam has decided to step away but has vowed to continue to support us in any way he can.

After five years at our original sight in Hastings, we moved. Now co-locating with the Salvos, still in Hastings, we have found what we hope to be a home where we can continue to grow and prosper. When I first conceived what a clubhouse would look like, this is as close to my mental picture as it can get. Whenever I'm down there, I can see so many tasks and projects that we can do together with members to keep everyone engaged and having a role.

We formed a partnership with Mentis Assist and secured some funding under the Commonwealth psychosocial support grant via the South Eastern Melbourne Primary Health Network (SEMPHN.) This hugely exciting direction will hopefully extend our lifeline and embed us in the service sector for years to come. Hopefully this funding will give us opportunities for expansion with the possibility of opening other sites across the region. A vital ingredient for a successful club house is experience in setting one up, something we have nurtured over 10 years. Clubhouses don't just happen without a journey to get to the destination which we think is an important consideration for funders into the future.

We're excited. With the theme of growth and opportunities we can see that our new site, a new director, our new partnership with Mentis Assist, our new funding and some new board members it's in a great place to continue to grow and become an immovable part of the service sector.

Remember, be kind to yourself. You can only ever do your best.

Take care

Michael Sillikens and the board.

DIRECTOR'S REPORT



On behalf of the Board of Directors, I am pleased to present the 2024 annual report for Kindred Clubhouse, outlining our achievements, challenges, and the impact we've made in the community over the past year.

I am writing my report as the newly appointed Director, however, I've had the incredible opportunity to perform a variety of different roles at Kindred. Therefore, I feel well placed to be working as the Director alongside our members, staff, volunteers and Board as we head into 2025. I acknowledge the amazing work Brendan O'Connell did with the Board during his time as Director which has helped to positively position us as we move into the future.

This past year has been one of many changes which has also opened the door to areas of growth and opportunity. As this year's theme, is growth and opportunity, I wanted to touch upon how this theme relates to this phase of Kindred's journey.

Our Values, Mission and Vision

We have had many changes over the past year. Perhaps the biggest ones being; moving to our new premises in July, the farewell of Brendan in September, and our successful partnership with Mentis Assist/SEMPHN to help deliver the (CPS) Commonwealth Psychosocial Support Program. While change is exciting, it can also bring up many emotions and challenges. When organisational change occurs, I feel it is important to take a step back and refocus on our values, mission and vision and circle back to our core purpose. Our main mission is to provide a safe welcoming space for people with mental health challenges to develop the skills, confidence needed to lead satisfying and purposeful lives in the community. We aim to fulfill our mission by upholding the International Clubhouse Standards and placing peers, lived/living experience at the core of our organisation.

With growth and opportunity as this year's theme, I wanted to share a concept I recently read about and which resonated with me; expansive vs. deepening growth in which the two are compared to icing and cake (I do love a metaphor).

As we grow and make way for new opportunities, it can be tempting to be drawn towards the icing or the expansive growth and rightly so, it's pretty, colourful and delicious.

However, many times what we need to come back to is the cake or the deepening growth. This is our foundation, our purpose and the basis for everything we build upon.

A cake is unique because of its ingredients and for the result to be a success, the recipe must be followed, preparation and planning must be done, and we must be patient as it bakes. Once the cake is baked and set, we can add the icing and decorations.

I view Kindred's pathway towards growth like a cake. Kindred is unique because of its ingredients. We strive to stick to the recipe ensuring our ingredients remain at the core.

We must prepare, plan and practice patience if we want continued success. Once we are happy with our foundation, we work towards applying our icing or growth strategy which helps us navigate the ever-changing landscape of the not-for-profit sector.

Just like the delicious cake we repeatedly bake; we too must ensure our recipe for success is repeatable. As we move into 2025, I am excited to continue to perfect our recipe and see the areas of continued growth and opportunities that lay ahead for Kindred and our community.

Key Achievements

Partnerships and Community Engagement

- We established and deepened several partnerships with local organizations such as Mentis Assist, Ambulance Victoria, Brotherhood of St Laurence, Westernport Community Support, BHN (Mental Health and Wellbeing Connect), Wise Employment and SANE. These collaborations have allowed us to offer additional resources and opportunities for our members, including, greater access to service supports, education, peer support and employment.

Funding

- This year, we successfully secured funding through SEPHN and a partnership with Mentis Assist this has allowed us to work collaboratively with Mentis to deliver the Commonwealth Psychosocial Support Program (CPS) and expand our services.
- Our annual fundraising events, The Welcome Project, Pre-Loved Market Day, Seaford Wetlands Fun Run and the William Adams Kits have assisted us in raising funds which will directly support our programs and operations for the upcoming year.

Increased Membership and Participation

- This year, we reached a membership total of 192. Our expanded membership has led to greater engagement and a positive, vibrant clubhouse community
- We have seen active participation in our daily programs, and we are proud to see more individuals taking part in work-ordered day activities, skill building workshops and education sessions.

Challenges

While we are proud of our successes, we also recognize the challenges we face.

Building and Growing our Community

- Ensuring Kindred remains known, and we continue to attract new members can be a challenge. Marketing can be difficult without substantial resources, and we need to ensure we are in the right spaces to reach those who need our service. It can be equally as challenging to ensure we continue to work towards a diverse clubhouse community, foster cultural awareness and break down social and cultural stigmas.

Community Engagement and Retention:

- Keeping members engaged and participating in the work ordered day can be a balancing act. We will continue to explore ways we can keep members interested and motivated to participate and will remain curious to any barriers members may face in accessing and engaging in the Clubhouse program.

Funding and Sustainability

- We understand the importance of diversifying our funding sources. We aim to reduce our reliance on a small number of funding sources and continue building relationships with foundations, corporate sponsors, donors and government partners as well as fundraising opportunities to ensure long-term sustainability.

Looking Ahead

As we look to the future, Kindred Clubhouse is focused on expanding our impact, enhancing the quality of our services, and continuing to foster a sense of community for all our members. Key goals for the coming year include:

Expansion of Programs and Services

- We will continue to look for opportunities for skill-building initiatives in the areas of vocational training, educational pathways and financial literacy. These programs will provide members with additional opportunities to develop life skills and achieve greater independence.

Increasing Member-Led Initiatives

- This year we will focus on increasing the number of member-led activities and encourage a stronger sense of ownership and responsibility for members who would like to undertake leadership roles within the clubhouse and in the community.

Enhancing Outreach, Education and Awareness

- In the coming year, we will increase our outreach efforts to raise awareness about mental health issues and promote the work of Kindred Clubhouse. This will include members and staff visiting organisations to promote Kindred, a larger presence at public events and partnerships with local media to further reduce stigma and encourage community-wide support for mental health and peer led initiatives.

I would like to take this opportunity to express my sincere gratitude to the staff, volunteers, donors, partners, supporters, the Board and most importantly the members of Kindred Clubhouse for their unwavering support and dedication to our shared mission. The work we do together is transformative, and it is a privilege to witness the positive impact we have in our community.

Thank you for your continued support.

Stefanie Poole

Director, Kindred Clubhouse

Kate's Story



I first heard about Kindred from my support worker Kathleen. I remember when I first started I was highly nervous and anxious, and sometimes felt overwhelmed.

Other members were really kind and supportive, making me part of the group straight away. I remember being overwhelmed in the kitchen one day, and a few of the members helped me to calm down and just breath.

I had been in and out of hospital for about 12 years, with many admissions, some of them when in crisis. Since joining Kindred, I have only been once, which was in January 2023.

I can't say for sure it was Kindred that has helped me, but I do know that family and friends have noticed that since joining Kindred, I am doing better. Many people have encouraged me to keep going as they have seen such a difference. Even my psychologist won't make an appointment on my Kindred day as she knows what it means to me and what a positive influence it has been for me.

I really love going on excursions and wish we had more of them as it gives me someone to go out with. I don't have people who I can ask to go places, so excursions really mean a lot. It is so helpful for people who suffer from anxiety to have a supportive group to go out with and share the experience together. When at Kindred, my favourite thing to do is the art class. I like to be involved in being creative, yet still be in a room with other members, hearing the conversations. Even if I am having a bad day and not feeling talkative, I can still feel that I am participating by drawing, while hearing others chatting.

Staff Reflections

Caryl Blomkamp

Kindred stands on the brink of a dynamic new chapter, led by Stefanie as director and marked by our collaboration with Mentis Assist to launch the Commonwealth Psychosocial Support (CPS) program. This initiative allows us to expand our timetable with engaging and diverse classes, enhancing the opportunities available to our members. While our clubhouse day has always begun with a relaxing guided meditation, we have now enriched our structured work ordered day with activities such as Gardening, Mindfulness, Self Empowerment, Walking Groups and Arts and Crafts. These additions enable members to express their unique skills in both creative and practical ways. I look forward to leading the CPS program and am excited to see Kindred go from strength to strength, supporting our members in building resilience, discovering new talents, and fostering a vibrant, inclusive community. Our new staff members Holly and Nathan have quickly proven to be a valuable asset to the team, as has Courtney Stoyles from Mentis. I am confident they will continue to make a positive impact in the future.

Nathan Hirschfield

During my time at Kindred Clubhouse, I have experienced both personal and professional growth that I will carry with me throughout my career. As a mental health support worker doing my placement, I quickly saw the impact that Kindred's community-driven approach can have on individuals. The clubhouse offers a unique environment where members not only receive support, but also engage in meaningful activities like gardening, cooking, guided meditation, and fellowship—all of which foster personal development and independence.

I initially requested to stay on as a volunteer, and I was honored to be asked to stay on as a permanent part-time staff member. This opportunity has allowed me to deepen my connection with the community and contribute in ways that are both fulfilling and rewarding. Under the leadership of Stefanie and in collaboration with Mentis, I've had the chance to work alongside a dedicated team, learning from their expertise while also honing my own skills.

Kindred has truly felt like a home to me—welcoming, supportive, and empowering.

Holly Wakker

Having the privilege of gaining work placement at Kindred Clubhouse has unlocked many wonderful opportunities for me to grow professionally as well as personally. Kindred as a whole is deeply passionate about encouragement and personal development, which allowed me to advance from volunteering to part-time employment. Starting the day with the morning meeting is beneficial for both members and staff, as it promotes routine and structure. Sharing what we are grateful for each morning allows members to reflect on the smaller things in life such as “the sun shining” or the “birds chirping”. The initiative of the “multi purpose quiet room” has been a huge success! It has transformed into a space that is extremely warm and welcoming. The members have the opportunity to have some alone time without feeling the need to leave the facility. I am honoured to be a part of such an incredible service that positively impacts our community in so many ways!



This past year our Founder, Stefanie Poole, entered The ROAR Awards on behalf of Kindred Clubhouse and we were overjoyed to learn we placed in two categories

Silver Making a Difference

Bronze Best Advocate for Mental Health

These awards highlight the amazing work Kindred is doing in the community and celebrates the success of a small not for profit that is making big waves.

More about the ROAR Awards:

ROAR Success celebrates the change makers, innovators, solopreneurs and startups, rebels and retail rockstars, creatives, fearless educators, advocates and so many more.

Paul's Story



I was one of the first people to join Kindred in Frankston in 2013.

So I am definitely a Kindred Veteran! I used to take the train from Crib Point to Frankston every Saturday. Then they started to open on a Wednesday too, so I went on both days. In those early days, Kim and Lisa Kerr used to be there with Stefanie. We would share cooking and have chats but there were no activities in those days. There were no outings either as we didn't have our own bus. When we moved to Hastings about 5 years ago we got a bus and began outings. We also started more activities and got heaps more members. It's better with more people as there are more people to make friends with.

Right from the start Kindred really helped me with my mental health. In the early days it gave me independence to take the train which I hadn't done for 7 years. I had been stuck in my house with depression and anxiety and it was so hard to do anything at all. I was just eating, smoking and going back to bed. Life was empty and depressing. Then Janette told me about Kindred and I decided to give it a try.

Round about the same time, my sister made an appointment for me with a psychiatrist who gave me medication which helped me feel better about starting to do stuff again. When I started Kindred it was an eye opener as it was so good to actually do stuff again and to meet people and make friends.

My sister helped me to get a job at Vinnies and I am still there 7 years later.

Life is good!



192
members



1000
hours of
peer support



16
placement
students



52
Days of after
hours service
(Saturdays)



9
supportive partner
organisations



**OUR YEAR
IN
NUMBERS**



Servicing
5
councils:
Frankston
Mornington
Bayside
Kingston
Casey

6
Community
volunteers



Acknowledgment and Recognition of our Supporters



In 2012 Peninsula Rotary 2.0 created the Seaford Wetlands Fun Run to support our initial Clubhouse start up at Ebdale Hub in Frankston. For the past 11 years they have continued to support our efforts by holding nine live and two virtual Fun Run events, raising a total of more than \$50 000 for Kindred from this event alone.

They also work to distribute oil kits to not for profit organisations to assemble for William Adams, who supply new, used and rental Caterpillar equipment. Over the past year this activity has generated over \$17 000 for Kindred. Not only is it a wonderful fundraising initiative, assembling the kits helps members to build connections, learn new skills and contribute to meaningful work that supports the Clubhouse. We are extremely grateful for Peninsula 2.0's continued commitment to Kindred, which allows us to continue the meaningful work we do.



Bunnings Hastings, and specifically Debbie Stargatt, have been so supportive of Kindred and have gone above and beyond whenever we have needed their support. We are so appreciative of their kindness.



For the past two years, Donna McEvoy has donated her beautiful estate to Kindred Clubhouse to host our annual Kindred Christmas Party and will do so again next month. We would like to thank Donna for enabling us to have such a wonderful place to celebrate Christmas.



Keith and Jeff from the Bittern Men's Shed have provided their time to build a new deck and bench in the back garden.

We would like to thank **Coles, Woolworths** and **Bakers Delight** for food donations and vouchers.



We would like to thank the Mornington Peninsula Shire and the Frankston City Shire for their ongoing support.



Fundraisers this year:

The Clubhouse Quilt, The Welcome Project. Preloved Market

Our new collaboration



South Eastern Melbourne Primary Health Network (SEMPHN) is pleased to announce a consortium partnership between Mentis Assist and Kindred Clubhouse to deliver the Commonwealth Psychosocial Support Program (CPS). This consortium joins the existing provider ERMHA in delivering the CPS program.

NEW PSYCHOSOCIAL SUPPORT PROGRAM FOR ADULTS LIVING WITH A COMPLEX MENTAL HEALTH CONDITION

JUNE 14 2024

We are thrilled to announce that Mentis Assist has partnered with Kindred Clubhouse for a successful submission to deliver Commonwealth Psychosocial Support to people in South East Melbourne This collaboration funded by the South Eastern Melbourne Primary Health Network, provides support and system navigation for people with mental illness. This partnership represents another significant step forward in our commitment to providing comprehensive mental health services and support to our community. Together, Mentis Assist and Kindred Clubhouse aim to make a meaningful impact on the lives of those we serve, ensuring they receive the highest quality of care and assistance. Note that service delivery will commence from 1st July.

Belinda's Story



My name is Belinda and I joined Kindred about a month ago. My sister was worried about my mental health as I was staying home and isolating, not wanting to leave the house. I have suffered from depression for many years and personal issues were making it worse. I haven't seen my daughter for so long and I miss her terribly. So I joined Kindred hoping to feel connected and less sad.

I'm finding it very interesting meeting new people from all walks of life. It has helped me to have a purpose and a reason to get up and leave the house, especially on days that I miss my kids so much. I have done lots of stuff like gardening, arts and craft, meditation and I have gone for group walks.

The group facilitators are very friendly and approachable and the members have made me feel welcome.

I feel that I am on a better path and that my life is starting to get better. All I need now is to see more of my children as I love and miss them so much.

Hopefully that will happen soon.

Treasurer's Report for July 1, 2023, to June 30, 2024 (Financial Year 2024)

This report outlines the key financial outcomes for the 12 months ending June 30, 2024 (Financial Year {FY} 2024). The accompanying Balance Sheet and Profit and Loss Statement, included in the Annual Report, provide additional details.

Income Summary

The total income for FY 2024 was \$365,092, representing a 14% decrease compared to the previous year's income of \$417,494. This decline was primarily due to reduced community donations, although the majority of income continued to come from the Commonwealth Grant.

Expenses and Financial Outcome

Operating expenses decreased by 9% compared to the previous financial year. Despite this, Kindred Clubhouse reported an operating deficit of \$18,987 for FY 2024, compared to a smaller deficit of \$4,569 in FY 2023. The larger deficit was mainly attributable to the reduction in community donations.

Asset Position

As of June 30, 2024, Kindred Clubhouse held total assets valued at \$140,418, with cash making up the largest component at \$101,523. This represents a decrease from the previous year's total assets of \$167,913, which included \$135,424 in cash. Kindred Clubhouse's nett assets (equity) has also declined over the year from \$129,545 to \$110,055.

Looking Ahead

Committed funding for the next financial year, up to June 2025, totals \$360,000 (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 2025.

Profit and Loss

Kindred Clubhouse

For the year ended 30 June 2024

	2024	2023
Trading Income		
Commonwealth Grant Income	312,654.35	311,503.95
Consultation Services	1,090.91	-
Donations	33,360.92	96,080.81
Interest Income	2,703.01	-
Total Trading Income	349,809.19	407,584.76
Gross Profit		
	349,809.19	407,584.76
Other Income		
Fundraising	14,500.53	9,560.61
Positivity Book - Donations	782.96	349.09
Total Other Income	15,283.49	9,909.70
Operating Expenses		
Advertising	-	23,882.72
Bank Fees	22.92	43.08
Cleaning	2,591.29	2,702.59
Commonwealth Grant - Advertising	-	2,444.22
Consulting & Accounting	4,200.00	4,200.00
Fines	96.00	185.00
Food & Drink	11,426.44	11,999.94
Gifts	14.99	-
Insurance	3,618.42	4,434.60
Kitchen Expenses	517.10	41.27
Light, Power, Heating	3,467.53	3,506.04
Motor Vehicle Expenses	3,721.69	6,840.26
Office Expenses	208.64	370.83
Petty Cash Expense	10.75	(166.15)
Printing & Stationery	268.18	518.08
Rates & Outgoings	7,749.54	7,999.31
Rent	50,171.72	61,149.47
Repairs and Maintenance	435.68	2,951.84
Rounding	(0.01)	-
Staff Training	523.00	337.25
Subscriptions	1,965.48	872.76
Superannuation	27,578.28	26,459.75
Telephone & Internet	1,769.13	1,757.09
Travel - National	-	7.36
Wages and Salaries	254,893.41	253,143.97
Website/Hosting	1,177.20	-
WorkCover	7,652.55	6,381.79
Total Operating Expenses	384,079.93	422,063.07

Balance Sheet

Kindred Clubhouse

As at 30 June 2024

	30 JUNE 2024	30 JUNE 2023
Assets		
Bank		
Kindred Clubhouse	100,316.30	134,757.39
Westpac AU 033046358260	1,206.89	667.60
Total Bank	101,523.19	135,424.99
Current Assets		
Accounts Receivable	6,232.64	-
Prepayments	174.06	-
Security Deposit	4,583.33	4,583.33
Total Current Assets	10,990.03	4,583.33
Fixed Assets		
Computer Equipment	2,953.63	2,953.63
Kitchen Equipment	4,363.64	4,363.64
Less Accumulated Depreciation on Coffee Equipment	(562.93)	(562.93)
Less Accumulated Depreciation on Computer Equipment	(2,245.45)	(2,245.45)
Less Accumulated Depreciation on Motor Vehicles	(10,472.67)	(10,472.67)
Motor Vehicles	31,809.09	31,809.09
Office Equipment	2,059.98	2,059.98
Total Fixed Assets	27,905.29	27,905.29
Total Assets	140,418.51	167,913.61
Liabilities		
Current Liabilities		
Accounts Payable	2,218.63	10,967.34
Annual Leave Provision	27,482.68	33,791.81
Employee Expense Claims	(77,620.00)	(38,360.00)
GST	393.24	393.32
Owner A Drawings	126.88	59.04
Salary Sacrifice clearing	77,620.00	38,360.00
Superannuation Payable	7,092.38	6,919.28
Suspense	(7,452.97)	(13,762.10)
Total Current Liabilities	29,860.84	38,368.69
Total Liabilities	29,860.84	38,368.69
Net Assets	110,557.67	129,544.92
Equity		
Current Year Earnings	(18,987.25)	(4,568.61)
Retained Earnings	129,544.92	134,113.53
Total Equity	110,557.67	129,544.92