



Sandybeach
Centre



Celebrating
our resilient
community

Annual Report 2021



“Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.”
- Catherine DeVrye



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Keeping our community connected

In yet another challenging year with limited physical contact, our community found a way to stay connected.

Sandybeach Centre

Online Activity	Outreach	Social Connection	Staff Wellbeing
<p>15 Online weekly classes</p> <p>Staff training in Zoom and Microsoft Teams</p> <p>E-newsletters sent monthly to approx. 1000 subscribers</p> <p>Reading by Writers event Nov 2021</p>	<p>117 Social Welfare Calls Weekly</p> <p>234 hard copy newsletters & activity packs delivered to participants monthly</p> <p>Musical program DVD's created & delivered to over 50 participants with limited internet access</p>	<p>Community Consultation for 'Strength through Connection' building mural project</p> <p>Regular contact with other Neighbourhood houses</p> <p>Social Zoom catch up's Staff 'walking' meetings</p> <p>Community surveys conducted</p>	<p>Weekly staff meetings online</p> <p>Fortnightly updates from CEO to all staff</p> <p>Staff Events e.g. end of year function, strategic plan launch</p> <p>Staff acknowledgement - appreciation gifts & recognition</p>





Mission, Vision and Values

Who we are

Sandybeach Centre is a not for profit community cooperative centre that provides programs and services to the local Bayside community and beyond. The centre's staff and volunteers deliver adult education services, social support and connection programs, early learning via the Childcare program and exercise/lifestyle programs to families and individuals. We also provide access to our facilities for community groups and local small businesses.

Mission

Sandybeach Centre is an inclusive organisation providing programs and services that enrich the quality of life for our diverse community.

Vision

Sandybeach will be the place to meet, connect, learn and have fun.

Values

Respect, Integrity and Honesty, Care, Collaborative and Inclusive.



Our Board



(L-R) Elizabeth Hardy, Chris Hill (CEO), Cameron Gregson, Sue Coburn, Peter Bean, Rajah Ramanathan

CHAIRPERSON

Rajah Ramanathan

DEPUTY CHAIRPERSON

Peter Bean

FINANCE DIRECTOR

Stephen Hay

SECRETARY

Paula Appelhans

GENERAL MEMBERS

Cameron Gregson, Elizabeth Hardy, Sue Coburn





Board Chair Report



It is with great pleasure that I present our Annual Report for the year ended 31 December 2021.

The financial results again attest to the difficult and tough economic times we had to navigate in 2021, a year which is reminiscent of the previous years. Whilst it can be argued that there is not much pleasure in reporting the result, I beg to differ.

Like the rest of the world, we met the challenges of this pandemic head on. We remained connected with the wonderful community we live with and serve, we did not falter nor will we. We remained focused and dedicated. We were frugal and will continue to conscientiously reach out to you to work with you and to seek ways to ensure we extract the maximum possible benefit and return for every dollar spent. We will exercise diligence and transparency as we move forward.

I am grateful and proud of the resilience and innovative initiatives taken by the management, staff and volunteers in delivering our programs. It is pleasing to see the growth in the leadership skills, knowledge and wisdom of the team and the enhancement of that 'can do' attitude which builds on the positive and caring culture of Sandybeach.

We embarked on a journey of renewal and consolidation over the previous 2 years and implemented our strategic plan last year. We will continue with this process and will learn and revise the strategy as considered necessary as we strive to meet our mission that 'Sandybeach Centre is an inclusive organisation providing programs and services that enrich the quality of life for our diverse community'.

As we prepare for the New Year, do take your time and peruse the Annual Report. I also refer you to Mr. Hill's report so that you can appreciate the efforts expended and reflect on what we have achieved in such chaotic and unpredictable circumstances.

Kindly allow me to thank the staff, our wonderful volunteers and my fellow directors for their dedication, patience, passion, care and support. I firmly believe that together, we will emerge from this uncertainty better equipped to meet anything from left field with courage, strength, compassion and camaraderie.

We will remain vigilant and collectively, the Board, staff, volunteers and our friends will always act to ensure that Sandybeach will rise and meet any challenges we face and to remain and stay connected. Please stay safe.

Humbly yours,
Rajah Ramanathan



CEO Report



2021 certainly tested our resilience as a community and an organisation.

Throughout the course of the year I was in awe of the way our staff, participants, volunteers and the broader community picked themselves up after each setback and kept moving forward. Challenging times make us really appreciate what we have in front of us. And that is, a community that supports each other, is kind, and is creative in finding ways to stay connected.

This strength of spirit forms the basis of our annual report theme 'Celebrating our resilient community'.

While much of the year was at a physical distance, Sandybeach was still able to launch major projects such as our 'Strength through Connection' mural. This large-scale artwork on the exterior of the Sandybeach building has been on the wish list for some time and thanks to grant funding from Bayside Council has become a reality. After significant community consultation, talented artist Danny Awes designed an eye-catching and uplifting mural, that as we speak, is being painted on our building. A daily reminder of our role as an important community hub in Bayside. Take a look at page 14 to see the design.

2021 required tremendous flexibility from our staff and participants, and I thank each and every one of them for their tenacity in dealing with regular changes to programs and requirements. Staff continued to fine tune our delivery approach from the previous year – pivoting when required to online learning, creating hard copy materials, making hundreds of social welfare phone calls and producing DVD musical performances

to maintain a strong connection with our community.

In addition to our regular program, throughout the year we found opportunities to hold events to celebrate our volunteers, the carers in our community and our talented writing students. Our art students also got to work producing a 2022 calendar – see page 16 for more details.

2021 saw the launch of our new strategic plan, focusing on our goals of quality, relevance and growth, underpinned by sustainability. Refer to page 9 for an update on progress.

Our Childcare and Early Learning Centre was thankfully able to remain open for much of 2021. It provided welcome relief for families who were struggling with fatigue, emotional distress and anxiety, as well as a welcome burst of sunshine and smiles in an often sadly empty Centre.

I would like to acknowledge our amazing leadership team and thank the Board, and in particular, our Chairperson Rajah Ramanathan, for giving your precious time and energy and for working with myself and the Management team to implement our 2021 – 2025 strategic plan.

Thank you also to all of our supporters, funders, donors and community partners who work tirelessly with us to enrich the quality of life for our diverse community.

We look forward to working with you in 2022.



Strategic plan 2021-2025 update

Growth

Increased online program offering, blended learning programs and formalised alternative social support methods such as regular phone calls to participants unable to physically attend the Centre

Expanded visibility of the Centre through consultation and design of a large-scale mural on the exterior wall of the building

Developed a marketing and program plan with clear growth objectives

Quality

Establishment of a program planning and review process to ensure the Sandybeach offering is relevant and financially sustainable

Staff maintained all required qualifications including First Aid CPR training and updated Childcare qualifications for Early Learning Centre staff

Facility upgrades took place - including painting works, testing and tagging and the implementation of an assets register

Relevance

Conducted a research survey regarding online offering to inform future planning

Established the Bayside Cluster Group with Cheltenham Community Centre, Hampton Highett Neighbourhood Houses and BayCISS - meeting quarterly to improve understanding and information sharing

Planning in place for pre and post program surveys for participants to be conducted in 2022 to ensure continuous improvement

Sustainability

Cost analysis project has commenced

Maintained existing arrangements and relationships with funding partners

IT upgrades - after a partial transition to cloud services such as Microsoft Teams and Exchange Online in 2020, 2021 has been about consolidation and data reorganisation to prepare us for further migrations to cloud services



Serving our Community - The statistics

541

OVER 65'S & CARER PROGRAM HOURS

OUTPUT: 83 individuals received phone call support weekly equating to 2500 hours of contact plus regular newsletter and activity packs plus approximately 200 carers and family members were indirectly supported.

OUTCOME: Enhancing quality of life for the seniors and carers in our community, including vulnerable and disadvantaged groups.

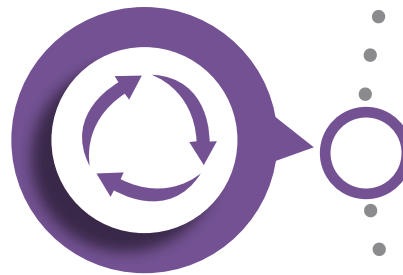


925

DISABILITY PROGRAM HOURS

OUTPUT: 34 individuals assisted, receiving phone calls, online classes, newsletters and activity packs.

OUTCOME: Maintaining independence and life skills and developing friendships.



204

LIFESTYLE PROGRAM HOURS

OUTPUT: 40 individuals involved in programs including health, exercise and the arts.

OUTCOME: Combating health conditions and disease, improving mood, connecting with others, having fun and being social.



300

COMMUNITY MEMBERS

OUTPUT: 300 community members engaged in consultation activities regarding the Sandybeach mural design as well as online programs.

OUTCOME: Continuing engagement, learning and social opportunities during COVID lockdown periods

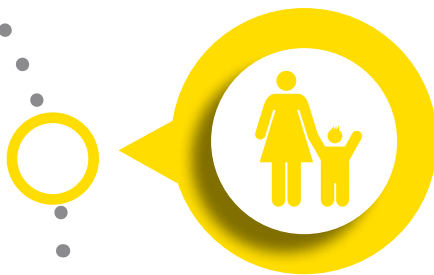




3544 VOLUNTEER HOURS

OUTPUT: From 53 individuals.

OUTCOME: Enriching their own lives and supporting others to achieve.



876 EARLY LEARNING CENTRE HOURS

OUTPUT: Over 4 terms, 190 enrolments and 46 families supported.

OUTCOME: Children are connecting and contributing to the community and confidently learning whilst parents have a break.



2500 PASSENGER HOURS

OUTPUT: 2500 hours of transport for programs transporting 657 clients.

OUTCOME: Create freedom and social opportunities for those wanting to stay in touch with the community.



1600 NEWSLETTER & CHRISTMAS PACKS

OUTPUT: Delivery to over 130 individuals.

Over 41 hours of driving and volunteer support.

OUTCOME: Minimised negative impacts of COVID lockdown on mental health and social isolation.



Participant success story – Leone Gabrielle

Leone Gabrielle first came to Sandybeach in July 2017, apprehensive about her limited literacy skills and fearful of being outside her comfort zone.

Under the tutelage of Claire Gaskin, published and acclaimed author in her own right, Leone

has blossomed into an extraordinary writer who is much more confident to express herself.

See below for Leone's brave and eloquently written piece about her journey with literacy at Sandybeach.

Thrashing in an ocean of humiliation. Heat tightening around my throat. Squeezing loud paper. I read, fighting brain blanks, listening to my voice stumble. Getting it wrong again and again. I keep pushing that boulder up the incline.

Society's mark for intelligence is the illusion of literacy. It is exhausting hiding a fractured capacity. Growing up under the hypnosis – illiteracy / low literacy, equals lazy, stupid, gullible, donkey, valueless. Clever hands are not equal to a clever mind. A clever mind's value rests on how well that mind articulates, in a written and verbal capacity. This has become the club motto at the top of the food chain. It's in our language. It's in our empathy. It's in the structure of our stories, aspirations, culture.

There are little shadow-places where thought is different. Where care is stronger than the bottom line. Where gems collect, by gems I mean persons. Virtuosos, of their craft/vocation. Sandybeach is one such place. The centre has the capacity to give people, like me, a new sunrise.

a list to demonstrate the continued journey

humiliation survivor of pages and pages illegible no ear
for vowels no chair for abstract concepts text swims like
a murmur of starlings do you have any idea how
hard it is to learn without sound literacy skills without the
confidence of conversation learning becomes a game of
memory and mimicry I call this cell learning to synthesize
through observation of action puzzling information without
instruction pamphlets useless fear shame hides under a quiet
face people with low literacy have to be intelligent to survive
but are informed they lack intelligence have to figure out
creative solutions have to have an elephant memory



Not everyone naturally reads font/text. Readers of shape, smell, movement, spacial location, empathy, emotion, a sensitivity to colour, sound, weather ...disregarded. Literacy is the pass mark on the door frame of western society.

My inner-poets nightingale nightmare. No-more. Fortunately for me I found your safe space. I love learning. Understanding that learning at snail pace can be lightning fast. Painful excitement to fathom a long damp dream. I am connecting with a new universe. I have come home. Comfortable to wear wounds and warts on the outside. Show the shape of my mind to my class, to myself, to the wider community.

My point, a caring space builds opportunities to discover potential. The writers'classes at Sandybeach community centre are a rare gem. I am a writer who has to write for my mental health. Combing rough edges, reading aloud instead of a dread, stirs to love. Respect gifts me confidence and lust to keep going. Because of your centre, I read quite well. My writing is legible. I have so much to say and a medium to express and be understood.

As a child I was lucky to have had 3 lessons from a skillful relief teacher. In the 1970's. Mr E. Hill, Primary headmaster, black suit, comb-over, ancient.

Lesson 1: to, too, two.

Lesson 2: there, their, they're.

Lesson 3: poem on colour.

After 47 years I still recite ... 'turn off the light and colours die.'

last year I found that poem, Mary O'Neill's Hailstones and Halibut Bones. There is no language to express how the right voice at the right time can give a person struggling with difference, courage.

Never underestimate the potential of your good will.



Sandybeach mural project - Strength through connection

As part of the Bayside Council's Annual Community Grants Program 2020/2021, we were successful in acquiring a grant for a Mural project at Sandybeach - 'Strength through Connection'.

This project has been a long time coming and to say we are excited doesn't do it justice! By creating an uplifting piece of artwork on the exterior wall of Sandybeach Centre, not only will we be increasing the awareness of our Centre, we will also be creating something that can be enjoyed daily by our participants, neighbours and our local community.

It will reflect the heart and soul of Sandybeach Centre - a welcoming and inclusive community hub.

At the time of writing, we have partnered with the Sandy Street Art project team and commissioned impressive artist Danny Awes to bring Stage 1 of this mural to life. Staff and community consultations have been undertaken, a design has been chosen and Danny has completed Stage 1 of the artwork - and it looks amazing!!!

Look out for stages 2 and 3 - due for completion later in the year.





Broadening our student's digital literacy



'Zoom in on Tuesday'

In the COVID era, digital literacy has become increasingly important, particularly for our students with a disability. During lockdowns, Zoom video calls provided our students living in nursing homes or assisted living with their ONLY visible outside connection.

Digital literacy tutors, Frank Formica and Margaret O'Malley were conscious of their student's needs and set to work creating a Zoom class that provided connection, learning, a chance to laugh and an opportunity for students to feel valued and remembered. 'Zoom in on Tuesday' was born.

What did the program entail?

- 2 hour virtual classroom on Zoom
- Student story-sharing time (a popular segment!)
- Learning topic – shaped to meet student needs
- Reflection & journal completion

Learning topics included:

- Exercise
- Cooking
- Gardening
- Employment Skills
- Numeracy/Literacy
- Art
- Local Community
- General Knowledge

What did students most enjoy?

- It was engaging and practical
- It kept them connected to peers and staff
- They were pleased to be treated like adults and human beings
- It was challenging but satisfying learning a new skill
- They learnt more about each other
- Their increased Zoom skills opened up a whole new world of communication
- It was fun!

What benefits did students get from this program?

"So many! Participants have overcome obstacles and developed their IT skills, they have introduced themselves to virtual learning, they have improved their ability to stay connected with others online outside of the class which was particularly important in reducing feelings of social isolation during COVID. It has also enabled those who feel uncomfortable in a traditional classroom environment to really flourish".

Tutor, Margaret O'Malley

The future of 'Zoom in on Tuesday' and other digital and hybrid programs is bright. Sandybeach plans to continue to offer blended learning programs in 2022 for individuals with a disability, catering to those who are more comfortable learning online or unable to attend the Centre or want to learn new computer skills.



Creative ways to stay connected – 2022 Art Calendar

Art is a key focus at Sandybeach Centre and in 2021, this was no exception. Art tutor Tina Blackwell overcame the challenges of lockdown periods and kept art students connected by engaging them in an art calendar project.

This project gave participants something positive to work towards and it motivated them to engage in their art practice at home, which helped many deal with feelings of isolation and anxiety.

Participants chose the calendar's focus to be the 'seasons of the year', each selected a month and then had approximately 4 weeks to produce an artwork. The end result was a huge achievement for all involved. Sandybeach participants, staff and volunteers were all chuffed when they were gifted a calendar to take home and display with pride.

Here are just a sample of some of the beautiful pieces and the artists who have created them.





Extraordinary staff milestones

Sandybeach is a special place because of the people involved in it. In 2021, we wanted to acknowledge two staff members who are a part of the fabric of the Centre and who have given their heart and souls to serve their community.



Angel Parker

29 years at Sandybeach

Angel first came across Sandybeach Centre when she brought her son Stephen to playgroup at 2 - Stephen is now 37! The place obviously resonated

with her then, and some years later she began a paid position.

Angel is still as dedicated today as she was 29 years ago. 'The clients come first, being there for them and improving their health and wellbeing is my passion'.

Angel has had various roles at Sandybeach. As she says 'typically in a Community Centre you become a jack of all trades. My main role has always been as Fitness Instructor. In addition to this I've taught Tai Chi, Pilates and Chi Ball. I also volunteer at Sandybeach, in the programs and as a bus jockey'.

When asked about her favourite memories of Sandybeach her response was 'There are so many! One included having a lady who was 100 in my class - she would religiously come every week and refuse to attend any other commitments if they clashed with the exercise class'. She also mentioned that her 'work colleagues play a big role in my time at Sandybeach. We are one big family and we always try to look after one another'.

The following Staff in Childcare have also reached significant milestones

- Rose Roberts 10 years +
- Karen Mack 11 years +
- Alinta Davidson 10 years +



Elana Pedersen

20 years at Sandybeach

When Elana started to look for a job closer to home to balance family life 20 years ago, she never thought that she would find such a rare gem!

Elana started her time at Sandybeach as a Program Co-ordinator but has spent time in a myriad of roles including WHS representative, First Aid Co-ordinator, Food Safety Supervisor, Support worker, Program Leader teaching Tai Chi, Exercise Class Instructor, Co-ordinator and Presenter on Sandybeach's monthly Southern FM community radio block and most recently as Facilities Co-ordinator. COVID also added to Elana's resume a new role as COVID Safe Officer! Reflecting on the many roles Elana says that 'she likes the variety as it means she works across all departments in the Centre'.

When asked why she has remained at Sandybeach for so long, Elana responded by saying 'I have been fortunate to have worked with some wonderful staff and volunteers at Sandybeach over the years. I have also had changes to my role and challenges that have kept me happy and enthusiastic about the future. I think the combination of working with great people, meeting amazing participants and the variety in my role has kept me at Sandybeach. A special memory was bringing my daughter Rachel to Sandybeach Centre to meet everyone when she was very young and the wonderful feeling of an extended family that made me feel so welcome.'



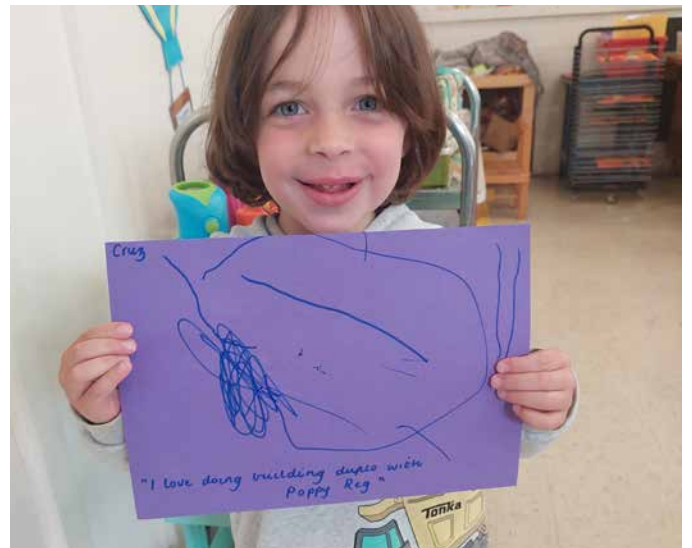
Childcare

When we need some resilience and inspiration, we don't need to look much further than the children in our community.

Children have received set back after set back over the last 2 years and yet they still grace our Centre with laughter, smiles and energy.

In 2021, some of our highlights included:

- Our very own Sandybeach Mini Olympics complete with javelin, shotput, discus, 100 metre sprint, an obstacle course and sack races
- A successful Woolworths Landcare grant that enabled the purchase of a rainwater tank to further enable children's learning experiences in the garden
- Creating gifts for the older adults in our Sandybeach community to celebrate International Day of the Older Person
- Building our children's wellbeing skills with a focus on activities such as deep breathing
- Running themed sessions over the school holidays including footy week, teddy bears picnic, pyjama day and favourite colour day
- Scavenger hunts and craft activities inspired by some of our favourite picture books such as 'Where is the Green Sheep' – courtesy of staff member Chris Weller's talented wife Anita.





Our Supporters, Rentals & Funding Partners

We thank the following people, organisations and Government departments who in 2021 provided support to Sandybeach Centre through in-kind contributions, donations and grants. This support has enabled Sandybeach to better meet the needs of our local community. We sincerely appreciate your support.

- Sandringham Lions Club
- Brad Rowsell MP
- Minuteman Press
- PSN Family Trust

Thank you to Bayside Seido Karate Club who continued to rent our space under very trying circumstances. We look forward to working with you again in 2022 and welcoming new groups to our Centre.





Sandybeach
Centre

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