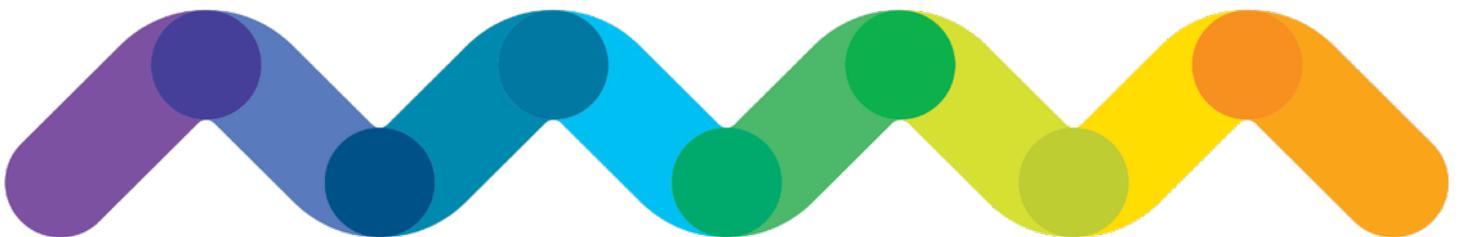




SANDYBEACH CENTRE

Annual Report 2019





WHO WE ARE

STATEMENT OF PURPOSE

A community driven organisation providing programs and support services that enhance the quality of life for our community.

Sandybeach Centre is a not-for-profit community co-operative society established in 1982. We provide lifestyle, education and support services to people in the Bayside and surrounding local government areas of Melbourne. The Centre is a strong community focused organisation, a Learn Local, and operates a registered occasional childcare and early learning centre. In addition, it runs programs and events for people with a disability, the over 65's as well as carers. A hub for educational, social, recreational and cultural activities in the community, the Centre has a proud tradition of inclusiveness.

We acknowledge the Traditional Owners and custodians of this land, the Boon Wurrung people, and we pay our respects to their Elders past, present and emerging.

OUR VALUES





CEO REPORT

Chris Hill

Chief Executive Officer

I am pleased to present to you Sandybeach Centre's 2019 Annual Report and its theme - "Recognising how volunteers contribute in many different ways to Sandybeach". Volunteers touch upon every aspect of the organisation: from the friendly faces at reception to our Board members.

Having commenced as CEO in November 2019, I was struck by the number of people who volunteer with us each day and the incredible value they create. With their support, we are able to stretch the funding dollar to best meet the needs of our community.

In 2019 we continued to delve into what matters most to the people who use our Centre. In September, we completed the Community Needs Project, a community engagement exercise in listening to and eliciting feedback from our community.

The resulting report highlighted top four priorities: 'Connected communities', 'Supported communities', 'Educated communities' and 'Healthy communities'. A summary of key findings and what we have done thus far to integrate them into our programming can be found in this Annual Report on page 13.

We know from studies into the social determinates of health that connection to community is important to maintaining good mental health and combating loneliness. We were pleased on RUOK Day to be able to partner with other Bayside community organisations

in showcasing what centres such as ours offer in this respect. In fact, volunteering is a vital part of social prescribing and was the subject of the evening session of our RUOK event. This is highlighted further in the Our Health & Wellbeing section of this report.

Recognising the unique qualities of all who enter our doors, we continued to walk the talk of inclusiveness with the "Dare to be Fabulous Fashion Show" fundraiser. A highlight of the year, the show celebrated empowerment and beauty in diversity. Through the funds raised, Sandybeach was able to complete the addition of a new communal meeting and eating place. This space has become a wonderful hub for forming social connections between our participants, volunteers and staff.

Working collaboratively, actively listening, and focusing on our people will continue to be our priority at Sandybeach. I take this opportunity to thank the Sandybeach Board, who under the chairpersonship of Rajah Ramanathan have guided and supported the strategic direction of the Centre.

Above all I thank all our supporters and those who have worked with us in 2019 including our volunteers, staff, participants, external partners, donors, funders and the broader community who believe in the Sandybeach vision - we look forward to continuing working with you in the year ahead.



CHAIRPERSON'S REPORT

Rajah Ramanathan
Chairperson

It is with great pleasure that I present our Annual Report for 2019 - a year characterised by new unforeseen challenges which called upon the resilience and agility of all those at Sandybeach. One constant has been the passion of our brilliant staff, volunteers and supporters who have ensured that changes at the helm have not caused undue disruption to participants. Everyone rose to the challenge of ensuring the continued provision of quality service to our community.

Of those changes was the resignation of Sue Hart as CEO. On behalf of the Board I thank Sue for her stewardship of Sandybeach over her 3-year plus tenure. We all wish her the best for the future. Special thanks to Chris D'Arcy and Andrea Fennessy for stepping in as Acting CEO at various times throughout the year - their steady leadership and commitment was appreciated by all.

Having undertaken an extensive search, the Board was pleased to appoint Chris Hill as CEO of Sandybeach in November. Chris has understood the collaborative ethos of Sandybeach and rallied staff and volunteers alike in the short time he has been with us.

In November, the Board undertook a self-assessment to ensure future recruitment is geared towards bolstering the skill set on offer and greater female representation at Board level. This is especially timely as the Board approaches the final year of its strategic plan.

I would like to thank my fellow Board members for their support and collaborative effort as we have traversed the year. I take this opportunity to also acknowledge our long time volunteers Patricia Buchanan and Carol Shelbourn, who retired in 2019 after volunteering with us for 21 years and 18 years plus respectively. Sandybeach thanks both women and indeed all volunteers for their dedication and service.

As Sandybeach enters a period of renewal and consolidation, the Board is confident it does so from a solid basis: from its cooperative culture to the steadfastness of staff and volunteers alike. The Board looks forward to working hand in hand with all to continue what we do best: provide programs and support services that enhance the quality of life for all in our community.



OUR BOARD



(L-R) Chris Hill, Rajah Ramanathan, Lois Lindsay, Cameron Gregson, Liz Hardy, Chris D'Arcy, Peter Bean (absent Stephen Hay)

CHAIRPERSON

Rajah Ramanathan

DEPUTY CHAIRPERSON

Chris D'Arcy

FINANCE DIRECTOR

Stephen Hay

SECRETARY

Rajah Ramanathan

GENERAL MEMBERS

Lois Lindsay, Peter Bean, Cameron Gregson and Liz Hardy



OUR IMPACT

737
participants



67
paid
employees



78
volunteers



Sandybeach has been serving the Bayside community and surrounds for over 35 years with an emphasis on making learning and leisure opportunities accessible to all regardless of age, learning and physical ability or socio-economic background.

In 2019 alone 737 participants accessed our programs, staffed by 67 paid employees and 78 volunteers.





SERVING THE COMMUNITY

97,672

TOTAL PROGRAMMED HOURS A YEAR

OUTPUT: In education, volunteering, leisure, community support and assistance.

OUTCOME: Fulfilling individual goals and enhancing quality of life for members of the community, including vulnerable and disadvantaged groups.



28,084

PRE-ACCREDITED

OUTPUT: Pre-Accredited, work related training. Accredited courses not delivered in 2019.

OUTCOME: Supporting individuals to find a job, change their job, seek a promotion, establish or develop their own business or access further study.



2,132

CARERS

OUTPUT: Enabling carers to have a break.

OUTCOME: Older, frail or chronically ill members of our community continue to live in their own home and connect socially with others.



26,482

LIFE SKILLS

OUTPUT: Assisting people with a disadvantage, mental health problem, disability or changes in their life.

OUTCOME: Maintaining independence, being able to care for themselves.



24,014

LEISURE HEALTH

OUTPUT: Focusing on being healthy and well.

OUTCOME: Combating health conditions and disease; improving moods; promoting better sleep; connecting with others; having fun and being social.



988

EARLY LEARNING CENTRE

OUTPUT: 90 families with children 5 years and under.

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



11,520

VOLUNTEER HOURS

OUTPUT: From 78 individuals.

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



2,602

MEAL PREPARATION

OUTPUT: Creating opportunities for social interaction.

OUTCOME: Addressing social isolation and developing friendships in the local community.



1,850 km

TRANSPORT

OUTPUT: A platform to assist people get where they want to go.

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



OUR VOLUNTEERS

10,584+



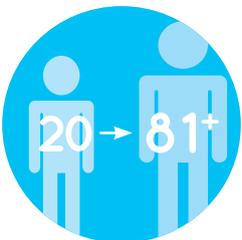
MEALS/SNACKS SERVED

21
YEARS



LONGEST SERVING
VOLUNTEER

20 → 81+



VOLUNTEER AGE RANGE

78



VOLUNTEERS

Volunteers at Sandybeach are at the very core of our Centre. They touch upon all program types and levels of the organisation: reception, administration, learning support, program assistance, meal prep, bus jockeying, driving, and community development events to name a few. In 2019 alone, regular volunteers accounted for 288 hours of support per week.

The ages of our volunteers range from 20 to over 81 years old, with the majority being in the 61-80-age bracket. People choose to volunteer with us for a variety of reasons including forming social connections, giving back to the community, trying out a new area of work before taking the plunge and changing careers just to name a few.

The number of people volunteering throughout the year averaged at 78 with 17 volunteers retiring and 18 new people coming on Board. Our longest serving volunteer clocked in over 21 years of service before deciding to retire in 2019.

In 2019 Sandybeach was successful in obtaining funding from the Australian Government to aid in volunteer training, reimbursement in transport costs and security checks – ensuring the professional development of our volunteer workforce.

CAROL'S STORY

Carol was an incredibly valued and loved volunteer. In November 2019 she decided to retire from her volunteering roles after over 18 years with Sandybeach. A regular volunteer with the Reception/Admin team as well as Bridge Club, Carol always welcomed participants with warmth.



Carol showed lots of positive energy and excitement when answering queries and helping community members be matched with the right program for their needs both face to face and over the phone. Carol was a whizz at knowing all about the Fee for Service programs, in particular Chi Ball as she has enjoyed attending this program for over 8 years with tutor Rebecca Quin.

Carol was also an invaluable help to us with her proofreading skills for our marketing activities, in particular the Course & Activity Guide and our Annual Report. We couldn't go to print until Carol had the final check!

IN THEIR OWN WORDS REASONS FOR VOLUNTEERING

PAULA HARRIS – ADMIN, DATA REPORTING

Firstly, I have the time at the moment, and I wanted to do something in the community. Secondly, I am hoping to either go back to work (or maybe study) in about a year's time, and volunteering puts me back in a work environment. And also, it is always nice to meet new people!

YOLANDE INGRAM – MENTONE MUSIC, KITCHEN HAND

I have always worked in an admin field. I love to cook & enjoy working in the kitchen. This is a change in my life and found it very rewarding to help in this field.

EUAN BRIXTON – DRIVER FOR MUSIC ALIVE

At the age I am I felt I should help some organisation by doing something as a volunteer. It was a friend working at Sandybeach who suggested I should get in touch to volunteer, and as I have always been mainly in sales and marketing positions I wanted to do something where I was in people contact. So apart from a go at 'jockeying' (which because of hip replacements didn't suit) I was given a position in Music Alive. Here I meet many people and also enjoy the entertainment aspect.

BROOKE ROGERS - CHILDCARE

To me Sandybeach is really a nice place to do volunteer work because it's local and friendly and a happy positive place and part of a community.

I like volunteering and helping with the children and staff at the childcare area and it's a really caring and positive place too. Lots of happiness and fun, it makes you feel happy.

IN THEIR OWN WORDS REASONS FOR VOLUNTEERING

CLAIRE GIRARDI - PAST STEP VOLUNTEER - CURRENTLY VOLUNTEERING WITH RECEPTION

My initial exposure to Sandybeach came through Bayside Volunteering and the advertisement for a volunteer assistant in the STEP art class. This fitted in with my educational background and the prospect of assisting people with special needs was something which appealed to me. During my time here I have greatly appreciated the variety of volunteering experience on offer.

JULIE SANDILANDS - STEP CATERING AND EVENTS

Volunteering for a local organisation is important to me. Being able to use my skills as a retired teacher of food technology and nutrition and support our class of very keen and wonderful adult participants in the production of fabulous food for other groups at the centre is very rewarding.

JOHN THISTLETON - DISCUSSION GROUP LEADER

I volunteer at Sandybeach to meet people and share an interest in current affairs. Staff and other volunteers are welcoming, helpful and make it worthwhile to participate.

MARY GATES - RECEPTION

I volunteer at Sandybeach because I want to give back to my local Bayside community. I also enjoy the contact with staff and the diverse client group. I hope by volunteering I can make a difference to someone's day.

ROSE SAHIB - MUSIC ALIVE KITCHEN HAND

I enjoy volunteering because it gives me an opportunity to give something back to the community which is my time. Sandybeach is a wonderful organisation which needs more funding, however people volunteering helps to close this small gap.





LISTENING TO OUR COMMUNITY

‘Connected communities’

‘Supported communities’

‘Educated communities’

‘Healthy communities’

In 2019 Sandybeach undertook a 6-month project with the aim of identifying local community need and to develop a list of recommendations as to how Sandybeach can improve its current offerings, reach and practices.

Comprising of a literature review, participant and broader Bayside resident surveys, the project identified key trends in the areas of health, ageing, employment, disability, education, housing, vulnerable populations and technological advancement.

The research identified four key priority areas – ‘Connected communities’, ‘Supported communities’, ‘Educated communities’ and ‘Healthy communities’. The evidence indicated connection with community, the ability to socialise, meet new people and spend time with family and friends are the most important ways in which Sandybeach can improve people’s quality of life.

As a result of the findings we have focused on integrating the key priority areas into our program development and communications. For instance, in 2019 we introduced a number of health and wellbeing programs, discussion group, and additional childcare during school term break and began producing a monthly e-newsletter - all in line with the feedback identified by the project. We also began investigating how to best assist people in overcoming barriers to participation due to financial hardship or lack of transportation.

In 2020 we aim to review all the recommendations of the report in line with the development of the new Strategic Plan and available resources. We are striving to better integrate participant feedback into our continuous improvement processes, so we continue to develop our programs.



CELEBRATING OUR DIVERSITY

‘...an event that touched upon the entire Sandybeach community’



In 2019 Sandybeach Centre was awarded an Inclusive Bayside Partnership Grant by Bayside City Council to produce the “Dare to be Fabulous” fashion show fundraiser.

With over 120 people in attendance, this sold out event went off with a bang in Morey Hall. Coming out to thumping tunes spun by DJ Matt, the energy the models emanated was electric. Celebrating beauty in diversity, the show featured volunteer models from all walks of life including people with a disability and the elderly. Having their hair and make-up professionally done and dressed to bring out their individual style, the participants carried themselves with pride and a sense of empowerment. The audience responded in kind cheering them on with enthusiasm and joy. With Jenny Jessop our resident art tutor taking the reigns as MC, the crowd was dazzled by this real commemoration of inclusivity and acceptance.

The fashion show was an event that touched upon the entire Sandybeach community – from staff, volunteers and program participants all had the opportunity to be part of the planning and running on the day.

Supporting sustainable fashion through sourcing outfits from local opportunity shops, Sandybeach developed wonderful partnerships with organisations such as Vision Australia and Family Life. Local businesses and indeed the whole of the community got behind the event actively promoting the show, donating auction and door prizes and supplying services in kind.



TREVOR - FASHION SHOW MODEL

A friendly face at Sandybeach, Trevor’s infectious smile can be seen as he attends a multitude of classes including Art, Community Access & Volunteering, Mentoring, Mind Body Connect, Cooking and Independent Living. In his spare time Trevor indulges his passion for vintage cars attending motor shows around town and making videos. Trevor’s favourite item of clothing is his black coat for which he receives many compliments. The inspiration for offering to model for the show came from Trevor’s sense of fun. Fashion for Trevor means: “Looking Good!”



DANIEL - FASHION SHOW MODEL

A sharp dresser, Daniel keeps busy attending drama and cooking classes, catering for events, volunteering at the Salvos and working at Half Moon Bay in Brighton through his involvement with Sandybeach. He adores his long sleeve shirts, having amassed a collection. An avid traveller, Daniel visited Vietnam for the first time in 2019. He was keen to model at the show and have a chance to be the centre of attention - he also enjoyed dressing up! What fashion means to Daniel in his own words: “It’s amazing! I love watching TV shows about fashion and how good the models look - especially the pretty ones! I aspire to be like George Clooney!”

With the proceeds of the fashion show, Sandybeach was able to fund the completion of a new communal meeting and eating space with kitchenette. Most importantly the social and community outcomes of the show have been tremendous. Through the show, participants have grown in confidence, made life-long friendships not only amongst their peer groups but also across generations and socio-economic backgrounds. This collaborative effort has resulted in valued connections with the local community as well as greater awareness and support for what Sandybeach is striving to achieve.

Special thanks to all who made this possible and shared in our belief in the power of diversity: the participants, sponsors, donors, staff and volunteers. We acknowledge all who contributed in their own way and those who provided their services at a reduced rate or free of charge - we are indebted to you. A huge thank you also to Cathy Jordan, supported by Andrea Fennessy and Kate Clayton, who drove the project and realised the vision!

Since the show there has been an outpouring of calls from the community for the fashion show to be an annual event. We would very much like to make this a fixture in our calendar and are heartened that the whole community really bought into the central message of inclusion and acceptance.

Going forward, Sandybeach would like to extend the event by including greater representation of LGBTIQ+ and multicultural groups. We are actively looking to partner with like-minded organisations to make this happen.





CONNECTING OUR COMMUNITY

With the ongoing support of Bendigo Bank Sandringham, volunteer bus drivers and jockeys in 2019 we were able to continue facilitating access to our services to those who lacked transport as well as offering excursions to our participants. Our fleet of 2 buses clocked 19568kms and 1,850 hours on the road enabling otherwise isolated participants to form social connections, enjoy some respite from their care duties and provide opportunities to learn. Programs with a door-to-door transport component included: Armchair Travel, Art Beat, Music Alive, Sandybeach Respite – Happy Friday and Mentone Music Respite.

RECOGNISING AND SUPPORTING OUR CARERS



Sandybeach continued throughout 2019 to work with carers in identifying what matters most to them and integrating that feedback into our practice. In doing so we recognise the special role of carers and actively foster and develop our relationships with them as well as those under their care.

In partnership with Carers Vic, we hosted four seminars focused on caring for a loved one, supporting people through the NDIS and navigating the aged care system. The impact of these seminars has been to empower carers and create links to further supports and information about planning for future care and respite needs.

Another focus throughout the year was to provide opportunities for respite and social connections. This was facilitated through a carers' lunch, activities during Dementia Awareness Week and programs such as Music Respite for Carers. In recognition of carer needs, an additional program, Sandybeach Respite – Happy Friday, was established aimed at people receiving care. This has created greater opportunities for loved ones to take some time to themselves positively impacting their health and wellbeing as well as meeting social needs.



OUR HEALTH & WELLBEING

‘...physical health are strongly reflected in our programming and have positive flow on effects to other areas such as mental health, healthy eating and climate change.’

Sandybeach Centre shares in the vision for public health and wellbeing as espoused in the *Victorian Public Health and Wellbeing Plan 2019-2023* (the plan). Identified priorities within the plan such as physical health are strongly reflected in our programming and have positive flow on effects to other areas such as mental health, healthy eating and climate change.

In 2019 Sandybeach developed a suite of programs focused on health and wellbeing such as yoga, mindfulness and active ageing. This focus on the physical and mental health connection is in line with future forecasting for more demand for these types of programs and identified as one of the key priorities for the residents of Bayside in our *Community Needs Project Report*.



HEALTH & WELLBEING IMPACT DATA



CHI BALL

Focusing on core strength, flexibility and balance



WEIGHTS

Building tone and strength with a group of people who enjoy exercise



YOGA

In a peaceful, quiet and friendly setting



GROUP WALKS

A social community group that explores the coastal tracks



PILATES

Offering benefits for mind and body - flexible movement relaxation



MEDITATION

Achieving a state of a mentally clear and emotionally calm mind



SENIORS' WEIGHT AND BALANCE

Exercise to keep people moving & capable accompanied by social connection

TALKING MENTAL HEALTH

Sandybeach Centre in partnership with Highett Neighbourhood Community House, Castlefield Community Centre and Hampton Community Centre hosted 33 exhibitors for an RUOK Day event in September at Brighton Town Hall. Showcasing social, health and well-being activities and services on offer in our region, the event was aimed at facilitating dialogue about mental health.

The evening session consisted of a panel presentation and discussion focusing on social prescribing aimed at medical and allied health professionals. Facilitated by Maxine MacKew, the panel spoke about the power of this model in addressing social isolation and mental health issues by connecting people with activities meaningful to them in their community. The CEO of Neighbourhood Houses Victoria, Nicole Battle, one of the panelists, highlighted the value proposition of community centres as a natural partner in social prescribing particularly through creating opportunities for social connection and volunteering.

With over 100 attendees at both day and night sessions, the work of the partnership was recently recognised by Bayside City Council and awarded Bayside Community Event of the Year Award as part of the Australia Day Awards for 2020.



ARTS AND LEISURE



ANGEL'S STORY

While Angel has been volunteering for 5 years, her association with Sandybeach began 25 years ago in a paid role as coordinator of the walking groups. Her volunteer work crosses many programs including Music Alive, Mentone Music, Happy Friday (previously Carnegie Music), Art for All, Armchair Travel, bus jockeying for music programs and preparing lunches for participants between programs.

When asked, what keeps her coming back to Sandybeach, she responded:

“The participants - I have a lot of fun with them and love spending time with them, talking to them, listening to their stories. I also like being there to help them whenever they need it. I love working at Sandybeach - I enjoy the people: staff and participants.”

Supporting social engagement, exploration of new hobbies, creative expression and opening up to new worlds, our arts and leisure programs continue to evolve in line with community need. Our REACH programs such as Music Alive and Armchair Travel are specifically aimed towards seniors and people with age related conditions - a major cohort who access our services.

Programs such as Mentone Music Respite and Art for All are designed to follow on from one another, allowing carers the choice of full day respite programming with lunch and transportation either provided or supported by our volunteers.

In addition we offer activities to stimulate the mind such as Discussion Group led by our volunteer John Thisleton and introduced in 2019 in response to findings from the Community Needs Project. Another opportunity to meaningfully engage with others, the group has steadily grown in size as the conversations keep on flowing.

The Art and Leisure programs have provided meaningful outcomes to participants particularly in terms of social inclusion, opportunities to develop friendships and social supports.





ADULT EDUCATION

‘...these courses enable people to prepare for further work or study, change jobs and develop marketable skills’

Sandybeach continues to offer pre-accredited courses through our Learn Local programs. Specifically aimed at adult learners, these courses enable people to prepare for further work or study, change jobs and develop marketable skills. Our courses included Medical Reception, English as a Second Language (ESL) and Get Ready for Work – Computers.

Our writing courses are very popular with some participants having attended for over 8 years. These classes provide an environment in which social connections and friendships can be formed and enhanced wellbeing recognised through creative expression. Many attendees have also achieved personal goals such having their work published. All participants are given the opportunity showcase their work through the annual Readings by Sandybeach Writers event. This event is a highlight of the year and participants feel pride in being able to share their work with the community.

We are grateful to our volunteers and the community for their continued support of our ESL classes. Participants are provided with plenty of opportunities to practice their English conversation and presentation skills in a relaxed and encouraging environment. Volunteers play an important role working with and empowering our participants in their use of the English language, resulting in greater confidence for them to enter the workforce and a greater willingness to take part in the community.



MIRANDA'S STORY



Miranda has been volunteering with Sandybeach for 6 years originally coming to Sandybeach to undertake her Certificate IV in Training & Assessment. She has volunteered with various programs including ArtBeat, Strength Training, Kitchen Club and Music Alive.

When asked what attracted her to volunteering at Sandybeach she said, "I really liked the vibe of the Centre and was considering a change of job. I thought volunteering with the REACH program would give me a taste of working with older members of the community to see if I would be suited to work in aged care". What motivates her to continue volunteering with Sandybeach includes the positive atmosphere, supportive co-workers, variety of interactions and laughs with participants and staff. Miranda's highlight from 2019 was seeing the enthusiasm and joy from students at the end of year Christmas party when participating in the air guitar and karaoke contest and playing cricket.

In 2019 we launched the Prepare for Work Toolkit, an Adult, Community and Further Education (ACFE) Board funded project. The Toolkit is a one-stop shop web-based resource with Easy English and Plain English guides to developing interview skills, applying for Police Checks and other documents, resume and cover letter templates. Aimed at jobseekers as well as people who wish to volunteer, initial feedback indicates that it has made the process for applying for positions easy and accessible to all.

The aim of this project has been to expand workforce participation for marginalised groups including those with intellectual disabilities and newly arrived migrants. With meaningful employment being one of the social determinates of health, this project has contributed towards the wellbeing outcomes of the community.





DISABILITY PROGRAMS

'...life-long learning for all regardless of learning or physical ability...'

Social participation and life-long learning for all regardless of learning or physical ability has been at the core of Sandybeach programs aimed at adults with a disability. Offering a range of lifestyle and job ready courses, participants are empowered to acquire new skills, exercise independence and build social connections. These programs impact the social determinates of health of participants by:

- Providing opportunities for participants to be active community members
- Facilitating skill development to assist with daily living, independence and confidence
- Supporting participants who have an employment or volunteer related goal
- Most importantly, providing opportunities for fun and friendship.

This year we introduced the Mentoring Program designed specifically for participants seeking work placement or paid employment. The program matched Mentees with volunteer mentors to create their own Job Search Toolkit and coach them in the steps to obtaining employment. In 2019, 4 out of the 5 mentees found work placements including some with paid positions with local businesses. Sandybeach seeks to extend this program through partnership and sponsorship opportunities in future.

LEO'S STORY

It was 2018 and Leo wanted do something enjoyable and constructive. So Leo approached Glen Eira Hub on Glenhuntly Road for ideas. They suggested volunteering and spoke highly of Sandybeach. Since May that year, Leo has been volunteering his time in a number of disability programs including Independent Living, Computers and iPad, and Literacy and Numeracy. He is also hoping to start mentoring students in the Mentoring Program in 2020. What Leo enjoys most about Sandybeach is that “the staff and students are warm and welcoming” and he feels he is amongst friends. Whilst he has “too many” highlights from 2019, when asked Leo said “I love the conversations and happenings shared in every class..which makes our day.”

Other programs at Sandybeach such as gardening, art, multimedia, cooking and Community Access & Volunteering have also supported individuals in acquiring new skills and building strong social connections. A number of lifestyle programs focusing on mindfulness and self-care skills such as Mind Body Connect have supported individuals in achieving their health and living goals.

Participants also have the opportunity to get involved in activities which they are unable to pursue due to their living arrangements. For example some participants live in supported accommodation where they are not allowed to cook their own meals. Sandybeach has been able to address this through our cooking classes where participants are supported in acquiring and practicing culinary skills – for some the only place where they are able to do so. Many have progressed to join the Catering and Hospitality Skills program which caters for the REACH programs as well as external events. Participants take pride in their work and have grown in confidence as a result.

Above all, what participants get from coming to Sandybeach are the social and community connections often denied to marginalised groups. A home away from home, participants attending over the years have established friendships and have flourished in an environment where they are truly embraced, feel supported and are accepted.





OCCASIONAL CARE AND EARLY LEARNING CENTRE



WAYNE'S STORY

Wayne has been volunteering with Childcare at Sandybeach Centre for 7 years after first coming to the Centre in his capacity as Facilities Supervisor. Of what he most enjoys about his volunteering, Wayne says: "I enjoy the interaction with the children, their families and seeing the children maturing." When asked of his highlight he said: "On the last day of childcare in 2019, one of the girls who was moving on to four year old kinder, her mother was tearful as she said goodbye. I thought it demonstrated how much the Centre is regarded."

Sandybeach Centre's Occasional Care and Early Learning Centre (ELC) is informed by the Belonging, Being & Becoming - The Early Years Learning Framework and offers childcare Monday to Friday for the 0-5 year age bracket. The staffing profile comprises of 7 volunteers and 5 paid staff.

The assistance of our volunteers in 2019 meant we were able to:

- Maintain optimal student to teacher ratios
- Offer childcare services over the school holidays in the second half of the year. (A need identified by the Community Needs Project)
- Explore with the children giving to others who are in need in our community. As part of this inquiry based project the childcare team, children and families supported Bayside Community Information and Support Service through a donation drive throughout November and December.





SHARING OUR FACILITIES

‘Sandybeach has continued to support local businesses as well as special interest groups in providing spaces...’

Throughout 2019, we at Sandybeach continued to share our space with the community, supporting organisations, individuals and groups in their endeavours. We offer a commercial kitchen, meeting rooms, classrooms, a hall, a garden and informal spaces for people to socialise and enjoy a meal.

Due to the generous support of individuals and organisations throughout 2019, we were able to expand on these facilities:

- The completion of the Garden Project made possible through donations and in kind contributions by Bunnings Mentone, Rotary Beaumaris, Sandringham Golf Club and Earthman Landscaping. The upgrade has resulted in greater accessibility to the garden by the community.
- A new communal gathering place fitted out with kitchenette, tables and chairs. This was funded through a grant from the Australian Government as well as proceeds from the Dare to be Fabulous Fashion Show.



Income generated from room hires enables us to continue in our work of developing programs and services that meet community needs. In 2019 we welcomed new rental groups adding greater diversity and we have also continued to cultivate our relationships with existing groups.



Our groups include:

- Amnesty International
- Astrology Group
- Bayside Seido Karate club
- Body Corporate groups – BenCorp, Binks & Associates, Buildwise Owners Corp, Gough Partners and Select Owners Corp
- Growing Older
- Janina Zumpo - Zumba Class
- Little Jem's Cake Co.
- MECWACARE
- Melbourne Mandolin Orchestra
- MOIRA Disability & Youth Services
- Sophie Alex School of Dance
- South East Volunteers
- The Hellenic Odyssey
- Vocally Wild Choir

Sandybeach has continued to support local businesses as well as special interest groups in providing spaces at highly competitive rates. These strong relationships have been a testament to the responsiveness of our team.

ERICA & LEWIS' STORY

Our first contact with Sandybeach was when I enrolled Lewis in Occasional Care at the age of one. I was a newly single parent and Carmela warmly welcomed us, providing what was at that time a much needed stable and carefree space for Lewis and an always available ear for me and my gripes.



Early on Lewis developed a habit of sitting down and opening his snack box as soon as he arrived each morning. I thought the staff must think he's never fed breakfast! Karen quickly established Lewis was a social butterfly and sitting down for a 'morning tea convo' was his way of catching up with everyone before heading into the day's activities.

Lewis spent many years at Sandybeach Occasional Care, soon becoming well and truly part of the furniture, demanding a 'glove balloon' from Alinta every nappy change and making long lasting friendships he still remembers to this day. When it was time for 4-year-old kindergarten he was more than ready to make the transition thanks to the wonderful experience he'd had with the staff, volunteers and other children at Sandybeach.



After a brief break, Lewis was back at Sandybeach, training with Bayside Seido at the age of 6. He was very happy to be back in a space he still felt very connected to.

Through his karate training Lewis has learnt that "practice makes improvement" (the wise words of Kyoshi Darek) making his way to a yellow belt within 18 months and breaking his first wooden Board soon after. But what he's really learnt is to have confidence in his own abilities and to recognize his strengths but to strive to improve in all areas of life.

Thank you Sandybeach for supporting Lewis' development so much already in his short 8 years! I have no doubt you're stuck with him now as he remains connected for many more years to come.



OUR SUPPORTERS

We thank the following people and organisations who in 2019 provided support to Sandybeach Centre through in kind contributions, donations and grants. Their support has enabled Sandybeach to better meet the needs of our local community.

DONORS

Allison Monkhouse
AMCAL Pharmacy
Sandringham
Beach House Hair
Beaumaris/ Bayside
Men's Shed
Beauty by the Bay
Sandringham
Black Squirrel Café
Sandringham
Boomerang Bags
Bunnings (Mentone)
Buxton Real Estate
(Sandringham)
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Rotary Club (Hampton)
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Sabuki Hair Salon
Sandringham
Sandringham Public Golf Club
Southern Star Coaches
Stephanie Green
Uncorked Wine Hamper
Vision Australia

GRANTS

- Adult, Community and Further Education Board Capacity and Innovation Fund
- Bayside Inclusion Grant
- Bendigo Community Bank (Sandringham)
- Commonwealth Department of Social Services
- Kingston City Council
- Stronger Communities Programme - Tim Wilson MP
- Stockland Retirement



OUR FUNDING PARTNERS

Sandybeach Centre also recognises the funding contributions of organisations and government bodies who continue to support our vision. Thank you all for your support in 2019.



LOCAL GOVERNMENT

- **Bayside City Council**
 - o Funding supporting community centres in the provision of programs and services to meet the needs of the local community



VICTORIAN GOVERNMENT

- **Department of Education and Training**
 - o Adult Community & Further Education funding for provision of pre-accredited training
- **Department of Health & Human Services**
 - o Neighbourhood House Coordination
 - o Volunteer Coordination
 - o Health and Community Care (Program for Younger People)
 - o Health and Community Care (Aged Care Support for Carers)
 - o Individual Support Packages



Australian Government

AUSTRALIAN GOVERNMENT

- **Department of Health**
 - o Commonwealth Home Support Programme



Sandybeach Centre

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