

Sandybeach
Centre



Annual Report 2022

Thriving Together



*“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style”
- Maya Angelou*



Contents

4	Helping our community to thrive
5	Mission, Vision and Values
6	Our Board
7	Board Chair Report
8	CEO Report
9	Strategic Plan Update
10 & 11	Serving our community – the statistics
12	Creating a supportive community for writers
13	New intergenerational program - Connecting our older adults with younger people
14	Celebrating the carers in our community
15	Garden based learning at Sandybeach
16	Extraordinary Volunteer Milestones
17	Extraordinary Staff Milestones
18	Sandybeach is going solar & News from Childcare
19	Our supporters, funding partners and rentals
20	Financials

Helping our community to thrive

After a challenging few years of restrictions due to COVID, in 2022 Sandybeach focused on rebuilding face-to-face programs, initiating new and inclusive community events, upskilling staff and providing support for the vulnerable in our community.

Sandybeach Centre

Operational Efficiency	Community Engagement	Social Connection	Staff Wellbeing
<p>Move to cloud-based filing system</p> <p>Grant funding for solar panel and battery system</p> <p>Implemented electronic on-boarding/off-boarding for staff</p> <p>Provision of updated laptops for staff so they can work remotely</p>	<p>193 Community surveys conducted to inform 2023 planning</p> <p>200 hard copy newsletters to over 65's monthly</p> <p>991 e-newsletters sent monthly</p> <p>Attendance at Berendale Expo</p>	<p>Community events - Reading by Sandybeach Writers, Neighbourhood House Week, R U OK Day, Bayside Seniors Festival, Garden open day, 40th Birthday celebration, carers lunch</p> <p>Implementation of 'PADSIP' program - increasing connection between older people and neurodiverse children</p>	<p>Flexible work days/hours</p> <p>Leadership staff training from Jobs Australia</p> <p>Half yearly & yearly reviews</p> <p>Working from home options</p> <p>Reduced class rates for staff and free trial classes for volunteers</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) Sue Coburn, Stephen Hay, Paula Appelhans, Cameron Gregson, Rajah Ramanathan, Peter Bean, Hilary Buxton

CHAIRPERSON

Rajah Ramanathan

DEPUTY CHAIRPERSON

Peter Bean

FINANCE DIRECTOR

Stephen Hay

SECRETARY

Paula Appelhans

GENERAL MEMBERS

Cameron Gregson, Sue Coburn, Hilary Buxton

Thank you to departing member Elizabeth Hardy who retired from the Board on 21 October 2021. We appreciate your service and dedication to Sandybeach Centre.

In 2022, we welcomed new Board member Hilary Buxton, with her extensive background in marketing communications and leadership of multi-disciplinary teams, she is a wonderful addition to the Sandybeach Centre Board.





Board Chair Report

The year 2022 was a refreshing year for Sandybeach, we slowly saw a return to normalcy, and it was a pleasure to have the building again full of participants.

In 2022, we recommenced many of our face-to-face classes and social activities, and increased our number of larger scale community events, many in partnership with other local organisations. In line with our strategic plan, 2022 strongly focussed on sustainability – consolidating and reviewing our programs and retiring those that were unsustainable or no longer needed by the community. While this consolidation process had an impact on our bottom line in 2022, it sets the groundwork for financial improvements in 2023.

Some of my personal highlights from this year included:

- The completion of Stage 2 of our Sandybeach mural on the external wall of the building,
- Obtaining \$25,421 in grant funding for the installation of solar panels and battery storage
- Securing CEO Chris Hill for an additional 5 year tenure
- Celebrating Sandybeach's 40th birthday with staff, volunteers, and community members

On a terribly sad note, we said our final farewell to our founder, Mr. Bruce Morey. His loss was felt by all at Sandybeach.

As always, we must thank our major partners, in particular Bendigo Bank and Bayside Council, for their continued support of Sandybeach Centre and the community we serve.

I would also like to thank our CEO Chris Hill, our Sandybeach leadership team, staff and tutors and our amazing group of volunteers. Our programs could not run without your valued and dedicated contributions.

I would also like to say thank you to board member, Elizabeth Hardy, who left the board in 2021. We sincerely appreciate the time and effort you gave to Sandybeach.

We welcome new board member, Hilary Buxton, to the team. With a background in marketing communications and leadership, Hilary will be a much-valued addition to the board.

This year, we look forward to a focus on growth in new programs, rolling out recommendations from our IT audit to ensure we are well positioned from a technological standpoint, and delivering on recommendations from our 2022 Customer and Community Needs update.

Finally, to all of my fellow directors, a heartfelt thank you for your support, commitment and wise counsel. Together, we will face the future without wavering to continue to serve our wonderful community.

Humbly yours,
Rajah Ramanathan



CEO Report



What a breath of fresh air 2022 has been after such an extended period of restrictions.

I have felt the energy and buzz return to Sandybeach Centre and it has been such a pleasure to see so many familiar faces return, programs restart and to simply hear laughter and conversation in the hallways.

However, the year was tinged with sadness and reflection as we lost one of our loved and cherished founders, Bruce Morey. Bruce put his heart and soul into Sandybeach along with wife Rosemary, and his legacy will forever live on in the community that he has helped to create.

2022 saw a resurgence of participation in community events including Neighbourhood House Week, Bayside Seniors Festival, R U OK Day, Readings by Sandybeach Writers, Carers Lunches (more on page 14) and our amazing 40th birthday celebration.

In 2022, we were lucky enough to be successful in our grant application with Sustainability Victoria and have obtained funding to install both solar panels and a battery in our quest to contribute to a cleaner environment and reduce our operating costs as an organisation.

From a grants perspective, we have also now utilised our funding from Bayside Council and completed the Sandybeach mural project Stage 1 and 2 on the exterior of the building. We have received so much positive feedback from our participants and the broader community about the impact this has had in communicating what we do as an organisation and making people feel welcome.

2022 also saw us commence on delivering to our strategic plan launched last year. Refer to page 9 for an update on progress.

The success we have seen in 2022 wouldn't have happened without the extraordinary commitment from our staff, volunteers, Board members and Chairperson Rajah Ramanathan. I have such an immense appreciation for your dedication and passion to helping our community to thrive.

Finally, I would also like to thank our network of local neighbourhood houses, supporters, funders and donors who work closely with us and share our vision of creating a thriving community.

We look forward to continuing to grow our community in 2023.

Chris Hill



Strategic plan 2021-2025 update

Growth

Commenced Customer and Community needs update

Implemented program planning and review process based on need, viability and contract obligations

Increased joint ventures and collaborations with other local community hubs eg Neighbourhood House Week and Berendale School

Purchased new laptops to enable better online service delivery

Quality

Implemented program evaluation tool

Implemented HR on boarding checklists and staffing targets

Commenced review of Code of Conduct to confirm alignment with current values and strategies

Implemented staff engagement reviews

Developed working from home policy

Recommended regular staff events to encourage socialisation and have fun!

Allocated budget for staff development costs

Relevance

Regular surveys and informal feedback obtained from participants at the conclusion of all programs

Increased contact with other local services and providers eg Bayside Cluster Group, Community Development Network and Bayside Council

Commenced database overhaul to expand and segment contact list

Sustainability

Undertook IT systems audit

Moved to cloud-based filing system

Commenced IT/IM project to review organisational requirements moving forward

Commenced unit costing project to improve clarity on business running costs

Maintained relationships with existing funding partners



Serving our Community - The statistics

1200 OVER 65'S & CARER PROGRAM HOURS

OUTPUT: 158 individuals and over 200 carers supported

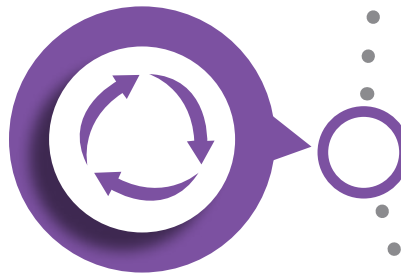
OUTCOME: Enhancing quality of life for the seniors and carers in our community, including vulnerable and disadvantaged groups



1061 DISABILITY PROGRAM HOURS

OUTPUT: 359 attendances at programs from individuals with various disabilities

OUTCOME: Maintaining independence and life skills and developing friendships



106 LIFESTYLE PROGRAM HOURS

OUTPUT: 85 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



193 COMMUNITY MEMBERS

OUTPUT: 193 community members engaged in consultation activities as part of a 'community needs research project' informing future activities and services at Sandybeach

OUTCOME: Implementation of programs and services that fulfil community needs and improve community connection, community health, provide educational opportunities and support to vulnerable populations

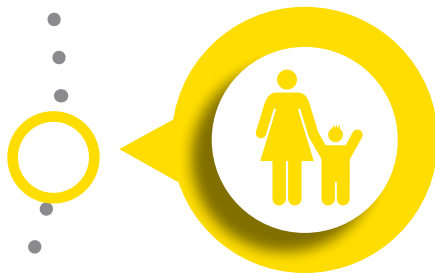




4906 VOLUNTEER HOURS

OUTPUT: From 37 individuals

OUTCOME: Enriching their own lives and supporting others to achieve



924 EARLY LEARNING CENTRE HOURS

OUTPUT: Over 4 terms, 228 enrolments and 54 families supported

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



538 TRANSPORT HOURS

OUTPUT: 12,932 kms travelled = 304 trips for the year

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



Creating a supportive community for writers



Writing classes at Sandybeach Centre are highly regarded and well attended each year.

With experienced tutor and published author Claire Gaskin at the helm, the class attracts both novices and experienced writers, all inspired to improve their writing skills, enhance their self-confidence and share their love of writing.

Student Amanda Anastasi came to the class as a practising and published author and when asked of her reasons behind joining the class, she explained that 'writing can be an isolating process, and I felt that I needed a supportive group where I could continue to improve my skills, obtain constructive feedback and ideas, and workshop my new writing'. Amanda reflected that Claire's class 'has been a really encouraging environment, where everyone feels heard and gets an equal amount of time to share'. Attending the Sandybeach writing skills class has enabled Amanda to finish pieces she had started but needed input from others to finish and it has provided an invaluable avenue for information sharing.

To celebrate the progress of our writing students throughout the year and share their work, Sandybeach runs an annual event called 'Readings by Sandybeach Writers'. This evening provides students with an opportunity to read their work aloud, celebrate the quality of their writing and get validation of their achievements from their peers and the audience. It is a framing of their work, a public outcome, where they are moved from the privacy of the classroom to a public space.

All participants in the writing classes get to read their work – and guests are spoilt with an enormous variety of genres including short fiction, memoir, poetry, essays, novel excerpts, biography, history and autobiography.

In 2022, we ran our first blended delivery Readings by Sandybeach Writers event enabling greater access for all. We had 32 guests attending in person and 23 attending online, with one author's family even attending from overseas, which was a highlight!

Student Amanda lives on the west side of Melbourne and was appreciative of the online option for the event as it would have been difficult to attend otherwise. When asked about the event, Amanda remarked that it was 'a real culmination of the years work, a celebration!'.

Supporting the writers in our community will be a continued focus for Sandybeach Centre next year so we look forward to what our talented students have in store for us in 2023!





New intergenerational program - Connecting our older adults with younger people

In 2022, Sandybeach Centre trialled a 6 week pilot program with older adults who participated in programs at Sandybeach, and young, neurodiverse children from partner organisation 'Kids Like Us'.

The program was called 'PADSIP', which stands for 'Positive ageing digital storytelling intergenerational project'. The name might be long but the idea is simple and powerful - bringing generations together to share and compare life experiences. The aim of the program was to partner young people with older adults to develop a digital story together and as participant Brian suggested to 'mix wisdom and youthful exuberance!'.

Sandybeach Coordinator Juliet Collins knew that this program would be welcomed by all taking part but was surprised at the depth and quality of the conversation and the impact it had on everyone involved. As participant Ruth eloquently summarised, 'The PADSIP program really changed me for the better. I had recently lost my husband after years of caring for him and I was in a kind of a vacuum - I had no idea of the problems and issues facing young people today. It opened my eyes. It affected me very deeply. I felt I was doing something special for these two (young people) and they made me feel better about myself. At the end of the program one of them wrote me a note that said 'you made me laugh when nothing else could' and I realised that I had got through to them'.

The variety of discussion was vast - with one group ending the program in a jamming session and sharing their favourite songs and another producing a video tackling the topic of prejudice against transgender people. Participant Mark was pleasantly surprised with how switched on the young students were, he commented that 'the future is in good hands'.

The program sparked a lot of joy and the older adults at Sandybeach are eager to be involved again. Juliet has been receiving regular knocks on her office door asking when the next program is going to start. As participant Brian adamantly requested 'Again please!'

The launch of the program was a team effort, with funding provided by Bayside Council and partners including Kids Like Us, Sandringham Lions Club, Swinburne University and Founder of PADSIP - Social Worker Mark Silver.

With such overwhelmingly positive feedback, Sandybeach will be continuing intergenerational programs in 2023, providing opportunities for the young and old to meet, share stories and build relationships.





Celebrating the carers in our community



Sandybeach has long been committed to providing support to carers. However, with a significant increase in carers in Bayside (Census data shows that it has increased from 12.4% in 2016 to 14.5% in 2021), there is a renewed focus on this vulnerable group.

As part of our Customer and Community needs update in 2022, Sandybeach surveyed our carer population to get a stronger understanding of what they were finding challenging in their role as a carer.

Overwhelmingly, the following concerns were consistent:

- They were lonely
- They feared what would happen to the person they were caring for if they were no longer able to look after them
- They were concerned about their own health
- They were overwhelmed by juggling multiple priorities
- They felt the burden of providing intense emotional support

To recognise the challenges and sacrifices that the carers in our community make on a daily basis, we wanted to recognise this important group by celebrating them with a lunch and entertainment at The Sandy Hotel.

This event provided an opportunity for carers to get out and enjoy a few hours break, socialise with others, have a laugh, and gain a greater understanding of the support services that are available.

With approximately 75 people attending the event, it was a fabulous opportunity for Sandybeach staff to get to know the carers in our community, understand their needs better and determine how we can best support them. It also set the wheels in motion for a new carers support group which will be launching at Sandybeach in 2023.

In addition to getting to know the carers, this event provided an opportunity to strengthen our relationships with relevant carer support organisations such as Alfred Health and Bayside Council – paving the way for future partnerships together.

We thank everyone who joined us in making this event a huge success – The Sandy Hotel, Alfred Health Carer Services, Brad Rowswell MP, Bayside Council, What's the Joke Entertainment and Comedian Evan Hocking.

Carers will be a strong focus for Sandybeach in 2023 as we look to provide increased support to this vulnerable community.





Garden based learning at Sandybeach



It has long been recognised that gardening is full of not only practical skill development but a multitude of therapeutic benefits. For these reasons, Sandybeach has been running accessible gardening programs for many years. After a long hiatus during COVID, it was a joy to have the program back on the agenda in 2022.

At Sandybeach, we are lucky to have gardening tutor and resident green thumb Frank Formica running the show. Each week, Frank led the charge with an enthusiastic group of students, covering gardening theory and then getting students out into the garden to get their hands dirty. Weekly tasks included planting, weeding, watering, harvesting and the best part - sampling garden produce! As part of the program, there were also visits to other gardens in the community for inspiration.

To celebrate the student's success throughout the year, the program culminated in a Garden Open Day in November 2022. It was wonderful to have so many parents, carers who were treated with a garden tour, a demonstration from knowledgeable tutor Frank and a delicious afternoon tea. Students were proud tour guides, showing the visitors the fruits

of their labour - which consisted of over 30 different types of vegetables and flowers! As one student commented, visitors were 'inspired by the garden and surprised by the great work done'. Fellow student Sally also commented on how fun it was to show her mum around the garden and 'get to know other people'.

With the support of head chef Margaret and our kitchen club students, a delectable home-made afternoon tea was also offered - scones with jam and cream, biscuits, tea and coffee. A great way to expand the experiences for our kitchen club students and for families and friends to see how well they can cook!

The Sandybeach garden has become a beautiful, nurturing space and we thank our volunteers, student carers and Sandybeach staff who offer their time each week to assist in maintaining it.

The gardening program will be running again in 2023 and a garden open day looks set to be a regular event on the Sandybeach calendar with all participants, family and friends surveyed answering a resounding 'YES' to having another garden open day in the future.





Extraordinary Volunteer Milestones

Sandybeach is a special place because of the people involved in it. In 2022, we wanted to acknowledge two volunteers and one staff member who have achieved extraordinary milestones. Thank you for giving your heart and soul to serve your community.



Lyn Sutcliffe
Volunteer 20 years

Lyn has been a consistent presence over the last 20 years in Sandybeach's programs for individuals with a

disability, volunteering in classes such as 'gardening', 'everyday maths' and 'living in the community'. Lyn has also held a staff position at Sandybeach doing some computer work and running a 'drop-in' program for community members who had basic problems with iPads, laptops and phones.

When asked what has kept her volunteering at Sandybeach for so long, Lyn replied 'I feel that my qualification in the disability field served to enhance my ability to assist both tutors and students. Sandybeach shares my values and although challenging at times, volunteering is always rewarding. Interaction with the students and my fellow staff members provides me with stimulation, joy and laughter. Through my time at Sandybeach, I have forged lifelong friendships and my days have been filled with fun and learning. I do feel I am making a contribution. I always tell anyone who has time to spare, to look at volunteering. It will enrich your life and you will never regret it'.

One of Lyn's favourite memories at Sandybeach was the 'Dare to be fabulous' fashion parade, where staff, volunteers and students combined to present the most amazing array of costumes, clothes and accessories, all paraded on a 'catwalk' in front of a standing room only hall. A huge confidence booster for the students involved in this event.



Margaret Agnew
Volunteer 25 years

Marg first found out about Sandybeach Centre through her association with the Sandringham Lions Club. Sandybeach

were looking for drivers for an offsite program 'Life Stories'. Marg took up the role and over the years expanded into a myriad of other volunteer positions including facilitator of the Life Stories program, bus jockeying for offsite programs, catering and helping to lead the music program.

Marg has been a mainstay at Sandybeach for 25 years and she explained that she has largely been driven by the satisfaction of 'knowing that she is contributing to making our participants feel safe and cared for'. She also mentioned that she has made extraordinary bonds and lifelong friendships with other staff and volunteers.

When asked her favourite memories of Sandybeach, Marg explained that 'it would take hours' but did share an amusing story from a lovely Indian lady that she met during her time in the Life Stories program. The lady's name was Ivy and she had servants her entire life until she came to Australia. In her attempt to cook dinner she cooked rice, thinking it was ready she proceeded to tip the rice in the sink. Left with a sink full of soggy rice, she had never seen the servants put something underneath to strain it! The room cackled for a long time about this story.

When asked to sum up Sandybeach in 5 words, Marg responded with the following 'Vital connection to our community' – we couldn't have said it better ourselves!



Extraordinary Staff Milestones

Congratulations on 20 years of service



Leanne Fink

Staff 20 years

How did you first come across Sandybeach Centre?

I first heard about Sandybeach through word of mouth. I enrolled in a 'Getting back to work course' after taking time off to have my family and returning to Melbourne from interstate. I was looking for work where I would be useful and that would fit in with my young family.

What roles have you had in your time?

My first career was as a physiotherapist. My first job at Sandybeach was working one afternoon a week assisting a group of students with disability prepare the afternoon tea for the Music Alive group. Over the years my responsibilities and hours have increased, and I am now working 3 days per week as the STEP Coordinator. This entails coordinating general interest, educational and employment programs for individuals with a disability. It also involves working closely with families and carers.

What has kept you working at Sandybeach Centre for so long?

I've become very attached to the Centre especially the people and I love doing something that I feel benefits the community.

If you could describe Sandybeach Centre in 5 words, how would you describe it?

Friendly, adaptive, growing, welcoming, inclusive, safe, challenging at times (more than 5 – take your pick!).

Any favourite memories of your time at Sandybeach?

I have a soft spot for the gardening program so some of my favourite memories are of garden open days. This is where our participants get to showcase what they have learnt, engage with the broader community and gain a sense of pride in what they have accomplished.



Sandybeach is going solar

We are going solar in 2023 with a joint project, funded by the Victorian Government through a Sustainability Victoria grant and a Sandybeach co-contribution.

Sandybeach will be powered by the sun through the installation of 54 solar panels and battery storage.

Obtaining this funding was a huge coup for Sandybeach - reducing our reliance on electricity and edging us closer to our goal of carbon neutrality.

As a not for profit organisation, our ability to invest in large scale infrastructure projects is limited. In addition to the obvious environmental benefit of moving our power generation to solar, there are a number of ways this project will directly flow onto value for our local community.



Reducing our energy costs enables us to:

- Invest more in programs for our community
- Provide additional subsidised programs and scholarships for lower socio-economic participants
- Prioritise upgrades to our facilities and resources

Sandybeach Centre will save close to \$7000 per year on electricity and will reduce reliance on gas to a negligible amount - cost savings which can now be diverted to more meaningful activities to build social capital within the community.

Thank you to Sustainability Victoria and David Mollet Solar Run for their assistance in getting this project off the ground.

News from Childcare

After some very difficult years for families, it was a wonderful year in childcare with lots of fun, laughter and noise. We welcomed returning and new families from our community.

Our thriving together theme was taken up by the families, children and educators alike. With laughter and smiles, here are some of our highlights:

- Our garden received the installation of a water tank which allowed for educational play and water for the veggie patch
- We participated in lots of reconnecting activities and the production of cards for our community members, which had supportive messages and drawings from our children, staff, volunteers

- Special sessions focused on our favourite sports for increasing activity and fun food days to expand our food choices
- We celebrated many different events to support diversity in our community
- The educators continued to build the children's wellbeing skills with a focus on mindful activities





Our Supporters, Rentals and Funding Partners

We thank the following people, organisations and Government departments who in 2022 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.

- Accelerated Insight - Mark Donaldson
- Adrienne Bizzari
- ALH Group
- Angel Parker
- BayCISS
- Brad Rowswell MP
- David Lewis
- Estelle Alabaster
- Fran Mollica
- Lions Club Sandringham
- Castlefield Community Centre
- Cheltenham Community Centre
- Hampton Community Centre
- Hihett Neighbourhood Community House
- Minuteman Press
- PSN Family Trust
- Sandringham Lions Club
- Southern Coaches
- Swinburne University

A special thank you - Bayside Seido Karate and Sandybeach - 19 years in partnership!

Bayside Seido Karate has been running out of Sandybeach Centre for 19 years. From their beginnings at Sandybeach Centre in 2003, the club has grown to now having over 70 members. They run classes for children and adults at Sandybeach on Monday, Tuesday and Thursday evenings and Sunday afternoons. Bayside Seido Karate work with people of all backgrounds, ages and abilities and through karate they work on improving mental, emotional and physical strength. Their program also builds confidence and teaches good self defence strategy. We have enjoyed working in partnership with you and look forward to many more together!





In memory of founder Bruce Morey



2 Sims Street Sandringham VIC 3191
Email: admin@sandybeach.org.au
Website: www.sandybeach.org.au
Phone: 03 9598 2155
ABN: 39 853 867 516