

CHAIR's

2023 ANNUAL REPORT



Members

Our Board of Directors are so proud to be working with an organisation who supports a large number of community projects across four regions of New South Wales. Our Board also witness first hand at all of our clubs, our Teams level of customer service and dedication to their role ensuring our members receive a memorable experience when they visit their club. We collectively value the contribution each team member makes to our group of clubs.

During 2022/2023 our group of clubs supported over 128 community projects demonstrating we support our vision “to make a significant contribution to the quality of community life”. There are many great initiatives I could speak about, although I will highlight just a few.

Nippers Board, Surf Life Saving Central Coast | Mingara

Mingara partnered with Surf Life Saving Central Coast to roll out a major project ready for the 2023/2024 season across all Central Coast beaches. With fifteen surf lifesaving clubs on the Coast, Mingara provided each of these clubs with two nipper boards each, custom made, for their Nippers Program at a cost of \$38,000. Nippers teaches kids how they can help themselves and their friends stay safe at the beach while having heaps of fun along the way. These much-needed pieces of equipment are required for the ever-growing Nipper Program on the Coast.

OzHarvest Feast Program | Mingara

Ten local primary and high schools on the Coast were supported by Mingara with a 10-week curriculum aligned program to explore the issue of food waste and it's environmental impact, healthy eating and classroom cooking. With Mingara's \$35,000 support, the ten schools benefited from resources such as lesson plans, aprons, recipes, worksheets, food costs and cooking kits. Several of our Mingara One Team got the opportunity to visit the local schools, helping out the school kids as they learned how to prepare and cook a meal in the kitchen. They also experienced how the OzHarvest Feast Program works together with reinforcing the importance of the connection between healthy eating and movement

Dog's Connect Program | The Westport Club

Partnering with Westport Public School, The Dogs Connect Program has helped to alleviate the rise in welfare and behavioural issues, including mental health issues in children at Westport Public School.

With the support of \$9,500 from The Westport Club, the introduction of a therapy dog assists to address these needs as evidenced by current research. The needs include calming effects, alleviation of effects of depression and loneliness, reduction in anxiety, increasing social skills and interactions, building pro-social behaviours, building bonding skills, raising confidence and promotion of school attendance. The program builds awareness and practice for pro-social skills as the therapy dog facilitates student's interaction with adults around a positive mutual topic for discussion whilst promoting self-esteem and wellbeing focused interactions. This program increase empathy, improves self-esteem, decreases retaliatory violence, lessons the emotional trauma and facilitate maintenance of student connection with social networks, school belonging and school pride.

Boat for Sailability | The Westport Club

Sailability is an all-volunteer organisation dedicated to providing freedom on the water for people with varying abilities and residents of aged care facilities. They offer individual sailing experiences with knowledgeable volunteers in specifically designed sailing dinghies, free of charge.

Along with their sailing dinghies, they have three support vessels which are deployed every time a dinghy goes out to sail. These vessels are utilised to ensure the safety of the volunteers and clients, helping them to stay within the designated sailing area, supporting them if they require assistance including towing them into shore. Without The Westport Club's \$20,000 contribution, this service could not be offered to the Port Macquarie-Hastings community.

Top Blokes Program | Lantern Club

Top Blokes Program aims to support the self-efficacy of young males aged between 11 & 14 years from three local public schools within Canterbury Roselands area. With our support of \$18,000, each school is provided with a toolkit of skills in mental health, wellbeing and emotional resilience through weekly social education workshops on key issues impacting participants such as: risk taking and peer pressure, mental health, respectful relationships, online behaviour and consequences (cyber bullying), alcohol and drugs, discrimination and anger management.

Engaging these young men at this critical point within their prime stage of risk-taking provides a window of opportunity to prevent or alter any dangerous or regrettable decisions they may make through harm minimisation and innovative strength-based delivery methods.

BreastScreen NSW | Lantern Club

As part of the clubs Pink Campaign for breast cancer awareness and support, Lantern Club has partnered with BreastScreen NSW to continue to build on their previous successful campaign, to encourage more women to be screened for breast cancer within the greater Roseland area.

Our previous support saw the number of women attending a breast screening significantly increase. This partnership enabled people from non-English speaking backgrounds to better access material and information about breast screening.

Lantern Club are extending their support as part of this year's campaign with the goal of helping to increase breast screening rates by funding a Community Education Officer. The Club fundraised throughout October and in conjunction with our community contribution, we provided a total of \$56,000 to Breast Screen NSW.

Gotcha4Life | Springwood Sports Club

The purpose of the Gotcha4Life Program is to build mental fitness in our high school aged students in the Blue Mountains area. Gotcha4Life defines mental fitness as the ability to bounce back from life's challenges. The preventative mental health presentations, workshops and resources inspire and enable students to take action to build their mental fitness.

The objectives of their programs are emotional resilience, social connectedness and healthy help-seeking behaviours. Programs generally run between 1-2 hours and are delivered through a mix of presentations and activities. With our \$10,000 contribution, the Gotcha4Life Program works with local high schools in the Blue Mountains area to deliver a series of presentations and workshops to years 7-12, teachers and parents.

As I conclude this year's Annual Report, I want to express my sincere gratitude to Paul Barnett and the Executive Team for their unwavering commitment to our vision. Thank you also to our team at all of our clubs for their fantastic work and positive impact you have made for our members over the past 12 months.

Thank you members for entrusting us, your Board to provide strategic direction, governance and direction for your club. We remain dedicated to innovation, sustainability, and growth for our organisation. The Board's ongoing personal support is greatly appreciated, and we are confident in our ability to navigate the everchanging landscape ahead.

The Community Advisory Committees play a vital role communicating between our members and management, their optimism is truly welcomed by our Board. Catherine's support has also been an important part of the Board's success, thank you for all that you do.

We are now entering a wonderful new phase of our journey. What started as a small club over 52 years ago, has developed into an amazing story of growth and success, whilst always maintaining our vision.

A handwritten signature in black ink, appearing to read 'P Walker', written in a cursive style.

Phil Walker
Chair
Mingara Leisure Group