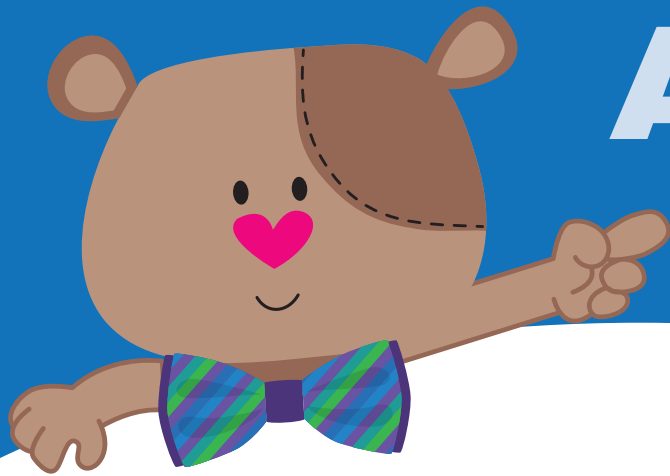




2020

our Year at a Glance

our Vision is that every child's development is nurtured by the community to ensure they reach their potential.



A MESSAGE

From the Fit Kidz Foundation

We would like to take this opportunity to thank all of our generous supporters and donors who have helped us make positive impacts in the lives of children with Autism and other developmental delays and their families. You have enabled us to reach and support even more children in our local community, as seen in Noah's story on page 6.

2020 was a big year at Fit Kidz Foundation, however as we all know, it was a time of challenge for many. COVID-19 presented its own challenges and opportunities for our community. There were barriers in providing our early intervention programs to the children in the regular face to face way. However, with the determination of the wonderful team at Fit Kidz Foundation we were able to provide Telehealth services across both our group and individual programs to ensure we could provide continuity of supports and remain connected to our children and their families. We are very grateful to the families for embracing this change.

We were sadly unable to run our annual golf day and ball, our major fundraising events. With the support of our community we initiated new fundraising opportunities such as our 50/50 cash raffle and we saw an increase on overall donations.

This past year we have continued to reach more children and families, as you will see on page 4 and 5. We have continued to provide both group-based and individualised programs and successfully launched our after school social skills group to meet the needs of school-aged children. Our funding from the NSW Department of Education was secured for another year allowing us to provide ongoing support to Preschools in the Hornsby Shire Council to include children with additional needs.

There are still many children and families in our community that require support and we know there is a great need for our services. To address this need we continue to look at ways to broaden our scope in the future, including growing our team and launching innovative services such as behaviour support and more specific support for parents and carers.



Melissa Scaife
Co-Founder



Ellen Witzlsperger
Service Director



Sarah Rawlins
Acting Service Director

OUR JOURNEY with Telehealth

Jessica Mudge, Occupational Therapist

Telehealth allowed the Fit Kidz Foundation community to remain connected and supported over a period of time when there were many changes and uncertainties. For many of our families, the simple ability to maintain some form of routine and normality during this time was extremely beneficial to the children's overall wellbeing and development.

I think the high number of learning curves and challenges faced in our shift to telehealth was something shared by both families and clinicians! Shifting ideas and resources from a physical space to one accessible online certainly meant we had to be creative. While the first few telehealth sessions seemed like a bit of a novelty for many of our children, developing new ideas, planning and creating goal specific activities that could be achieved over a screen and with regular household items kept us on our toes as we progressed further into telehealth sessions. I was also mindful of not placing too high of an expectation on families during a very stressful period. Reassuring families that a shift in goals and priorities during this time was totally normal and that this did not naturally mean that their child's progress would halt or regress was also really important.

Learning how to provide consistent, relevant and effective therapy through a new mode of service delivery (telehealth) within a very short amount of time was absolutely a challenge! Seeing families and clients thrive in this new setting was very rewarding. Telehealth strengthened the relationships between families and therapists as we problem solved and worked through this journey together. It was great to see families being so 'hands on' during sessions and as therapists, we saw some lovely carry over of therapeutic strategies into the everyday home environment.

As a clinician, telehealth was a great way to reflect on my own strategies and approaches to working with families in the community setting and how to build on this further to deliver well rounded therapy. Telehealth is certainly a method of therapeutic intervention that can produce wonderful outcomes for a range of children and family units and therefore certainly should be an option to consider for our community moving forward.

**891
HOURS**
Telehealth
Individualised
Services

(27% of individualised
services across
2020)

**567
HOURS**

Telehealth
Group Services

**172
HOURS**

Telehealth
Workshops &
Coaching



our Impact

2020

our Team

145

Number of children supported

3317

Hours of individualised services

23

Number of screeners

15

Parent workshop hours

585

Hours of coaching to mainstream services

6990

Hours of group services

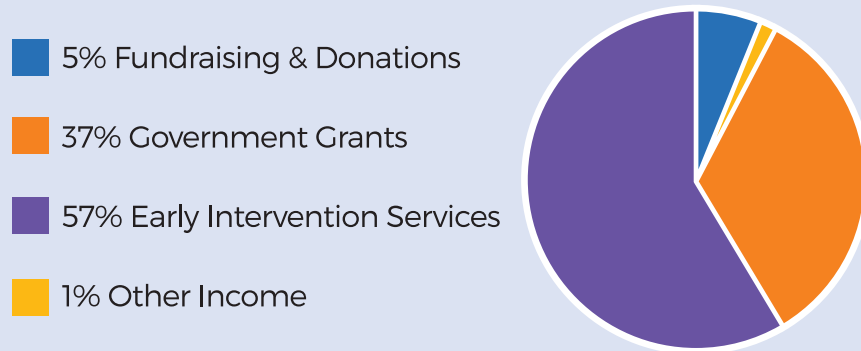
TOTAL STAFF - 21



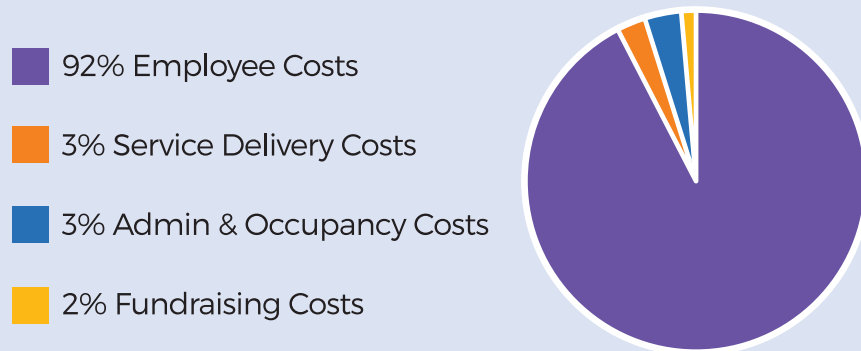
FINANCIAL Summary

Financial reports were audited by Lamb, Low and Partners Pty Ltd and are available by request from Fit Kidz Foundation and have been lodged with the Australian Charities and Not for Profit Commission.

INCOME - Where the money comes from



EXPENSES - Where the money goes



FAMILY Feedback

The Fit Kidz Foundation sends out an end of year survey to families that helps to measure our success and identify any areas for improvement. We welcome feedback at any time to: info@fitkidzfoundation.org.au



(*the % of people marking 9 or 10 out of 10 for likelihood to recommend Fit Kidz Foundation, minus the % of people marking 1 to 6 out of 10)

FAMILY STORY

Meef Noah and the Delovino-Viloria Family

Noah was developing typically until 18 months of age. At that time Maria Aura and Melchor started noticing changes. The first words Noah uttered at 7 months of age were lost. Physical skills he had previously mastered including going up and down his toddler slide, disappeared. When Maria Aura attempted to lift or cuddle Noah he would pull away. As the days passed, Noah continued to regress. He then began 'toe-walking' and lost his ability to use eye contact. He never initiated play or any kind of interaction with other children. He lost his ability to functionally play with toys, and became physically uncoordinated, rigid and clumsy. He developed hyper-sensitivity to noise and could barely tolerate being touched. At 2 years and 4 months of age Noah was formally diagnosed with Autism Spectrum Disorder Level 3, Global Development Delay and Sensory Processing Disorder.

What services have you accessed at the Fit Kidz Foundation?

We have accessed Individualised Services including Speech and Occupational Therapy since June 2017 and the 2-Day Early Intervention Group Program since 2019. In January 2021, Noah will complete the Transition to School Program in preparation for 'big school'.

How have the Fit Kidz Foundation Services impacted your son and your family?

Our family loves that individualised therapy is completed in our home which supports Noah and the whole family. We value the fact that Fit Kidz Foundation works within Noah's larger support team, meaning there is a holistic approach to his learning.

I could not have imagined the incredible impact that Fit Kidz Foundation has had on Noah and our family. The team has offered incredible support throughout our early intervention journey, it

does not feel like they are simply a 'service provider'. It feels like we have been on Noah's journey together, hand-in-hand.

What was your experience of Telehealth services during COVID-19?

During COVID-19 we accessed the Early Intervention Group Program, Speech and Occupational Therapy. Despite the challenges that came with Telehealth sessions, we enjoyed doing the preparation for each therapy and group session. We made use of resources that we already had at home, and it encouraged us to tap further into our creative and imaginative side! This allowed us more time as a family to be involved in the process. Each session had a personal touch, which made it extra special.

What are your hopes and dreams for Noah?

Despite Noah's challenges he is a warm and loving boy who has unique gifts to offer the world. He has developed some wonderful foundational skills throughout his time with Fit Kidz Foundation that I hope he can continue to build on. I dream that in time he will develop meaningful relationships, find his passion and hold on to his persistent and resilient attitude.



FUNDRAISING overview

The Fit Kidz Foundation relies on the engagement of our local community to support some of our fundraising needs. This enables us to provide and expand upon our Early Intervention services for local families.

The beginning of the year proceeded as planned with Fit Kidz Foundation holding our 2020 'Denim and Diamonds' Ladies Night where more than 100 local ladies enjoyed a relaxed evening of socialising and dancing. This event went ahead in March, just before social distancing restrictions came into place. The generous donation of a diamond pendant and necklace from Dracakis Jewellers at Castle Towers helped to raise more than \$4,100.00 for Fit Kidz Foundation Early Intervention Group Programs.

Unfortunately, due to the global pandemic and relevant social distancing restrictions, the 2020 Annual Charity Ball and Autism Awareness Golf Day events did not go ahead as planned. The cancellation of these major fundraising events resulted in a substantial fundraising gap of approximately \$60,000.

Even though we were unable to hold face to face fundraising events for the majority of 2020, we were fortunate enough to be able to continue with community and family fundraising initiatives including the Autism Awareness 'Rainbow

Scrunchie' fundraiser, the 'Art Show' where we showcased original artworks from our Group Program children, our 'Online Donations' campaign and the 'Fit Kidz Foundation Online Shop' where we offered Fit Kidz Foundation branded merchandise at amazing prices!

We also participated in two new fundraising initiatives, the '50/50 CA\$H RAFFLE' and the 'Funky Socks' fundraiser. These initiatives were a great success and enabled us to not only build awareness of Fit Kidz Foundation but raise more than \$5000 for the Early Intervention Group Programs.

During 2020 we received many generous donations from our community to support the early intervention journey of local children and their families. Annually we receive substantial financial support from Fit Kidz Early Learning Centres and in 2020 their contribution continued. We are grateful to all our 2020 supporters, which included:

- Fit Kidz Early Learning Centres
- Australia Hotel & Brewery
- Correct Solutions
- 33 Real Estate
- Saya Studio
- Layer 2 Network Services
- Dracakis Jewellers Castle Towers
- C&C Plastics
- Guardian Realty

We believe our 2021 fundraising events will be our best yet!



SUPPORT Us

Donations

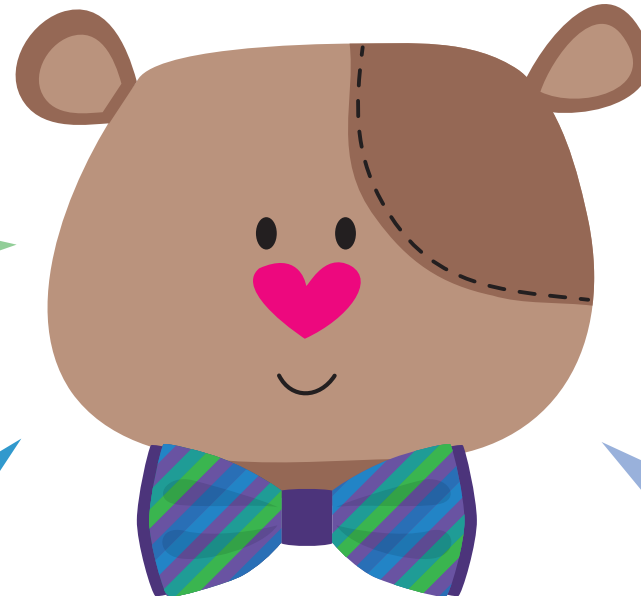
Whether you make a once off cash donation to support our subsidised Early Intervention Group Programs or are donating products or services as auction prizes for a Charity Ball - all donations are greatly appreciated!

Volunteer With Us

We will often ask for volunteers to help with fundraising or community events. From flipping sausages at a BBQ to wrapping raffle items, there is a volunteering role to suit everyone.

Corporate Partnerships

If you are a philanthropist looking to make a profound impact in the lives of children with Autism or other Developmental Disabilities, then Corporate Partnership is for you. Partnership options include supporting a particular child and their family or supporting the sensory or communication needs of our classrooms. In recognition of your partnership, our gifts to you include targeted marketing, VIP status at our Annual Charity Ball and other official documentation. Please reach out to express your interest so we can provide you with a tailored response.



Fit Kidz FOUNDATION

831 Old Northern Road
(Cnr Quarry Road)
Dural NSW 2158
(02) 9627 0721






Sponsor An Event

At times we will seek individuals or businesses to sponsor a particular event, or a specific cost involved with an event. For example, perhaps you would like to sponsor a family community event at the Northwest Shine Shed, an all abilities play centre where families can connect and children can play in a safe environment. You may choose to sponsor the entertainment or styling costs for our next Charity Ball. In recognition of your support, Fit Kidz Foundation can provide you with exclusive marketing exposure. Contact us to learn more!

Regular Gift Giving

In 2021, we are excited to be launching our first 'Regular Giving' program! Through this program you will be able to donate a desired amount via credit card or direct debit automatically through our online platform. Regular giving is a fantastic way to show your ongoing support for Fit Kidz Foundation.

-  www.fitkidzfoundation.org.au
-  [thefitkidzfoundation](https://www.instagram.com/thefitkidzfoundation)
-  [fitkidzfoundation](https://www.facebook.com/fitkidzfoundation)