



2022

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*

As the need for early intervention continued to grow over the year of 2022, as did the Fit Kidz Foundation's footprint of services and families in our community. Over the year we have reached just over 150 families, around 30 mainstream early childhood education and care (ECEC) services and continued to offer a wide range of supports and services through the committed and dedicated team at the Fit Kidz Foundation.

Some of our service highlights include:

- Launching our 'Tap & Talk' support services, which includes programs for children who use a communication device.
- Launching our Toileting Workshop series for parents and carers.
- Launching our group feeding program 'Mealtime Matters', which is a specialised feeding program following the SOS feeding approach.
- Hosting Music Therapy at our Dural site.

Some of our community highlights include:

- Hosting the inaugural 'Stronger Together' conference on the 20th of August for over 150 local families. The conference provided a space for parents of neurodiverse people, local services and the community to connect and be empowered. We are thrilled to announce this will be an annual event for local families thanks to grants from the Hills Shire Council and CBA Staff Foundation and local sponsorships.
- Hosting a range of Speech and Occupational Therapy students from the University of Sydney, University of Technology Sydney, and the Australian Catholic University.
- Supporting the Mayor's Children's Christmas to ensure the event is accessible and inclusive for all children.
- Hosting exclusive community access visits to Inflatable World in July and again in September for our Fit Kidz Foundation community of families.
- Hosting our first ever exclusive family Christmas Party at Lollipops thanks to the generosity of our Spring Ball guests.

We were also able to secure a range of new grants in 2022. These included a Community Grant from the Hills Shire Council, a Community Building Partnership Grant from the NSW Government, Community Grant from the CommBank Staff Foundation and two grants from ClubGrants, a grant from Castle Towers and a community grant from Give2Asia Australia. All these grants will support the growth and resources of the Fit Kidz Foundation, including the launch of our roaming sensory tent at community events, hosting our Stronger Together conference, the delivery of Sibling support groups, hosting ongoing community access visits and specific resources for our services. Sadly, our funding from the NSW Department of Education to deliver supports to local preschools came to completion on the 30th of June.

Thankfully, after two years, we hosted all of our major fundraising events in 2022 including our Ladies Night, Golf Day and Spring Ball raising over \$123,000.00. We also received more donations from our community than any other year, totalling just over \$48,000.00.

With more and more children being diagnosed with support needs in our community, moving forward, the Fit Kidz Foundation is proactively seeking out more space to ensure we can meet this growing need. We are also focused on working closely in our community to improve access and inclusion for all people with additional needs. Our vision has always been to build a community that nurtures all children's potential. The Fit Kidz Foundation and its programs and services is only possible because of your support. We rely on our Fit Kidz Foundation community and the wider community to spread the word and raise funds to ensure our programs and services support each family through their journey of early intervention and beyond.

Melissa Scaife, Co-Founder

Ellen Witzlsperger, Service Director



STRONGER TOGETHER

2022 Conference

In 2022 we ran our inaugural Stronger Together Conference. Stronger Together was a dream that Mel and Ellen had talked about for many years. The idea was to find the perfect way to connect families to feel empowered to face challenges and celebrate the triumphs and with that came Stronger Together.

On the day we were joined by over 200 parents and carers of neurodiverse children and over 30 exhibitors who were able to highlight their services to the local community.


We were very fortunate to have Richard and Randa Habelrih, Sandy Golder, and Jo Abi all speak at the conference. Their engaging talks resonated with everyone in attendance. "I love to speak on the stage and tell people about me because sometimes some people don't understand that I am just like them. Even if I am different, even if I have dark hair or I have autism," Richard said after the event.

Our guest panels provided two different insights, Panel One we heard from Ainslie Robinson, Lorna Gordon and Richard Habelrih who provided a brief insight into how they view the world through a neurodiverse lens. Panel Two consisted of Briana Blackett, Daniel and

Katherine Pym, Nicole Hurley and Tara Thompson, where we heard how different experiences as parents have shaped how they have become the biggest advocates for their children.

Briana Blackett summed up the day perfectly, as Briana and her son Max drove away from the conference she said to him, "all of those people have your back". Max reached over, touched his mum's arm and smiled.

The day was made possible by The Hills Shire Council Grant, the Commonwealth Bank Grant, and also to our wonderful sponsors who all very generously purchased a table to allow guests to attend the event at no cost. All of our amazing sponsors are below, and their continued support of the Fit Kidz Foundation is always valued and appreciated.

 [facebook.com/StrongerTogetherEmpoweringYourJourney](https://www.facebook.com/StrongerTogetherEmpoweringYourJourney)



"Really enjoyed the day, made me more determined to advocate for my daughter and her needs."





"I am so grateful for this conference, the presenters were all honest and real, sharing very personal experiences so generously."




STRONGER TOGETHER

empowering your journey through connections

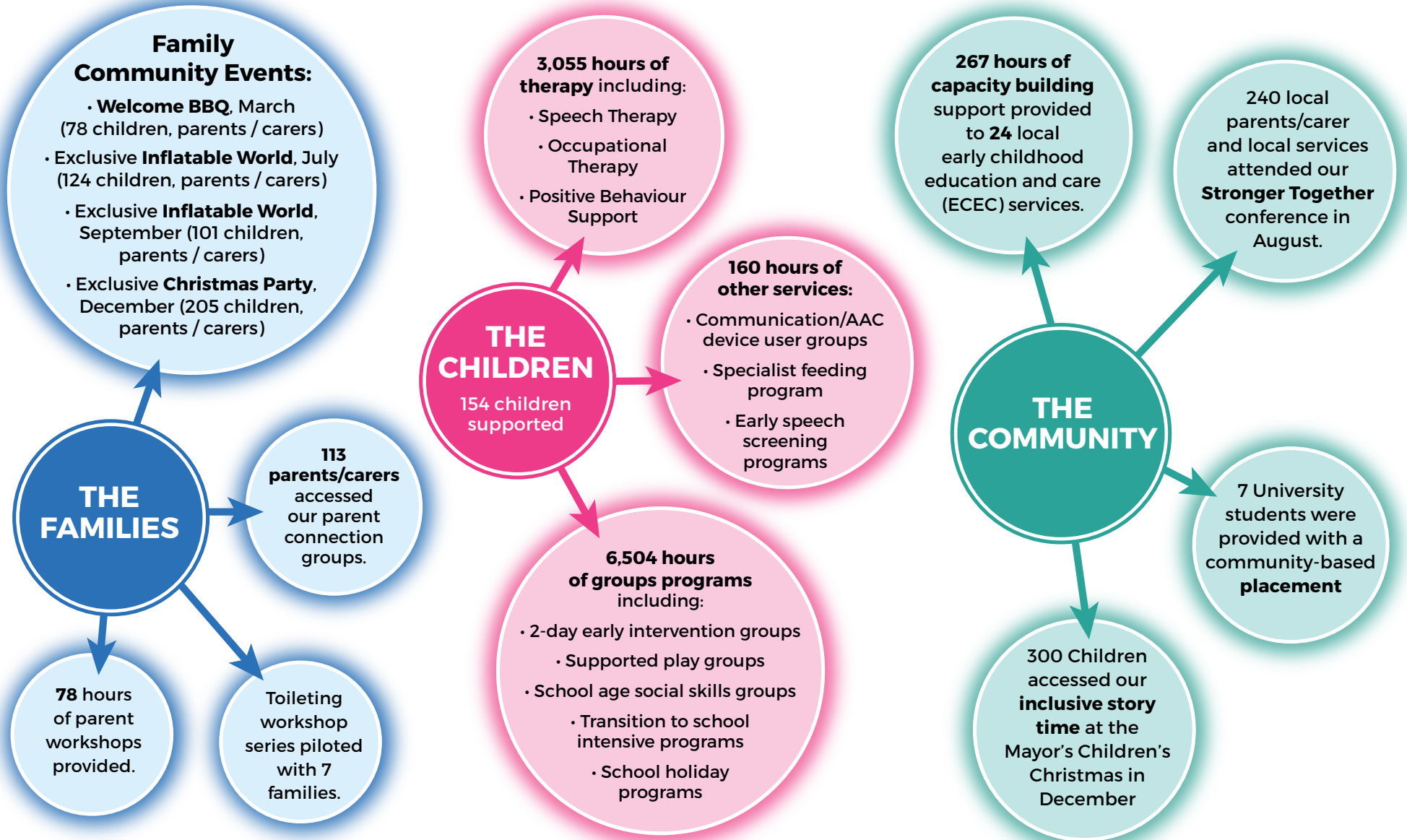
2022 Conference

Hosted by
The Fit Kidz Foundation

"It was a fantastic day to be a part of. I really enjoyed listening to the guest speakers. I thought they shared insightful stories and spoke from the heart."



OUR IMPACT in 2022



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.

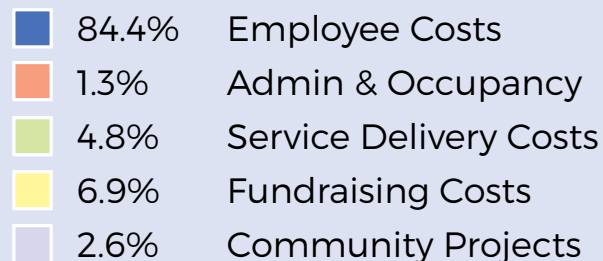
Where the money comes from

Income (TOTAL) \$1,221,744.91



Where the money goes

Expenses (TOTAL) \$1,407,400.03



our TEAM

Management	3
Administration	2
Events & Marketing	2
Speech Pathologists	6
Occupational Therapists	6
Psychologist/Counsellors	2
Early Childhood Teacher	1
Support Educators & Therapy Assistants	9

TOTAL 31 STAFF



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.

95% of families were 'extremely satisfied' or 'very satisfied' with Fit Kidz Foundation Services.

"I cannot recommend The Fit Kidz Foundation highly enough!"

91.3% Net Promoter Score*

"All staff are amazing. We can't thank you guys enough for what you have done. Not only for our child but our family."

"I love all the services; the team have really helped our family and I'm glad we have their support."

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

Meet Liam and The Zreikat Family

Our Son Liam was diagnosed with Autism in 2021 at the age of 4. The diagnosis was something that we were expecting when we had Liam assessed. However, when the professionals on the other side of the table confirm it, it is still a shock and something that hits home quite strongly.

As the saying goes 'when one door closes another door opens', and that's exactly what Liam's diagnosis did for us. We knew Liam needed to get support services as soon as possible so that he could get the best possible start in his life, and to help that happen we were introduced to the Fit Kidz Foundation. By offering us speech therapy, occupational therapy (OT) and an Early Intervention Service all under the one roof, we thought the Fit Kidz Foundation was too good to be true.

So after juggling COVID lockdowns, we were finally able to begin speech therapy and OT with the Foundation in November 2021. It was thanks to his therapists that within weeks we were seeing improvements in Liam's speech, and both Liam and ourselves were gaining valuable insights on how to best deal with day-to-day life for Liam.

We will never forget during Christmas 2021 Liam said the words "turn on" in context to a new toy as clear as day, something he had previously not done. This was a result of the therapy that Liam was receiving through the Foundation.

For a child with Autism, school is a big step, and as a parent how do you get a child like Liam ready for school. Luckily enough the Foundation is there to help with its school readiness program, otherwise known as "Bear School"! Liam absolutely loves Bear School and all the staff that run it.



Bear School has helped Liam interact with other students, teachers, sit down in a "classroom like" environment. With the way Liam has progressed we believe that by the start of school in 2023 Liam will be in a much better position to navigate the big wide school world thanks to the help of the Fit Kidz Foundation.

The improvements that early intervention with the Foundation have given Liam are priceless. Early intervention is a key part in helping children like Liam adapt to life in our world.

As Liam would say "Go Bear School"!

COMMUNITY EVENT

Exclusive Christmas Party

Many of our families can find attending community activities overwhelming. Through our community access visits throughout the year, we aim to provide an opportunity where our families can all enjoy themselves, connect with one another and feel supported within our community.

For our end of year celebration, we went to Lollipops Castle Hill where we had exclusive hire of the facilities which allowed our families to connect with one another in a safe and inclusive environment. We had face painting, balloon animals, a pizza truck and a very special visit from Santa which was loved by all.

Our Family Christmas party would not have been possible if it wasn't for all of those who attended our Spring Ball and made a pledge donation on the evening. We raised an incredible \$6,000 that went towards the Christmas party to create an afternoon that was enjoyed by current and past families of the Foundation.

"We are super grateful to the pledges that were made at the Spring Ball to allow my family and others to attend a free, fun and inclusive event. My kids and I had a great time catching up with friends and making new ones. So many happy faces, it means a lot to my family to be surrounded by like minded people, no judgement, everyone connecting and just having a great time."



"The Christmas party that the Foundation held for families at Lollipops was incredible! My girls had 2 hours of fun, food, enjoyed face painting and a visit from Santa, all at no cost to us thanks to the generosity of donations at the Ball. We had exclusive access to the playcentre which makes it much more enjoyable as a parent knowing we are supported by other families and the staff, with zero judgement."

FUNDRAISING

overview

LADIES NIGHT

The year started in March 2022 with our 'Black and White' Ladies Night. We were joined by over 100 ladies who all enjoyed a night of socialising and dancing. Our biggest fundraising effort from the night was our 'Lucky dip Key' fundraiser which saw guests buy a key to unlock a padlock to win a \$1,000 Robert Cliff Jewellers voucher. On the night we had two bingo board raffles running with all proceeds from one of the boards going towards the flood relief appeal. Thanks to all the generous supporters of the evening we were able to raise over \$8,000 toward the Fit Kidz Foundation.

GOLF DAY

We held our 5th Annual Charity Golf Day at Riverside Oaks in May 2022. Our Golf Day was supported by longtime partners of the Foundation, Guardian Reality. Many local businesses came onboard with 18 hole sponsors and 136 players on the day. With thanks to everyone who came on the day and our hard-working parent committee, we were able to raise just over \$41,000.

SPRING BALL

After a two year hiatus we hosted our Spring Ball in October 2022 at Castle Hill RSL. There were over 250 guests in attendance who all enjoyed a night of good food, drinks and dancing. We were joined by friend of the Foundation, Melissa Doyle and once again joined by Jellybean Jam to entertain the guests late into the evening. We had many fundraising efforts on the evening including bingo boards, raffles, flower prizes, silent and live auctions. Our \$10,000 Exclusive Holiday Raffle was our biggest fundraiser, with ticket sales capped at 200 tickets and the winner receiving the prize money to spend on their dream holiday. The night would not have been possible without our Gold Sponsors; Blue Group Projects, Guardian Realty, Hills Self Storage, QKM Kitchens, Signature Projects, and WPH Sports Club. It is with many thanks to those who attended the evening we were able to raise over \$73,000 which is our biggest year yet.



GRANTS

We were very fortunate to have The Hills Shire Council Community Grant and CommBank Staff Foundation Community Grant towards our Stronger Together Conference (see page 4 and 5). If it wasn't for these grants the vision of a conference to support those in the local community would not have turned into fruition. We were also able to secure a range of new grants for 2023 projects. These include a Community Grant from the Hills Shire Council, a Community Building Partnership Grant from the NSW Government, Community Grant from the CommBank Staff Foundation, two grants from ClubGrants, a grant from Castle Towers and a community grant from Give2Asia Australia. These grants will support community projects including the launch of our roaming sensory tent at community events, hosting our Stronger Together conference for another year, the delivery of sibling support groups, hosting ongoing community access visits and specific resources for our services.



COMMUNITY DONATIONS

In 2022 we received over \$48,000 in donations from our community partners and supporters. These included support from our regular donors and also some new partnerships with local business - all of our supporters' logos are represented across this page. Every donation and act of generosity from our community helps support the early intervention journey of local children and their families, and we are very thankful.

COMMITTEE

Our Fit Kidz Foundation Parent Committee forms an integral part of the fundraising efforts that the Foundation has. Without this committee a lot of the work that goes into our events would not be possible. We would like to thank each and every member of our committee who puts in their time and effort into making our events possible.



SUPPORT US

How you can help

Donations

Whether you make a once off cash donation, regular donations or donate a product or service towards a prize for a fundraising event all donations are greatly appreciate to assist us to support our subsidised Early Intervention Group Programs.

Sponsor an Event

Throughout the year we seek individuals or businesses to sponsor our major fundraising events, including Ladies Night, our Golf Day, and the Spring Ball. You can also choose to sponsor a family community access event which enables families to connect and children to play in a safe and inclusive environment. If you would like to sponsor an event, please contact us to learn more!

Volunteer with us

We often ask for volunteers to help with fundraising or community events. From wrapping raffle items or transporting items to and from an event, there is a volunteer role to suit everyone.



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