



mulleraterong  
centre inc

# 67th Annual Report 2022 - 2023





**mulleraterong**  
centre inc

disability support

choice

empowerment

support

inclusion

outcomes

## **Purpose**

**Mulleraterong Centre is committed to delivering efficient and effective services which are individualised, responsive and delivered within a framework of respect for human rights.**

## **Vision**

**To promote the advancement of accessible and inclusive communities which respect and value all of its members.**

## **Mission**

**Mulleraterong Centre is dedicated to providing exemplary services and supports which empower people with disabilities, furthers their independence and enhances their belonging within the community.**





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**2022 / 2023**

## **BOARD OF MANAGEMENT**

President	Rebecca Morton
Vice President	Kara Winderlich
Treasurer	Tim Hallam until Oct 2022
Treasurer	Michael Shanahan from Oct 2022
Secretary	Mark Anthony Kearns
Member	Sharon Muldoon
Member	Fiona Musson outgoing Sept 2022
Member	Leeanne Barber

## **LIFE MEMBERS**

\*L. Mouat, \*A. Tew, \*K. Daffey, \*P. Shiells, \*B. Scott,  
\*P. Row, \*B. Ladd, R. Thompson, G. Linke, T. Gurry, D. Cameron,  
S. Dohle, G. Scott, R. Linke, R. Lewis  
(\* deceased)

## **AUDITOR**

Sinclair Wilson

## **TEAM**

Kate Addinsall	Jacqui Bain	Casey Barker
Michael Borrodell	Ashleigh Carrigg	Ellen Casey
Julie Donovan	Alison Dunn	Frank Fletcher
Janette Gilding	Sallie Glare	Brodie Golding
Melissa Gould	Erin Hatherell	Pa-lin Henry
Jenna Loats	Ruby Lang	Bev McDonald
Madeleine McErvale	Rachel Page	Pauline Perkins
Annette Read	Nisara Roll	Andy Ross
Bianca Tamburro	Jesse Shannahan	Sarah Tarrant
Anthony Ung		

## **VOLUNTEERS**

Maureen Lowry	Rebecca Morton	Kara Winderlich
Tim Hallam	Michael Shanahan	Sharon Muldoon
Fiona Musson	Mark Anthony Kearns	Leeanne Barber

MULLERATERONG CENTRE INC.

Statement of Comprehensive Income  
For the Year Ended 30 June 2023

	Note	2023 \$	2022 \$
<b>Income</b>			
Client Fees		724	2,204
Dividends (including franked dividends) on Listed Investments		8,920	-
Donations		140,847	696
Interest Received		50,113	11,004
Member Subscriptions		95	182
Pool Fees		5,309	3,529
Profit /(loss on sale of Property, Plant & Equipment)		-	9,010
Programs Income		18,043	14,308
NDIS Funding		2,069,838	1,754,782
Sundry Income		4,277	2,568
Wage Reimbursement		-	13,555
<b>Total Income</b>		<b>2,298,166</b>	<b>1,811,838</b>
<b>Expenditure</b>			
Accounting & Audit		6,249	9,194
Advertising		8,270	13,123
Bad Debt		175	13
Centre Requisites		8,428	10,233
Cleaning		39,660	36,181
Consultancy		36,000	12,064
Electricity & Gas		23,512	19,018
Reduction in Market Value of Listed Investments		1,172	-
Hospitality Requisites		4,977	918
Insurance		27,436	25,307
IT		26,024	19,554
Loss on Disposal of Assets		-	682
Payroll Costs		9,541	7,980
Printing & Stationery		3,693	3,710
Program Expenses		13,173	10,769
Quality Assurance Audit		3,835	-
Rates		5,543	5,334
Repairs and Maintenance		28,264	33,997
Salaries		1,341,083	1,225,085
Staff Training		7,733	2,810
Subscriptions		14,819	14,163
Sundry Expenses		1,246	596
Superannuation		128,461	109,985
Telephone & Internet		6,455	8,649
Transport		25,783	27,337
Workcover		28,418	16,162
<b>Total Expenditure</b>		<b>1,799,950</b>	<b>1,612,864</b>
<b>Net Income for the year before depreciation</b>		<b>498,216</b>	<b>198,974</b>
<b>Depreciation Expense for the Year</b>		<b>(117,480)</b>	<b>(115,784)</b>
<b>Comprehensive Surplus / (Loss)</b>		<b>380,736</b>	<b>83,190</b>

The Accompanying notes form part of this Financial Report

MULLERATERONG CENTRE INC.

Statement of Financial Position  
As at 30 June 2023

<b>Assets</b>	<b>Note</b>	<b>2023</b>	<b>2022</b>
		<b>\$</b>	<b>\$</b>
<b>Current Assets</b>			
Cash and Cash Equivalents	2	242,743	278,319
Investments	2	2,960,953	2,917,592
Financial Assets	4	488,826	-
Receivables	3	94,210	109,164
		<u>3,786,732</u>	<u>3,305,075</u>
<b>Non Current Assets</b>			
Property , Plant and Equipment & Motor Vehicles	5	1,646,394	1,688,606
<b>Total Assets</b>		<u>5,433,126</u>	<u>4,993,681</u>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Trade and Other Payables	6	92,385	67,040
Employee Provisions	7	305,129	283,054
		<u>397,514</u>	<u>350,094</u>
<b>Non Current Liabilities</b>			
Employee Provisions	7	39,527	28,238
<b>Total Non Current Liabilities</b>		<u>39,527</u>	<u>28,238</u>
<b>Total Liabilities</b>		<u>437,041</u>	<u>378,332</u>
<b>Net Assets</b>		<u>4,996,085</u>	<u>4,615,349</u>
<b>Members Funds</b>			
Retained Surplus		4,996,085	4,615,349
<b>Total Members Funds</b>		<u>4,996,085</u>	<u>4,615,349</u>

**MULLERATERONG CENTRE INC.**

**Statement of Changes in Equity**

**For the Year Ended 30 June 2023**

	Notes	Retained Earnings \$	Total \$
Balance at 1 July 2021		4,532,159	4,532,159
Profit (loss) attributable		83,190	83,190
Transfers to and from reserves		-	-
Balance at 30 June 2022		<u>4,615,349</u>	<u>4,615,349</u>
Profit (loss) attributable		380,736	380,736
Transfers to and from reserves		-	-
Balance at 30 June 2023		<u>4,996,085</u>	<u>4,996,085</u>

The Accompanying notes form part of this Financial Report

MULLERATERONG CENTRE INC.

Statement of Cashflows  
As at 30 June 2023

	Note	2023 \$	2022 \$
<b>Cash Flow from Operating Activities</b>			
Receipts from operating activities		2,263,007	1,758,448
Interest received		50,113	11,004
Payments to suppliers		(305,061)	(269,440)
Payments to employees		(1,436,180)	(1,297,491)
<b>Net cash provided by operating activities</b>	<b>7</b>	<u>571,878</u>	<u>202,521</u>
<b>Cash Flow from Investing Activities</b>			
Payment for property, plant & equipment		(74,778)	(42,734)
Purchase of Listed Investments		(489,998)	-
<b>Net cash used in investing activities</b>		<u>(564,776)</u>	<u>(42,734)</u>
Net increase/(decrease) in cash held		7,102	159,787
Cash at the beginning of Financial Year		<u>3,196,593</u>	<u>3,036,806</u>
Cash at the end of Financial Year	<b>2</b>	<u>3,203,695</u>	<u>3,196,593</u>

The Accompanying notes form part of this Financial Report

## MULLERATERONG CENTRE INC.

### Notes to and forming part of the Financial Statements for the year ended 30 June 2023

#### 1. Statement of Accounting Policies

The financial statements are special purpose financial statements prepared in order to satisfy the financial reporting requirements of the Centres Incorporation Reform Act 2012 and is a Charity registered under the Australian Charities and Not-for-profits Commission Act 2012.

The Committee have prepared the financial statements on the basis that the entity is a non-reporting entity because there are no users dependant on general purpose financial statements. These financial statements are therefore special purpose financial statements that have been prepared in order to meet the requirements of the Centres Incorporation Reform Act 2012. The Centre is a not-for-profit entity for financial reporting purposes under the Australian Accounting Standards.

The financial statements (exempt for cash flow information) have been prepared on an accruals basis and are based on historical costs and do not take into account changing money values or, except where stated specifically, current valuations of non-current assets. The amounts presented in the financial statements have been rounded to the nearest dollar.

The following material accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report. Material accounting policies adopted in the preparation of these financial statements are presented below and have been consistently applied unless stated otherwise. The financial statements were authorised for issue by the Committee as per the Committee Statement.

#### Accounting Policies

##### a. Income Tax

The Committee believe the Centre is exempt from the payment of tax under Section 50-10 of the Income Tax Assessment Act 1997.

##### b. Property, Plant and Equipment

Each class of property, plant and equipment is carried at cost or fair value as indicated less, where applicable, any accumulated depreciation and impairment losses. Property, land and buildings are carried at their fair value and based on the market valuation periodically, obtained from an independent valuer which determines the value.

The carrying amount of property, plant and equipment is considered annually by the Board to ensure it is not in excess of the recoverable amount from these assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets' deployment and subsequent disposal.



## MULLERATERONG CENTRE INC.

### Notes to and forming part of the Financial Statements for the year ended 30 June 2023 (continued)

1. **Statement of Accounting Policies (cont.)**

b. **Property, Plant and Equipment (cont.)**

In the event the carrying amount of plant and equipment is greater than the recoverable amount, the carrying amount is written down immediately to the estimated recoverable amount. A formal assessment of recoverable amount is made when impairment indicators are present (refer to Note 1(h) for details of impairment consideration).

Plant and equipment that have been contributed at no cost, or for nominal cost, are recognised at the fair value of the asset at the date it is acquired.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are recognised in profit or loss in the period in which they arise. When revalued assets are sold, amounts included in the revaluation surplus relating to that asset are transferred to retained earnings.

c. **Superannuation**

The Centre contributes employer superannuation on behalf of permanent employees receiving greater than \$450 per month. The Centre was not legally obligated to contribute greater than 10.5% superannuation guarantee levy (SGC) for the 2023 financial year. Obligation for SGC for the 2024 financial year increased to 11%.

d. **Employee Benefits**

**Short-term employee provisions**

The current portion for this provision includes the total amount accrued for annual leave entitlements and the amounts accrued for long service leave entitlements that have vested due to employees having completed the required period of service. Short-term employee benefits are benefits (other than termination benefits) that are expected to be settled wholly before 12 months after the end of the annual reporting period in which the employees render the related service. Short-term employee benefits are measured at the (undiscounted) amounts expected to be paid when the obligation is settled. Based on past experience, the Centre does not expect the full amount of annual leave or long service leave balances classified as current liabilities to be settled within the next 12 months. However, these amounts must be classified as current liabilities since the Centre does not have an unconditional right to defer the settlement of these amounts in the event employees wish to use their leave entitlement.

## MULLERATERONG CENTRE INC.

### Notes to and forming part of the Financial Statements for the year ended 30 June 2023 (continued)

#### 1. Statement of Accounting Policies (cont.)

##### Other long-term employee provisions

The non-current portion for this provision includes amounts accrued for long service leave entitlements that have not yet vested in relation to those employees who have not yet completed the required period of service. Other long-term employee benefits are measured at the present value of the expected future payments to be made to employees. Expected future payments incorporate anticipated future wage and salary levels, durations of service and employee departures, and are discounted at rates determined by reference to market yields at the end of the reporting period on government bonds that have maturity dates that approximate the terms of the obligations. Upon the remeasurement of obligations for other long-term employee benefits, the net change in the obligation is recognised in profit or loss as part of employee provisions expense.

The Centre's obligations for long-term employee benefits are presented as non-current employee provisions in its statement of financial position, except where the company does not have an unconditional right to defer settlement for at least 12 months after the end of the reporting period, in which case the obligations are presented as current employee provisions.

#### e. Revenue

Non-reciprocal grant revenue is recognised in profit or loss when the entity obtains control of the grant and it is probable that the economic benefits gained from the grant will flow to the entity and the amount of the grant can be measured reliably.

If conditions are attached to the grant which must be satisfied before the entity is eligible to receive the contribution, the recognition of the grant as revenue will be deferred until those conditions are satisfied.

When grant revenue is received whereby the entity incurs an obligation to deliver economic value directly back to the contributor or third party, this is considered a reciprocal transaction and the grant revenue is recognised in the statement of financial position as a liability until the service has been delivered; otherwise the grant is recognised as income on receipt.

Non-reciprocal contributions of assets from the government and other parties for zero or a nominal value. These assets are recognised at fair value on the date of acquisition in the statement of financial position, with a corresponding amount of income recognised in profit or loss.

## MULLERATERONG CENTRE INC.

### Notes to and forming part of the Financial Statements for the year ended 30 June 2023 (continued)

#### 1. Statement of Accounting Policies (cont.)

##### e. Revenue (cont.)

Donations and bequests are recognised as revenue when received.

Interest revenue is recognised as it accrues using the effective interest method, which for floating rate financial assets is the rate inherent in the instrument.

Revenue from the rendering of a service is recognised upon the delivery of the service to the customer. All revenue is stated net of the amount of goods and services tax.

##### f. Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short term highly paid liquid investments with original maturities of three months or less and bank overdrafts.

##### g. Goods and Services Tax (GST)

Revenues, expenses, and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office (ATO). Receivables and payables in the Balance sheet are shown inclusive of GST. The net amount of GST recoverable from, or payable to the ATO is included with other receivables or payables in the statement of financial position. Cash flows are presented on an exclusive basis. The GST components of cash flows arising from investing or financing activities which are recoverable from or payable to, the ATO are presented as operating cashflows included in receipts from customers or payments to suppliers.

##### h. Impairment of Assets

At each reporting date, the Centre assesses whether there is any indication that an asset may be impaired. The assessment will consider both external and internal sources of information. If such an indication exists, an impairment test is carried out on the asset by comparing the recoverable amount of that asset, being the higher of the asset's fair value less costs of disposal and its value-in-use, to the asset's carrying amount. Any excess of the asset's carrying amount over its recoverable amount is immediately recognised in profit and loss.

Where an impairment loss on a revalued asset is identified, this is debited against the revaluation surplus in respect of the same class of asset to the extent that the impairment loss does not exceed the amount in the revaluation surplus for that same class of asset.

##### i. Comparative Figures

When required by Accounting Standards, comparative figures have been adjusted to conform with changes in presentation for the current financial year.

**MULLERATERONG CENTRE INC.**

**Notes to and forming part of the Financial Statements  
for the year ended 30 June 2023 (continued)**

	<b>2023</b>	<b>2022</b>
	<b>\$</b>	<b>\$</b>
<b>2. Cash and Cash Equivalents</b>		
Cash at bank and in hand	242,743	278,319
	<u>242,743</u>	<u>278,319</u>
<b>Reconciliation of Cash:</b>		
Cash at the end of the financial year as shown in the cash flow statement is reconciled to items in the balance sheet as follows:		
Cash and cash equivalents	242,743	278,319
Short term Bank Deposits	2,960,953	2,917,592
	<u>3,203,696</u>	<u>3,195,911</u>
<b>3. Receivables</b>		
Trade Receivables	77,407	90,441
Sundry Debtors (listed investments)	4,399	-
GST Receivable	12,404	18,723
	<u>94,210</u>	<u>109,164</u>
<b>4 Financial Assets</b>		
Listed Investments	<u>488,826</u>	-
Listed investments represent Australian Stock Exchange shares and trusts. These investments have been reported at their market value at 30 June, 2023		
<b>5. Property, Plant &amp; Equipment &amp; Vehicles</b>		
Leasehold Improvements	(a) 2,767,407	2,740,804
Less Accumulated Depreciation	(1,270,524)	(1,184,870)
<b>Total Leasehold Improvements</b>	<u>1,496,883</u>	<u>1,555,934</u>
Plant and Equipment at Cost	178,003	125,850
Less Accumulated Depreciation	(98,186)	(87,390)
	<u>79,817</u>	<u>38,460</u>
Motor Vehicles at Cost	310,073	310,073
Less Accumulated Depreciation	(246,031)	(222,585)
	<u>64,042</u>	<u>87,488</u>
Furniture & Fittings at Cost	33,935	33,935
Less Accumulated Depreciation	(28,283)	(27,211)
	<u>5,652</u>	<u>6,724</u>
<b>Total Plant and Equipment</b>	<u>149,511</u>	<u>132,672</u>
<b>Total Property, Plant and Equipment &amp; Motor Vehicles</b>	1(b) <u>1,646,394</u>	<u>1,688,606</u>

MULLERATERONG CENTRE INC.

Notes to and forming part of the Financial Statements  
for the year ended 30 June 2023 (continued)

	2023	2022
	\$	\$
<b>2. Cash and Cash Equivalents</b>		
Cash at bank and in hand	242,743	278,319
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	<u>5,652</u>	<u>6,724</u>
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<b>Total Property, Plant and Equipment &amp; Motor Vehicles</b>	1(b) <u>1,646,394</u>	<u>1,688,606</u>

**MULLERATERONG CENTRE INC.**

**Notes to and forming part of the Financial Statements  
for the year ended 30 June 2023 (continued)**

	2023 \$	2022 \$
<b>5. Property, Plant &amp; Equipment &amp; Vehicles (cont.)</b>		
<p>(a) The leasehold improvements have been built by the Centre on Crown Land, being Crown Allotment 2017, Township of Hamilton, Parish of Hamilton North. Mulleraterong Centre Inc. were appointed to act on behalf of the Department of Environment and Primary Industries as the Committee of Management for the land on 11 June, 2013. The Department of Health and Human Services was appointed the crown land administrator on 6 August 2016.</p> <p>Property is directly owned by the Centre at 90 French Street, Hamilton and 25 Alexandra parade, Hamilton</p>		
<b>6. Trade and Other Payables</b>		
<b>Current:</b>		
Accounts Payable	53,251	28,767
Sundry Payables and Accrued Expenses	39,134	38,273
	92,385	67,040
<b>7. Employee Provisions</b>		
<b>Current</b>		
Employee Benefits - Annual Leave	96,183	93,367
Employee Benefits - Long Service Leave	208,946	189,687
	305,129	283,054
<b>Non - Current</b>		
Employee Benefits - Long Service Leave	39,527	28,238
<b>Total Employee Provisions</b>	344,656	311,292
<b>8. Cash Flow Information</b>	<b>\$</b>	<b>\$</b>
Operations with Surplus from Ordinary Activities		
Net Result for Year	380,736	83,190
<b>Non-cash flows in Profit</b>		
Depreciation	117,480	115,784
Net(gain)/loss on disposal of assets	-	(9,010)
<b>Changes in Assets &amp; Liabilities</b>		
(Increase)/Decrease in Receivables	14,954	(33,376)
Increase/(Decrease) in Payables	25,345	7,672
Increase/(Decrease) in Provisions	33,364	37,579
<b>Net Cash Provided by Operating Activities</b>	571,878	201,839
<b>9. Events after Balance Date</b>		
<p>The Board is not aware of any events which have occurred subsequent to balance date which would materially affect the financial statements prepared for the year ended at 30 June, 2023.</p>		
<b>10. Related Party Transactions</b>		
<p>The Association did not enter into any contracts with related parties.</p>		

## MULLERATERONG CENTRE INC.

### Notes to and forming part of the Financial Statements for the year ended 30 June 2023 (continued)

#### 11. Contingent Liabilities

The Association is not aware of any contingent liabilities at 30 June, 2023, nor have an liens, guarantees or security been provided by the Association to third parties.

#### 12. Incorporation

The organisation received a Certificate of Incorporation from Consumer Affairs dated 20 October, 1983.

#### 13. Income Tax Expense

The Committee believe the Association is exempt from the payment of tax under Section 50-10 Community Service of the Income Tax Assessment Act

#### 14. Australian Charities and Not-For-Profit Commission (ACNC)

The organisation is registered with the ACNC as a charitable organisation.

**MULLERATERONG CENTRE INC.**

**ANNUAL STATEMENTS GIVE TRUE AND FAIR VIEW OF FINANCIAL POSITION AND PERFORMANCE OF INCORPORATED ASSOCIATION**

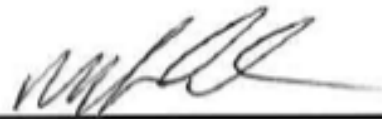
We, being members of the Mulleraterong Centre Inc. Board, certify that -

- (1) The financial statements as set out on pages 1 to 11 present a true and fair view of the financial position of the Mulleraterong Centre Inc. as at 30 June 2022 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the Associations Incorporation Reform Act 2012.
- (2) Mulleraterong Centre Inc. will be able to meet its debts as and when they fall due.
- (3) The financial statements and notes as set out on pages 1 to 12 satisfy the requirements of the ACNC Act.

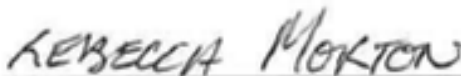
This declaration is signed in accordance with subs 60.15(2) of the Australian Charities and Not-for-profits Commission Regulation 2013.



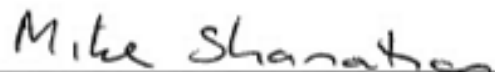
**Signature**



**Signature**



**Name**



**Name**

**Dated: 1 September, 2023**



## INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MULLERATERONG CENTRE INCORPORATED

### Report on the Audit of the Financial Report

We have Audited the financial report of Mulleraterong Centre Incorporated, which comprises the statement of financial position as at 30 June, 2023, the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the Committee's declaration.

In our opinion the financial report of Mulleraterong Centre Incorporated, is in accordance with Division 60 of the *Australian Charities and Not-for-Profits Commission Act 2012*, including:

- a. giving a true and fair view of the Mulleraterong Centre Incorporated's financial position as at 30 June, 2023 and of its financial performance for the year then ended; and
- b. complying with Australian Accounting Standards to the extent described in Note 1, and Division 60 the *Australian Charities and Not-for-profits Commission Regulation 2013*.

### Basis for Opinion

We conducted our Audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the *Audit of the Financial Report* section of our report. We are independent of Mulleraterong Centre Incorporated, in accordance with the *Australian Charities and Not-for-profits Commission Act 2012* (ACNC Act) and the ethical requirements of the Accounting Professional and Ethical Standards Board's *APES 110 Code of Ethics for Professional Accountants* (the Code) that are relevant to our Audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the Audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Emphasis of Matter - Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the Mulleraterong Centre Incorporated's financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

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#### Our Offices:

Warrnambool  
Casterton

Colac  
Mortlake

Hamilton  
Port Fairy

Mount Gambier  
Terang

Camperdown  
Timboon

### **Responsibility of the Committee and Those Charged with Governance for the Financial Report**

The Committee of Mulleraterong Centre Incorporated, are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of the ACNC Act and the needs of the members. The Committee's responsibility also includes such internal control as the Committee determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Committee are responsible for assessing Mulleraterong Centre Incorporated's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the Committee either intend to liquidate Mulleraterong Centre Incorporated, or to cease operations, or have no realistic alternative but to do so.

### **Auditor's Responsibilities for the Audit of the Financial Report**

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an Auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an Audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an Audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the Audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform Audit procedures responsive to those risks, and obtain Audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the Audit in order to design Audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of Mulleraterong Centre Incorporated's internal control
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Committee.

- Conclude on the appropriateness of the Committee's use of the going concern basis of accounting and, based on the Audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on Mulleraterong Centre Incorporated's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the Audit evidence obtained up to the date of our Auditor's report. However, future events or conditions may cause Mulleraterong Centre Incorporated, to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the Audit and significant Audit findings, including any significant deficiencies in internal control that we identify during our Audit.



FELICITY MELICAN  
PRINCIPAL

Dated this 1 September, 2023

257 Timor Street  
Warrnambool VIC 3280

REF: 1868887\_1

# Our Team

## VALUES

We are client focused in our service delivery, honest and professional in our conduct, accountable and flexible in our work practices, respectful of others and passionate about the services we provide.

## PURPOSE

To provide coordinated, person-centred supports to engage clients in activities of their choice that contribute to realisation of their goals.



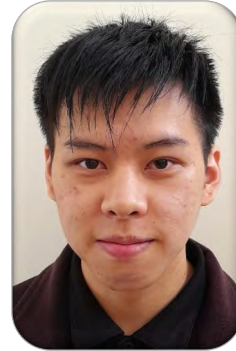
**Annette**



**Alison**



**Andy**



**Anthony**



**Ash**



**Bianca**



**Bev**



**Casey**



**Ellen**



**Erin**



**Frank**



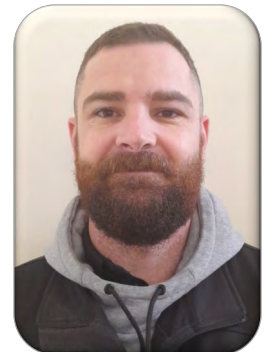
**Jacqui**



**Janette**



**Jenna**



**Jesse**



**Julie**



**Kate**



**Maddy**



**Mel**



**Michael**

# Our Team



**Nisara**



**Pa-lin**



**Pauline**



**Ruby**



**Rachel**



**Sallie**



**Sarah**



**Maddy**

# Volunteers



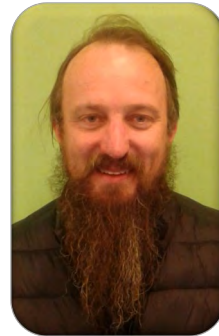
**Maureen**



**Becky**



**Kara**



**Tim**



**Michael**



**Sharon**



**Mark**

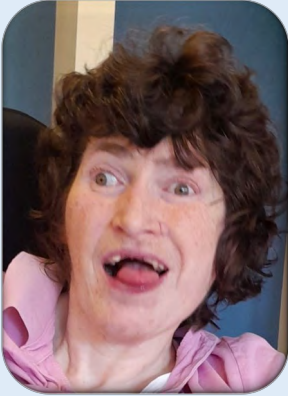


**Leanne**



**Jill**

# Our Team



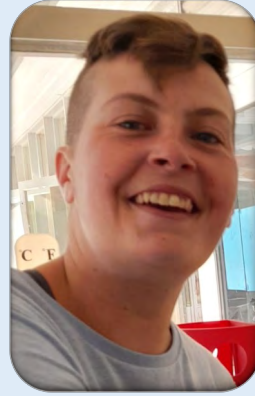
**Anne**



**Brett**



**Cameron B**



**Casey**



**Coral**



**David**



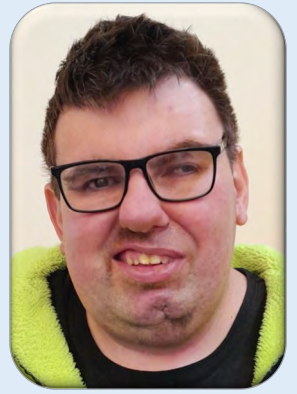
**Duncan**



**Emma D**



**Evan**



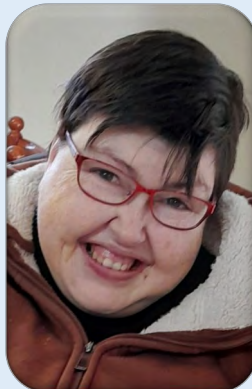
**Francis**



**Jake**



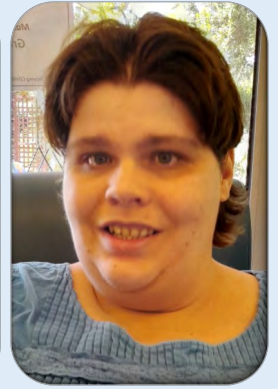
**Janet**



**Janine**



**Jarrod**



**Jenna**



**Jesse**



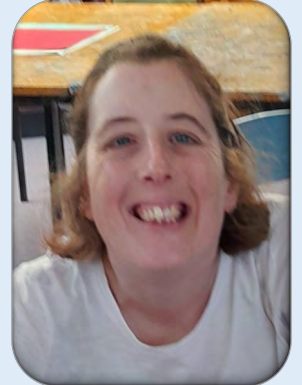
**Jessica**



**Judy**



**Kara**



**Katrina**

# Our Team



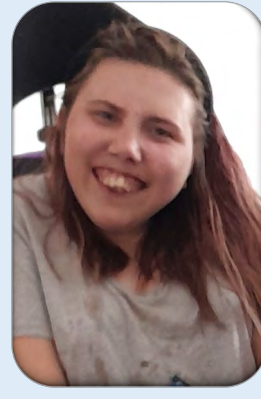
**Kerrie H**



**Kerrie I**



**Leigh**



**Marie**



**Matt**



**Meg**



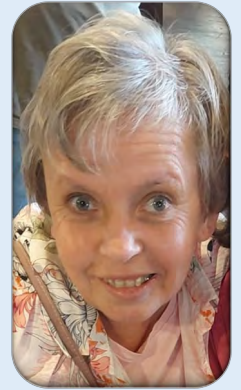
**Michael**



**Neil Robinson**



**Neil Rowe**



**Nerida**



**Nicolaas V**



**Nicholas W**



**Philippa**



**Phonse**



**Robert E**



**Shane**



**Sharni**



**Simone**



**Stephen S**



**Suzanne**

# Our Team



Tara



Tim



Tom



Troy



Tyler

Clients who are not pictured - Nicky K, Cody and Emma H

# Individualised Supports



Hugh



Joel



Jenny W



# Board of Management President's Report

Once again it is my pleasure to present the 2022-2023 annual report from the Mulleraterong Centre Inc Board of Management. While Covid is still present in our community and has some impact on services, Mulleraterong continues to operate and provide support services to all our clients.

Every year Board members undertake a self-evaluation process to identify training requirements, governance is always a topic that bears revisiting. We were fortunate to have a presentation on this subject from Robert Lane during the year to remind us of our responsibilities and limits as Board members.

Another annual activity of the Board is completion of a Skills Matrix to ensure we have members with an appropriate range of skills sitting around the table. Marketing and promotion has been a gap for a number of years so we were pleased to appoint a new Board member, Jill Sears, who has a strong background in this area. Jill lives in Melbourne but has ties with Hamilton and volunteered at Mulleraterong a number of years ago. Jill's appointment to the Board has prompted a review of IT as she will attend some meetings virtually.

Following on from the Board's adoption of an Investment Policy last year and some intensive research, the Mulleraterong Investment Portfolio has been established. A small portion of our cash reserve has been invested in Australian shares. The Board receives regular updates from our advisor and Treasurer Mike Shanahan and the Investment Sub-committee keep a close eye on the performance of our portfolio.

Recently Board members toured all three properties owned by Mulleraterong. This informative tour was led by staff and enabled us to see and discuss some of the issues that affect service delivery at these sites. There are opportunities to upgrade some areas to improve service delivery and the Board has moved to establish an Asset Renewal Strategy to address the issues identified and to earmark some funds from our cash reserve to undertake identified works.

This year there were some changes in Board membership. Tim Hallam, a Board member for six years, resigned. Tim provided valuable advice to the Board on legal issues and his expertise will be missed. Fiona Musson, a parent/carer representative also left the Board and was replaced by Leeanne Barber, who can also speak from that perspective. Mark Anthony Kearns was appointed to the Board in June 2022.

It was with some sadness that the Board accepted the resignation of our CEO, Annette Read. Annette has been leading the organisation for 20 years and during that time has seen it through a number of significant changes, the most recent being the successful transition to the NDIS. We will not be able to replace Annette but we hope that we will be able to appoint a new CEO who will retain the existing staff culture and build on the excellent services that are a hallmark of Mulleraterong. We thank Annette for her outstanding service to Mulleraterong and wish her well in the future.

I would like to acknowledge and thank my fellow Board members for their contributions and support over the past year.

Finally, on behalf of the Board of Management I would like to thank CEO Annette Read, Operations Manager Alison Dunn, and all the fantastic staff at Mulleraterong for their dedication to delivering respectful and responsive services designed to meet the individual needs of clients.

**Rebecca Morton**



CEO, Annette Read and Board of Management President, Rebecca Morton presenting Phonse McGrath with his Certificate of Attainment for attending Mulleraterong Centre for 65 years.

# Chief Executive Officer's Annual Report

It is my pleasure and privilege to present my 20th and last CEO report for Mulleraterong Centre Incorporated for 2022 / 2023. My 20-year anniversary in this role is July 3rd 2023.

It has been my good fortune to have worked with Betty Waters, Peter Gilbert and David Cameron, all of whom made significant contributions to the organisation for over 20 years. In recognition of these and other long serving staff members, a Staff Honour Board has been commissioned as a tribute to their length of service to Mulleraterong. I am very grateful to these and many other staff members, parents and carers who have taught me so much along the way.

Although Mel has had two periods of maternity leave during my tenure, she will be the longest serving team member upon my departure. Mel and I set a goal in 2003 to systemize the running of the organisation and with contributions from all staff through the years, we have achieved our goal.

Frank Fletcher and Jacqui Bain received their 15-year service recognition at the AGM in October while Michael Borrodell, Pa-lin Henry and Kate Addinsall received their five-year recognition.

Phonse McGrath has out served all of us, clocking up 66 years in 2023.

Congratulations and thank you to Pa-lin Henry for accepting the vital role of Client Advocate.

While client support is vital, the volume and detailed work performed by our administration team is also essential and performed competently by Mel, who fulfills the roles of Timetable and Staff Replacement Coordinator, as well as Administration Officer and Julie, who is our Finance and Administration Officer. When she is not busy in client support or carrying out her Occupational Health & Safety duties, Kate also fulfills a vital role in the administration office.

Mulleraterong has always been client-focused and while the industry as a whole has shifted light years since 2003, the Mulleraterong team of disability professionals, capably led by Operations Manager Alison Dunn, are to be congratulated for their client focus. Team members are being encouraged to set goals for themselves, their programs and individual clients. The level of engagement that can be witnessed in every program, every day is impressive. Each individual team member brings their own unique skills, determination and enthusiasm to our clients to support them in the achievement of their goals.

We are proud to have instigated the Inaugural South West Bowls competition this year which was generously sponsored by Ultrabuild and attracted participation from three south-west agencies.

We have lost some longtime friends this year including Diane Ryan, Robert Menzel and team member and volunteer, Joyleen Lehmann. We have also welcomed new team members Anthony Ung, Casey Barker, Sarah Tarrant, Ruby Lang, Nisara Roll, Maddy McErvale and Rachel Page.

In recognition of potential and enthusiasm in their work, Pa-lin, Kate, Belinda and Julie are undertaking a Lead to Succeed training course, which will help to prepare them for the changes the future is most certain to bring.

Thank you to parents and carers who have responded to our customer service calls candidly, to enable us to make changes which benefit clients and improve our services. Thank you also to our partner organisations with whom we work to achieve and improve client outcomes.

The role of the Board of Management is becoming increasingly onerous as competition increases and compliance and expectations rise. Following enthusiastic recruiting during 2023, the Board currently has seven members. We thanked Tim Hallam for six years' service to the Board of Management in March and welcomed Jill Sears in April.



AGM Guest Speaker Joshua White, BOM Treasurer Michael Shanahan, veteran of 66 years at Mulleraterong Phonse McGrath and BOM Vice President Kara Winderlich.

# Chief Executive Officer's Annual Report continued

We are extremely lucky to have such a diverse range of skills and expertise on our Board.

Exciting initiatives being investigated by the Board of Management include capital works to our Workshop on French Street and our Independent Living House.

Board members, management and staff were very proud of our nominee in the *Employee of the Year* category in the Southern Grampians Shire Council Business Awards, trainee Anthony Ung, who was selected as a finalist in a very tough group of candidates. Mulleraterong Centre was honoured to win the Community Enterprise category.

Extremely well done and thank you to Alison, who managed our mid-term audit in November 2022, ensuring that Mulleraterong met the NDIS Quality and Safeguards Standards to maintain our NDIS registration.

Our new website went live in November 2022.

After years of manual chlorination of our pool, the Board of Management approved the installation of an automatic dosing system in August 2022. The Board of Management also approved the purchase of some fit-for-purpose chairs for the program rooms.

While I haven't any knowledge of my successor, I am confident that the Centre will continue to thrive with a strong and knowledgeable Board of Management and capable client and quality-focused Operations Manager, Alison Dunn, until the new CEO is appointed.

The credit for the success of Mulleraterong belongs to the staff. The quality of care and level of engagement they provide is exemplary and I am very proud of any small part I may have played in the ongoing story of Mulleraterong Centre.

## Annette Read



CEO Annette Read thanking Tim Hallam for six years of service on the Board of Management.



Jarrod with Ultrabuild employee, Kedar with the medal and trophy Ultrabuild Construction Group sponsored for the Ten Pin Bowling Competition.



Phonse presenting AGM guest speaker Joshua White, Artistic Director of the Hamilton Art Gallery, with his thank you gift.



Annette presenting Michael Borrodell with his five years service plaque.



Annette presenting acknowledgement of Michael Daffey's 45 years attendance.



Annette presented Casey with the winners trophy for the Mini Golf Competition.



Sharni proudly shows off her 15-year certificate of attendance.

# OPERATION MANAGER'S REPORT 2022/2023

During 2022/2023 I have been delighted to be part of an organisation that ensures individualised supports that engage, empower and enrich the lives of our clients. Once again our team have continued to work hard to develop new ways of ensuring our clients are engaged by providing new programs, re-commencing old favourites and finding new ways to personalise support relevant to each individual.



Each fortnight we hold training to continually develop our staff to understand clients needs and preferences. This year we have facilitated topics such as: commode equipment training, stoma care, First Aid and CPR, mental health first aid, food handling, emergency planning and management, and the use of fire equipment.



Relatively new team member, Anthony Ung was nominated for Employee of the Year, and represented the organisation at the Southern Grampians Shire Business Awards which were held on 9th September 2022, with great pride. Mulleraterong was lucky enough to win the Community Enterprise Award, which was a wonderful surprise, considering the calibre of others in the category.

*"There is no greater disability in society than the inability to see a person as more."*

## STAFFING

At Mulleraterong we recognise how critical our staff are in how we provide our services to clients.

I am proud to acknowledge what a great job our staff and volunteers do to ensure that we work together as a team to empower our people and deliver professional, person-centred supports.

I would like to thank the many people who contribute to the success of Mulleraterong. Those who work tirelessly throughout the year to ensure our clients are always supported with respect for their individual rights to expression, self determination and decision making.

Our Mid-term **Quality & Safeguards audit** was held in October 2022. The audit is to evaluate the effectiveness and implementation of the Mulleraterong systems that address the required outcomes of the NDIS.



The Audit involves a review of Mulleraterong's Quality Management system and its effectiveness in achieving continual improvement and system objectives.

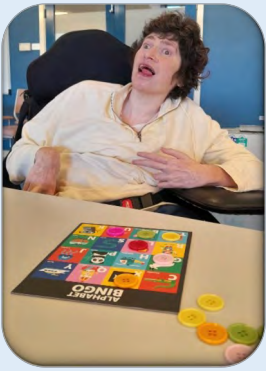
Having met the requirements of the NDIS Practice Standards and Quality Indicators, Global Compliance Certification recommended to the NDIS Commission that Mulleraterong be approved and therefore retain Certification.



As we head into a new financial year, it will certainly be quite different with the retirement of CEO, Annette Read. When I commenced at Mulleraterong in 2010, I took a chance, walked into Annette's tiny temporary office at the Maryknoll Centre enquiring about a career in disability. What happened next was 13 years of guidance, tutoring, and mentoring in an industry I love. I will forever treasure the perspective and insights Annette has shared with me and the skills she has taught me. I am a better person today because of the working relationship I have with Annette. From me to Annette, please accept my heartfelt thanks and gratitude for everything you have done for me and the organisation, and thank you for making a positive difference in the way things operate around here.

Thank you to our donors for your continuous belief and support of Mulleraterong and the work we do. Many thanks to those community groups and local businesses who support, respect and value our organisation. Acknowledgement must also go to those who have been part of our Board of Management for the past year, and lastly, thank you to our clients who entrust Mulleraterong to deliver person-centred supports that are 'more than ordinary'.

# Centre Activities



Thursday mornings we have a Puzzles and Games session where Annie and Brett enjoy the Bingo games. The Alphabet Bingo is a big hit with lots of sound effects contributing to the atmosphere.

We also do independent activities including giant dominos, which Stephen enjoys and the dress up magnetic game, which is one of Coral's favourites.



Marie uses her iPad to run cooking apps, which provides the opportunity for her to utilise her coordination skills, and she loves to look up new things on YouTube to show to staff.

Tim loves iPad time, he listens to songs, looks at photos of his family and housemates and enjoys streaming Sesame Street, nursery rhymes and the American Hero (believe it or not) theme song.



Katrina is very good at multitasking during the iPad session. Most times Katrina is doing a word search on the iPad and in paper form and she happily listens to the music provided by Michael.

Michael Daffey is the DJ for the iPad session, he enjoys listening to a wide variety of music from Country to the 80s and 90s. Michael also likes to sing along to the songs and entertain the group.



# Centre Activities



On Mondays, in Individual Activities we always try and go out into the garden if the weather permits. Annie enjoys sitting outside and playing ball games - rolling the ball off her wheelchair towards obstacles or to others. Annie also enjoys watering the garden with the hose.



Michael participates in lots of different activities. In the green room he likes to listen to songs by Slim Dusty, Neil Diamond, Johnny Cash and an absolute favourite – American rapper, Flo Rida. Michael also enjoys watering the Centre garden. He plays ball games with the other clients by sitting a ball on his knees and pushing it off his legs towards targets or clients.

Simone is always super relaxed in Individual Activities as she has usually had a swim in the session prior. Simone will be found chilling out with staff reading books or engaging with other clients as they chat to her.



Individual Activities is very much weather dependent and if the weather is less favourable we sit inside and listen to music in the Green room. Jenna loves getting up and typing her song choices on the laptop - often picking Mariah Carey, Spice Girls and occasionally some artists we've never heard of. If weather permits Jenna enjoys watering the courtyard garden, choosing the watering can over the hose.



Nic V enjoys his mornings in Individual Activities. Whether it be reading stories with staff, supervising the watering of the gardens and maintenance from the outdoor area of the Green room, or getting up and dancing to some of his favourite tunes - Were Going on a Bear Hunt, Inspector Gadget theme song and Hokey Pokey being a few of his favourites.

Tim is our go-to singer when it comes to Individual Activities, he pulls up nice and close to the TV screen to get a good spot to view and hear all the video clips of our songs of choice. Some of his favourites are John Denver, Slim Dusty, Leigh Kernaghan and let's not forget his number one, 'Believe it or Not'.



# Centre Activities

On Friday afternoons the clients love to get out in the courtyard for a game of cricket or to hit a ball around with a hockey stick or for a game of Boccia or even shooting hoops.



Evan and Tim enjoy taking turns batting and bowling in a game of cricket.

Sometimes we run a competition to see who can hit the furthest.



Jesse likes to get out and hit the ball around with a hockey stick.

Jarrold talks a lot about cricket and likes to bat; we see how many runs he can make.



Matt enjoys a game of boccia under the covered area in the courtyard or shooting some hoops either by himself or with Jesse and some staff. Matt is an extremely accurate shot.



Sharni also enjoys a game of boccia under the covered area in the courtyard, which she plays with Matt. Sharni is improving her skills and enjoys the interaction with Matt.

# Centre Activities - Music



Nick W dances to his favourite song the Chicken Dance.

Nic V likes singing 'Going on a Bear Hunt' with Casey.



Coral happily sits and enjoys listening to 'The Seekers'.

Tara has recently learnt the actions to '5,6,7,8' and happily shows us how to do it.



Jake always requests his favourites; Kelly Clarkson and Katy Perry.

Annie loves to have a dance to her favourite singer 'Slim Dusty'.



There is always a smile on Michael's face when we play "You are my Sunshine".

Jenna independently chooses music on YouTube. She always surprises us with what she puts on and she enjoys a great variety of music.





# Centre Activities



During Music and Dance on a Friday morning Tara's song of choice is usually John Farnham but she likes all the good old songs! Of late she's been trying some boot scooting moves on the dance floor which is great.

Jesse plays his drum kit for the duration of the program. He enjoys typing and selecting his own music on the computer, which is usually Cory Hart or a rock band.



Nic V loves music and enjoys doing the actions to the Hokey Pokey and Heads, Shoulders, Knees and Toes. His two go-to songs are Inspector Gadget and Star Wars theme songs.

Nick W is always the first on the dance floor with his microphone. His go-to songs are the Chicken Dance or Man I Feel like a Woman!



Judy is our number one dancer and does not stop! She loves to get up and sing John Farnham 'Burn for You' or 'Raindrops' in front of all the group.

Kara also loves to dance and does all the actions to Hokey Pokey, Chicken Dance etc. She knows and sings all the words to lots of songs like 'Dancing Queen' and 'Sugar Sugar'.

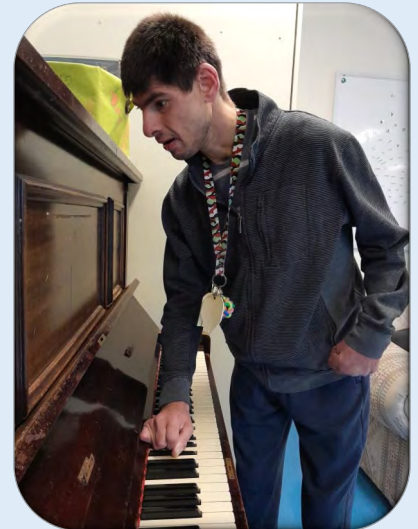


# Centre Activities



Shane enjoys listening to all music but especially 'Slice of Heaven' and 'Sweet Caroline' Shane loves the drum close to his ear and the sound and feeling it makes.

Troy also likes to get amongst it on the dance floor with the rest of the group. His favorites are 'Stronger' by Kelly Clarkson and P!NK always puts a smile on his dial.



# Chair Exercises

Chair exercises are a great way for clients to get their upper body and arms exercising while sitting down.



Tara concentrates on hitting the ball in outdoor cricket as part of the chair exercises program.

Michael stretches his arms when playing Boccia.



Nic V aims to throw the ball onto the popcorn table during chair exercises.

Shane skillfully spins a ball on his hands.



# Centre Activities

On Thursday afternoons Annie, Nic V, Marie, Katrina, Sharni, Emma H and Philippa all gather in the Green room for a mix of activities. In this session we like to offer a variety of different activities to suit individual clients.



Sharni likes to go on the treadmill or for short walks around the Centre as well as using the big fit ball.



Nic loves a foot spa and a relaxing face massage.



Philippa, Emma H and Marie all enjoy having their nails done while having foot spas.



This session is great for Marie to get out of her wheelchair and into a seat with the other ladies.



Michael enjoys sitting with his best mate Jenna. Quite often these two will pair up for a game of bingo.



Stephen loves a variety of different activities in this program. You will find Stephen building great big domino towers or helping the recycling team with a bundle of envelopes or even joining in a game of bingo.



Nic finds this a great session to play a game of "Who is it?" with the bingo cards or help the recycling team with the envelope opening.

# Centre Activities

Shane's activity of choice is a big tennis ball. He displays excellent dexterity when twirling it. Shane also joins us in the Green room to listen to some country music.



Coral finds all the clients and staff on the bingo cards and has a little laugh, she is a great help to other clients to find the right person.

Sharni likes to find her favourite people while playing client and staff bingo and she also enjoys playing jumping rabbit.



During our physical activities programs we try to mix it up a little bit by going on short walks, using the treadmill and using the big fit balls to do stretches. We also use music like the Hokey Pokey and the Ants Go Marching In to get everyone up and moving.



Shane loves to walk no matter the weather and as well as walking around the Centre and joining Walking Groups, he goes out for a walk most lunch times.

Stephen enjoys playing games, so using his game of choice, we get him to stretch his arms to reach the items.



The treadmill is a favourite of Jake's and he uses the hand cycle machine for his arm exercises.



# Centre Activities

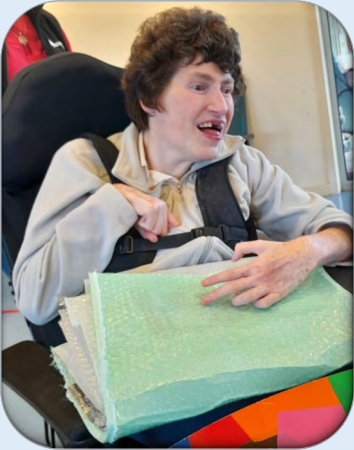
The Recycling program gives participants the opportunity to maintain their fine motor skills and coordination and provide a valued service.



Coral enjoys cutting out and collecting stamps. We have a stamp collector who visits a few times a year and makes a donation for the stamps.



Marie is our new delivery girl, she likes to pick up shredding from the office and deliver it to the Green room. She also takes the envelopes with stamps on them, that Kerrie and David sort, to Coral to cut them out.



Annie and Nic help to rip up the envelopes, remove and discard the plastic window and pass the recyclable paper to Tim for shredding.



David and Kerrie H are our star envelope sorters, they sort them into windows and non windows and stamps.



Simone enjoys the sound of the scrunching paper as she tears the envelopes apart.

# Centre Activities - Sensory



Evan and Kara lay back with their heads in the portable hair basin. After a lather of shampoo and a nice head massage, they get rinsed and conditioner applied before a very slow scalp massage. Once the conditioner has sat for a few minutes it is rinsed out.



Kara has her toenails painted and then a foot massage with some moisturiser. Kara is a bit ticklish between her toes but really enjoys the massage. Once her feet are finished she likes to feel them to feel how soft they are.



Jessica lies on the massage table and receives a back massage from Nisara who is a qualified Thai masseuse. Jessica is very relaxed listening to soft music playing and lovely smells burning.

After hair washes and foot spas, Cameron collects all the towels and puts them in the washing machine. If there is dry washing Cameron will fold it and put it away.



Jarrold gets the foot spa out of the wardrobe and fills it up using a bucket of warm and cool water, adding a few drops of bubbles. He switches it on and enjoys a luxurious foot spa. Once he has finished he will dry his feet, empty the foot spa, wipe it out and spray with Glen 20 ready for the next person to use.



Suzanne has her hair washed and blow-dried and tied up with clips and a hair tie before enjoying a nice hand massage. Sometimes Suzanne will also have a facial while she is laying back in the hair basin.



At the end of the session Cameron and Evan sit on the couch together and have a chat or sometimes they look through magazines together.



# Centre Activities

Monday Sensory provides the opportunity for ladies to relax.



Simone likes lying back on the recliner with her legs up as she receives a massage using lovely rose-scented cream.



Philippa's Sensory room massage covers her head, shoulders, neck, arms and legs. Philippa frequently falls asleep as her whole body relaxes.



Janet is a woman of variety and keeps us on our toes as she chooses her relaxation mode each week. Janet will choose between a foot spa or foot, hand, head, shoulder, back and leg massages, using heat, hands and creams and a hand or foot scrub.

Tara enjoys having a chat and relaxing in the Sensory program. Tara likes a massage, both her hands and her knees and legs. Her massage cream of choice is Sorbolene.



# Centre Activities



Jarrod is a big cricket fan.

Friday games is a fun end of the week program where clients can get some fresh air and have a laugh together. Weather permitting they can participate in a range of activities, like cricket, basketball and outdoor bocchia. It's a good change to develop and hone motor skills and coordination while having fun. In the case of poor weather the clients play indoor bocchia.



Matt enjoys throwing a few hoops.



Evan having a kick of the footy.



Jesse playing some hockey.



Matt, Coral and Jake play some bocchia.



Evan trying to hit a four.



Sharni honing her bocchia skills.



Jesse playing totem tennis.



Duncan plays some hockey.



Sharni playing totem tennis.



Sharni and Matt playing indoor bocchia.



# Centre Activities



Nic likes to play games in the Green room and his tub of activities designed especially for him includes a matching game with Star Wars characters. Even if you don't know Star Wars, he could tell you their names and which movies they come from. Nic is also a great participant in wacky ball games, throwing balloons and throwing coloured popcorn into the box.



Annie is a wiz at fishing, and she uses her muscles to haul up giant fish. After a great catch Annie taps the table with excitement. Annie is also great at lifting up quoits and grasping bean bags with both arms.



Brett is a star at 10 pin bowling and never gives up. No matter how many times he misses he won't stop until he knocks all the pins down. After that Brett is an amazing helper as he stands all the pins back up ready for the next round.



Michael likes to be helpful and he helps staff take washing to the laundry. He enjoys games that use his strength. 10 pin bowling, exercise balls and even our own DIY skeet ball provide good exercise for Michael. He also participates in activities using his fine motor skills and he can twist plastic nuts and bolts together, or carefully pull a plastic bottle on a string across the room without it collapsing.



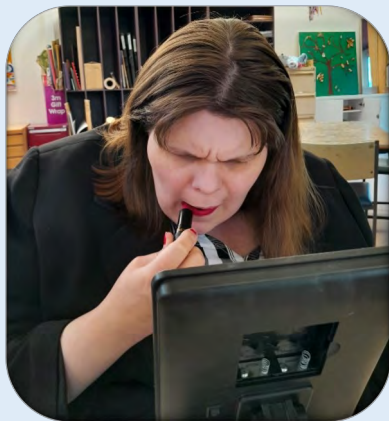
# Centre Activities - Personal Development

Tara has a full manicure in this session, keeping her engaged with 1:1 conversation. Offering Tara choices help to stay on task. Tara starts with having her nail polish removed, nails shaped, hand cream applied and a new coat of polish. Sometimes Tara has her hair done but is otherwise kept busy joking with her friends in the program.

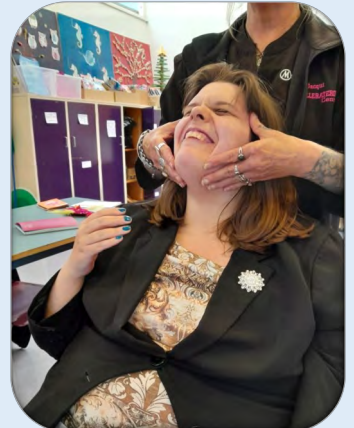


Annie likes to be as independent as possible, helping to hold the hair dryer and running the comb through her hair.

Suzanne enjoys relaxing with a sheet mask on. She has a variety of makeup products in her kit which staff help to apply. Suzanne often has a Community Connections outing on Wednesday nights and goes out looking beautiful after the Personal Development Program.



Kara uses a mirror to apply red lipstick and green eyeshadow. Kara keeps a glowing complexion using face cream - applied here by Jacqui, which can tickle sometimes.



The Personal Development group recently put together individual kits to hold their hair brushes, favourite polishes and lipsticks and other items used in the program. Janet chose a clay face mask to be included in her kit.



Philippa enjoys the 1:1 time - having her hands massaged, nails painted and makeup applied; ready to go out for afternoon tea with her house on Wednesday afternoons.

# Centre Activities



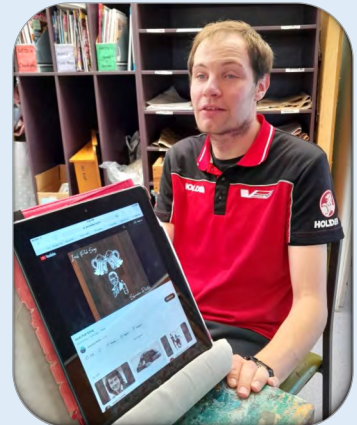
The iPad program provides Jarrod the opportunity to catch up on his favourite NRL podcasts and shows. Staying up to date on all the latest news to share with his mates is a weekly highlight.

Janet can be found in the Orange room singing along to her favourite Bee Gees tunes.



Coral uses a laptop to relive her V/Line train rides from Ballarat to Melbourne, naming each stop along the way. A lovely way to tie her love of trains and fond memories together on a weekly basis.

Tyler is the DJ in iPads. Every week he turns off the Art room radio and plays his music. He enjoys a variety of different music genres.



Evan's favourite songs to listen to are 'Click Go the Shears' and the Geelong Cats theme song. He also enjoys watching cattle auctions and lawn bowls games.

Katrina is very clever at playing the memory game and doing work searches on her iPad. She also enjoys listening to a variety of music.



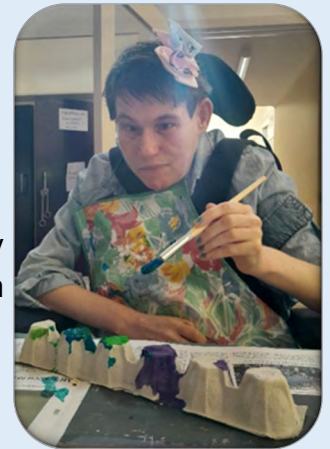
# Centre Activities

In art, the focus is on imagination, creativity and fine motor skills in a variety of artistic ways using different methods.



Kara is a keen painter, keeping her designs in a creative pattern. Kara is painting egg carton rows for caterpillars.

Philippa maintains fine motor skills and dexterity as she uses a sponge to paint the caterpillars in an array of colours and designs.



Judy really likes getting into the Art room and wants to know what we're making. On this day Judy painted shells, and paper plates, gluing them on exactly how she wanted. Judy's insert is a picture of when she went to the library for Christmas crafts and made a snow globe!

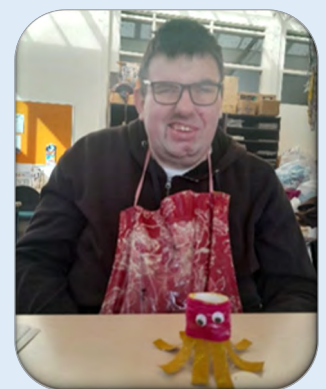
Suzanne's smile speaks a thousand words! Suzanne really likes creating! Here she is pressing flowers and laying them out neatly to dry for the Christmas gifts that will be made.



In art and craft we like to do group projects, many of which are used to decorate the Centre. Currently two of the art and craft groups are making an underwater sea life display.



Cam and Francis are pictured here with a crab and a baby octopus. The crab involved lots of small paper ripping/cutting, gluing and folding, the baby octopus needed painting, cutting and wool wrapping before putting the eyes on. These look brilliant!



For our Easter celebrations at the end of term, our art group was asked if we could make giant Bunny Ears for an activity during the day. Jessica jumped at the chance, mixing just the right shade of pink and making the magic happen. This is one of many examples of different programs utilising each other's skills to benefit each other.

# Centre Activities

During the Friday morning activities Tara is chatty and enthusiastic and participates in most of the activities we do. She is a great bowler when we play cricket but is equally good when kicking the football.



Judy has a go at everything in Friday morning activities. She is always happy and has a laugh along the way. Her favorite activity is playing games like bingo or memory.

Annie enjoys her Friday mornings playing games and spending time with the ladies in the program. She loves a chat and gets very excited when she has a win at Bingo.



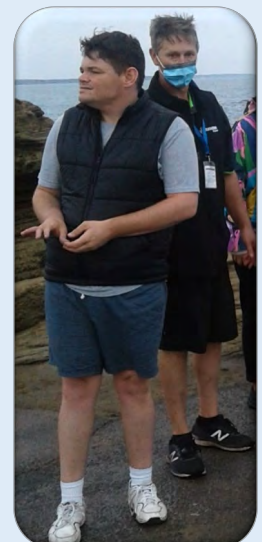
Kara is always keen to play games and is very good at them, especially the memory game. She also enjoys the company of her friends, Tara, Judy and Annie while playing.

Jenna enjoys a nice relaxing hand or head massage while listening to music. If we have a game of ten pin bowls she's always the first to have a go.



Nic V loves being outdoors and playing ball games. He especially loves a game of cricket and is a keen bowler. Nic is the chatterbox of the group.

Shane is also an outdoor lad who enjoys going for a walk. He likes to stop and watch people mowing while out and about.



# Centre Activities



Troy likes to go for a stroll around the block and listens to all the sounds around him as he walks. In inclement weather, he enjoys being supported by staff to maintain his fitness using the steps in the Green room.

Matt specialises in shooting goals and trying to get the balls stuck in the ring or on the roof. He also loves listening to the good old tunes.



Emma D enjoys a foot spa and then she likes to play a game of Uno or a card game with Emma H.



Philippa looks forward to a story being read or she will have a go at using the shredder. She also enjoys playing the bus stop game with Coral, David and Sharni.



Shane enjoys the atmosphere of the Green room and the courtyard, where he can listen to cars, lawn mowers and feel the nice breeze outside. Shane also likes to show off his ball juggling skills, especially with his own special giant tennis ball.

Every day Nick likes to go on the swing. Even when the swing is wet, Nick gets a towel and dries the swing all by himself. Nick also enjoys reading his favorite story book 'Oh Dear' and dribbling the basketball with his friends.



Stephen is an excellent player at ball games, including 10 pin bowling and always gives his fiercest throw. Stephen likes to have a go at all sorts of sports, including boccia and catch.



# Individualised Supports



Monday afternoons Leigh enjoys going to the public library. Leigh chooses to sit wherever he likes (often out the back on a comfortable bean bag) while having books read to him, or he joins in with the other clients from the Centre out the front of the library.

Leigh is very relaxed on the way back to the Centre and often sings in the Tarago. He is one very happy man.

Tuesday mornings Jenny goes to the Gym at HILAC (Hamilton Indoor Leisure and Aquatic Centre) where she follows a program from her physiotherapist. Jenny uses the treadmill and seated bike to strengthen her muscles to keep her active and enjoys encouragement from the staff.



Jenny looks forward to individual supports on Wednesdays which include running errands, attending appointments and whatever she needs to do on the day.

Jenny enjoys lunch out. The venue varies from week to week and includes Racha Thai, Kings Bakery, Wok & Dumpling and The Speckled Frog.



Joel's goals for individual supports are to be happy and continue to be as independent as he can.

His long term goal is to go overseas to America.

Joel likes visiting Op Shops and playing video games. He volunteers for Meals on Wheels and shops independently.

Joel purchases groceries for his family using his keycard independently at IGA.

Joel volunteers for Meals on Wheels on Friday. He takes the meals to Eventide and feels grateful to be giving back to the community.

Joel helps his mum and dad out at home by sweeping the floor, doing his washing and hanging it out each Friday.



# Individualised Supports



Friday mornings are a busy time for Evan who does lots of jobs such as watering the garden, collecting the washing and hanging it out and asking the office staff for any notes to be handed out. He also participates in the Take Home Delights program with Jacqui. Evan really enjoys being helpful and he likes to be busy.



Cameron gets very excited about going to Beatties Newsagency to work on Fridays. He cuts off the newspaper heads and packs them up and takes them out the back, then he fills up A4 paper packs in the shop. He loves to chat with the staff and Cameron also does the dusting.



Leigh joined the Corner House group recently and travels to the house with the group every Tuesday morning. While the others get the shopping list together, Leigh heads to the pool table and rolls the balls into the pockets. We all go to the supermarket to do the shopping and Leigh helps to find items on the list. He enjoys sitting at the table with the rest of the group, listening to the banter and laughter as he eats his morning tea, after which he collects his bag and waits outside for his next program to pick him up.

Leigh has a love of horses and on Wednesday mornings in term two and four, he gets the opportunity to go riding with the Hamilton RDA association. He rides a lovely big horse named Phalaris and along with volunteer Dave, they spend a lot of time trotting around the arena, eliciting huge smiles and laughter from Leigh. Riding is a fabulous activity as it helps with balance and building core strength and Leigh definitely shows he has great balance when he is trotting around the arena.





# Individualised Supports

Individualised supports provide the opportunity for clients to engage in some of their favourite activities.



Shane's activities include going shopping, going to the pub for a meal, relaxing at The Hub and going for a walk around the town centre. He also likes swimming at HILAC, listening to the sounds of the traffic up the street, and getting some fresh air at Lake, Hamilton.



Hugh puts the finishing touches on a cake he made.



Hugh is a very keen and accomplished gardener.



Sharni getting some great exercise on the three-wheeled bike and picking up something to eat at Subway.



Sharni's individual supports include relaxing massages.

# Life Skills Development at French Street Craft Studio



Katrina wanted to make a fruit bowl. She covered a large bowl with glad wrap and layered it with newspaper using many layers before we took it off the bowl. Katrina added more layers of paper until the bowl was firm - the next step was a layer of white paper, then she decorated it by painting purple on the outside and pink on the inside.

We traced around Kara's hands and cut them out. Kara used ripped up tissue paper and decorated the hands and then she decorated the base and we made it into a serviette holder.

Kara has also made a 'Hillier' sign using wood, painting it blue and using double sided tape to stick diamond art to the name as well as painting three popsicle sticks different colors and gluing them together and then getting letter spelling from home, which she colored with highlighter before gluing them to the popsicle sticks. Kara also created a key rack, painting it blue and sponging on a yellow sun in the corner and decorated it with artificial leaves.



## Life Skills Development - Kitchen Kapers



Sharni is an old hand in the Kitchen Kapers program! She comes shopping for ingredients and helps push the trolley each week. She is independent at mixing and creating unique cookie shapes and she helps dry dishes at the end of each session.

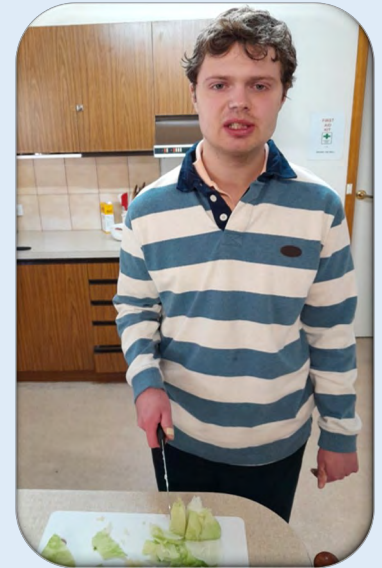
Cameron loves being in the Kitchen Kapers group, making lots of delicious things to take home. His favourite is rum balls. He is very helpful each week washing all the dishes and loves crushing the biscuits for hedgehog.



# Life Skills Development



Katrina is a wiz in the kitchen at independent living skills. If she's not helping with prep or cooking, she's setting the table and helping with other domestic duties. Katrina is also an avid recycler, knowing which items are and aren't recyclable and educating staff and clients on this.



Duncan is another keen contributor to the independent living skills program. Duncan is our designated trolley man at the supermarket and heads straight to the trolley bay once we arrive at Coles. Duncan helps scan and takes turns to independently pay for all our shopping before we take it back to the Corner House, where he helps to prepare the meal of the day. Duncan is great with his knife skills as well as stirring and mixing.



Matt enjoys our Wednesdays at the Corner House and there's not much Matt doesn't like when it comes to food and cooking. Matt is our food stirrer. Often without being prompted Matt will head into the kitchen and keep us on track making sure the food that smells so good is being stirred. Matt also assists staff with watering the garden and most days in-between jobs will sneak in a game of pool or two.



Tom is very handy in the kitchen and is always happy to help. Tom assists in most areas of shopping, prep and cooking and other duties including gardening, bins, washing or even taking in the bins from the curb. Tom also enjoys a game of pool while things are cooking and is our Corner House champion.



Once all the shopping is in the basket, Jarrod will put it on the server and put the basket away. He will chat to the lady at the counter while they bag the items. I give Jarrod the money and he will hand it over and get the receipt before saying, "have a lovely day".

When it is Jarrod's turn to cook he likes to make things like pasta bake, burgers, casseroles etc. He is very versatile. Jarrod is also helpful when it comes to washing dishes.

# Life Skills Development



Evan likes to carry the basket and will put the items in, that we need. As we go down the aisles we will ask Evan, “can you get *these* items” and he happily gets them and puts them in the basket.



Casey has chopped up all the vegetables to fry up before adding the rice. Fried rice is a popular dish to take home.



Jarrod has put the sauce on the pastry and cut up capsicum, onion, tomato, ham to mix together to spread on the pastry before rolling it into pinwheels to place on the tray and bake in the oven.



Katrina has put the sausage meat in a bowl and added grated carrot and zucchini and some sauces and herbs. She then cuts the sheet of pastry in half and adds the sausage meat and makes into a long roll before cutting them and putting them on a tray to bake.



Jessica is a wiz in the kitchen, here she is cutting capsicum and preparing vegetables for the take-home meal that she likes to share with her family.

# Life Skills Development



Nerida comes into the Centre on Thursday afternoons, ready with a bag of pool toys and an exercise program. She works very diligently on her exercises, then, with her work complete, she enjoys throwing her sinking toys around and ducking and diving around the pool to find them. Towards the end of the session, she has a special noodle hammock that she brings as well, to float around and relax. Nerida shares all her things with her friends and enjoys playing games with her Thursday group.



Tom works very hard on Thursday mornings assisting in the Tip Run Recycling program, so he is ready to relax and to soothe his muscles in our hydrotherapy pool after lunch. He is very helpful and knows exactly what to get out of the storage room for his friends and will have everything they need waiting for them. He loves having a joke and a chat, as he floats around.



As soon as Duncan gets in the pool, he is off, swimming laps up and down. He stops only to jump up and under with his friends or to play a quick game of catch. But then he is ready to keep swimming his laps. Often staff will challenge him to a race, which results in much laughter.

Jessica uses her time in the pool to walk laps and sometimes joins in with her friend Nerida as they work on some exercises in the water. After her hard work, she likes to relax in the swim ring and join in the chatter and jokes with her friends.



Matthew is the ball throwing champion of Mulleraterong, wherever he aims - he hits the mark. Matt spends his whole time throwing the ball up and trying to get it stuck anywhere he can find, with lots of laughter. Matt also plays catch games with staff and his friends.

Troy is an avid swimmer and he enjoys the whole experience, not only the physical but the sensory element of our Centre pool. Troy enjoys listening in to all of the noise and conversations and particularly enjoys being floated on his back and kicking to move himself across the water.



# Life Skills Development



Neil starts his week by checking if there are any jobs or duties to assist the admin staff. Once Neil has completed his general duties he heads in for a swim. Neil can be seen and heard singing and performing air guitar in the pool to the music playing, floating on a pile of pool noodles. He also checks in to see if others would like flotation devices or pool toys/balls to play with.

Shane's week starts with a swim. He gets straight into the pool, splashing up a storm, which is a great upper body workout. Shane can be heard laughing and seen smiling for the duration of his time in the pool.



Stephen heads straight off the bus and into the change room to get a good long session in the pool. He floats around on pool noodles and makes sure he does his exercises to assist in keeping as much motion and strength as possible. Stephen can also hold his breath under water for what seems like an eternity.

On Monday mornings, Phonse comes into the Centre, finds Pa-lin and reminds her that on Fridays he swims with her. His favourite thing to do while in the pool is to go under the water. He pulls his goggles on and under he goes, walking a short way. We talk about the creatures he might see if he was under the sea and imagine them in the Mulleraterong pool. Phonse also says how he likes swimming because it's good for his health and keeping fit.



Jake gets the water jug from the storage room and spends most of the session tipping water over his head and watching the water run through his fingers. It is a great sensory experience, especially with the morning light shining through the water as it flows from the jug. Jake is always smiling while he is enjoying his time in the pool.

Robert is always full of smiles when he gets in the pool on Friday mornings. He spends most of his time floating around and swimming under the water. You can often hear his deep giggle, as he watches his friends play around in the water.



# Life Skills Development



Michael has an exercise session in the pool on Monday afternoons, which was developed by a physiotherapist. He works through his stretching exercises with the aid of two supports and loves to have a joke and splash while he is doing them. After his physio session, he likes to have a waltz around the pool, often joining Pa-lin singing loudly if it's one of his favourite songs.



Nicolaas joins the Monday swimming group and has a lot of fun swimming races with the staff and his friend Tara. He also likes to swim under the water, often coming up laughing with water dripping from his face.

Tara spends her time in the pool doing exercises at the side rails and also walking and swimming laps. She likes to join in swimming races with her friend Nicolaas. These sessions are great for her mobility.



Judy enjoys her weekly swim. She loves to jump up and down counting to 10 and floating around chatting to everyone.



Marie looks forward to her swim session and being able to stretch her arms and legs in the water.



Swimming is one of Nick's favourite programs. Playing catch with the ball with his friends is his favourite game to play in the water. He loves to splash and play with the many pool accessories such as soft balls, pool noodles and containers to pour water on himself.



# Life Skills Development



Robert always has a huge smile on his face when we are at the swimming pool at HILAC. He smiles and nods to the other pool users and he spends most of his time under the water, popping up laughing.

Jesse uses his time in the pool to walk laps, a gentle form of exercise which is good for his knees, being a low impact activity. After he has walked his quota of laps he really likes playing ball games with his friend Matt and laughing and joking with all his peers.



Nerida sometimes brings a bag of pool toys to share and play with other clients. She likes to close her eyes while staff throw them around the pool for her to swim under and find. Often other pool users will help her find some of the trickier objects at the bottom of the pool. When the pool waterfall comes on she loves to sit under the flow and let it massage her back.

Duncan spends his time in the pool swimming laps and is very fit, swimming continuously for the entire hour and a half we are there. He likes it when staff swim with him. He also has a great friendship with Nerida and they will join hands and jump up and go under the water.



Brett is very relaxed in this swim, he enjoys sitting on the step and watching the other participants. He will also play with a ball or the noodles.



Jake really enjoys tipping the water over his own head with the jug. Jake will also have a conversation about when Mum is picking him up.



Nic likes to race in the water, he also loves to say ready, set, go and he goes underwater and comes up with a big smile on his face.

Nic can dive under the water between your legs and comes back up smiling.





# Life Skills Development



Each week Brett comes in with his wallet, bank book and \$2. First stop is Slades Newsagency, where Brett tries his luck at the big bucks, buying a \$2 scratchy ticket to take home. He then heads to the National Bank to deposit \$5 into his bank account. Routine is very important to Brett and he knows exactly what to do, with minimal staff assistance. The staff at both places also know Brett by name and he looks forward to seeing them each week.

Phonse has a few things that he likes to do on a Monday morning, he uses his time to often get texta's and/or paper for his art work. But his most important thing, is his weekly coffee from Lemon Myrtle coffee shop. Phonse has a regular order of a decaf cappuccino and gets his coffee card stamped each week, the staff will always stop and have a chat to Phonse while he is waiting.



Jake loves to help with the Centre Shopping, often helping to collect the items from the shelves at IGA or Cheap as Chips. Just before lunch each week, we head to Pit Stop Café where he independently orders and pays for an egg sandwich ready to eat when we have lunch out and about.

Duncan has a very important job on Monday mornings when we are doing the shopping and that is collecting the trolley, ready to fill with all the items to take back to the Centre. At the end of our shopping, he helps to unload the groceries into the back of the bus, then returns the trolley to the trolley bay in IGA. Duncan also brings in money to purchase his own lunch and has gained the confidence to ask the staff at Pit Stop Café for what he would like and then pays independently.



Jesse is very helpful when we head out to do the shopping for the Centre, helping load the trolley and will often lend a helping hand to other clients with their personal shopping. He loves helping us find different spots in the CBD to sit and enjoy our morning tea, with the tables in front of the library being a favourite spot in the sun.

Jesse brings money in each week to buy his lunch, he likes to go to Pit Stop Café where he has a great rapport with the staff. He is completely independent, asking for and paying for his lunch.



# Life Skills Development



Meg buying the shopping she needs to cook her lunch, often there is enough for three meals that she can store to have through the week or sometimes she will freeze them for later.



Evan carries the basket for Meg and helps to put the items in and will also load them onto the conveyer belt at the check out before putting the basket back in the stand. Evan will often chat to the staff at Coles.



Neil has put his lunch on a plate and washed and dried his container ready to put back in his bag.

Neil likes to bring Meg's notices and hand them to her when he goes over. They have a great friendship.



Evan likes to sit in the chair, listening to Emma and Meg chatting while they wash up the dishes after lunch.

Emma helps Meg by drying the dishes and putting them on the bench ready for Meg to put away. Meg and Emma enjoy having a conversation while doing dishes.

After a busy morning cooking lunch, Meg washes the dishes by hand instead of using the dishwasher.



# Skills Development



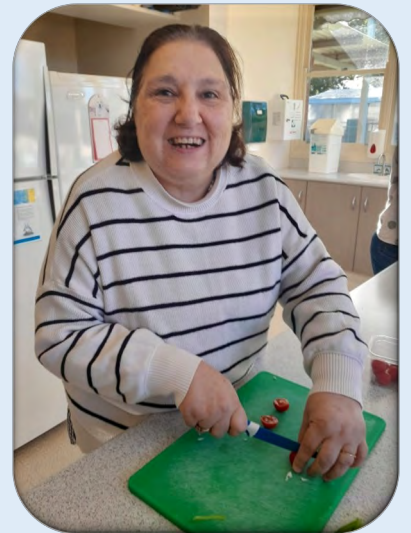
As soon as we arrive at the supermarket Tyler gets a basket and helps to put the shopping in it. Tyler likes to use the self serve check out putting the items through independently, then he is given the money and he will feed it into the machine and carry the bags out to the bus.

Jessica is a wiz in the kitchen and likes to shred the chicken and chop up the vegetables. She adds dressings, mixes ingredients, makes slices, ices cakes. Here she is chopping up capsicum for the pasta salad.



After a busy morning making lunches, Sharni is always ready with the tea-towel to help Suzanne dry the dishes. Sharni will cut up cucumbers, mushrooms, tomatoes as well as use the beaters to mix cakes and is great at mixing ingredients. Sharni also helps get the plates out ready to put the lunches on.

Suzanne's knife skills are amazing. Here she is cutting up cherry tomatoes to add to the salad. Suzanne is a great cook, she enjoys chopping, mixing, checking the slices in the fridge and helping to ice the slices. Suzanne also washes the dishes, wipes down the benches and will put the dishcloths and tea-towels in the washing machine when finished.



Nic often wanders down to see what we are cooking for lunch and sometimes he likes to help. On this day he whipped the cream for the pavlova and did such a great job, he got to lick the beaters.

# Skills Development - Workshop



Jessica bundling stakes.

This group of willing workers enjoy working at the Workshop making stakes of varying lengths for customers. They get experience using a variety of machinery. There are different steps in the stake making process to suit different skill levels to keep clients engaged and challenged. As you can see from the pictures, everyone is actively involved in the process, from the raw wood to the finished stake.



Casey stacking finished stakes.



David painting some stakes.



Neil Robinson marking stakes and stacking them for painting.



Tom bundling stakes.



Neil stacking some painted stakes.



Tom preparing to cut the wood to length.



Matt sorting stakes.



Jessica doing some painting.



Matt stacking some finished stakes.

Neil Rowe pointing stakes.



# Skills Development at Workshop



Casey working on a bird house.

Workshop program participants get to learn new skills and get a taste of working in a workshop environment. They use a variety of tools along with keeping the workshop organised and tidy and get to build projects while being fully supervised and assisted. Clients get a great sense of achievement seeing their projects completed.



Casey working on a bird house.



Matt moving a finished planter holder.



Phonse using the brad nailer on a bird house.



Tom measuring some wood for a project.



Casey staining a planter holder.



Matt and Phonse displaying some planter boxes.



Casey marking out some slats for a planter box.



Tom using the drill press for a project.

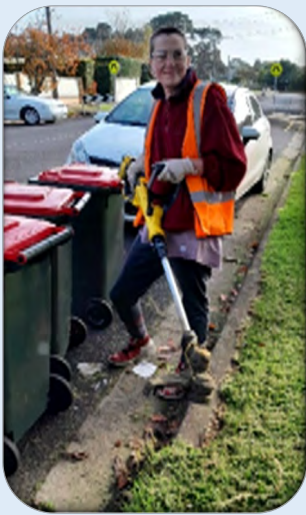


Matt doing some cleaning up.



# Life Skills Development

Garden Maintenance is a program for clients who like to work with their hands and enjoy being outdoors. Clients get a sense of satisfaction keeping the grounds around Mulleraterong in great shape and looking good. They engage in a variety of tasks around the gardens from trimming back hedges, mowing and whipper snipping to sweeping and taking the waste to the tip. With assistance from staff, clients gain experience working with tools and completing tasks they might not usually have the opportunity to try.



Casey trimming along the gutters.



Evan cleaning up the paths.



Robert cleaning up around the carport.



Tom trimming back an overgrown bush.



Brett taking a wheelbarrow load to the trailer.



Casey whipper snipping.



Marie learning how to use the saw.



Jesse trimming back a plant.



Tyler cutting up some branches.



Tom mowing the front garden.



Matt taking some rubbish to the trailer in the wheelbarrow.



Jesse, Matt and Brett loading branches into the trailer.

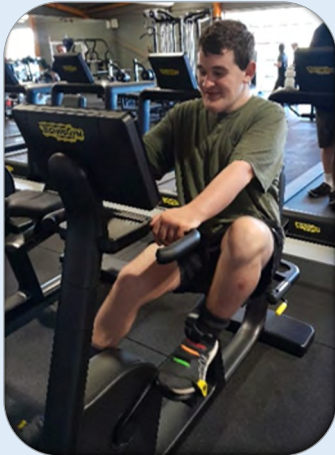


Matt cleaning up the paths.



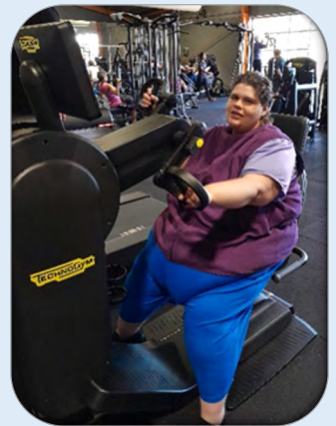
# Community Participation

HILAC Gym is a fantastic opportunity to use variations of traditional exercise on the fitness machines to keep fit.



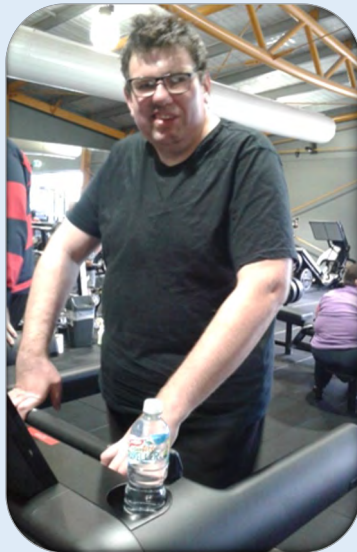
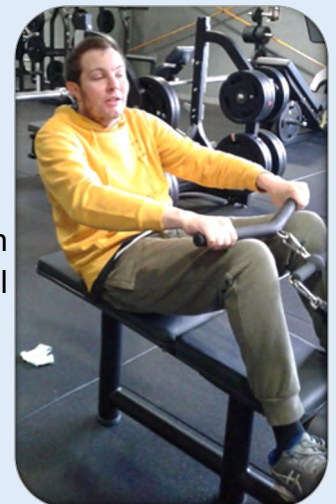
Nick Wall spends 40-45 minutes on the standard bike and chooses which bike to use. He is a very confident rider.

Jenna is very confident and requires little supervision on the arm pulleys. She completes three sets of 20 each week.



Jarrod has his own program to follow which a HILAC instructor has set up for him. He works out on the treadmill for lower body strength for 40 minutes each week.

Tyler selects different equipment each week. He likes using the bench pull down to increase his stomach muscles.



Francis walks on the treadmill for a warm-up then he completes his own program with Casey.

Tara works her upper body on the bike pulley and completes two sets of 30 each week.



# Community Participation

Exercise improves stamina and muscle strength, reduces symptoms of anxiety and depression, improves mood, and promotes general feelings of wellbeing. It also helps control joint swelling and pain associated with arthritis.

In Ball Blitz we shoot hoops, walk laps of the court and throw the ball to one another all providing the opportunity to exercise.

Brett, Evan, Kerrie, Nicky, Nick W and Tyler enjoy these activities at HILAC and their co-ordination has improved immensely.

It's lovely to see everyone participating, interacting, having fun, smiling and laughing while doing something so beneficial.

Thank you to Jenna for your assistance and encouraging our ball players.



Tyler uses his upper body strength and concentration to shoot hoops.



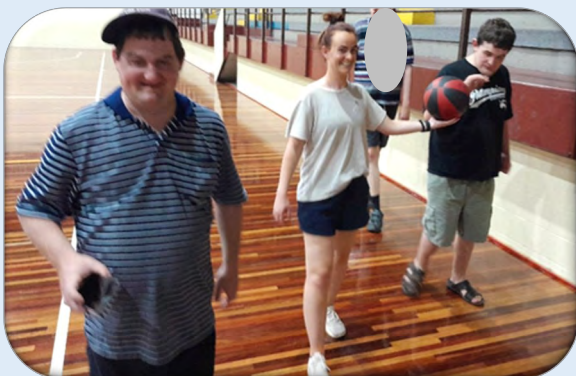
Nick uses his improved coordination to bounce the ball around the court.



Brett has improved immensely on his shooting ability. Brett's grip on the ball is correct and contributes to his success shooting goals.



Having played in a league for many years it is no surprise that Kerrie has full control of dribbling and shooting and has great balance and coordination.



Evan, Nick & Nicky like dribbling the balls up and down the court.

This exercises their hand-eye coordination and balance while providing a solid workout.



# Community Participation

Cycling can be enjoyable for everyone and bicycles and tricycles enable us to move more efficiently – and more enjoyably – than we could without them.

Every Wednesday Kerrie, Jessica, Tom, Evan, Tyler, Ellen and Sallie head to French Street, to hook up the trailer and load the bikes before heading off out into the surroundings of Hamilton or outskirts of Dunkeld.

Everyone enjoys getting out and seeing the countryside while riding their bikes and getting exercise and having fun.



Kerrie, Jessica, Tom, Evan and Tyler sit at Lake Hamilton to enjoy their lunch before they ride their bikes around the lake.



Jessica ties the straps around the wheels of the bikes to make sure they are secured to the trailer.



Tom is keen and ready to ride around the lake, he enjoys keeping fit and has great coordination.

Tyler is a great rider and likes being out in the fresh air and is always ready to ride around Lake Hamilton.



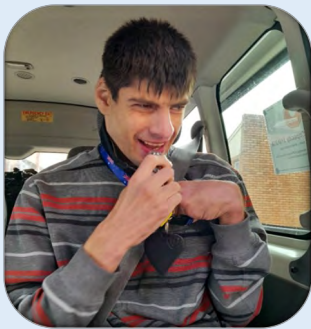
Evan helps with the bike trailer and makes sure the chain is tight when we pick it up from French Street.



Kerrie gives a thumbs up to show she is super happy to be back riding with the group. Kerrie said, "it gives me more energy and keeps me fit".

# Community Participation

Tip Run evolved from just taking the Centre's recycling to businesses via word of mouth. With Jesse having worked in hospitality, he knew a few businesses that did their own 'tip run' drop offs, but with the tip only being open in standard business hours they struggled to get there. We approached Groke / 2 Doors and Lindsay suggested his wife's salon would also be interested, then Jess and Tim from Café Gray jumped on board and Peter from Beattie's also reached out, happy to support our program. We have also had Pete from Lemon Myrtle come forward voicing his interest in our services.



Troy loves coming on our tip run, he sits back conversing with the other clients on the bus in their own way until we get to the transfer station. Troy gets out and goes for a short walk whilst the clients unload the rubbish collected from local businesses.



Tom is an excellent contributor to the Tip Run program. Getting out at all stops – Groke, Beatties Newsagents, Café Gray and Abbey Edwards. Tom helps load all the cardboard onto the bus then helps dispose of it all once we get to the transfer station.

Tyler very much enjoys the tip run program and will quite often be heard asking, 'Tip Run Thursday? Front seat? Co-pilot?'. Tyler is the co-pilot on Thursday mornings, making sure we aren't forgetting to pick up from any of our local businesses. Tyler also gets out at every stop and helps gather the cardboard and recyclables.



Evan can also be heard asking, 'tip tip tip?' eagerly during the week as Thursday approaches. Evan is another who participates at every level. Evan has also built great rapport with the local business owners/employees and loves to have a chat whilst we collect their recyclables, often talking about the footy or what events are coming up.

Nicky is always a great help with the Tip Run program. Often seen smiling up the back of the bus as we head around to the local businesses to do our collections. Nicky also likes to make sure that all the boxes and containers are put in the right spots. Upon arrival to the transfer station Nicky exits the bus and helps to empty the contents of the boot.

# Community Contribution - Meals on Wheels



During Meals on Wheels it is Evan's job to get the trays and he happily puts on the lanyard ready to deliver meals. Evan gets the meal ready to deliver and he has residents who he regularly delivers to. Evan likes to have a chat to each person he delivers to.



Casey happily delivers meals with a smile to her weekly people after putting the meals on the tray.



Sharni takes the Meals on Wheels folder and helps to put the soups on the tray. She also enjoys the banter on the bus.



Jarrod eagerly goes to the Meals on Wheels window and collects the esky with all the meals in it.



Jessica reads out the names and addresses of the Meals on Wheels recipients and makes sure all the details are correct.



Every Tuesday morning Jarrod is supported by Mulleraterong to attend his work placement at Bunnings in Hamilton. Jarrod, Michelle and Melanie (from Bunnings) make up the dream team as they work together creating new display ends, rotating stock and restocking the cake stands.

Jarrod enjoys watering the plants and the social side of his job at Bunnings.

Through this position, Jarrod has formed quite the bromance with his new workmate, Shannon. Jarrod and Shannon share their love of NRL. You'd be brave to try and interrupt them during their weekly debrief of the games played at the weekend.

Jarrod is a much loved member of the Bunnings team, who they spoil at any chance they get.

# Community Participation

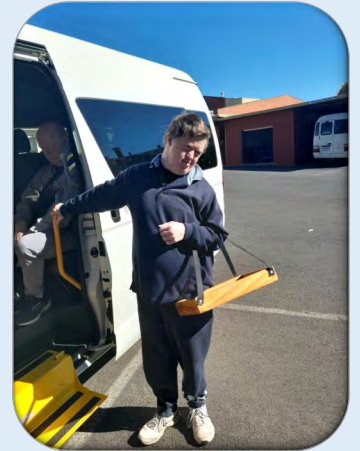


Evan joins the group after morning tea to assist with Meals on Wheels and have lunch out. On nice days we like to go to the lakeside playground and utilise their picnic tables in the sunshine. Evan enjoys watching the others, laughing as they explore the playground and its equipment.

Evan delivers Meals on Wheels to a man who is also a Geelong Cats football supporter. They will chat about the weekend's game and have a fantastic understanding, which is amazing to hear when they are talking.



Jesse and Brett have very important jobs when we do Meals on Wheels. They are in charge of collecting the meal eskies and round information from the ladies at the hospital. The boys always greet them with big smiles and Jesse loves to have a chat with them.



Duncan has a regular man he delivers to every Monday on Meals on Wheels. He knows to walk in the back door and place his meal in the kitchen and then stays and has a quick chat, always saying, 'yes' to whether he's had a good morning.

Phonse delivers a few meals on Meals on Wheels and is completely independent. He goes into each property on his own and often stays and has a quick chat to people he delivers to.



Jake has a regular that he delivers to and will have his seat belt off and ready to go as soon as we pull up. He likes to ring the door bell and knows that once is enough times while waiting for the door to be answered. He always has a bright smile and a lovely big hello for the lady who receives the meal.

# Friday Walkers / Corner House

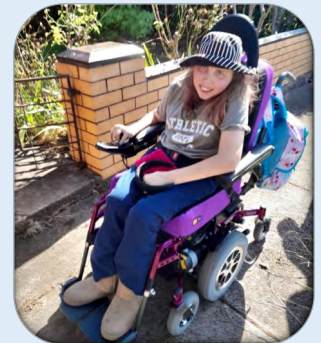


Phonse enjoys a cuppa and a biscuit after we have been for a long walk.

Nerida finds coloring in relaxing, so after our walk she sits with Phonse who does his art and she colours.



Nerida, Suzanne, Tyler and Marie enjoy our walks, we walk different ways each week. As we say, "walking is good for our heart and our health".



After our walk, Casey will set up the pool balls in the triangle ready for a game. Casey likes playing pool and has a good eye.

Tyler likes to play pool as well and he concentrates on the ball he wants to hit and most times he will sink it.



Robert goes into the spare room after our walk to get out the guitar and have a strum, sometimes he brings it into the lounge room so we can all sing to the tune he is strumming.

Marie's muscles get a bit tense so when we return to the Corner House after our walk, Nisara gives Marie a leg and foot massage to help release the stiffness. Marie said it feels good.



# Horse Riding



Duncan has been learning to ride independently this year at RDA. He has great control of his horse, Aussie and is learning how to change direction using his reins. He has fantastic helpers to assist and help him as needed. Duncan has been riding through a course by himself and always has a huge smile.

Katrina starts each lesson by doing a series of stretching exercises on the 'barrel'. She uses a mounting block to get up and knows her routine. These exercises allow Katrina to feel confident and she has a more comfortable ride when she finally gets on the horse. Katrina has also been riding independently with minimal assistance from RDA volunteers.



Leigh rides the biggest horse at RDA, Phalaris and has for the last couple of years. He has a great volunteer in Dave, who knows what Leigh likes. Leigh's favourite thing to do is trot around, the faster the better and you'll hear him laughing from the other side of the arena as he races around.

Jessica rides a lovely little pony named Fjara. This year she has been working on balance and her confidence. She rides in a special wooly pad rather than a saddle and her posture has improved greatly as she sits up nice and straight. She completes all the activities with the help of RDA's wonderful volunteer, Sue.



# Special Events

## Book Week



Sarah & Evan, Pa-lin (the unicorn) and Casey all dressed up for Book Week and Phonse loved the unicorn.

### Koroit Bowls Day

### Footy Colours Day

### Heywood Wood Wine & Roses



Michael enjoyed the competition at Koroit Bowls Club.

Neil Rowe enjoyed creating a paper version of himself a Geelong player.

Marie enjoyed meeting Bumblebee at the Heywood Wood Wine and Roses Festival.

### Christmas Party

### Clean Up Australia Day



Judy received a gift from Santa.

Tom & Emma D enjoy an ice-cream after their festive lunch.

Leigh, Pa-lin, Brett, Duncan, Jake, Tara and Sarah volunteered with Rotary to *Clean up Australia* at Lake Hamilton.

# Community Connections



Kerrie enjoyed dinner at Thai Town.



Duncan, Kerrie, Meg and Jake enjoyed lunch and a swim at HILAC with Sarah.



Janet & Kerrie enjoyed the Leaving Jackson performance at the PAC.



Katrina enjoyed Dirty Dicks at the PAC.



Phonse enjoyed a visit to the Hamilton Art Gallery.



Duncan, Kerrie and Janet enjoyed the activities and a day out at the Hamilton Cup.



Leigh independently pays for his meal at the Bandicoot.



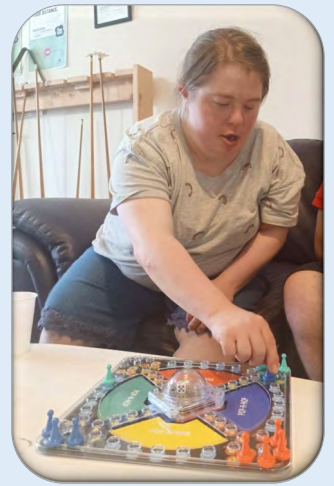
# Community Connections



Sharni, Maddy, Jarrod and Leigh enjoy a meal at Groke.



Jarrod & Sharni enjoyed a night of games and pizza at the Corner House.



Cameron & Jarrod enjoyed dinner at the Cally.



Jarrod, Robert and Evan all enjoyed dinner at The Central.



Jesse enjoyed fishing at Lake Hamilton.



Casey and Nerida enjoyed all the animals at the Halls Gap Zoo.



Nerida, Katrina, Janet, Rachel, Jarrod, Casey and Pa-lin all enjoyed Pizza and Games at the Corner House.

# Donations

## 2022 / 2023

Mulleraterong Centre is very grateful to the following individuals, associations, clubs and organisations for their generous donations this year:

Kevin Doyle Estate	\$121,409.45
Diane Ryan Estate	\$ 13,429.29

Thank you also to the following contributors:

2 Doors	The Great Chase	Andy & Sue Ross
Barb Harnden	Kerrie Irvine	Margaret Belfield
Great Ocean Road 10 Pin Bowling		

If you wish to make a donation you can do this via Give Now

<https://www.givenow.com.au/>

By mail, by cheque or direct deposit to:

Mulleraterong Centre Inc. P O Box 358, Hamilton VIC, 3301

**BSB 083 663 Account number 73013 8669.**

Donations over \$2 are tax deductible and receipts will be issued.

If you would like to consider making a provision for a bequest to Mulleraterong in your Will please speak with your solicitor for advice.

Thank you for taking  
the time to read  
our Annual Report  
We hope you enjoyed it