

Cowra Information & Neighbourhood Centre Inc



Annual Report
2018-2019

Cowra Information & Neighbourhood Centre Inc

ABN 37 152 608 106

Annual General Meeting

AGENDA

Friday 13th December 2019 at 9.45am

Cowra Information & Neighbourhood Centre

15 Vaux Street, Cowra, NSW 2794

1. Welcome
2. Confirm minutes of previous years AGM
3. Presentation of Chairpersons report
4. Board elections
5. Welcome to the new Board
6. Appointment of Auditor
7. Update from CEO
8. Thank you and closing

Board of Management

2018 - 2019



Chris Budge
Chairperson



Melinda Barlow
Vice Chairperson



Steve Moriarty
Treasurer



Nikki Kiss
Secretary



Esther Cutmore
Board Member



Alicia Ball
Board Member



Darren Quinn
Board Member



Jenni Fitzsimmons
Board Member

CINC Staff

2018 - 2019



Fran Stead
Chief Executive Officer



Hellen Horton
Youth Worker



Marion Speechley
Community Engagement
Officer



Harry Williams
Aboriginal Community
Engagement Officer



Karen Pearson
Administration & Volunteer
Coordination Officer



Katie Wilson
Communications &
Administration Officer



Jess McLeish
Reception



Donnah Chown
Client Services Worker



Natalie Rush
Client Services Worker



Danny Jackett
Team Leader HMM



Diana Broeksema
Admin Worker HMM



Lyn Beer
Support Worker



Milly Trudgen
Reception

Farewells

The Cowra Information & Neighbourhood Centre would like to acknowledge the time given and dedication shown by the following Staff and Board Members who have moved on in the last 12 months. We wish them well.



Jan Swinhoe
Board Member



Annette Wilson
Board Member



Rhee Ryan
Staff



Milly Trudgen
Staff



Tara Sanford
Staff



PROGRESS
is IMPOSSIBLE
WITHOUT CHANGE,
& those who cannot
CHANGE THEIR minds
CANNOT
CHANGE Anything.⁰⁰
- George Bernard Shaw

Special Thanks

The Cowra Information & Neighbourhood Centre would like to acknowledge the following organisations and individuals for their support with projects and functions throughout the past year.

Allan Gray & Co	Cowra Visitor and Information Centre	NSW Government Family & Community Services (FACS)
Apsara Café	Deakin and Layne Horton	NSW Government Human Services Ageing, Disability & Home Care
Balance Accounting	Deluxe 98 Spa & Nails	NSW Police - Cowra
Bea Britestar	Elders Cowra	NSW Police PACC
Bryants Packaging	Felton's Tournament & Fishing Tackle	Phill's Blinds and Awnings
Bunnings Cowra	Garden & Montgomerie	Rapt in Gifts
Civic Motor Inn	George Wilson	Ray White Cowra
Coles Cowra	Grenfell Interagency	Richard Oliver
Commonwealth Bank	Holman Place School	Robert McKay & Family
Cowra Bowling Club	Holmwood Public School	Robyn Guihot
Cowra Business Chamber	It's Happening in Cowra	Rourke & Henry
Cowra Carpet Court	James P Keady & Co	St Raphaels Catholic School
Cowra Concrete Products	Jamiesons Joinery	Steph Cooke MP
Cowra Craft Shop	John Woods Motors	Tess Allbright
Cowra Equipment Hire	Keith Philpott Funeral Directors	The Christian Resource Centre
Cowra Ford Motors	Kevin Wright	The Perfect Health Centre
Cowra Guardian	Kumiai Ryu Cowra	The Salon Collective
Cowra High School	Lions Club Cowra	TJM Engines, Mechanical & Marine
Cowra Hotbake	Local Community Services Association (LCSA)	Unearthed Homewares
Cowra Jockey Club	Marc McLeish -	Waugoola Motors
Cowra Laundromat	Cowra Carpet Cleaning	Webster Optometrists
Cowra Physiotherapy	Marks Pumps	West Cowra Takeaway
Cowra Public School	Mick Peterson Plumbing	WINC
Cowra Rotary Club	Midwest Fire Services	Wiradjuri Elders Group
Cowra Seafood	Mr Embroidery	Woolworths Cowra
Cowra Services Club	Mulyan Public School	
Cowra Shire Council	Munchies Takeaway	
Cowra Toyota		

CINC Members

2018 - 2019

The Board of Management and Staff would like to thank all of our wonderful volunteers for their ongoing support of our projects within the Cowra Community.

Allbright, Tessa
Arnott, Janine
Ball, Alicia
Barlow, Melinda
Beattie, Joanne
Britestar, Bea
Bryant, Alan
Bryant, Leticia
Bryant, Beth
Bryant, Patricia
Brydon, Jennifer
Budge, Chris
Budge, Kay
Burns, Barry
Butwell, Deborah
Cass, Bruce
Cole, Paul
Croudace, Christine
Cummings, John
Cutmore, Esther
Doyle, Brendan
Dunn, Suzanne
Fitzsimmons, Kevin
Fitzsimmons, Jennifer
Garcia, Dolly
Gorringe, Julieanne
Grant, Ian
Gregg, Christine
Guihot, Robyn
Guthrie, Kathleen

Hampton, Joan
Hampton, Micheal
Hopkins, Elaine
Jordan, Olwen
Kerr, Barbara
Kirkwood, Douglas
Kiss, David
Kiss, Nicole
Ladd, Margery
Littler, Valerie
Mandi, Hawa
McSorley, Thomas
Moran, Robyn
Moriarty, Stephen
Murray, Judy
Nealon, Denise
Noden, Mindy
Norton, Christine
O'Brien, Lynette
Page, Alison
Peterson, Rita
Quinn, Darren
Reynolds, Margaret
Rosewarne, Colleen
Sigsworth, Jullieanne
Simeon, Karlene
Simpson, Jean
Sloan, Christine
Sly, Simone
Smith, Patricia

Stone, Robert
Swinhoe, Jan
Terelinck, Diane
Thompson, Alan
Thompson, Helen
Toohey, Jodie-Lee
Venables, Cheryl
Vial, Kerry
Walker, David
Wong, Sooyen
Woodford, Georgina
Young, Gail
Zheng, Rainy

Why do we need members?

By having a strong membership we are able to actively display that we are supported by all sections of the Cowra Community. Being a member is a great way to meet new people and keep in touch with what is happening in our community.

Interested in becoming a member?

Please contact Admin on (02) 6340 1100 and we will send out an application form.

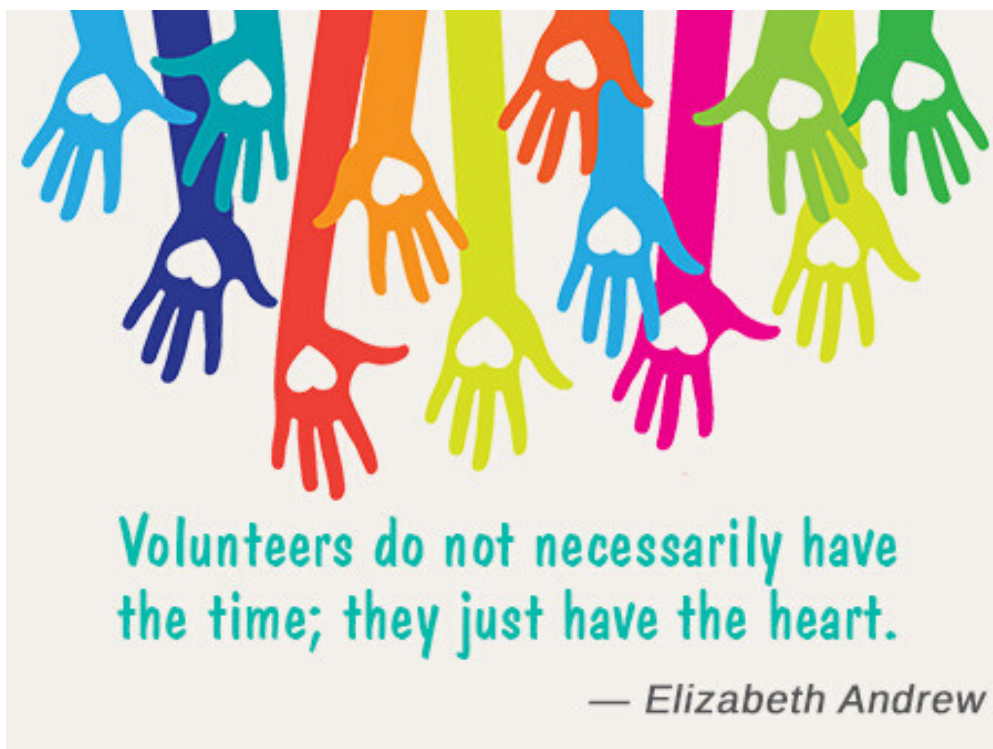
Volunteers

Roll of Honour

2018 - 2019

The Board of Management and Staff would like to thank all of our wonderful volunteers for their ongoing support of our projects within the Cowra Community.

Ball, Alicia
Barlow, Melinda
Bryant, Leticia
Brydon, Jennifer
Budge, Chris
Cass, Bruce
Cutmore, Esther
Fitzsimmons, Jennifer
Hopkins, Elaine
Kirkwood, Douglas
Kiss, Nicole
McFarlane, Christine
Moriarty, Steven
Norton, Christine
Peterson, Rita
Quinn, Darren
Swinhoe, Jan
Toohey, Jodie
Vial, Kerry
Walker, David





Cowra Information &
Neighbourhood Centre

Our Vision

"Locals Supporting Locals"

Our Mission

*To empower people and our
community to grow and celebrate
diversity, to be safe and connected.
To provide services, information,
advocacy and referral to all our
communities, focusing on the people
who are vulnerable, isolated or at risk.*

Chairperson's Report

Another fantastic and excellent year for CINC and it is a huge honour for me to represent the CINC Board of Management as Chairperson for 2018/2019.

CINC continues to grow in stature daily. This is brought about by a very astute and dynamic leader in our CEO, Mrs Fran Stead, supported by a very loyal and enthusiastic staff and our brilliant volunteers. Fran has the total support of the Board of Management.

CINC's main funds still come from Federal and State Government grants, wonderful support from our local council, memberships and donations. A fantastic effort, and we thank everybody so much.

The Board of Management wish to acknowledge our appreciation to Cowra Mayor Mr Bill West and the Shire Council for their continued and much valued support.

I wish to at this time acknowledge the efforts of our CEO Fran, the staff and volunteers - no matter what the task, the goal is always reached.

We also thank Mr Ray Bennett for his continued input and much valued assistance. Well done Ray.

I would, in closing this report, like to say a very special thankyou to all my Board Members for their continued support of me this year. Their input, advice and time are so very much appreciated.

Thank you all. Stay safe.

Chris R Budge
Chairperson

Chief Executive Officer's Report

Where do I start with my report for 2019? What a ride we have been on. When you think you are on fire and doing an amazing job as a team, and that you are kicking so many professional goals, the kick in the gut that we received early this year really hurt.

YES amazing things have happened at CINC during the year, our stats, show an ever increasing amount of people through our doors , just over 10,000 assisted referrals have taken place ,37,000 times our door has been opened this year, and every event hosted or partnered by CINC has been a huge success.

Over \$200,000 worth of brand new donated goods from Big W have been distributed to our clients and the wider community of Cowra and surrounding villages. \$80,000 worth of various goods have also been received via Goods 360 and Givit.

Over \$150,000 worth of bread/produce and cakes have been received daily from Woolworths, Coles, Royce's, and Cowra Hot Bake. This huge act of kindness, has helped our community in so many ways each and every day. We have also assisted our community with over \$70,000 in EAPA vouchers for electricity/gas.

This is so much more than just a hand out, this is making a huge difference to our community as well as assisting our local economy. People now have left over money for extra things, like leisure activities, family outings as well as saving for family holidays. It is so worth the effort when you see the smiling grateful faces, it is priceless and you know it is worth doing when people tell what a difference it is making. We love seeing photos or hearing about a trip someone may have taken.

In amongst everything else this year, we received White Ribbon Accreditation, a massive 2-year effort by our team and one we are very proud to stand behind. Earlier this year we received a much unexpected win for Employee of Choice, beating many great business in Cowra. We were very honoured to take out this category in the Cowra Business Awards for 2019.

Chief Executive Officer's Report

I was in two minds about writing my next passage, but I decided I should.

CINC should not need to hide, as we did nothing wrong. Our members and the wider community should be made aware of the true goings on. I praise my staff, and board members for keeping your heads high and for always keeping your dignity with such a delicate matter. With all great things, sad things also happen. We were attacked from within and it was something I did not see coming at all.

A trusted employee who was in a position of complete trust, committed fraud and theft. (It leaves you with the worst feeling) and I keep coming back and asking myself “why?” We received no explanation, nor a sorry. As an organisation, we made financial decisions based on reports presented to us, as we had no reason to suspect that they were false and incorrect. Rather than let it consume me and make me bitter, I am looking for the positive and 2020 is going to be amazing.

It is important to work through the mess that we have been left with, but it is also more important to focus on the solution.

CINC is bigger than any one person. What CINC stands for and the difference it makes to the community is what 100% drives me each and every day.

There will be some hard decisions I need to make, but this is to ensure CINC stays viable and that service delivery is never affected.

I give our organisation and our members my word that I will give 120% every day, to turn CINC back around and head back to toward being in surplus.

I will end with thanking my family and my inner circle (who I consider family), without them, there is no way I would have got through 2019.

Big love

Fran xx

Fran Stead
Chief Executive Officer

Community Engagement

Our NAIDOC celebrations started at Squire Park, where over 200 people gathered, to march to River Park, followed by the official flag-raising and smoking ceremonies. Our Family Fun Day was then enjoyed by around 380 people who enjoyed the free lunch and activities provided by CINC and the many Service Providers who attended.



Our school holiday activities continue with our Crafty Kids workshops and this year we added a Family Fun Day and a new program Boyz Business.



We love our Community Morning Teas each Friday where everyone feels welcome and included with so many laughs and friendships made. Our partnership with Cowra Public School has continued and they bring a class over fortnightly to entertain us which is loved by all. We continue to hold special events - Biggest Morning Tea/Volunteers Week, Pink Ribbon, White Ribbon, Wear it Purple Day, Closing the Gap, our White Ribbon Accreditation and many more.



We held a free workshop in January with Joe Williams - The Enemy Within. Suicide Prevention and Mental Health Wellbeing Education. This was an amazing and emotional evening with 70 people listening to Joe share his journey and daily struggles.



Community Engagement

International Women's Day was celebrated in the beautiful Japanese Gardens with guided meditation with Robyn Lynch and a lovely grazing platter for afternoon tea. A great afternoon for all the beautiful women to relax, laugh and enjoy each others company.



We held our Seniors Week at CINC with a High Tea. It was a lovely celebration for our seniors enjoying a lovely afternoon tea together.



We held a beautiful luncheon for Harmony Day where we celebrated diversity, inclusion and belonging.

Albert Murray did a wonderful Welcome to Country and the Cowra Public School choir entertained us.



Community Engagement

CINC bought Obstacool, a large inflatable obstacle course to town. This was a fantastic community event with the young and the young-at-heart having lots of fun.



Our weekly and fortnightly programs, Art, Chance's Clothing, Knitting with Friends and computer classes are all continuing with the addition of a new CINC Men's Group. This is a social group where the men join in a variety of group led activities and have a good chat. The group have participated in some fantastic outings including the Cowra Men's Shed, Weeroona Aged Care and a visit to Brumby Aircraft and All Things Sharpened Village Blacksmith.



We held a free Family Fun Day in October with over 450 people joining us for a fun-filled day with a jumping castle, sausage sizzle, hair spray, tattoos, games and an obstacle course from the CECS mobile preschool.



This years fundraisers for our Domestic Violence / Crisis Accommodation was a Preloved handbag sale and a Pyjama fundraiser. Everyone who attended left very happy with handbags and nice warm pyjamas, whilst helping to raise money for this wonderful cause.



Community Engagement

Playgroup is on every Thursday at 5 Vaux Street and every 3rd Monday at the park. This is a wonderful social inclusion program for the adults and children with many lasting friendships being formed. We held events for Children's Week, Christmas and for National Families Week, with a "Once Upon a Time" party.



Our Community Christmas Luncheon was held at the Cowra Civic Centre this year where we celebrated with 220 members of our community. Everyone enjoyed the entertainment by Cowra Public School, a beautiful lunch and a Christmas gift. The laughter and smiles in the room were infectious.



Our Christmas Wonderland at Squire Park for the Christmas Street Festival this year saw over 2500 Santa photos taken. There was such a wonderful feel in the air with the children enjoying seeing Santa, writing Santa letters, tattoos, hair spray, face painting and spending time with family and friends.

Santa and his helpers also paid their annual visit to Post School Options for photos and a lovely Christmas Lunch.



Marion Speechley
Community Engagement Officer

Harry Williams
Aboriginal Community Engagement Officer

Community & Families

Family Support Service

Cowra Family Support assists families and young people to cope with the challenges of family life and raising children. We provide advice and referral, home visiting, linking families to appropriate services, parenting and support groups, community activities and events. This financial year 2018-2019 we have assisted and supported 141 families. We are currently supporting/assisting 36 families.

Family Support offer services in Cowra, Grenfell, Canowindra and the surrounding areas.

Triple P Program covers ways to deal with common issues like tantrums, disobedience, meal/bed time difficulties and bullying, provides tips on parenting in general, what to expect at their child's stage of development.

Triple P Programs available are: Group Triple P Children aged 2-12 years, Stepping Stones - Primary, Children with Disabilities, Stepping Stones Seminars, Children with Disabilities, Teen Triple P.

This year we have had parent's complete different Triple P programs - some one on one and others in a small group.

Out of the Dark helps Women identify issues around domestic and family violence and the options and support available for women experiencing this.

Out of the Dark is a program for women who have experienced domestic and family abuse. This year we have assisted women one on one to do this program as was deemed necessary.

WESNET Phones - Telstra in conjunction with WESNET are offering phones to women who have or are experiencing DV. We have provided phones to families and youth to assist them with staying in contact with loved ones, to make appointments and to assist with their safety.

Rent It Keep It was developed by Housing NSW, this Program assists clients with the skills and knowledge of how to apply and maintain a private rental as well as their rights and responsibilities as a tenant. We do this program on a needs basis.

Community & Families

Family Support Service

Love Bites aims to teach teenagers about healthy relationships. It focuses on what behaviour “crosses the line” and about respecting one another. Donnah supported Facilitators for this program at Cowra High.

The **Friends Resilience Program** helps people of all ages build resilience, confidence, and emotional wellbeing which improves learning and social outcomes in schools, families and work settings. Friends Resilience offers four programs, Fun Friends (Age 4-7, Positive Social Development), Friends for Life (Age 8-11, Inspiring Confidence & Emotional Strength), My Friends Youth (Age 12-15 Building Positive Peer & Relationships) and Adults Resilience (Age 16 – 18+, Resilience Programs for all adults). The group was run at CINC – Family Support, Cowra Public School and Mulyan Public School.

The program is also implemented one on one with young children.

In partnership with Live Better we have implemented the parenting program called **DRUMBEAT**. Holyoake's DRUMBEAT is the world's first structured learning program using music, psychology and neurobiology to reconnect with ourselves and others.

The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts. DRUMBEAT incorporates hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to achieve positive outcomes. This was the first for Cowra and we look forward to further partnerships with LiveBetter.

Partnerships - As a frontline service for children and families in need we work closely with other service providers to ensure positive outcomes for these families. We would like to thank Housing Plus for their ongoing support in working with victims of Domestic and Family Violence. Sadly 1 in 4 women have experienced emotional abuse by a current or former partner since the age of 15 and we work closely to help those affected.

Other service providers engaging in collaboration for children and families include, Mission Australia, Cowra Public School, Cowra Mental Health, Cowra Community Health, Cowra Community Transport, Family and Community Services, Anglicare, Barnados, LiveBetter, NILS loans, CentreCare Homeless Specialists, Cowra Early Childhood Services, Mulyan Public School, Holmwood Public School, Holman Place, Lives Lived Well, Wiegelli Drug and Alcohol Centre, Yalbalinga Boori Day Care Centre,

Community & Families

Family Support Service

Good Start Early Learning, Cowra Social Workers, Psychologist and Doctors surgeries, Salvation Army, StVincent DePaul, NSW Department of Housing, Community Chest, Westnet phone, Headspace, ROCP solicitors, Legal Aid, Cowra Court House, Cowra Police, Wesley Centre Food Hall, Gordon Garling Moffitt Lawyers, Canowindra Community Health, Wellways, Cowra High School, St Raphael's Catholic School, Kids Out West and Marist180.

Professional Development - Here at CINC professional development for staff ensures we have the most up to date knowledge and skills to best suit the needs of our clients. This year we have participated in training around Lifelines Recognise, Respond, Refer Domestic And Family Violence, Mental Health First Aid, Skills in Working with Male Family Violence, Boys Boys Boys – Maggie Dent, Time Management, Speech & Language Pathology, Family Support Regional Meetings, Wellbeing and Health, Family Group Conferencing, Engaging with Children Court Clinician and Friends Resilience.

Committees & Groups - We have involvement in the Cowra Domestic and Family Violence Committee, Interagency Group and the Cowra Child Network. This year the Cowra Domestic and Family Violence Committee in partnerships with Danielle Allen PARVAN Pathway Coordinator (Southern) held its first Teachers & Educator Information Session. The evening was well supported with 54 dedicated and passionate professionals attending. The need for more sessions like this was evident in the attendance and evaluation of the evening. We look forward to further educating those working with Cowra's children and families.

Donnah Chown
Family Support - Client Services

Natalie Rush
Family Support - Client Services

Youth Connect

Youth Connect has had a big year and so many magnificent things have made this year so big. We have continued our presence in Cowra, Canowindra and Grenfell and the young people involved in the program has given it momentum and an energy of its own.

There has been a lot of collaborations and partnerships running with this program to make the outcomes for the young people incredible. Having the support of Cowra High, Canowindra High, Henry Lawson High, Cowra Public, Cowra PCYC, Cowra Drug & Alcohol, Cowra Mental Health, Juvenile Justice, Cowra Police, Cowra Hospital, the Medical Centre and many Cowra locals that believe it takes a village to raise its young people.

Youth Connect has worked very closely with Brendan and Kylie from Cowra PCYC with their Fit For Life Program. Every Wednesday morning since it kicked off in February we have been there every week. This program highlights the importance for fitness, nutrition and more over it gives the young people involved more than one safe face that they can turn to in times of sadness or crisis. This has also had other services involved volunteering their time including Cowra Police, staff from Cowra High and the Bathurst ACLO, Percy.

The kids participating in this program have given so much effort and dedication - it has been a true joy & pleasure exercising and learning with them and seeing them grow using fitness to enhance their health.

Creativity in the Youth Connect building has been second to none this year. Many raps have been created in the music room, many piano tunes have been carried on the breeze on the new electric piano as well as the creation of some beautiful art in the art group. These groups have been run in parallel with a focus on self-esteem and personal hygiene - all of which have been incredibly successful. Having music and art to express themselves has been such a positive outlet in some pretty painful times for these young people.

Cardio Tennis groups have continued to run in school holiday breaks with tennis coach, Helen Garratt and CINC's Fran Stead and Hellen Horton supervising and taking part. Since YC started having Cardio Tennis as a fitness outlet we have never had any of the young people not want to come back and give it another go in the next holidays. Very grateful to both Fran and Helen Garratt for making the young people feel so comfortable and safe that they can give it a real go and get all the benefits that come from it.

Youth Connect

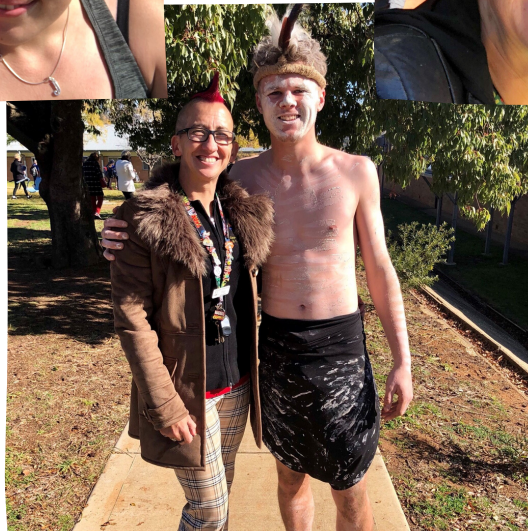
YC has had so many people give generously to it through raffles, donations and their time collecting and organising things for the young people. The support for this program is overwhelming and gratefully accepted. The young people are all amazing and beautiful and should be celebrated for all they are able to achieve and all the things that make them incredible individuals.

Seeing their lights burn strong and get brighter is a gift, this gift gives to themselves, their families and I am blessed to say, myself. There is nothing more amazing than seeing young people find who they are and invest in themselves.

The YC young people are inspirational and their example of how to embrace life no matter what happens is priceless. I am so incredibly grateful for my job and the opportunity to work amongst such great young souls.

Hellen Horton

Youth Connect Youth Worker



Home Modification & Maintenance Service

Commonwealth Home Support Programme (CHSP)

The 2018 - 2019 year has been a period of bedding in and adjustments as the NDIS (National Disability Insurance Scheme) is expanded and the program continues to develop and grow. The NDIS program has certainly presented challenges for both the HMM Service and the clients we assist. The recent Royal Commission into the NDIA / NDIS and the recommendations that have flowed from the establishment of the NDIS Quality & Safeguards Commission have added substantially to the paperwork when the service engages with, or is asked to provide assistance, for NDIS supported clients.

The Cowra HMM service is now also engaged with NSW Department of Health through the HealthShare which via the EnableNSW SASH HMM program is providing support to younger clients who have been deemed as ineligible under the NDIS program but require assistance with home modifications to maintain their independence.

In the process of engaging with both the NDIS and SASH HMM Cowra HMMS has had requests for assistance that has taken the builders and tradespeople into the Weddin Shire, the Hilltops (Young) Shire, Blayney Shire and Cabonne Shire as well as supporting clients in the Cowra Shire.

The growing / increasing client base along with the very limited numbers of registered providers is seeing requests for assistance come from unexpected sources.

The Aged Care Funding Agreements for the Community Home Support Program (CHSP) have been extended until June of 2022. There is no indication of what is to happen after 2022 and while the clients and the HMM service have been given a funding / support reprieve the future is far from secure, the general feeling is major changes are planned but no one is sure what form they will take there is no indication of what is going to replace this program which provides such crucial entry level support across many different areas of need within our community.

Home Modification & Maintenance Service

The growing number of requests for assistance and managing the limited funding that is available to meet this growing demand is going to present a considerable challenge to the HMM staff and to the Board of CINC.

Cowra HMMS has completed Full Cost recovery and for-profit maintenance and building work during the last twelve months, the profit recovered from this work has been used to support provision of various programs & services under the Neighbourhood Centres umbrella.

During 2018 / 2019 the Home Modifications Service received the following Home modifications jobs.

Minor Modification Jobs	259
Major Modification referrals	13

Of the 272 Major & Minor modifications jobs referred to the HMM service there have been:

NDIS 15 job Applications received 3 jobs have been approved. 12 are still under consideration.

Veterans Affairs Modifications 6 job applications received, all have been completed.

Full Cost Recovery Modifications 16 Applications received, 11 completed, 1 on hold, 4 Cancelled / client passed away/ declined.

SASH HMM 3 job applications received, all have been completed.

232 CHSP / Aged Care clients modification requests have been received, Lawn mowing and minor maintenance job requests numbered 1177 with approx. 3,060 hours of support provided to the clients.

Within that total the Service also completed jobs that were related to electrical, plumbing, security and or other home maintenance works.

Home Modification & Maintenance Service

I would like to express my thanks and appreciation for the support, assistance and good humour that Diana Broeksema and Lynette Beer have brought to the Home Modifications office over the last twelve months.

In particular I would like to acknowledge Diana's contribution within the HMM office, the last 12 months have been a very busy and testing time, without her substantial support and assistance I would find the continually changing Disability and Aged Care environment very difficult to manage.

I wish to acknowledge our Builders – David Buttenshaw, Nathan Webster and Mick Noble along the other trades people- Wayne Olsen from DataVoice (electrical) -Evan Watson (Plumbing) and the Handymen / lawn mowing contractors Brian Duff, Peter Warren, Adam Webster, Caleb Murphy (moved to the South Coast in May 2019) Nikita Beatty and Callum Buckland (a new lawn mowing contractor) who work with the service and provide such essential support to our clients and their carers. It is on a sad yet positive note that I make special mention of David Buttenshaw who, after more than 20 years as the Cowra HMM builder in the Grenfell area and 5 years as the service's Nominated Work Supervisor, has informed the Board and CEO, that he will be retiring in 2020 to enjoy some well-earned time away with his wife and extended family. I wish he and Marilyn the very best on their pending retirement.



Danny Jackett
Team Leader - Services

Grenfell Outreach

Family Support & Community Engagement

Family Support Services are provided in Grenfell to help families increase their capacity to take care of their children and strengthen their family relationships. We operate every Thursday from the Grenfell Community Hub, or can be contacted on (02) 6340 1100.

Partnerships - As an outreach service it is important to us that we create and maintain collaborative relationships with other service providers in Grenfell to ensure positive outcomes for these families. We would like to thank the following service providers for their ongoing support: Grenfell Preschool, Grenfell Suicide Prevention Project, Grenfell Community Health, Family and Community Services, Centacare Homeless Specialists, Salvation Army, NSW Department of Housing, ROCP solicitors, Grenfell police, Westnet phones, Grenfell Council, Grenfell Public School and Henry Lawson High.

Grenfell Voices Against Violence - held our annual White Ribbon event with much support from the local community and service providers. This year, schools were more involved than before, with many children marching and attending the event. Our "Bag a Bargain" event raised over \$1000. This will be used for education in the Grenfell community.



Grenfell Community Luncheon - this year we held our first Community Luncheon in Grenfell at the Uniting Church Hall. This event was greatly supported with over 100 community members attending. We were dazzled with performances from the children at Grenfell Preschool and look forward to continuing this new annual event.



Grenfell Outreach

Family Support & Community Engagement

Playgroup is on every second Tuesday in Grenfell with lots of new families attending. We celebrated Christmas and Easter with Santa and the Easter Bunny making special stops to see the children.

Crafty Kids in the school holidays continues to be popular with the children enjoying getting creative and making new friends.

For **Families Week**, the team took "Once Upon a Time" to Grenfell in celebration. The children enjoyed face painting, craft, games and a lovely luncheon with their families.



CINC again ran **Footy for Fun** at the Grenfell Preschool - the children loved learning new ball skills.

Grenfell Youth Group is a social group which meets at Henry Lawson High School during lunchtime, every second Tuesday.

All students are invited to attend the group and join in the chats and activities provided.

Harry has been involved in the **Suicide Prevention Committee Local Working Party** which meet on a monthly basis to help spread the word in the wider community, that people are not alone in difficult situations. Harry also continues to facilitate the Grenfell Interagency meetings, a group working together for better outcomes for the Grenfell Community.

Marion Speechley
Community Engagement Officer

Harry Williams
Aboriginal Community Engagement Officer

Natalie Rush
Family Support - Client Services

CINC Community Connections

Chance's Clothes Project

Before I tally Chance's Clothes Project's achievements for the 2018/19 year, I would like to begin by saying how very proud I am to be part of such an incredibly dedicated and compassionate team.

Chance's Clothes Project continues to be successful because of the time, effort and love contributed by each and every one of you - from the volunteers who donate their tireless efforts, to our bereaved parents and midwives who encourage us, and most importantly, the precious stillborn babies who provide our motivation.

Special mention must also go to Cowra Information and Neighbourhood Centre for auspicing CCP, giving us our all-important NFP organisation status, volunteer support and a place to call home.

CCP provided 595 baby bereavement clothing packs to 37 hospitals during 2018-19, bringing our total number of maternity units supported across Australia since our launch 7 years ago to 116. Our success is demonstrated by 10 hospitals who have requested subsequent CCP packs when their supplies were low.

Although the vast majority of our hand-made items come from over one hundred talented Australian ladies, we proudly display our ever-expanding world-wide footprint when items are shipped to Cowra from as far afield as Scotland, England, New Zealand and Singapore.

CCP is family to many individuals – encouraging life-long bonds between crafters and bereaved families. And it continues to raise much-needed awareness of Stillbirth in Australia.

Together, CCP will work toward our goal of ensuring that all Australian stillborn babies are clothed with love and dignity.

Mrs Nikki Kiss OAM
CCP Founder

CINC Community Connections

Cowra Domestic and Family Violence Committee

The Cowra Domestic and Family Violence Committee meets once a month. The purpose of the committee is to educate the community about Domestic and Family Violence and its impacts it has on children, families and the community. The committee is made up of professionals working with those affected by Domestic and Family Violence including Police, Women's Court Advocacy, Client workers and more. This year saw more involvement from interested community members, teachers and educators.

We are pleased with education and care services supporting information and education evening about Domestic and Family Violence. We were lucky to have Danielle Allen (DFV Specialist) volunteer her time to educate the teachers about the topic and make them more aware of the impacts this could be having on the children in their classrooms, preschools and services. From this we hope that those working with children and families in Cowra and surrounding villages can identify, respond and refer those affected.

LOVE BiTES was facilitated at Cowra High School this year with Facilitators from the Committee and other Services. LOVE BiTES and LOVE Bites Junior are extremely successful Respectful Relationships Education Programs for young people aged 11-17 years. LOVE BiTES is based on best practice standards for education programs as recommended by the Federal Government funded Australian Domestic and Family Violence Clearing House and other leading academics in the area of violence against women.

Our White Ribbon event this year was a Morning Tea with Guest Speaker Danny Jackett White Ribbon Ambassador and a March down Kendal Street. In 2019 the Cowra Domestic and Family Violence Committee was Auspiced by Cowra Information and Neighbourhood Centre.

We continue to advocate for children and families to live a life free of Domestic and Family Violence.

Cowra Domestic and Family Violence Committee

CINC Community Connections

Cowra No Interest Loans Scheme

In November 2018 Mary Mackillop Today's Financial Inclusion program welcomed a new team member in Cowra, Emma Roberts.

As Financial Inclusion Officers we deliver the No Interest Loans Scheme (NILS) and STEPUP Loans from CINC on Tuesdays and Wednesdays referring clients in need to other services and assistance.

I have thoroughly enjoyed the warm welcome and close ties I have formed with CINC workers as we all work together to help and support people in need. I cannot thank them enough for their kindness and marvel at the dedication, enthusiasm and work they do in in our community.

NILS is available to low income earners earning less than \$45,000 for single people and under \$60,000 for couples or single people with dependents. Recently I had the pleasure of assisting someone to purchase a mobility scooter. Being unable to drive myself due to my vision impairment I know only too well the impact living with disability can have on your independence, social interactions and work participation. The purchase is a source of pride for my client improving his independence to access the community and participate socially on a level he was unable to do so before. What a wonderful outcome.

Lastly, I would like to acknowledge my predecessor, Debbie, who many of you would know delivered NILS at Cowra for the past 16 years – what an amazing achievement-and I look forward to continuing to deliver this wonderful program in our community with the continued support of CINC and its team.

Emma Roberts
Financial Inclusion Officer- Cowra
Mary Mackillop Today



CINC Community Connections

Extra Special Thanks

We would like to make special mention of a number of local businesses who have displayed such amazing community spirit this year.

They are a true example of 'Locals Supporting Locals' and their staff are an absolute credit to them.



To the team at Woolworths Cowra - you guys are amazing! from fundraising raffles to your daily donations of produce, bread and groceries is very much appreciated and goes such a long way to help so many in our community.



To Coles Cowra, in partnership with Second Bite - your daily donations of bread and produce is greatly appreciated and goes such a long way to helping so many in our community.



To Mohamed and Janet Sciberras at Royce's Homestyle Cakes - your daily donations of so many goodies is a talking point with our clients and visitors to CINC. Thank you for your continued support.



Thank you to the Cowra Hotbake for your daily donations of bread and delicious bakery items. We really appreciate your support of our community.



Cowra Information &
Neighbourhood Centre