



# HEADS TOGETHER FOR ABI

A COMMUNITY OF UNDERSTANDING

## ANNUAL REPORT FOR 2018/2019





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# MESSAGE FROM KATE



2018.19 has been our biggest year ever, introducing new programs for parents and teens, new staff and new partnerships to help us grow both our reach and our ability to support families and young people impacted by brain injury.

Heads Together has always been driven by its community, and these new programs have allowed us to focus on what is most important to each member of the family, giving parents opportunities to build their knowledge and skills and teens more time to connect and have fun with their peers.

It has also been a great year for sharing Heads Together voices within the Health sector, bringing the essential lived experience perspective to key organisations who support families, such as the Victorian Paediatric Rehabilitation Service.

We have also begun planning for our newest initiative – Project HOPE – Heads Together Online Peer Education. Providing much needed support to families and young people who are in the early days post brain injury.

It's exciting to see Heads Together beginning to take its place as a valued source of information and knowledge, and a big step forward in our vision of creating positive change.

**KATE HEINE**

Founder, Chair & Managing Director



# WHO WE ARE

The Heads Together community is a group of people brought together by the shared passion of improving the quality of life for people with an acquired brain injury and their families.

We are not about “helping” people with disabilities.

We are about participating as a community, learning from each other and breaking down the barriers.

It’s about creating environments where people feel inspired and positive about life.

We are families, young adults with an ABI, volunteers and partnering organisations with a common goal.





## OUR VISION

Connecting people who understand the experience of brain injury acquired as a young person. Creating change by giving voice to people with lived experience of brain injury

## OUR MISSION

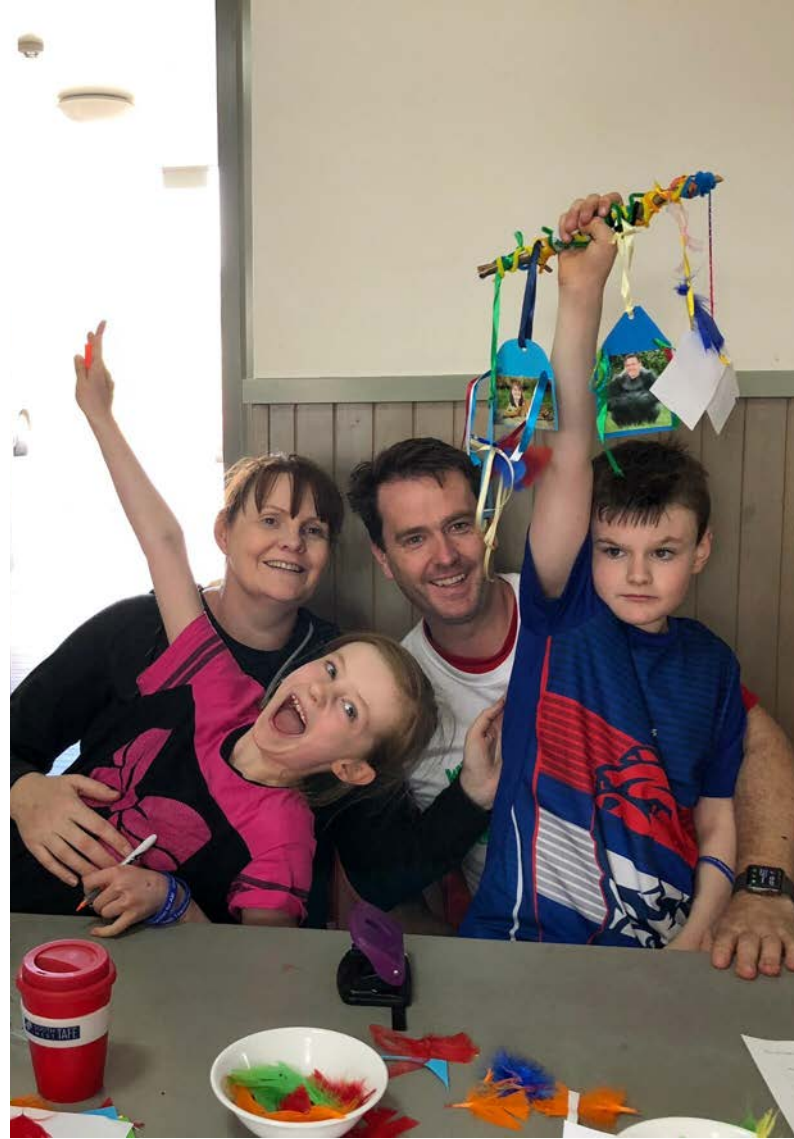
Creating opportunities for people impacted by brain injury to come together, support each other and use their lived experience to educate and inspire possibility. We focus on building abilities, valuing differences and providing a community of understanding that will always be there.



# OUR FAMILIES

Our families and young people with an ABI are from all over metropolitan and regional Victoria.

Our family programs are for kids and young adults of all ages from under 2 to 21 years and once families have joined our community there is no exit age.



# OUR VOLLIES

Our volunteers are from a diverse range of backgrounds and a wide range of experiences.

Allied health, education, youth work and disability as well as people with lived experience of brain injury, who either have an ABI, a family member or know someone with an ABI.

# LIFE AFTER BRAIN INJURY

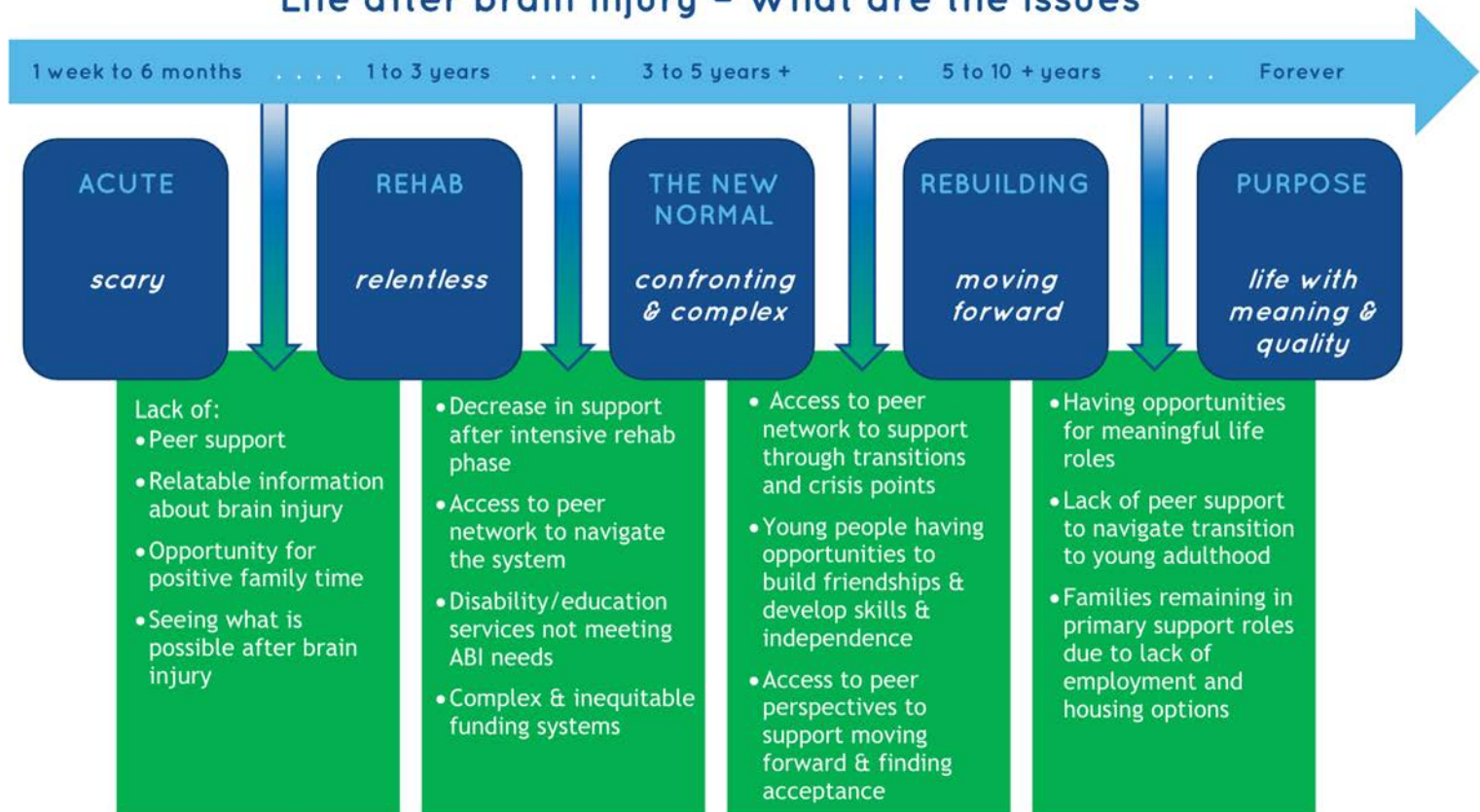
Brain injury changes lives in an instant

Over 700,000 Australian's are living with a brain injury, two thirds occurring before the age of 25.

These young people and their families are thrown into a frightening and isolating new reality.

A reality where answers are scarce, outcomes are extremely varied and public perception is often misguided.

## Life after brain injury - What are the issues



The health care system does not promote hope and acceptance  
Families need hope and a peer perspective to reach acceptance and move forward  
to a life with meaning and equality

# BUILDING FUTURES

We connect people who feel alone and afraid following brain injury.

We enable people to support each other and be part of a community who truly get it.

Allowing them to rebuild their lives and move towards a positive future.

We are a voice for our community driving equality and understanding.





# GIVING VOICE

This year Heads Together has been very active connecting with the wider community, sharing their lived experience of brain injury. Creating change, educating others and inspiring possibility. Thank you for generously sharing your time and your experiences.

**August  
2018**

BRAIN INJURY MATTERS

**Adrian Jones**

*ABI Wise App & Member*

NATIONAL DISABILITY CONFERENCE

**Kate Heine, Sarah James**

**& Ellie Bartram**

*Panel discussion & content input*

HEADS TOGETHER

**Sue Anderson**

*Big Day Out Guest Speaker*

**September  
2018**

MONASH CHILDREN'S HOSPITAL

**Kate Heine &**

**Hailey McKirdy**

*VPRS Family Day*

GENYUS NETWORK

**Kate Heine &**

**Hailey McKirdy**

*Live Facebook Interview*

HEADS TOGETHER

**Jane James**

*Parent Workshop Guest Speaker*

**October  
2018**

HEADS TOGETHER CAMP

**Simone, Harold & Miles Kendall**

*Orientation Guest Speaker*

HEADS TOGETHER CAMP

**Hailey McKirdy**

*Parent Group Co-facilitator*



# GIVING VOICE

November  
2018

WONDONG PRIMARY  
**Hailey McKirdy & Kate Heine**  
*Brain Injury Awareness*

BRAIN INJURY MATTERS  
**Amanda Lawrence**  
*Voice at the table training  
& Vice President*

December  
2018

VICTORIAN PAEDIATRIC REHABILITATION SERVICE  
**Gayle O'Brien, Hailey & Kerry McKirdy**  
*Transition to Adulthood Education Day*

March  
2019

VPRS ADVISORY COMMITTEE  
**Hailey McKirdy & Gayle O'Brien**  
*Clinical Guidelines following  
Paeditric Brain Injury*

HEADS TOGETHER  
**Hailey McKirdy**  
*Parent Workshop Guest Speaker*

May  
2019

ROYAL CHILDREN'S HOSPITAL  
**Kate Heine, Emily Palmer,  
Simone Kendall, Shannon Mulholland**  
*VPRS Clinical Planning Session*

June  
2019

HEADS TOGETHER CAMP  
**Suzie Aquilina**  
*Orientation Guest Speaker*





# OUR CAMPS

2

CAMPS

30

FAMILIES

60

VOLUNTEERS

3000  
hours

FAMILY  
CONNECTIONS

1400  
hours

VOLUNTEER  
ENGAGEMENT

*"A place where families come together, connect and make friends"*

- Courtney DiBattista -

*"I love that it gives the people affected by brain injury and their families an environment where no one gets picked last"*

- Chris Rankin -

*"A place where we can be ourselves and share experiences"*

- Shayleah Giri -

*"Camp to me means community and support"*

- Didi Lostrum -



# ABILITY

ABI  
LEADERSHIP  
TEAM

6

SEMINARS

5

MEETINGS

10

PARTICIPANTS

5

VOLUNTEERS

399  
hours

OPPORTUNITIES TO  
REFLECT & TAKE ACTION

*"The ABILiTy Program is a safe open space. Where it is not taboo to talk about your issues it is a place where you don't feel alone."*

*It's uplifting*

*It is a group with young adults who have suffered a brain injury where we; set goals, work together and help one another achieve these goals.*

*We share ideas, experiences and encourage one another to strive and improve.*

*We do practical workshops on things that are needed in day to day life focusing on mental health.*

*- Hailey McKirdy -*



# HEADING OUT

## YOUNG ADULTS

*"It has reinforced the confidence I have within myself to go out into the community for social occasions and socialise with those at Heads Together outside of camp. Which is building upon my own personal skills with money, public transport and social education"*

- Leigh Tomisic -

12

CATCH-UPS

27

PARTICIPANTS

5

PEER HOSTS

18

VOLUNTEERS

252  
hours

SOCIALISING  
WITH FRIENDS



# HEADING OUT

## PARENTS

*"I went home from the workshop and had a great conversation with my daughter about what was important to her. I realised this is not my lifetime challenge, its hers, and the sooner I can get her in the driver's seat of her own destiny the better"*

- Sue Anderson -

3

EVENTS

35

PARENTS

37

KIDS

35

VOLUNTEERS

256  
hours

SHARING &  
LEARNING

332  
hours

CONNECTING  
WITH FRIENDS





# LOOKING AHEAD

Our key focus for the coming year will be building our community and making our programs available to more young people with brain injuries and their families.



*“Those early days in the hospital were a very dark time, it was just me and my husband, trying to figure out what brain injury was about”*

## PROJECT HOPE

Our new initiative, Heads Together Online Peer Education, will be a huge part of this expansion plan.

Our community of families will be sharing their voices to create video and audio stories to share with families at the Royal Children’s Hospital who have a child that has recently been admitted with an acquired brain injury.

This exciting project has been developed by our families as an “antidote to the antihope” something that they all wished was available when they were going through this incredibly traumatic and isolating experience with their families.

## TEENS

Following in the success of our Young Adult program, we will be focusing on building our Heading Out Teens program.

Giving teens with brain injuries and their siblings a space to build their own community that is just for them.

A place for friendships, fun and to feel comfortable being themselves with other teens who get it.

# OUR PEOPLE

Our dedicated team and board members



**KATE HEINE**  
Founder,  
Board Chair &  
Managing  
Director



**LARA KERR**  
Operations  
Manager &  
Board Secretary



**CATUSCIA BIUSO**  
Program Manager



**TANJA SPENCER**  
Director



**JANE JAMES**  
Community Coord &  
Program Coord for  
Heading Out Parents



**MIKE KENDALL**  
Director &  
Treasurer



**KAYLA SUMMERS**  
Program Coord for  
ABILiTy & Camp



**SUE ANDERSON**  
Director



**COURTNEY DI BATTISTA**  
Program Coord for  
Heading Out Young  
Adults & Teens



**ANGE BARRY**  
Director



# OUR VOLLIES

The foundation of Heads Together



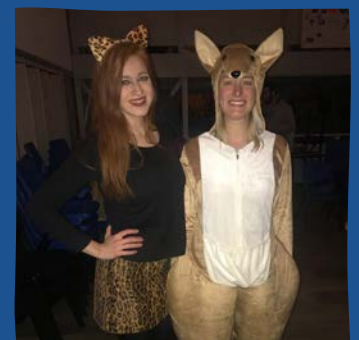
Penny Analytis  
Sue Anderson  
Fiona Barton  
Lachie Blake  
Catuscia Biuso  
Michaela Casey  
Felicity Conlan  
Felicity Cummins  
Isabella Darling  
Keely Davies  
Kirby Duggan  
Selers Ebony  
Lisa Edwards  
Danni Gould  
Samuel Leslie  
Alethea Lobo  
Didi Lostrom  
Matt Camenzuli  
Hannah Yates  
Sarah Yule  
Hailey McKirdy  
Bec Wood

Julia Greiner  
Zeba Haroon  
Stephanie Hau  
Rhi Hazeldine  
Marina Hennes  
Patrick Hogan  
Taylor Jenkin  
Adrian Jones  
Amy Jordan  
Angelo Misuraca  
Jemma Podem  
Tommy Quick  
Coby Renkin  
Giulia Rischitelli  
Hayden Rydberg  
Riley Shortal  
Juliet Stacpool  
Beauty Tebaa  
Leigh Tomisic  
Daniel Vercoe  
Lachlan Bradley  
Timothy Buckley



Lucy Arthur  
Josh Bruce  
Mitch Bye  
Kate Heine  
Mark Heine  
Nick Heine  
Peta Heine  
Sam Heine  
Jane James  
Lara Kerr  
Issy Penny  
Peta Law  
Bryan Lee  
Rita Rosa  
Katie Roth  
Louise Sloan  
Millie Sloan  
Bec Torpie  
Mel Tozer  
Stacey  
Turner  
Lachie Tyson

Nicole Hookgamer  
Charlene Braybrook  
Jessica Burgmann  
Nicholas Callanan  
Chantelle DiBattista  
Courtney DiBattista  
Mitchell Edwards  
Madeleine Johns  
Megan Johnston  
Manda Lawrence  
Clare Kempnich  
Rachael Walkeden  
Lachlan McKirdy  
Meagan McKirdy  
Genevieve McMahon  
Hannah McPherson  
Tarlia Nuttall-Frost  
Meaghan Rennison  
Jennifer Papoutis  
Priscilla Savopoulos  
Elizabeth Summers  
Lauren Thompson  
-Glennen



# FINANCIAL HIGHLIGHTS

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This has been an amazing year for new partnerships. Through a chance connection between our very own Jane James and Jayne Barr from the Barr Family Foundation, we have built a three year funding partnership. This will support our family focused programs; Family Camps, Heading Out Parents and Heading Out Teens.

This has allowed us to build our team to support the growth and development of these great programs and we are all looking forward to opening our community to lots more families over the coming years.

As always, Heads Together manages to do a lot of good with a relatively small amount which is a testament to our wonderful team as well as all of our generous volunteers and supporters.

## **KATE HEINE**

Founder, Chair & Managing Director





# OUR NUMBERS

## Statement of Income & Expenditure For year ended 30 June 2019

REVENUE	2019	2018
Community fundraising revenue	40	37,795
Donations	2,825	4,797
Funding Partnership Revenue	100,000	120,000
Grants		2,280
<b>Total External Revenue</b>	<b>102,865</b>	<b>164,872</b>
Interest income	258	283
<b>TOTAL REVENUE</b>	<b>103,123</b>	<b>165,155</b>
<b>EXPENDITURE</b>		
Heads Together Camp cost	40,030	85,127
Ability Costs	1,668	14,160
Heading Out Costs	4,804	3,385
Insurance	2,064	1,983
Staff Costs - Admin	94,343	26,162
Office costs, Equipment & Training	21,704	9,294
Online & Parent Education		2,292
Depreciation	1,481	
<b>TOTAL EXPENDITURE</b>	<b>166,095</b>	<b>142,403</b>
<b>TOTAL COMPREHENSIVE INCOME FOR YEAR</b>	<b>(62,972)</b>	<b>22,752</b>

## Statement of Cash Flow For year ended 30 June 2019

Cash flows from operating activities	2019	2018
Donations, grants & interest received	222,647	165,155
Payments relating to Direct Camp & Event Costs	(30,111)	(102,672)
Payments for professional services & administration	(117,607)	(37,932)
<b>Net cash provided by operating activities</b>	<b>(74,29)</b>	<b>24,551</b>
<b>Net cash provided by investment activities</b>	<b>0</b>	<b>0</b>
<b>Net cash provided by financial activities</b>	<b>0</b>	<b>0</b>
Net increase in cash held	74,929	24,551
Cash at beginning of financial year	100,489	75,938
<b>Cash at end of period</b>	<b>175,418</b>	<b>100,489</b>

## Statement of Financial Position For year ended 30 June 2019

Current Assets	2019	2018
Cash and cash equivalents	175,418	100,489
Trade and other receivables		
Other current assets (bond)	2,500	
<b>Total Current Assets</b>	<b>177,918</b>	<b>100,489</b>
<b>Non-Current Assets</b>		
Financial assets (investments)		0
Resources and equipment	3,588	5,069
<b>Total Non-Current Assets</b>	<b>3,588</b>	<b>5,069</b>
<b>TOTAL ASSETS</b>	<b>181,506</b>	<b>105,558</b>
<b>Current Liabilities</b>		
Payables	16,391	0
Employee provisions	6,505	3,501
Other current liabilities	119,524	0
<b>Total Current Liabilities</b>	<b>142,420</b>	<b>3,501</b>
<b>TOTAL LIABILITIES</b>	<b>142,420</b>	<b>3,501</b>
<b>NET ASSETS</b>	<b>39,086</b>	<b>102,057</b>
<b>TOTAL EQUITY</b>	<b>39,086</b>	<b>102,057</b>

## Independent audit report to the members

The Australian Charities and Not-for-profit Commission (ACNC) does not require small charities with a revenue of less than \$250,000 to have financial reports reviewed or audited.

# DIRECTORS DECLARATION

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In the directors' opinion:

The financial statements and notes set out in pages 15 to 17, are in accordance with the Australian Charities and Not-for-profit Commission Act 2012 including:

- a. complying with Accounting Standards, the ACNC regulation 2013, and other mandatory professional reporting requirements; and
- b. giving a true and fair view of the organisation's financial position as at 30 June 2019 and of its performance for the financial year ended on that date; and
- c. there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Directors.



**KATE HEINE**

Founder, Chair & Managing Director

Signed in accordance with a resolution of the Board of Directors.

16 September 2019



# OUR PARTNERS

*Thank  
you*

## FUNDING PARTNERS & DONORS

Kids and Families Foundation (KAFF)  
The Barr Family Foundation  
Alice Sloan Trust  
Shared Table  
Hawken Manufacturing

## INKIND DONORS SUPPORTS & COLLABORATORS

Angus Strachan Productions  
World Project Partners – Alison Fowler  
Brett Hotchkin & Associates – Accounting Services  
FAL Lawyers – Jenni Lightowlers  
Gigi and Lulu Graphic Design – Prue Walstab  
Jan Mackey – Applied Communication Skills  
Genevieve McMahon, Diverge Neuropsych  
Sue Sloan – Osborn Sloan and Associates  
Bouverie Centre – Franka Prinzi & Nella Charles  
Monash Epworth Research – Jennie Ponsford & Penny Analytis  
My Dynamics IT Specialists – Brent and Jen Howard  
Youth Junction Inc – Karen Hart  
Victorian Paediatric Rehabilitation Service – Adam Scheinberg,  
Renata Winkler  
Murdoch Children's Research Institute – Frank Muscara  
YMCA Camp Manyung & Lady Northcote – Recreation Camp



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## THIS IS MY LIFE

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*"Everyone's life is special, unique and important. No matter what their ailments may be, we all have a mind, body and soul.*

*Every day has problems, often frustrating and agitating not only myself but others around me.*

*But that's life, this is my life to live and I'm doing my best to live it!*

*If you wake up with a negative attitude it will most likely be a day of negative outcomes. What is the point of being here if not to love, have fun and do the things you want to do."*

Lachlan Tyson, ABILiTy member



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[facebook@headstogetherforabi](https://www.facebook.com/headstogetherforabi)

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