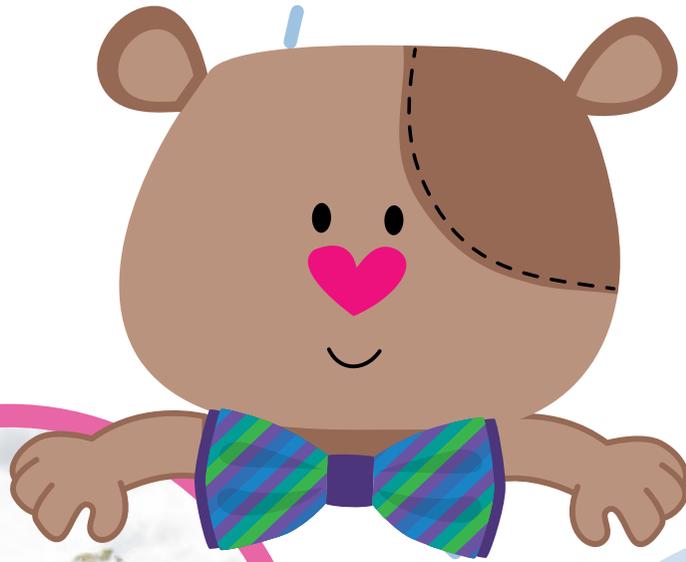




# 2021

## our Year at a Glance

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



# A MESSAGE *From the Foundation*

We would like to take this opportunity to thank all our generous supporters and donors who have helped us make positive impacts in the lives of children and families in our local community who require that bit of additional support. Despite the ongoing challenges of COVID-19 during 2021, the Fit Kidz Foundation was able to reach 166 children and their families through a range of individual and group based early intervention services.

Similar to 2020, COVID-19 saw many of our services evolve into the online space. Our dedicated team of early intervention specialists worked hard to ensure we were able to provide that continuity of support for the children, and creative ways to remain connected to each other to reduce those pressures of isolation that our families faced. Our community of families really embraced our online services, including new initiatives such as online music workshops run by The Rhythm Village and sending our mascot Andy Bear on a local adventure to visit our community.

There are a number of highlights for the Fit Kidz Foundation during 2021. We were able to offer our first ever community access visit for our families, enabling a visit to Golden Ridge Animal Farm in a low pressure and supported way. We saw our connection within the broader community grow, including being chosen as one of the charities for Christmas in the Hills, seeing our local Mayor and Police Department engaging in our community events and being guests on the Spotlight program at local radio station Alive 90.5FM. We also supported Autism Awareness Australia's new online resource, 'Autism: What Next?'. Furthermore, we successfully completed our mid-term audit with the National Disability Insurance Scheme (NDIS) Commission enabling the Fit Kidz Foundation to continue to provide registered supports to children, including 1:1 therapy, group programs and community access support.

Whilst we continued to secure and deliver support to a range of preschools under funding from the NSW Department of Education, we were also able to secure a range of new grants in 2021. These included a Community Grant from the Hills Shire Council, a Community Building Partnership Grant from the NSW Government, Community Grant from the CommBank Staff Foundation and Social Sector Transformation Fund Grant from the NSW Government. All of these grants will support the growth and resources of the Fit Kidz Foundation.

Although we were able to just squeeze in our annual charity golf day in May at Riverside Oaks, we had to cancel our Ladies Night and our Annual Charity Ball yet again. Despite this, we launched some new fundraising initiatives such as our Autism Awareness T-Shirt fundraiser and a new peer to peer fundraiser, 'Walk with Us', with the ongoing support of our wonderful and generous community.

It is difficult to hear that there are still many families in our community who require support which they are unable to access due to long waiting lists or funding barriers. The Fit Kidz Foundation would like to try and address this growing need by building on our current resources, including expanding our specialist team and securing a new site that will enable growth.



Melissa Scaife  
Co-Founder



Ellen Witzlsperger  
Service Director

# OUR JOURNEY

## Family Farm Day 2021

For many of our families, accessing regular community events and activities can be challenging. Through the Butterfly Connection Community Access visit, we aimed to provide an opportunity for families to connect with each other and enjoy a regular outing, supported by our team and build confidence and capacity to access community events more often.

Thanks to a successful Hills Council Community Grant, we held our first family community access visit to Golden Ridge Animal Farm, Dural. The outing was held on the final day of Term 4 in December and was a terrific end to the year for our families. The feedback was overwhelmingly positive, and everyone (including our team!) enjoyed the day.



*"Finding an activity that interests the whole family and that Charlie can enjoy is a challenge. The visit to Golden Ridge Animal Farm was a great family experience and Charlie interacted with the animals so much more than we thought he would. It was also great to see everyone together and to see so many grandparents enjoy the experience - it was a special day."*



*"We enjoyed the day so much and we are planning a family visit to the farm in the next school holidays."*

One of the main Fit Kidz Foundation purposes is to create a sense of community for local families who have a child with a developmental delay. To facilitate this goal, we developed the 'Butterfly Connections Project' which includes community events and projects to enable our families to connect and support each other through their early intervention journey.



*"A great opportunity to get close and personal with the animals. Thank you for organising such a wonderful family day."*

our Impact

2021

our Team

166

Number of children supported

2973

Hours of individualised services

38

Number of screeners

76

Parent workshop and support group hours

602

Hours of coaching to mainstream services

24

Number of Early Childhood Education settings we partner with

6238

Hours of group services



TOTAL STAFF - 25



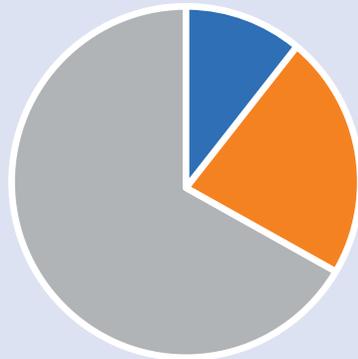
# FINANCIAL Summary

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

## Where the money comes from

INCOME - \$1,200,838.88

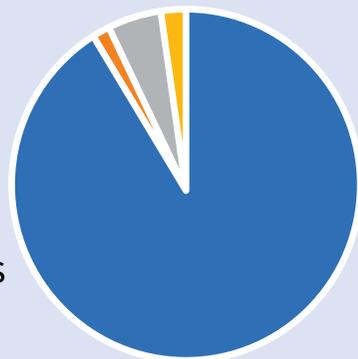
- 10% Fundraising and Donations
- 23% Grants
- 67% Early Intervention Services



## Where the money goes

EXPENSES - \$1,162,061.50

- 91% Employee Costs
- 1.5% Admin and Occupancy Costs
- 5% Service Delivery Costs
- 2.5% Fundraising Costs



# FAMILY Feedback



The Fit Kidz Foundation sends out an end of year survey to families that helps to measure our success and identify any areas for improvement.

We welcome feedback at any time to: [info@fitkidzfoundation.org.au](mailto:info@fitkidzfoundation.org.au)

95% Net Promoter Score\*

95% Families 'Very Satisfied' with Fit Kidz Foundation Services

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

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

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



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

# FAMILY STORY

## Meet Noah and Zachary and the Butler Family

Noah and Zachary burst into this world 6 weeks early, and since that day, we have not stepped off the rollercoaster that is our life. The boys were both diagnosed with Autism Spectrum Disorder at 18 months old.

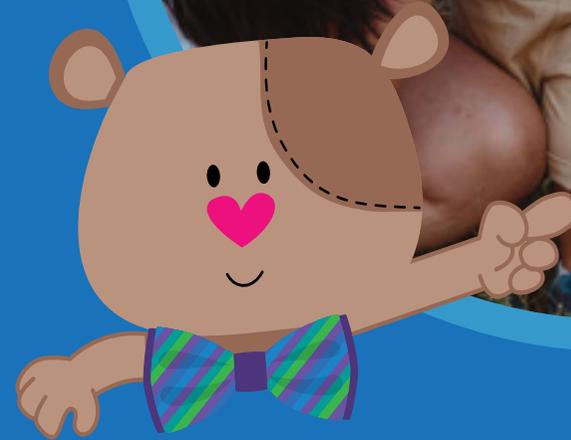
Joel and I were sure there was something different about our kids. We were constantly told that not only do boys talk later in life, but twin boys can talk even later. We were told that they were just busy little boys and not to worry, that they most likely just had severe speech delays. We both knew that to get Noah and Zachary the help they needed, we would need to start down a road that no parent would ever want to walk down.

Nothing really changed the day we found out the boys had a formal diagnosis. We knew who they were, and we loved every tiny piece of them. One thing was now different; doors were being open for us into a very special community full of love and support.

Our lives are challenging and chaotic, but every little, tiny achievement is celebrated by us and celebrated by the whole community. It is very humbling to be a part of that.

### **What services have you accessed at the Fit Kidz Foundation?**

We started with the Fit Kidz Foundation 'Mini Group' in 2018, followed by weekly in-home Speech and Occupational Therapy sessions with therapists from the Foundation. In 2019 the boys began the 2 Day Early Intervention Group Program. During lockdown, we continued to access Speech and Occupational Therapy via telehealth. The 2 Day Group Program was also moved online. My husband Joel and I also accessed parent workshops and catch-ups with the team online.



Towards the end of lockdown, we were lucky enough to access a respite program put together by the Foundation for families who were in desperate need of a break.

As a full-time career and mum, I have enjoyed the parent workshops and being part of the Fit Kidz Foundation Fundraising Committee has helped me make some amazing lifelong friends.

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

We would have been lost if we had not found the Fit Kidz Foundation. When we were told what therapies the boys needed, our Psychologist told us that we would be driving all over Sydney for two different children who have such different needs. We were overwhelmed and thought this was logistically impossible. The Fit Kidz Foundation offered us a safe place we could send our babies and provided in-home therapy sessions so that the boys could feel comfortable in their own space. The Foundation also supports Joel and I as parents. Team Noah and Team Zachary are well-oiled machines, and the therapists keep in touch with other services the boys are accessing, so we are all working towards the same goals. They also give us honest and constructive feedback on how we can continue to support the boys.

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

Telehealth was an entirely new challenge for us, as the boys are very active and do not usually stay in one place for long! We always look for the positive, and one huge one for our family was participating in the online 2 Day Group Program together. We set up a little table for Noah and Zachary to sit at, and we completed all the activities as a family whilst on Zoom. This was a lovely experience, and it really brought us closer together as a family. During such a difficult time for everyone, the Foundation kept the lines of communication open and did what they could to make sure the boys were receiving weekly therapy and maintained their interactions with our family.

## What are your hopes and dreams for Noah and Zachary?

We hope that our babies can grow up in a world that accepts them for who they are, supports them and takes care of them. Happiness is our number one goal. Where the future takes us, I don't know, but as long as we can find happiness together, our dreams will come true.



# FUNDRAISING overview

The support of the Fit Kidz Foundation community has never been more important to us than it has been over the last two years of the pandemic and cancelled events.

## ANNUAL CHARITY GOLF DAY

We began 2021 very optimistically, planning for our charity golf day. The 2021 floods saw Lynwood Country Club devastated just weeks before our golf day, and we were grateful that Riverside Oaks Golf Resort was available. The support for our 4th and biggest golf day was outstanding and resulted in 18 hole sponsors, 34 teams and raised \$34 000.

## LADIES NIGHT & ANNUAL CHARITY BALL

As the pandemic began to impact again, we were forced to postpone our Ladies Night just weeks before it was to go ahead and soon realised that the Annual Ball was not feasible for October. We held a 'non-event' and received fantastic support for our 'Big Night In', resulting in over \$16,000 being raised by staying at home and making a donation to the Fit Kidz Foundation on the date that would have been our Charity Ball Night.



**OTHER FUNDRAISING OPPORTUNITES**

Our April Autism Awareness T-Shirt fundraiser raised \$1395, and it was wonderful to see so many wearing our exclusive T-Shirts and showing their support.

Our online Tax Appeal campaign continues to grow, and sharing 'Chelsea's Story' with our small database resulted in donations of over \$2,000.

Despite facing many pandemic related challenges themselves, our community of Fit Kidz Learning Centres continued to help us raise awareness and funds during 2021.

Later in the year, we ran our first Crowd Funding event, and a small team of enthusiastic walkers raised just over \$5,000 and enjoyed the health benefits of a daily step challenge!



**GRANTS**

We successfully achieved four Grants during 2021 that allowed us to run our Butterfly Connection Family farm Day (see page 2), make considerable improvements in our technology infrastructure, and plan for future upgrades to our outdoor space.

**COMMUNITY DONATIONS**

We were thrilled to be named one of the charity partners for Christmas in the Hills. We are very grateful for the opportunity to gain valuable community exposure in the Hills district via this event and thankful for the donation from the 2021 online event of \$3,500.

In 2021 we received many donations from our community. These included regular support from: The Fit Kidz Early Learning Centres, Correct Solutions/Orro Group, Saya Studio, Guardian Realty, and The Australian Hotel and Brewery.

Every donation and act of generosity from our community helps support the early intervention journey of local children and their families, and we are so thankful.



# SUPPORT Us

## Donations

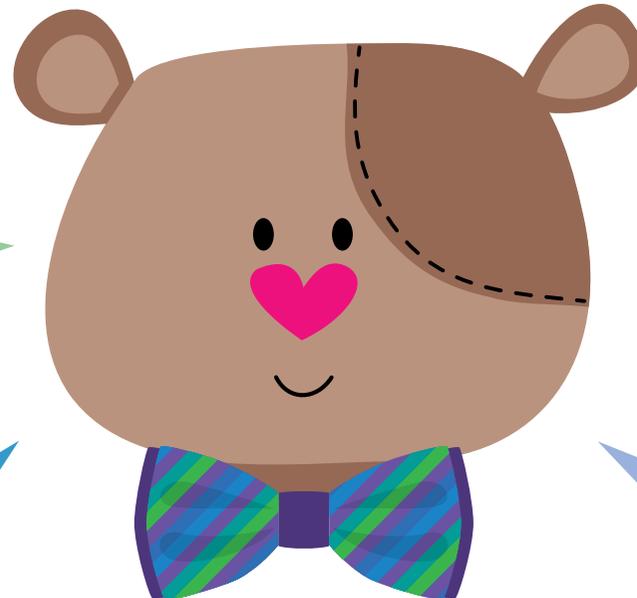
Whether you make a once off cash donation to support our subsidised Early Intervention Group Programs or are donating products or services as auction prizes for a fundraising event – all donations are greatly appreciated!

## Volunteer With Us

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

## Corporate Partnerships

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



# Fit Kidz

## FOUNDATION

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



## Sponsor An Event

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

## Regular Gift Giving

Regular gift giving allows you to donate a desired amount via credit card or direct debit automatically through our online platform. Regular giving is a fantastic way to show your ongoing support for Fit Kidz Foundation.

-  [www.fitkidzfoundation.org.au](http://www.fitkidzfoundation.org.au)
-  [thefitkidzfoundation](https://www.instagram.com/thefitkidzfoundation)
-  [fitkidzfoundation](https://www.facebook.com/fitkidzfoundation)
-  [/company/the-fit-kidz-foundation/](https://www.linkedin.com/company/the-fit-kidz-foundation/)



**Fit Kidz Foundation**

ABN: 90 140 134 112

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W: [fitkidzfoundation.org.au](http://fitkidzfoundation.org.au)