



Connecting People. Strengthening Communities.



Annual Report 2018 - 2019

Here in Kyogle we gather on Country which members and Elders of the local Aboriginal community, and their forbearers, have been custodians of for many millennia and on which Aboriginal people have performed age-old ceremonies of celebration, initiation and renewal. We acknowledge the living culture and respect its unique role in the life of this region. We extend this respect to all Aboriginal and Torres Strait Islander people living in this Country.



Acknowledgements

Kyogle Together is incredibly grateful to all who have contributed to another fruitful year of operation. Below is an extensive list of the supporters of our organisation. Our Volunteers also deserve gracious acknowledgement – without their hard work this organisation would not have such positive outcomes for the community.

Donors

Brown & Hurley
CWA Evening Branch
Kyogle Lions Club
Stan Munro
Kyogle Showground and
Public Recreation Land
Manager (KSPRLM)

Grants and funding

Department of
Communities and Justice
(DCJ)
Australian Drug
Foundation
▪ Community Drug
Action Team
(CDAT)
▪ Local Drug Action
Team (LDAT)
Kyogle Council
NSW Transport
NSW Woman

Northern NSW Local
Health District

- Healthy Towns

NSW Office of Sport

Corporate & Community Partners

The Consortium of
Neighbourhood Centres
(CONC)

Martial Arts First

Bonalbo Central School

Local Community
Services Association
(LCSA)

Kyogle Council

Kyogle High School

Bonalbo Central School

Gugin Guddaba Local
Aboriginal Land Council

TURSA

Lismore and District
Women's Health

ACON Northern Rivers

Northern Rivers
Community Legal Service

The Food Bank /
Community Kitchen

Chaplins Hairdressing

Valda's Therapeutic
Massage

Jay's Computers Repairs

Southern Cross School
Distance Education

Headspace Lismore

Kyogle Reconciliation
Group

Kyogle Community Drug
Action Team

Kyogle Family &
Domestic Violence
Working Group

Kyogle Chamber of Commerce

Executive Summary

This annual report provides a description of Kyogle Together's mission, vision and strategic plan, followed by reports from the treasurer, chair and the supervisors of the various programs. Contact details for each of these programs is provided at the close of this document. An auditors report is also attached.

Through prudent management, the organisation is in a sound financial position with a liquidity ratio well above the Australian average for registered charities and a healthy amount to call on in case of emergency.

The expansion and breadth of the organisation's activities is reflected in the organisational rebranding, presented on the front cover of this report and described in the Chair's Report.

Kyogle Youth Action has extended its program activities and both strengthened and expanded its relationship within the youth sector.

Kyogle Together has an agreement with Kyogle Council to support the re-established Youth Advisory Committee. The committee will have a more informal approach, reflected in the chosen name: Swoopin' Season.

Kyogle Community Gym continues to grow with an increase in members (now more than 500), classes and volunteers. The gym has become registered with Fitness Australia, which provides access to a range of resources and services.

Since taking on the governance of the monthly bazaar we have seen a growth in the number of stalls, an increase in volunteer support and an improved financial position.

The Fair Share Kitchen has become well established and supports more than 30 families each week. A number of related activities related to diet, wellbeing and social justice have been put in place.

The 2018/19 financial year has been productive for Kyogle Together. More comprehensive information is provided in the pages that follow. Happy reading.

Chairperson's Report

Kyogle Together has continued to grow and strengthen its working partnerships Within the community, with Kyogle High School, Kyogle Public School and Kyogle Council, for our local community's benefit.

In this last year Kyogle Together, its programs and social enterprises, all under went a branding change, including new Logos for each. Other changes included the renaming of Kyogle Together's building, the "Youthie" to "The Laneway Community Space", in order to reflect the growing and diverse sub groups which now fall under the Kyogle Together banner.

This year has seen;

- Kyogle Together's participation in Fairymount festival and parade.
- the Bazaar changed to Saturdays in line with the farmers market in town.
- a delay in plans to move the Kyogle Community Gym to the Pool, in March 2020, for up to 2 years and redirecting to have swipe card access to the gym at its current location.
- Working with Kyogle Council to gain funding via the Stronger Country Community Fund.
- Continued success of the Food Recovery project.
- an addition of another community project with the recent successful EOI to re-open the Tip Shop, completed by the working group K.R.I.C and the re-named shop the KRIC Shop.

I would like to acknowledge the skills of Kyogle Together's volunteers, staff, across our various projects and board members who all embrace the positive values of this organisation. The continued growth and success of Kyogle Together throughout 2019 a testament to your continued contribution.

A special note of appreciation to Sharyn Marshall who as the Manager has been at the helm of this growing organisation and Graeme Gibson a board member who truly listens to his community and is not shy to use his skills to assist in creating action.

Adel Wynd,
Chairperson

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About us

Our Vision

Connecting People
Strengthening Communities

Our Purpose

Kyogle Together Inc. is a local community development organisation that nurtures community leadership and works towards a healthy, connected and inclusive community.

Our Work

As a not-for-profit community organisation Kyogle Together Inc. provides key community services and activities via innovative programs, including Kyogle Youth Action, Kyogle Youth Advisory Committee, Kyogle Community Gym, The Fair. Share. Kitchen and the Bazaar. We are committed to listening to and working with the community, promoting openness and respect.

Our Values

Respect
Diversity
Understanding
Welcoming

Our guiding principles

Community Development
Human Rights
Social Justice
Harm Reduction
Person-centred Care



Strategic Goals and Objectives 2018 – 2023

Goal 1 and Objectives

1. Kyogle Together contributes to safe and connected communities in and around Kyogle
 - 1.1 Designing programs and activities in respect of community aspirations
 - 1.2 Contributing to a safer community through programs and public awareness raising
 - 1.3 Turning Outward: Committing to ongoing community engagement and community-led activities
 - 1.4 Promoting Kyogle Together's vision and values to all parts of the community

Goal 2 and Objectives

2. Kyogle Together is a local leader in community development
 - 2.1 Strengthening presence in Kyogle and surrounding communities
 - 2.2 Building intentional partnerships with other local community organisations, all levels of government and other stakeholders
 - 2.3 Working collaboratively with local Aboriginal communities and community leaders
 - 2.4 Building organisational membership and social media network

Goal 3 and Objectives

3. Kyogle Together is a strong and sustainable community organisation
 - 3.1 Strengthening organisational structure, management and financial viability
 - 3.2 Developing social enterprise and fee for service activities including use of facilities
 - 3.3 Creating a new and consistent branding and marketing strategy
 - 3.4 Attracting new partners and community stakeholders to engage with Kyogle Together Inc.

Our People

Board members/Trustees	
Adel Wynd	Chairperson
Graeme Gibson	Vice Chair
Sharyn Marshall	Public Officer
Craig Jenkins	Treasurer
Nina Bullock	Secretary
Neil Davies	Ordinary Member
Suzie Coulston	Ordinary Member

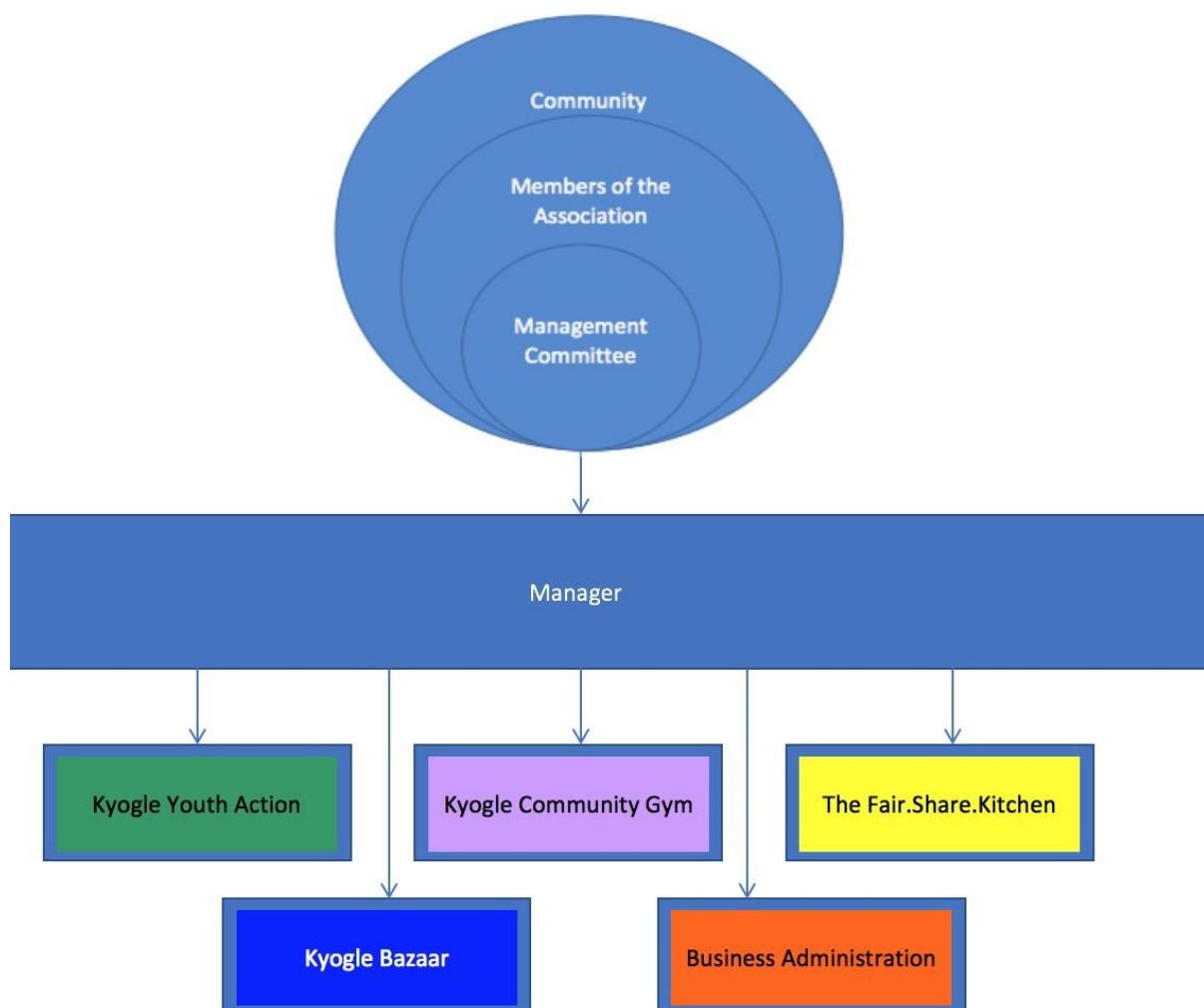
Kyogle Together Inc. Employees	
Sharyn Marshall	Manager
Laurel Grant	Finance Officer
Robyn Job	Kyogle Community Gym – Coordinator
Glenn Robinson	Kyogle Community Gym – Fitness and Circuit Class Instructor
Chris Hutton	Kyogle Youth Action – Youth Services Coordinator
Emma Baitz	Kyogle Youth Action – Youth Worker
Rochelle Jenner	Kyogle Youth Action – Youth Worker
Paul Shields	Kyogle Youth Action – Alcohol and Other Drugs Youth Worker
Mikaela Kerwin	Kyogle Youth Action – Kyogle Youth Advisory Committee Coordinator Kyogle Together – Organisational Officer
Maree Boyland	The Fair.Share.Kitchen Community Assistance Worker
Annie Monks	The Fair.Share.Kitchen Community Assistance Worker

Kyogle Together Inc. Volunteers	
Sandy Cook	Gym and Pilates instructor
Glenn Robinson	Gym Volunteer Coordinator
Adele Harris	Gym Reception and Administration
Dez Whitney	Gym Shift Relief
Joe McErlean	Gym Early Opener
Scott Job	Gym Maintenance
Martin Hodges-Jones	Gym Marketing
Mark Cheeseman	Gym Reception
Kate McGain	Gym Reception
Stuart Walters	Gym Reception
Lee Zammit	Gym Reception
Diane Hansen	Gym Reception & the Fair.Share.Kitchen
Sonia Cyhylyk	Gym Reception
Julie Ridley	Gym Reception
Linda Kozubek	Gym Reception

Nicole Bowden	Gym Reception
Sandra Davie	Bazaar Market Volunteer Coordinator
Krystie Smith	Youth Services Outreach Support
Branka Adlington	The Fair.Share.Kitchen – Community Associate
Cathie Sherwood	The Fair.Share.Kitchen – Community Associate
Sarah	Community Composter

External Contractors	
Sandy Cook	Gym and Pilates Instructor
Sharron Webby	Gym– Ability Links – Group Facilitation

Structure and Management



Treasurers Report

The 2019 Financial Statements of Kyogle Together Incorporated have been presented for audit. The Audit report herein states that the financial statements provide a true and fair view of the financial position and performance of the association.

Financial Position

The association continues to be in a stable financial position as reflected by the total funds available for ongoing operation of \$205,052

The Current Liquidity Ratio (calculated by dividing current assets by current liabilities) is 3.12:1 (2018; 2.11:1). This means that we have double the amount of current assets to current liabilities, however, this is distorted by the value of refurbishments to council property being included as an asset. Also some cash in hand is allocated to particular projects. A more realistic ratio with these item adjusted is 1.7:1. The average for registered charities in Australia is 1.3:1 (2016 Australian Charities Report). This means that the organisation is able to pay its debts as and when they fall due.

In addition we have a healthy amount in hand for emergencies such as extended personal leave, which is not accrued for in the financial statements, or paying out staff on non fixed term contracts if main funding should cease.

All expenditure is committed to only when grants have been approved or received, or cash in hand has been allocated with board approval, this protects against overspends.

Financial Performance

The Operating Profit for 2019 was \$ 10,177 (2018 was \$42,842.48). This is a healthy amount and demonstrates good spending of income whilst still accruing a small amount for the organisation budget.

Auditors

Kyogle Together took on new auditors, Wappetts Chartered Accountants, who were incredibly thorough and communicated well. They gave us constructive feedback and we look forward to working with them as we work at an ongoing improvement in our financial management. The Auditors Report is attached as Appendix 1.

Kyogle Youth Action Annual Report: 2018-2019

New Youth Workers

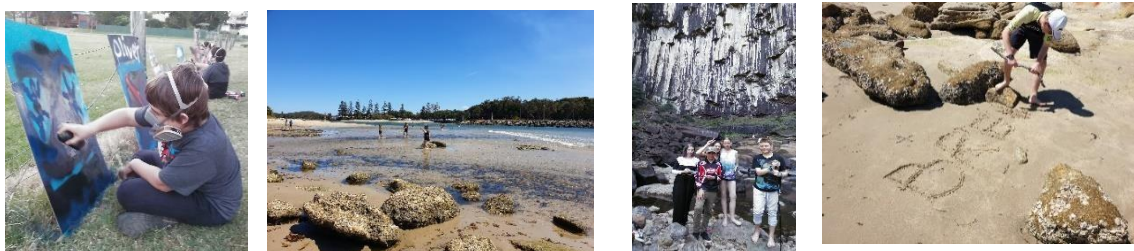


This year Kyogle Youth Action welcomed two new youth workers Paul & Shelly. Both workers hit the ground running and have thrived on ensuring that Kyogle Youth Action and all its activities are in line with the needs of our local young people.

“Drop in” Youth Space

“Drop in” is a name that explains exactly what our youth space is for, drop in, say hello, grab something to eat, catch up with mates and hang out, seek youth worker support or gather some helpful information. Drop in has seen an increase in attendance over the past year along with an increase of young women accessing the program. Drop in brings in a variety of young people from all walks of life, enabling a safe space with a change in behaviours and the positive use of the centre.

School holiday program



With the strengthening of our relationship with the Mid Richmond Neighbourhood Centre Youth Program we have worked on a number of joint events such as a Bounce trip to Tweed Heads, Minion Falls bush walk and an Evans Head beach and BBQ trip, these all having a great turnout of young people and enabled a safe space for young people from different regional areas to mingle and meet new people.

Young men's group

The young men's group was run as a pilot program for seven young people identified by Kyogle High School as being particularly disengaged and vulnerable. The program involved a series of six weekly workshops revolving around psychical exercise at a Lismore Muay Thai gym and guided discussions around healthy choices. Outside partners such as the Community Legal Centre and Solid Mob also assisted with delivery. Kyogle High School assisted with free transport and free healthy lunch with funds from the Healthy Town initiative being used to pay for the classes. Overall the group was a

success with all seven of the young men attending each event and reporting overall improvements in confidence and knowledge around healthy choices.

FEMS

Two terms of Fem's was held in the past year seeing 22 year 8 girls through a 7 week program that focused on healthy relationships, self-esteem & body positivity, women's rights, self-defence, positive futures & empowerment, the girls were really engaging and participated well in all activities a number of young women have continued to engage with the facilitating youth worker and the youth centre events since running the program.

Care & coordination

Kyogle Youth Action have spent time reviewing the care and coordination process to ensure it falls in line with not only our current funding model but also to ensure we are able to meet the needs of our vulnerable young people. Once a young person comes into Care & Coordination a key youth worker will be identified and will work closely with the young person to ensure target goals are met. Care and coordination may come in many different shapes and sizes and will be

Community forum & climate schools

A number of discussions and meetings have been held with Kyogle High School regarding their uptake of the Climate Schools program in 2020. Whilst they have not fully committed it is anticipated that a pilot program will be run by some classes moving forward. The community forum 'Happy Ollie Days' is scheduled for 13th of December 2019. A number of partners have come on board for the event at the Kyogle Skate Park including – the Red Cross, NSW Health, Solid Mob, The mid-north Richmond Community Centre, Northern Rivers Community Legal Centre, Kyogle Council and others. Our transport programs – Help in the Hinterland and Downhill connects will be used to bus youth in from Jubullum, Woodenbong and Bonalbo and our Laneway Youth Café will provide catering as well as managing the music stage. The event will also double as recruitment platform for KYAC as well as meeting another of our AOD free events commitments.

Youth Week

In conjunction with CDAT, KYA & Kyogle council a youth expo was held at the youth centre with a range of external organizational support from ACON, Solid Mob, Landcare and Headspace, the front of the youth centre was transformed into a space for young people to gather a broad range of information around support that can be provided in the local area, along with games, music and art.

Women's-only self-defence class

With a successful grant application from the Healthy Towns, Kyogle Youth Action were able to facilitate yet another 8 week women's only self-defence course. This year we had 13 participants ranging from ages 12 – 55. The women who attended shared a strong bond with each other allowing a safe space for all participants to feel comfortable and supported.



Kyogle CDAT

The Kyogle CDAT has undergone a recent transformation with a new chair – Paul Shields and a new area coordinator Tony McGuire. The group has struggled at times for regular numbers – however a number of core members are consistently attending. The group has sort closer alignment with the LDAT funded AOD youth worker position and as such has chosen the 11-18 age group as its core focus. The group has made preliminary plans to engage with Crank Fest during Youth Week 2020 as well as holding a local event in line with CDAT's AOD focus.



AOD free events

The AOD free events have been a massive success this year with six events held (with another due in December), ranging from Beats and Eats events involving local and regional performers at the youthie, laser tag at the KMI hall, a day trip to Coraki to attend the Face your Fears event, the and another trip to Bounce on the Gold Coast amongst other events.

Event numbers have been consistently high, and regular buses have been engaged to bring in young people from Bonalbo. New partnerships with Woodenbong and Jubullum are also being explored with a view to expanding the outreach component of the program. Participant have provided consistently positive feedback and engagement with the events.

Laneway Youth Café

The Laneway Youth Café was an initiative formed following conversations with local young people in relation to the lack of facilities for young people to play music or express the arts they enjoy, along with the lack of places for young people to gain work ready experience. The Laneway Youth Café provides young people the opportunity to gain work experience in the field of interest, wither it be, Planning, advertising or budgets, hospitality skills, such as cooking, barrister, front of house or cleaning, Sound engineering or peer mentoring to other young people. The expression session open Mic side of the





café offer the opportunity for young people to showcase their art of choice in a safe and supportive environment while creating an atmosphere for other café patrons. The café this far has proven successful with a growing interest of participants in both the work experience and also the open Mic expression sessions with young people becoming excited for the next one.

“The Laneway Café is an amazing experience to bond with other people & eat delicious food” (EW, young person from Kyogle and Laneway Youth Café participant)



Reconciliation

KYA was actively involved in hosting this year’s Reconciliation Day event in Kyogle with around 200 attendees making for a great march down the main street and afternoon at the amphitheatre. KYA also attended the Bonalbo CS NAIDOC week event and provided material support for the Reconciliation Committees screening of the Adam Goodes documentary at the Eden Creek Hall.



Transport programs

Help in the Hinterland and Downhill Connections:

Both of these bus services have been used to bring in youth from Bonalbo to AOD free events, and events in the school holiday program. A total of 12 bus services

were used so far this year under these programs, with over 110 passengers on board clocking up over 2000km. A number of services scheduled for our upcoming 13th of December event.

Other services

In addition KYA has run a further 10 bus services linking local youth to events and services in the Northern Rivers region. Expansion to utilise the service to do outreach to Woodenbong and Jubullum is planned in the near future.



Contact Information

Shelly Jenner

youthworker@kyogletogether.org.au

Paul Shields

aod@kyogletogether.org.au

Swoopin' Season: Kyogle Youth Advisory Committee



2018-2019 has seen a shift in relation to Kyogle's Youth Advisory Committee (KYAC). Kyogle Council recognised Kyogle Together Inc.'s established access to young people (particularly 12-24 years of age) and knowledge of youth engagement, and has been developing a service level agreement (SLA) to secure the productive development of the committee.

Over the course of 2019, KYAC has undergone an organisational shift with the intention of being more accessible and engaging to young people across Kyogle's Local Government Area (LGA). Early discussions with members of the previous KYAC identified the formal

structure of the committee had resulted in a decreased interest and engagement from local young people. Continued conversations resulted in reshaping the organisational structure of the committee. The new committee now aims to include *all* young people (12-24 years old) from the Kyogle LGA, with a core crew of committed and driven young people guiding the wider group.

This new structure is also aimed at being non-discriminatory to youth living outside Kyogle's immediate township area; meetings are broadcast via live-streaming to a closed group of young people to overcome the challenges associated with being geographically isolated. While the committee is still in its foundational stages of development, it is intended that the committee will not be place-based (the committee will not be associated with any one location). This has been decided upon to provide a more inclusive environment for young people living in remote areas of the Kyogle LGA.

Ensuring the committee is community led is at the centre of the new structure. Engagement with young people occurred during 2019 Youth Week which asked young people for suggestions for a new name for the committee. It was concluded that renaming the committee would give young people a greater sense of ownership over the committee and improve overall engagement. A young person from Kyogle attended the 2019 Youth Week Forum in Sydney. At this event, the attendee sought suggestions from other Youth Advisory Committees to apply in Kyogle. One of these suggestions was to rename the committee to increase interest in the group and improve engagement from the time of fruition of the committee.



Through this process, KYAC was renamed Swoopin' Season. Four suggested names from the 2019 Youth Week engagements were decided upon by supervisory staff. These four potential names were then voted upon by 78 young people from Kyogle and eventually the new name had been decided upon. It is anticipated that the name of the committee will be changed every 18-24 months to ensure the committee remains relevant and engaging to the cohort of young people who are members.

Swoopin' Season aims to improve the capacity of young people of the Kyogle LGA. It is anticipated the committee will provide training opportunities, access to workshops and assist young people to attend events which will improve their overall employment and educational outcomes.

Swoopin' Season has already enabled three young people from the Kyogle LGA to travel to Sydney for the bi-annual Youth Conference which was comprised of various workshops, seminars and activities. Involvement in this event improved Swoopin' Season's relationship with other Youth Council's from around the state and has ensured that Kyogle's youth are represented on a state-wide level.

An employee has been contracted for three hours per week to ensure Swoopin' Season gains momentum in the community. This employee is funded through money provided by Kyogle Council in relation to the running of the Kyogle Youth Advisory Committee and is included in the SLA which is currently being developed.

A preliminary charter and social media guideline have been developed for the committee. These documents, and other required organisational documents, will continue to be adapted by young people to ensure the conditions are relevant to young people. These documents are available for perusal at the Laneway Community Space.

Contact Information

KYAC@kyogletogether.org.au

Facebook page: Kyogle Youth Advisory Committee





Professionalism

Fitness Australia

The gym is now a Fitness Australia Registered business giving us access to resources and advice when required.

AED

We received a grant for an automated external defibrillator and training for all volunteers. The AED is now housed at the gym in a cabinet.

Safety Checks

Ben Bass continues to drive down from Brisbane twice a year to conduct safety checks on our equipment and is available to answer any queries in between times.

Staff Profiles

We finalised our fitness professional profiles for our gym staff: Glenn, Sharron, Sandy and Robyn. This allows members to see staff qualification, experience and particular interest/passion and choose a trainer based on this information.

Sandy Cooke

Experience/Fitness Instructor since: 2011

Qualifications:
Cert III in Fitness, Gym Instructor, Pilates, Suspension Straps, Older Population, Falls Prevention.

Passion:
Healthy cooking ideas; encouraging people of all ages to exercise; modifying exercises to suit individuals; finding new workouts and stretches to keep things fresh.

Currently Teaching Classes:
Wednesday morning Circuit and Pilates, Saturday morning Circuit

GLENN ROBINSON

Experience/Fitness Instructor since: 2018

Qualifications:
Cert III in Fitness (Gym Instructor and Group Fitness Instructor)

Passions:
Helping people achieve their goals

Currently Teaching Classes:
Mondays 6am Circuit Class and Fitness Assessments on Saturdays.

Training

Staff have updated their skills with Glenn Robinson currently completing a boxing course and Robyn completed a 'Lift for Life' course. All our trainers complete 20 points of 'CEC' courses as required by Fitness Australia.



Volunteering

We greatly appreciate the help of our volunteers and gave each of them a thankyou card and a gift before Christmas this year. In December 2018 we gave each volunteer a gift which included a Kyogle Cinema voucher and a couple of small items and an individual card expressing thanks for their unique contribution. This was well received by the volunteers and we should consider giving a cinema card next year as well.

We also had an end of year get together for staff and volunteers at the Community Kitchen.



Event Highlights

Casino Fun Run

In September 2018 we entered a team in the Casino Fun Run and came in at first place.



Athletics NSW
2018 Greater Bank Casino Fun Run
Date: 16/09/2018
Scored by: Average time

Rank	Team name	Final Result
		Average time
1	Kyogle Community Gym	00:23:35.54
2	The Sneath's	00:28:13.39
3	Bodyworx fitness - Fillies	00:29:48.26
4	Kelsbodyworx Fitness	00:29:50.97
5	St Mary's	00:32:22.62

Fairymount Festival

In the March 2019 Fairymount Festival we ran Plank and Push up competitions to support this event and highlight the gym.

Member Highlights

Member profiles

Member profiles are very popular and are a great way to make the community aware of the benefits of exercise:



Member of the Month

Our new 'Flexware' Database allows us to product statistics, such as the 'TopTen' visits within a certain time frame. To take advantage of this, we have begun a 'member of the month' with the winner receiving 7 days free gym membership. The top ten (as well as the winner) is displayed at the gym and posted on Facebook.



Community Involvement

Healthy Towns Challenge (“HTC”)

The gym was enthusiastic to be involved in the Healthy Towns Challenge to help promote health and wellbeing in Kyogle. We help to promote the free health coaching that was available and was involved in ongoing HTCA committee discussions.

Community Notices

Whenever possible, the gym helps to promote charitable and other events and projects happening around Kyogle on Facebook and within the gym, such as the Women’s Self Defence course and Share the Dignity Campaign.



Classes

Over the last year, the class attendance has increased and has been one of the main reasons for an increase in the gym income. Our membership offers great value due to the inclusion of six classes per week. We have seen a steady flow of women joining the gym after they attend the classes on a casual bases and realise it makes more sense to become a members.

Our classes include Sandy and Glenn’s early morning circuits, Robyn and Sandy’s Pilates and Robyn’s HIIT/Ball class and Women’s Circuit.

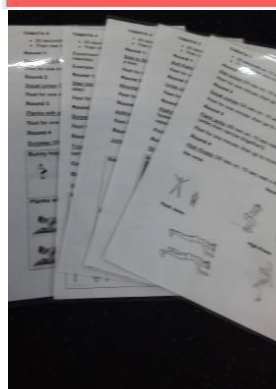
Early Morning

The early mornings are popular for member who work and these classes are gradually increase in size to the point where class size creates a problem with the rest of the gym. On the days there are no early morning classes, we provide many template for workout ideas which are utilised by these members.

Gym Circuit

In March we established a weights circuit in the gym – utilising as many of the gym machines as possible with a few free weight exercises to make it a total body workout (similar to the ‘Curves’ gym style of circuit). This was designed for those who may not know what to do in the gym, or just want a workout that they don’t need to plan themselves. It is also great for new people and a good tool for inductions. Volunteers can direct people to the

KYOGLE COMMUNITY GYM MAY 2019 CLASS SCHEDULE			
DAY & TIME	CLASS	VENUE	LEVEL
MON 6-6.30 am MON 6.30-7 am	Full Body Circuit Cardio and Stretching	Gym	Moderate
MON 5-6pm	Mat Pilates (intermediate with beginner options)	Banquet Room (Memorial Hall)	Moderate (Beginner Options)
WED 6-7am WED 10-11am	Circuit Mat Pilates	Gym Gym	Moderate Beginners
WED 5.30-6pm WED 6-6.30pm	Tabata Fitball Pilates (BYO ball)	Banquet Room (Memorial Hall)	Intense (low impact options)
FRI 10-11am	Women's Weights Circuit	Gym	Beginners - Moderate
SAT 6.30-7am	Circuit	Gym	Moderate



(Workout cards)

weights circuit without actually giving 'advice' to a member.

This also formed the basis of a Women's class on Fridays 10-11am. This is proving popular with one women signing up for a year as she had previously attended a Curves gym.



Facebook and Marketing

The aim of our marketing is to keep the community informed about our programs, nudge non-exercisers toward a more active lifestyle and maintain awareness of the gym in town.

Facebook

Daily facebook posts are aimed to be informative and inspiration, covering exercise, nutrition and general wellbeing.

Posters

A3 gym posters have been displayed in Kyogle's main street as well as at McKidd Medical. Some of our Jan 2019 posters were:

Talking Turkey

We aim toward submitting a health related article to the local paper on a bi-monthly basis:



Finding your 30 minutes of physical activity a day can lead to a happier and healthier lifestyle for you and your family. Here's why:

- **Brain Health:** Exercise training can increase brain size and improve memory - reducing the risk of dementia.
- **Mental Health:** Regular physical activity reduces the risk of depression and has a range of benefits for mental health.
- **Social benefits:** Organised physical activity creates opportunities for meeting new people and socialising.
- **Heart and Lung Health:** Physical activity strengthens your heart and improves lung function - reducing your risk of coronary heart disease and heart attack.
- **Bone Health:** Physical activity increases bone mineral density - important for bone strength; reducing risk of fractures and osteoporosis.
- **Environmental Benefits:** Physical activity, as a form of active transport, reduces our carbon footprint.

Source:
<https://www.sportaus.gov.au/findyour30>



New Ideas

We are always trialling new ways to engage both current and potential new members to the gym.

Some of our ideas in the last financial year were:

- A healthy recipe book in the gym that members can peruse and take of photo with their phone if interested in cooking.
- Monthly Challenges: We have attempted many monthly challenges but find that, for the most part, members do not find these engaging. E.g. squat challenge, Feb Sports Prep challenge, Beach Body Challenge. We will focus our time and resources in other directions.
- We conducted two (identical) Eat for Health workshop in October 2018. This was a PowerPoint presentation and was a summary of the Aust Government's Eat for Health Guidelines. Six people in total attended these workshops with positive feedback. Time does not allow us to pursue this focus at the moment.

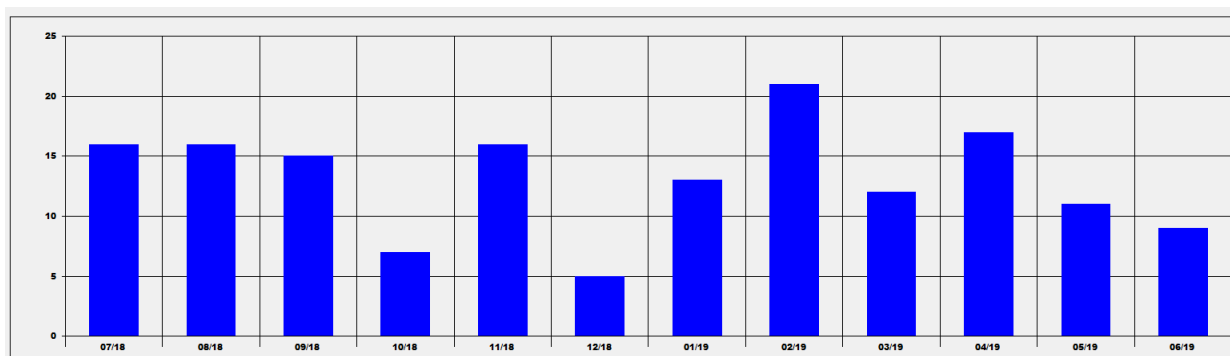


Kyogle Community Gym added a new photo to the album: December 2018 BEACH BODY Challenge. November 28, 2018

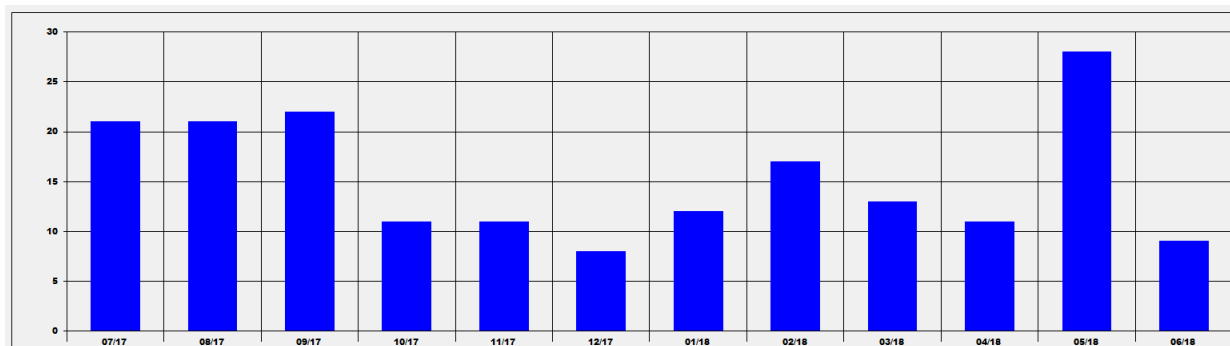


FINANCIAL YEAR STATISTICS 1 July 2018 - 30 June 2019

New Members 2018-2019



2017-2018

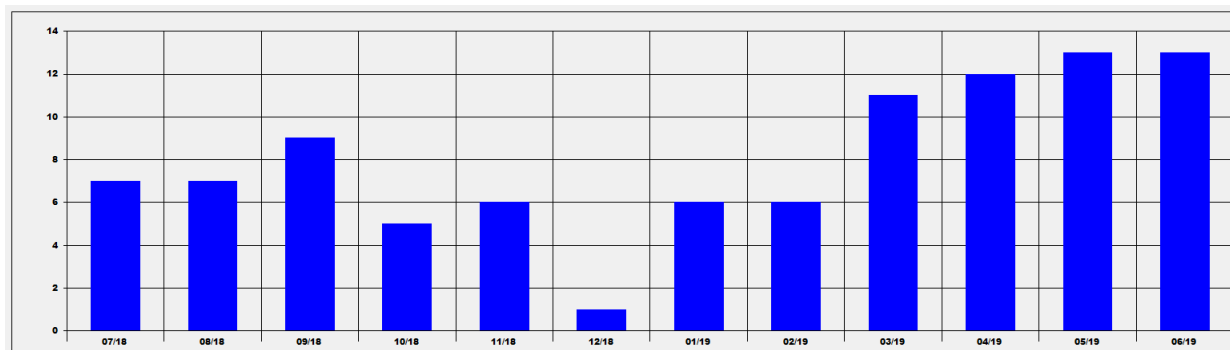


2017-2018

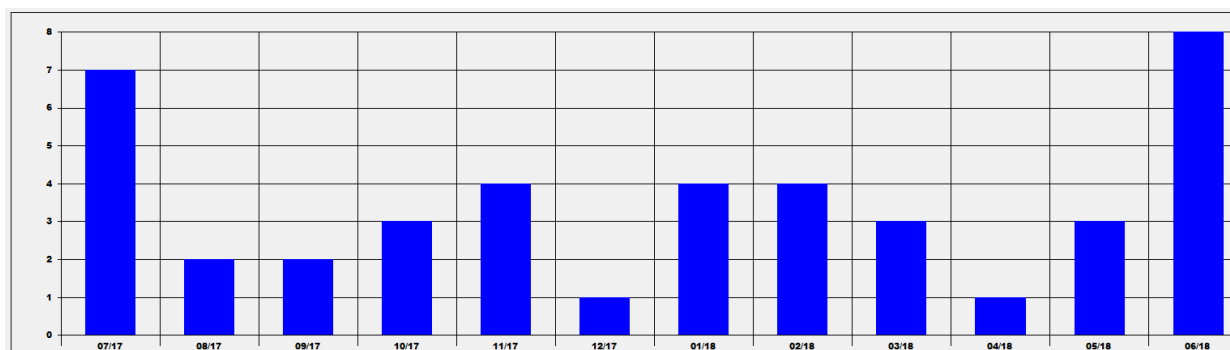
Renewals

Renewal of existing memberships has been steady with an upturn toward the end of the financial year.

2018-2019



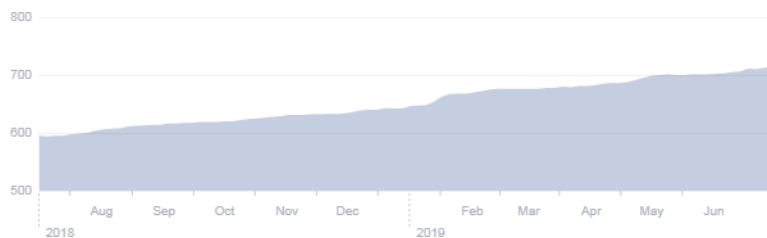
2017-2018



Facebook The total page likes:

- As at 21/10/19: **713**
- As at 12/9/18: **595**

The graph to the right shows a steady rise in Facebook page likes in the last financial year.



DATABASE GENERATED STATISTICS

Membership

New Members by Date Created: 158
New Members by Start Date: 120
Renewals: 96
Cancelled: 8
Cancelled Direct Debit: 6
Cancelled Other: 2
Suspended: 75
Suspended Direct Debit: 21
Suspended Other: 54
Expiring: 90
Enquiry: 0
Visits: 7612

Total Members: 759
Total Cancelled: 30
Total Expired: 213
Total Suspended: 1

Gender & Demographics: Current year 2018-2019

Female: 399 (79%)
Male: 109 (21%)

Age Groups:

00 - 09: 0
10 - 14: 0
15 - 19: 16
20 - 24: 27
25 - 29: 18
30 - 34: 17
35 - 39: 18
40 - 44: 10
45 - 49: 8
50 - 59: 38

Total Direct Debtors: 63
Direct Debtors Cancelled: 14
Direct Debtors Expired: 2
Direct Debtors no Schedule: 4

Active: 508
Active (financial): 239
Enquiry: 9
Total Visits: 16267

Direct Debit Scheduled Active: 43

Payments

POS Payments: \$38,668.08
POS GST: \$3,515.53
DD Payments: \$18,850.81
DD Payments GST: \$1,712.61
DD Rejected Payments: \$956.53
DD Rejected GST: \$86.92
ALL Payments: \$57,518.89
ALL GST: \$5,228.14

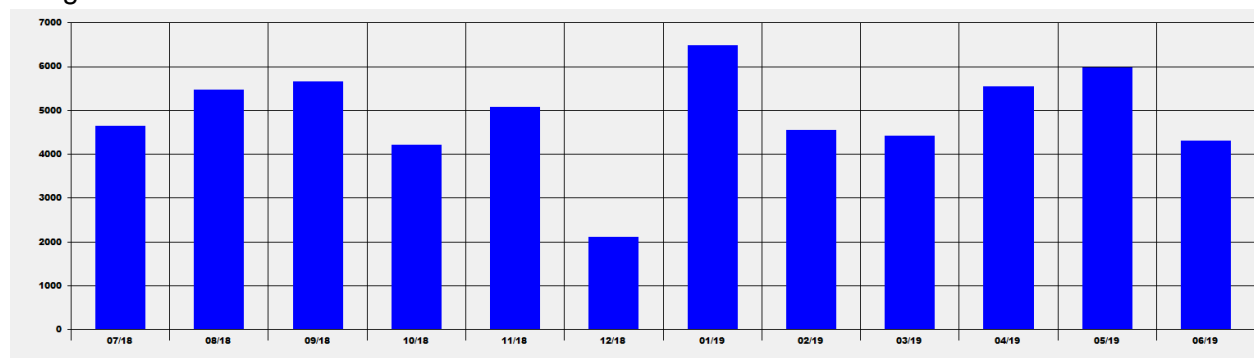
Top postcodes:

2474: 437
2470: 5
2473: 5
2480: 5
4730: 2
4225: 2
2870: 2
2035: 1
3842: 1
4575: 1

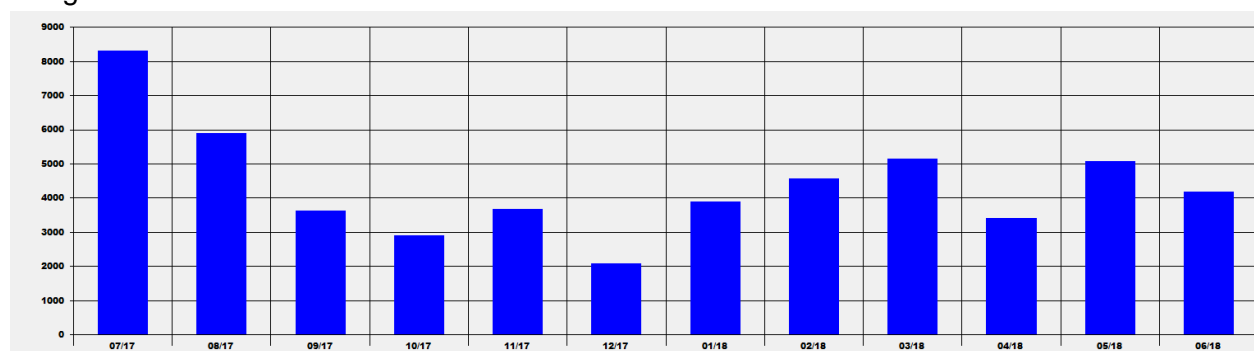
60 - 69: 34
70+ : 25
Unknown: 240

Kyogle Community Gym – No. of Visits (1 July 2018 to 30 June 2019)

Usage 2018 - 2019



Usage 2017- 2018



Contact information

(02) 66 322 551

gymcoord@kyogletogether.org.au

<https://www.facebook.com/KyogleCommunityGym/>

Kyogle Community Bazaar

Key Highlights

We celebrated with 12 fabulous Bazaars across 2018-19 and are continuing to grow into a sustainable market with our amazing local stallholders showcasing quality artisan goods. Our achievements for the year are summarised as follows:

Growth in our stallholders

- Increased regular stallholder numbers
- Welcomed new stalls alongside our regulars
- Focused on quality handmade goods

Stronger foundations

- Developed policies and procedures including food regulation compliance
- Re-negotiated insurance policy to deliver fit-for-purpose value
- Implemented consistent stallholder fees, application form and newsletter

Growth in our volunteers

- Developed specific positions and undertook volunteer recruitment drive
- Developed a volunteer working team
- Set up a management marquee at the Bazaar for information and feedback

Improved viability

- Trialled twilight Bazaar and introduced buskers and entertainment
- Undertook community consultation for move to 4th Saturday 9am-2pm
- Implemented strong social media strategy with high engagement rates

Connected

- Strengthened community connections with diverse community stalls
- Developed community BBQ to support local groups
- Delivered special events in partnership with key organisations (see below)





Our Kyogle Bazaar is a social enterprise of Kyogle Together. The aim is for future market profits to be reinvested back into local community programs in Kyogle such as the Kyogle Youth Action and Fair Share Kitchen, for a vibrant and inclusive community.

Special Thanks To Our Supporters

Our Kyogle Bazaar is only a success because of our wonderful supporters. We give special thanks to:

- Sandra Davie, our Bazaar Co-ordinator and her volunteer team
- Kyogle Men's Shed
- CWA Kyogle Evening Branch
- BP Service Station
- Shimla Curry House
- The amazing diverse, dynamic stallholders

Financial Statement

Month	Number of stalls	Total income (\$)	Banked (\$)
July	32	340	140
August	10	100	60
September	26	395	NA
October	24	464	264
November	31	620	276
December	25	680	1088*
January	14	228	0
February	11	188	38
March	36	641	446
April	21	401	161
May	22	470	230
June	24	432	182

*\$415 banked, \$293 Raffle, \$380 Barbeque

The plans to change the trading date were well on the way at the end of this financial year. We have focused on the handmade artisan stalls developing and getting a following. It is our hope that into the future the Bazaar will develop into a monthly community event where creatives living in our region can come and share their passions. We have some unique locals whose wares you will not find elsewhere, and some who travel up to an hour to be part of our inclusive, friendly environment.



The Fair.Share.Kitchen

Broad aims for the program:

Increase food accessibility & reduce food waste	Increase access to financial support & resources	Share & enhance well-being, knowledge & skills	Connecting & celebrating community	Promote fun & easy cooking
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The Fair Share Kitchen Program is a community based service for local residents experiencing social and financial disadvantage. We focus on providing food through food recovery activities, and support through material aid and service/support linkages. It originated from Commonwealth Government funding (Department of Social Services) and State Government funding (NSW Environmental Protection Authority) for the Northern Rivers Food Recovery program. Impressively, the regional program

averages between 850-1200 kilograms of food recovery per week, with 30 confirmed collections.

As one outlet in the Northern Rivers region, Kyogle Together currently supports approximately 33 individual people every Thursday between 12pm-3pm, with fresh food and pantry goods, as well as support, information and referrals. The number of beneficiaries is far greater when incorporating broader family numbers.

Whilst provision of emergency relief remains a critical need for the local area, there is a strong community driven desire to expand the Fair Share Kitchen Program. Our vision for growing our existing services will result in increasing reach and impact through educational workshops and community development activities. For example:

- Creating a community hub around food and wellbeing from a social justice perspective
- Maximising our newly renovated kitchen space
- Australian Red Cross Food Security Program - FoodREDi Community Nutrition Education workshops to teach people how to get value for money and achieve a balanced diet and increase social connectedness;
- "It's all about you" event – supporting people who cannot afford a haircut, partnering with a local hairdresser and masseuse;
- Increase access to fresh food and pantry goods;

- Growing our community composting concept and
- Building our volunteer capacity.

This is a critical program for the Kyogle community where the cost of living pressures means many people in the region are living on the brink of crisis and are vulnerable, living week to week (NCOSS, PBS, Northern Rivers and Far North, 2016. Kyogle ranks second highest in child poverty in the state at 28.2%, and the average annual personal income in the region was \$38,292 over \$12,000 dollars less than the state average (NATSEM, 2013).

Food Recovery Data

Total is from the beginning July 2017.

Year	Food recovery data (kg of food diverted from landfill)
2017	15,663
2018	39,444
2019	11,402



How You Can Help

- Become an association member – Become a friend/supporter of Kyogle Together Inc.,
- Volunteer your time with us – with our Bazaar, services for young people, at the gym or with our Fair.Share. Kitchen Program,
- Make a donation,
- Support an event or fundraising activity,
- Participate in our community surveys,
- If you've heard something you like let people know,
- If you've heard something you don't like, let us know,
- Come along to our community conversation,
- Come and check out our spaces.



Contact Us

Manager

gm@kyogletogether.org.au

<https://www.facebook.com/kyogleyouthaction>

Laneway Community Space

161 Summerland Way Memorial Park
(next to the pool)
(02) 66 322 972

Kyogle Youth Advisory Committee

kyac@kyogletogether.org.au

<https://www.facebook.com/kyogletogether/>

<https://kyogletogether.org.au/>

<https://www.instagram.com/kyogletogetherinc/>

The Fair.Share.Kitchen

er@kyogletogether.org.au

kitchengarden@kyogletogether.org.au

Kyogle Community Gym

Kyogle Showgrounds
(02) 66 322 551

gymcoord@kyogletogether.org.au

<https://www.facebook.com/KyogleCommunityGym/>

Kyogle Bazaar

Every 4th Sunday of the month
Held at the Amphitheatre
Parklands

Anzac Drive (behind the Visitor
Info Centre),

Kyogle.bazaar@kyogletogether.org.au

0457 471 583 (please leave a
message and Sandii will get back
to you)

<https://www.facebook.com/kyoglebazaar/>

Kyogle Youth Action

kya@kyogletogether.org.au

youthworker@kyogletogether.org.au



