



Annual Report

2022/23

Annual General Meeting

Coolum HeARTs Community Shed

Cnr Elizabeth St and Sunrise Ave Coolum

Beach

Sunday 15 October 2023

Coolum Hearts Inc

ABN 65 141 391 454

Phone 0478 646 330

Located Shed 5, Cnr Elizabeth Street and
Sunshine Avenue
Coolum Beach QLD 4573

Welcome to the President's Report in preparation for our Annual General Meeting for the financial year 2022/2023. It's with great pleasure that I commence this year's report with recognition of the remarkable community that surrounds Coolum HeARTs Ins and am able to reflect and tell the story of the outstanding achievements of the Coolum HeARTs team this last year.

It's been a very focused year working on the items we agreed as a committee in 2022, and staying true to these deliverables; simply put we said we would:

- Stabilise and build our membership so people fully appreciate that Coolum HeARTs is a safe, reliable and fun place to spend their time as a participant, facilitator or volunteer in our community.
- Explore what our members want in terms of activities, more or less, and what they are.
- Continue to fundraise, to keep the operations of the shed afloat alongside raising the capital funds to extend the shed to deliver on an old, but worthwhile promise to renew our space and adjust it as we grew.

Others include:

- Make small deliberate decisions to foster the culture of the shed to be of tolerance, safety, love and the continued sharing of life activities in an environment where people can make friends and to reset expectations for people.
- Revisit and ask – what activities do people want and what can we achieve. Trial new classes and weekend activities which work around alternative work styles.
- Raise the funds, engage the builder, the council and a group of stakeholders that would allow us to build on the dreams of many and deliver the Coolum HeARTs Community Shed 2023.

We missed a couple and have these still on our focus list. For over 3 years and before the new team commenced, we have been working towards our Donatable Gift Register (DGR) Status. This means the funds and support we raise, can be a tax offset for supporters. I think this was meant to be a challenge by government that most organisations walk away from. We haven't gained this status as yet but do look for the bruises on the foreheads of our people, we are trying. We have assumed many positions but I still feel like we're in downward dog which is less than heartening.

For us at Coolum HeARTs it's been an incredibly busy time coming back into the enlarged Shed and getting set up for activities this month; and preparing for the Official Opening!

In September 2023, we had our official reopening event supported by our facilitators and volunteers with activities people could see and interact with as visitors, by local artists who displayed their work and by local musicians who showcased the day with some amazing sounds and vocals. To my wonderful BBQ companion Therase Burke – thank you.

We were pleased to have the continued and incredible support of Ms Maria Suarez, Councillor for Sunshine Coast Council, Mr Dan Purdie MP, Member for Ninderry available for the event and we know we had the inspirit support and presence of Mr Ted O'Brien, MP

Member for Fairfax who was kept in Canberra working but has helped us with so many past events.

To support us over the last few years are an amazing group of humans. Our supporters have been many and include in no small part:

- Maria Suarez, Councillor Sunshine Coast Council
- Dan Purdie MP, Member for Ninderry, Queensland
- Ted O'Brien, MP, Member for Fairfax, Federal
- Bendigo Bank – Marcoola
- Coolum Beach Surf Club, including John Ellingsen our Patron
- Coolum Beach Lions
- Coolum Beach SES
- The Shoplifters, our very special local musicians
- Shoreline Constructions, Brett Leahy
- Aboda Design, Lee Foster
- (Refer to the end of this document for full list)

These people and organisations have helped Coolum HeARTs to stay healthy and independent to support our community through the many activities to help people, whether it be through music, art, physical movement, drumming, yoga or the resilience programs available. The activities are wonderful and bring people together to learn or do something, to make friends that help us each through the sometimes lonely and dark times.

Through the many activities provided by our facilitators and volunteers, we have been able to actively increase our group sizes, with Michael and the Djembe Drumming getting back to old school numbers of 50+ participants on a Friday at the Uniting Church Hall. It's taken a lot of new drums to say the least! If you ever get the opportunity to come down and simply feel the room during a session, your skin will tingle.

Our Art and Mosaics sessions continue to be a growing staple product for the Shed and with the guidance of the many facilitators this year have extended to the presentation of mosaics for our men and women police officers, community members, builders and the list goes on. The appreciation on the face of our local Police Officer when presented with a mosaic plaque for the Coolum Beach Police Station in remembrance and respect of fallen officers, was another symbol of how our little group shares care and love across the community in times of need.

At our recent reopening event, we ran the day alongside other highly committed volunteering groups which have helped us to grow, learn and integrate with our community. Our aim was to highlight the incredible need for volunteers in all of our community groups and the benefits achieved when working together, whether its volunteering or supporting volunteers. We're pleased to do this alongside our neighbours the Coolum Beach Lions and Coolum Beach State Emergency Service, and the Coolum Beach Surf Club who each have a tremendous and long respected history built through volunteering. Thank you.

This year, our goals are changing, and these will be led by a slightly different committee.

Our focus now moves from building the shed, to refining the options that the larger shed provides us. With the slight tinker of the name to include 'Community', we are being very deliberate in our intention to capitalise on the good nature of the group and the love formed to be of help in our community. Working alongside the Qld SES as an example allows the Shed to be approached in times of emergency and to be a recognised safety shelter for water, supplies or community information when needed. We can now start to apply and provide longer term community programs that have recurring funding options focused on the long-term benefits for our community.

Again, thank you to all the amazing people who help make Coolum HeARTs Inc a great place to be: Our wonderful facilitators who bring our activities to life, our volunteers who support our facilitators and participants, our members who come along and are a part of the Coolum HeARTs family and the amazing carers we see who help make each activity for each participant something special.

Lastly, a special thank you to our Coolum HeARTs Committee of 2023, Valerie Irwin, Vivien Collins, Di Garland, Jamie Hall, David Trow and Sheryl Williams. While David and Sheryl have resigned from the committee, David for personal reasons and Sheryl relocating to NSW, it's important to recognise the time and effort given and thank you for your efforts. Our upcoming AGM is an opportunity for new people and new ideas which continue to help us grow and adapt.

Please join us for the Coolum HeARTs Inc Annual General Meeting at 2.00pm on Sunday 15 October 2023, and share your voice as a member and let us shape 2023/2024 with your voice in mind.

Proposed new portico:



Treasurer's Report

This report is to be read in conjunction with the audited reports as presented to the 2022/2023 Annual General Meeting.

The current balance of our general account is \$ 3,600-72 (5 Oct)

The fund raiser account balance is \$ 28,461-12 (1 Oct).

Through the generosity of our builder, Shoreline Construction, and his sub-contractors, our shed extension costs came in just under \$72k; approximately \$30k under budget. With this surplus, we intend to put a portico over the front entry of the shed to make it weatherproof. We also intend to concrete to the right-hand side of this entry to enable taxis and disability vans to utilise this area. The back concrete slab will also be extended, to include a ramp into the garden area. Therefore the majority of the surplus funds will be utilised in this area once we receive Council approval.

A new roadside sign is awaiting approval by the Council and will be erected at the beginning of the driveway. This was funded by the local Commonwealth Bank community vote grant. Balance Sheet, Profit and Loss and Auditor's Statement are attached separately.

Our assets of nearly \$9,404 (after depreciation) are made up as follows:

- 40 x stackable chairs
- 4 x steel cabinets
- 4 x steel shelving units
- 3 x pull-up banners
- Various tables, chairs and office furniture
- 3 x HP laptops – Treasurer, Volunteer and Secretary
- Shed extension (Fixed Assets) is NOT an asset of Coolum HeARTs Inc but of Sunshine Coast Regional Council. We only lease the building. This will be adjusted in the 2023/2024 financial year and reflected in that year's Balance Sheet.

It is important to note that without the generous support of the Sunshine Coast Regional Council, Councillor Maria Suarez, Mr Dan Purdie, local MP for Ninderry and Mr Ted O'Brien, MP for Fairfax, Coolum Beach Surf Club, The Shoplifters, Coolum Beach Lions Club and a generous local community, Coolum HeARTs will need to be more active with their fundraising.

Coolum Beach Lions Club has been generous in offering us a shared interest in the annual Twilight Markets (a total of 9 weeks from mid-November) and I would encourage each of you to volunteer for one shift at least; ask your neighbour or friend to come along too. It's only for 2-3 hours on a Friday afternoon.

We also have the opportunity to sell raffle tickets at the Coolum Beach Hotel each Thursday. While raffle ticket selling isn't everyone's cup of tea, this event has the potential to raise a few thousand dollars each year and involves 1½ hours each week. Please don't leave it ALL up to the committee to volunteer for these events – we need YOUR support too.

Our activity groups run at a loss once we have paid for our facilitators, supplies and equipment. It is important that we acknowledge this. One of our Objectives is *“To provide affordable access to the arts, music and lifestyle activities to all members of our community, especially those living with significant challenges”* and the while committee does not want to have to raise the session fee of \$5-00, it was decided at a recent meeting that the fees to attend a group session would increase from Term 1, 2024 to \$80 upfront payment for a 10 week session or \$10 casual per attendance for members and double that for non-members. It will be my recommendation to also raise the membership fee to \$50-00 per year in 2024.

Vivien Collins
Treasurer

Grants Report

We continue to apply for grants throughout the year in order to purchase equipment and supplies to keep our activities going. We received Minor Council grants that enabled us to purchase more Djembe drums, new tables and covers and much needed art and mosaic supplies.

We are awaiting to hear if we have been successful again this year with a Volunteers Grant. If so, we will use this to put 10 x volunteers through a First Aid course and also a Thank You gift for all those volunteers who give up their time freely.

Vivien Collins
Treasurer

Membership Report

Membership for 2022/2023 steadily climbed to 89 as at 30 June 2023 with approximately 50% of those new members. To date there are now 107 financial members. We have seen a drop-off in agency membership following the time of the Covid outbreak when agencies began their own programs because their clients could not go out and mix as they formerly could. We hope to encourage more NDIS agencies to join up in the future.

Valerie Irwin
Secretary

Events Report

Many successful events were held throughout the financial year thanks to our committee and wonderful volunteers. Without fundraising, grants and donations Coolum HeARTs would not be able to continue to offer our participants quality sessions at low cost.

- Art and Music Day convened by Clive Holden on 22 July 2022 with all proceeds to Coolum HeARTs
- Trivia nights, one at the Bowlo in 2022 and one at the RSL 2023
- Spring Stall held outside The Shop 24 Sept 2022
- Sing Out 9 October 2022 at the Coolum Primary School

- Annual Christmas Lunch held at the Baptist Church 25 Dec
- Sunshine Coast Australia Day Awards ceremony held at Lions Hall. Coolum HeARTs was awarded Community Group of the Year presented by Doug Alford
- Assistance at Tickle Park Twilight Markets, shared proceeds to Coolum HeARTs
- Barbecue for facilitators, coordinators and volunteers 4 Feb at the Shed
- Ground Breaking Ceremony 7 March 2023 at the Shed in preparation for commencement of the new build
- Presentation of mosaic plaque to Sgt Peter Blake of the Coolum Police Service to commemorate fallen officers and to say thank you for their service on 9 March
- Sip'n' Smash 18 March 2023
- Easter stall 1 April outside The Shop
- 'Old Mates' video afternoon 10 June at the Coolum Civic Centre held at was very well attended and proceed donated to Coolum HeARTs
- Trivia at the RSL 17 June
- Art & Music Day, Sing Out and Open Day in planning for 2023/2024 financial year.,

Jamie Hall

Media & Events Coordinator



Art & Music Day



Sip'n'Smash

Activities Report

Art Classes with the amazing Chony Bowden continue to be as popular as ever. Throughout the year, Simone Gillam relieved Chony from her teaching role and together they have been supported by George Petit, Anne Crook, Stephanie Trow, Karina Seljak, and (previously) Sheryl Williams. We are delighted that Chony is back in the hot seat, and we thank Simone for her fantastic contribution to Art.

Heartbeats Djembe Drumming with the very talented Michael Barry is always a favourite activity that keeps growing in numbers. Throughout the year, Michael has been assisted by David Trow, Lesley Seymour and Diane Garland in coordinating the weekly drumming group.

Michael also continues to facilitate our *I'm Still Standing Choir* and with the assistance of Ruth Robinson. They are achieving amazing results.

Meditation is led Derek Goforth, and continues to be supported by Bobby Warren. The group meets weekly at the shed to enjoy the peace and stillness of Derek's meditation techniques.

Coolum Hearts, *Men's Resilience* group continues to meet in the community and is supported by John Kotynski and we thank John for his support.

Mosaics with Rosalie McLeod has fast become a preferred activity. Rosy brings her own unique flair that adds excitement and anticipation for the new mosaics creators. Throughout the year Rosy has been assisted by Sheryl Williams, Shanti Martin, and Viv Collins.

Gentle Yoga instructor, Simone Gillam has remained in her role as facilitator and is assisted by Val Irwin. Simone's Yoga classes are a must if you are looking to maintain a healthy body and mind.

Drop-in Friday. Anyone interested in knowing more about Coolum Hearts Activities or volunteering, will find members of the Coolum HeARTs Inc committee always ready to provide a tour or offer information over a cuppa.

During 2023 we also welcomed 3 new facilitators. Peter Trimble, Kalani, and Diane Garland
Pete Trimble and his team have brought sewing magic to Coolum Hearts.

- Pete has offered our local community the opportunity to learn how to create new garments or mend and repair old favourites. Pete has provided monthly classes on Saturday and Wednesday night so that his service can be available to as many people as possible.
- Kalani, Our Hawaiian Ukulele Instructor has brought a new perspective to our ukulele group. The popular group is now appropriately named *The Coolum Heart Strings*. Kalani is assisted by Shanti Martin who ensures that all sessions run smoothly.
- Diane Garland in providing a new program, *'The Heart of the Resilient Woman'*. A women's empowerment program that is offered to support women from the community to meet and share in a safe environment where they can be lifted up by other women. Diane is assisted by Lesley Seymour who is always happy to provide support as required.

Coolum Hearts Activities Coordination began under the direction of Sheryl Williams who was a very loved and valued member of the team. As Sheryl stepped down to move onto a new and exciting phase in her life, I (Diane Garland) was eager to move away from my position of Media Coordinator and into this busy role of Activities Coordinator. Looking ahead to 2024, we are happy to be considering a variety of new and exciting activities for our local community.

We are forever grateful for every Facilitator, Coordinator, and Volunteer who gives up their valuable time to preserve Coolum Hearts reputation in providing affordable activities to our local community. Thank you, thank you, thank you!

Diane Garland
Activities Coordinator

OLD MATES GONE BUT NEVER FORGOTTEN

A FILM BY ROB BROUGH

June 10 - 4:00 pm
Coolum Civic Centre
Book tickets online



A warm hearted and big thank you to our sponsors and supporters	
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Coolum Lions	Richardson & Wrench, Coolum
Coolum Beach Hotel	Rouse Realty, Coolum
Coolum Sign Works	Shake It Up Music, Nambour
Coolum Mitre 10	Shoreline Construction
Coolum Surf Club	Southern Cross Sheds
Coolum RSL	Sounds of Then
Coolum Baptist Church	Sunshine Coast Council
Coolum SES	Sunshine Coast Guitar Orchestra
Cool Connections	The Shop, Coolum
Cool Harmonies	The Shoplifters band, Coolum
Coolum Mens' Shed	Dan Purdie, Member for Ninderry
Coolum Beach Realty	Ted O'Brien, Member for Fairfax
Coolum Beach Real Estate, Coolum	Fiona Simpson, Member for Maroochydore
Coolum Men's Shed	Maria Suarez, Councillor Sunshine Coast Council
Gone Bonkers, previously Coolum	