

The shape of things to come



Springwood Neighbourhood
Centre Co-operative Ltd

'be part of something bigger'

In the beginning

As early as 1976 a dream was born. Joy Crick saw wonderful potential in the old Council offices within the Civic Centre Complex which had been empty for over a year. A crucial public meeting was called by Joy on 8 March 1977, committee members inspired by Joy Crick and Thelma Murphy mounted a wide-spread campaign so when the submission for funding was made to the Department of Youth and Community Services in December 1977, it was for a Springwood Neighbourhood Centre.

On February 1978 the Centre opened its doors to the community and the Centre officially opened on 5 August 1978 by Hon Rex Jackson, Minister for Youth and Community Services.



Springwood Neighbourhood Centre Co-operative Ltd

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Welcome

We are fortunate to have the support of an excellent group of highly skilled and adaptable volunteers who have supported our staff and service delivery...



As we come to the end of the our 40th year of serving and supporting our community, I ask myself how did we get here and what does the future hold for Springwood Neighbourhood Centre Co-operative Ltd (SNCC) and its community?

The past year has presented many challenges and uncertainties for our sector. Changes to government funding procedures, reporting processes have impacted on generalist services such as ours, along with the ongoing effect that this has had on our workers. Administrative requirements have meant the allocation of more time, which has resulted in re-evaluation of time spent with clients and the community. For larger organisations, who may very well be in direct competition with us, this may not be an issue however for smaller NGO's this is a constant juggling game.

We are fortunate here at SNCC to have the support of an excellent group of highly skilled and adaptable volunteers who have supported our staff and service delivery to enable us to continue to meet our targets. I would like to thank them for this support and also acknowledge the outstanding work of all SNCC staff.

Over its forty years of operation, SNCC has been pivotal to the growth of the community services in the area. From the establishment of Carinya in the late 1970's, Winmalee Neighbourhood

Centre in 1992 and support for development of Mountains Outreach Community Services (MOCS). In 1988 Katoomba Neighbourhood Centre (KNC) and SNC teamed up to operate the Blue Mountains Volunteer Carers Service, a partnership which continues through the Volunteer Home Visitors Service and we were one of the first organisations to provide support for women experiencing domestic violence. Mountains Youth Services Team (MYST) started life in the late 1990's as Springwood Youth Project which now has targeted services across the Blue Mountains.

We have also been at the forefront of a variety of child-focussed services including the auspicing of Tanderra Before and After School Care with provision for children with special needs added to the service in 2001. We can acknowledge with some pride that these services are still being provided to the community – the impact of the work of a small group of community minded volunteers is still being felt across the Blue Mountains.

This past year has seen the development of systems to support the delivery of strong, robust, efficient services. These have included the streamlining of all of our IT systems as well as the further development of our Quality Management System

Acknowledgement of Country

Springwood Neighbourhood Centre Co-operative Ltd (SNCC) acknowledges that we work on the traditional lands of the Darug and Gundungurra peoples and pay respect to the strength, capacity and resilience of past and present Aboriginal people in this region.

which supports the rigorous governance of the organisation.

I would like to thank all of those services who work with us in particular all those community workers who partner with us.

I particularly want to acknowledge the wonderful group of workers who are part of SNCC. Thank you for your continued support of your community and your selfless support of SNCC.

This organisation commenced through the hard work of volunteers and continues to this day through the support of all of our volunteers, whether it is through working on reception desk, in either of the carer support services, through the Talking Gazette, as a member of the Board, as a facilitator of one of our many groups or in whatever

capacity – you are vital to our continued success.

Finally, I would encourage everyone to read all of the contributions in this annual report and remember that SNCC reflects its community. While funding requirements and the many rules and regulations have affected the way we operate, SNCC has grown and developed into a streamlined, regulated and highly professional organisation but never has the red tape and doubt over the dollars got in the way of the Centre's work to meet the needs of our community. Your support and involvement is vital for this to continue so please join us so that we can "be part of something bigger".

 TONI QUIGLEY
CEO

Thank You

I would like to thank our outgoing chairperson, Keith Dowling, who has been with the organisation since 2008. His continued advocacy, commitment to the principles of SNCC and in particular his guidance through the many years is appreciated by all. He is now taking a break to, 'as they say', spend some time with the family and we wish him all the best for his future endeavours.

From the Chair...



We recognise our shared history with pride and continue to work collaboratively with many community groups and organisations.

It is pleasing to inform Co-operative members and all stakeholders that SNCC is well positioned, in terms of both financial sustainability and implementation of strategic plans.

Members can be confident that operations over the last financial year have met our statutory obligations. The community can be assured of good governance through continued compliance and achievement of ISO 9001-2015 re-certification in quality management systems by SAI Global. Significant upgrades to our IT and data management systems provide the opportunity of useful and detailed analytics into the future. Congratulations to Toni Quigley, staff and volunteers in, once again, delivery quality services to our community.

We have continuing strong connections with our partners, with whom we deliver services across the whole life span. We remain attractive and competitive for government contracts and meet the expectations of our funding bodies.

From its inception and for over 40 years, SNCC has established a reputation as an organisation distinguished in serving the community throughout the Blue Mountains region. With an outstanding capacity of over 100

volunteers, it is a consistent credit for the oldest neighbourhood centre in the Blue Mountains.

As part of our charter, our history demonstrates how we advance and support numerous community groups and organisations, many of whom have flourished under our auspice. An example is the establishment of Winmalee Neighbourhood Centre and Carinya Neighbourhood Children's Centre – both independent incorporated associations with their own exemplary reputations and both having their origins as projects of SNCC! We recognise our shared history with pride and continue to work collaboratively with many community groups and organisations.

As we support individuals, families and organisations within the Blue Mountains region, we endeavour to grow by providing tiered membership opportunities of which we commenced the implementation from 1 July 2018.

On behalf of the whole Board, we encourage you the reader and our local community to join us in building resilience in our communities and being "part of something bigger" than simply ourselves.

Keith J Dowling
Chair

Our Vision+ Our Mission

> We strive for a community that is vibrant, caring and inclusive.

> SNCC is a community managed organisation, linking people, resources and ideas. SNCC applies the principles of social justice to the wellbeing of the community.



CURRENT

**Cherie
Brandon**

**Keith
Dowling**

**Tracy
Kane-White**

**Andrea
Turner-Boys**

**Samantha
Crisford-Eade**

**Shae
Foenander**

**Sharon
Payne**

FORMER

**Richard
Engel**

**Allen John
Laird**

SNCC SERVICE STRUCTURE



Organisational Chart

The Board



Current Staff & Structure

Chief Executive Officer – **Toni Quigley**
 Executive Support Co-ordinator – **Lesley Lewis**
 Finance Officer: **Meg Keith** until 4/10/2018,
Susan Gould from 4/10/2018
 Community & Cultural Development Worker – **Imelda Eames**
 Community Visitors Scheme Co-ordinator – **Jo Newton**
 Project Worker – **Olivia Sperzel**
 Volunteer Home Visitors Co-ordinator – **Liz Murphy**
 Regional Events & Training Officer – **Jeanette Hansen**



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finance@sncc.org.au



ccdc@sncc.org.au
projects@sncc.org.au



vhv@sncc.org.au



cvs@sncc.org.au



events@sncc.org.au



Suzanne Allnut
Simone Knox
Annalisa Moore
tanderra@sncc.org.au

Child Care Assistants (casual):
Cadan Charman; Elyn Charman; Clare Eisenhuth; Brittany Hitchcock-Bell; Tamrah Knox; Matthew Ruki
 Volunteer Yard Maintenance - **Deb McDowell;**
 Volunteers: **Josiah Bamfer; Tim Quinn Smyth; Colin Williams**
 Art Teacher - **Liz Perfect**

THANKING OUR SUPPORTERS

Funding + Financial Support

- Commonwealth Government, Department of Health
- NSW Government, Education & Communities
- NSW Government, Family & Community Services
- Commonwealth Home Support Programme (initiative of the Australian Government, Department of Health)
- NSW Government, Premier & Cabinet

SOME OF Our Supporters



Special Thanks

TO ALL SNCC
COLLABORATORS,
SUPPORTERS &
PARTNERSHIPS

Special thanks and acknowledgement go to:

➤ Federal & Local Members of Parliament

Susan Templeman, MP
(Federal Member for Macquarie)

Senator Doug Cameron
(Federal electorate of Macquarie)

Trish Doyle, MP
(Member for Blue Mountains)

➤ Blue Mountains City Council, Mayor Mark Greenhill & all BMCC Councillors

➤ Partner Organisations

Blue Mountains Lithgow Integrated Neighbourhood Network (BLINN)

Gateway Family Services

Mountains Community Resource Network (MCRN)

Mountains Youth Services Team (MYST)

Stronger Families Alliance

Western Sydney Institute TAFE

The Turning Page Bookshop

SNCC thanks all members of the community for their generous donations and support during the 2016/2017 financial year, including the Springwood Chamber of Commerce and all Springwood village businesses.

➤ Weekly Contributors

Springwood Florist
Springwood Newsagency

➤ Community Food Relief Supporters

Anytime Gym, Springwood
Bakers Delight, Springwood
Curves, Springwood
Gina Thomas – neighbourhood collector
Lloyds LGA Supermarket, Springwood
Schwarzes Bakery, Wentworth Falls
SDA Church, Warrimoo
Winmalee Neighbourhood Centre

➤ Local Schools & Child Care Centres

Carinya Neighbourhood Children's Centre Inc.
Ellison Primary School
Faulconbridge Public School
Rainbow Preschool
Springwood High School
Springwood Public School
St Thomas Aquinas Primary School
Winmalee High School
Winmalee Public School

➤ Consultants

Beverley Moreman,
Data Diction – Data consultant

Xandro Lombardi
Graphic Design & Branding Strategist

Andrea Turner-Boys,
Women With Altitude – Marketing consultant

Ray Bennett,
Com Management – Management consultant

SNCC also thanks all the staff at Blue Mountains Theatre & Community Hub, Springwood with whom we share "The Hub".

Lastly SNCC extends its thanks to all other community organisations with whom we work.

Quality Objectives

SNCC strives to meet the following quality organisational objectives:

1. To work with the community, families and individuals to maintain an intergenerational Community Hub and continue to provide services/support to assist our clients to lead fulfilled lives. This objective includes continually building a culturally diversified, equitable and inclusive community and working collaboratively with other organisations which share this same objective.
2. Be a best practice governance and risk managed community-based organisation.
3. Ensure sufficient financial strength, resources and accountability to enable SNCC to achieve its objectives.
4. Have staff and volunteers with the commitment, skills and resources to meet the needs of individuals and the community that we support and regard SNCC as a great place to work.
5. Apply a "Best Practice" approach to our organisational systems, processes that meet all relevant Quality Assurance standards, and provide the tools for effective and efficient day-to-day SNCC operations.
6. Effectively integrate SNCC's QMS to the delivery of its services on a continuing improving basis meeting ISO 9001:2015 and all relevant standards.
7. SNCC invests in ongoing training and skill development for its workers.
8. SNCC has effective WHS processes and its system is compliant to legal and quality standards.

Our quality assurance

Community focused programs and services can benefit from quality management systems. ISO 9001 standards are particularly beneficial when staff and volunteers embrace its core principles, such as the involvement of people and a systematic approach to management.

SNCC successfully achieved ISO 9001:2015 re-certification in 2018. It is a rigorous process to receive the five ticks of a certified quality management system! This means that subscribed members to SNCC and all its many partners and service recipients can have confidence in SNCC's governance and quality in the processes

underpinning the work we do on behalf of the community we support.

Everyone who works at SNCC embraces the core principles of our quality management system to provide a sound framework around which we work. The seven core principles on which ISO 9001:2015 standards are based:

- Customer focus
- Leadership
- Engagement of people
- Process approach – Plan, Do, Check and Act
- Improvement
- Evidence based decision-making
- Relationship management

SNCC

re-certification demonstrates SNCC's commitment to quality improvement and attention to ongoing client service delivery and satisfaction. At SNCC we all want to "be part of something bigger".



The Year in Numbers



Shown in colour are highlights from our 2017/2018 stats.



TOTAL NUMBER OF:	2017/2018
Service Areas	6
Staff (all part-time or casual)	18
Volunteers	113
INSTANCES OF SERVICE*	43,057
*INSTANCES OF SERVICE BY CATEGORY:	
Activities	8,911
Assisted Referrals	33
Community Volunteer Scheme Visits	1000
Dementia Carers Group	254
Emails, Telephone calls, Drop-in-Lounge etc	8764
Community Food Relief	445
Community Food Relief (fresh food)	681
Events	2389
Tanderra OOSH bookings	18,468
Timebanking - not reported this year	-
Volunteer Home Visits	2,112
	43,057
PROMOTIONAL ACTIVITY	
SNCC Website page views	26,875
SNCC Facebook promotional posts & page views	24,140
SNCC Newsletters	1955
SNCC Posters & Flyers	2955
	55,925



Children & Families



“ Thank you for making our family feel so welcomed. Our daughter has been loving her time there so much. ”



What are Tanderra's objectives?

“ We value healthy lifestyle, community involvement and inclusiveness, respecting all cultures, family backgrounds, abilities, needs and beliefs...”

Tanderra OOSH is a place for children to play, explore, learn and socialise in a safe, caring, fun environment. At Tanderra, we offer children opportunities to be creative, to relax and have fun with friends, to extend and explore interests and to make decisions about how they wish to spend their time. We treasure the uniqueness of all children and seek to foster self-esteem and confidence by treating each child with kindness, dignity and respect, listening to them and encouraging self-expression and independence.

We value healthy lifestyle, community involvement and inclusiveness, respecting all cultures, family backgrounds, abilities, needs and beliefs.

We believe that by promoting our core values of care, respect and understanding for all people and for the environment, we help to encourage these values in children.

TANDERRA OFFERS HIGH QUALITY CARE TO FAMILIES IN THE COMMUNITY

Our Before School Care service operates from 6.30 – 9.00am, After School Care is from 2.30 – 6.30pm and Vacation Care operates from 7.00am – 6.30pm. We involve parents and children in all aspects of the program, planning and evaluation and consult them on all matters which affect their interests at the service.



◀ OOSH Gala Day at Kurrajong
January 2018



▲ Reptile Display visit July 2017

WHAT ARE TANDERRA'S TARGETS?

- 1 To offer an engaging and stimulating program based on the children's needs and interests.
- 2 To provide a safe, nurturing environment where children can make their own choices, explore their own interests and engage in recreationally based learning which is effective, fun and stimulating.
- 3 To ensure compliance and continued improvement in accordance with the National Quality Framework for the care and education of school aged children.

Events enjoyed by the children

VISIT FROM ANGLICAN YOUTHWORKS THROUGH BLUE GUM LODGE

On Wednesday 11th and Thursday 12th October 2017, approximately twenty Year Nine girls from Youthworks Outdoors visited Tanderra and interacted with the children as part of their endeavour to support the work of community organisations.

FUNDRAISING FOR FEATHERDALE

Tanderra children helped organise and run a jelly bean guessing competition to raise money for Featherdale Wildlife Park.

Continued next page...



Fun in the sandpit

LIZ PERFECT'S ART CLASSES

Liz Perfect is an artist and children's art teacher. For 8 – 9 weeks each term, Liz facilitated a weekly art class. Participating children really enjoyed her classes, extending their artistic skills and expression.

YEAR 6 AFTERNOON TEAS ON THE TOWN

Children in Year Six enjoyed afternoon teas at local cafes in Springwood village once per term. This forms part of their preparation for high school and encouraging independence.

SNCC OPEN DAY

As part of SNCC Open Day in September 2017, Tanderra staff provided face painting, art activities and showcased our Out of School Hours service to local families and visitors. It was gratifying to see so many children enjoying the activities.

SPECIAL DAYS AND ACTIVITIES THAT THE CHILDREN ENJOYED

Some of the special days and events that the children enjoyed throughout the year included:

- Tanderra's Got Talent
- Wheels Day
- Visit to the local Fire Station
- Kids café
- Chinese Banquet lunch
- OOSH Gala Day at Kurrajong
- Golden Ridge Mobile Animal farm visit
- Travel bugs and mobile mini beasts visit
- Reptile Display Day
- Recycling day.

“ I want to Thank you for you taking care of my children over the holidays, we really appreciated it and the kids had a fabulous time...”

Additional news & highlights

Kitchen was refurbished in September 2017. Funding for this was with the support of a grant.

Tanderra appreciates the ongoing partnership with Liz Perfect to support children's art skills and expression. Likewise, the ongoing partnership with Tim's Tidy Up service whereby yard maintenance is supported by volunteers is a rewarding arrangement.

Tanderra continues to support the integration of children with additional needs by accessing funding to help provide for their needs.

Staff received training in Behaviour Guidance and Autism, First Aid training and Child Protection.

A Ratings and Assessment visit took place in August 2017. The Service performed well, receiving positive and helpful feedback and was rated as meeting the standard in 52 areas and 1 area was working towards.

Tanderra management made the decision to cease offering before and after school care to children from Faulconbridge PS from October 2017. This is due to low utilisation after the advent of an onsite OOSH service at the school.

A new coat of paint in December 2017 has given the interior of Tanderra a new lease on life! This has meant that the children, staff and families now enjoy a brighter looking centre.

Golden ridge Animal farm visit April 2018



Wheels day at Glenbrook Park April 2018

Tanderra staff and management will also continue to work hard to meet the high standards set in the National Quality Framework through ACEQCA. We are currently focussing on reviewing our service policies and philosophy which is an involved process requiring consultation with all stake holders of the service. The service is evaluating areas of the premises which may require improvement. All this work is carried out with the needs of the children at the core of our ongoing activity.

The Tanderra team looks forward to continuing designing highly popular and well attended vacation care programs. Every day staff are dedicated to the professional care of all children attending Tanderra, treating each child with kindness, dignity and respect, listening to them and encouraging self-expression and independence.

Our Hours of Operation

BEFORE SCHOOL CARE
FROM 6.30 – 9.00AM

AFTER SCHOOL CARE
FROM 2.30 – 6.30PM

VACATION CARE
FROM 7.00AM – 6.30PM

PUPIL FREE DAY CARE
FROM 6.30AM – 6.30PM

following the schedule for State schools



Tanderra oosh Stats

TOTAL
5,285

BEFORE SCHOOL CARE
NUMBER OF BOOKINGS

TOTAL
2,066

VACATION CARE
NUMBER OF BOOKINGS

TOTAL
11,042

AFTER SCHOOL CARE
NUMBER OF BOOKINGS

KIDS
169

AFTER SCHOOL CARE

NUMBER OF INDIVIDUAL
CHILDREN WHO
ATTENDED

TOTAL
18,468

NUMBER OF BOOKINGS
ACROSS ALL SERVICE
COMPONENTS

KIDS
96

BEFORE SCHOOL CARE

NUMBER OF INDIVIDUAL CHILDREN
WHO ATTENDED BEFORE
SCHOOL CARE SERVICES.

Tanderra oosh Stats

FAMILIES

148

TOTAL NUMBER

NUMBER OF LOCAL FAMILIES
USING THE SERVICES

75

PUPIL FREE DAY
NUMBER OF BOOKINGS

CHILDREN

227

TOTAL NUMBER
OF CHILDREN
ENROLLED

TOTAL
CHILDREN
38

ADDITIONAL NEEDS - 11
CALD PARENTS - 19
ATSI DESCENT - 8

TOTAL
249

DAYS IN THE YEAR
NUMBER OF DAYS THE
SERVICE WAS
OPEN

Well over 4,000 community members have visited our Centre over the last financial year of which nearly 600 were children under 5 years of age.

Bug Club & Fossil Fun

“My children love coming in to Bug Club” and Charlotte (aged 7) says, “It is the best place ever”

The regular Sunday Growers markets in Springwood, every fourth Sunday, have been wonderful opportunities for SNCC to open the Centre to the visiting community.

This means the Centre is more accessible to those who cannot visit during the week. Our child and family focussed activities offered exciting, scientific and creative activities that engaged the whole family. Visitors have experienced the joy of nature through



microscopes, holding stick insects, exploring bugs of the sea and much more. Kids love having friendly insects crawl all over them and studying various plant and animal life in detail through the microscopes. Fossil Fun fascinated young enquiring minds, by bringing history to life looking at bones and fossils in an interactive way.



Face painting is part of the fun.

Fun Times

In partnership with Mountains Outreach Community Services (MOCS) SNCC held a kids play activity in the local park in Linden. Parent and children came along to enjoy each other's company while making juggling balls, playing with play dough and painting.



Activities during school holiday

MANNERS PARKS

In December each year, children from the various Springwood and Winmalee schools decorate the Deodar tree in Manners Park. The Springwood Fire and Rescue helped the children climb the ladder to get to the lowest branches of the tree with their hand made delights. This is a wonderful time for the community to mark the start of the festive season and to join in a beautiful ritual. This has become an intergenerational activity with many parents remembering their own opportunity to hang their decorations when they were in primary school.



Raising grandchildren

In 2005, SNCC received a three year funded grant to establish a regional service that focussed on the needs of kinship carers. This project continued until 2010 through the initial funding and then a further extension of funding by the NSW government and SNCC. In spite of its success, we were unable to continue with the project.

However in 2017, a local woman, Jenny, approached SNCC. She had taken on the carer role of her granddaughter and highlighted the need for a local support group for other grandparents in a similar situation. A focus group established that there was a need in the community for a regular support group. "Raising Grandchildren" monthly group was formed. One group member has commented on the relief she felt meeting other grandparents and realising she is not the only one experiencing the challenges and the rewards of parenting a second time around.

The group often has a speaker on a chosen topic and an opportunity to catch up on how the month has been. Jenny has a warm relaxed approach to the group, which is welcoming to those who attend. The group name has now changed to "Raising Kin" in recognition of the different members of the family who are the primary carers for relative's children and the different cultural groups in our community.



Community Food Relief

924

Adults helped with dry food parcels and fresh food pick ups



202

Children helped by our community emergency food relief programme



SNCC's Community Food Relief service speaks directly to its charter and the very real need for organisations such as ours within the community. This service relies on the generosity of community members and local businesses. SNCC also tops up the cupboards when necessary.

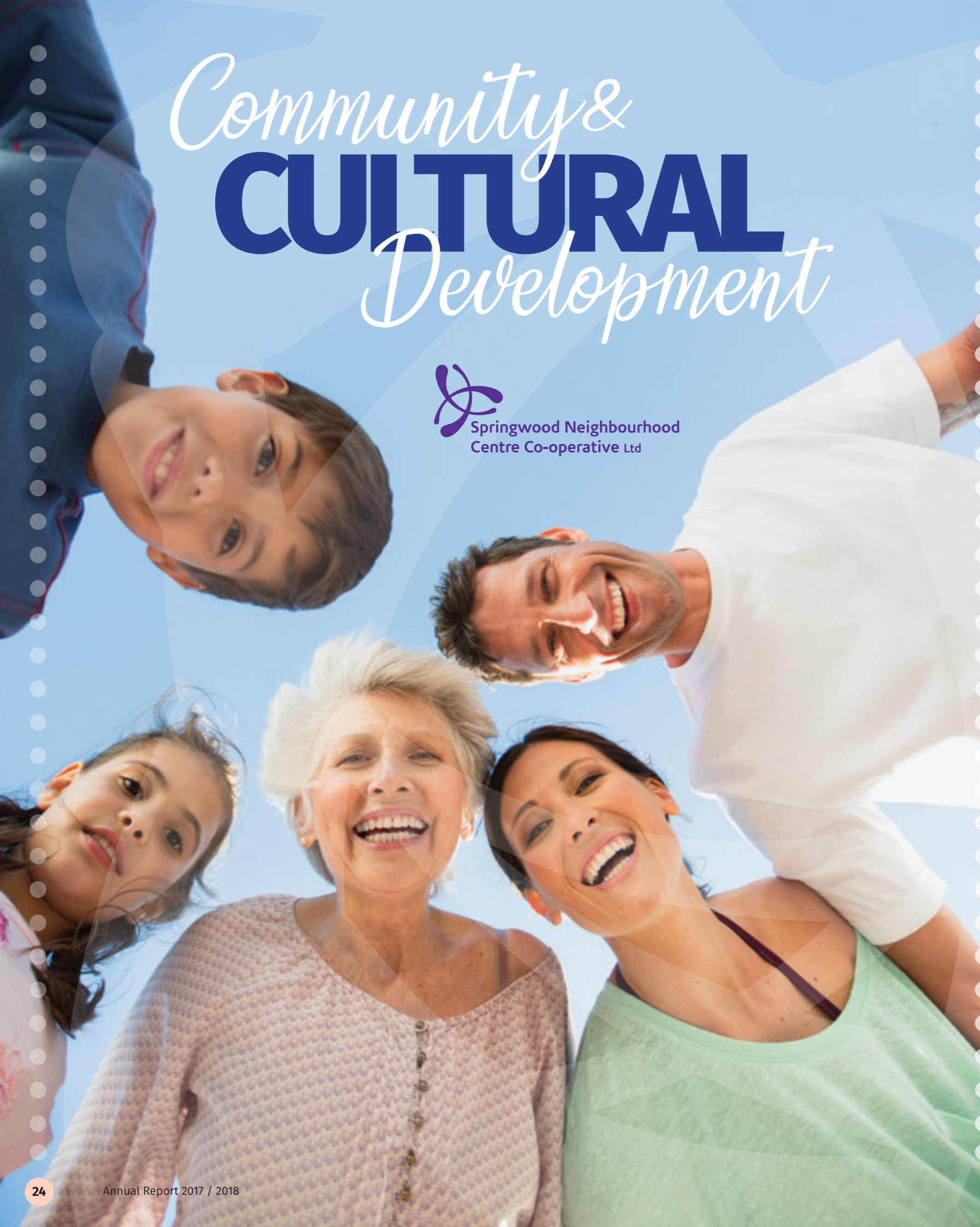
Winmalee Neighbourhood Centre provides fresh food to SNCC on a regular basis for distribution. We also receive bread from Bakehouse on Wentworth (Springwood shop) and Bakery Patisserie Schwarz in Wentworth Falls.

SNCC extends its appreciation to local community members, businesses and organisations who continue to partner with us in contributing towards our Community Food Relief service.

Community & **CULTURAL** Development



Springwood Neighbourhood
Centre Co-operative Ltd



“Everyone deserves to feel safe when they are in public and every one should be treated equally and without discrimination.”

Katoomba High School Student

Our Community & Cultural Development service engages community members to build stronger communities. SNCC achieves this by identifying community member’s own strengths and providing opportunities for them to participate in diverse ways that improve their - social, physical, mental, economic and environmental wellbeing.

The many pathways provided, connects community as well as linking targeted vulnerable communities to programmes, projects, events and activities that help people build resilience; knowledge and skills. This enhances social inclusion and community connectedness which often leads to positive changes in social capital, civic engagements, social cohesion, community safety and improved health and wellbeing,

The Harwood Method- Street and School ASKS

Springwood Neighbourhood Centre Co-operative Ltd (SNCC) is a member of the BLINN consortium (Blue Mountains, Lithgow Integrated Neighbourhood Network). BLINN uses the Harwood method of community engagement to determine the needs and aspirations of our community. We work with other services in the Blue Mountains to gain a better and clearer understanding of our communities. Taking effective action in communities relies on genuine ownership by the larger community. The data gathered from consulting with the community combined with expert knowledge and public knowledge, strengthens positive change.

Ask your street or school

SNCC, in partnership with Mid Mountains Neighbourhood Centre held an ASK in Katoomba High School to gain a deeper understanding of what safety means to the young people in the group. Some of the insights included concerns around safety on public transport and more places for young people to get together.



The following quotes are only a small sampling of the depth of insight shown by the young and insightful participants who delighted in expressing their views.

“If we have more places to hang out as teenagers we won’t get into as much trouble.”

“Safe transport is important so our parents feel safe about us going out and we feel more comfortable.”

“I want to be able to walk down streets or go on trains and feel safe.”

MENTAL HEALTH

Mental Health

DARE morning teas:

In partnership with DARE Disability Service, SNCC hosts a free community morning tea once a month. We are delighted to have DARE clients and staff get together at the Centre to share in social interaction as well as scones and fruit. This great social inclusion activity brings the broader community and the DARE disability community together.



RRR TAFE

SNCC has partnered with NSW TAFE Outreach programme to run the innovative "Recycle, Redesign and Recreate" group. Participants have the opportunity to be creative and learn how to up-cycle pre-loved garments, fabrics and accessories. The workshops also support those who are looking to explore opportunities for small business and social enterprises with bespoke crafts. The course was such a success that even though funding did not



continue, group members have continued to meet in our Centre and enjoy each other's company.



Digital Inclusion

SNCC is committed to supporting those in our community who struggle with keeping up with digital technology and the reality of how it is constantly changing at a rapid pace. Being digitally literate is an incredibly important component of community life. It means community members can continue to communicate within an ever-growing digital landscape. Once a fortnight, Diane comes into the Centre to support community members one-on-one. Diane has become very popular with people needing to book weeks in advance to have her sit with them to help them navigate issues around Skype, text messaging, getting emails on their smart phone and general support to understand new technology. We need more volunteers like Diane!



October each year is highlighted as Mental Health month. In 2017, we celebrated the lives of people with a lived experience of mental health through a variety of activities and events in the Centre and in partnership with other organisations in the mountains.

SNCC decorated the Centre with posters and information and developed a Gratitude Tree for people to identify what in their lives they are grateful for and to encourage them to stop for a moment and 'count their blessings'. Members of the community joined staff for a morning tea at the beginning and end of the month and were introduced to the many services we offer.

SNCC in partnership with Blackheath Area Neighbourhood Centre (BANC) and Winmalee Neighbourhood Centre (WNC) presented a Youth Mental Health First Aid course that was so well received that this has continued to be

presented in 2018-19. Subsequently this course and the general Mental Health First Aid course has been delivered to families in Katoomba High School and Springwood High School.

SNCC also partnered with Springwood Community Health Centre and other mental health practitioners to hold a forum. The audience were able to discuss their experiences regarding using the NSW mental health system. Very useful information and contacts were made at this event that helped demystify the systems in place.

The final events for the month was a workshop conducted by Jude Eisenhuth on Holistic Approaches to Mental Health and a Stress Less workshop conducted by Carly Ford focusing on Mindfulness & Meditation.



Springwood Mental Health case worker, Nepean Mental Health access team members and project worker at Navigating NSW Mental Health System workshop.

Naturopath Jude Eisenhuth - Holistic Approaches workshop

Blue Fringe

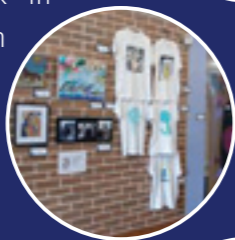
The Blue Fringe Arts Awards originated as the Adrienne Brown Awards in 1992. Adrienne had a lived experience of mental health concerns and found relief through her love of poetry, the arts and music. After her death in 1990, her family created the Awards in memory of Adrienne's battle with schizophrenia. The family recognised the valuable role that artistic expression played in their daughter's life. This developed into the Blue Fringe Arts Festival, which celebrated its 25th year in October 2017.

For those who submit their work in either the Arts or Literature event, it is an opportunity to express their struggles and triumphs. For the community, it is a wonderful opportunity to recognise the resilience and strength of the participants. Blue Fringe helps to break down the stigma of mental illness by giving a voice to the marginalised.

The Festival displays work by local artists and writers in a number of categories. The Art Exhibition was held at Wentworth Falls TAFE over four days with a wonderful collection of paintings, drawings, sculptures and photographs. This culminated in an Awards ceremony on Saturday, 21st of October 2017 where the amazing talent of so many people was recognised.

Support for this Festival has grown over the past years and this is evidenced by the many sponsorships and donations from businesses in the community. We are very grateful for this support as it enables the Festival to continue and shows what a supportive and caring community we share.

Blue Fringe Arts Festival is organised by a committee, which includes representatives from Aftercare, Katoomba Neighbourhood Centre, Springwood Neighbourhood Centre, Ability Links and community volunteers as well as students and staff of Wentworth Falls TAFE and the artists themselves – truly a great partnership!



Artscope

Artscope is a regular SNCC activity that supports people with a lived experience of mental illness. This is a facilitated group for those who are interested in artistic expression and covers a broad range of creativity in both structured sessions as well as creating a space for participants to work on their unfinished pieces. Meeting twice a month group members are encouraged to share their skills and try new experiences. Members are supported to prepare work for regular exhibitions such as the Blue Fringe Art & Literature Festival.

Mental Health First Aid

Mental Health First Aid (MHFA)

Springwood Neighbourhood Centre, Winmalee Neighbourhood Centre and Blackheath Neighbourhood Centre have partnered with Principal Master Mental Health First Aid Instructor, Jane Armstrong, to roll out various Mental Health First Aid training across the mountains. Mental Health First Aid Australia is a national not-for-profit organisation focused on mental health training and research. MHFA Australia develops, evaluates and provides a variety of training programs. Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Each year, one in five Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance.

Physical First Aid is accepted and widespread in our community, however this training does not cover mental health problems. MHFA teaches people the skills to help someone who they are concerned about.

In the 2017/2018, the partnership organised two Youth Mental Health First Aid training courses and three standard Mental Health First Aid Training courses. This equates to 39-trained MHFA people in the community. In February 2018, Trish Doyle MP for Blue Mountains became a Champion for MHFA speaking publicly about the importance of the training to strengthen a resilient and supportive community.

In the next 12 months, this training will also include MHFA for the Suicidal Person, and Older Person MHFA.

Comments from MHFA course attendees:

"I am very glad to have had the opportunity to do it as it will be useful in my work and own personality too."

"I found this training very insightful and well put together."

"It removed a lot of the stigma and misconception around mental health. Increased my knowledge and greater understanding."

"This training demystifies the subject of mental health issues and opens a door to conversation. It encourages dialogue around anxiety and depression, aiming to make this subject a norm rather than a taboo."

"The content should be given as much exposure to all walks of life as possible – schools, media and word of mouth."

"I hope MHFA training becomes as mainstream as traditional or general First Aid courses."

"I've learnt so much from it. A highly valuable course."

Peers in Recovery

SNCC was approached by a community member to support a monthly group for people with a lived experience of mental health issues. We responded to this identified need and the group meets monthly in a casual peer led and peer supported structure. Katoomba Neighbourhood Centre has partnered with SNCC to support the development of this group through their 'Reach Out' program by funding aspects of the program.

INTERNATIONAL

Women's Day

SNCC hosted its first IWD celebration in 2004. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity and issues that are still important today.

The 2018 IWD theme was "Press for Progress" and saw a fabulous event partnership between Federal member, Susan Templeman Women with Altitude and SNCC. The event was held at the Springwood Country Golf Club and guests heard from five wonderful speakers: Susan Templeman, Jen Bollard, Molly Cameron and SJ.

With Andrea Turner-Boys as host, the morning was a great success and many present were delighted to be able to reconnect with other women friends and colleagues and to share with the inspiring young women from Winmalee High School.



Selection of quote highlights:

"Just spending time with and being inspired by other women's experiences"

"The wonderful young women from Winmalee High"

"Great music, great speakers, Great gift bag! great food, great presentation, great information and a great morning! Very well organised"

"Reconnecting with women friends and colleagues and listening to the speakers"



SNCC Partnerships

SNCC sees the value in partnering with other organisations and services. Partnering increases opportunities for community members to access the support, groups, and services. SNCC has a strong relationship with all the Neighbourhood Centres in the Blue Mountains as well as with Mountains Outreach Community Services, TAFE, Local RFS branches and Gateway Family Services.

Partnering with other organisations provides SNCC with the capacity to provide a broad range of resources and information to the community.

Over the 2017/18 financial year our ongoing partnership with Gateway Services has ensured that families in the Springwood area have been able to take advantage of a number of different parenting programmes including:



Science at the Local

The success of Science at the Local (SATL) continues to grow. Beginning in 2015 this initiative has captured the interest of a diverse range of adults and young people. The informative talks bring the joy of science with the speakers who are experts in their field, providing a dynamic and animated opportunity for learning and discussion. SNCC and Winmalee Neighbourhood Centre are proud to support SATL events. Kevin Joseph and Hamish Clarke bring something unique to the mountains and their love of science and community means more young people will have their interest in science reinvigorated. Hamish and Kevin host with a relaxed casual approach, ensuring those who attend settle in to a lovely afternoon with fascinating speakers on a broad range of topics.

Timebanking

service has grown to 250 individual members, 4 businesses and 36 organisations exchanging services. Over a twelve-month period, 313 exchanges took place totalling 1,953 hours. This equates to, on average, 6.24 hours per exchange. This is 259 more exchanges than previous period.

"1, 2, 3 Magic"; "Floundering to Flourishing"; and "Bringing up Great Kids". "Circle of Security" was also offered through Queen of Hearts Foundation in Penrith.

SNCC continues to partner with other neighbourhood centres particularly Blackheath Area Neighbourhood Centre and Winmalee Neighbourhood Centre, to deliver the extensive Mental Health First Aid courses.

Our long-standing partnership with Katoomba Neighbourhood Centre continues through the delivery of our social inclusion groups, Dementia Carers Support group and the Blue Fringe Arts & Literature Festival. We also partner to deliver new mental health initiatives to address the ongoing and growing need in our communities.

Other formal partnerships are with Mountains Outreach Community Services (MOCS) who support activities that focus on parents and young children and with DARE Disability for our regular morning teas.

Aged Care Services



LAUNCH OF

Branded Aged Care Services @ sncc!



Sage Senior Services launched in March 2018. It includes all of the services that SNCC provides for our senior community members.

Sage provides social groups, social support and transport assistance. These services include home visiting, accompanied activities, accompanied shopping, telephone contact, library services and other support services for the over 65's. We also provide one-to-one visiting for people receiving government support packages to enable them to stay in their own home or in residential aged care facilities.

The title "Sage Senior Services" acknowledges the wisdom, life experience and value of our senior community members and this underpins our approach to our service delivery through our Volunteer Home Visitors service and our Community Visitors Scheme.

SEAMLESS AGED CARE SOCIAL SUPPORT SERVICES

One of the main services that SNCC offers to our senior community members is social support and through Sage Senior Services, we can offer continuous support if a client's circumstances change. If they begin to receive a Home Care Package, or if they move from their home to one of the local Aged Care facilities, they can still receive the same volunteer visitor.

In last year's Annual Report, we shared with you a story about one of our VHV clients, Betty.

Betty lived in her own unit in the Buckland Retirement Village for many years and enjoyed visits from her wonderful VHV volunteer, Phiona. The two formed a very special connection. Betty was also introduced to the equally lovely VHV volunteer, Wendy, who began visiting her on weekends.

Betty, at almost 102 years of age, was finding it increasingly difficult to remain in her own unit. Consequently, Betty moved into the Donald Coburn Wing in Buckland Aged Care – which meant she was no longer eligible to be a VHV client.

Happily, both Phiona and Wendy have been able to continue to visit Betty in her room at Buckland through SNCC's Community Visitors Scheme. Betty says she looks forward to both Wendy and Phiona visiting and it is a highlight of her week – and the feeling is mutual!



Community Visitors Scheme! (CVS) TURNS 25

Community Visitors Scheme (CVS) is celebrating its 25th Birthday this year. SNCC is proud to have been successfully involved with this program since the very beginning.

In 1993, CVS volunteers started visiting residents in Aged Care Facilities. These people had been identified as socially isolated or lonely – many without family or any visitors at all.

This level of service remained unchanged until 2014 when the Scheme expanded to include group visits in Aged Care Facilities and visits to those on a Home Care Package living in their own home.

Over the past 25 years, the CVS has helped alleviate the loneliness that so many older people experience in our community and facilities. Social isolation can lead to low self-esteem, feelings of depression, anxiety, loneliness and a feeling of disconnection. Having a friendly volunteer visitor can alleviate these feelings and help people feel more connected to the community.

Local Aged Care facilities such as Buckland Aged Care Services have shown their appreciation for CVS volunteers who spend time with their residents. Pictured are three of our wonderful volunteers receiving Certificates of Appreciation from Buckland.

Our wonderful and dedicated volunteers throughout the last financial year made more than **400 visits**. This means that the Springwood CVS has provided approximately **1000 hours** of social support to isolated older people in the community.



Left to right, Marian Hughes, Louise Hughes, Margaret Emmanuel - CVS Volunteers at Buckland Aged Care

Thank You

The Springwood Community Visitors Scheme would not be the wonderful service it is without its amazing team of volunteers. We are fortunate to have these amazing and caring people as part of SNCC and engaged with their community. Thank you Alfonso, Anne, Ann, Carol, Chris, David, James, Jenny, Jill, John, Louise, Lynnette, Margaret, Marion, Melissa, Pat, Phiona, Noreen, Sam, Sheryl, Toni, Vicki and Wendy H and Wendy L.

Thanks also to the staff at Buckland, Uniting and Opal Endeavour Aged Care Facilities for your ongoing referrals and support of the CVS.

Thank you to my wonderful SNCC colleagues, Executive Officer, Toni Quigley and the SNCC Board for your continued commitment and support of the Community Visitors Scheme.

Jo Newton, CVS
Co-ordinator

Dementia carers support group

Most of us have some sort of connection with a person who has Dementia. Whether they be a relative, spouse, friend, neighbour or someone living in our wider community. The rising statistics around Dementia cannot be ignored. It is estimated that 250 people receive a diagnosis of Dementia every day. The number of new cases of Dementia will increase to 318 people per day by 2025 and more than 650 people by 2056.

This in turn leads to a huge increase in the number of people caring for someone with Dementia.

It is important for Carers to know they are not alone. Support groups such as the one SNCC runs in Springwood can be invaluable.

The Springwood Dementia Carers Support Group has been meeting twice a month for many years. The group has steadily grown and now meets at Senator Doug Cameron's Office in

Springwood. The group offers advice, support and information in a relaxed and friendly atmosphere. Sometimes it is just nice to be able to come and chat to others in a similar situation. We also have occasional guest speakers on topics such as Grief and Loss, Self-Care and Legal Advice.

Regular member, Diana, says, "This group is just amazing and I have learnt so much. Everyone is so supportive and friendly"



New members are always welcome.

Volunteer Home Visitors (VHV)

‘Eileen is very upbeat and makes me laugh. She has a lovely sense of humour and is fun to visit with’

The Volunteer Home Visitors service focusses on positive relationships between clients and volunteers. This can truly enhance the lives of all involved. Eileen, Petra and Agnes’s story is a great example.

Eileen came to the VHV service in 2017 after moving to the Blue Mountains from Port Stephens. With a vision impairment and mobility issues, she was having trouble getting out-and-about in her new community.

Her original volunteer was Petra and together they go out regularly. Sometimes they go to the shops – other times for social outings including to the cinema, shows and new cafes. Late last year Eileen was introduced



Eileen, Petra and Agnes

CONNECTING WITH THE COMMUNITY & EACH OTHER

to another volunteer Agnes with whom she shares different interests and excursions. They go to the local pool and to Penrith to do speciality shopping. As Eileen says, **“I am not the easiest person to go out with but am happy that Petra and Agnes call and visit. They are very different yet I get on well with both of them and feel lucky to have them.”**

Petra comes from overseas and this makes her relationship more special, having no extended family of her own in Australia. **“It’s like having a little bit of family in Australia”** she says. Agnes says, **“Eileen is very upbeat and makes me laugh. She has a lovely sense of humour and is fun to visit with”.**

VHV clients and volunteers share many interests and activities. Some go shopping, to the local pool, visit local cafes for coffee, see a movie together, and enjoy a walk or other activities of mutual interest, including the Springwood Neighbourhood Centre’s popular bus trips.

Other services provided are the delivery of CDs and library books with a follow up discussion over a cup of tea. Clients and volunteers may also choose to play chess, cards, scrabble or other board games. These activities focus on improving clients’ wellness and connection.

This year one of our clients told us she **“feels like a queen”** when she goes out with her volunteer. This positive feeling is not restricted to clients but also applies to volunteers. One of our volunteers commented that she **“gets so much out of visiting even when feeling bad, volunteering makes me feel better and more worthwhile”.** It is a win-win for all involved.

CONNECTING WITH THE COMMUNITY & EACH OTHER

Blue Mountains Volunteer Home Visitors provides social support to people over 65 years (or 50 years and over for Aboriginal and Torres Strait Islander people or people at risk of homelessness) who are living in their own homes. SNCC’s VHV clients live from Valley Heights to Linden and out through Winmalee to Hawkesbury Heights. Our VHV clients are often isolated due to ill health, frailty, distance or lack of social support networks. SNCC’s VHV service helps to maximise our clients’ wellness and independence in their homes and connection in the community. We support our clients to engage in community life and feel included through the support of well-trained and empathetic volunteers.

Over the 2017/2018 financial year, the VHV service provided a total of **2112 hours** of social support through its volunteer home visiting activities. This was a **77% increase** in the service on the previous year.

VHV Volunteers, on average, visit their client once a week for around two hours. Often the volunteers and clients spend more than two hours in each other’s company, especially if it is a shopping or outing day together. On many occasions, volunteers accompany clients to other activities such as swimming, walking, or participating in group activities.

We are extremely grateful for the new volunteers who have joined the VHV ranks this year and for all those long serving volunteers who share such a caring and enriching time with clients. New volunteers participate in a formal orientation process and are carefully matched with clients and supported by ongoing training opportunities and supervision.

The main challenge for our service this year and for the coming year is the increased cost of reimbursement of volunteer travel expenses. The profile of the VHV service appears to have been raised significantly in 2017/2018, reflected by increased client and volunteer numbers. Inevitably, this increases our transport costs. The increased demand and profile of this service reflects the greater need that we need to raise additional funds to continue quality of delivery.

We are still spending much time helping potential and existing clients navigate through the My Aged Care web-based portal. We have trained volunteers in the Centre to assist clients with this important need.



SPECIAL MENTION

In April 2018, SNCC’s long term and well-loved VHV volunteers **Judy Sanbrook** and **Adelaide** received Seniors Week Awards for recognition of their service. We are thankful for their outstanding contribution to the service and many clients.

Sadly, a number of VHV clients passed away in the last year. All are missed by their volunteers as close friendships are formed over the significant quality time that clients and volunteers visit with each other.

Social inclusion groups & activities



Blue Mountains Volunteer Home Visitors Springwood service is focussed on helping people over sixty-five to maintain existing social connections and make new ones in the community. Part of the way we do this is by supporting social inclusion groups, particularly for older people.

In 2017/2018 there were five such groups supported by SNCC: our long running Knit and Yarn; Vision Impaired Persons Support

Group (VIP); Open Door, Social Cards Group and Dementia Carers Groups.

The groups continued to provide support, companionship and happiness to the lives of those people who were part of them. A wonderful team of volunteers supported these groups. We are very grateful for their continued support.



BUS TRIPS

In the warmer months, we ran regular seniors bus trips. Participants visited some interesting places and had some fabulous days out with new and old friends.

Our adventures included trips to the beautiful Auburn Gardens for the Cherry Blossom Festival, the wonderful Wollondilly Heritage Centre and the Nan Tein Temple on the South Coast. Animals were petted at Calmsley City Farm and many laughs shared over Devonshire teas and delicious lunches.

Stand out highlights of the year included trips to Darling Harbour for the Premiers Gala Concert and as always the Christmas Lights bus trip that saw us cruising around after dinner waving glow sticks and singing carols! We are very grateful for the VHV Volunteers who have helped on these trips and the dedicated team of volunteer drivers from Great Community Transport.



OTHER INCLUSION ACTIVITIES THIS YEAR

In the 2017/2018 financial year, we continued our collaboration with Blue Mountains Food Services (BMFS) to deliver two fabulous lunches for Seniors Week and for Christmas. We always enjoy working with the BMFS team and are grateful for the Shine Choir's amazing performances at both events that made these events extra special for all who attended. It was also lovely in Seniors Month to have buses of our seniors attend the Premiers Concert in Sydney and another great show at the Carrington Hotel in Katoomba and have Prue Hardgrove launch the Blue Mountains Community Care Guide at the Seniors Lunch.



Our collaboration with the Blue Mountains City Council also continued with the April Morning Melodies and Morning Tea in the Springwood Hub. Eva Regitz from Mid Mountains Neighbourhood Centre joined Liz Murphy from SNCC to spend time with many Seniors.

VOLUNTEER TRAINING AND SUPPORT



SAGE Seniors Service (VHV and CVS) volunteers undertook extensive training during the 2017/2018 financial year. Topics included training around; Dementia, Challenging Behaviours, Anxiety and Depression, Grief and Loss, LGBTI Aged Care Awareness training and First Aid.

This year we have developed a deeper relationship with Nepean Volunteer Services (NVS). We were happy for NVS to deliver certain training focus groups in Springwood. Other highlights included Jo Newton, CVS Coordinator and two VHV volunteers completing the University of Tasmania Understanding Dementia online course.

In February 2018, SNCC also hosted a forum for volunteers from across the mountains covering Elder Abuse Awareness. Shelly Harpur from the Elder Abuse Hotline and Resource Unit presented a most informative session that generated much discussion and feedback. It would be beneficial to the community if this topic was more widely discussed.

VHV and CVS volunteers, as in previous years, have gathered together for morning teas and internal training – even moving to a larger room this year to accommodate us all!



Summary Stats

2017/2018 - TOTAL NUMBER OF:	ATTENDANCE	PER SESSION	TOTAL HOURS
COMMUNITY VISITORS SCHEME			1000
Dementia Carers Group	127	2 hours	254
VOLUNTEER HOME VISITORS SERVICE			2112
SOCIAL INCLUSION GROUPS ACTIVITY			
Knit and Yarn	156	2 hours	312
Open Door	162	2 hours	324
Open Door Bus Trips	135	6 hours	810
Seniors Bus Trips	120	6 hours	720
Social Cards and Board Games	777	3 hours	2331
Vision Impaired Persons (VIPs)	97	2 hours	194
TOTAL HOURS OF SOCIAL SUPPORT			8057



Our Financials

“The opposite of poverty is not wealth, it’s justice. Let’s help make things more just for all. Let’s build communities of resilience and resistance, of empathy and welcome.”

Kon Karapanagiotidis



Treasurer's Report

Congratulations to the SNCC Team on everything they have accomplished together.



Springwood Neighbourhood Centre Co-operative Limited's (SNCC) financial position is sound as shown in our following audited financial statements and Auditor's Report for the 2017/2018 financial year. SNCC invested in a significant technology upgrade to strengthen community and organisation data protection. Additional necessary investments tipped our expenditure to exceed income.

While the Net Loss result for period 2017/2018 is at a manageable level, it does indicate a need for close oversight on expenditure. It also indicates a need for greater engagement and financial support from the community to which SNCC delivers vital services. The Board will need to continue to explore and develop the use of SNCC's assets for the expansion and advantage of the organisation.

In the current funding climate with the continued uncertainty around available ongoing Government funding, the Board understands that for SNCC to not only survive but also flourish, this means expanding the diversity of future funding sources in the competitive changing culture of the community sector. This is the challenge SNCC faces into the future.

I would like to acknowledge the value and importance of Tanderra OOSH to the community and the organisation. Congratulations to Suzanne and her

staff on another successful year. I thank Meg Keith for her work and reports throughout the year and wish her well on her move to the Central Coast. We welcome Susan Gould who has joined the staff team as SNCC's new Finance Officer.

I would like to thank Lesley Lewis for her invaluable role within SNCC and in particular her work around our Quality Assurance audit certification for ISO 9001:2015 management standards.

I would like to acknowledge the dedication and commitment of Toni Quigley, SNCC's CEO, who carries out her leadership role in the organisation so effectively. I would like to congratulate Toni and her whole team on everything they have accomplished together in the previous financial year and what they are already achieving in the current financial year.

Finally, as we are all aware, SNCC must adapt to thrive, keep competitive and respond to the changing culture with the community sector and client needs. SNCC's Board, management, staff and volunteers all play an important part in working together to ensure the local community and beyond benefits from its ongoing sustainability.

Sharon Payne
Treasurer

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AUDIT CERTIFICATE

Standard full Audit Certificate by a Qualified Accountant in respect of Community Funded Organisations.

I, Sue Ann Wingate, of Shop 9, 100 George Street, Windsor NSW 2756, being a qualified accountant within the meaning of the Community Funding Program, do hereby certify that I have examined the books and financial records of Springwood Neighbourhood Centre Co-operative Limited.

In my opinion the financial statements present fairly the financial position of the organization and the results of its operations for the year ended 30 June 2018 in accordance with the Australian Accounting Standards.

I have satisfied myself that:

- Establishment of all reserves/provisions is justified and represents funds set aside for Long Service Leave, Annual Leave and Replacement Sick Leave.
- Payments to associated and/or affiliated bodies have been adequately disclosed.

Signed _____ Date: September 12, 2018

Sue Ann Wingate, FIPA

Qualification: Fellow, Institute of Public Accountants

No: 104947

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Kent Town SA 5067



INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF SPRINGWOOD NEIGHBOURHOOD CENTRE CO-OPERATIVE LIMITED

Report on the Financial Report

I have audited the accompanying financial report of Springwood Neighbourhood Centre Co-operative Limited (SNCC), being a special purpose financial report, which comprises the Statement by Members of the Board of Directors, the Statement of Comprehensive Income (Profit & Loss), the Statement of Financial Position (Balance Sheet), the Statement of Accounting Policies and explanatory notes for the financial year ended 30 June 2018.

Board of Directors Responsibility for the Financial Report

The Board of Directors of SNCC is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including Australian Accounting Interpretations). The Board of Directors is responsible for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error, by selecting and applying appropriate accounting policies, as stated in Note 1, and making accounting estimates that are reasonable in the circumstances.

Auditor's Responsibility

My responsibility is to express an opinion on the financial report based on my audit. I conducted my audit in accordance with Australian Auditing Standards. Those Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error.

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In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Independence

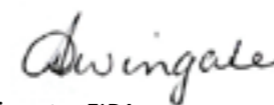
In conducting my audit, I declare that I have complied with the independence requirements of the Australian professional ethical pronouncements and the Corporations Act 2001.

Auditor's Opinion

In my opinion:

- I. The financial report gives a true and fair view of the financial position of Springwood Neighbourhood Centre Co-operative Limited as at 30 June 2018, and of its performance and its cash flows for the year ended in accordance with the Australian Accounting Standards; and
- II. the financial report also complies with the accounting policies described in Note 1 to the financial statements.

Signed on: September 12, 2018



Sue Ann Wingate, FIPA
 Institute of Public Accountants

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Springwood Neighbourhood Centre Co-operative Ltd
PROFIT & LOST STATEMENT 01 July 2017 To 30 June 2018

	2017 / 2018	2016 / 2017
INCOME		
Childcare Fees	\$295,690	\$287,173
DEDU - Childcare Fee Relief	\$187,427	\$192,863
Grants Received		
CVS - Expansion	\$14,837	\$14,646
CVS - Groups	\$7,419	\$7,324
CVS - Operating Grant	\$23,110	\$21,688
FACS Grant - Tanderra Kitchen	\$0	\$14,500
SACS ERO	\$9,864	\$8,972
Science-at-the-Local	\$15,395	\$37
Sing-Your-Age Grant	\$14,686	\$0
Small Grants - BMCC	\$0	\$308
SNC Grant - Operating	\$186,395	\$181,048
Timebanking Grant - FACS	\$0	\$15,000
Traineeship Re-reimbursement	\$0	\$2,500
Vacation Care Operating Grant	\$9,185	\$8,790
VHV Social Inclusion CHSP KNC	\$2,975	\$0
VHV Grant - Operating	\$63,305	\$63,620
VHV Social Support - KNC	\$18,968	\$19,664
Other Income		
Blue Fringe Donations	\$9,633	\$250
BMCC Community Donations	\$3,182	\$2,600
Bounce Back Income	\$0	\$960
Donations	\$1,782	\$1,305
Drop-in Lounge	\$1,081	\$693
Email, Phone, Laminating	\$535	\$274
Exercise Classes / General Classes	\$20,717	\$17,365
Fire Projects Income	\$721	\$0
Fundraising	\$989	\$582
Interest	\$6,858	\$12,628
Memberships	\$275	\$285
Projects - Other	\$4,473	\$2,897
Room Bookings	\$473	\$382
VHV Groups	\$5,350	\$1,820
TOTAL INCOMES RECEIVED	\$905,324	\$880,175
Internal Transfers Non Cash		
Carried Forward Funds from Previous	\$64,957	\$136,408
Management Levy Received from Projects	\$99,018	\$116,460
Total Internal Transfers	\$163,975	\$252,868
TOTAL INCOME	\$1,069,299	\$1,133,043

Springwood Neighbourhood Centre Co-operative Ltd
PROFIT & LOST STATEMENT - continuation

	2017 / 2018	2016 / 2017
EXPENSES		
Accreditation Expenses	\$3,070	\$2,342
Advertising & Promotion	\$4,848	\$1,903
Annual Report	\$7,917	\$6,387
Audit	\$2,630	\$4,455
Bank Charges	\$195	\$279
Childcare System fees	\$1,834	\$3,200
Cleaning	\$18,328	\$16,986
Computer Software & Equipment and R&M	\$8,320	\$11,813
Consultants	\$18,000	\$16,500
Consumables, Programs & Craft	\$49,908	\$41,118
Dementia Support Group	\$438	\$385
Donations - General & Schools CD	\$100	\$1,709
Electricity, Gas, Water & Rates	\$4,032	\$3,415
Equipment	\$37,772	\$11,564
Excursions	\$15,414	\$10,535
Facilitators	\$13,086	\$9,695
General Expenses	\$908	\$0
Grants Expended	\$216	\$22,000
Insurance	\$9,999	\$9,815
Management & Organisation Expenses	\$843	\$1,158
Memberships & Subscriptions	\$3,268	\$2,026
Photocopier Expenses	\$3,108	\$3,556
Publications & Ref Material	\$160	\$662
Rent to BMCC	\$7,625	\$8,133
Repairs & Maintenance	\$23,892	\$14,891
Staff Expenses, Uniforms	\$2,375	\$2,614
Staff Leave Expenses	\$9,028	\$41,835
Staff Training & Conferences	\$3,492	\$2,051
Stationery, Printing, Photocopy & Postage	\$13,763	\$11,926
Superannuation	\$54,066	\$52,333
Telephone and Internet	\$8,175	\$8,159
Venue Hire	\$20,455	\$13,383
Volunteer Expense General	\$4,787	\$3,464
Volunteer Travel Re-Imbursements	\$6,541	\$3,077
Wages and Salary	\$580,008	\$555,768
Workers Compensation Insurance	\$10,228	\$10,673
TOTAL CASH EXPENSES	\$948,825	\$909,808
Internal Transfers + Non Cash Expenses		
Depreciation - non cash	\$17,223	\$13,182
Loss on disposal of Assets	\$0	\$5,903
Management Levy paid by Projects	\$99,018	\$116,460
Spent Funds from Carried Forward	\$58,245	\$17,761
Total Non Cash Expenses	\$174,486	\$153,306
TOTAL EXPENSES	\$1,123,311	\$1,063,114
NET PROFIT / LOSS	-\$54,013	\$69,929

	2017 / 2018	2016 / 2017
ASSETS		
Current Assets		
Bank Accounts & Petty Cash		
CBA - Co-operative	\$52,906	\$22,613
Co-operative Bendigo	\$34,697	\$162,860
Co-operative Term Deposit 2% 24/7/18	\$313,759	\$316,863
SNCC - Cash Card Bendigo	\$323	\$895
Tanderra - Bendigo	\$100	\$769
Tanderra - Cash Card Bendigo	\$185	\$208
Total Cash at Bank	\$401,971	\$504,208
Cash On Hand	\$701	\$426
Co-operative Debtors	\$15	\$1,624
TOTAL CURRENT ASSETS	\$402,687	\$506,258
Non Current Assets		
BM Talking Gazette	\$12,900	\$12,900
BM Talking Gazette - Depreciation	-\$12,900	-\$10,977
Buildings	\$743,094	\$743,094
Buildings Depreciation	-\$357,736	-\$342,436
Freehold Land	\$821,000	\$821,000
SNCC - Depreciation Furniture & Equipment	\$0	-\$104,683
SNCC - Furniture & Equipment	\$0	\$104,683
Tanderra - Furniture & Equipment	\$0	\$44,213
Tanderra - Depreciation	\$0	-\$44,213
Total Non Current Assets	\$1,206,358	\$1,223,581
TOTAL ASSETS	\$1,609,045	\$1,729,839
LIABILITIES		
Grants in Advance	\$56,098	\$30,898
GST Liabilities	\$3,340	\$3,720
Holding Deposits	\$15,860	\$15,740
Leave Provisions	\$92,757	\$85,160
Other Provisions	\$73,040	\$90,000
PAYG Payable	\$7,734	\$4,654
Trade Creditors	\$75	\$11,474
Unexpended Funds	\$10,854	\$84,894
TOTAL LIABILITIES	\$259,758	\$326,540
NET ASSETS	\$1,349,287	\$1,403,299
Equity		
Retained Earnings	\$582,299	\$512,370
Asset Revaluation - Land	\$821,000	\$821,000
Current Earnings	-\$54,013	\$69,929
TOTAL EQUITY	\$1,349,287	\$1,403,299

NOTE 1. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES

The financial report is a special purpose financial report that has been prepared for the use by the members of SNCC in order to satisfy the reporting requirements of the Corporations Act 2001 and in accordance with Australian Accounting Standards.

The financial report covers Springwood Neighbourhood Centre Co-operative Limited as an individual entity.

The following is a summary of the material accounting policies adopted by the Board Directors who have determined that such policies are appropriate to meet the needs of the members in the preparation of the financial report. The accounting policies have been consistently applied unless otherwise stated.

A) Basis of preparation

The financial report has been prepared on an accruals basis and is based on historical cost and does not take into account changing money values or, except where stated, current valuations of non-current assets for which the fair value basis of accounting has been applied.

B) Accounting Policies

a) Plant and Equipment

Each class of property, plant and equipment is carried at cost less, where applicable any accumulated depreciation and impairment losses.

The carrying amount of plant and equipment is reviewed annually to ensure it is not in excess of the recoverable amount from those assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets employed and subsequent disposal.

The expected net cash flows have not been discounted to present values in determining the recoverable amounts.

All other assets acquired during the year have been expenses at the date of purchase.

b) Depreciation

The depreciable amount of all fixed assets are depreciated over the useful lives of the asset to SNCC commencing from the time the asset is held ready for use.

The asset residual values and useful lives are reviewed, and adjusted if appropriate, at each balance sheet date.

c) Employee benefits

Provision is made for the liability for employee entitlements arising from services rendered by employees to balance date. Employee entitlements have been measured at the amount expected to be paid when the liability is settled. The Board of Directors has determined that these amounts are adequate.

d) Provisions

Provisions are recognised when Springwood Neighbourhood Centre Co-operative Limited has a legal or constructive obligation for which it is probable that the outflow of economic benefit will result and that the outflow can be measured reliably. The Board of Directors has determined that these outflows are adequate.

e) Cash and Cash Equivalents

Cash and cash equivalents includes cash on hand, deposits held at call with banks or financial institutions, short term highly liquid investments and bank overdrafts.

f) Revenue

Interest revenue is recognised on a proportional basis taking into account the interest rates applicable to the financial asset.

Revenue from the rendering of service is recognised upon the delivery of the service to the customers and is measured at fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed.

g) Goods and Services Tax (GST)

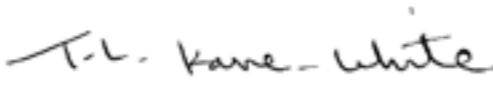
Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

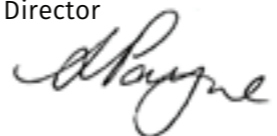
THE STATEMENT BY THE BOARD OF DIRECTORS

In the opinion of the Board of Directors the Statement of Financial Position, Statement of Financial Performance and Notes to the financial Statements:

1. Give a true and fair view of the financial position of Springwood Neighbourhood Centre Co-operative Limited as at 30 June 2018 and its performance for the year ended on that date in accordance with Australian Accounting Standards, mandatory professional reporting requirements and other authoritative pronouncements of the Australian Accounting Standards Board and Corporations regulations.
2. Establishment of all accruals is justified, and
3. A full and complete set of financial records has been maintained, and
4. At the date of this statement, there are reasonable grounds to believe that the association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Board of Directors and is signed for and on behalf of the Board of Directors by:


----- Chairperson

Director

----- Treasurer

Director
Dated this 19th day of September 2018



Springwood Neighbourhood
Centre Co-operative Ltd

THANKING SNCC VOLUNTEERS

A Big Thank you

Our theme in this annual report, “be part of something bigger”, is certainly exemplified by our SNCC volunteers! SNCC continues to be sustained for the community through its volunteers. SNCC is passionate about volunteering. We recognise and value the important contribution from all our volunteers in delivering local services.

SNCC volunteers are actively involved in programs that enhance community connections and resilience.

These include social support which connects people through music, art, leisure or health activities, community events and fundraisers and education programs such as help with laptops, tablets and smart phones. Volunteers also assist with data capture & inputting, office administration, Centre promotion, providing information, advocacy, and referrals to other community services and distributing community food relief parcels.

Volunteering Training and National Standards

SNCC continues to support and integrate the National Standards for Volunteer Involvement. The eight categories of standards are:

- Leadership and management
- Commitment to volunteer involvement
- Volunteer roles
- Recruitment and selection
- Support and development
- Workplace safety and wellbeing
- Volunteer recognition
- Quality management and continuous improvement.

Training sessions attended by SNCC volunteers included:

- Anxiety & Depression Awareness
- Demystifying Dementia
- Elder Abuse Awareness
- First Aid Training
- General awareness on community organisations and SNCC Services
- Grief and Loss Awareness
- LGBTI Aged Care Awareness
- Linker Network
- My Aged Care website and portal
- Stress Less
- Supporting Others During Challenging Times
- Timebanking.

Complete list of sncc Volunteers

Board Directors

Cherie Brandon
Samantha Crisford-Eade
Keith Dowling
Shae Foenander
Tracy Kane-White
Sharon Payne
Andrea Turner-Boys

Board Directors (partial year)

Richard Engel
Allen John Laird

Bug Club-Fossil Fun

Dr Lindsey Grey
Dr Patrick and Rachel Smith

Centre Volunteers

Frances Banyard
Kay Briggs
Carol Carroll
Sally Gersbach
Marcia Gold
Peter Hartman
Ann Ludbrooke
Danielle Marshall
Noreen Mason
Heather Mitchell
Nina Morgan
Phil Mullens
Leesa Rayner
Russell Searle
Alyssa Smith
David Taylor
Gillian Taylor-Reynolds
Lisa Varjavandi
James White

Community Visitors Scheme

Carol Carroll
Anne Cawley
John Cawley
Alfonso De Hombre
Margaret Emmanuel
Sam Fischer
Vicki Glew
James Henderson
Melissa Hill
Jill Hogwood
Louise Hughes

Community Visitors Scheme cont.

Chris Hughes
Jenny Hughes
Marion Hughes
Wendy Hutchinson
Wendy Lenthen
Noreen Mason
Sheryl Orgias
David Rees
Phiona Stone
Ann Thomas
Lynette White
Pat Wilby

Design, Strategic Branding

Xandro Lombardi

Social group facilitators

Mark Hand
Acoustic Club
Christeen Hull
Art Social Group
Sally Gersbach
Artscope
Alyssa Smith
Artscope
Heather Smith
Community Choir
Nicole Giezekamp
Community SHINE Choir
Sheryl Orgias
Community SHINE Choir
Kath Thorburn
Exercise at Ellison
Gillian Powell
FUNCTIONal Fitness Instructor
Olga Hamilton
Knit N Yarn
Valda Hickey
Open Door
Cheryl Hyde
Open Door
Faye Oldfield
Peers in Recovery
Ellissa Nolan
Pilates
Jenny Davies
Raising Kin
Joanne Smith
Pilates

Social group facilitators cont.

Suzanne Langford
Sing-a-Long Group
Gillian Taylor-Reynolds
Sing-a-Long Group
Chris Hughes
Social Cards & Games
Anna Fisher
Tai Chi Qigong Instructor
Jenny Hall
Vision Impaired Persons
Elizabeth Godleman
Yoga & Relaxation

Talking Gazette

Pat Allan
Geraldine Cook
Alastair Fyfe
Sheila Fyfe
Pamela Lammin
Mick McGillion
Sherilyn Page
Anne Palmer
Jan Parry
Jacqueline Shimmell
Dianne Thorpe
Noeleen Udall

Tanderra Yard Maintenance

Josiah Bamfer
Deb McDowell
Tim Quinn Smyth



Volunteer Home Visitors

Adelaide
Chris Bartlett
Tanya Belon
Leanne Buswell
Sally Butler
Carol Carroll
Peter Crowe
Marlene Doublesin
Robyn Elliott
Ann Finlayson
Robin Green
Nerine Hide
Melissa Hill
Dorothy Houlohan
Petra Huber
Wendy Hutchinson
Kerrie Knopov
Alison Korbula
Helen Lewsley
Estelle Macintosh
Karen McDonald
Heather Mitchell
Phil Mullens
Bernadette Owens
Rebecca Phelan
Geoffrey Pryke
Leesa Rayner
David Rees
Marianne Rutten
Agnes Ryan
Judith Sanbrook
Enid Schafer
Phiona Stone
Kay Taylor
Noeleen Udall
Lisa Varjavandi
Robyn Whitelock
Pat Wilby

VOLUNTEER WEEK & VOLUNTEER THANK YOU EVENT

During Volunteer Week in 2018, one of SNCC's volunteers, Alyssa Smith, received the "Brian Gravison Award" for "Best Actress in a Supporting Role – Miss Versatility" at a ceremony hosted by Katoomba Neighbourhood Centre. Alyssa has volunteered with SNCC for five years. She works on our front desk looking after community members as well as updating our Facebook page and website. Alyssa is an Artscope Group facilitator. Alyssa also volunteers in the Centre when open on Sunday for Springwood Growers Market.



In December 2017, SNCC staff prepared a delicious Christmas lunch to which all our volunteers were invited. Highlights at this special event were **Ann Ludbrooke** receiving recognition for over 20 years of volunteering at SNCC, trivia quiz once again by staff member Jo Newton, and the fun activities by Imelda Eames and Liz Murphy.



It was an enjoyable opportunity to mingle, catch up and even make new friends.

SPRINGWOOD ACOUSTIC CLUB

PEERS IN RECOVERY

BLUE ARC

“RRR”

SING-A-LONG GROUPS

LIVE AT THE VILLAGE

SHINE COMMUNITY CHOIR

TAI CHI / QIGONG

PILATES

YOGA FOR RELAXATION

ARTSCOPE

EXERCISE AT ELLISON

FUNCTIONAL FITNESS

TALKING GAZETTE

ART SOCIAL GROUP



Groups & Activities

It has been a wonderful focus for healthy exercise and friendships. I have been attending for a year now but plan to keep going as long as I can.

▲ Anne Fell - longtime facilitator (12 years) for FUNctional Fitness at her farewell.

Groups & Activities

Art Social Group

It has been a great year for the group, with several new people joining, including a few men. In December 2017, we had a great pop up art show with the Artscope group. Music provided a good vibe and we even sold a few items. In the July 2018 school holidays, we had our very first workshop with Owen Thompson who is a watercolour teacher at the Springwood Art Centre and the Julian Ashton School in Sydney. Working in multimedia, we spent the day just making art, having a great lunch and having plenty of fun! I think this will become a yearly boutique event. Our



party days on the last meeting day of each month are great fun and give us a chance to celebrate birthdays or simply have a good time together. We do like our coffee! We are always happy to have visitors. Drop in, say hello.

Facilitator: Christeen Hull

Artscope

Refer to Mental Health page 28.

Facilitators: Alyssa Smith and Sally Gersbach

Exercise at Ellison

This fitness-focused group held at Ellison Public School first started as a community resilience building activity following the 2013 bushfires. The group aims to make regular exercise affordable, accessible and enjoyable. Young mums are able to bring young children with them and the program caters for every level of fitness and age. Classes run twice a week, regardless of the weather, continuing during school holidays & public holidays. Location enables everyone to exercise outdoors. The varied programs keep classes interesting, and enjoyable. Participants say classes are a great way to meet others & stay connected, while improving fitness and general wellbeing.



Facilitators: Gillian Powell, Kath Thorburn

FUNctional Fitness

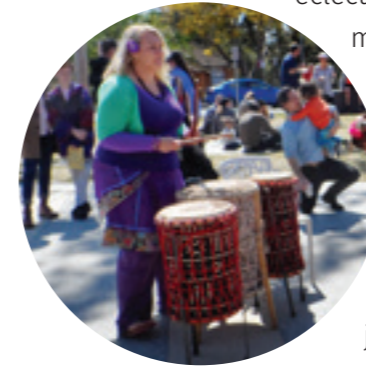
The FUNctional Fitness group is a happy, friendly, committed group of people who are a joy to work with. The group farewelled Anne Fell in July 2018 and welcomed Gillian Powell as its new facilitator. The members all have the common goal of remaining as fit and independent as they can, for as long as possible. Sessions comprise techniques of walking, posture, movement to music, strengthening, stretching, balance and relaxation. There is much laughter and some chat as they all try their best to use all muscle groups - with varying degrees of success.

Facilitator: Gillian Powell

Groups & Activities

Live At The Village

“Live at the Village is a music concert series, presenting the best Australian composers and musicians working in an eclectic range of contemporary music styles including world, jazz, soul, folk and all genres of improvised music. Concerts take place at Springwood in the lower Blue Mountains, just west of Sydney, about every two months” – reference www.liveatthevillage.com.au



We encourage readers to visit Live at the Village’s website to access information on the exciting musical line-up for the new financial year.

Facilitator: Mary Travers

Peers in Recovery

Refer to Mental Health page 29.

Facilitator: Faye Oldfield

Pilates

Mountains Pilates offers internationally recognised Studio Pilates classes accessible and available within the Blue Mountains. We have taken the best world-class training and turned it into a local business for local people. Check out the latest information on www.mountainspilates.com.au



Facilitators: Ellissa Nolan and Joanne Smith

Shine Community Choir (SHINE)

SHINE embraces the abled and disabled, young and old, experienced and amateur, show singers and those who were told ‘they never could sing’. In December 2017, SHINE delighted in performing Christmas carols at the Uniting Care nursing home, Meals on Wheels Christmas lunch and during the Late Night Shopping event in Springwood. The community enjoyed these performances.

In 2018, SHINE has increased its membership with consistent numbers attending every week – even on cold winter nights. SHINE held its mid-year concert again in 2018 to great success. This event gives choir members the unique opportunity to perform as a solo or in small groups. The participation continues to be overwhelming. Our choir has a wealth of talented performers who are truly entertaining.

Successful fundraising in 2018 has meant that new musical equipment has been purchased to support continued performances and growth.

Facilitators: Nicole Giezekamp, Sheryl Orgias, Phillip Menzies



Groups & Activities

Springwood Acoustic Club

Springwood Acoustic Club continues to encourage performance, be it songs and spoken word, by providing a safe space. Under the auspice of the Springwood Neighbourhood Centre, patrons can contribute to a once a month performance circle, regardless of their skill level. A friendly round robin format means that everyone gets a go. Every year the group, also known as "Staying Groovy" hosts a fundraiser for different organisations. In the 2017/2018 financial year, Beyond Blue was selected as the charitable recipient. It was a fabulous day supported by community and local businesses such as Blaxland Tiles & Bathrooms who helped sponsor the event.

Facilitator: Mark Hand

Tai Chi / Qigong

Tai Chi Qigong is of great benefit to those who may not be able to undertake other exercise as it is gentle and improves circulation, promotes better balance, flexibility and reduces stress. In July 2018, our long-standing Tai Chi facilitator Renata Bros left after running the activity since 2004. It was a monumental feat to fill her shoes. Thankfully, in August we were happy to introduce a new facilitator, Anna Fisher, who has been teaching participants the 18 Shibashi One movements, also known as Qi Gong. These are very similar to the Tai Chi movements. The difference is that Qi Gong focuses on breath work, movement and meditation. Tai Chi focuses on energy force and practices in a martial arts capacity. Feedback from Anna's new group has been gratifying with members appreciating a gentle form of healthy body movement.

Facilitator: Anna Fisher



Groups & Activities

Talking Gazette

Talking Gazette is a volunteer group that narrates the local Gazette Newspaper for those who have difficulty reading the paper for various reasons or who prefer to have the joy of hearing someone read to them. The first edition of the Talking Gazette was posted on Thursday, March 10th in 2005! Since then, each week the group has met to narrate the Blue Mountains Gazette newspaper and then post out the recordings. Community members who receive these recordings are provided with a wonderful way to stay connected to the local news and community activities.

Facilitator: Noeleen Udall

Tax Help

Bill Knagge, our wonderful Tax Help volunteer, once again helped people in the local community complete their tax returns online. This service typically runs from August to October each year.

Yoga for relaxation

Yoga for relaxation is a very popular community yoga class and has seen the development of many friendships that have extended to other activities. Most of the participants at Yoga for relaxation are over 60 years who appreciate the importance of continuing physical movement. Elizabeth Godleman has been facilitating this group for over 13 years. Her expertise and welcoming approach encourages participants to enjoy the many benefits of yoga and at the same time to stay connected to community and build relationships.

Facilitator: Elizabeth Godleman



Groups & Activities

Sing-a-Long groups

It is official! Singing is not only fun but also it is very healthy. Studies have now shown that community singing lowers blood pressure, reduces anxiety and social isolation, increases cognitive function, and enhances general well-being.

Group singing is particularly beneficial to seniors and in 2017 Springwood Neighbourhood Centre, in partnership with Suzanne Langford of the Moo choir received funding to provide singing opportunities for local seniors. The result was the Sing-A-Long Program that launched in February at three locations: The Hub, Springwood Uniting Church, and Opal Endeavour.

Each group runs fortnightly for an hour and is supported by local choir members. Suzanne explains that the concept is, "It's sort of choir-meets-karaoke - music from the 50s, 60s, 70s and beyond, sung together with backing music and the words on a screen. Absolutely no previous experience required - it is just an opportunity to sing well-known songs in company.

It is really more a chorus than a choir as everyone sings the tune. It's great fun".

Although targeted predominantly at the senior population, anyone is welcome. Transport is available for the over 65's, and a gold coin donation is all that is needed for an hour of joy and a cup of tea.

Groups meet at the Springwood Uniting Church, the Hub and Endeavour Assisted Living Apartments. For further information, please call SNCC office.

*Facilitators: Suzanne Langford,
Gillian Taylor-Reynolds*



Animal Ready Community Project



Blue ARC was established in September 2015, after the organisers became aware of the impact of the 2013 bushfires on animals, their owners and the people who work with and care for animals. Our aim is to improve outcomes for animals in emergencies, and to support community safety and resilience through better awareness, preparedness, planning and response for companion animals, livestock, and native wildlife. Blue ARC was funded by the Blue Mountains Mayoral Bushfire fund. Blue ARC have run awareness seminars and donate money to services such as WIRES who can then buy equipment for their local volunteers.

In 2017, we ran the Animals in Emergencies Survey in the Blue Mountains and surrounding regions, along with an audit of local veterinary clinics, to research the impact of the 2013 bushfires and to help identify local issues. This information is being used to help prioritise issues and group activities in the short term. A report on the survey data will be available very soon.

In 2018, Blue ARC helped produce the booklet, "Keeping Your Animals Safe in an Emergency", with the assistance of the Blue Mountains Resilience and Preparedness Group.

There is also a flyer for horse owners with links to online emergency preparedness resources; a brochure with a list of boarding facilities in the region for people with dogs, cats and small animals. Blue ARC is working on completing Handbook on Animals in Emergencies that will explain the major issues facing animal owners in the region.

To help raise community awareness there is the Blue ARC Facebook group, where information and resources are shared and the group was featured in the "Fire Stories: Living with Risk" movie documentary, along with being interviewed by ABC radio.

Emma Parade Park Project.

The Emma Parade Park in Winmalee was badly impacted by the 2013 bushfires. Since November 2015, Blue ARC has worked with local volunteers to restore the garden beds, to plant a row of screening shrubs along one fence line and to arrange for two park benches to be installed. The group has continued to maintain the garden beds and further planting has been undertaken in the back section of the park.



‘Be part of something bigger’



Springwood Neighbourhood
Centre Co-operative Ltd

Become a member of SNCC

Become a member of SNCC and participate more closely with SNCC's service delivery to our community

- \$22 individual membership
- \$30 family membership
- \$100 business membership

Become a volunteer.

Let us know in which service areas you would like to work. Who would you like to help and how much time can you commit. Contact us by telephoning

02 4751-3033 or

email reception@sncc.org.au.

Become a regular Donor

Become a regular Donor to our Community Food Relief – with community help, SNCC supports close to 1000 adults and children each year with food parcels! You are welcome to drop by with any contributions or donate electronically (if selecting this method please email our Finance Officer, Susan and let her know to anticipate a donation).

Springwood Neighbourhood Centre

Bendigo Bank

BSB: 633-000 Account Number: 122031008

Become a Supporter

Become a Supporter our fundraising programs whether a village sausage sizzle or a raffle. SNCC aims to do more fundraising in 2019 to expand our transport support services for our frail aged and older community members.

‘Take action at the local level and be the change you want for your community.’

The Healing Quilt

Inspired by a Reconciliation Quilt project by an acclaimed Blue Mountains textile artist, Springwood Neighbourhood Centre's Healing Quilt was created in 2004, by community members contributing individual panels.

These panels were made in the spirit of respect and reconciliation, as part of an ongoing journey.

SNCC acknowledges, with much appreciation, all the quilting artists who created this beautiful Healing Quilt.





Springwood Neighbourhood
Centre Co-operative Ltd

