

2022 – 2023 ANNUAL REPORT



The Healthy Minds Club Inc.

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WHY WE'RE HERE



OUR HISTORY

The Healthy Minds Club is a mental health charity that was established within the Lennox Head community to combat the prevalence and impact of mental health throughout the Northern Rivers. The Club was formed on the 16th of September 2020, following a collection of small fundraising events organised by Lachlan Jones and Jackson Connellan. These events included social gatherings and sporting events with a message of social communication and physical activity.



OUR MISSION

To raise awareness and funding for resources that support and empower men of the Northern Rivers Region to overcome suicide and self-harm. Our organisation is a non-for-profit, and therefore we employ minimal staff and inject funding back into our community.



OUR VISION

To provide men of the Northern Rivers with a positive community centred around mental, social and physical wellbeing.

We provide our members with a support network of communication and social interaction channels via social media, physical activity and community involvement.

The organisation was launched in 2020 by Lachlan Jones and Jackson Connellan, after experiencing the loss of several close friends in a short space of time. Frustrated by the lack of resources and action on mental health topics in the local area, the pair started a closed group that was focused on providing men with a space to share and seek advice.

The organisation's vision is to provide men of the Northern Rivers with a positive community centred around mental, social and physical wellbeing.

The organisation uses fundraising and social events to for fill the purpose of the charity, which is to reduce the prevalence and provide support for men surrounding suicide and self-harm in the Northern Rivers region. These events draw members from around the area to speak openly about mental health and motivate individuals to make a positive change.

01 Mental Health Education

Mental health training for people of the Northern Rivers.

02 Psychological Support

Our organisation is centred around providing support and educational services to the people of the Northern Rivers Region.

03 Supporting Local Sport

Encouraging participation and creating opportunities

ABOUT US

MESSAGE FROM THE TEAM



We feel honoured to be in the position that allows us to contribute to make a difference to the mental health of our community, in particular our youth.

The Healthy Minds Club's third year as an organisation has been an incredible success educating and spreading awareness to a larger target audience within the community than before.

With this report you will find summaries from all the different events and programs that we have run or contributed generously to. I would like to acknowledge the contribution our volunteers have made to the organisation and community.

Their hard work and dedication allow the organisation to flourish.

We have received plenty of feedback that it is making a difference to the lives of people in our Northern Rivers community.

Jackson Connellan
President

OUR PEOPLE

Name	President	Dates Acted	Maximum Possible Attendance	Attendance
Lachlan Jones	President	August 2020 - Present	10	10
Jackson Connellan	Vice President	August 2020 - Present	10	10
Reid Pownall	Treasurer	Jan 2021 - Present	10	6
Kel Langfield	Secretary	August 2020 - Present	10	7
Jack Douglas-Brown	Board Member	Sept 2020 - Present	10	8
Taylor Sidney	Board Member	March 2020 - Present	10	8
Noah Brown	Board Member	Jan 2020 - October 2023	10	6
Matt Codner	Board Member	Oct 2021 - Present	6	4
Marty Brennan	Board Member	Nov 2022- Present	6	4
Callum Jones	Board Member	Nov 2022- Present	6	3

Serving the community

The Club offered a variety of educational programs throughout the year that were designed to allow participants to allow for emotional self-regulation and sharing of lived experiences.

'A fantastic year for the Club and our community. We feel honoured to be in the position that allows us to contribute to make a difference to the mental health of our community, in particular our youth.'

JACKSON CONNELLAN – THMC

1200

Participants

The Club offered a variety of educational programs throughout the year that were designed to allow participants to allow for emotional self-regulation and sharing of lived experiences.

300

Competitors

THMC Hole For a Goal

THMC Triathlon

THMC Tag Team Surf Event

5

Local Sporting Sponsorships

Encouraging participation, fitness and a focus on mental health outcomes

Funding summary

Program
Funding

\$81,000

Average
assistance

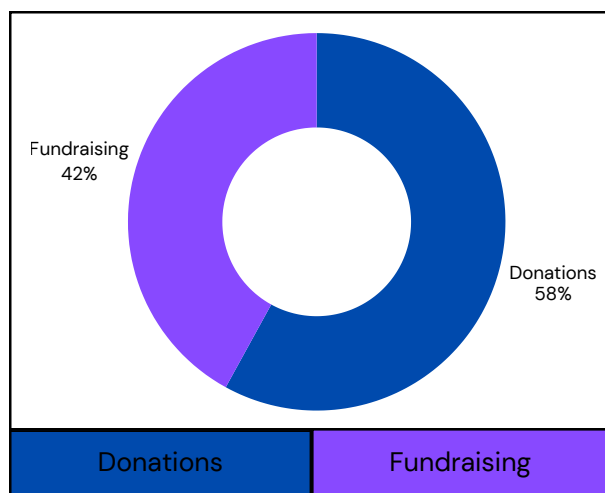
\$2,000

Acknowledgements

I would like to acknowledge the contribution our volunteers have made to the organisation and community. Their hard work and dedication allow the organisation to flourish.

Financial Summary

Below is a summary of The Healthy Minds Club Financials. For more detailed information, please visit the website.



Income Summary

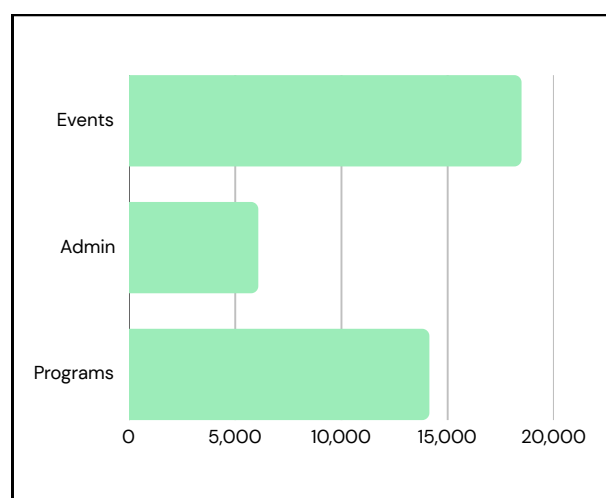
THMC was able to hold more community events in 2023.

This meant engagement with the club was a lot higher from our community this year.

Expenditure Summary

We were able to hold more events in 2023, all of our focus and energy was put into making them happen.

There was also a focus on sponsorship for local sporting clubs.



Governance

The Healthy Minds Club Inc. (ABN 44 563 051 019) is an incorporated body with a single Board of Directors and the registered office address is 79 Old Bryon Bay Rd NEWRYBAR NSW 2479.

The Healthy Minds Club was registered with the Australian Charities and Not-for-profits Commission (ACNC) on the 8th of September 2020.

The Healthy Minds Club was Incorporated and registered with the NSW Department of Fair Trading under the Associations Incorporations Act 2009, on the 30th of April 2021. Incorporation No. INC2100509.

The Healthy Minds Club Inc. is listed on the register of Harm Prevention Charities

The Healthy Minds Club Inc. is a charitable institution endorsed to access GST concessions

The Healthy Minds Club Inc. has been endorsed by the Australian Taxation Office as a Deductible Gift Recipient (DGR).

The Healthy Minds Club Inc. adheres to all applicable fundraising legislation as required in each state and territory where it raises funds.



NEXT STEPS

Strategic Plans for 2023/24

Moving forward we will continue to fundraise and develop programs that allow our youth to feel more empowered and in control of their mental health.

01 Holistic Health & Wellness

Personal training, breathing workshops, meditation, and yoga which will be offered to the community as a group fitness program.

02 Cultural Initiatives

Indigenous elders present educational programs that are accessible to the community.

03 Organisational Efficiency

Refine every area of operations to ensure efficiency and effectiveness of programs.

04 Action or Commitment

Include a brief description, rationale and intended impact. It helps to keep it concise yet concrete!



Our 2021/22 Highlights

Highlight 1

Mental Health Education Programs

- Barney Miller
- Batyr
- Ben Berry



Highlight 2

Our Community Events

- THMC Hole for a Goal
- Triathlon
- Tag Team Surf Event



Highlight 3

Local Sporting Sponsorship

- Byron Bay / Lennox Head Red Devil's under 15's
- Lennox Pirates Cricket Club Juniors
- Lennox Head Trojan's Rugby 7's team
- Byron Bay Basketball Association
- Ballina OzTag Association



A fantastic year for the Club and our community. We feel honoured to be in the position that allows us to contribute to make a difference to the mental health of our community, in particular our youth.



The Healthy Minds Club

We would like to acknowledge the contributions of the people and organisations we partnered with in 2022/2023 who worked tirelessly on the projects mentioned in this report.

As well as all our partner and financial supporters.

Our **colleagues** from Local and Partner Organisations

- Dr Justin Coulson – Building Youth Resilience
- Maggie Dent – Understanding Stress in Adolescence
- Barney & Kara Miller – You and Me
- LIVIN – LIVIN Well in Schools
- Ben Berry – Breathing & Mindfulness

Our **supporters**

- The Ball & All Podcast
- Southern Cross Credit Union
- Commonwealth Bank
- Lennox Head Lions Club
- Ballina Freemasons

We thank you for your continued support in our efforts to support people in the Northern Rivers.

Contact

The Healthy Minds Club

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Instagram:

https://www.instagram.com/stories/thehealthymindsclub_/2676225348949298436/