
2021 – 2022

ANNUAL REPORT



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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

MESSAGE FROM THE TEAM

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

2022 has not been an easy year for the Northern Rivers, with the devastating floods in February 2022 destroying the livelihood of many families. These events only brought the community closer together with an enormous effort from all community members not directly affected by the floods to rescue those in immediate danger, deliver food and supplies to those stranded, supply bedding and places to sleep for the now homeless, as well as psychological support for those in need. The Healthy Minds club members were seen helping in all areas of support as well as an enormous clean up job for the months to follow

Lachlan Jones – President.



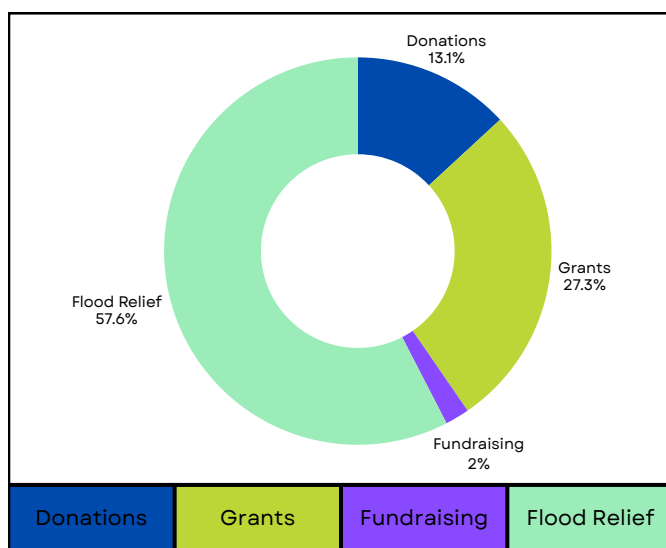
It has been amazing to be at the forefront of a serious change throughout the community in mental health awareness, education, cultural awakening and community love and support.

OUR PEOPLE

Name	President	Dates Acted	Maximum Possible Attendance	Attendance
Lachlan Jones	President	August 2020 - Present	10	9
Reid Pownall	Vice President	August 2020 - Present	10	9
Jackson Connellan	Treasurer	Jan 2021 - Present	10	10
Kel Langfield	Secretary	August 2020 - Present	10	6
Jack Douglas-Brown	Board Member	Sept 2020 - Present	10	7
Eli Car	Board Member	Jan 2020 - Present	10	7
Taylor Sidney	Board Member	March 2020 - Present	10	9
Noah Brown	Board Member	Jan 2020 - Present	10	6
Matt Codner	Board Member	Oct 2021 - Present	6	2

Financial Summary

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



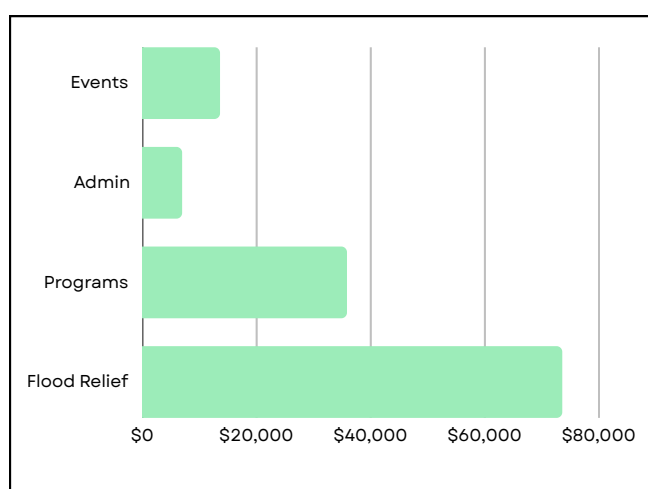
Income Summary

As the organisation gained traction and attention by larger entities, the Healthy Minds Club subsequently received larger grants by local businesses to fund our community projects.

Expenditure Summary

The Healthy Minds Club partnered up with Revive Northern Rivers to help local communities impacted by the 2022 floods.

With their help, every flood donation was spent to help those people in need.



Serving the community

In February & March 2022, the Northern Rivers was hit by the worst floods the area has seen in a century. In effect, there were devastating effects to the community with thousands of people in desperate need of assistance. We assisted Revive Northern Rivers, a local organisation that helps conserve the region via various community projects, with donations to assist impacted communities in our region.

"Expenditure was quite diverse and dynamic to suit the changing needs of the community in the aftermath of the March floods."

TOM WOLFE - REVIVE NORTHERN RIVERS

XXX Families assisted	• medical items such as asthma medication, • insulin for diabetics • first aid supplies • high-pressure gurneys, • bulk amounts cleaning supplies • buying fresh food for the hubs to help them create free supermarket-style set ups • shelving, tables, chairs & gas burners
10 Tiny Homes	Built by a local charity specialising in temporary housing for people affected by the housing crisis, 2019-20 bushfires and the 2022 floods
Longer Term	Paying local businesses like PJs Fruit & Veg and Three Little Butchers to supply flood recovery hubs with fresh & nutritious food to keep people healthy and maintaining a good diet

Funding summary

Donations
Received

\$81,000

Average
assistance

\$2,000

Acknowledgements

Most impact reports contain a section that acknowledges the contributions of the people who worked tirelessly on the projects mentioned within.

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 2022/23

Moving forward into 2021-22 the Club is looking to restructure its operational direction. Currently the Club has most of its activities revolved around education. The approach of the 2021-22 direction will be targeted at a holistic health and wellness program partnered by the current community educational program.

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

Functional 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

- providing funding to run Mental Health First Aid courses



Highlight 2

Lennox Longboard One Dayer Surf Competition

- Participation
- Community connection



Highlight 3

THMC Hole for a Goal.

- Our initial golf fundraiser
- Supported by Ballina Golf & Sporting Club



The Healthy Minds Club has continued to work hard all year to raise funds to support our initiatives. We continue to experience strong community and business support for our projects.

We would like to acknowledge the contributions of the people and organisations we partnered with in 2021/22, 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

- Kris Cook, Dylan Steele, Ozzie Swift & April Swift – Change the Narrative

Our **supporters**

- SCOPE Ballina
- Southern Cross Credit Union
- The Ball and All Podcast

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/