

ANNUAL REPORT



The **Healthy Minds** Club

Executive Summary

Achieving outcomes through impactful programs and responsible finances while strategically planning for the future.

Overview

The Healthy Minds Club (THMC) successfully completed a transformative year (2023-2024), furthering its mission to foster positive mental health and strengthen community bonds, primarily among youth. Our four key initiatives—community engagement through events, youth support via sponsorships, the Little Legends Summit youth wellness program, and broader community outreach—demonstrated significant impact. We successfully executed four major community events, raising substantial funds and providing valuable engagement opportunities for youth. Sponsorships supported crucial local youth sports and mental health organizations. The Little Legends Summit delivered eight free workshops to over 300 children, focusing on emotional regulation, resilience, and mental well-being. Financially, THMC achieved a net surplus of \$5,206, demonstrating responsible financial management. Total revenue reached \$46,073. Looking forward, we are strategically planning for long-term sustainability, focusing on diversified fundraising, robust financial planning, capacity building, succession planning, program expansion, and enhanced communication. THMC is committed to continuing its positive impact on the community, empowering youth, and promoting mental well-being for years to come.



Community Events

Our mission remains to uplift youth and strengthen our community by promoting positive mental health and well-being. We strive to create safe, inclusive, and engaging spaces where young people can develop healthy habits, build confidence, and forge strong relationships. Our vision is to be a leading provider of accessible and impactful mental health support services for young people in our region.



Fair Go - Skate and Music Festival (October 14th)

This free event at Missingham Park, Ballina, featured local skateboarding talent, live music, and food stalls. It created a vibrant and supportive environment, promoting youth expression and community interaction. We partnered with Fair Go and Truckstop Skate to make this event possible.

Hole for a Goal Charity Golf Day (November 12th)

Held at East Ballina Golf Course, this event raised \$6,000 for The Little Legends Summit. We express gratitude to our sponsors and the 132 participants, particularly The Ball & All for their significant contributions.

Usher Cup World Club Challenge (January 18-21st)

As one of ten beneficiaries, we received a generous \$10,000 donation from this premier international surfing competition held at Snapper Rocks. This funding significantly boosted our outreach capabilities.

THMC Community Tag Team Surf Event (June 29th)

This inclusive event brought surfers of all ages and skill levels together, fostering a sense of belonging and positivity within the surfing community.

Youth Sporting Sponsorships

We actively contributed to grassroots sports and mental health initiatives demonstrating our commitment to youth development and well-being within the Northern Rivers community.



Byron Bay Junior Basketball Association (\$2,500)

Funded jerseys for the U14 girls' division and provided referee development opportunities.

Mental Health Walk - Barefoot Dutchman (\$320)

Sponsored this vital mental health awareness initiative that was supported by Rotary on Richmond and Ballina Shire Council.

Ballina Oz Tag (\$420)

Providing team jerseys supported local youth sports, fostering team spirit, increasing participation, and strengthening community ties.

Phoenix Netball Club (\$2,500)

Covered essential costs including uniforms, equipment, umpire and coach training, and financial aid for players.

Community Wellness Resources

The Healthy Minds Club is passionately committed to preventative mental health initiatives for young people. Our programs equip youth with essential life skills to build resilience and foster emotional well-being, aiming to reduce the prevalence of suicide and self-harm in our community.



The Little Legends Summit

The Healthy Minds Club believes in the power of prevention. In collaboration with several leading community partners, our youth wellness programs have directly supported over 300 young people, equipping them with the skills to build resilience and emotional well-being. This proactive approach helps to reduce the alarming rates of suicide and self-harm in our community, fostering hope and creating a healthier future for our youth.

Community Outreach

We understand that the cost of mental health services can be prohibitive. The Healthy Minds Club offers free assistance to connect individuals with qualified psychologists and other mental health professionals. We help navigate the process and bridge funding gaps, ensuring that financial limitations don't prevent access to crucial support.

Future Goals & Strategy

While the 2023-2024 year was successful, we identified key areas for improvement and future growth. We acknowledge the challenges of securing consistent funding beyond individual donations and sponsorships. This necessitates a diversified fundraising approach going forward. To address this, we are actively engaged in strategic planning to ensure the long-term sustainability and continuity of the organization.



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01.

We are developing a succession plan to ensure continuity of leadership and operational expertise within the organization. This involves identifying and mentoring potential successors for key roles, enhancing internal knowledge sharing, and documenting key processes and procedures.

02.

The Healthy Minds Club is committed to long-term sustainability and continued growth. Our strategic plan includes diversified fundraising strategies to mitigate financial risks, robust financial management practices, and succession planning for key personnel. We aim to expand our youth wellness programs, increase community outreach, and enhance our digital presence to reach a wider audience. Contingency plans are in place to address unforeseen circumstances and ensure the ongoing delivery of our vital services.

03.

We are actively pursuing a diversified fundraising model, including grant applications, corporate sponsorships, and community fundraising events. This approach will reduce reliance on any single funding source and strengthen our financial resilience. Regular financial reviews and robust budget management are integral to our strategy.

Financial Highlights

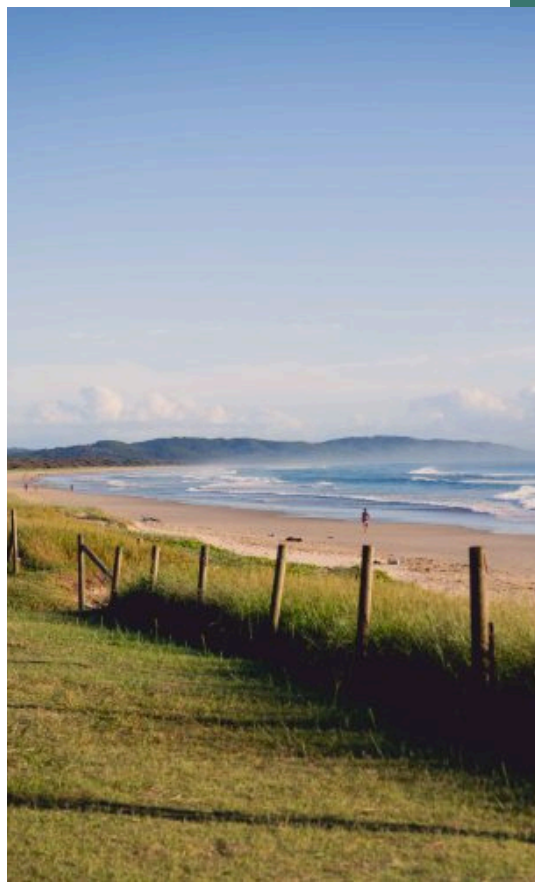
The Healthy Minds Club ended the 2023–2024 financial year in a stable and positive financial position. Despite a slight decrease in net profit compared to the previous year, the Club continued to demonstrate strong financial health, underpinned by effective budgeting, strategic fundraising, and disciplined resource management.

Income for the year was driven primarily by generous community donations and service-based revenue. These funds allowed the Club to continue delivering high-quality programs while also supporting a range of community sponsorships and initiatives.

Key expenses during the year included program delivery, operational costs, and targeted contributions to local causes. These investments remained aligned with the Club’s mission to support mental health and community wellbeing.

The Club’s net assets increased, with the majority held in secure cash reserves. Operating cash flow remained positive, reflecting our ability to meet day-to-day obligations while planning for future growth.

Overall, the financial performance in 2023–2024 demonstrates the Club’s resilience, accountability, and capacity to deliver meaningful impact while maintaining long-term sustainability.





Conclusion

The 23 - 24 financial year marks a period of continued progress for The Healthy Minds Club, despite facing a more challenging financial environment compared to the previous year. The following sections summarize our accomplishments, financial performance, strategic initiatives, and future outlook.

Impact & Engagement

The Healthy Minds Club strengthened its community ties this year through successful events, sports sponsorships, and the Little Legends Summit, which provided crucial mental health support to over 300 young people.

Strategic Initiatives

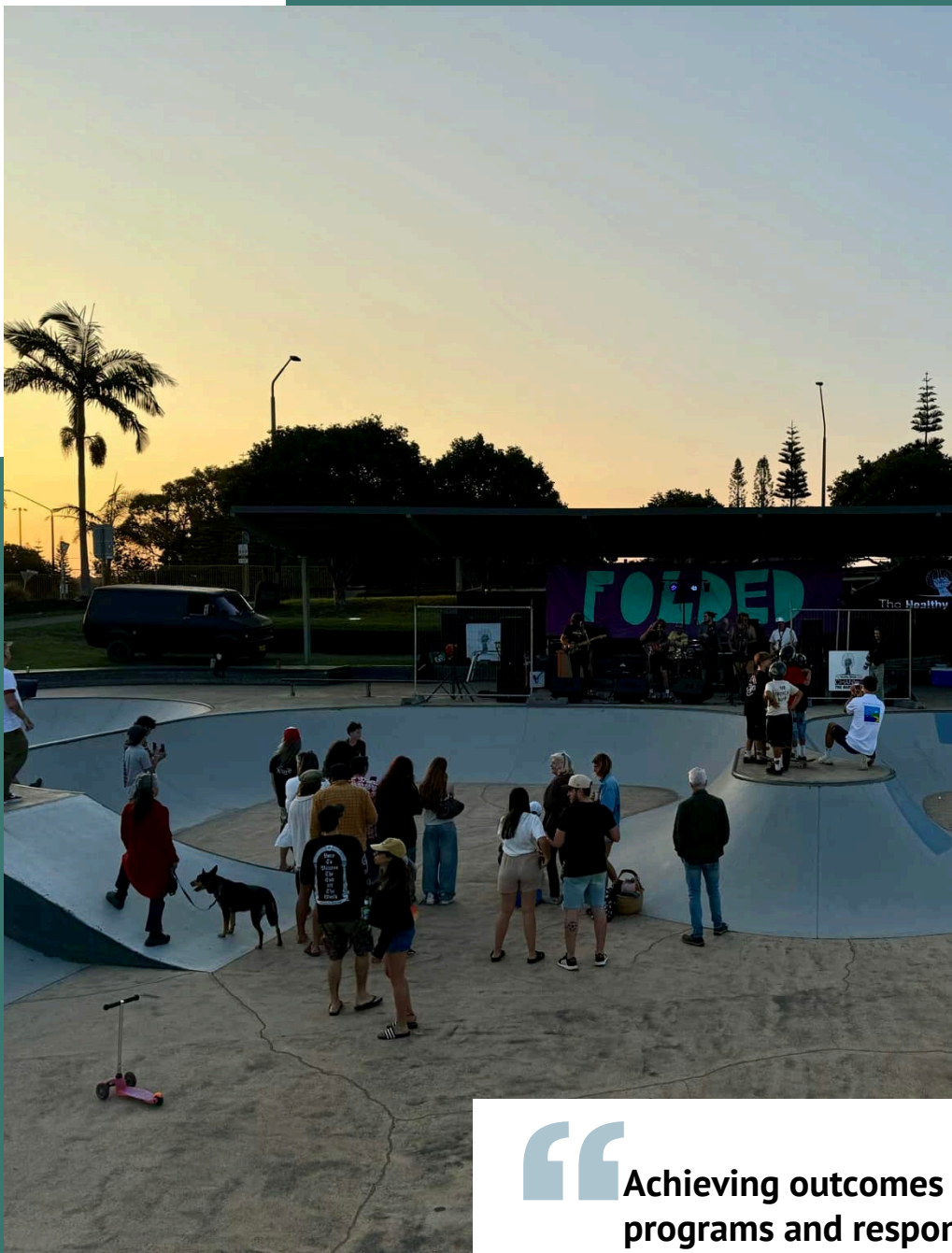
The Healthy Minds Club is committed to its long-term impact and is proactively planning for sustainable growth through diversified funding, improved financial management, and leadership succession planning.

Financial Sustainability

Responsible financial management ensured a \$6,206 surplus in 2024, despite a decrease in net profit compared to the previous year. This strong financial position secures our continued investment in youth mental well-being.

Continued Growth & Impact

Guided by our strategic plan, the Healthy Minds Club will expand its reach and impact, strengthening community partnerships and its reputation as a vital resource for youth mental health.



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