

A photograph of four people on a beach. Two women in blue long-sleeved shirts and dark pants are on the left, looking towards the right. A man in a blue shirt is on the right, holding a surfboard. Another man is in the background, shirtless. The background is a sandy beach with the ocean and sky.

2024 - 2025

ANNUAL REPORT

**THE HEALTHY MINDS
CLUB INC**

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EXECUTIVE SUMMARY

The Healthy Minds Club (THMC) is proud to present its 2024–2025 Annual Report, reflecting a year of growth, resilience, and continued commitment to youth wellbeing.

Over the past year, we expanded our reach through impactful community events, strengthened our partnerships, and invested in youth sporting sponsorships and mental health programs. From the success of our Folded Festival and Tag Team Surf Event, to collaborations with local schools and sports clubs, THMC has continued to provide opportunities that connect, empower, and uplift young people in the Northern Rivers region.

Thanks to the dedication of our volunteers, partners, and sponsors, we have been able to invest directly into the lives of young people — supporting mental health education, wellness initiatives, and pathways for social inclusion. While our financial overview will be presented separately, we are proud to report that THMC remains in a stable position, allowing us to deliver meaningful programs and plan for long-term sustainability.



COMMUNITY EVENTS

Folded Festival – 14 October 2024

Hosted at Missingham Park, Ballina, in collaboration with local band Droplegs, Folded Festival gave young artists from schools across the Northern Rivers their first chance to perform live. This all-ages, alcohol-free event was a huge success, with The Maggots taking out first place and receiving a professional studio recording session where they created three original songs.

Hole For A Goal Charity Golf Day – 21 November 2024

Our fourth annual golf day at East Ballina Golf Club brought together the community for a day of laughter and connection. Proceeds from the event went directly into our youth wellness funding, supporting educational programs in schools and broader holistic health initiatives.

Outerbody Golf Day – 8 December 2024

We were once again invited to attend the Outerbody Golf Day fundraiser, raising over \$8,000 for THMC. The generosity and commitment of the Outerbody team exemplify the strength of community spirit and the power of collaboration.



COMMUNITY EVENTS

Usher Cup – 26 January 2025

THMC was again honoured to be chosen as a beneficiary of the Usher Cup, the world's largest team-based surfing event. This premier competition brought together boardriders clubs from across the globe and contributed a \$5,000 donation to our youth wellness programs.

LeBa Honorary Club Round – 1 March 2025

In partnership with Lennox Ballina Boardriders (LeBa), we hosted a special club round in honour of Daniel Hosking, whose legacy is central to the foundation of THMC. The day raised \$3,000, marked the club's largest attendance in history, and celebrated community, friendship, and Daniel's enduring impact.

THMC Tag Team Surf Event – 24 May 2025

Our fourth annual Tag Team Surf Event, run in collaboration with LeBa, once again brought together surfers of all ages in a unique team-based format. Designed to unite different demographics of the surf community, this event highlighted inclusivity, fun, and the power of sport to build connections.

COMMUNITY WELLNESS RESOURCES

Tomorrow Man – \$4,785

THMC funded a Tomorrow Man program in local schools, empowering young men to challenge stereotypes around masculinity and build resilience. The workshops encouraged open conversations about mental health and provided tools for emotional wellbeing and connection.

Little Legends Summit

In collaboration with East Coast Care Connect, THMC facilitated eight sessions of the Little Legends program, a holistic initiative that equips youth with practical skills to regulate emotional and physical wellbeing. This program continues to inspire confidence, resilience, and positive habits among local youth.

Mental Health Counselling Sessions

THMC directly funded 10 counselling sessions, ensuring that young people in need had access to timely professional support. By bridging financial gaps, these sessions provided vital early intervention and helped families access quality mental health care without delay.



OUR LATEST NUMBERS

THE FINANCE

The action or activity of gathering information about consumers' needs and preferences.

This year has seen a rise in brand loyalty, our customers are feeling engaged and helping our product grow.



89%

USERS IN ASIA



FUTURE GOALS & STRATEGY

In 2024–25, THMC partnered with local strategic business planner Rob Fish to refine our mission and vision and chart a long-term course for the organisation. Through a series of workshops, we identified opportunities to strengthen our branding, enhance organisational resilience, and establish a clear five-year recruitment and sustainability plan.

Moving forward, our goals include:

- Expanding preventative mental health initiatives and youth wellness programs.
- Diversifying fundraising streams through sponsorships, grants, and events.
- Strengthening our brand presence and communication.
- Building succession pathways to ensure strong leadership and continuity.

We are grateful for Rob's ongoing guidance and look forward to continuing this work into the new year.

CONCLUSION



The 2024–25 year reflects the power of community, collaboration, and vision. From festivals and sporting events to school-based programs and counselling support, THMC has continued to make a tangible impact on youth wellbeing in the Northern Rivers.

While challenges remain in securing long-term funding, our commitment to empowering young people and fostering healthier communities is stronger than ever. With the support of our partners, sponsors, and volunteers, we will continue to grow, adapt, and deliver on our mission: to promote positive mental health, resilience, and inclusion for all young people in our region.