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Annual Report 2019 - 2020

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BOARD OF MANAGEMENT

Chairperson

Ms Ruby Gates

Retired school counsellor

St George College

Deputy Chairperson

Dr Jon Jureidini

Child Psychiatrist WCH

Head, Paediatric Mental Health Training Unit, Adelaide University

Secretary

Mr Rob Fowler

Adjunct Professor of Law

University of SA

Treasurer

Mr Peter Gill

Communications Consultant

Members

Ms Corinne Habel (1 June 2020 -present)

Head of Fundraising and Marketing

Adelaide Women's and Children's Hospital Foundation

Ms Amy Liaw (20 March 2020 – 25 May 2020)

CEO, Carer Support

Ms Emma Crosby (20 March 2020 – 23 June 2020)

Financial Controller, Escient

Ms Nahtahna Davey (20 March 2020 – 23 July 2020)

Experienced executive, in transition

STAFF

Ms Kate Strohm

CEO

Mr James Girvan

Program Manager

Ms Rachel Bailey

Office Manager

Ms Tash Binder

Project Officer

Ms Andrea McCarthy

Marketing & Communications Manager

VISION

Siblings – acknowledged, connected, resilient.

MISSION

Siblings Australia recognises the importance of relationships in the lives of people with disability. It is committed to enhancing the wellbeing of siblings of children with disability or chronic illness and their families through developing and coordinating services.

Siblings Australia aims to support siblings directly to improve their mental health and wellbeing; to provide education and training to parents, professionals, policy makers, researchers, and the general public on the needs of siblings; to promote and carry out research to ensure good practice in sibling support. By strengthening family relationships, ultimately there are benefits for the whole family.

SIBLING SUPPORT

The sibling relationship is often the longest of any. Through relationships with brothers and sisters, children learn to express emotions such as love, loyalty, anger and rivalry. They gain companionship and support, and learn to give and take. Siblings help teach each other social skills and play a role in each other's identity development. When one sibling has a disability, some aspects of the relationship can change enormously.

Many siblings enjoy mutually satisfying relationships with their brother or sister with disability. However, many also experience a range of feelings and reactions to their situation, and these can vary over time. Often there is confusion about those feelings. On the one hand, a child may feel loving and protective toward their brother or sister; at the same time, they may feel resentment, embarrassment, guilt, sorrow and fear. Without the cognitive skills and emotional maturity to understand and deal with those feelings, a child's self-esteem can suffer. If left unaddressed, longer term problems such as depression and anxiety may then follow.

It is important to intervene early and provide support to children who are at risk of developing emotional problems. This needs to include approaches within all the settings in which the child operates, for example, family (immediate and extended), friends, peers, school and community. With such support in place, siblings are more likely to develop strength, resilience and tolerance.

When the whole family is able to access support, ALL members can feel stronger and more able to support each other. Support for siblings allows them to feel less isolated and helps them to build resilience. As a result, not only will they be more likely to develop to their full potential, but also more likely to contribute to the quality of life of their brother or sister with disability. The whole family is likely to function more positively.

Outside the family, settings such as school and community can also play a crucial role in acknowledging the needs of siblings, creating connections between them and also creating programs that help siblings develop self-esteem and resilience.

BRIEF HISTORY

Siblings Australia was established by Kate Strohm in 1999, within the Department of Psychological Medicine at the Women's and Children's Hospital, with the support of the Head of this department, Dr Jon Jureidini. Since then the organisation has developed a national and international reputation for its work with families and professionals.

In early 2020, Siblings Australia was awarded a 3-year NDIS grant to increase the capacity of siblings.

SIBLINGS AUSTRALIA ACTIVITIES

Some of the key activities of Siblings Australia over many years have included:

- Responses to multiple enquiries from families and providers
- Presentations to parent groups around Australia
- Workshops for young siblings - SibworkS
- Training workshops for facilitators of SibworkS – a peer support program for siblings
- Development of resources for families and providers
- Online peer support groups for siblings
- Service provider training
- Extensive networking, locally, nationally and internationally, between service providers who are involved in sibling support
- Collation of an extensive reference library, including books and journal articles
- Establishment of a website (www.siblingsaustralia.org.au), a major source of information and resources for both families and service providers
- Collaboration with education services to promote sibling support in schools
- Contribution to undergraduate health professional training
- Support of research into sibling issues and sibling support
- Advocacy for sibling support at both organisational and policy levels
- Raising awareness of sibling needs through presentations and the media

CHAIRPERSON'S REPORT

After many years of grant applications and limited funding, I can with much excitement report that our Executive Director Kate Strohm, was successful in obtaining a substantial grant from NDIS to implement a “Stronger Siblings – Strong Families” program over the next three years.

This grant has led to several positive changes within the organisation, such as the acquirement of two extremely competent and enthusiastic Board Members who bring with them a wealth of knowledge and commitment to Siblings Australia.

COVID 19, slowed our potential to get things moving as quickly as we would have liked, however we are now in full production mode with a fantastic team supporting our CEO and we have also precured an office space in Hutt Street, Adelaide.

Siblings are constantly at the forefront of supporting their brothers and sisters, whilst experiencing their own stresses, which often lead to longer term physical and mental health problems. The Board continues to support all of Kate’s efforts as she continues to work for siblings and ways to improve the quality of their and their brothers’ and sisters’ lives.

Once again, I thank the Board for their ongoing commitment through the hard times and can confidently state that we are all looking forward to supporting the organisation in this new initiative.

Rubini Gates

Chair

CEO's REPORT

It is easy to divide the year 2019-2020 into pre and post grant, and what a contrast between the two. During the first half of the year, we continued the following activities:

Direct support to families

- Continuing to respond to multiple enquiries re sibling support
- providing one on one parent sessions on support for siblings
- various peer support options for teen and adult siblings

Advocacy

- Trip to Canberra for the launch of the Parliamentary Friends of Autism and to meet Senator Hollie Hughes and the Minister for the NDIS, Robert Stuart.
- Had phone meetings with both Commissioners for Children, national and State
- Various conversations with government personnel in disability, health and education
- Submissions to inquiries

Presentations

- Parent workshops in August included Brisbane, Gold Coast, and Sydney (3)
- Lecture to Disability Studies students Flinders University
- Presentation at Rett Syndrome AGM

Consulting/communications

- Input into Parent Easy Guides through SA health
- Input into DHHS (Vic) ECEI Early Intervention guidelines
- Continuation of co-writing a book chapter on sibling relationships – international publication
- Two articles for Impact magazine, which promotes community inclusion of people with disabilities and is published by the Institute on Community Integration, a federally designated University Center for Excellence in Developmental Disabilities at the University of Minnesota. Article 1: The impact of SibTeen, a closed Facebook group for teen siblings, co-facilitated by the Sibling Support Project in Seattle and Siblings Australia. Article 2: Brief profiles of three successful/impactful sibling networks/organisations in the Asia Pacific Region – Taiwan, Japan and Australia <https://publications.ici.umn.edu/impact/32-2/cover>
- Continuation of our online peer support options for teen and adult siblings and social media through the Siblings Australia Facebook page

Research

- Contribution to Melbourne University Dept of Disability and Inclusion Research Steering Committee: Sources and solutions of conflict: Families living with the child/ young person with autism
- Completed survey by Monash University for the NDIA in relation to their new Research and Evaluation program

We also continued our efforts re collaborations with a number of other agencies.

In late December we were thrilled to hear that our application to the 3-year Individual Capacity Building and Organisation Capacity Building grant as a 'Family Organisation', had been successful.

ICB grant

There were various delays mainly due to COVID-19 but eventually secured accommodation in the Adelaide CBD, appointed a Program Manager, Comms/Marketing Manager, Project Officer, Office Manager to work alongside the CEO. Our final staffing includes 3 siblings and a parent, which certainly adds credibility to our work.

We spent the first half of 2020 developing policies/procedures, processes for finances, HR, Office 365, alongside Project Plans, budgets etc. We developed a Program Logic and indicators through the Centre for Social Impact (UniNSW) to evaluate the project.

Communications

- Ongoing management of the Siblings Australia Facebook page (3500+ 'likes') and peer support on FB for teen and adult siblings
- The Siblings Australia website (90+K visitors per annum) has undergone a review and it is likely that the site will be rebuilt
- An article was submitted to the 2020 Disability Outlook publication – (<https://nationaldisabilityoutlook.com.au/>) – which is distributed widely through the disability sector.

We were also notified in early 2020 of success with a small NDIS Transition Assistance grant, which we used to engage a consultant who supported us with developing a 3-year Strategic Plan and first draft Business Plan. It also allowed the Board to access Governance Training.

It has been a hectic and rewarding year, as we finally accessed the resources to expand our offerings and consider the sustainability of the organization. I would like to thank the Board and new staff who have contributed to this very exciting but also very unusual first year.

TREASURER'S REPORT

As mentioned by the Director, the 2019-2020 year was a welcome change from previous years. Having been successful with a 3-year ILC grant through the NDIS, we were able to plan significant increases in what we could offer to siblings and their families, as well as those who support them.

The audit carried out by Nexus Edwards Marshall showed sound financial management throughout the year, and we acknowledge the work of Sarah Groth, Principal at SG Balanced Solutions in assisting us with this aspect of our operations.

We look forward to not only expanding our work over the next 2 years but also ensuring sustainability for the years ahead. Please find attached the final figures for 2019-2020.

Peter Gill, Treasurer

Profit and Loss
Siblings Australia Incorporated
1 July 2019 to 30 June 2020

30 Jun 20

Income	
BLCW Grant Funding	\$8,837.50
General Donations	\$2,555.68
ILC Grant Funding	\$109,555.57
Interest Received	\$1,438.91
NDIS Revenue	\$300.00
Other Revenue	\$1,390.10
Postage Recovered	\$81.00
Seminars & Workshops [44010]	\$1,468.64
Siblings Book	-\$25.00
SibWorks Income	\$825.00
Sibworks Program & Licencing	\$654.41
Total Income	\$127,081.81
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Gross Profit	\$127,081.81
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Plus Other Income	
Cash Flow Boost	\$21,598.00
Total Other Income	\$21,598.00
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Less Operating Expenses	
Accounting & Bookkeeping	\$2,660.50
Annual Leave Provision expense	\$6,458.00
Bank & Paypal Fees	\$57.23
Board Expense	\$17.00
Consultancy - Evaluation (ILC)	\$2,605.00
Consultancy - Strategic/Business plan (BLCW)	\$8,837.50
Consultancy B - IT organisational capacity (ILC)	\$13,912.50
Depreciation	\$543.61
Insurance	\$449.60
Interest	\$10.07
Internet	\$236.27
Legal & IR	\$3,271.27
Marketing	\$62.50
Office Supplies	\$98.05
Paypal Fees	\$2.19
Printing and Postage	\$1,378.63
Recruitment	\$1,095.00
Resources	\$100.00
Small Office Equipment	\$620.83
Software	\$76.48
Subscriptions	\$146.59
Superannuation	\$7,297.41
Travel & Accommodation	\$3,095.90
Wages & Salaries	\$76,480.73
Workcover	\$180.75
Total Operating Expenses	\$129,693.61
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Net Profit	\$18,986.20
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Balance Sheet
Siblings Australia Incorporated
As at 30 June 2020

30 Jun 2020 30 Jun 2019

Assets

Bank

BankSA - Gift Account	\$0.00	\$70.53
BankSA - Operating Account	\$214.25	\$7,908.78
Gift Account	\$2,089.66	\$0.00
ICB Grant Account	\$809,000.81	\$0.00
Operating Account	\$1,943.61	\$0.00
Pay Pal Account	\$294.65	\$135.66
Petty Cash	\$120.00	\$120.00
Transition Grant Acc	\$22,011.78	\$0.00
Total Bank	\$835,674.76	\$8,234.97

Current Assets

Accounts Receivable	\$465.00	\$580.00
Bond - Hutt Street	\$3,208.33	\$0.00
Prepayments	\$609.95	\$0.00
Total Current Assets	\$4,283.28	\$580.00

Fixed Assets

Accumulated Depreciation [13110]	\$0.00	-\$427.50
Accumulated Depreciation [13210]	-\$19.22	-\$7,519.02
Accumulated Depreciation on Computer Equipment	-\$524.39	\$0.00
Computer Equipment Asset	\$6,890.00	\$0.00
Computer Software - at cost	\$0.00	\$427.50
Plant & Equipment [13200]	\$1,874.34	\$7,519.02
Total Fixed Assets	\$8,220.73	\$0.00

Non-current Assets

Sundry Debtors	\$11,598.00	\$0.00
Total Non-current Assets	\$11,598.00	\$0.00

Total Assets	\$859,776.77	\$8,814.97
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Liabilities

Current Liabilities

Accounts Payable	\$19,253.60	\$0.00
Annual Leave Provision	\$6,458.00	\$0.00
GST	-\$3,003.62	\$0.00
Sundry Creditors	\$194.00	\$0.00
Visa	\$0.00	\$17.00

Funding

BLCW Transition funding	\$11,162.50	\$0.00
ILC Funding	\$782,088.93	\$0.00
Total Funding	\$793,251.43	\$0.00

Payroll Liabilities

PAYG Tax	\$10,799.08	\$0.00
Superannuation Payable	\$5,234.11	\$0.00
Total Payroll Liabilities	\$16,033.19	\$0.00
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Total Current Liabilities	\$832,186.60	\$17.00
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Non-Current Liabilities		
GST Payable Control Acc 2011	-\$194.00	\$0.00
Total Non-Current Liabilities	-\$194.00	\$0.00
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Total Liabilities	\$831,992.60	\$17.00
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Net Assets	\$27,784.17	\$8,797.97
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Equity		
Current Year Earnings	\$18,986.20	-\$14,876.35
Retained Earnings	\$8,797.97	\$23,674.32
Total Equity	\$27,784.17	\$8,797.97
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CONTACT US

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