



Kindred

Annual Report
2021 - 2022

Who we are

Kindred is a not-for-profit organisation supporting families with children aged birth to 8 years old with a developmental delay or disability and medical needs. With a focus on peer support, the organisation empowers parents and caregivers to build the knowledge and confidence that will see their families thrive. This is achieved through a range of programs and supports, including peer support groups, workshops, webinars, and the development of educational resources.

Established in 2019, Kindred is backed by a committed team of staff, volunteers and a board of directors that have lived experience of parenting a child with disability or as a disabled person. The team draws upon this lived experience and their professional expertise to support families.

Our purpose

Families with young children with developmental delay or disability and medical needs have the support they need early in their journey to create a life that is meaningful and fulfilling to their child and family.

Guiding Principles

- ◆ We are led by families and value the power of peer support.
- ◆ We believe in a strength-based, evidence-informed approach.
- ◆ We believe in the beauty and capability of each child.
- ◆ We respect and uphold the rights and dignity of all people.
- ◆ We believe all families are capable and have the right to self-determination.
- ◆ We believe in inclusion and promote a sense of belonging.



A message from our *Chair*



On behalf of the Kindred Board, I am pleased to present the Kindred Annual Report for the 2021-2022 financial year.

2021-22 has been a year of consolidation. During the year, we engaged Social Ventures Australia to help develop the organisation's future strategic direction, which was timely and worthwhile. Families, staff, board members and key industry players were involved in developing the strategy.

The resulting Strategic Plan 2022-2024 has ensured that, in addition to our strong foundation, we are clear on our future priorities and our desired impact is targeted, measurable and achievable.

We have continued to connect directly to even more families of young children: families new to the disability sector who can explore with us the many ways to have a meaningful and fulfilling life. We remained nimble to respond to families' needs, delivering support and information in many different modes. Our work this year has again confirmed that building the capacity of families of young children at the start of their journey is the best use of resources for future generations of people with a disability.

We changed our name from Reframing Disability Ltd to Kindred Community Ltd, recognising our purpose as an organisation and better reflecting who we are - a community of families for families.

Our unique focus on peer-led support for families of young children from birth to 8 years old means we can represent families'

real-life experiences to staff in the sectors in which they engage - be it disability, health, education or government. We have achieved this through Kindred's representation on government and community reference groups, working groups and committees.

It is heartening to see that these various sectors are seeking to understand what families want and need and are engaging Kindred to undertake professional development training for their staff. We are confident that, over time, this will lead to change at an institutional level to ensure the needs of children with a disability and their families are understood and met.

Thank you to our dedicated Board of Directors and members who volunteer their valuable time and contribute so much to ensure the good governance of Kindred. During this last year, we welcomed Joanna Allwood as a director of the board.

The Kindred staff have continued to go above and beyond this year - focussed, committed and responsive and led by CEO Stacey Touma, whose dedication and commitment has ensured a broad sector recognition of Kindred for the unique organisation that it is. Thank you one and all.

My thanks to the parents, families and caregivers who connected with Kindred - you are what makes this all worthwhile.

Kate McNamara
Chair



Kindred remains true to its purpose of supporting families with young children with disability to have the support they need early in their journey to create a life that is meaningful and fulfilling to their child and family.

During the 2021 – 22 financial year period, Kindred continued to grow our support for families across NSW, despite the many challenges of the COVID-19 pandemic. We were responsive to our community's needs during the lockdown period offering educational content to assist in navigating the day-to-day realities of parenting during a pandemic.

With a focus on peer support, Kindred empowered parents and caregivers to build the knowledge and confidence that will see their families thrive. We achieved this through a range of programs and supports, including peer support groups, workshops, webinars, and the development of fit-for-purpose educational resources.

We engaged Social Ventures Australia to help support the development of Kindred's future strategy. We consulted with a range of stakeholders, including families, professionals, partners and people with disability, to inform our new Strategic Plan and roadmap for the next three years. This will see us continue to grow our programs and impact across NSW as we seek to support families in three key areas: creating meaningful connections, developing a positive outlook for the future and building families' capacity.

We piloted our new program Kindred Connect, an individual support service to

help families to navigate the systems, access support and offer guidance in understanding how to support their child.

Proudly, we launched a new website, rebranded, and changed our name from Reframing Disability to Kindred. We also launched the Good Life series, where we promote stories of young people with disability living a good life.

It has been so encouraging to have our vision embraced by a host of new partners over the past year. These partners have included early childhood intervention organisations, medical professionals, community organisations and allied health practitioners right across NSW. We are delighted for these opportunities to collaborate and grateful for the support, advice and referrals.

An enormous thank you to the Kindred team - we simply couldn't do what we do without our dedicated and passionate team. Our results are a testament to their ongoing passion and commitment. Thank you to the Board – and special thanks to our Chair, Kate McNamara – for their unwavering support, wisdom and guidance. Thank you to our partners, stakeholders, families, and people with disability that have contributed to our programs and resources. Finally, thank you to the families that have connected with Kindred – when families thrive, children thrive.

Stacey Touma
CEO

How we support families: Core programs

◆ Peer support

Our Peer Support groups offer a space for families to come together and learn with and from one another. They are a safe and inclusive space that can help families to navigate (and celebrate) everyday life, as well as the big picture. We offer a weekly MyTime discussion group and host an online moderated community group.

◆ Learning & Development

Aimed to empower and build the capacity of families, our educational program includes webinars, workshops and online events for families to learn from other families, professionals and people with disability.

◆ Information and Resources

Informed by the lived experience of our staff and the experiences of our families, our practical tip sheets and resources assist families to navigate the day-to-day realities of their child's disability and family life, supporting them to make informed choices.

◆ Kindred Connect

An individual peer support service to help families to navigate the systems, understand their child's disability and guidance in accessing community and mainstream supports.



Highlights

Between the period 1 July 2021 to 30 June 2022, Kindred supported:

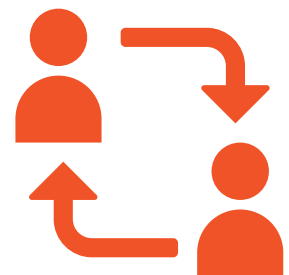
- 2,013 parents and carers attended a Learning & Development or Peer Group program.
- 613 families in the Kindred Community Facebook Group
- 28, 439 people viewed the Kindred website/resources
- 18 caregivers received individual Peer Support in the Kindred Connect program
- 67 parents and people with disability contributed to Kindred's resources and program



16 Workshops



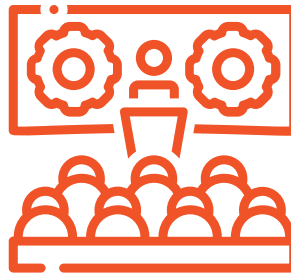
**12 Healthy Mothers
Healthy Families Groups**



**18 Kindred Connect
Sessions**



27 Webinars



1 Family Conference



**67 parent and carer
volunteers**



5 Panel Events



**8 Topic-Based
Peer Groups &
32 MyTime Peer
Group Sessions**



**51 articles and
resources published**

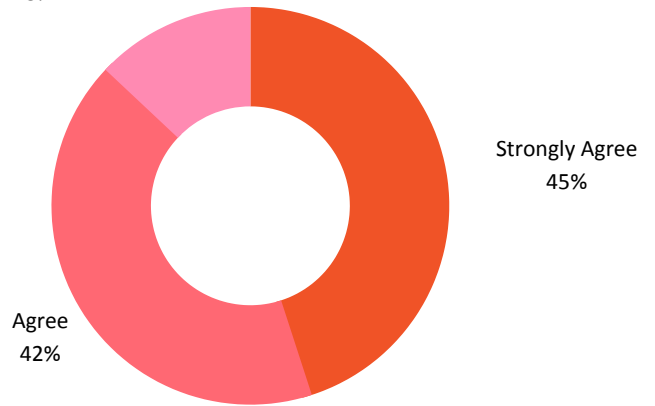
Evidence of Impact

Beyond looking at key output data, a client survey was used to better understand the extent to which our priority outcomes have been achieved. The following section outlines the results of that survey.

Outcome Area: Connection

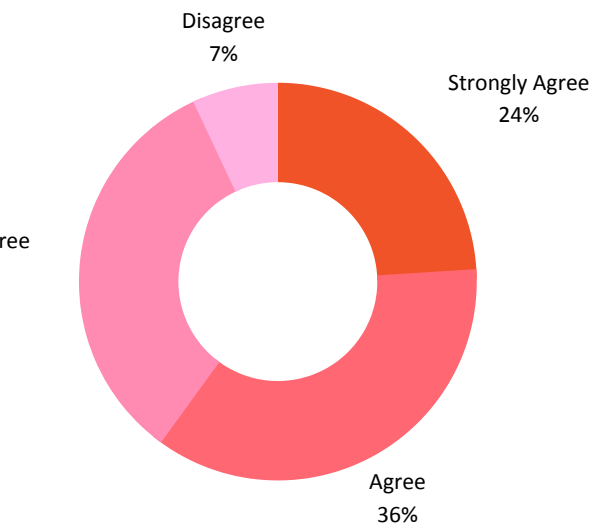
Kindred's programs/supports helped you feel less isolated.
(88 responses)

Neither are nor disagree
13%



Strongly Agree
45%

Agree
42%



Helped you to develop a network of support.
(88 responses)

Strongly Agree
24%

Agree
36%

Neither are nor disagree
33%

Disagree
7%

“ It was reassuring to not be alone and be linked with parents from similar backgrounds with similar struggles. ”

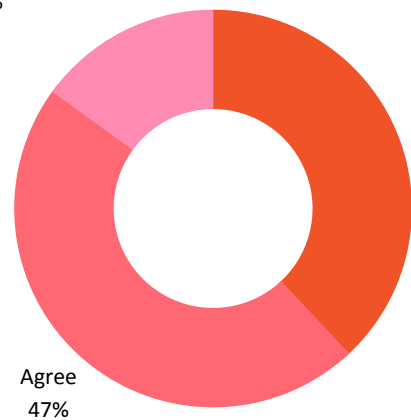
“ Having like-minded people understand without judgement. It's a hard journey at times. Connecting me to others was great. ”



Outcome Area: Positive Outlook

Kindred's programs/supports increased your motivation and confidence.
(88 responses)

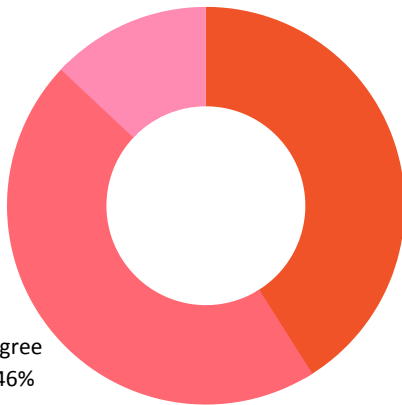
Neither are nor disagree
15%



Strongly Agree
38%

Agree
47%

Neither are nor disagree
13%



Strongly Agree
41%

Kindred's programs/supports have given you a more positive outlook on your and your child's life.
(88 responses)

Agree
46%



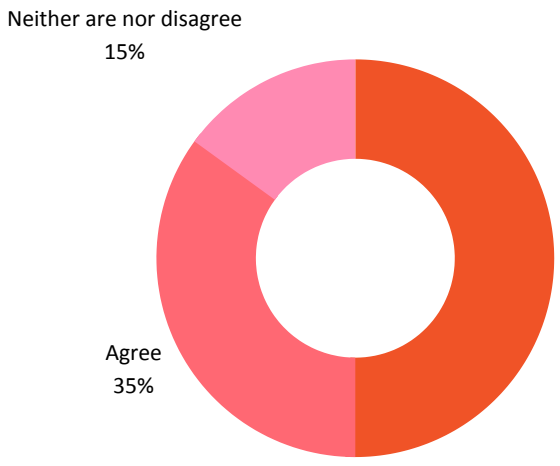
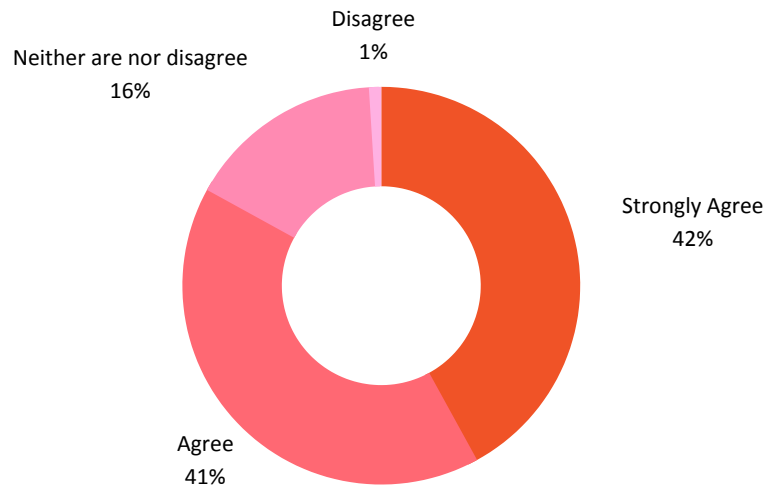
It has been so valuable to hear positive stories of what I can expect for my disabled children.





Outcome Area: Capacity Building

**Kindred's programs/supports helped you and your family to better understand and be able to navigate the service system.
(88 responses)**



**Kindred's programs/supports increased your ability to advocate for your family, child or children.
(88 responses)**

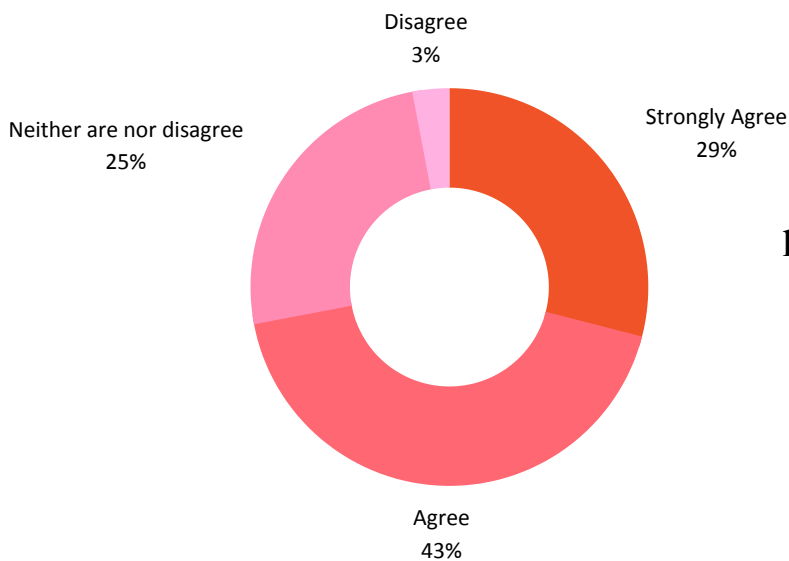
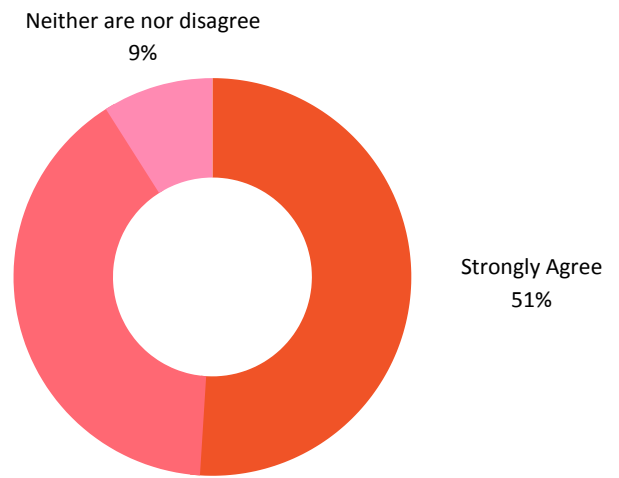
“
A go to for any queries about advocacy or parenting a disabled child.”

“
It's changed the way I think. I have become more confident in advocating for my son. As well as connecting to like-minded people who understand and care.”



Outcome Area: Capacity Building

Kindred's programs/supports have improved your knowledge and skills.
(88 responses)



Kindred's programs/supports have increased your leadership and influencing opportunities.
(88 responses)



I enjoyed three of your courses so far. I found them very helpful and wish they were around 10 years ago when my child was born as we've suffered so much stress then and we are trying to change our approach now, which is harder to adjust to than if we had done it from the beginning.



Achievements

◆ Theory of Change

In order to clearly articulate Kindred's intended impact and the outcomes we aim to achieve for families, we developed an organisational-level Theory of Change in consultation with Social Ventures Australia.

◆ MyTime partnership

Kindred was awarded funding from Tresillian /Parenting Research Centre to deliver two MyTime Peer groups to families virtually.

◆ Kindred Connect

We piloted our new program Kindred Connect, an individual support service to help families to navigate the systems, access support and offer guidance in understanding how to support their child.

◆ Funding extension

Kindred received a time extension of the Department of Social Services ILC funding to allow us to deliver our programs and supports through to the end of 2022.

◆ Name change & rebrand

In response to feedback from families, we changed our name from Reframing Disability to Kindred and rebranded. Our new name and brand reflect our focus on community and supporting families of young children.

◆ Strategic Plan: 2022 - 2024

We engaged Social Ventures Australia to work with us to refresh our strategic plan and implementation plan for 2022 - 2024. The process was informed by consultation with over 100 key stakeholders.





“

It gave me support as a parent. All of the treatments and therapies (rightly) focus on the child, however as the mother I am the one tasked with implementing and executing the therapies (as well as a million other things!) and Kindred is the first service I've linked with that put me at the forefront which obviously impacted me but also my disabled children as I can now better care for them and be empowered to advocate clearly and strongly for their needs.

”

Acknowledgements

◆ Thank you to our funding partners for the 2021 - 2022 period

- Department of Social Services
- Tresillian / Parenting Research Centre

◆ Thank you to our contributors

Thank you to the families and people with disability who shared their lived experiences for families to learn from and contributed to the development of our strategy, programs and resources.

◆ Thank you to our partners

Thank you to the organisations, allied health practitioners and health professionals we have worked with for your support, advice and partnership.

◆ Thank you to our board and team

Thank you to the passionate and dedicated board of directors and team - our achievements are a testament to their ongoing passion and commitment.

◆ Thank you to the Kindred families

Thank you to the incredible families that have met, supported and worked with over the past 12 months – when families thrive, children thrive.





Kindred

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