



Kindred Impact Report: 2022 - 2023

Who We Are

Kindred is an independent, not-for-profit organisation by families, for families raising children with disability, developmental delays and neurodivergence across New South Wales.

We empower parents and caregivers to grow their skills, knowledge and confidence to support their children and family to thrive.

Our Purpose & Principles

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

Our Guiding Principles

- We are led by families and value the power of peer support.
- 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 of self-determination.
- We believe in a strength-based, evidence-informed approach.
- We believe in inclusion and promote a sense of belonging.



A Message From Our *Chair & CEO*

On behalf of the Kindred board, we are pleased to present the Kindred Impact Report for the 2022-2023 financial year period.

We are incredibly proud of the impact we have made in the past year. We have continued to walk alongside families from the early days of having concerns about their child's development, to the transition and journey throughout primary school. Offering connection and belonging within our community. Empowering them to grow their skills, knowledge and confidence. And helping them to feel more hopeful and positive to discover a future full of possibility for their child and family.

As a community made by and for families, Kindred is vital to the New South Wales disability ecosystem. We ensure that families receive the support they need, when they need it, and how they need it. Drawing on the collective lived experience of our team and families, we provide independent, trustworthy information and services to help families navigate this complex journey. Cementing Kindred is a trusted resource for families and a reliable referral pathway for professionals who work with children and families.

This past year has been a year of growth and partnership for Kindred. We are proud to partner with the Australian Catholic University to become the NSW & ACT peer facilitator delivery partner for the evidence-based Envisage program until 2025. We extended our partnerships with Monash University to deliver an additional 20 Healthy Mothers Healthy Families groups and Playgroup NSW to deliver two weekly MyTime peer groups. Hosted in collaboration with Plumtree, our Family Conference empowered families to support their child's inclusion in the

community with a keynote presentation by Kurt Fearnley. We formed a strategic partnership with ACD VIC and Kiind WA to establish the Child and Family Disability Alliance, working together to improve outcomes for children with disability and their families.

Looking ahead, we will continue to deepen our impact across NSW, reaching parents and caregivers from the earliest point possible, working with the sector to improve outcomes for children with disability and their families, investing in the leadership of our family leaders, and strengthening our governance.

We are grateful for the passion and dedication of our team, who bring their skills and lived experiences to make Kindred's work a reality. We extend our appreciation to our directors for their invaluable guidance and support. We bid farewell to directors Justine Flynn, Joanne Jakovich and Joshua Williamson, whose contributions have been instrumental in shaping Kindred's journey. We are thrilled to welcome new directors, whose expertise and leadership will be essential as we scale Kindred to meet the growing needs of families.

We hope that our impact report inspires you to share our work and become supporters of our purpose of ensuring that families with young children with disability have the support they need early in their journey to create a life that is meaningful and fulfilling to their child and family.

Kate McNamara
Chair



Stacey Touma
CEO



What We Do: *Build Capacity*

We know that when families are supported, children thrive. This year we delivered programs and supports to grow the knowledge, skills and confidence of families.

Interactive Workshops

Our popular workshops, 'All About Me' and 'Maximising Therapy', provided practical tips, strategies and tools informed by strength-based and family-centred approaches.

Webinars

Our webinars and panel discussions featured experienced parents, people with disability, health professionals and expert guest speakers. They shared their insights and experience on a wide range of topics, including advocating in the healthcare system, transitioning to school, and understanding evidence-based and best practice information.

Kindred Connect

Our trained Peer Workers provided 1:1 support to families who needed extra assistance in understanding their child's disability, navigating systems and services, and accessing community and mainstream supports.

Kindred Community

Our online moderated community is a safe space for parents to seek trusted and reliable information from other families. The collective knowledge means that families, especially those early in their journey, don't have to reinvent the wheel for every decision.

Family Conference

We partnered with Plumtree to co-host the annual Family Conference, bringing together families of children with disabilities and their allies. Themed 'Becoming part of the community: taking steps towards inclusion' the conference featured presentations from professionals, peer workers, young people with disability and Keynote speaker Kurt Fearnley.

Resources

Drawn from the lived experiences of our team and families in our community, our [resources](#) help families navigate the day-to-day realities of their child's disability and make informed choices. We covered a range of topics including a directory of practical supports for carers, advocating in the healthcare system, and the ins and outs of therapy supports.

Our Priority Outcomes:

Families are empowered with access to relevant evidence-based information, have the tools and resources to confidently navigate services and the skills needed to self-advocate

What We Do: *Build Capacity*

Evidence-Based Programs

We partnered with two leading Australian universities to deliver parenting programs. ‘Healthy Mothers Healthy Families’ developed by Professor Helen Bourke-Taylor from Monash University is a health education and empowerment program for mothers of children with disability. ‘ENVISAGE’ from the Australian Catholic University supports, empowers and connects parents and caregivers raising a child with disability, autism or developmental concerns by embracing contemporary strengths-based ideas about health, wellbeing, and development.

Topic-Based Peer Groups

Our MyTime groups brought together families to learn from each other and from professionals. With discussions centred around topics identified by families, we regularly invite guests, including speakers such as Siblings Australia, Carers NSW and a children’s continence nurse, to answer questions and share information.

- > 91% of families agree/strongly agree that the topics and speakers have helped to demystify systems.
- > 94% of families reported that the topic-based approach is important/very important to them.

“

Kindred is an incredible organisation. It has helped us in many ways. The advice is always insightful, the workshops and resources are always helpful and practical. I’m grateful to have free access to so much support.

”

Kindred’s Topic-Based Peer Groups give me knowledge and skills that make situations feel less stressful

97%

AGREE / STRONGLY AGREE



What We Do: *Create Connections*

Connecting with like-minded parents and caregivers who understand the journey can be life-changing. At Kindred, we understand the importance of connection and coming together to learn from each other. Our Peer Support Programs offer families a safe and inclusive space to navigate everyday life and celebrate the moments along the way.

Kindred Community

Hosted in a private [Facebook group](#), our moderated community is for families to connect, celebrate and learn with parents and carers on their own beautiful journeys. Ours is a safe space where parents and caregivers can come to ask advice and share experiences on anything from their child's diagnosis to navigating school and the NDIS.

Webinars

Our MyTime peer groups are run by trained and knowledgeable parent facilitators who understand what it's like to have a child with a disability. In our Topic Based sessions, families come together to learn about different areas related to disability parenting and have the opportunity to ask questions and share their experiences. We also run regular Check In & Connect sessions where the conversation is guided by what has been happening in the lives of participants. Where parents can ask advice from the group or simply connect with families walking a similar path.

“*I'm forever grateful I have made the connection with Kindred. I see the parents in the community as part of my village of supports.*”

Kindred's Topic-Based Peer Groups provide both practical and emotional support

97%

AGREE / STRONGLY AGREE

Our Priority Outcomes:

Parents and carers experience less isolation and have a network of support.



What We Do: A Positive Outlook

When a child is diagnosed with a disability, parents can feel scared and uncertain about the future. Through our workshops and resources we share stories of success and provide positive role models. Helping families feel more positive and hopeful about their child and family's future.

Good Life Stories

In our social media series 'Stories Of The Good Life' we shared stories from people with disability exploring what a good life means to them. People from all walks of life, living rich, full and meaningful lives on their own terms. We featured stories including Kai who has a built his own business after inventing a fidget, Sophie and Jason who are in love and living together independently, and Eliza who is a musician and mother.

“

Kindred has helped me craft the vision for the future I want for me child and given me the tools and confidence to help make that vision a reality.

”

Webinars

In the 'Good Life: A Parent Perspective', we spoke to parents further along in their journey. Including Penny whose son Al pursued an inclusive education and today lives independently in his own home and Carolyn whose son Tom has his own recycling business. They shared the steps they took throughout their child's life to support them in building a good life based on their individual strengths, interests and aspirations. As well as how they overcame setbacks and hurdles along the way.

Families felt less afraid and more optimistic about their child and family's future

82%

AGREE / STRONGLY AGREE

Our Priority Outcomes:

Families are exposed to positive role models and stories of success so that they feel hopeful and positive about their child and family's future

Our Year in *Numbers*

98

Panels, Webinars, Peer Groups & Workshops

66

People Contributed or Volunteered

1,770

People Attended our Events

3,058

Newsletter Subscribers

60

Published Resources, Tips & Stories

5,423

Social Media Followers

87,000+

Resources, Tips & Stories Reach

946

Members in Kindred Community FB Group

213

Professionals Kindred Presented To

97,000+

People Reached Through Social Media

Our Impact

In 2023, Kindred adjusted our measurement approach in order to more accurately assess the impact of our work. This years Annual Survey sought to understand both beliefs and behaviours, allowing us insights into how families feel and the actions they have taken as a result of our programs. The data collected, along with post program feedback from event attendees is represented below:

Feedback from Kindred Families

Better Able to Navigate Systems & Services



80%

AGREE / STRONGLY AGREE

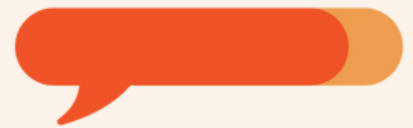
Improved Knowledge & Skills



88%

AGREE / STRONGLY AGREE

Increased Ability To Advocate



86%

AGREE / STRONGLY AGREE

Increased Motivation & Confidence



84%

AGREE / STRONGLY AGREE

A More Positive Outlook



82%

AGREE / STRONGLY AGREE

Experienced Greater Resilience



84%

AGREE / STRONGLY AGREE

8.8

Recommend Kindred

PEOPLE OUT OF 10 WOULD RECOMMEND KINDRED TO A FAMILY MEMBER OR FRIEND

Our Achievements

Representing the Voice of Families

Kindred is actively involved in committees and working groups to ensure that families of children with disability are represented. These include the NDIA Reference & Working Group and Early Childhood Strategy. As well as making a [joint submission](#) to the NDIS Review.

Envisage

Kindred was appointed as the NSW & ACT co-delivery partner for [ENVISAGE](#), an evidence-based program for parents and caregivers with young children with disability. ENVISAGE is being delivered as part of a \$6.9 million grant from the Department of Social Services, awarded to Australian Catholic University-led Consortia.

Funding Extension

Our project funding from the Department of Social Services was extended to June 2024, allowing us to continue developing and delivering our key educational programs and resources. As well as deepening our impact with families in regional communities and families early in their journey.

Child and Family Disability Alliance

Kindred, in partnership with Kiind WA and ACD VIC, established the Child and Family Disability Alliance (CAFDA). CAFDA collectively support 30,000 families with children with disability, and is working together to share knowledge and resources, offer a wider range of services and grow its collective impact.

Healthy Mothers Healthy Families

We were thrilled to extend our agreement with Monash University and Professor Helen Bourke-Taylor to deliver [Healthy Mothers Healthy Families](#), an evidence-based health education and empowerment program for mothers of children with disability. Kindred will be delivering groups until June 2024.

Include Me

With funding from Mable, Kindred is developing 'Include Me', a digital resource helping families break down the barriers their children may face when accessing mainstream activities. Showcasing family stories highlighting the positive benefits of community inclusion and how they made it successful. The co-designed resource will launch in March 2024.



Looking Ahead

As we look to the future, we are committed to building a strong and sustainable organisation to meet the growing needs of families of children with disability across NSW. To achieve this, we will focus on:

Strengthening Governance

We will continue to strengthen our governance practices to support the organisation's growth. We will do this by reviewing and updating our policies and procedures and professional development.

Partnerships

Professionals play an important role in shaping outcomes for children with disability. We will work with the sector to improve support for children with disability and their families.

Financial Sustainability

We will work to secure ongoing funding, diversify our funding sources, streamline operations, and explore new revenue streams. To ensure we are able to provide high-quality support to families of children with disability for many years to come.

Meeting the Growing Need

As the number of families with children with disability grows, so too does the need for our services. We will continue to build our community, and develop new programs that meet the diverse needs of our families. And building partnerships with other organisations to provide families with comprehensive support.

Investing in People

Our family leaders and staff are the heart of Kindred, working directly with families to provide them with the support they need. We will invest in their development to ensure that they have the skills and knowledge to draw on their lived experience to empower families.

Reaching Families Early

We know that the earlier a child with disability and their family can access support, the better their outcomes. We will work to increase our reach to families from the earliest point possible, providing them with support to give their children the best possible start in life.



With Thanks & Appreciation

We extend our sincere gratitude to the individuals, organisations, and communities that have supported Kindred this year. Your generosity and contribution have been instrumental in making a real difference in the lives of families of children with disability.

Funding Partners

We extend our appreciation to our funding partners, the Department of Social Services, Playgroups NSW, Mable and Carers NSW. Without your financial support, we would not be able to deliver our essential programs and services. We'd also like to thank the individuals who generously made financial donations this year to help us reach more families in need.

Board & Team

We are grateful to our passionate and dedicated board of directors and Kindred team. Your unwavering commitment and passion are the foundation of our achievements.

Contributors

We recognise the families and people with disability who have shared their lived experiences. Your invaluable contributions have helped to make a positive difference in the lives of families and supported Kindred to improve our programs and resources.

Envisage

We are proud to partner with the Australian Catholic University-led consortium to deliver the evidence-based Envisage program to families across NSW & ACT. As well as our co-delivery partners Lifestart and Noahs Ark.

Families

We exist to support families, and none of what we've been able to achieve this year would be possible without the parents and caregivers in the Kindred Community. We extend our heartfelt thanks to these families for sharing their wisdom, insight, and experience. And for making our community a safe, supportive and informative space.

Healthy Mothers Healthy Families

We are grateful for the opportunity to continue our partnership with Monash University and Professor Helen Bourke-Taylor to deliver the evidence-based HMF program.

Professionals

We thank the organisations, allied health practitioners and professionals we have worked with for your support, advice and partnership. Your expertise and guidance have been critical in helping us achieve our goals.





We look forward to continuing our work to make a positive impact on the lives of families of children with disability in the years to come

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