



Kindred *Impact Report*: 2023 - 2024

Who We Are

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

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



How We Support Families

Workshops

Our interactive workshops grow the knowledge and confidence of parents and carers. Designed in partnership with families, they are based on best practices and strengths-based approaches. Covering topics such as how to make the most of therapy, creating a positive introduction for your child, and advocacy.

Peer Groups

Delivered online, our peer groups are an inclusive place for families to come together, share their experiences, and learn from each other. They regularly include topic-based discussions and guest speakers. Groups are led by our trained parent-peer facilitators with extensive knowledge of disability parenting.

Online Community

Kindred Community is our moderated Facebook group. It's a safe space for parents to seek trusted and reliable information from other families. The collective knowledge means that families don't have to reinvent the wheel for every decision, and support is at their fingertips.

Stories

We share personal perspectives from families further along in their journey, offering guidance and hope. Through our Good Life series we explore what a rich and full life means to people with disability. Showing families what is possible and helping them to feel more positive about their children's future.

Resources

Our practical tip sheets, fact sheets, and guides cover topics, including the NDIS, education and medical systems, advocacy and support for carers. Empowering families with the information and tools they need to make informed choices and navigate the day-to-day realities of raising a child with disability.



A Message From Our *Chair & CEO*

On behalf of the Kindred Board, we are pleased to present the Kindred Impact Report for the 2023-24 financial year.

This year has been another momentous one for Kindred, filled with growth, new challenges, and meaningful achievements. Kindred has expanded our reach, supporting more families across New South Wales and building strong partnerships with organisations and professionals dedicated to supporting children.

A key focus for the year has been financial sustainability. We are proud to report that we achieved a 9.5% reduction in reliance on grants and a 70% increase in total revenue, and we are on track to strengthen this position in the coming year. This achievement is an important step toward securing Kindred's long-term sustainability.

We remain committed to ensuring that the voices of families are represented in policy-making and service design. Through collaboration with sector partners and government stakeholders, we have ensured family perspectives shape critical reforms.

None of these achievements would have been possible without the dedication and expertise of our staff, volunteers, and board members. We extend our heartfelt thanks to the entire Kindred team and board for their unwavering commitment to making a difference in the lives of children and families.

We look forward to another impactful year and are excited about the possibilities ahead for Kindred and the families we support.

Kate McNamara
Chair



Stacey Touma
CEO



Key Achievements

- Awarded the national Virtual MyTime peer group contract with our partners at Kiind WA and ACD Victoria.
- Completed the ILC project, having delivered hundreds of workshops, webinars, and programs to thousands of families over four years.
- Secured Stockland grant to develop the Finding Your Way guide, offering families practical tools and hope at the start of their disability parenting journey.
- Hosted consultation sessions for the review of the Early Childhood Intervention Best Practice Guidelines and Autism Strategy.
- Worked closely with family-led organisations, Kiind and ACD Victoria as part of the national Child and Family Disability Alliance (CAFDA), supporting families and representing the voices of families in sector reforms.
- Facilitated a roundtable with Minister Kate Washington, amplifying family perspectives in policy-making.
- Received Perpetual grant to create workshops and resources for families partnering with early childhood education and schools.
- Published the Mable-funded Count Me In guide, a practical resource for families to support their child's participation in community activities.
- Our CEO contributed to the establishment of and co-chaired the Child and Family Supports Alliance (CAFSA) NSW and the Australian Child and Family Supports Alliance (ACAFSA). These alliances bring together values-aligned leaders from across the sector to influence the design of foundational supports for children and families.



Our Year in *Numbers*

136

Panels, Webinars, Peer Groups & Workshops

49

People Contributed or Volunteered

2,039

People Attended our Events

3,811

Newsletter Subscribers

64

Published Resources, Tips & Stories

6,327

Social Media Followers

152,348

Resources, Tips & Stories Reach

1,261

Members in Kindred Community FB Group

271

Professionals Kindred Presented To

374,100

People Reached Through Social Media

Our Impact

Feedback from Kindred Families

Better Able to Navigate Systems & Services



95%

AGREE / STRONGLY AGREE

More Confident in Making Informed Decisions



94%

AGREE / STRONGLY AGREE

Less Alone



95%

AGREE / STRONGLY AGREE

Increased Confidence To Advocate



91%

AGREE / STRONGLY AGREE

A More Positive Outlook



82%

AGREE / STRONGLY AGREE

Improved Knowledge & Skills



95%

AGREE / STRONGLY AGREE

9.4

Recommend Kindred

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

Families Told Us

“

Kindred has connected me to a community of supportive parents. One that I didn't know I needed but have benefited from immensely. The community provides so much more than just support - learning from the experience of other parents has been life changing.

“

I have a community of like minded people to fall back on.

“

Has built my confidence as a parent & helped me realise that we're not alone. It's had a positive flow on to the family & built our resilience up.

“

Realising I have more control in decision making than I ever thought possible.

“

Confidence & knowledge in advocacy.

“

Kindred helped me shift to a family led strengths based approach. Its taught me to embrace & focus on who my child is & helping people know him. I see myself as the leader of our therapy team & I hope my child will see himself as the leader of whatever supports he needs.

“

Being able to relate to others on the same journey.



100%

FEEL WELCOMED & VALUED IN KINDRED'S PEER GROUPS & COMMUNITY



100%

THE QUALITY OF KINDRED'S WORKSHOPS, WEBINARS & RESOURCES MEET MY NEEDS



100%

KINDRED'S TEAM ARE APPROACHABLE, KNOWLEDGEABLE & SUPPORTIVE



95%

I FEEL LIKE I'M PART OF A SUPPORTIVE COMMUNITY THROUGH KINDRED

With Thanks & Appreciation

Funding Partners

We extend our appreciation to our funding partners, the Department of Social Services, Playgroups NSW, Parenting Research Centre, Mable, Stockland, Perpetual 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.

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.

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 Noah's Ark.

Healthy Mothers Healthy Families

We are grateful for our four year partnership with Monash University and Professor Helen Bourke-Taylor to deliver the evidence-based HMHF program.

Professionals

We thank the organisations, allied health practitioners and medical 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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