

Annual Report 2023



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Cottage by the Sea would like to acknowledge the Wadawurrung people who are the traditional custodians of the land on which the Cottage stands. Cottage by the Sea would also like to pay respect to the elders past, present and emerging of the Wadawurrung nation and extend that respect to other First Nations people.





Our mission is to enhance the lives of more children by providing inspiration, fun and opportunity within a holiday environment.

We achieve our mission through our diverse programs, which take the form of short-stay experiences offered in a wide range of environments. During programs, we provide children with opportunities to build positive relationships with peers and adult role models, which helps them to learn and grow when they return to their schools and communities.

We also offer respite holidays for families who are referred to us by welfare agencies. This holiday by the sea can help families reconnect, have fun and create happy memories.

We asked our REEF and Mentor participants why they value adventures:

- To step out of your comfort zone and try new things.
- To have a sense of freedom to get out of the house.
- To be one with nature.
- It is good for mental and physical health.
- To escape routine, to have a break.
- To create memories that matter to you.
- It creates an opportunity for you to challenge yourself and your mindset, as well as change of routine.

- It is a form of self-therapy; recharge your own batteries, and create stories to share.
- Life may be boring without it.
- You only live once. Make the most of your time.
- To open yourself up to a wide range of experiences.
- To take a break from the stresses of everyday life.
- It could be a once-in-a-lifetime opportunity.

Everything we do at Cottage reflects our values:



Respect

Regardless of where someone has come from or what they have experienced, everyone we interact with is treated with the same level of care and respect – both onsite and during offsite programs. This is done by all of the Cottage Community listening and showing understanding and self-respect, while mentoring others.



Adventure

Our programs are based on adventures – largely outdoors in nature – and participants are always in a safe and supportive environment that encourages them to step outside of their comfort zones. Whether it is learning how to surf, riding a horse or skiing for the first time, every program explores adventure in its own unique way. Big adventure is not the only adventure, either. Trying new healthy food, sleeping away from home for the first time, making new friends or being honest with self-reflection are the other ways participants experience adventure at Cottage.



Integrity

We maintain integrity in everything we do at Cottage by being honest, trustworthy, caring and compassionate towards ourselves and others, and always working with our values in mind. We protect and support others when they need it, and are also reliable. We are positive role models by demonstrating self-awareness and initiative, as well as being proactive and self-motivated.



Belonging

We strive to ensure that everyone – from volunteers, donors, participants and staff to other supporters – who visits Cottage feels a sense of belonging by being welcomed, valued and supported. Kindness, encouragement and inclusion are paramount in making program participants feel they belong, and is essential to ensuring they have a positive experience. We aim for participants to feel this upon arrival as the beds are made up for each child with hand-knitted gifts.



Community

We aim for Cottage to feel like a warm embrace for everyone, whether they are Volunteers, staff, visitors or program participants. This welcoming nature is what creates our sense of community. On programs, community is felt by creating a respectful and positive place for participants to have fun, be inspired and make the most of their opportunities.

Welcome

A message from our Patron





It is my great honour to welcome you to Cottage by the Sea's Annual Report. From attending the Geelong **Business Excellence Awards** to presenting at our Annual General Meeting and supporting the launch of our Winter Warmers campaign, it has been a true joy to support Cottage this past year – especially when the demand for its offerings is only increasing. As a mother, I understand how important it is for children to learn by being in nature and stepping out of their comfort zone.

The power of our community never ceases to amaze me. Last year, Cottage was the recipient of the auction proceeds of a beautiful Point Lonsdale home built by ABN/Boutique Homes and Moremac Property Group. The auction raised \$1.39 million for the redevelopment of our secondary building, Riptide Cottage, and we are thrilled that the same fundraising initiative is set to return again. Continuing to raise these muchneeded funds will help Cottage maintain its mission to enhance the lives of more children for years to come.

Many of you will know that I am the proud number-one ticket holder of the Geelong Cats, who generously support Cottage. Former Geelong Cats Captain Joel Selwood is one of our

newest Ambassadors, alongside current Captain Patrick Dangerfield. At the 2022 Brownlow Medal Ceremony, I was thrilled to award Joel the Jim Stynes Community Leadership Award. Joel then donated \$20,000 to fund a Cottage program. These athletes are just as outstanding on the field as they are off it, and their support contributes directly to the success and growth of this wonderful organisation.

I have witnessed first-hand the warmth, care and support of everyone at Cottage. From the staff to the volunteers to the hand-knitted blankets waiting for the children on their arrival, everyone is doing what they can to support the young people who walk through these doors. It is wonderful that Cottage has groups back onsite nearly every week of the year after the challenges of the pandemic – the welcoming nature of Cottage is just as much about the people within its walls as it is about the environment itself.

As a parent, I have the privilege to witness every day the value of joy to a child. Let this be a reminder to us collectively that we all have the opportunity to make a positive impact on young people. As we reflect on the impact of Cottage this past year, I look forward to being a part of its future as we continue to offer more children more inspiration, fun and opportunity.

Rebecca Maddern

Patron

Annual Report 2023 Cottage by the Sea

Respect Adventure Integrity Belonging Community

A note from our President & CEO





Welcome to our Annual Report for the financial year (FY) ended 30 June, 2023. The Annual Report is an opportunity to offer sincere and heartfelt thanks, to review the year that has been and to look towards the year ahead.

Adam: In FY23, we were finally able to shake off the shackles of the past few years that inhibited our capacity to operate and deliver our service.

It might not be everyone's idea of good noise, but the sound of hundreds of screaming kids having fun, shouting and laughing every week has been an absolute joy. More young people than ever before in our 133-year history have been on a Cottage program this year. 1,374 children visited in groups and 226 children, parents and carers experienced a holiday on our Family Respite program.

Looking ahead, growth is imperative for us to expand what we do to reach more children and families in need. That need is ever growing, unfortunately. To do this properly – to face the challenges still reverberating around the globe, across all sectors – we have worked hard on keeping our team well trained, supported and together. Part of this was to host a cultural awareness training program at the start of the year, attended by a good mix of the Cottage team, including nearly all of the child-facing team. This focused on Aboriginal and Torres Strait Islander (TSI) awareness, but also our corporate culture.

Our newest member of staff recently mentioned that our culture is "unique" – most notably how the Cottage environment welcomes you with open arms. If we do not have a warm and loving culture, then we would fail to provide the best facility for our visiting children. We may have one of the best facilities in the country in bricks and mortar, but we must continue to support the structure, the buildings with a feeling of warmth, the community and program delivery. We really feel we are doing that.

We are blessed and lucky in a number of ways.

Not only with the location of this awesome facility

on the beach, looking out at the Heads to Port

Philip Bay – but also in the joy that we see each

week in the children who attend. The feedback

we get week on week from teachers, parents and

children is amazing, but we also get to see the

very best in humanity.

With no government funding, our extended community – you – have supported Cottage by the Sea to enhance the lives of thousands of children. Cottage again returned a strong financial result in support of current and future programs as well as looking to rebuild the old Riptide Motel so we can provide more inspiration, fun and opportunity to more children.

As CEO, I was recently in Sydney to meet an American financial institute – specifically because they have funded the Sydney Mentor program for the past 10 years – and some of their team and myself joined the Mentors on the Sydney Harbour Bridge climb. The notion of "challenge by choice" is an important part of what we do, and was integral to this camp. With encouragement, when a person makes the decision to do something - without being forced - they stand to benefit the most. One participant was quite vocal on not taking part in the bridge activity for months in the lead up to this camp. However, she finally - literally in the last minute when alternate arrangements were being made - decided to put on the harness and take the first tentative steps. I heard her at the very, very top, shouting to the camera, "I love you, Mum." She had every reason to feel proud and the moment helped me, personally, reengage with why I work in this sector.

Boutique Homes' confirmation to build a house for us again, with the sale proceeds put towards the Riptide rebuild, is a significant step towards us achieving our funding target for the project. We feel extremely fortunate to be chosen in this way again. The rebuild of Riptide will commence in the year ahead. Once complete, it will offer the opportunity to welcome additional families in respite and up to 700 children a year. This is at a time when the need has never been greater.

Don: I have enjoyed my three years as President of the Cottage Board, and I will step back at our AGM in October. While remaining on the Board, I look forward to welcoming Vice President Scott Chapman into the role of President at our November Board Meeting. Scott has been the Chief Executive of the Royal Flying Doctor Service Victoria since 2010, and has had a lifelong involvement in the outdoors and camps following his exciting professional and voluntary career.

As often noted, without government funding, we cannot do it without you, so on behalf of the Cottage by the Sea Board of Directors, we would like to extend our thanks to all of our Volunteers, Branches, Ambassadors, our Patron, trusts and foundations, as well as our corporate and individual donors whose ongoing support enables Cottage to continue to benefit children, their families and our broader community.

Please enjoy the stories and pictures within the pages of this report.

Thank you.

Don Rankin

President, CBTS Board of Directors

CEO, CBTS

Adam Wake

Annual Report 2023 Cottage by the Sea



Respect Adventure Integrity Belonging Community

Programs

We have a range of different programs at Cottage by the Sea that support young people from as young as six to as old as 18. We have had more children on our programs this past year than ever before, and the need for our programs is only continuing to grow.

947
Take a Break participants

226 Respite children & carers

Total program participants

197 REEF participants

26
Ist year REEF partcipants

26
2nd year REEF partcipants

4

1st year REEF programs



2nd year REEF programs

199 Mentor participants

New Mentor (Years 8 & 9) participants 39

Old Mentor (Years 10, 11 & 12) participants



New Mentor programs

Old Mentor programs

Feedback from participants and teachers about Cottage programs: My time at My time at

"My time at Cottage by the Sea made me feel happy, safe and adventurous."

TaB participant

"My time at
Cottage by the Sea
made me feel brave
and ready to tackle
anything, anywhere."
TaB participant

"My time at
Cottage by the
Sea made me feel
ready to try new
things."

TaB participant

"My time at
Cottage by the
Sea made me feel a bit
scared at first but it made
me feel so happy with the
things we did."

TaB participant

"My time at
Cottage by the Sea
made me feel shy and
not that confident at first,
but now I feel a lot more
confident."

TaB participant

"My time at Cottage by the Sea made me

feel included, because I was always included in everything."

REEF participant

"My time at
Cottage by the
Sea made me feel
welcomed, supported,
happy and confident."

REEF participant

"My time at
Cottage by the
Sea made me feel
confident about being
with others."

REEF participant

"My time at
Cottage by the Sea
made me feel happy,
liked and included – like
people actually wanted to
play with me."

REEF participant

"The Mentor
program was
amazing – always
beneficial for my friends
and I, and everyone at camp.
The activities were fun and
the whole camp was a great
experience. GREAT FOOD!"

Mentor participant

"On this camp, I learned that mistakes can be made into better things."

Mentor participant

"This is a
10/10 program. It's
great for the children to
have this opportunity. I look
forward to seeing them grow
after this experience. I think
it's a welcoming and friendly
environment."

TaB teacher

"On this camp, I learned to try new things and to get out of my comfort zone."

Mentor participant

The year

SEPT 2022

Cottage Race Day raised \$72,415 OCT 2022

AGM: 1,374 children participated in Cottage programs

JAN 2023

> Annual Fair raised \$70,000

September 2022: Cottage Race Day

- 250 guests attended our Annual Race Day on September 22 at the Geelong Racing Club.
- We raised \$72,415.
- The funding was allocated to the redevelopment of Riptide Cottage.

October 2022: Annual General Meeting

Our Annual General
 Meeting was held on Friday
 October 28 in our stunning
 upstairs space overlooking
 Port Phillip Heads.

- The Cottage Board,
 Patron Rebecca Maddern
 (remotely), Branch
 members, Volunteers, staff
 and supporters all joined
 CEO Adam Wake for the
 meeting.
- Our President Don Rankin reiterated Cottage's vision to enhance the lives of more children attending Cottage and to increase investment in our programs so we can continue to help even more children.
- Last financial year, 1,374
 children participated in
 Cottage programs and
 226 children, parents and
 caregivers participated
 in our Family Respite
 program.

Following the formalities,
 Chef Kim provided a lovely lunch.

January 2023: Annual Fair

- Our Annual Fair was held on January 14 at Cottage by the Sea.
- Thanks to the incredible support of our staff, Board members, Volunteers, supporters, sponsors and the community, we raised \$70,000.
- The money was allocated to Cottage programs, to help bring more children through our doors.

inreview

MAR 2023

Deakin research: Take a Break

FEB 2023

Anne
Catchpole:
longest serving
staff member
retires

Annual Giving Day raised \$239,410

> MAR 2023

February 2023: Anne Catchpole's retirement

- After 29 years working at Cottage – the longestserving member of our staff – Anne Catchpole retired from her role in Melbourne Community Relations.
- We enjoyed a farewell lunch for Anne at Cottage to celebrate her incredible service, commitment and contribution to our organisation.

March 2023: Annual Giving Day

- We raised \$239,410 on our Annual Giving Day on March 7.
- Thank you to the generous

support of our partners who combined to match the donations received: the Ward-Ambler Foundation, Ducas Paul Foundation, Bull & Bears Golf Group, Grangers Foundation, Shine On Foundation, APCO Foundation and anonymous donors.

March 2023: Deakin University research on Take a Break

- Our partnership with
 Deakin University led
 by Deakin's Strategic
 Research Centre in
 Education (REDI) delivered
 the impacts of the Take a
 Break program.
- The study found that the children develop five

key attributes during the program:

- Increased confidence
- A sense of belonging
- Self-belief
- Caring dispositions
- Healthy mindset
- Two additional features were highlighted about the benefits of the program:
 - An emphasis on relationship building
 - Intentional pedagogy
- The insights from this research will also help shape the framework for our REEF and Mentor programs.

Stories to be proud of

We are lucky to be constantly reminded of real outcomes of the work that we do. This is an opportunity to reflect and share some of our highlights.

Creating new partnerships

We have been developing our corporate partnerships to help support and meet the requirements of growing Cottage by the Sea.

Simply Energy

Cottage by the Sea is a proud charity partner of Simply Energy by ENGIE, which has been a generous donor to Cottage for more than 17 years. In May, the team facilitated the installation of solar panels on Main Cottage and an EV charger to help Cottage by the Sea embrace solar energy. The responsibility lies with all of us as individuals and organisations to do what we can to reduce our impact on our beautiful planet.

Deakin University

Our research partnership with Deakin
University led by Deakin's Strategic Research
Centre in Education – Research for Educational
Impact (REDI) – has been working on evidencebased data that explores the impacts of the
Take a Break program. The insights from this
research highlight the very important need to
continue offering the program here at Cottage.
Published in March 2023, the study found that
the participants develop five key attributes
during the program:

- Increased confidence
- A sense of belonging
- Self-belief
- Caring dispositions
- Healthy mindset

Two additional features were highlighted about the benefits of the program: an emphasis on relationship building and intentional pedagogy. These findings reinforce from a scientific perspective what we know anecdotally – that when children are provided with positive role models and adequate support in a nurturing environment, transformations can occur that last well beyond their stay at Cottage.

You can read the full report, "The Difference 'Take a Break' Makes", or our four-page report summary, on our website. This research was also presented at an international conference in Scotland on Adventure Therapy.

We have begun our next research project with Deakin called "The Ripple Effect". This longitudinal study is focusing on the longer-term benefits of the children who come to Cottage and how those learnings impact the rest of their lives.







We are very proud to partner with Victorian builder ABN/Boutique Homes, who built a charity home for Cottage by the Sea in 2022. The auction raised \$1.39 million in clear funds, which has been allocated to the redevelopment of Riptide Cottage to meet current standards of health, safety and accessibility.

We are thrilled that Boutique Homes will be building an additional house, with the sale proceeds going towards the Riptide redevelopment. This further support will get us closer to achieving our fundraising target for the project.

Vance Joy supports Riptide

Early in 2023, we were thrilled to have Australian singer-songwriter Vance Joy donate muchneeded funds towards the redevelopment of Riptide Cottage. Fair Harbour, a sustainable beachwear brand, created a limited-edition collection with Vance Joy and generously donated \$56,842 from the proceeds of the collection to Cottage. The funds will be put towards an indoor slide and welcome area in the soon-to-be developed Riptide Cottage, which will enable us to continue to provide even more opportunities to children, families and caregivers in need.

Vance Joy has a strong connection to Riptide, having holidayed there as a child with his family. His time at Riptide actually inspired the name of his hugely successful song "Riptide".



Annual Report 2023 Cottage by the Sea

Fundraising efforts and awards

Annual Fair

Our Annual Fair returned on January 14 at Cottage by the Sea after a forced three-year hiatus. The excitement and buzz was obvious, with more than 2,000 people in attendance and great community engagement. Thanks to the incredible support of our staff, Board members, Branch members, Volunteers, supporters, sponsors and the community, we raised \$70,000. The money has gone directly to ensuring more children experience the wonder of Cottage through our amazing programs.

We thank Harvey's of Highton, along with all other donors of goods. Thank you to all the Volunteers and supporters for making our Annual Fair such a huge success.



Giving Day

This year's Giving Day brought in much-needed funds – an incredible \$239,410 – which will support hundreds more children. "During 133 years of operation, we've been wholly dependent on events and fundraisers," explained Cottage CEO Adam Wake. "We've got incredible support from the community, organisations and companies that support us on days like this. Cottage wouldn't exist without these events and fundraisers. So thanks to everybody that jumped on board and we'll carry on working with the children and help more," he continued.

Respect Adventure Integrity Belonging Community

Geelong Business Excellence Awards

We were shortlisted as a finalist for the prestigious Geelong Business Excellence Awards 2022, which highlights the wonderful work of local businesses, business leaders and entrepreneurs in our community. We found immense value in the process of the awards. It enabled us to reflect on our successes and achievements. as well as explore how we can improve things moving forward – which we have and will continue to do. We welcomed two judges from the awards to Cottage for a site visit. Overlooking the Rip, the Cottage team shared our story and achievements. Even though we didn't win the award, we loved attending the Presentation Event in October at GMHBA Stadium to see the great work of local businesses.



Joel Selwood visits Cottage

Former Geelong Cats Captain Joel Selwood is one of our newest Cottage Ambassadors. Joel is as much an inspiration off the field as he was on it, and we feel so fortunate to have his support. At the 2022 Brownlow Medal Ceremony, Joel was awarded the Jim Stynes Community Leadership Award which was presented by our very own Patron, Rebecca Maddern. In winning this award, Joel was able to donate \$20,000 to Cottage to help fund the REEF program. Joel visited one of our REEF camps where they enjoyed a Q&A with Joel before heading off on an exciting boat tour of Port Phillip Bay with Queenscliff Fishing Charters & Scenic Tours.

Phil de Fégely becomes new Ambassador

Phil de Fégely, Co-Chair of The Rippers – a fundraising group that helps facilitate and enable support for our children across their farreaching business and social networks – was recently appointed to the role of Ambassador for Cottage. Phil's mother Ruth was a Life Member of the Bellarine Branch and Phil has been outstanding in utilising his experience and contacts as a well-respected businessman to help raise much-needed funds for our programs that wouldn't have been accessible otherwise. At the May Rippers luncheon at Cottage, Andrew Balaam made the announcement of Phil's new role and presented him with a small gift on behalf of Cottage.

Sandra Vizard awarded Geelong Volunteer of the Year

Sandra Vizard, our longest-serving Volunteer at Cottage by the Sea (21 years and counting!), was awarded Geelong Volunteer of the Year in 2022. Sandra is a wonderful person and adored by us all for her friendliness, positivity and calm nature. From staff to Volunteers to program participants, she makes everyone who visits Cottage feel welcome.

Sandra has been an integral part of Cottage for many years. She commenced volunteering for Cottage in 2002 in an administration capacity and assisted the General Manager with administration and reception tasks. More than 20 years on, Sandra is still an important part of the administration team – we are so appreciative of her service to Cottage. Irrespective of the task at hand, Sandra is always willing to assist in any way she can.

Annual Report 2023 Cottage by the Sea



Respect Adventure Integrity Belonging Community

The impact of our progr



and reach ams

Our programs have helped children from far and wide. Besides hosting children from all around Victoria here in Queenscliff, Cottage by the Sea has also taken our Mentors to Sydney through the support of MFS Investment Management and for a rural camping experience on the Edward River in Moulamein, NSW, thanks to the support of APCO Service Stations.



Take a Break



REEF



Cottage by the Sea



Mentor

Why do our programs work?

Through passion, a belief in what we do and enduring support, our Programs Team support, guide and nurture participants through their experiences at Cottage. Due to the staff to child ratio, each child is seen as an individual, not a number, and is given the time and care needed for them to have an enjoyable and worthwhile experience.

How do we measure the impact of our programs?

Our research partner Deakin University has conducted research on the impact of our Take a Break program and is currently undertaking longitudinal research on the broader impact of our programs.

The social impact of Cottage by the Sea gives children a chance for a happier and healthier childhood, which adds value to the whole community. An independent study conducted by SVA Consulting found that increased confidence is the most valued outcome for children who participate in Cottage programs, according to children, parents and teachers. This confidence supports their access to new opportunities and inspires them to lead fulfilling lives. Not only do our programs directly benefit the children, they also have a direct social impact for families, schools and our wider community. Research found that the social value created by Cottage by the Sea is around \$3 dollars for every \$1 invested.

We also measure the impact of our programs anecdotally, with contemplative exercises the participants reflect on during and after their experiences at Cottage, feedback forms completed at the end of each program, as well as follow-up calls and school visits for past participants. Our feedback activities are also integrated with our values, which allows participants to foster a deeper relationship with Cottage.

The therapeutic effects of our programs

Nature-Based Therapy

New research from the Environmental
Psychology Group at the University of Vienna
confirms that "living near, but especially
visiting, the seaside is associated with better
health, regardless of country or personal
income". You only need to look at our name –
Cottage by the Sea – to see that we appreciate
the benefits of nature. But we also see these
effects every day on our programs, which is
why we prioritise our participants experiencing
the nurturing benefits of being outdoors.

The moment participants arrive at Cottage and see the ocean from our entrance, they are blown away. These effects are deepened once they visit the beach, and they are supercharged once they get into the ocean, whether it is for a swim, snorkel, surf or boogie-board. Being ir close proximity to the sea is associated with many health benefits – both physical and mental – such as increased levels of vitamin D and enhanced social relations. A 2013 study on happiness in natural environments also found that marine and coastal environments were found to be the happiest locations. Saltwater also has a direct impact on your health from supporting the respiratory system to reducing stress, improving mood and strengthening the immune system.

Adventure Therapy

In Deakin's research on the Take a Break program, it stated that "the TaB program is based upon the principles of outdoor education and adventure therapy, coupled with an emphasis on healthy eating." A big part of the therapeutic effects of all of our programs – and not just Take a Break – is that they focus on spending time in nature. You will learn more about the specific activities on our programs in the coming pages.

Our Programs Team facilitates adventure and mindfulness activities in the outdoors to harness the benefits of not just being in nature, but the therapeutic elements of it too. As explained in the Deakin report, "Key to the program design and delivery is a growing awareness of the various ways in which principles of adventure therapy (see e.g. Pringle et al., 2022; Trundle & Hutchinson, 2021) can support young people experiencing vulnerability and trauma through carefully constructed experiences of outdoor adventurous activity."

Researcher James Neil defines adventure therapy as "the use of adventure-based activities and/or adventure-based theory to provide people with emotional and/or behavioural problems with experiences which lead to positive change in their lives". Clinical psychologist Dr Daniel Bowen explains the benefits that can occur from adventure therapy: "the development of personal responsibility, cooperation and relationship building, intrapsychic outcomes (e.g., self-awareness, self-efficacy, self-confidence), social skill acquisition and psychological resilience (Gass et al., 2012)".

Researchers Michael Gass and H. L. (Lee) Gillis explain that adventure therapy tends to occur in three different locations, all of which occur on programs at Cottage by the Sea:

- Challenge/ropes courses and through games, trust activities and initiative experiences
- Wilderness settings
- Residential camps

Key elements of adventure therapy (Crisp, O'Donnell, Kingston, Poot, & Thomas, 2000; Gass et al., 2012):

- Positive influence of nature
- Beneficial use of stress
- Being actively and directly involved in activities and taking responsibility
- Meaningful involvement in adventure experiences
- Focusing on positive change through present and future behaviour
- Holistic effect on participant learning
- Strong ethic of care and support

Science confirms what see each week with our program participants: adventure therapy has positive emotional and behavioural effects. *Psychology Today* reported that a meta-analysis which reviewed 197 studies related to adventure therapy found "the short-term effect of adventure therapy is greater than that of alternative and no treatment comparison groups".

A famous quote from the College of the Atlantic suggests, "Sometimes the best classrooms aren't classrooms at all." This rings true both literally and figuratively on Cottage programs. Nature is often the backdrop for activities during our programs, ranging from a low-ropes course onsite at Cottage to the beach literally on our doorstep for all manner of water-based adventures. The therapeutic effects of these nature activities lie in the fact that they are adventure-based. When participants are safely encouraged to step outside of their comfort zones by exploring unchartered territory, a few transformative things can occur: increased confidence, a broadened perspective, deeper connections with others and a willingness to try more new things.

Take a Break

Our Take a Break (TaB) program is focused on inspiration, fun and opportunity. Children aged six-12 attend a three- to fiveday program at Cottage.

Supporting children affected by natural disasters

We are very proud of Cottage's history and continued support in offering assistance to children and families affected by natural disasters, such as drought, floods or fires. Since the start of 2021, we have conducted 16 Take a Break programs for children from bushfireaffected regions in Victoria while we begin our engagement process with those in regions affected by floods. We will continue supporting young people affected by natural disasters in the coming years.

For students from a primary school in Gippsland, their Take a Break program was an unforgettable experience. There were a few nervous faces before surfing at Ocean Grove as one of the kids asked, "Do we have to surf"? "You don't need to go out the back, we just like you to have a go," said the Camp Leader. Once in the water, Caleb* realised how safe the surf session was and he stepped out of his comfort zone. Camp Leaders pushed him into a small wave, which he caught all the way to the shore. With a huge smile on his face, he dragged his surfboard back out to catch more fun waves.

947 TaB program participants FY 22-23

During the Sea All Dolphin charter, the children laid on the cargo net as water splashed up from underneath when the big waves hit. They took it in turns of grabbing the rope and dropping into the water while being towed along by the boat. When the boat stopped moving, Tyler* plucked up the courage to climb out onto the net, where he sat with his sister. The children then took it in turns to jump off the roof of the boat. Some children were very keen, while others were a bit more cautious. After everyone had a few jumps, including staff, one of the students felt he could do a small jump off the back of the boat. Seeing this, his friend decided to take a deep breath and jump off the roof. Everyone cheered as they splashed into the water.

*Names have been changed

"This was one of the best camps in my life but I just wish I had a longer time here at Cottage."

Program participant

"This is the best camp I have ever taken students on. I have never seen so much personal growth across all children. The staff are amazing. The whole experience was incredible. I hope we are lucky enough to return one day."

Teacher on program

"My time at
Cottage by the
Sea made me feel
adventurous. The boat ride
was SUPER FUN and I loved
all the other activities."

Program participant

Our first bushfire-affected school to attend Take a Break was a primary school from East Gippsland in early 2021. The summer program allowed them to enjoy lots of activities by the sea. In 2023 when their familiar faces returned, it was June and not as warm and sunny. We enjoyed many fun activities, such swimming in the warm indoor Ocean Grove pool, bouncing across the trampolines at BOUNCE, looking for crabs at Barwon Heads Bluff and tenpin bowling. But the most challenging activity was surfing in June. With wetsuits on, we tackled the small clean waves at Ocean Grove beach. The children showed great resilience in the cold water as they paddled back out for more waves with big smiles as they stood up. We are so grateful to this school for being our first and last program of this nature. New friendships were made and lasting memories were created.

for personal growth. Taking
risks, resilience and an extremely
high level of achievement and
pushing boundaries. The program and
staff were outstanding. The best camp I
have been on in all my years in education.
Students' experiences and their progress
in overcoming obstacles and achieving
goals will provide a springboard for
further growth. Thank you. ©"
Teacher on program

The David Wells Take a Break program

In memory of former Board member David
Wells – who served as President of the Board for
several years – we host an annual David Wells
Take a Break program for children from Mildura
Primary School. David sadly lost his battle with
MND and it was his wish for a Cottage program
to be conducted to help children in need from
the Mallee region. He identified that children
from this region would benefit greatly from
the amazing gift of the ocean and everything
else that Cottage programs have to offer to
positively impact the lives of young people.

This year's program took place in November 2022 and it was a memorable, life-changing and amazing week. The great weather made the program full of beach and water activities, such as swimming, rock pooling, surfing, stingray watching, ocean sightseeing, shrimp hand cleansing, sponge dodgeball and visits to the Marine Discovery Centre. As the Mallee region is so far away from the beach, for most of the 48 children, it was their first time at the beach and their very first time away from home.



REE

Recreation, Education, Environment, Friendship.

Our Recreation, Education, Environment, Friendship (REEF) program fosters confidence, leadership and personal development.
REEFies aged 11-14 attend 10 programs over a two-year period and the program is designed to follow children through the transition from primary to secondary school.

Many REEF participants have been identified as being at risk of disengagement, which is an issue that is only on the rise. If a young person disengages at this stage in life, research has shown that it is one of the hardest times to reengage. As such, the REEF program is critical to preventing and mitigating this risk by offering young people a sense of belonging, feelings of hope for the future and valuable tools to help them grow throughout their teenage years and beyond.

192
REEF program participants
EY 22-23

2nd-year REEF graduation

In December 2022, we held our 2nd-year REEF graduation. We asked some of the graduates what they felt they had learned:

- "To respect those around you."
- "To listen better."
- "To have more confidence and endurance."
- "To make friends and support me to be confident, encouraging and be my best self."
- "To help with my confidence."
- "To gain new skills and persistence."



Each child wrote and prepared their own speech that they delivered to the 80 guests comprising staff, friends and family at the Graduation Ceremony. It is wonderful to report that every one of these young people have opted to come back and join us on our Mentor Program starting in 2023 for another five years. This reinforces the opportunities we have available at Cottage to help individuals grow and develop new life skills through our diverse programs.

1st-year REEFies

This year, our first-year REEFies are 26 Grade 6 students from the Colac region. Their first threeday progrm at Cottage focused on establishing new friendships and working together as a team to overcome challenges and achieve goals. Some of these REEF participants were part of the Take a Break program, and offered great support to the new participants who were feeling nervous. The REEFies really enjoyed getting to know each other and the Camp Leaders were impressed with how well they interacted with each other. The participants enjoyed exploring the local area and having their first swim at Cottage Beach – this group is full of water lovers and they can't wait to one day go surfing and snorkelling.

Otways adventure

18 participants began their second year as REEFies with an offsite adventure, which involved a 16-kilometre trek from Aire River to Johanna Beach near the Great Ocean Road. For some, it was their first time trekking in the bush this far carrying a pack. "It looks so beautiful up here with the green hills and the dark blue water!" shared one REEFie – the ocean was putting on a great display of power and beauty. It was a challenging trek – especially along Johanna Beach with a howling south-west wind – but with great determination and persistence, the group worked as a team to get through the hike together. There were sweat and tears, along with a big sense of achievement at what they had completed.

Snow trip

For our second-year REEF participants, the snow trip to Mount Buller is the big-ticket item in the program. 21 REEFies joined us from the Werribee area for a week of skiing and snow play. For a lot of the participants, it was their first time at the snow. The week started out with them nervous and anxious about catching ski lifts, falling over and being able to walk in ski boots. The REEFies engaged in ski lessons and did an amazing job picking up a new skill. They worked well together and encouraged each other to push themselves to their limits. By the last day, everyone was confident in their skiing ability and could overcome their anxieties from the start of the week. The highlight of the week was the last run down Bourke Street. All the REEFies and Camp Leaders went down together as one big group. Once we were all down at the bottom of the run, it was big smiles and high fives. Everyone was so proud of what they achieved throughout the week and the way they persisted, even when it was tough going.

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Respect Adventure Integrity Belonging Community

Mentor

122
Mentor program participants
FY 22-23

Our Mentor program is for graduates from the REEF program, and focuses on personal development.

Mentor participants are aged 13–18 and attend five to six programs per year over five years. The underpinning goals of the Mentor program are for young people to be actively contributing to their community, school and home, as well as at Cottage.

Upskilling for the future

Cottage by the Sea has a close working relationship with the Gordon Institute. Our Mentor participants experienced this first-hand, learning from industry-trained educators at the institution. They completed the Espresso Master Class, which has helped our Mentors develop skills that can be used to get highly demanded jobs as baristas. All the Mentor participants had so much fun while learning these practical skills. The Mentor participants also undertook a foodhandling course at Cottage, which gave them skills and experience that can support a career in the hospitality industry. Cottage staff members often put together character references or act as referees for program participants to help them get part-time jobs in the community – often in the retail or hospitality industry.

Horse-riding adventure

Our older Mentors took part in an exciting horseriding adventure in Victoria's High Country. There
was a pivotal turning point in this experience for
the Mentors as a group – they all came together
as a team, with one participant reflecting in
Circle Time that they were "grateful for the
opportunity to come out here to make stronger
bonds with others". This bonding also extended
to the horses, as the focus of this trip was just as
much about learning how to care for the animals
as it was about riding them.

The Mentors discovered the different personalities of the individual horses and enjoyed getting to know the horse they would be riding all week. A powerful takeaway from the trip was when a participant realised that the horse-riding skills they developed can enhance everyday interactions in life. This adventure reinforced the power of equine therapy – the therapeutic effects of spending time and connecting with horses, and how these experiences can positively impact life back at home.



A Mentor participant's reflections from the horse-riding adventure: "My horse was very cautious at the start and wasn't confident around me, but as the days went on she started to trust me more. I've given her lots of love and now she's giving me head bumps and resting her head on me. I think we've connected well over the last few days."

Offsite Moulamein adventure

This outdoor adventure-based trip is supported by the Anderson family from APCO Service Stations, with the program run by Cottage by the Sea on their bushland property by the banks of the Edward River near Moulamein. Pre-Covid, this program had become an annual part of the Cottage Mentor program – a favourite for participants and everyone associated with it. This week is packed with adventure, including fishing, captaining the tinny, yabbying, bonfires, telling stories around the campfire and, a favourite of all, ferreting. The participants get to enjoy all this fun while learning skills they will take with them for life, especially persistence and a willingness to try new things.

Snow trip

Due to Covid-19 restrictions, our Mentors didn't get to experience the snow trip as REEFies so we had to postpone this trip until they entered the Mentor program. The snow trip is an exciting offsite adventure that builds great character and resilience, but provides many challenges. One Mentor in particular had achieved everything she wanted to physically – she picked up skiing easily and pushed herself physically – but couldn't take the next step mentally.

The next step for her was to ride the chairlift up to the top of the mountain and ski down Bourke Street. She was stuck in a mindset that was telling her she couldn't get on the chairlift. Every time the group went up, she refused to join them. During our evening Circle Time, this Mentor set a goal to ride up the chairlift the next day. She was still very hesitant to get onto the lift in the morning. With a lot of encouragement, we convinced her to ride the chairlift while sitting between a Camp Leader and instructor. It was a tense few minutes and when we hit the

top, she was worried she would fall over. But with no surprise to the Camp Leaders, she got off the chairlift well and skied straight over to the group.

Camp Leader Sean praised and congratulated the Mentor on achieving her goal, but it wasn't over yet – our next task was to ski down the run. Looking straight down the slope, she said again, "I can't go down there." Again, with a little pep talk to boost her confidence, she skied all the way down the slope. Once we reached the bottom, with the biggest smile on her face she yelled, "I did it! I am so proud of myself!" This moment of achievement is what our programs are all about. These are the moments we aim to capture and will remember for years to come.

Offsite program

Each year, the team at Cottage evaluate our offsite programs and the benefit of each for young people. Whilst this can be difficult to quantify, the feedback from graduating Mentors highlights, overwhelmingly, that the snow program and others were of real significance. When these Alumni reflect, it seems this step up offers a huge opportunity to experience unique challenges, to overcome, to understand change. In many cases, it is life-changing, in a few perhaps, life-saving. We are fortunate that each year benefactors cover these extra offsite programs, including a wonderful Geelong-based Foundation covering all the costs for the snow camp in 2023. And we say "extra" because we often are able to take the opportunity to run a program concurrently onsite in Queenscliff, so even more children benefit each week. Equally, the Sydney camp has been covered every year for 10 years now by the same American-based global investment manager.

A Mentor participant's reflections from an offsite program: "Showing patience and kindness when you first meet someone is important because someone might not open up to you straight away, but showing these qualities can prove that you can be trusted."

Scholarships

Scholarships are funded by philanthropists and allow program participants to pursue dreams that may have once felt out of reach.

These scholarships are very important to helping support a child's dream by providing funding for approved training and equipment on the Take a Break, REEF and Mentor programs to explore new opportunities. When there is a cost associated with a child following a dream, it can seem out of reach. But with a little financial support and encouragement, the young person unlocks a whole universe of possibility. The power of these scholarships lies in their ability to provide young people with inspiration, hope and confidence to reach for their goals.

The scholarships that have been awarded this year have allowed our REEF and Mentor participants to pursue their passions and help with their schooling. Our funding has also enabled us to provide an additional Take a Break scholarship over a two-year period. The impact of this funding on young people is lifechanging. We supply the participants with the necessary items they need to have a positive impact in the world. It allows them to flourish in the present and the future. Without these scholarships, they may not be able to obtain what they need as there are often too many challenging circumstances for these young people to navigate without adequate support and positive role models.

Success stories from our Scholarship program

Chasing a ballet dream

Below is a letter we received from one of our scholarship participants, Annabella, who we have supported through her journey with the Western Ballet Project.



"Thank you so much for financially supporting me in being part of the Western Ballet Project... being at Cottage has helped me to build my resilience and persistence even more in order to be even more confident. I am so grateful to have your support during my journey and I hope that you know it was definitely worth it. Thank you CBTS!"

"I love reading the scholarship forms the young adults have written – their attention to detail is remarkable. We know that the assistance our scholarships provide the young adults often leads to them being able to undertake opportunities that may have otherwise been hard for them to access. It is a real treat being able to tick off and approve these applications. The excitement from the young adult when a scholarship is approved is amazing; we really are assisting in changing a young person's life." (Programs Manager Belinda Saya)

Pursuing a passion for horse vaulting

A first-year REEF participant used their scholarship form to apply for horse vaulting lessons at a local stable in St Leonards. For the young person, horses are a big part of their life and they had already completed some lessons. Due to money constraints, the participant's mother was unable to afford further lessons for the child. After handing in a very wellwritten scholarship form outlining their love of horse riding and how much joy they get from completing the lessons, the participant applied for 20 lessons that would take them to the end of the year. During every program that they attended after receiving their scholarship, they would talk with Camp Leaders about how much they had improved and the different skills they were learning. The young person also applied as a second-year REEF participant for another lot of vaulting lessons to continue building on the skills they had learned from the previous scholarship. The young person's mother was incredibly grateful to Cottage staff and the funders for giving their child the opportunity to pursue their passion.

The joy of playing a musical instrument

Music, dance and theatre performing are big interests within our second-year REEF participants. For one participant, music was something they loved and they applied for a scholarship to fund a guitar and amplifier, as well as a first-aid course so they can keep up-todate for their surf lifesaving duties and a knitted kilt for their school uniform. The participant's mother could not find a second-hand kilt for her child and could not afford a new one, so getting the scholarship funding helped them provide that for their child. Since getting the guitar and amplifier, the mother has called to let staff know that her child has been practising every day and has barely put down the guitar since receiving it. They are incredibly happy and are really enjoying playing a musical instrument.

Emerging talent in aerial silks

Through a scholarship at Cottage, one of our current Mentors, Olive, has just completed her aerial silks training. She has been loving the experience, and was awarded an emerging talent award at a recent competition. Olive was also given a wildcard entry into the national finals, which are taking place on the Gold Coast in mid-January 2024. We are so grateful to Olive and her family for sharing this update on her training and scholarship journey.



"The scholarship forms that the REEF and Mentor participants have completed show how committed they are to perfecting a certain skill or how a certain hobby brings them such joy. They are great at highlighting how much the funding will help them to achieve their goals and the work they are already doing to try and achieve those goals. It makes approving the scholarships really special because you know that the funding is going to help them so much and they really do show their gratitude when you see them at Cottage after having a scholarship approved." (Program Planner Dave Geary)

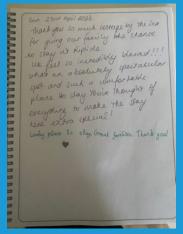
Family Respite

Our Respite program provides an opportunity for families in crisis to get away from their day-to-day life for a short and restorative seaside break. An increasing number of families have received a respite break in Riptide Cottage this past year: 226 participants, both adults and children.

226Visitors for FY 22-23

Some of the referring agencies for the Respite program:

- A Plus Care
- Eastern Health FaPMI
- Mackillop Family Services
- Meli (Bethany and Barwon Child, Youth & Families)
- Yarra Junction Primary School
- genU
- Grampians / Carer Gateway
- Mandama Primary School
- Drummond Street Services
- Wathaurong Aboriginal Co-operative





Families participating in our Respite program have come from a diverse range of cultures and family dynamics, and are dealing with different life stressors, such as:

- Acute and chronic medical conditions
- Mental-health issues
- Family violence
- Sexual harm and trauma
- Drug abuse
- · Emotional abuse
- Relationship breakdowns
- Family grief and loss
- Financial hardship
- Single-parents raising children
- Grandparents raising children (kinship care)
- Homelessness
- Cultural and language barriers

April - May 2023 statistics from agency booking forms:

Single parents

67% Experiencing financial

33% Suffered from family violence

67% Had a family member with medical

conditions

hardship

50%

Needed bonding & reconnection

Were identified as needing a family holiday

Feedback from Respite:

at Riptide. The boys and I had the most amazing opportunity to have a break, and reconnect as a family. We game. We also loved the playground, and the closeness to the beach. It was greatly appreciated. Thank you

Thank you so, so much for the amazing getaway that we got to enjoy. The place was absolutely beautiful, the people there were so kind and so thoughtful – very giving and great for advice on what to do. We had an absolutely amazing time. I just want to say thank you from the bottom of my heart!"

The kids and I had the best weekend. The kids spent the weekend swimming in the beach and playing all" day in the sun. It was a beautiful house to stay at and we also visited the cafe and shopping strip. The kids kept saying they love the beach and they had the best time on the weekend. Thank you so very much for the opportunity. I am so grateful for the time I spent with my kids in Queenscliff.

"I want to tell everyone the happiness brought to my little family by offering me this holiday. I'm really thankful

"This place is awesome! Staff are amazing, as well as the Riptide Cottage. My eight-year-old son and I needed Cottage by the Sea is here for many years to come."

"Thank you so much for having us. We had a really special time. I have never seen Ollie* so excited. He said this is his favourite place ever and he is the luckiest kid in the world. Thank you."





In memory and celebration

Our 133-year history is built upon the hard work and dedication of many who have come before us.

Cottage by the Sea honours the memories, and gives special thanks to all our dedicated supporters who have passed this year or who have celebrated a milestone and had donations in lieu of gifts during the last financial year:

In memory of:

Alice Welton

Anne Dawborn

Brenda Lodge

Brenda Smart

Geoff Burns

Jennifer Hoysted

Jill O'Brien

Judith Cecil

Margaret Anne Abely

Michael Robertson

Patricia Bellhouse

Shirley Harvey



In celebration of:

Alex & Mike Pink

Andie Tarrant

Anne Faithfull

Mark Ferrier



Past and future giving

In 2012, the Board of Cottage by the Sea made a strategic decision to establish a Foundation following the receipt of several significant bequests. These generous gifts were carefully invested to help "future proof" the ongoing work of Cottage.

Annual interest earned (or part thereof) on the investment is used to support activities, currently accounting for almost 80% of all administration needs, with the rest made up from fundraising activities, events and grants.

Leave a legacy to last a lifetime

Leaving a gift in your Will is one of the many ways to support Cottage, without affecting your current income or bank balance – hence the notion of "future giving". It allows you to leave a legacy of money, property, shares or goods beyond your lifetime that will offer inspiration, fun and opportunity for the generations of children to come.



Looking ahead

Having a greater impact

Offering more children more inspiration, fun and opportunity is at the heart of what we do. To continue providing this for more children, Cottage by the Sea needs to keep growing. Through the generosity of our donors and various forms of philanthropy, we have done more. But we also want and need to do more, given the increasing need for young people to attend our programs.

Here are some of the ways we are having a greater impact at Cottage by the Sea.

Deakin University

Our strategic partnership with Deakin
University was formalised in 2020 with a
Memorandum of Understanding (MoU). This
valuable research partnership led to research
insights about the ways in which Cottage by the
Sea programs impact and make a difference to
the lives of young people.

The Ripple Effect

As mentioned in the "Stories to be proud of" section, we have begun our next research project with Deakin University called "The Ripple Effect", which follows on the research undertaken on the Take a Break program. This research is exploring the longer-term effects of our work by collecting stories from past participants as they reflect on their time at Cottage by the Sea.

The aims of the "The Ripple Effect of Cottage by the Sea" research project are to provide a deeper understanding and evidence-based insights into the long-term impact of Cottage programs. This will be addressed through interviews with young people (aged six-18 years) currently attending CBTS, Alumni adults who have participated in CBTS programs from 1940 to current, school principals and teachers who have either attended or have had students from their school attend CBTS programs, and parents of current students who have attended CBTS.

Centre for Learning

Deakin is also working with us on a proposed Centre for Learning, which we aim to replace the hut building onsite at Cottage. Deakin's final-year architecture Honours students have committed to preparing concept designs for this state-of-the-art building, which will function as a centre for learning, community hub and arts centre. We are maintaining our mission of bringing more children more inspiration, fun and opportunity, and the growth of our onsite facilities will enable us to have a greater impact on these children.

Food & Mood Centre

Deakin University's Food & Mood Centre undertakes research to explore the ways that food can affect our brain, mood and mental health. Diet is now recognised as a way to help prevent and treat mental illness, which is one of the reasons why program participants at Cottage eat fresh, healthy and balanced meals. As our Chef Kim Asmussen says, "I believe in the science. A healthy gut leads to a healthy mind."

Riptide Cottage redevelopment

Riptide Cottage is our secondary facility that houses families in our Respite program. (For more information on Riptide's role at Cottage, head to the Programs section of this report). This reinforces the need for us to develop Riptide as an additional facility, with plans progressing well to infuse new life through design.

Cottage has a great working relationship with the School of Architecture and Built Environment at Deakin, with Deakin one of our greatest supporters of this development. A group of 56 Honours students worked on the conceptual designs of Riptide as part of their course work this past year. Led by Course Director Dr. Nateque Mahmood, CPEng., MIEAust (Bachelor of Construction Management), we were impressed by the passion the students showed on their site visits to Cottage, which ultimately led to design concepts that uphold our vision and align with our values.

The redeveloped Riptide is inspired by the principles of neuro-architecture – the relationship between health and buildings through neuroscience. Changes in our environment impact our brain and body, so this approach to design explores the ways that spaces can enhance our wellbeing. For Riptide Cottage, this has meant incorporating features that are calming, sustainable and energy-efficient, focusing on natural light and a free-

flow of energy to help the children feel happy, comforted and replenished by the environment.

Local builder and Cottage Ambassador David McDonald is also working with us on a pro-bono basis in preparation for the build. The funds, already committed to the redevelopment of Riptide, will help us develop another excellent and much-needed facility for our community. An independent audit by Zero C Pty Ltd confirmed for us that the redevelopment of Riptide is necessary in order for us to meet access and sustainability standards as we increase the amount of people who can visit – Riptide is currently limited to just 12 people due to occupancy rules and fire safety regulations.

We aim for the new Riptide Cottage to honour the past while creating an exciting future. A redeveloped Riptide will increase Cottage's capacity to support an additional 700 children and their families, which has never been more important.

As mentioned earlier in this report, we are thrilled that Boutique Homes will be building an additional house to support Cottage's growth, with the sale proceeds going towards the Riptide redevelopment. We would also like to thank the Thyne Reid and Iris & Ken Baldwin Foundations, as well as anonymous donors, for supporting the redevelopment of Riptide.



With our shared values and common goals, we are all part of an inclusive Cottage team.

Everyone is welcome to Cottage and anyone who is involved in any capacity is part of our team. The Cottage team is made up of an independent Board, our Branches, Volunteers, Ambassadors donors and staff. Every single person makes up an important cog in the wheels that turn to make our visiting children feel welcomed, happy and inspired to take hold of the opportunities provided.

Happiness brings hope, new experiences spark confidence and fun inspires new friendships.

These powerful outcomes of our programs last well beyond the duration of a stay at Cottage and in many cases can provide a lifelong positive impact – outcomes of which we are currently measuring in a longitudinal study with Deakin University.

To support the continued growth of Cottage and ensure our Programs Team is delivering the best possible outcomes to the young people we support, our highly experienced staff members have been undertaking further training. In addition to outdoor education skills, water safety, first aid, mental health first aid, adventure therapy for complex trauma and Trauma

Informed Therapy, our staff have also undertaken cultural awareness training. This professional development ensures that our staff are equipped with the best skills to support the children in our care.

The cultural awareness training, conducted by the Victorian Aboriginal Child Care Agency (VACCA), opened our eyes to the importance of cultural identity and gave us greater awareness and understanding, in turn building more empathy and kindness. It also meant that 16 of our staff, ranging from our CEO to most of the Programs Team who work directly with the children, explored their personal cultural identity and within Cottage itself. It was wonderful to hear of the wide and diverse cultural heritage we have.

Together, with the support of our generous supporters, we are changing the future of the children and young adults who enter our doors.

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Cottage staff

Adam Wake

CEO

Andrew Augustine (Joyful Marketing)

Marketing, Communications & Events

Andrew Balaam

Special Projects

Anthony Rickard

Facilities, Maintenance & OHS

Belinda Saya

Programs Manager

Bill Kerr

Strategic Partnerships

Bonnie Devonport

Camp Leader

Brad Hay

Camp Leader

Caitlin Fay

Camp Leader

Christine Fagan

Program Planner

Dave Geary

Program Planner

Donna Campisi

Community Relations Melbourne

Ebony Storrar

Camp Leader

Gina Silva Da Cruz

Kitchenhand

Jeanette Anderson

Grant Writer

Jessica Fletcher

Camp Leader

Karen Woodhart

Accounts

Karyn Shearer

Housekeeping

Kim Asmussen

Chef

Lisa Muntz

Camp Leader

Louis Gasior

Camp Leader

Louise McSween

Program Planner

Meg Lock

Housekeeping

Megan Burzacott

Grant Writer

Moira Willcox

Finance

Nula Cunningham

Camp Leader

Rob Chylek

Maintenance

Rosalyn Balzer

Reception / Assistant

Sam Edwards

Camp Leader

Sean Dunne

Program Planner

Shelby Jade

Camp Leader

Sheree Van Doren

Camp Leader

Susie Donald

Casual Chef

Tony Featherston

Future Giving

Tori Bilney

Camp Leader

Tristan Kimpton

Camp Leader

William Semple

Camp Leader

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Cottage by the Sea Volunteers are a dedicated team, providing up to 160 hours of support each week.

While Cottage by the Sea Volunteers don't work directly with the children on our programs, they provide important assistance on the day-to-day operations of Cottage and make up the many different layers of our organisation, which all contribute to enhancing the experiences of the visiting children.

Our supportive Volunteers donate their time and assistance to help with the administration, kitchen, archiving, donations, maintenance, Morning and Afternoon Teas, as well as other important areas of operation. They are valued members of our team, supporting our mission through a shared understanding of what we aim to achieve and our values.

We have welcomed 16 new volunteers this year:

- Anne-Maree Fitzgerald
- Barb Slee
- Bron Davis
- Colin Hatcher
- Corinne Mitchell
- Corinne Telford
- John Fitzgerald
- Jenny Grossman
- Joel McWilliam
- Julie Harrington
- Julie Raunik
- Graham Mason
- Michele McIntyre
- Nola Wood
- Silvana Bongiovanni
- Suzie Capell

To express our gratitude to our dedicated team of Volunteers, we hosted a lunch for our Volunteers to celebrate "Volunteers Week" in May. It was our chance to acknowledge and thank them all for their time and efforts to help make Cottage run so smoothly day in day out. Our Volunteers were so appreciative. As one Volunteer said about the day, "Our Volunteer lunch was so enjoyable and having Cottage staff there for presentation made such a difference." The whole Cottage team got behind the day to help our Volunteers understand just how important they are.

Our Volunteers are also made up of our Board members who generously donate their time and expertise, as well as our Branch members and Ambassadors who support Cottage by spreading awareness and helping to raise funds.

Why volunteer at Cottage by the Sea?

We've had some special moments with our Volunteers this past year. Sandra, one of our longest-serving Volunteers (21 years!), was awarded Geelong Volunteer of the Year 2022. "It's great to see all the kids get so many opportunities. There's a great vibe around the place," says Sandra, who has been helping in administration for more than two decades. "They do so much with the kids – so many activities. It's a great place to be," she continues.

Robyn is another long-term Volunteer at Cottage, who has been with us for more than 15 years.

Each Tuesday, she volunteers in the kitchen at Cottage and is a valued member of our team.

"I get more out of it than I put in. The people I volunteer with – it's great," she says while making Anzac biscuits for the kids. When Robyn started

volunteering, she actually was working with the kids – supervising them on the beach, taking them to Jirrahlinga Koala Sanctuary and visiting the ghost/glass shrimp (shrimp hand cleansing) at the Oueenscliff Harbour.

Julie is another dedicated Volunteer at Cottage, who helps in the archiving area of our administration. "It's lovely," Julie shares. "It's the best thing I've ever done, actually. All the people are really beautiful. It's just a nice working environment," she continues.

We also have a "hut crew" of Volunteers, who volunteer out of our soon-to-be developed onsite hut. These two couples – Ted and Jan Heriot as well as Tina and Ian Jenkins – put together the welcome goodie bags for the kids. They have been volunteering at Cottage for more than 10 years.

In addition, we have dedicated Volunteers who support the outdoor areas of Cottage, from Barb tending to the garden, Angelo mowing the lawns, Paul polishing and cleaning the buses to Cos cleaning the windows each Tuesday. We are so grateful for the support and generosity of our Volunteers.

Being a volunteer anywhere means that you are part of a community and donating your time to a worthy cause can really enhance your life. Volunteering in such a great and proven organisation such as Cottage by the Sea means that you will be part of this valued community. We welcome everyone through our doors and we need your support.

Life Members

Beverley Davies	Jean Diment	Prue Forster
David Wells	Jean Williamson	Robyn Harper
Eril Deighton	Jill Bell	Roma Balaam
Eva Milne	Joy Leigh	Ros Leigh OAM
Gillian Gough	Judy McKechnie	Sue Armstrong
Gillian Gubbins	Marg Lyons	Sue Reilly
Gloria Joan Longden	Meg Chisholm	Sue Richardson
Gwen Pitfield	Michael Randall OAM	W.G. Philip
Heather Moore	Pat Bellhouse	

Ambassadors

Alan Harrison	Glynn Harvey	Mal Campbell
Amanda Flynn	lan Cover OAM	Patrick Dangerfield
Andrew Cannon	Jade Augustine	Rod Laver MBE
Andrew Simms	Jan Wilkinson	Warren Davies
Annie James	Joel Selwood	
Curtis Stone	Louisa White	
Eric Black	Madi Browne	

Branches

Bellarine	Queenscliff
President: Julie Bingley	President: Beverley Davies
Secretary: Jan Sprague	Secretary: Cynthia Eunson
Treasurer: Jo Baker	Treasurer: Janet Finlay
Highton Ceres Acorn	Geelong

President: Rhonda Rotherham

Secretary / Treasurer: Robyn Harper

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Treasurer: Mary Palmer

President: Rosalind Leigh OAM

Secretary: Lesley Robinson

Board of Directors

Cottage by the Sea's volunteer
Board of Directors kindly donate
their time, skills and knowledge of
corporate governance to help steer the
organisation in the right direction.

Don Rankin - President

Don is a chartered accountant and was a Founding Partner of Pitcher Partners. He has a long history advising middle market businesses. Don, his wife Megan and family have spent holidays at their house in Point Lonsdale for almost 40 years.

Scott Chapman - Vice President

Scott has held the position of Chief Executive of the Royal Flying Doctor Service Victoria since 2010, and has a lifelong involvement in outdoors and camps. Scott and his partner Jacqui's favourite part of the world is Point Lonsdale, where they have a holiday home.

Jerome Walsh - Treasurer

Jerome is a Chartered Accountant and Fellow of FINSIA with more than 20 years in the finance industry. He and his wife Alison enjoy the company of their adult children.

Dennis Smart

Dennis has a career spanning more than 30 years as a Managing Director of the Woods Auto Group. Now retired, Dennis and his wife Sue are spending more time involved with their five young grandchildren, travelling and enjoying their Queenscliff beach house and the local community.

Liam Petrie-Allbutt

Liam is an award-winning designer who consults on large-scale projects providing design and engineering solutions across various industries. Liam was raised in Point Lonsdale and is from a sixth generation Queenscliffe/Point Lonsdale family, with strong ties to the local community. He was the Borough of Queenscliffe's Young Citizen of the Year in 2016 and Citizen of the Year in 2022.

Michael Randall OAM

Michael has been in the securities industry for more than 30 years and he is a Founding Director of the Financial Services Foundation. Along with his wife, Nikki Coghill, and two daughters, Michael enjoys spending time at his holiday home in Point Lonsdale.

Natalie Hickey

Natalie is a barrister at the Victorian Bar, specialising in commercial law and intellectual property. She is an alumni of Point Lonsdale Primary School.

Priscilla Seyfort

Priscilla's entire professional and academic life has focused on the wellbeing and interests of children. She has a particular interest in supporting disadvantaged children, and has a PhD from the University of Melbourne. Priscilla holidayed at Queenscliff as a child, and she and her husband, Anthony, own a house in Queenscliff where they enjoy holidays with their four children.

Annual Report 2023 Cottage by the Sea



Community Relations – Melbourne

When I started working in this role in March 2023, I had the pleasure of spending three days with Anne Catchpole, who introduced me to this role and many of Cottage by the Sea's wonderful supporters. Anne worked in Melbourne Community Relations for Cottage for 28 years. Her support is greatly appreciated.

When speaking at events, I often have people come up to me afterwards and share with me the experiences they had as a child at Cottage. It touches my heart to see their faces light up with fond and cherished memories. It's a reminder of the lasting and positive effect Cottage by the Sea has on everyone who visits.

I have the pleasure of meeting individuals and group supporters every day in my role. Whether attending events as a guest speaker, dropping in to say hi with our latest newsletter in hand or picking up kind donations from our Melbourne community, everyone is so welcoming and making a difference to the children. You are greatly appreciated.





We'd like to thank the below groups that Donna has visited for their donations, in addition to the other Melbourne community groups that donate directly to Cottage:

- Applewood Craft Group at Applewood Retirement Village holds a bi-annual stall to raise funds solely for Cottage. We received a cheque from their efforts in August. They continue to also donate goods.
- Westgate Diners Group has an annual drive in October where they donate all takings to Cottage.
- Good Vibes Society is a charity organisation who supply us with goods all-year round.
- Hadfield Ladies Exercise Group has more than 20 women as members. They have been meeting
 every Tuesday since their children were toddlers. They knit during their catch-ups, donating their
 goods to Cottage children. Sales from their stall are also donated.
- Women of the University Fund are a generous group who continuously donate goods all-year round, and have donated a generous cheque this year to Cottage.

I have connected with knitting community organisation Knit One Give One (KOGO), which has welcomed us as a partnering charity. Run by volunteers, KOGO donates knitted clothing to Cottage and delivers to us directly.

One of my projects for this year is approaching more than 200 Melbourne schools to support us. I am offering presentations for their students to help spread awareness about Cottage, giving them the opportunity to become involved in fundraising efforts for Cottage. The focus of this initiative is also about encouraging younger people to be involved in Cottage, to ensure that our organisation is supported for the future.

Many thanks to our special individual supporters, as well as members of Probus, Rotary, View Clubs, Country Women's Association of Victoria, retirement villages and friendship groups.

Donna Campisi

Community Relations, Melbourne



Major donors

Over \$300,000

Estate of David Oliver Batch
Shine On Foundation

\$150,000 or over

The Iris & Ken Baldwin Foundation

\$100,000 or over

Anonymous

Blair Carroll

Cottage by the Sea Branches

Peter Latham

Rado Family Foundation

The Anthony Costa Foundation

The Hugh Williamson Foundation

\$50,000 or over

Daniel Scott Charitable Trust

International Power (Australia) Pty Ltd

Michael Vickers-Willis

The G W Vowell Foundation Ltd

The Rippers

Vance Joy via Fair Harbor collaboration

\$40,000 or over

Bulls & Bears Golf Group

Estate of Marg<mark>aret Anne Abley</mark>

Estate of Shirley Irene Conway

The Marian & E H Flack Trust

The R E Ross Trust

\$20,000 or over

Apco Foun<mark>dation Pty Ltd</mark>

Australian Philanthropic Services

Grangers Foundation

Joel Selwood via Jim Stynes

Foundation

Percy Baxter Charitable Trust

Rita Andre

Rosemary Norman Foundation

\$15,000 or over

Danks Trust

Geelong Community Foundation

H V McKay Charitable Trust

Jack Brockhoff Foundation

\$10,000 or over

Bruce Edmunds & Associates P/L

Dimmick Charitable Trust

Flora & Frank Leith Charitable Trust

Gillian Gubbins

Janet Torney

John & Elaine King Foundation

Marion Isabel Thomas Estate

Mark & Sophia Gray

Millbrook Funds Pty Ltd

The Dawn Wade Foundation

The Eirene Lucas Foundation

The Gray Family Charitable Trust

The Lyone Foundation

The Ricketson Foundation

The William Angliss (Victoria)
Charitable Fund

Women of the University Fund

WSSK Family Trust

Xenia Foundation

\$5,000 or over

Ainslie Cummins

Andrew Balaam

Andrew M Cannon

Estate of Margaret Tyack

John & Catherine Nagle

Johnson Family Foundation

Lago Corporation Pty Ltd

Mona Georgina Harris Perpetual Charitable Trust

Nick Kerr

Queenscliff Golf Club Inc.

Rotary Club of Whittlesea

Social Enterprise Group Ltd

SPS Corporation

The Gwen & Edna Jones Foundation

The Isabel & John Gilbertson Charitable Trust

Valerie Osbourne

\$4,000 or over

Applewood Retirement Village Craft Group

Noel Boniface

Studio All

\$3,000 or over

ABN Group VIC

Eril Deighton

Geelong Connected Communities

Helen Evans

Illabrook P/L - J.Roach, R.Roach & S.Gouah

Jack Moody Charitable Foundation

Kapiris Bros (Vic) Pty Ltd

Rotary Club of Essendon North Inc.

Victorian Planning and Environmental Law Association

\$2,000 or over

All Saints Anglican Church Opportunity Shop

Catherine Gray

Chris & John Sandow

Coralie Erwin

Melbourne Community Donations

Elizabeth and Andrew Turner Legacy

Geelong Marine World

Jan Short

Jean Williamson

John Antoniou

L R Cazaly Trust Fund

Mr Jim & Miss Judy Allen

Ocean Grove Uniting Church



Special thanks to all of our donors, including those who have anonymously donated more than \$481,000. These funds have been allocated across infrastructure and programs.

Outreach Centre & Opportunity Shop

Randall & Lynda Lewis

Stephen Walter Foundation

Wesley Uniting Church

\$1,000 or over

Alfred Kruijshoop

Alison Moore

Andrea Brown

Andrew & Pam Crockett

Andrew Narita

Andy Kelly

Bob White Electrix

Carmel Merrey

Chirnside Park Senior Citizens

Christina Cheers

Cameron Close Retirement Village

Craft Group

Daniel Tour

Designer Concept Photography

Dr Jill Maddox & Mr Ian Evans

Gill Hunt

Hadfield Community Activities Group

Hardware Foundation

Jacqueline Birrell

Jane Normoyle

Jenny Blencowe

Jerome Walsh

Kaye Nixon

Lavinia Cuming

Macquarie Bank

Mark Ambrose Whiting

Mark Lorton Photography

MH Car & Bike Club Inc.

Michael & Lorraine Peck

Norlane Hotel

Order of the Eastern Star Victoria

Chapter No. 207

Paddy White

Pamela Thomas

Patricia Lowe

Priscilla Seyfort

Queenscliff Cruising Yacht Club

R & S Valiant Car Club of Victoria Inc

Robyn Colgrave

Rosemary Wilkinson

Sandra Vizard

Tony Hedley

Torana Owners Club Inc

Vauna Jaensch

\$500 or over

Alison Chinn

All Aboard Club Williamstown

Andrew McKnight

Barry Medew Building Supplies Pty Ltd

Beta Sigma Phi

Bill Pretty

Catrin Taylor

Chattels & Chats Op & Book Shop

Christ Church Opportunity Shop

Cobradah Senior Citizens Club

Colin Hatcher

CWA Boroondara Branch

Cyril Curtain

Dianne Cheevers

Don & Judy Cameron

East Fruit Market

Gabrielle Mann

Gerard & Jenni White

Hadfield Ladies Gymnasium

Ikebana International - Melbourne Chapter 29

Chapter 29

Jane Caldwell

Jeremy Blackshaw

Joan Crook

Joan Hammonds

John & Anne Dawborn

John W Brownbill

Justin Milford

Kim McNairn

Leopold News & Lotto

Lifestyle Ocean Grove

Lilli Balaam

Lincoln Beckworth

Louise M Gourlay

Lyn Simms

Madeleine Curtain

Margaret Cash

Margaret Watson

Mark Harrison

Mary Davidson

, Matt Armstrong

Michael Homewood

Moira Kairys

Mr Ian & Mrs Margaret Hunter

Mt Waverly Uniting Church

Natalie Hickey

Nigel Wake

Peninsula Parklands Craft Group

Pt Lonsdale Bowls Club Inc

Retired Persons of Werribee

River of Life Apostolic Church

Ron Davies

Russell Levy

Sally Hobbs

Scott Podmore

Sharon Armstrong

Sir Charles Hotham Hotel

Sitetech Solutions Pty Ltd

Spiros Hrambanis

The Pups - Melbourne

Tim Dennis

Torquay Golf Club - Ladies

Val Lawrence

Winifred J McIntyre

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In-kind donations

Here are some of the supporters who have assisted, volunteered and donated their time, skills and energy to Cottage over the past year.

Adriana Dye

All Saints Anglican Church

Opportunity Shop

Allan Clark

Angelique Imierowicz

Anita Stapleton

Ann Magee

Anne Martin

Anne Way

APCO Foundation Pty Ltd

Applewood Retirement Village Craft

Group

Ashburton Primary School

Aurrum Aged Care

Australian Red Cross

Bailey Ohlsen

Barbara & Chris Tippett

Barbara Cook

Barbara Foenander

Barbara Johns

Barbara Mackey

Beaut Beanies Knitting Group

Belinda Edwards

Bellarine Adventure Golf

Bellarine Country Butchers

Bellarine Knit Wits

Bellarine Peninsula Church of Christ

Bellarine Peninsula Church of Christ

Craft Group

Belmont Uniting Church

Bernie Kelly

Beth Hamilton

Bev Crosthwaite

Bev Larcombe

Beverley Gamble

Big Balloon

Boardriders Group

Brenda Sims

Carol McRandall

Carolyn & Gus Edwards

Chris & Pam Wintershoven

Chris Chivell

Chris Le Lievre

Claire Copp

Claire Dalton

Claire Sharp

Clare Guiney

Cora Biggins

Corinne Mitchell

Cottage Branch Geelong

Crafty K's

CWA Drysdale Branch

CWA Rodney Branch

Cynthia Eunson

Daphne Briscoe

Darebin North West Uniting Church

Deb Townsend

Delamates

Dianne & Peter Kemp

Dorothea Worpel

Dorothy Hepburn

Drysdale Family Support/Food Bank

Drysdale R.S.L. Women's Auxiliary

Drysdale Uniting Church

Dulux Trade Centre

Ed Morris

Edith Clark

Edrington Park Retirment Village

Ladies Group

Elaine Freer

Elizabeth Clarke

Farm Foods

Fay Meenks

Feed Me - Bellarine, Geelong, Surf

Coast

Felicity Lee

Geelong Citrus Packers

Geelong Food Relief

Geoff Counsel

Gladys Wilson

Gladys Wilson

Glenda Pitcher

Glenn

Glenroy Dental

Good Vibes Society Charity Group

Hadfield Community Activities Group

Heath Grant

Heather Edlin

Heather Knight

Heather Moore

Heather Riches

Helen Brebner

Helping Hands Quilters

Holy Trinity Anglican Ladies Guild

lan Loader

Inner Wheel Club of Geelong Inc.

Jackie Massouris

Janet Aylett

Janette Bryant

Jeanette Wallace

Jennifer Mizrahi

Jenny Brandwyk

Jenny Gleeson

Jessica Evans

Jill Brown

Jill Jackson

Joan Owen

Joan Wood

Joan Worrell

Jodie Walters

Josephine Pitt

.....

Joyce Gray

Judith Dalton

Judy Thompson

Julie Erwin

Julie Werrett

Karen Hegarty

Karen Joyce

Kazscreation

Keilor View Club

Keitha Hewitt

Ket Bake

Knit4Charities Inc

Ladies Hearts & Crafts Club, St Peters

Anglican Church



Leopold Ladies Midweek Tennis Club

Leopold News & Lotto
Life Saving Victoria
Lois Matheson

Loris Harris
Lorraine Coles
Lorraine Collison
Lorraine Craven

Lorraine Jackman Louise Hastie

Lucy & Johanson Buysen

Lucy Fraser
Lyn O'Brien
M C Herd Pty Ltd

Margaret & Graeme Laurie

Margaret & Malcolm Campbell

Margaret Clarke
Margaret Kehoe
Margaret Llewellyn
Margaret McIvor
Margaret Safstrom

Margaret Schneebeli

Margaret So
Margaret Stewart
Margaret Tippett
Margo Mason

Marine & Freshwater Discovery Centre

Marion Beasley
Maureen Bowd
Maureen Boyd
Maureen Koch
Maureen Monckton
Maurice Anglin

Mernda Retirement Village

Miriam Gray

Mitcham Orchards Probus Club Mr John & Mrs Elaine Hatty

Mr Roger & Mrs Sue Colvin
Mt Waverly Uniting Church

Naomi Chittock

Neil Speedie Nellie Hayes

Norlane Church of Christ

Norlane Community Centre Craft

Group

Norlane Senior Citizens Norma Gordon-Addison

Ocean Grove Chat & Craft Group
Ocean Grove on Barwon Ladies

Probus Club

Ocean Grove Senior Citizens Centre

Inc

Otomys Pam Kinsman Pam Timmins Patricia Engels

Patti Stewart (Formerly Evans)

Paula Johns Pauline Macleod

Peta Hall

Phyllis Edmonstone

Pinchapoo

Point Lonsdale Surf Club

Probus Club of Blackburn South Ladies
Probus Club of Drysdale Ladies

Probus Club of Fawkner/ Merlynston

Probus Club of Keilor East

Probus Club of Portarlington Bayview

Probus Club of Queenscliffe

Combined

Probus Club of Waurn Ponds

Combined

Queenscliff Maritime Museum

Queenscliff Uniting Church

Queenscliff Village Newsagency
Queensland Combined Machine

Knitters Assoc Inc

Rhonda Knight

River of Life Apostolic Church

Robyn Holt Rolf Kohler

Rotary Club of Bellarine North
Rotary Club of Essendon North Inc.

Rotary Club of Whittlesea

Ryman Aged Care Sarah Schelesky Sew What So Good

Sharon Draper Sheryl Somerville Shirley Grace

St Leonards Garden Club St Paul's Anglican Church

Sue Brewin

Sue Cunningham

Sue Scott Sylvia Carter

TAC

Tenderprint Australia

The Companion Club of the Camberwell Salvation Army

The Country Women's Association of

Victoria Inc.

The Rippers
Tony Imrie
Trish Hockley
Ursula Cross
Val Bell

Valda Doedel Vicki Palmer Vicky Griffiths

Wandarrah Arts & Crafts

Wendy Batey
Wendy Cooke
Wendy's Milk Bar
Wesley Craft Group
Wesley Uniting Church

Windsor Park Retirement Village
Women of the University Fund

Xtreme Technology
Yvonne McIntyre

Yvonne McIntyre & Pam Dosser

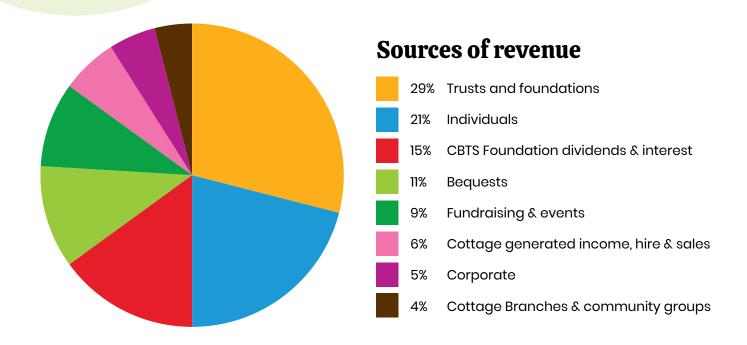
Yvonne Tink

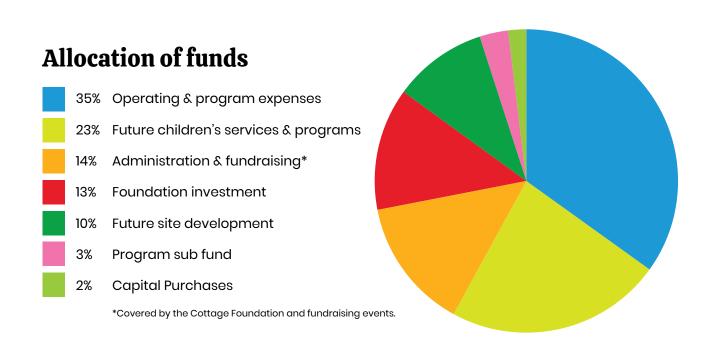
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Financials

Thank you to everyone who has contributed to the success of Cottage by the Sea over the past year. Cottage had a strong financial result for the year.

As noted in the addendum accompanying the Financial Report, Cottage programs and operations ran at a surplus of \$17,058. This was achieved without any government stimulus payments or other government funding.





Annual Report 2023 Cottage by the Sea



Thank you for your support over 2023

Thanks to all of the Cottage by the Sea community for the support during this past financial year. Together, we can continue to fulfil our mission and increase our impact over the next year.





www.cottagebythesea.com.au

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