

Celebrating Abilities



MAKING A DIFFERENCE FOCUSING ON ABILITIES

To find out more, visit www.celebratingabilities.org.au



Victorian Incorporation Number: A0058725B | Incorporated ABN: 36 836 762 597
Australian charities & Not-for-Profits Commission registered 3rd Dec- 2012

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ABOUT CELEBRATING ABILITIES

Our History

In 2018 we celebrated 6 years being active within the disability, special needs community.

Celebrating Abilities was established by founder Margie Cerato in January 2012. We are the only studio of its kind in Melbourne helping people with disabilities by empowering their abilities. We are blessed and grateful to be working with our clients.

Margie is passionate about helping people with disabilities and was inspired to create Celebrating Abilities empowering and transforming lives. We offer support and rehabilitation for people with disabilities, their carers, and families, as the participants try to overcome the plethora of obstacles in the way of things we often take for granted, like walking, moving around, breathing and connecting with our bodies.

- Celebrating abilities is a registered charity with the Australian Charities Not For Profits Commission
- Celebrating Abilities holds DGR status (tax deductible gift recipient)
- We are reliant on private donations with no ongoing government funding

Disability Statistics

Over 4 million people in Australia have some form of disability. That's 1 in 5 people. 18.6% of females and 18.0% of males in Australia have disability. 35.9% of Australia's 8.9 million households include a person with disability.¹



¹ <https://www.and.org.au/pages/disability-statistics.html>

Our Vision, Mission & Values

Our Mission

To provide a supportive Inclusion environment studio for people with a disabilities, and create mental health and wellness programs through exercise involvement that is accessible for everyone

Our Vision

A world where there is **inclusion**, **equality**, and **accessible** exercise activities for everyone to enjoy and have fun

Our Values

Happiness: We nurture a body positive vibe, creating a life without limits while having fun.

Energy: We invigorate and energise everyone in our unique inclusive studio.

Abilities: Focusing on empowering all participants as we celebrate their abilities.

Restorative: Stretch, restore, realign, rehab and renew your body.

Together: We work with our participants to provide individual mental health wellbeing programs.



BOARD AND RESPONSIBLE PERSONS

Founder and Board President Margie Cerato

Margie Cerato, the founder and President of Celebrating Abilities, has over 30 years' experience in the health and wellness, fitness industry.

She is extremely passionate about rehabilitation, strength conditioning and empowering clients to be free and strong in their bodies. Margie believes and feels deeply about making a difference, and recognize and respect these differences, nurturing each individual's unique strengths, skills, celebrating their abilities.

Her thirst for knowledge has her educating and updating her qualifications every six months. Margie has over 40 plus diplomas qualifications certifications and is constantly studying every year for over the last 30 years, updating her qualifications. She is passionate about researching the latest information and exercises ensuring that value is added to her clients. Margie is also the founder of Vibes Fitness, the current sponsor and funder of Celebrating Abilities.

"I love watching the transformations and joy on each person's face when they realize they can do it. Over the last 30 years, I have been blessed to have had clients come to see me and have helped clients that many other trainers will not work with as they were found it to challenging or thrown in the "too hard basket".





Vice President

John Frazzetto

John is a Chartered Accountant who has been running a successful taxation and accounting practice for 35 years. He is

also the President of the Australian Karate Federation (Victoria) and sits on the Board of Flights 4 Kids. John specialises in taxation and financial consulting.



Secretary

Rosa Pane

Rosa is a Primary School teacher, teaching today's children on how to be resilient, confident and believe in themselves no

matter what so they can grow up and be confident, successful adults who believe in themselves. Rosa has personal experience of the potential impact of the Celebrating Abilities programs via a sister who has a physical disability who has benefited enormously



Treasurer

Anne Tustin

Anne is an experienced manager with a passion for helping and coaching others. With a Bachelor of Commerce and a

background in Accounting and Finance, she has successfully lead teams through major projects and challenging circumstances. She enjoys problem-solving and streamlining processes with a focus on coaching and motivating others to achieve both their own and the organisation's goals. She finds her own motivation volunteering and assisting charities, such as Celebrating Abilities, who help individuals in the community achieve their own goals and assist in the quality of life. Anne is currently Head of Finance and Risk at BeyondBlue.



Director

Anna-Maria-Riccio

Anna-Maria is a well regarded Senior Leader, specialising in Service and Process design resourceful and well-networked person

with the ability to deal with all levels of an organisation and who is highly motivated by being able to influence change and achieve results, working through formal and informal networks. Anna-Maria is the mother of two children; Alexander, aged 11, who is on the Aspergers Spectrum, and Siena, aged nine.

GOVERNANCE, STRUCTURE AND CONSTITUTION

Celebrating Abilities is a registered charity governed by model rules under the Associations Incorporation Reform Act 2012. For a complete copy of our constitution please see: <http://celebratingabilities.org.au/wp-content/uploads/2018/11/Constitution-Celebrating-Abilities-Inc.pdf>





Rohan Wright is a business consultant who works primarily with small-to-medium organisations. He utilises expertise in finance, HR, and marketing, to

enhance the organisations' effectiveness. Rohan also works with Celebrating Abilities to bring structure and process in its approach to running an organisation dedicated to helping people.



Paul Hesse is an insurance broker with over 17 years experience managing a wide range of commercial and domestic clients. Paul enjoys business development

through network procuring new leads via contacts with existing clientele. He is passionate about finding solutions and solving problems. Paul loves the uniqueness of Celebrating Abilities, in that it supports and celebrates abilities and assisting those with special needs, cerebral palsy, Down Syndrome and much more.



Raelene Attwell is a nurse with over 28 years of experience caring for people with many different types of disabilities specifically intellectual disabilities,

multiple sclerosis, muscular dystrophy, vision and hearing impaired, acquired brain injury, amputation. More recently Raelene has gained a lot of experience caring for people with spinal cord injuries. As a personal trainer as well, Raelene combines a passion for fitness with creating opportunities and inspiring people of all abilities to participate in activity suitable for them.



Tom Conley is currently studying Bachelor of Laws (LLB) and Bachelor of Social Science, Criminology (BASocSc). Tom has been involved in community services, since the very early

age of 10, as an Indigenous youth in the country. Tom has always been passionate about helping to make a difference in the community and people's lives. Tom is the CEO, Managing Director & Founder of LGBTIQ – Support & Protection Services Inc. In 2014 Tom created this organisation to help grow people to their full potential and works through their challenges.

COMMUNITY PARTNERSHIPS



2017/18 IN REVIEW

President's Report

In 2018 we celebrated 6 years of activity within the disability and special needs community.

The past financial year has been one of significant development and growth for Celebrating Abilities Inc. We aim to be an industry leader for our donors, members, sponsors, partners and the wider community. We are in the process of putting new systems and structures in place over the next 12 months so that we may continue to grow and offer the best possible services for all our clients, empowering abilities. The data shows low participation rates for people with disability compared to almost all other groups in our community.



As we do not receive ongoing program funding we need to raise funds for our programs and services. We look forward to partnering with some wonderful organisations who understand the importance of our work. We look forward to working with our new corporate sponsors, donors, members and participants in 2019.

None of our work to date or future plans would be possible without the support of our donors, sponsors and volunteers. We are very grateful for your ongoing contributions.

Over the past year our Board has provided invaluable support. Of particular note I would like to offer special thanks to Vince Camera for his service as a Board Member over the past years. Vince resigned from the Board to focus on his current work commitments. In his place we welcome our new Treasurer, Anne Trustin. Anne is the Head of Finance and Risk at BeyondBlue, and we look forward to working alongside her in pursuit of our vision.

Margie Cerato

OVERVIEW OF OUR PROGRAMS

Celebrating Abilities works closely with participants, increasing their mobility and quality of life. We are recognised for our innovation, inclusive learning programs and a supportive environment for our participants. Based on the individuals needs and goals Celebrating Abilities has helped clients rehabilitate their bodies with strength training, weights, Antigravity yoga, core conditioning, Pilates mat classes, Pilates reformer beds, rowing, cardio conditioning, suspension training, personal empowerment sessions and much more.

We track and measure the social impact of each participant (health and wellbeing) with monthly progress reports. We have the passion and vision to have an impact with our innovative programs demonstrating measurable social impact and have an openness to collaboration. We are here to be of service; making a long-lasting difference in the lives of our participants. Our programs are developed to support specific communities and abilities such as mental health challenges, MS, intellectual disabilities, Down Syndrome, Add, ADHD, Autism, Asperger's, congenital conditions, stroke, amputees, Cerebral Palsy, spinal cord injuries, small-statured people, people learning to

walk again, members of Indigenous communities, PTSD, LGBTQI+, victims of abuse and domestic violence and people with fibromyalgia. Key benefits reported include:

- Mental health and wellness - Increased strength, mobility and coordination
- Fun, playful, life-changing - Improving flexibility
- Boost self-confidence and help prevent depression
- Motivation and self-esteem increases - Activating and stimulating muscles
- Rehabilitation - Body Positive
- Anxiety and stress management - Improving resilience
- Oxygenating the blood flow improving circulation
- Improves mobility Improves coordination - Meditation
- Lowers high blood pressure - reducing the risk of developing heart disease
- Provides natural pain relief and improves strength and balance
- Regular exercise in hammocks helps with the treatment of depression and anxiety
- Improvements in quality of sleep promoting psychological well-being and reduced feelings of stress

FUNDRAISING AND DEVELOPMENT

2017/18 was an important year for the fundraising and development functions of Celebrating Abilities. As a not-for-profit reliant on grants and private gifts we took this opportunity to assess our work to date, gain a full picture of our client and organisational needs and to develop a new funding strategy to resource the organisation in line with our mission.

Historically Celebrating Abilities has been funded primarily via private gifts. However we look forward to building relationships with corporate sponsors, trusts and foundations in the future. Celebrating Abilities has designed discrete programs targeting specific communities of need that can be funded independently. Each program has been fully developed, financially scoped and will provide valuable services to people living with mental health challenges, MS, intellectual disabilities, Down Syndrome, ADD, ADHD, Autism, Aspergers, congenital conditions, fibromyalgia, stroke, PTSD, Amputees, Cerebral Palsy, spinal cord injuries, people learning to walk again, people from Indigenous communities, people from the LGBTQI+ community, people who have experienced disability abuse and domestic violence.

MARKETING AND PUBLICITY

In 2017/18 we were lucky to be interviewed by Channel 9 for their new TV series, Destination Happiness. The program featured Board President and Founder, Margie Cerato and client, nine-year old Lexi. Lexi who lives with Cerebral Palsy was able to experience 'flying'; an aerial yoga program. Watch the video here: <http://celebratingabilities.org.au/destination-happiness-channel-9-9-life-9-now-com>.

In addition to Destination Happiness, Celebrating Abilities worked alongside a talented team of documentary film-makers to produce a wonderful short documentary with some of our long-standing clients and friends. The documentary can be seen here: <http://celebratingabilities.org.au/video-gallery>. A special thank you to Rosa Pane, Lina Pane, Claire and Lexie Whitney, Toby Lunnon for participating in our documentary. Thank you to Lucy, Daniel Jack, and Sean for all your fantastic work filming and editing the documentary.

Celebrating Abilities also commissioned a promotional video and worked alongside the team at Amazing Evolutions. View the results here: <http://celebratingabilities.org.au/video-gallery>. Special thank you to Gina for your hard work on bringing this to life.

CELEBRATING ABILITIES INC

SPECIAL PURPOSE FINANCIAL REPORT
FOR THE YEAR ENDED 30 JUNE 2018

CELEBRATING ABILITIES INC

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CELEBRATING ABILITIES INC

**STATEMENT OF SURPLUS OR DEFICIT
FOR THE YEAR ENDED 30 JUNE 2018**

	Note	2018 \$	2017 \$
<hr/>			
INCOME			
Income	2	24,472	13,870
 LESS EXPENDITURE			
Bank charges		122	39
Depreciation - plant and equipment		563	17
General expenses		36	-
Marketing / Website		480	3,022
Registration fees		143	-
Rent		21,948	4,001
Safety Equipment		1,204	2,951
Subscriptions & Memberships		(150)	282
		<hr/> 24,346	<hr/> 10,312
		<hr/> 126	<hr/> 3,558
 SURPLUS/ (DEFICIT) FOR THE YEAR		<hr/> 126	<hr/> 3,558
Accumulated Surpluses at the beginning of the financial year		<hr/> 3,563	<hr/> 5
TOTAL SURPLUS/(DEFICIT) FROM ORDINARY ACTIVITIES AT THE END OF THE FINANCIAL YEAR		<hr/> 3,690	<hr/> 3,563

The accompanying notes form part of these financial statements.

These statements should be read in conjunction with the attached compilation report.

CELEBRATING ABILITIES INC

**BALANCE SHEET
AS AT 30 JUNE 2018**

	Note	2018 \$	2017 \$
<hr/>			
CURRENT ASSETS			
Cash at bank	3	816	2,574
		<hr/> 816	<hr/> 2,574
FIXED ASSETS			
Plant and equipment	4	2,876	991
		<hr/> 2,876	<hr/> 991
TOTAL ASSETS		<hr/> 3,692	<hr/> 3,565
		<hr/>	<hr/>
NET ASSETS		<hr/> 3,692	<hr/> 3,565
		<hr/>	<hr/>
EQUITY			
Gift Fund		2	2
Surplus Funds		<hr/> 3,690	<hr/> 3,563
TOTAL EQUITY		<hr/> 3,692	<hr/> 3,565
		<hr/>	<hr/>

The accompanying notes form part of these financial statements.

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CELEBRATING ABILITIES INC
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 JUNE 2018

	Note	2018 \$	2017 \$
Cash flows from operating activities			
Grants Received		-	8,000
Donations Received		24,469	5,861
Interest Received		3	9
Payment to suppliers		(23,782)	(10,295)
Net cash provided by operating activities		<u>690</u>	<u>3,575</u>
Cash flows from investing activities			
Payments for equipment		(2,448)	(1,008)
Net cash provided by investing activities		<u>(2,448)</u>	<u>(1,008)</u>
Cash flows from financing activities			
Net cash provided by (used in) financing activities		-	-
Net cash provided by financing activities		<u>-</u>	<u>-</u>
Net increase in cash held		(1,758)	2,567
Cash and cash equivalents at beginning of financial year		<u>2,574</u>	<u>7</u>
Cash and cash equivalents at end of financial year	4	<u><u>816</u></u>	<u><u>2,574</u></u>

The accompanying notes form part of these financial statements.

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CELEBRATING ABILITIES INC
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2018

1 Summary of Significant Accounting Policies

The financial report covers Celebrating Abilities Inc as an individual entity. Celebrating Abilities Inc is a not-for profit incorporated association and is domiciled in Australia.

Basis of Preparation

The financial report has been prepared in accordance with the requirements of the following Australian Accounting Standards:

AASB 110: Events after the Balance Sheet Date

AASB 1031: Materiality

No other Accounting Standards, Accounting Interpretations or other authoritative pronouncements of the Australian Accounting Standards Board have been applied. However have been prepared in accordance with the *Australian Charities and Not-for-profits Commission Act 2012*.

Reporting Basis and Conventions

The financial report have been prepared on an accruals basis and are based on historical costs, modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

The following is a summary of the material accounting policies adopted by the company in the preparation of the financial report. The accounting policies have been consistently applied, unless otherwise stated.

Accounting Policies

(a) Revenue and expenses

Revenue and expenses are recognised on a cash basis.

(b) Commencement of Foundation

The foundation was established on 24 September 2013 for the purposes of improving the physical and emotional health of the disabled by providing inclusive fitness and wellbeing training.

(c) Income Tax

The foundation has received advice from the Australian Taxation office that its income is exempt from taxation pursuant to Subdivision 50 B of the income Tax Assessment Act 1997.

(d) Gift Fund

The Gift Fund comprises the capital base of the association. This amount is to be held in perpetuity. Income derived by association may generally only be added to the Gift Fund for the purpose of Celebrating Abilities Inc.

(e) Financial assets at fair value through profit or loss

Financial assets are classified as 'fair value through profit or loss' when they are either held for trading for the purpose of short-term profit taking, derivatives not held for hedging purposes, or when they are designated as such to avoid an accounting mismatch or to enable performance evaluation where a group of financial assets is managed by key management personnel on a fair value basis in accordance with a documented risk management or investment strategy. Such assets are subsequently measured at fair value with changes in carrying value being included in profit or loss.

These notes should be read in conjunction with the attached compilation report.

CELEBRATING ABILITIES INC

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2018

	2018 \$	2017 \$
2 Income		
Income:		
Grant income	-	8,000
Donation income	24,469	5,861
Interest received	3	9
	<u>24,472</u>	<u>13,870</u>
3 Cash and cash equivalents		
Bendigo Bank Cash Management Trading Account	816	2,574
	<u>816</u>	<u>2,574</u>
4 Property, plant and equipment		
Plant and equipment	3,456	1,009
Less accumulated depreciation	580	17
	<u>2,876</u>	<u>991</u>
5 Gift Fund		
Gift Fund reconciliation:		
Opening balance at beginning of period	2	2
Transfer to and from during the period	-	-
Closing balance at the end of the period	<u>2</u>	<u>2</u>
6 Events after balance sheet date		
No matters have arisen since the end of the the financial year which significantly affected or may significantly affect the operations of the trust, the results of those operations, or the state of the affairs of the entity in future financial years.		
7 Contingent Liabilities		
There were no contingent liabilities, contingent assets or requirements as at 30 June 2018.		
8 Fund Details		
The registered office of the fund is:		
106 Leicester St		
Fitzroy VIC 3065		
AUSTRALIA		

CELEBRATING ABILITIES INC

DEPRECIATION SCHEDULE FOR THE YEAR ENDED 30 JUNE 2018

	RATE & TYPE	% PVT USE	COST ON HAND	OPENING WDV	ADDIT'NS	DATE ORIG. ADDIT'N	SALE PRICE	PARTSALE PRICE	PROFIT (LOSS)	DISPOSAL DATE	COST	CAPITAL GAIN/LOSS	DEPN	ACCUM DEPN	PRIVATE DEPN	ACCUM PRIVATE	CLOSING WDV
Plant and equipment																	
	Ramp	10.00P	1,009	992	-	30/04/17	-	-	-	-	-	-	101	118	-	-	891
	Bungee Equipment	20.00P	1,222	-	1,222	21/07/17	-	-	-	-	-	-	231	231	-	-	991
	Bungee Equipment	20.00P	1,226	-	1,226	22/07/17	-	-	-	-	-	-	231	231	-	-	995
			3,456	992	2,447		-	-	-	-	-	-	563	580	-	-	2,876
			3,456	992	2,447		-	-	-	-	-	-	563	580	-	-	2,876
Total Assets																	
			3,456	992	2,447		-	-	-	-	-	-	563	580	-	-	2,876

The accompanying notes form part of these financial statements.
These statements should be read in conjunction with the attached compilation report.

SPECIAL THANK YOU

Thank you to Michael and Elena at Motto Creative for the design and new signage on our building.



Thank you to Katija Vlatkovich from Misfit Digital Marketing



Thank you to Rohan Wright from Business Success Partners for your business coaching this year. We look forward to working with you in 2019.



Thank you to Adam Bandt for awarding Celebrating Abilities a Stronger Communities Grant of \$2,500.

Thank you to Vibes Fitness for funding the programs so far. We look forward to creating additional donors and corporate sponsors in 2019.

