

# Celebrating Abilities



## MAKING A DIFFERENCE FOCUSING ON ABILITIES

To find out more, visit [www.celebratingabilities.org.au](http://www.celebratingabilities.org.au)





We acknowledge the people of the Kulin nation as the traditional custodians of the land on which we work and pay our respect to elder's past, present and future.

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## ABOUT CELEBRATING ABILITIES

### Our History

In 2019 we celebrated 7 years being active within the disability, special needs community. Celebrating Abilities was established by the founder and President Margie Cerato In January 2012. Our focus is on empowering all abilities and we have created a unique, diverse, inclusive, all abilities, studio in Fitzroy Melbourne. Our services are for all ages whether children, adult or the elderly, all with special needs and disabilities. Carers, support workers and family members are welcome to join in. We believe that everyone should have the same opportunities. Our focus is functional fitness, being active, pain management, balance, co-ordination, proprioception, motor skills and rehabilitation. Our studio is unique and the only one of its kind in Melbourne. We make a difference to so many lives by empowering their abilities. We are blessed and grateful to be working with our clients and passionate about supporting special needs-disabilities, as they try to overcome many challenges, that we often take for granted, like walking, moving around, strength training 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
- We are thankful, blessed and grateful for all of our supporters and donations

### 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.<sup>1</sup>



## Our Vision, Mission & Values

### Our Mission

To provide a supportive, inclusive and diverse environment for people with disabilities and special needs 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 energize All Abilities in our unique inclusive studio.

**Abilities:** We Focus on empowering all participants as we celebrate their abilities.

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

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



- our values

**H- Happiness**

**E - Energy**

**A - Abilities**

**R - Restorative**

**T - Together**

## 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 pain management, exercise rehabilitation, strength, conditioning and empowering clients to be pain free and strong in their bodies. Margie believes and feels deeply about making a difference, nurturing all abilities and unique strengths, skills, celebrating their abilities in our inclusive studio in Melbourne.

Her thirst for knowledge has her educating and constantly updating her qualifications. Margie has over 40 plus diplomas, qualifications and certifications and has been studying every year for over the last 30 years. 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 found it to be 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 over 35 years.

He is

also, the President of the Australian Karate Federation (Victoria) and sits on the Board of Flights 4 Kids. John specializes in taxation and financial consulting and loves helping people of all abilities.



**Secretary**

**Katija Vlatovich**

Katija is the founder & CEO of Misfit Digital. With a decade of experience in digital-marketing, advertising-social-media ecommerce-lead-generation. She has worked with some of Australia's largest retailers including Coles, Myer, Kmart, Target, Spotlight, Anaconda, Katmandu & Blackmores. She is passionate-about-making a difference, helping communities connect and how technology can bring people of all abilities together.



**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 organization'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.



**Director**

**Anna-Maria Riccio**

Anna-Maria is a well-regarded Senior Leader, specializing in Service and Process design resourceful and well-networked person with the ability to deal with all levels of an organization 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 13, who is on the Autism Spectrum Disorder, and Siena, aged 11. Anna currently holds a senior management position with ANZ.

## 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 utilizes his experience in finance,

HR, and marketing, to enhance the organisations' effectiveness. Rohan works with Celebrating Abilities to bring structure and process in its approach to running an organisation dedicated to helping people of all abilities. He is a Passionate business coach that makes a difference.



**Raelene Attwell** is a nurse with over 30 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.



**Paul Hesse** is an insurance broker with over 18 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 all abilities.



**Tom Conley** is currently studying Bachelor of Laws (LLB) and Bachelor of Social Science, Criminology (BASocSc).

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 DCSS Australia Inc. Not for Profit Community Justice and Social Support Services, Volunteer Led Organization based throughout Australia. In 2014 Tom created DCSS to help grow people to their full potential, working through their challenges.



## COMMUNITY PARTNERSHIPS





INNER NORTH  
COMMUNITY  
FOUNDATION



**Bendigo Bank**

**ADAM BANDT MP**  
**FOR MELBOURNE**

## 2018/19 IN REVIEW

### President's Report

In 2019 we celebrated 7 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 are thankful for a grant that we received from Adam Bandt, for office equipment.

The data shows low exercise participation rates, for people with disabilities compared to almost all other groups in our community.



As we do not receive ongoing program funding, our goal is to raise funds for our programs, and services. We look forward to partnering with some wonderful organization's who understand the importance of our work.

We look forward to working with our new corporate sponsors, donors, members and participants in 2020.

None of our work to date or future, 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 and we are very blessed and grateful.** We would like to offer special thank you to Rosa Pane for her service as a Board Member over the past few years. Rosa resigned from the Board Dec 2019, to focus on her current work commitments. In her place we welcome our new Secretary, Katija Vlatkovich. Katija is the founder and CEO of Mis Fit Digital 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, inclusivity of all abilities, 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 functional fitness, strength training, pain management, weights, Aerial yoga, circus activities, core conditioning, Pilates mat and reformer, 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. All of our program categories are listed on our website, developed to support specific communities and abilities. These include, 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, LGBTQ, victims of abuse and domestic violence and people with fibromyalgia. Key benefits reported include:

- Mental health and wellness - Increased strength, mobility and coordination
- Balance proprioception, stability
- Fun, playful, life-changing - Improving flexibility
- Boost self-confidence and help prevent depression
- Motivation and self-esteem increase - Activating and stimulating muscles
- Rehabilitation - BodyPositive
- Anxiety and stress management - Improving resilience
- Oxygenating the blood flow improving circulation
- Mindfulness, meditation, peace
- Lower high blood pressure - reducing the risk of developing heart disease
- 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

2018/19 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 unique, all abilities, 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 assist people living with mental health challenges, MS, intellectual disabilities, Down Syndrome, ADD, ADHD, Autism, Asperger's, congenital conditions, fibromyalgia, stroke, PTSD, Amputees, Cerebral Palsy, spinal cord injuries, people learning to walk again, Indigenous communities, LGBTQI+ community, people who have experienced disability abuse and domestic violence and more. We have introduced more categories on our website in program area with great success.

## MARKETING AND PUBLICITY

In 2018/19 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 filmmakers 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 commission 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 2019

# CELEBRATING ABILITIES INC

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**CELEBRATING ABILITIES INC**  
**STATEMENT OF SURPLUS OR DEFICIT**  
**FOR THE YEAR ENDED 30 JUNE 2019**

	Note	2019 \$	2018 \$
<b>INCOME</b>			
Income	2	7,908	24,472
<b>LESS EXPENDITURE</b>			
Bank charges		36	122
Depreciation - plant and equipment		1042	563
General expenses		933	36
Marketing / Website		813	480
Registration fees		-	143
Rent		-	21,948
Safety Equipment		143	1,204
Subscriptions & Memberships		-	(150)
		2,967	24,346
<b>SURPLUS/ (DEFICIT) FOR THE YEAR</b>			
		4,941	126
Accumulated Surpluses at the beginning of the financial year		3,690	3,563
<b>TOTAL SURPLUS/(DEFICIT) FROM ORDINARY ACTIVITIES AT THE END OF THE FINANCIAL YEAR</b>			
		8,631	3,690

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 2019**

	<b>Note</b>	<b>2019</b> <b>\$</b>	<b>2018</b> <b>\$</b>
<b>CURRENT ASSETS</b>			
Cash at bank	<b>3</b>	<u>890</u>	<u>816</u>
		<u>890</u>	<u>816</u>
<b>FIXED ASSETS</b>			
Plant and equipment	<b>4</b>	<u>7,743</u>	<u>2,876</u>
		<u>7,743</u>	<u>2,876</u>
<b>TOTAL ASSETS</b>		<u>8,633</u>	<u>3,692</u>
<b>NET ASSETS</b>		<u><b>8,633</b></u>	<u><b>3,692</b></u>
<b>EQUITY</b>			
Gift Fund		2	2
Retained Profits		<u>8,631</u>	<u>3,690</u>
<b>TOTAL EQUITY</b>		<u><b>8,633</b></u>	<u><b>3,692</b></u>

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**CELEBRATING ABILITIES INC**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 30 JUNE 2019**

	Note	2019 \$	2018 \$
<b>Cash flows from operating activities</b>			
Grants Received		2,500	-
Donations Received		5,405	24,469
Interest Received		-	3
Payment to suppliers		(767)	(23,782)
<b>Net cash provided by operating activities</b>		<u>7,141</u>	<u>690</u>
<b>Cash flows from investing activities</b>			
Payments for equipment		(7,067)	(2,448)
<b>Net cash provided by investing activities</b>		<u>(7,067)</u>	<u>(2,448)</u>
<b>Cash flows from financing activities</b>			
Net cash provided by (used in) financing activities		-	-
<b>Net cash provided by financing activities</b>		<u>-</u>	<u>-</u>
Net increase in cash held		74	(1,758)
Cash and cash equivalents at beginning of financial year		816	2,574
Cash and cash equivalents at end of financial year	<b>3</b>	<u>890</u>	<u>816</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 2019**

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**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. The accounts have been prepared in accordance with the *Australian Charities and Not-for-profits Commission Act 2012*.

**Reporting Basis and Conventions**

The financial report has 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.

**CELEBRATING ABILITIES INC**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2019**

	<b>2019</b>	<b>2018</b>
	<b>\$</b>	<b>\$</b>
<b>2 Income</b>		
Income:		
Grant income	2,500	-
Donation income	5,405	24,469
Interest received	3	3
	<b>7,908</b>	<b>24,472</b>
<b>3 Cash and cash equivalents</b>		
Bendigo Bank Cash Management Trading Account	890	816
	<b>890</b>	<b>816</b>
<b>4 Property, plant and equipment</b>		
Plant and equipment	9,365	3,456
Less accumulated depreciation	1,622	580
	<b>7,743</b>	<b>2,876</b>
<b>5 Gift Fund</b>		
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	<b>2</b>	<b>2</b>

**6 Events after balance sheet date**

No matters have arisen since the end of 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 2019.

**8 Fund Details**

The registered office of the fund is:

*106 Leicester St*  
*Fitzroy VIC 3065*  
**AUSTRALIA**

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

**CELEBRATING ABILITIES INC**  
**DEPRECIATION SCHEDULE**  
**FOR THE YEAR ENDED 30 JUNE 2019**

	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
<b>Plant and equipment</b>																	
Ramp	10.00P		1,009	891	-	30/04/17	-	-	-		-	-	101	219	-	-	790
Bungee Equipment	20.00P		1,222	991	-	21/07/17	-	-	-		-	-	244	475	-	-	747
Bungee Equipment	20.00P		1,226	995	-	22/07/17	-	-	-		-	-	245	476	-	-	750
Aerial Stand	20.00P		1,200	-	1,200	10/06/19	-	-	-		-	-	14	14	-	-	1,186
Apple iPad 6	50.00P		460	-	460	07/03/19	-	-	-		-	-	73	73	-	-	387
Dell Laptop	50.00P		1,599	-	1,599	07/03/19	-	-	-		-	-	254	254	-	-	1,345
Canon Home Printer	25.00P		150	-	150	07/03/19	-	-	-		-	-	12	12	-	-	138
Projector	15.00P		2,500	-	2,500	27/03/19	-	-	-		-	-	99	99	-	-	2,401
			<u>9,365</u>	<u>2,876</u>	<u>5,909</u>		<u>-</u>	<u>-</u>	<u>-</u>		<u>-</u>	<u>-</u>	<u>1,042</u>	<u>1,622</u>	<u>-</u>	<u>-</u>	<u>7,743</u>
<b>Total Assets</b>			<u>9,365</u>	<u>2,876</u>	<u>5,909</u>		<u>-</u>	<u>-</u>	<u>-</u>		<u>-</u>	<u>-</u>	<u>1,042</u>	<u>1,622</u>	<u>-</u>	<u>-</u>	<u>7,743</u>

The accompanying notes form part of these financial statements.

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## SPECIAL THANK YOU



Thank you to **Katija Vlatkovich** from Misfit Digital  
We are grateful and blessed for your endless support, kindness and we welcome you aboard as our new board member.



Thank you to **Rohan Wright** from Business Success Partners for your ongoing business coaching the past 2 years. We look forward to working with you in 2020



Thank you to **Adam Bandt** for awarding Celebrating Abilities a Stronger Communities Grant



Thank you to **Vibes Fitness** for funding the programs, keeping the studio running and volunteering hours of work.

We look forward to welcoming additional partners and corporate sponsors in 2020.