



Celebrating Abilities Inc.

ANNUAL REPORT

FINANCIAL YEAR 2016 - 2017

**Victorian Incorporation Number: AOO58725B | Charity ABN: 36 836 762 597
Australian Charities and Not-for-Profits Commission (ACNC), Registered: 1
January 2014**

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Our Mission & Values

Mission and Purpose

Celebrating Abilities is a not for profit organisation that focuses on ability and not the disability, empowering abilities. We focus on the complete mind, body, spirit connection, well-being and believe this is achievable for everyone, no matter their capability; the ability is the focus at Celebrating Abilities.

The Aim

The aim of Celebrating Abilities is about supporting the participants with our mental health wellness programs, exercise, rehabilitation, functional fitness, wellness coaching, mindfulness, meditation, strength, and mobility and flexibility.

The Goal

Our goal is to receive donations and have our mental health wellness, programs fully funded so we may assist 100's of people a year, transforming their lives by making a lasting difference. We have no Government funding at this time.

THE VALUES – ALL ABOUT H.E.A.R.T

- **Happiness:** We nurture a body positive vibe, creating a life without limits while having fun.
- **Energy:** Transforming lives, in an environment that is unique and supportive in synergy.
- **Abilities:** Focusing on empowerment as we celebrate abilities and inclusion, not the disability.
- **Restorative:** Stretch, restore, realign, rehab and renew your body.
- **Together:** We are committed to providing fitness, exercise and training that is advantageous for the wellbeing of our participants.



H.E.A.R.T
- our values
H- Happiness
E - Energy
A - Abilities
R - Restorative
T - Together

Our Vision

Our work is endless and limitless as many people need assistance and we feel we can be of service. We are creating a team teaching trainees, volunteers and others in the special needs and disability services by running workshops so that we have a large team teaching our work and running our programs. Rehabilitating bodies, inside and out, with Antigravity yoga, scooter boards, rollers, fitness machines already in my studio and other techniques I have developed through training.

We have a unique approach, focusing on the long-term total well-being of a client which includes mind, body and spirit and not just the physical. We have discovered that there is an increasing interest and need for physical fitness programs for people with mobility issues or disabilities focusing on abilities.

Our participants are so grateful to be able to learn to move beyond their limitations. From getting in and out of a hammock, swinging, playing to stretching and strengthening their bodies. We get such joy watching the faces and bodies transform in front of our eyes.

Our participants often arrive at our studio with arms folded, much resistance and not feeling happy as their bodies have shut down and they have (in a lot of cases) given up on life.

Often, after a few sessions we see a major shift in energy, the transformation is amazing. Smiles, giggles, happiness and total bliss. It touches my heart and soul and moves me to give more of my time and energy. A regular exercise routine improves the physical mind, body, and soul.

What inspired Margie to work with people with disabilities:

My clients have inspired me to set up Celebrating Abilities empowering and transforming lives.

We offer support and rehabilitation for people with disabilities, their carer's, and families as the participants try to overcome the plethora of obstacles such as things we often take for granted like walking, moving around, breathing and connecting with our bodies. We have worked with people who have mental health challenges, autism, MS, intellectual disabilities, Down's syndrome, ADD, ADHD, Autism, Asperger's, congenital conditions, learning to walk again after strokes or disability, amputees, lost limbs from injuries, lost fingers, toes, hip transplants, personality disorders, multiple personalities and cerebral palsy. (Celebrating Abilities) Philosophy and values are all about H.E.A.R.T.

Our Benefits

Celebrating Abilities was established in January 2012.

We are reliant on donations, we currently have no government funding.

The Benefits & Services

Our goal is to assist as many participants as possible, where they will be given the opportunity to spend as much time as they need. Each participant is assessed individually. Celebrating Abilities works closely with participant's, 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 provide life coaching (optional) and the use of the full gym at Vibes Fitness Fitzroy. Group or individual sessions are all with a personal trainer. Counselling is also available with Andrew Fuller's team.

Celebrating Abilities is also available for the participant's, carers and families.

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.

We have worked with a variety of client's who have 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, learning to walk again, Indigenous communities, PTSD, LGBTQ, disability, abuse and domestic violence and fibromyalgia.

Did you know? Just under one in five people (4.2 million people or 18.5% of Australians) reported having a disability in 2012. A further 4.7 million people (21%) had a long-term health condition that did not restrict their everyday activities. The remaining 60% of the population had neither a disability or a long-term health condition. For those people with disability, 3.7 million (88%)

had a specific limitation or restriction that meant they were limited in the core activities of self-care, mobility or communication, or restricted in schooling or employment.

- **(Reference from the Australian Bureau of Statistics – ABS) **

Listed below are some of the benefits, when participating in our programs:

- **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**

About the Organisation and the Founder

Celebrating Abilities Founder, Margie Cerato (Azatara) has over 30years of experience in the fitness, health and wellness industry.



Celebrating Abilities is a not for profit organisation that focuses on abilities, not the disability.

We have a unique one of the kind studio, located 10 min from the heart of Melbourne CBD. Empowering abilities is the focus. We work with children, adults, carers, guardians to create an inclusive studio. I have met the most amazing adults and children along the way.

Our clients face so many obstacles each day from the systems they must deal with to get services. I am passionate about assisting, making a difference in their lives, being of service and always searching to find new ways to improve their health, well-being, mobility, strength and improving their quality of life. There is a place, deep inside, that encourages me to touch someone's life deeply, transforming them, inside and out.

Our goal and ambition are about transforming my purpose of serving others to be healthy, mobile, improving their fitness, stretching, lengthening bodies to be strong in their bodies, pain, and injury-free. I am totally committed to working with the participants (my special angels) to celebrate their abilities.

Celebrating Abilities philosophy is simple. Holistic mind body spirit training - your mind controls the body and our emotional responses. They can have a positive or negative effect on our physical body. It all depends on how we are programmed. We teach you to understand any stress by training your mind what you want it to do. This process creates the movement back into your body connecting both the inside and the outside. We teach you how to understand this connection and talk to your body, so you can walk and move freely.

We recognize and respect these differences, nurturing everyone's unique strengths, skills, celebrating their abilities.



Our focus is achieving our client's goals and meeting their needs by providing motivation, FUN, the latest techniques, and lots of variety whilst achieving their results!

Celebrating Abilities is based out of the Vibes Fitness Fitzroy studio and has health consultants that specialise in many fields to provide our clients with balance, energy and choices. The focus is to make a difference helping to transform people's lives. Rehabilitation is a strong passion for me and I have personally helped thousands to become pain-free by rehabilitating their bodies through different training techniques.

Margie has an extensive list of Qualifications for full list please visit our website: www.celebratingabilities.org.au

Margie has over 40 plus diplomas qualifications certifications and is constantly studying for over 30 years updating her qualifications. Margie has a passion for researching the latest information and exercises ensuring maximum value add for her clients.

Vibes Fitness Fitzroy currently sponsors and funds Celebrating Abilities in Melbourne. www.vibesfitness.com.au

Margie is the founder & President of Celebrating Abilities Inc. and has over 30 years experience in the health and wellness in the fitness industry. I am extremely passionate about rehabilitation, strength conditioning and empowering clients to be free and strong in their bodies. I love watching the transformation 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". I believe and feel deeply about making a difference.

President/Director Report - Margie Cerato

In 2017 we celebrated 5-years of being active within the disability, special needs and the LGBTIQ community.

We are blessed and grateful to keep working in the community assisting those in need and working alongside other organisations.

One of the innovative programs I have created for children with special needs is a remarkable success in the school environment. I currently support and provide educational and social programs to teachers' aides for their students, who utilize my programs in their school.



These children are aged between 5 - 18 years of age, with moderate to profound mental, intellectual and physical disabilities and mild to severe social,

emotional and behavioural disorders, including conditions on the autism spectrum disorder.

We have created a positive, encouraging, unique and empowering environment. Our clients face a lot of negativity in their lives and often discrimination. Often there is so much pressure; they must adjust from being independent to dependent, by needing daily support with personal needs caused by their disabilities, physical and mental health challenges.

Within the next 12 months we are aiming to generate more donations so we can assist more of the community and expand our services to help those who are in need.

Meet Our Board Members & Responsible People:



President & Founder – Margie Azatara Cerato (Azatara)

Margie Cerato, the founder of Vibes Fitness has over 30 years’ experience in the health, wellness, exercise & rehab, fitness industry. Her thirst & passion for knowledge has her educating and updating her qualifications every six months. Margie is always studying, researching the latest information and exercises ensuring that value is added to her clients. She has worked with over 5,000 clients. 5 years ago, Margie set up “Celebrating Abilities” where the focus is on

Ability, not the disability, making a difference in people’s lives.

Vice President – John Frazzetto.

Is a Chartered Accountant and has been running a successful taxation and accounting practice for 35 years. John is the President of the Australian Karate Federation (Victoria) – he also is on the board of Flights 4 Kids. John’s strengths are taxation and financial consulting.



Secretary – Rosa Pane



Rosa is a Primary School teacher, teaching today’s children on how to be resilient, confident, believe in themselves no matter what, so they can grow up and be confident, successful adults who believe in themselves. Rosa is a member of Celebrating Abilities Board, as she believes in what Margie is doing for people with disabilities. Rosa’s sister who has a physical disability has attended Celebrating Abilities. I am amazed, astounded at what Margie has been able to get my sister to do!

Treasurer – Anna-Maria-Riccio



Anna-Maria is a well-regarded Senior Leader, specializing in Service and Process design to deliver the right balance of customer experience, productivity and efficiency outcomes with unwavering determination. Proven aptitude to work well with ideas and concepts and to act in a practical manner. A 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. Mother of two children Alexander aged 11 who is on the Spectrum, and Siena aged 9. Has an interest in the disability sector and “all abilities” due to her daily exposure to the world of Autism. Core Capabilities: Service & Process Design, Human Centred, Design, Process Transformation and Automation, good understanding of Lean, Six Sigma, Agile Certified, Scrum Master Certified, Business and Technology Alignment, Business Architecture, Data Quality, Stakeholder Management, People Leadership, Good understanding of Services in relation to people with Special Needs.

Board member – Vince Camera

Vince has a dynamic, enthusiastic and outcome driven, business professional specialising in large-scale private and public-sector programs of work. Strong operational & relationship management skills coupled with high attention to detail and focus on customer service to enable the building of strong and deep business relationships, which in turn enable the delivery of the correct outcomes for both the client and the organization servicing the client. Passion to drive innovation and deliver outcomes and be an advocate for the consumer, customer, and client. Strong operational management skills, experience in mentoring, developing and coaching staff to ensure they have the required skill sets to be successful in their roles and deliver the right organizational outcomes, whilst ensuring the “customer experience” is not compromised.



Thank you to our Volunteer’s



Rohan Wright is a business consultant who works with small-medium organizations. He utilizes expertise in finance, HR, and marketing, to enhance the organization’s effectiveness. Rohan also works with Celebrating Abilities to bring structure and process in its approach to running an organization dedicated to helping people.

<https://www.businesssuccesspartnersaustralia.com.au/rohan-wright>

Raelene Atwell is a nurse with over 28 years of experience caring for people with diverse types of disabilities. Intellectual disabilities, multiple sclerosis, muscular dystrophy, vision and hearing impaired, acquired brain injury, amputation, and more recently, she has gained a lot of experience caring for people with spinal cord injuries. As a personal trainer as well, I have a passion for fitness and creating opportunities and inspiring people of all abilities to participate in activity suitable for them.





Paul Hesse is an insurance broker with over 17 years' experience managing a wide range of commercial and domestic clients. I enjoy business development through network procuring new leads via contacts with existing clientele. I am passionate about finding solutions and solving problems. Celebrating Abilities not for profit is a wonderful organization and I am proud to be a volunteer. I love the uniqueness of the organization that supports and celebrates abilities and assisting those with special needs, cerebral palsy, downs syndrome and much more.



Tom Conley is the President, Managing Director & CEO of LGBTIQ – Support & Protection Services Inc. In 2014 Tom was one of the founders of this NFP Community Organisation which has a passion to help grow people to their full potential and help people work through their challenges. Tom is a recognised Community Director of Australia, holding the (AMICDA) post-nominals Tom is currently studying Bachelor of Laws (LLB) and Bachelor of Social Science.

Tom is a very community-minded person, experience in leadership and management. <https://lgbtiqsupport.wixsite.com/lgbtiq>

Anne Tustin is an experienced manager with a passion for helping and coaching others.

Anne has 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 organizations' 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.





Magic (black cat) and **Azi** (white and grey cat) are our two therapy cats. Both are very friendly, with their own distinct personalities and love people.

If you're lucky, they may perform some tricks for you.

Have wonder around our studio. Pop in and say Hi 😊

Organisation Charity Registrations:



ASIC

Australian Securities & Investments Commission



Community Memberships and Partnerships:



Financial Statements- 2016-2017, Submitted to the ACNC



Celebrating Abilities - Financial 2016-2017

Section D Financial Information

Income Statement Summary

For the Period 1 July 2016 to 30 June 2017

Revenue/receipts	\$
Revenue from government (including grants)	0
Donations and bequests	13,861
Revenue from providing goods or services	0
Revenue from investments	9
Other revenue/receipts	0
Total revenue/receipts	13,870
Other income if applicable	0
Total income/receipts	13,870
Expenses/Payments	\$
Employee expenses/payments	0
Grants and donations made for use in Australia	0
Grants and donations made for use outside Australia	0
Other	10,312

expenses/payments	
Total	10,312
expenses/payments	
<i>Net surplus/deficit</i>	<i>3,558</i>

Balance Sheet Extract

Total assets	3,565
Total liabilities	0
<i>Net Assets/Liabilities</i>	<i>3,565</i>

2017 Financial Report

Contact us:

If you would like to be part of the Celebrating Abilities program, please email us your details.

Email: Margie@celebratingabilities.org.au

Website: www.celebratingabilities.org.au

Phone: [\(03\) 9419 2033](tel:0394192033) | **Mobile** [\(+61\) 0412 526 383](tel:+610412526383)

PO BOX: 1683 Collingwood, VIC, 3066 | **Address:** 106 Leicester Street, Fitzroy, VIC, 3065



Celebrating Abilities Inc. acknowledges the traditional owners and custodians of all the lands on which we work, we pay our deep respects to the elders - past, present and future generations.

Celebrating Abilities is committed to providing a safe environment for all people, regardless of their age, culture, ability, gender, language, racial origin, religious belief and/or sexual identity.