

2025/2026 ANNUAL REPORT



COWRA INFORMATION &
NEIGHBOURHOOD CENTRE INC

2025/2026 ANNUAL REPORT

ABN 37 152 608 106

AGENDA

Friday 9th October 2026 at 10am
Cowra Information & Neighbourhood Centre
15 Vaux Street, Cowra, NSW 2794

1. Welcome
2. Apologies
3. Confirm minutes of previous years AGM
4. Presentation of Chairpersons Report
5. Report from Treasurer
6. Board Elections
7. Welcome to the new Board
8. Appointment of Auditor and Accountant
9. Appointment of Public Officer
10. Presentation of CEO report
11. Thank you and closing

BOARD OF MANAGEMENT

2025 - 2026



Nikki Kiss OAM

Chairperson



Alicia Ball

Vice Chairperson



Steve Moriarty

Treasurer - January
2026



Marc Grant

Board Member
Treasurer - February 2026



Cheryl Speechley

Secretary



Esther Cutmore

Board Member



Sue Johnson

Board Member



Sharee Robson

Board Member

STAFF

2025 - 2026



Fran Stead
Chief Executive Officer



Abby Slattery
Community Engagement
Trainee



Alison Cooper
Administrative Support



Ava Broad
Community Engagement
Trainee



Brodie Parbs
Family Support Assistant



Bronwyn Sainsbury
Administration Officer



Danny Jackett
Team Leader Home
Modifications & Maintenance



Donnah Chown
Client Services Worker
Family Support



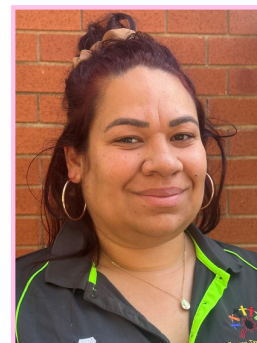
Garry Draper
Disability Support Worker



Hellen Horton
Youth Worker



Isabelle Doorey
Community Engagement
Trainee



Jaeme Bird
Disability Support Worker



Jessica Bateson
Receptionist



Jess McLeish
Community Engagement



Karen Pearson
Compliance Officer



Maddie Brooks
Disability Support Worker

STAFF

2025 - 2026



Marion Speechley
Team Leader
Community Engagement
& Disability Services



Monique Gillespie
Receptionist



Natalie Rush
Key Worker



Nicollette Regan
Disability Support Worker



Peter Dawson
Home Modifications and
Maintenance



Peter Van Dartel
Disability Support Worker



Sandra Conway
Community Support



Sarah Taylor
Disability Support
Worker



William Ingram
Aboriginal Community
Engagement Officer



Cowra Information &
Neighbourhood Centre

OUR VISION

" Locals Supporting Locals "

OUR MISSION

To empower people and our community to grow and celebrate diversity, to be safe and connected.

To provide services, information, advocacy and referral to all our communities, focusing on the people who are vulnerable, isolated or at risk.

CINC MEMBERS

2025 - 2026

The Board of Management and Staff would like to thank all of our wonderful members for their ongoing support of our projects within the Cowra Community.

Ball, Alicia Maree	Maloney, Greg
Beale, Lewis	McAllister, Shirley
Best, Susan Margaret	Mewburn, Karen
Budge, Chris Ronald	Mewburn, Robert John
Budge, Kay	Moriarty, Judith Mary
Carney, Amy	Moriarty, Stephen John
Close, Vicki Ann	Nelson, John
Cole, Paul	Nichols, Rosalie Pearl
Cook, Diana Christine	O'Brien, Lynette Jane
Cooper, Thomas David	Pancik, Elaine
Cutmore, Esther Phyllis	Patton, Andrew
Delphin, Christopher George	Pullen, Denise
Delphin, Theresa Joy	Robson, Sharee
Edwards, Kim	Rolff, Trevor
Ford, Marjorie Rose	Russell, Terence James
Gorringer, Julieanne	Ryan, Nakeya
Gould, Karen	Singh, Padma Wati
Grant, Marc	Smith, Janet Marea
Grant, Jennifer	Speechley, Cheryl
Grout, Dorothy Lorraine	Stone, Robert Bernard
Guihot, Robyn Joan	Terelinck, Diane
Johnson, Helen	Toohey, Jodie-lee
Kiss, David	Vale, Lucy
Kiss, Nicole Maree	Vy Janti, Mala
Langfield, Wendy	Yin, Sue

Why do we need members?

By having a strong membership we are able to actively display that we are supported by all sections of the Cowra Community. Being a member is a great way to keep in touch with what is happening in our community.

Interested in becoming a member?

Please contact Admin on (02) 6340 1100.

CINC VOLUNTEERS

Roll of Honour

2025 - 2026

The Board of Management and Staff would like to thank all of our wonderful volunteers for their ongoing support of our projects within the Cowra Community.

Ball, Alicia Maree
Burton, Kasey
Cutmore, Esther
Grant, Marc
Kiss, Nicole OAM
Johnson, Sue
Moriarty, Stephen
Robson, Sharee
Speechley, Cheryl
Toohey, Jodie-Lee
Widdows, Kaylene

Why do we need volunteers?

By having volunteers, we are able to actively display that we are supported by all sections of the Cowra Community. Being a volunteer is a great way to give a helping hand in our community.

Interested in becoming a volunteer?

Please contact Admin on (02) 6340 1100.



CHAIRPERSON'S REPORT

The beginning of the 2025/26 financial year began with our Board of Management barely taking a seat.

First up was our NDIS audit. Audits are something we have come to welcome at CINC, with the understanding that if areas of suggested improvement are identified, they will help us grow and improve. Still, there is much effort put into ensuring that all the 'I's are dotted and the t's are crossed. No point putting CINC on display without putting our best foot forward, as they say. We have high expectations of ourselves because we know what we are capable of. Thank you to our participating community members, staff and board members who contributed to our successful NDIS audit result.

The Seniors within our community became the focus next, with CINC being requested to directly contribute to the Parliamentary Inquiry into the Prevalence, causes and impacts of loneliness in NSW. Encompassed in CINC's Mission is the goal to 'connect the community'. CINC's insight into reducing social isolation has now been recorded in NSW Government records for further study, reference, and hopefully – action!

The Aged Care Reforms came hot on that tail, with CEO Fran and her staff needing to learn new regulations and incorporate them into their workings to meet the new standards. They are to be congratulated on their successful transition. CINC continued to provide quality service throughout, despite having significant changes thrust upon them.

Then came a highlight of CINC's year. Our CEO Fran Stead completed her Masters in Business Leadership. If ever there was evidence needed showing the benefits of providing Professional Development, this would be it. Years ago our CINC Board of Management made the decision to invest in our CEO, and already CINC has been repaid many times over as we continue to grow in productivity and professionalism. Fran, we may have provided the opportunity, but you put in the hard yards. You nailed it! We are so very proud of how you continue to lead your staff towards achieving great things for our community.

At the end of 2025 our Board of Management farewelled our Treasurer Stephen Moriarty as he embarked on his well-earned retirement. Stephen had been a long-standing, valuable board member of CINC. Thank you Stephen for your years of dedication.

We were grateful to our Board Member Marc Grant for stepping in as Treasurer. He had big shoes to fill, but has taken the role on with both hands, and is doing a marvellous job.

We happily welcomed new Board Member Sharee Robson. Sharee filled the casual vacancy in our Board, bringing with her a wealth of knowledge, skills, and passion for supporting our community.

In May we farewelled Board Member Sue Johnson as she sadly offered her resignation citing personal reasons. Sue had been newly elected at the 2025 AGM.

CHAIRPERSON'S REPORT

Although her tenure as a CINC board member was relatively short, her contributions were meaningful and significant.

CINC has become recognised throughout multiple levels of government and organisations as a provider of quality community services. But what I am most proud of is what happens day in and day out, as you walk through any of CINC's doors. It's the respect, helpfulness, acceptance, diversity..... it's knowing that you will always be welcomed through the door by a friendly face, knowing there will be someone to sit down with to share a cup of tea and a story. We operate across many facets, providing services to people experiencing homelessness, families in need of support, disadvantaged youth, people with additional support needs..... in a nutshell, we ensure everyone has access to the support they need.

CEO Fran and her staff are to be congratulated on their contributions to CINC's remarkable achievements for our community. You have achieved wonders through your commitment and resilience.

Lastly, but definitely not least, I would like to acknowledge and thank every one of my fellow Board Members: Alicia Ball (Vice-Chair), Cheryl Speechley (Secretary), Marc Grant (Treasurer), Esther Cutmore and Sharee Robson. Your insights, diversity of experiences, skills, and willingness to openly contribute to our discussions contributes to CINC's solid framework. As a collective, you are a respected, formidable force with an unwavering commitment to make a difference. Together, we are building a stronger, more connected Cowra.

Thank you for sharing our journey.

Nikki Kiss OAM
Chairperson

CHIEF EXECUTIVE OFFICER'S REPORT

It is a privilege to present my report for another year as Chief Executive Officer of Cowra Information and Neighbourhood Centre (CINC).

This has been a significant year for our organisation. We have continued to grow, advocate, and respond to changing community needs, while planning carefully for CINC's future. Through it all, we have stayed focused on what has guided CINC for 40 years: being a trusted, community-owned organisation that is here when people need us.

A Year of Growth and Advocacy

This has also been an important year for me professionally. I am proud to have graduated from Deakin University with a Master's of Business Leadership. Completing a Master's while leading CINC was challenging at times, but it strengthened my understanding of leadership, governance, organisational culture and strategic management — and reinforced my belief that good leadership in the community sector must always stay connected to the people and communities we serve.

I have continued to advocate strongly for regional communities at both state and national levels. During the year, I took part in a Parliamentary Inquiry into Loneliness, contributing the perspective of a regional neighbourhood centre and highlighting the critical role organisations like CINC play in reducing social isolation, building connection and giving people a sense of belonging.

CINC also contributed to Parliamentary submissions on regional government service delivery and foundational supports for children and young people. These submissions let us take what we see and hear every day in Cowra and regional NSW directly to decision-makers — the difficulties regional families face accessing services, workforce shortages, long waiting lists, transport and distance barriers, and the importance of investing in established, place-based organisations that communities already know and trust.

Another significant milestone this year was becoming Vice President of the Local Community Services Association (LCSA). I am proud to advocate for neighbourhood and community centres across NSW, and particularly to ensure regional and rural voices are represented in sector discussions and government policy.

Preparing for Change

The community services sector is entering a period of considerable change, particularly across disability, early intervention and family services. Throughout the year, CINC has worked to position itself for these changes, including the development of Foundational Supports and Thriving Kids. We have been actively involved in discussions about how these reforms should operate in regional NSW and have continued to advocate for models that recognise the importance of local organisations, early intervention, accessibility and genuine community connection.

Government programs and funding models will continue to change, but our approach remains the same — CINC will adapt, but we will never lose sight of why we exist or who we are here to support.

CHIEF EXECUTIVE OFFICER'S REPORT

A Strong Financial Position

I am pleased to report that CINC enters the 2026–2027 financial year in a strong financial position. This reflects careful financial management, strong governance and years of work to ensure CINC remains sustainable.

Our financial strength gives us the ability to manage changes in government funding, respond to emerging community needs and make considered investments in the organisation's future. For a community-owned, not-for-profit organisation, financial strength is not about generating profit for shareholders — it is about having the stability and capacity to keep delivering services, employing local people, investing in our community and planning confidently for the future.

7 Vaux Lane — Investing in CINC's Future

One of our most exciting achievements this year has been receiving Development Application approval for our new building at 7 Vaux Lane, Cowra — an important milestone for CINC.

Our existing facilities are heavily utilised, and as our programs and partnerships have grown, so has the demand for suitable, accessible spaces. The new development will provide additional capacity for future programs and services, including therapy and early intervention, supported playgroups, parenting and family programs, disability supports, visiting professionals, group activities and broader community use.

This is not about growth for its own sake — it is about creating infrastructure that will let CINC respond to the needs of our community for years to come. With DA approval now secured, our attention has turned to obtaining the funding required to bring this project to life.

Grants and Opportunities for Our Community

A considerable amount of work has gone into identifying and developing grant applications that can bring additional investment into our community, with a major focus on infrastructure funding to support the development at 7 Vaux Lane. We consulted with families, service providers, community groups and visiting professionals to ensure the development reflects genuine community need.

We also continue to pursue grant opportunities supporting children and families, disability inclusion, social connection, cultural activities, early intervention, community infrastructure and broader community wellbeing.

Grant applications take an enormous amount of work with no guarantee of success. But I believe strongly that regional communities need organisations willing to put their hands up, develop strong proposals and fight for their share of government and philanthropic investment. CINC will continue to do exactly that.

Our Staff — The Heart of CINC

None of what we have achieved this year would have been possible without our staff, and I want to give a huge and heartfelt thank you to every member of the CINC team.

CHIEF EXECUTIVE OFFICER'S REPORT

Community services work can be incredibly rewarding, but it can also be demanding. Our staff work alongside people experiencing some of the most difficult periods of their lives, and they respond with compassion, professionalism, flexibility and humour.

So much of what they do happens quietly and will never appear in statistics or an annual report: the extra phone call to check on someone; helping a family navigate a complicated system; finding emergency assistance when somebody has nowhere else to turn; staying a little longer, supporting a colleague, finding another option after being told no, or simply taking the time to listen to someone who needs to be heard.

That is CINC.

I am incredibly proud of our staff and grateful for their loyalty and commitment to the organisation and our community.

Thank You to Our Board

I also extend my sincere thanks to the CINC Board of Management. As CINC has grown, so too have the responsibilities of governing the organisation, and the regulatory, financial and funding environments we operate in have become increasingly complex.

Our Board members voluntarily give their time, experience and knowledge to provide oversight, challenge, guidance and support. I am grateful for the confidence they continue to place in me as CEO, and for their willingness to make decisions that keep CINC strong, sustainable and accountable to the community that owns it. Our strong financial position, and our ability to plan confidently for developments like 7 Vaux Lane, are a reflection of that sound governance.

My Family

Finally, I want to acknowledge and thank my family. Being a CEO does not always fit neatly between 9am and 5pm — there are late nights, weekends, phone calls, meetings, grant applications, Parliamentary submissions and deadlines, and inevitably plenty of conversations about CINC that make their way home. Completing my Master's while continuing to lead CINC added another significant commitment on top of all that.

My family are the people who see the work that happens outside the office and understand the pressures that sometimes come with the role. Their patience, encouragement and support have allowed me to keep doing a job, and serving a community, that I care deeply about. For that, I am enormously grateful.

Looking Ahead

As we enter the 2026–2027 financial year, CINC does so from a position of strength: a strong financial foundation, an experienced and committed workforce, a supportive Board, established community partnerships, DA approval for our next major infrastructure development, and real opportunities ahead as the community services landscape continues to change.

CHIEF EXECUTIVE OFFICER'S REPORT

There will undoubtedly be challenges — government reforms, funding pressures, workforce shortages and increasing community need will continue to test Organisation across our sector. But CINC has never been an organisation that stands still.

For more than 40 years, we have adapted because our community's needs have changed. We have grown because there have been gaps that needed filling. We have advocated because regional communities deserve to be heard. And we will continue to do all three: we will keep advocating, keep pursuing investment for our community, keep growing where there is genuine need, and — most importantly — keep being here for the people who need us.

I am incredibly proud of what CINC has achieved this year, and excited about what lies ahead.

Thank you to our staff, our Board, our partners, our community and my family for your contribution, support and belief in CINC.

Fran xx

Fran Stead
Chief Executive Officer

COMMUNITY ENGAGEMENT

NAIDOC Week 2025, started with a community march followed by a Family Fun Day at Cowra PCYC.

It was a wonderful, inclusive day that brought together people of all ages, cultures, and backgrounds to celebrate Aboriginal and Torres Strait Islander culture, community, and connection.

By working collaboratively with over 20 local service providers and stallholders, the event offered a fun, engaging, informative, and culturally enriching experience for the entire community,

A delicious barbecue was cooked by the Rotary Club of Cowra to ensure everyone left full.



CINC, in partnership with the Rotary Club of Cowra, proudly joined a community walk to raise awareness of domestic and family violence.

Our guest speakers shared their stories and helped inspire important conversations. Together, we stand for a safer, violence-free community.



CINC celebrated Women's Health Week by hosting a special event at CJ's Club Cowra, attended by 85 women.

Claire Marshall from Crafted by Nature Australia shared her inspiring journey of wellness, nature connection, and conscious living. The night also included bingo, trivia, and plenty of laughter and conversation, providing a fun and welcoming opportunity for women to connect while promoting health and wellbeing.



CINC hosted its first Cowra Services Day, bringing together more than 40 local service providers to showcase the wide range of supports and services available within the community.

The event provided a valuable opportunity for community members to connect with local organisations, learn about the services on offer, and access information about how to seek support when needed. The strong attendance and collaboration between providers contributed to the success of this important community initiative.

COMMUNITY ENGAGEMENT



CINC proudly celebrated our first International Men's Day, recognising the positive contributions men make to our communities while raising awareness of men's health and wellbeing.

More than 30 men of all ages enjoyed a BBQ lunch and the chance to connect. The Mr Perfect team joined us on the day sharing the importance of community connection in supporting men's mental health. helping make the day a success.



The school holidays have been filled with activity days full of lego, board games, arts and crafts, and movies at the Cowra Civic Centre. A great way for the children to make new friends and catch up with old ones.

We partnered with the wonderful team at Creative Community Concepts with a colour run and fun day. Lots of community attended providing such a fun event for everyone young and old.



CINC's supported playgroups are held every Wednesday and Thursday during school terms. Each week there are lots of fun activities and social interaction for the children and parents/carers.

An opportunity to explore different sensory, creative, imaginative, fine and gross motor activities. Playgroup provides the opportunity for children to play, learn, participate and enjoy new activities. Parent/carers form friendships and can support each other with sharing.



Children's week was celebrated with family and friends at PCYC. Everyone enjoyed the Paw Patrol party with a jumping castle, face painting, tattoos, playdough and a lunch together.

The theme was "Everyone Should Know About Children's Rights"

We were entertained by Mulyan's talented kindergarten and school choir. The children was so excited to see Cowra Fire Brigade and engaged in their fun activity.

COMMUNITY ENGAGEMENT



We celebrated the International Day of People with Disability with a fun-filled day at Cowra PCYC.

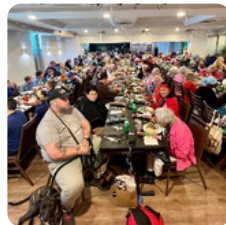
Children and adults enjoyed a variety of activities, connected with friends, and shared a delicious BBQ lunch. It was wonderful to partner with other local service providers to create an inclusive, welcoming day where everyone could join in the fun.



Christmas is a special time at CINC, bringing people together to celebrate, connect, and share in the festive spirit.

We hosted a wonderful community Christmas luncheon at Club Cowra, where local schools, retirement villages, and community members enjoyed great food, entertainment, conversation, and laughter.

We also brought the magic to the Cowra Christmas Festival at Squire Park with our Winter Wonderland, featuring Santa photos and fun activities for the whole family. To finish the celebrations, we enjoyed festive gatherings with our playgroups and Stewart Street families.



Our International Women's Day event was celebrated with an inspiring presentation and slideshow by personal stylist Susie Taylor. She shared expert advice on choosing styles and colours to complement different body shapes, skin tones, and hair colours. The ladies left with valuable knowledge, renewed confidence, and plenty of inspiration, while enjoying afternoon tea and the opportunity to connect, chat, and laugh together in a beautiful garden setting



Our annual High Tea for Seniors Week was a wonderful celebration at CINC, bringing together many members of our community for a memorable morning. The event was filled with delicious food, warm friendships, and plenty of laughter, creating a welcoming atmosphere for everyone who attended.

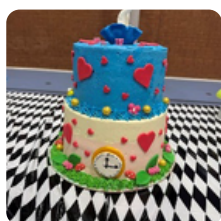
COMMUNITY ENGAGEMENT



CINC love Harmony Day and its theme of 'Everyone Belongs' is something that we promote every day. Harmony Day provides an opportunity to celebrate our people, value different perspectives, and reinforce that everyone belongs. A luncheon was held to celebrate and recognise Australia's diversity bringing people together from different backgrounds



Our Families Week celebration was a fun-filled morning enjoyed by children and families. With an Alice in Wonderland theme, the event came to life through playdough activities, crafts, face painting, tattoos, a jumping castle, brunch, and an incredible themed cake by Shaun Platt.



CINC celebrated Neighbourhood Centre Week by participating in Australia's largest community-led lunch initiative, embracing this year's theme, **"Your Place to Connect."** The event highlighted the importance of building connections and fostering a sense of belonging within our community.

Our team shared information about the wide range of programs and services CINC provides. Guests also enjoyed presentations from students at Cowra Public School, Public speakers and enjoyed delicious lunch.



CINC have celebrated many events at our Community Morning Teas including: Biggest Morning Tea, Jeans for Genes, Wear it Purple, Pink Ribbon and RU OK. It is wonderful to continue our relationship with Cowra Public School with students continuing their fortnightly visits to perform and connect with our community.



COMMUNITY PROGRAMS

Our weekly and fortnightly Art Group, Chances Clothing, and Knitting Group provide opportunities for creativity, connection, and community. Welcoming people of all ages, these programs support social wellbeing while fostering new friendships and shared experiences.

Our Knitting Group spent many months creating a stunning Under the Sea display for the Cowra Show. Their hard work and creativity were recognised with an impressive second-place award.



Marion Speechley
Team Leader
Community Engagement & Disability Service

JUSTICE REINVESTMENT

Justice Reinvestment has continued its strong engagement with school, partnering with Mulyan Public School, Cowra Public School and St. Raphaels Catholic School to continue to implement and deliver early intervention initiatives to vulnerable students. Engagement with groups as well as one on one sessions to deliver tools for young people to face adversity and situations which could cause trauma.



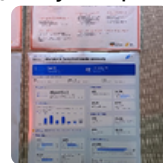
Ongoing consultations with community members covering a wide range of issues including Health, Education, Justice, Employment. Engaging with agencies for better sharing of information and opportunities to tackle issues within community.

Another year of strong partnership with PCYC has seen continuation of Fit 4 Life program as well as development of a junior age Fit 4 Life focusing on youth finishing primary education.

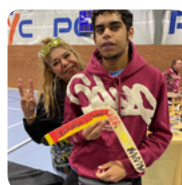
Also again allowing us to engage with Indigenous youth through PCYC Nations Of Origin, travelling to Sydney to give kids the opportunity to compete in sports and immerse in cultural activities, while making vital connections with young people from across the state.



Attending Community of Practice forums have also been of high priority and high value, as it shows where state-wide initiatives are at and their ideas that are working and ones that aren't as successful. Also making vital connections with other workers and stakeholders such as Department of Community Justice (DCJ) and Aboriginal Legal Service (ALS). Having the opportunity to present to high level representatives from Education, Health and Treasury has been majorly important.



Actively participating in local events like NAIDOC week and visits to local ACCO's help create meaningful relationships. By showing up and being present the community can start to build rapport and understand the issues facing our community and ways to overcome deficits. Attending meetings with local Police and Aboriginal Community(PACC), Community Corrections, NSW Health services, also partnering with local Aboriginal Men's group, Erambie Men's Collective are making strong strides to facing these issues.



William Ingram
Aboriginal Community Engagement Officer

COMMUNITY & FAMILIES FAMILY SUPPORT SERVICE

Supporting Families to Thrive

Cowra Information and Neighbourhood Centre (CINC) – Family Support is dedicated to empowering families and young people with the skills, knowledge and support needed to navigate the challenges of family life. Our service promotes resilience, wellbeing and active participation within the community.

During the 2025–2026 financial year, CINC Family Support provided assistance to **111 families**, delivering ongoing support and engagement across Cowra, Canowindra, Grenfell, Koorawatha and surrounding communities.

Our services include:

- Information, advice and referrals
- Home visiting and outreach support
- Connecting families with appropriate community services
- Parenting education and support groups
- Evidence-based parenting and therapeutic programs
- Community activities and events

We support a diverse range of families, including those requiring Family Group Conferences (FGCs), kinship carers, grandparents raising grandchildren, foster carers and foster families. We also assist families attending Children's Court matters, clinician assessments and specialist appointments.

Programs Delivered in 2025–2026

Group Triple P – Positive Parenting Program is an internationally recognised, evidence-based parenting program designed to strengthen positive relationships between parents, caregivers and their children. The program equips families with practical strategies to manage behavioural challenges, promote child development and build parental confidence.

Research has shown that Triple P helps reduce parental stress, anxiety, anger and depression while improving family relationships.

Programs available through CINC include:

- Group Triple P (Children aged 2–12 years)
- Stepping Stones Triple P for children with disabilities
- Stepping Stones Seminars
- Teen Triple P

Outcome: During 2025–2026, **8 families** successfully completed the Group Triple P Program.

Out of the Dark is a supportive program for women who have experienced domestic and family violence, including emotional, financial, physical, sexual, social and spiritual abuse.

The program empowers participants by increasing their understanding of domestic and family violence, recognising patterns of abuse, exploring healthy relationships and identifying available supports. Participants also learn about power and control, safety planning, and strategies to regain confidence and independence.

Outcome: During 2025–2026, **7 women** successfully completed the Out of the Dark Program.

Black Box Parenting supports parents and carers who have experienced trauma and/or domestic and family violence.

The program provides a safe, non-judgemental environment where parents can reflect on how past experiences may influence their parenting today.

COMMUNITY & FAMILIES FAMILY SUPPORT SERVICE

Topics include:

- The impact of trauma on the brain
- Attachment and healthy relationships
- The importance of play
- Practical parenting strategies
- Building stronger family connections

The program consists of five group sessions supported by individual telephone consultations.

Outcome: During 2025–2026, **3 families** successfully completed the Black Box Parenting Program.

Shark Cage Program is an evidence-based, eight-week program designed for women who have experienced repeated abuse and trauma.

Using powerful metaphors and trauma-informed psychological approaches, the program helps participants:

- Understand healthy and unhealthy relationships
- Build healthy boundaries
- Develop assertive communication skills
- Increase self-esteem and self-awareness
- Reduce self-blame
- Strengthen emotional wellbeing
- Promote self-care
- Understand their human rights

The program follows five key stages:

1. Introducing the Shark Cage Metaphor
2. Renovating the Shark Cage
3. Fixing the Shark Cage Alarm
4. Defending the Shark Cage
5. Recognising Sharks and Dolphins

Outcome: During 2025–2026, **4 women** successfully completed the Shark Cage Program.

Tuning in to Kids® is a six-week parenting program designed for parents and carers of children aged 3–10 years.

The program teaches emotion coaching skills that help children understand, regulate and express their emotions in healthy ways. Parents learn to:

- Recognise emotions early
- Respond with empathy and validation
- Help children identify and understand feelings
- Support children in problem-solving and emotional regulation

Parents are also encouraged to reflect on their own emotional responses and develop strategies for managing emotions during challenging parenting situations.

By strengthening emotional intelligence, children become more resilient, improve their relationships and develop healthier coping skills. These protective factors also contribute to better long-term mental health and wellbeing.

COMMUNITY & FAMILIES FAMILY SUPPORT SERVICE

Service Delivery Across Our Region

Canowindra

CINC Family Support continued to provide advice, referrals, home visiting, parenting support and connections to community services for families in Canowindra.

Outcome: During 2025 – 2026, **4 families** received support.

Koorawatha

Family Support continued to deliver outreach services to families in Koorawatha, including home visits, information, referrals and access to parenting programs.

Outcome: During 2025 – 2026, **4 families** received support.

Grenfell

Family Support remained committed to assisting families in Grenfell by providing information, referrals, home visiting, parenting support and evidence-based programs that strengthen family wellbeing and community participation.

Outcome: During 2025 – 2026, **5 families** received support.

Committees

CINC Family Support is an active member of the **Cowra Domestic and Family Violence Committee**, working collaboratively with local services to improve community responses to domestic and family violence.

Partnerships

Strong partnerships are essential to achieving positive outcomes for families.

We acknowledge and sincerely thank the many organisations we work alongside, including: Department of Communities and Justice – Family and Community Service, Homes NSW, Cowra Public School, Mulyan Public School, Holmwood Public School, Holman Place, Cowra Early Childhood Services, Yalbillunga Boori Day Care Centre, Goodstart Early Learning, NurtureOne, Cowra Mobile Preschool, Housing Plus, Mission Australia, Cowra Community Social Workers, local psychologists and medical practices, Salvation Army, St Vincent DePaul, Community Chest, Wesnet – telephone, Headspace, ROCP solicitors, Legal Aid, Cowra Court House, Cowra Food Hall at Wesley Centre, Canowindra Community Health, Canowindra High School, Cowra High School, St Raphael's Catholic School, Henry Lawson High School Grenfell, Cowra Mental Health, Cowra Community Health, Community Transport, Relationships Australia – Mediation, NDIS – Social Futures, Barnardos, NILS loans, CentraCare Specialists – Homelessness, SHLV, Barnardos, Cowra Community Enterprises, RDA Shop.

We sincerely thank each of our partners for their ongoing collaboration and shared commitment to strengthening outcomes for children, young people and families across our region.

Donnah Chown

Family Support Worker

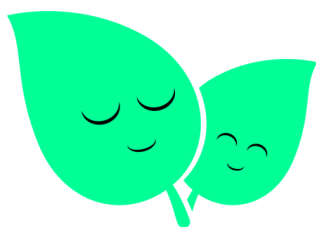
SCHOOL PROGRAMS

With the help of Cowra Rotary we were able to extend the programs we are able to offer.

Friends Resilience Program assists individuals of every age in developing resilience, confidence, and emotional well-being, which in turn enhances educational and social results within schools, families, and workplaces.

Friends Resilience provides four distinct programs: Fun Friends (for ages 4-7, focusing on positive social development), Friends for Life (for ages 8-11, aimed at inspiring confidence and emotional strength), My Friends Youth (for ages 12-15, focused on building positive relationships with peers), and Adults Resilience (for individuals aged 16-18, offering resilience programs for adults).

These programs have been conducted at Cowra Public School, Grenfell Public School, St. Raphael's Catholic School, Mulyan Public School and Canowindra Public School. Additionally, the program offers one-on-one sessions for children and young adults. Partnerships as a primary service provider for children and families in need, we collaborate closely with various service providers to ensure positive outcomes for our families.



FRIENDS RESILIENCE

RAGE Program (Re-Navigating Angry and Guilty Emotions) - The Anger Management Group Program, RAGE, is specifically designed for young people who struggle to control their emotions, in particular Anger. The program's objective is to help students identify their feelings of anger, understand what triggers them, and explore alternate strategies to cope with frustration. RAGE is aligned with PDHPE K-10 outcomes, which focuses on building resilience, respectful relationships, and developing self-management skills to enable students to reflect and respond positively to challenges. The program is structured to run for six weeks, with one-hour sessions each week, and is designed to accommodate between six to eight students. A person-centered approach is used to ensure that the individual needs of each student are met.

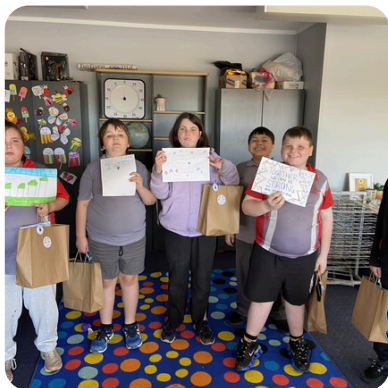
Managing The Bull program is designed to build resilience to bullied youth and create a toolkit on how to manage bullying. It covers recognising bullying, developing self-esteem and identifying strengths, communicating effectively, building support networks and creating a personal protection plan for bullied youth.



"Courage is fire, and bullying is smoke." Benjamin Disraeli

Chillax program is a skill building course to help young people diagnosed with ADHD or students who have learning difficulties like ADHD diagnosis. It helps manage impulsive behaviours and channel their energies constructively.

In 2025-2026 we reached out to 140 kids, from St Raphael's, Cowra Public, Grenfell Public, Mulyan and Holmwood Public.



LOVEBiTES is a Respectful Relationships Education Program designed for young individuals aged 12-17. It is structured around two interactive workshops: one focusing on Relationship Violence and another on Sex and Relationships, followed by creative workshops.

The primary objective of LOVEBiTES overall is to create a safe space for young people to explore, discuss, and learn about respectful relationships.

Each LOVEBiTES program adopts a strength-based approach, viewing young people as active participants capable of making their own decisions and choices within their relationships, supported by information and opportunities for skill-building.

The overarching goals of the program are to equip young people with the necessary knowledge to foster respectful relationships, encourage and develop critical thinking skills, and assist in problem-solving and effective communication. By gaining these skills, NAPCAN and Cowra Information and Neighbourhood Centre believe young people will be better equipped to make informed decisions for themselves and their relationships, ensuring they are free from violence and abuse.

During 2025 - 2026, LOVEBiTES was conducted at Cowra High, Canowindra High, Henry Lawson High School Grenfell, St. Raphael's Cowra, collectively reaching out to 300 students in the area.

LOVE 
BiTES

YOUTH CONNECT

It is hard to believe that another year has passed in Youth Connect. New faces, same passion and same drive, although each young person may need something very individualised for just them. We are so grateful for the engagement and trust that comes with this program, it keeps us motivated and guided.

School engagement has been as good as ever – covering Cowra High School, St Raphaels Cowra, Henry Lawson High School and Canowindra High School. Heading towards the end of the year there will be some engagement at Cowra Public for young people heading into High School making it a smoother transition.

Fit for life continues to be an amazing partnership between PCYC and CINC and always brings energy to be a part of. The combined efforts of Will Ingram, Lewy Beale, Sen Con Logan Harris, Percy Raveneau and myself bring a great fit and some wondering young people who like running us old folk around as well as sitting down to breakfast and chatting about life and school. Always excited for this program and seeing the young people evolve and get confident to participate and learn new skills.

The strong partnership between Juvenile Justice (JJ) and Youth Connect (CINC) continues. There has been a lot of dual groups of our shared youth so that they can complete their JJ's supervision in an environment they feel comfortable. This type of setting has been a great success this year and we aim to continue it in the year ahead with new young people that we share.

Our special partnership with OCTEC has seen many of our young people complete short courses and do work experience. One young person has found work and continues to work because of this partnership. White Card, First Aid, Traffic Control and Small Machinery Operator. This is a wonderful program and we are grateful for the alliance.

I was lucky enough to receive a special invitation from Judge Musgrave of the Orange District Court to have a round table conversation about 'self-lead sentencing'. I had been before Judge Musgrave in a hearing in Orange and received the invite in my role as a support person at court. I had to speak on the microphone at the hearing and she thought it would be beneficial for me to join the meeting even though I was not from Orange, it was incredibly informative and I was honoured for the invite.

This job has taught me so much over the last 12 years, I have been shown the most beautiful humans, and I am grateful for each and every one of them. No one is the same, and they all shine their individual light in their very individual way. I could not be more grateful for this role, to do it at CINC and for all the young people we get to work with along the way.



Hellen Horton
Youth Worker

HOME MODIFICATIONS & MAINTENANCE

Cowra Home Modifications & Maintenance Service (HMM) has seen a big year with the Commonwealth Home Support Program (CHSP) reforms in July 2025 and the introduction of the new Act Care Act 2024 in November 2025.

Whilst clients may not see all the impacts of these My Aged Care changes, Cowra HMM has implemented many process changes in the background. This has allowed services provided under the CHSP program, and on behalf of Support at Home packages, NDIS and Insurance schemes to continue with minimal service delivery impact.

Cowra HMM provides services of Gardening, Assistance with Home Maintenance and Repairs and Home Modifications to clients in the Cowra region as well as the Canowindra & Grenfell townships.

We continue to see increasing new service requests in all areas as older people eligible for CHSP look to keep living independently within their home, though may require assistance with daily tasks or modifications to do so.

For the 2025/2026 period, the following has been achieved by the Cowra HMM team of contractors:

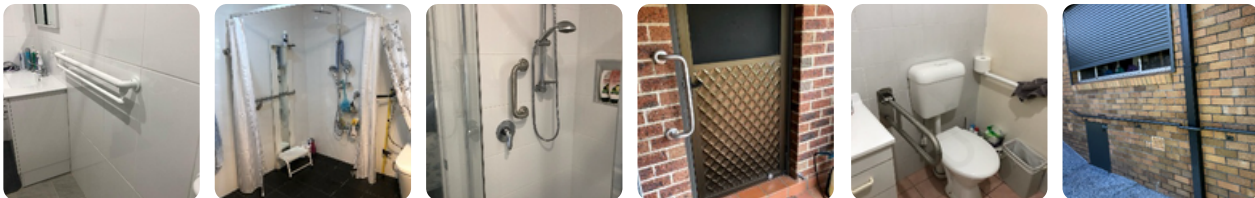
Gardening & Assistance with Home Maintenance and Repairs:

- Supported 229 clients with 1837 jobs.

Home modifications:

- Completed 57 jobs, value of \$109,882.

Photos below of some completed work.



After an extended period of leave, we said farewell to the retiring Danny Jackett early March 2026. During his long tenure with CINC and HMM, he laid the foundation for the way we provide services today, so thank you Danny.

We also had to say goodbye to Peter Dawson who commenced on a short-term basis and stayed for 12 months. Thank you for your support during these times and we look forward to seeing you around the place.

In December 2025, Cowra HMM held its first contractor Christmas event which allowed us to take time to celebrate the amazing work that these contractors undertake in all-weather to provide services to our clients. We know that without you it does not happen.



Alison Cooper
Home Modifications & Maintenance

CAPACITY BUILDING EARLY INTERVENTION SERVICE

Over the past 12 months, CINC's Early Intervention and Family Support program has continued to grow, adapt and respond to the changing needs of children, families and our broader community. This year has highlighted the importance of flexible, relationship-based support, particularly as families continue to navigate complex systems, changing funding arrangements and ongoing challenges accessing allied health services in regional areas.

Throughout the year, CINC has supported 28 children and their families through a combination of Allied Health Assistant intervention, collaboration with allied health professionals, family support and advocacy. Each child continues to be supported through an individualised approach, with intervention plans developed alongside allied health professionals and tailored to each child's strengths, developmental priorities and family goals.

The success of this program continues to rely heavily on strong partnerships with our allied health colleagues. We extend our sincere thanks to:

- Karen Trengrove – Learn 2 Communicate, Speech Pathology
- Rachel Dewhurst and Mikaela Dunn – Canobolas Kids Health, Occupational Therapy
- UMBO – Online Occupational Therapy and Speech Pathology
- Brigette Sloane – Little Gems Occupational Therapy
- Whole Child Specialist – Clinical Psychology
- All other allied health professionals, educators and community services who continue to collaborate with us to support children and families.

These partnerships remain essential in ensuring children can access consistent, evidence-informed intervention despite the ongoing workforce shortages experienced across regional allied health services.

A significant focus throughout the year has been supporting families beyond direct therapy. Many families have required assistance navigating increasingly complex systems, including National Disability Insurance Scheme (NDIS) access, plan reviews, assessments, referrals and service coordination. Support has included assisting families with Ages and Stages Questionnaires, referrals to Early Childhood Partners, advocacy with providers, paediatrician referrals and supporting families through important transition points.

School transitions have been a particularly important focus this year. Supporting children as they prepare to commence school has involved collaboration with families, educators and allied health professionals, completing documentation, providing letters of support and helping families navigate the many decisions involved in creating positive and successful transitions for their children.

Maintaining continuity of support has remained a priority despite ongoing workforce challenges within the allied health sector. Throughout the year, several children and families experienced changes in therapists and providers, requiring additional coordination and communication to minimise disruption. While these changes can be tiring and unsettling for children and families, CINC has continued to provide consistency, connection and support during periods of transition.

Collaboration with Learn 2 Communicate has continued to be a valued partnership throughout the year. Regular consultation, supervision and shared planning have ensured Allied Health Assistant plans remain responsive to children's changing needs. This collaborative approach has supported children to continue accessing meaningful intervention while also strengthening family confidence and understanding.

CAPACITY BUILDING EARLY INTERVENTION SERVICE

The evolving disability landscape has also remained a significant focus. Participation in Disability Inclusion Advisory Group meetings, Local Community Services Association consultations and professional learning opportunities has provided valuable insight into broader sector changes. Training through DSC on Thriving Kids provided further understanding of proposed changes, including the move towards assessing children based on functional capacity rather than diagnosis categories. As services prepare for these changes, CINC continues to focus on ensuring children and families remain supported through periods of uncertainty.

A significant development this year has been the expansion of family support services into Canowindra. Establishing a presence within this community has been a gradual process centred around relationship building, trust and understanding local needs. Connections have been developed with Canowindra Preschool, schools, Community Health, and other community services.

Community connection has continued to be an important part of our work. This year included participation in NAIDOC celebrations, the LOUD Fence initiative during Child Protection Week, and collaboration with community partners to strengthen awareness and support around children and families.

Professional learning has remained a priority throughout the year. Training and development opportunities have included:

- DSC Thriving Kids training
- Cultural Training with Diyan Coe
- DIR Floortime 101
- Early Childhood Education and Care Child Protection Training
- AEDC community planning training
- Ongoing allied health supervision and consultation.

These opportunities continue to strengthen reflective practice, culturally responsive approaches and our ability to provide child-centred, evidence-informed support.

The year has not been without challenges. Workforce shortages, changing funding environments and uncertainty surrounding future service models have created additional pressure for families and providers. However, these challenges have reinforced the importance of community-based services that provide consistency, advocacy and genuine relationships.

I would like to acknowledge and thank the families who continue to trust CINC to walk alongside them during their children's developmental journeys. I also extend my sincere thanks to the CINC team, our allied health partners, educators and community organisations who contribute so much to supporting children and families.

Looking ahead, CINC will continue to strengthen partnerships, respond to community needs and support children and families through the ongoing changes within the early childhood and disability sectors. Above all, our commitment remains centred on relationships, inclusion and ensuring every child and family feels supported, valued and connected within their community.

The resignation of two allied health professionals working with our families has reduced available services in the region and highlighted once again the fragility of rural access to care. New NDIS policies, including shorter funding periods of just three months, have placed additional pressure on families—many of whom already juggle high stress, limited income, and complex needs. Without strong planning and coordination, families risk exhausting funds early and facing service gaps.

CAPACITY BUILDING EARLY INTERVENTION SERVICE

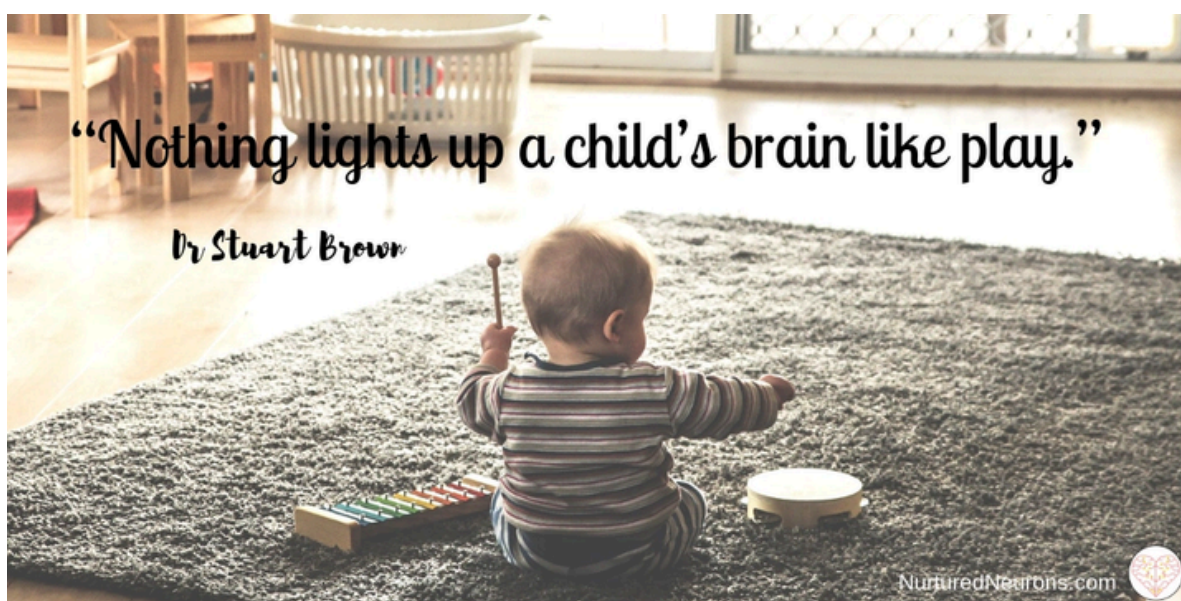
Transport funding changes have also impacted delivery. CINC made the difficult decision to cease travel beyond Cowra due to these changes. While families have chosen to continue accessing services by coming into Cowra, the additional financial and time demands placed on them are significant, and we are watching closely to understand the long-term impacts. At a broader level, we are already seeing services withdraw from delivery in our region, which only reinforces the importance of our work.

In the face of all these changes, our commitment to being a consistent, reliable, and relational support remains strong. Looking ahead, we will continue to strengthen partnerships with therapists, invest in professional development, and support families to better understand and manage their child's plan and supports.

Above all, we'll continue walking alongside families with compassion, trust, and genuine connection—because it's through strong relationships that real support becomes possible.



Natalie Rush
Early Intervention Key Worker



AFTERNOON GROUPS FOR YOUTH ACCESSING NDIS SUPPORTS

The Cowra Information and Neighbourhood Centre provides After School Group Activities from their Stewart Street residence for school aged participants 7 to 18 years of age. These groups support individuals accessing the National Disability Insurance Scheme (NDIS) with a supported, safe and engaging environment to develop various skills, including social and emotional, communication, motor skills, independence and community participation.

Through the Afternoon Group Program participants are empowered and supported to practice daily living skills, develop healthy relationships and social skills, increase emotional regulation and stress management strategies and explore their world through multi-model activities and experiences. Participants are supported to develop skills for increased community participation and develop their sense of well-being within a small group setting.

Strategies to support participants to work toward their individual NDIS goals are implemented by Support Workers within the program allowing practice of skills through the use of modelling, individual practice and coaching and embedding activities within real world games/activities/play in a fun, supportive and understanding environment. Strategies and information to support participants is sourced from initial interviews with families/care givers, therapists, assessments, and the individuals themselves.

CAPACITY BUILDING for parents/carers is also nurtured as information and support and is provided outside of the Afternoon Group Program in the form of:

- Information regarding local and tele-health therapeutic services is sourced and provided to ensure choice and control and best fit for our participants and their families/carers.
- Information regarding community organisations and activities is provided on-going to foster connection to community and develop community engagement.
- We have a fully functioning tele-health room located within the building for participants to access with a Support Worker to oversee and implement strategies within their natural environments.
- Access to support for family members through the Cowra Information and Neighbourhood Centre's various programs ensures a holistic approach for the whole family.

SUPPORT WORKER INDIVIDUAL SUPPORT – Tele-Health Support Due to limited therapy services in Cowra and its surrounds we have had to look for alternate ways to support our families and participants to access the therapy supports they require while waiting for face-to-face services. We have been fortunate enough to link some of our participants with a tele-health service and our dedicated and experienced support workers are supporting families and participants with this service. We have a fully functioning tele-health room set up at our Stewart St residence and we are currently supporting three participants via our Stewart St residence to access this service.

PROFESSIONAL DEVELOPMENT- All our Support Workers are highly skilled and trained with a commitment to on-going Personal Development. Support Workers hold a Certificate III or higher in Individual Support and have completed their NDIS Worker Orientation Certificate. Upcoming training includes Report and Document Writing.

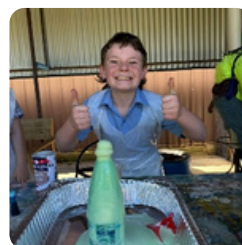
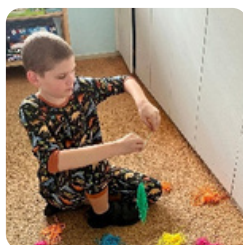
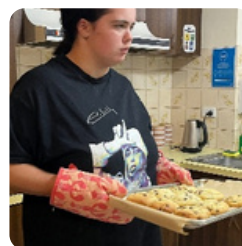
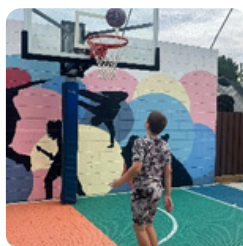
AFTERNOON GROUPS FOR YOUTH ACCESSING NDIS SUPPORTS

Our afternoon groups have continued to make great progress towards their NDIS goals while building meaningful friendships in a fun and supportive environment.

Each week, participants develop their social and communication skills, with growing confidence, empathy, emotional regulation, and independence evident across the group.

Activities are carefully designed to support fine and gross motor development, sensory exploration, imaginative play, physical activity, problem-solving, responsibility, and patience—all while having fun.

We are incredibly proud of the progress each participant has made and are continually inspired by their growth, resilience, and achievements throughout the year.



Marion Speechley
Team Leader
Community Engagement & Disability Service

DAY PROGRAM FOR NDIS PARTICIPANTS

The Stewart Street Gang Day Program has enjoyed another fantastic year, with participants setting and achieving personal goals, building independence, learning new skills, and embracing new experiences. We were also delighted to welcome several new participants, who have quickly become valued members of our inclusive and supportive group.

Goal setting remains at the heart of our disability service, with participants continuing to develop everyday living skills through practical activities such as planning nutritious meals, shopping, cooking, and working together as a team. Daily tasks including laundry, cleaning, gardening, and household chores help build confidence, responsibility, and independence.



Participants have enjoyed a wide range of social and community activities throughout the year. Highlights included regular visits to Cowra Retirement Village for shuffleboard, bingo with friends at Enablement, art and craft workshops at Bunnings, and attending community events such as Families Week, NAIDOC Week, International Day of People with Disability, and Christmas celebrations.



Our popular "Armchair Travel" program took participants on virtual journeys to China, Mexico, and India through virtual reality, music, craft, games, videos, and international cuisine, with each destination proudly added to their passport's.

DAY PROGRAM FOR NDIS PARTICIPANTS

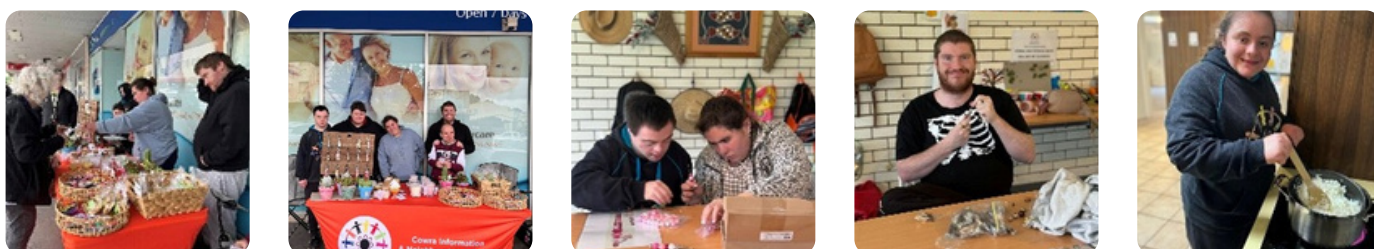


Marc and Mason from Cowra Fire and Rescue delivered a wonderful engaging fire safety session to the Stewart Street Gang.

Participants enjoyed the interactive presentation, explored the fire engine, and learnt about fire safety in a supportive environment. Firefighter Mason's demonstration of the breathing apparatus helped familiarise participants with the equipment, reducing fear and building confidence in the event of an emergency.



Special events included a Halloween party, pyjama party, scavenger hunt, and a fun-filled trip to the Bathurst Winter Festival, where participants challenged themselves on the ice and enjoyed the carnival atmosphere.



DAY PROGRAM FOR NDIS PARTICIPANTS

The gang enjoy being involved in our local community walking and exercising daily, playing tennis and outdoor games at the basketball courts.

We love Cowra and attend local movies, picnics at our beautiful parks and visits to the local library and art gallery. The gang enjoyed cultural workshops. We were fortunate to have two visits on the Wyangala Houseboat which is always a great day out. We visit nearby towns looking at museums, art galleries, bowling, parks and places of interest. Some highlights were a visit to Aruma Aussie Biscuits in Forbes and performing at the Cowra Eisteddfod and Cowra Retirement Village.

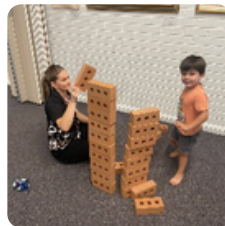
Some of our participants have enjoyed weekends away at Canberra and Tumut visiting Questacon, mini golf, movies and enjoying the outdoors.



Marion Speechley
Team Leader
Community Engagement & Disability Service

GRENFELL OUTREACH COMMUNITY ENGAGEMENT & FAMILY SUPPORT

Grenfell playgroup continues to run every second Tuesday. We have welcomed lovely new families again this year. Our Grenfell families enjoy playgroup indoors at the GrenfellHub, Library and occasionally at a local park. The playgroup is a great opportunity for the children to play and learn. Parents/carers have the chance to play with and interact with their children whilst meeting other parents/carers sharing experiences and forming lasting friendships.



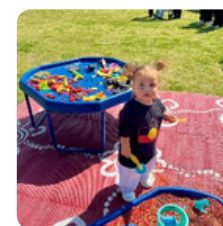
We held events for Christmas, Alice in Wonderland themed Families Week and Paw Patrol celebrations for Children's Week, such a lovely time to celebrate with our families.



During each school holidays in Grenfell we held workshops with lot of lego, arts and crafts, jewellery making and games. A great fun way to catch up and meet new friends. So many beautiful kids enjoying a morning of activities. It's wonderful to have some Grenfell families also joining us for our movie days in Cowra.



CINC love celebrating Naidoc with the Grenfell community. The children enjoyed face painting, tattoos, sensory play and goodies to take home. It was such a pleasure to be part of such a wonderful day full of community



Marion Speechley
Team Leader
Community Engagement & Disability Service

CINC COMMUNITY CONNECTIONS CHANCE'S CLOTHES PROJECT

March of this year saw Chance's Clothes Project (CCP) commemorate its 14th anniversary.

14 years of taking baby steps.

Never was there any intention for CCP for reach the levels of support that it has. But here is proof of what the continued love and dedication of many can achieve. Side by side. The hands of hundreds of individuals, working together to achieve a common goal. Each contributing what they can, when they can. Respecting and appreciating each other.

Tragically, parents continue to experience the loss of their baby through miscarriage and stillbirth every day. On average, over 2200 unborn babies lose their lives in Australia between the age of 20 weeks gestation through to full-term. They will be born without having taken their first breath. Miscarriage still occurs at a high rate – over 30% of pregnancies will end before the 20-week mark.

Irrespective of how much we wish we were able to save parents and families this pain we understand that prevention is not within our abilities to affect.

But we can, and do, offer our kindness, understanding, acceptance, and support by way of our handcraft.

This financial year Chance's Clothes Project provided bundles of specially crafted baby bereavement clothing to 1048 babies across 57 hospitals. That equates to 1048 individual sets of booties. 1048 burial gowns. 1048 tiny blankets..... and many other sweet little items to completely outfit a baby for its final rest. I always struggle when mentioning numbers to truly express what this means. Each pair of these booties will be placed on a tiny pair of feet by a mother and father who are grieving more than they believe their hearts are capable enduring.

CCP reached out to 95 hospitals throughout 2025-26 to check in on their supplies, as 241 Australian hospitals now keep our Baby Bereavement Packs in stock.

Our volunteers now hold biannual packing days in Cowra, to which all crafters and CCP friends and family are invited. They have worked successfully from many perspectives – the most obvious being that 'many hands make light work' – preparing packs for future delivery but also has a safe social gathering where experiences can be openly shared and respected. Despite the sheer volume of crafting we process, it remains incredibly important that CCP is people focused. CCP is not a production line. It is about people sharing their experiences of child loss. It is about people sharing their handcraft to provide support to others in need. It is about remembering these precious babies – each little life an individual in their own right, and very much loved.

My sincere thanks to everyone who has assisted Chance's Clothes Project, and equally to the parents and midwives who allow us the honour of helping.

And my final thanks of endless gratitude are to CINC for allowing us to work under your auspice. Without you all of this would not be possible. You are our home.

Nikki Kiss OAM
CCP Founder



CINC COMMUNITY CONNECTIONS MARY MACKILLOP TODAY FINANCIAL INCLUSION PROGRAM NILS

We have now worked in the Cowra Community for 24 years; I would like to send a big thanks to everyone at CINC for their continuing support, for Mary MacKillop Today and the work we do in the local community.

Our new computer database has improved the management of our enquiries. With also an on-line enquiry form which gives client's another option to commence an application with Mary MacKillop Today NILS.

In this financial year the Mary MacKillop team provided 671 NILS loans for essential household items while continuing to grow our NILS for Vehicles programs where we provide no interest loans for cars and other essential transport for low-income earners across the state of NSW and the ACT. There was 109 enquiries and 42 loans were approved.

Mary MacKillop Today continues to provide:

- NILS (now up to \$2000 for essential household items/expenses)
- NILS for Vehicles (Up to \$5000 for essential transport with up to 4 year loan term)
- Financial Counselling for low-income earners
- Work and Development Order Financial Education activities
- Financial capability and capacity building to build financial resilience and self-advocacy
- Energy Accounts Payment Assistance (EAPA)
- Referral linkages to better support all people in need

Mary MacKillop Today continue to offer services in Cowra on Tuesdays and Thursdays from our office at CINC.

Anita Van Dartel
Mary MacKillop Today

MARY
MACKILLOP
today

CINC COMMUNITY CONNECTIONS EXTRA SPECIAL THANKS

We would like to make special mention of a number of local businesses who have displayed such amazing community spirit this year. They are true examples of "Locals Supporting Locals" and their staff are an absolute credit to them.

To the team at Woolworths Cowra - you guys are amazing! Your daily donations of bread, produce and groceries are very much appreciated and goes such a long way to help so many in our community.



To Coles Cowra, in partnership with Second Bite - your daily donations of bread and produce is greatly appreciated and goes a long way to helping those in our community.



To Rotary Club of Cowra for there such generous donations towards programs targeted towards younger students.





Cowra Information &
Neighbourhood Centre