



*Hoofbeats Sanctuary*

Kanyini Connections Ltd

Annual Report  
2022-2023





*Hoofbeats Sanctuary*

## **Acknowledgement of Country**

**Kanyini Connections Ltd acknowledges Aboriginal and Torres Strait Islander peoples as the first inhabitants and Traditional Custodians of the lands on which we live and work. We pay our respects to all Elders past, present and emerging.**

Kanyini Connections Ltd. is a mental health charity (operating as an Australian Public Company Limited by Guarantee) fully endorsed as a Public Benevolent Institution, Deductible Gift Recipient and Tax Concession Charity and registered with the Australian Charities and Not-for-profits Commission. The main activity of the charity is operating Hoofbeats Sanctuary - a trauma-healing centre that brings people, animals and nature together to improve the emotional well-being of some of the most vulnerable members of our community; those living with mental health challenges resulting from complex trauma.



*Hoofbeats Sanctuary*

## Our Vision



### We envision a community:

- of hopeful, resilient individuals equipped with the life skills needed to be fulfilled in their lives, personal relationships and community involvement
- where the life of every animal matters and each is afforded a lifetime of love and kindness

## Our Mission

Improving mental health through evidence-based, trauma-focused, animal-assisted and nature-guided programs

## Our Goals

- to empower people to create a future filled with hope, heart and healing – for self and others, including animals
- to guide people to develop self-confidence, believing in their own ability to change the course of their lives
- to make programs available to all, regardless of their ability to pay
- to cultivate connections through mentorship, support groups and community development
- to strengthen our community, program offerings and reach by creating partnerships with other community-based organisations
- to promote animal welfare
- to build an inclusive culture that enables clients, staff and volunteers to connect, belong and grow





*Hoofbeats Sanctuary*



## From the Chief Executive Officer

Mental ill-health is now the most prevalent chronic health condition experienced in Australia. Rates of mental ill-health are increasing rapidly and our already under pressure health system is not able to cope. The number of women and children impacted by poor mental health is sky-rocketing as are rates of youth suicide, self-harm and eating disorders.

The current medical approach does not provide adequate levels of support - particularly to those with mental health challenges resulting from trauma.

Months-long waiting lists to even access a mental health professionals mean that early intervention opportunities are being missed, leading to devastating consequences.

The National Mental Health Commission has recommended the need for improved access to evidence-based support programs and alternative therapies.

Equine therapy programs are one such proven intervention. Research shows us that equine therapy is an underutilised, culturally sensitive, complementary therapy, that mitigates many of the barriers of conventional therapy.

For women and girls whose trauma relates to physical or sexual violence from a person in a position of authority, equine therapy offers a less threatening and more inviting therapeutic environment than a traditional talk therapy office.

Despite the growing body of researching pointing to the efficacy of equine therapy, it remains out of financial reach for those without NDIS funding. A standard private appointment can cost anywhere from \$150 - \$250 per hour.

We believe that financial disadvantage should never be a barrier to accessing mental health supports and so every program at the sanctuary is available free of charge to those who need it to be.

We continue to be the only organisation in Australia to provide free equine therapy programs.

Four factors combined this year, leading us to make the significant decision to support women and girls only at the sanctuary from January 1st 2023.

**Factor 1:** women and girls are twice as likely to develop PTSD, experience a longer duration of symptoms and more sensitivity to stimuli.

**Factor 2:** there has been a large increase in women who are reluctant to seek support for their mental health due to the financial burden.

**Factor 3:** the mental health of younger women fell again in 2023, with 79% of those aged 14 to 19 and 77% of those aged 20 to 29 experiencing a mild to severe mental health disorder.

**Factor 4:** our program data showed that female participants had higher attendance rates and experienced significantly better outcomes.

With limited resources, limited funding and limited space, allocating resources to program participants who are most likely to obtain the best outcomes is absolutely crucial.

Thank you to everyone who has supported the sanctuary this year, particularly our Board, our sponsors, grant providers and donors (without whom free programs would not be possible), the fabulous sanctuary volunteer team, and the amazing program participants whose courage, vulnerability and astonishing progress make it all worthwhile.

*Barb Blashki*





# Year in Review

With the previous two years being impacted by covid-19, bush fires and then floods we had been hoping for a more settled year and in many ways it was. A growing and committed team of amazing volunteers coupled with exceptional program results were absolute highlights. However, concerns for the future of the sanctuary due to tenure instability at the current site overshadowed much of the year.

## People

**Seventy volunteers** generously gave their precious time in support of the sanctuary. Activities included: program support, horse care, gardening, fundraising, repairs and maintenance, house-keeping, social media, graphic design and volunteer co-ordination. **8399 volunteer hours were given.**

## Programs

The programs offered this year were:

- **Recovery & Discovery** Equine Therapy Program for Women
- **Young Veterans** Equine Therapy Program
- **Go Remarkable** Equine Therapy Program for Girls
- **Meditate & Create** Art Therapy Program
- **Trauma-informed Stretch & Soothe** Program
- **Pony Tales** Early Intervention Reading Program

Forty-two clients received 692 hours of mental health support.

On average, post-program, participants experienced an increase in their mental health of an incredible 71%.

## Projects

### Flood Reparation & Mitigation Works

The sanctuary was flooded twice in the early part of 2022 causing significant disruption to our program schedule and compromising safety for horses and humans alike. Grant funding was generously provided by Sunshine Coast Council and RACQ Foundation for flood reparation and mitigation works and our volunteer maintenance installed game-changing rubber matting in the most affected areas.

### Seeing The Soul Art Prize & Exhibition

Our inaugural Seeing The Soul Art Prize & Exhibition in support of Mental Health was more successful than we could have hoped for with 74 artworks by 42 artists entered, attendance of almost 2100, opening night attendance of 290, massive social media reach of 74,819 and widespread media publicity across print and radio. This event will now become an annual fixture.

## Place

### Tenure Insecurity

Our ongoing lease with Sunshine Coast Council was replaced with a month-by-month tenancy arrangement as council undertook a master planning process of the site we are on and the surrounding untenanted land.

During that process a local sporting club approached council with a request to share our site. Such an arrangement would be extremely disruptive to our schedule and would likely result in our capacity to run programs being reduced by over 75%.

We are still in discussions with council to find a solution that does not have any long-term impact on our work.

We are also actively pursuing potential non-council-owned alternative homes for the sanctuary.

# From Clients



*Hoofbeats has become my safe place. My one and only safe place, where every week I have something to look forward to in my life again - providing me with a safe, welcoming, non-judgemental, and non-threatening environment.*

*What Hoofbeats offered me was remarkable, when many other supports had given up on me. Hoofbeats absolutely saved me at a time when I was feeling so very desperate and could not see a way out of my trauma.*

*I became more attuned on how to centre myself when anxiety starts to build. The thought of the peace and joy at the sanctuary helps me to keep feeling this after my program - like an anchor - whenever I feel panicky.*

*My life has changed dramatically thanks to Hoofbeats Sanctuary. When I came to the sanctuary I had a full-time support person helping me with activities of daily living, I was not able to drive a car, I had been suicidal for 3 years and could not see how I would ever move past the multiple, complex mental illnesses that I had been diagnosed with.*

*I participated in the Women's Recovery and Discovery Program and began to notice changes very quickly. As my program progressed, the sanctuary became my safe place, and somewhere I could go to breathe and feel supported by the humans and the horses. So, I decided to join the volunteer team.*

*I have started living and functioning again. I have been at Hoofbeats for over 12 months now and continue to experience significant improvements across all areas of my life.*

*I no longer need a carer; I live alone and take care of all of my own needs. I am driving my car, can go to the shops and am exercising every day. I have friends and a social life. Most importantly, I have purpose. I am part of something that is bigger than me and I am able to serve others again. I cannot imagine my life without Hoofbeats, and I will forever be grateful for this special place.*



*Hoofbeats Sanctuary*

# Thank You

Our team would like to offer heartfelt thanks to each of our incredibly generous supporters for making it possible for us to carry out this work.

## Financial supporters

### Charitable Foundations

Danks Trust  
ETREA Foundation  
Foundation for Rural & Regional  
Renewal  
MaiTri Foundation  
Matana Foundation for Youth  
Petstock Foundation  
TANK Foundation  
Universal Charitable Foundation

### Corporate Foundations

Australia Post Community Grants  
Smart Group  
Westfund Health Insurance

### Government Grants

Department of Veterans' Affairs  
Sunshine Coast Council

### Sponsors

Hintenoosa Real Estate  
Laguna Pest Control  
Natasha Coughlan  
Penny Neep Real Estate  
Powerlink Queensland  
Queensland Mental Health Commission  
Sunshine Coast Community Financial Services Ltd (Bendigo Bank  
Cooroy Branch)

### Community Groups & Service Organisations

Cooroy RSL & Citizens Clubs Inc  
Eumundi Rotary Initiatives Ltd  
Rotary Club of Cooroy

### Individuals, Families & Family Foundations

Barb & Peter Blashki	Judith McCourt
Graham & Tracie Russell	Kirk Petrakis
HN & EA Sinha Foundation	Leigh Evans-Scott
Iona Valent	Mark & Melissa Salomon
John Gardiner	Pauleen Fennell

Alongside the generous funders listed above are our donors who wish to remain anonymous.

## Low bono & pro bono supporters

Affirmations Publishing	Katie Noonan
Artwork Transport	Noosa Sourdough Co
Blooms of Noosa	Officeworks Noosaville
Canva	PayPal
Collins & Co	Potters Pantry Cafe
Cooper Brady Photography	RACV Noosa Resort
Cooroy Seasons IGA	Revive Timber Designs
Dan Purdie - Member for Ninderry	Salesforce Foundation
Featherlight Horsemanship	Stripe
FeedXL	Sunshine Coast Art & Framing Gallery
FrameTree Custom Framing	The Creative Frog
Google	The Events Calendar
Hayley Erin, Harpist	Tristan Tucker TRT Method
Hinter Auctions	Warwick Schiller Attuned Horsemanship
Ikatan Spa	Workplace from Meta
Jenquine	



## Thank You To Our Volunteers...

... without whom there would be no sanctuary

Arli Bray	Jenny Seetoo	Lisa Bible	Taina Morim
Ann Lewis	Jo Drennan	Lou Bruhn	Tania Garner
Arron McKay	Jess Meisner	Liz Halley	Terrence Gracey
Barb Blashki*	Jill Brand	Louise Phillimore	Tracie Russell
Brett Hill	Judy Richardson	Marie Rene*	Vikki Marsh
Brian Sherlock	Julie Ember	Maya Hansen	
Catherine Barber	Imogen Sartor	Mia Blashki	
Celestine Doyle*	Karina Maguire	Olivia Gerritse*	
Courtenay Potter	Karla Richmond	Paula Willis	
Debbie Dodd	Katalin Denney	Pauleen Fennell	
Debra Highland	Kate Hayes	Peter Blashki	
Dianne Vine	Kiki Paull	Rachelle Maree	
Emma Tozer	Kristine Gilbert	Renee Delitt	
Emily O'Brien	Kym Madden	Ric King	
Georgia Barnett	Lee Wood	Sari Atwell	
Jak Blashki	Leigh Evans-Scott	Sophie Toland	
Jane Knott	Lesley Bench	Sylvia Sherlock	
Jane O'Brien	Linda Moses	Shianne Hammond	
Jane Willis*	Lindsay Lawson	Stacey Hamm	

plus a number of volunteers who cannot be named for privacy reasons

\* also on our Board of Directors



# Financials



## Balance Sheet

<b>ASSETS</b>	<b>2023</b>	<b>2022</b>
Cash	34890	48521
Receivables	6484	3793
<b>Total Assets</b>	<b>41374</b>	<b>52314</b>

<b>LIABILITIES</b>	<b>2023</b>	<b>2022</b>
Creditors	1400	1287
Grants received in advance	0	33103
<b>Total Liabilities</b>	<b>1400</b>	<b>34390</b>
<b>NET ASSETS</b>	<b>39974</b>	<b>17924</b>

## Profit & Loss

<b>INCOME</b>	<b>2023</b>	<b>2022</b>
Donations	78936	35878
Grants	111485	92723
Fundraising	29826	10844
Service Fees	7168	2316
Other Income	5237	3052
<b>Total Income</b>	<b>232652</b>	<b>144813</b>

<b>EXPENDITURE</b>	<b>2023</b>	<b>2022</b>
Audit Fees	900	900
Board Expenses	455	0
Program Costs	170452	108460
Fundraising Expenses	18932	3223
Facility Improvements	0	12152
Insurance	5715	6050
Telephone & Internet	3516	2511
Volunteer Costs	1235	1982
Office Expenses	919	919
Other Expenses	9397	3183
<b>Total Expenses</b>	<b>210602</b>	<b>139380</b>
<b>Net Surplus (Deficit)</b>	<b>22050</b>	<b>5433</b>