



social swimming club for children with a disability



## A LOOK AT RAINBOW CLUB: FROM THEN TO NOW

Rainbow club was founded by Ron and Lily Siddons in 1969. They believed that every child with a disability has the right to learn to swim, be safe and experience fun and freedom in the water, just as any other child. Their vision for Rainbow Club is as true today as it was almost 50 years ago.

In 2012 Rainbow Club had 16 autonomous clubs and received no formal government funding. It relied on ClubGrants, a big annual fundraising event, local fundraising and donations. Times were tough and the Board had serious concerns about the ongoing financial viability of the organisation.

Through the efforts of our strong and skilled Board members, Rainbow Club received a one-off grant of \$250,000 from the NSW State Government to invest in systems and processes, to establish new clubs and ensure the long term sustainability and future of Rainbow Club.

Five years later, Rainbow Club is a vibrant, robust and centrally managed charity with Registered NDIS Provider status. Providing governance, oversight and support to our network of 22 social swimming clubs throughout NSW, the Board is committed to expanding Rainbow Club's footprint and building capacity to provide individualised swim lessons and social participation for 1000 children with disabilities. What a celebration that will be!



**Alexandra Finley** President Rainbow Club Australia

## RAINBOW CLUB'S ACHIEVEMENTS OVER 5 YEARS

Grew our membership capacity by 57%

Expanded our club network from 14 to 22

Devised and implemented our Swim the Rainbow program to give structure to our lessons

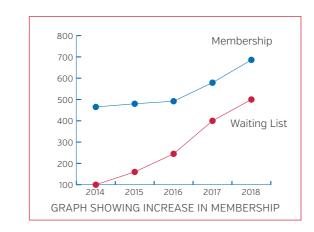
Created a technology platform that has capacity for growth

Raised approximately \$1 million in fundraising activities to subsidise costs and make Rainbow Club an affordable weekend activity

Became a registered NDIS (National Disability Insurance Scheme) Provider

Strong back office systems for supporting the volunteers who run our clubs

Engaged with our stakeholders annually at Rainbow Connect



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## WHAT WE DO

WE BRING TOGETHER volunteers, dedicated qualified teachers, children with a disability and their families, and create the atmosphere to participate in a social and recreational activity while building confidence.

WE RUN EVENTS that showcase children with a disability, their families and their swim teachers.

WE SUPPORT 700 children with disabilities and their families every week by helping them be safe and have fun in the water.

WE FOCUS on the individual child using our Swim the Rainbow Program - a specialised swimming program accredited by AUSTSWIM and NDIS registered provider experience.

WE FUNDRAISE to subsidise the costs of providing an affordable weekend activity for children with disabilities.

RAINBOW CLUB: PROVIDING POSITIVE OUTCOMES for children with a disability for over 50 years.

#### RAINBOW CLUB AT A GLANCE



4 terms of 9 weeks



NSW

22 Rainbow



700+ children 100+ dedicated Clubs across with a disability



teachers



members

A PARENT'S LETTER OF APPRECIATION

Meet my two young sons Gavin and James. They are 7 and 9 years old and both have autism. They have attended Rainbow Club for several years. We have had issues with absconding and lack of safety awareness with both boys.

A little over a year ago our youngest son actually managed to climb a boundary fence and get into a neighbour's pool, fully dressed in winter clothing. I couldn't reach him and watching him was one of the scariest moments of my life.

Thanks to his lessons at Rainbow Club, he managed to navigate himself to the edge and get out of the pool safely. These lessons literally saved his life.

I am happy to say they both my sons have learned basic water survival skills, and are now at the stage where we are working on proper body position and breathing, while also moving their arms and legs correctly - a very hard combination for my boys and one we are very grateful to have the expertise of the Rainbow Club teachers working on.

So many autistic kids are drawn to water but are unable to learn in a group lesson (or face exclusion from mainstream classes for a variety of reasons) and most of us cannot afford private one on one lessons, as we are already paying for multiple therapies and medications. Thank you Rainbow Club.

#### Irene Hunter

Mum to Gavin and James Hunter Cherrybrook Rainbow Club

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Rainbow Club would not be the success it is today without the efforts of all the people who bring their dedication, enthusiasm and hard work. To our Club Committees [Managers, Schedulers, Treasurers], Lead Teachers and Teachers, Volunteers, Fundraisers, our Board of Directors, Patrons and Ambassador, Honour Roll Life Members, Staff, Organising Committees, Partners and Supporters - thank you!

Founders: Ron Siddons MBE OAM, Lily Siddons

Patrons: Daniel Kowalski, Mark Speakman sc MP, Louise Sauvage OAM

Ambassador: James Pittar

**Life Members Honour Roll:** Gary Bradshaw, Philip Holt OAM Malcolm Kerr, Rob Lloyd, Suzanne Stanton, Margaret Taplin, Tony Williams

Board: Alexandra Finley (President), Philip Holt OAM (Vice President), Rob Lloyd (Vice President), Ally Cox, Dipen Dhruv, Mark McCormack, Bob McCotter, Justin Sebire, Jeremie Smith (to Dec 2017), Suzanne Stanton, John Taplin OAM

Staff: Catriona Barry, Eliza Kelleher, Heather Nadilo, Min Strauss, Nicola Davies-Cooke

Malabar Magic Organising Committee: Rob Lloyd, Mark McCormack, Peter Appleyard, Annabelle Campbell, Ally Cox, Eddie Moore, Neil McLennan, Anna Torok, Catriona Barry

**Family Carnival Organising Committee:** Jeremie Smith, Arthur Cooke, Anna Torok, Elissa Jamieson, Jason Xing, Min Strauss, Nicola Davies-Cooke



# FAMILY CARNIVAL SUCCESS

Results displayed on Olympic scoreboards, ribbons, medals and a visit from Santa, the December 2017 Family Carnival at Sydney Olympic Park was a fabulous and fun day for swimmers, siblings, teachers and parents. A great end to a great year!



Congratulations to Sutherland Rainbow Club who claimed the Club of the Year Award for the best participation of committee members, swimmers and teachers.

Rainbow Club's Family Carnival provides the opportunity for members, their families and carers to come together and socialise - not only with members of their own Rainbow Club, but with other clubs across our network. It gives our children an event to look forward to and share the Rainbow Club spirit.



#### VALE RON SIDDONS MBE OAM

We were deeply saddened in late 2017 at the death of our co-founder Ron Siddons. He was an inspiration to all who knew him, both for his work in Rainbow Club and for his fundraising for the organisation. Ron and Lily Siddons established Rainbow Club in 1969 at Cronulla. Rainbow Club now has 22 clubs across NSW, a testament to Ron's generosity, energy and passion.

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## CELEBRATING A DECADE OF MAGIC

18 February 2018 was a day of celebrity, enthusiasm, fabulous sunshine and great emotion as thirteen teams completed the 10:10:10 Challenge in honour of the 10th anniversary of the Murray Rose Malabar Magic Ocean Swim at Sydney's Malabar beach. With the esteemed Dawn Fraser on the starting gun, our target of 10 teams swimming 10km to each raise \$10K was exceeded on all fronts. Congratulations to all who participated in this astounding event and thank you to our generous sponsors who made the event possible.

Best Team Time: Seas the Limit

**Best Fundraising Team:** Koppers swim for Rainbow Club \$17,627

Fundraising 2nd Place: Sea U (Clayton Utz)
Fundraising 3rd Place: Team Meriton

**Best Individual Fundraiser:** Keith McDonald \$9,714 **Overall Fundraising amount raised:** \$244,000





### 10:10:10 TEAMS

Ability Force
Dynamic Dieticians
Holey Dollars

Holt Superstars

Koppers swim for

Rainbow Club

Liftronic Legends

Magic Rainbows

Murray Rose Marathoners

Seas the Limit

Sea U

Shark Bait

Shaw Thing

Sutherland All Stars Team Meriton

## MAGIC RAINBOWS

Among the many highlights at the 10th Malabar Magic day - an event inclusive of all abilities - was the terrific achievement of the Magic Rainbows and the Sutherland All Stars. Teams of Rainbow Club members and teachers lined up with the with the other participants and each swam 1km. Their team effort raised \$12,287 for Rainbow Club.

The Magic Rainbows journey to Malabar began in November when 13CABS drove them to the launch event at the Andrew Boy Charleton Pool. In the pool they received tips from Olympian Dawn Fraser, Paralympian Louise Sauvage and retired Australian Swim Captain Matthew Abood. Joined by the Premier of NSW Gladys Berjiklian our Magic Rainbows cut the 10th Anniversary Malabar Magic birthday cake.

In January, training increased with Sunday beach sessions coached by Arthur Cooke and Suellen Symons. Finish line honours were taken out by Will Hutchison (Hornsby Rainbow Club).































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### TRANSITION TO NDIS

During the year Rainbow Club's transition to NDIS ramped up with the introduction of a member subscription to meet the day to day costs of operating Rainbow Club. This enabled funds raised through events and grants to support increased membership, develop new clubs, reduce waiting lists and increase resources for teachers, members and club committees.

As at April 2018, 56% of our members over 7 years of age had NDIS plans with goals that included social participation, community and recreational activities to build skills and independence. While the transition moves forward we continue to subsidise families while they arrange their NDIS plans to ensure no child is deprived of Rainbow Club membership due to financial hardship.

### RAINBOW CLUB FINANCIAL STATEMENT

1 July 2017 to 30 June 2018

2018 \$	2017 \$
993,949	671,725
-	-
10,936	10,121
[4,721]	[5,270]
[4,039]	[3,320]
(50,237)	[20,213]
[2,400]	[2,391]
(672,157)	[500,352]
[68,983]	[54,431]
202,348	95,869
2018 \$	2017 \$
849,352	708,847
5,129	6,596
854,481	715,443
[64,722]	[128,032]
	-
[64,722]	[128,032]
789,759	587,411
	993,949

Rainbow Club Australia Incorporated ABN 96 753 434 862. This is a summary of audited financial statements to 30 June 2018. Full accounts are available at rainbowclubaust.com.au Accountants: SGB Partners, Chartered Accountants, Sydney

## THE MONEY MATTERS

Rainbow Club appreciates the many donors, funding bodies and fundraisers, who with the support of teachers, volunteers and staff, enabled us to increase our capacity so that 686 children with a disability could receive weekly swimming lessons during school terms by end of the 2017/18 year.

#### **OUR SUPPORTERS**

Learning to swim, to be safe in the water, and participate socially each week is not something that every child with a disability can take for granted. With the individualised support that funding allows, Rainbow Club children are given a great start and they absolutely love it.

In 2017/18 the Commonwealth Bank committed to three year funding for five clubs, and the St George Foundation supported our transition to NDIS. Individual Rainbow Clubs received support in their local communities via ClubGrants. This support goes a long way towards continued operations for our Rainbow Clubs. A huge thank you to all our funding supporters.





























"Carla encourages the kids each lesson which is a great boost to the kids' self esteem when they have difficulties in most aspects of their lives. She manages to bring a smile to the kids' faces every time"

priceless. It was a real struggle to get him to swimming lessons before we started at Rainbow Swimming Club. He found the environment overwhelming and was often dejected when he couldn't progress at the speed of other kids. James has been patient and kind, fun and encouraging. We cannot thank James enough".

"The difference James has made to my son's confidence is

> "Annabelle really works with understanding how to motivate my daughter to work hard in each valuable session. Always upbeat and positive".

**PARENTS FEEDBACK** 







## SYDNEY REGION









Jan Evans





Nicola Yee/Liam Ellis



lackie Cole/Claudia Seal







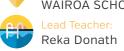
Cathy Bray





















**BEXLEY** ANGELO ANESTIS AOUATIC CENTRE

Sue Faggion/James Smith











Jen Azar









## **REGIONAL NSW**



**ORANGE** 

ORANGE AQUATIC CENTRE Graham Strudwick



**MEMBERS** 

GOOGONG CLUB GOOGONG Claire Kelly



**MEMBERS** 

**MEMBERS** 

TUGGERAH MARINERS CENTRE FOR EXCELLENCE

Mel Thorne



SOUTHERN HIGHLANDS MOSS VALE AQUATIC CENTRE



Teean O'Malley/Maria Letteri

## **GREATER SYDNEY**



PENRITH KURRAMBEE SPECIAL SCHOOL Cheryl Dorry



\_IVERPOOL MICHAEL WENDEN AQUATIC CENTRE Rooman Aishath

TAMWORTH

Rohanne Mulligan

**BULLIMBAL SPECIAL SCHOOL** 



CAMPBELLTOWN EAGLE VALE CENTRAL Carly Baker

# SWIM THE RAINBOW

Swim the Rainbow is a specialised program that provides motivation for children to learn to be safe in the water, have fun and learn to swim within their capability. It recognises the children as they progress through the colours of the rainbow and achieve goals. We love our Swim the Rainbow program and how it is both a toolkit for teachers as well as a motivator for children and families.



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# Red

## **Water Confidence**

- 1 Safe entry
- **2** Monkeys
- 3 Get face wet
- **4** Floating on back, assisted
- **5** Leg movement
- 6 Assisted fall-in and-save technique (humpty dumpty)

# Orange

## Safety Basics

- 1 Submerging face
- 2 Floating on front and back, assisted
- 3 Dog paddle, assisted
- 4 Treading water, assisted
- 5 Kicking with board

# Yellow

# Resistance and Buoyancy

- 1 Takes instructions
- 2 Independent recovery and control
- 3 Floating on back, front and flip
- 4 Submerging and bubbles, assisted
- 5 Sculling, assisted
- 6 Confident vertical and horizontal

Blue

**Transition to** 

**Swim Strokes** 

flutter kicking 5m

(front and back)

streamlines 5m

**4** Breaststroke arms

**5** Backstroke arms

**3** Freestyle arms

1 Sustained

**2** Sustained

# Green

# Towards Independence and Shared Lessons

- 1 Interaction with other children
- 2 Confident body control in and under water
- 3 Independent floating
- 4 Backstroke survival skills
- 5 Assisted streamlines
- 6 Independent kicking

# Violet 2+:1

# Swim the Rainbow

- 1 Side stroke
- **2** Dolphin kicking
- **3** Butterfly 15m
- 4 Freestyle 25m+
- **5** Backstroke 15m+
- 6 Breaststroke 25m+

## Indigo 2:1

# Swimming Safely

- 1 Side breathing with arms
- 2 Breaststroke kick
- **3** Freestyle 15m
- **4** Backstroke 15m
- **5** Breaststroke 15m
- 6 Survival backstroke

### ! Safety!

The Lead Teacher decides on when a child moves to the next colour – always ensuring that safety is not compromised.





I Green may be the pinnacle of achievement for children with severe physical and intellectual issues. When reaching Green Goals, a child should have an understanding of the fundamentals of being 'water safe', be able to recover a safe position [float] if they fall in water and have some form of propulsion when on their back with whatever body movements are required [whether arms/legs or whole body].



## LOOKING FORWARD: STRATEGIC GOALS 2018-2021

**OUR MISSION**: To provide a network of social swimming clubs for children with a disability, enabling them to learn, achieve and enjoy participating in aquatic activities.

OUR VISION: To be recognised across the disability and aquatic industry for our network of quality, social swimming clubs. To have efficient and streamlined operations to support 1000+ members.





Rainbow Club Australia ABN 96 753 434 862 PO Box 432 Brighton Le Sands NSW 2216

Enquiries: info@rainbowclubaust.com.au



#### rainbowclubaust.com.au



Rainbow Club Australia is an Incorporated Association in NSW

Registered NDIS Provider: 4050000653



Charitable Status: Rainbow Club is a not for profit organisation with tax exempt charity and deductible gift recipient status granted by the Australian Taxation Office CFN 11011



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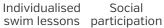
RainbowClubAust

Rainbow Club would like to thank our volunteer photographers: Karen Burgess, Nick Ellis, Mitch Karadonovski, Dara Munnis and Sharon Nixon



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Social



Dedicated teachers