

MATES4MATES

Here for those
impacted by service.

Annual Report 2021



 mates4mates.org

Get in touch

Find out more about Mates4Mates by phoning us, visiting our website or one of our centres.

 mates4mates.org

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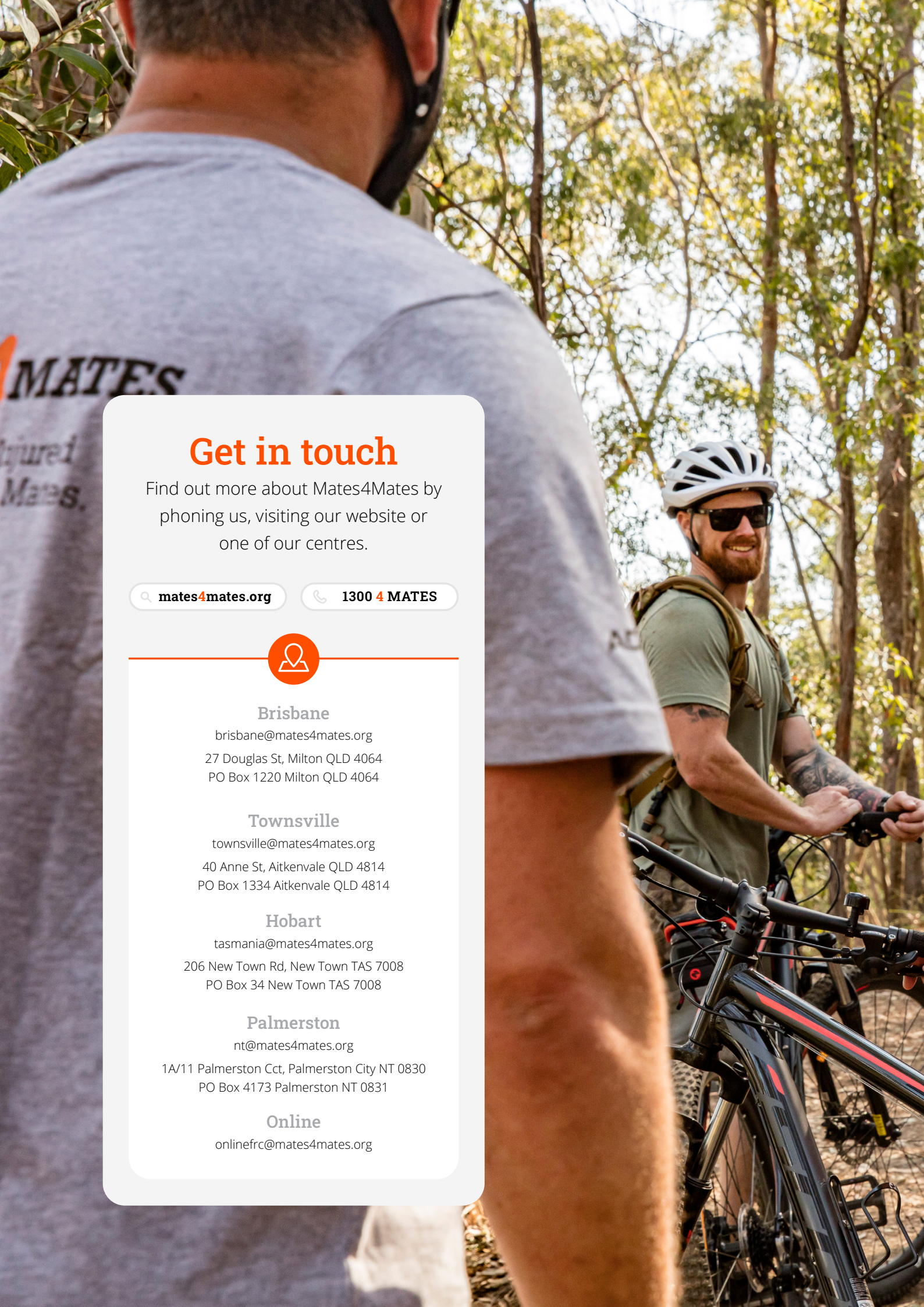
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A man with a prosthetic leg is hiking up a rocky trail in a forest. He is wearing an orange polo shirt, black shorts, a grey cap, and a watch. His prosthetic leg is a dark, sleek design with a blue and silver joint. In the background, another hiker with a red backpack is visible, and the forest is lush with green trees and sunlight filtering through the canopy.

Actively changing lives

About Mates4Mates.

Established in 2013 by RSL Queensland, Mates4Mates is one of Australia's leading veteran charities actively changing the lives of current and ex-serving Australian Defence Force members, and their families, impacted by service.

We provide a way forward for those experiencing service-related physical injuries, mental health issues and isolation.

There are many pathways to recovery through our psychology, physical rehabilitation and wellbeing services, skills-based clinical programs, and social connection activities. Our specialised programs and services are proven to make a real difference for individuals, partners and families.

Our services can be accessed through our centres in North Queensland, South East Queensland, Tasmania, Northern Territory and Online, and in outreach locations around Australia including our dedicated offices in Cairns, Ipswich and Launceston.

Support looks different for everyone, which is why we are committed to providing face-to-face and online services to veterans and their families to ensure they can access a pathway to recovery and move forward from service-related injuries.

Our Purpose

To make life better for the ADF community affected by injury and trauma.

Our Vision

An Australia where all members of the ADF community are supported physically, psychologically and socially.

Our Values



Integrity

We are always true to our purpose and treat everyone with openness and honesty.



Compassion

We provide a welcoming space for all; you will find empathy, understanding, care and respect.



Innovation

We are problem solvers, innovating and adapting to ensure we provide holistic services that enhance lives.



Collaboration

We foster a collaborative culture and work collectively as a team with Mates, stakeholders and partners to deliver positive outcomes.

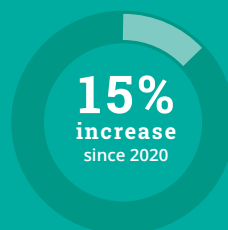
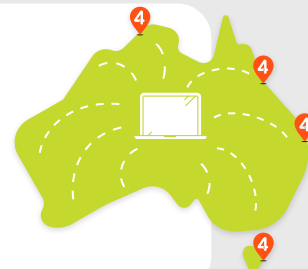
Our impact in 2021

Helping veterans and their families find a way forward.

At Mates4Mates, we actively changed lives in 2021, one connection at a time. Through our centres across Australia, plus our outreach locations and online services, thousands of veterans and their families found a new way forward – and Mates4Mates were here to help them every step of the way.

1,157 Mates connected with us through our **online social connection activities** and **clinical services**.

We facilitated **13,209** **social connections**, a 50% increase compared to 2020, bringing veterans and their families across Australia together to reduce isolation.



More than 27,100 connections were made between staff and Mates face-to-face and online. This is a **15% increase** since 2020.

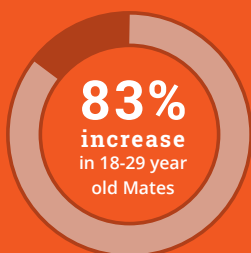
3,955 **exercise physiology** individual appointments were provided in 2021 to improve injuries and help more veterans manage their pain.

Physical rehabilitation and wellbeing programs resulted in **10,300** **points of connection** between staff and Mates.

3,653 **psychology appointments** were provided in 2021 to improve the mental health of our ADF community.

528 **psychology and exercise physiology** appointments were delivered through telehealth, increasing accessibility services.

Over **7,300** **veterans and their families** have directly benefited from our services since we first launched in 2013.



We saw a **30%** increase in new members in 2021. This includes an **83% increase among 18-29 year olds**, a **30% growth in current-serving Defence personnel**, and a **36% increase in females**, all accessing Mates4Mates services.





Here for those impacted by service

Our People.

Each year, the Mates4Mates team deliver life-changing support services and programs to veterans and their families who have been impacted by service.

We rely on our passionate team to welcome veterans and their family members either into our centres, outreach offices or online who are seeking our specialised programs and support services to find a way forward from service-related injuries.

In 2021, our staff throughout Australia grew to 54 team members. This included new senior liaison officers in our dedicated outreach locations as well as new roles within the clinical team including counsellors and social workers. With more than 27,100 connections made in person and online, which was a 15% increase over the last 12 months, the team played a vital role in all supporting veterans and their families.

With many of our staff from all areas of the Defence Force, they understand the needs of those who have served and what it means to be part of the Defence community. Every team member is committed to ensuring that no veteran or family member goes through their recovery alone.

We cannot thank our staff enough for the enthusiasm and energy they bring each day.

Together, we are making a difference in the lives of all current and ex-serving Australia Defence Force members and their families impacted by service.



Continued growth in 2021

A message from our Head of Mates4Mates.

Following on from an unprecedented year, 2021 proceeded to deliver highs and lows for the country as we settled into the new normal that the COVID-19 pandemic had left us in. We continued to see some lockdowns cause intermittent closures of our centres across Australia, and a need to adapt our service delivery model to meet the needs of veterans and their families. However, throughout the entire year, I am very proud we remained united, kept our doors open throughout most of the year, and focused on providing holistic support to help our community every step of the way. Our values – Integrity, Compassion, Innovation and Collaboration – were consistently upheld and celebrated.

In 2021, we helped veterans and their families find a way forward, one connection at a time. We saw some truly inspiring achievements during the year, and while you will read more about it in the pages of this report, I wanted to specifically highlight that the number of new 'Mates' who accessed Mates4Mates services grew by 30%. This means, that for the very first time, many veterans and their families received the help they needed. Amongst these numbers includes an 83% increase among 18-29 year olds, a 30% growth in current-serving Defence personnel, and a 36% increase in females, all accessing Mates4Mates services.

To ensure that the veteran community remains best supported, Mates4Mates invested in opportunities throughout the year to collaborate with other ex-service organisations and community services. Through working alongside existing providers, including RSL Queensland and RSL Tasmania, this has increased



the number of veterans and family members connecting with Mates4Mates and accessing services in the Northern Territory, Tasmania, South East Queensland, and North Queensland.

This year, Mates4Mates announced changes to its governance structure which saw a change in the arrangements of the Board. We thank each existing member of the Mates4Mates Board for their dedication to the veteran community and their strategic leadership. In late 2021, we welcomed a new Board which brought a wealth of knowledge and expertise from a diverse range of backgrounds. Their passion for providing the highest levels of support to veterans and their families across Australia has set a shining example as we move forward into 2022. With these changes, Mates4Mates and RSL Queensland focused their alignments on ensuring that veterans and their families had their needs met by offering services to support veterans and their families today, tomorrow and into the future.



In October of 2021, Troy Watson transitioned from his role as the CEO of Mates4Mates and moved into a new role with RSL Queensland leading the veteran services team. Troy has been a passionate leader of the organisation since 2018, providing a compelling vision and unwavering commitment to supporting veterans in every way possible as they navigate their recovery and transition to a positive and fulfilling civilian life. We know that Troy will continue to champion Mates4Mates and our vital services for veterans impacted by service and I'd like to thank Troy for all that he is done for Mates, their families, and our staff.

As I reflect on the milestones and achievements of the year, I wanted to also make note of the great work that's been undertaken by our team members across all the Mates4Mates locations, including our newest centre in Palmerston, Northern Territory which opened a year ahead of schedule in July 2021. After we commenced social connection services in October 2020, this centre was made a priority due to the strong demand and support from the Northern Territory veteran community.

While I recognise 2021 has brought some changes for our organisation, I want you to know that Mates4Mates remains committed to supporting all aspects of

the health and wellbeing of current and ex-serving Australian Defence Force members, and their families.

I'd like to express my sincere gratitude to the team at Mates4Mates for their continuous hard work and commitment to support those in need. It's within this growth that you can see the tireless efforts of the staff. I'm proud to witness the impactful outcomes of their hard work come to life for veterans and their families. Each connection created by Mates4Mates staff is changing the lives of those who are on their journey to recovery.

I would also like to thank the community for their generous contributions and support throughout 2021. It has been an honour to bear witness to the wonderful community we are building.

Bernadette

Bernadette Praske,
Head of Mates4Mates

Supporting veterans and their families through our services



With mates
behind you,
there's power
to move forward.

Psychology Services.

Our psychological services provide essential support to our Mates and their immediate family members every year. We recognise how difficult overcoming service-related injuries and trauma can be and believe no one should go through recovery alone.

At Mates4Mates, our psychologists provide a safe space for individuals and families to be heard, utilising a range of evidence-based therapies. These include Eye Movement Desensitisation Reprocessing (EMDR), Cognitive-Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Emotional-Focused Therapy (EFT), mindfulness and psychological skills development, allowing our Mates to feel equipped with the knowledge and skills to manage and assist in their recovery.

In 2021, our team of psychologists saw a 7% increase in their services, providing 3,653 psychology appointments to veterans and their families, with 506 of these appointments delivered through telehealth.

Trained in the latest treatment interventions for trauma, anxiety, depression, adjustment to injury, substance misuse, and family and relationship issues, these appointments included individual and group therapy sessions designed to improve the mental health of those impacted by service.

Physical Rehabilitation and Wellbeing Services.

Service-related physical injuries can significantly impact quality of life if they are left untreated. Our accredited exercise physiologists offer a range of services to evaluate and deliver effective recovery plans and treatments to veterans experiencing service-related physical injuries.

With exercise physiologists located at our Family Recovery Centres and online via telehealth, Mates4Mates provided 3,955 exercise physiology appointments in 2021 to assist those experiencing mild, acute or chronic injuries and pain find a way forward.

These appointments included individual, group and telehealth sessions that focus on physical rehabilitation, movement for mental health, pre- and post-surgery rehabilitation, fitness activities for social connection and motivation, and more.

Overall, our physical rehabilitation and wellbeing services resulted in 10,300 points of connection between staff and veterans and their families in 2021. Whether it's through our trauma-informed yoga, Pilates, or physical training sessions, or our social connection activities that promote physical activity such as kayaking or cycling, these services provide essential support to our current and ex-serving Australian Defence Force personnel living with service-related injuries.





Skills for Recovery Programs.

Our Skills for Recovery Programs are designed to provide veterans and their families with opportunities to develop new skills and learn techniques to help them move forward from the impacts of service. Held both in-person and online, the group programs are offered in a safe environment to support each participants' individual recovery journey.

While existing programs returned for 2021, brand new programs were also launched. This included our *Learn More, Drink Less* online and in-person group program which was developed to help veterans to learn more about alcohol reliance and gain helpful coping strategies; the online *Skills for Transitions* program designed to help recently transitioned veterans identify their values and plan for the future; and the online *Sleep* program designed to help veterans develop healthier sleep habits.

Our *Arts Therapy* programs for teenagers, children, and partners of current and ex-serving Defence Force members were also offered throughout the year. These programs aimed to initiate change and growth through artistic expression, helping participants to verbalise or conceptualise feelings.

Throughout 2021, our Mates once again enjoyed various *One-Day Wellness* and *Three-Day Wellness* programs across the country.

The *One-Day Wellness* program asks veterans and family members to focus on exploring the different ways to practice mindfulness or other psychological skills by participating in an activity or experience with other like-minded people. From the joy of riding their first wave on a surfboard to mastering the art of painting, veterans and family members were exposed to new experiences while learning practical techniques to manage their wellbeing.

The *Three-Day Wellness* programs for 2021 were funded by the Department of Veterans' Affairs and designed to help younger veterans manage some of the challenges that they may be facing post-service. Over a weekend, our multidisciplinary clinical team worked with participants to develop healthy coping strategies and support them in managing their mental and physical health now and into the future.

Our Skills for Recovery Programs are designed to enable veterans and their families to identify and learn about their emotions and injuries, discover practical ways to manage symptoms and navigate life's stressors – all in a safe and supportive group environment with like-minded others.



Social Connection Activities.

Knowing the power of social connection and community, we continued to create regular opportunities for mateship and peer-support through social, recreational, and family activities.

Veterans and their families impacted by injuries or mental health illnesses may experience isolation, particularly if they have recently transitioned out of a close-knit Defence community. Our centres and outreach locations offer social connection activities in-person and online, forming an essential part of a veterans' wellbeing and recovery.

In 2021, we facilitated 13,209 social connections, a 50% increase compared to 2020, bringing veterans and their families across Australia together to reduce isolation. This included weekly BBQs, coffee catch ups, creative arts and cooking classes, school holiday programs, and much more.

At Mates4Mates, our regular social connection activities throughout the week and on weekends provide a safe place to build connections and find mateship. Having a community of like-minded people – a group of mates – can be an important part of the wellbeing and recovery of a veteran.



Stories from our centres

Supporting veterans and their families experiencing service-related physical injuries, mental health issues and isolation is our priority. With the support of our teams and the community, we provided rehabilitation and connection to thousands of people in 2021.

Here is a small collection of stories of how veterans have found a way forward through our specialised programs and services.

Support no matter where you are.

A veteran agreed to “stand in” for their partner in the final Jamie’s Ministry of Food online session. Although they love to cook, they also suffer from PTSD and the veteran typically does not like engaging in social situations, especially with strangers.

After being warmly welcomed by the cooking group, the veteran was completely engaged, asking multiple questions of the presenters, and sharing stories of their own cooking. When the partner joined in at the end, they were amazed at how easily the veteran had engaged with the group online.

After everyone joked that the next step would be for them to join the online Tuesday coffee catch up, sure enough, both the veteran and the partner were there, waving and saying hello to everyone.



The power of social connection.

A veteran, showing signs of anxiety and a sense of social disconnect, had initially waited in their car before a social connection activity for 40 minutes before building up the courage to get out of the car and say “hello”.

They noted that after they saw all the smiling and happy people standing around, it looked like a place of acceptance. After that day, the veteran was seen at many activities within the Mates4Mates centre and after relocating to a different state, re-connected once again with Mates4Mates for future activities and social events.

Connecting with RSL Queensland.

The daughter of a veteran advised a senior liaison officer that the veteran was at risk of becoming homeless due to their lease not being renewed. The veteran was not of good health but was reluctant to go into aged care. The daughter was concerned that the veteran would not be able to find a new home due to low vacancy rates.

The veteran and daughter had an appointment with a Mates4Mates social worker who worked together with an RSL Queensland welfare officer to obtain assistance with housing. While RSL Queensland assisted the veteran with housing, the Mates4Mates clinical team connected with the veteran for ongoing mental health support as well as attending weekly in-centre activities regularly.

Improving the physical and mental health of veterans.

After conducting a follow-up, a liaison officer spoke with a veteran who was not doing well mentally. The veteran said they were happy to hear from Mates4Mates and after speaking with the liaison officer they expressed their desire to improve their physical health.

The liaison officer shared the option for the veteran to receive Mates4Mates exercise physiology services via telehealth and to access a local gym. From there, the liaison officer and the Mates4Mates physical recovery clinical lead were able to develop a plan for the veteran to access services with a local exercise physiologist as well as ongoing online exercise programs.

Around the regions in 2021

Our centres across Australia, including our online centre, are here to provide support to help Mates and their families on their journey to recovery.

A key aspect of the services that we offer at Mates4Mates is providing support to veterans and family members in a safe environment. Our centres are fully equipped with gyms and dedicated spaces for wellbeing classes, such as yoga and art, and include cooking facilities and outdoor areas, providing a place for Mates to reconnect with a like-minded community.

Each centre includes access to psychologists, exercise physiologists, liaison officers and support staff, ensuring Mates are visiting a place of recovery, connection, and hope.

Located in Brisbane, Townsville, Hobart, Palmerston, and online, Mates4Mates aim to be accessible to all veterans and families impacted by service around the country.



Brisbane Family Recovery Centre highlights:

The importance of community connections continued throughout 2021 at the Brisbane Family Recovery Centre. The team worked with Brisbane City Council, Bridge to Brisbane, local sports and recreational centres, and a local Men's Shed, collaborating to offer a variety of social connection activities which provided Mates with a way to become more involved in their local area.

The recruitment of a permanent senior liaison officer located in Ipswich allowed Mates4Mates to provide more activities and programs in the Ipswich and Toowoomba region. Growth in the Brisbane team also meant more activities for South East Queensland, particularly in the Gold Coast region. New staff has also meant more new ideas for a wider variety of social connection activities suited to more veterans and their family members.

The Brisbane centre also expanded its complementary therapy services by facilitating an in-house arts therapist delivering group and individual sessions, as well as delivering the *Arts Therapy for Children* program externally in a local school with a large Defence community.

Townsville Family Recovery Centre highlights:

It was a busy year for the Townsville Family Recovery Centre, as renovations commenced and a permanent telehealth room opened within the centre, enabling more veterans and family members to access psychology and counselling appointments in a safe and comforting environment.

In Townsville, collaboration between Mates4Mates and the local Defence community continued with several Defence units accessing the centre for a range of activities. While in Cairns, a senior liaison officer was employed to provide more regular social connection activities to our Mates up north.

Throughout the year, it was great to see more families including children get involved in a variety of social connection activities that were held, especially during the school holiday periods.



Northern Territory highlights:

As we continue to work towards opening the Northern Territory Veteran and Family Wellbeing Centre, it was an exciting time for Mates4Mates in 2021, with an Interim Centre opening in Palmerston in July. The social connection activities were met with great support from the Territory veteran community, with the coffee catch ups, pancake breakfasts and morning walks becoming an important and regular activity for many veterans and family members.

The Palmerston centre has welcomed many veterans through its doors with the help of two liaison officers who were employed throughout the second half of the year to support our regional manager. Additional support has also been provided through RSL Queensland advocates assisting veterans and family members with claims, and Darwin Community Legal Services providing legal aid to the community also.



Hobart Family Recovery Centre highlights:

The Hobart Family Recovery Centre saw immense growth in 2021 with a change in its team members and a successful renovation that was completed in December. This allowed the centre to rethink its space and provide a new and improved, fresh place for the team and Mates and their families.

With a new regional manager commencing in July, the Hobart centre also appointed an in-house psychologist, administrator, and additional liaison officer. The team then recruited a liaison officer to be based in Launceston to service the North and Northwest locally for the first time.

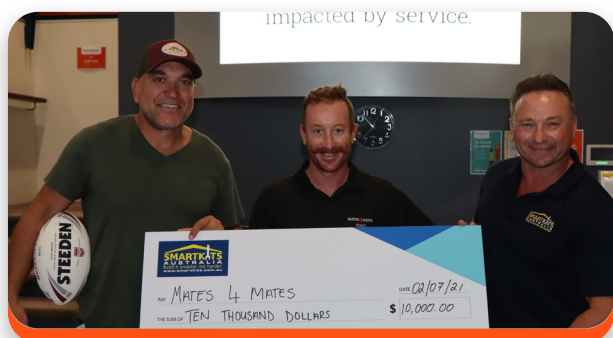
With the additional resources, Mates4Mates in Tasmania was able to triple its services and outputs in a small amount of time, covering more ground and getting to know old and new Mates.

Online Family Recovery Centre highlights:

The Online Family Recovery Centre commenced social connection and complimentary therapy activities in April 2021. What started out as an initial program of trauma-informed yoga and coffee catch ups, quickly turned into reaching veterans and their families across Australia with a wide range of online activities including photography, drawing, creative writing, painting, trivia, and creative arts.

In 2021, our online activities provided connection opportunities for veterans who find it difficult to attend in-person activities due to illness, injury or distance, and provided important continuity of service delivery during the impacts of COVID-19.

Together, our impact is greater



Fundraising in 2021.

The incredible support that Mates4Mates received from the community this year was overwhelming. From morning teas, community craft days, BBQs, raffles, sporting events, lawn bowls, jewellery sales, and more, 2021's community fundraisers highlighted the simple but innovative ways that supporters can come together for our community.

We held our second April Appeal, and thanks to donors and community fundraising events embracing the spirit of mateship, we incredibly raised over \$59,000 to help Mates4Mates continue standing with all veterans and families impacted by service.

Mates4Mates received over \$16,000 in funding from the Department of Veterans' Affairs for this year's Veterans' Health Week campaign which focused on supporting veterans' health and wellbeing. We were excited to offer a range of virtual and physical events right across Australia throughout the entire month of October. From kayaking and hiking to family days, online yoga and more. It was great to see veterans and their families getting involved and increasing their physical activity.

Our fundraising and grant income continued to grow with new supporters and community groups raising over \$1,100,000 in 2021 for veterans and their families experiencing service-related physical injuries, mental health issues, and isolation.

More veterans supported in 2021 through grants.

In 2021, we received grants from a wide range of organisations to support many projects and programs. This funding was instrumental to the delivery of our services, helping us purchase equipment, facilitate more activities and ultimately support more Mates and their families.

In 2021 we received grants from:

- ANZAC Day Trust
- Brisbane Lord Mayors Christmas Trust
- DVA Grants in Aid
- DVA Veterans' Health Week Grant – North Queensland
- DVA Veterans' Health Week Grant – Northern Territory
- DVA Veterans' Health Week Grant – South East Queensland
- DVA Veterans' Health Week Grant – Tasmania
- Gambling Community Benefit Fund Queensland
- Google Ads Grant
- Ipswich Major Funding Application
- MacPac Fund for Good
- Mental Health Council of Tasmania – Community Wellbeing Fund
- Tasmanian Government Teddy Sheean Grant

To support Mates4Mates visit:

supportmates4mates.org

Fundraising in action

Support at tax time.

The June Tax Appeal aimed to raise funds for our social connection activities which have become a lifeline for many veterans and their families impacted by service.

Throughout the month of June, we were delighted to raise over \$30,000 through donations in support of current and ex-serving Defence Force members experiencing service-related physical injuries, mental health issues and isolation.

We'd like to say a huge thank you to our Tax Appeal donors for their support. Your donations mean we can continue to help veterans and their families impacted by service build a supportive community and find hope through our social connection activities.

Running for recovery.

Mates4Mates partnered with The Sunday Mail 'Bridge to Brisbane' fun-run on November 7, with over 550 #TeamMates supporters running alongside tens of thousands of runners of all ages.

We were so incredibly proud to see a mixture of Mates and supporters coming together to not only raise funds for Mates4Mates, but also break down barriers for those who may be experiencing service-related physical injuries, mental health issues, and isolation.

Raising over \$16,000, the funds from this event will help provide support, rehabilitation and hope to people veterans and their families impacted by service.

To those who participated in the run, or donated to our cause, thank you for your support.



Conquering mountains to support veterans.

Throughout 2021, Murph helped to raise an outstanding \$11,922 for Mates4Mates to assist us in supporting veterans and their families who have been impacted by service.

"As the mother of a son who served in Afghanistan and is now living with PTSD, I know first-hand how challenging life can be for those who have served our country and how important donations like this are. I have also been a manager at the Tewantin Noosa RSL for over 20 years and I have established lifelong friendships with veterans and their families.

After taking part in the Mates4Mates Kokoda Challenge in 2014, I witnessed firsthand the great work of Mates4Mates. It wasn't just the physical side of the trek that Mates4Mates had staff assisting veterans and others with, but it was making sure there was a psychologist around to help and chat with at any time. From there, we heard about all the other services they provide, such as their social connection activities.

While the original fundraiser to summit Mount Kilimanjaro in Tanzania was put on hold due to the COVID-19 pandemic, we still went ahead with our fundraising plan for Mates4Mates. We raised money in several ways such as a car washing day, a sausage sizzle, a Drag Queen Bingo night, and a trivia night.

We had a tonne of support from fellow workers and our local community in raising the money and awareness of PTSD. Every fundraiser that we did was focused around getting people to understand what our veterans are going through and how they can help just by lending an ear as these returned veterans feel so isolated."

— Murph, Mates4Mates Fundraiser

2021 Financial summary

Statement of Profit or Loss and Comprehensive Income

	2021	2020
	\$	\$
Revenue	6,752,909	6,434,899
Less: Cost of Sales	(57,338)	(21,480)
Expenses		
Service Delivery	(2,147,579)	(1,595,610)
Overheads and Management Costs	(1,914,059)	(1,485,173)
Psychological Services	(1,427,722)	(1,277,263)
Property Outgoings	(919,709)	(574,561)
Marketing and Fundraising	(292,605)	(234,788)
Finance Costs	(57,476)	(81,164)
Total Expenses	(6,759,150)	(5,248,559)
Surplus		
Surplus/(deficit) before Income Tax Expense	(63,579)	1,164,860
Income Tax Expense	-	-
Surplus/(deficit) after Income Tax Expense for the year	(63,579)	1,164,860
Other Comprehensive Income for the year, net of tax	-	-
Total Comprehensive Surplus/(deficit) for the year	(63,579)	1,164,860

Revenue from Ordinary Activities

	2021	2020
	\$	\$
Sales Revenue		
Merchandise	18,067	13,453
Total Sales Revenue	18,067	13,453
Other Revenue		
Donations — RSL Queensland	5,199,996	5,199,997
Donations — Other	429,356	373,676
Grants	680,102	229,717
Other Revenue	425,388	618,056
Total Other Revenue	6,734,842	6,421,446
Total	6,752,909	6,434,899

Statement of Financial Position

	2021	2020
	\$	\$
Current Assets		
Cash and Cash Equivalents	2,660,919	2,368,738
Trade and Other Receivables	73,101	67,975
Inventories	-	-
Other Current Assets	146,124	91,568
Total Current Assets	2,880,144	2,528,281
Non-Current Assets		
Property, Plant and Equipment	45,703	-
Intangible Assets	-	-
Right-of-Use Assets	612,599	1,007,529
Total Non-Current Assets	658,302	1,007,529
Total Assets	3,538,446	3,535,810
Liabilities		
Current Liabilities	1,553,452	974,292
Non-Current Liabilities	299,492	812,436
Total Liabilities	1,852,944	1,786,730
Net Assets	1,685,502	1,749,081
Equity		
Retained Surpluses	1,685,502	1,749,081
Total Non-Current Assets	658,302	1,007,529
Total Equity	1,685,502	1,749,081

Statement of Cash Flows

	2021	2020
	\$	\$
Cash flows from operating activities		
Donations Received	5,629,352	5,573,673
Payments to Suppliers and Employees	(6,336,792)	(4,809,909)
Grants Received	1,066,658	450,059
Other Receipts	438,329	770,513
Interest Paid	(57,476)	(81,164)
Net cash from/(used in) operating activities	740,071	1,903,172
Net cash from/(used in) investing activities	(48,393)	-
Cash flows from/(used in) financing activities		
Payment of lease liabilities	(399,497)	(357,794)
Net cash from/(used in) financing activities	(399,497)	(357,794)
Net increase/(decrease) in cash and cash equivalents	292,181	1,545,378
Cash and cash equivalents at the beginning of the year	2,368,738	823,360
Cash and cash equivalents at the end of the year	2,660,919	2,368,738

MATES4MATES

Here for those
impacted by service.

With mates behind
you, there's power
to move forward.

For information and support

 **1300 4 MATES**

 **mates4mates.org**

If you're looking for information
and support offered in your area,
call us on 1300 4 62837, or visit
your local centre.

ABN: 54 160 646 999

