



Communities of Wellbeing

7th Annual General Meeting 2025
Wednesday November 5th at 5.00pm at REALM, Ringwood

AGENDA

Item	Description
1	Welcome Acknowledgment of Country
2	Apologies
3	Minutes of previous AGM
4	Issues arising out of the AGM minutes and acceptance of the minutes
5	Chairperson's Report/Annual Report
6	Financial Report/ Acceptance of financial statements
7	Membership Fees for 2026: <i>Motion- That the current 2025 fees be retained for 2026 (\$100 for individual memberships, \$50 Concession, \$250 for silver corporate memberships and \$500 for gold corporate).</i>
9	Annual Report/ Acceptance of Annual Report
10	Election of Committee-nominations received
12	Any other Business
13	Meeting close



6th ANNUAL GENERAL MEETING MINUTES
Wednesday 13th November 2024 at 5.00 pm
Realm, Eastland, Victoria.

AGENDA

Attending: Maria Allison, Kay Brown, Peter Feeney, Peter Gaze, Marijke Graham, Edwina Ricci, Judith Lenthall, Norma Siep, Cr Paul Macdonald, Yanni Haskin, Grant Meyer, Patrick Fitzgerald, Cr Catherine Gordon, Sian Karangh

1. Start 5:06pm Meeting Chaired by Peter Feeney

Welcome - Acknowledgement of Country
2. Apologies - Gail Woods and Peter Maguire
3. Recognition of the passing of Bill Wilkins OAM
Peter F reflected on Bill's contribution to COWB and his memorial service held at Karralyka recently. This included 1 minute silence in memory of Bill.
4. Minutes of Previous AGM (see attached)
No discussion. Moved by Yanni H, Seconded by Edwina R. Carried.
5. Issues arising out of Minutes
nil
6. Chairpersons' Report (see attached)
Positive feedback from Yanni H; thank you to Peter F and Edwina R for preparing the report. Moved by Marijke G, Seconded by Yanni H. Carried.
7. Financial Report (see attached)
No discussion. Moved by Maria A, Seconded by Peter G. Carried.
8. Setting of Membership Fees for 2025 Calendar Year
Suggested Motion: That the current fee level be retained for the 2025 Calendar Year i.e. as \$100 for individual memberships, \$50 Concession, \$250 for silver corporate memberships and \$500 for gold corporate.

- No discussion. Moved by Edwina R, Seconded by Peter G. Carried.
9. Setting Committee Size for 2024/25Year.
Suggested Motion: *That the number of committee members be set at 8.*
No discussion. Moved by Edwina R, Seconded by Peter G. Carried.
10. Election of the Committee – nominations received
Chair - Maria Alison
Vice-Chair - nil at time of AGM
Secretary - Marijke Graham
Treasurer - Gail Woods
General Committee - Janni Haskin and Peter Gaze
- All elected unopposed and unanimously.
- Maria A. took over chairing the meeting at 5:27pm
11. Any General Business
Peter F and Edwina R to be officially thanked for their time on the COWB executive in the near future - likely the December 11th/Christmas meeting.
12. Meeting Close 5:33pm



Communities
of Wellbeing

Annual Report

2025





Communities of Wellbeing

Our Vision

Flourishing people and communities

Our Mission

We build capability and connectedness to enhance human flourishing

Our Values

Curiosity

Being open to learn and grow; we are life-long learners

Belonging

Creating space that enables us all to meaningfully connect; wellbeing happens in community

Collaboration

Believing in the power of collective action and strengths

Strategic Priorities

Inspire

Inspire more people to discover and embrace the value and impact of enhanced wellbeing

Connect

Connect with others to build partnerships and projects to enhance wellbeing.

Establish

Establish strong foundations to impact the wellbeing of communities within Maroondah into the future.

Message from the Chair

October, 2025

I am pleased to present the Annual Report of the Communities of Wellbeing for the year ending November 2025.

The report is prepared in accordance with requirements of the reporting directions under the Australian Charities and Not for Profits Commission (ACNC).

The Communities of Wellbeing stated and enduring purpose is to benefit our community through the transformative impact of wellbeing education and research. The Communities of Wellbeing is responsible for: building strong and resilient communities where wellbeing is maximised, and citizens can flourish individually and together; providing education, training and support to these communities in the application of positive psychology; initiating and facilitating the development of projects to enhance the wellbeing of communities by utilising principles of positive psychology and collaborating with organisations in the pursuit of shared goals.

This report records the Communities of Wellbeing's achievements in 2025 and reflects on its response to community sector, societal changes and provocations.

It has been an interesting and challenging year with changes observed in our local community, government and wider environment. These changes have highlighted our need to address social cohesion to ensure a safe, welcoming and inclusive community where evidence-based, respectful dialogue and the contest of ideas is welcomed.

I acknowledge that there is more work to do here but we recognise our role in this area is critical and we continue to develop programs and activities to reflect this responsibility. The importance of fostering transparency and trust in our endeavours are to enable informed dialogue, increase understanding around community wellbeing and develop opportunities.

Our partnerships with Maroondah City Council (MCC) and the Bendigo Bank (Ringwood East and Croydon) have provided us with the ability to organise and host important wellbeing initiatives and we thank them for their unwavering support and trust.



Maria Allison
Communities of Wellbeing Chair

PERMAH WELLBEING SURVEY

YOUR PERMAH WELLBEING FACTORS

One way to understand, measure, and improve your wellbeing is by using **Professor Martin Seligman's PERMAH Framework**. This breaks wellbeing down into six key areas that help people feel good and function well:



POSITIVE EMOTIONS - Boosting mental, physical, and social resilience by prioritising moments of regular heartfelt positivity, lowering stress, and helping each other to mindfully navigate our emotions, even when we feel overwhelmed .



ENGAGEMENT - Doing things you are naturally good at and enjoy (strengths) to help you feel more confident, energised, and engaged.



RELATIONSHIPS - Making time for the people who matter, showing kindness, expressing gratitude, and building trust.



MEANING - Understanding how what you do each day has a positive impact on others and feeling connected to something larger than yourself.



ACCOMPLISHMENT - Setting goals, learning new skills, and building the mindset to achieve the things that matter most to you.



HEALTH - Eating well, moving regularly, taking time to recover, and sleeping deeply each day to ensure you have enough energy.

Everyone's wellbeing looks different, and it's normal for these factors to shift over time. But when one area is struggling, it can often affect the others too.

How are you building these PERMAH factors into your life to create the wellbeing you want?

Use the QR code below to complete your PERMAH wellbeing survey
Survey results will be sent via email.



2025 events

Laughter Yoga

PERMAH: Engagement

This year's first event focused on **Engagement**, one of the six PERMAH principles of positive psychology: **Positive Emotions, Engagement, Relationships, Meaning, Accomplishment, and Health**. In 2025, *Communities of Wellbeing* aims to help members explore and practice these principles through education, encouragement, and evidence-based strategies.

Lynette Mitchell led a fun and interactive evening filled with uplifting laughter for our members. *Laughter Yoga* combines aerobic exercise with joyful laughter, offering a simple and powerful way to boost energy, lift spirits, and create a sense of harmony. It helps participants relax on physical, emotional, mental, and spiritual levels. As a group activity, it promotes team building, strengthens connection and communication, encourages movement, and supports networking.

The benefits of laughter are impressive—it helps people overcome inhibitions, spark creativity, elevate mood, reduce stress, and improve mental clarity. It can also strengthen the immune system, lower blood pressure, combat depression, and even provide a form of “*internal jogging*” by gently massaging internal organs.

“The evening set a joyful tone for the year ahead, reminding us that engagement often begins with a simple smile—or a shared laugh.”



Gardening for Wellbeing

PERMAH: Health and Relationships

Aiming to utilise and showcase our community neighbourhood houses, this event was held at **Bedford Park Community Garden**. It was designed to foster wellness and celebrate the joy of being in nature.

Despite the very hot weather, it was an uplifting evening of learning about gardening, building connections, and strengthening community ties. Each attendee was encouraged to explore and discover more about gardening, and to learn how they can get involved with community houses to support wellbeing.

“The evening reminded everyone that tending to a garden — like tending to wellbeing — grows stronger through connection and care.”



Double Doodling

PERMAH: Engagement (Flow)

Katharine King of *Katharine King Consulting* guided us through the creative and calming practice of Double Doodling. Katharine is a Brain Gym® practitioner with a passion for helping people access clarity, insight, and wellbeing through simple, powerful, movement-based techniques. Her warm and engaging facilitation gave everyone the chance to reconnect with themselves, explore flow, and activate both sides of the brain through art and reflection.

The session provided an interactive experience that supported wellbeing and creativity, offering an overview of the Double Doodle exercise and its benefits — including improved hand-eye coordination, spatial awareness, and fine motor skills. Participants also discovered how the practice can help ease eye tension and headaches, improve coordination and focus, relax the mind, and engage their creative side while connecting with a wonderful community.

Following the *Double Doodling* event a compiled a list of free resources was made available to help explore the benefits of bilateral drawing — engaging both hands simultaneously — and finding your state of flow. These activities can support creativity, insight, and emotional wellbeing.

“It was a beautiful reminder that creativity flows best when both the mind and body are in harmony.”



Lea Waters: ‘Growing Through Adversity’

PERMAH: Engagement (Flow)

In partnership with **Maroondah City Council** and **Bendigo Bank** (Ringwood East and Croydon branches), **Professor Lea Waters** returned to Maroondah to present our 2025 Special Event, *Growing Through Adversity*, held on Thursday 15 May at the Karralyka Centre.

Professor Lea Waters, PhD, Order of Australia, Fellow of The University of Melbourne, and Director of *Visible Wellbeing Pty Ltd*, shared her research on the positive changes that can occur when we embrace — rather than deny — our struggles.

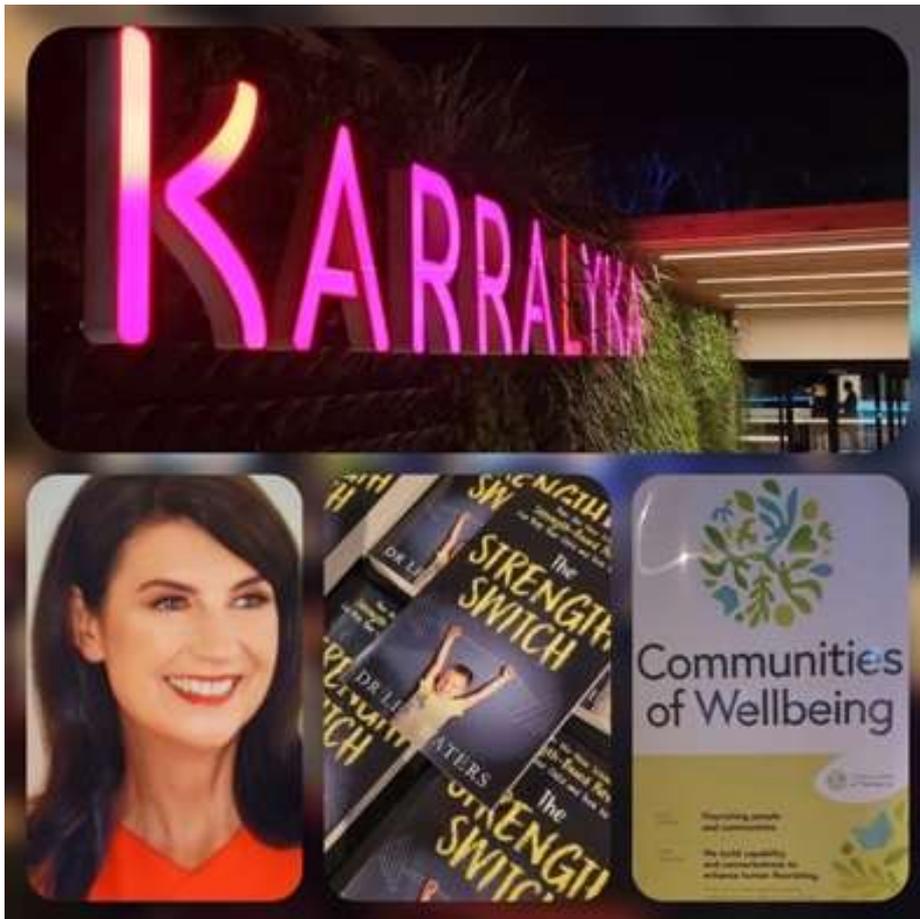
Reflections and takeaways included:

- **Talking about it changes your physiology.** Sharing your story can be a powerful meaning-making exercise. It helps move trauma out of your body and into shared understanding.
- **You don’t have to ruminate.** Talking isn’t about getting stuck in the past — it’s about understanding it, finding meaning, and making space to heal.

- **You are stronger than you think.** You may feel broken, but your courage, kindness, and persistence show an inner strength. You can be both hurting and powerful.
- **Adversity accumulates — and so do strengths.** If you're not coping as well this time, be kind to yourself. Remember: joy, connection, and meaning accumulate too. They protect and restore us.
- **Find the glimmers.** Just like triggers remind us of pain, glimmers spark feelings of calm, joy, or safety. Look for them — they matter.
- **Ask for and accept help.** The people who grow through adversity are those who talk, seek meaning, notice the glimmers, and reach out for support when needed.

It was a deeply moving evening that reminded us all of the strength that can emerge from struggle.

“Growth doesn’t mean eliminating pain — it means discovering meaning and strength within it”

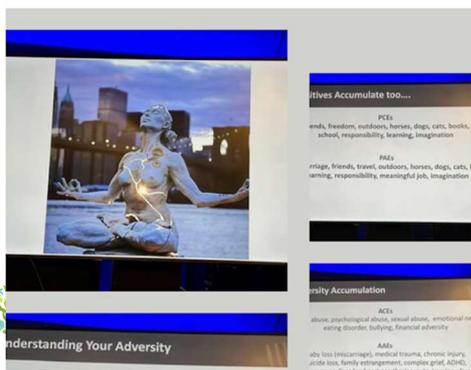




Roz Rimes
21h · 🧑🏻‍🤝‍🧑🏻

Last night I was privileged to have a front row seat to hear Prof [Lea Waters](#) speak with great heart, authenticity and intelligence. You could have heard a pin drop. I came home with practical ways to grow through adversity and most of us have experienced adversity.

🙏❤️💖🐾🌸🍌🍌🍌



Healing Threads: 'Weaving Strength Through Story and Stillness'

PERMAH: Emotion, Meaning, and Purpose

Meaning involves understanding the significance of life, while purpose is about using that understanding to guide action and create a future.

Following Professor Lea Waters' *Growing Through Adversity* presentation, *Healing Threads: Weaving Strength Through Story and Stillness* provided an opportunity to explore, map, and reflect on our feelings, helping participants understand how adversity can foster emotional growth. It was a time to reflect on life's turning points, experience stillness, and explore the power of story, connection, and inner strength.

Storytelling is a powerful practice. When we share our stories, we share a piece of ourselves with the world, which can be incredibly healing for mental health. Listening to stories can reduce anxiety and stress, while telling stories can boost self-esteem, improve mood, and build empathy and understanding. Stories can educate, entertain, and, most importantly, heal.

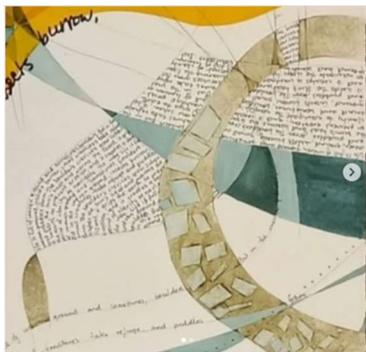
Through light-hearted and enjoyable activities, participants gained practical tools via hands-on, creative, reflective, and personalised exercises, resulting in self-expression and a strengthened sense of purpose.

Our starting point was 'Natures Lens' by Gill Richards.

"My artwork explores the concept of overcoming life's challenges through shifting our perspective. By adopting an earth-centric viewpoint, we realise that our perception of problems are often opportunities for growth. Uneven ground, which may seem troublesome, actually provides refuge and supports entire ecosystems through water catchments. Similarly, boulders symbolise new perspectives that allow us to steadfastly navigate obstacles and gain advantageous vantage points."

Through this artwork, I aim to inspire viewers to embrace nature's lens and find resilience amidst adversity."

"Healing Threads demonstrated how reflection, creativity, and connection can transform adversity into growth and purpose."



'Natures Lens'



AI for Wellbeing

PERMAH: Meaning

The *AI for Wellbeing* session was a welcoming, hands-on introduction to how AI tools can support mental wellbeing through creativity and self-reflection. While many attendees came in curious about the technical side of AI, the session naturally shifted toward exploring how AI can inspire joy, imagination, and personal insight.

We welcomed back guest presenter and former Communities of Wellbeing executive member, **Peter Maguire**, who shared a moving example of AI's creative power — a music video he produced using AI tools, featuring lyrics he wrote himself. Peter spoke about how AI helped bring his ideas to life and highlighted the deep connection between creativity and his wellbeing.

Everyone was encouraged to experiment with using AI for their own creative projects and to utilise free tools such as **ChatGPT** to get started.

“Using AI helped me see my creativity in a new light, and I felt a real sense of joy bringing my ideas to life.”



Discover Hygge: Connection, Calm & Comfort

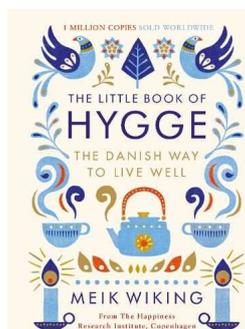
PERMAH: Emotion and Relationships

Discover Hygge: Connection, Calm & Comfort was an evening of warmth, reflection, and gentle connection. Hygge (pronounced "hoo-guh") is a Danish and Norwegian concept representing a quality of coziness, contentment, and conviviality that fosters a sense of wellbeing. It involves embracing simplicity, prioritizing small pleasures such as candlelight and warm drinks, and enjoying time with loved ones in a comfortable atmosphere. Hygge is both a feeling and a lifestyle focused on self-care and finding joy in everyday moments, rather than a specific aesthetic.

Following the success of the 2024 Hygge event, *Communities of Wellbeing* decided to make Hygge an annual winter gathering. From the scent of hot chocolate to the fun of Family Feud-style questions, the evening reminded us of the power of slowing down and simply being together. We loved seeing participants lean into the softness — whether through laughter, writing down hygge ideas, or just taking a deep breath.

Participants shared that they felt more grounded, inspired, and connected. This sense of calm and community is exactly what we hoped to create, and we are so grateful it resonated with everyone.

“By encouraging simple pleasures, mindfulness, and connection, the evening beautifully fostered both emotion and relationships.”



Financial Wellbeing

PERMAH: Emotions, Engagement, and Accomplishment

Stemming from 2024 participant feedback and the current socioeconomic climate, there was a clear need for financial awareness. Guest partners **Bendigo Bank** (Ringwood East and Croydon) kindly organised an informative session focusing on financial literacy and how your financial situation can impact wellbeing.

Participants highlighted budgeting, financial planning tools, scam awareness, retirement planning, and the reminder to regularly review finances as the most useful aspects. Many noted the non-judgemental, kind, and supportive tone of the presenters, which created a safe space to discuss finances — a topic that can often feel sensitive.

With reference to the PERMAH framework, it was noted that managing finances with awareness and understanding can increase wellbeing and reduce stress. Key takeaways included regularly reviewing and updating personal finances, using budgeting tools and planners, seeking better deals with providers, engaging more with their bank, and making financial discussions an active part of daily life. By focusing on financial literacy, planning, and management, individuals can create a solid foundation for a more fulfilling and flourishing life.

“This session touched on PERMAH principles by supporting emotions, encouraging engagement with finances, and fostering a sense of accomplishment through proactive planning.”



Growing Your Wellbeing Activity Day

PERMAH: Engagement

The *Growing Your Wellbeing Activity Day* is an annual event organised by **Maroondah City Council wellbeing team** in collaboration with health and wellbeing agencies and the **Communities of Wellbeing**.

In recognition of **World Mental Health Month**, the event aimed to raise awareness about the importance of positive mental health and wellbeing for people of all ages and backgrounds. It provided an opportunity to explore ways to look after your own mental health while discovering tips for supporting family and friends to thrive.

Activities included a **Better Sleep workshop**, **Active Kids Healthy Minds activities**, an **Urban Art Tour**, **art therapy and nature art activities**, **lawn bowls**, **kids' bike safety education**, and **make-your-own smoothie bikes**. “Participants enjoyed hands-on activities and reported feeling inspired to incorporate new wellbeing practices at home.”

“Through active participation and creative engagement, attendees explored ways to strengthen their wellbeing, reflecting the engagement principle of PERMAH.”



Communities of Wellbeing – 2025 Event Feedback Summary *(prepared October 2025)*

Executive Summary

In 2025, Communities of Wellbeing (CoWB) delivered a vibrant calendar of events exploring wellbeing through creativity, learning, and community connection. Participant feedback reflects high satisfaction, strong outreach to new audiences, and clear alignment with the **PERMAH** wellbeing framework—particularly **Meaning, Relationships, and Accomplishment**.

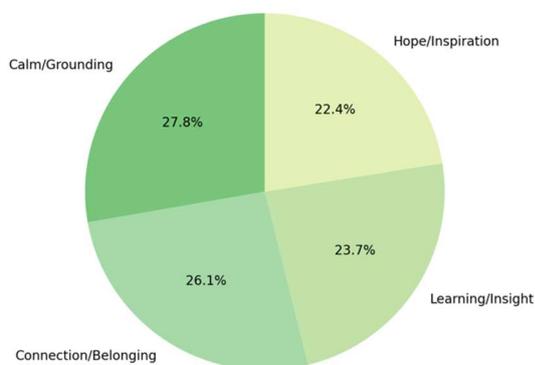
Average participant ratings across the year ranged between **4 and 5 out of 5**, with attendees consistently describing CoWB events as *inclusive, uplifting, and meaningful*. Participants reported feeling calmer, more connected, and inspired to take practical steps to enhance wellbeing.

Common suggestions for future sessions and improvement themes included:

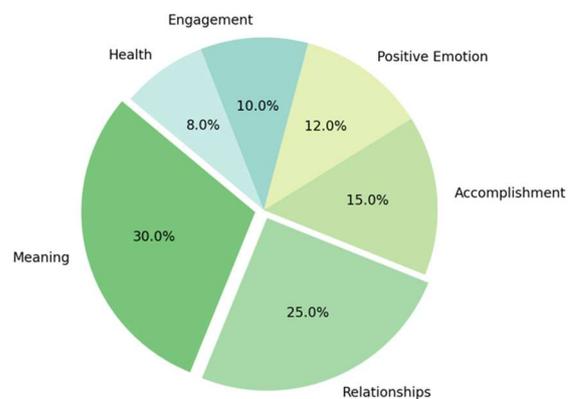
- Allow more time for Q&A and group discussion
- Incorporate interactive or hands-on activities
- Ensure microphone use for presenters and consistent event timing
- Offer seasonal repeat sessions with extended time and use of outdoor venues for some events
- Develop collaborative events (e.g., with allied wellbeing organisations/MCC/ NRCH)
- Provide take-home materials/handouts
- Continue to offer creative, sensory-based sessions that include hands-on components and continue the focus on **purpose** and **meaning**. Resilience, trauma recovery, youth wellbeing, neurodivergence, positive psychology, deeper dive into Hygge and financial workshops as future sessions.

Common feedback themes across 2025 were **connection** and **belonging**. Participants felt welcomed, safe and part of a caring community. **Learning** and **reflection** occurred in all sessions with practical insights and new perspectives gained.

Top Reported Wellbeing Outcomes - 2025 Events



PERMAH Focus Distribution - 2025 Events





Looking Ahead – 2026

Participants expressed enthusiasm for **more interactive, reflective, and community-building sessions.**

Requested themes for 2026:

- Resilience, trauma recovery, and positive psychology
- Youth and family wellbeing
- Creativity and purpose (continuing *Healing Threads*)
- Mindful financial health (follow-up sessions)
- Nature-based wellbeing (expanding *Gardening for Wellbeing*)
- Mindful technology and digital wellbeing (building on *AI for Wellbeing*)

Most requested sessions to return:

Gardening for Wellbeing, Healing Threads, Financial Wellbeing, AI for Wellbeing

Prepared by:

Communities of Wellbeing – Evaluation & Communications Team

Compiled from participant feedback forms and surveys, February–September 2025.



Acknowledgements

Thank you to the executive team, partners, guest presenters, and host venues.

The Communities of Wellbeing would not operate without the dedication of our executive: Suzy Stojanovic (VC), Marijke Graham (Secretary), Gail Woods (Treasurer), Peter Gaze, and Janni Haskin (General Committee). Their exemplary leadership, determination, and hard work have provided the framework for our wellbeing initiatives this year. I sincerely thank them for their tireless support and their willingness to devote their precious time to our wellbeing endeavours.

To our partners—Maroondah City Council and Bendigo Bank (Ringwood East and Croydon)—thank you for your professional and financial backing. Your unwavering support and encouragement provide a solid foundation for us to grow and strengthens our strategic plan, enabling us to continually discover, develop, and deliver wellbeing education to the Maroondah community.

To Adam Cooper and Fiona Burrige (Maroondah City Council), a huge thank you for your support, innovative ideas, and unwavering ability to collaborate and inspire our executive team. Your collective approach makes a significant difference!

To The Good Foundry-Marty Suchta, thank you for providing the PERMAH Wellbeing Survey, along with your professional advice and ongoing support.

To REALM, the Maroondah City Council Community Centres/Houses—Central Ringwood Community Centre and North Ringwood Community House—thank you for hosting Communities of Wellbeing events in 2025.

To Eastland (QIC) and Jodie Murphy (Community Engagement), thank you for your generous, ongoing provision of a host venue and encouraging support.

To Nick McGowan (MLC), thank you for providing your office for our 2024 Christmas celebration.

To all our guest presenters and collaborators this year, thank you:

- Lynette Mitchell (Laughter for Living)
- Katharine King (Brain Gym)
- Daniel Dakic, Jason Doran, Jennifer Conway, Cathy White (Bendigo Bank Ringwood East and Croydon)
- Professor Lea Waters AM (Visible Wellbeing)
- Adam Cooper (Maroondah City Council)



Community Bank
Ringwood East and
Croydon



THE Good Foundry
ACTION FOR IMPACT

in association with

THEWELLBEINGLAB

FROM THE MICHELLEMCQUAID GROUP



Central Ringwood
Community Centre Inc

EASTLAND



VISIBLE WELLBEING
Professor Lea Waters AM PhD



Visit www.communitiesofwellbeing.org.au



Compilation Report to Communities of Wellbeing Inc.

We have compiled the accompanying special purpose financial statements of Communities of Wellbeing Inc. which comprise the balance sheet as at 30 June 2025, and the income statement for the year then ended, a summary of significant accounting policies and other explanatory notes. The specific purpose for which the special purpose financial statements have been prepared is to provide information relating to the performance and financial position of the organisation that satisfies the information needs of the organisation and of the members.

Responsibility of the Committee

The committee is solely responsible for the information contained in the special purpose financial statements, the reliability, accuracy and completeness of the information and for the determination that the basis of accounting used is appropriate to meet their needs and for the purpose that the financial statements were prepared.

Our Responsibility

On the basis of information provided by the committee of Communities of Wellbeing Inc., we have compiled the accompanying special purpose financial statements in accordance with the significant accounting policies adopted as set out in Note 1 to the financial statements and APES 315: Compilation of Financial Information.

We have applied professional expertise in accounting and financial reporting to compile these financial statements on the basis of accounting described in the notes to the financial statements. We have complied with the relevant ethical requirements of APES 110 Code of Ethics for Professional Accountants.

Assurance Disclaimer

Since a compilation engagement is not an assurance engagement, we are not required to verify the reliability, accuracy or completeness of the information provided to us by management to compile these financial statements. Accordingly, we do not express an audit opinion or a review conclusion on these financial statements.

The special purpose financial statements were compiled for the benefit of the committee who is responsible for the reliability, accuracy and completeness of the information used to compile them. We do not accept responsibility for the contents of the special purpose financial statements.

Account2U Pty Ltd

Per:

Gail M Woods

Dated: 17th October 2025

Communities of Wellbeing Inc.
Balance Sheet
As at 30 June 2025

	2025	2024
	\$	\$
Equity		
Retained Profits	21,520	21,397
Total Equity	21,520	21,397
 Represented by:		
Current Assets		
Cash at Bendigo Bank	16,608	16,042
Cash at Bendigo Statement Account	567	-
Trade Debtors	4,345	5,355
	21,520	21,397
Total Assets	21,520	21,397
Net Assets	21,520	21,397

The accompanying notes form part of these financial statements.

Communities of Wellbeing Inc.
Notes to the Financial Statements
For the Year ended 30 June 2025

1. Basis of Preparation

Significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

2. Summary of Significant Accounting Policies

(a) Cash and Cash Equivalents

Cash and cash equivalents comprises cash on hand, demand deposits and short term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

(b) Revenue and Other Income

Revenue is recognised when the amount of the revenue can be measured reliably, it is probable that economic benefits associated with the transaction will flow to the entity and specific criteria relating to the type of revenue as noted below, has been satisfied. Revenue is measured at the fair value of the consideration received or receivable and is presented net of returns, discounts and rebates.

Sale of Goods

Revenue is recognised on transfer of goods to the customer as this is deemed to be the point in time when risks and rewards are transferred and there is no longer any ownership or effective control over the goods.

Interest Revenue

Interest is recognised using the effective interest method.

Communities of Wellbeing Inc.
Notes to the Financial Statements
For the Year ended 30 June 2025

	2025	2024
	\$	\$
3. Revenue		
Other Income		
Interest Received	280	311
Donations	200	-
Event Income	-	2,500
Monthly Meeting Receipts	1,724	886
Membership	3,438	1,200
Grants	2,000	3,000
Profit on Disposal of Investments	-	1,596
	7,642	9,493
	7,642	9,493
4. Expenses		
Advertising/Marketing	-	5,251
Bank Charges	1	-
Insurance	2,309	2,141
Postage	274	36
Printing & Stationery	1	-
Other Expenses	9,324	19,292
	11,909	26,720
	11,909	26,720
5. Profit for the Year		
Profit before income tax expense from continuing operations includes the following specific expenses:		
Charging as Expense		
Cost of Goods Sold	8,465	9,644
6. Cash and Cash Equivalents		
Cash at Bendigo Bank	16,608	16,042
Cash at Bendigo Statement Account	567	-
	17,175	16,042
	17,175	16,042

*The accompanying notes form part of these financial statements.
These financial statements have not been subject to audit or review and should be read in conjunction with the attached Compilation Report.*

Communities of Wellbeing Inc.
Notes to the Financial Statements
For the Year ended 30 June 2025

	2025	2024
	\$	\$
7. Trade and Other Receivables		
Current		
Trade Debtors	4,345	5,355
Total Trade and Other Receivables	<u>4,345</u>	<u>5,355</u>

*The accompanying notes form part of these financial statements.
These financial statements have not been subject to audit or review and should be read in
conjunction with the attached Compilation Report.*

Communities of Wellbeing Inc.
ABN 87 635 199 613
Statement of Appropriations
For the Year ended 30 June 2025

	2025	2024
	\$	\$
Retained Profits - Beginning of Year	21,397	38,624
Loss before Income Tax	(4,267)	(17,227)
Profit after Income Tax	17,130	21,397
Prior Year Adjustments		
Retrospective Adjustments	4,390	-
Unappropriated Profit at 30 June 2025	21,520	21,397

*The accompanying notes form part of these financial statements.
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conjunction with the attached Compilation Report.*

Communities of Wellbeing Inc.
ABN 87 635 199 613
Profit and Loss Statement
For the Year ended 30 June 2025

	2025	2024
	\$	\$
Income		
Interest Received	280	311
Donations	200	-
Event Income	-	2,500
Monthly Meeting Receipts	1,724	886
Membership	3,438	1,200
Grants	2,000	3,000
Workplace Licences	-	1,596
Gross Loss from Trading	(8,465)	(14,408)
	(823)	(4,915)
Expenditure		
Advertising/Marketing	-	5,251
Bank Charges	1	-
Booking Fees	(1)	3,250
Insurance	2,309	2,141
Meeting Costs	201	372
Postage	274	36
Printing & Stationery	1	-
Small Items Written Off	109	-
Speakers Remuneration/Gratuities	550	-
Subscriptions	-	246
Website	-	1,016
	3,444	12,312
Loss before Income Tax	(4,267)	(17,227)

*The accompanying notes form part of these financial statements.
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conjunction with the attached Compilation Report.*

Communities of Wellbeing Inc.
ABN 87 635 199 613
Trading Statement
For the Year ended 30 June 2025

	2025	2024
	\$	\$
Income		
Less Cost of Sales		
Event Costs	8,465	9,644
	<u>8,465</u>	<u>9,644</u>
	<u>8,465</u>	<u>9,644</u>
Less Direct Expenses		
Licensing	-	4,764
Gross Loss	<u>(8,465)</u>	<u>(14,408)</u>
Gross Profit Margin	-	-

*The accompanying notes form part of these financial statements.
These financial statements have not been subject to audit or review and should
be read in conjunction with the attached Compilation Report.*

Communities of Wellbeing Inc. Statement by Members of the Committee

The committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 2 to the financial statements.

In the opinion of the committee the financial statements:

1. Presents fairly the financial position of Communities of Wellbeing Inc. as at 30 June 2025 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that Communities of Wellbeing Inc. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the committee and is signed for and on behalf of the committee by:



.....
Chair: Maria Allison



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Treasurer: Gail Woods

Dated 17th October 2025