



Health In Kind

ANNUAL REPORT • 2018-2019



“Health In Kind came to our festival. They provided a free dental and medical clinic which consisted of dental and health checks for community. They flew in a team of doctors, dentists, a cardiologist and a mental health clinician from Sydney, Melbourne and Brisbane for the event. We connected them with Bugalwena Service to collaborate with and support in follow-up. This was an amazing addition to the festival and it was heartwarming for our committee to connect with this group who are passionate about providing free healthcare to Indigenous communities.”

- Danielle Dyall, Kinship Festival
(Murwillumbah)

Service Through Kindness And Compassion

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ABOUT HEALTH IN KIND

WHO WE ARE

Health In Kind is a not-for-profit organisation that seeks to provide free healthcare services to communities in need. We believe that medical care is a basic human right and that no one should be left suffering alone in illness.

We provide holistic health care services with fully qualified and registered medical and allied health professionals.

Our focus is on mothers, children and members of the local community from disadvantaged backgrounds. We aim to be the bridge to close the gap between the local health providers and the individuals.

We are currently operating in four states across Australia, namely, Victoria, Queensland, New South Wales and Western Australia.

OUR SERVICES

- Background consultation
- General medical screening
- Dental services
- Health and hygiene education
- Allied / mental health education
- Healthy meals for schools
- Wellbeing programs for kids





OUR PROGRAMS

1 DIVINE MOTHER AND CHILD

This program enables volunteers to conduct free medical checks, dental services and health education. The sessions are specifically designed to support mothers and their babies requiring assistance with their physical, mental and emotional wellness. It also serves as a community group for mothers to share their experiences and learn from each other's challenges.

2 COMMUNITY HEALTH SERVICES

Doctors, counsellors and dentists provide free medical and dental screenings in communities. The screenings involve dental checks, general medical checks like blood sugar levels and blood pressure checks to having intensive health and mental wellbeing discussions. Food and personal hygiene items are also distributed and participants are educated on health and hygiene matters.

3 SCHOOL SUPPORT PROGRAM

A holistic approach is taken to provide school lunches or breakfast to students, coupled with health and wellbeing education as well as free medical and dental checks. This ensures that children from challenging backgrounds receive a balanced meal, are given an understanding of healthy living and receive medical and dental checks, which otherwise would have been missed.

ABOUT HEALTH IN KIND

OUR GUIDING PRINCIPLES

MISSION

To enable free holistic healthcare and wellbeing support to communities in need.

CODE OF PRACTICE

Service through kindness and compassion.

VALUES

Our values are the core of who we are, what we do and how we do it.

We believe that medical care should be a basic human right and that no one should be left suffering alone in illness. Our values are our sincerely held guiding principles of the work we do. They steer us in all levels of the organisation from leadership to operations.

In providing our services, the core values with which we operate include; Understanding, Love, Compassion, Quality and Respect.

UNDERSTANDING

The key ingredient in providing our services and reaching out to those in need is ensuring we work hard to understand the needs of our clients.

We aim to understand not only their health symptoms but seek to understand their context holistically, recognising also that their social, mental and emotional wellbeing needs must be met to build lasting change.

LOVE

The work we do stems from a genuine love for humanity and caring especially for those in need.

COMPASSION

We seek continually to deliver and provide better care and support with compassion.

QUALITY

We ensure the services we provide are of the highest quality possible and we are always looking for ways to better improve.

RESPECT

Whether it be serving our clients or working with each other, we uphold and maintain respect for all those we connect with and for the work and effort undertaken. It is with these values, instilled in the hearts and minds of our team at Health In Kind that we strive to provide with kindness and compassion.

HOW IT ALL STARTED

Health In Kind was inspired by the works of Sri Sathya Sai Baba, who is responsible for multitudes of community projects globally, like free hospitals, free schools, clean drinking water to villagers and school breakfast programs.

His teaching to 'Love All, Serve All' and his tireless efforts to serve communities in a long-term and sustainable way inspired our board of directors. So, in 2015, a few board members and a dentist started volunteering in a boy's school in Queensland that catered to children who had dropped out of mainstream education. Later that year, Health In Kind as an entity was set up.

Then, a few founding members bought a van and started a mobile dental service in Murwillumbah, New South Wales. In early 2016, they managed to recruit more volunteers and medical and dental screenings began in Sydney.

Also in 2016, the good work being done was confirmed when Health In Kind was invited to be a part of the Kinship Festival organized by the local community in Murwillumbah, New South Wales.

Word spread and also in 2016, a group in Perth, Western Australia, began to replicate the work in a community house in Armadale.

Melbourne came on board in 2017 with a program called 'Divine Mother and Child' to cater to the needs of new mothers in a community.

Well-being support through food distribution began in late 2017 with a daily breakfast program in Murwillumbah high school and weekly lunch provision in Toogoolawa School.

By 2018, Melbourne volunteers expanded their services to include medical and dental screenings with a refugee community. Soon mobile dental equipment was acquired and more screenings turned into dental treatments.

Perth got involved in working with refugees in late 2018, after discovering there was a real need in the area through a collaborative effort with CARAD, an organization that cares for over 100 refugee families.

Now, Health In Kind also includes health education to clients.

The organization has grown from strength to strength through word of mouth and the compassion and dedication of volunteers.

To date, Health In Kind is still completely run by volunteers.



ABOUT HEALTH IN KIND

MESSAGE FROM THE CHAIRMAN



“The incredible service to communities across Australia has only been accomplished by the help of dedicated volunteers who believe in sacrificing their time and using their talents for selfless service.”

We wish to pay respect to Elders past, present and emerging and acknowledge the important role of Aboriginal and Torres Strait Islander people.

Health In Kind is an avenue for reaching out to families and children in the community who are disadvantaged due to personal circumstances.

Health In Kind volunteers provide free health and wellbeing consultation, medical and dental screening, mental health support and healthy food and amenities such as dental kits.

We began three years ago in New South Wales and have now expanded throughout Australia with services ranging from free dental treatment, free medical and audiology screening to school health and wellbeing support programs such as healthy breakfast and lunches.

Over 80 volunteers support the programs ranging from administrative duties to medical and wellbeing support, with utmost care and dedication.

Currently volunteers in New South Wales, Queensland, Victoria and Western Australia partner with different community groups to bring them the much-needed care, compassion and support.

In New South Wales, the services focus on wellbeing of Indigenous families in need and free medical and dental screening through engagement with the local communities.

SECTION 01

In Queensland, volunteers work with a local school for disadvantaged kids to bring about a better understanding of health and wellbeing, medical and dental screening and a free healthy lunch program.

In Victoria, our volunteer doctors and dentists have been working with refugee mother and children groups over the past eighteen months to provide free medical screening, dental treatment and education sessions on healthy living.

In Western Australia, Health In Kind volunteers have partnered with local communities to provide free medical, audiology and dental screening together with wellbeing support.

These services happen on a weekly to monthly basis in the different states throughout Australia, to reach out to numerous and diverse families in need of healthcare.

The incredible service to the communities across Australia has only been accomplished with the help of dedicated volunteers who believe in sacrificing their time and using their talents for selfless service.

Through their vision, Health In Kind hopes to expand over the next twelve to eighteen months to provide extra dental treatment for free, to set up a medical clinic and to double the current services to more communities in need.

My heartfelt gratitude goes out to all those who inspire us through their selfless vision and to our volunteers who dedicate their time and effort for a tremendous cause to uplift our country.

Sunit Naidu

Chairperson
Health In Kind



IMPACT STUDY

“It is amazing to see and feel the power of the Health In Kind projects which are facilitating the relationships between and within organisations, and helping me build on my strengths and address my weaknesses.”

- Dr Chanathani Ilavagan



SNAPSHOT 2018 - 2019
(NATIONAL LEVEL)



44
NURSING
CHECKS



40
MOTHERS IN THE
DIVINE MOTHER
AND CHILD
PROGRAM



199
DENTAL
CHECKS



4
SERVING STATES
ACROSS
AUSTRALIA



84
TOTAL
VOLUNTEERS



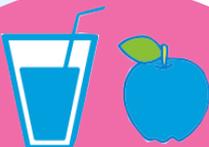
47
AUDIOLOGY
CHECKS



192
HEALTH



23
DENTAL
TREATMENTS



5111
MEALS
PROVIDED



48
HEALTH
PROMOTION
PARTICIPANTS

IMPACT STUDY

SNAPSHOT 2018 - 2019
(STATE LEVEL)

VICTORIA



SECTION 02

WESTERN AUSTRALIA



51
MEALS
PROVIDED



13
NURSING
CHECKS



26
HEALTH
CHECKS



38
DENTAL
CHECKS



13
PHYSIOTHERAPY
CHECKS



20
AUDIOLOGY
CHECKS



IMPACT STUDY

SNAPSHOT 2018 - 2019
(STATE LEVEL)

NEW SOUTH WALES



31

NURSING
CHECKS



38

DENTAL
CHECKS



27

HEALTH
CHECKS



27

AUDIOLOGY
CHECKS



12

TOTAL
VOLUNTEERS



SECTION 02

QUEENSLAND



48
HEALTH
EDUCATION
PARTICIPANTS



17
DENTAL
CHECKS



31
NURSING
CHECKS



17
HEALTH
CHECKS



5
PATIENT
REFERRALS



29
TOTAL
VOLUNTEERS



4945
MEALS
PROVIDED



IMPACT STUDY

THE PROGRESS IN VICTORIA

In 2018, the Melbourne team has been branching out to different sections of the community where certain healthcare needs are not being met for various reasons.

We have continued from 2017 to work in partnership with VICSEG New Futures Pathways, in Wyndham Vale to deliver free medical and dental screenings monthly.

In these sessions, with a team of doctors, social workers, dentists, dental assistants and volunteers, we have bonded with mothers and children from a refugee background. Although some are eligible for free government health services, the waiting lists, especially for dental care, have meant their needs have been unattended for almost 2-3 years.

The cultural and language challenges that refugees face, together with unfamiliarity in a new country have created a barrier for these young families to access basic healthcare that most of us take for granted.

We offer these services in a familiar setting, where there is also access to translators who help bridge any communication gap. The social worker who joined us in 2018 has really helped round out the team to address the social and emotional needs of the mothers.

The emotional toll on these families who have had to face extreme hardships in refugee camps as well as rise to challenges adapting to a new life in Australia, are clearly evident.

“ I have been volunteering with Health In Kind in the area of early childhood health education including dental health, human values education, and general physical health. Seeing the increase in awareness and involvement of the children to learn about health gives me immense joy. ”

- Sangita Naidu, Educator



SECTION 02

The team have been providing health presentations to all the mothers and children and it has been very rewarding to see the changes and acceptance of health education as a means to improve their wellbeing.

Every month, this refugee community is also given a small gift, whether it be in the way of food, personal items, healthcare packs or toys for the children.

In October 2018, with some planning and the help of the ADHF Wrigley's Community Service Dental Grant, we established a mobile dental unit.

As such, we are able to now provide basic restorative and preventative dental treatment, free of charge to the refugee community in Wyndham Vale. We are hoping this will be the start of a wider project to provide free dental treatment in all states of Australia.

By modeling our volunteer program on that in Wyndham Vale, the team have also been providing free medical and dental screening for refugee communities in the eastern side of Melbourne.

This too has become a monthly activity in partnership with volunteers at the Heart of Love Organisation. This has expanded with the Heart of Love volunteers providing a meal along with empowerment activities for the children. This gives mothers and other family members the time for longer consultations with the Health In Kind doctors.

We have also been supporting the sisters and clients at the Missionaries of Charity in inner Melbourne city, and set up medical and dental checks for the sisters and ladies that are there seeking temporary housing.

We are working on increasing our volunteer base to expand our Melbourne team so that we can extend this care to more communities. We have found that those who are new to volunteering leave visibly touched by the effect that this service has on the community. Our experience has been that those that become part of this work inspire others to join and the ripple effect of goodwill flows on.

We are profoundly grateful to be part of this experience as volunteers for Health In Kind. It has given us a new depth into our own lives, both personally and professionally. Working with such inspiring individuals has been an amazing experience for me, as we continue to grow and access more communities in need.



Alpa Lodhiya

Team Leader,
National Dental Team

IMPACT STUDY

THE PROGRESS IN QUEENSLAND

We became involved with Health In Kind in late 2017 and were very inspired with the work the team was doing.

Since then, with the team, we have been providing support to the Toogoolawa School in Ormeau, Queensland. This is a value-based school for youths from challenging backgrounds and who have faced difficulties in the mainstream school system.

It is often challenging for these students and their families to access mainstream health related services. The Health In Kind team endeavours to provide regular medical clinics, dental checks, health awareness and even school lunches at Toogoolawa.

The team currently include Kalpana Naidu, who is a nurse and primary coordinator with the school, and assists with health screenings, food services and data recording; Dr Andrew Karydas, dentist, for dental screening check-ups and Dr Mohini Prasad who is the primary medical practitioner for medical checks with a focus on mental health.

Our team is supported by Dr Devi McAlpine, GP from Melbourne, Dr Alpa Lodhiya, dentist from Melbourne, and Dr Georgina Brunton, consultant psychiatrist.

In 2018, we consulted with 12 students at the school with parental consent. For 2019, we have obtained 43 consents from parents, so the service has been well received by the school and parents.

Also in 2018, we started providing school lunches. We have a group of about 20 volunteers who help with providing ingredients, preparing the food, delivering it to the school, serving and cleaning up.

The lunch service team is formed by volunteers from the northern and the western suburbs, who take turns on alternate Thursdays to cook and serve.

“I greatly enjoy volunteering with Health In Kind. I’ve found it immensely rewarding providing service to those who may not otherwise access healthcare, and it’s a privilege working alongside others who practise with so much compassion.”

- Dr Georgina Brunton, Psychiatrist



SECTION 02

Lunch is provided for over 100 students and around 15 staff and volunteers every Thursday.

In early 2019, we started health promotions and presented to two classes of around 25 students each on hygiene and oral health. We provided medical screening and checks on the same day.

Through this we are able to identify the needs of individual students and coordinate their access to needed medical related services through the community and through our team.

Following the medical and dental screening program, areas of need were identified. It became apparent that having a fully operational Medical Clinic could provide the much needed holistic healthcare and support for the students, teachers, school families and the wider community.

The Medical clinic would allow us to provide services such as:

- General medical consultations and treatments
- Record keeping
- Immunisations
- Healthcare plans
- Referral to specialist and/or allied health services and health awareness programs

Our team is currently in discussion with the Toogoolawa School and in the early planning stages for the medical clinic to be established within the school property.

Potential builders have been approached and it is planned that the initial phase of the practice would start providing medical services in 2019 with the second phase providing full dental treatment in early 2020.



Kalpana Naidu
Registered Nurse



Mohini Prasad
Doctor



IMPACT STUDY

THE PROGRESS IN WESTERN AUSTRALIA

In August 2018, I heard about the Centre for Asylum seekers, Refugees And Detainees or CARAD.

This organisation helps asylum seekers and refugees who receive limited, if any, Government assistance. Many of the clients at CARAD do not have access to Medicare, do not receive Centrelink payments and are not allowed to work.

With no working rights, no healthcare and no benefits, you can imagine, it is a desperate situation for these people. So we had a meeting with CARAD and as a result, our journey into medical screening, audiology testing, health education and food donation began.

With one doctor and two audiologists, we started health screenings at CARAD in September, 2018. Since then, we have established a sound relationship with CARAD and their clients.

We have taken small but essential steps that led to an expansion of our services.

In six months, we have expanded our services to include dental screenings, physiotherapy, and relaxation therapy. Our volunteer base has also expanded to a list of over 20 people.

“Volunteering in Perth for Health In Kind as a nurse has provided me with a new take on my profession. It has taught me the easiest way to connect with people - by simply giving and receiving love. It truly is a humbling and satisfying experience, being part of the Health In Kind cause.”

- Sindhu Pravesh, Nurse



SECTION 02

At present, our activities are on a monthly basis in CARAD's premises. Our goal for 2019 is to expand our monthly services at CARAD to include complementary therapies and health education to help with stress, nutrition and general mental-emotional well being for the clients there. We intend to maintain our fortnightly pre-packed food delivery for families in need.

We also aim to build a network of General Practitioners (GPs) and dentists who can provide pro-bono services to CARAD's clients. This way, we can refer clients who need specific treatments to this network and ensure that clients receive continuity of care.

This is indeed a fulfilling journey and I look forward to working closely with our amazing team of passionate volunteers to improve what we are doing.



Helen Martino-Bailey

Registered Nurse & Board Member



IMPACT STUDY

THE PROGRESS IN NEW SOUTH WALES

The Health In Kind team in the Northern Rivers region of NSW has worked in collaboration with the local Murwillumbah community centre for the past two years to provide healthcare services. We have a Divine Mother & Child program and offer medical screening to the local Indigenous community.

The team has closely monitored a particular Indigenous family consisting of a single mother with 5 children (including a toddler and a newborn) to assist with medical appointments, providing prenatal/antenatal iron and vitamins, health and hygiene education particularly around smoking cessation and home cleanliness whilst providing weekly and monthly social outings to enhance rapport, address social isolation and increase social connectiveness.

Our team conducts health screenings for the Murwillumbah and surrounding community at the annual Kinship festival organized by the Indigenous community.

In 2018, a team of dentist, audiologist, GP, registered nurse, psychiatrist, and half a dozen volunteers conducted 30 dental screenings, 15 audiology screenings, 20 medical checks, 5 mental health consultations and 20 nursing checks.

These medical checks have been occurring annually for the past 2 years, with a 3rd one approaching in May 2019.

In Jan 2019, we joined in partnership with a Christian organization's service activity called "God's Closet" which aims to provide free children's clothing to local families in need. This service is run on a quarterly basis.

The merging of our individual services has enhanced the opportunity for families to have access to free medical screening in addition to the clothing.

"It's very useful work because sometimes we are not able to understand the General Practitioner at the clinic and here because of the interpreter it is easier. It is also fun for the kids"

- Participant



SECTION 02

A Divine Mother and Child medical screening was conducted in Feb 2019 with 58 consultations where mothers and their children were the main recipients of the screening. This involved a general practitioner, registered nurse, dentist, audiologist, a registered nurse, masseuse and two general volunteers who helped with the operations.

We aim to increase the intensity of support in 2019 to include school support for children, house maintenance, Post Traumatic Stress Disorder (PTSD) counselling and a big brother program for older children with behavioural symptoms (including physical aggression) due to trauma.

We aim to run quarterly medical screenings with the local organisation, God's Closet and foster a continuity of care model with the local families. We also plan to expand dental services to include dental cleaning.

As a health professional, I feel immensely blessed to be given the opportunity to utilize my skills for the benefit and service of my fellow community members.

Witnessing the low socio-economic and poor health demographics of my current home town, Health In Kind aligns with my vision of health care that is free, accessible and acceptable to both the Indigenous and non-Indigenous cultures; where healthcare is addressed holistically and includes the physical, psychological, spiritual and emotional factors of an individual.

Health In Kind and I share a vision of healthcare that is infused with selfless love.



Soumya Bhaskara

Registered Nurse



IMPACT STUDY

KINSHIP FESTIVAL

Health In Kind in collaboration with Murwillumbah Community Centre offer free medical and dental checks as well as psychological and families support at the Kinship festival held in May every year.

The Kinship Festival is an annual free community event held in Murwillumbah. The event is coordinated by Murwillumbah Community Centre's Indigenous Programs staff and members of the local Aboriginal and Torres Strait Islander community and is supported by local community service organizations. Health In Kind has been one of the local service providers at this event, offering free medical and dental screenings for the past 2 years.

The event aims to engage Indigenous and Non-Indigenous families to connect families with community, culture, and country and to link them to local supports through shared learning and participation.

The event celebrates community and offers a range of activities, workshops and performances aimed at children, young people and families.

The Festival Committee is very much aligned with Health In Kind's ethos of empowering volunteers.

This year, in May 2019, we will again be participating in the festival with doctors, nurses, dentists and other allied health to provide medical and dental screenings, and health services.

We are proud to be a part of this unique festival and look forward to working with the festival committee and the community to further expand and improve the services we offer.

"Health In Kind has helped in creating a space where Health care is easily accessible for the Indigenous as well as making it affordable. These are the usual two main barriers to the health care system for the Indigenous and Health In Kind is benefiting the community by filling this gap."

- Deidrie, Aboriginal Elder



SECTION 02



Deidrie
Aboriginal Elder



Lara Bennett
Indigenous Programs Coordinator,
Aboriginal family support -
Murwillumbah Community Centre



"I would like to pass on my thanks and heartfelt appreciation to Health In Kind for supporting Guyahyn – our Aboriginal Early Childhood Project, The Kinship Festival and The Tweed Closing The Gap day.

Health In Kind provided relevant, personalized and detailed health information to parents at our playgroup and to the entire community through the Kinship Festival and The Closing The Gap Day.

Having health professionals visit cultural community events allows community members to ask questions and get health and wellbeing advice in an informal environment. Health In Kind also provided 'back to school' health checks at Murwillumbah Community Centre in 2017 for vulnerable and isolated families."

- Lara Bennett, Indigenous Programs Coordinator.



STRATEGIC PLAN

NATIONAL GOALS FOR 2019

KEY GOALS

- The setup of a Medical Health Clinic for children and families.
- Doubling the numbers of clients we serve each month.
- Expansion in Dental treatment through mobile treatment in other states.
- Introduce a further range of services in each state.
- Create sustainable collaboration with partners who are able to support us with the continuity of care of the patients we see.
- Increase marketing efforts to ensure a unified voice in all communication channels and efforts.



AN OVERVIEW

Starting with just an idea among few, Health In Kind now has an umbrella of activities in four states. To achieve this in only three years is a feat made only possible from the dedication of the volunteers and their passion to make a difference.

Health In Kind continues to build small steps towards reaching more families and communities in need through expanding:

- the breadth of services,
- the networks, and
- reaching out to more families and communities in need.

As we attract new volunteers and become more established, our range of services will expand further. For example, in 2018 for the first time we introduced free dental treatment from the support of the Australian dental foundation, Wrigley and donors.

Our challenge is sometimes reaching the communities that need these services. We have found that collaborating with various partners has led to better outcomes which we plan to build on.

As we continue to uphold our guiding principles, we hope to gather further momentum in the coming years. Most of our expansion thus far has been organic and as the journey progresses we aim to be more deliberate in planning strategically whilst allowing the strength of organic growth to still continue.

GOALS FOR 2019 • STATES' OVERVIEW

QUEENSLAND

- Setup of a medical clinic in Toogoolawa school.
- Set up a youth mentoring program at Toogoolawa school.
- Offer ongoing health education sessions in Toogoolawa school.
- Double the number of medical practitioners and general volunteer base.

VICTORIA

- Expansion of services including Audiology.
- Doubling the monthly service recipients through engagement with other refugee community groups.
- Increasing the number of dental treatments by a further 50%.

WESTERN AUSTRALIA

- Double the medical practitioners volunteer base.
- Establish a streamlined approach to health and medical communication and support to clients.
- Improve activity promotions to get more clients at monthly check-ups.
- Expand the services including regular dental screening.
- Establish an ongoing regular health promotion and medical screening community day in the city of Perth.
- Double the current client base.

NEW SOUTH WALES

- Start a school program for children to include medical support, house maintenance and PTSD counselling.
- Start a big brother program for older children with behavioural symptoms and physical aggression due to trauma.
- Run quarterly medical screenings with the organisation, God's Closet and foster a continuity of care model with the local families.
- Expand dental services to include dental cleaning.



GOVERNANCE

ORGANISATIONAL DESIGN

At Health In Kind, our mission to enable free holistic healthcare and wellbeing support to communities in need is paramount. Our values define how and what decisions we make as we work on our mission. Hence, at the core of our organization, we have our mission and values which influences all the work we do.

Health In Kind is a unique organisation in that all who work with the community, behind the scenes or in administration do so in a volunteer capacity. We draw on everyone's individual strengths, whether it is professional or interest based experience. As such, all the 'circles' in our organisation overlap. For example, most of our board members also volunteer to work at

the public interface on the ground during service activities or our administration may also volunteer to work as team leaders.

Coupling high differentiation with high integration, there is fluid movement within the organisation between roles as required, whilst still having certain key people take care of specific aspects such as finance, information technology, management, logistics, marketing and volunteer welfare. We have also had instances where the people who received the service have come back as volunteers.



SECTION 04



GOVERNANCE

BOARD OF DIRECTORS

Health In Kind has seven board of directors, all of whom have one thing in common. Throughout their lives, they have all been avid volunteers in various projects in their country and around the region. Their strong sense of ownership and dedication to Health In Kind is apparent from their constant involvement as volunteers on their ground in Health In Kind activities.



CHAIRMAN, SUNIL NAIDU is the marketing manager for one of Australia's largest media companies, NewsCorp. He has been involved in volunteer projects for over 30 years and also sits on the board for The Heart of Love Foundation.

Sunil was pivotal to setting up Health In Kind. His passions include creating accessible healthcare for all, Ethical Leadership and Values-Based Education. He himself taught in a value based school and graduated as a teacher from the Institute of Human Excellence, Thailand.



SECRETARY, MINAY LODHIYA is the Director, Strategic Financial Initiatives at the University of Melbourne. He provides leadership in business transformation strategy and the delivery of the key Financial initiatives across the University. He has developed comprehensive knowledge in financial management, analysis and leadership through his experience in various industries. He has been with Health In Kind from its inception and is one of the lead administrators and financial manager for Health In Kind.



RAJ NAIDU began his career in the Electrical field and transitioned into Project Management, Facilities Management and Asset growth strategies. These skills have enabled him to now manage his own business. Raj is an avid volunteer with over 13 years of experience in voluntary work. He is one of the leading volunteers on the ground for Health In Kind services at the Toogolawa school.

SECTION 04



HELEN MARTINO-BAILEY is a Registered Nurse, Complementary Therapist, Health and Wellbeing Coach, Business Owner and Author who has spent more than 30 years in the health industry. She has been a volunteer for various causes and still continues her voluntary endeavors in various service projects across Australia. Helen runs well-being workshops for the public and is also the state leader for Health In Kind in Western Australia.



RAM KANGATHARAN is the CEO and MD at Auto & General Insurance Co. Ltd and Australian Insurance Holdings Pty Ltd. He previously served as the Chief Operating Officer of Bank of Queensland Ltd. His extensive finance leadership experience was recognised in 2006 when he received the Australian Financial Review BOSS Magazine's Australian Young Executive of the Year Award. Ram brings with him a wealth of management and leadership expertise.



DR DEVI McALPINE is a physician specialised in both general practice and palliative medicine. She completed her initial training at the University of Queensland then furthered her medical education in Melbourne, Victoria. She is currently involved in medical service projects including the Wyndham Vale refugee mothers and children health service in Victoria, as well as the Toogoolawa School in Ormeau, Queensland. She is also one of the lead medical doctors for Health In Kind.



DR RAMESH SIVABALAN is a dentist and started his own practice 8 years ago. He now owns two 'Smile Street' dentistry practices in Murwillumbah and Coolangatta in the Gold Coast. Ramesh has been extensively involved in various volunteer projects and community work in Australia for the last 22 years and internationally within Sri Lanka, India and Papua New Guinea for the past 9 years.

GOVERNANCE

“Volunteering with Health In Kind has been a heartfelt experience which has helped me to grow in so many ways. It has been very enriching to engage with the community and impart services and knowledge that will hopefully empower and equip others towards a healthy mind and body.”

- Dr Alpa Lodhiya, Dentist



ADVISORY COMMITTEE



GARY SEATON

Chairman of Lotus
Group of Companies



SANDRA TAYLOR

Retired School Teacher



TIM WENAS

Dentist / Business Owner



DR RON FARMER

Psychologist and Founder of
the Toogoolawa School



SUWANTI FARMER

Psychologist and Founder of
the Toogoolawa School



DR KRUPALI TAPPOO

General Practitioner, based in Fiji
Australian Qualified
General Practitioner/Medical
Medical Director of
Sri Sathya Sai Sanjeevani
Medical Center - Fiji

OPERATIONS

NATIONAL LEAD HEALTH TEAM



ALPA LODHIYA
Dentist



HELEN MARTINO-BAILEY,
Registered Nurse



DR DEVI McALPINE
(MBBS, FRACGP, FACHPM)



DR MOHINI PRASAD
(MBBS, FRACGP)



SOUMYA BHASKARA
Registered Nurse



DR HEMAH SAKARAPANI
(MBBS, FRACGP)

VOLUNTEER WITH US

If you would like to find out more about how to volunteer with us, please register your interest. No medical background or experience required.

<http://healthinkind.org.au/volunteer-with-us/>



DR CHANATHANI ILAVALAGAN
(MBBS)

SECTION 05



DR KAVIN KUMAR
(MD, BDS_c)



DR GEORGINA BRUNTON
(B MEd, FRANZCP -
Cert. Child and Adolescent)



HA NGUY-WIJERATNE
Audiologist



SINDHU PRAVESH
Registered Nurse



STASSI TOULANTAS
ACAS Assessor – Social
Worker | Aged Care
Assessment Service



DILANI WIJERATNE
Audiologist



DR WAI KWEN PUN
(MBBS)



DR RAMESH SIVABALAN
Dentist



DR ANDREW KARYDAS
Dentist

OPERATIONS

NATIONAL ADMINISTRATORS



PRABHU BASAVALINGAM has been a Software Developer for 12 years. He enjoys writing software which tackles complex problems with simple solutions. Prabhu uses his software development experience to look after Health In Kind's IT needs. He developed and continues to maintain Health In Kind's website and other software as required. He lives in Brisbane with his wife and two children.



USHA RAMAN is a certified Trainer, Master Life Coach and Behavioural Consultant who runs her own training and coaching business. She left her Events Career to lecture in Events Management and discovered her passion for training there. She now specializes in running Mindfulness and Emotional intelligence programs. A volunteer for over 26 years, she is passionate about volunteering for sustainable goals for the planet and works on a few aspects for Health In Kind from marketing, logistics and administration.



VISHAL SRINIVASAN drives the Cyber Security portfolio at Melbourne Water, a Victorian State government agency. He provides direction in Security strategy, Operational and Governance activities to align with business objectives. Having understood the zeal and aspiration of Health In Kind for free health services, he strives to provide support where possible to ensure the community in need are served. Vishal is part of the IT support for Health In Kind and also provides administrative support.



DHARMESH KEWALRAM is a senior finance professional with over 18 years of diverse industry experience gained in professional practice, large listed corporations, not-for-profits and start-ups. He is currently the Interim Associate Director of Commercial Finance and Reporting at Murdoch University. He is passionate about volunteering and contributing to societal well-being organisations and initiatives with involvement in varying degrees over the last 25 years. He works on various aspects for Health In Kind from finance, logistics and administration.

SECTION 05



NAVEEN YELAMANCHILI is currently working as a senior territory manager for Biotronik Australia in Sydney. It is a leading medical device company that has been developing trusted and innovative cardiovascular and endovascular solutions. Naveen works closely with Cardiologists and cardiac surgeons in treatment of patients with pacemakers, defibrillators and heart failure devices implantation and programming. He is passionate about health and well-being and offers his time as a volunteer for Health In Kind as an administrator.



HEENA KUMAR is a pharmacist who works within a multidisciplinary healthcare team of Doctors, nurses and allied health. An important aspect of her role is to ensure the safe use of medications. Her passion for accessible healthcare and helping patients is what drives her interest in being a Health In Kind Volunteer. She helps Health In Kind with administration and logistics.



PRAVESH PURUSOTHAMAN works for Bankwest in the Business Banking space. Pravesh is extremely passionate about giving back to the community, particularly to those in need, and has been involved in various social service initiatives around the country for the last 15 years. Pravesh became involved with Health In Kind through his wife Sindhu, who is a registered nurse and a medical volunteer. He volunteers his time as an administrator and looks after Health In Kind's social media needs.



LYNETTE CHEW-BOGDANICH is a practising Architect. Her business 'Archetype Design Studio' is a family affair embracing architecture, interior design, feng-shui and media/marketing services. Over the last 25 years, Archetype has been dedicated and involved in many pro-bono service projects, both in Australia and overseas. **KHALILAH BOGDANICH** is a Graduate Architect who is also part of Archetype Design Studio and has been involved in many of the service projects completed by Archetype. Lynette and Khalilah enthusiastically assist Health In Kind with graphic design, publications and any other areas where their architectural or other expertise can be of value.

PARTNER GROUPS

The work we do will not be possible without the wonderful partnerships with these organizations and the dedicated people behind them who share our passion in bringing better well-being to communities. We are privileged to be working in tandem with these wonderful not-for-profit organizations and would like to take this opportunity to officially thank them for their support, cooperation and mostly their belief in our work and mission.



Health In Kind has been part of the Kinship Festival for the past two years and will be again later this year. This is an annual free community event held in Murwillumbah to celebrate National Families Week. The event is coordinated by Murwillumbah Community Centre's Indigenous Programs staff and members of the local Aboriginal and Torres Strait Islander community and is supported by local community service organizations. The event aims to engage Indigenous and Non-Indigenous families in an event to connect families with community, culture, and country and to link them to local supports through shared learning and participation.



Iramoo Community Centre offers a range of courses, community programs, events and services for people of all ages and abilities, with the intent to build diverse social, recreational, educational and business networks within Wyndham, an outer western suburb of Melbourne. The Centre is dedicated to the provision of services that provide benefit to the community and improve the conditions of community life.



Sisters of Charity
of Australia

Founded in 2000, the purpose of the Sisters of Charity Foundation Fund is to provide hope, dignity, and meaningful assistance to those who receive little or no funding from other sources. They have helped countless groups and individuals across the width and breadth of Australia in various areas like dental care, family support, safe housing, grief counselling, disability care and much more.

SECTION 06



The Toogoolawa School in Queensland has a unique model which revolves around five universal Human Values of Truth, Love, Peace, Right Conduct and Non-violence. In the 17 years of Toogoolawa's operations, over 500 students have benefited from the education program.



Heart of Love Foundation Australia primarily distributes food provisions and cooked lunches to children, families and individuals. They financially support an indigenous pre-school program for kids between 0-5 years and attend to natural disasters by supporting communities affected.



Center for Asylum Seekers, Refugees And Detainees or CARAD is an independent, community-based organisation providing essential welfare and advocacy support to asylum seekers, refugees and detainees in Western Australia. Since opening its doors in 2000, CARAD has provided support to over 5000 people.



VICSEG New Futures is a not for profit, incorporating the (VICSEG Programs for Families, Children & Young People) and New Futures Training. For over 30 years they have been a pioneer of innovative and culturally responsive programs to address the migrant settlement needs of young people and their families.

STORIES THAT MATTER



I've been working as a dentist in Melbourne for many years now, managing two dental surgeries, as well as teaching students at the Royal Dental Hospital of Melbourne. I've also been fortunate to have Dr Alpa Lodhiya - an old University classmate of mine - as a fellow work colleague for some time. Alpa has been doing charitable work with Health In Kind, her family and her volunteer group for many years. When asked if I was able to provide some advice on establishing a mobile dental clinic for Health In Kind, I felt honoured to be able to contribute.

I was able to discuss various operational aspects of a dental surgery with Dr Lodhiya - equipment, maintenance, admin, budgeting, staffing and recruitment and so on.

Many fundamental aspects are common to a private dental clinic, whereas sourcing volunteers to staff the clinic, as well as approaching dental companies for sponsorship and supplies required some new initiatives which have fortunately been successful so far. It has certainly been rewarding to be able to develop and implement some experience in business and marketing to a nonprofit dental startup. We're also helping to provide ongoing instrument reprocessing and packing (sterilisation) services, so that recipients of the mobile dental clinic are receiving the same high level of infection control and care that all patients should receive.

We're grateful to be involved in a small way with the work of Dr Lodhiya and Health In Kind - it allows us to get some perspective on how fortunate we are, to have the basics that we take for granted. Our dental assistants in the practice also feel energised and eager to contribute - I believe they get the same "hard to describe" feeling of goodwill by working towards a worthy cause. We all look forward to continuing to help Health In Kind in the dental sector.

Tim Wenas

Dentist / Business Owner



I have been a part of the Health In Kind team based in Melbourne for the past 6 months and I can honestly say I feel very fortunate to be a part of this work.

I have witnessed numerous recipients express how much they value the services provided and what it means to them; that if it were not for Health In Kind, they may not have had their health condition looked at and it would not have been attended to.

That they experience barriers including fear of costs, fear of speaking to someone and being unsure of how or where to access care needed and that the non-threatening and gentle approach practiced by Health In Kind clinicians as well as the service being totally free of charge, helps to bridge the gap in accessing health care for them.

I have had the opportunity to connect with recipients and provide support whether in the form of a friendly smile, a conversation, clinical support or practical assistance and through this I have found that I also grow.

From the opportunity to love and serve others and share in their experiences, it allows me to reflect and further develop my sense of gratitude and humility.

During the sessions I forget about my own issues and instead my focus is on others and what a nice feeling that is. I continue to learn that everyone has a story and we are all in this journey of life together; that today is my chance to do something for someone else and tomorrow it may be me that needs this support.

Overall, I have found this work to be extremely rewarding and I hope that it can grow so that more and more people will benefit in future.



Staasi Toulantas

ACAS Assessor

Social Worker/

Aged Care Assessment Service



STORIES THAT MATTER



I was introduced to Health In Kind in 2017 by my friends Sunil (on the Board of Directors), and his wife, Sangita, and I have been involved since as a General Practitioner.

I assisted with the volunteer medical camps at the Kinship festival and at few other community activities. I also have been doing medical clinics at the Toogoolawa school since 2018.

I feel very privileged and humbled to be part of the Health In Kind team. Even though I had been working as a General Practitioner for over 10 years, what I came across during these medical clinics in the community and at the school was something I wasn't prepared for.

Some stories that I heard were very disturbing, especially as a mother and as a woman. As a doctor I felt very helpless and small that I didn't have any answers, no solutions, no treatments that I could offer. The only thing I could do was to listen.

Since I've known I had always been driven by a deep desire to give my free service to the community, to help the community, but after my first few sessions with this work I found myself seeking help - to keep myself focused and grounded and to find answers for the plight of the children and people in such unfavorable circumstances, being victims of violence at various levels.

I do see lot of mental health patients in my daily work life, however, the nature of the problems I came across in those communities were quite different with barriers at multiple levels; lack of access to services, poor compliance, limited education, poor socioeconomic conditions, some cultural barriers, substance abuse, dysfunctional family dynamics, which all lead to personality vulnerabilities, inter and intra-personal struggles and which further fuels this cycle.

“My work with Health In Kind has accelerated my own inner journey and the gems i have found along the journey... have been very transformational ”

- Dr Mohini Prasad

SECTION 07

I didn't know what to do or where to start. Just treating the boys or individuals was not going to solve the problem, neither would the treatment be effective for this was a social cancer, the individual was only a symptom of this huge generational cancer.

I came across boys whose every second word would be a swear word, and who have themselves been penalized for defiant behaviors, been labeled as bullies and truants, but who also shared their fears, their innocent dreams in life, desire to be accepted, validated and to belong.

The founders of Toogolawa said to me, when I sat in front of them feeling distraught and helpless, "just be yourself". It wasn't about trying to help, it was about being you and in that way of being lay the path to transformation and positive change within.

The message was to do your part, start small but well, adopt a family and spread from there. And what wisdom and knowledge I found in "just being yourself", for at the end of the day we cannot eradicate a generational disease in a day or two, but what we can do is just our part, give our presence with love that would have ripple effect onto those whom we think we serve, but who actually end up serving us. It validates them, which validates us.

My work with Health In Kind has accelerated my own inner journey and the gems I found along the journey no doubt have been very transformational and they will continue to be so.

Dr Mohini Prasad

MBBS, FRACGP



STORIES THAT MATTER

I am a doctor and have been volunteering with Health In Kind for the past three years. In this time, I have witnessed the development of the services by Health In Kind from its infancy. What started out as occasional health promotions at community events has now grown to regular engagements with community groups in multiple states across Australia. It has been a pleasure to watch the growth of Health In Kind and how it continues to expand organically to impact more lives.

Being in Victoria, I am involved in monthly health promotions, health screenings and dental checkups with a Burmese refugee 'mums and bubs' group.

I truly enjoy working with this ground who may otherwise have barriers or be reticent to engage in the mainstream medical system.

We have now been visiting this group for over a year and have gotten to know many of the mothers and children really well. They are very comfortable with us and us with them.

There has been many moments where I have felt very touched by their appreciation. One such occasion was Christmas 2018.

We had a little celebration with the group and they sang us Christmas songs in their language as a way of giving back to us.

The palpable appreciation of the group brought tears to my eyes. I am so grateful for the opportunity to engage with this meaningful voluntary work with Health In Kind.

I would strongly recommend others to take-up or create similar opportunities; it creates a shift of benevolence in society that is so needed.



Dr Devi McAlpine
(MBBS, FRACGP, FACHPM)



SECTION 07

“ There is a sense, from the first service, that this may further extend our current skills and provide opportunities to increase our capacity to serve with love.

Learning to serve as a team has created many opportunities to become aware of ones’ own ego reactions, and the opportunities to tune in for guidance and change.

We are learning & extending skills in various areas, e.g. Communication, cooperation, flexibility, thoughtfulness, working with and within legal framework etc.

I notice that on occasions, when one does not really feel inspired to go to a service activity, after completing the service, one feels uplifted and often recharged!

It is a blessing to have the opportunity to serve these groups.”

- Dr Wai Kwen Pun



ACKNOWLEDGEMENTS

The work we do at Health In Kind requires dedication, compassion and a spirit of selfless service. The implementation of the services we have been able to render would not have been possible if we did not have the support of many individuals and organisations who are passionate, like us, about seeing a world where good healthcare is a basic human right. We would like to extend our most sincere gratitude to all the people who continue to support us and to help improve what we do.

To our generous donors who have contributed to this work via donating equipment or with financial support, our most sincere gratitude for believing in our mission and values. You have helped us to raise the quality of our services and we thank you very much for your generosity.

To our dear advisors, thank you so much for your support, wisdom and sharing of expertise. You have helped us learn quickly with your superior knowledge. Your support and encouragement is always so valued. Thank you.

To our wonderful collaborators; you make our work possible. You help us reach the people who need this service and it is the trust you have built with the communities that helped them trust us.

We are inspired by your openness in receiving us and our most heartfelt gratitude to you.

Most importantly, **to our dedicated volunteers**; we are in awe of your selflessness and compassion. Without your faith in this work and your relentless efforts, none of these last three years would have been possible. We are ever so thankful for your dedication and enthusiasm.

To our clients, we express our deepest gratitude to you for trusting us to be your community healthcare professionals. You help us understand what is needed so that we can continually provide a more quality service but mostly, you inspire us with your strength and resilience.

And last but not least, **to all the families of our volunteers**, a big thank you for your understanding, kindest co-operation and encouragement in ensuring the continuity of our work.

Thank you all from the bottom of our hearts. We look forward to many more years of working together with you.



SECTION 08

Health In Kind recognises and is grateful for the inspiration provided by the following humanitarians, who have tirelessly and selflessly donated their time, resources, enthusiasm and love towards continuous community work.

Mr. Isaac Tigrett founded the original Hard Rock Cafe at the age of 22 in 1971. Under his guidance as Chairman and CEO, He expanded the brand onto a Global scale. His non-profit Rama Foundation of Zurich Switzerland funded the Sri Sathya Sai Super Speciality Hospital in Puttaparthi, a free hospital for the poor and needy.

Mr Madhusudan Naidu is the youngest Trustee of Sri Sathya Sai Loka Seva Trust, a public charitable trust established in 1978, dedicated to the cause of values-based free education in rural India. Mr Madhusudan is also passionately involved with Sri Sathya Sai Health and Education Trust, which has served the cause of free and quality medical care to rural poor and under privileged for over 50 years, and is now establishing state-of-the-art free paediatric cardiac hospitals in India, and medical centres in other parts of the world including Sri Lanka, Fiji, and Nigeria.

Rev. Fr. Charles Ogada is a Catholic priest who spends every waking hour of his life in service to the poor and needy in Nigeria. He started to hold mobile medical camps in rural villages which have since provided free treatment to thousands of people without any other access to medical care. Currently he oversees an orphanage with a medical centre providing free medical aid to the people in Nigeria.

Mr. B N Narasimha Murthy served as the Warden for the various campuses (Prashanthi Nilayam, Brindavan, Alike & Muddenahalli) of the Sathya Sai Institutions for over 40 years, and has overseen generations of students right from the 1980s. Sri Narasimha Murthy is spearheading the Educare mission by setting up various free educational institutions in India.

Mr. C Sreenivas (M Com & M Phil) is a dynamic social worker in Healthcare and Human Development, and for over 40 years has been instrumental in setting up and managing Sri Sathya Sai Hospitals in Bangalore and Puttaparthi. He is currently the Chairman of the Sri Sathya Sai Health and Education Trust, spearheading the Sri Sathya Sai Sanjeevani Hospitals – Centres for Child Heart Care, wherein all services are provided Totally Free of Cost to all.



“It has been truly remarkable to witness how a few inspired individuals inspire others, who in turn inspire even more people to work together in such a needed and worthy cause. Volunteering with the team of dedicated and dynamic individuals at Health In Kind has been nothing short of amazing. I am grateful and humbled to be part of a team who are fueled to love so selflessly.”

- Usha Raman, Volunteer





TOGETHER WE CAN MAKE A DIFFERENCE

Register at <http://healthinkind.org.au/volunteer-with-us/>

VOLUNTEER WITH US!



Health In Kind

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