

[www.foundation61.org.au](http://www.foundation61.org.au)

**FOUNDATION 61**  
*A living community*

# ANNUAL REPORT

2022 / 2023



**who we are...** Foundation 61 is a not-for-profit community based charity that seeks to provide healing and hope for people affected by addiction.

Founded in 2005, we have established ourselves as a recognised community service organisation in the health sector.

We run a long stay residential based drug and alcohol rehabilitation centre.

Foundation 61 is well known in Geelong. We have a broad base of financial and volunteer support and a well designed facility with long term tenure.

**mission...** Our mission is to empower people who are confronting addictions, whether it is to drugs, alcohol, gambling or any other life controlling issue, to experience healing in their lives and contribute positively to mainstream society.



## our board

Colin Bell - Chairperson  
Hal Bisset- Deputy Chairperson  
Neil Loxston - Board Member  
Brenda Lyons -Treasurer  
Alex Johnson - Board Member  
Michael Brugman - Secretary  
Kaye Bisset - Board Member

## our team

Rob Lytzki - CEO  
Steve Brown - Program Manager  
Dean Ballantyne - Support Worker  
Rick Christie - Support Worker  
Rod Vincent - Support Worker  
Dom Bell - Support Worker

Caroline Lytzki - Administration  
Lyn Johnston - Admin / Education  
Vicki Rockliff - Admin Support



CEO Report - Rob Lytzki  
Restoration House Report - Steve Brown  
House of Hope Report - Alex Johnson  
Inspire Women's Report - Caroline Lytzki  
Sponsorship & Fundraising - Neil Loxston  
Testimonial  
Chairpersons Report - Colin Bell  
Foundation 61 Stats  
Foundation 61 Stats at a glance  
Financial Statements



# CEO

*Rob Lytzki*

This past year has not been without its challenges, but I continue to be thankful for all the wonderful support that we have received from our community towards the ministry of Foundation 61. The Geelong community has a big heart and the people are so supportive of our work in the community.

The House of Hope build has been a huge project and one that could not have taken place without the support of many. We have been well supported both through hands on support as well as donations from our community. Ian & Dave from Build Aid Missions, Chris from Drywall Plastering Services, AWISE & Partners, Rob from Muir's Concreting, Bliss Plumbing and Alan Toole to name just a few. We have also been strongly supported through community groups, church groups and Individuals who have given time and participated in a number of working bees. A very big thank you needs to be given to the participants of the men's program who have worked tirelessly on the build as part of their Learn Local training (Introduction to Maintenance & Construction). The generosity of many businesses through discounted materials, equipment and other supplies has been plentiful and helped us with keeping costs down.

Our dedicated staff and volunteers have been incredibly flexible in supporting the ebbs & flows of the build adapting to an everchanging program due to weather, supply delivery and so on.

Steve has done an amazing job as program manager at Restoration House, managing the day-to-day program as well as supporting staff and volunteers. All our staff and volunteers have continued to go over and above in support of the ministry and participants and I thank each of them for their dedication and commitment.

We have continued to meet monthly with around 25 women who are interested in volunteering as part of the House of Hope. These sessions have been focusing on training and equipping as well as community building. Thanks to all who have participated and those who have run training sessions. (cont.)



# CEO

*Rob Lytzki*

It has been great to get back out into the community to reconnect with various community groups, Churches and service clubs, as well as Schools and local businesses. I have been encouraged to see other staff take up this opportunity with Steve, Georgia, Dom & Caroline all having shared at various times throughout the year.

We were deeply saddened by the sudden and unexpected passing of one of our valued volunteers Dean Lobbe in April this year. Dean was an amazing encourager and always went over and above to make people feel that they were special and valued. His impact on our greater community was big.

There have been a number of past participants lose their fight with addiction and mental health this year and this always has a huge impact on the Foundation 61 family needing time to process and regroup.

Good news stories keep us going and hearing news from past participants like James is a great encourager for all the team. James recently messaged us – *"I'm doing well!! Better than any one could have dreamed. My partner is pregnant and we are both over the moon! I've got a bright future that wouldn't have happened if F61 didn't help me. Thank you for your dedication!"*

I take this opportunity to thank each and every person who has taken a step towards Foundation 61 and supported us in this past year. We need community to do community.

Heartfelt thanks to our Board, Staff and volunteers.



# Restoration House Report

*Steve Brown*

The first thing I want to say in my report is a huge congratulations to men who have persevered and done the hard work that rehabilitation is. You inspire us and fill us with hope for what is available to a man who believes in himself and a different future. I recently had to sit in the County Court in support of one of our lads to share about Restoration House and our program. On several occasions the Judge reflected back and thanked Foundation 61 for the work we do helping men find life. After the second time I spoke back and said, "to be honest, we just provide a place to live and walk alongside them, they have to do all the hard work."

We have had a stable year providing a nurturing residence for 49 men to find a home and new beginning. As always some come and go quickly, others stay for a while and some push through to complete their journey with us. For some it's the second (or third) time round who come in and I have been reminded this year not to give up on a man because "rehab" didn't work the first-time round. We have recently sent Matty off to the transition house after completing his second full go with us over the last few years. To see the difference in Matt this time from last has been great. Matt stands as a reminder to me that we are all ongoing works of art, "masterpieces" the bible would say, all created to do good things.

Throughout the year we have delivered 1,450 contact hours through Learn Local and the class participation has been fantastic. It is inspiring to watch the men courageously look back over their life to uncover and uproot the behaviours, thinking and traumatic experiences which have bound them for so long. Art Therapy, process and small groups are often the highlight for the boys in the week.

We recently had a group of year nine students come out for some "life education" and I shared with them that many of our guys, like them, already had significant traumatic events and identity crises that had them on a negative path ultimately leading to their addiction by the age of 15. (cont.)



# Restoration House Report

*Steve Brown*

The year has certainly had some drawbacks though with the passing of Dean Lobbe. The calls and tributes came fast as Dean had made a significant impact on all the guys who had the privilege of being loved by him during their stay at Foundo. It is impossible to sum up the impact of Dean's life but his legacy through the actions of his love continues to speak well past his earthly life. We also lost one of our participants this year who passed away from complications during heart surgery. His passing really left a hole in the house. However, it was a time of both mourning and celebration for many, especially his family as he passed away sober and connected with his family.

My highlight of the year has been our incredible team of volunteers who come week in and out and give their time, energy and resources to love on our lads. To our overnight warriors, our day time heroes and the crew who come and hang out in the evenings, run bible studies, transportation etc – you make this place and your actions speak love, louder than words.





# House Of Hope

*Alex Johnson*

As we progress to the final stages of the construction of the House of Hope we look back and reflect the 12 months that have passed.

On site, the year has had ups and downs with steady progress. The challenges encountered have ranged from unprecedented price rises in materials and labour, rain delays and regulatory design changes. From the negatives we have always been reassured and comforted by the positives. Supporters of Foundation 61 have proved to be the backbone of the project with generous people and organisations always willing to offer help when needed most. The donations include an extensive list of tradespeople offering their skills, organisations providing discounted materials and monetary donations from families, companies and individuals. We want to especially thank Ian and Dave from BuildAid Ministries who donated a substantial amount of their time to the build. We have also received an overwhelming support from the greater Geelong community, with many people enthusiastically following our progress. The House of Hope finished product will not only be a testament to Rob and Caroline's vision but also the greater community and supporters of Foundation 61.

Off site, the House of Hope volunteers have been eagerly meeting each month in preparation for our first participant. We are blessed to have a wide range of volunteers, each bringing different skills and attributes to assist the women and our community's most vulnerable. Behind the scenes the Foundation is also busily arranging program particulars and procedures in preparation for the opening.

Rob's unwavering commitment and leadership has led the project through to delivery phase. Rob has provided motivation and direction to others when needed most. With some hard work done and more to come, we thank all who have been part of the House of Hope journey so far. Each individual has contributed to its success and progress. We look forward to welcoming our first participant to the House of Hope in 2024 to continue God's important work.



# Inspire Women's Group

*Caroline Lytzki*

*'Being connected is vitally important for our mental and physical wellbeing and can be a protective factor against anxiety and depression. Foundation 61 through its Inspire Community Group has created safe spaces for women to find a place for community, connection, and conversation.'*

Our women's community group Inspire, provides a place for woman in our local community to come together and find a place of connection. All are welcome, with our youngest participant being in her twenties and our oldest in her 80's.

We have enjoyed a number of social outings over the 12 months including a night at the movies to see Mrs Harris Goes to Paris, and coffee connection mornings exploring some new places in and around Geelong. This has included Barrabaool Maze Gardens and Van Loons Nursery. Our Art Therapy group continues to meet each Tuesday at Bellarine Living and Learning Centre in Whittington. Nicole Myers finished up facilitating the group mid-year due to work commitments. We are extremely thankful for her commitment to the group from a student who started on placement with us to group facilitator. Jo van der Schoor has stepped up into facilitating the group and will bring a new focus on personal development and growth. We are thankful to Jo for her willingness to take on this role.

Our 2022 – 2023 Inspire retreat was once again held at Camp Burnside with our good friend Jules Haddock “the Anxious Bird” as our guest speaker. The theme of our retreat was “my cup overflows”. Around 20 ladies were in attendance for what was another memorable time of connection and sharing.

A number of our ladies participated in some of the events hosted by Art of The Minds in October in celebration of Mental Health Week 2022. These events provided connection and education opportunities.

We are thankful to Kardinia Community Services and Kardinia Church who provided us with Christmas hampers that we were able to distribute to some of the women who are part of our Inspire community in the lead up to Christmas.



# Sponsorship And Fundraising Report

*Neil Loxston*

Foundation 61 has once again been fortunate to have been the recipient of gifts during the year that has enabled the organisation to continue to provide residential rehabilitation services to those seeking assistance with life controlling issues.

The gifts have taken the forms of financial support, sponsorship, goods and services as well as in-kind support that supports the work of Foundation 61.

We would like to acknowledge the donations and grants received from philanthropic organisations, families, individuals and our local Council that in some way have enabled our service to continue to operate without the support of any recurrent Government funding. We acknowledge also the financial gifts, goods and services and time and effort donated by many toward the completion of the House of Hope, due to open in early 2024

We thank all who have given generously this year and would particularly acknowledge the donations from the following supporters:

- Percy Baxter Charitable Trust
- Anthony Costa Foundation
- Drakensberg Trust
- Rockefeller family
- Geelong Community Foundation
- Dawn Wade Foundation
- Benefit Geelong
- City of Greater Geelong
- Derham Transport
- Kipra Health
- Kardinia Community Services
- Lifestyle Fires
- Baptist Camping Victoria
- Art of the Minds
- Lions Club Torquay
- Torquay Early Learning Centre
- Geelong Citrus Pickers

We thank all of our partners and look forward to continuing to build on these relationships during the years ahead.



# Chairpersons Report

*Colin Bell*

Children don't grow in a straight line. There are periods when they don't grow at all, periods when they grow a little each day and periods when they grow rapidly. For some, those periods of rapid growth cause growing pains.

2023 has been a year of rapid growth for Foundation 61. Several years of planning has seen an expansion of budgets, time-commitments, staff, volunteers, vehicles, buildings and grounds, insurance policies, and forms to sign in preparation for offering rehabilitation services to women as well as men. This year we renamed the facility for men 'Restoration House', we partnered with OneHope Baptist Church to provide transition housing for men graduating from the program and we updated the Foundation 61 website and logos. We also welcomed the experienced Neil Loxston to our Committee of Management. And, when the doors of the House of Hope finally open for women in 2024, it will be the full realisation of the vision Rob, Caroline and the other founders of Foundation 61 had 18 years ago. It is exciting and rewarding to be a part of.

There are many people to thank for helping us through this period of growth. Thank you to financial supporters of Foundation 61 who have been quick to respond to the need for a facility for women and generous as well as patient. Thank you to Build Aid for donating time and building expertise and to many local businesses who have supplied a wide range of discounted materials and experts, often free-of-charge, to install them.

Thank you to all those who volunteered their time to the work of the Foundation in 2023, doing everything from driving participants to appointments, to staying overnight so that 24/7 care is available, to preparing and planning for supporting women participants at the House of Hope. Thank you to Caroline and the administrative team for their stellar work on the website, marketing, planning, bookkeeping, human resources, and support with fundraising. Thank you to the Foundation 61 Committee of Management for your wisdom, commitment, and good-humoured input at our regular meetings. (ctd.)



# Chairpersons Report

*Colin Bell*

Rob has felt most of the growing pains this year, taking on the responsibility of managing the House of Hope build in addition to his CEO role. Thank you for your vision Rob and for putting in the hard yards this year. Your heart for those needing help with life-controlling issues is obvious and I am sure this is what kept you going when the challenges of coordinating the build threatened to overwhelm.

Thank you to the team at Restoration House who faithfully provided exemplary care for 49 men seeking help with addiction during 2023. Particularly to Program Manager Steve Brown, who's authenticity and care is highly valued by participants, and who backfilled for Rob on many occasions. Thank you to Georgia Hicks for her work developing the exciting rehabilitation program we have planned for women and for highlighting the importance of having female perspectives on how to deliver care at the House of Hope.

I acknowledge Dean Lobbe's contribution as a staff member and volunteer to Foundation 61 and his unexpected death this year, as well as the loss to our Foundation community of some close family members and friends.

In 2024, we look forward to employing staff for the House of Hope and hosting a formal opening in March. We have embarked on an exciting long-term partnership with the Anthony Costa Foundation and have started a project with AWISE (Australian Women in Solar Energy) to upgrade the solar energy system at Restoration House, so it is fit for purpose. The new year will see new ways of working as we double the size of our service and adapt to providing care for women. If reading this annual report inspires you to be a part of what we do at Foundation 61, please let me know.



# 2022 - 2023 STATS

FINACIAL YEAR	2019	2020 2021	2021 2022	2022 2023
Referrals to foundation 61	331	360	286	319
Bed capacity	15	15	15	15
Participants entering rehabilitations	44	49	49	49
Age of participants				
18 - 29 years	12	10	11	11
30 -39 years	18	21	19	14
40 plus years	14	18	19	24
Case plans developed with participants	44	49	49	49
Participants exiting rehabilitation	43	50	59	42
Unplanned exits	12	7	9	11
Planned exits	31	43	50	31
Continuing in Program	14	13	3	10
Participants entering transition house	5	7	7	4
Participants exiting transition house	5	8	7	6
Total number of resident in transition house	4	3	3	1

# 2022 - 2023 Stats at a glance

## Restoration House / Men

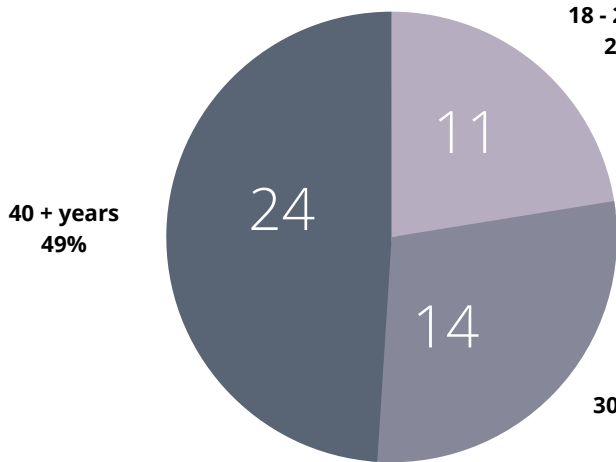


Referrals to Foundation 61  
2022 -2023  
319



Bed Capacity  
2022 -2023  
15

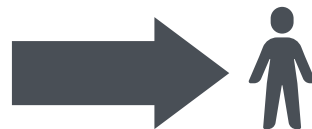
Ages of Participants  
2022 -2023



Participants Entering  
Program  
2022 -2023  
49



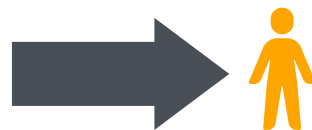
Case Plans Developed  
With Participants  
2022 -2023  
49



Participants Exiting  
Program  
2022 -2023  
42



Planned Exits From  
Program  
2022 -2023  
31



Unplanned Exits From  
Program  
2022 -2023  
11



Continuing In Program  
Program  
2022 -2023  
10



# 2022 - 2023 Financial Statements





**PERCY  
BAXTER**  
CHARITABLE  
TRUST



*Dawn Wade Foundation*



Foundation 61 Inc.



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