

# COMMUNITY REPORT



**2015-16**

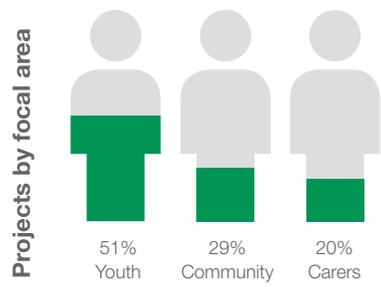
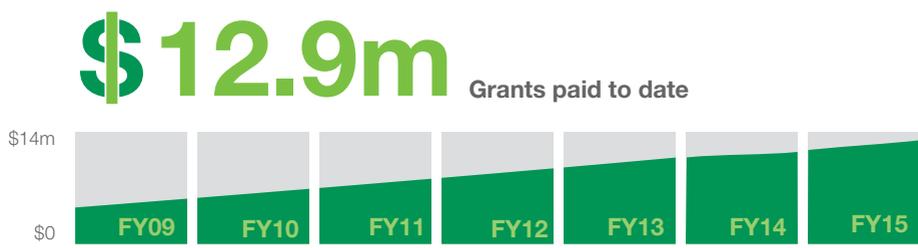


Photo: Hello Sunday Morning

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# HIGHLIGHTS



# MESSAGE FROM THE FOUNDATION



Amy Tribe - Executive Officer



Keith Lynch - Chairman



Judi Geggie - Director



Morgan Jones - Director



Justin Doyle - Director



Mark Foster - Director

When nib foundation was established by nib health funds in 2008, there was a clear vision to improve the health and wellbeing of individuals and communities across Australia, with a particular focus on the Hunter region.

Seven years on we remain committed to this vision for a healthy community.

Importantly, these are goals we continue to share with our founder, as well as the 95 charitable organisations with whom we have been fortunate to partner.

We recognise that developing and embedding new solutions to health challenges requires a long-term approach.

It is for this reason that the majority of our funding is directed to a small number of long-standing partnerships.

A great example of this is our partnership with CanTeen, which over the past five years has seen the development, evaluation and national expansion of its counselling service for young people impacted by cancer.

We continue to direct much of our support to our identified target areas of young people and carers.

In 2015, we welcomed four new Multi-Year Partnerships that are working to address significant health needs affecting these two focal groups:

- **Australian Drug Foundation's Good Sports Junior program** encourages sporting clubs to foster a positive and healthy environment for their young members
- **Hello Sunday Morning** will develop technology designed to empower Australians to improve their relationship with alcohol
- **National Stroke Foundation** will enhance and expand the *My Stroke Journey program*, which supports stroke survivors and their families
- **Disability Sport & Recreation's Score!** is Australia's first online platform that will connect young Victorians with a disability with inclusive sporting opportunities

It's pleasing to see many of our partners successfully harnessing the power of technology to enhance their existing programs.

Our belief in the potential for innovative digital solutions to tackle health challenges is reflected in many of our recent funding decisions.

While we continue to support many new and local causes, we have also taken great pride in helping existing partners to build their capacity and expand service offerings nationally. This has been the case with long-standing partner, OzHarvest. Since 2010 our funding has helped to establish and sustain the charity's presence in the Hunter region.

OzHarvest Newcastle recently marked its fifth birthday having rescued one million

kilograms of food, which in turn provided the equivalent of three million meals for those in need. This year we announced a further three years of funding to help establish and grow OzHarvest Western Australia. We are looking forward to seeing the Perth operations of this highly impactful organisation flourish as it has done in the Hunter.

Despite a challenging investment environment, we maintained our annual grant disbursements of \$1.7 million in financial year 2015. After a total commitment of more than \$14 million to our charity partners, we are pleased to report our corpus remains at \$21.5 million. Thank you to our founder, nib health funds, for their ongoing in-kind support to help keep our overheads low, and the many wonderful opportunities their sport sponsorships have facilitated for young representatives from our charity partners.

Finally, we extend a warm thank you to the many dedicated and talented people who lead, work and volunteer for the programs we support.

It's through the wonderful work of our charity partners that we are able to contribute to the health and wellbeing of many communities across Australia.

We appreciate you taking the time to review our Community Report and hope you enjoy reading about the achievements of our charity partners.

# NEW COMMUNITY PARTNERS

Each year through our Community Grant program we search for projects that offer practical and unique approaches to delivering important health and wellbeing results to communities across Australia.

This year we introduced new Community Grant Application Guidelines to provide more guidance to the many hundreds of charitable groups that apply each year for funding. We received positive feedback from our applicants that this single source of information in one print-friendly document streamlined access to our eligibility requirements and assessment criteria.

We also reviewed the way we communicate the type of projects we seek to support and added the four funding priorities below to our Guidelines.

## FUNDING PRIORITIES

We support programs that improve the health and wellbeing of our two focal groups by:

- Building resilience and capacity to cope with tough times
- Developing better social connectedness and peer support
- Facilitating access to reliable, current and targeted health information and education
- Trialing new and improved ways of tackling entrenched health problems

A summary of our 2015 Community Partnerships is provided to the right.

### 2015 COMMUNITY PARTNERS

Our 2015 Community Grant program saw the establishment of 11 new partnerships across Australia.

#### BEYOND BLUE LIMITED

Develop and pilot the *Friends and Family Support Program* to provide non-clinical support to the carers of a person who has attempted suicide.

Hunter region, NSW

#### DOWN SYNDROME VICTORIA

Develop a resource and deliver a series of workshops to assist parents and carers of children with Down syndrome to navigate the education system.

Melbourne and Regional Vic

#### ARGYLE COMMUNITY HOUSING

Pilot an innovative new competition-based project to stimulate and recognise social awareness amongst young residents living in community housing.

Sydney and Regional NSW

#### BRISBANE INDIGENOUS MEDIA ASSOCIATION

Produce and distribute a series of strength-based suicide prevention videos in collaboration with, and featuring young people from, Aboriginal and Torres Strait Islander communities in South East Qld.

South East Qld

#### COLLIE GALLERY GROUP

*Emergence* aims to engage local youth positively in their community through a series of arts engagement workshops combining positive psychology, art therapy and digital arts.

Collie, WA

#### INCLUSION MELBOURNE

Building on the oral health resources for young people with disabilities developed in 2015, stage 2 of this project will promote the resource and engage the target audience.

Melbourne and Regional Vic

#### EARBUS FOUNDATION OF WA

Identify and mentor Aboriginal youth in each community visited by the Earbus to become ear health ambassadors with the aim of breaking the intergenerational cycle of ear disease.

Goldfields and Pillbara, WA

#### PCYC BATEAU BAY

*Go Girls* is a 10-week group program focused on personal safety, healthy relationships, body image and developing independent living skills for vulnerable teenage girls.

Central Coast, NSW

#### TANTRUM YOUTH ARTS

*Opening Doors* is an interactive theatre experience delivered to Year 10 students that addresses the important issues of domestic violence and sexting.

Hunter region, NSW

#### WEA HUNTER FOUNDATION

Establish a new community-based life skills and mentoring program to support young mothers and mums-to-be through pregnancy and into their child's first year. Also provide a supportive environment to encourage completion of schooling and continued study.

Raymond Terrace, NSW

#### FAMILIES SUPPORTING FAMILIES

Continue the *Carers Café Plus* series of workshops and gatherings for families to connect, learn, support each other and build capacity to care for their special needs child.

Hunter region, NSW



Photo: Australian Drug Foundation

# ENCOURAGING A HEALTHY LIFESTYLE

Focusing on health promotion amongst young people because “prevention is better than cure”

## AUSTRALIAN DRUG FOUNDATION

### Good Sports Junior

Sporting clubs play a key role in shaping young peoples’ attitudes, beliefs and behaviours towards alcohol consumption and other lifestyle choices.

Through their flagship program, Good Sports, the Australian Drug Foundation currently works with 7,000 sporting clubs nationally to create stronger, healthier and more family-friendly sporting communities.

Our three-year partnership is supporting the development, pilot and evaluation of the Good Sports Junior program, designed specifically to meet the needs of sporting clubs with junior teams to establish strong alcohol and tobacco management policies and practices, as well as guidance on healthy food. The program will connect with 220 sporting clubs in New South Wales and Victoria from 2015 and is anticipated to positively influence around 60,000 young people.

“We are really excited about the healthy changes planned for our canteen, and also challenging parents to role model behaviours that promote safer and more positive environments for our 2,000+ junior members.”

**President, Sunbury Basketball, Vic**

## MEN’S RESOURCE CENTRE

### Positive Mentoring Program

The Men’s Resource Centre focuses on creating a safe, supportive and nurturing environment for men, boys and their families in the south coast region of Western Australia.

Research shows that mentored youth are more likely to stay at school and pursue higher education, have better social skills and resilience, and are less likely to engage in substance abuse or criminal activity.

With our funding, the Men’s Resource Centre has established The Positive Mentoring Program that brings together small groups of local youth with responsible male role models to participate in outdoor activities, interwoven with healthy lifestyle messages related to diet, exercise, relationships and self-esteem.

“Some of these kids have really suffered, but you just subtly tell them they’re worthwhile and you see their self-confidence build.”

**Manager, Men’s Resource Centre**

# FOSTERING RESILIENT YOUTH

Supporting the delivery of youth-friendly services to improve the mental and physical health of our next generation



Photo: ReachOut Australia

## CANTEEN

### CanTeen Counselling Service

CanTeen assists young people aged 12-24 years confronted with a cancer diagnosis; whether it be their own or that of a parent or sibling.

Since 2010 we have supported the creation and growth of the CanTeen Counselling Service and are proud that the result of this multi-million dollar investment is an established, national program that has helped to reduce the gap in mental health support for young people whose lives have been affected by cancer.

The service provides around 2,000 counselling sessions annually. The evaluation shows notable improvements in wellbeing, including a decrease in negative emotions, depression and anxiety, and an increase in effective coping strategies, improved self-worth and healthier life choices.

“The CanTeen Counselling Service is helping me through one of the toughest journeys in my life and I honestly don’t know where I’d be without it.”

21 year old participant

## REACHOUT AUSTRALIA

### Audio content for youth mental health

With more than 150,000 visitors each month, ReachOut Australia is the country’s leading online youth mental health service. Through the use of technology ReachOut aims to reduce mental ill-health and suicide in young people by overcoming the many barriers to seeking help.

Recent research conducted by ReachOut showed that some young people prefer to access information in audio format. In response, our funding has enabled the production of a series of podcasts based on popular ReachOut content, such as stress, social anxiety, abusive relationships and suicide. This audio content is accessible across the ReachOut platforms for the benefit of young people with low literacy levels, including culturally and linguistically diverse youth, and those who simply prefer to listen rather than read.

“These audio stories are a practical, meaningful way for young people to learn how others have made it through difficult times and connect with help for what they’re going through.”

Jono Nicholas, ReachOut CEO



# EMPOWERING CARERS

Improving health and wellbeing outcomes for some of Australia's 2.7 million unpaid carers through peer support, education and information



Photo: Limbs 4 Life

## LIMBS 4 LIFE

### Limbs 4 Kids Program

Limbs 4 Life aims to reduce the challenges faced by amputees and their families through greater access to information and support.

Our five-year partnership with Limbs 4 Life has enabled the development and expansion of Limbs 4 Kids, initially in Victoria, and now across Australia. The program was established to address the support gap for families who have a child that is born with or develops a limb difference.

Advances in technology are enabling this small Victorian organisation to engage and connect families across Australia with practical, tailored resources and peer support from others with a similar lived experience of limb loss.

“Thank you for asking me to provide peer support to parents who are where I was 10 years ago. It is wonderful to feel connected as nothing like this existed when my daughter was born.”

**Limbs 4 Kids parent**

## NATIONAL STROKE FOUNDATION

### My Stroke Journey

As the sole national charity focused exclusively on stroke, the National Stroke Foundation is committed to reducing the impact of stroke; one of Australia's biggest killers and a leading cause of disability.

Our funding support is enabling National Stroke Foundation to review and improve its flagship My Stroke Journey resource, and make it widely available to an additional 4,000 stroke survivors and their carers across NSW.

The pack provides a guide for the road to recovery. It contains vital information for patients and their carers to actively participate in their care planning, goal setting and the transition from hospital to home, as well as facilitating connections to community support services.

“My Stroke Journey is amazing. It is extremely helpful, an essential tool, knowledge is power.”

**77 year old stroke survivor**



Photo: Cooks Hill Surf Life Saving Club

# FACILITATING EQUITY AND INCLUSION

Creating opportunities for all members of our community, regardless of background or ability, to participate fully

## COOKS HILL SURF LIFE SAVING CLUB

### Refugee Water Safety Program

With Newcastle’s refugee and immigrant population growing, Cooks Hill Surf Life Saving Club members have created and delivered a program to help our multicultural community better understand surf and water safety and participate in the region’s iconic beach culture.

Funded by nib foundation, the *Refugee and Immigrant Community Outreach and Water Safety Program* has been offered to refugee families living in the region from Middle Eastern, Asian and African backgrounds.

The socially-inclusive water awareness program not only provides participants with valuable skills and understanding of the beach and its changing conditions, it also increases the community’s openness and responsiveness to cultural diversity and acceptance.

“I would go to the beach during summer and just walk along the sand. The first time I had the chance to swim in the ocean was amazing.”

**10 year old Kenyan-born participant**

## GUIDE DOGS NSW/ACT

### Mobility adventures for children with impaired vision

Each year, the highly qualified Guide Dogs NSW/ACT instructors assist more than 4,000 blind and vision impaired people to achieve their mobility goals.

Our funding assisted Guide Dogs to deliver their *Mobility Adventures* program, developed specifically for children and teenagers. In 2015 the program equipped more than 200 young people with the skills and confidence to tackle life’s challenges and grow into independent, active and empowered members of the community.

Some of the children visited the 2015 NSW State of Origin camp in Coffs Harbour where the players donned low visibility glasses and ran a unique footy skills clinic. This experience was made possible through nib’s sponsorship of the NSW Blues State of Origin team.

“Vision loss and blindness affects the whole family. Guide Dogs have done so much to support us on our journey through life with a child who has low vision.”

**Mother of Mobility Adventures participant**



## DIGITAL HEALTH SOLUTIONS

Harnessing the power of technology to develop new and innovative approaches to entrenched health issues

## HELLO SUNDAY MORNING

**Using technology to change Australia's relationship with alcohol**

Hello Sunday Morning provides a very public, social contract for individuals to commit to and be supported in changing their relationship with alcohol.

One-in-eight deaths of young people in Australia is attributed to the harmful use of alcohol. In an important movement towards the future of health, Hello Sunday Morning has developed a smartphone app to engage young people and help create a better drinking culture in Australia.

With our support this project will engage around 100,000 young Australians with the aim of reducing the harm experienced from alcohol, including violence, injury, and illness, as well as reducing mental health concerns.

*"I love the concept that you can change your attitude towards drinking; that you don't necessarily have to cut it out of your life completely."*

**24-year-old HSM member**

## DISABILITY SPORT & RECREATION

**Score! Program**

*Score!* provides a new approach to connecting Victorians with a disability, as well as their carers and families, with accessible and inclusive sport and recreation programs.

Our funding has assisted Disability Sport & Recreation to develop an interactive online portal that not only enables users to search and identify the right sport and recreation activity for them, it also gives them a say in how these activities are delivered. They can comment on and rate programs and venues, share their experiences with fellow users, and give providers valuable insight into whether they are meeting community needs.

At the end of its first year, 2,000 sport and recreation programs are listed on *Score!* and more than 2,000 users have registered.

*"Tom loves being part of a team and sport has helped him grow as a person. Score! makes it easy to research appropriate activities and plan our family's schedule."*

**Mother of Score! participant**



## SUPPORTING THE HUNTER

nib's connection to the Hunter spans more than 60 years and we remain committed to investing in the health and wellbeing of our local community



Photo: OzHarvest

## DUNGOG SHIRE COMMUNITY CENTRE

### Project Bounce Forward

In the wake of the catastrophic flood that hit the Upper Hunter township of Dungog in April 2015, we partnered with the local Community Centre to help them provide specialty support services to those affected by the natural disaster.

A grant from the foundation is assisting the Dungog Shire Community Centre to deliver the Community Renewal element of *Project Bounce Forward* during the 12 months following the crisis.

The funding employed a Community Renewal Project Officer, to ensure local residents have widespread access to information and services, as well as deliver a range of events and activities to help restore community spirit.

“To have someone who knows what we are going through and knows what is out there to help is great, because it is just so confusing and stressful.”

**Dungog resident**

## OZHARVEST NEWCASTLE

### Food Rescue Program

nib foundation has supported OzHarvest Newcastle since its establishment in 2010. Each day the organisation rescues good food from supermarkets and food outlets and distributes it free-of-charge to local charities serving those in need.

Over the past five years, our funding has helped OzHarvest rescue more than 1 million kilograms of food from across the region, and in turn provide the equivalent of 3 million meals to the Hunter's most vulnerable people.

The program continues to support more than 70 local agencies, allowing them to reduce their food budget and redirect this funding to other vital services such as case management and education programs.

“The Cessnock Samaritans branch would like to thank OzHarvest. The food they have provided has been just wonderful and has enabled us to help out a huge number of families.”

**Samaritans employee**



## LONG-TERM OUTCOMES

Many of our early partnerships continue to deliver positive health and wellbeing outcomes



Photo: The Alannah & Madeline Foundation

## THE ALANNAH & MADELINE FOUNDATION

### Buddy Bags Program

A one-off grant of just under \$100,000 in 2010 enabled Victorian-based The Alannah & Madeline Foundation to bring their successful *Buddy Bags Program* to the Hunter region. In doing so they supplied 12 refuges with 850 back packs of age customised, personal items; such as pyjamas, a book, toiletries and a teddy bear.

For children experiencing the trauma of escaping domestic violence and entering emergency care, having their own personal belongings is a first step in restoring a sense of safety and security.

Five years on, the program continues to make a positive difference in the Hunter region, with 15 domestic violence refuges and emergency foster care agencies participating in the *Buddy Bags Program*.

“Receiving a Buddy Bag puts smiles on faces of those children that need love and comfort in horrific times. It stops the tears and makes our job so much easier.”

**Refuge worker**

## DEBRA AUSTRALIA National EB Nurse Program

In 2009 as part of our first grant round, the foundation provided funding to help DEBRA expand their support of individuals and families living with Epidermolysis Bullosa (EB); a rare genetic skin blistering disease.

The \$100,000 grant enabled DEBRA to establish a specialist in-hospital nursing service to develop and foster a more holistic approach to EB care across Australia.

It is with pride and respect for DEBRA's ongoing fundraising efforts that we see this important program continue to support the EB community. It offers regular clinics, dressing advice, school liaison and education to assist health professionals in the management of this rare condition.

“I wish the EB Nurse Program was in place when my baby was born. Having an EB Nurse in the hospital system is a great support and makes things a lot easier.”

**Mother of a child with EB**

# GOVERNANCE AND GRANTS

## GOVERNANCE

nib foundation is a private ancillary fund (PAF) that provides financial support to Australian not-for-profits with Deductible Gift Recipient (DGR) status.

The nib foundation limited Board is an independent legal entity that comprises five volunteer Non-Executive Directors. The Board includes a range of business and community representatives who have an interest in the health and wellbeing of the Australian community, and in particular, the Hunter region.

The Board meets quarterly to set the foundation's strategic direction, guide investment decisions and play a major role in the selection and ongoing monitoring of our partnerships.

The Board has three standing committees - Investment Committee, Due Diligence Committee and Partner Selection Committee – to which certain responsibilities have been delegated.

## HOW WE ARE FUNDED

nib foundation was established in 2008 with a \$25 million donation from nib health funds, which was raised through the issue of new shares at the time of its listing on the Australian Securities Exchange (ASX) in November 2007.

Our corpus is invested and being managed to allow us to continue to support community health benefits for 20 to 25 years. The corpus balance at 30 June 2015 was approximately \$21.5 million.

## OUR GRANT PROGRAMS

Each year, we provide more than \$1.5 million in funding to support a range of Multi-Year Partnerships and Community Grants.

Our support is focused on young people and carers, funding programs that provide unique and practical approaches to improving health outcomes for these two groups.

An advocate in supporting healthy communities, we aim to fund programs that are sustainable and make a positive impact on the lives of Australians, now and for future generations.

The foundation welcomes all enquiries regarding our grant programs and potential project ideas. More information about funding eligibility, assessment criteria and the grant application process can be found at [nibfoundation.com.au](http://nibfoundation.com.au)



Photo: Australian Drug Foundation

## MULTI-YEAR PARTNERSHIPS

- Multi-year grants of \$50,000 to \$500,000 per year
- Develop and pilot sustainable new approaches and emerging concepts
- Preference for health promotion and prevention of prevalent health issues
- Partnerships are identified by a proactive approach only
- Programs must have the potential to be scaled, replicated and evaluated

## COMMUNITY GRANTS

- One-off grants of \$5,000 to \$50,000 to Australian charities with DGR status
- Projects that run for up to 12 months
- Support locally-based health initiatives across Australia
- Competitive, application-based annual grant round
- Application form and Grant Guidelines available to download at [nibfoundation.com.au](http://nibfoundation.com.au)

## CONTACT

[nibfoundation.com.au](http://nibfoundation.com.au)

Please contact the foundation office on (02) 4914 1773 or [enquiries@nibfoundation.com.au](mailto:enquiries@nibfoundation.com.au)

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**2016 COMMUNITY GRANT ROUND OPEN 1 - 30 JUNE**



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