



# COMMUNITY REPORT 2016-17

The nib foundation logo, featuring the word "nib" in a bold, lowercase, sans-serif font, followed by the word "foundation" in a lowercase, cursive script font. The entire logo is white and set against a dark green background.

# HIGHLIGHTS

**\$1.7m**   
GRANTS PAID IN FY16

**28 PROJECTS**  
SUPPORTED IN FY16

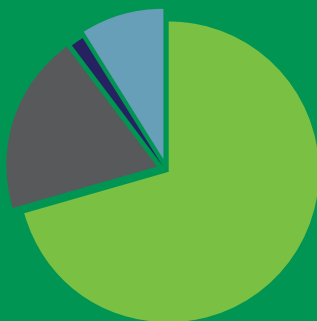
TOTAL GRANTS  
PAID SINCE 2009 **\$14.6m**

TOTAL PARTNERSHIPS



**105**

FY16 GRANT PORTFOLIO



|                         |             |
|-------------------------|-------------|
| Multi-Year Partnerships | \$1,198,971 |
| Community Grants        | \$326,238   |
| Flexible Grants         | \$150,000   |
| Good Cause Grants       | \$20,000    |

**TOTAL \$1,695,209**

COMMUNITY GRANTS



YOUTH  
**58%**

CARERS  
**42%**

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# MESSAGE FROM THE FOUNDATION

Now in our eighth year of operation, the most rewarding and humbling part of our work continues to be meeting the people who have their lives changed by the programs we support and the generous individuals who bring these ideas to life.

During 2016 we have been fortunate to spend time with many of our partners, with some of our memorable experiences being:

- Joining Dungog residents to mark the one-year anniversary of the April 2015 storms. We heard many personal stories of strength, kindness and courage as members of this close-knit community rebuild their lives;
- Spending a morning with the young women in Bateau Bay PCYC's Go Girls program and seeing how they are developing self-confidence and life skills; and
- Meeting several stroke survivors and their carers at the Stroke Foundation's launch at Campbelltown Hospital and hearing how valuable services like My Stroke Journey have helped after a stroke.

During the year, we engaged specialist consultants Social Ventures Australia (SVA) to facilitate our strategic review and help us examine the outcomes we are seeking from our community investments, as well as assist us to develop a clear focus for the coming years.

As part of this process, SVA conducted a series of interviews with our current long-term partners. It was pleasing to receive consistent feedback that our partners value our willingness to take a risk on innovation, to make long-term funding commitments and that they felt the partnership was one of trust, transparency and flexibility. Equally important, the survey also helped us identify some areas for improvement and several opportunities to add further value. Steps have already been taken to address these areas.

**Our new strategy is underpinned by the fact that far too many Australians die prematurely or live with suboptimal health and wellbeing related to chronic illness.**

Research tells us that much of this burden of disease could be prevented by reducing exposure to lifestyle risk factors. This is the rationale behind our decision to focus our Multi-Year Partnership program on helping



younger Australians live healthier lives by not smoking, reducing risky alcohol consumption, eating well, maintaining a healthy diet and getting active. We have already been achieving success in this space, for example through our partnership with Hello Sunday Morning's online alcohol behaviour change technology.

**The focus of our Community Grant program remains the health and wellbeing of vulnerable youth and carers.**

We are proud to announce 10 new Community Partners in this report, taking our total number of partnerships since establishment to 105.

**Our new strategy adopts a portfolio approach, with two new grant streams introduced.**

Flexible Grants reflect our desire to respond in an agile way to needs as they arise. This year for example, we supported the Hunter Institute of Mental Health's *Living well through the HSC* event for Hunter students and their families.

We are also enabling nib employees to support causes close to their heart through our annual employee nominated and voted Good Cause Grants initiative.

During the year we appointed our first nib health funds representatives to our Board of Directors, recognising that closer involvement with our founder will be positive for the foundation, nib and our stakeholders. We warmly welcome Matthew Neat and Michelle McPherson to the Board and extend our thanks to outgoing directors, Morgan Jones and Brenda Read.

**We thank our charity partners and their dedicated teams for their commitment to helping people across Australia live healthier and happier lives.**

We hope you enjoy learning more about their incredible work in our Community Report.

# NEW COMMUNITY PARTNERS

Our Community Grants program focuses on supporting young people and carers by funding programs that provide unique approaches to improving their health and wellbeing outcomes. This year's partnerships once again demonstrate how a modest amount of funding can assist a dedicated not-for-profit group to make a real difference by tackling a unique issue within its own community.

## WE DIRECT OUR FUNDING TO PROGRAMS THAT:

- ✦ support vulnerable and at-risk individuals to improve their physical, mental and social wellbeing;
- ✦ build capacity to cope with health challenges through improved resilience, social connectedness, mentoring and peer support;
- ✦ facilitate access to reliable, current and targeted health information and education; or
- ✦ trial new and improved ways of tackling entrenched health problems.



## 2016 COMMUNITY PARTNERS

We've partnered with 10 new organisations from across Australia through our 2016 Community Grants program.

### CONSTABLE CARE CHILD SAFETY FOUNDATION

The Youth Interactive Film Project is a state-wide film competition that encourages young people to develop an online interactive film that addresses issues relating to youth mental health and community safety.

WA

### HEMISPHERECTOMY FOUNDATION AUSTRALIA

Deliver a series of educational workshops to the families and carers of hemispherectomy children to improve rehabilitation knowledge, and in turn achieve optimal health and wellbeing outcomes.

QLD

### HUNTER INSTITUTE OF MENTAL HEALTH

Support for carers of people with an eating disorder in the Hunter region through the development and delivery of educational materials and interactive online resources.

Hunter, NSW

### HUNTER MEDICAL RESEARCH INSTITUTE

Nutrition Connect is a telehealth nutrition intervention platform that links rural families with health professionals, providing education and support on healthy eating habits for young people.

Hunter, NSW

### LIFE SAVING VICTORIA

Build capacity and develop social inclusion for CALD youth through an aquatic skills and education program that also aims to reduce fatalities and other water-related injuries.

VIC

### PALLIATIVE CARE AUSTRALIA

Develop a registry of support app for the primary carers of people with a life-limiting illness to help manage their own needs and maintain their sense of wellbeing.

National

### PATH 2 CHANGE

Develop life and coping skills for homeless youth with mental health barriers. This unique fitness-based program encourages community connection and motivation to pursue education, training and employment goals.

Hunter, NSW

### STARS FOUNDATION

A targeted healthy lifestyle education program for young indigenous girls, encompassing mentor support and knowledge from selected experts, to encourage participants to lead healthier lives resulting in happier futures.

NT

### THE PLACE: CHARLESTOWN COMMUNITY CENTRE

Reinstate the Young Parents Group that facilitates social connection and provides access to training and support to help improve the mental and social wellbeing of young parents and build their capacity as parents.

Hunter, NSW

### UPPER HUNTER COMMUNITY SERVICES

Delivery of mental health first aid courses for year 10 and 11 students, parents/carers and teachers at Muswellbrook High School, to assist adolescents who are at risk of developing or already experiencing mental health problems.

Hunter, NSW



# COMMUNITY PARTNERS

## YOUTH IN FOCUS

This year, our Community Grants supported several innovative programs and initiatives across Australia that focused on the health and wellbeing needs of vulnerable youth.



**8 PROJECTS**



**\$187,668 IN FUNDING**



**2,404 BENEFICIARIES**

### HIGHLIGHTS

- + Intensive small group programs helped vulnerable young women gain life skills and social connectedness
- + Aboriginal youth shared positive mental health messages with their peers through film production
- + Youth ambassadors were mentored to lead health promotion in their communities
- + New youth friendly education resources focused on four important issues; domestic violence, oral health, ear health and mental health
- + Young people participated in creative programs to help heal, learn, connect and grow

"The videos remind our youth about the good things in life, the important role of friendship and to always remember that we have an inner strength via our ancestry."

**Steven Oliver, Creative Director, BIMA**



Photo: Brisbane Indigenous Media Association

## BRISBANE INDIGENOUS MEDIA ASSOCIATION

### Young People Keeping Strong

Brisbane Indigenous Media Association (BIMA) is helping to address the critical rate of youth suicide among Aboriginal and Torres Strait Islander communities in Queensland through the creation and distribution of visual stories.

This program takes a strengths-based approach and encourages protective behaviours through the storytelling of indigenous community experiences, and also enables BIMA students to gain media production skills.

Featuring local youth and high profile indigenous people, the videos address factors that contribute to indigenous youth suicide rates, which are more than four times higher than that of non-indigenous children. Through education and shared experience the program is empowering young people to help close this gap.

## BATEAU BAY PCYC

### Go Girls

The Bateau Bay PCYC has been working to reduce high local rates of risky behaviour among young women through its Go Girls initiative; a capacity building program for at-risk 12 to 16 year olds.

Our continued funding saw the delivery of a new-look program that features a holistic approach to developing good mental health. It aims to develop skills and resilience that will positively impact the future outlook for young women and also reduce their contact with the juvenile justice system.

Three 10-week programs facilitated by PCYC in 2016 mentored 25 girls through a combination of small group fitness and skill-building activities focused on topics such as domestic violence, cyber safety, sexting, body image, mental health and goal setting.



"Go Girls has empowered me to be confident and not afraid to be a leader. I am able to make good choices now."

**Mickayla, participant**

Photo: Bateau Bay PCYC

## TANTRUM YOUTH ARTS

### Opening Doors

Opening Doors by Tantrum Youth Arts is an interactive theatre in-education experience that aims to inform and empower senior high school students about the issues of domestic violence and sexting through the engaging medium of live performance.

The audience interact with performers, counsellors and legal service providers during and after the show, providing a unique way of engaging students.

Through their participation in the show, young people from 13 schools across the Central Coast and Hunter region were exposed to the complexities surrounding domestic and cyber safety.

With almost 30,000 incidents of domestic assault reported in NSW during 2014, Opening Doors has started insightful and practical discussions among the region's youth to improve this statistic.



"The way our students interacted with actors and support services shows how the presentation clearly stimulated our students' thoughts and ideas. Very worthwhile."

**Teacher, Swansea High School**

*Photo: Tantrum Youth Arts*

## EARBUS FOUNDATION OF WESTERN AUSTRALIA

### Youth Ear Health Ambassadors

The Earbus Foundation of Western Australia is a children's charity that works with experts from education, health and community to reduce the incidence and impact of middle-ear disease in Aboriginal children living in remote and regional areas.

Our funding enabled the Earbus Clinical team to establish a youth ambassador program during their visits to remote communities in the Goldfields and Pilbara regions. The project identified and developed 65 young Ear Health Ambassadors in these communities where a high percentage of Aboriginal children suffer from ear health issues. The ambassadors have developed knowledge and skills to champion good ear health at a grassroots level, another important step in efforts to break the intergenerational cycle of the disease.



*Photo: Earbus Foundation of Western Australia*

"This opportunity for leadership has had a positive flow-on effect for the Ambassadors, with school staff having witnessed them positively encouraging others."

**Deputy-Principal, WA**



# COMMUNITY PARTNERS CARERS IN FOCUS

Supporting and empowering Australia's dedicated carers continues to be a key focal area. This year we funded four Community Grants that focus on the needs of this group through education, support and social connectedness.



**4 PROJECTS**



**\$138,570 IN FUNDING**



**2,022 BENEFICIARIES**

## HIGHLIGHTS

- + Parent carers of children with special needs shared vital peer learning and support
- + Group programs increased carers' connection to the community, helping to reduce social isolation
- + Targeted and accessible health education resources were developed to meet carers' needs
- + New approaches were piloted to better support mental health carers in the community
- + Workshops helped carers learn new skills and access information and services to help them better support loved ones and themselves



"It's like a flight when the oxygen masks go down: you have to put the mask on yourself first before you can put it on others."

**Crystal, Carer**

*Photo: beyondblue*



"The program is great as it imparts the importance of school choices and considerations. Starting the process by visiting schools has greatly settled my stresses about choosing."

**Participant, Down Syndrome Association of Victoria**

*Photo: Down Syndrome Association of Victoria*

## BEYONDBLUE

### Guiding Their Way Back

beyondblue's Guiding Their Way Back Program is developing a collaborative new approach to supporting carers with the necessary skills and resources to respond appropriately following a suicide attempt of a loved one. The program delivers an evidence-based understanding of suicidal behaviour, skills to manage difficult conversations and tips for carers on the importance of managing their own wellbeing.

This Hunter-based pilot program is a response to the serious issue of suicide, which is currently the leading cause of death in Australia for people aged between 15 and 44 years. The initiative aims to fill a gap to better support mental health carers in the community.

## DOWN SYNDROME ASSOCIATION OF VICTORIA

### Navigating the Education System

Down Syndrome Victoria has developed an education resource series to provide information and advice that better prepares parents of a child with Down syndrome for all stages of their schooling.

Navigating the Education System provides a much-needed resource for families of a child with Down syndrome, the most common genetic disability with one in every 700-900 Australian children born with the condition.

During 2016, the program delivered six support workshops to around 150 parents and carers, as well as a series of resource guides to assist parents during what is often a very stressful and challenging time.

# MULTI-YEAR PARTNERSHIPS FOSTERING HEALTHY ATTITUDES

Lifestyle risk factors such as poor diet, physical inactivity and risky alcohol consumption continue to be leading causes of poor health in Australia today. Our Multi-Year Partnerships support innovative health prevention initiatives that help people live healthier lives. We believe prevention is better than cure, which is why we are committed to partnerships that foster long-term preventative health outcomes.



Photo: Hello Sunday Morning



Photo: Hello Sunday Morning

## HELLO SUNDAY MORNING

### Developing technology to change Australia's relationship with alcohol

Hello Sunday Morning is a movement towards a better drinking culture. The organisation's online programs have supported more than 120,000 Australians to change their relationship with alcohol.

Our funding support during 2015 and 2016 helped Hello Sunday Morning adapt their unique alcohol behaviour change technology to a mobile environment, with the first challenge-tracking app, HSM, downloaded over 27,000 times.

The latest app, Daybreak, was developed and launched in 2016 and combines elements of brief intervention, motivational interviewing, cognitive-behavioural therapy and peer support to build long-term engagement for members through tailored care that helps them track their progress, set goals and stay motivated.

Early indications from several independent evaluations suggest the program is effective with members who completed six month follow-ups reducing their risk of alcohol-related harm and consumption by up to 50%.

We are excited to continue our partnership with Hello Sunday Morning in the coming years to support the development, implementation and evaluation of on-demand health coaching delivered through Daybreak. This first of its kind service will fill a current service gap helping more Australians to reduce their alcohol related health risks.

"It's easy to develop unhealthy drinking habits in our modern lifestyle. We build technology that's aimed at making it just as easy to change them - from wherever your relationship with alcohol is to wherever you want it to be."

**Chris Raine, Founder & CEO, Hello Sunday Morning**

- ✦ Alcohol is one of the largest contributors to preventable disease burden in Australia<sup>1</sup>
- ✦ Approximately 5,500 Australians die and 150,000 are hospitalised every year from alcohol-related issues; more than our suicide rate and road toll combined<sup>2</sup>
- ✦ In 2016 drugs and alcohol were the number one concern for young Australians<sup>3</sup>
- ✦ There is limited support available to the 32% of Australians who drink at mild and moderate risk levels<sup>4</sup>

1. Australian Institute of Health and Welfare, Australian Burden of Disease Study, 2011  
 2. Alcohol's Burden of Disease in Australia report, 2014  
 3. Mission Australia Youth Survey, 2016  
 4. New Horizons: The review of alcohol and other drug treatment services in Australia, 2014



# MULTI-YEAR PARTNERSHIPS DEVELOPING A HEALTHY CULTURE

Our Multi-Year Partnerships support new approaches that help everyday Australian youth and young adults to make healthy lifestyle choices through:

- + Increasing health knowledge and skills
- + Improving health-related attitudes and beliefs
- + Developing and maintaining motivation for behaviour change



Photo: Alcohol and Drug Foundation



- + The majority of Australian children between the ages of 9 and 17 years participate in organised sport outside of school<sup>1</sup>
- + Sporting clubs play a key role in shaping attitudes, beliefs and behaviours about alcohol, healthy eating and conduct among young people<sup>1,2</sup>
- + 45% of men and 41% of women aged 18-30 involved in sporting clubs drink at levels known to harm long-term health<sup>3</sup>
- + Sporting clubs may contribute to the national obesity epidemic due to high-calorie menu choices and limited promotion of healthy eating<sup>3,4</sup>

1. Australian Bureau of Statistics, 2012
2. Journal of School Health, 2003
3. Australian Drug Foundation "A New Game Plan", (2012)
4. Australian and New Zealand Journal of Public Health, 2010

## ALCOHOL AND DRUG FOUNDATION

### Good Sports Junior

Good Sports Junior supports sporting clubs in creating healthier and safer environments for children and families with a view to improve long-held cultures and beliefs surrounding the relationship between sport and lifestyle factors such as alcohol, drugs, conduct and diet.

We are pleased to have already seen substantial impact on Australian youth and sporting communities, reaching over 90,000 people through more than 280 sporting clubs participating in this three-year pilot program.

Alcohol and Drug Foundation Project Officers support clubs on a self-paced journey to improve attitudes, policies and practices. The Good Sports Junior program provides clubs with a health promotion framework that includes:

- + Resources to inform parents of the relationship between alcohol and sport, and the importance of role modelling;
- + Practical tips and policies to increase availability of healthy food at club canteens; and
- + Behavioural prompts such as posters and signage to challenge existing attitudes and embed improved club practices.

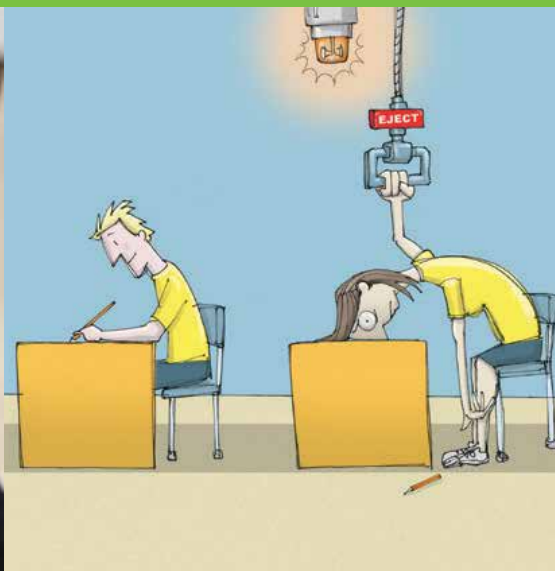
#### The program is designed to achieve the following long-term impacts:

- + Increased opportunities for health promotion in junior sporting clubs;
- + Decreased incidence associated with alcohol and drugs and poor social behaviour in community sporting clubs;
- + Increased consumption of healthy food and beverages among parents and young people;
- + Improved viability of sporting clubs through increased revenue and membership; and
- + Improved health, wellbeing and resilience of young people through sports club setting.

# MULTI-YEAR PARTNERS

## SUSTAINABLE IMPACT

We have been fortunate to work for many years in partnership with a number of incredible organisations that share our vision to create and embed long-term health benefits in our communities. In 2016 we farewell the following partners and wish them luck on the next steps of their journey.



### GIDGET FOUNDATION

#### Emotional Wellbeing Program

- ✚ \$485,100 in funding
- ✚ Six-year partnership
- ✚ Developed a ground-breaking, evidence-based and scalable model of screening pregnant women for perinatal anxiety and depression

"The Emotional Wellbeing Program has helped 3,500 pregnant women at North Shore Private Hospital and we are thrilled to share our model with other interested hospitals so more families can benefit from this vital service."

**Catherine Knox, CEO, Gidget Foundation**

### BLACK DOG INSTITUTE

#### Headstrong 2.0

- ✚ \$640,000 in funding
- ✚ Four-year partnership
- ✚ This unique and engaging mental health awareness program reached almost 2,800 Australian secondary schools resulting in improved mental health literacy and a reduction in stigmatising attitudes among young participants

"Ongoing support enabled us to monitor and adapt the method of delivery to a digital platform so that teachers, students and parents were supported with relevant and accessible online resources."

**Professor Helen Christensen, Director and Chief Scientist, Black Dog Institute**

### CANTEEN

#### CanTeen Counselling Service

- ✚ \$2,488,971 in funding
- ✚ Six-year partnership
- ✚ Piloted, evaluated and scaled a new national counselling program that delivers around 3,000 sessions each year to support young people affected by cancer

"Thanks to the longevity of our nib foundation partnership, we have been able to evolve the counselling service from a pilot program to the point where it has now become a sustainable part of core service delivery that will continue well into the future."

**Peter Orchard, CEO, CanTeen**

### STARLIGHT CHILDREN'S FOUNDATION

#### Livewire

- ✚ \$1,874,064 in funding
- ✚ Four-year partnership
- ✚ This first of its kind in-hospital program now delivers more than 30,000 creative sessions annually, providing invaluable social connections and positively impacting the wellbeing of hospitalised teens around Australia

"After a Livewire session I notice improved mood, decreased anxiety, distraction from problematic thoughts, a more inclusive group, happier, less bored and frustrated kids."

**Nurse, Royal Children's Hospital Melbourne**



# FLEXIBLE GRANTS

To help us respond in an agile way to needs as they arise, we have established a flexible grants program that allows us to support emergencies or one-off causes. We develop partnerships on an ad-hoc basis with funding provided to health and wellbeing causes that meet identified needs.

## HUNTER INSTITUTE OF MENTAL HEALTH

### Living well through the HSC

One of the first grants we provided during 2016 as part of our new Flexible Grants program allowed Hunter Institute of Mental Health to deliver a *Living well through the HSC* event where students, parents and carers in the Hunter region were given the opportunity to learn practical skills and knowledge to increase resilience and learn how to manage HSC stress.

With 240 people taking part, the program helped students and their families during a high risk period for the onset of mental illness, with a recent study by the University of New South Wales' School of Education reporting 42% of Year 12 students registered anxiety symptoms high enough to be of clinical concern.

Presented by Dr Michael Carr-Gregg, one of Australia's leading authorities on teenage behaviour, the workshop helped participants learn ways to study smarter, deal with stress, keep things in perspective, and access practical support through smart phone apps.

"Students facing the HSC need to remember that they are not their ATAR and that life will still be worth living irrespective of their score."

Dr Michael Carr-Gregg, Child Psychologist

# GOOD CAUSE GRANTS

Through our annual Good Cause Grants, launched in 2015, we enable nib health funds' employees to support causes close to their hearts. To date the following organisations have been selected to receive a \$5,000 funding boost through the employee nominated and voted program.

## HEARTFELT

Families affected by premature births, stillbirths or children suffering serious illness are given the gift of photographic memories.

## THE KIDS CANCER PROJECT

Important research and trials for new treatments of childhood cancers are funded through this initiative.

## BEYONDBLUE

Australians experiencing depression and anxiety are supported through mental health management and resilience services.

## RONALD MCDONALD HOUSE

This donation will help extend and refurbish the in-hospital family room for families of sick children at the John Hunter Children's Hospital in NSW.

## BEAR COTTAGE

Children suffering life-limiting conditions are provided with care and their families supported.

## ALZHEIMER'S AUSTRALIA

Families, carers and sufferers of dementia receive crucial support services, education and information.

## OUR BACKYARD (CAR2HOME)

Individuals and families who are sleeping in cars are supported with a safe, private space to stay.



Photo: Hunter Institute of Mental Health



Photo: Heartfelt

## 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 seven volunteer Non-Executive Directors. The Board includes a range of business and community representatives with 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 initiatives for 20 to 25 years. The corpus balance at 30 June 2016 was just under \$20 million.

## OUR MISSION

To help people and communities live healthier lives.



Photo: nib health funds employees

## GRANTS

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

### MULTI-YEAR PARTNERSHIPS

We foster a small number of long-term partnerships that deliver health promotion and primary prevention programs to equip younger Australians make healthier lifestyle choices.

In 2016, we focused our Multi-Year Partnerships to target preventable health risks including alcohol consumption, physical inactivity, poor diet and obesity.

Our Multi-Year Partnerships:

- + Develop unique and game-changing approaches to encourage positive health behaviour change
- + Use new and existing technology and digital health solutions
- + Create a community of support that encourages health promoting behaviours
- + Are multi-faceted and work to foster cultural change as well as providing individual level support
- + Collaborate to translate new evidence into practice in the community in a way that is practical, scalable and sustainable

### COMMUNITY GRANTS

Every year we fund a wide range of community-based health initiatives that help vulnerable and disadvantaged people to improve their physical, mental and social wellbeing. Our community grants focus on the needs of carers and young people.

- + Applications are invited to our annual grant round
- + One-off grants of \$5,000 to \$50,000 to Australian charities with DGR status
- + New and existing projects that run for up to 12 months
- + Support locally-based health initiatives across Australia
- + Download grant guidelines and application form at [nibfoundation.com.au](http://nibfoundation.com.au)

**2017 COMMUNITY GRANT ROUND**  
1 to 31 May 2017

**2017 MULTI-YEAR PARTNERSHIPS**  
EOIs close 17 March 2017

Download grant guidelines and application forms at [nibfoundation.com.au](http://nibfoundation.com.au)

## CONTACT

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