

Community Report



nib foundation

2017
2018

OUR MISSION

To help people
and communities
live healthier
lives.

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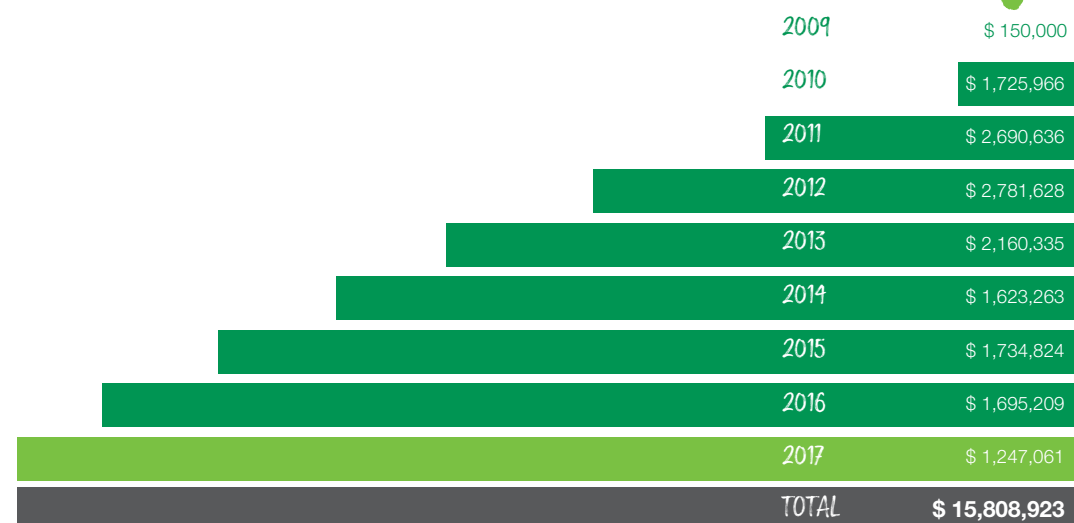
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Photo: The Place, Charlestown

Highlights

TOTAL NUMBER OF PARTNERSHIPS 105
TOTAL GRANTS PAID TO FY17 \$15.8 MILLION



GRANTS PAID IN FY17 \$1.2 MILLION
NUMBER OF PROJECTS SUPPORTED IN FY17 26



Message from the foundation

It remains our great privilege to help people live healthier lives through our funding of effective and practical community health initiatives across Australia. During the year we funded our 100th project, ending the 2017 financial year with total distributions to date of \$15.8 million.

2018 will see our new strategic focus on preventative health come to life. Nearly half of all Australians are now living with a chronic health condition, and even though we know nearly a third of this burden of disease is attributable to potentially preventable risk factors, just 1.5% of our national health spending is allocated to prevention. Based on this compelling need for more investment in prevention, we are excited to have several new Multi-Year Partnerships commencing that focus on empowering people to reduce modifiable risk factors associated with poor health.

We remain committed to helping effective programs progress towards sustainability and scale, ensuring lasting community benefit beyond our funding. For example, in the past three years our partnership with the Alcohol and Drug Foundation has adapted the successful *Good Sports* program to focus on creating healthy sporting club environments for junior players and their families. Strong uptake of the *Good Sports Junior* program by 475 clubs during this pilot, and promising evaluation data pointing to the program's effectiveness, made our

decision easy to extend our support for a further two years to enable expansion of this health promotion program nationally.

We are also pleased to continue our long-standing partnership with food rescue organisation OzHarvest, including a three-year commitment that's currently helping to establish the service's Western Australia operations. Closer to our Hunter region, we are thrilled to continue to work closely with OzHarvest Newcastle, approving a further three years funding to 2020. Collectively these grants to OzHarvest of \$680,000 over 10 years represent our longest partner commitment to date.

With 85% of Australians now regular internet users and over 26 million mobile handsets nationally, the central role of innovative digital solutions in tackling persistent health challenges continues to be reflected in our funding decisions, with all of our current Multi-Year Partnerships harnessing the power of technology to achieve their objectives.

Our annual Community Grant program continues to focus on the unique and often unmet needs of young people and carers. Some recent results are profiled in this report and we are also pleased to announce the 11 recipients of the 2017 Community Grants who will deliver programs in communities across Australia supporting vulnerable youth and carers in the coming year.

In line with our strategy to leverage the broader nib Group, we recently launched a corporate volunteering program, nibGIVE, which offers more ways for our people at nib to contribute to the communities in which they live and work. We are well placed to match the skills and interests of nib's employees with the needs of our charity partners and are excited about the potential nibGIVE will add to our partnerships.

We also supported nib's fundraising efforts during the year, matching employee donations to the Mark Hughes Foundation dollar for dollar. Pleasingly, this saw us turn \$5,000 in employee contributions into a \$10,000 total donation towards brain cancer research conducted at the Hunter Medical Research Institute.

Finally, we would like to thank the dedicated volunteers that are such an important part of every charity we partner with, and also recognise the committed and professional teams that we are lucky enough to work with. It is through these amazing organisations that we are able to deliver our mission to help people and communities live healthier lives.

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New Community Partners

Through our Community Grants program we provide support to grassroots initiatives that focus on tackling key health and wellbeing issues facing vulnerable youth and carers across Australia.

We've partnered with 10 new organisations from across Australia through our 2017 Community Grants program.

CAMP QUALITY

Provide life guard and first aid training to volunteers to improve education and increase capacity of Camp Quality programs and events.

NSW/ACT

PENRITH WOMEN'S HEALTH CENTRE NSW & ACT

Delivery of a wellbeing retreat for senior CALD women that encourages connectivity, learning, social inclusion and taking care of one's physical and mental health.

NSW

DIABETES NSW & ACT

Support informal carers of children with Type 1 diabetes through training workshops that equip participants with the necessary skills to confidently undertake their role.

NSW & ACT

SYLVANVALE FOUNDATION

The Inclusive Classroom project is a therapeutic permaculture space that promotes healthy lifestyles and social connections for children and young people of all abilities.

NSW

ARTHRITIS QUEENSLAND

A series of six-week self-management courses to assist young people with arthritis to successfully transition into the adult health system.

QLD

FAMILY PLANNING NSW

Interactive workshops for parents and carers of young people with intellectual disability to equip them to navigate sexuality and healthy relationships.

NSW

WAVES OF WELLNESS

The WOW Surfing Experience is a program for young people experiencing mental health issues, which uses surf therapy and social connection to improve mental health and wellbeing.

Lake Macquarie, NSW

CONSERVATION VOLUNTEERS AUSTRALIA

Newcastle's first Green Gym outdoor program is designed to improve carers physical ability and reduce social isolation through eco-friendly group-based activities.

Hunter, NSW

NPY WOMEN'S COUNCIL ABORIGINAL CORPORATION

Improve mental health amongst Aboriginal youth by developing a mindfulness-based meditation program for schools and communities scripted in local languages.

NT, SA & WA

YOUTH OFF THE STREETS

Support youth struggling with addiction through the Teen SMART program that reduces stigma and focuses on peer support and building self-management skills.

Hunter Valley, NSW





Partner achievements

We are proud of the results achieved by our partnerships with various local and national charities across Australia and are thrilled to be able to support impactful initiatives that help thousands of Australians live healthier lives. Our partnerships are a great example of how a modest amount of funding can help local not-for-profit groups make a real difference by tackling identified needs in their own community.

PARTNER HIGHLIGHTS

OzHarvest Our support of Newcastle and WA helped OzHarvest to deliver 75 million meals across Australia to individuals and families in need.

Dungog *Project Bounce Forward* provided support to help the Dungog community bounce back following the 2015 floods that devastated the local region.

The Place Charlestown The *Young Parents Group* supported 55 young mums and dads in 2017 to improve their mental and social wellbeing and build their capacity as parents.

Palliative Care Australia The *AllowMe!* mobile app provides a practical forum for carers to communicate to family members and friends how they can help share the workload.

Fostering healthy attitudes to alcohol

Harmful alcohol consumption is responsible for thousands of preventable deaths in Australia each year and is a significant contributor to disease burden mostly notably through injuries, mental health disorders, cancers and cardiovascular diseases.

With nearly one in five Australians still drinking at risky levels we continue to focus our Multi-Year Partnerships on supporting the development and delivery of innovative health promotion and primary prevention programs that foster healthy attitudes towards alcohol for young people and adults.

Photo: Hello Sunday Morning

HELLO SUNDAY MORNING MOBILE HEALTH COACHING

Hello Sunday Morning is a movement towards a better drinking culture using cutting-edge technology to reduce alcohol-related harm.

Our funding will deliver Mobile Health Coaching as part of the *Daybreak* app. Providing easy online access to personalised, professional support, *Daybreak* Health Coaches is the first dedicated chat-based service for Australians who want to make better drinking choices. The goal is to assist 4,500 people to reduce risky drinking levels by an average 35-50% by the end of 2018.

ALCOHOL AND DRUG FOUNDATION GOOD SPORTS JUNIOR

Sporting clubs play a key role in shaping young people's attitudes, beliefs and behaviours towards alcohol consumption and other lifestyle related health risks including diet and tobacco use.

Following the successful uptake of the *Good Sports Junior* program of 450 clubs by 2017, we are delighted to continue our partnership for an additional two years. This will enable national expansion of the program, reaching almost 310,000 junior players, and engaging parents as role models of healthy behaviour at sport.

Did you know?

Alcohol is responsible for 5,500 deaths every year – that's greater than Australia's suicide rate and road toll combined.

Alcohol contributes to over 150,000 Australian hospitalisations annually.

The estimated economic cost to society of alcohol-related harm is \$14 billion each year.

Healthy habits for healthy minds

One in five Australians experience a mental illness in any year. Lifestyle risk factors such as poor diet, physical inactivity and higher alcohol and tobacco consumption often go hand in hand with mental illness affecting a person's health and wellbeing.

Our Multi-Year Partnerships continue to focus on supporting health prevention initiatives that encourage people to develop healthy habits for a healthy mind.

Did you know?

Depression is the leading cause of ill health and disability worldwide.

An estimated 45% of Australian adults will experience a mental health condition in their lifetime.

Better mental health is linked to more frequent physical activity, lower alcohol intake and more regular sleep patterns.

SMILING MIND

BUILDING HEALTHY HABITS FOR HEALTHY MINDS

Smiling Mind is one of Australia's leading online providers of positive pre-emptive mental health programs and promotes the benefits of mindfulness as a daily practice to improve physical and mental health and wellbeing.

Our partnership in the coming three years will develop the new *Building Healthy Habits for Healthy Minds* program accessible on the existing Smiling Mind mobile app. The program involves a home-based mindfulness meditation program designed to empower Australian adults to take positive, proactive action to look after their mental health every day.

Building on the existing mobile app, this project will develop additional mindfulness-based activities, interactive exercises and meditations that address the protective factors associated with mental health: sleep quality, social connection and developing coping skills and resilience.



Supporting healthy food habits

Poor dietary habits now account for the greatest proportion of our national burden of disease contributing to the risk of obesity, high blood pressure, type 2 diabetes, cardiovascular disease and some cancers. We're targeting the issue at its core by supporting nutrition-based primary prevention programs that help Australians develop healthier food habits.

UNIVERSITY OF NEWCASTLE SWAP-IT

By working with schools and utilising the existing school-home communication app Skoolbag, *SWAP-It* provides parents and carers of primary school aged children with support to SWAP in healthy "everyday" foods and SWAP out unhealthy "sometimes" foods in the lunchbox.

Improving lunchboxes makes a significant difference to children's daily food intake, and with over 135,000 kids lunchboxes packed in the Hunter New England every day, we are excited about the potential of *SWAP-It* to help kids grow, learn and form good food habits for life.

UNIVERSITY OF NEWCASTLE NUTRITION FOR YOU

The *Nutrition for You* program will create a comprehensive nutrition platform to help motivate and support young Australian adults to adopt healthy eating behaviours, reducing the risk of preventable chronic disease.

The project is estimated to support 60,000 individuals to eat healthier by providing streamlined web access to evidence-based dietary tools, The Healthy Eating Quiz and the Australian Eating Survey. In addition, they will receive personalised dietary assessments with feedback and advice from trusted health experts on how to improve dietary patterns.

Did you know?

In Australia, 63% of adults and 27% of children are overweight or obese.

Only 3% of young Australian adults (aged 18-24 years) meet the dietary guidelines for recommended daily serves of fruit and vegetables.

Obesity represents a significant health and social burden costing our country an estimated \$58 billion per year.

nib in the Community

nibGIVE

nibGIVE is our new corporate volunteering program, with a twist! We carefully match nib employees with a charity that can utilise their particular skillset. Whether it's in finance, marketing, cooking or comedy - it is our mission to provide skilled volunteers to the charity that will benefit the most.

We're thrilled to be partnering with nib to create an impactful boutique program that embodies our shared value of helping others.

MAD COMMITTEE

In October, a group of 28 supporters of the Mark Hughes Foundation trekked to Mount Everest Base Camp to raise funds for Hunter Medical Research Institute's brain cancer research.

While the trek team were battling lost baggage, freezing temperatures, rain and altitude sickness, nib employees were following their every step, with the MAD 'Make a Difference' Committee raising \$5,000 in support of brain cancer research.

The foundation got behind this initiative matching the funds raised by nib employees during the Everest Challenge to collectively donate \$10,000 to their cause.

GOOD CAUSE GRANTS

Through our annual Good Cause Grants program, nib employees are invited to nominate and vote for their choice of charity to receive a \$5,000 grant. The following five causes were selected as part of our 2017 Good Cause Grants initiative:

LIVIN' – destroying the stigma attached to mental illness and spreading the word that #ItAintWeakToSpeak.

Hunter Medical Research Institute – supporting vital cancer research.

Heartfelt – a network of volunteer photographers who provide the gift of photographic memories to families of stillborn babies and seriously ill children.

Beyondblue – helping all Australians achieve their best possible mental health, whatever their age and wherever they live.

Leukaemia & Blood Cancer New Zealand* – committed to improving the quality of life for patients and their families living with leukaemia, lymphoma, myeloma, and related blood conditions through research and fundraising.

*nib New Zealand contributed NZ\$5,000 to the Good Cause Grant to Leukaemia & Blood Cancer New Zealand.

Photo: The Place, Charlestown

Governance and Grants

GOVERNANCE

nib foundation is a private ancillary fund (PAF) registered with the Australian Charities and Not-for-profits Commission (ACNC) 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 six 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.

HOW WE ARE FUNDED

We were 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 2017 was \$19.2 million.

GRANTS

Each year, we provide \$1 million to \$2 million in funding to support a range of grants and partnerships that foster community health initiatives in the Hunter and across Australia.

Our website is a one stop shop to find upcoming grant round dates, eligibility criteria, guidelines, and application forms to apply for a grant.

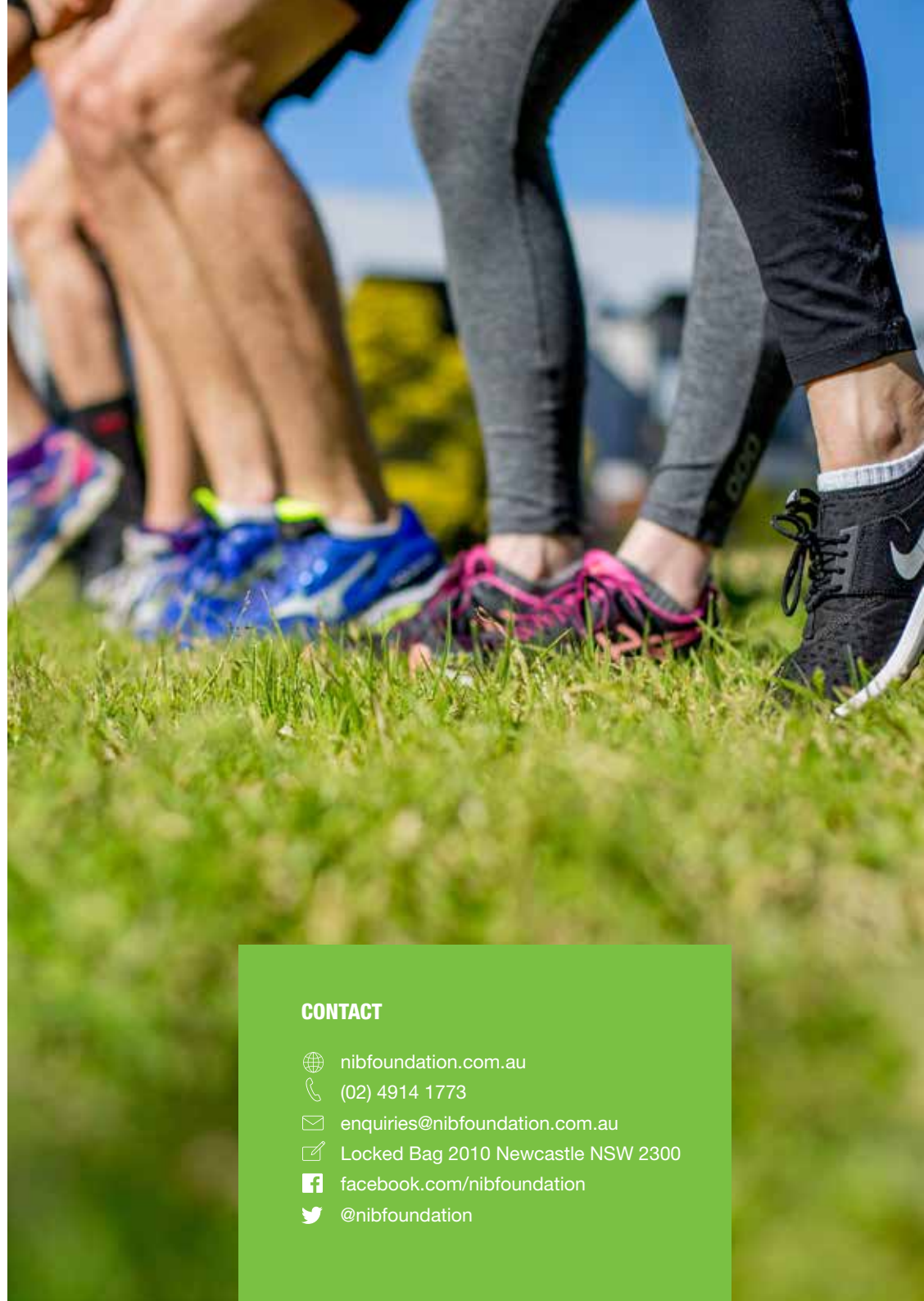
2018 Community
Grant Round

2 - 30 April 2018

Apply online

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