



CELEBRATING

10 YEARS

OF GIVING

nib foundation

CELEBRATING 10 years of giving

A DECADE
OF HELPING PEOPLE
AND COMMUNITIES
LIVE HEALTHIER LIVES.

\$17.3m SINCE 2008

**TO 123 COMMUNITY HEALTH AND
WELLBEING INITIATIVES HELPING OVER
50,000 PEOPLE TO LIVE HEALTHIER LIVES**



CHAIRMAN REPORT

MESSAGE FROM THE CHAIRMAN

There is no doubt that 2018 has been a rewarding year as we celebrated nib foundation's 10th anniversary of giving.

I had the pleasure of helping establish the foundation in 2008 when I was Chairman of nib. As part of nib's demutualisation and listing on the ASX we raised \$25 million for the purpose of giving back to the community who had supported us, and to play an active role in helping Australians to improve their health and wellbeing.

As outgoing Chairman of nib foundation it's a great time to reflect on a decade of doing just that – bringing to life the mission we set ourselves all those years ago. It has been a privilege to support over 120 initiatives with a collective \$17.3 million in funding, however, the most rewarding part of this work is seeing the practical and tangible ways that these projects make a positive difference to the lives of people in need in communities across Australia. We've highlighted a few examples later in this report that demonstrate the breadth of causes we've supported and health outcomes we've invested in over 10 years.

I'm pleased to welcome my colleague and Independent Director, Judi Geggie, as the foundation's new Chairman. Judi's extensive career in community and family services and five years' experience on our Board, places the foundation in safe hands. Roslyn Toms, also joins us as Director bringing to the team her valuable skills as Group Executive Legal and Chief Risk Officer of the nib Group. Finally, I thank my fellow volunteer Directors for their dedication and passion for helping vulnerable communities to ultimately live healthier lives.

Keith Lynch, Chairman

MESSAGE FROM THE EXECUTIVE OFFICER

In true philanthropic fashion, this year we marked our 10th anniversary by sharing the spirit of giving with our closest stakeholders through our live crowd funding event, *Pitch for a Healthy Cause*. This participatory grant round provided \$100,000 in funding to three very deserving small charities working hard to improve health outcomes for vulnerable people in the Hunter region.

This year we also witnessed the power of community cohesion as Australia banded together to help our farmers battle one of the worst droughts in recent history. To help our local community out, we teamed up with the Upper Hunter Community Services to provide \$50,000 in support. The funding will be used to offer practical cash assistance and local community events to give our farmers the freedom to access the support services they need.

nib foundation's mission from day one has been improving community health and wellbeing, however in recent years as our giving strategy has matured, preventative health has become a key focus. The majority of our funding is currently invested in new solutions to empower Australians to reduce the modifiable risk factors for poor health, including, drinking alcohol at risky levels and poor dietary habits.

Like most of our colleagues in the for-purpose sector, one of our biggest ongoing challenges is how we understand and measure the value of our work. Outcome measurement will remain a focus in the

coming years as we continue to support the cost of evaluation and outcome measurement alongside program delivery.

One of the many things I've learnt in this role is that a comparatively small grant is by no means small in impact, for either the giver or the receiver. We often see how transformative a small but right-sized grant can be to grassroots, young or volunteer-led charities. Our \$5,000 *Good Cause Grants* which we put entirely in the hands of our employees are a powerful tool within our business as our employees reflect on social issues they care about and then champion their colleagues to get behind these causes.

Looking to the future, the foundation is well placed to continue our commitment to community health with over \$18 million remaining in our original corpus, and a recent donation of \$1 million of unclaimed dividends from nib holdings limited.

Finally, we'd like to recognise the many amazing community organisations that we've had the pleasure of working in partnership with over the past decade. The tireless work of these organisations, including the army of volunteers that are often at the backbone of their service delivery, has enabled our contribution to creating positive change in communities across the country.

Amy Tribe, Executive Officer

DIRECTORS

Judi Geggie | Mark Foster | Justin Doyle
Roslyn Toms | Matt Neat | Michelle McPherson
Jordan French, Company Secretary | Amy Tribe, Executive Officer



PARTNER HIGHLIGHTS

We look back at the partner highlights over the last 10 years and the incredible programs we've supported to help people and communities live healthier lives.

2008

Improving mental health through education

Former Prime Minister, Kevin Rudd and NRL Legend, Andrew Johns launched our inaugural partnership with the BlackDog Institute. Over the years we've supported their *HeadStrong* and *MindStrength* programs providing engaging educational resources for teachers, parents and youth nationally.

2009

Building social connections between peers

Funded the unique *Deaf Girls Circle* – a Deaf Children Australia program designed to provide a social forum for young deaf girls, to encourage confidence and help develop life skills to stay healthy and safe.

2010

Supporting mental health through prevention

Began our five-year partnership with the Gidget Foundation supporting the establishment of the *Emotional Wellbeing Program* with North Shore Private Hospital – an Australian first private hospital screening program for perinatal anxiety and depression for expectant mums.

2011

Creating leaders in health literacy

Supported the Mater Foundation's establishment of *Refugee Women as Health Leaders*, which trained refugee women as skilled health leaders to act as conduits between refugee communities and the health system to make accessing healthcare easier.

2012

Transforming lives through social connection

Helped transform the hospital experience for seriously ill teens through the national rollout of Starlight Children Foundation's *Livewire* program. We funded ward-based activities, workshops and supportive online communities, to enhance new skills and connect with peers.



2013

Developing strength in families

With our support, Kalparrin Early Childhood Intervention Program helped fathers better support their children with disability and play a key role in the development and wellbeing of their child through their award-winning *Dads Can* program.

2014

Promoting wellbeing through access to information

Supported Limbs 4 Life to develop and expand their *Limbs 4 Kids* program, which addressed the gap in much needed education, information and peer support for families across Australia who have a child with a limb difference.

2015

Helping communities bounce forward

Provided disaster relief funding to the Dungog Shire Community Centre after the 2015 floods. *Project Bounce Forward* helped support the ongoing physical and emotional needs of the community through community cohesion.

2016

Addressing social issues through the arts

Funded Tantrum Youth Arts to deliver *Opening Doors*, an interactive theatre experience, using performance to inform and empower young people with legal information on the issues of domestic violence and sexting.

2017

Helping adult minds to thrive

Delivering on our preventative health strategy, Smiling Mind's *Healthy Habits for Healthy Minds* mindfulness meditation app-based program is helping Aussies to take positive proactive action to look after their mental health every day.

2018

Providing food security to vulnerable Australians

OzHarvest Newcastle reached a major milestone delivering the equivalent of over five million meals in the Hunter using more than 1.7 million kilograms of rescued food. It's a local success story we've proudly supported since 2010.



nib foundation OVER 10 YEARS

We take a look at the major milestones over the past decade which have made nib foundation what it is today.

2008

The big bang. nib foundation was established as a charitable trust with a \$25 million donation from nib health funds.

Spotlight on evaluation. Everymind's evaluation of the *Partners in Depression* program is just one example of our long-term commitment to funding the cost of measuring and reporting outcomes.

Collaborating for impact. We contributed \$100,000 to the *Innovation for Community Impact* collective in partnership with the NSW Government which leveraged one million dollars to tackle social issues in NSW.

Giving from the heart. We launched our employee-led *Good Cause Grants* program offering nib employees the opportunity to nominate and vote for charities to receive \$5,000 grants.

Focus on prevention. Our new preventative health strategy empowers Aussies to reduce their risks for poor health, such as, risky alcohol consumption, smoking, physical inactivity and poor diet.

Community recognition. Our \$11 million commitment to supporting Hunter community health initiatives was recognised at the 2016 Hunter Business Awards, taking out the *Contribution to the Region* category.

Harnessing the power of volunteers. In its first year our corporate volunteering program, nibGIVE, provided 163 employees and 874 hours of time and talent to eight charity partners nationwide.

Future sustainability. As we entered our 10th year, nib holdings limited committed over \$1 million of unclaimed dividends to support nib foundation's work into the future.

Encouraging innovation. Supported an Australian-first innovation launching a mindfulness-based program with NPY Women's Council and Smiling Mind that caters for the language and culture of Indigenous Australians.

2018

10 years of giving. Celebrated our 10th anniversary with *Pitch for a Healthy Cause*, where three incredible charities pitched for their share in \$100,000 of funding.



Centacare
DeBRA Australia
Epilepsy Action Australia
WEA Hunter Foundation

Family Planning Queensland
Camp Quality

Westpac Rescue Helicopter Service
Constable Care Child Safety Foundation

Surf Life Saving Western Australia

YHES House
Whitelson

Argyle Community Housing

The Place
Taralye
Firstchance
Act for Kids

Waves of Wellness

The Nicholas Trust **Bateau Bay PCYC** **Easy Care Gardening** **Cystic Fibrosis NSW**

Penrith Women's Health Centre Down Syndrome Victoria Deaf Children Australia **Self Help Workshop**

Men's Resource Centre Kalparrin Early Childhood Intervention Program **Stars Foundation**

Special Olympics Australia Arthritis Queensland Coomealla Health Aboriginal Corporation

Kids are Kids

The Song Room **Everymind**

The Western Suburbs Haven
Beresfield and District Community Care

Conservation Volunteers Australia

Assistance Dogs Australia

ReachOut Australia ARAFMI Hunter

The Australian Children's Music Foundation

Disabled Surfers Association Australia Cooks Hill Surf Life Saving Club Autoimmune Resource and Research Centre **Tantrum Youth Arts**

Hemispherectomy Foundation Australia **Association of Genetic Support of Australasia** **ConnectAbility Australia** **Media Access Australia**

Home-Start Family Services Australia Diabetes NSW & ACT The Alannah & Madeline Foundation Earbus Foundatin of WA NPY Women's Council Aboriginal Corporation

Youth Off The Streets Family Planning NSW **Riding for the Disabled** **Hunter New England Local Health District**

Inclusion Melbourne **Quest for Life Foundation**

Sylvanvale Foundation

Sydney Children's Hopsital Foundation

Collie Gallery Group

Families Supporting Families Australian Kookaburra Kids Foundation

Palliative Care Australia **Catholic Community Services**

Life Saving Victoria St Patrick's Community Support Centre

Guide Dogs NSW/ACT **Spinal Injuries Association**

Brisbane Indigenous Media Association **Brainlink**

Arts Health Institute Path 2 Change

Hunter Medical Research Institute
Crohn's and Colitis Australia

Good Cycles
CRANES
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HERE'S TO ANOTHER 10 YEARS!

OZHARVEST
NOURISHING OUR COUNTRY

nib foundation

CELEBRATING **10** years of giving

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