

For further information about the foundation please
contact nib foundation Executive Officer, Amy Tribe:

t: 02 4914 1773
e: a.tribe@nibfoundation.com.au
a: Locked Bag 2010
Newcastle NSW 2300



nibfoundation.com.au

COMMUNITY REPORT **2012**

nib foundation

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nib foundation will make a positive and lasting impact on nationwide health issues by funding innovative and practical approaches to improving the health of Australian communities, with a particular focus on carers and young people.

Image on front cover:
Charlie & Rachael, CanTeen Members



Evolve

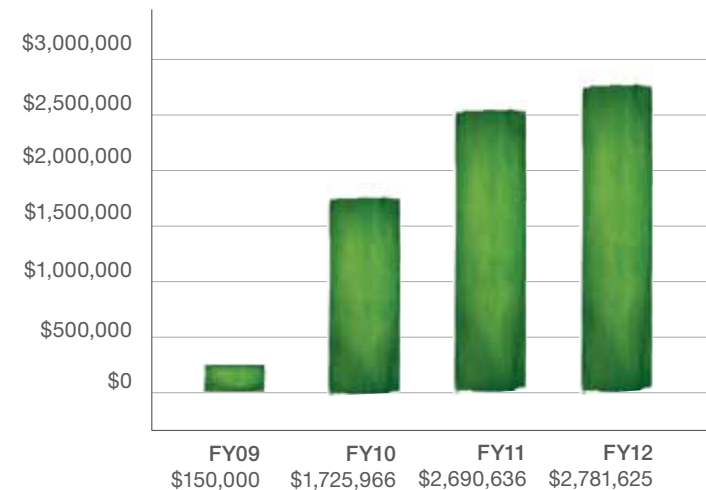
EXECUTIVE SUMMARY

Since our establishment in 2008 by nib health funds limited, nib foundation has been breaking new ground by funding innovative programs that meet the needs of young people and carers in a practical and engaging way.

Thanks to the commitment and tireless work of our partners, the programs we have supported are already making a meaningful difference to the health and wellbeing of thousands of people across the country.

We are dedicated to improving the lives of Australians now and for future generations.

Grants Paid Per Annum



Over \$10 million committed to Australian charities since 2009, including \$7.3 million in grants already paid.

FROM THE TRUSTEES

We are very pleased to present our 2012 community report for what has been a landmark year for the foundation. During the year, we celebrated a major milestone-reaching \$10 million in funding commitments following our third year of grant making.

Through our 43 partnerships with Australian charities we are achieving our vision of making a positive and lasting impact on the health challenges we face as a nation. We are inspired by the innovative and resourceful approach our partners take to tackle the complex health issues facing individuals and communities across the country.

It takes time to develop effective new solutions to entrenched problems, which is why the majority of our funding is supporting multi-year national partnerships. It has been exciting and rewarding after a long incubation period to watch the first of these nine projects come to fruition during 2012, with our inaugural partnerships delivering some outstanding results.

We also recognise that some of the best community health programs are run by locals, for locals. Our annual community grant program supports initiatives that foster community engagement and improved health outcomes at a local level or within a niche health area. With an average grant size of just over \$50,000, our 34 community partners have delivered some impressive grass roots health outcomes in areas including mental health, youth disadvantage, chronic and rare disease, disability, homelessness and domestic violence.

The services our partners deliver have already positively impacted the lives of more than 10,000 people across the country and we continue to work towards our long term goal of improving 50,000 lives by 2015. Although our projects vary in the way they affect an individual life, we believe this figure is a key measure that helps us evaluate the extent of our impact. We will continue to develop ways to improve how we evaluate the effectiveness of our work.

Research undertaken during our establishment identified carers and young people as two groups with high, growing and unmet health needs, where there was an opportunity for us to make a difference. Three years on, as part of our recent strategic review, we have re-affirmed our commitment to support these two groups as the foundation's primary focal areas.

During the year we continued to deliver strong operational efficiencies, with a management expense ratio of 8% in FY12. The hard work of our volunteer Board as well as nib's generous operational support allows us to keep our overheads low, maximising the funding we can allocate for community benefit each year. At the end of April 2012, the balance of the foundation trust was approximately \$24 million.

In June 2012 we farewelled two Directors whose dedication, leadership and insight have helped guide the foundation since its inception four years ago. We extend our gratitude to Hugh McKensey and Chairman Terry Lawler, and acknowledge their significant voluntary contribution during this time.

We welcomed Keith Lynch as our new Director and Chairman in July 2012. As Chairman of the nib group from 2001 to 2011, Keith brings extensive board and governance experience, a broad knowledge of Australia's health landscape, and a commitment to the vision nib foundation shares with our founder for a healthier community.

Lastly we thank our partner organisations, and particularly the employees who deliver the projects we fund, for their outstanding work improving the health and wellbeing of people every day in communities around Australia.

Trustees nib foundation



Starlight Children's Foundation



CanTeen



Easy Care Gardening Inc.

NATIONAL PARTNERSHIPS

Our national partnerships feature multi-year grants of up to \$500,000 per annum to allow our partners to establish and maintain innovative and practical programs that address the health needs of young people and carers in communities across Australia.

The Blackdog Institute

Headstrong
Australia-wide

Hunter Institute of Mental Health

Partners in Depression
Australia-wide

Starlight Children's Foundation

Livewire
Perth, Brisbane, Melbourne,
Sydney, Newcastle

Limbs 4 Life

Carers, Children and Youth Program
Victoria

Hunter Medical Research Institute

Healthy Schools, Healthy Futures
Hunter Region

Schizophrenia Fellowship

On Fire!
Newcastle, Sydney, Wagga Wagga

CanTeen

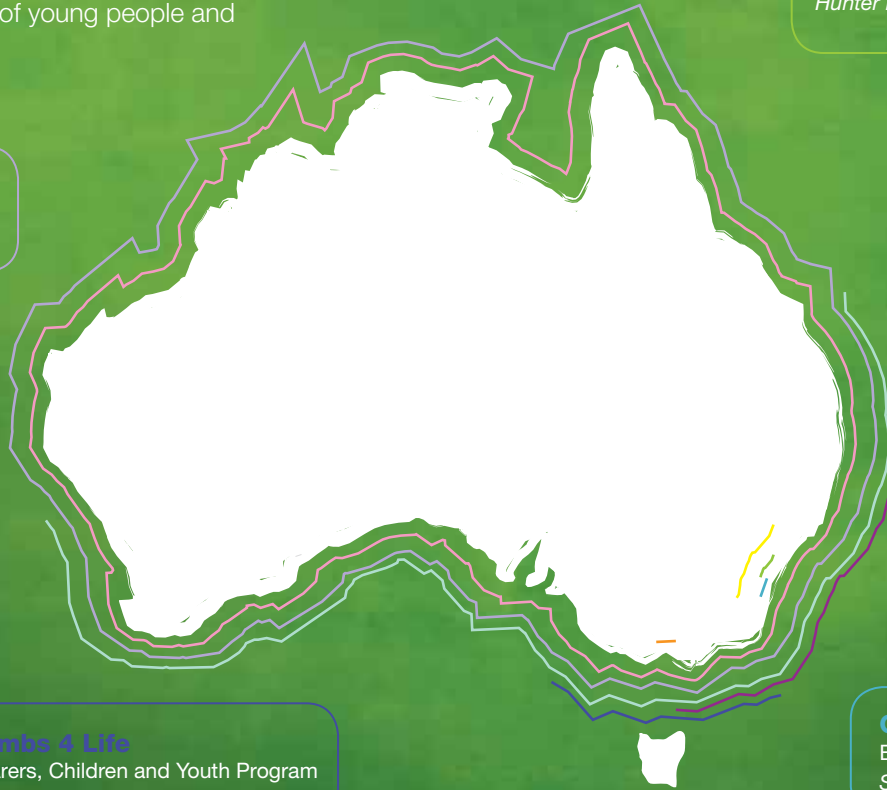
Offspring Support Program
Melbourne, Newcastle, Brisbane

Gidget Foundation

Emotional Wellbeing Project
Sydney

Foundation House

Building a Positive Future Program
Melbourne



NEW INITIATIVES

We believe innovative thinking is the key to developing breakthroughs in service delivery to help tackle the significant health challenges facing youth and carers throughout Australia.

That's why our latest partnerships feature programs that challenge the way health and wellbeing issues are currently addressed. Our partners are developing new approaches to meet the needs of these groups in a practical and engaging way.

Starlight Children's Foundation Livewire

There are a growing number of adolescent patients in our paediatric hospitals – young people who are living with serious illness and chronic health conditions. They require programs specifically designed to cater for their social, emotional and psychological needs, however few exist. Starlight's newly developed Livewire program aims to transform the hospital experience for young people through special adolescent-only sessions that feature creative activities to enhance their resilience and wellbeing.

It also provides them with the opportunity to connect with others their own age and retain their sense of identity and independence.

We are delighted to be partnering with Starlight to roll out this much-needed program to six major paediatric hospitals across the country, helping to positively impact the lives of thousands of young people each year.



Starlight Children's Foundation

“ Being a teenager is a challenging time, even more so for seriously-ill young people. By transforming their experience of hospitalisation and treatment into a more positive one, our aim is that they can successfully transition to become more resilient young adults. ”

Louise Baxter, CEO
Starlight Children's Foundation

The Black Dog Institute Headstrong

Every day, thousands of young people across Australia are battling “the black dog”.

Mood disorders are now among the most common and debilitating mental health issues facing Australia's next generation.

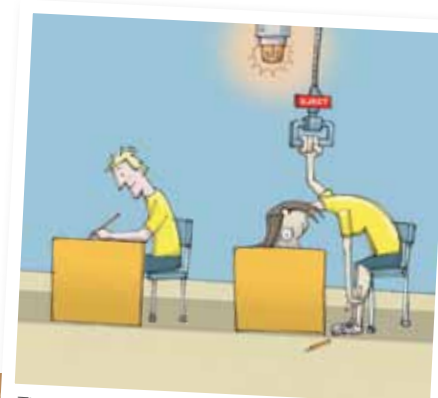
Despite its increasing prevalence, many young people have little understanding of mental health issues meaning they often go unrecognised and undiagnosed.

To tackle the issue head on, we are supporting the national expansion of Black Dog's successful Headstrong program. The unique teaching resource uses engaging, humorous cartoons to provide a creative way of thinking, talking and teaching about mood disorders in the classroom.

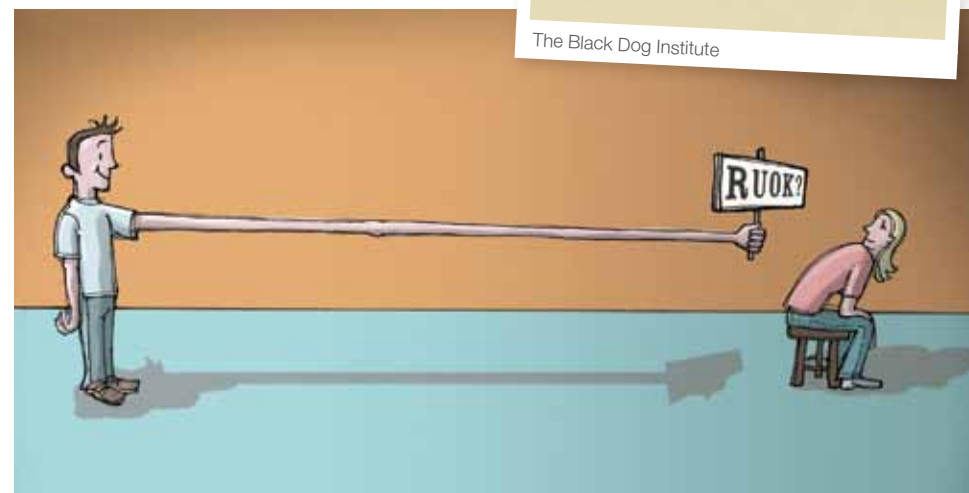
The funding will allow Black Dog to provide the program to 1,500 teachers across Australia, helping to reach 90,000 students, many in rural and remote locations.

“ One in five Australians will experience some form of mental health disorder in any one year... and a significant proportion of mental health issues emerge during the turbulent adolescent years. This resource is designed to target the needs of young people, with the visual format of the materials making it accessible to all students. ”

Professor Helen Christensen
The Black Dog Institute



The Black Dog Institute





Limbs 4 Life

Limbs 4 Life

Carers, Children & Youth Program

Caring for a child with limb loss or limb difference can be challenging. It is something that no child, their family or carer should have to go through alone.

In recognition of this we have funded a unique program based in Victoria called the Carers, Children and Youth Program that helps meet these needs through peer-to-peer carer support. Each new family is matched with a volunteer whose firsthand experience and understanding will provide invaluable knowledge and inspiration.

“ I was born with a limb deficiency and had my right leg amputated below the knee at the age of two. Having a program like this when I was growing up would have helped me better understand the ongoing management and future expectations of living with limb loss. ”

Michael Tudball
Limbs 4 Life Board Member



Mater Foundation



Australian Children's Music Foundation

Australian Children's Music Foundation

- Youth at Risk Music Program

Autoimmune Resource and Research Centre

- Young Autoimmune Persons Education Project

Community Programs Inc.

- Adolescent Mental Health Pilot Program

Home-Start Family Services Australia

- Eat, Move, Live Project

Mater Foundation

- Refugee Women as Health Leaders

Media Access Australia

- e-Inclusion resources to support seniors with disabilities in Western Australia.

Spinal Injuries Association

- Discovering the Power in Me Program

Surf Life Saving Western Australia

- Life Saving Skills Training and Education Program for Rural Communities in Western Australia



Media Access Australia



Spinal Injuries Association

MAKING PROGRESS

Multi-year partnerships allow our partners to establish and maintain innovative and practical programs for up to three years. Already, these new programs are making significant progress, with thousands of Australians accessing their support services and resources.

CanTeen Offspring Support Program

Having a parent with cancer can have a devastating effect on the lives of young people.

Over the past 12 months several hundred youth received assistance from the Offspring Support Program's age-specific counselling service, and more than 1,000 offspring also benefited from skills development, respite and peer support at CanTeen's camps.



CanTeen

“ Seeing a counsellor has really helped me to manage and understand what has been happening and keep my life on track. I walked away feeling relieved that my thoughts and feelings were ‘normal’. ”

Ali

Foundation House

Building a Positive Future Program

Community capacity building and intergenerational discussion are the key to a pilot program that is encouraging at risk young Karen (Burmese) refugees to adopt more positive health behaviours. Driven by a Youth Advisory Committee, activities are engaging Karen elders and service providers to identify culturally sensitive strategies to support vulnerable Karen young people to make positive decisions about their future.

“ It gives us an opportunity to meet, to talk and to share ideas...this is a new way for young Karen people. ”

Youth Advisory Committee Member



Schizophrenia Fellowship

Gidget Foundation

Emotional Wellbeing Project

Private hospitals service more than one third of Australian women who give birth, yet there is no antenatal screening for anxiety and depression available at these facilities.

Gidget Foundation's pilot program at Sydney's North Shore Private Hospital has already screened more than 1,200 pregnant women, helping to increase awareness of the importance of good emotional health during pregnancy.

“ I only wish that this service had been available three years ago. I would have benefited from it greatly and it may have reduced my chances of experiencing postnatal depression to the level that I did. ”

Patient

Schizophrenia Fellowship of NSW Inc. On Fire! Program

In Australia it is estimated that 23% of children have a parent with mental illness. Many of these young people take on a carers role, but are often not identified by traditional health services.

On Fire! is supporting these young people by cultivating hope, resilience and wellbeing through the provision of opportunities for fun and friendship, strengthening life skills and making a positive difference in the community.

“ My family has problems, so On Fire! is helping me to understand the problems. ”

Jessica

POSITIVE OUTCOMES

Our funding partnerships have helped deliver positive health and wellbeing changes to young people and carers across Australia.

Below are just some of the inspiring stories of resilience and success that have emerged from our recent projects.

The Alannah & Madeline Foundation **Buddy Bags Program**

"The program has been extremely helpful in supporting children who are experiencing family and domestic violence. The Buddy Bags often bring a smile to the children's faces. All of the contents have helped with their educational needs, emotional support as well as their need for time to play."

Refuge worker, Hunter region

BrainLink **Carer Education and Support Program**

"It put things into perspective and it's nice to know I'm not alone! It also gave me strategies to help with mixing with like-minded people."

Program participant

Centacare **If Only Domestic Violence Perpetrators Program**

"It has changed my husband's way of looking and thinking about things, his attitude and respectfulness."

Wife of program participant

Deaf Children Australia **Deaf Girls Circle**

"It has provided her with a great opportunity to be around some great deaf role models/mentors. She has also enjoyed the social contact with deaf friends from outside her normal social group."

Jenny, mother of program participant

St Patrick's Community Support Centre **St Pat's Health Clinic: Kwinana**

"I could never afford these services that I am getting now and I have really needed them."

Marlene, 60

Evolve **Young Women's Program**

"It feels great because you can talk to them and you can trust them. It's something that's going to be with me for the rest of my life."

Participant



Deaf Children Australia



The Alannah & Madeline Foundation

SUPPORTING THE HUNTER

The foundation continues a proud tradition of supporting Hunter-based health and wellbeing initiatives, which has been at the heart of nib's corporate community support for the past 60 years.

Recognising the immense talent and innovative thinking local organisations can deliver, we have funded partnerships that are making a significant impact on health outcomes both in the Hunter and across the country.

Hunter Institute of Mental Health Partners in Depression

Carers and loved ones are often the forgotten allies in the battle against depression.

To help meet their information and support needs, we partnered with the Hunter Institute of Mental Health to fund the national rollout of their six-week Partners in Depression program.

Since 2009, our inaugural partnership has seen more than 1,000 people who live or care for someone experiencing depression receive information and self-care strategies to reduce the stress they experience in their important support role.

Our funding has also enabled 400 health professionals across Australia to receive training, resources and clinical support to allow them to deliver this program in their local community.



Hunter Institute of Mental Health

“It’s a hard road we travel. As carers we must travel this road. This program has smoothed out a lot of bumps.”

Program Participant



OzHarvest Newcastle

OzHarvest Newcastle Food Rescue Program

Our seed funding of the newly-established local charity, OzHarvest Newcastle, has helped the food rescue program develop into a successful social enterprise that has made a difference to the lives of thousands of vulnerable Newcastle residents.

OzHarvest's dedicated staff and volunteers rescue on average 3,300 kilograms of surplus food from local restaurants and food outlets each week and donate it to more than 50 Hunter refuges and charities.

Delivering the equivalent of 800,000 free meals since February 2010, OzHarvest's food donations allows charities to redirect their resources to other programs to assist disadvantaged and at-risk members of our community.

Our continued support helps to ensure the Hunter-based charity can maintain their vital service.

“It is great to have a program that is addressing the amount of wasted food in our society. Our service has been enhanced by the food contributions as it is a huge bonus to offer some tangible and practical assistance to our clients.”

Support worker, NOVA Women's Accommodation and Support

Firstchance Inc. Drama Club

“Everyone has been not only supportive and kind, but best of all they understand the difficulties the boys have and the challenges we as a family need to overcome.”

Parent of program participant

Hunter Medical Research Institute Healthy Schools, Healthy Futures

“It is clear that adolescents do not like being told no, so rather than saying don't do drugs, don't drink and don't smoke, the study focuses on building decision-making skills that will lead them to make the right choices about those behaviours.”

Associate Professor John Wiggers
HMRI Research Team

University of Newcastle Family Action Centre Rock and Water Program

“My child has completely changed, he was the one to pick the fight with his brothers and stir. Now he just walks away...he is a different kid.”

Parent of program participant



University of Newcastle Family Action Centre

Autoimmune Resource and Research Centre Young Autoimmune Persons Education Project	\$88,486	Mater Foundation Refugee Women as Health Leaders	\$86,640
Beresfield and District Community Care Cooking for you and me	\$13,250	Mayumarri Healing Centre Rebuilding Effort	\$35,000
BrainLink Carer Education and Support Program	\$69,060	Media Access Australia e-Inclusion resources to support seniors with disabilities in WA	\$28,018
CanTeen Offspring Support Program	\$1,490,000	ConnectAbility Australia Sport and More: Hunter Wheelchair Rugby League Competition	\$24,256
Catholic Community Services Living Conditions Program	\$99,901	Newcastle OzHarvest Food Rescue Program	\$130,000
Centacare Catholic Diocese of Rockhampton "If Only" Domestic Violence Perpetrators Program	\$8,290	Red Cross Victoria Bushfire Relief Fund	\$50,000
Community Programs Inc. Clarence Valley Adolescent Mental Health Pilot Program	\$11,500	Schizophrenia Fellowship of NSW Inc. On Fire! Program	\$592,500
Cystic Fibrosis NSW Northern NSW Outreach Support Service	\$28,127	Self Help Workshop Inc. Breakfast Club	\$1,360
Cystic Fibrosis Queensland Cystic Fibrosis Community Based Physiotherapy Pilot Program	\$65,628	Spinal Injuries Association Discovering the Power in Me Program	\$46,056
Deaf Children Australia Deaf Girls Circle	\$28,010	St Patrick's Community Support Centre St Pat's Health Clinic: Kwinana	\$93,054
DEBRA Australia National Epidermolysis Bullosa (EB) Nurse	\$100,000	Starlight Children's Foundation Livewire	\$1,494,064
Easy Care Gardening Inc. Car Wraps for two gardening trucks asking for more volunteers	\$6,000	Surf Life Saving Western Australia Life Saving Skills Training & Education Program for Rural & Remote Communities of WA	\$100,000
Epilepsy Action Australia Newcastle Hunter Epilepsy Program	\$82,110	The Alannah & Madeline Foundation Buddy Bags Program – Hunter Region	\$99,960
Evolve Young Women's Program	\$100,000	The Australian Children's Music Foundation Youth at Risk Music Programs – Victoria	\$100,000
Firstchance Inc. Drama Club	\$38,114	The Black Dog Institute Advancing early identification, diagnosis and treatment of mood disorders	\$100,000
Foundation House Building a positive future for youth from refugee backgrounds	\$351,000	The Black Dog Institute HeadStrong Project National Rollout	\$500,000
Gidget Foundation Emotional Wellbeing Project	\$241,000	The Nicholas Trust Paediatric Palliative Care for Northern NSW	\$100,000
Home-Start Family Services Australia 'Eat, Move, Live' Program	\$99,818	University Of Newcastle - Family Action Centre Skills for Learning, Skills for Life: Rock and Water Program	\$77,527
Hunter Institute of Mental Health Partners In Depression	\$1,499,932	Westpac Rescue Helicopter Service Satellite Tracking System	\$60,105
Hunter Medical Research Institute Healthy Schools, Healthy Futures Program	\$1,420,000	Whitelion Young Women's Hepatitis C Awareness Program	\$20,000
Kids are Kids! Therapy and Education Centre Inc. Kids are Kids - Know How	\$9,335	Youth Off The Streets Holborow House Clinical Program	\$60,000
Limbs 4 Life Carers, Children and Youth Program	\$499,490		

Note: Figures shown are GST exclusive grants committed since 2009.