



2014/15
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COMMUNITY
REPORT

nib *foundation*

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HIGHLIGHTS

\$12,782,158

TOTAL GRANTS COMMITTED TO FY15



\$1.6m GRANTS PAID IN FY14

82

PARTNERSHIPS



45,000 PEOPLE PARTICIPATED IN PROGRAMS

80%

OF FUNDING ALLOCATED TO MULTI-YEAR PARTNERSHIPS



up **150%**

465 APPLICATIONS RECEIVED IN 2014



MESSAGE FROM THE FOUNDATION

Each year we strive to facilitate real change by improving the health and wellbeing of individuals and communities across Australia. We achieve this through our support of programs that deliver unique and practical approaches to challenging health issues, particularly for our focal areas of youth and carers.

This year marked our sixth year of giving, with 18 grants made during the year, bringing our total funding commitment to over \$12 million as at June 2015. The need for such funding has become more apparent than ever with 2014 being a tough year for Australia's social sector. Many charities saw an increase in the demand for their services, while at the same time Government funding for many programs was diminishing. In addition, while we are excited about the introduction of the National Disability Insurance Scheme (NDIS) which provides great promise for people with a disability, as well as their family and carers, the transition is causing considerable uncertainty across the disability sector.



This backdrop has created an increasingly competitive environment as more not-for-profit and charitable organisations seek private sector funding to develop and maintain many vital community programs.

Perhaps most telling, was the unprecedented rise in the number of funding applications we received this year which clearly demonstrated that our grant program remains relevant and in demand.

Many not-for-profits are exploring social enterprise models as a more sustainable solution to meeting the growing need for services.

In 2014, we announced our support of two social enterprises:

- PCYC's *Citizens Café*, a "living classroom" in western Sydney, which provides training and employment pathways for local youth; and
- *Good Cycles*, who through their core business servicing bicycle commuters in Melbourne's CBD, also engage people with significant barriers to employment in training, education, work experience and meaningful employment.

We were delighted to offer funding extensions to three of our current Multi-Year partnerships, which are helping these programs to reach scale and sustainability. For example, over the past three years we have partnered with Limbs 4 Life to establish a new program in Victoria that supports families of children with limb loss. Such was the success of the program and the demonstrated need for these services nationally, that we decided to continue this partnership to enable Limbs 4 Life to expand into other states.

During 2014 we were one of a number of donors to contribute to *Innovation 4 Community Impact* a new grant program collaboratively funded by the NSW Government and philanthropy. Managed by the Foundation for Regional and Rural Renewal, this two year grant program is tackling social issues including domestic violence and education disengagement in targeted areas of regional New South Wales, including the Hunter. We are hoping to achieve greater social outcomes through a collective response.

One of the real tests of the success of a grant program is whether the projects supported have a lasting impact beyond the funding period, so it was timely during our sixth year to reflect on the ongoing outcomes of our early partnerships. One such partnership is profiled in this report and demonstrates the power of a grant provided to the right organisation at the right time to

build a sustainable program that meets a real need in a new way.

Our grant programs continue to focus on young people and carers as these two groups have growing, unmet health needs that are not currently being adequately addressed by existing services. We believe our targeted funding to organisations that are actively working to improve health and wellbeing outcomes for these two focal groups can help to reverse this trend.

In financial year 2014, we paid more than \$1.6 million in grants which is in line with our distribution targets that will allow us to manage the foundation corpus to ensure we can continue to deliver health benefits in the future through similar levels of grant making each year. As at 30 June 2014, the balance of the corpus was \$22.5 million.

It's been a year of change on our foundation Board, with three inaugural members bidding us farewell after five years of valuable service and four new Directors welcomed during the period. We thank each and every one of our volunteer Directors for their dedication and contribution this year.

We also extend our thanks to our founder, nib health funds, for their ongoing support. Whether it has been the substantial in-kind support that helps us keep overheads low, through to fantastic one-of-a-kind opportunities for our partners through nib's sponsorships, the health fund remains committed to helping us deliver health and wellbeing benefits to the community.

Last but certainly not least, we would like to acknowledge the passion, talent and commitment of our charity partners and their generous volunteers in working to improve the lives of people across the country. It is through our partnerships with you that nib foundation has been able to make a positive difference to the health and wellbeing of the thousands of Australians since our establishment.

Keith Lynch
Chairman

Amy Tribe
Executive Officer

NEW COMMUNITY PARTNERS

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

Whether the community is defined by geographical location or the health cause area, our community partnerships seek to tackle the health challenges facing young people and carers. They achieve this by supporting programs that focus on key health issues including youth mental health, family and youth disadvantage, chronic disease and disability.

This year we had a huge response to our grant round with 465 applications received, up more than 150% on the previous year. The final 14 partnerships funded feature organisations that we think:

- foster local community engagement;
- demonstrate sustainable approaches;
- focus on health promotion, prevention and early intervention;
- are clear about how they will engage program participants; and
- build on the strengths of our two focal groups.

A summary of our 2014 Community Partnerships is provided on the right.



Photo: Learning Links

Our 2014 Community Grants program saw the establishment of 14 new partnerships with a total of \$350,000 committed.

ACT FOR KIDS

Adapt *Learn to be Safe with Emmy*, to be a culturally appropriate protective behaviours program for Aboriginal children in Queensland.

\$50,000

AUSEE

Print and distribute a children's book for siblings of children with eosinophilic gastrointestinal disorder.

\$2,000

AUSTRALIAN CATHOLIC UNIVERSITY

Deliver the *Healthy Mothers, Healthy Families* health education program to mothers of children with disabilities in Victoria and New South Wales.

\$50,000

COOKS HILL SURF LIFE SAVING CLUB

Implement water safety and awareness program to assist Newcastle's refugee community participate in beach activities.

\$15,470

DISABLED SURFERS ASSOCIATION AUSTRALIA

Acquire new equipment to support Hunter branch volunteers to hold surf days for people with a disability.

\$4,800

FAMILIES SUPPORTING FAMILIES INC

Support the 2015 *Carers Café Plus* events enabling carers of special needs children in Newcastle to connect with peers, services and information.

\$4,900

GOOD CYCLES LIMITED

Establish *Cycle Smart*, a bike education and work experience program for disadvantaged youth in Melbourne.

\$42,120

GUIDE DOGS NSW/ACT

Deliver a *Mobility Adventures Program* for blind and vision-impaired children in Sydney and regional New South Wales.

\$32,685

INCLUSION MELBOURNE

Develop a plain English resource to support oral health care for young Victorian people with an intellectual disability.

\$10,614

LEARNING LINKS

Run *Train the Trainer* workshops to assist disability providers in the Hunter region to deliver the Parents as Case Co-ordinators program to local families.

\$26,000

MEN'S RESOURCE CENTRE INC

Establish a *Positive Mentoring Program* to encourage disadvantaged youth in Albany, Western Australia to engage in a healthy active lifestyle.

\$15,000

POLICE CITIZENS YOUTH CLUB NSW LTD (PCYC)

Support the youth training and skills program at PCYC's *Citizens Café* in Blacktown, New South Wales.

\$12,476

REACHOUT.COM BY INSPIRE FOUNDATION

Create audio content information resources to improve the mental health of young people with low literacy.

\$44,229

VILLA MARIA SOCIETY

Establish a new *Young Carers Mentor Program* in the Hume region, Victoria.

\$40,000

EXTENDING OUR MULTI-YEAR PARTNERSHIPS



“(Livewire) gives you a space where you can vent and have a bit of fun and gives you the opportunity to step out of ‘being your illness’ and into actually being a person.”

Livewire participant, 17.

Each year, we invest in a small number of large, Multi-Year partnerships that are introducing new approaches to health promotion and prevention, and have the potential to achieve scale and lasting impact.

During 2014, we announced our ongoing commitment to several of our existing partners to enable them to expand their programs into new markets or improve their services through innovative developments.

THE STARLIGHT CHILDREN'S FOUNDATION

Livewire

During the past four years the partnership we've forged with The Starlight Children's Foundation has enabled the successful roll-out of the *Livewire* program in collaboration with the six major children's hospitals across the country.

Since its launch in 2012, the unique, teen specific, in-hospital program has created more than 46,000 connections with seriously ill young people, helping to normalise their social, emotional and psychological development and allow them to successfully transition into adulthood.

Our continued funding commitment in 2015 will see our total investment in the program reach almost \$1.9 million. This ongoing support will allow Starlight to increase the number of *Livewire* sessions at existing hospitals as well as bridge the gap between home and hospital by integrating the in-hospital program with the online community at livewire.org.au

BLACK DOG INSTITUTE

HeadStrong

Our four-year partnership with Black Dog Institute is helping increase the understanding of mental health among teenagers through the national rollout of *HeadStrong*, a unique school curriculum resource on depression, mental health and resilience.

The youth mental health literacy program uses a series of engaging and often humorous illustrations to help teachers effectively deal with a topic that has traditionally been difficult to teach.

The first published research on the program was released in 2014 and confirmed our belief that mental health education programs such as *HeadStrong* help reduce stigma and improve mental health awareness.

Our continued funding support in 2015 will assist Black Dog Institute to refine the current teaching resources and broaden the reach of *HeadStrong*. These improvements will be based on recent program evaluation findings and will include interactive eLearning modules on seeking help and building resilience, as well as customised modules for parents.

IMPROVING HEALTH EDUCATION

“The course (Parents as Case Co-ordinators) will enable staff to train and empower families to take on the roles they will need in this changing world for them and for their child.”

CEO, Early Intervention Service.

Better access to information and improved health literacy increases knowledge and awareness among the community, which can positively influence attitudes and behaviours.

However, there remains a significant need for reliable, current, targeted and age-appropriate health information and resources that are available when, where and in the format that is most suitable to the individual. That's why we support the delivery of practical health education that addresses information gaps for specific audiences with an identified need.

MENTAL HEALTH CARERS ARAFMI HUNTER INC

Project Heart,
Carers Program

ARAFMI Hunter has been supporting families, relatives and friends of people with mental illness for more than 30 years by providing support, education, advocacy and counselling to carers.

Almost 60% of ARAFMI Hunter's clients currently live with a partner or family member with Borderline Personality Disorder (BPD) and emotional disorders. BPD is recognised as one of the most serious and prevalent personality disorders. To inform, educate and support families, ARAFMI Hunter established the region's first Borderline Personality program for carers. *Project Heart* addresses symptoms, diagnosis, triggers, behavioural responses, as well as strategies for coping and self-care.

Our funding support during 2014 allowed the program to be extended across 10 locations in the Hunter and Mid North Coast regions of NSW, including Lake Macquarie, Maitland, Cessnock, Muswellbrook, Armidale, Taree, Singleton, Port Stephens, Raymond Terrace, Inverell and Warialda.

CROHN'S & COLITIS AUSTRALIA

IBD Forums Program

More than 24,000 people live with Crohn's disease and colitis (also known collectively as inflammatory bowel disease or IBD) in New South Wales.

Crohn's & Colitis Australia (CCA) recognised the need for up-to-date information and education for these people in order to gain a better understanding of the diagnosis and management of their condition. To fill this need they established the *IBD Forums Program*.

The program enables patients, carers and families to feel better equipped to manage the various challenges IBD presents through improved education and the development of peer-to-peer support networks.

During 2014 we supported CCA's New South Wales forums that were attended by 450 people at Westmead Children's Hospital, John Hunter Hospital, Port Macquarie Hospital and Sydney Children's Hospital. The program targeted paediatric and adult IBD patients and featured expert speakers including gastroenterologists, surgeons, dietitians, psychologists and IBD nurses.

INVESTING IN INNOVATION

“Stevie has been so enthused and energised by this experience. Not only is she saying ‘look mum’ when she uses her left hand, and is really ‘wanting’ to try to use her left hand, but her confidence has been boosted.”

Mother, The Amazing Magic Club participant.

We are in a unique position to provide charitable groups with opportunities to trial new and improved ways of tackling entrenched health problems. So each year we support the pilot stage of several innovative and emerging concepts that tackle prevalent health problems where we believe new approaches have the potential to inform future service delivery.

QUEST FOR LIFE FOUNDATION

Nourishing the Spirit

With more than 900,000 people in Australia living with an eating disorder and Australian women more likely to be diagnosed with an eating disorder in their lifetime than breast cancer, Quest for Life identified the need for an intensive treatment program.

Nourishing the Spirit, a unique, five-day residential program, was developed and piloted for the first time during 2014 and was attended by 18 young people from NSW with an eating disorder. The holistic program provides an alternate treatment option to existing day programs and hospitalisation with participants given the skills to develop a positive body image, enhance help-seeking through education, awareness, exercise and strategies to overcome negative eating behaviours.

Program participants said the retreat provided information, skills and strategies to improve their general quality of life, as well as helping them to better manage their situation and make more informed choices. In addition, initial post-program evaluation indicated an overall reduction in symptoms of negative eating behaviours.

ARTS HEALTH INSTITUTE

The Amazing Magic Club

Cerebral Palsy (CP) is the most common physical disability in Australian children with a child with CP born every 15 hours. We recognise the importance of developing new approaches to complement traditional therapies, such as an innovative program developed in the United Kingdom that combines the disciplines of occupational therapy and magic in treating children with hemiplegic CP. Our funding has allowed the Arts Health Institute to bring this unique program to Australia for the first time as *The Amazing Magic Club* in 2014.

The intensive therapy program uses the repetitive action of magic tricks to build up hand and arm strength and dexterity in children with hemiplegia, encouraging them to use both hands. The outcomes of the program include significant growth in self-confidence and communication skills of participants helping to promote social and emotional wellbeing.

NURTURING HEALTH PROMOTION

“Adolescents do not like being told no, so rather than saying don’t do drugs, don’t drink and don’t smoke, we build skills that lead them to make the right choices.”

John Wiggers, Associate Professor, HMRI Research Team.

We have long supported the adage that ‘prevention is better than cure’. It’s why we place great importance on investing in the development of health promotion and primary prevention interventions critical to improving health outcomes for the wider population. By supporting such initiatives we hope to encourage people to take greater responsibility for their individual health and wellbeing, which in turn will lead to healthier communities.

HUNTER MEDICAL RESEARCH INSTITUTE

Healthy Schools, Healthy Futures

The *Healthy Schools, Healthy Futures* program is based on the premise that the wellbeing of young people is intrinsically linked to the early uptake of risk-taking behaviours.

A joint initiative of Hunter Medical Research Institute (HMRI) and the University of Newcastle, the program is studying the effectiveness of building resilience as a way to reduce the number of adolescents who smoke, use alcohol or illicit drugs.

Our \$1.4 million in funding has allowed more than 10,000 students from 30 local high schools to participate in a four-year research project. Project officers have worked closely with schools to develop their capacity to address student resilience by implementing strategies customised to the unique needs of each school.

The program focuses on building skills and a school culture that help students develop into resilient young people that make good choices and grow into healthier, happier adults.

GIDGET FOUNDATION

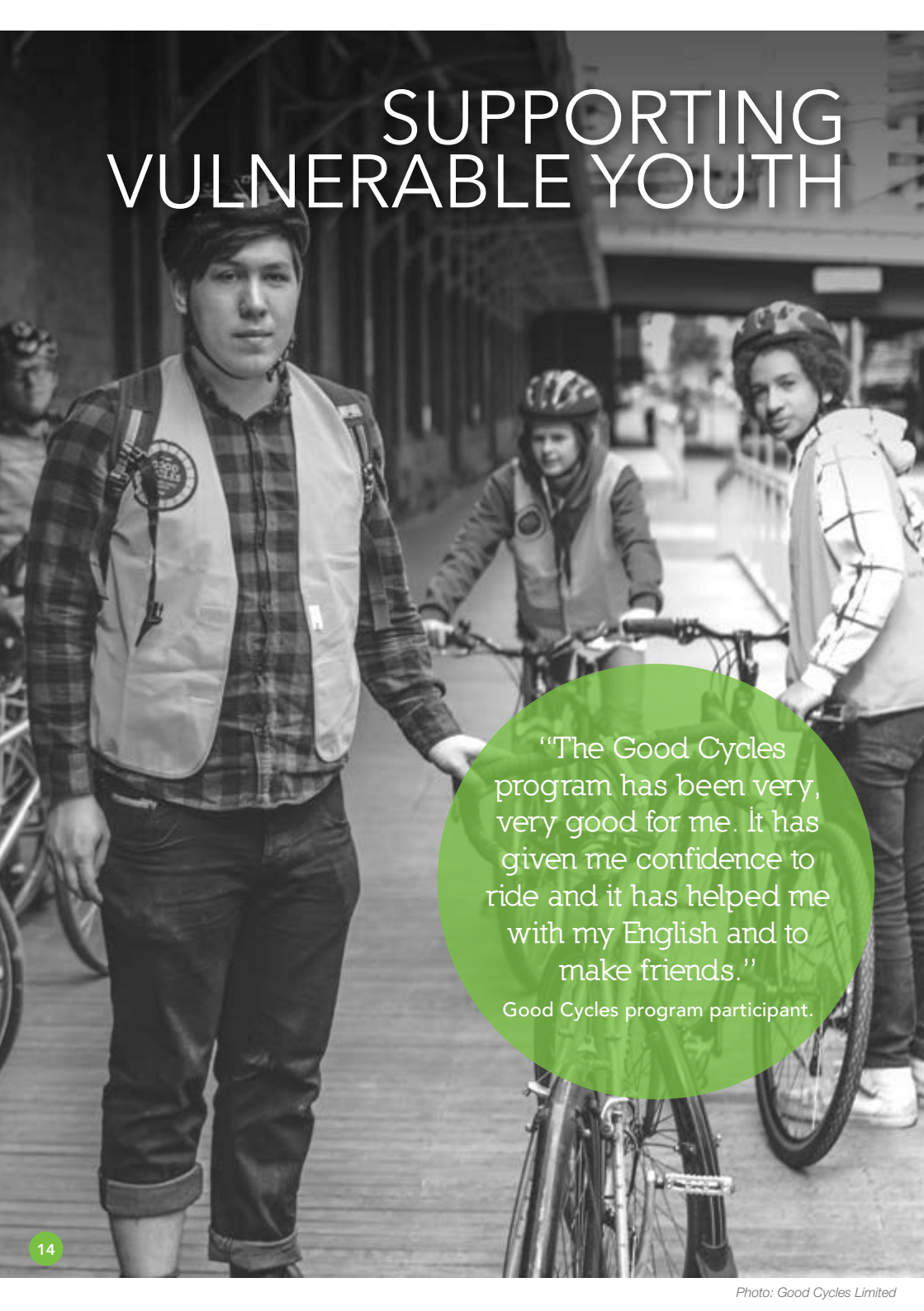
Emotional Wellbeing Program

Anxiety and depression during the perinatal period is estimated to affect up to 20% of mothers and 10% of fathers. That’s around 50,000 families in Australia each year. We also know that perinatal anxiety and depression is treatable and that early intervention leads to the best outcomes for women and their families.

The public hospital system routinely screens women during pregnancy, however, there is no such support available universally in the private hospital system that services 30% of Australian women who give birth each year.

Since 2010, The Gidget Foundation with our support, has developed and introduced a model for antenatal screening for anxiety and depression in collaboration with North Shore Private Hospital. The *Emotional Wellbeing Program* is currently providing mental health screening during pregnancy to approximately 25 women every week with women who are identified as high risk referred to further support.

SUPPORTING VULNERABLE YOUTH



“The Good Cycles program has been very, very good for me. It has given me confidence to ride and it has helped me with my English and to make friends.”

Good Cycles program participant.

There are a small yet significant number of young people in Australia who need intensive support to overcome disadvantage and reach their full potential.

The grassroots charities we partner with work at the coalface of youth support and have a deep knowledge of the complex issues facing the communities they work in. We assist these charities to help young people turn their lives around by providing practical support to establish positive relationships, access education and create employment pathways.

BATEAU BAY POLICE AND COMMUNITY YOUTH CLUB

Looking After Number One

The Bateau Bay Police Citizens Youth Club (PCYC) works closely with its local community to engage young people, particularly those who are disadvantaged, in sport, art, education and other recreational activities.

The *Looking After Number One* program was developed in collaboration with local high schools specifically to cater to students who have had difficulty attending school or have been suspended for assault or bully-related incidents.

A grant of \$10,000 has enabled nearly 60 high school students to complete the 10-week program which included activities that encourage building confidence, crime prevention, health and nutrition, fitness, and engagement in education.

Significant positive findings from the program evaluation include improved school attendance, a reduction in unacceptable incidents at school and improved respect for authority.

YHES HOUSE

My Accommodation Pathway (MAP)

Of the 100,000 people who are homeless on any given night in Australia, it's estimated that 40% are under 24 years of age. YHES House provides support for disadvantaged youth and young parents on the Gold Coast, including case management, counselling, hygiene and nutrition services, welfare and crisis support.

To help improve longer term outcomes for homeless and 'at risk' young people in the region, YHES House developed and piloted *My Accommodation Pathway (MAP)* with the help of our funding.

The program provides practical skill development to build young people's capacity to establish and maintain independent, safe, stable and affordable accommodation.

By supporting participants to achieve their goals through intensive case management, appropriate advocacy, referral, information and increased access to other relevant services, the MAP program improved the accommodation status of 90% of participants.

STRENGTHENING FAMILIES

“I found it valuable and reassuring to hear from fathers in the same situation as me. There are so many similarities in our stories. It’s good to know I’m not alone.”

Dads Can participant.

Parenting can be challenging, particularly for families presented with the additional pressures associated with disability, mental illness, chronic illness or bereavement. We believe that a small amount of targeted support at the right time can go a long way to helping families get through tough times and develop the resilience and capacity to cope with difficult circumstances.

KALPARRIN

Dads Can

Victorian early intervention provider Kalparrin observed that fathers are often underrepresented in support services for their child with a disability. A flexible grant of \$50,000 provided the funding needed to consult with fathers to understand their needs, then customise a unique peer-based program to help them better support their child with a disability.

Dads Can is delivering practical outcomes to families by giving fathers the chance to share experiences, develop skills and build confidence in parenting a child with additional needs.

Families have reported a decrease in behaviour issues, greater affection and more positive interactions between parents, children and siblings. *Dads Can* was also named as a finalist in the 2014 Early Years Awards, which recognise outstanding achievements by those in the Victorian early childhood sector.

HUNTER NEW ENGLAND LOCAL HEALTH DISTRICT

Keeping Connections - Childhood Bereavement Support Program

The death of a parent or sibling is the most fundamental loss a child can face. Research shows that childhood grief is associated with increased risk of self-harm and mental health difficulties, truancy and poor school performance, low self-esteem and reduced social connectedness.

Through their core business as the region's specialist forensic service, counselling staff at The Department of Forensic Medicine Newcastle identified an unmet need to support children, grandchildren and siblings experiencing sudden and unexpected bereavement.

We provided a small grant in 2013 to pilot a therapeutic children's group and extended our support in 2014 to continue the program. The *Keeping Connections - Childhood Bereavement Program* has provided age-appropriate, therapeutic peer group support to 120 bereaved families across the region, helping the children make sense of their loss and develop resilience to face the future.

LONG-TERM OUTCOMES

Reflecting on the longer term impact of funded programs is a key component of effective grant-making. During the foundation's sixth year it has been pleasing to consider the many and varied lasting outcomes resulting from some of our early partnerships that are continuing to deliver positive change to the health and wellbeing of their program participants.

A program that epitomises the long-term aims of our grant programs is the Schizophrenia Fellowship of New South Wales' *ON FIRE!* program. The *ON FIRE!* success story began in 2001 when a small group of volunteers in Sydney recognised the need to support children whose parents or siblings are experiencing mental health issues by cultivating hope, resilience and wellbeing.

The program helps young carers through the provision of opportunities for fun and friendship, strengthening life skills and providing support, education and mentoring to help them better cope with their difficult family circumstances.

In 2010 the Schizophrenia Fellowship identified an opportunity to formalise the unique *ON FIRE!* model to enable it to expand to other regions of New South Wales and approached our foundation for funding support. We were inspired to partner with Schizophrenia Fellowship not only because of the promise of this award-winning grassroots program, but because it was specifically designed to help young carers, a group whose wellbeing is often overlooked.

As part of our first partnership we provided a multi-year grant of \$500,000 to support the rollout of this program, extending its reach to the Hunter Region, Western Sydney and Wagga Wagga. A key part of the expansion's success was providing the resources to


build the programs capacity by documenting a formal program manual including a facilitator's guide and training program.

In addition, we also provided funding to enable the program to be externally evaluated from which more than 80% of participants reported a reduction in their problems. We believe the creation of this evidence base for the program has been a critical ingredient in the program's sustainability.

Following the program's early success, in 2012 the Schizophrenia Fellowship obtained Federal Government support to continue the program. *ON FIRE!* is now embedded in the four regions of New South Wales and is continuing to provide practical support to help children living in households impacted by mental illness. During the 2014 financial year over 1,300 direct services were provided through social activities, peer support and education, and children attended nine camps and almost 30 fun days.

It's now over two years since our grant to support *ON FIRE!* finished, and according to Schizophrenia Fellowship of NSW CEO, Rob Ramjan, the long term impacts of this initial funding are substantial.

"Without your support ON FIRE! would still be a voluntary unproven program operating in one small part of Sydney. Now we have trained workers, both paid and volunteer, manuals, training materials, an independent evaluation demonstrating the benefits of the program and real hope for the future."



"I feel a lot braver and stronger in myself. When mum was sick I didn't really know what to do. I felt like I couldn't do anything. I felt helpless but now I feel really strong and I can cope and I can help."

ON FIRE! participant, 13 years old.

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 of 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 members are:

- Keith Lynch (Chairman)
- Justin Doyle
- Judi Geggie
- Mark Foster
- Morgan Jones
- Brenda Read

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 partners.

There are three standing committees, Investment Committee, Due Diligence Committee and Partner Selection Committee, to which certain responsibilities have been delegated.

The Board are well supported in their governance activities by Company Secretary, Michelle McPherson, Chief Financial Officer of nib health funds.

HOW WE ARE FUNDED

nib foundation was established in 2008 following 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 2014 was approximately \$22.5 million.

OUR GRANT PROGRAMS

Each year, we provide over \$1.5 million in funding to support a range of Multi-Year Partnerships (previously called National 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 support programs that are sustainable, making 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. Please contact the foundation office on (02) 4914 1773 or enquiries@nibfoundation.com.au

More information about funding eligibility, assessment criteria and the grant application process can be found at nibfoundation.com.au



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 primary prevention of prevalent health issues
- Partnerships are identified by a proactive approach only
- Programs must have the potential to scale, replicate and be evaluated



COMMUNITY GRANTS

2015 Community Grant round open 1 - 26 June

- One-off grants of \$5,000 to \$50,000 to Australian charities with DGR
- Projects that run for up to 12 months
- Support locally-based health initiatives across Australia
- Competitive, application-based annual grant round
- Application form available to download at nibfoundation.com.au by May 2015

nib *foundation*

nibfoundation.com.au

For further information about the foundation please
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