

Annual Report

2016-17





**Connecting people who care,
with local causes that matter,
to improve community wellbeing.**



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About NRCF

Northern Rivers Community Foundation (NRCF) is dedicated to improving the lives of those less fortunate in our community. Community foundations help build and strengthen communities by bringing people together to make giving easy, effective and satisfying. We connect people who care, with local causes that matter, to improve community wellbeing. NRCF focuses on the communities of the Northern Rivers: the shires of Ballina, Byron, Lismore, Kyogle, Tweed Heads, Richmond Valley and Clarence Valley.

We encourage local individuals, families, business, foundations and other organisations to make donations to help meet the needs of our community now, and in the future. In most cases these donations are retained as capital to build a perpetual fund for charitable purposes, with the income from this capital used to make local community grants. This means we can provide a permanent source of funds to the community year after year. As you continue to donate, so our grant funding grows and so does the investment fund.

We also encourage donations for specific grant programs and capacity building initiatives that aim to have an impact now.

A key part of our role is facilitating the efficient distribution of funds across our community. Our grants address issues such as people's right to health, employment, higher education, happiness and creative expression, and the challenges of living in a regional community.

Broadly we operate across five areas:

- Youth
- Disability
- Health and Wellbeing
- Environment & Conservation
- Aged Services

NRCF team 2016-17

Board Of Directors

John Callanan (Chair)
Phil Daly (Deputy Chair)
Nick Rose (Treasurer)
Chris Hughes
John Jensen
Rea Francis
Michelle Tredoux
Lisa Daw
Ninian Gemmell

Resigning Directors in 2016-17

Dona Graham
Chris Whiteford
Jules Hunt
Margaret Smith
Peter Bowen
Jane Hanckel

Associate Directors

Xavier Hanckel-Spice
Simone Dowding
Sasha Graham
Peter Dean
Luke Barker
Jane Hanckel
Maggie Brown
Alex Grantham
Michael Murray
Jasmin Daly

Committee Members

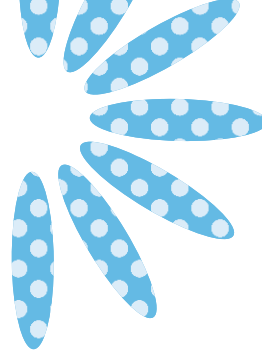
Julia Rochelli (Events)
Tricia Shantz (Grants)
Carole Lamont (Grants)

Staff

Emily Berry (Executive Officer)

NRCF invites you to become involved.

Please visit our website or contact our office for more information.



Chair's report

When we were established in 2004 we had a simple idea, to help disadvantaged people. We began with a zero bank balance and a small band of well connected locals who were determined to make a difference in our region.

Fast forward to today and the NRCF is now the leading philanthropic foundation in the region and we are here for the long haul.

We are constantly looking at ways to grow our reach and offer unique ways to engage donors and benefit more and more individuals across our community.

We are different from any other charity organisation, because we invest donations in perpetuity, and only the profits are given away year after year.

In 2016-17 we gave away in excess of \$200,000 to 28 different community organisations supporting youth, aged, homeless, indigenous, disabled, the environment, refugees and mental health initiatives. And our annual small grants are almost always leveraged with many hours of volunteer time from within the community organisation, thereby increasing their effectiveness and their impact.

Our motto is "We help you help others" and that describes exactly what we do. We are the bridge between those who are most vulnerable in our community and those who have a commitment to giving and helping others.

This foundation has the largest footprint of any Community Foundation in Australia, from Tweed in the north to Grafton in the south, from the ocean all the way out west through Kyogle, Lismore and Casino - 20,000 square kilometers and 300,000 people.

It's not easy to outreach such a large area!

My ultimate goal for the Foundation is to tell our community stories to as many people as possible. We need to tell the public about the great work that our community organisations are doing because we know that it brings in more donations. We hope to then significantly increase the number of our annual grants and the total value of the fund. I'd like to see the Foundation's corpus reach \$10 million which I believe is an achievable goal! With the continued contributions of our donors and supporters that reality will happen sooner rather than later.

To everyone that has supported us, I honour your commitment, generosity and willingness to give, without you the NRCF would not have achieved the success we have over the past twelve years. We are in a privileged position here in the Northern Rivers, and it is our role to ensure everyone is afforded the opportunity to benefit from living in such a special location amidst a unique and caring community.

I think, the growth and impact we have had in just twelve years, is an extraordinary result, and it's all thanks to our donors, volunteers, grant recipients and supporters - thank you all. Here is to more positive impact in the world and in our corner of it.



John Callanan
Chair

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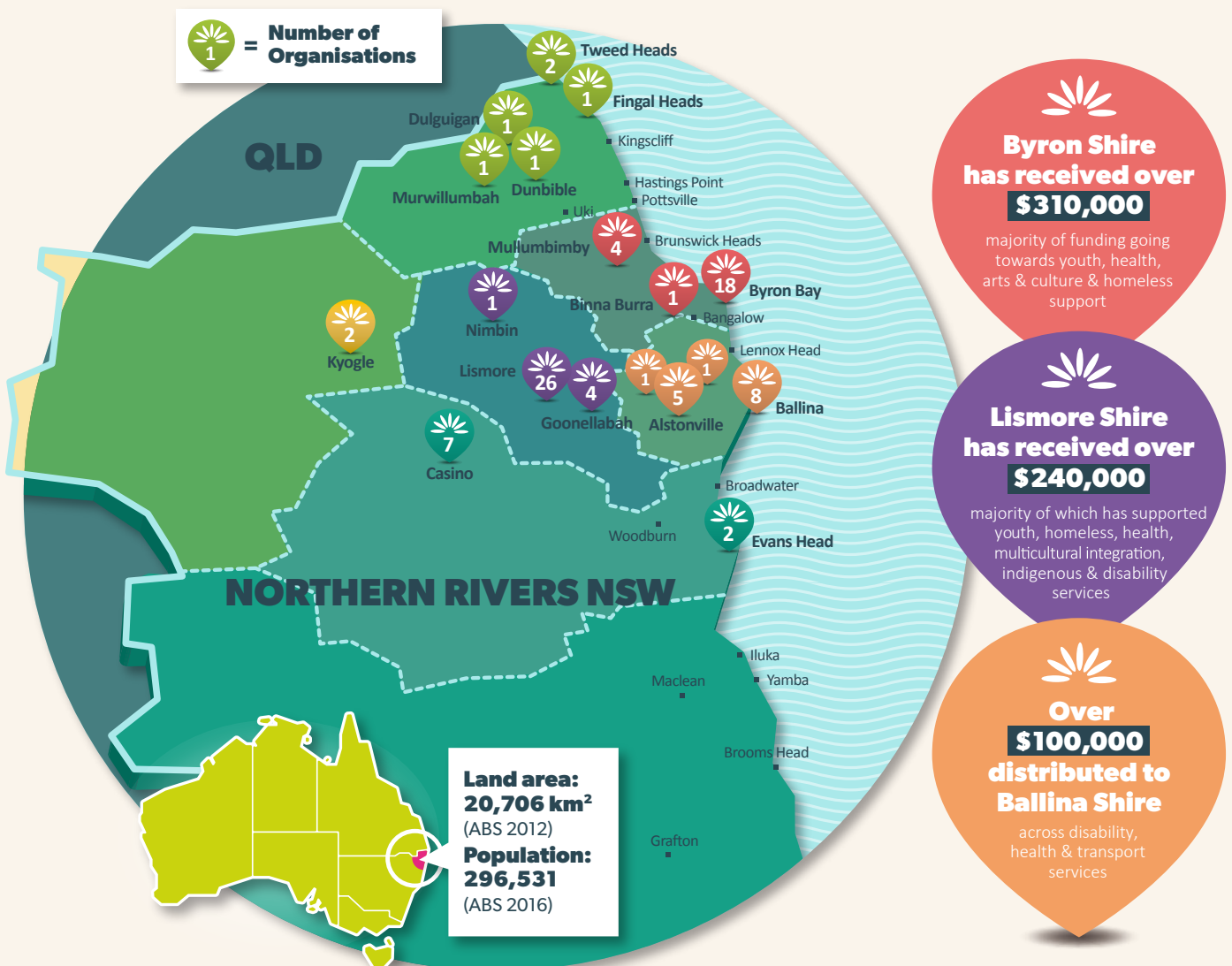
Our Reach



GRANT RECIPIENTS

SINCE 2005 NRCF HAS GRANTED **\$1,192,477 ACROSS THE 7 SHIRES OF THE NORTHERN RIVERS 229 PROJECTS ACROSS 88 ORGANISATIONS**

To: disability services, multicultural integration, community wellbeing, arts & culture, family support, youth programs, transport, homeless support, domestic violence & sexual abuse, aged services, health, indigenous & conservation & the environment.



2005 – 2017 Organisations and Groups Supported by NRCF

Adult Community Education-Mullumbimby
Alstonville Plateau Historical Society
Autism Spectrum Australia (ASPECT)
Ballina District Community Services Ass.
BAYFM Community Radio
Biala Special School
Biala Support Services Inc
Blind Citizens Australia
Brunswick Valley Historical Society
Byron Bay Youth House
Byron Community Centre
Byron Emergency Accommodation Project
Byron Harmony Group
Byron Underage Drinking & Drug Initiative (BUDDI)
Byron Youth Service
Byron Youth Theatre
Casino Neighbourhood Centre
Casino Vision Impaired Local Client Support Group

Centacare Ballina
Centre Against Child Sexual Assault
Community Connections
Disability & Aged Information Service Inc. (DAISI)
Disabled Surfers Association - Far North Coast
Fingal Head P&C
Goonellabah Childrens Choir
GROW NSW
Gunawirra
HART Services
Headspace Lismore
Heartfelt House
House with No Steps
Jumbunna Community Pre School
Katia Project/Byron Bay Herb Nursery
Kyogle Family Support Service
Kyogle Together
Lend-a-Hand Ministries - Casino Food Bank

Liberation Larder
Lifeline Northern Rivers
Lismore & District Women's Health Centre
Lismore Interchange Respite
Lismore Soup Kitchen
Lord Taverers Northern NSW
Mental Health Accommodation & Rehabilitation Service
Mental Health Support Group
Mid Richmond Education Fund
Mid Richmond Neighbourhood Centre
Multicultural Meeting Place & Transport Scheme
Murwillumbah Community Men's Shed
Natural Death Centre
Northern Rivers Community Gateway
Northern Rivers Community Legal Centre
Northern Rivers Conservation Arts Centre
Northern Rivers Wildlife Carers

Northern Rivers Writers Centre
Now Remembered Australians
On-Track Community Programs (OTCP)
Pathways Foundation
Realising Every Dream (RED Inc)
Richmond Tweed Regional Library
Riding for the Disabled-Ballina & Tweed Heads
Screenworks
SCU-Bowen Scholarship Program
Shaping Outcomes Byron
Shaping Outcomes Tweed
Spaghetti Circus
Spinal Cord Injuries Australia
Sprung!! Integrated Dance Theatre
St Vincent de Paul
STEER Project
The Buttery
The Deaf Society

The Family Centre
The Fatherhood Project
The Humour Foundation (Clown Doctors)
The Men & Family Centre
The Resilient Youth Project
The SHIFT Project
The UNCLE Project
Tweed Palliative Support
UnitingCare Casino Transport Team
Windara Communities
Wires
Women Up North Housing
Youth Connections
Youth Voice Nimbin
YWCA NSW

Our Programs

- Community Grants
- Chairperson's Grant
- Back to School Program

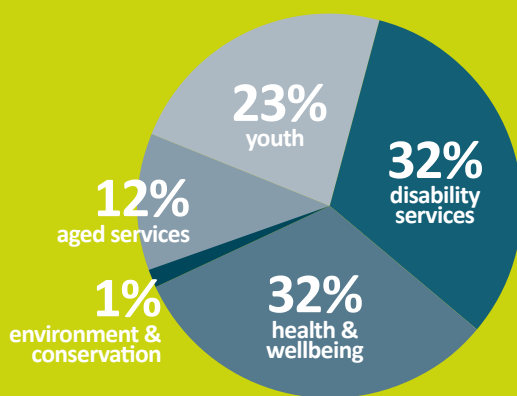
Community Grants Program

The NRCF Community Grants Program is our way of ensuring donors' funds fuel innovative and sustainable projects that have the greatest impact. The purpose of the Program is to provide funds by way of grants, to organisations and groups that will help build and strengthen our communities across the Northern Rivers region of NSW.

The Foundation's key priority is to enhance our community's wellbeing with a particular focus on support programs that address disadvantage. Grants range from \$1,000 to \$25,000.

2017 Community Grants Program - Highlights

- 2016 saw NRCF give away its millionth dollar
- \$128,000 was granted to 22 organisations



Major Grant

This year the major annual grant of \$25,000 was awarded to the **Katia Native Bee Youth Employment Project** from the **Byron Bay Herb Nursery**. The project established a native bee keeping business that provided employment opportunities for local indigenous youth and youth at disadvantage.

The project focused on manufacturing beehive boxes and farming native bees that can be sold or leased to the community and horticultural industry. The bees produce honey and pollinate food crops and nut trees such as macadamias. Youth participants gained experience and skills in carpentry, native bee keeping and an understanding of the use of native bees in local indigenous cultural practices such as food and medicine production and implement making.

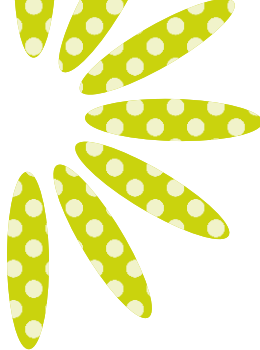
The Byron Bay Herb Nursery currently employs 23 people in their herb nursery, including six people with a disability. They also employ four young adults in their social enterprise area, which focuses on providing employment for youth at disadvantage through innovative projects such as composting. General Manager at the Byron Bay Herb Nursery Nick Thom, applied for the grant. *'We feel extremely privileged to have received the large grant,'* says Nick. *'There are so many charities doing great work.'*

Impacts

- Employing three local youth at disadvantage, and providing training opportunities for Indigenous school students, to learn about native beekeeping, carpentry, and cultural practices associated with bees. Staff were also trained in beekeeping.
- Engaging Synergy Group to help develop a business plan to help meet the projects deliverables.

The Byron Bay Herb Nursery's Katia Native Bee Youth Employment Project provides employment opportunities for local indigenous youth and youth at disadvantage.





- Beekeeping workshops were conducted to educate people about the lifecycle of Native bees and Bee husbandry, as well as the benefits of bees in agriculture, nature and society. Cultural workshops were conducted to educate participants and school students about Indigenous cultural practices around native bees. Workshop models were also developed for future workshops run by the nursery to generate additional income.
- The nursery forged a strong relationship with The Australian Native Bee Company. The company's director Steve Maginnity, provided stocked hive, shared info via workshops and help mentor project staff.
- The nursery has also developed a business relationship with a local macadamia farmer who is interested in leasing more hives for their farms on an ongoing basis.
- Mullumbimby Men's Shed also helped train staff in hive construction and supplied beehive flat packs for assembly.
- The team are currently developing a new bee pollination kit with mushroom company Life Cykel. This will provide further income and employment opportunities for local youth at disadvantage

- A new partnership with the <http://savethebeesalliance.org/> has been formed and they have agreed to promote the nursery's workshops and products

The project has helped break down barriers to employment for Indigenous youth and people with disability. It helped facilitate more social inclusion via partnerships with industry and relationships with the general community.

"It was really fun. I really liked building the boxes for the bees as they needed a home to make their honey."

Alex Vanhonk, Participant

NRCF grantees telling their stories

Part of NRCF's role is that of advocate. It's a 'more than money' approach where we can solicit help and support from the general public by telling the stories of our grant recipients and the incredible impact they are having in our community.



Foundation bee-nefits the community

Story and photos by: Vivienne Pearson

Byron's Katia Bee Project received a \$25,000 funding boost last night (Thurs 24 November) from the Northern Rivers Community Foundation (NRCF) at their Tweed Heads grants ceremony.

This year the NRCF has given away over \$130,000 in grants to 22 different community organisations. The total amount donated by the NRCF over the last 12 years is over \$1 million.

The winner of the major \$25,000 grant is a Byron Shire organisation – Katia Project Inc, who auspice the Byron Bay Herb Nursery. The grant is for a new project; the Katia Native Bee Youth Employment Project. The idea is for Indigenous youth and young people with a disability to gain skills in carpentry and bee-keeping through the manufacture of beehive boxes and farming of native bees.

The beehives will be sold or leased to community members and those in the horticultural industry, for both honey production and the pollination of food crops, especially nut trees.

The idea for the project came from Leeanna Jenkins, a staff member of the nursery. Leeanna is one of 23 staff at the Byron Bay Herb Nursery, 16 of who have a disability. The nursery's main business is growing and selling herbs in signature purple pots. An additional social enterprise focusing on composting, which has been in operation for three years, is the model on which the new project will be based.

Leeanna's boss, General Manager Nick Thom, applied for the grant. "We feel extremely privileged to receive the large grant," says Nick. "There are so many charities doing great work."

Other local organisations to benefit from last night's NRCF grants include Byron Youth Service (a program for 'at risk' women at Mullumbimby High School), Byron Youth Theatre (performance and workshop exploring youth suicide), Shaping Outcomes Byron (development of support material for the new picture book Fergus and Della), and The Shift Project Byron (training and work experience for disadvantaged women).

If you've picked up a theme of overcoming disadvantage, you're on the money. NRCF is an independent philanthropic foundation dedicated to improving the lives of those most in need of support. NRCF Chair, John Callanan says: "A lot of people say we live in paradise here... but the reality is that the Northern Rivers is statistically above average in many areas of disadvantage."

The Foundation is set to continue its mission as it only gives away profits from investments each year. Its 'nest egg', already over \$1 million, is growing, largely thanks to bequests. This will allow the NRCF to continue 'bee-nifiting' the community into the future.

www.nrcf.org.au and www.byronherbs.com.au



Byron Bay Herb Nursery staff showing the sign for 'bee'.



Leeanna Jenkins, Laim Reynolds and Nick Thom.



Tackling abuse of the elderly with bingo

Mandy Nolan

When support from family and friends becomes diminished, the elderly can be at risk of 'elder abuse'.

One of the challenges in tackling elder abuse is raising awareness, as very often older people are not aware of the conditions that they are experiencing constitute abuse, neither are they aware of the channels that might help them address the problem.

Recently the Northern Rivers Community Foundation (NRCF) helped fund an elder-abuse awareness-raising program, which is being delivered by Katja McPherson from the Northern Rivers Community Legal Centre.

Ms McPherson says they came up with an informal 'bingo card' approach to identifying some of the flags of elder abuse. The elder abuse awareness program is delivered to social groups and day groups and people attending are asked to go through the Bingo Card and mark off if they are aware of anyone who shows these signs.

"The bingo cards have things like, 'I don't know what's in my bank account, or I am lonely, or I was forced to change my Will,' says Katja.

She says, "The main aspect of elder abuse is financial abuse with inheritance impatience. People saying, 'Oh, Mum, you don't need the big house, we'll move in and build you a granny flat.' In some cases the family moves in, but the granny flat is never built."

"We talk about having the power of attorney and having someone you trust in that role."

Repercussions

In delivering the session to about 180 elder people and service providers, Katja said the main issue that stopped people seeking help was fear of repercussions.

"People are worried that their family may become angry and in some cases that they may experience violence. All the services and help lines are available to them."

For anyone interested in finding out about more or having a session delivered go to www.elderabusehelpine.com.au or contact the Northern Rivers Community Legal Centre.

Refugee families make a splash

THIRTEEN local children from families who arrived in Australia, as refugees or supported migrants have begun a week-long series of learn to swim classes in Lismore.

The children's families come from various African countries, including Sierra Leone, Somalia and the Democratic Republic of

Congo, and have now established themselves in the local area.

The Kick Start classes are conducted by qualified swimming instructors at Goomallabah Sports & Aquatic Centre. They are arranged by North Coast Settlement Service, a special work of St Vincent de Paul Society NSW that assists

migrants and refugees to become self-reliant.

The classes are sponsored by the North Coast Community Foundation and between the Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STAR-TTS), and the Department of Social Services.



Call for donations to help local grand-carers

by cathryn-mclaughlan

17th Mar 2016 3:55 PM

FINANCIAL support for grand-carers is at risk following a funding cut.

The Northern Rivers Community Foundation has attracted funding for more than eight years to support people who have become the primary carers of their grandchildren.

The annual funding of about \$35,000, provided by the Foundation for Rural and Regional Renewal, has been reduced to \$20,000 in 2016.



Northern Rivers Community Foundation deputy chair and managing director, Dona Graham has called out to community members to consider financially supporting local grand-carers.

Picture: Contributed

community foundations like the NRCF."

As someone who was largely raised by her grandparents, Ms Graham feels particularly close to this issue.

"I can really see that a grand-carer or grandparent is a child's link to history and I think they're also a pathway to their future, and I think it pays beautiful dividends if we can invest in grand-carers to keep on caring," she said.

"As a grandparent you hope and expect to have time in your grandchild's life, but to actually take on the full time care ... could you imagine being 70 years old (and) dealing with tantrums ... and kids going through puberty?"

Ms Graham is calling on grandparents and grandchildren in particular to support NRCF by making a donation towards vouchers for local grand-carers.

"Please consider making a donation so we can purchase the additional vouchers we need," she said.

"These \$5 dollar vouchers don't sound like much but they go directly to the grandparent."

"A lot of them are on a pension, so it's a constant struggle to find money for even the basics."

Donations can be sent to the NRCF at PO Box 1446, Ballina, 2478, or made online.



Byron Youth Services project – Nalia Dubay

From our 2017 Grantees...

Byron Youth Services project

Nalia Dubay (the Aboriginal /Bundjalung name for a group of girls) is a youth pilot project, run by Byron Youth Service, for eight at risk young indigenous and non-indigenous girls from Mullumbimby High. The project's long-term goal is to create a positive peer group that will support and mentor other female teenagers confronting difficulties in their lives.

Deborah Pearse, Byron Youth Service:

"Eight girls were referred by Mullumbimby High. We worked with Nickolla Clark as co-facilitator. Nickolla is one of the Bunyarra dancers and brought many skills in Indigenous arts and crafts and an ease in connecting with the girls. We learnt about Arakwal history in the local area and how to care for and respect the land. We are very grateful to NRCF for providing partial funds for this valuable program. We hope to gain the funds to extend the program and also to have a similar program structure for young males."

The SHIFT Project Byron Inc.

SHIFT is a short-term educational transition program for women who are homeless or at risk of homelessness. The SHIFT Project Byron supports women through the challenges they face moving from homelessness to independence. SHIFT addresses the gap following a crisis and empowers the women to enhance mindsets, behaviours and skills that support them reconnecting with their life.



SHIFT finished product and material used for dyeing

NRCF funded a social enterprise project called SHIFT STITCHES which taught SHIFT female residents skills in the production of high quality, hand-made, cushions and scarves. A weekly course that provided a tailored learning environment, up to 8 participants each week were given the opportunity to learn the plant dyeing process and further develop their sewing skills. The finished items could then be sold, helping financial stability for the women and the SHIFT residence program.

"Participants learnt about the quality presentation of saleable goods and became introduced to the entire process: from design, production, to sales. Each step contributed to building a sense of confidence and pride in their work. We currently have cushions for purchase in two local businesses. Profits made from these goods provide a reduction in rent to support the participants to begin to achieve financial stability for a sustainable future. We are currently preparing to expand to be a part of a monthly market with a SHIFT Stall of eclectic handmade products. Furthermore, our participants have developed confidence and skills in the areas of: Leadership, Improving numeracy and literacy, computer skills, time-management and budgeting. In addition to social inclusion, resilience, self-esteem and confidence."

Anne Goslett, Founder and Managing Director, SHIFT project.

Shaping Outcomes - Parenting Project

The Shaping Outcomes Parent Project assisted parents who are carers of children with a disability, to build on strengths, skills, increase confidence and develop support networks. The project ran over seven weeks and was funded by the NRCF. Over seven families attended each session over the seven weeks.

Amber Thorley, Community Relations Manager, Shaping Outcomes:

Parents wanted to learn relaxation strategies and Key Word Sign (KWS). KWS is the use of manual signs and natural gesture to support communication for children with communication difficulties. The parents learnt some signs to assist in their day to day with their children.



Parent receiving Shaping Outcomes completion certificate

Following the course when Parents were asked the question "Identify what was most helpful or valuable?" responses included; stress management, meeting other parents, sharing my experiences without judgement, the facilitators personal experience, meeting people who relate, learning about assertiveness, having space from my kids knowing they were well cared for. The booklet 'Care for Caring Parents' by Noel C Schultz and Cynthia L Schultz was supplied to each parent, and on which the Shaping Outcomes Parent Course is designed around.

Verbatim feedback received from parents after each session included:

"It's an amazing, life changing course and I have learned so much."

"The presenters gave us all individual attention/strategies for coping with problems we face. I definitely gained skills that I will be implementing at home."

"I would recommend this course to other families as it reminds us to look after ourselves too and although simple it reminds us how to deflate/diffuse/deal with things before they get out of hand."

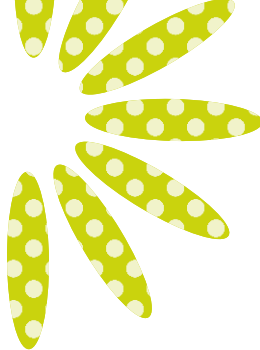
"Great to meet people going through similar situations and make new friends."

Home Assistance and Regional Transport Inc - Learner Drivers Assistance Program.

This project aimed to provide driving lessons for people with barriers, so they could attain their driver's licence. The program has provided 32 eligible persons with a collective total of 90 driving lessons.

People like Nickolas:

"HART has been helping me get my hours up for my logbook and even funded three lessons. Getting my licence will help me a lot because I am currently doing a Certificate IV at TAFE that's nearly finished and I'll be starting work straight away. HART is helping me get my P's as soon as possible which will give me a better chance to get a better job and give me the freedom to go where I need and want, when I need and want. HART even supply me with bus vouchers for free trips to their office and home. Thank you HART."



Chairperson's Grant

The Chairperson's Grant is available for projects that come up outside of the normal grant round. In 2017 the grant was awarded to Screenwork's 'Deadlock Attachment' program.

Screenworks is committed to providing opportunities for young people in the Northern Rivers to gain experience working on professional productions with professional crew.

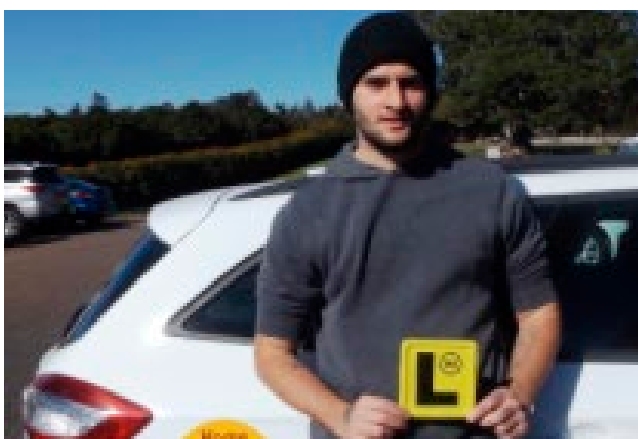
Screenworks partnered with Every Cloud Productions to create an Attachment Program for the ground-breaking screen drama *DEADLOCK*. The purpose of the Program was to recognise and support the development of young screen practitioners living in the Northern Rivers seeking a career in making television drama.

Nine paid internship opportunities were offered in the areas of directing, production office, art department, camera department, sound department, grips department, costume department and makeup department.

Each of the positions were filled by a young person living in the Northern Rivers aged between 18 and 30. Over a four week period, the participants worked on the *Deadlock* production which included one week of pre-production and a 3-week film shoot.

Each participant was attached to the relevant Head-of-Department to ensure that the best transfer of knowledge and expertise was provided to the participants.

Screenworks worked with Every Cloud Productions and the selected attachments to monitor the progress of the interns at different stages of the program. As a result of their involvement in the program, a number of the participants have been offered work.



Driver Assistance Program



Screenwork's 'Deadlock Attachment' program

Below are some quotes from the participants:

"I really learned a lot about the functions of each department on set and how each department works together toward a common vision." **Rhys Hicks**

"The contacts that I have made both on set and threw the crew have set me up with the possibility of a lot more work in the future in Sydney and on the Gold Coast." **Harry O'Meara**

"My attachment role has allowed me to experience what it's like to be a producer. I was able to also go to set most days and observe for an hour or two. By being in the office and then onset, I was able to see how the two married up. I saw how decisions made in the office affected the cast, crew and locations on set. I also saw how budgets control and limit productions." **Emily Page**

"I didn't really know what to expect but it exceeded my expectations anyway, it was a great experience in every way. Working with a team of professionals and seeing how it all works was invaluable. Seeing ideas I was involved in when contributing to the script being filmed gave me a sense of satisfaction. It was just great to meet everyone and how people used their skills collaboratively and it was a really fun experience I'd be keen for more work like this." **Byron Grieves-Handley**

"This was an extraordinary opportunity for these nine early career screen practitioners," explained Screenworks General Manager Ken Crouch. "It means that these young screen workers can build their screen industry skills, connections and careers without leaving their home towns. While the majority of production happens in metropolitan centres, we are seeing an increase in production in the Northern Rivers and Screenworks wanted to make sure that our early career filmmakers benefited," continued Mr Crouch.

SCU Bowen Education Scholarship

Established in 2009, the Peter and Julie Bowen Southern Cross University 'Bowen Education Fund'* supports disadvantaged students to study at Southern Cross University.

This scholarship is funded jointly through the Northern Rivers Community Foundation and Southern Cross University and has been awarded to one or two recipients every year since 2009. In 2017 two scholarships of \$2,500 each were awarded to Gisela Conechado and Jasmin Williams.

Gisela Conechado

Gisela Conechado is a mature-age student living the Northern Rivers. She is a sole parent and manages living with chronic pain, resulting from a motor vehicle accident she was in as a teenager. Despite these personal challenges, she has volunteered in the local Byron community with groups including Byron Youth Activities Centre, Brunswick Heads Visitors Centre, Byron Aged Care and Byron Herb Nursery. Gisela also dances as a way to manage her chronic pain. She often performs at community events. She is currently applying herself diligently in her study of Bachelor of Biomedical Science. She aspires to become a community health worker with a focus on prevention of lifestyle diseases such as diabetes and cardiovascular disease.



Gisela with NRCF former Director Peter Bowen

*The SCU Bowen Scholarship Fund is part of NRCF's Named Funds program.

A Named Fund may be established in your own name, or your company's name, or, perhaps, in the name of a loved one or associate. These funds make a statement; they say something about values held, about influences felt, about relationships recognised. For more about Naming a Fund, please email info@nrcf.org.au

Q&A with Gisela

What has the scholarship fund enabled you to achieve?

This scholarship has helped me with the cost of maintaining my vehicle to get to campus safely, helped me with getting tutoring to help improve my math and chemistry skills. Plus the acknowledgement that my pursuit of study is valued, this has helped to keep me motivated when studying gets challenging.

What would have happened if the scholarship fund didn't exist?

I might have not been able to afford the car maintenance to get me to campus. I might have gotten discouraged and questioned my abilities to continue with my study.

What does your future look like?

There is still a lot more work to be done to complete this qualification but I know that I have many avenues for employment and opportunities to help my community if I can do it.

Jasmin Williams

Jasmin Williams lives in Taree which is within the University's wider footprint (one scholarship can be outside the Northern Rivers provided it is within the SCU footprint). Jasmin is an extremely talented student, achieving an ATAR of 89.5% in her HSC in 2015. She is unable to receive any financial support from her family and now supports herself with part-time employment. Relocation costs prevent Jasmin from relocating to SCU in the Northern Rivers, so she decided to study online and is now enrolled in Bachelor of Arts/Bachelor of Education (Primary).



***Jasmin receiving her award from SCU
Professor Adam Shoemaker, Vice Chancellor***



Back to School Program

NRCF believes that education is a fundamental right and that a quality education should be accessible, irrespective of your personal circumstances, or where you live. However, many families in rural, regional and remote Australia struggle to provide the basics their children need at the start of the new school year.

The **Back to School Program** is targeted at rural and remote students who are in need of financial support as they return to the school year. In the Northern Rivers, the Program specifically supports 'Grandcarers' - grandparents who are primary carers of school aged children, by offering redeemable vouchers valued at \$50.00 for items such as books, stationery, school bags, shoes and clothing.

"I have found that the biggest impact for the students that have received vouchers from you over the past three years is that of student wellbeing. For some children it is very important that they come to school with a pencil case of their own. Ultimately by improving student wellbeing you are improving attendance at school and retention which improves student learning."

School Principal

However, the impact of the vouchers is far more than just monetary: the items that these vouchers can be redeemed for reduce stigma for children living in economic disadvantage. They can significantly improve the confidence, self-esteem and educational engagement of the students, as well as offer families the opportunity to access or gain information on other community services available through increased community coordination.

"It not only provided them with the material goods but improved their self-esteem and self-confidence as they were no longer 'different' to other students."

Welfare Coordinator

NRCF is a proud supporter of the **Back to School Program** (BTS) in partnership with the Foundation for Rural and Regional Renewal (FRRR). The first Back to School Program in the Northern Rivers funded by NRCF and FRRR began in 2006. Since then NRCF and FRRR have distributed \$409,150 worth of redeemable vouchers to disadvantaged children in the region.



NRCF Grant Recipients 2016-17

AUTISM SPECTRUM AUSTRALIA (ASPECT)

– Siblings Day 2017

To provide a fun, supportive community day for the siblings of local children with autism.

BIALA SUPPORT SERVICES INC

An adult hydraulic change table for its Respite House.

BYRON YOUTH SERVICES

Nalia Dubai – A group of girls.

To deliver an 8 week program for ‘at risk’ young women from Mullumbimby High School.

BYRON YOUTH THEATRE – Here Today

An original youth devised performance and workshop exploring the complex issues of youth suicide, early intervention and prevention – followed by panel discussion and community conversation event on youth suicide.

HART SERVICES

– Learner Drivers’ Assistance Program

To assist people with barriers to obtain their probationary drivers licences and to accrue required driving hours and experience.

HEADSPACE LISMORE

– ‘Spaced Out’ @Headspace

Renovation and conversion of Headspace, Lismore’s unused garage to a funky youth group room.

LIFELINE NORTHERN RIVERS

– Suicide prevention training for Northern Rivers Indigenous Communities.

Delivering a culturally appropriate and tailored package for Aboriginal communities.

LISMORE SOUP KITCHEN

For the refurbishment of 4 units of transitional accommodation occupied by single males at 11 Bridge Street, North Lismore.

MID RICHMOND NEIGHBOURHOOD CENTRE

– Crankfest Youth Festival

A celebration of Youth Culture and Art.

NORTHERN RIVERS LEGAL COMMUNITY CENTRE (NRLCC) – ‘Lets talk about Elder abuse’

To inform older members of our community about the prevalence of elder abuse, how to identify it and what to do about it.

NORTHERN RIVERS WILDLIFE CARERS

– Training in handling venomous snakes

Assistance with facilitation of the course for 8 NRW volunteers.

RED INC – E-space digital hub

Creating community connections. To engage people with autism spectrum disorder and other disabilities.

SHAPING OUTCOMES TWEED HEADS

– The Parent Project

A 7 week course to assist parents/carers of children with a disability.

THE SHIFT PROJECT BYRON – Shift Stitches

A small social enterprise program delivering training and work experience for disadvantaged women.

SPRUNG! INTEGRATED DANCE THEATRE

– Dancing Stories

A partnership between Sprung! and the Deaf Society North Coast to facilitate a deaf inclusive dance theatre workshop for deaf and non-deaf participants.

ST VINCENT DE PAUL

To kick start a swimming program for former refugee children at Goonellabah Sports Centre.

THE BUTTERY

For the Buttery’s free family counselling program.

THE HUMOUR FOUNDATION

For Lismore Hospital’s Clown Doctors Program.

UNITING CARE CASINO TRANSPORT TEAM

– Transport to Resilience

Transporting 10-12 clients in need of regular dialysis treatment to Lismore Base and St Vincent’s Hospital in Lismore.

WOMEN UP NORTH – ‘Love Bites’ Program

A violence prevention program for young people.

BYRON BAY HERB NURSERY

– The Katia Native Bee Youth Employment Project

Establishment of a native bee keeping business that provides employment opportunities for local Indigenous youth and youth at disadvantage.



Our Stories

NRCF focuses on five areas or themes that reflect the interests and needs of the Northern Rivers community:

- Youth
- Disability
- Health & Wellbeing
- Environment & Conservation
- Aged Services

A selection of stories from our 2017 grant recipients feature below:

Youth

The Clown Doctors Program - laughter as medicine

The need

Being in hospital is scary at the best of times, but when you are a child or young person it can seem a very daunting place and full of people who don't resemble family members. It can be a worrying time for both the patient and their family. Doctors and nurses can seem very austere dressed in their hospital uniforms and this sometimes makes examinations and assessment hard for young patients.

The approach

Enter the Clown Doctors Program from The Humour Foundation. This free program operates at Lismore Base Hospital, 50 weeks a year and is one of 23 hospital-based Clown Doctor programs nationally. Operating in partnership with healthcare professionals, Clown Doctors aim to enhance the wellbeing of sick children in hospital by treating them with a special kind of medicine; doses of fun, smiles and laughter.

Clown Doctors use humour and play to improve the quality of life for sick children and families and support positive health outcomes by addressing psychological needs and enhancing wellbeing during serious illness, trauma, anxiety, injury, fear and stress.

Through the provision of a grant from NRCF, two Clown Doctors visited Lismore Base Hospital each week in 2017. This enabled the delivery of a high-quality, tailored humour therapy and arts program, using the Clown Doctors skills. The funding from NRCF contributed towards the overall cost of the program and represented *the main local source of funding.*

"The Humour Foundation recognises the role of the arts in contributing to the health and wellbeing of all Australians. We have now become an integral, respected and recognised part of the hospital community. Hospitals, parents and families request our services and humour has scientific research behind it to demonstrate its health benefits. Our performers receive training and professional development to make sure they can perform effectively within a healthcare environment," Katrina Richardson, Humour Foundation.

Impact

- 50 annual no-charge visits of Clown Doctors to Lismore City Base Hospital.
- The delivery of a high-quality, tailored humour therapy program that actively engaged and supported the mental health and wellbeing of over 6,000 sick children, family members and hospital staff in the Lismore community.
- Children felt less emotional distress associated with pain or discomfort during procedures as a result of the Clown Doctors Program.
- Clown Doctors distracted patients undergoing painful or invasive treatment, thus reducing consultation times with doctors and nurses.



The Clown Doctors Program - Dr Sniggles & Dr Fluff, and Dr Sniggles & Dr Quack with Hiyam



Sprung! Integrated Dance Theatre Inc

Disability

Sprung!! Integrated Dance Theatre Inc

"Dancing Stories" Deaf Inclusive Dance Theatre workshop

The need

Dance is considered to be one of the most liberating ways to express one's feelings. Using the body as an instrument, dance is a way of communication. Beneficial for both physical and mental health, the art form is also popularly used as a therapy to help individuals deal with personal difficulties.

There are many techniques used by dancers to help deaf people stay on the beat and feel the mood of the music. Some claim that they use the reactions of the crowd, whether that be nodding to the beat or clapping along with the song, to keep a sense of rhythm and stay on beat. They may also follow their fellow dancers, who may be deaf, hard of hearing or hearing. By watching other dancers' movements and rhythm, they can keep time and continue with the music. Some hard of hearing dancers who can hear low sounds are able to build off the lower parts in songs and follow along to what they can hear. Those who can hear the lower tones might also just listen to the music over and over until they practically have it memorised and then dance to the song from memory. Much of 'Deaf dance' is built on visual cues and memorisation of the phrasing and beat of whatever song the dancer is using in performance.

'Deaf dance' has opened new doors not only for Deaf artists but also for those who study or appreciate dance as they can view it without any other distractions such as music or singing. It is purely dance.

The approach

Anna Seymour, contemporary dancer (deaf) from Melbourne, and Michael Hennessy, Sprung!! Artistic Director (hearing), ex Sydney Dance Company, created an all inclusive dance theatre workshop open to deaf and hearing persons who love dance, so that they could engage in simple dance exercises with an open mind. Northern Rivers Community Foundation funded the workshop.

Two dancers with hearing impairment and 7 Sprung!! dancers with disability took part in the four-day workshop which drew a large audience of hearing and

deaf persons across all ages. The workshop dancers were encouraged to explore movement in association with concepts of "Home" and "Silence". Anna also enabled dancers to consider what the "movement" of various everyday sounds might look like, such as seagulls crying and popcorn popping. The workshop was preceded by a public forum for teachers and dancers working with deaf persons in the community, to increase their awareness of deaf culture and experience. All participants had an introduction to the Auslan language and recognised its amazing potential for encapsulating emotion and story. Everyone involved was thrilled with the community and artistic outcomes and are keen to see 'Dancing Stories' become an annual event.

Impacts

- One public forum attended by 20 people
- One orientation to Auslan attended by 10 people
- One four-day dance workshop attended by nine people including two people with hearing impairment and seven with a disability
- One workshop showing attended by 50 persons aged from four to 80, including five deaf people, and performance held in a bilingual Auslan/English environment with balloons and much celebration and tears!!
- One short promotional video highlighting some of the dance and interpersonal highlights of the week

"The show was a really excellent opportunity for the deaf community here to see a deaf professional dancer- it was so exciting to see that!" **Audience member (deaf)**

"Absolutely amazing and overwhelming" **Audience member (hearing)**

"I'd like to say thank you to Sprung!! for inviting me to be here, it's been a wonderful experience. I was so proud of the dancers, they were so giving. They worked very hard and produced work that was raw and uninhibited. I really loved seeing that." **Anna Seymour dancer and facilitator (deaf).**

"I could feel the music through the floor. I liked being involved with the group. If there is more of the group coming next year, being involved with the music and the dancing, it would be great." **Avalon Grimson, workshop participant (deaf)**

"My favourite part was the balloons. It was about vibrations!" **Audience member (child, hearing)**



Helping families in crisis – The Buttery's Family Counsellor Lily Schmelzle, and the centre near Bangalow

Health and Wellbeing

The Buttery – helping families in crisis

The need

The Buttery is a not-for-profit, charitable rehabilitation organisation located near Bangalow in Northern NSW.

The Buttery exists to promote and demonstrate that addiction is not a consequence of choice, rehabilitation is. They are committed to assisting people to find their way out of active addiction by discovery of their own self-worth, strengths & place in society.

As a rehab, The Buttery specialises in the treatment of alcohol and drug misuse, and problem gambling. There is a long waiting list for a place in the program. Whilst residents contribute 80% of their Centrelink payments each week, the Buttery rely very heavily on fundraising and donations to deliver their life-changing mission. And it's not only the people being supported with misuse issues that are the only ones affected.

The approach

The INTRA community outreach program supports family members of people undertaking the Buttery's long-term residential rehabilitation program. Parents and family members whose loved ones are affected by drug and alcohol addiction can feel ashamed, judged and isolated. The effect of this and constant crises can cause extreme ill health for the family.

A typical comment that the Buttery counsellors have received from people who have benefited from the counselling service program:

"I just want some reassurance that I'm doing OK and that I'm not a bad parent."

In 2017 NRCF's Community Grants Program funded the salary of The Buttery's Family Counsellor. A qualified counsellor is available for family members through either face-to-face or telephone counselling. The program is offered free of charge.

The work with families covers a range of different topics. It is aimed at providing whatever support the family needs at the time, and to provide good psycho-education about addiction and the process of addiction.

The program also supports families to move to a place of open communication rather than advice giving. This can be very useful in establishing better boundaries.

Outcomes

To meet increased demand for its services The Family Counselling Program now runs three days a week since the beginning of 2017 and it continues to grow.

In 2017 the total number of clients increased from 55 to 147 and the total number of sessions went from 211 to 385.

People in the wider community are now able to use the service. Face to face sessions are held in Lismore, Byron Bay and at The Buttery. In addition, 188 phone sessions for people in the local Region as well as for people in other parts of Australia were provided.

Participants report that the program gives them a better understanding of what the loved one is going through and how to support their loved one. This has the effect of reducing anxiety for all parties.

An educational and support group for family members and loved ones commenced in October 2017. It will run for eight weeks and is being conducted by the Family Counsellor and others from The Buttery's community programs.

Environment and Conservation

Northern Rivers Wildlife Carers - handling venomous snakes with respect

The need

- Northern Rivers wildlife needs careful management
- The Northern Rivers is where the world's largest expanse of subtropical rainforest meets mountains forged from ancient volcanoes, overlooking 300 kilometres of spectacular coastline.
- The Northern Rivers is home to many types of flora and fauna, including some of the most dangerous known to man — the snake.

The approach

Northern Rivers Wildlife Carers Inc. is a not-for-profit network of trained volunteers that is licensed to rescue

and rehabilitate sick, injured, lost or orphaned wildlife for release back into the wild. This locally based independent organisation has been part of the Northern Rivers community since 1992.

In 2017 Northern Rivers Community Foundation supported NRWC to train eight volunteers with the skills and knowledge to safely rescue and relocate venomous snakes – of which we have a number in our region.

"I have been removing snakes from people's homes for a few year's now. So when this recent venomous snake handling course came up I enrolled. The theoretical part of the training consisted of general information on venomous snakes in Australia, their toxicity – something like 20 of the world's most venomous 25 snakes all reside in Australia – and the do's and don'ts of catching snakes. Of around 3,000 snake bites annually in Australia, only 300 require treatment and of these only 3-4 cases result in the death of the bitten person. What resonated with me most is that whilst venomous snakes in Australia don't have to be feared, they certainly deserve the utmost respect when dealing with them." **Tom M, participant of the training.**

"What resonated with me most is that venomous snakes certainly deserve the utmost respect when dealing with them." **Volunteer with Northern Rivers Wildlife Carers.**

For a full description of the project, provided by one of the participants please visit Northern Rivers Wildlife carers website <https://www.wildlifecarers.com/wrestling-with-venomous-snakes/>

Aged Services

The Uniting Care Transport Team - Transport to Resilience Project

The need

- In 2027 the majority of the Northern Rivers population will be aged between 50 and 90 years of age



The Uniting Care Transport Team - Transport

- The Northern Rivers region is one of the greatest areas of growth for the ageing demographic
- It is projected that in 2027 the majority of the Northern Rivers population will be aged 50–90. Compare this to NSW as a whole, where the majority of people will be aged 20–45.
- There will be a greater demand on services that assist the frail and elderly. (Source: Regional Development Australia).

The approach

The Uniting Care Transport team have one objective and that's to ensure that no person goes without medical help due to being disadvantaged with transport. Many of the people that use UCCT services are low income earners, aged and disability pensioners. With the assistance of an NRCF grant UCCT successfully assisted these disadvantaged people to receive medical and health care during ill health or for hospital procedures.

Impacts

With the NRCF's assistance UCCT transported people to medical appointments, hospitals and specialists doctor appointments - with a total distance travelled by volunteer drivers of 14,691km.

The Uniting Care Transport Team were able to assist over 150 people, averaging 209 trips from Casino to Lismore with approximately 6000 hrs of time donated by volunteer drivers and office staff.



Northern Rivers Wildlife Carers - handling venomous snakes with respect

Financial Report For The Year Ended 30 June, 2017

Northern Rivers Community Foundation - Abridged Financial Statement

Balance Sheet at at 30 June 2017

	2016	2017
EQUITY FUNDS	\$	\$
Settlement Sum	70	70
Accumulated Funds	1,104,646	1,140,748
	1,104,716	1,140,818
Represented by		
CURRENT ASSETS		
Cash & Cash Equivalents	111,255	186,437
Receivables	27,723	12,550
Investments	972,719	948,564
	1,111,697	1,147,550
NON CURRENT ASSETS		
Investments	0	0
TOTAL ASSETS	1,111,697	1,147,550
CURRENT LIABILITIES		
Payables	4615	5,024
Provisions	2366	1,709
NET ASSETS	1,104,716	1,140,818

Northern Rivers Community Foundation - Abridged Financial Statement

Income Statement for the year ended 30 June 2017

	2016	2017
REVENUE	\$	\$
Donations & Gifts Received	215,036	234,551
Investment Income	67,814	76,244
Other Income		6,209
Fair value gain on available-for-sale financial assets	-34,569	-2,565
Fair value gain on revaluations of available-for-sale financial assets	10,351	23,600
TOTAL REVENUE	258,632	338,039
EXPENSES		
Administration, Fees and Costs	82,271	82,146
SURPLUS (DEFICIT) FROM OPERATING ACTIVITIES	176,361	255,893
Grants and Disbursements (including Back to School Program)	150,000	219,790
Surplus (Deficit) for the year	26,361	36,102
Accumulated funds at beginning of the year	1,078,355	1,104,716
Less distribution of Capital for Administration		
ACCUMULATED FUNDS AT END OF THE YEAR	1,104,716	1,140,818

*Note: figures are sourced from Audited Financial Statements_MF Partners Ballina NSW 2478

Thank You

NRCF would like to acknowledge the support of all our donors, partners and volunteers who have generously contributed to NRCF throughout the year.

THANK YOU. We couldn't do it without you.

NRCF PARTNERS

WE COULDN'T DO IT WITHOUT YOU.

Thank you to the following organisations and business for supporting NRCF.



Portland House



Yulgilbar Foundation



Stone & Wood



Foundation for Rural & Regional Renewal (FRRR)



AdAgency



Northern Rivers Private Wealth



AdHere Marketing



Fox Creek Wines



Red Ginger



MF Partners



Half Full Communications



The Bakery Media



Disability & Aged Information Service (DAISI)



Byron Bay Services Club



The Farm Byron Bay



Three Blue Ducks



TNR Byron Bay



Elston



Mantissa Consulting



Herbert Smith Freehills

NRCF invites you to become involved.

Please visit our website or contact our office for more information.



Northern Rivers Community Foundation

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(The Trustee for the Northern Rivers Community Foundation)