



**ANNUAL
REPORT
2018**



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



2018

ANNUAL REPORT

CONTENTS

/ 04	About NRCF
/ 05	Chair's Report
/ 06	Our Reach
/ 07	Our Programs
/ 11	2018 Grant Recipients
/ 13	Our Stories
/ 18	Financial Report
/ 19	Thank You!
/ 19	Get Involved

Donate Today nrcf.org.au/giving

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

[Watch more about NRCF](#)

NRCF TEAM 2018

BOARD OF DIRECTORS

John Callanan (Chair)
Lynda Dean (Deputy Chair)
Lisa Daw (Secretary)
Ninian Gemmell (Treasurer)
Luke Barker
Maggie Brown
Rea Francis
Johan Kortenhorst
Nathan Luke
David McGrath
Rita McIlwraith

Resigning Directors in 2016-17

Nick Rose

ASSOCIATE DIRECTORS

Peter Dean
Adam Gibson
Dione Green
Jane Hanckel
Allison Henry
Michael Murray
Lynne Stephens
Zenith Virago

COMMITTEE MEMBERS

Julia Rochelli (Events)
Tricia Shantz (Grants)

STAFF

Emily Berry (Executive Officer)
Juanita Keen (Finance & Administration)

To find out more about the NRCF team visit nrcf.org.au/structure-team

CHAIR'S REPORT

In 2003, what started out just as an idea in the minds and hearts of a few, has grown into this remarkable Community Foundation.

It hasn't always been easy, in fact it has taken a lot of people and a lot of effort to get to this point. I have been on this board since 2005 so I am able to look back and see the enormous amount of work and intelligence that has gone into creating a solid, community loved and respected foundation with a strong base of supporters.

The saying "many hands make light work" is very applicable to the NRCF. We have a large board of Directors and Associate Directors, and I believe that we need that large number to provide the diversity of intelligence and skill that is required to support and grow this foundation into the future. The board members are incredibly well supported by our Executive Officer, Emily Berry, who with the aid of Juanita Keen, has transformed our operations and our board's focus.

We continued to build our presence in the Northern Rivers community through traditional and social media coverage, information nights, annual fundraiser and end of year grant giving ceremony. All the events were very well attended and the feedback I received was overwhelmingly positive and heart-warming.

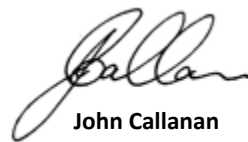
I am pleased to report that our corpus grew to \$1,168,885, and our total grants distributed for the calendar year increased to \$211,950 bringing the total of all grants distributed since 2005 to over \$1.5 million.

Looking forward, our goals for 2019 are, to increase community awareness of our existence and the impact we have, while we increase our own knowledge of community needs and funding gaps; as well as promote our Bequest Program, develop a more sustainable source of income for our operations, and design and implement a new Information, Communication and Technology System to improve our operational efficiency and board management. We will also develop and implement a volunteer policy and plan that will support our Board and Staff across the organisation.

This is a big task list but our intention, at the very least, is to have a team of capable people across all the goals, and action happening around them.

During my time on the board I am continually inspired by others, by our very grateful grant recipients who give so much to assist their community, and by our generous members, Directors and volunteers who roll up their sleeves and do whatever needs to be done: running events, fundraising, promoting, and helping out in any way they can.

To all of you, I honour your commitment, generosity, wisdom and willingness to give and grow – without you the NRCF wouldn't be here and the Northern Rivers would be a lesser place to live.



John Callanan
Chair

Our total grants distributed for the year increased to \$211,950 bringing the total of all grants distributed since 2005 to over \$1.5 million.



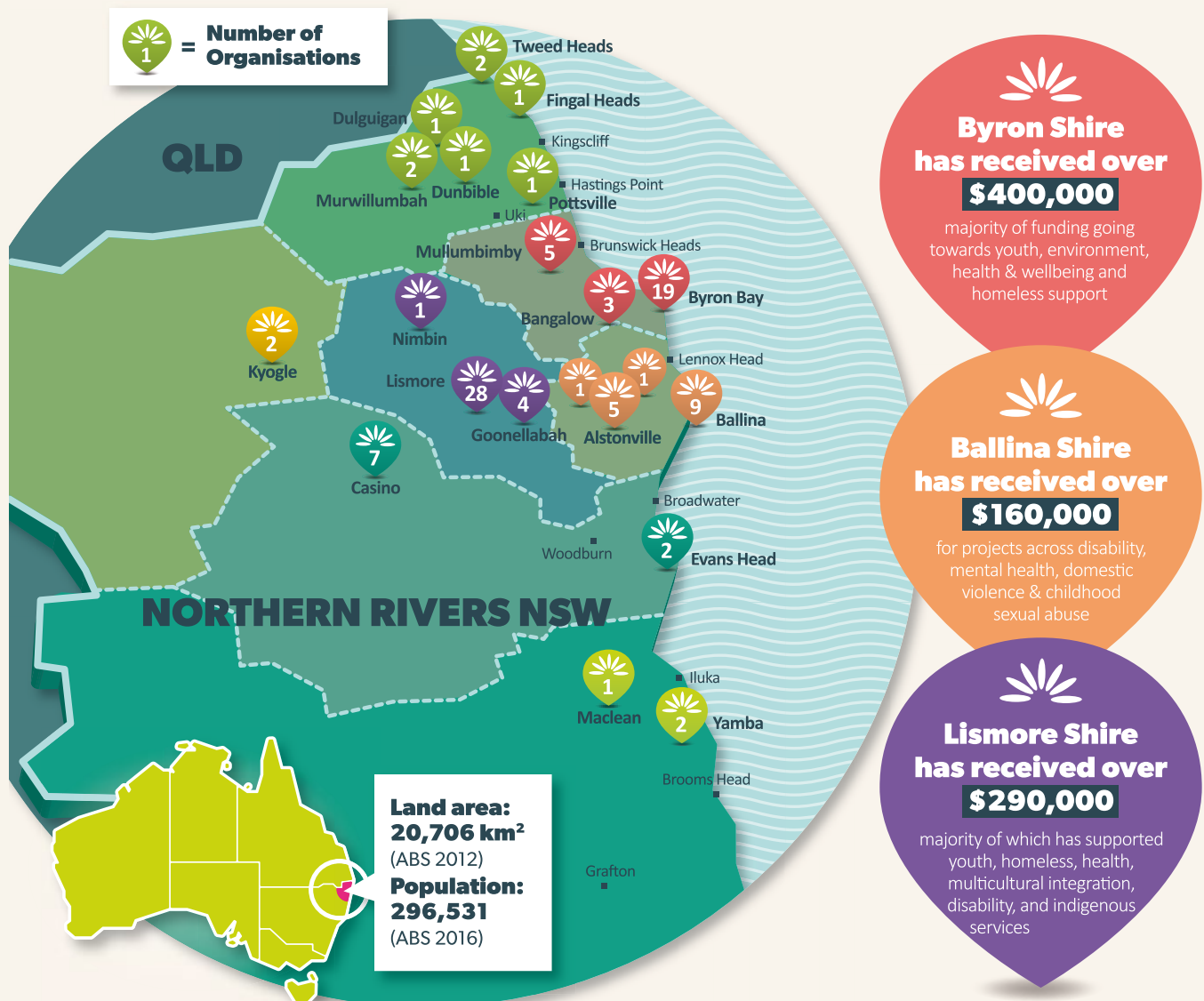
OUR REACH



GRANT RECIPIENTS

SINCE 2004 NRCF HAS GRANTED **\$1,517,964 ACROSS 7 SHIRES OF THE NORTHERN RIVERS 270 PROJECTS ACROSS 98 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 services, and conservation & the environment.



2005 – 2019 Organisations and Groups Supported by NRCF

Adult Community Education-Mullumbimby
 Alstonville Plateau Historical Society
 Autism Spectrum Australia (ASPECT)
 Ballina District Community Services Ass.
 Bangalow Koalas
 BAYFM Community Radio
 Biala Special School
 Biala Support Services Inc
 Blind Citizens Australia
 Brunswick Valley Historical Society
 Bunjum Aboriginal Corporation
 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
 Future Dreamers Girls Club
 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 Womens Health Centre
 Lismore Interchange Respite
 Lismore Soup Kitchen
 Lismore Suicide Prevention Steering Committee
 Lord Taverners Northern NSW
 Lower Clarence Community Radio
 Mental Health Accommodation & Rehabilitation Service
 Mental Health Support Group
 Mid Richmond Education Fund
 Mid Richmond Neighbourhood Centre
 Mullumbimby Gateway Association
 Multicultural Meeting Place & Transport Scheme
 Murwillumbah Community Centre
 Murwillumbah Community Men's Shed
 Natural Death Centre
 Northern Rivers Community Gateway

Northern Rivers Community Legal Centre
 Northern Rivers Conservatorium
 Northern Rivers Wildlife Carers
 Northern Rivers Writers Centre
 Now Remembered Australians
 On-Track Community Programs (OTCP)
 Pathways Foundation
 Pottsville & District Men's Shed
 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
 Story Dogs

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
 Yaegl Local Aboriginal Land Council
 Youth Connections
 Youth Voice Nimbin
 YWCA NSW

OUR PROGRAMS

- **Community Grants**
- **Capacity Building**
- **SCU Scholarship Program**
- **Back to School Program**

Community Grants Program

The Community Grants Program helps build and strengthen our communities across the seven LGAs of the Northern Rivers region of NSW. It is our way of ensuring donors' funds fuel innovative and sustainable projects that have the greatest impact.

The Foundation's key priority is to enhance our community's wellbeing with a particular focus on support programs that address disadvantage. In 2018, grants ranged from \$1,860 to \$24,000.

Capacity Building Grants Program

Capacity building may include development of knowledge and skills, an increase in output or reach, and/or any investment in the capabilities of an organisation to more effectively meet the needs of its community. NRCF is interested in funding organisations that have clearly identified a need in the sector and can show a measured and planned approach to addressing this need over the long term.

In 2018, the Capacity Building grant was awarded to The Buttery's Family Counselling Program, a free service for local family members and loved ones of people dealing with addiction. Last year 170 families benefited from the program.



SCU BOWEN Education Fund Scholarship Program

Established in 2009 by NRCF donors Peter and Julie Bowen and Southern Cross University, the SCU Bowen Education Fund* has now grown to over \$65,000. Income from this investment fund supports the SCU Scholarship Program, which provides financial assistance to disadvantaged students. In 2018 NRCF awarded two scholarships of \$2,500 each, to Alicia van den Berg and Kamadeva Ellis.

From Alicia van den Berg:

"I would like to deeply thank the donors for the Bowen Scholarship. This scholarship has allowed me to afford my university education and provide me with all the financial support required to perform at the best of my abilities. I could not be more thankful for being given this opportunity and support. Thank you."

From Kamadeva Ellis:

"Thank you for enabling me to achieve my dreams of saving the environment and nurturing the forests, a career that seems too good to be true. These funds have been essential in getting me through this first year of my four-year journey. Moving out has been a big leap and this scholarship has helped me stay afloat. I am honoured to have been selected for this and I deeply appreciate being given this joyous reward."

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

A Named Fund may be established in your own name, 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



Peter Bowen with Alicia van den Berg, Kamadeva Ellis and SCU Professor Adam Shumaker, 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.

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 BTS Program in the Northern Rivers began in 2006. Since then NRCF and FRRR have distributed \$446,850 worth of redeemable vouchers to disadvantaged children in the region.

BTS Program in 2018

One of the most empowering attributes of this initiative is the preservation of the anonymity of the Grandcarer and grandchild recipient. Here the Grandcarer does not have to sacrifice their privacy or give up the details of their situation in order to receive the voucher. Instead, we rely on a partnership with the local schools to effectively and fairly allocate the vouchers.

Of the 187 schools in the Northern Rivers region, 113 schools were identified as needing assistance. DAISI (Disability and Aged Information Service Inc), helped us administer the program.

Impacts

- 771 students received a Back to School voucher
- 567 Grandcarers were supported
- 46% of the need came from primary schools
- Based on a survey distributed to Grandcarers, the majority of respondents stated that access to material assistance and resources had improved by a 'major extent' as a result of the BTS Program.
- Based on a survey distributed to School Principals, the majority of respondents stated that relationships with community had improved to 'a major extent'.

Some words from the Grandcarers:

I thank you for the help over the years. We have had Alyssa since she was very small. It has been very hard but very rewarding. She is in her last year at High School. Her Pop died just before Christmas and it was very hard on her, but she is back on track now.

I am very grateful for the assistance provided. If children can't be provided with all they need for school and be seen to be the 'same' as other kids, their learning is severely disadvantaged. Thank you.

This payment helps with change of season (additional) clothes for school and extra books for extra work at home.

I am a seventy year old great grandmother with two boys. Semi retired farmer. The \$50 vouchers are very much appreciated.

Basically I much appreciate the support a lot as there is a very little help given out for grandparents and taking on caring for these children is a large task done mainly for the love of them.



2018 NRCF GRANT RECIPIENTS

BYRON BAY COMMUNITY ASSOCIATION

\$4,800 – Connect Coffee Thinking Outside the Box

A hospitality training program empowering local women to move out of disadvantage via pathways to employment and community inclusion.

DISABLED SURFERS ASSOCIATION FAR NORTH COAST – YAMBA Auspiced by Disabled Surfers Association Aust.

\$3,500 – Surf n Turf Beach Wheelchair

Replacing tired old beach wheel chairs with the latest equipment. This equipment is imperative to transport Disabled and Challenged Participants in and out of the water safely and with dignity. These chairs also take a massive load off the many volunteers.

FUTURE DREAMERS GIRLS CLUB INC, auspiced by THE UNCLE PROJECT Inc

\$2,610 – Future Dreamers TV

A youth driven initiative that empowers girls and young women from the Northern Rivers with the knowledge and skills to create short films for the digital environment. These short films will become 'pilot' episodes for a new initiative "Future Dreamers TV."

HEARTFELT HOUSE

\$2,000 – The refurbishment of Heartfelt House facility to support the 'Taking the First Steps' Group Therapy Program, for survivors of childhood sexual abuse.

LISMORE SUICIDE PREVENTION STEERING COMMITTEE auspiced by LIFELINE DIRECT LTD

\$3,000 – Suicide Prevention Story Circle – Creating a group where local people who have been suicidal can share their experiences through stories and art works

LOWER CLARENCE COMMUNITY RADIO

\$4,900 – Healthy Air Project – To refurbish the local community radio station with air conditioning, to protect against high summer temperatures. This is the only radio station in the Lower Clarence area.

MENTAL HEALTH SUPPORT GROUP

\$5,600 – This program provides emergency packs of toiletries and clothing for the welfare of patients in Lismore Adult Mental Health Unit and Byron Central Hospital Mental Health Unit.

MURWILLUMBAH COMMUNITY CENTRE INC

\$23,958.50 - MAJOR GRANT - To re-establish their community food pantry and food security program which was wiped out from the Cyclone Debbie floods of March 2017.

POTTSVILLE AND DISTRICT MEN'S SHED, auspiced by the Australian Men's Shed Assoc.

\$2,479 – "Cool it" – Installation of an air conditioning unit in the meeting/activity room of the Pottsville and District Men's Shed, to support the mental health of predominantly male retirees.



RIDING FOR THE DISABLED BALLINA & DISTRICT

\$1,860 – Horse Riding Coach First Aid Certificate

The project will pay for the horse riding coaches to do first aid courses. All coaches are volunteers.

RIDING FOR THE DISABLED – TWEED auspiced by Riding for the Disabled Assoc NSW

\$6,379.60 – Electrical fit-out of toilet and shower facility – to supply and install power and lighting to a new septic toilet and shower facility, for disabled riders and able-bodied carers and volunteers.

SHAPING OUTCOMES TWEED

\$4,413.16 – The Parent Project

7 week course focusing on improving the wellbeing and knowledge of parents who are carers of a child with developmental delay or disability.

STORY DOGS LTD

\$7,925 – Helping over 200 disadvantaged children learn to read, to become confident lifelong readers. The project supports leaders to recruit, train and place new dog teams into needy schools in the Lismore region.

THE SHIFT PROJECT BYRON

\$10,960 – The SHIFT Angels

A social enterprise business for women who are homeless or at risk of homelessness. The Shift Angels will provide a commercial laundry service for 5 star accommodation in Byron Bay.

TWEED PALLIATIVE SUPPORT INC

\$14,730 – Medical Equipment for Community Palliative Care in the Northern Rivers

The urgently needed medical equipment includes Portable Oxygen Concentrators and Pressure Mattresses that will provide comfort and support during end-for-life care.

UNITINGCARE CASINO TRANSPORT TEAM

\$2,875 – Transport Assistance for low socio-economic elderly residents to receive medical treatment, in the Richmond Valley.

WOMEN UP NORTH HOUSING

\$2,810 – LOVE BITES – A violence prevention program for young people designed to educate them about domestic violence & sexual assault, delivered in three schools across the Northern Rivers: Casino, Kyogle and Bonalbo Central School.

YAEGL LOCAL ABORIGINAL LAND COUNCIL

\$15,000 - Targeting Healthy Eating Program

Aimed at disadvantaged Aboriginal families within the Lower Clarence (Maclean) communities who are not receiving the daily nutritional requirements. Primarily aimed at children, the program will subsidise costs of fruit and vegetables, supported by the Aboriginal Medical Service and local school.

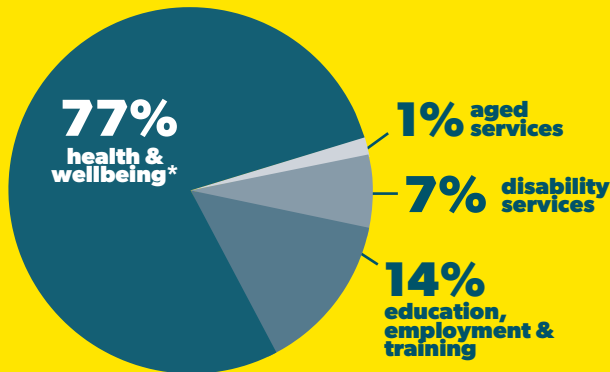


2017-2018 IN REVIEW

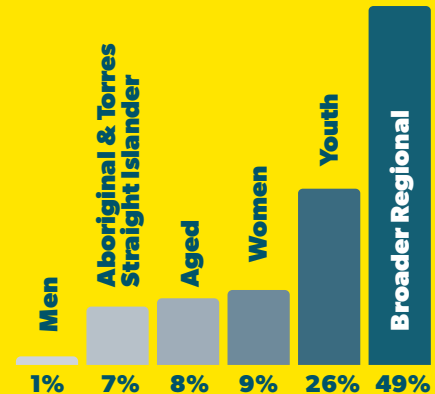
\$211,950

TOTAL GRANTS DISTRIBUTED

Areas of Impact



Primary Target Groups



Capital or Project?

67%

33%



Total Value of Corpus

\$1,168,885

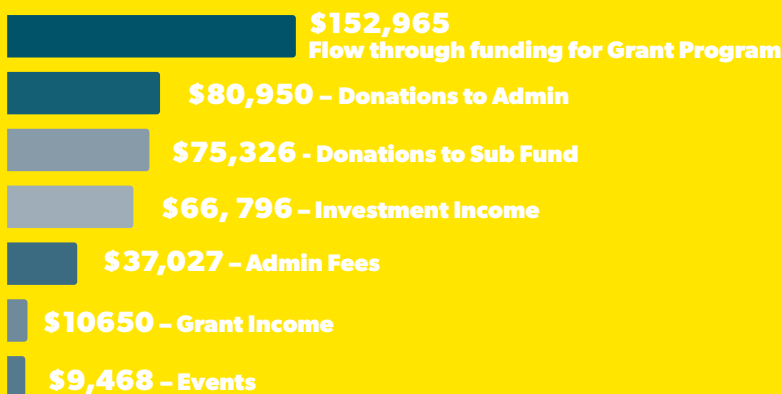
GIFT FUND 97% ADMIN FUND 3%

Operational Efficiency

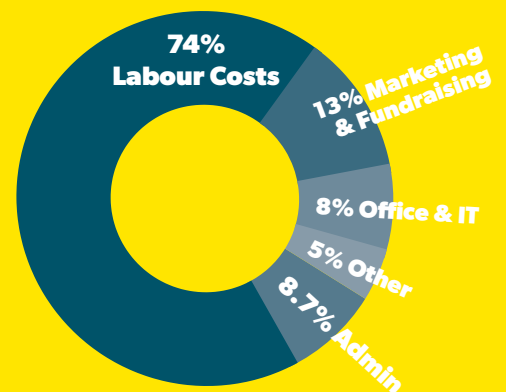
Admin expenditure as % of Corpus

8.7%

Revenue



Expenditure



Marketing Milestones Reached



OUR STORIES



LOVE BITES

IMPACT: Health & Wellbeing – violence prevention

TARGET: Youth

NRCF GRANT: \$2,810 for a violence prevention, program for young people, auspiced by Women up North

Anna Tonkin, is the Love BiTES team leader and is also a Child, Family and Adolescent Clinical Nurse Consultant for Lismore Child and Family Health.

“LOVE BiTES is for all young people and aims to support them in how to recognise the early signs of an abusive relationship, what can be done, how to avoid risky situations, legal facts, how to look out and support friends and where they can get professional support if needed. The program in the Northern Rivers funded by NRCF covered Casino, Kyogle, and Bonalbo High Schools.”

The program consists of two 1.5-hour workshops, “Violence and Relationships” and “Sex and Consent.”

The third session consists of Art or Music/ Rap in which students relax and consolidate their learnings in a creative format. We were very lucky here to have professional musicians who have helped students to produce some amazing sounding RAPs.

NRCF has supported this program over a number of years. NRCF funding provides the necessary resources for the creative processes including art and Music / RAP. Without these funds, the program would lack this vital aspect of consolidation and opportunistic expression and learning.

Comments from beneficiaries:

“You are talking in a real way that teenagers can listen to and we want to know about this stuff.”

“The people were trustworthy and you could talk openly.”

“Emotional. Important to talk about it”

‘I’m amazed at the statistics’

wunh.org.au/love-bites

Get a taste of one of those RAPs from Kyogle High

LOVE BiTES



RIDING FOR THE DISABLED (RDA) BALLINA & DISTRICT BRANCH

Impact: Education & Training

Target: Disability services

**NRCF GRANT: \$1,860 for First Aid
Certificate Training for Volunteer Horse
Riding Coaches**

RDA is a non-profit, therapeutic horseback riding program for children & adults with special needs. Established since 1979, this organisation has just been voted one of the top seven charities in the Ballina district of charities worthy to be given funds. You can see why when you talk to Peta Best, the head riding coach.

“There is evidence in the 21st century that we just don’t understand the very meditative and calm way that horses communicate with another. There have been studies that have measured the heartbeat of an individual grooming a horse before and after just a simple 15 minute session and the heartbeat and blood pressure of the groomer is very decreased, just after this simple contact.”

Peta is passionate about her work. Having been a specialised education teacher most of her life, working at the RDA combines her passion for teaching with her love of horses. Peta also works with many parents of children with special needs who are continually amazed at the healing power of the horse.

Meet Paula Kinsella, her daughter Penny, and Elvis:

“My daughter Penny Newbold, who has been riding all her life, had a fall from a horse 6th May 2017, and despite wearing a helmet had severe TBI (Traumatic Brain Injury). After six months in hospital, riding was the only thing she wanted to do and this is where Riding For the Disabled (RDA) was fabulous offering her a safe place to help her recovery. After a TBI, clinical depression is something the sufferers are constantly fighting with, and without RDA Penny would not be in the space she is now. I would really like to thank the staff at RDA Ballina who put hours of unpaid work into creating a safe place for people like my daughter.” Paula Kinsella

The grant from NRCF helped train eight coaches in essential First Aid – both vital and necessary for the centre to continue its good work. Thank you to the RDA for their amazing work, and here is to many more years of the special bond between humans and horses.

rdaballina.org.au

Riding for the Disabled - Ballina & District Branch





*Slippers and warm Ugg boots for patients in the Older Persons Mental Health Unit (Lilly Pilly) at Lismore Base Hospital.
Barbara Swain with a nurse placing new supplies into the storage room at Lismore Adult Mental Health Unit.*

MENTAL HEALTH SUPPORT GROUP

**IMPACT: Health & Wellbeing
Mental Health**

TARGET: Broader regional

**NRCF GRANT: \$5,600 for emergency packs
for the welfare of patients in Lismore
Adult Mental Health Unit & Byron Central
Hospital Mental Health Unit.**

Mental Health is a real and urgent health issue here in Australia and so often can't be seen until it's too late. Like in the case of Barbara Swain, whose son sadly took his own life. Two years after that sad incident, Barbara set up the Mental Health Support Group (MHSB), concerned with the welfare of those who are living with a mental illness. The group has been operating in the Northern Rivers Region for 21 years. It is run entirely by volunteers and receives no government funding.

"We are involved with the welfare of mental health patients in Lismore Base Hospital and Byron Central Hospital and with the welfare of people who live in the community but struggle with their mental health. We want a positive long-term outcome for mental health patients so that they can live a normal life, be involved in the community and ensure that they are not marginalised or disadvantaged because of their condition," Barbara Swain

MHSB care about those whose lives have been turned upside down by their mental illness, whether they are veterans, indigenous, homeless, trauma victims, teenagers or people who are struggling because their

mental illness has interfered with their capacity to manage their finances. The help they give has turned many people's lives around and enables them to rehabilitate and become part of the community from which they have been disenfranchised.

Many patients who are admitted to Lismore Adult Mental Health Unit are homeless or abandoned by their families. They often need clean clothing and a toiletry pack and that's when the MHSB comes in. Barbara explains:

"We work on multiple fronts from the provision of toiletries and clothing for mental health patients who have no family support, to furniture, quilts, and materials for art therapy."

"With the generous grant from NRCF we are able to purchase hundreds of pairs of clean underwear, nightwear, slippers and thongs and items for around 700 toiletry packs per year. These packs are given to patients in Lismore Adult Mental Health Unit. There are about 900 admissions to the mental health units each year and we provide clothing for many of these patients. This enables them to feel a lot better at a time when they are in mental crisis and provides them with a greater degree of dignity. This is the first and most important step in making a patient feel slightly better."

Caption: Barbara Swain with a nurse placing new supplies into the storage room at Lismore Adult Mental Health Unit

Slippers and warm Ugg boots for patients in the Older Persons Mental Health Unit (Lilly Pilly) at Lismore Base Hospital

TWEED PALLIATIVE SUPPORT INC

Impact: Health & wellbeing palliative care

Target: Aged services

NRCF GRANT: \$14,730 – Medical equipment for community palliative care in the Northern Rivers

Tweed Palliative Support and Wedgetail Retreat Community Hospice is the only provider of free medical equipment to palliative care patients in the Tweed region. They received funding from the NRCF to purchase urgently needed medical equipment which included Portable Oxygen Concentrators and Pressure Mattresses that will provide comfort and support during end-of-life care.

Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.

Worldwide, only about 14% of people who need palliative care currently receive it (source: World Health Organisation). The quality of life of patients and their families who are facing problems associated with life-threatening illness, whether physical, psychosocial or spiritual are greatly improved by palliative care.

We spoke to Gillian Cooper Volunteer Consultant and Lifetime Member to tell us more about what the funding has meant for the organization.

“We received the funding for medical equipment and then purchased three portable oxygen concentrators and one king single pressure mattress. These items are being used both in the community and at our Wedgetail Retreat Community Hospice. All of these items allow for greater quality of life. The oxygen concentrators allow people to move around more freely while maintaining their oxygenation and the pressure mattress helps to make sure people’s skin integrity is maintained.”

“The portable oxygen concentrators have helped us to go from strength to strength in supporting our clients both in the community and at Wedgetail Retreat Community Hospice. The pressure mattress, used mostly at our Wedgetail Retreat Community Hospice, ensures that there are no further problems for our guests with painful skin breakdown due to being in bed for prolonged periods.”

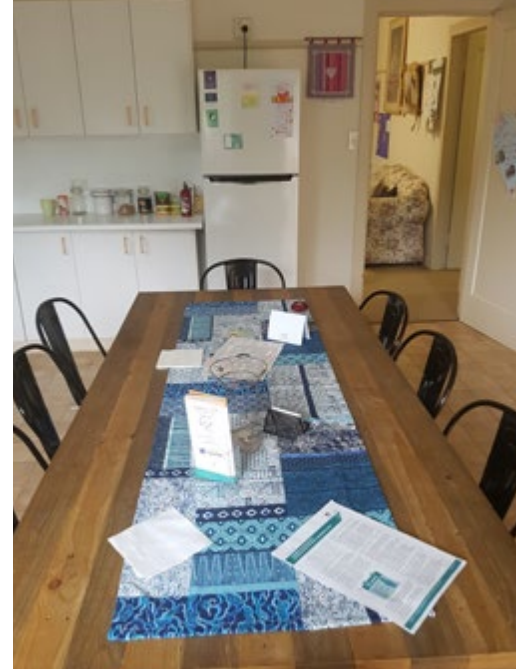
Portable oxygen concentrators were purchased each costing \$4445. One king single pressure mattress was also purchased costing \$1395.

Gillian ended: “People’s life at the end is vastly improved by this equipment. Without the grant we received we would have had to scrape around an awful lot to find that kind of money. Whilst we have volleys, we rely solely on grants. Without NRCF’s help people at the end of their life would be far less comfortable.”

tweedpalliativesupport.com.au

A guest at Wedgetail Retreat Community Hospice enjoying the sun on the balcony due to the generosity of NRCF donor funding. Two of the portable oxygen concentrators heading out to palliative clients in the community.





Heartfelt House group room & kitchen table.

HEARTFELT HOUSE

Impact: Health & Wellbeing – Childhood sexual abuse

Target: Women

NRCF GRANT \$2,000 : refurbishment of heartfelt house facility to support the 'Taking the First Steps' group therapy program for survivors of childhood sexual abuse

Located in Alstonville, Heartfelt House provides therapy programs for survivors of childhood sexual abuse from the Ballina and Lismore Shires. The \$2000 grant they received from NRCF enabled a much needed upgrade of the facilities, including a refurbishment of the group therapy room and kitchen areas for program participants.

Furniture purchased consisted of a dining table and chairs for 6 participants and 2 counsellors, 2 sofas and occasional chairs for the facilitators. A new bookcase was purchased for storing counselling and trauma books that participants can access during the sessions and afterwards, as well as a lamp, table runners and chair pads. The kitchen provides a friendly and relaxed space for the participants to use before and after group counselling sessions for de briefing, reflecting and conversing which anecdotal evidence has shown to improve people's health and well-being. The new dining table is also used for art therapy throughout the course for painting, sculpting and drawing.

Heartfelt House works in accordance with its mission to provide an environment conducive to healing and recovery where adult survivors of childhood sexual abuse feel heard, nurtured, understood, validated, supported and accepted.

The purchase of furniture for the group therapy room and kitchen enabled participants in the "Taking The First Steps" program to feel comfortable and safe and nurtured. Participants had a greater sense of belonging, security and ease which aided them to realise their full potential as an individual, partner, parent and member of the community. Facilitators report the women felt valued, they gained a great sense of pride and ownership which helped to increase connectedness to the space and in turn they felt safer to share their stories.

heartfelthouse.org.au

Don't forget our video series!

Find out more about our grant recipients' projects by watching our short videos:

- **The SHIFT Project** starts a social enterprise for homeless women – the SHIFT ANGELS
- **Murwillumbah Community Centre** rebuilds their food pantry after the shock of Cyclone Debbie floods
- **Story Dogs** help disadvantaged children learn to read
- **Headspace** Lismore turns a disused garage into a funky youth space

Financial Report For The Year Ended 30 June, 2018

Northern Rivers Community Foundation - Abridged Financial Statement

Balance Sheet at at 30 June 2018

	2018	2017
	\$	\$
EQUITY FUNDS		
Settlement Sum	60	60
Accumulated Funds	1,168,825	1,140,748
	1,168,885	1,140,808
Represented by		
CURRENT ASSETS		
Cash & Cash Equivalents	240,174	186,437
Receivables	11,848	12,550
Investments	973,511	948,564
	1,225,533	1,147,541
NON CURRENT ASSETS		
Investments	0	0
TOTAL ASSETS	1,225,533	1,147,541
CURRENT LIABILITIES		
Payables	52,602	5,024
Provisions	4,046	1,709
NET ASSETS	1,168,885	1,140,808

Northern Rivers Community Foundation - Abridged Financial Statement

Income Statement for the year ended 30 June 2018

	2018	2017
	\$	\$
REVENUE		
Donations & Gifts Received	309,241	220,001
Investment Income	66,796	50,803
Other Income	57,145	20,759
Fair value gain on available-for-sale financial assets	11,939	22,994
Fair value gain on revaluations of available-for-sale financial assets	(65,123)	23,599
TOTAL REVENUE	379,998	338,156
EXPENSES		
Administration, Fees and Costs	139,971	82,264
SURPLUS (DEFICIT) FROM OPERATING ACTIVITIES	240,027	255,892
Grants and Disbursements (including Back to School Program)	211,950	219,790
Surplus (Deficit) for the year	28,077	36,102
Accumulated funds at beginning of the year	1,140,808	1,104,706
Less distribution of Capital for Administration		
ACCUMULATED FUNDS AT END OF THE YEAR	1,168,885	1,140,808

Report of the Independent Auditor on the Abridged Financial Statements for Northern Rivers Community Foundation

Opinion

The abridged financial statements, which comprise the abridged statement of financial position as at 30 June 2018 and the abridged income statement for the year then ended, are derived from the audited financial report of Northern Rivers Community Foundation for the year ended 30 June 2018. In our opinion, the accompanying abridged financial statements are consistent, in all material respects, with (or a fair summary of) the audited financial report, in accordance with the Charitable Fundraising Act 1991 and Taxation Administration Act 1953 - Public Ancillary Fund Guidelines 2011.

Abridged Financial Statements

The abridged financial statements do not contain all the disclosures required by the Charitable Fundraising Act 1991 and Taxation Administration Act 1953 - Public Ancillary Fund Guidelines 2011. Reading the abridged financial statements and the auditor's report thereon, therefore, is not a substitute for reading the audited financial report and the auditor's report thereon. The abridged financial statements and the audited financial report do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial report.

The Audited Financial Report and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial report in our report dated 26 February 2019.

Management's Responsibility for the Abridged Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with the Charitable Fundraising Act 1991 and Taxation Administration Act 1953 - Public Ancillary Fund Guidelines 2011.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the abridged financial statements are consistent, in all material respects, with (or are a fair summary of) the audited financial report based on our procedures, which were conducted in accordance with Auditing Standard ASA 810 Engagements to Report on Summary Financial Statements.

MF Partners Chartered Accountants



Mark Charter – Registered Company Auditor

Address: Level 1 95 Tamar Street Ballina NSW 2478

Dated at Ballina this 7 June 2019

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



Stone & Wood



Yulgilbar Foundation



Portland House



Foundation for Rural & Regional Renewal (FRRR)



AdAgency



Half Full Communications



RIGHT EYE CREATIVE
DIGITAL | MARKETING | DESIGN

Right Eye Creative



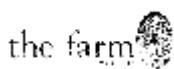
Fox Creek Wines



Northern Rivers
Financial Advice



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The Farm Byron Bay



Herbert Smith Freehills



Disability & Aged Information
Service (DAIS)



MF Partners



Byron Bay Services Club

BECOME INVOLVED

We are always on the look out for motivated people who are passionate about giving back to our community. You could have a special skill or capability, or you just feel you want to help.

DONATE: nrcf.org.au/giving

VISIT: nrcf.org.au/get-involved

PHONE: 0499 862 886

EMAIL: info@nrcf.org.au



Northern Rivers Community Foundation

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ABN 62 853 581 899

(The Trustee for the Northern Rivers Community Foundation)