IRIS FOUNDATION

Resilience
Hope
Connections

2022 ANNUAL REPORT

Fostering
RESILIENCE, HOPE & CONNECTIONS
to reduce the risk of suicide
on the Central Coast

Iris Foundation is a grassroots organisation that depends on the generosity and commitment of local people to continue our work.
As well as major supporters publicly noted in this report, we would like to acknowledge all the individuals and groups who contributed via donations, fundraising, volunteering and other gifts throughout the year.

CONNECTIONS 2x2 Workshop

COOL CONNECTIONS IN SCHOOL

Y-CONNECTIONS IN SCHOOL

Reframing Resilience

CBWN COMMUNITY & BUSINESS Women's NETWORK

Because We Care Boutique Central Coast

CHAIRMAN'S MESSAGE

Last year I wrote that "...Iris Foundation will rise to the challenges that remain in this living with COVID reality." And now, as I look back over the past year, I am very proud to report that Iris Foundation has indeed risen to the challenges and achieved its strategic goal of a Resilient Organisation.

Sue and the team have led Iris Foundation as one of the first agencies in Australia to obtain accreditation with Suicide Prevention Australia, and as a Resilience First Aid provider and coach. Iris Foundation has delivered Resilience First Aid courses to 11 organisations across NSW, and launched a new website called Reframing Resilience as a one-stop-shop for resilience resources and training.

These achievements put Iris Foundation at the forefront of suicide prevention in NSW.

Iris Foundation has continued to deliver the nationally accredited Cool Connections in School program created for primary school students. And we have successfully sustained the Because We Care Boutique at Berkeley Vale. This initiative meets our strategic goals of Embracing Hope and Cultivating Connections in supporting women, many of whom have struggled with mental health concerns, to re-enter the workforce and find a new life and strength.

On behalf of the Board, I am very proud to commend this Annual Report to you. This annual report shows that Iris Foundation has lived its purpose of fostering resilience, hope and connection in our community.

I want to thank each and every Board member, Sue and the amazing group of staff and facilitators, and our generous supporters. Together with you, I know that Iris Foundation will continue to demonstrate the power of hope, connection and resilience to reduce the risk of suicide in our community.

Thank you

Andrew Tuck
Chair, Iris Foundation

WHY WE DO WHAT WE DO

THE IMPORTANCE OF PRIMARY PREVENTION

Iris Foundation is dedicated to enhancing each and every person's ability to survive and thrive. Our work is focused in the area of primary prevention of suicide, mitigating problems before they escalate.

We work to instill messages to build and hold hope for the future, to develop the skills and knowledge to face adversity, the resilience to overcome challenges and to build connections and a sense of belonging.

Whilst much has been achieved in suicide prevention over the past years, we are still experiencing an increase in mental ill-health and suicidal distress.
Primary prevention of suicide needs to take priority in an effort to, not only alleviate the cost to our community of treatment of mental health disorders, but most importantly to give hope, strength and wellness to our young growing generation.

We must take a more proactive approach and develop skills ahead of time to prevent mental illness and suicidal thoughts before they ever occur.

Suicide Statistics

- Suicide was the leading cause of death among people aged 15–44 in 2021 (ABS 2022).
- For each death by suicide, research studies estimate that up to 135 other persons are adversely affected through the grief, loss and trauma that these sudden and tragic deaths invoke (Cerel et al, 2019).
- 1 in 2 young people are impacted by suicide by the time they turn 25. The latest Australian Bureau of Statistics (ABS) data shows that around 9 lives are lost per day to suicide. (statistics are based on 2020 data which was released by the ABS on 29 September 2021).
- Approx 50 per cent of all serious mental health issues begin around the age of 14.
- Only 1 in 10 people have resilience that's strong enough to protect against mental illness (National Resilience Index 2022).
- Every year it is estimated that over 65,000 Australians make a suicide attempt – this translates to more than 180 every day. (Slade et al, 2009)
- Suicide is also an economic cost with estimates that suicide deaths and attempts account for between $1.6 and $6 billion per annum in direct and indirect costs.

Every one of these numbers represents a person - a community member, a family member, a friend, a neighbour, a work colleague, and/or a loved one.
The experience of suicide and its impacts are felt by many people in many ways and we acknowledge everyone who has been impacted by suicide.

Iris Foundation Activities

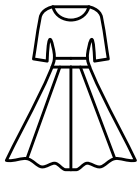
2022 Snapshot

RESILIENCE PROGRAMS IN SCHOOL

Term 1 - **48** students
Term 2 - **120** students
Term 3 - **168** students
Term 4 - **120** students
14 schools
168 hours face-to-face learning

Ettalong, Lake Munmorah, Lisarow, The Entrance, Narara Valley, Kanwal, Wadalba, Tuggerah, Wyee, Erina, Tumbi Umbi, Narara, Berkeley Vale, Killarney Vale, Tuggerawong,

BECAUSE WE CARE BOUTIQUE



110+ women styling sessions

Supporting Narara Valley High Young Mums, Coast Shelter, RYSS, CC Family Support, Women's Justice Network, Women's Health Centre, Job search agencies, Salvation Army, Home IN Place

COMMUNITY & BUSINESS WOMEN'S NETWORK

11 events
647 attendees
500+ membership

Supporting International Women's Day, Women in business workshops, Women's Health Centre

RESILIENCE FIRST AID

3 certified trainers
3 certified coaches
40 Resilience First Aid responders certified

Women's Justice Network, Coast Shelter, Men Care Too, Recovery Support Services Mullumbimby, Fletcher St Cottage, NSW Health, Grow, Green Tent, Resilience Byron Bay

KEY HIGHLIGHTS

2022 has been our largest year of growth for Iris Foundation both in service delivery and capacity development.

We have witnessed an expansion in each area of our deliverables. Particular points of impact include:

- **Accreditation from Suicide Prevention** Australia this year, recognising our Cool Connections in School program as best practice in the sector and validates our governance and efficacy as an organisation
- Training of staff to deliver new ground-breaking **Resilience First Aid.** Our early adoption sees Iris Foundation stand as one of the first organisations in Australia with expertise to deliver Resilience First Aid training, assessments and coaching.
- Our Because We Care Boutique is now **fully operational** with a substantial increase in support and donations.
- Our Community and Business Women's Network **celebrated it's 500th member** in October and continues substantial growth.
- **Three new Board members** appointed gaining additional Board skills and experience to assist in the planned expansion of Iris Foundation's Business.

Moving forward

Our focus is to sustain a strong Central Coast community against the core pillars of Resilience, Hope & Connections. We have positively influenced 100's of lives this year and we know there is a ripple effect that carries to those in their immediate circle of influence. We are also aware that many people are just coping at this point in time and the need to build strengths early, to mitigate problems before they escalate, is the single most proactive and important step we can take.

OUR DEDICATED DIRECTORS AND VOLUNTEERS

Iris Foundation's volunteers are an integral part of the organisation. They have especially allowed us to continue with Iris Foundation's major events, such as Raw Challenge and the Boutique Sista program.

We're truly grateful to our 15 loyal regular volunteers that make our activities and programs a real possibility. THANK YOU!!!!!

THE BOARD OF DIRECTORS:

- Andrew Tuck – Chair
- Carolyn Richardson – Treasurer
- Tarnia Gurney – Secretary
- Dawn Hooper – Co-Founder
- Jean Russell – Director
- Leesa O'Keefe – Director
- Liz Mackdacy – Director
- Ron Thomsen – Director

RESILIENCE-BASED PROGRAMS 9-14 YRS

Ettalong, Lake Munmorah, Lisarow, The Entrance, Narara Valley, Kanwal, Wadalba, Tuggerah, Wyee, Erina, Tumbi Umbi, Narara,Berkeley Vale, Killarney Vale, Tuggerawong,

Term 1 - 48 students
Term 2 - 120 students
Term 3 - 168 students
Term 4 - 120 students
14 schools
168 hours face-to-face learning

CONNECTIONS 2x2 Workshop

COOL CONNECTIONS IN SCHOOL

Y-CONNECTIONS IN SCHOOL

Connections in School are mental health and well-being programs and workshops for preadolescent students aged 9-14 years.

Focusing on the student's strengths, they aim to increase resilience, working with children to build their confidence, better manage their mental and emotional wellbeing, while developing their social skills and to create a sense of connectedness with others at school and in the community.

"I loved how we all talked about things that make us stressed and I felt really relieved."

"That breathing comes from the belly."

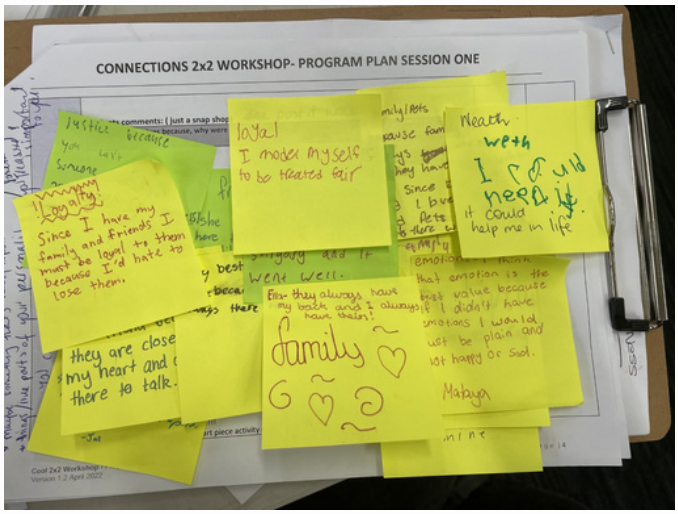
"I learnt about the kids helpline."

COOL CONNECTIONS SCHOOL PROGRAM

Iris Foundation is very proud to have received accreditation for our Cool Connections in School program against Suicide Prevention Australia Standards 1st edition.
This required a rigorous self-assessment for accreditation through Quality Innovation Performance Limited (QIP) against Suicide Prevention Australia Quality Standards framework, which allowed us to improve efficiency, accountability and quality assurance across our organisation..

This was a large undertaking and we are so very grateful to PBL Law Group for their financial investment in supporting this program and their commitment to our work in building resilience in our young ones to mitigate problems in this transition period from primary to high school

PBL Law Group
PROPERTY | BUSINESS | LITIGATION



CONNECTIONS
2x2 Workshop

CONNECTIONS 2x2 WORKSHOP

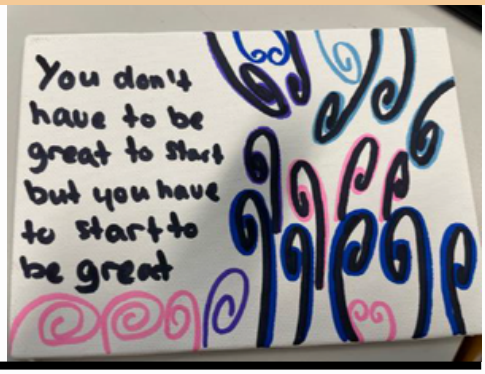
Preadolescence, 9-14 years of age is a crucial time of development for children and an area where we can have a massive impact on future trajectory of their mental health. Especially given that approximately 50 per cent of all serious mental health issues begin around the age of 14, with symptoms beginning in primary school.

Investing in the mental health of children creates a 'ripple effect' of longer-term social and economic benefits for the community.
The Connections 2x2 Workshop aims to:
•Boost self-esteem and confidence
•Connect isolated students
•Identify problem solving strategies
•Open support pathways such as such as counselling referrals, discussions with parents and caregivers.

It is our priority action to intervene early to mitigate the adverse impact of current circumstances.

I was amazed to see how some of the students responded during the sessions and it was really evident that the students themselves felt the change. I felt the students also had more respect for one another and could see that at times, when a peer may present as being standoffish or overly confident, they too could actually be feeling anxious. This program raised awareness of anxiety overall and normalized feelings so that they can be dealt with more openly."

"I would like to sincerely thank the Iris Foundation for all their hard work and the sponsors that without them would mean that these programs would not run."
Luisa Lawiki – Teacher



Our grateful thanks for the grant funding received to enable delivery of our programs and workshops

Sisters of Charity Foundation

WRLC Wyong Rugby League Club

Rotary Rotary Brisbane Water

DOYLO

MINGARA

The Entrance Tigers

2022 Milestones in Program Development

Cool Connections in School

January 2022
BeYou Directory
Cool Connections in School approved as an emerging program for addition to the Be You program directory.

April 2022
Accreditation
Cool Connections in School awarded full accreditation against the Suicide Prevention Australia Standards, first edition.

July 2022
Social Impact Grant
ASVB Grant awarded to measure and articulate the social and economic value of our Cool Connections in School program.

July 2022
Approved for Funding
- supporting the recovery of storm & flood impacted communities.
The Children and Young People Wellbeing Recovery Initiative is jointly funded by the Commonwealth and the New South Wales Government under the Disaster Recovery Funding Arrangements.

REFRAMING RESILIENCE WEBSITE LAUNCHED ON CENTRAL COAST

In October 2022, Iris Foundation launched Reframing Resilience website for businesses and individuals looking to access a range of resilience training tools and programs.

In Australia, the mental health crisis costs more than $43 billion per year, and the loss of productivity is estimated to cost a further $130 billion. While most of the focus and funding has traditionally been on crisis care and early intervention, research by neuroscientists is discovering the important effectiveness of a preventative approach to mental health by building mental fitness through resilience.

The Reframing Resilience website showcases the programs offered by Iris Foundation, including:

Coaching workshops - Our team of Certified Resilience Coaches deliver interactive workshops and coaching online or face-to-face. These are customised to corporate, business, community, schools and individuals.
The workshops range in timing from one-hour to one-day and provide training in the six fundamental domains of resilience – Vision, Composure, Reasoning, Tenacity, Collaboration & Health. Our Resilience First Aid Trainer Certification gives access to world-leading resilience tools, including assessments, coaching resources and a neuroscience-based digital app.

Self-assessment - The PR6 Resilience Assessment is an advanced and efficient resilience psychometric questionnaire. Through a 3-min online questionnaire, the PR6 gives a score of relative strengths across the six domains of resilience, providing an instant report highlighting strengths and areas to focus on to build mental strength.

Resilience First Aid is a mental health certification that teaches strength-based skills to proactively support mental health in others.
It is an accredited program against the Suicide Prevention Australia Standards.
The skills learned through Resilience First Aid apply to all relationships – with family, with friends, with colleagues, and all other interactions.
At an organisational level, Resilience First Aid is for organisations looking to provide the best training to their people to build a culture of proactive care based on the latest neuroscience of preventative mental health.

WebAdjusted

Our grateful thanks to WebAdjusted for their investment in the development of the website.

RESILIENCE FIRST AID TRAINING AND WORKSHOPS

Resilience First Aid

The skills learned through Resilience First Aid apply to all relationships – with family, with friends, with colleagues, and all other interactions.

For the past 6 months Iris Foundation has been delivering Resilience First Aid across the Central Coast. The course can be delivered face-to-face or in a blended online format.

As such, with thanks to CommBank Flood Grant, we have been delivering Resilience First Aid to Northern Rivers flood affected areas including Lismore, Mullumbimby and Byron Bay.

We are also delivering to South West Sydney region with supported funding from the Australian Government funding through the Primary Health Network of South West Sydney.

Testimonial
"The Resilience First Aid was brilliant, I will be digesting the content for a while but found it relatable, usable and the best training I've done.

The content is just so practical that anyone can benefit from it."
Greg Smith

Resilience Workshops

Resilience Workshops have been delivered to schools and community organisations in an effort to support those supporting others.

We are currently focussed on developing pathways for young people aged 18-24 years of age.

Testimonial
"*Benevolent Society were privileged to engage the Iris Foundation to facilitate the Resilience Workshop based on the PR6. We are so grateful for the opportunity to explore the resilience of our workers as Benevolent Society see their workers as the most important priority in their business.*
The Iris Foundation did a fantastic job in facilitating this workshop and engaging a very experienced team into thinking more closely into their own resilience and how they can ensure their focus and motivation is on track which will result in better outcomes for our families.
We Thank You again from the Family Connect and Support Team Central Coast and Hunter."

WIDELINE WINDOWS & DOORS

Our grateful thanks to Wideline for their support to enable development of this new initiative.

BECAUSE WE CARE BOUTIQUE

Because We Care Boutique is a referral-only service supporting any woman overcoming adversity. In challenging times we all need some support and an opportunity to regain our self confidence, composure and improve our personal resilience.
Iris Foundation assumed management of the existing service on 1/7/2021. With prolonged lockdowns due to the pandemic, the doors of the Boutique did not open until January 2022. Since then, we have seen a steady growth in participation and outcomes.

Volunteer stylists have assisted over 100 women of all ages with suitable attire and accessories for important interviews and meetings.

Our focus is on the whole person and we understand that overcoming adversity requires more than just a new outfit.

Referrals have been received from many local organisations such as:
Womens Justice Network, Ability Options, Uniting, Castle Employment, Coast Shelter, OCTEC, APM Employment, Joblife Employment, Coast & Country Primary Care, Central Coast Women's Health Centre, Mission Australia, Central Coast Family Support Services, Regional Youth Support Services, Berkeley Vale Neighbourhood Centre, Baptist Care, Faith In Action Ministry, Global Skills, Benevolent Society, Dale Young Parents Hub, TLK Youth College, Central Coast Group Training

"I feel really comfortable and confident now that I can walk down the street feeling like I am part of 'society', even though I don't need to fit in.
I appreciate the donations and the hard work of the ladies.
They are beautiful people." - Kayla

- This year we were blessed with 13 Volunteers:
Christine, Melissa, Claudia, Sue, Hilary, Kathy, Lynne, June, Sarah-Kate, Kim, Gail, Jacqui, Vicki

- We have been hosting Weekly Coffee & Connect morning teas sponsored by Mingara & Stone Real Estate

- Our CBWN members were very supportive, hosting fundraiser events including Bilson Law Dinner, Strong Bodies Strong Minds bushwalks, Hotondo Homes Trivia, Your Guide CC High Tea, Royal Hotel Queens of the Coast night, Ela Staniak Feminine Coaching Lunch & Learns

The support we give these women is only made possible by the donations we receive, the generosity of our community and the amazing people that give their time - creating pathways of support, growth and connections.

WINGS TO SUCCEED

Proudly Supported by Central Coast Council

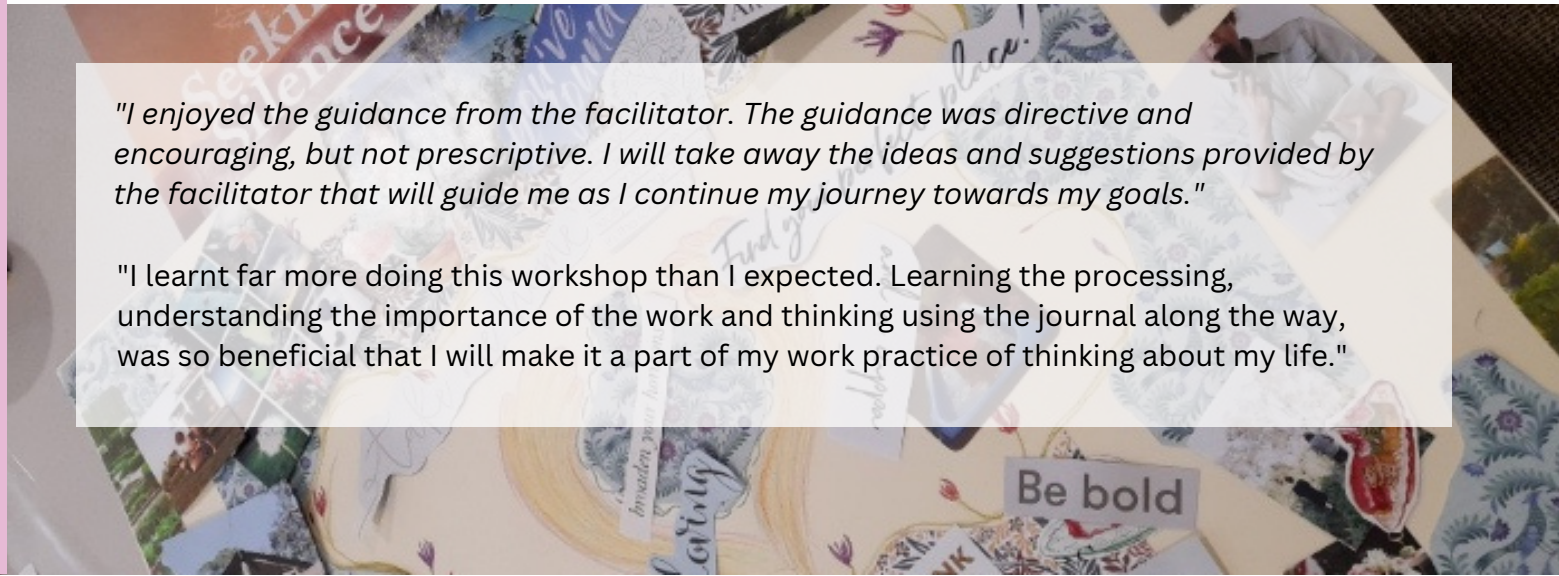
The Boutique experience aims to instill a level of confidence, caring and connection.

We have seen and heard first-hand what it means to the women who attend the Boutique sessions and how they feel more confident and prouder, from the inside out!

Supported by a grant from Central Coast Council, we were able to extend the Because We Care Boutique services and provide small group workshops to women that support them in feeling included, confident, prepared and supported.

The following additional components are on offer to Boutique clients should they wish to further improve knowledge, skills, connections & confidence:

- Workshops: Resilience workshops to help women 'bounce back' from setbacks and manage challenges effectively. Structured programs and workshops delivered by experienced facilitators introducing the fundamental concepts of resilience and focused on building self-worth, problem-solving and coping strategies.
- Mentoring: Professional mentors drawn primarily from Iris Foundation existing program, the Community and Business Women's Network. Opportunities may include networking, one-on-one mentoring and advice on issues such as transitioning from education to work or starting up a new business.
- Boutique Coffee Club: open to all community once a week. A place to feel welcome, comfortable and stay connected.
- Referral: Where appropriate, we create a pathway of referral to other relevant support organisations.



"I enjoyed the guidance from the facilitator. The guidance was directive and encouraging, but not prescriptive. I will take away the ideas and suggestions provided by the facilitator that will guide me as I continue my journey towards my goals."

"I learnt far more doing this workshop than I expected. Learning the processing, understanding the importance of the work and thinking using the journal along the way, was so beneficial that I will make it a part of my work practice of thinking about my life."

CBWN
COMMUNITY & BUSINESS
Women's
NETWORK

500th
CBWN member welcomed in October 2022

Established in 2018, CBWN is built upon the idea that bringing women together creates opportunities for growth, resilience and inspiration at business, community and personal levels.

11 events held in 2022 including participation in:

- International Women's Day
- Small Business Month
- Women's Health Week

Celebrating CBWN's 50th event in 2022

Connecting Central Coast Women

CBWN continual steady growth is a great testimony to creator, Sharyn Becker, for the warm and inviting space she creates at the regular functions.

CBWN has been a catalyst for connecting Central Coast women, socially and professionally.

IRIS FOUNDATION 2022 AWARDS FINALIST

2022 BUSINESS AWARDS | Delivered by BUSINESS NSW
REGIONAL FINALIST

Iris Foundation was honoured to be among the finalists in Business NSW's Central Coast Regional Business Awards for 2022.
Iris was recognised in the category of 'Outstanding Community Organisation'.
This award recognises an organisation that works to improve the social, cultural or environmental wellbeing of the local community.

TREE OF DREAMS

The Tree of Dreams® is an annual campaign to raise awareness of suicide prevention on the Central Coast. The campaign works towards heightening awareness of the impact of suicide, and increasing conversations about preventing suicide.

Budgewoi Tree of Dreams - December

2022 will see the 6th year of Budgewoi's annual community event.
Budgewoi Tree of Dreams founder, Kylie Skinner (Owner of Peachies Hair Studio Budgewoi), began this Tree of Dreams journey after losing an unforgettable friend to suicide.
This year, the iconic tree has been cordoned off due to hotel renovations, however the event is to continue across the road and will retain the wonderful symbol of respect and acknowledgement of support for families and friends impacted by suicide.

World Suicide Prevention Day - 10th September

Iris Foundation's annual Tree of Dreams campaign, which coincides with World Suicide Prevention Day on September 10, was virtual again this year. In lieu of a public gathering, locals were encouraged to light a candle in remembrance and hope. Our special thanks to Winnie at the Candle Kiosk in Sydney for her donation of candles in support of our work to reduce the risk of suicide on the Central Coast.

Thank you to Mark Cooper from Bendigo Bank Wyong for personally donating this AMAZING Tree of Dreams artwork. This will be displayed with great appreciation!

SUPPORTING LOCAL INITIATIVES

Iris Foundation supports many promising and relevant local grassroots initiatives that align with our mission and values through the collaborative relationship of auspicing.

Debbie Gaunt Foundation - dedicated to funding works that aim to illuminate and better understand the mental health impacts of perimenopause.
Craig Gaunt attended the official opening of the new Centre for Women's Mental Health in Melbourne October 2022: HER Centre Australia - Health, Education, Research, that puts into practice already well developed world-first treatments and approaches for women. Debbie Gaunt Foundation is taking a keen interest in this new model, and opportunities that could arise for support or collaboration.

Craig Gaunt, Professor Jayashri Kulkarni, Anthony de Castella

www.irisfoundation.org.au/debbie-gaunt-foundation/

Men Care Too, an independent support organisation for men in unpaid, informal caring roles.
Since leaving the Central Coast for Tasmania in 2020, founder Greg Smith has continued his efforts to support isolated men through regular BBQs, walking groups, online connections and a weekly newsletter.
www.mencaretoo.org

Hope Family Cottage is a newly established community-based organisation which provides supervised child contact and family support services to those experiencing family breakdown and crises.
www.hopefamilycottage.org.au

UrVoice Australia - giving students tools to speak out. Speak Out @ School is an all-in-one student welfare system for use for parents, students, teachers, and the school wellbeing team.
www.urvoice.com.au

MAJOR EVENTS AND FUNDRAISERS

Wyong Race Club Ladies Day on 28th August was a highly successful event, raising more than $13,000 in support of the Because we Care Boutique.
This was a wonderful day and the Pavilion venue was such a great space trackside.
Our thanks to Wyong Race Club for all their support and to all our sponsors and guests.

Raw Challenge events 2022 - March & October
Thank you to our 50+ volunteers who provided support in registration, bag check-in and on field at the events. Loads of people and lots of fun. You are AMAZING!

**Trivia Nights - ***February - Davistown * August - Wyong
The 80's theme continued and the challenge was on.
Thanks to all who joined in this annual fundraiser for Iris Foundation and for the continued support from our CBWN members.

THANKYOU TO OUR AMAZING SUPPORTERS

IRIS FOUNDATION

Corporate Supporters

PBL Law
Wideline
WebAdjusted

Major Supporters

Fortunity
Sharp DS Central Coast
Star FM
BBX
Your Guide Central Coast
Wyong Community Bank
- branch of Bendigo Bank
Essence Images
Event Cinemas Tuggerah
Stockland Care Grant
Wyong Race Club

Major Connections
Program / Workshop Funders

Doyalson-Wyee RSL Club
Bateau Bay Bowling Club
Wyong Rugby League Club
Hali Bowling Club
Wyong Golf Club
Sisters of Charity Foundation
Children and Young People Wellbeing Recovery Initiative - Regional NSW Grant

Iris Foundation Ambassadors

$1,000+

La Carta Art Gallery Cafe
Northlakes Toukley Rotary
Peachies Hair Studio Budgewoi
Erina Ice Arena
Caroline Bay Quilters
Woolworths Distribution Centre Warnervale

BECAUSE WE CARE BOUTIQUE

Major Supporter

Central Coast Council
Department of Regional NSW
- Adam Crouch MP
Stone Real Estate
Thrive Broking
Refreshing Pool Services
Your Guide Central Coast
David Meehan MP

$1,000+

Erina Ice Arena
Victoria Gilbert
Your Guide Central Coast
EYS Travel - Kerin Starr
Royal Hotel Wyong
Inner Wheel Club of Wyong
Hotondo Homes
Fathers Table
Strong Bodies Strong Minds
Jacqueline Bilson

Boutique Sista Sponsors lunch

Founders Bev Baldwin & Dawn Hooper

Central Coast Economic Breakfast March 2022

Resilience First Aid Course

NSW Business Awards

Sunshine Gifting

Sharyn Becker & Because We Care Boutique Volunteers

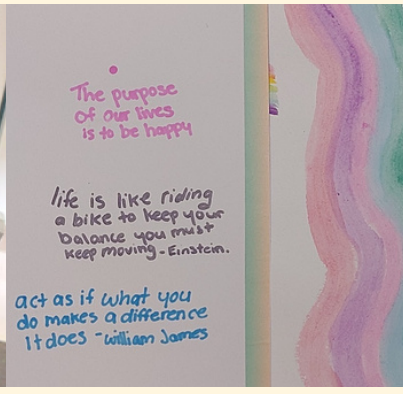
International Women's Day

Because We Care Boutique

Wyong Race Club Ladies Day

La Carta Fundraiser

Because We Care Boutique Workshop



CBWN Christmas Luncheon

Business Wyong Small Business Month