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Your mental health matters

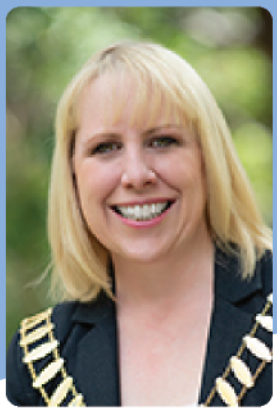
2024

ANNUAL REPORT

We collaborate with the community to raise awareness and encourage open dialogue around mental health.

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Message from the Chair

2024 has been a special year for the Positive Vibes Foundation as we reach 10 years of serving the Hills community. We are so proud of the positive impact we have had on the community by raising awareness around good mental health. From our humble beginnings, the team at Positive Vibes Foundation has grown our efforts to include several successful initiatives. This includes The Hills Women's Shed, The Young Healthy Minds Forum, Paw Visits, and the monthly community outreach program through The Hills UPmarket.

To celebrate all our fantastic achievements and our 10th anniversary, we put on a beautiful gala dinner and morning tea with key stakeholders and sponsors. It turned out to be an enormous success that raised over $43,000 in total, so a huge thank you to all of our donors!

I would like to personally thank everyone involved in the Positive Vibes Foundation story over the years and acknowledge all those who served on the Board or volunteered with us. Without your help, Positive Vibes would not be what it is today.

Positive Vibes Foundation in 2024

2024 was a momentous year for fundraising, but the creeping cost of living is still a big burden in our community. Alongside our fundraising, like Bunnings BBQs, we also received a generous $11,000 from Castle Hill Rotary Club's Run for the Hills event and $7,100 from the BNI Charity Golf Day. We are incredibly thankful to these groups for supporting what we do, and I would like to personally thank all the individuals and businesses who bought tickets to these events and our fundraising gala dinner.

Message from the Chair

Our programs have gone from strength to strength, and we are keen to see them expand in 2025 to meet rising demand. The Hills Women's Shed will soon be open for more than one day a week, and The Young Healthy Minds Forum is looking to add a forum aimed at local primary school students. None of this would be possible without the support of our volunteers who work so hard to help our community.

Chris Ligertwood and Queenie Tran have been key players in The Hills Women's Shed. Dr Juanita Ruiz also deserves a huge shoutout for looking after the fundraising events, and Cobie Farrell, who looks after our e-newsletter. Also, a huge thank you to all of the volunteers involved with the hugely successful Paw Visits!

The Future of Positive Vibes Foundation

This year saw a few fresh faces join our team, with Bob Croft as Chief Marketing Officer, Zahra Shafigh as our Admin & Operations Manager and Michael Furcciniti joining as our PVF Youth Social Media Officer. Welcome aboard!

I would like to personally thank the Board for all their hard work and efforts over this past year. Also, a huge thanks to Susan Smith, who recently stepped down from the Board after many years of hard work and dedication. I would also like to welcome Peter Casbolt as the new Director and congratulate Mario Rodrigues, who takes over from me as Chair.

Although I have now resigned from Positive Vibes Foundation, I am so grateful for the opportunity I have had to work in this amazing organisation. I'll dearly miss being on the Board, but I know it will go from strength to strength under the strong leadership of Mario. I cannot wait to see where Positive Vibes Foundation goes in 2025 and beyond, and I'll be cheering you all on from the sidelines!

Michelle N Byrne.

DR MICHELLE BYRNE



OUR MISSION & VALUES

MISSION

Embrace a holistic approach to address mental illness and wellbeing at home, work and school.

Collaborate with like-minded organisations to drive better outcomes.

Spark conversations around positive mental health with individuals and groups throughout the community.

Use community events to raise awareness and connect people to mental health services.

VISION

To promote positive mental health and wellbeing in communities through connections and conversations.

VALUES

Honesty, integrity and transparency.

Collaboration and knowledge sharing.

Being respectful and inclusive of all.

Passionate and committed to delivering on our goals.

Affordable and sustainable programmes.

Embrace innovation.

Approachable, positive and adaptive to the circumstances.



The Hills Women's Shed

2024 began with a test of patience as our re-opening date for The Hills Women's Shed overran due to renovations. However, we were rewarded with the completion of a beautiful new bathroom that is proving to be of great benefit for everyone.

Thanks to the combined efforts of our team (namely Susan, Chris, Queenie, Dani and Genevieve), 2024 has been one marked by growth and achievement. Our Thursday sessions are at capacity most weeks, so we are looking to open on another weekday. As is the case with most charities, our biggest need is for volunteers to help run more Shed activities. We have plenty of ideas, but we need more amazing ladies to help roll them out!

Expanded Programs

We have been aiming to introduce greater structure to improve the experience for everyone involved in what we do. Our work has created loads of great activities including connection, physical exercise, gardening, crafts, psycho education workshops and games. All of this has helped participants find something that they could engage with and enjoy. We have also expanded our external providers so that we can harness expertise from the community.

SCAN QR CODE to express interest in an additional day



The Hills Women's Shed

We have brought in professionals such as physiotherapists, Zumba instructors, a chair yoga instructor, social media experts, horticulturists, and counsellors. Their expertise has helped to enrich the programs we offer by supporting participants' ability to learn, connect and grow.

It has not always been easy, but our team at the Shed has done so much great work in 2024. When a volunteer coordinator had to step aside due to illness, our team rallied and showed great kindness by stepping up their efforts until the team could get back together. This teamwork is what it is all about!

10th Anniversary Celebrations

To celebrate the 10th anniversary of Positive Vibes Foundation in November, our team held a lively event at the Shed. It was attended by Shed participants, volunteers at Positive Vibes Foundation, members of the Board, local dignitaries, and local supporters. It was a wonderful way to wind down the year and celebrate our successes in 2024.

We can say now that 2024 was an enormous success for The Hills Women's Shed, so thank you all for your help and support. We're so proud to have created a safe, welcoming space for ladies looking to connect with others and build on positive mental well-being.

SCAN QR CODE
to express interest in an additional day



Young Healthy Minds Forum

We were incredibly proud to have chaired The Young Healthy Minds Forum (YHMF) this year. This annual event directly supports our goal of tackling mental health stigma head-on by educating the youth and snuffing out the ignorance.

The YHMF took place on Wednesday, 8th May, at the Dural Sports Centre, and it was a tremendous success. The day provided an engaging, day-long program that aimed to support positive mental health in high school pupils. It brought together 120 pupils from 8 different schools to learn about mental health and provide them with tools to support positive mental health in their communities.

Our work directly targets the stigma of mental health issues by raising awareness and showing young people where and how to get help when they need it most. We achieved this by leaning into the expertise of public speakers like Tonique Newbold, who has experienced these issues firsthand. Their knowledge on the topic was channelled through real-life experiences, dialogues, and Q&A sessions, showing students how to tackle mental health problems effectively.

Follow us on our Socials Here



Young Healthy Minds Forum

This platform encouraged us to develop a PVF Youth Facebook and Instagram account to provide useful resources about mental health for teachers, parents and high school students. The Facebook page https://www.facebook.com/profile.php?id=61570162985019 aims to showcase the benefits of the YHMF and to create a space where parents and teachers can come together for this key demographic. The Instagram page https://www.instagram.com/pvfyouth/ is focused on delivering much-needed mental health information to both students and attendees of the YHMF in an easy-to-understand way, while also pointing them to useful support services. All of the posts on these pages are directly overseen by one of our Directors, who is also a clinical psychologist.

We are so incredibly grateful for the support that our collaborators and sponsors offered us. This includes the Castle Hill Rotary Club, Kellyville Private Hospital, and the Hills Shire Council. Their contributions and commitment to the cause of tackling youth mental health highlight just how strong our community is.

Follow us on our Socials Here



Paw Visits

Our Paw Visits program looks to share the joy, energy, and comfort that a dog brings to the community, particularly in aged care homes. Interacting with dogs can be incredibly beneficial for elderly people as it offers them a renewed sense of happiness and companionship. Our Paw Visits are the perfect platform to spark some joy and fun in places like care homes by letting people get up close and personal with some very affectionate dogs!

We have been delighted to see the Paws Visits program grow leaps and bounds in terms of reach and impact. We have brought more care homes into this program to let dogs bring happiness to locations like Oatlands, Glenhaven, North Parramatta, Bella Vista, and Kellyville. It is an incredibly popular and successful program for us, and it's showing real benefits for the elderly community in our area.

We have got some great volunteers working with us on the Paw Visits team who have helped make it so impactful. Our volunteers do a lot for this program to make sure the pets and the aged care residents have an amazing experience together. Without the help of our fantastic volunteers, we could not make these programs as safe, enjoyable and effective as they are. So, a huge thank you to everyone involved in the Paw Visits!

If you have worked in an aged care home and would like to sign up to our Paws Visits program, please get in touch with us at info@positivevibes.org.au today.



Connecting with the Community

Business Network International (BNI)

December saw Business Network International Sydney Northwest and Penrith region once again host a hugely successful fundraiser at Richmond Golf Club. We highlighted just how much great, impactful work we have been doing for our community, and we are so grateful for all the funds we received!

Dr Juanita Ruiz, Peter Casbolt (Psychologist) and Susan Smith (Counsellor) delivered three mental health talks at BNI meetings. They were all well received and we are forever grateful of the support at our gala dinner from members of BNI.

Community Talks and Events

Dr Ruiz and Susan Smith both delivered incredible mental health talks at The Hills Women's Shed and community groups. Mario Rodrigues spoke at The Rotary Club of Norwest Sunrise's Community Connect event, where we exhibited. Susan gave her talk at an event with The Rotary Club of Kenthurst on domestic violence, as well as a talk on mental health for the Hills Business Chamber and NSW/ACT Landscape Association.

Business Network Internationl (BNI) | Community Talks and Events | Run for the Hills | The Hills UPmarket | Bunnings BBQ



Connecting with the Community

We also had our dog volunteers represent Positive Vibes Foundation at events for Castle Hill Headspace. So, a huge thank you to all our volunteers who supported our work.

Run for the Hills

We were incredibly lucky to be one of the beneficiaries of the yearly Run for the Hills event by Castle Hill Rotary Club this year. It enjoyed a strong turnout from our contacts with Dean Initzarri from BNI, earning the title of highest fundraiser. Positive Vibes Foundation was represented across all three races and gave us a wonderful opportunity to showcase the impactful work we do in the community, with a particular focus on our initiatives for improving mental health in young people.

So, a huge thank you to Castle Hill Rotary Club for their ongoing support of our The Young Healthy Minds Forum program!

The Hills UPmarket

We have continued to connect with the community at our monthly The Hills UPmarket stall.

Business Network Internationl (BNI) | Community Talks and Events | Run for the Hills | The Hills UPmarket | Bunnings BBQ



Connecting with the Community

This allows us to provide mental health information and make connections with the public in a safe, non-confrontational environment to highlight our work. Many people have become interested in our activities like our The Hills Women's Shed and our Paw Visits due to this market, so we are really happy to see this working out.

We have also managed to raise some funds from the sale of handcrafted goods and generous donations from the organisers at The Hills UPmarket. They have chosen Positive Vibes Foundation to be their sole supported charity, and we are so grateful for that.

Bunnings BBQ

We enjoyed our first Bunnings BBQ this year at Castle Hill Bunnings, and it's looking to grow! We are now on a regular 2 to 3-month schedule, which has provided some much-needed funds for the charity. It has also been a great opportunity to connect with the community. So we would like to thank Castle Hill Bunnings and all the volunteers for their support.

Business Network Internationl (BNI) | Community Talks and Events | Run for the Hills | The Hills UPmarket | Bunnings BBQ

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Coming in 2025

We have some new and exciting initiatives lined up for 2025 at Positive Vibes Foundation that we are keen to get started!

AV Setup for The Hills Women's Shed

We will be looking to improve how The Hills Women's Shed handles presentations with new Audio-Visual facilities setup shortly. This should make it easier for the team to communicate new events and updates as well as hold top-notch presentations.

Year 6 Primary School Mental Health Program

We are working on a mental health program for Year 6 Primary School students at Excelsior Primary School. We hope to roll this out in September 2025 and arm students with foundational concepts around mental health. We are looking to create an age-appropriate, engaging, and supportive program that will provide real value to students. Some of the main aims we want to tackle with this include:

- Defining mental health and its importance in everyday life.
- Help students identify the signs of mental health issues.
- Exploring common vulnerabilities among young people, such as bullying, social media pressures and excessive screen time.
- Offer strategies to help with things like self-care and peer experience difficulties.

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Financial Report

Positive Vibes Foundation is continuing to build on past success, with a total revenue of $106,000 in 2024 - a 15 % increase from last year.

Our Positive Vibes Foundation gala dinner is still our main fundraiser, and 2024 was our biggest yet, bringing in $43,178 after expenses. The gross revenue of $53,000 from this dinner represents a staggering 43 % of our revenue for the year!

We are incredibly grateful for our principal corporate sponsor, Wayfinder Buyer's Agency, who kindly donated an incredibly generous $10,000 to support our programs. We would also like to give a huge thank you to our Bronze Sponsor at ASRA Consulting for their support.

Everyone at Positive Vibes Foundation would like to thank the Hills Shire Council, as well as the State and Federal Governments, for their continued support. We received $4,905 from the Hills Shire Council to support our Young Healthy Minds Forum. $3,000 was received from the Department of Social Services to support our team of volunteers and $6,000 from the Department of Community & Justice to install a life-saving defibrillator at The Hills Women's Shed and available to all Baulkim Hills Reast State.

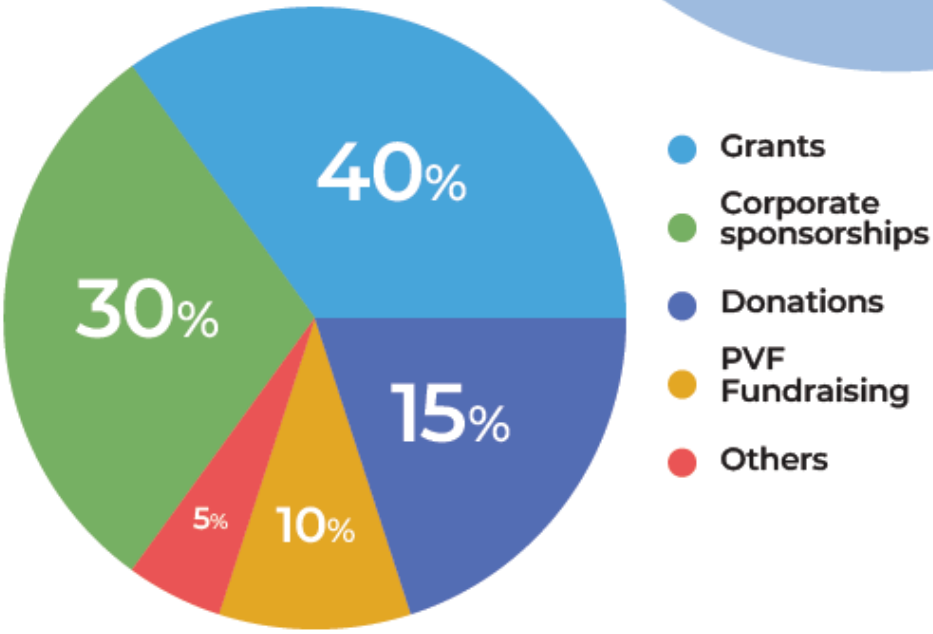
Community support has been further strengthened with $11,000 from Castle Hill Rotary Club, $10,000 from Bankstown Sports Club and $7,152 from Business Network International. Castle Hill Bunnings also helped by letting Positive Vibes Foundation host the sausage sizzle, which brought in $3,000.

Lastly, the team at Positive Vibes Foundation would like to thank The Hills UPmarket for their support and patronage as their sole charity. Our total market income and donations through The Hills UPmarket totalled $2,800 in 2024!

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Financial Report

Where **our revenue came from in 2024**



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Our Team



ALBERT SEAH LL.M, B.EC
DIRECTOR



ALEXIA YAZDANI
DIRECTOR



BOB CROFT (QIJIAN GE) MAMI, CPM
Fractional CMO



BROOKE COLLINS OAM, MAICD
DIRECTOR



DR JUANITA RUIZ, FRACGP, MB BS, AKC, B SC, LRSM
DIRECTOR



DR MICHELLE BYRNE B.MED.SCI.(HONS), PHD (UTS), LLB,
CHAIR



JEANETTE FARRELL OAM
DIRECTOR



MARIO RODRIGUES FCA, ACA, B SC (ECON)
DIRECTOR



MICHAEL FURCCINITI
SOCIAL MEDIA COORDINATOR – YOUNG HEALTHY MINDS



PETER CASBOLT
DIRECTOR



PETER TRUONG
DIRECTOR



QUEENIE TRAN
PROGRAM MANAGER – THE HILLS WOMEN'S SHED B.COUNS (HONS I), REGISTERED COUNSELLOR (ACA)



ZAHRA SHAFIGH
OPERATION MANAGER

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Our sponsors and supporters

01 Wayfinder Buyer's Agency
02 Hills to Hawkesbury Community News
03 Bestway
04 Caroma
05 ASRA Financial Consulting
06 Ovolo Hotels
07 In.Corp
08 Australian International Academy
09 Aurora Kellyville Private Hospital
10 Pools Now
11 The Hills Shire Council
12 Micah Legal Services
13 Crexed
14 Prouds the Jewellers
15 Thrive Broking
16 Castle Hill Rotary Club
17 Baulkhan Hills Sports
18 Cardiac Health Institute
19 Verve Portraits
20 The Hills UPmarket
21 Castle Hill Bunnings
22 Headspace Castle Hill
23 Business Network International Sydney Northwest and Penrith
24 Department of Social Services
25 Rotary Club of The Hills – Kellyville
26 The Rotary Club of Kenthurst
27 Castle Hill Rotary Club
28 Department of Community & Justice
29 Bankstown Sports Club