

Positive Vibes Foundation

Annual Report December 2020



Chairman's Message

Report from Chairman, Jay Bacik



It is my pleasure to present the Chairman's statement for the PVF Annual Report for 2020. It is very difficult to pick up the news each day without being reminded of the trauma and heartbreak which is happening in people's lives all around us.

Recently there was a story from Melbourne, about a woman, obviously distraught, out of consciousness of the reality of what she was doing, who was found dead with her three children in what was described as a beautiful, well-kept house.

Not every trauma or every sadness has such a dramatic impact and effect on us, but it is a stark reminder that there are people – maybe living in our street, working in our office, or a member of our club – whose heads and minds may be so entangled that they cannot comprehend the realities of life, much less deal with them.

This wonderful organisation is composed of unique people who are full of ideas, energy, capacity and, most of all, compassion, who have come together determined to be of assistance

to those who are struggling with their mental health.

In the last year, some special things have been achieved in terms of reaching out to stand beside folks who are struggling, sharing acceptance and love with those who are at their wits end. We have been able to invite volunteers, generous givers and friends of the Positive Vibes Foundation to share the opportunity to be part of our journey, as well as to be strengthened for their own journey.

"The COVID Year" as we will come to recall it, has created numerous challenges, not just by the threat to the physical health of individuals, particularly our frail and elderly, but by creating an atmosphere of fear and anxiety which is unprecedented in our lifetime. This is my opportunity to say "Thank You" to the many people who have supported us as Board members, volunteers, partners, donors and clients. All of whom have not only given something to this organisation but have been blessed through that giving.

Our focus on mental health reminds us, after being involved even briefly, that ALL of us deal with issues of our own emotional stability and, dare I say, sanity! Our activities in the last year, although curtailed, have been extremely effective.

The Hills Women's Shed has managed not only to survive but thrive in the connections it has been able to make with the community. Our involvement with the community radio station Alive 90.5 FM has opened up an avenue for

communication and links to people who did not know we existed.

Our recent partnership with the "UPmarket" team, so ably lead by Anne and Jasmin, has created the opportunity to not only meet with people who are looking to make a contribution themselves but to also help them recognise how partnering with us is helping enrich the lives of others.

Positive Vibes Foundation is on an evolving quest to help people help themselves, by reaching out to compassionate and sensitive people who are waiting to offer assistance.

Most of us will jokingly acknowledge that we know animals who are nicer, more accepting and affectionate and who treat them better than a lot of humans.

PVF wants to take every opportunity to provide effective means for individuals to obtain resources, from all aspects of life, to enhance their growth.

You will note that there is the outline of a dog as our mascot, - expect to see more canine involvement as we release details of our exciting new program.

In conclusion I wish to thank our local Parliamentary representatives, the Hon Alex Hawke MP, Federal Minister for Immigration, the Hon David Elliott MP, State Minister for Police and Emergency Services and Dr Michelle Byrne, Mayor of the Hills Shire Council whose assistance and encouragement have been vital in helping us reach our present level of achievement – and we look forward to having you with us as we continue to grow and expand.

A handwritten signature in black ink, reading "Jay R Baird". The signature is written in a cursive style with a large, prominent 'J' and 'B'.

Our Mission & Values

Our vision is to remove the stigma of mental illness, encouraging people to access the individual support they need, and to promote good mental health. We do this by changing attitudes towards mental health in *Communities*; making *Connections* with like-minded organisations; and through *Conversations* with individuals and groups to provide them with advice and guidance. We call this *our 3Cs*. In particular—

- we use community events to raise awareness and connect people with services;
- we collaborate and partner with likeminded organisations to drive better outcomes; and
- we embrace a holistic approach to address mental illness and wellbeing at home, work and in the community.

In all our dealings, we operate under the highest values of:

- 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 Positive Vibes Foundation (ABN 67 602 797 660) is a registered charitable organisation with the Australian Charities and Not-For-Profits Commission (ACNC) and has deductible Gift Recipient (DGR status)

The Hills Women's Shed (THWS)

We started the year with plenty of excitement and enthusiasm but we had barely begun when COVID-19 hit and we had to close THWS due to restrictions and lockdowns. However, we were up and running as soon as restrictions were lifted!



2020 saw many activities and talks aimed at helping women in our community to engage and share skills and stories in a safe environment. Activities included workshops on card making, creative painting, making fairy clay houses, Christmas cakes and decorations, and a 'Dear Me' workshop where we wrote to our future selves to relieve some of our everyday stress. We had cooking classes on making simple salads to exotic Syrian dishes. There was a picnic in the park, plenty of



work in our community herb garden and even Bollywood dancing!



We held a 'Sock it to Suicide Day', sharing messages of hope.

THWS is also about sharing knowledge and we had plenty of talks from guest speakers on superannuation and insurance for women, truth about domestic violence in our society, breaking down depression and the work of the RSPCA. We even have a regular slot on Alive 90.5 FM, our local radio station!

Council has also put a new ramp at the front of our premises for easier access.

We have achieved much for the community in 2020 considering the COVID-19 challenges. However, we have even more in store for 2021, so watch this space!

Partnership with UPmarket

A new and very exciting initiative commenced with UPmarket from September 2020. PVF entered into a collaboration with UPmarket to support a local community market at Castle Hill Showground from 27 September 2020. UPmarket is operated one day a month at the Castle Hill Showground Terraces. Its particular emphasis on the benefit of dog ownership for the community has significant alignment with PVF's Dog Stream, one of our key initiatives. UPmarket has adopted and

markets PVF as its preferred charity, and PVF supports UPmarket in promoting and organising the very popular monthly local community event. This collaboration will deepen PVF's reach to dog owners and the local community generally through UPmarket's established website and other social media. PVF also hosts a couple of stalls at the market selling goods produced by The Hills Women's Shed and the THWS Community Garden.

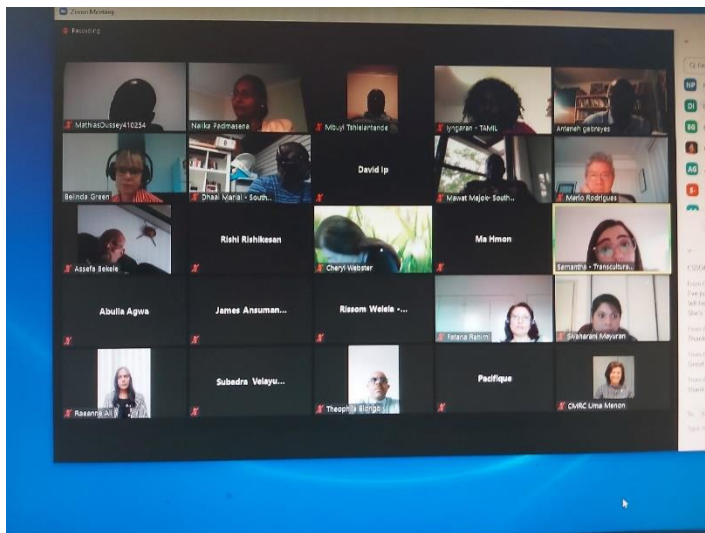


Multicultural Mental Wellbeing Forum

In line with our vision of connecting with likeminded organisations, Positive Vibes Foundation collaborated with Anglicare to host the Multicultural Mental Wellbeing Forum in November 2020 via Zoom. The aim was to break the stigma of mental illness in those communities where mental health was considered a taboo subject, so they would seek the help they needed. The forum was attended by 'community influencers' from the Tamil, Ethiopian, Afghan, Sudanese and other African communities.

Other organisations were also in attendance – Transcultural Mental Health Service, Refugee Health Service, Community Migrant Resource Centre (CMRC), NSW Service for the Treatment & Rehabilitation of Torture and Trauma Survivors (STARTTS), to name a few – as were the local councils of Parramatta and Blacktown.

2021 will see a follow up face-to-face forum.



Fast Fundraising

As the strange, COVID-19 dominated year of 2020 came to an end, we made the brave decision to try and arrange a fundraiser as none had been possible in the preceding months. With a sense of urgency and trepidation we accepted the generous offer of the El Khoury family to hold a dinner at their Castle Hill restaurant, the Two Brothers. A small but dynamic group worked feverishly to put together the invitations, decorations, auction and raffle items, music, guest speaker (music legend, Normie Rowe by Zoom!) and all in a

COVID-19 safe manner. Our biggest concern was whether people would be ready to leave their homes and attend. Well, we need not have worried! Tickets sold out quickly and the night was a great success. In fact, it was an overwhelming success, far beyond our expectations. Thanks to the support and generosity of our supporters, friends and volunteers, a profit of \$15,000 was banked. To all who helped in any and every way, we extend our heartfelt thanks!

Positive Vibes Foundation
PRESENTS
FESTIVE FUNDRAISING BANQUET
REMOVING THE STIGMA OF MENTAL ILLNESS

THURSDAY
3RD
DECEMBER 2020
7-10PM

FEATURING KEY NOTE SPEAKER
NormieRowe AM
LIVE ZOOM INTERVIEW

SPECIAL GUEST HILLS SHIRE MAYOR
DR MICHELLE BYRNE

LIVE ENTERTAINMENT FEATURING
HELENA WEHBE

\$70
PER PERSON
INCLUDES TICKET
LIVE AUCTION & RAFFLES

BOOKINGS AVAILABLE AT
[HTTPS://EVENTS.HUMANITIX.COM/PVF-FESTIVE-FUNDRAISING-BANQUET](https://events.humanitix.com/pvf-festive-fundraising-banquet)

UNIT 7/9 TERNBERN STREET,
CASTLE HILL NSW 2154
1300 896 226 | LICENSED & BQD
(NO COVERAGE)

Two Brothers
RESTAURANT
COVID SAFE

FOR FURTHER ENQUIRIES,
PVFDINNER2020@GMAIL.COM

Financial Report

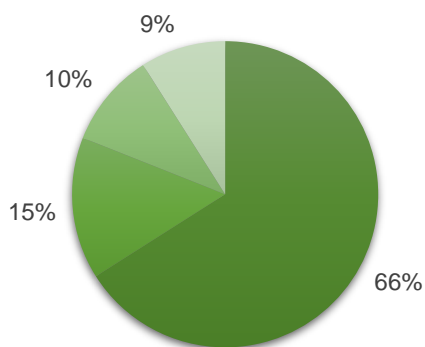
2020 was a most challenging year for most, and it was no exception for PVF. Nevertheless, despite the cancellation of the 2020 Pawsitive Walk towards Mental Health Dog Event and The Hills Womens' Shed being locked down for some 6 months of the year, PVF managed to close 2020 with a small but symbolic net surplus of \$256 as per the audited reports.

PVF is grateful for the support it has received from all levels of governments - from local Council to the State and Federal governments - during this very difficult period. The Hills Shire Council responded to PVF's request for COVID support by giving PVF 3 months of rent waiver for the Balcombe Heights Estate property, the home of The Hills Womens' Shed. \$2,950 of Volunteers' grant was received from the Federal

Government to support the costs of volunteers. And in November, it was announced by the State government that PVF was successful in its application for a \$17,000 Community Building Partnership grant to be used in upgrading its Balcombe Heights premises.

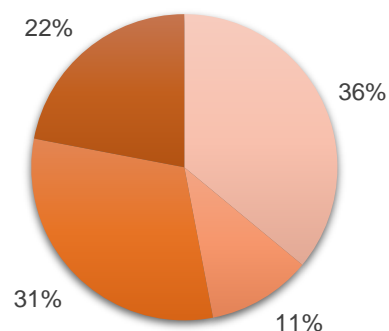
Despite the restrictive social-distancing rules, a scaled-down Festive Fundraising Banquet in December was very successful, raising a net \$15,000. This is vital funding for PVF's operational costs. PVF wishes to acknowledge the very generous support of the local and business communities, many donating valuable goods & services for auction at the fundraiser, and others generously donating much needed money.

Revenue



- Revenue from Fundraising Events and Activities
- Donations
- Grants
- Sponsorships

Expenses



- Cost of Fundraising Events and Activities
- Insurance
- Rent
- Other

Our Team



*Jeanette Farrell OAM,
Director*



Mercedes Durante, Director



Andrew McIver, Director



*Nalika Padmasena,
Director*



Mario Rodrigues, Director



Albert Seah, Treasurer

Our Patron



*Dr Juanita Ruiz,
Community Liaison Officer*



*Dr Michelle Byrne,
Mayor Hills Shire Council*

Our Sponsors and Supporters

The Board of the Positive Vibes Foundation wish to thank all those who have supported us in 2020:

