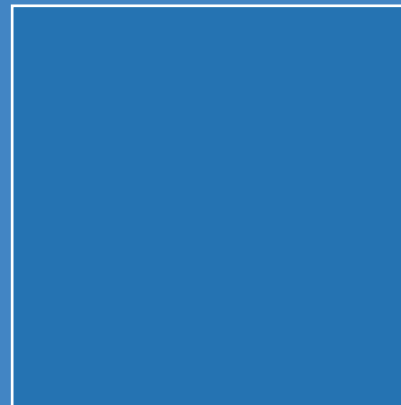
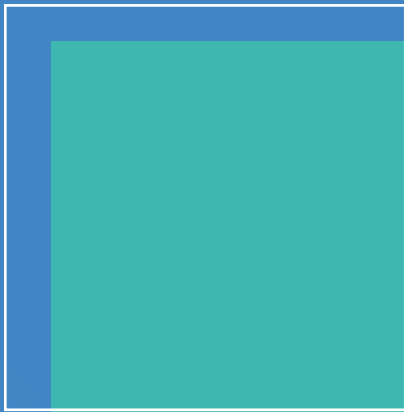


2023 ANNUAL REPORT



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

Message from the Chair



In 2023, the Positive Vibes Foundation faced challenges but also achieved significant successes. The Women's Shed expanded, necessitating the removal of a wall to accommodate growth, funded through our successful fundraising. Our ability to open more frequently is now essential to serve the growing community interest.

We secured grants for the Young Healthy Minds Forum and a primary school wellbeing program, set to launch in late 2024. Post-COVID, we hosted a fashion parade and were the chosen beneficiary for the Hills Gala Dinner at Biviano's Restaurant in Dural. Although fundraising proved challenging due to economic pressures. Nonetheless, we are grateful for every contribution.

Our Paw Visits and the UPmarket remain popular, enhancing our community connection. The Board welcomed Susan Smith, Brooke Collins, and Alexia Yazdani, broadening our expertise, while bidding farewell with thanks to Mercedes Durante.

Our focus on promoting mental well-being continues through initiatives covering the 3Cs - Communities, Connections, Conversations - and events like UPmarket and Bunnings Charity Family Nights. These efforts have helped foster awareness and support for mental health.

As Chair of the Positive Vibes Foundation, I am incredibly proud of our resilience and community impact. Thanks to our directors, volunteers, and sponsors, including standout contributions from Chris Ligertwood, Queenie Tran, Dr Juanita Ruiz, Terese Wilson and Cobie Farrell among others, Positive Vibes remains a cornerstone of support in the Hills Community. I am committed to furthering our mission into 2024.

Michelle R 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

This year was not without its challenges for the Shed but it's amazing what you can achieve when you band together and keep your eyes on 'the main thing' - helping people. With the benefit of funds raised in our fashion parade, we were able to take down an internal wall, opening up an incredible space for us all to come together in one room for connection and activities.

In September, Shed volunteers and directors completed their Mental Health First Aid certificate. This ensures we remain relevant, safe and above all helpful in our inclusive mission at The Hills Women's Shed.

We started a new collaboration this year with Belinda Hennessy's 'Share the Dignity'. More than 30 volunteers gathered at the shed to lovingly pack 'gift bags' of donated handbags, beauty/toilet items as well as disposable menstrual products.

In December, The Hills Women's Shed planned and hosted a volunteer thank you and Christmas party for everyone partnered with the Positive Vibes Foundation. And in between all this, there was a bus trip to Leura, crafts of every possible description, light exercise sessions, catch-up days of laughter and connection, new friends made and things learnt through workshops.



Join Our
Next Meeting



Young Healthy Minds Forum

The Young Healthy Minds Forum (YHMF), spearheaded by Positive Vibes Foundation, is our approach to winning the battle against mental health stigma and the ignorance that often surrounds it.

Held on Thursday, May 4th at the Australian International Academy in North Kellyville, this engaging and energetic day-long program was designed to support the positive mental health of high school students. The event saw a gathering of 140 students from 9 different schools, each coming together to learn, share, and take meaningful actions towards nurturing mental health in their communities.

The YHMF aimed to reduce stigma and increase awareness about mental health by informing young people where and how to obtain the help they need. This was achieved through a series of carefully planned segments, which included a powerful talk by lived experience speaker, Matt Caruana, interactive Q&A sessions with mental health specialists, and collaborative discussions among students.

We are immensely grateful for the support from our collaborators and sponsors, including the Australian International Academy, Castle Hill Rotary, Kellyville Private Hospital, and Hills Shire Council, whose contributions were hugely influential in making this event a success. Their commitment to the cause of youth mental health underscores the community's united front in this essential endeavour.



Paw Visits

Our Paw Visits program is all about championing the joy and comfort that furry friends can bring into our lives, particularly for those in aged care homes. This unique program harnesses the therapeutic power of dogs to bring happiness and companionship to the elderly, proving time and again that sometimes the best medicine has four paws and a wagging tail.

Throughout the year, our Paw Visits program has continued to expand its reach and impact. With the addition of two more care homes, we are now actively bringing smiles and furry affection to residents in Oatlands, Glenhaven, North Parramatta, Bella Vista, and Kellyville. This expansion is a great sign of the program's success and the profound effect that our canine companions have on the well-being of elderly residents.

This year, we were thrilled to welcome 11 new volunteers to our Paw Visits team. Our volunteers are the backbone of this program to ensure that both they and their pets provide the best possible experience to the residents. They dedicate their time and love to make these visits both enjoyable and safe. As we look forward to another year, PVF is committed to continuing and expanding the Paw Visits program.

If you work in an aged care home and would like to participate in our Paw Visits program, write to info@positivevibes.org.au



Become
Volunteer

Connecting with the Community

BNI Golf Day

Norwest Rotary Community Connect

Run for the Hills

UPmarket

BNI Golf Day

This past December, Business Network International (BNI) Sydney Northwest & Penrith region hosted a fundraising Golf Day at Richmond Golf Club. The auctions and raffles were a huge hit, with everyone eager to snag some fantastic items while supporting a great cause. By the day's end, an impressive total of \$60,000 was raised. It's moments and efforts like these that truly showcase the power of community and generosity.

Norwest Rotary Community Connect

This past April, the Positive Vibes Foundation participated in the Norwest Rotary Community Connect event. It was an incredible gathering, bringing together around 30 community services and volunteer groups. We had the chance to highlight two of our key initiatives: the Women's Shed and the Paw Visits program. Both of these programs have touched many lives, and it was rewarding to see the interest they garnered among the attendees.

Run for the Hills

This year's Run for Hills, organised by Castle Hill Rotary, was a huge success that focused on a cause close to our hearts - supporting youth mental health. The event saw a strong turnout, with over 400 runners participating across three separate events, each designed to include every member of the community. We showcased the impactful work we do within the community, focusing on our initiatives aimed at improving mental health for youth.



Connecting with the Community

UPmarket

UPmarket has continued to be a convenient and visible way for Positive Vibes Foundation to connect with the community. The Positive Vibes Foundation stall is well-visited by members of the community who come to the market. Many find out for the first time about our work here, with many becoming interested in The Hills Women's Shed (The Shed) and Paw Visits. Many volunteers to Paw Visits were signed up through this event, as were attendees to The Shed.

In more recent times, there has been interest and consideration to extend the Positive Vibes Foundation stall to include other fun activities such as rock painting, dog portraits and other community-driven events.

The market also raises some funds from the sale of personalised dog gifts and arts & crafts items produced by the ladies of The Shed. Additionally, a generous donation is gratefully received annually from the organisers of UPmarket who have chosen Positive Vibes Foundation to be their sole supported charity.

We would like to take this opportunity to thank the many volunteers who have worked tirelessly and committedly to make this event possible every month, including members of the Rotaract Club, BNI Sydney Northwest & Penrith region, and members of The Shed and Positive Vibes Foundation.

Financial Report

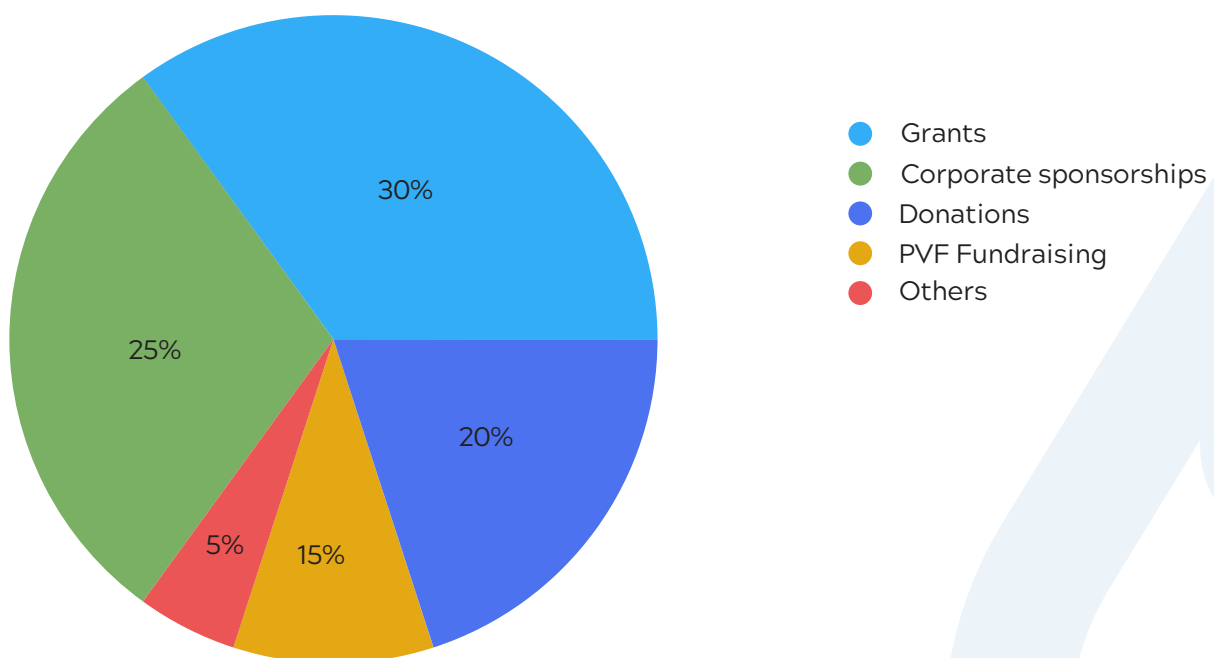
2023 saw our best financial year at Positive Vibes Foundation after achieving a gross income of over \$100,000 for the first time. As a result, we have successfully met all of our objectives, programs and initiatives for 2023.

Our biggest fundraising event for 2023 was our gala dinner which was supported by Biviano's Restaurant Dural. Positive Vibes Foundation was the sole charity supported by Biviano's charity event, and it helped raise almost \$32,000.

A \$20,000 grant from the Department of Industry, Science and Resources of Australia was used for a bathroom upgrade to be completed in 2024. The Hills Shire Council also provided a \$6,000 donation. Alongside this, The Business Network Internation (BNI) Sydney Northwest & Penrith region, donated almost \$7,000 that was raised at its annual Golf Day.

Like-minded community organisations such as the Rotary Clubs of Castle Hill, West Pennant Hills and Kellyville provided us with \$11,000 in donations. The Hills Women's Shed Annual Fashion Show raised over \$9,000 thanks to a sold-out event.

Lastly, we would like to acknowledge Positive Vibes Foundation's partnership with UPmarket, which provided us with over \$4,000.



Where our revenue came from in 2023

Coming in 2024

As the Positive Vibes Foundation nears its 10th anniversary in 2024, we are excited to celebrate significant milestones and launch impactful initiatives. Our foundation remains committed to improving community well-being through diverse programs. This year will include the completion of new bathroom facilities, enhancing comfort for all visitors.

A highlight of 2024 will be our Gala Dinner in October, marking a decade of achievements with our donors, volunteers, and partners. This event promises to be an inspiring celebration of past successes and future ambitions.

We are introducing mental health workshops for primary school students, focusing on resilience and preparation for high school challenges. These sessions will provide tools for managing stress and fostering emotional growth.

Our Paw Visits program will expand to more nursing homes, increasing volunteer participation and extending the benefits of animal therapy to the elderly, improving their mental and emotional well-being.

The Young Healthy Minds Forum will grow to reach more students, addressing critical mental health issues and providing a supportive learning environment.

At The Hills Women's Shed, new activities will empower women through skill development and community building, reinforcing solidarity and confidence among participants.

Looking forward to 2024, Positive Vibes Foundation is set to enhance its service offerings, celebrate a milestone year, and continue fostering a supportive, healthy, and engaged community. We invite everyone to join us in this transformative journey.

Our Team



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



ALBERT SEAH
DIRECTOR



ALEXIA YAZDANI
DIRECTOR



BROOKE COLLINS OAM,
MAICD
DIRECTOR



JEANETTE FARRELL OAM
DIRECTOR



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



PETER TRUONG
DIRECTOR



SUSAN SMITH
DIRECTOR



DR JUANITA RUIZ,
FRACGP, MB BS, AKC,
B SC, LRSM
COMMUNITY LIAISON
OFFICER



JAY BACIK
AMBASSADOR

Our sponsors and supporters

Thank you to the following whose contribution helped to make 2023 a success in supporting the community.

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