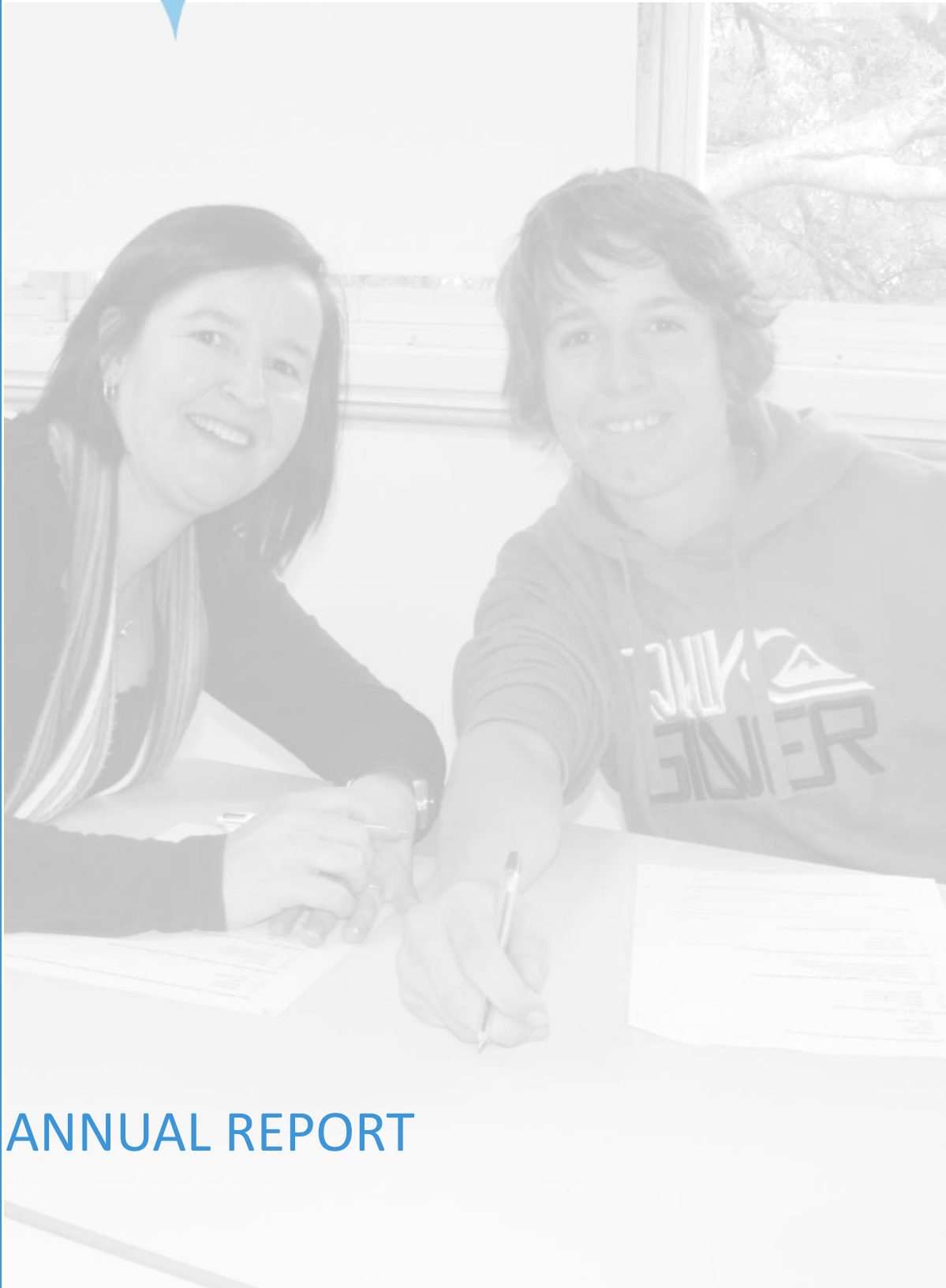




the young love foundation

mentoring and workshops for young people facing profound challenges



2010 ANNUAL REPORT

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WELCOME

Within the space of two days in the last term of this year, my own family was rocked by the separate decisions of two young boys to take their own lives through suicide. It's not the first time this has happened for us. Can you imagine the thoughts those boys must have been sitting with at the moment they made their decision?

During winter this year, a young girl was struggling with her trial HSC examinations when she realised she had missed her period. Sitting alone in the school toilets, she was intently hoping it was stress related while she waited for the home pregnancy test to show negative or positive. Her baby is due around the same time that she finds out which uni application was successful. Can you imagine sitting at those crossroads?

In the September holidays, a young boy was riding his skateboard home when he bumped into a mate he hadn't seen since he was suspended from school. It seemed like no big deal when his mate asked him to hold onto a bag of pills for him until the next morning. Even when the police searched him around the very next corner, the boy defiantly said "he's not a dealer, he's just trying to save up to buy his first car!" Can you imagine trying to explain this while sitting in juvenile court?

These are the target young people that the Young Love Foundation can provide mentors for. Someone who will listen, hear, remain non judgmental, and be a neutral positive role

model for them, while they identify and achieve new goals in challenging times. Our mentors are exceptional.

We are overwhelmed by the successful year that 2010 has been for the Foundation. We trained 58 new mentors at TAFE, bringing the total trained to date to 161. We retained 51 active mentors from previous years. We mentored 108 at risk young people. We built a team of 5 exceptional program counsellors to run our programs. We achieved government endorsed DGR and TCC status through the ATO. We were asked to provide mentoring services for Youth Connections by the Salvation Army and TAFE. We won two 2010 Business Achiever Awards—one for Community Contribution of the Year, and one for Best Non Profit Organisation. We were approached by MTV Australia to record a series of sexual health videos for the "16 and Pregnant series".

We have had an extraordinary year, doing work that we absolutely love. We need to continue that work in 2011, with a particular focus on sourcing sufficient funding to fulfil the need that is presented to us daily from young people facing profound challenges.

On behalf of the Board, I would like to extend our very sincere thanks to every person who has made the Foundation what it is today. There are many. This kind of organisation is only as good as its people, and our people are invaluable to the Young Love Foundation.

Nicki Loden

Founding Director



“Mentoring with a positive role model provides a nurturing pathway for teenagers to feel supported through tough times, particularly if they feel they can't go to their parents, teachers or counsellors for various reasons. The power of having someone neutral to talk to who really listens, and actually hears you, is extraordinary.”

OVERVIEW

Mission

To contribute to the health and wellbeing of youth in our community by providing mentoring programs and personal development workshops for young people who are facing profound challenges in their lives.

Vision

We envision a community in which every young person experiences nurturing one-to-one relationships and community support, which in turn allows each of them to overcome obstacles, believe in themselves, and develop into their full potential.

Philosophy

Young Love means youth care. We are about caring for our youth, and teaching our youth to care about themselves. We are not affiliated with any religious or political organisations. Our funding comes from various areas including community grants, fundraising events and partner organisations. We endeavour to work in close partnership with other community, mentoring and youth programs to build positive alliances and healthy communities for our youth.

Values

Honesty and Integrity

Honouring our word, being reliable in our commitment, being dedicated to sincerity

Professionalism

Providing a high standard of service that is professional, personal and ethical

Respect and Trust

Being responsible to cultivate relationships of confidence, compassion and consistency

Belief in change

Having confidence that anyone can become empowered to make positive choices in life

Innovation

Using fresh approaches which facilitate ongoing improvement

Learning and Laughter

Motivating people to flourish using enjoyable, positive, and fun activities

Open Communication

Providing approachability to engage with each other in building connections

“

We work on the premise that it takes a village to raise a child. Our wish is to inspire more kindness and compassion towards young people.

”



What draws us to do the work that we do?

The most common illness we see in teenagers now is depression

1 in 3 young Australian deaths is due to suicide

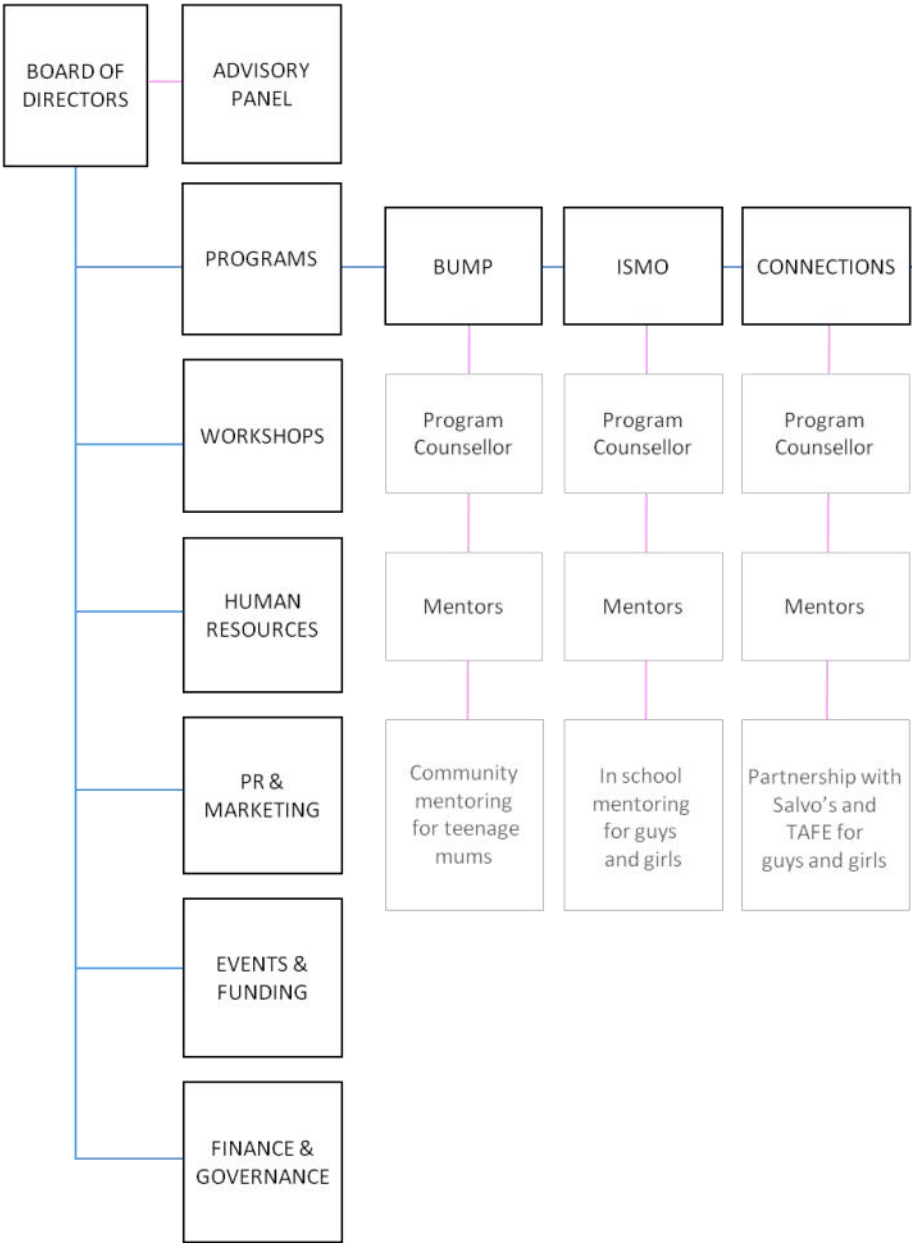
1 in 4 12-15 year olds consume alcohol weekly

1 in 4 girls and 1 in 7 boys are victims of child sexual abuse

Australia has the third highest rate of teenage pregnancy in western world

26% of yr 10 & 47% of yr 12 students have had sex with multiple partners

OUR TEAM



BOARD OF DIRECTORS



VICKI CONDON
BA, PG DIP COUNS



ANDREW BIRCH
BE, MBA



LEON CONDON
BE, AICD FELLOW



LEANNE RALPH
BBUS, AICD ASSOC

PROGRAM COUNSELLORS



JENNY MOULDER
BCOM/LLB, MA, PG DIP



SARAH WILLIAMS
BA, PG DIP, MCAPA



GINNY LINDSAY
B PSYCH COUNS



KATIE KENNEDY
BA, PG DIP



MARK BERETTA
Ambassador



BERNIE BLACK
Ambassador

MENTORS

Our mentors come to us from all walks of life, yet they all have one thing in common. That is, the desire to volunteer in their community by walking alongside a young person and helping them to identify and achieve their goals within our mentoring programs.

The compulsory training we offer our mentors is professional and very thorough, particularly compared to other mentoring programs. We offer a free accredited training course called Mentoring in the Community through TAFE Outreach and our mentors receive a Statement of Attainment.

For one day or evening per week for six weeks, our volunteer mentors learn about mentoring young people. However, not only do they receive a position description and sign our Code of Conduct, they also cover many other relevant topics to equip them with the skills necessary to become a valued and professional mentor.

This includes adolescent development, the differences between gen x and gen y, media influences, stereotypes, values, boundaries, child protection, personality types, self care and most importantly, they re-learn active listening and questioning skills.

All Working with Children Checks are completed throughout our training to ensure we

adhere to child protection legislation, and our mentors complete a compulsory National Police Check and a rigorous application process.

In 2009, we were thrilled to attract almost 40 new mentors who joined our experienced volunteers to work with 58 young people. In 2010, we were overwhelmed by the generosity of volunteers so we conducted two training programs and trained 55 new mentors. They joined 53 experienced mentors who returned to volunteer in our programs, which resulted in us providing a mentor for almost 110 at risk young people in 2010.

Once trained, our mentors choose to volunteer to our Ismo program for guys and girls in school, our Bump program for young mums, and/or the TAFE Youth Connections program at Crows Nest for guys and girls who are disengaged from education.

We are sincerely grateful to our mentors for their generosity of time and commitment, as they are the heart and soul of the Young Love Foundation. Without them, we would not be able to provide a listening ear and a strong shoulder for young people facing crisis. Our sincere thanks are extended to our volunteer mentors for making our programs so exceptional, and for making such a tangible difference in our communities.



NATIONAL YOUTH MENTORING WEEK CELEBRATION 2010

ismo



in school mentoring opportunity

The program we conduct in high schools is called Ismo (In School Mentoring Opportunity) and is aimed at students in years 7, 8, 9 and 10. We work with boys and girls.

Our program involves one-on-one mentoring once a week for an hour, in term time. We bring our group of mentors to the school on an agreed day at an appropriate time to suit the curriculum, so as not to disrupt important lessons. After the hour of mentoring, the students head back to class and the mentors stay on to do group supervision with our qualified program counsellors.

Often in the group supervision we find there are common themes or topics which the students have brought up in their mentoring hour. We will then incorporate mini group workshops into the program to cover those topics. Common concerns include bullying, healthy friendships, goal setting, time management and assertiveness for example.

In 2010, we successfully conducted Ismo in six high schools (compared to 3 last year) including Pittwater, Mosman, Mackellar Girls, North Sydney Boys, Riverside Girls and Ryde Secondary College.

Keys to Success of our Ismo program

- Accredited TAFE training for mentors
- Mentors are neutral to school and family
- Mentors complete WWC checks
- Students choose to be involved
- Program administered by Young Love staff
- School resources are not stretched
- Evaluation conducted and reported
- Mentoring consistent for minimum 2 terms
- Informed consent of parents
- Relevant group topics incorporated
- Mentors debrief through Young Love
- Child Protection Policy incorporated
- Celebrate success in school
- Students graduate with a celebration
- Certificates are issued on completion
- Builds self esteem and confidence
- Encourages inclusion in school community
- Illustrates success of achieving goals
- Creates community spirit

I enjoy coming to mentoring because it is a caring environment that doesn't judge me on what I do wrong, but helps me to work on what I can do right".

MENTEE, North Sydney Boys High

“

Community mentoring added a dimension to the student support at Riverside which could otherwise not have been met. The mentors thoroughly enriched the adult network which allows adolescents to reach out to the wisdom of the ages. Many of our girls have few in their lives to fulfill such a role.

”

Wendy Chamaoun,
Riverside Girls High



bump



mentoring and workshops for young mums

Our program for young mums is innovative, fresh and remains one of very few opportunities for young mums available.

This year we conducted Bump in Dee Why again, and also introduced the program in Hornsby. In 2011, we have received funding for the program in the St George area as well. Our future plan is to also run Bump in the western suburbs, so that we can cover all of the Sydney metropolitan area.

Volunteer mentors in the Bump program are mums themselves who complete our accredited training through Crows Nest TAFE Outreach, and complete all necessary Working With Children and National Police Checks.

Our mentors are then allocated to young mums who are referred to us by local community and health organisations. They have a weekly one-on-one meeting, either in a park, beach, café or in the home of the young mum within our policies and procedures.

All mentors and young mums also get together once a month for our workshops which build a wider support network for the girls. The curriculum and content of

the Bump workshops have a focus on network building, parenting skills, personal development opportunities, education options and employment skills.

Through this, there is a strong focus on improvement of self esteem and confidence in abilities, as well as much needed time out for the young mums to just be themselves.

Australia has the third highest rate of teenage pregnancy in the developed world, and young mums suffer socially and economically. They often experience medical complications, face disruption of education and difficulty in finding employment. Situational crisis like housing insecurity, prevalence of domestic and sexual violence, and discrimination or judgement in society are also issues young mums face.

Studies show that teenage mums benefit from sustained pre and postnatal support, and that is exactly what our Bump program aims to provide for them. We are working very hard to make a real difference in the lives of our young mums by providing them with nurturing support and guidance through our Bump mentoring program.

“

I can honestly say that if it wasn't for Bump, I just wouldn't be here. ”

MENTEE,
Dee Why Bump





The Young Love Foundation was successful in tendering with partners, The Salvation Army and TAFE NSW, to provide mentoring services within the Youth Connections program this year. This program is being funded through DEEWR by the Federal Government and our contract is for mentoring services from 2010 for two years, with the possibility of a third.

This program supports at risk young people in the Lower North Sydney area, by supporting them to re-engage with education and employment options. The young people who come to Connections have disengaged from school, and are looking to re-establish themselves, learn new personal behaviours and identify some new goals to achieve. Our mentors volunteer with them for an hour per week as part of the course at Crows Nest TAFE, and then have a group debrief with one of our qualified program counsellors.

We were extremely excited about this opportunity to partner with highly respected youth organisations this year, and about being able to connect more at risk young people with professional accredited mentors through the Youth Connections program.

Comments from Connections students

"Mentoring has helped me realise what I need to do to get a job and what I want to do with my life"

"My mentor has made me feel good about myself. It has made me feel that people really do care about you and that you are worth so much more than you think."

"I will miss mentoring as it is when I can let out my feelings and feel happy."

"Mentoring has helped me to reconnect with myself and realise where I am going with my life and what I want to do"

"Mentoring gives me someone to talk to who has fresh ideas, is an adult and knows how to help me achieve my goals."



WORKSHOPS

“
I really enjoyed the Dream session, and I got a lot out of it. It was a really nice, relaxing, happy workshop that got me to think about what I wanted and to think more positive. I keep looking at my dream board, and it makes me really happy and want to strive for something better.”

The Young Love Foundation conducts personal development workshops for teenagers in School, community or TAFE environments, and are often incorporated into many of our mentoring programs, particularly Ismo and Bump. We also partner with other community mentoring and non-profit organisations by conducting training programs for them and their potential mentors or volunteers.

We partner with Lise Angus from Trilogie Teens to offer Parent Coaching training programs, and we have hosted seminars for parents of teenagers. Our workshops for young mums are particularly well respected, and have been conducted for Babes with Babes in Wyong, in conjunction with TAFE, and for the Red Cross.

Our personal development workshops provide teenagers with the right resources at an early stage so they are prepared for life, and their life chances are greatly enhanced.

The Young Love Foundation uses interactive workshops, open discussion, music, technology, and fun activities in a positive learning environment. We provide learning from neutral, skilled, experienced professionals who are passionate about the topics they are teaching. We come at issues from a range of angles because we are neutral to teachers and parents, and the students don't have to see us regularly, so they can use honesty and be courageous in the moment.



BABES WITH BABES WORKSHOP ON DREAMS AND GOAL SETTING

WORKSHOP	TOPIC
For Community Partners	
Mentor	Mentor training for volunteers
Coach	Parent coaching for parents of teenagers
For Teenagers—Full Day	
Work	Skills, interests, jobs, resumes, interviews
Dream	Identifying dreams and setting goals
Friend	Healthy relationships and friendships
Snog	Contemporary and tasteful sex education
Big Day In	Selection of any of these topics
For Teenagers—Individual Modules	
Me	Self esteem
Friend	Healthy relationships
BodyThink	Body image
Fit	Healthy lifestyle, food and exercise
Mag	Media and stereotypes
Can	Conflict resolution and assertiveness
Snog	Contemporary and tasteful sex education
Value	Money, budgeting, beliefs and values

EVALUATION

Evaluating our programs is very important to us. We like to know what is working well with our programs so that we can maintain a high level of satisfaction for our beneficiaries, volunteers, and supporters. Knowing what can be improved is also of great importance to us, so that appropriate changes can be incorporated into our programs on an annual basis.

The Young Love Foundation undertakes internal evaluation as an integral part of our programs by way of individual surveys and regular group discussions. We make a conscious commitment to ensuring we know what is working well and what can be improved in our programs, training and workshops so that we can continue to make a difference in young people's lives.

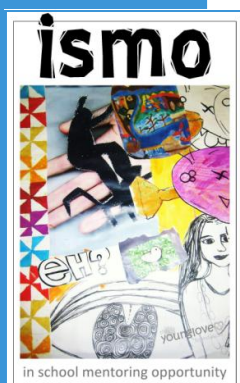
A copy of our comprehensive Evaluation Report for 2010 is available by request, and listed below are the goals we aim for, the strategies we use to achieve them, and the measures we have in place to ensure our success.

GOALS	STRATEGIES	MEASURES
Beneficiary satisfaction	Maintain quality standards of service and outcomes for beneficiaries	Evaluation program
Education excellence	Adhere to professional education methods and training excellence	DET standards
Community service	Meet community needs and build alliances for community wellness	Industry recognition
Volunteer satisfaction	Attract, retain, develop, reward high calibre people within our organisation	Evaluation and attrition
Financial professionalism	Maintain organisation as a transparent self funding entity	Financial reporting
Open communication	Operate with open communication and collaborative team work	Evaluation program
Business management	Operate within sound professional business practices at all levels	Management strategy

KEY 2010 RESULTS

New mentors trained in 2010	55
Experienced mentors retained and active in 2010	53
Total mentors trained by YLF since 2008	161
Total youth mentored in 2010	108
Number of mentees in Ismo 2010	62
Number of mentees in Bump 2010	24
Number of mentees in Connections 2010	22

OUTCOMES



MENTEES Feedback at conclusion of Ismo program

Aspect	Rating	%
Glad to be part of program	Yes	100%
Connection with their mentor	Excellent or very good	94%
School Program overall	Excellent or very good	94%
Relationship with friends	Excellent or very good	83%
Relationship with family	Very good or okay	67%
Truancy from school	Never or once a term	70%
Getting school work completed	Very good or okay	70%
Confidence to make good choices for self	Excellent or very good	74%

MENTORS Feedback at conclusion of Ismo program

Aspect	Rating	%
Glad to be part of program	Yes	100%
Connection with their mentee	Excellent or very good	90%
School Program overall	Excellent or very good	96%
Relationship with friends	Excellent or very good	63%
Relationship with family	Very good or okay	81%
Truancy from school	Never or once a term	83%
Getting school work completed	Very Good or Okay	77%
Confidence to make good choices for self	Excellent or very good	77%

COMMENTS

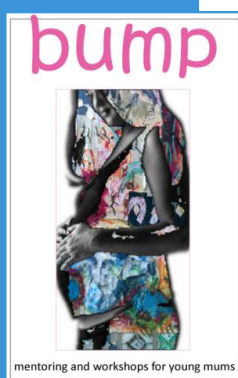
Goals I have achieved are attending school more, fixing my relationship with my mum, choosing the right crowd, not getting involved in drugs, smoking or alcohol. I like being able to talk to someone other than friends/parents and teachers. I like being given advice/options and paths to take and not be judged from it. *Ismo, Mosman High*

I liked how much I could confide in my mentor. Every Monday I could come in and vent and talk about everything on my mind. It was good to get it off my chest. *Ismo, Mackellar Girls High School*

I have improved my relationship with my father, improved my school work overall and I have helped myself and my friends stay out of trouble. *Ismo, North Sydney Boys High*

I have achieved more in the past year than I have in my whole life. I like the fact that I can talk freely, and I have learned to control my anger. I get to talk to someone that I can actually connect with and it gives me reasons to come on Mondays. *Ismo, Riverside Girls*

OUTCOMES



MENTEES Feedback at conclusion of Bump program

Aspect	Rating	%
Glad to be part of program	Yes	100%
Connection with their mentor	Excellent or very good	86%
Bump Program overall	Excellent or very good	100%
Relationship with friends	Very good or okay	86%
Relationship with family	Excellent or okay	86%
Confidence as a mum	Excellent or okay	71%
Wish to be part of program again in 2011	Yes	100%

MENTORS Feedback at conclusion of Bump program

Aspect	Rating	%
Glad to be part of program	Yes	100%
Connection with their mentee	Excellent or very good	89%
Bump Program overall	Excellent or very good	100%
Relationship with friends	Very good or okay	89%
Relationship with family	Very good or okay	78%
Confidence as a mum	Excellent or very good	78%
Wish to be part of program again in 2011	Yes	89%

COMMENTS

What the young mums like about Bump....

"Bump is great for catching up with friends and other mentors"

"There is fun activities and socialising"

"What's good about Bump is being able to sit down and think about what's going on"

"Meeting other young mums and having time away from my child to think is helpful"

"Getting to connect with other young mums is great"

What goals the young mums have achieved through Bump...

"I am going to get my year 10 certificate"

"Opening up a business and getting housing were goals I achieved"

"I went back to work one day a week and started saving money"

"I moved into my own home and started studying"

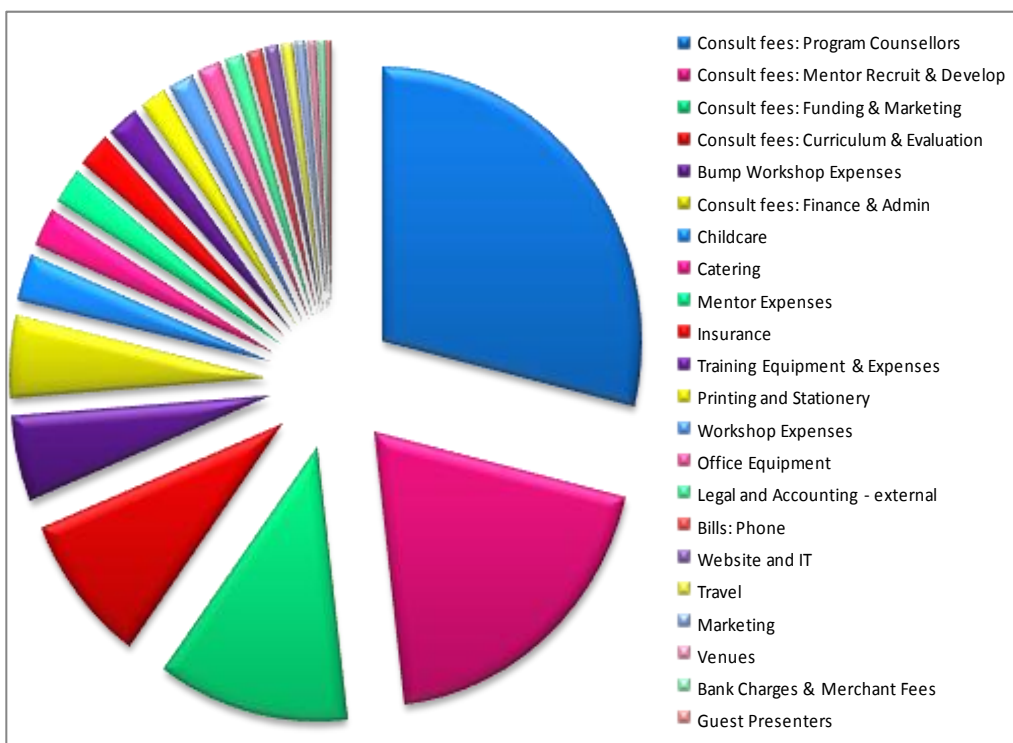
How much does it cost to provide a mentor for a young person in our programs?

\$871 per mentee in 2010

Achieving outcomes cost effectively is our goal and this cost is less than 25% of benchmark programs, assisted by the generous volunteer work of many, and a variable cost model aligned to outcomes. Presently YLF pays no full time salaries or rent. \$871 in 2010 was a 36% reduction on \$1361 in 2009 because we accepted more mentees while controlling costs.

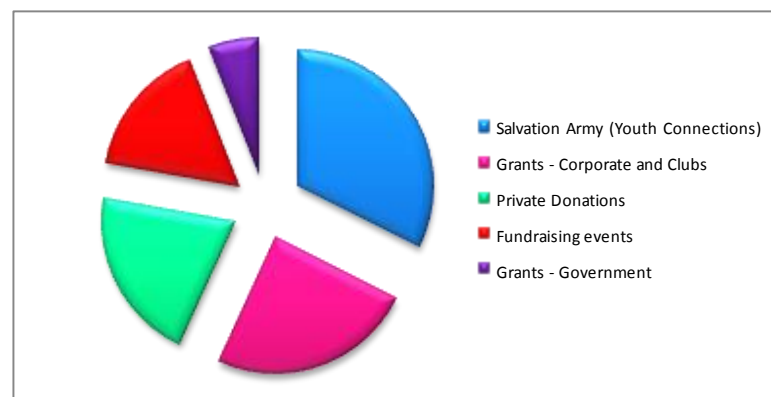
How much money do we need to run our programs per annum?

In 2010 we incurred total expenses of \$90,636 for 6 Ismo, 2 Bump and 1 Connections program



Where does our money come from?

\$99,631 income was raised in 2010 net of fundraising expenses and tax



These diagrams illustrate the key questions of our financial position, and complete audited financial statements are available by request.

PARTNERS



YOUTH CONNECTIONS STUDENTS WERE THRILLED WHEN WALLABIES FULLBACK, KURTLEY BEALE, DROPPED IN FOR A CHAT ABOUT GOALS



CAPTAIN PAUL MOULDS APPROACHED YOUNG LOVE FOUNDATION TO PROVIDE MENTORING SERVICES FOR YOUTH CONNECTIONS AND TAFE

We are sincerely grateful to Tony Abbott, the member for Warringah and Leader of the Opposition, for choosing the Young Love Foundation as the local charity benefactor for his Pollie Pedal initiative in 2009. As a direct result of his efforts, we were able to fund our Ismo program into Mosman High School and Mackellar Girls High School throughout 2010.



Joe Hockey's letter of support to us says

"The interest shown by key community stakeholders proves the value of the programs that the Foundation offers. I am pleased to recommend the Young Love Foundation as an organisation in my electorate that is worthy of support."

SPONSORS



MY BODY . MY ZONE
AMY VANDENHURK



LISA FORREST



Mandi Levanah



FUTURE

The Young Love Foundation is looking forward to a bright future for all the young people with whom we work. We will assist them to identify and achieve their dreams, and we will identify and achieve many goals for the Foundation. We will provide professional mentoring programs and invaluable workshops for as many young people as we can throughout 2011.

The demand for our services continues to grow, and we will endeavour to meet those requirements with strength. Therefore, over the next year, we will be focussing on several initiatives to ensure the financial sustainability of the Foundation. Our inaugural Young Love Ball will be held in March to raise awareness of the work we are doing, and raise much needed funds which will directly provide mentors. We will tap into our success of achieving DGR status and apply for some substantial ongoing government and corporate funding. We will conduct three mentor training programs to prepare 90 new mentors to join our team of over 160 experienced mentors. We will conduct 8 Ismo programs, 3 Bump programs, 1 Connections program, and we will write 2 new programs.

We are proud that we continue to conduct our programs with a very small budget compared to other mentoring programs, and that we reach just as many young people. We will maintain this level of control of our expenses to ensure value for the donated dollar for our investors and supporters. This, and the fact that we are fresh and innovative in our approach, as well as the fact that we undertake comprehensive evaluation to demonstrate our outcomes, will ensure that we are a very viable option for funding, and a place of preference for community volunteers.



Young people in the northern suburbs of Sydney will continue to be a strong focus area of support, as they are often overlooked. However, we have built community alliances in the south eastern suburbs for 2011, and our next phase of expansion will be into the western suburbs of Sydney, as community partnerships are already being requested from that area.

Thank you for coming on the journey with us to provide outstanding mentoring programs and personal development workshops for young people who are facing profound challenges in their lives. We look forward to doing more great work in 2011, and helping more young people to identify and achieve their dreams.

“the future belongs to those who believe in the beauty of their dreams”

ELEANOR ROOSEVELT

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