

2009 annual report



the
younglove 
foundation



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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.



welcome

It is not often enough in life that we can honestly say we love the work we do. Many of us are drawn to work through necessity or circumstance, and as time passes the energy to make changes seems to dwindle. Remarkably and thankfully, this is not so for us at the Young Love Foundation.

I know for me, personally, the work I chose had to be almost perfect before I would consider adding another role alongside the care of my own family. It is so exciting to find that almost perfect role and to be part of this incredible journey at Young Love.

We have made solid and significant progress since our inception in November 2008, only one year ago, and much of that is due to our sensational volunteer mentors, our fabulous team of staff, and our tireless Board.

To be actively mentoring 58 young people in our first year is astounding, and we are all very proud to have been able to make this happen, particularly without a huge outlay in funds.

In this short time, we have managed to train an extraordinary number of new mentors, form partnerships and complete the School program within three high schools, conduct the very first group of our innovative Bump program for young mums, and hold the first of our Parent Coaching workshops. We have finalised our comprehensive internal evaluation report, and partnered with students from ACAP and UWS for some external evaluation.

The support of many local community organisations and individuals has been overwhelming and we are sincerely grateful to everyone who has helped us to get underway with such a strong start.

We are looking forward to the growth and development of the Young Love Foundation, to caring about our young people and teaching them to care about themselves, and to doing rewarding work that we truly enjoy.



Nicki Landon
Founding Director



overview

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

Mission

To contribute to the health and wellbeing of youth in our community by providing mentoring and personal development workshops for teenagers who are facing profound challenges in their lives such as mental health, substance abuse and sexual health issues. Our two mentoring programs are School in high schools and Bump for young mums.

Philosophy

Young Love is about 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, and we are currently completely self funded. Young Love endeavours to work in close partnership with other community, mentoring and youth programs in our area to build positive alliances and healthy communities for our young people.

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

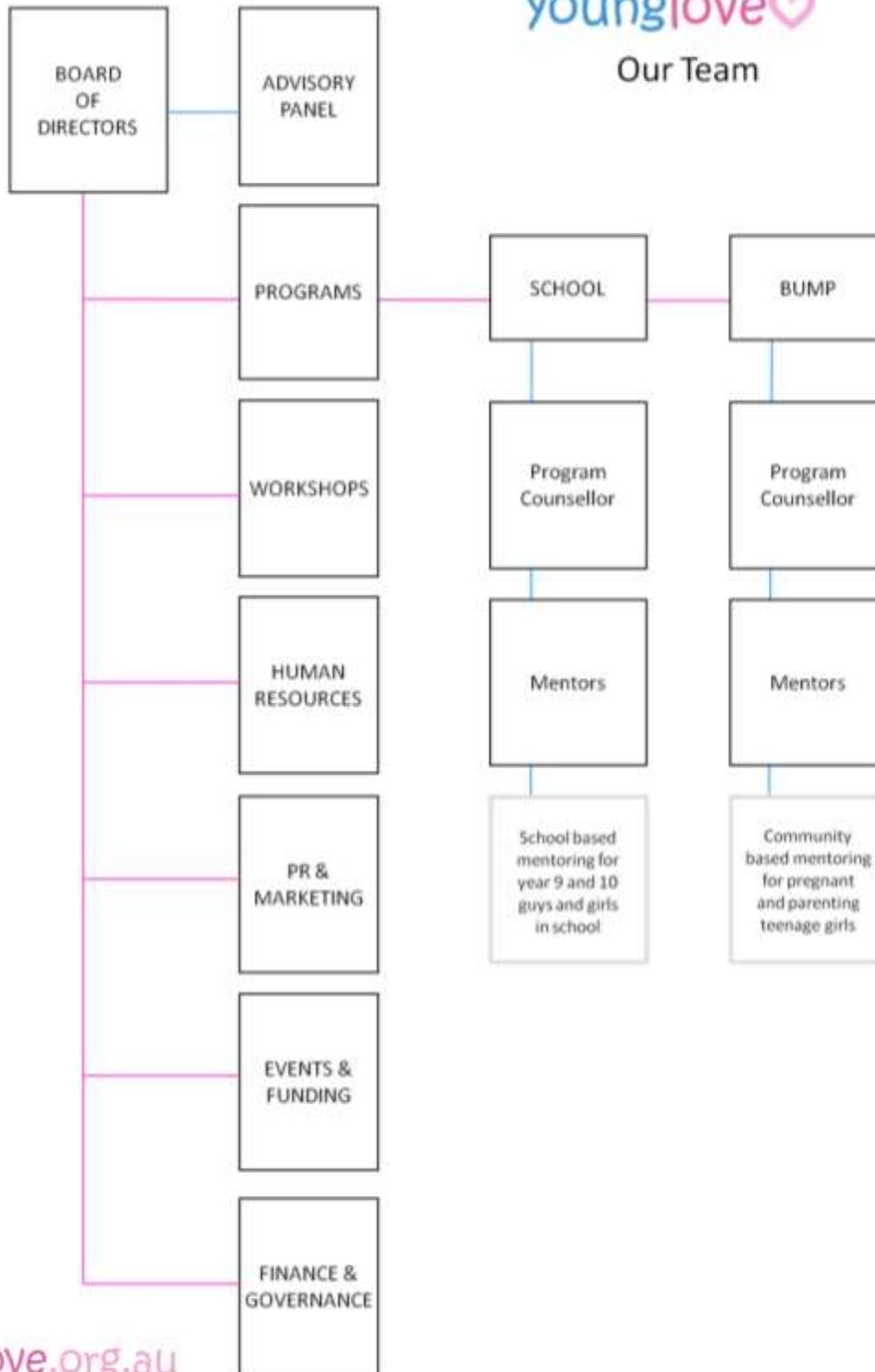
Learning and Laughter

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

Open Communication

Providing approachability to engage with each other in building connections

Our Team



team



Vicki Condon
Director



Leanne Ralph
Director



Andrew Birch
Director



Leon Condon
Director



Mark Beretta
Ambassador



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training

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 facing profound challenges in their teenage years.

The training we offer is professional and very thorough, particularly compared to other mentoring programs. We offer an accredited training course through TAFE Outreach at Crows Nest, (thanks to Daena Tyerman) and our mentors receive a Statement of Attainment at the conclusion .

For one day a week for six weeks, our volunteer mentors learn about mentoring young people. However, not only do they write a job description and explore our Code of Conduct, they also cover many other relevant topics.

This includes adolescent development, the differences between gen x and gen y, media influences, stereotypes, values, boundaries, child protection 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.

In 2009, we were thrilled to attract almost 40 new volunteers to our mentor training program, which was fabulous for our first year. These mentors have now joined our experienced mentors who have volunteered through TAFE previously, enabling us to mentor 58 young people across several programs in 2009.

The programs our mentors volunteer to once trained are our School program, our Bump program and the TAFE Connections program at Crows Nest.

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's programs. Thank you, mentors.



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school

The program we conduct in high schools is called School and is for students primarily in years 9 and 10. We work with boys and girls.

Our program involves one-on-one mentoring once a week for one 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 and schedule of the school, 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.

Often in the group supervision, we find there are common themes of topics which the students are choosing to talk about, so we then incorporate mini group workshops every now and again on topics the students are interested in as part of their mentoring time. These topics might include bullying, healthy friendships, goal setting, time management and assertiveness for example.

Keys to Success of our School 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

Jenny Moulder
Program Counsellor
The Forest High School



Katie Kennedy
Program Counsellor
Cromer High School



Vicki Condon
Program Counsellor
Pittwater High School





bump



Our program for young mums is innovative, fresh and new in the field. Volunteer mentors are mums themselves who complete our accredited training through Crows Nest TAFE Outreach, and complete all necessary WWC 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.

All mentors and young mums 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 post-natal 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.



Young Love conducts personal development workshops for teenagers in School, community or TAFE environments, and as part of our mentoring programs. We also partner with other community mentoring and not-for-profit organisations by conducting training programs for them and their potential mentors or mentees.

This year we have partnered with Trilogie Teens to conduct Parent Coaching training programs. We have also hosted seminars for parents of teenagers, including Dannielle Miller from Enlighten Education. The Red Cross also asked us to conduct several of our workshops for their young mums.

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.

Young Love 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 can come at issues from a range of angles because we are neutral from the perspective of teachers and parents. The students don't have to see us all the time, so they can use honesty and be courageous.



Lise Angus
Trilogie Teens
Parent Coaching

workshops

name	topic
Workshops—Community Partners	
Mentor	Mentor training for volunteers
Coach	Parent coaching for parents of teenagers
Workshops—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
Workshops—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

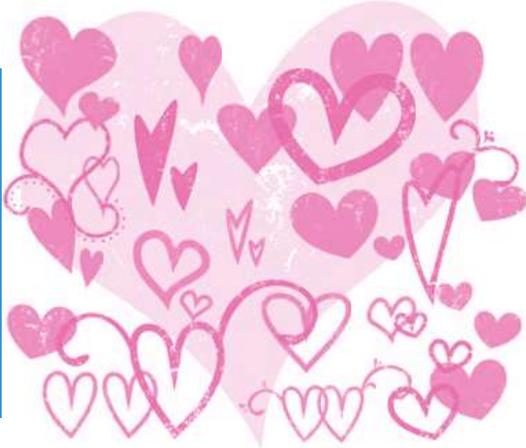


Evaluating our programs is very important to us. We like to know what is working well with our programs so that we can maintain a high level of satisfaction for our beneficiaries. Knowing what can be improved is also of great importance to us, so that appropriate changes can be regularly incorporated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

This year we have undertaken internal evaluation at the beginning and at the end of our programs by way of individual surveys and group discussions. We also hosted two students from the Australian College of Applied Psychology who undertook an evaluation project for their studies on the effectiveness of our School mentoring program.

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 full and comprehensive Evaluation Report for 2009 is available by request.

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	DEEWR 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



outcomes

YOUNG MUMS Feedback at conclusion of BUMP program

Aspect	Rating	%
Glad to be part of program		100%
Connection with their mentor	Excellent or very good	83%
Bump Program overall	Excellent or very good	100%
Relationship with friends	Excellent or very good	75%
Relationship with family	Excellent or very good	63%
Confidence as a mum	Excellent or very good	75%
Wish to be part of program in 2010 again		100%

STUDENTS Feedback at conclusion of SCHOOL program

Aspect	Rating	%
Glad to be part of program		89%
Connection with their mentor	Excellent or okay	100%
School Program overall	Excellent or okay	89%
Relationship with friends	Excellent or very good	89%
Relationship with family	Excellent or very good	50%
Truancy from school	Never or once a term	63%
Getting school work completed	Okay	88%
Confidence to make good choices for self	Very good or okay	75%

MENTORS Feedback at conclusion of BUMP program

Aspect	Rating	%
Glad to be part of program		100%
Connection with their mentee	Excellent or very good	100%
Bump Program overall	Excellent or very good	100%
Mentee's relationship with friends	Very good	100%
Mentee's relationship with family	Excellent or very good	50%
Mentee's confidence as a mum	Excellent	75%
Wish to be part of program in 2010 again		100%

MENTORS Feedback at conclusion of SCHOOL program

Aspect	Rating	%
Glad to be part of program		100%
Connection with their mentee	Very good or okay	80%
School Program overall	Excellent or very good	90%
Mentee's relationship with friends	Very good or okay	90%
Mentee's relationship with family	Very good or okay	80%
Mentee's truancy from school	Never or once a term	44%
Mentee's completion of school work	Okay	50%
Mentee's confidence to make good choices	Very good or okay	80%



comments

bump

Our bump MENTEES liked.....

"having time with other young mothers that have the same circumstances"
"it was great to know I had support and there are other young mums out there"
"getting to use our brain, and the information at workshops was great"
"knowing I am not alone as a young mum"

GOALS our Bump MENTEES have achieved.....

"I have become a self reliant single mum"
"learning to look after my daughter and getting more confident with myself"
"attending TAFE"
"time out for myself from just looking after the kids"
"I got a job!"

Our bump MENTORS liked.....

"great friendship and sense of community spirit, very informative"
"having a growing connection with mentee and seeing her make new friends"
"enjoyed learning about others and understanding life issues"

Our bump MENTORS said their mentees have achieved GOALS like.....

"identifying child care and work options for the future"
"aiming at finishing a study program"
"moving to independent living arrangements"
"getting work experience"
"gaining a sense of control over her situation"
"more awareness of herself, better communication and patience with her baby"
"negotiation skills with boyfriend have improved"
"willingness to compromise more, and ability to be empathetic to others"

school

Our school MENTEES liked.....

"seeing my mentor and talking to new people"
"being able to talk about anything you want and get feedback"
"missing out on the boring classes"
"having someone else to talk to than just my friends"
"the yummy food!"
"telling someone else all my problems"

GOALS our school MENTEES have achieved.....

"to get better in school"
"make more friends in life"
"I have gained a little bit of confidence"
"now I feel strong to tell someone things that I wouldn't usually tell"

Our school MENTORS liked.....

"routine of seeing my mentee every week"
"the group debrief kept me positive and inspired"
"one on one mentoring is very beneficial for the student"

Our school MENTORS said their mentees have achieved GOALS like.....

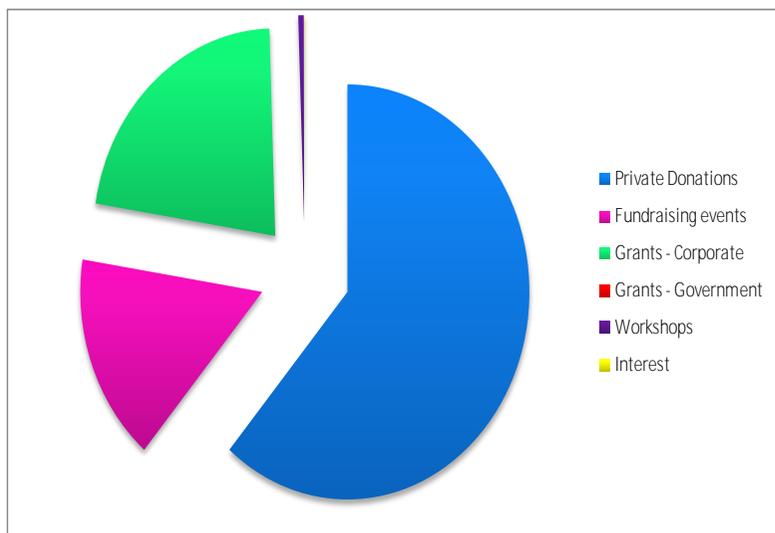
"able to make better choices for himself even in face of peers"
"more self aware and stronger within himself"
"thinking a bit more about choices after school"
"more confident, increased trust, and she is socialising more with friends"
"stop and think before he acts"
"less afraid of the older students and less troubled by students who tease her"
"becoming more assertive regarding weekends involved with alcohol and truanting"
"he has become more confident and open, he smiles and jokes more, too"

financials

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

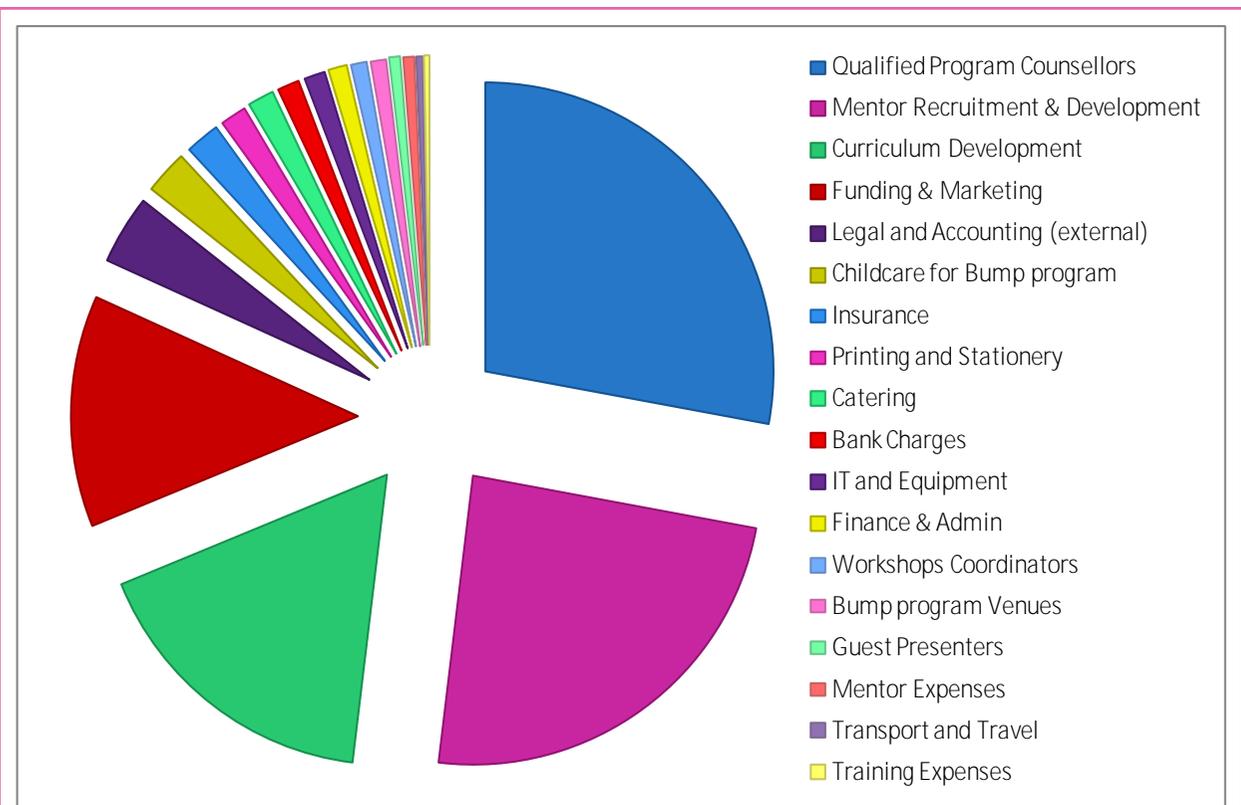
\$1,361 per mentee per year. Achieving outcomes cost effectively is our goal and this cost is less than 25% of benchmark programs due to the generous volunteer work of many.

Our FY09 audited financial results include from commencement of the Foundation in November 2008 until 30 June 2009, which does not incorporate a full year of programs. These diagrams illustrate the key questions of our financial position so far, and complete audited financial statements are available by request.



Where has our money come from so far?

\$41,174 was raised in FY09



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

In FY10 we have budgeted expenses of \$81,646 for 3 Schools and 1 Bump program



partners

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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 beneficiary for his Pollie Pedal initiative in 2009. Since it started in 1998, Tony and fellow politicians have raised over \$2m and ridden over 11,000 kms on their pushbikes to raise money for various charities. As a direct result of his efforts, we were able to fund our program into two high schools.



Joe Hockey's support in 2009 resulted in him hosting a morning tea to introduce us to local community organisations, as the member for North Sydney. In Joe's letter of support, he says "the morning was a great success and 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."





future

The Young Love Foundation is looking forward to a bright future for all the young people with whom we work. We hope to provide professional and valuable mentoring and workshops for as many young people as we can.

Over the next year, we will be focussing on several initiatives to ensure the success of the Foundation. A major project we will be working on is to achieve DGR status from the Australian Taxation Office so that we may be eligible for various grants and funding initiatives. We are proud that we can run our programs with a very small budget compared to other mentoring programs, and we can reach just as many young people. This, and the fact that we are fresh and innovative in our approach, and we undertake comprehensive evaluation, will ensure that we are a very viable option for funding.

The northern suburbs of Sydney will continue to be our primary focus of support for young people, as they are often neglected in terms of support provided by other organisations. However, we also have plans for some extraordinary community alliances and partnerships across our programs, particularly in the south eastern area, and possibly in the Hornsby area of Sydney, as well.

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 2010.



A "Dream Board" made by one of our young mums in the Bump program



www.younglove.org.au

mentoring and workshops for teenagers facing profound challenges

The Young Love Foundation
PO Box 534
Spit Junction NSW 2088

P 0419 633 881
F 9960 2701
E condon@bigpond.net.au
W www.younglove.org.au

ABN 49 306 288 644
ACN 134 207 275