

2018 OVERVIEW



Iris Foundation is a Central Coast organisation that fosters resilience, hope and connections in our community as a means to reducing the risk of suicide.

Resilience

Resilience is the ability to 'bounce back' – to recover effectively from significant setbacks.

Hope

Hope is a belief in the possibility that situations and people can change.

Connections

Positive connections with the people around us are essential to navigating adversity effectively.

www.irisfoundation.org.au

OUR THANKS

Iris Foundation is a grassroots organisation that depends on the generosity and commitment of local people to continue our work. As well as the major supporters listed below, we would like to acknowledge all the individuals and groups who contributed via donations, opportunities and other gifts throughout 2018.

Grants & Foundations

Elderslee Foundation
Wyong Roos Foundation
Wyong Rugby League Club Group
Doyalson Wyee RSL
Westpac Foundation
Bellbird Committee
Care Inc

Supporting Organisations

Gosford North Rotary
Northlakes Toukley Rotary
Caroline Bay Quilters



Sponsors

Sharp DS Central Coast
Buckland IT Services
Fortunity
BBX

Supporting Businesses

2GO & SeaFM
Wyong Milk Factory
Wyong Community Bank Branch
of Bendigo Bank
Wyong Rugby League Club Group
Peachies Hair Budgewoi
Bunnings Lakehaven

Iris Foundation acknowledges the invaluable contribution of our founding chairman, Barry Abrahams, who passed away in September 2018. Barry provided committed leadership to the Foundation for six years and the board and staff of Iris Foundation thank him for his service.



The Tree of Dreams is an annual campaign to raise awareness of suicide prevention on the Central Coast. The campaign works towards heightening awareness of the impact of suicide and increasing conversations about suicide prevention.

In 2018, the Tree of Dreams was adorned with over 1000 messages of hope, support and remembrance. More than 40 Central Coast businesses and community organisations engaged with this campaign in the lead-up to World Suicide Prevention Day.

*Suicide is the leading cause of death for Australians aged 15-44 years.
For every suicide death, as many as 25 individuals will attempt suicide.*

Source - Black Dog Institute

LIFE CONNECTIONS

3 programs delivered in 2018

Life Connections is a 6 week program that helps adults to build resilience by connecting with their inner strengths and unique abilities.

The programs delivered used creative expression to foster optimism, connections and support amongst parents and carers and young adults.

Protective factors are skills, strengths or resources that help people deal more effectively with stressful events.



Iris Foundation is part of a working group within the Central Coast trial of Lifespan which aims to provide an integrated approach to suicide prevention – building a community safety net that helps prevent suicide.

www.suicidepreventioncentralcoast.org.au

An Iris Foundation Project Community and Business Women's Network



CBWN is a platform for local women to develop connections and share their stories with the aim of creating mutual support, inspiring opportunities and improving resilience.

CBWN offers a variety of opportunities including breakfast, lunch and after business hours events.

*Hope is created when people make connections
and are there for one another.*

Iris Foundation continues to support local grass-roots initiatives.

In 2018 supported initiatives included:

- > Men Care Too – www.mencaretoo.org
- > Behind The Seen – www.behindtheseenaustralia.com
- > The Elderslee Research Project

COOL CONNECTIONS IN SCHOOL

21 programs delivered in 2018

Cool Connections is an in-school 8 week program that aims to increase confidence, enhance social skills and develop a sense of connectedness for primary school-aged children experiencing issues such as social withdrawal, anxiety or difficulties with peer relationships.

Positive outcomes continue to be reported with participants noted to be more confident, more willing to share, respect differences and better able to manage emotions.

“To watch the confidence of every student increase with sharing their ideas and to respect the ideas of the others is wonderful to see. It will be with them for life.”

- Blue Haven PS

*6.9% of children aged 4-11 years
have an anxiety disorder.
Source - Youth Beyond Blue*