

Youth Live4Life Ltd

# Annual Report 2022





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# Vision

Youth Live4Life's vision is that all rural communities across Australia are empowered to support, improve and invest in young people's mental health and reduce youth suicide.

# Mission

Our mission is to establish Live4Life as a model available to all rural communities across Australia.



# Purpose

Our purpose is to reduce youth suicide in rural and regional communities by:

- reducing barriers that prevent young people from seeking help
- decreasing mental health stigma
- increasing awareness of local professional help
- increasing the mental health knowledge of secondary school-aged students, teachers, parents, carers and community members
- building community resilience in addressing mental ill-health.





## Values and Principles

Our Values are supported by guiding principles of community and youth participation, local strength, evidence-based education and reflection.

Our Values and Principles work together as pillars that help us ensure that every element of Youth Live4Life and the Live4Life model works together to create measurable, positive impact.

They inform our external activities, internal operations and policies, and we work to instil our values of inclusion, integrity, collaboration and respect in the work we do with rural and regional communities.

# Message from the Chair and CEO

Despite the ongoing challenges of the pandemic and extreme weather events including severe storms and flooding, Youth Live4Life has continued to grow as an organisation, broadening our reach in line with the business plan and, most importantly, increasing and measuring our impact. We would like to thank our amazing team for their dedication, knowledge and the passion they bring to work each day.

Eight local government areas (LGAs) across Victoria are now implementing Live4Life – Bass Coast, Baw Baw, Benalla, Glenelg, Macedon Ranges, Moira, South Gippsland and Southern Grampians – with a ninth, Central Goldfields, establishing the foundations for implementation of Live4Life in 2024. This will expand to 12 communities across Victoria with Ballarat, Hepburn Shire and Latrobe City beginning implementation in 2023.

In 2022, while schools continued to address the ramifications of COVID-19 and weather events, over 3,700 young people received Teen Mental Health First Aid (MHFA) training. This is a 67.9% increase from 2021, highlighting the commitment from schools and community in ensuring young people receive evidence-based mental health education.



**Robyn Hunter**  
Chair, Youth Live4Life



**Bernard Galbally**  
CEO, Youth Live4Life

The Live4Life model also provides training and tangible support for adults. In 2022, 225 adults across our Live4Life communities undertook Youth MHFA training, adding more protective layers and ensuring adults are well-equipped to support young people.

**Our [instructor] is by far the best facilitator I've ever come across in all my years of corporate training. Our [instructor] made the content extremely relatable, relevant and interesting. She was very encouraging, approachable, and capable. I got so much out of the course and have already recommended it to others.**

YOUTH MHFA PARTICIPANT

The issues facing rural and regional communities around mental health and suicide are complex and require sustained approaches. Place-based and collaborative solutions are fundamental when trying to overcome complex community challenges. The Live4Life model has proven outcomes. It is community-owned, evidence-based, and an initiative where young people are the champions.

We continue to build strong, trusted and meaningful relationships in rural communities. With the Live4Life model, we bring local government, all schools, community and health services, and others together in a local government area to work for a common purpose — in what is often their first collaboration. In 2022, 164 individuals from across 106 organisations were actively involved in our Live4Life School and Community Partnership Groups. We would like to acknowledge all those people who are part of the Live4Life Partnership Groups and a very special thank you to our Lead Agencies: Macedon Ranges Shire Council, Glenelg Shire Council, Benalla Rural City Council, Western District Health Service, Moira Shire Council, Latrobe Regional Hospital, and Bass Coast and South Gippsland Shire Councils.

A defining element of Live4Life is the youth leadership and participation component. Students in Years 9 and 10 volunteer to be part of the Live4Life Crew, effectively engaging as Ambassadors for mental health awareness. In 2022, over 220

young people were involved in the Live4Life Crew, promoting positive mental health messages through events and activities in their school and wider communities. It was fantastic to see communities able to host in-person events again. Having started Live4Life during the pandemic, two communities, Baw Baw and Southern Grampians shires, hosted their first ever Crew events in 2022.

With over 900 young people having been Crew members since Live4Life first began, we are excited to announce a crew alumni, Crew4Life. Crew4Life seeks to not only embolden the work that Live4Life does through engaging past Crew members in our many events, programs and opportunities, but also aims to further the skills of these young mental health Ambassadors by offering development, training and mentorship.

We can only do the work we do with your generous support and we take this opportunity to thank all our funders. The Victorian mental health system is being completely redesigned following the Royal Commission. Live4Life's life-saving work is highlighted as an important case study in the Royal Commission's final report — showcasing "innovation in community-led mental health solutions for young people ... and an example of a local organisation driving change in young people's lives" — and we are thankful for the continued support from the Victorian Government.

Our work has also been recognised on a national level with funding from the Australian Government through the National Suicide Prevention Leadership and Support Program (NSPLSP). This program provides funding for a range of projects designed to reduce deaths by suicide across Australia. We are one of 31 organisations funded and our funding is to trial Live4Life in one rural community outside of Victoria over three years and evaluate the model's impact. In August 2022, we conducted an Expression of Interest process and the Break O'Day LGA in north-east Tasmania was successful. We look forward to working with the Break O'Day community over the next three years as they implement Live4Life.



# VICTORIA



**In 2022**

**9 Victorian communities**  
now implementing Live4Life

Bass Coast, Baw Baw, Benalla, Glenelg, Macedon Ranges, Moira, South Gippsland and Southern Grampians – with Central Goldfields starting soon.

**3,700+**

Young People received Teen Mental Health First Aid (MHFA) training.  
This is a 67.9% increase from 2021

**220**

Young People involved in the Live4Life Crew

**225**

Adults undertook Youth Mental Health training

**Live4Life the journey so far...**

**900+**

**Crew Members**

since Live4Life first began, leading to our new alumni Crew4Life seeking to embolden the work that Live4Life does through engaging past Crew members in our many events, programs and opportunities. Crew4Life also aims to further the skills of these young mental health Ambassadors by offering development, training and mentorship.

**15,000+**

**Young People**

received Teen Mental Health First Aid (MHFA) training

**1650**

Adults undertook Youth MHFA training

**70**

Youth Mental Health First Aid Instructors trained



We were also delighted when three of our Live4Life communities were recognised as Champion Communities by Mental Health First Aid Australia (MHFA Australia). Macedon Ranges Shire Council, Glenelg Shire and Benalla Rural City have been recognised as resilient and mentally healthy communities through their implementation of Live4Life. Congratulations to Macedon Ranges, Glenelg and Benalla.

In 2022, we began Suicide Prevention Australia's Suicide Prevention Accreditation Program and we hope to successfully complete this in the first half of 2023. The Live4Life initiative commenced in 2010 in response to a reported increase in anxiety, depression, self-harm and suicide among young people in the rural communities of the Macedon Ranges. It was developed and co-designed with people with lived and living experience of mental ill health and/or people having experienced suicidal thoughts, survived a suicide attempt, supported a loved one through suicidal crisis or been bereaved by suicide. Thirteen years on and we are still guided by those with lived and living experience. From our Board through to our committees and staff, the voices of those with lived experience are represented and fundamental in everything we do.

**So too are the voices of young people and our motto remains:**

**“Nothing for young people, without young people.”**



The Youth Live4Life team has now grown to 12 staff (7.4 EFT). With the assistance of Social Venture Partners Melbourne (SVPM) and Social Ventures Australia (SVA), we completed a functional capacity review to ensure we are delivering efficiently and sustainably across our administrative and organisational tasks and in supporting our communities to implement Live4Life and reach self-sustainability.

Finally, we would like to say thank you to all those who help Youth Live4Life to fulfil our mission. To the incredible young people who volunteer their time to be Crew members, to the MHFA instructors, the first-time donors and long-time supporters, our Friends, Partners and Crew4Life, to those who share their stories with us – we appreciate you offering your time, talent, personal reflections and connections. We are also thankful to our Board of Directors and committee members for your dedication, compassion and generosity.

The 2022 Annual Report provides a snapshot of some of the fantastic achievements and impact that Live4Life is having. We hope you enjoy reading it.

*Yours sincerely,*

**Bernard Galbally**  
CEO  
**Robyn Hunter**  
Chair



# In the Media

## Live4Life launches on a high into 2022

FOLLOWING pandemic lockdowns and event restrictions, students from across the Glenelg Shire have come together for the first time in two years to successfully launch the Live4Life Glenelg program for 2022.

Live4Life Glenelg crews from Casterton Secondary College, Bayview College, Heywood and District Secondary College and Portland Secondary College came together last Friday at the Portland Secondary College to officially launch Live4Life for the 2022 year.

The event, which included crew led speeches and activities promoting positive mental health, marked the beginning of the sixth year of the mental health initiative for young people in the Glenelg Shire.

Glenelg Shire youth development officer Maddy McKinna said the event helped to introduce the 'crews' to the wider community. "It was fantastic to finally bring together all of the year 8 students from across the Shire, and our Live4Life crew members, for our first combined launch in more than two years. "It certainly felt like an extra special launch to have everyone present in the same room again," she said.

"Thanks to our launch today, students will be aware of who their crew representatives are at their respective school.

"We anticipate that 2022 will continue to be another successful year for Live4Life in the Glenelg Shire, as we work towards decreasing negative mental health stigma, increasing the awareness of local professional help and increasing the mental health knowledge of our community."

The theme for this year's initiative in the Glenelg Shire is "Smash the Stigma", and events and activities for the 2022 program will focus on this theme.



YOUTH development officer Jesse Beavis (left) with students Milly Bayona and Nyla Conheady at Friday's launch event.

### Parents, adults urged to sign up for youth mental health training

WANT to learn how you can support young people and their mental health, including local support services?

Youth Mental Health First Aid training is returning this August, with sessions being held in Heywood every Monday for four weeks from August 22, from 6pm to 9.30pm. Future sessions will also be held in Portland in November and December.

The training is delivered through award-winning youth based mental health initiative Live4Life Glenelg and is aimed at parents, teachers and any adults who work, live or care for young people in the Glenelg Shire.

Wellbeing support at Heywood and District Secondary College and Teen Mental Health instructor, Tiana Richardson said the focus of the course was to equip participants with confidence in recognising the signs and symptoms of an emerging mental health issue, and to encourage help seeking as soon as possible.

"During the sessions participants will learn more about the barriers to seeking help, local support avenues and how the community can help to decrease the stigma surrounding mental health," she said. "The 2021 Census data showed one in five Australians aged 16 to 34 years reported 'high or very high levels of psychological distress', more than twice the rate of those aged 65 to 85 years."

Ms Richardson thanked all those in the community who had already completed this vital training.

"Live4Life Glenelg is entering its sixth year in the Glenelg Shire and since its implementation more than 1600 young people and 250 adults have received mental health training," she said.

"This is fantastic to see, and we hope to see more adults putting up their hand to complete their Youth Mental Health First Aid."

To register for the Youth Mental Health First Aid Training please visit the Live4Life Eventbrite <https://www.eventbrite.com.au/e/youth-mental-health-first-aid-live4life>



WELLBEING support at Heywood and District Secondary College and Teen Mental Health instructor Tiana Richardson aims for the mental health first aid sessions to teach locals more about the barriers to seeking help.

heywood-tickets-257374192137 or contact the Glenelg Shire Youth team.

The Youth Mental Health First Aid Training is offered at a heavily subsidised rate, thanks to the Live4Life Glenelg Partnership Group and supporters, Glenelg Shire Council, Portland Aluminium and Engage! Funding. Training will be held at Heywood and District Secondary College on August 22, August 29, September 5 and September 12. All four sessions must be attended to complete the course.

### 'Champion community' when it comes to better mental health

CHARLIE SAWYER-BASSETT

MENTAL Health First Aid Australia has recognised Glenelg Shire as a 'Champion Community' for its commitment to improving the mental health of young people and the adults who support them.

The rates of mental health problems and suicide are higher in regional areas, and worryingly, they continue to increase - prompting the south west community to act. Their 'Champion Community' status is an acknowledgment of the sustained effort to successfully embed Mental Health First Aid training, via the Live4Life model, into local education providers, secondary schools, and the wider Glenelg Shire community.

"It's been really great to have the Glenelg community recognised for this award, because it's really showing the culmination of the hard work that many community groups have done over the last six years to create a whole of community programs that support the mental health and wellbeing of our young people," Live4Life spokeswoman Nicola Grayson said.

"I think it's really important to mention that part of that is also around the youth leadership and ambassador program, through the crew, and how they upskill our young people and how to be good ambassadors to support their peers, and to learn and develop their own leadership skills.

"The reason this is working so well as because it is a community-wide program, so it includes schools and parents and sports clubs and health agencies across the Shire.

"By having this program running in our community, we can increase knowledge around mental health issues, help break some of the myths and misunderstandings around mental health and reduce our suicide rate in young people."

Since the introduction of Live4Life in 2017 through to the end of 2021, approximately 10% of the Glenelg Shire community have been trained in Mental Health First Aid, including more than 230 adults and 1600 young people.

In the lead up to injecting more mental health support



NEW HEYWOOD and District Secondary College students James Auld (left) and Mia Hill (right) with staff members, including Tiana Richardson, at the launch event. Photo: Maddy McKinna

#### Heywood Meats on Wheels roster

MEATS ON WHEELS roster for the Heywood area. Contact: 08 9422 1111. Website: [www.heywoodmeats.com.au](http://www.heywoodmeats.com.au)

### Live4Life Glenelg celebrates mental health with school promotional days

Live4Life crews from across the Glenelg Shire have come together to celebrate mental health in a series of school promotional days. The crews, which include students and staff, are promoting mental health awareness and support services. The crews are also promoting the Live4Life program and its services. The crews are also promoting the Live4Life program and its services. The crews are also promoting the Live4Life program and its services.

MIDLAND EXPRESS News

## Live4Life heads interstate

Youth LiveLife is expanding its award-winning youth mental health and suicide prevention program interstate, thanks to an \$871,163 federal government grant announced last week. Federal Minister for Health, Greg Hunt, visited Woodend last Wednesday to announce the grant recipients from the National Suicide Prevention Leadership and Support Program.

We are thrilled to have secured funding to pilot LiveLife in one interstate region in 2023, and to activate our first interstate partnership by 2024. LiveLife CEO Bernard Goffbally said: "This grant will enable us to both test and evaluate the LiveLife program and complete a thorough evaluation of its impact on the local community."

LiveLife is a youth mental health and suicide prevention program designed specifically for rural and regional communities. The evidence-based model builds both young people, and the local rural community's capacity to recognise mental health concerns and seek out help if needed.

The LiveLife model was developed in 2010 by Macedon Ranges Shire Council as a community-wide response to an increase in youth mental health issues within the shire. Macedon Ranges mayor, Cr Jennifer Anderson, said the program has proven to be a great success thanks to the hard work and commitment over many years of the LiveLife staff and board, and passionate shire staff, councillors and community members.

"We are extremely proud of the LiveLife program and the role council played in its initial implementation," Cr Anderson said.

The program currently operates in nine Victorian communities: Bays Coast (Bairnsdale, Benalla, Corrywagga, Glenelg, Macedon Ranges, Moora, South Gippsland Southern Grampians).

More than 20 rural and regional LGAs across Australia have already expressed interest in implementing our model. We hope to expand to Australian communities by 2025 and this is a significant step towards this goal," Mr Goffbally said.

LiveLife is funded by the Royal Commission into Victoria's Mental Health System's final report as a case study highlighting innovation in community-led mental health solutions for young people.

Anyone experiencing distress can seek immediate advice and support through Lifeline (13 11 14), 1800 HelpLine (1800 257 688), or the Government's digital mental health gateway, [head to health.gov.au](http://head to health.gov.au).

Youth LiveLife has secured an \$871,163 federal government grant to expand its award-winning youth mental health and suicide prevention program interstate. Pictured (L-R) are Braemar College student Paris, mental health first aid instructor Charlie Grayson, Youth LiveLife crew development support worker Kyle Hayes and Braemar College student Isabella. Photo: Kim Selby Photography



**FUNDING:** Health Minister Greg Hunt (centre) and Woodend supporters of better mental health. Picture: SUPPLIED  
BENDIGO ADVERTISER FRIDAY 29 APRIL 2022 PAGE 3

## Youth suicide prevention boost

A RURAL youth suicide prevention program will receive a funding boost to continue its work at Woodend. Health minister Greg Hunt said the Youth Live4Life program would receive \$871,163 from the budget for suicide prevention. Nationally, more than \$14.7 million has been set aside to be invested in projects like Youth Live4Life. The program has been designed for regional young people and aims to reduce stigma, increase mental health and encourage help-seeking behaviours. Mr Hunt said the funded projects would focus on young people as well as those who work with, care for or support them. "The funds will not just support Youth Live4Life, it will also enable other groups like ReachOut Australia to deliver evidence-based national digital media campaigns targeted at-risk youth." Senator Greg Mirabeau said the government recognised the need to give young people extra support. "Every life lost to suicide is a terrible tragedy and has devastating impact on families, friends and communities." #Lifetime13114 -JULIANNE STRACHAN

## Matilda laps it up for an important cause

MITCHELL TURNER

SUICIDE prevention is among the most important issues of our generation, with almost nine Australians taking their own lives every single day. Fortunately, whenever there's an issue that needs solving, you can guarantee there will be people willing to help. Young Portlander Matilda Andrews certainly falls into that category, as just over a week ago she finished her goal of swimming 1000 laps to help raise money and awareness for Youth Live4Life, a charity specifically set up to help support regional and rural communities in improving their wellbeing and mental health. Setting out with the aspirational goal of raising \$500 for the charity, Andrews smashed her target, more than doubling up on that goal as she raised a total of \$1009.

While chatting with the *Observer*, Andrews said she couldn't think of a better cause to help support through her efforts in the pool. "I know that the money was going towards an important cause... it's something that I believe needs more attention in our community," she said. "We had the goal of raising \$500... seeing how much we raised tells me I'm not the only one who realises this initiative needs to be supported. Mental health troubles plague rural communities even more so than metropolitan regions, with statistics saying that the number of people who take their own lives is 40% higher in such communities. Andrews said this was a key reason why she chose this cause, saying it's something which strikes a chord with her. "This is a major issue in rural towns... hopefully this can serve as a wake-up call that people need so they know how serious of an issue this is," she said. Andrews was not a lone hand in her endeavours, with her close friend Gracie Walder having been the catalyst behind her taking up the challenge. Walder was in fact the one who singled out Andrews as the right person for the job, handing her the flyer which kick-started the whole thing. "I know she's an amazing swimmer... and she's a great person so I knew she would do it... she knows that this is a real problem and would want to do something about it," Walder said. "Matilda is an amazing person... I've told her before, but she is." Andrews gave special thanks to her parents for their support, and to everyone who donated to what she worries cause.



MATILDA Andrews (left) raised more than \$1000 for Youth Live4Life, an organisation created to support young people in regional towns improve their mental health and reduce the prevalence of suicide in the community. Andrews swam 1000 laps to help promote the cause, with friend Gracie Walder having singled her out as the right person for the job. Picture: TIMOTHY BOSTON/123RF

## New Crew join Southern Grampians Live4Life program

LIVE4LIFE is an award-winning program that is improving youth mental health across the state and in the Southern Grampians, with 16 local young people taking the first steps to become community leaders and mental health ambassadors when they were inducted into the Southern Grampians Live4Life Crew. The Crew help to organise Live4Life events and amplify key mental health messages in their local school and community. One of the newest Crew members, Maddi Atchison from Monivac College, spoke about her experience. "I joined the Crew to help reduce the negative stigma around mental health as my community," she said. "I really enjoyed the induction day, it was a new experience, and I am looking forward to working with other crew members to help the community." In Australia, 63 per cent of young people attempting to seek help are not able to access the services required - in rural and regional areas, this issue is even more complex, with limited services, stigma and isolation compounding help seeking. The Live4Life Crew play a critical role in the initiative, with students from Year 9 and 10 given the opportunity to become leaders in their local area, and to advocate for mental health support and education. The recent Crew induction was held at South West TAFE, with participants from Benmore College, Bakewell K-12 Community College, The Haunted and Alexandra College, Good Shepherd College, Monivac College, and Hamilton Parklands School invited to attend and commence their journey as Crew members. Western Districts Health Service youth engagement officer, Chloe Wilson, said the 2022 Crew developed a new theme at the induction day. "If we see you, then who? the the change". "Live4Life is building the capacity of our whole community to look after our young people."



MADDI Atchison (left) from Monivac College is one of the Southern Grampians Live4Life newest Crew members inducted to be a local community leader and mental health ambassador and will play a critical role in amplifying key mental health messages in her school community. MADDI is pictured with Western Districts Health Service youth engagement officer, Chloe Wilson. Photo: SUPPLIED. Youth Live4Life partners with the Western Districts Health Service, the Southern Grampians Shire Council, Yacivac Rural, Glenelg and Southern Grampians LLEN, Beyond the Bell, Brophy Family Youth Services, Wellways, and all local secondary schools and education providers to deliver this life-changing program in the Southern Grampians Shire.



SIXTEEN young people were inducted into the Southern Grampians Live4Life Crew, taking the first steps to become local community leaders and mental health ambassadors. Live4Life is an award-winning program that is improving youth mental health across the state and in the Southern Grampians. Photo: SUPPLIED

### Making a splash for mental health

A Woodend charity has raised nearly \$40,000 by challenging people to swim laps for youth mental health awareness and suicide prevention in regional and rural communities. The organisation said it was "blown out of the water" by how much was raised, and thanked participants for the amazing response. The challenge culminated in an event held at both the Woodend Sports and Aquatic Centre and the Galambac Aquatic Centre on November 20 - everybody swam their hearts out. The Youth Live4Life initiative ran from November 9 to 20 and was inspired by Helen Douglas swimming the Great Ocean Road and Kieran McInnes. A few years ago, they based an event at Galambac pool with aim to raise \$2000 in 20 days, with the number of Australians who had died by suicide. "Funds raised help us reach, support and improve the mental health and wellbeing of young people living in rural and regional communities through our award-winning Live4Life initiative," Youth Live4Life said. If you, or anyone you know, needs mental health support, contact Lifeline on 1311 14.

1 A joyful Emily holding the Live4Life sign. 2 Emily doing backstroke. 3 Youth Live4Life's Cheryl Epsom's high-fiving Claire for completing 1000 laps over the challenge, joined by Alice and Maddi. 4 Alice with a big smile. 5 Jubilant smiles from Maddi and Lisa post-swim. 6 Bath and Del in the pool. 7 Claire, Ella, Maddi and Lisa having some pool fun at the finale event. 8 Celebrating after swimming a total of 1000 laps over the 10 days. 9 LAP HUP participants Elijah and Dylan with Live4Life's Cheryl Epsom and chair executive friend.

### 2022 Live 4 Life crew graduation day

1 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 2 LIVE4LIFE crew members from the Southern Grampians Shire. 3 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 4 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 5 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 6 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 7 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 8 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 9 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members. 10 GRACIE Walder (left) and MADDI Atchison (right) are the new crew members.

# 2022 Highlights

It's  
honourable  
to be  
vulnerable



SMASH  
THE  
STIGMA



Shine your light  
to make things  
**BRIGHT**



Self care is  
not selfish

# 2022 Highlights

## Spring Into Winter Annual Dinner

After years of being in lockdown, it was wonderful to meet up in person at the Spring into Winter Annual Dinner on 28 May at the RACV City Club in Melbourne. The night was a great success and offered the chance to catch up with many from our Live4Life communities around the State. Hosted by the always entertaining and irrepressible Brian Nankervis, the night featured a conversation with radio broadcaster and writer Jacinta Parsons, and a moving performance from musician Clare Bowditch. During the night, Clare commented, "The opportunity to tell the truth is life-saving," a reminder of the important work that our Crew do as mental health ambassadors to support other young people. This was our third Annual Dinner and we have now raised over \$80,000, with this year being our most successful to date. We really appreciate the support and generosity of all those who came on the night, who donated to our cause, and our former Crew, Live4Life communities, friends, Board members, committee members, volunteers and staff who made the night so meaningful.



**The opportunity to tell the truth is life-saving**  
CLARE BOWDITCH



Watch the video

# 2022 Highlights

## Crew Camp 2022

The Live4Life Crew Camp, held from 19–21 September, brought together young people aged 14 to 16 years who have joined Live4Life Crew in their communities. From Portland across to Gippsland and up to Cobram, our Live4Life Crews came together from around Victoria to learn more about mental health and suicide prevention. The Live4Life Crew are young people in Years 9 and 10 who lead activities and events, and champion the importance of looking after mental health while supporting their peers.

Out of the 46 Crew members who took part in the reflection, 98% stated they recommended the camp to others. All surveyed Crew stated that they met new friends and 85% stated they learnt something new regarding youth mental health during the camp workshops. In addition, 89% of Crew members expressed that they were able to build on what they already knew about mental health, suggesting the strong foundation that Live4Life has already established regarding mental health education.

A big thank you to Scanlon Foundation, Commonwealth Bank Staff Foundation and the many individuals who donated to our Crew Camp fundraising campaign.



“I think this is the best experience I had this year. I almost feel like a completely different person. I was so happy sometimes that I wanted to cry. I am truly grateful that I, and other young people, have this chance because it will and has changed lives.”

CREW MEMBER



“Our young people have walked away feeling so confident and boosted, they are planning to speak about the camp with other Crew, peers and at their celebration event. It has been a huge opportunity for them and I have been lucky enough to watch it all unfold. Thank you.”

CREW SUPPORT WORKER

# 2022 Highlights

## Laura Crozier and Cutting The Dread

On 19 November, Macedon Ranges locals John Crozier, Jarrod McQuade and Lucas Paladino shaved off their long (not so luscious) dreadlocks at an event to raise money for Youth Live4Life – with a goal of \$20,000. Organised by Crew4Life Champion Laura Crozier, they held a family fun day in Woodend, where people paid to cut a dreadlock off. The men grew up together in Woodend and had been growing their dreadlocks for ten years!

CEO Bernard Galbally attended the shave day and said it was a wonderful community experience for the Macedon Ranges region, full of hope and joy, as well as the men speaking eloquently about their lived experience. Donations were made via an excellent social media campaign, GoFundMe and donation boxes in local shops in the region – and the final result exceeded expectations at \$22,802.30.



“Sadly, one of these men lost his brother to suicide a few years ago. So the choice of where the money would go was simple. As Woodend locals, they knew Youth Live4Life has been doing amazing work for many years now and would love to see the money go to a place that could directly help others who might be having the same feelings as the young man tragically lost.”

LAURA CROZIER



# 2022 Highlights

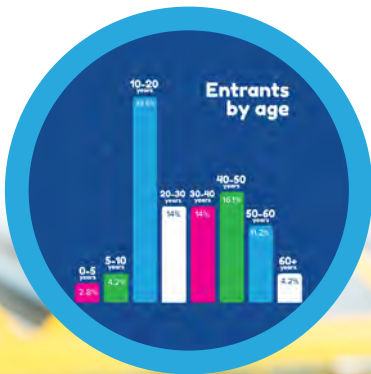
## LAPitUP



Our fitness and fundraising event, LAP it UP, was a huge success with a final tally of \$38,926. Held from 10–20 November, participants took part around the country, with the majority being young people from rural and regional areas. The event asked swimmers: how many laps can you swim in 11 days? And the answer was: more than we ever imagined!

Participants were encouraged to gain sponsorship from friends, family and the local community via a personalised online fundraising platform. Many formed teams including Live4Life staff and their families. It was wonderful to see mother and daughter teams egging each other on, the community spirit at the Kyneton, Gisborne and Portland pools on the final day, and the cheerleaders for all those who reached their goals, be it 10 laps, 50, 100 – and yes, some people even reached 1000 laps! The event will take place again from 1–15 October 2023.

We couldn't have done it without our wonderful Partners who came out to lend a hand in the lead up and at the event finale. Their community spirit has made a huge difference!



[Watch the video](#)





# 2022 Highlights



## Australian Rural and Remote Mental Health Symposium with MHFA Australia

CEO Bernard Galbally attended the Rural and Remote Mental Health Symposium at the Adelaide Hilton from 9–11 November and did a joint presentation with Dr Bronwyn Robson from Mental Health First Aid Australia on 'Building Resilience in Rural and Remote Communities Using Mental Health First Aid', looking at the Live4Life model as a case study.

The session focused on why MFHA training is so important, particularly to young people, and how the Live4Life model is changing lives, underpinned by a strong evidence base that is effective in increasing people's mental health literacy and building people's confidence to have sometimes tricky conversations.

“**Learned about the difference between a bad day, a mental health problem and a crisis. And that it can be normal to have a bad day, and this is ok.**”

YEAR 8 PARTICIPANT



## ALIVE

Youth Live4Life is committed to further building our evidence base and continuing to learn from the implementation of the Live4Life model in communities. We are excited to be working with Professor Nicola Reavley and Dr Monika Raniti from the University of Melbourne, with research support from the ALIVE National Centre for Mental Health Research Translation.

This research project will study Live4Life as a whole-of-community prevention model and evaluate the long-term impacts of the model across multiple new Live4Life communities over a number of years, beginning in 2023.

The ALIVE Centre is funded by the National Health and Medical Research Council (NHMRC) Special Initiative in Mental Health and includes 40 investigators across 15 universities, research institutes, Centres of Research Excellence and nine partner organisations.

We have been working for 18 months to secure this opportunity and looking forward to seeing the research outcomes. Findings will be used to support Youth Live4Life as we widen the dissemination of our programs, and will also be used to help advocate for more funding of evidence-based and preventative whole-of-community initiatives.

# Profiles



**“The Crew offers a lot of laughs and plenty of opportunities to get more involved in the community as well as help it.”**

CHARLIE SAWYER-BASSETT

## Live4Life Crew Member

**Glenelg  
Charlie Sawyer-Bassett**

### Why did you originally join the Live4Life Crew?

I joined the Crew to face my anxiety, which was at its peak at the time. I was aware Live4Life was a program that would push me out of my comfort zone. And I wanted to understand mental health and my own depression as a teenager.

### What has been the most rewarding part of being involved with the Crew?

Seeing other teens ask for help or even asking myself questions to do with mental health. I see others more aware that it could be anyone and that it could come into play with people's behaviour. Of course there is still much work to do, but from my perspective, it's looking better.

### Why was being in Crew important to you?

Being part of a team teaches you to go out of your comfort zone and make friends, as well as learn about a confronting topic together. You begin to have the same perspective and become comfortable expressing opinions or experiences to the group. Crew members are never asked to answer personal questions in front of the group — that's up to them.

The Crew offers a lot of laughs and plenty of opportunities to get more involved in the community as well as help it. Personally, I gained quite a few connections and things to put on my resume, thanks to what we've done in the Crew.



**“Crew4Life is so important to the Live4Life model because it helps expand the reach of Live4Life.”**

WILL SMITH

## Crew4Life Member

**Benalla  
Will Smith**

### Why did you originally join the Live4Life Crew?

I was at a very difficult time in my life where I had recently lost a good mate to mental health. And I really wanted to be able to help change the difficult situation many of my peers were stuck in. I wanted to have a positive impact on my community and help educate those around me about mental health, so that as a community we could become stronger and prevent people dying too young. And I saw Live4Life as the perfect opportunity, with the program they provide, so I decided to join the Crew (free food + free merch also helped me join).

### What has been the most rewarding part of being involved with the Crew?

The Crew Camp that I was able to attend last year. It was an awesome opportunity to be able to see so many amazing young people in one spot coming together for the same cause. It was awesome to meet so many young individuals and talk to them about their journey with Live4Life — it really opened my eyes up to how big and important Live4Life really is.

### Why is being in Crew4Life important to you?

Crew4Life is so important to the Live4Life model because it helps expand the reach of Live4Life. Instead of it just affecting students from Year 8–10, it can help positively impact the whole community — and help keep connection between Crew and Live4Life.

# Profiles



## Friends4Life CNG

**Michael Fitzgibbon**  
Managing Director

### Why did CNG choose to become a Friend4Life?

Many within CNG have had first-hand experience in the prevalence and challenges of mental health — within our own working environment, our families and connections — and so the choice to support a cause that positively contributes to tackling this challenge was an easy one to make.

“The approach by Live4Life to proactively build resilience models and support networks within schools and communities is something that we truly believe will make a real difference to the lives of young people.”

MICHAEL FITZGIBBON

The approach by Live4Life to proactively build resilience models and support networks within schools and communities is something that we truly believe will make a real difference to the lives of young people and give them critical tools and options in their journey.

### What has been the most rewarding part of being a Friend4Life?

Knowing our contribution is being used to make a proactive, lasting difference.

*CNG is a Life Safety infrastructure and technology company specialising in emergency warning and evacuation systems for communities, airports, train stations and road tunnels. For 17 years, CNG has been developing systems for the preservation of life in an emergency, which we feel closely parallels the ideals of Live4Life.*



## Partners4Life Portland Aluminium

**Anna Impey**  
Community Relations Advisor

### Why did Portland Aluminium choose to become a Partner4Life?

Our partnerships are focused on addressing local challenges and providing value for the communities where we work. Often, much needed support doesn't reach rural communities — this model, built specifically for rural communities, really spoke to us. When the

“A key driver to partnering with Live4Life was knowing the model would become completely owned, embedded and sustained within the local region.”

ANNA IMPEY

opportunity to partner came up, we were just coming out of the COVID-19 pandemic and mental health, especially in teenagers, was declining. People were isolated and finding it difficult to socialise again and we saw the Live4Life program as a great way to tackle what was a rising concern in our community. A key driver to partnering with Live4Life was knowing the model would become completely owned, embedded and sustained within the local region.

### What has been the most rewarding part of working with Live4Life?

Listening to the Crews speak — their passion to help others and their stories of how others have helped them.

*At Portland Aluminium we are committed to building the capacity of our community and providing young people with education and leadership opportunities, including through our community partnership program. For us, the partnership is a natural fit and reflects the strong values and shared goals of both organisations.*

# Profiles



**We recognise that Youth Live4Life is doing outstanding evidence-based work in supporting youth mental health and implementing its youth suicide prevention model.**

SANDY SHAW

## Supporter Newsboys Foundation

**Sandy Shaw**  
Chief Executive Officer

### Why did Newsboys Foundation choose to support Youth Live4Life?

A key focus for Newsboys Foundation is mental health education in rural and regional Victoria.

We recognise that Youth Live4Life is doing outstanding evidence-based work in supporting youth mental health and implementing its youth suicide prevention model.

Youth Live4Life's model brings together many community players and then works closely with them for about a four-year period, showing how to embed the model so it becomes self-sustainable in that community.

Newsboys was impressed that Live4Life's model was robust, staff were very good to work with and the model had potential to be scaled up to assist many more young people and communities across Victoria.

### What has been the most rewarding part of working with Youth Live4Life?

Witnessing the organisation develop its strength, grow its capacity and successfully roll out the model to more and more communities has been gratifying. Hearing about the positive impact for young people on the ground in improved mental health reinforces our decision to invest in Live4Life. The initiative has literally saved lives.

*Newsboys Foundation provides grants to community organisations working with young people aged 11–21 in Victoria who are experiencing disadvantage. From their beginnings in 1893 as a club for newsboys selling newspapers on the streets of Melbourne to their current role as a Foundation, Newsboys has remained true to their mission of supporting young people who need assistance to realise their full potential.*

# Profiles



**Youth Live4Life is a perfect example of the kind of mutually beneficial and enriching client relationships we treasure!**

PETER SEIDEL

## Supporter Arnold Bloch Leibler

**Peter Seidel  
Partner**

### Why did Arnold Bloch Leibler choose to support Youth Live4Life?

Arnold Bloch Leibler (ABL) feels very honoured to be able to support Youth Live4Life as its pro-bono lawyers. We like to think that in doing what we do best in support of Youth Live4Life, we are helping it do what it does best for the mental health and wellbeing of young people in rural communities.

Making a contribution in the community is one of the firm's core values. We are immensely proud of our community partnerships and of our Public Interest Law practice. We engage with influential and leading not-for-profit and charitable organisations responsible for Indigenous, cultural and religious, societal, environmental and related causes. We fully appreciate and acknowledge that our public interest law clients are just as good for us as we are for them; that we benefit just as much from our clients as they do from us.

Youth Live4Life is a perfect example of the kind of mutually beneficial and enriching client relationships we treasure!

### What has been the most rewarding part of working with Youth Live4Life?

We fully believe in the power of the Live4Life model. For us, the most rewarding aspect of working with Youth Live4Life is knowing that we are, in our own small way, supporting the successful delivery of the model, through our pro-bono contributions, which in turn can help to enrich the lives of young people in rural communities. This is a source of great joy for the partners and staff of ABL.

*Arnold Bloch Leibler is a law firm with offices in Melbourne and Sydney. Our standing within the legal profession has been built over 70 years. While our storied history is long, we are a modern firm. We see the law as an instrument of change, as a way forward.*

# Profiles



“I think the Crew is really good because it’s not some people you don’t know coming in and talking to you about a confronting topic – instead it is people from your own school and other young people that you know who are talking about it”

ANNA STERLING

## Live4Life Crew Member

**Baw Baw**

**Anna Sterling**

I’m Anna, I’m fifteen years old, live in Warragul and go to St Paul’s Anglican Grammar School. I did not get to do the full Live4Life (L4L) program in Year 8 in 2021 because it was during COVID-19, but the Crew from my school still ran a session for the Year 8 students. This was the first time I became aware of L4L and a year later I was asked to join the Crew by one of my teachers at school. At first I wasn’t sure about joining, because I didn’t really know what it was all about, but after learning about L4L’s message and purpose I was really excited to join because I knew it was a really important and valuable program to contribute to.

The thing I like most about L4L is the Crew. I think the Crew is really good because it’s not some people you don’t know coming in and talking to you about a confronting topic – instead it is people from your own school and other young people that you know who are talking about it.

One thing I found challenging about being a part of the L4L Crew was that mental health is a challenging topic and by being a part of the Crew I was opening myself up and stepping out of my comfort zone to be a leader in a group that surrounds this topic.

I personally have gone through some times when my mental health was not the best and although I had passed this by the time I joined the Crew, being involved in L4L and being surrounded by a group of people passionate about mental health, really helped me to be more open in sharing about my experiences with mental health.

Being involved with the L4L Crew allowed me to go on the 2022 Crew Camp. This was an amazing experience which created so many memories and friendships as well as teaching me some really good skills for public speaking, media, presenting and more. These skills have been really useful both within L4L and outside of L4L. In late 2022, another Crew member and I were interviewed live on the radio, where we got to talk about what L4L is, what it is doing in our communities and what it is trying to achieve.

Being part of the L4L Crew taught me how to check up on others’ mental health and how to recognise when others might be going through difficult times, as well as being able to reflect on my own mental health, which has been really useful for me when going through stressful or tough periods.

The most important thing L4L has taught me is that if you are struggling with your mental health you aren’t alone, because everyone deals with mental health, so if you need to reach out to someone for help they will understand and can help you.

“Being involved with the L4L Crew allowed me to go on the 2022 Crew Camp. This was an amazing experience which created so many memories and friendships as well as teaching me some really good skills for public speaking, media, presenting and more.”

ANNA STERLING

# The Board and Committees

We thank all our Board Members for their hard work and dedication in 2022, especially after the challenges of COVID-19.

In July, we farewelled Taylor Johnstone and Irene Verins from the Board. During their tenures, both Taylor and Irene were fantastic contributors to Board discussions. At the same time, Taylor stepped down from the Communications and Marketing Committee. The Board thanked Taylor for representing Youth Live4Life at the 2022 Child and Adolescent Mental Health Conference on the Gold Coast and for continuing to be an amazing brand ambassador. Irene remains an active member of the Program Life Cycle Committee and continues to bring her generous insights and deep experience.

After serving for a year on the Finance, Audit and Risk Management Committee, Dave Vaughan joined the Board in July. Dave brings a wealth of financial knowledge, rural experience and a passion for youth mental health. The committee was further strengthened with the appointment of Mark Laurie, who brings extensive experience from PwC and other bluechip firms, along with a keen interest in mental health.

In September, Ryan Lewis joined our People, Culture and Benefits Committee. We have called on Ryan's broad Human Resources expertise during our phase of significant growth in personnel.

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You can read more about each of our committees [here](#).

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We would like to take this opportunity to thank the members of our committees:

## **Communications and Marketing**

Bernard Galbally (Chair), Jessica Kendall, Stuart Shepherd, Jonathon Gurry, Kirsten Krauth and Rebecca Morecroft

## **Revenue Sourcing (fundraising)**

Sarah Hardy (Chair), Patrick Calvert-Jones, Ben Holgate, Charlotte Francis, Cheryl Eyssens and Bernard Galbally

## **Finance, Audit and Risk Management**

Andrew Wilson-Annan (Chair), Sarah Mahon, Mark Laurie, David Vaughan and Bernard Galbally

## **People, Culture and Benefits**

Paul Lefèbvre (Chair), Robyn Hunter, Paula Giles and Bernard Galbally

## **Program Life Cycle**

Pauline Neil (Chair), Simon Rice, Natasha Ludowyck, Irene Verins, Rebecca Morecroft and Annie Rowland

# Corporate Governance Statement

As an organisation, we recognise the importance of having a strong and robust corporate governance framework in place to ensure that Youth Live4Life meets its Board approved vision, values and charitable purpose, and that the funds received by Youth Live4Life, whether donated, through services provided or government funding, are appropriately managed and directed to meet the expectations of Youth Live4Life's generous benefactors, funders and clients. It is for this reason that we have committed to meet each of the ACNC's Governance Standards and each of the ASX Recommendations which are deemed to be appropriate for a charitable not for profit organisation such as Youth Live4Life. Our Corporate Governance Statement is available on our [website](#).

## Uluru Statement from the Heart – Acknowledgement

We acknowledge the Traditional Custodians of all the lands on which Youth Live4Life operates, and we recognise their continuing connection to the land and waters, and thank them for protecting this land and its ecosystems since time immemorial. We acknowledge that they never ceded sovereignty and we pay our respects to Elders; past, present and emerging.

We accept the invitation contained in the Uluru Statement from the Heart to walk together with Aboriginal and Torres Strait Islander peoples in a movement of the Australian people for a better future.



## What is Success for Live4Life

We define success when there is a sustainable, community-led delivery of Live4Life with remote support from Youth Live4Life.

Communities will experience the following longer-term outcomes:

- There are fewer episodes of mental illness experienced by young people.
- Mental illness experienced by young people is short-lived (interventions occur earlier).
- Communities are more resilient to address community mental health problems.
- Young people and their families know where to access mental health support.
- There is an increase in mental health literacy across the community.
- There is a reduction in youth suicide over time.

Live4Life is not just about delivering mental health training. It is a whole-of-community response to youth mental health and suicide prevention with a long-term change agenda.

Together we can shift this problem.





## Looking Ahead

**Sadly, mental health remains the number one concern of young people in Australia. The Royal Commission into Victoria's Mental Health System noted that:**

- Australia's suicide rate is 40% higher in rural communities than metropolitan areas.
- Self-harm is 30% higher in rural areas.
- Anxiety and depression are more prevalent in rural areas.
- 63% of young people living in rural and regional communities attempting to access mental health services are unable to access a service.

Despite these stark figures, we still see inadequate investment in evidence-based preventative initiatives. There are also significant gaps in support and services for rural communities. Live4Life continues to plug these gaps, playing an important role in empowering rural and regional communities to better support young people.

We are actively engaged with the Victorian Department of Health's Mental Health and Wellbeing Division as they implement the recommendations from the Royal Commission. This has included making submissions to the Suicide Prevention and Response Strategy and the Statewide Wellbeing Plan, and other consultation opportunities. We continue to advocate on both a state and national level for the needs of young people living in rural and regional communities so they have the opportunity to live full lives.

Alongside extending our reach, we continue to build our evidence base. In addition to the ALIVE research project mentioned earlier, as a Social Impact Partner of Future Generations Global, we will be participating with 13 other organisations in an impact measurement framework over the next three years.

As we enter 2023, I am reminded of a quote from a Year 8 student after participating in Live4Life:

“**People are kinder to one another ever since.**”

Kindness has an essential place in human lives. Kindness is shown through connections. Live4Life builds connections in communities – connections among young people, connections among adults, connections among organisations — a model where the young person is at the heart of all we do. In addition to building connections, improving the mental health and wellbeing of young people, reducing suicide, we are also able to encourage kindness ... the future is bright.

**Bernard Galbally CEO.**



# Thanks

## Supporters

Alcohol and Drug Foundation  
ANZ Foundation  
Australia Communities Foundation  
Australian Government  
Calvert-Jones Foundation  
Commonwealth Bank Staff Foundation  
CWA Woodend Eves  
FRRR  
Future Generations Global  
Gourlay Charitable Trust  
IOOF Foundation  
Kyneton Court Fund  
Macedon Ranges Rotary Club  
Myer Foundation  
Netwealth  
Newsboys Foundation  
RACV  
Scanlon Foundation  
State Trustees Foundation  
SVP Melbourne  
The Funding Network  
The Jack Brockhoff Foundation  
Vic Health  
Victorian Government  
Western Victoria PHN  
Wheelton Foundation  
Windarra Foundation

## Friends4Life

Brian Nankervis  
CNG Systems  
Concord Music Publishing ANZ  
Furphy Pickering Household  
George Weston Foods Limited  
Portland Aluminium

## ProBono Supporters

Arnold Bloch Leibler  
Büro of Ideas  
Love Police ATM  
RRR  
Shout Out Loud Print  
George Weston Foods Limited  
Portland Aluminium



“One of the greatest highlights was the pride and commitment that the Benalla Live4Life Crew developed from attending the Camp.”

LEAD AGENCY REPRESENTATION

“Youth mental health is something very close to my heart. It’s something very personal to me, to be able to help raise funds for this makes me feel like I’m helping others. It’s a very important cause.”

EMILY, TEAM CHEETOS, LAP IT UP

“I feel like I can notice how people are feeling, not just see what they are doing and judge them on this.”

YEAR 8 PARTICIPANT



Youth Live4Life Ltd

ACN 638 122 648

# Financial Report

FOR THE YEAR ENDED 31 DECEMBER 2022

# Financial Report Contents

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## PROFIT AND LOSS STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

INCOME	\$ 2022	\$ 2021
	For 12 month period	For 18 month period
Interest received	518	218
Government	329,334	293,500
Corporate	31,343	21,000
Events	103,845	-
Donations	84,418	71,660
Philanthropic	758,793	285,789
Grant income received in advance	-	235,746
Merchandise	21,306	12,051
Fee for Service	343	35,635
Other	-	19,828
	<b>1,329,900</b>	<b>975,427</b>
LESS EXPENDITURE	\$ 2022	\$ 2021
Accounting	18,918	13,908
Admin & Program Delivery	237,402	159,066
Communications & Marketing	76,985	134,121
Fundraising	100,672	87,125
Staff	679,799	655,070
	<b>1,113,776</b>	<b>1,049,290</b>
<b>NET OPERATING PROFIT (LOSS)</b>	<b>216,124</b>	<b>(73,864)</b>
RETAINED PROFITS AT THE BEGINNING OF THE FINANCIAL YEAR	14,239	88,103
<b>TOTAL AVAILABLE FOR APPROPRIATION</b>	<b>230,363</b>	<b>14,239</b>
<b>RETAINED PROFITS AT THE END OF THE FINANCIAL YEAR</b>	<b>230,363</b>	<b>14,239</b>

The accompanying notes form part of these financial statements.

## BALANCE SHEET AS AT 31 DECEMBER 2022

ASSETS	NOTES	\$ 2022	\$ 2021
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	2	1,181,672	436,471
Trade and other receivables	3	273	2,273
Other assets	4	8,700	4,897
<b>TOTAL CURRENT ASSETS</b>		<b>1,190,645</b>	<b>443,641</b>
<b>NON-CURRENT ASSETS</b>			
Trade and other receivables	3	1,433	1,432
Property, plant and equipment	5	35,450	24,758
<b>TOTAL NON-CURRENT ASSETS</b>		<b>36,883</b>	<b>26,190</b>
<b>TOTAL ASSETS</b>		<b>1,227,528</b>	<b>469,831</b>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and other payables	6	47,362	41,595
Provisions	7	39,916	23,843
Other	8	909,887	390,154
<b>TOTAL CURRENT LIABILITIES</b>		<b>997,165</b>	<b>455,592</b>
<b>TOTAL LIABILITIES</b>		<b>997,165</b>	<b>455,592</b>
<b>NET ASSETS</b>		<b>230,363</b>	<b>14,239</b>
<b>EQUITY</b>			
Retained earnings		230,363	14,239
<b>TOTAL EQUITY</b>		<b>230,363</b>	<b>14,239</b>

The accompanying notes form part of these financial statements.

# NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

## 1 SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The financial statements cover Youth Live4Life Ltd as an individual entity. Youth Live4Life Ltd is a not-for-profit entity incorporated in Victoria under the Corporations Act 2001 and reporting under the Australian Charities and Not-for-profits Commission Act 2012 (the Act).

The directors have prepared the financial statements on the basis that the company is a non-reporting entity because there are no users dependent on general purpose financial statements. The financial statements are therefore special purpose financial statements that have been prepared in order to meet the needs of the members and the reporting requirements of the Act.

The financial statements have been prepared in accordance with the disclosure requirements of AASB 101 Presentation of Financial Statements, AASB 107 Statement of Cash Flows, AASB 108 Accounting Policies, Changes in Accounting Estimates and Errors, AASB 1048 Interpretation of Standards and AASB 1054 Australian Additional Disclosures. We have not assessed if the financial statements comply with all the recognition and measurement requirements of the Australian Accounting Standards. The accounting policies are consistent with prior reporting periods unless stated otherwise.

The financial statements have been prepared on an accruals basis and are based on historical costs unless otherwise stated in the notes. Significant accounting policies adopted in the preparation of these financial statements are as follows:

### (a) Income Tax

No provision for income tax has been raised as the entity is exempt under Division 50 of the Income Tax Assessment Act 1997.

### (b) Property, Plant and Equipment

Each class of property, plant and equipment is carried at cost less, where applicable, any accumulated depreciation and impairment.

### (c) Depreciation

Plant and equipment, including buildings where applicable, is depreciated over the asset's useful life commencing from the time when each asset is ready for use.

At the end of each annual reporting period, the depreciation method, useful life and residual value of each asset is reviewed. Any revisions are accounted for prospectively as a change in estimate.

### (d) Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities on the balance sheet.



# NOTES TO THE FINANCIAL STATEMENTS FOR 12 MONTHS ENDED 31 DECEMBER 2022

## **(e) Revenue and Other Income**

Interest revenue is allocated on a proportional basis to projects taking into account the interest rates applicable to the financial assets. All revenue is stated net of the amount of goods and services tax (GST), where applicable.

Revenue from grants is recognised upon fulfilment of the relevant performance obligations of the contract with the organisation. Performance obligations are fulfilled upon completion of a project specified in the contract at which point the transaction price is brought to account as revenue. The transaction price is the amount of consideration to which the entity expects to be entitled to in exchange for providing charitable services as defined in the contract. Revenue received for performance obligations not yet completed is deferred and shown as unearned revenue in the balance sheet. Grants that do not have any specific performance obligation attached to them are recognised as revenue when received.

For each contract, the entity:

- identifies the contract with the organisation;
- identifies the performance obligations in the contract;
- determines the transaction price which takes into account estimates of variable consideration and the time value of money;
- allocates the transaction price to the separate performance obligations, and;
- recognises revenue when or as each performance obligation is satisfied in a manner that depicts the completion of a project in line with the requirements of the contract.

## **(f) Goods and Services Tax (GST)**

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

## **(g) Changes to Reporting Period**

The company changed its financial year from 30 June to 31 December during last financial year. The comparatives are therefore for the 18 month period ended 31 December 2021 where the current period figures are for the 12 month period ended 31st December 2022.

## **(h) Economic Dependence**

The continued operations of Youth Live4Life Ltd are dependent upon receiving continued funding from government, as well as corporate and philanthropic sources. The financial statements have been prepared on a going concern basis as the receipt of this funding has been confirmed for the next 12 months.

## NOTES TO THE FINANCIAL STATEMENTS FOR 12 MONTHS ENDED 31 DECEMBER 2022

2	<b>CASH AND CASH EQUIVALENTS</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	Petty cash	39	39
	Cheque account	367,489	327,680
	Debit card account	6,616	1,564
	Savings account	807,528	107,188
		<b>1,181,672</b>	<b>436,471</b>
3	<b>TRADE AND OTHER RECEIVABLES</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	<b>CURRENT</b>		
	Voluntary withholding credits	273	273
	Pledges / Future monies receivable	-	2,000
		<b>273</b>	<b>2,273</b>
	<b>NON-CURRENT</b>		
	Rental bond	<b>1,433</b>	<b>1,432</b>
4	<b>OTHER ASSETS</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	<b>CURRENT</b>		
	Prepaid fundraising dinner	<b>8,700</b>	<b>4,897</b>
5	<b>PROPERTY, PLANT AND EQUIPMENT</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	Furniture and fittings	19,412	19,412
	Less accumulated depreciation	(6,174)	(2,665)
		13,238	16,747
	Computer equipment	33,533	6,361
	Less accumulated depreciation	(15,154)	(3,184)
		18,379	3,177
	Assets fully written off	10,544	6,403
	Less accumulated depreciation	(10,544)	(6,403)
		-	-
	Website development	5,000	5,000
	Less accumulated depreciation	(1,167)	(166)
		3,833	4,834
	<b>TOTAL PROPERTY, PLANT AND EQUIPMENT</b>	<b>35,450</b>	<b>24,758</b>
		3,833	
		35,450	

## NOTES TO THE FINANCIAL STATEMENTS FOR 12 MONTHS ENDED 31 DECEMBER 2022

<b>6</b>	<b>TRADE AND OTHER PAYABLES</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	<b>CURRENT</b>		
	Goods and services tax	24,320	20,678
	Sundry creditors	-	550
	Trade & other payables	677	1,075
	Superannuation payable	15,349	5,086
	PAYG withholding payable	7,016	14,679
	FBT - Salary packaging plus	-	(448)
	FBT - Salary packaging plus - Admin fee	-	(25)
		<b>47,362</b>	<b>41,595</b>

<b>7</b>	<b>PROVISIONS</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	<b>CURRENT</b>		
	Provision for annual leave	25,112	23,843
	Wages payable	14,804	-
		<b>39,916</b>	<b>23,843</b>

<b>8</b>	<b>OTHER LIABILITIES</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
	<b>CURRENT</b>		
	Grants in advance	909,887	390,154

*These notes are unaudited and should be read in conjunction with the attached compilation report.*

## STATEMENT OF CASH FLOWS FOR 12 MONTHS ENDED 31 DECEMBER 2022

<b>OPERATING ACTIVITIES</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
Receipts from Grants, Donations and Fundraising	1,829,467	1,076,284
Receipts from other Operating Activities	21,649	67,515
Interest received	518	218
Receipts from ATO	-	10,000
Payments for other Operating Activities	(1,075,121)	(992,375)
<b>NET CASH FLOWS FROM OPERATING ACTIVITIES</b>	<b>776,513</b>	<b>161,641</b>

<b>INVESTING ACTIVITIES</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
Payment plant, equipment and website development	(31,312)	(37,176)
<b>NET CASH FLOWS FROM INVESTING ACTIVITIES</b>	<b>(31,312)</b>	<b>(37,176)</b>

<b>NET CASH FLOWS</b>	<b>745,201</b>	<b>124,466</b>
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<b>CASH AND CASH EQUIVALENTS</b>	<b>\$ 2022</b>	<b>\$ 2021</b>
Cash and cash equivalents at beginning of period	436,471	312,005
Net change in cash for period	745,201	124,466
Cash and cash equivalents at end of period	1,181,672	436,471

## Directors' Declaration

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In accordance with the resolution of the Board of directors of Youth Live4Life Ltd, the directors of the company declare that:

1. The company is not publicly accountable nor a reporting entity;
2. The financial statements and notes are in accordance with the Australian Charities and Not-for-profits Commission Act including;
  - (i) giving a true and fair view of the financial position of the company as at 31 December 2022 and of its performance as represented by the results of its operations for the financial year ended on that date in accordance with the statement of significant accounting policies described in Note 1.
  - (ii) complying with Australian Accounting Standards to the extent described in Note 1 and the Australian Charities and Not-for-profits Commission Regulation 2013; and
3. In the directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Dated 30 March 2023

*Robyn Hunter*

**Robyn Hunter**  
Chair  
Youth Live4Life Ltd.

*Andrew Wilson-Annan*

**Andrew Wilson-Annan**  
Director and Chair of the Finance,  
Audit and Risk Management  
Committee

## INDEPENDENT AUDIT REPORT TO THE MEMBERS OF YOUTH LIVE4LIFE LTD

### Opinion

We have audited the accompanying financial report, being a special purpose financial report of Youth Live4Life Ltd (The Entity), which comprises the balance sheet as at 31 December 2022, profit and loss statement and the statement of cash flows for the year then ended, notes to the financial statements and the director's declaration.

In our opinion the financial report of Youth Live4Life Ltd has been prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act), including:

- giving a true and fair view of the Entity's financial position as at 31 December 2022 and of its financial performance and its cash flows for the year ended; and
- complying with Australian Accounting Standards to the extent described in Note 1, and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2013.

### Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the auditor independence requirements of the Australian Charities and Not-for-profits Commission Act 2012 and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Emphasis of Matter - Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the Entity's financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

### Responsibilities of Management and Those Charged with Governance

The responsible entities of the Entity are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of the ACNC Act and the needs of the members. The responsible entities' responsibility also includes such internal control as the responsible entities determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the responsible entities are responsible for assessing the Entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the responsible entities either intend to liquidate the Entity or to cease operations, or have no realistic alternative but to do so.



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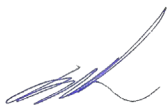
## Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with the Australian Auditing Standards, we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the directors regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Bernie Rohan

Director

BPR Audit Pty Ltd  
(Authorised Audit Company)  
Reg. No. 311673  
G03, 12-14 Cato Street  
Hawthorn East VIC 3123

Dated: Apr 4, 2023

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### AUDITOR'S INDEPENDENCE DECLARATION TO THE MEMBERS OF YOUTH LIVE4LIFE LTD

I declare that, to the best of my knowledge and belief, during the year ended 31 December 2022 there have been:

- a. no contraventions of the auditor independence requirements as set out in the *Australian Charities and not-for Profits Commission Act 2012* in relation to the audit; and
- b. no contraventions of any applicable code of professional conduct in relation to the audit.

Bernie Rohan  
Director

BPR Audit Pty Ltd  
(Authorised Audit Company)  
Reg. No. 311673  
G03, 12-14 Cato Street  
Hawthorn East VIC 3123

Dated: Apr 4, 2023



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