



TFN Live Events | Impact Report

Thank you for completing this Impact report so we can share with our network the outcomes of the project/program that you pitched at a TFN event. Please answer as accurately/comprehensively as possible, although we appreciate that you may not have exact answers to everything. If you raised funds after the event because of your pitch, we are keen to know about your success as we track this information. To save and resume your report later, click the SAVE button at the bottom right of the page. When complete hit SUBMIT. Thank you.

1. Organisation name

4 Aussie Heroes Foundation Limited

2. Your name and position

Gerry Garard - Co-Founder, Director and Volunteer

3. Email address

gerry.garard@4aussieheroes.com.au

4. Date of the TFN event at which you presented

26/05/2021

5. Please outline the project/program and funding you pitched for at the TFN event.

We pitched for funding to allow us to conduct another 2 or 3 "Triumph over Trauma" live-in Programs.

e.g. We pitched to employ a Volunteer Coordinator for 2 days per week...

Impact of Funding

6. Please describe how the funding was used and the implementation of the project/program.

"Triumph over Trauma" Programs were able to be conducted in June and November 2021 and another in March 2022, with "Refresh" Programs for the June and November Programs being conducted 3 months thereafter. A further "Triumph over Trauma" Program was conducted in May 2022.

e.g. We employed our Volunteer Coordinator in month and he/she did...

7. Please describe the impact that the TFN funding has had on your organisation.

It allowed these Programs to proceed.

e.g. Having a dedicated Volunteer Coordinator has enabled us to increase the number of volunteers who support our program and to develop a more in-depth training program to support more young people...

8. How many people have been supported by programs or activities that were funded by the TFN donations?

51 Participants (plus their children indirectly) benefited from these Programs, and will continue to benefit for some time. The Community also benefits in many ways, especially by having healthier first responders.

e.g. 45 young people participated this year, which is 25% more than last year, thanks to the new Volunteer

Coordinator resourcing.

Also, consider and tell us about any indirect beneficiaries if you can.

9. Please tell us a short story about someone who has benefited from this funding.

The following is a Testimonial from one Participant.

“Dear Gerry and Staff of 4 Aussie Heroes,

I write to personally express my sincere appreciation to you Gerry, Katrina and all of your mental health presenters on ‘Triumph over Trauma’ for the quality of care and attention that you provided for me when attending your Program.

I am not ashamed to say that things were really tough for me leading up to my attendance at ‘Triumph over Trauma’ so much so that I found myself in serious contemplation about taking my own life.

You Gerry and Katrina without doubt, through your Program, saved my life!

Having spent many hours attending mental health practitioners in the past in an effort to deal with and treat my PTSD, the holistic support, care and guidance from Katrina, Monica, Jodi, Joanne, Courtney and Stephen were amongst the best treatment I have received. Their therapy and insight with such a sensitive approach and appropriate modalities gave me hope beyond ‘Triumph over Trauma’ so that I can continue on my healing road and therefore in the hope of improving my quality of life.

Thank you again, not only from myself, but from my family also for your caring, and providing me with tools moving forward that I can use on a daily basis to improve my quality of life while I continue to wrestle with my PTSD and associated depression.

Sincerely”

June 2021

e.g. Jacob is one of young boys who has been helped through our program... Please change any real names or identifying details.

Use of Funds and Evaluation

10. How much funding did you receive through the TFN event for your project/program?

\$31,681.00

11. Please provide a budget breakdown on how the funds raised at the TFN were used. If not all of the funding has been used, please explain why. We will follow up with you if the budget shows more than 10% has not been spent.

The Programs referred to above cost approximately \$92,000 predominantly for highly regarded and well qualified presenters/facilitators, mainly mental health professionals (\$), and Accommodation and Meals (\$).

e.g. Training - \$1500, New equipment - \$3000 etc

12. Describe if, and why, any of the funding was used differently from what you described in your original pitch/budget..

N/A

e.g. Due to Covid, it took about 6 months to employ the Volunteer Coordinator so some of the funding was redirected to....

13. What measures did you use to assess the impact?

We formally evaluate outcome measures for each Participant after their "Refresh" Program. Improvements from the 2021 Programs were extremely good.

e.g. We asked volunteers to complete a survey after they had been volunteering with us for 6 months etc..

14. Describe three ways that your organisation has changed in the past 12 months since the event. (You can also describe here how Covid-19 restrictions have impacted on and changed the way you work).

The Foundation as such has not changed very much in the past 12 months, but does become more widely known after each Program. There was a slight reduction in numbers of Program Participants due to COVID (and floods) related impacts on individuals.

e.g. We have grown in size, maintained funding levels, improved services, reduced staff, relocated, secured corporate sponsorship etc...

Please upload photos of the work supported with TFN funding.

Resized_20220518_083143.jpeg

Resized_20211107_091033.jpeg

Photograph.jpg

These will be published on our website and sent to donors.

Videos

If you have any videos, please provide link for downloading or sharing here (e.g. YouTube, Dropbox, Vimeo, WeTransfer)

Post Event- Additional Benefits

15. Over the past 12 months, how important was your affiliation with TFN to your organisation?

Important - We might have got to where we are now, but it would've been a lot harder without TFN

We do not make any claim on additional funding you've received. We simply want to keep track of the leverage effect of introductions made through TFN.

16. Do you feel that association with TFN has helped to increase your credibility with donors and the philanthropic sector?

Yes

17. Over the past 12 months, did you receive any goods in-kind and/or pro-bono services from anyone you met through TFN?

Yes, pro-bono services

We are keen to know about your successes. We track this information as part of our own TFN impact.

Please provide more detail

Equivalent of 5 days of professional services

TFN uses this information to track post-event impact. All information will be treated in the strictest confidence. Please estimate number of hours or days if pro bono time.

18. Has the TFN pitch coaching and mentoring helped you successfully secure funding from other sources after the TFN event?

Yes

Has the TFN pitch coaching and mentoring helped you successfully secure funding from other sources after the TFN event

Please provide more details

The process of preparing the TFN pitch has provided a good basis for the preparation of further pitches and provided consistency across messaging for the Foundation.

TFN uses this information to track the impact of our pitch coaching. All information will be treated in the strictest confidence.

19. What were some of the other benefits of participating in TFN? (tick all that apply)

- Pitch Coaching
- Access to a new network and supporter base
- A greater ability to articulate your proposition
- Being introduced to the TFN Alumni Program
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- Increased Visibility
- Greater self confidence
- Meeting other non-profits

Being a part of the Alumni Network

As part of the TFN Alumni Network we aim to offer you continuing support to build your capacity through offering connections, opportunities and professional development experiences. We are interested to know how effective this has been in the last 12 months.

20. Have you participated in any alumni activities (please tick all that apply)

- Kilfinan Australia Mentoring
- TFN Bulletins/Newsletters
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- TFN Workshops or events
- Pro bono legal or accounting advice via TFN

21. Have you been sent any relative opportunities that have helped you? Eg. Baker McKenzie Legal advice, McKinsey & Company Executive Professional Development Training, BDO Scholarship, Aus Post Mental Health Grants etc.

No

22. Have you connected or collaborated with any other TFN Alumni? If yes, has this resulted in anything beneficial?

N/A

Further Support

23. Please let us know two current pro-bono or in kind asks you have?

Advertising Agency

Director Specialising in Fundraising

*We will communicate these to our donor network but can not guarantee that it will be achieved.

24. Do you have any other comments or feedback on the TFN experience or funding process?

Only our sincere thanks for the experience and the funds raised. It has meant a lot to us, and resulted in a significant better quality of life for those unwell first responder and military personnel who were able to attend these Programs thank to TFN.