



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

Mindfull Aus Ltd

2. Your name and position

Matt Runnalls (CEO)

3. Email address

matt@mindfullaus.com.au

4. Date of the TFN event at which you presented

29/04/2020

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

Mindfull Aus Pitched to deliver on our Primary Program - Healthier Hearts & Lighter Minds into schools across regional parts of Victoria in 2020.

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

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

Unfortunately due to covid Mindfull Aus was unable to deliver on our funding due to the restrictions placed on schools and the absence of in-person events in 2020.

However, we are now well placed in 2021 to deliver on our Primary Program to schools far and wide. We currently have locked in 5 primary schools and over 1000+ students, paired with delivering on sessions to the parents of those students and teachers at the selected schools.

We will be matching the schools to make the program affordable, meanwhile maintaining value and interest.

Mindfull Aus provides the schools - information, resources, handbooks, emotional cue card sets and Self Care resources as part of the delivery.

When TFN enabled us to use portion of the funding to help support the organisation after the hurt of COVID-19 to the organisation, it enabled Mindfull Aus to continue to roll out our new governance and policies that were desperately in need of attention, while we weren't able to deliver on primary school programs our time in lockdown as an organisation was purposefully spent working on our structures behind the scenes so that come post lockdown Mindfull Aus was in a great place to deliver on the demand of the community. Without the TFN Funding, this would of proved a really difficult time for Mindfull Aus.

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.

The funding that was provided to Mindfull Aus following our pitch will enable us to have the security to focus on delivery in our primary school focused programs, it also gives us the opportunity to meet schools where they are and help support them to ensure young champions dont miss out on wonderful information and opportunities.

This funding has also enabled Mindfull Aus the freedom to then focus on other areas of sustainability to ensure all services and programs find the required support to continue to meet the demand of the community.

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?

In the upcoming months now that we are aloud back working with primary schools post lockdown, our primary program has so far locked in 1000+ primary school students aged 4-12 and over 500 parents and teachers through our facilitation.

In 2019 we delivered our program to 500 students, as we look to double our impact and outcomes for 2021.

This has a direct ripple effect of 3 people per 1 person put through our facilitation of services, the impact of this is quite incredible.

** Mindfull Aus is also working with Melbourne University and 180 DC to evaluate the effectiveness of our program to look at the effectiveness moving forward.

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.

N/A will provide plenty of this once delivered program.

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

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

\$63,000.00

11. Please provide a budget breakdown on how the funds raised at the TFN were used.

So far without program development.

\$574.20 - Emotional Cue Card Sets - printing of resources

\$9680.00 - DEFT Legal - Governance Frameworks

\$4,400.00 - DEFT Legal - Policies & Procedures Review.

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.

Due to covid, our income streams were non existent, really hurting the organisation with a decrease of 60%.

Mindfull Aus used 13k of our TFN Funding to update and review our constitution, governance frameworks and policies as planned, however not having our usual income streams we turned to our TFN Funding to provide these to be in a greater position post covid, to deliver on our programs and services.

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?

NA- Just Yet.

We are working with Melbourne Uni and 180 DC to evaluate the program effectiveness.
Pre-Post Surveys and randomised controlled trials.

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).

We are very fortunate during Covid-19 to put on an Operations Manager to help with the bookings and administration that is required. This has provided great balance within the organisation that allows us to deliver on other elements of the organisation.

Mindfull Aus has taken the time to redevelop the website during this time, including our downloadable information, resources and service guides and also finished our Emotional Cue Card sets and resources that will be available for primary education settings in the second half of 2021.

In the last 12 months we have taken our evidence based trainings online and delivered to over 230 people with incredible results. These trainings are 3 year accreditations and help support the people in our children life to be best equipped in crisis situations or when mental health challenges arise.

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.

130721561_1765291100301049_3462346957716138623_n.jpg

116434282_1648510175312476_8106372212577075959_n.jpg

IMG_3704.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)

15. Over the past 12 months, did you receive any additional financial support from anyone you met through TFN?

No

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

No

17. How important was TFN funding in helping you achieve your objectives this year?

We wouldn't have been able to achieve our objectives without TFN funding

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

Yes

{if
(_17HasTheTFNPitchCoachingAndMentoringHelpedYouSuccessfullySecureFundingFromOtherSourcesAfterTheTFNEvent = "Yes")}

Please provide more details

{PleaseProvideMoreDetails}

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

{ end if }

19. What were some of the other benefits of participating in TFN?

We have met some amazing people who watched our pitched an stayed in contact with them.

e.g. pitch coaching, access to a new supporter base, greater self confidence, a greater ability to articulate your proposition etc.

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

We would absolutely love to know who donated to us, we have been caught in several situations where people have met with us and mentioned that they support Mindfull Aus - without us knowing who they are or how they supported us which is quite embarrassing.

We would love to know who donate and how much, so that we can keep in contact with people who poured their heart into our work and impact.