There are thousands of young girls in Australia who need someone to stand up for them. Our SISTER2sister program is about using the power of community to finally break the cycle of trauma, offering hope and support to girls in this country who have fallen through the cracks or been left behind.

-Jessica Brown (Founder & CEO)
‘Little Sister’ Krystal suffered from bullying due to her weight, and this affected her education. She was also homeless during her early years. Upon joining the SISTER2sister program, she was paired with ‘Big Sister’ mentor Gina who showed her how to enjoy life, to try new things and most importantly how to set goals to achieve her dreams. Since graduating from the program, Krystal has become the primary carer for her mother, and is studying aged care, so she can provide more support for her mum. Gina is still a huge influence in Krystal’s life, providing guidance and support.

It gives me great pleasure to introduce the Life Changing Experience Foundation’s Annual Report, which sets out what the Foundation has achieved in the past year, together with some of our future plans.

2014 has been a busy and rewarding year. The Foundation and our fantastic team has received well deserved awards and recognition, acknowledging the valuable part we play in changing the lives of at-risk teenage girls.

Our Program Co-ordinator, Marnee May, was a finalist for the Pride of Australia Award acknowledging her remarkable contribution to the girls we work with. Further, the Foundation received recognition in the Social Impact Awards. Finally, I was delighted to be acknowledged by the Centre for Volunteering as the Corporate Volunteer of the Year. All of this recognition truly emphasizes the wonderful value the Foundation provides to young women who need our support.

The economic environment continues to be challenging, so it is particularly encouraging to see that the benefits that we provide to the wider society are still being recognised and supported by our sponsors and a range of other funding bodies.

We have again been generously supported by NIVEA as our primary sponsor for the SISTER2sister program, and have also been supported by companies and Foundations such as the Qantas Foundation, Jetstar, Commonwealth Bank, Symantec and many more. We are continually grateful for those organisations who provide the much needed funds to allow us to extend our reach and assist more young women.

We also celebrated our 10 Year birthday for the SISTER2sister program in September, with a reunion to reconnect with our former Big & Little Sisters who have taken the life changing journey with us so far. It was heart-warming to see so many good news stories, as well as the ongoing connection that many Little Sisters still have with their Big Sisters.

This years group of Little Sisters have been through their amazing development experience, and we are pleased at the transformations we have seen so far.

For the next year, we aim to expand our mentoring program into another state. With our aspiration and hope to leverage the success of the SISTER2sister program so we can assist more at-risk teenagers in Melbourne, to break the cycle of poverty, neglect and abuse, and to work towards better lives for themselves and their families.

During the year, we welcomed new Board members, Clynton, Beth and Amanda (See page 21). Our Board has continued to provide guidance, support and oversight and I feel confident we have the building blocks in place to ensure our expansion is well managed.

Finally, I would like to express our gratitude and appreciation to our team, our dedicated volunteers, and my fellow Directors for their continuing hard work, energy and enthusiasm. Without the tireless efforts of our Big Sisters, Team Leaders, our psychologists and other volunteers we would not be able to provide such a valuable, service to teenage girls who have such need of our support.

Kate Boyle
Chair
Life Changing Experiences Foundation Ltd
Our year

Qantas Foundation became a partner in 2014, with their philosophy “Creating life-changing experiences for the next generation of Australians”, echoing our own Foundation position. This culminated with our participation and charity partner for the OzHarvest CEO Cook Off, where our lucky Little Sisters helped CEO’s and Australia’s celebrity chefs to cook incredible meals.

Congratulations to our Chair, Kate Boyle for winning NSW Corporate Individual Volunteer of the Year Award for The Centre for Volunteering. This award recognises volunteers who are sponsored by their employers and are released from employment to carry out volunteer activities.

We are very proud to have been selected as a finalist in the Criterion Impact Measurement Awards. For achievements in Impact Measurement by a small Not-for-Profit.

We are thrilled to commence a long-term goal, to expand our SISTER2sister program into another state. We can confirm that the program will be operating in Melbourne for the Wyndham City in 2016.

Congratulations to Marnee May, our Program Coordinator, for being a finalist for the Pride Of Australia NSW Inspiration Medal. For recognition as a role model whose compassion and wisdom while coaching and mentoring our youth has been truly inspiring.

We are excited to announce our partnership with Jetstar. The support from Jetstar is enabling the expansion of our SISTER2sister program into Melbourne, providing support for on-the-ground research and planning.

We are extremely proud to continue our partnership with Bauer Magazines from 2013, who have helped us to improve our reach to many more supporters with their amazing portfolio of magazines (Woman’s Day, Cleo, Cosmopolitan, OK).

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Continuing our partnership with the Wests Tigers from 2012. Thanks to co-sponsor Kris Gale from Michael Associates, with our in-stadium and on-field branding at their home games.

Step Up For Sisterhood
Continuing our national fundraising campaign in 2014, supporters were encouraged to wear their statement shoes and make a stand to help stamp out abuse and neglect. The campaign ran from 17-21 November to raise much needed funds for the SISTER2sister program.

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The SISTER2sister program targets teenage girls (12-18) who are ‘at risk’ due to a direct result of trauma, parents in jail, with an addiction or mental illness, bereavement, poverty, abuse, neglect, homelessness, sickness/disability, family breakdown, etc. This includes girls from all nationalities, religions and socio-economic groups. We accept girls who are in foster care, the minister’s care, women’s refuges including young women who are expectant mothers, refuges for homeless young women, the juvenile justice system and young women who are in specific housing programs that accommodate mentally ill youth.

Who we help

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Our Purpose

To empower vulnerable teenage girls to make positive life choices for a better future

Our Vision

We grow Australia’s most marginalised girls into strong, independent women capable of taking their place in the world.

Our Mission

- Implement our programs throughout Australia.
- Achieve total self-sustainability to effectively support all our programs through innovative fundraising strategies and community involvement opportunities.
- Provide beneficiaries with ongoing opportunities to develop their skills and gain work experience.
- Deliver programs that are credible and through them make a difference to Australian youth and their respective communities.

Our Objectives

- Operate for the public benefit, in a charitable and benevolent way, by having disadvantaged young people at risk of abuse and neglect participate in a range of mentoring programs;
- Offer mentoring programs and opportunities within the community specifically designed to educate our at risk youth and give them valuable positive life skills, independent living resources, risk management strategies and appropriate role models to nurture high self-esteem in Australian ‘at risk’ youth;
- Break the cycle of neglect, abuse, poverty and suffering of Australian ‘at risk’ youth by helping them to increase their belief in themselves and encouraging them to take themselves out of their present environments so they can make a difference to their lives;
- Give disadvantaged young individuals the opportunity to be temporarily taken out of their environment to participate in a once in a lifetime mentoring program; which will teach them how to achieve personal contentment and fulfillment;
- Provide disadvantaged youth with the chance to identify and explore their talents and learn how to utilise these talents to enhance their lives and be active contributing members of their community;
- Teach our disadvantaged youth strategies to deal with the emotional and physical trauma of the past, equip them with skills to master life’s challenges and guide them on the path to transforming their lives;
- Show young ‘at risk’ individuals how to facilitate purposeful change and personal growth by implementing self-help strategies to overcome obstacles, draw on existing strengths and monitor progress.
The SISTER2sister program is a unique year long mentoring & risk management program designed to empower ‘at risk’ teenage girls to turn their troubled lives around. It is an early intervention program that addresses the deeply entrenched intergenerational problems in our disadvantaged youth, and focuses on the core underlying issues, starting with the lack of a stable positive role model.

The aim of the SISTER2sister program is to break the generational cycle of suffering by helping at risk teenage girls to make better choices for a positive future and to equip them with skills for mastering life’s challenges.

Each of the girls in the program is assigned a Big Sister mentor as a positive female role model to provide support, guidance and advice throughout the program. Big Sister mentors attend a comprehensive two day training course which equips them with the requisite skills and information to ensure that they can handle the various issues which may arise.

Big Sisters and Little Sisters are then matched with factors taken into consideration including personality, location, hobbies and age.

The formal program commences in April with a four day Butterfly Boot camp, where the Little Sisters meet their Big Sister mentors and together attend various risk management seminars to learn the necessary skills for survival and coping in difficult circumstances together with team building workshops to challenge the girls and encourage them to work together towards goals.

The Program continues from April to November with monthly risk management workshops, “Life Changing Experiences” to provide rewarding and unforgettable experiences and to boost the girls’ confidence and self-esteem and valuable one on one time with their Big Sister.

Topics covered at the Boot Camp and monthly workshops include:
- self-defense
- keeping out of harm’s way
- dealing with depression
- body image/eating disorders
- self-harm
- grief and loss
- healthy body healthy mind
- cooking healthy meals on a tight budget
- fitness
- anger management
- resilience
- goal setting
- job interview skills and resume writing
- goal setting
- tapping potential
- and much more.

The objective of all workshop sessions are closely linked to Maslow’s Hierarchy of Human needs. Girls are encouraged to get out of their comfort zones and set goals they never dreamed that they could achieve (e.g. complete their HSC, go to university or travel). With increased confidence and the support of their Big Sister mentor the girls begin to take on new challenges which in turn increase confidence. At monthly sessions each girl in turn shares her progress with her personal goals and the group shows their support.

During the program Big Sisters meet once a month with Team Leaders and psychologists to discuss the progress of their Little Sister. Big Sisters provide a monthly written report on their Little Sister to the Team Leader. Issues are discussed and Big Sisters are supported with professional advice from the psychologists.

At the conclusion of the program in late November, there is a Graduation Ceremony to celebrate completion of the SISTER2sister program. Parents, carers and sponsors are invited to attend. Little Sisters speak about their experiences and receive their graduation certificate.

Unlike many mentor programs the SISTER2sister program continues to support graduates (as needed) even after the girls have graduated.

In addition to the SISTER2sister program, participants and graduates of the program have access to our Butterfly Opportunity Program which offers mathematics/IT scholarships, work experience, apprenticeships, employment and much more.

Girls also have access to our Butterfly Support program which is a wraparound service linking girls in to additional support services in the community as needed e.g. emergency accommodation, legal aid and counseling services.

Big and Little Sisters graduates stay in regular contact with Life Changing Experiences Foundation. We have a very strong “Sisterhood” alumni with many Big and Little Sister graduates continuing to support the Foundation by attending fundraising events and raising awareness in the wider community.

The SISTER2sister program has changed the lives of over 400 girls. We anticipate that our Little Sisters will blossom and emerge as Big Sister mentors, positively contributing to the community and providing further significant evidence that this program is truly “Life Changing.”

A recent focus study of SISTER2sister graduates over the past 9 years found that 95% of Big Sister mentors still to this day continue to support their Little Sister mentees; therefore the SISTER2sister is forging life long bonds.

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At the tender age of 12, ‘Little Sister’ Aiesha tragically lost her mother to terminal illness, and her father was not present in her life. Her school counsellor nominated her for the SISTER2sister program, which proved to be life changing. Aiesha was matched with ‘Big Sister’ mentor Kristen, who helped her through life’s obstacles and continues to support her 3 years on.

WHO THE SISTER2SISTER PROGRAM HELPS

The primary cause being addressed are teenage girls at risk of neglect and/or physical, sexual, emotional abuse, circumstances of poverty, cultural isolation, disability, exposure to substance abuse and/or terminal illness among other issues. Also addressed, is a lack of a positive role model, the inability to envisage a life outside their present circumstances, and the lack of motivation/inspiration enabling them to learn new skills, overcome obstacles and thus break the cycle.

According to the Australian Childhood Foundation-Child Abuse Prevention Research Australia, the consequences of child abuse and neglect can be long term and severe, with physical and mental illness, substance misuse, teen pregnancy, debilitated social functioning, evidence of developmental delay and impairment, cognitive and neurological impairment, low academic achievement, delinquency and adult criminal behaviour, subsequent victimisation of their own children and premature death. Parents or other care givers who live in a family where there is intimate partner violence or who experience mental illness, drug and alcohol addiction or other contextual stressors with less social support mechanisms are more likely to abuse and neglect their children.

The Australian government’s Social Inclusion policy based on the Tony Vinson research on disadvantage in Australia compiled in the book ‘Dropping Off The Edge’ highlights the need to provide youth around Australia with access to opportunities to reengage them into mainstream society and ensure they are equipped with the skills to be positively contributing members in their respective communities.

87% of participants have experienced sexual, physical, emotional abuse or neglect with basic needs not met
100% come from broken families, live in care or have adult responsibilities
50% have witnessed violent crime or been a refugee
28% are close to family with terminal illness or parental drug and alcohol abuse
42% have suffered major loss or experienced depression or bullying
41% have attempted suicide and/or self-harm regularly

These are the actual statistics of the girls who have been nominated for the SISTER2sister program over the past 10 years, supporting the huge need for the SISTER2sister program.

1 www.whiteribbon.org.au
2 www.aifs.gov.au
3 www.bravehearts.org.au

Child abuse and neglect is one of Australia’s most significant social problems.

- As many as 1 in 4 young children are considered ‘at risk’. ¹
- Last year over 48,000 Australian children were proven to be abused or neglected.²
- Young girls in Australia are particularly vulnerable, and are two to three times more likely to be abused than boys.³
I'm not sure if I have the power to make the whole world a better place on my own, but I believe that SISTER2sister has helped me make a real difference in one young person's life. Imagine what a great world this would be if we could all say that! – Kristen (Big Sister)

SISTER2sister is a year-long mentoring initiative that empowers Australia’s marginalized teenage girls aged between 12 and 18 who are at risk. Matched with Big Sister role models, the program provides the girls and their mentors with the skills and confidence to create the future of their dreams.

To support and nurture our underprivileged and disadvantaged youth by breaking the cycle of suffering and experience as a result of abuse, neglect and various trauma and reversing the detrimental effects of low self-esteem by teaching them vital tools to make positive life choices and show them a better path in life.

SISTER2sister is a 501(c)(3) organization. Your donation is fully tax-deductible to the extent allowed by law.
Little Sister Nicole experienced a multitude of trauma that a young person should not have to endure. From domestic violence, sexual assault, her father's death, her own medical condition and becoming sole guardian of her younger sister, Her focus is now on her future, to become a paediatric doctor or midwife.

Her dream is to change the lives of 400 girls over the past 11 years. The SISTER2sister program has already helped change the lives of 400 girls over the past 11 years. Each year, the SISTER2sister program has seen a marked improvement in the lives of the girls it supports. The program has directly helped 1,000 girls each year and provides a mentoring and resilience program for Australian women.

The duo were joined by part time Welfare Manager and counsellor Linda Beuzeville in 2013 who oversees the Butterflies Support Service. She is the NSW Volunteer of the Year Award in 2012. In 2011, Jessica and Marnee co-produced a cook book called "Cooked With Love-Recipes My Mother Taught Me" to make funds for the Foundation, and most recently Marnee paved her way as an emerging young cook herself with The Foundation's biggest and most outstanding achievements.

The Foundation's success. The Foundation has won numerous prestigious awards including the City of Sydney Business Awards-Community and Social Services category 2011, 2013, 2015 and the NAPCAN Play Your Part Award for Outstanding Initiative in 2013. In 2011, Jessica and Marnee co-produced a book called "Cooked With Love-Recipes My Mother Taught Me" to make funds for the Foundation, and most recently Marnee paved her way as an emerging young cook herself with

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Despite being an award winning organisation, the Foundation has won numerous prestigious awards including the City of Sydney Business Awards-Community and Social Services category 2011, 2013, 2015 and the NAPCAN Play Your Part Award for Outstanding Initiative in 2013. In 2011, Jessica and Marnee co-produced a book called "Cooked With Love-Recipes My Mother Taught Me" to make funds for the Foundation, and most recently Marnee paved her way as an emerging young cook herself with The Foundation's biggest and most outstanding achievements.

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In December, Jessica received news to say she was successful in her bid for Federal Funding for three years. The Foundation also successfully achieved DGR* status.

In 2007, the Foundation ran its 4th successful SISTER2sister program with 50 girls. Funding was achieved again with The Life Changing Ball. Patron Jacinta wrote ‘Some Girls Do’ with part proceeds going to SISTER2sister. The Foundation outgrew its shared office and moved to its first independent office in Surry Hills. Jessica was runner-up of the National Leadership Achievement Award for Women with the Australian Centre for Leadership Women. Jessica won the Marly Daily Centenary Medal for Outstanding Service to Education (Jessica was the youngest ever medal winner).

In 2009, SISTER2sister taught me the importance of learning to love yourself and how we can overcome a number of challenges we face as young women... - Rachael (Little Sister)

2003
Jessica Brown founded Life Changing Experiences Foundation while teaching. Life Changing Experience Foundation’s first office was a garden shed.

2004
Jessica ran her first pilot program of SISTER2sister with just 16 girls which was successful. She funded the program herself from her teaching wage and presented at Rotary meetings most nights to beg for donations. Jessica applied for DGR* status so the charity could apply for corporate funding. ABC Statitude featured a documentary on the Foundation and Jessica was inundated with people wanting to help. Jacinta Tyran joined as patron of the Foundation.

2005
With volunteers ready to go, Jessica lobbied relentlessly in Parliament House in Canberra to obtain government funding whilst still teaching. She formed a fundraising committee and in nine weeks the Foundation put on its first fundraising ball which funded the second SISTER2sister program for 40 girls which was a huge success.

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2006
Jessica left teaching to fully immerse herself in the Foundation, employed a full-time assistant and moved into a shared office space. The Major fundraising Life Changing Ball attracted 500+ guests and was a huge success and continued to do so for the next three years. Sarah Wilson and Bianca Dye joined the Foundation as ambassadors.

The Foundation ran its 4th successful SISTER2sister program with 50 girls. Funding was achieved again with The Life Changing Ball. Patron Jacinta wrote ‘Some Girls Do’ with part proceeds going to SISTER2sister. The Foundation outgrew its shared office and moved to its first independent office in Surry Hills. Jessica was runner-up of the National Leadership Achievement Award for Women with the Australian Centre for Leadership Women. Jessica won the Marly Daily Centenary Medal for Outstanding Service to Education (Jessica was the youngest ever medal winner).

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2008
The Foundation ran its 5th successful SISTER2sister program with 50 girls. Funding was achieved again with The Life Changing Ball. A very generous donor enabled the purchase of Gus the Butterfly Bus to transport our girls and equipment to SISTER2sister events. Natalie Bassingthwaighte and her sister Nicky became ambassadors for the Foundation and wrote a book called ‘Sisterhood’ with proceeds going to our charity. Jessica won the Zonta Women of Achievement Award.

2009
The Foundation ran its 5th successful SISTER2sister program with 50 girls. The SISTER2sister program ran a pilot program of SISTER2sister in Melbourne Victoria. Government funding dried up and we engaged our major corporate partner NIVEA. Disaster struck and GFC hit, Corporate donations drastically reduced. The Foundation was unable to continue the Melbourne program due to lack of funds.

2010
The Foundation ran its 6th successful SISTER2sister program with 50 girls. The SISTER2sister program ran a pilot program of SISTER2sister in Melbourne Victoria. Government funding dried up and we engaged our major corporate partner NIVEA. Disaster struck and GFC hit, Corporate donations drastically reduced. The Foundation was unable to continue the Melbourne program due to lack of funds.

2011
LCEF celebrated 5 years! The Foundation ran its 4th successful SISTER2sister program with 50 girls. Funding was achieved again with The Life Changing Ball. Patron Jacinta wrote ‘Some Girls Do’ with part proceeds going to SISTER2sister. The Foundation outgrew its shared office and moved to its first independent office in Surry Hills. Jessica was runner-up of the National Leadership Achievement Award for Women with the Australian Centre for Leadership Women. Jessica won the Marly Daily Centenary Medal for Outstanding Service to Education (Jessica was the youngest ever medal winner).

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2012
The Foundation ran its 7th successful SISTER2sister program in partnership with NIVEA. The SISTER2sister Team Leaders won a Team Volunteering Award with the NSW Volunteer for the Year Awards.

2013
The Foundation ran its 10th successful SISTER2sister program in partnership with NIVEA. The Foundation launched the inaugural Step Up for SISTERHOOD Day, a national fundraising campaign. Linda Beuzeville joined as a part time employee to oversee the welfare of the girls in the program. Kate Boyle appointed as new Chairperson of the Foundation. Tracey Spicer joined the Foundation as an ambassador. LCEF won a national NAPCAN Play Your Part Award for Outstanding Prevention Initiative. Jessica won the Citizen of the Year with the Western City Council Citizens Awards. Jessica won the NSW Woman of the Year Award – People’s Choice Community Hero.

2014
10 year reunion of SISTER2sister took place. The Foundation won (from over 1000 charities in NSW) funding from Jetstar which provided seed funding to roll the SISTER2sister program out to Melbourne in 2016. Crucial funding was raised from Step Up for SISTERHOOD Week. The Foundation ran its 11th successful SISTER2sister program in partnership with NIVEA. Chairperson Kate Boyle won the Corporate Volunteering Category in the 2014 NSW Volunteer of the Year Awards. LCEF were finalists in the Criterion Impact Measurement Awards for achievements in Impact Measurement by a small Not-for-Profit.
Following the suicide deaths of her two best friends, ‘Little Sister’ Pauline found solace in drugs, alcohol and was also self-harming. Meeting her ‘Big Sister’ mentor Natalie, turned her life around and helped Pauline to find the brighter side of life. Since graduating from the SISTER2sister program, she has completed two TAFE courses and now helps others, working at a school for children with disabilities.

I see firsthand the challenges that the SISTER2sister team go through to support the girls they support. They step in at points when everyone else in a girl’s life isn’t there, and for those girls they are an absolute lifeline.

- Lorraine (Big Sister)

Jessica Brown has worked with disadvantaged youth for more than 20 years. She officially founded Life Changing Experiences in 2003. The SISTER2sister program is the core initiative of the Foundation. It is a year-long mentoring and resilience program which matches marginalised girls with professional women from the community. This early intervention program is designed to break the cycle of deeply entrenched intergenerational social issues, with the long term goal of building a better future for the next generation.

So far she has raised close to $6,000,000 for the Foundation and for the past decade has managed to achieve incredible results through the SISTER2sister program with just two full time staff.

Marnee is the SISTER2sister program Co-ordinator at Life Changing Experiences Foundation. Running the year long mentoring program for disadvantage teenage girls from across the Sydney metropolitan area and surrounds, Marnee originally studied Fashion Design and Technology at Ultimo Tafe.

A change of circumstances created an opportunity to join the Life Changing Experiences team in 2009 as an office administration assistant, progressing into her current role over the past 5 years. Marnee has an active role in all areas of the Foundation, from program planning and facilitating, recruitment and training mentors and managing logistics across both the program and Foundation.

As well as being fortunate to work with hundreds of volunteers and the SISTER2sister beneficiary’s, Marnee has been part of successful fundraising initiatives such co-editing the Foundation Cookbook ‘Cooked with Love’ and fundraising events such as Step Up for SISTERHOOD Week.

Marnee is passionate about working with youth and providing them with the tools, encouragement and opportunities to make positive life choices. Marnee has been recognised for the work she has done at Life Changing Experiences Foundation by receiving nominations for the Hesta Community Sector Award, under the Organisation category and was awarded as NSW finalist in the Inspiration category for the Pride of Australia Award.

Linda is a qualified and registered counsellor, her path into working as a counsellor grew from her own life experiences and the desire to help others in the community. She worked at a private treatment centre in Sydney for mood disorders and addictions for many years alongside her private practice on the Northern Beaches. She also has over 20 years experience managing a construction business.

Linda initially came on board with Life Changing Experiences Foundation as a volunteer in 2009 and since 2013 has been employed part time as the Welfare Manager for the SISTER2sister program, overseeing the Little Sister’s welfare needs in the current program as well as liaising with Big Sisters throughout the year. In addition to the current year’s mentees, Linda manages the Butterfly Support Program, assisting the Little Sisters from previous years and their families. Linda is passionate about her work with the girls in the program and has seen firsthand, many times over, the impact the program can have on the girl’s lives.
Jessica Brown has worked with disadvantaged youth for more than 20 years. Jessica’s personal goal, to reach out and help alleviate the suffering of disadvantaged and marginalised youth, led her to form the Life Changing Experiences Foundation (LCEF) in September 2000.

Jessica’s career started with teaching music in secondary schools after completing a degree in music education at the University of New South Wales. Her 10 years teaching experience together with her unwavering devotion to her students in both private and public secondary schools, led her to many achievements, including the Foundation’s highly prestigious National Excellence in Teaching Award in 1998 for Excellence in Secondary School Teaching in NSF.

Jessica has passionately dedicated the past 20 years to teaching and mentoring youth and is an active advocate for children’s rights and their protection.

The SISTER2sister program is the core initiative of the Foundation. It is a year-long mentoring and resilience program which matches marginalised girls with professional role model women from the community. This early intervention program is designed to break the cycle of deeply entrenched inter-generational social issues, with the long term goal of building better futures for the next generations. Together with their mentors, girls attend intensive risk management courses to build resilience and marginalised youth.

So far Jessica has raised close to $6,000,000 for the Foundation and for the past decade has managed to achieve incredible results through the SISTER2sister program with only two full time staff.

“By helping one vulnerable girl at a time, we are positively changing the lives of future generations to come by turning walls into bridges”

- Jessica Brown (Founder)
Natalie is an Australian pop and dance recording artist, actress and television personality. Bassingthwaighte was born and raised in Wollongong, New South Wales, Australia. She rose to fame in 1998 when she began her television acting career on TV series, All Saints. She has since enjoyed a successful acting career, gaining commercial success for her role as Izzy Hoyland on popular Australian soap opera, Neighbours. Bassingthwaighte also took part in a number of other Australian television programmes, which include: Stupid, Stupid Man, Underbelly and the Australian film Prey.

Currently, Tracey works as an anchor for Sky News, radio, newspapers, magazines, and online media. During her 25-year career, she has anchored news, current affairs and lifestyle programs in Sydney, Melbourne and Brisbane. She is best known for presenting Channel 10’s national weekend and morning news services for 14 years.

Tracey has written, produced and presented documentaries for NGOs in Bangladesh, Kenya, Papua New Guinea, and India, and the National Breast Cancer Foundation in Australia.

Currently, Tracey is passionate about women’s rights, social justice, and equal opportunity. She is an inspiration to her peers in sport and to others in her business, school and personal lives.

She has written three books about eating disorders, including: ‘Why Can’t I Look the Way I Want? Overcoming Eating Issues’, which have helped thousands of people understand the dynamics of eating disorders from early warning signs through to the recovery process. Her fourth book ‘It Will Get Better; Finding Your Way Through Teen Issues’ aims to help teenagers find their way through the maze of emotions and challenges facing them today as well as providing a deeper level of awareness for parents and carers.

Having devoted several years to interviewing teens and young adults who have suffered through hardship, Melinda is attuned with the struggles young people face and believes that by increasing their knowledge and awareness, they will better be able to develop strategies to face and overcome challenging issues and recognise their enormous potential.
“I continue to be amazed and extremely inspired by the passion and unconditional support that Jessica, Marnee and Linda tirelessly provide for at risk teenage girls. I have been compelled to support and assist SISTER2sister since 2010, by helping out with fundraising projects, marketing campaigns, general office support and supervision at S2s outings. I wholeheartedly support the Life Changing Experiences Foundation (LCEF) philosophy ‘to empower vulnerable teenage girls to make positive life choices for a better future’.

My wish is to contribute in some small way, to help support and empower hundreds more Little Sisters make life changing journeys.”

- Andrea (Volunteer)

$10.00 a month
Will pay for a nutritious meal for a marginalised teenage girl at our monthly outing.

$30.00 a month
Will enable the recruitment and training of a Big Sister mentor for the year-long SISTER2sister program.

$50.00 a month
Will enable a marginalised teenage girl to attend the 4 day Butterfly Bootcamp which marks the beginning of the year-long SISTER2sister program.

$100.00 a month
Will enable a marginalised teenage girl to attend the monthly outings and workshops, and fund activities for the year-long mentoring program.

I am forever grateful I met my Big SISTER and had the chance to spend time with her. She taught me not to be afraid to be myself and to have fun with life. Also that life is worth living, and living to the fullest every day is so important.

- Danielle (Little Sister)
"Our brand is synonymous with care, so we support SISTER2sister because of the outstanding level of care that is taken to ensure every girl in the program has a chance to be her best."

- Clynton (Managing Director of Beiersdorf)
“I have been supporting LCEF for 5 years because I see them as providing an approach that offers long-term hope for the Little Sisters and long term satisfaction for their Big Sister equivalents.”

- Kris Gale (Balmain Tigers Sponsor)
“Agent99 PR has been supporting LCEF for over 8 years because we wholeheartedly believe in the program and its incredible achievements to date. I have seen firsthand the amazing change it has made in these young girls’ lives. And for the Agent99 team to be able to contribute in some small way, humbles us each and every year. Most of Agent99’s staff have worked on the account at one stage or another. The cultural benefit is immeasurable, as each member is able to see how their skill set isn’t just vital in a commercial setting, but that it ultimately changes people’s lives. This kind of pride in one’s work, money simply can’t buy. Our support is documented on a dedicated Agent99 PR website page, and the number of comments by potential clients and staff has been phenomenal. Agent99 has benefited tremendously both in terms of market positioning through this alignment, and in making invaluable business connections. Our support has paid off in too many ways to mention, and we will gladly continue that support as long as we are able to.”

- Sharon (Director Agent 99)
Only through the continued commitment and support of volunteers and organisations who value volunteers and what they can give of themselves can programs such as SISTER2sister be sustainable. It’s important to not only support the big charities but to look for what some of the others provide because there are some amazing people who run these programs with little or no recognition or expectation to be recognised that go above and beyond. We need to recognise and understand teenage girls and the hardships and challenges they can face in our communities especially those who have been vulnerable or placed at risk of violence, abuse or neglect in their earlier years. It really is an awesome stage of being a woman and to be able to share it with someone else as they go through it is just amazing.

- Gina (Big Sister)
### STATEMENT OF FINANCIAL POSITION
**AS AT 30 JUNE 2014**

<table>
<thead>
<tr>
<th><strong>Assets</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current assets</strong></td>
<td>163,025</td>
<td>163,432</td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>30,982</td>
<td>20,193</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>13,581</td>
<td>15,371</td>
</tr>
<tr>
<td>Inventories</td>
<td>7,041</td>
<td>12,090</td>
</tr>
<tr>
<td><strong>Total current assets</strong></td>
<td>214,629</td>
<td>211,086</td>
</tr>
<tr>
<td><strong>Non-current assets</strong></td>
<td>7,275</td>
<td>6,626</td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total non-current assets</strong></td>
<td>7,275</td>
<td>6,626</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>221,904</td>
<td>217,712</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Liabilities</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current liabilities</strong></td>
<td>27,271</td>
<td>11,998</td>
</tr>
<tr>
<td>Trade and other payables</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Borrowings</td>
<td>776</td>
<td>-</td>
</tr>
<tr>
<td>Other</td>
<td>4,421</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total current liabilities</strong></td>
<td>27,271</td>
<td>17,195</td>
</tr>
<tr>
<td><strong>Non-current liabilities</strong></td>
<td>11,079</td>
<td>9,398</td>
</tr>
<tr>
<td>Provisions</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total non-current liabilities</strong></td>
<td>11,079</td>
<td>9,398</td>
</tr>
<tr>
<td><strong>Total liabilities</strong></td>
<td>38,350</td>
<td>26,593</td>
</tr>
<tr>
<td><strong>Net assets</strong></td>
<td>183,554</td>
<td>191,119</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Equity</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retained surpluses</td>
<td>183,554</td>
<td>191,119</td>
</tr>
<tr>
<td><strong>Total equity</strong></td>
<td>183,554</td>
<td>191,119</td>
</tr>
</tbody>
</table>

### STATEMENT OF CASH FLOWS
**FOR THE YEAR ENDED 30 JUNE 2014**

<table>
<thead>
<tr>
<th><strong>Cash flows from operating activities</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receipts from customers (inclusive of GST)</td>
<td>319,264</td>
<td>343,730</td>
</tr>
<tr>
<td>Payments to suppliers (inclusive of GST)</td>
<td>-319,390</td>
<td>-314,483</td>
</tr>
<tr>
<td>Interest received</td>
<td>3,668</td>
<td>3,203</td>
</tr>
<tr>
<td>Interest and other finance costs paid</td>
<td>-762</td>
<td>-(1,151)</td>
</tr>
<tr>
<td><strong>Net cash from operating activities</strong></td>
<td>2,780</td>
<td>31,299</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cash flows from investing activities</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payments for property, plant and equipment</td>
<td>-2,411</td>
<td>-355</td>
</tr>
<tr>
<td><strong>Net cash used in investing activities</strong></td>
<td>-2,411</td>
<td>-355</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cash flows from financing activities</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Repayment of credit card</td>
<td>-776</td>
<td>-</td>
</tr>
<tr>
<td><strong>Net cash used in financing activities</strong></td>
<td>-776</td>
<td>-</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Net increase/(decrease) in cash and cash equivalents</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>(407)</td>
<td>30,944</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cash and cash equivalents at the beginning of the financial year</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>163,432</td>
<td>132,488</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cash and cash equivalents at the end of the financial year</strong></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>163,025</td>
<td>163,432</td>
<td></td>
</tr>
</tbody>
</table>
“My life has, is and always will benefit from the life skills I learnt from SISTER2sister.”

- Nicole (Little Sister)