

Lifehouse Project Annual Report 2005-2006

Dear members and friends:

In its third year since incorporation, Lifehouse Project has made wonderful progress toward our strategic goals.

Lifehouse Project is made up of a small group of passionate people making a difference in our community and I hope that everyone involved with our work shares the sense of accomplishment that I feel.

Our successes this year include developing the Young Parents Mentoring Program, Girls With A Purpose Program, Voices & Choices peer education program and running our second accommodation project – Asher Grove.

We have achieved these successes with support from Office for Women, local schools and the dedication of our staff, Kelly Shambrook and Naomi Leyshon. Thanks go to our volunteer mentors and the management committee team, a special group of committed Christians, who have given their experience, energy, and skills to enable us to impact our community in a very special way.

Please enjoy reading about Lifehouse Project's work and support us in the forthcoming year. We still have many things to accomplish and we can only do this with the support from like minded organisations, funders, businesses and individuals who can help us make our efforts effective and sustainable.

Thanks to all of the Lifehouse Management Committee for your commitment throughout the year. The Management Committee Members are Robyn Evans, Lisa Condon, Naomi Leyshon, Veanne Frape, Janie McNeill, Frances Colahan and Zeke Knight.

Ruth Knight
Chairperson

P.S. Don't forget to view the website for updated news and reports throughout the year. www.lifehouse.org.au

Girls With A Purpose

Lifehouse Project has found that young women between the ages of 13-17 years old are vulnerable to, and often experience, low self worth and a lack of purpose. Low self worth in adolescents can contribute to teenage pregnancy, disengagement from school, drug and alcohol abuse, self-harming behaviours, homelessness and unhealthy relationships.

Working collaboratively with Reconnect and the Youth Support Coordinator Initiative, the Girls With A Purpose Program was developed to prevent the issues attributed to low self worth. It is a ten week course for young women and covers subjects such as relationships, leadership, communication, goals, health and developing personal skills.

The evaluations carried out after each program demonstrates that the program is useful and beneficial to the participants.

"My confidence has changed. I feel better about myself. Mum has noticed a positive change in my life."

"I really liked it! I have better leadership skills and I'm more caring now. I have realised that I am me and no one else is. I should believe in myself."

"I am happier now. People can trust me now; like mum. I'm a nicer person now and I have new friends that treat me better."

In the forthcoming year Lifehouse Project will be delivering more programs and also developing a Facilitators Manual. The manual has been funded by the Gambling Community Benefit Fund and will enable other schools and organisations to run the program. For further information please visit the website: www.lifehouse.org.au



Lifehouse
Project Inc

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A practical response to a need in our community

Asher Grove

Due to the lack of supported accommodation for young parents on the Gold Coast, Lifehouse Project has always had the aim of providing accommodation to young parents who face financial difficulties and housing instability whilst being pregnant and/or parenting. We know from research and professional experience that without support, young mothers find parenting difficult and stressful, they experience higher than average rates of postnatal depression and are susceptible to a cycle of low self-esteem, poverty and unemployment.

This year Lifehouse Project self funded Asher Grove 2, a semi-independent accommodation service. Our tenants were a young couple with their 18-month-old son. They lived at Asher Grove for 7 months and were provided with affordable housing, supportive relationships and life skill education. They remained stable in Asher Grove whereas previously they were very transient and frequently lived in short term hostels (and their car) due to their homelessness status.

When the family left Asher Grove, they moved to another supported accommodation project, a good move where they will continue to develop their life skills and goals.

Asher Grove 2 has been completed, and we now look forward to setting up our third project, Asher Grove 3! We are continually seeking ways to fund this vital project so hope that our third project will begin sooner rather than later. Without supported accommodation available, there are young mothers and their children without a home tonight.

Lisa Condon
Vice-Chairperson

Mentoring Program

The Young Parents Mentoring Program has been well received in our community with 11 young parents currently being successfully linked with a supportive mentor. We would like to thank Perpetual Trustees for their continued financial support of the program. We now have a total of 23 trained mentors and are currently training 10 more men and women to be mentors.

Lifehouse would like to thank all the organisations that support the program and provide us with referrals. We are excited about the growing potential of the mentoring program, which will be expanding to young women at risk of teenage pregnancy. We look forward to working with more young parents that need the support of the community.

I would like to say a huge thank you to our team of volunteers and mentors, without you this program would not be as successful. You have had an incredible influence on many young lives. Thank you for your participation and willingness to serve the community.

Kelly Shambrook
Young Parents Mentoring Coordinator

Outcomes of the Young Parents Mentoring Program

- Young Parents connecting with the community
- Young Parents engaging in employment
- Young Parents engaging in education
- Young Parents finding accommodation
- Young Parents have higher coping abilities and more life skills
- Young Parents learning cooking skills
- Young Parents learning parenting skills
- Positive role modelling

Thank you to all those organisations who have worked in partnership with us this year. These include:

YHES House, Still Waters Women's Refuge, School Based Youth Health Nurses, Support Coordinators, Reconnect, Gold Coast Family Connections, Nerang State School and SAILS (Sailing Adventures in Life Skills)



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Comments from mentors and mentees about their involvement in the program

Mentors:

"I love being a mentor. It is very fulfilling to just be a friend to a young girl that needs one. My mentee and I have fun together just going out shopping and having a coffee. For a couple of hours a week I help her with her little baby and just listen to what is going on her world. I would highly recommend becoming a mentor to anyone that is interested."

Kim

"I love the fact that I can impact in a positive way, by encouraging, loving, teaching and being there. I have a mentee at the moment and we got on from the moment we met. We have only known each other for a short time, but it feels like we've been together for ages. It is a pleasure to meet up with her and spend time talking about issues that she is unsure about or encouraging her in different areas."

Tanja

"Mentoring is influencing another person through establishing friendship and trust. With this as a foundation, a mentor can then lead and direct their mentee in areas of life which need building and encouraging.

I have enjoyed being a mentor and building a friendship with my mentee. I have felt that three main areas have needed to be embraced with this girl.

- 1) Her experience as a new and single mum
- 2) Her lifetime of rejection by all who are close to her
- 3) Her and her new baby having no place to live apart from crisis care.

She is a lovely well balanced girl. Her first six months as a mum have been filled with dramas particularly with sickness, but now she looking for a permanent and stable place to live. I have helped her primarily by just being there for her and not giving up on her. I have also tried to help with different situations as a new single mum having just been there myself. We have tried to get accommodation but have been unsuccessful."

Anna

"Mentoring to us has been a chance to share our life experiences with a young couple who are going through similar testing times today. It has also allowed us to share our Christian perspective on life and raising a family within the busy lives we live. It has been a fantastic sharing time for us and we have grown a lot from our time with our mentees."

John and Anita

Mentees:

"It's good fun! I like having someone to chat with about life. My mentor and I go for coffee which I love and we go shopping." **Young Mum, 21**

"It has helped me build my self confidence. I look up to her [mentor] as someone a bit wiser. She is good company and very down to earth, non-judgemental." **Young Mum, 21**

"We have moved from mentor and mentee to trusted friend". **Young Mum, 19**

"He [mentor] has been like a second father to me cause I don't have anyone older to look up to. He has turned into a good mate, I don't have many other mates. He has helped me with mental stability and broadened my horizons." **Young Dad, 23**

Princess Party

This year Lifehouse Project worked collaboratively with Reconnect to develop and implement the Princess Party.

The Princess Party is an event to encourage young women aged 14-18 years old to value and respect themselves, have confidence and to reach for their dreams.

The event provides young women with a special dinner and a fun social night. Guest speakers, games and prizes throughout the evening encourage the girls to develop a sense of pride and respect for their individuality, femininity and purpose as a young woman.

The event is promoted through local schools and community organisations and the party is alcohol free. Guest speakers and youth workers attend the event as volunteers and support the young women by interacting with the participants; promoting healthy discussion and social interaction.

During National Youth Week 2006, 65 girls attended the inaugural Princess Party held at Robina Uniting Church. Many thanks to Robina Uniting Church, Kings Christian Church and Eternity Church for their support and involvement. Also, thanks to Robina Holden and Col Moore & Son for their sponsorship and the many other businesses who supported the Princess Party with donated gifts.

Lifehouse Project looks forward to working with Reconnect, local businesses and churches to hold more Princess Parties in 2006/7.



Treasurers Report 2006

It is an honour to present the third Annual Audited Accounts of Lifehouse Project for the year ended 30th June 2006.

This year we received \$5,765 in DGR donations. Other income of \$15,006 was derived from CICS events, Girls with a Purpose and Voices & Choices Program facilitation. The fees were charged only to cover our expenses.

Funding from the Office For Women for the Peer Education Program has now been expended and \$10,168 was returned as unexpended monies. The project was very successful and we are seeking further funding to continue this vital project. \$13,941 was returned to Youth At Risk Alliance for unexpended monies from the previous year's Asher Grove Project.

Our largest expense of \$25,332 was for staff wages, closely followed by rent of \$9,680. The rent was a combination of Office Rent, Program Facilitation and rent for Asher Grove. The rent for Asher Grove was partly offset by contributions from the tenant. Our total insurance costs were \$3,379, a slight reduction on last year.

Thank you to everyone who helped make this another great year for Lifehouse Project Inc. Your financial contributions truly make a difference, and I hope we may continue to count on your support in the years ahead.

Zeke Knight
Treasurer

Balance Sheet As At 30 June 2006

	2006	2005
	\$	\$
Current Assets		
Cash Assets	37,788.86	87,306.86
Receivables	1,039.21	440.00
Other Assets	299.91	299.91
Total Current Assets	<u>39,127.98</u>	<u>88,046.77</u>
Non-Current Assets		
Plant and Equipment	2,840.91	3,384.91
Total Non-Current Assets	<u>2,840.91</u>	<u>3,384.91</u>
Total Assets	<u>41,968.89</u>	<u>91,431.68</u>
Current Liabilities		
Trade Creditors	-	240.00
Amounts Withheld	175.10	-
Income Tax Payable	327.00	327.00
Payables	-	317.00
Total Current Liabilities	<u>502.10</u>	<u>884.00</u>
Total Liabilities	<u>502.10</u>	<u>884.00</u>
Net Assets	<u>41,466.79</u>	<u>90,547.68</u>
Members' Funds		
Issued Capital		
Retained Profits	41,466.79	90,547.68
Total Members' Funds	<u>41,466.79</u>	<u>90,547.68</u>

Profit And Loss Statement As At 30 June 2006

	2006	2005
	\$	\$
Income		
Gifts & Donations Income	5,765.44	50,731.75
Grants Income	16,121.00	30,952.00
Program Facilitation	5,990.00	6,300.00
Other Revenue	9,016.19	12,010.39
Refund of Unexpended Grant	(24,109.09)	-
	<u>12,783.54</u>	<u>99,994.14</u>
Expenses		
Accountancy Fees	1,235.34	298.30
Books & Publications	17.18	45.41
Bank Charges	256.00	166.15
Consultancy Fees	340.91	1,575.00
Computer Expenses	563.62	240.89
Contract Work	450.00	855.00
Depreciation	544.00	1,089.00
Brokerage	1,477.64	1,180.00
Donations	144.65	109.49
Electricity	661.07	493.30
Fundraising Expenses	701.33	459.05
Insurance	3,379.29	4,793.02
Interest Paid	0.03	-
Legal Costs	13.50	-
Office Supplies	1,215.48	1,802.19
Postage	204.29	261.96
Printing & Stationery	4,297.05	692.97
Program Expenses	5,661.54	3,513.94
Rates & Taxes	-	124.10
Rent	9,680.00	7,911.83
Repairs & Maintenance	769.09	549.59
Staff Training & Welfare	693.00	435.00
Subscriptions	85.45	487.82
Sundry Expenses	309.22	-
Superannuation Contributions	-	219.38
- Employees		
Telephone	1,255.28	839.99
Travelling & Entertainment	2,577.29	559.42
Wages	25,332.18	13,859.62
	<u>61,864.43</u>	<u>42,562.42</u>
(Loss) Profit from ordinary activities before income tax	<u>(49,080.89)</u>	<u>57,431.72</u>

For a full copy of the audited report please visit our website: www.lifehouse.org.au