

Please join us at the  
**NOVUS FOUNDATION 2015**  
**GALA DINNER**

TO HELP YOUNG PEOPLE  
 REACH FOR THE STARS.

In support of

- ★ KYDS
- ★ StreetWork
- ★ Australasian Research Institute
- ★ Rotary Club of Wahroonga Youth Projects
- ★ Achieve Australia
- ★ Open Heart International

**Saturday May 30th 2015**  
**7:00pm for 7:30pm**

Miramare Gardens  
 289 Mona Vale Rd, Terrey Hills  
 (entry via 48 Myoora Road)

**Dress: Formal, with a touch of starlight!**

**Tickets \$160 per person**

**Sponsorship packages for a table of 10 available:**

**• \$22,000 • \$11,000 • \$5,500 • \$3,300**

For information or to purchase tickets go to  
[www.novusfoundation.org.au](http://www.novusfoundation.org.au)

**Email:** [enquiries@novusfoundation.org.au](mailto:enquiries@novusfoundation.org.au)

**Telephone:** 02 9487 9406

**THE NOVUS  
 FOUNDATION**  
*investing  
 in our youth*

The Novus Foundation was formed in 2006, a collaboration between the Rotary Club of Wahroonga, Sydney Adventist Hospital and The McCarroll Automotive Group.

These organisations came together with the intention of developing and supporting projects based in the districts of Hornsby and Kur-ring-gai directed at the welfare of youth.

The continuing goal of the Novus Foundation is to support projects and organisations that are investing in youth primarily through mentoring, education and health. The work of these groups allow young people, particularly those at risk, the opportunity to realise their full potential.

Investing in youth now will build a better future for individuals and better communities for us all.

This year, at our ninth annual gala dinner, the Novus Foundation will reach over \$1.2 million raised for a variety of different organisations that share similar values and passion for supporting youth.

**“We always shared a vision that we wanted to support community projects that make an obvious difference to kids... so it’s very rewarding that the Novus projects of the last eight years show positive, measurable impacts on young people’s lives. In 2015, Novus will support six locally run organisations that will help young people here and overseas. Thanks for helping us to build a better future for our youth.”**

- Phil McCarroll, AM - Chairman, The Novus Foundation



**Barry O'Farrell MP**

State Member for Ku-ring-gai  
 Patron, The Novus Foundation

The Novus Foundation Ambassadors:



**Matt Kean MP**  
 Member for Hornsby



**Dr Brendan Nelson**  
 Director Australian War Memorial

THE NOVUS FOUNDATION

REACH  
 for the  
 STARS

2015

**2015 BENEFICIARIES:**

- KYDS • StreetWork • Achieve Australia
- Open Heart International
- Australasian Research Institute
- Rotary Club of Wahroonga Youth Projects

[www.novusfoundation.org.au](http://www.novusfoundation.org.au)

a partnership of:



## KYDS

[www.kyds.org.au](http://www.kyds.org.au)

Established in 2005, KYDS is a free North Shore service providing responsive, confidential one-to-one counselling and mental health support for people 11 - 18 years of age, and (where appropriate) their parents and / or other family members.

KYDS was established because of the growing incidence of mental health problems in young people. In the last year alone, KYDS has handled approximately 250 initial calls for specific mental health assistance from individuals, provided more than 1,700 one to one clinical counseling sessions, given information to some 1,500 parents attending KYDS-linked information forums & reached some 5,293 teenagers through group support and early intervention workshops.

Our 2015 Novus Project is seeking funds to upgrade our support structures for administration, fundraising, communications and client records from manual systems to more efficient online systems. This upgrade will include hardware, software, training, staff time and technical expertise. The result will be improved efficiencies enabling our frontline staff more time with their clients and to help more young people more cost effectively.



## AUSTRALASIAN RESEARCH INSTITUTE SYDNEY ADVENTIST HOSPITAL

[www.australasianresearch.org](http://www.australasianresearch.org)

The Australasian Research Institute (ARI) is the research arm of the Sydney Adventist Hospital and focusses on research into the mechanisms linking lifestyle to disease; especially at the biochemical level.

In 2006 & 2008 ARI was one of the proud recipients of Novus Foundation grants which enabled ARI to conduct research into the effect of lifestyle on key health issues in teens including weight control and depression. Surprisingly it was found that dieting in teenage girls was linked to malnourishment with probable reductions in their bone mineralisation. It was also found that diet could have a significant impact on the mood of teens through changes in their neurobiology. 15% of boys and 25% of girls were experiencing depression with low intakes of the dietary omega-3 fatty acid linked to increased risk of experiencing anxiety and severe depression. As 50% of the depression in adults first manifested in the teen years these observations represent real risks for a teen's future health.

Providing our young people with the best opportunity for a healthy life is very important in our community. With support from Novus, ARI will be able to conduct follow-up work aimed to confirm the association of omega-3 levels to related psychological disorders such as attention deficit and aggression in young people at risk of harmful behaviours. This study will also determine if supplemental correction of omega-3 levels can reduce these behavioural disorders by improving brain cell function. Building on these scientific findings appropriate action can be taken to provide young people in our community with the resources needed to enhance their potential to form strong healthy minds enabling productive future lives.



## OPEN HEART INTERNATIONAL SYDNEY ADVENTIST HOSPITAL

[www.ohi.org.au](http://www.ohi.org.au)

Coordinated by Sydney Adventist Hospital, Open Heart International was established in 1985 to provide volunteer medical, nursing and allied health professionals for medical and surgical projects in developing countries, where men, women and children otherwise have restricted or no access to medical treatment.

Today, hundreds of volunteers with extraordinary passion and commitment give freely of their time and expertise in multiple surgical specialties to provide hope to thousands living in developing countries. These patients dream of the quality healthcare that we sometimes take for granted here in Australia.

Open Heart International are currently working in 8 countries, undertaking approximately 11 project visits per year.

The ultimate goal is to train medical staff in those countries to be self-sufficient. This is not necessarily an easy, simple or quick solution, thus the long-term commitment and approach taken to its projects. Medical technology is constantly evolving and Open Heart International needs to be continually investing in upgrading equipment, in order to continue transforming the lives of these young people in need of basic medical care.



## ACHIEVE AUSTRALIA

[www.achieveaustralia.org.au](http://www.achieveaustralia.org.au)

For over 60 years Achieve Australia has been a not for profit, community organisation championing inclusion, choice and control for people with disability by providing opportunities in home, life, career and enterprise. In the changing face of disability support, Achieve Australia delivers person centred outcomes for people with disability around the individuals choices.

Through its Day Programs at Araluen in Epping, Achieve Australia supports more than 80 people with disability to learn new skills, connect with communities and continue their passions and interests through 60 different options, from sailing to computer studies, volunteering to music composition.

With the support of the 2015 Novus funding Achieve Australia will develop a toolkit for a group of young adults with Prader-Willi Syndrome who live in Berowra and are supported by Achieve Australia. The toolkit will enable these young adults to manage this syndrome through intervention, behavioural therapy and establishment of regular routines including fitness and menu planning, which will enhance quality of life for the people we support.



## STREETWORK

[www.streetwork.org.au](http://www.streetwork.org.au)

StreetWork is a not-for-profit, community based organisation that focuses on prevention and early intervention strategies for delivered to 'at risk' youth.

Operating in Chatswood and surrounding Northern Sydney suburbs since 1980, StreetWork engages with local communities to provide support in the identification of those young people who need help to get themselves back on track. It aims to help troubled 'at risk' young people aged between 11 - 18 affected by crime, violence, mental health issues, destructive family relationships, rejections and isolation, homelessness, learning difficulties, truancy, poor employment opportunities, disengagement from school/education and substance abuse, turn their young lives around.

Novus funding will continue to be used to support the KickStart Mentoring Program which is at the core of StreetWork's services. Youth Workers and trained volunteer mentors engage in a trusted one-on-one relationship building trust. The outcome delivered through this program are designed to tackle the core problems that 'at risk' young people directly face, through innovative and effective service offerings, is to change the life trajectory of youth at risk. It adopts a unique approach which includes personal, tailor-made interaction with individualised goal setting and components of their program may cover skill-building activities, other relational based activities or support services. As problematic young people are provided and guided through positive and productive opportunities, other anti-social behaviours like crime will decrease.



## THE ROTARY CLUB OF WAHROONGA

[www.wahroongarotary.org](http://www.wahroongarotary.org)

The Rotary Club of Wahroonga has a strong track record in supporting and investing in projects and programmes mentoring and supporting youth. Wahroonga Rotary provides over \$45,000 each year to specific youth projects with most of these being paid for by the funds from The Novus Foundation.

These include a weekend Youth leadership course (RYPEN) for year 10 students, a week-long course for 18 to 28 year old existing Youth leaders (RYLA). These two Rotary District programs are part of an annual \$100,000 District investment in Youth leadership where all costs are paid by rotary for the 200 participants.

**Other Youth projects supported by rotary include:**

PCYC Youth at Risk, ABBOX of FUN and Nepal Schools.

