



Helping communities lead

**HAPPY &
HEALTHY**
lives



FOUNDATION HANDBOOK

| 2023 / 2024

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Thank you for taking the time to look through our 23/24 handbook. We hope it gives you an overview of the broad range of work we do.

As a Foundation dedicated to helping communities live happy and healthy lives we believe we have programs and resources to help every club in Australia benefit their communities.

Wellbeing is so vital. It is like the foundation from which we all operate as individuals and communities. The World Health Organisation describes wellbeing as a “resource for healthy living” and “positive state of health”.

Wellbeing has many components, such as mental, psychological, social, emotional and spiritual.

I love this quote from the Foresight Mental Capital and Wellbeing Project that describes wellbeing as *“enabling people to develop their potential, work productively and creatively, form positive relationships with others and meaningfully contribute to the community.”* I think that summarises beautifully what we, as a Foundation and also as Lions, aim to achieve in the work we do.

We would welcome your support in promoting the work of the Foundation.

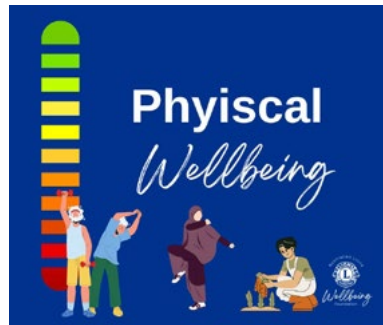
David

PDG David Daniels OAM
ALWF Chair



Why Wellbeing and Why is it Important?

Wellbeing is a term that refers to your overall state of health and happiness. It encompasses physical, mental, and emotional aspects of your life. Having a positive and healthy wellbeing can greatly enhance the quality of our own lives, those around us and our communities, we like to think of it as our internal battery powering us to be able to enjoy all aspects of life.



Physical wellbeing involves taking care of your body through regular exercise, eating nutritious foods, and getting enough rest. Engaging in activities like walking, gentle stretching, or even gardening can help maintain mobility and vitality.



Mental wellbeing involves keeping your mind active and stimulated. This can be achieved through activities such as reading, learning new skills, or engaging in hobbies that you enjoy. It's also important to stay socially connected by spending time with family, friends, or participating in community groups. Our mental health play a big role in our wellbeing - ALWF has a number of projects to support young people and families to manage their mental wellbeing such as [Tune In Not Out](#) and [Lions Quest](#) which helps schools teach Social and Emotional Learning in Schools



Emotional wellbeing involves managing and expressing your emotions in a healthy way. It's important to be kind to yourself, practice self-care, and seek support when needed. Engaging in activities that bring you joy, such as listening to music, pursuing creative interests, or spending time in nature, can contribute to emotional wellbeing.

As a foundation we aim to develop projects and resource to positively impact someone's or a communities wellbeing.

Our Story

The Australian Lions Drug Awareness Foundation Incorporated was founded in 1984 as the Lions-ADFA Foundation Inc and was a joint project between the Lions of Australia, Papua New Guinea, Norfolk Island and the Alcohol and Drug Foundation Australia. There were members on the Council from both organisations. In 1989 it was resolved to cease the joint venture and the current ALDAF was endorsed by the Darwin Multiple District Convention in 1990.

In 2021, in order to reflect the expanded range of information and resources the Foundation now provides across the wellbeing spectrum, the Foundation's name was changed to The Australian Lions Wellbeing Foundation Inc.

Operation

The Foundation, which is totally owned and controlled by those Lions and Leo Clubs of Multiple District 201 who have become constituent members, is run by a Board of Directors appointed by the Board. Each year a number of these directors come up for re-appointment. The Foundation has also been granted the use of the Lions Badge by Lions Clubs International.

Membership

Clubs are encouraged to become a Constituent Member of the Foundation so that they have the privilege of taking part in the nomination of Directors and voting on various Notices of Motion at the Annual General Meeting which shape the future of the Foundation. Directors must be members of a Constituent Member Club to be able to nominate for appointment. There is no cost to join, neither is there any annual membership fee.

Currently around 75% of all Clubs in the Multiple District are members of the Foundation

To join the Foundation, please send your request to david@alwf.org.au and it will be minuted at the next Board meeting for approval.

Services

The Foundation is primarily charged with the development and provision of health and wellbeing materials for use by Lions and Leo Clubs of Multiple District 201 and their communities.

Topics covered include mental health, alcohol and other drugs, body image, relationships, bullying and more. It also seeks to involve the wider community in the work that the Lions of Australia, Papua New Guinea and Norfolk Island are doing in this most difficult field. Suitable display materials are available from any Director should you like to promote health and wellbeing information at a convention or community event.

The aim of the Foundation is to help create happier, healthier and safer communities.

ALWF Service Awards

There are two awards available through the Foundation where individuals can be recognised for their efforts within the community and for Lions.

These are:

- **James McLardie Award**
In recognition of outstanding service to the community
- **Dr Harry Jenkins Fellowship**
Recognising the value of service given to Lions Clubs International/or wellbeing Promotion

An award application form can be downloaded at www.alwf.org.au or email david@alwf.org.au or a copy.



ALWF Board

Listed below are the ALWF Board Members should you require any further information.

Chair	PDG David Daniels OAM	0400 118 666
Vice Chair	PDG Theo Carl von Stein	0409 779 377
Secretary/ Treasurer	PCC David McKenzie OAM	0412 126 577
Directors:	PDG David Lowing	0427 504 221
	Lion Matthew Crossley	0411 188 125
	Lion Jarrod Kreft	0405 456 898
	Lion Sharon Bond	0411 090 972

Consultants and ambassadors

Lynsey McLeod	Consultant
Lion Alan Brooks	Consultant
Andrew Fuller	Ambassador

Associations

ALWF is associated with:

Drug Education Network
Australian Association for Adolescent Health

Keep in touch

Keep up to date with Foundation news...

ALWF enews

[Subscribe to our new look eNews](#)

Social Media

facebook.com/LionsALWF and instagram.com/lionsalwf

Linktr.ee

Our [Linktr.ee](https://linktr.ee) account is a easy way to access the info you need

website

www.alwf.org.au

E-mail

david@alwf.org.au

The following pages detail our project areas



FREEDOM TO FEEL FANTASTIC

Overview

[Freedom to Feel Fantastic](#) (FFF) is our positive body image and self esteem campaign. Each year we invite Leos, schools and community groups from across Australia to 'Tear Up' the negative and become body and self positive.

What Does Freedom to Feel Fantastic Deliver?

- Body image and self esteem are key areas of concern for young people, FFF provides a platform for discussion and awareness of these topics
- Each year schools run events from an hour at lunch, to all-day events promoting the message 'be who you want to be judgment free'
- School and community groups who register receive a FREE event pack to help with planning and activity ideas
- There are a number of worksheets which teachers can use to discuss the topic in class



Case Study

Corryong College grade 5-6 students held a hit FFF day for their entire school grades 5-12, with event planning and topic discussion commencing weeks out from the event day.

Together the students decided their FFF event would focus on strategies to be more positive than negative, and celebrating uniqueness and individuality.

FFF also allowed the students to practice their event planning and leaderships skills.

The event day included:

- Smile cafe
- Hip hop lessons
- Fun photo booth
- Negative Nerf game
- Tear up the negative
- Body balance



"Thank you for allowing us the opportunity to join such a wonderful and life changing day"

How Can Lions Get Involved?

- Explore the website freedomtofeelfantastic.com.au
- Inform your local schools and community groups about Freedom to Feel Fantastic
- Offer to support an event with ideas include, cupcake making, BBQ, financial support for activities
- Run a FFF activity at a Leo Club meeting
- Share the FFF wellbeing booklet with Leos
- Share the projects social media posts with your members
- Invite us to present the project overview at a Club meeting





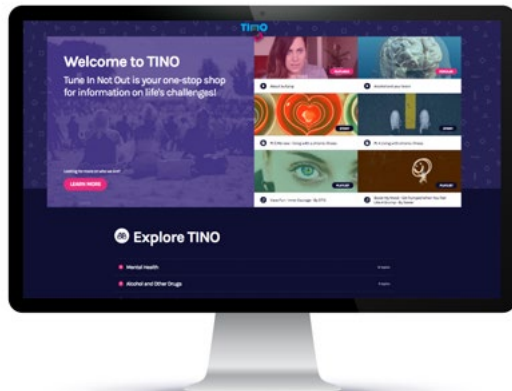
www.tuneinnotout.com

Overview

[Tune In Not Out](http://www.tuneinnotout.com) (TINO) is an award winning health and wellbeing website full of information to help young people navigate life's challenges, from mental health, relationships, alcohol and other drugs, self esteem, body image, to work, school life and much more.

What Does TINO Deliver?

- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds.
- A simple and easy website to navigate from a mobile, tablet or desktop computer.
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist.
- Dedicated area for indigenous created content
- A teachers and youth educators section with worksheets full of activities across a range of topic areas.



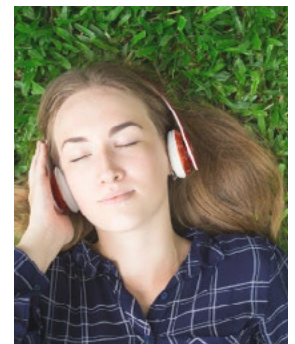
Case Study

The TINO music section was started in conjunction with Music Therapist Dr Carmen Cheong-Clinch as part of Tune Your Mood - an initiative to promote young people's understanding of how music can affect their wellbeing, both positively and negatively.

Dr Cheong-Clinch uses the TINO website to explore related topics and promote help-seeking with young people who are inpatients at a number of QLD hospitals. They then create music playlists which positively help them manage their situation and consider their intentional music listening.

This project has grown so much it now has its own section on TINO featuring a number of playlists as well as music submitted by other young people visiting TINO.

Be sure to check out this innovative way of bringing information and coping tools to young people.



How Can Lions Get Involved?

- The key one is to visit the website www.tuneinnotout.com and take a look around, the 'About Us' page has a short video tour that is great to watch. Understanding the power of this website will help you explain it to others
- Contact us for some promotional postcards and drop these at your local school and youth services
- Request a copy of our PowerPoint presentation and script to present TINO at your Lions meeting
- Invite us to present the project overview at a Club meeting
- Invite Leo's to create some content for the website

Find out more about this project and others at alwf.org.au



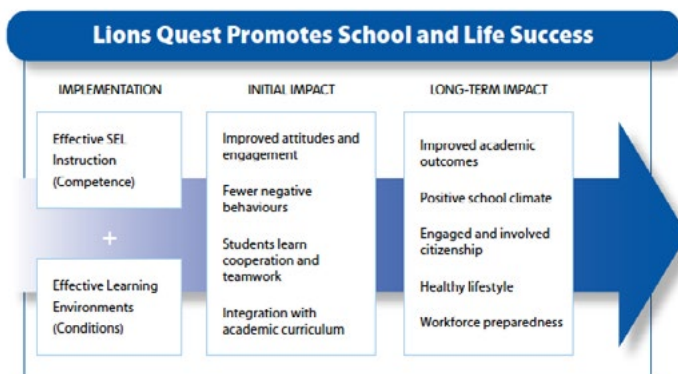
Lions Quest

Overview

A Lions project since 1983, [Lions Quest](http://www.lionsquest.org.au) is a comprehensive Social and Emotional Learning (SEL) program that supports the development of happy, healthy and resilient young people who are caring and engaged members of their families, schools and communities.

What Does Lions Quest Deliver?

- Lions Quest *Skills for Growing* and *Skills for Adolescence* programs offer a classroom and whole-school approach to social and emotional wellbeing.
- The curriculum materials span nine year levels (Foundation to Year 8) with a Teacher Resource Guide, Program Guide and student and parent materials at each level.
- *Skills for Growing* (Foundation to Year 5) and *Skills for Adolescence* (Years 6 to 8) have been aligned to the Australian Curriculum.
- A teacher training model supports whole school and classroom implementation - now available online



Case Study

Robe Lions Club (SA) worked with their local schools to help three teachers become trained in the Lions Quest program, allowing them to implement it with the students they teach.

Shalene Venn, Reception/Year 1 teacher and well-being coordinator said: *“For young people to achieve their potential, it is not just about academic achievement, but social and emotional learning has a huge impact on children and their education. It was fantastic meeting other teachers, sharing knowledge and experience”.*

Lions member David Thomas said supporting the two teachers was very beneficial for them and the school.

“It would be great to get other schools involved in this program, it is highly considered and recommended in educational circles. It gives children a good educational background and life skills and is very beneficial. It is consistent from Reception all the way through to high school and applies to each level of schooling.”



Lion David Thomas with teachers Kate Schubert (left) and Shalene Venn

How Can Lions Get Involved?

- Visit www.lionsquest.org.au and visit the dedicated ‘Info for Lions’ section
- Contact the Lions Quest team to discuss getting the program into your local community
- Offer to sponsor local teachers to attend the Lions Quest teacher training / packs
- Run a Quest session at a club meeting to experience the content. We have modified a lesson plan for use by Lions
- Ask us to present about the project at a club meeting



Community Initiative Project Grants

Overview

ALWF invites Expressions of Interest from schools, Lions Clubs and community groups interested in developing projects which involve young people in the planning and running of a project, are inter-generational, help to increase the wellbeing of young people in your local area and are conducted in an alcohol and drug-free space.

What Do The Community Initiative Project Grants Deliver?

Small grants up to \$1000. There is no limit on the type or creativity of the project or activity. Choose an activity that makes your local community more vibrant and interesting.

- Building of inter-generational relationships with community-minded members of a local Lions or Leos Club. Opportunities for communities to work in partnership with their local Lions club.
- Mentoring for young people.
- A chance for young people to enjoy an activity in an alcohol and drug-free space.
- The chance to share project ideas, visions and successes nationally.



ALWF, through its Community Initiatives Project Grants, was one of a number of supporters helping the Anglesea Lions Club to conduct a 3 day camp for disadvantaged students from the greater Geelong region.

Case Study

An ALWF Community Initiatives Project Grants helped the Whyalla Lions Club to work with the Beginnings group (a support group for young women recovering from substance misuse) to conduct a 10 week budget cooking program.

Each week, Lions Garry and Colleen shared their time-tested recipes and guided the young women to cook delicious, nutritious, economical meals which could be easily reproduced at home.

Recognition goes to the Whyalla Lions Club who realised many of the women were living week-to-week and struggling with uncertain circumstances. The Club matched the ALWF donation to buy ingredients and the necessary cooking utensils for the young women to repeat the recipes at home with their families.

"This has been a great experience for everyone involved. We have connected with people in our community that we would not have met without the program"
Beginnings participants.



How Can Lions Get Involved?

- Contact the ALWF Community Initiative Program Grants team contact to discuss your ideas. Email david@alwf.org.au