



# GRAEME DINGLE FOUNDATION

Transforming young lives forever  
Oranga Taiohi, Oranga Ake



Annual Review 2016

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## INTRODUCTION

**The financial statements included pertain to the National Support Office of the Graeme Dingle Foundation.**

The Foundation licenses other entities to run its established and proven child and youth development programmes, Kiwi Can, Stars, Career Navigator, Project K and MYND.

It also provides operational, administrative, programme development, fundraising and research support to these entities. Through these programmes our young people develop life skills, confidence and resilience to help them succeed in life.

**22**  
years



With almost **200,000**  
kids in programmes since 1995<sup>1</sup>

Every **\$1.00** = **\$7.15**  
Invested in The Graeme Dingle Foundation programmes      Return to New Zealand<sup>2</sup>

**80%** of the Graeme Dingle Foundation's national expenditure directly supports kids in programmes<sup>3</sup>

**The Graeme Dingle Foundation research findings provide strong evidence that our programmes transform young lives forever.**

The Graeme Dingle Foundation conducts in-house research and evaluation as well as inviting independent assessment in collaboration with New Zealand tertiary institutions, in particular the University of Auckland and Massey University.

1. Based on the total number of annual programme participants since inception.

2. Infometrics Report – Growing Great Futures – Whakatipu Tamariki Ora found that every dollar invested in Graeme Dingle Foundation programmes results in an average long term benefit to New Zealand of an estimated \$7.15.

3. Estimated national average – Actual programme expenses have been used for the National Support Office and for many of our Community Partner trusts, representing the largest combined costs in terms of total expenses. For the balance, typically being the smaller Community Partner trusts, a conservative estimate has been made based on our knowledge of the programme costs and their operating models. Programme expenses include direct programme costs and costs associated with supporting programmes, such as: training; programme manuals; uniforms; quality assurance; and research and evaluation. Other costs, such as: marketing; fundraising; IT; accounting; and other administration, are considered 'Admin expenses' and are therefore not included in programme expenses.

# GRAEME DINGLE FOUNDATION TACKLING TROUBLING STATISTICS

45,000 Kiwi kids report being bullied every week

**45,000**

Our programmes provide strategies to help reduce bullying

Over 170,000 Kiwi kids have been truant in the last year

**170,000**

Our programmes help keep kids in school

Almost 250,000 Kiwi kids lack self-confidence

**250,000**

Our programmes change lives and build confident Kiwis

45% of all unemployed in NZ are youth


**45%**

Our programmes improve career confidence and decision making



“A lot of bullying used to happen around the school. And it used to be a normal thing so everyone would be doing it and it used to affect a lot of people. **Kiwi Can** has made a huge difference... (it's) helped me to become much more confident in myself with bullies and they've also changed the bullies to become nicer people.”

*Materori, age 11, Kiwi Can Student*



“Before I became a mentor, my attitude was really bad. I didn’t like coming into school and I didn’t care about anybody else but myself. I missed two days off every week just to stay at home... now after **Stars** I have become a prefect, I am a leader... I finally know where I want to go in life.”

*Michaela, age 17, Stars Student*

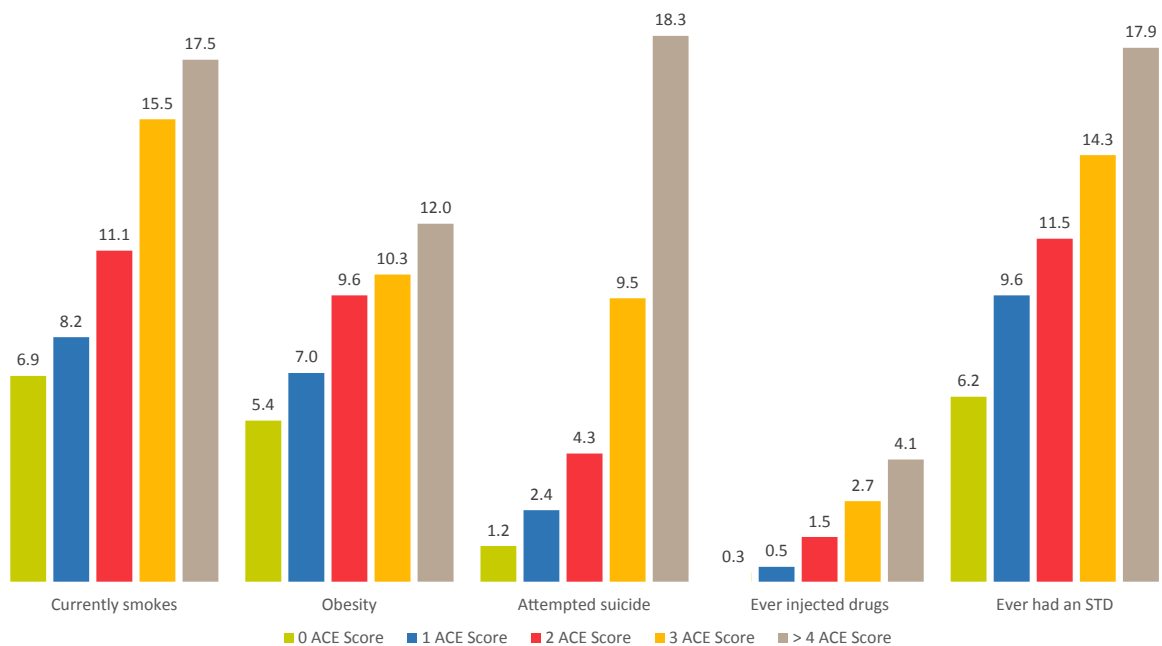
## THE CHALLENGE

A 2012 Infometrics Research Report called ‘Growing Great Futures’ found that our programmes are consistent with current best practice around life-course related intervention.

While early-childhood development is key, life prospects are also strongly influenced by socio-economic skills (physical and mental health, perseverance, attentiveness, motivation, self-confidence)- skills that continue to be malleable into the early twenties.

US studies show that adverse childhood experiences like abuse, neglect and domestic violence correlate with poor adult health, high medical care costs, increased depression and suicide rates, alcoholism, drug use, poor job performance and social function, disability and impaired performance of subsequent generations.

### Adult Health Risks by Adverse Childhood Experience (ACE) Score



Source: Robert Anda, “The Health and Social Impact of Growing Up With Alcohol Abuse and Related Adverse Childhood Experiences: The Human and Economic Costs of the Status Quo”. National Association for Children of Alcoholics, 2006. Obesity defined as body mass index  $\geq 35$ .

The studies show that adolescent strategies – like those offered by The Graeme Dingle Foundation programmes – that boost motivation, encourage positive attitudes and enhance social skills through mentoring are considered cost effective interventions that will both promote economic efficiency and reduce lifetime inequality.

There is an opportunity to turn around the lives of literally hundreds of thousands of vulnerable New Zealand children and we are grasping that opportunity with both hands.

# HOW WE TRANSFORM YOUNG LIVES FOREVER

The Graeme Dingle Foundation's aim is to have our young people transition through our school based programmes from age 5 through to 18 as a transformational journey that sets them up with a strong platform for adult life and a career.

Developmental Programmes	Values, Life Skills	Stay in School & Achieve	Career Path	Leadership
KIWI CAN	✓	✓		✓
STARS	✓	✓		✓
CAREER NAVIGATOR	✓	✓	✓	



Specialised Programmes	Values, Life Skills	Stay in School & Achieve	Career Path	Leadership
PROJECT K	✓	✓	✓	✓
MYND	✓			





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### **KIWI CAN | 5-12 years**

Delivered to every child each week of their primary school life.  
Age + stage appropriate.

Promotes respect for self, others, property, enhanced relationships,  
increased attendance and reduction in bullying.



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### **STARS | 13 years with mentor ages 16-18**

Facilitates successful transition to high school for entire Year 9 cohort.  
Through team building, weekly group peer mentoring. Creates  
sense of belonging and positive school community. Young people  
stay, engage and achieve. Peer mentors develop confidence, lifelong  
leadership skills.



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### **CAREER NAVIGATOR | 15-18 years**

Assists students to become work ready and have a purposeful  
pathway when they leave school. Also involves employer groups  
to create training and work opportunities.



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### **PROJECT K | 14-15 years**

Targeted at those with low self-confidence. Arms them with a belief in  
their ability to set and achieve goals and find purpose and direction in  
their lives.



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### **MYND | 14-17 years and MYND Sibling | 8-12 years**

MYND is for young males who are referred to the programme for  
offending. It is a highly successful 'intervention' programme with  
a proven track record of significantly reducing youth re-offending.  
MYND is community-based, providing mentoring, life skills and goal  
setting for these young men to put them on the right path for their  
future.

MYND Sibling targets the younger siblings of young offenders to stop  
them going down the same path as their older brothers.



## WHAT YOUNG PEOPLE SAY

"From the development of essential skills required for the workforce, to having a positive outlook on life, building self-esteem and relating to others – all of this we've gained through the **Stars** programme. It has helped me build self-confidence, leadership skills and most important of all an 'I CAN' attitude."

*Stars Student*

"The difference between **Career Navigator** and the normal classroom is that mentors come in and help you out... Being mentored by Sonny was awesome. He is a typical Kiwi fellow... Ever since I've been involved with **Career Navigator**, my life is going in the right direction."

*Career Navigator Student*

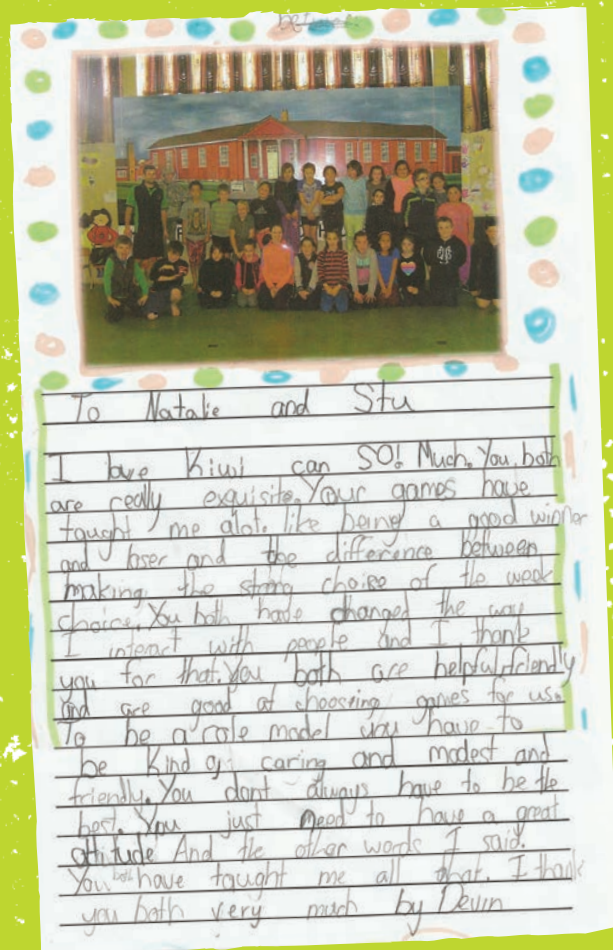
"Before **Project K**, I didn't want to stay in school. Now one of my main goals is to finish high school and leave with my NCEA Level 3 qualification. The goal setting skills I learnt from **Project K** and my mentor have made me realise that if I stay focused and believe in myself, I can achieve more than I thought I was capable of."

*Project K Graduate*

"Before being involved with **MYND** I didn't have any direction in my life. I was living day to day, not thinking or caring about the consequences of my actions. **MYND** helped me get back into society. They gave me a new direction in life.

**MYND** gave me a goal and focus in life and I did not lose sight of this."

*MYND Participant*



## WE PROVE WHAT WE DO WORKS – RESEARCH AND EVALUATION

From inception in 1995, we have had a strong commitment to research and evaluation and believe it is key to what we do, allowing us to stay at the leading edge of child and youth development.

Evaluation enables us to prove our results and informs programme delivery and development by helping us to understand what aspects of our programmes are truly transforming our young people and what aspects are in need of improvement.

**Our research has shown that all programmes are highly effective and have been proven to work by:**

- improving attitudes and behaviour at school and home;
- improving academic results;
- helping young people set and achieve their goals;
- boosting self-confidence;
- reducing truancy rates and at risk behaviours, such as substance abuse; and
- helping young people feel more positive about the future.





“I learnt you don’t always have to leave people out of games.”

“I used to be a hogger with things – **Kiwi Can** taught me that it’s good to share with others.”

“**Kiwi Can** helped with my learning and that it’s OK to make mistakes and to keep trying.”

*Kiwi Can Students*

# GROWING GREAT LOCAL COMMUNITIES

Our programmes are run across Aotearoa, New Zealand – and whilst we are established in many areas we have a plan to reach many more young people in our regions.

## Significant Growth ▲

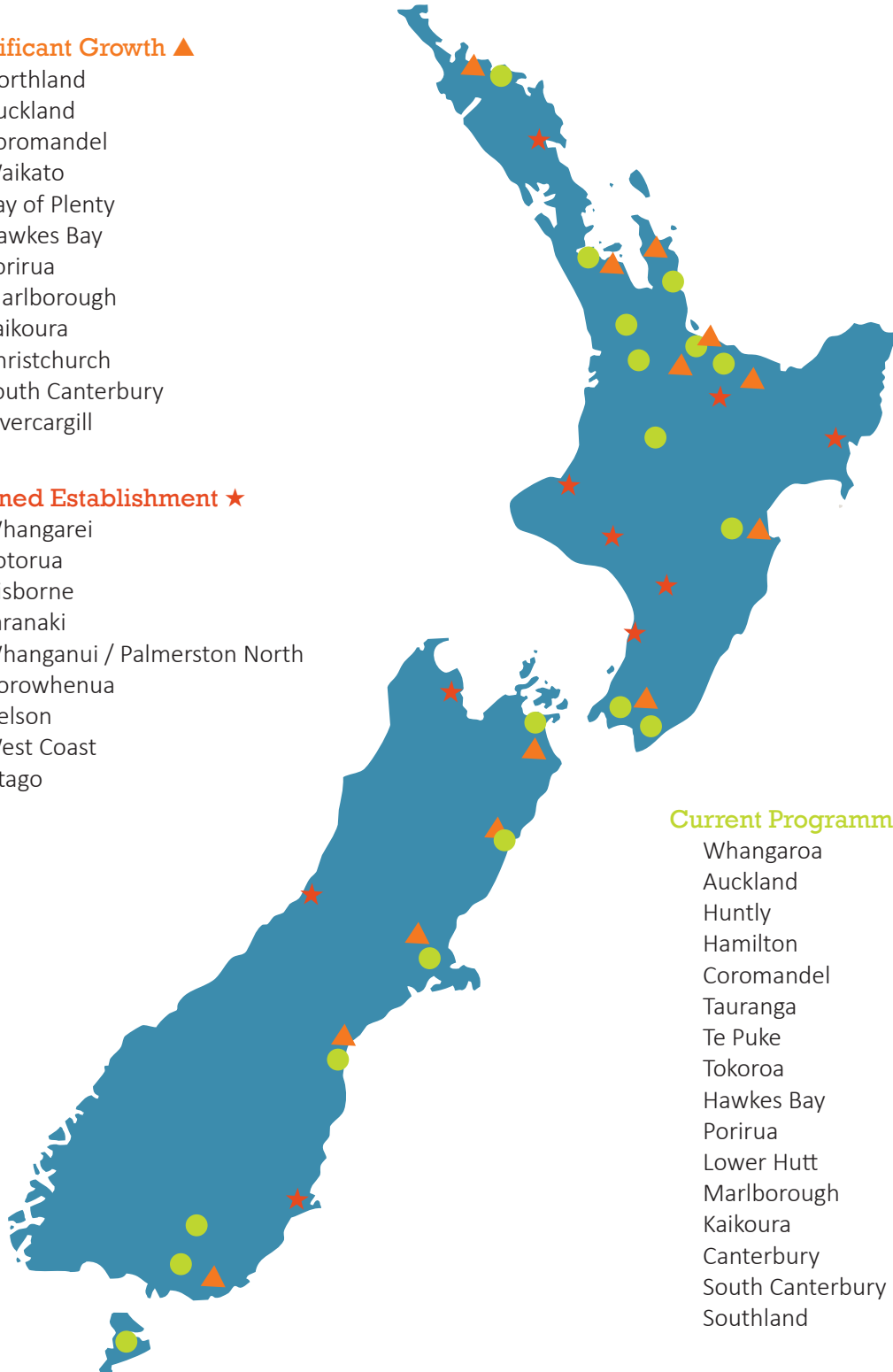
- Northland
- Auckland
- Coromandel
- Waikato
- Bay of Plenty
- Hawkes Bay
- Porirua
- Marlborough
- Kaikoura
- Christchurch
- South Canterbury
- Invercargill

## Planned Establishment ★

- Whangarei
- Rotorua
- Gisborne
- Taranaki
- Whanganui / Palmerston North
- Horowhenua
- Nelson
- West Coast
- Otago

## Current Programmes ●

- Whangaroa
- Auckland
- Huntly
- Hamilton
- Coromandel
- Tauranga
- Te Puke
- Tokoroa
- Hawkes Bay
- Porirua
- Lower Hutt
- Marlborough
- Kaikoura
- Canterbury
- South Canterbury
- Southland



## SUPPORTER ENDORSEMENTS

“I have been closely associated with the Graeme Dingle Foundation through its development from **Project K** twenty years ago and I have the utmost faith in its ability to make a lasting difference for the young people of New Zealand. There are few organisations of this kind that can prove what they do works, and the Graeme Dingle Foundation does just this.”

*Sir Eion Edgar KNZM*

“Lion has worked with The Graeme Dingle Foundation for a number of years. We share the Foundation’s vision to build a strong New Zealand through programmes such as **Kiwi Can**. We know that such early intervention programmes not only build stronger, more resilient individuals, families, and communities, but also play a preventative role in addressing behavioural issues later in life. We value the relationship we have with The Graeme Dingle Foundation, and commend their integrity and dedication.”

*Rory Glass, Managing Director, Lion*

“I am proud to be a supporter of The Graeme Dingle Foundation because the Foundation invests directly in developing our nation’s key resource – people. They work with young people who often lack direction, ambition and confidence in their own ability to succeed – and this is in their important formative years. The outcomes of its work are impressive and even more credible when you know that every dollar invested by the Foundation yields a benefit of over seven times that amount (Growing Great Futures Infometrics Report 2012).”

*Sir Ron Carter ONZ, KNZM*

“At the Friedlander Foundation we have learned that we can trust the Graeme Dingle Foundation to deliver great outcomes for young people. They are a very professional organisation that collaborates well with businesses, schools, and community organisations. That’s why we support them – it’s as simple as that.”

*Michael Friedlander*



“Before **Project K** I was lost. I built walls between myself and other people... **Project K** and my mentor taught me to believe in me. I now believe that dreams do come true, when I have the courage to move past my fears and step out as myself.”

*Bailey, age 16, Project K Student*

## THE SOLUTION

Transforming young lives forever through positive youth development via experiential learning and mentoring.

### Growth Target

50,000 kids in programmes by 2025

PROGRAMME	TARGET 2025
Kiwi Can	23,000
Stars	6,750
Career Navigator	20,000
Project K	250
<b>TOTAL</b>	<b>50,000</b>

### Funds required for Stage One

YEAR	TARGET (KIDS)	FUNDS ALREADY COMMITTED	NEW FUNDS REQUIRED
2016	21,000	\$ 10M	\$ 1M
2017	23,000	\$ 10M	\$ 2M
2018	26,000	\$ 10M	\$ 3M
2019	28,000	\$ 10M	\$ 4M
<b>TOTAL</b>		<b>\$ 40M</b>	<b>\$ 10M</b>



“**Kiwi Can** has been an effective model of positive relationships which has engaged students and staff together. Students enjoy the lessons and so are engaged and want to attend. We gather data on bullying throughout the year and have noticed a reduction.”

*School Principal*

“Because of **Stars**, as a Deputy Principal, I spend significantly less time managing incidents and bad behaviour and more time strengthening our curriculum delivery and developing our teachers.”

*Deputy Principal*





“**Kiwi Can** has been a great addition to our whole school programme at every level – it has enriched and greatly enhanced our values programme – we love it!”

**Rhonda Kelly, Principal,  
Tamaki Primary School**

## A MESSAGE FROM OUR FOUNDERS

Over twenty years ago, we were inspired to set up Project K – the seedling initiative that has now grown into the Graeme Dingle Foundation. At the heart of the initial project was the well-being of New Zealand’s young people, and that has not changed.

A trip to the Arctic in the early 90s was the catalyst for this particular journey. The poverty and the societal dysfunction we witnessed in some Arctic communities made us feel lucky to be Kiwis. On our return to New Zealand, we recognised that in fact our statistics in similar areas were nothing to write home about – in fact, some of the worst in the OECD. And so we set ourselves on a path to do what we could to make a difference.

Through our community-focused, positive experiential learning and mentoring programmes, our young people develop life skills and confidence – empowered to find their purpose and direction in life. We continue to collaborate with key stakeholders including schools, businesses and community organisations, working to improve outcomes for thousands of Kiwi kids.

Today, the Graeme Dingle Foundation comprises Kiwi Can, Stars, Career Navigator, Project K and MYND. Since 1995 we’ve had almost 200,000 Kiwi kids through our programmes and are now helping nearly 24,000 children every year to become their own heroes.

Despite the lucky privilege of living in one of the world’s most beautiful places, there is an underbelly of suffering that many never get to see. There are thousands and thousands of New Zealand kids who are bullied, depressed, who lack confidence, or who are vulnerable. We aim to treat the causes of this suffering, not the symptoms; helping transform and guide these precious young lives towards a positive future.

**80% of our annual spending goes directly to support the kids in our programmes\* and for every dollar we invest, we see an average of over \$7 return to the economy.**

We have done good work, but we can do more. Over the next ten years, we have committed to expanding significantly so we can positively reach many more young New Zealanders.

**We are confident we can achieve this with your support.**



SIR GRAEME DINGLE  
KNZM, MBE



JO-ANNE WILKINSON, LADY DINGLE  
MNZM



\* Based on the total number of annual programme participants since inception



# GRAEMEDINGLE FOUNDATION

Transforming young lives forever  
Oranga Taiohi, Oranga Ake

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