



4 Aussie Heroes Foundation Limited

(ACN: 611 681 648)

INFORMATION BROCHURE

MARCH 2020

"Committed to aiding and respecting those military and first responder personnel, past and present, who are struggling and suffering as a result of their service to our Nation and our Communities"

Struggling military and first responder personnel, past and present, deserve all the support that they can get, and I'm all for supporting the '4 Aussie Heroes Foundation' in their quest to provide that much needed support. We owe it to them."

Wally Lewis AM
Rugby League Legend
& TV Sports Presenter



The view from "Camp Courage"

4 Aussie Heroes Foundation Limited

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AMBASSADORS



Marcus Blackmore AM
*Executive Director -
Blackmores Limited*



Wally Lewis AM
*Rugby League Legend
& TV Sports Presenter*



*Sincere thanks goes to the
late **Tim Fischer AC**,
ex-Deputy Prime Minister
of Australia who sadly
passed away 22 August 2019*

"The Foundation is incredibly grateful for the encouragement and inspiration by Tim, Marcus and Wally in the early establishment days of the Foundation, and Marcus' and Wally's ongoing support as we continue to develop and progress. They genuinely believe in what we are doing, and with the need for it."

A handwritten signature in blue ink, appearing to read 'Gerry Garard'.

G (Gerry) Garard
Co-Founder and Executive Chairman
4 Aussie Heroes Foundation Limited



THE FOUNDATION

Our Primary Commitments

We are committed to:

1. aiding and respecting those military and first responder personnel, past and present, who are struggling and suffering, particularly but not only from PTSD and other mental health issues, as a result of their service to our Nation and our Communities.
2. motivating and equipping them with the knowledge and skills they need to take an active role in their recovery.
3. assisting and encouraging any partners and children, as an integral component to the health and well being of the family unit, and any carers, whose role is imperative to the desired outcomes.

Our Reasons:

In 2016, and after extensive consultations with health professionals and other organisations working for military veterans, plus the study of relevant and credible research papers and reports, a gap in the rehabilitation process was identified.

To fill the gap there was a real need to focus on two distinct aspects.

1. An holistic, all-encompassing approach to the rehabilitation process.
2. The undisputed benefit of a rural/natural environment in which to deliver rehabilitation programs.

It became apparent in early 2017 that the concept of a rural retreat together with the world-best-practice rehabilitation programs being developed by the Foundation, would just as effectively suit and assist first responders.

Programs commenced in 2019 to great acclaim.

Our Short to Medium Term Goal

The establishment of "Camp Courage", a purpose built rural retreat in South East Queensland, at which world-best-practice rehabilitation programs will be delivered to suffering and struggling military and first responder personnel, past and present.

Our Values

These values will substantially contribute to how well and how successfully we deliver on our commitments, objects and strategies. Everyone working with us in any capacity is expected to demonstrate these values in their work.

Care	We genuinely and sincerely care about those individuals and their families who we exist to rehabilitate.
Dedication	We have an overwhelming and determined dedication to the successful outcome of our commitments, objects and strategies.
Integrity	We will not compromise on professionalism, diligence or the striving for the highest standing possible in the community.
Ambition	We have an insatiable desire to achieve great outcomes in all aspects of our operations.
Cooperation	We strive to work effectively, efficiently and harmoniously with all entities with which we interact.
Probity	We have an uncompromising attitude towards all things honest, decent, virtuous, righteous and ethical.

OUR SHORT STORY

Gerry Garard, a National Service 2nd Lieutenant and Vietnam Veteran, who spent most of his working life in corporate management, and his dual Olympic Gold Medallist and Taxation Consultant wife Renita, established the 4 Aussie Heroes Foundation with the express purpose of aiding and supporting military and first responder personnel, past and present, who are suffering and struggling with PTSD and related mental health issues as a result of serving our great Nation and our Communities.

The initial years of 2017 and 2018 were taken up with gathering a top Board of Directors, much research, the development of numerous policy documents and guidelines, successfully applying for DGR1 concessional tax status, forging relationships with key people and organisations, the development of our own innovative, short-term live-in "Triumph over Trauma" and "Refresh" Programs, employment of our first part-time staffer, serious fundraising, and obtaining a magnificent 32 acre rural site on which to build our "Camp Courage" Rehab Retreat at which all the Foundation's Programs would then be delivered.

2019 saw:

- the delivery of two of each of our "Triumph over Trauma" and "Refresh" Programs in 3rd party rural facilities in the Scenic Rim Region of SE Queensland, at no cost to Participants.
- a substantial grant being received from the State Government so as to establish the Equine Assisted Therapy horse facilities at the "Camp Courage" site.
- the most successful "Shambolic Golfaholic" charity golf days and "Pedals 'n Medals" fundraising Bike Ride, of those conducted to date.
- an approach made to both the State and Federal Governments, including a comprehensive Business Case, for \$1,450,000 each, as a contribution towards the capital cost of building "Camp Courage".
- the lodgement of a massive Environmental Assessment Report (in excess of 700 pages) as part of the MID development process with the Sate Government, for "Camp Courage".

2020 will see:

- the start to construction of the Foundation's "Camp Courage" Retreat.
- a major "Building Courage" capital fundraising campaign launched to contribute to the establishment of "Camp Courage".
- further development and delivery of our acclaimed Programs.
- continuing success with our fundraising activities, led by a new major corporate tug-of-war Event called "Rope 4 Recovery", to be conducted in the Brisbane CBD.
- the employment of our first full-time mental health professional as Manager-Program Services.



The Board of Directors at time of print

SUPPORT

We ask all sectors of the Australian Community, to help us to achieve our goals.

Sponsorship

There are many and varied Sponsorships available, particularly in the areas of "Camp Courage" buildings, equipment and Fitout / "Triumph over Trauma" Programs and Activities / and Events.

Membership

While not being a substantial Member type organisation, we do have relatively expensive membership categories for those individuals who are interested in what we are doing and achieving, and who would like us to keep them informed. Their membership fee is a means of financially supporting our work.

Events

For Cyclists!

The "Pedals 'n Medals" Fundraising
Two Day Road Event



For Golfers!

The "Shambolic Golfaholic"
Charity Golf Days



For Corporates and "Tuggers"!

The "Rope 4 Recovery"
fundraising Tug-of-War Event



For Foodies!

The "Mabel's Tables"
Home Hosted Dining Experience



Volunteering

We have some great volunteers but could always do with more.

Philanthropy

Contribution from these incredibly community minded individuals, Foundations and Trusts are earnestly sought and will be significantly valued.

Government

We commend to all tiers of Government to assess the need, our unique and innovative model, our credentials, our capacity and determination to deliver the desired outcomes, and our results to date, and support the worthiness of our various applications for funding.

Bequests

If you consider the Foundation and it's cause worthy, please contemplate a place for us in your will.

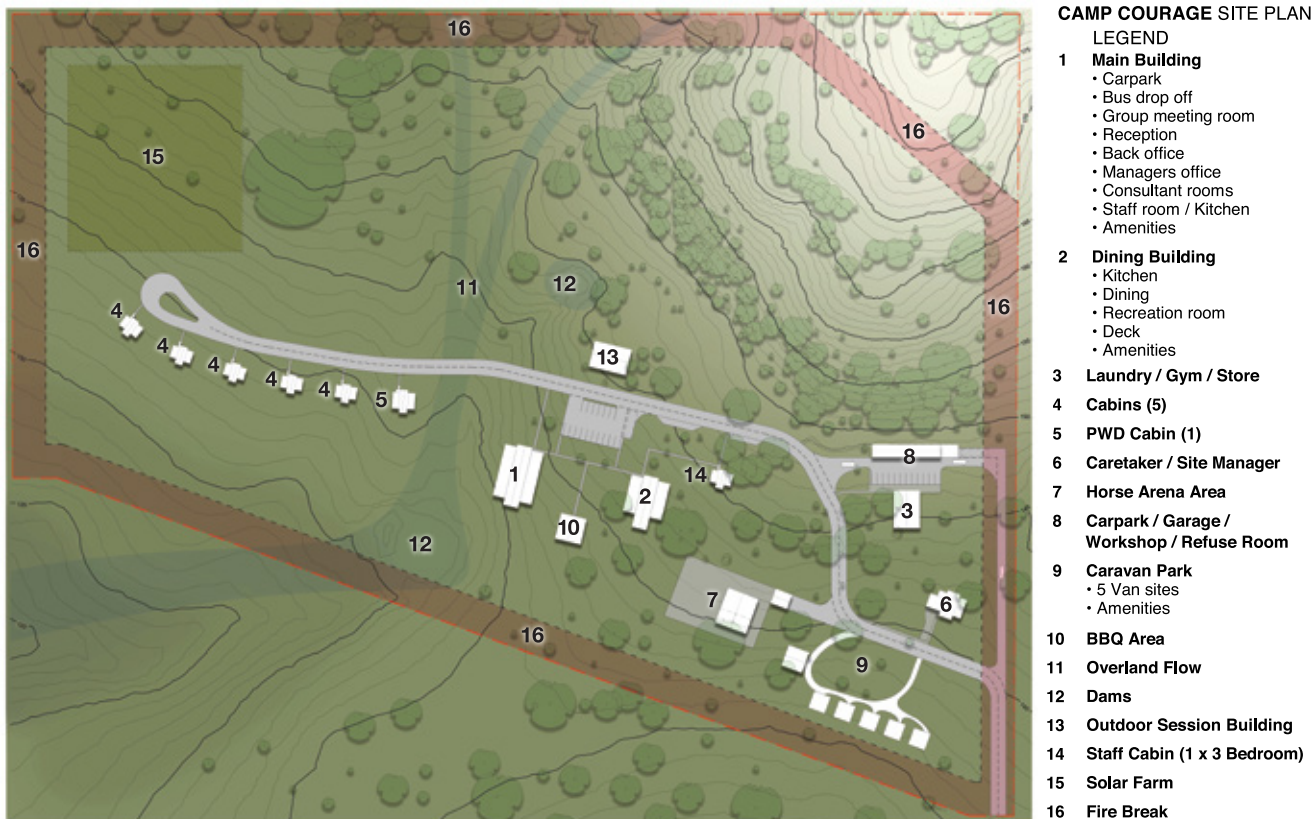
"CAMP COURAGE"

A purpose built rural retreat specialising in short term live-in rehabilitation programs for military and first responder personnel, past and present, who are suffering and struggling with PTSD and related mental health issues as a result of their service to our Nation and our Communities.



Site

The Site Layout below depicts the facilities and layout now proposed for "Camp Courage" South East Queensland.



In 2019 the Foundation was extremely grateful to Minister Cameron Dick, Department of State Development, Manufacturing, Infrastructure and Planning, for affording the Foundation a Ministerial Infrastructure Designation for our "Camp Courage" development at Limestone Ridges in the Scenic Rim Region of SE Queensland.

This was followed by the lodgement of an Environmental Assessment Report in December 2019, which after dialogue with Departmental representatives, resulted in changes to the original Site Layout mainly to do with bushfire risk. The new Site Layout is shown above.




















The Foundation is incredibly appreciative of those organisations, including the key decision-makers therein, that have made generous contributions to the planning and development of "Camp Courage" so far. They include:

- bureau^proberts
- Cardno
- RPS
- Litoria
- MWA Environmental
- WAM Engineers
- Faction Consulting
- Scenic Rim Regional Council
- Queensland Community Benefit Fund
- Rotary Club of Fassifern Valley
- Department of State Development, Manufacturing, Infrastructure and Planning

INVESTMENT LEVELS FOR "CAMP COURAGE"

May 2020 will see the launch of the foundation's major "BUILDING COURAGE" Capital Fundraising Campaign. One part of the "BUILDING COURAGE" Campaign will be to seek out 24 generous Companies, High Net Worth Individuals, and/or Philanthropic Trusts/Foundations that can see the value in this incredibly worthwhile cause and are willing and able to financially contribute to the "Camp Courage" rehabilitation Retreat establishment by taking one of the Naming Rights Sponsorships.

A component of all these investments may be in-kind.

	"CAMP COURAGE" NAMING RIGHTS	\$750,000
	DINING / RECREATION BUILDING	\$250,000
	THERAPY / MEETING BUILDING	\$200,000
	SOLAR FACILITY	\$75,000
	ROADWAYS	\$75,000
	PWD & STAFF CABINS	2 x \$75,000
	STANDARD CABINS	5 x \$65,000
	CABINS FITOUT - ALL 7 CABINS	\$65,000
	CARAVAN FACILITY	\$40,000
	OUTDOOR MEETING FACILITY	\$40,000
	GYM FITOUT	\$25,000
	WORKSHOP FACILITY	\$25,000
	THERAPY / MEETING ROOM FITOUT	\$25,000
	LAUNDRY FACILITY	\$25,000
	DINING ROOM FITOUT	\$25,000
	KITCHEN FITOUT	\$25,000
	RECREATION ROOM FITOUT	\$25,000
	OFFICE'S FITOUT	\$25,000
	BBQ FACILITY	\$12,500

PROGRAM DEVELOPMENT

The ultimate success of the Foundation will be judged by the success it achieves in the healing, care and support of our program participants, which in turn will be directly attributable to the quality and veracity of the program content, its delivery and the environment in which it is presented.

In relation to the all important aspect of program quality, the Foundation was particularly fortunate in having a great team of eminent professionals from within the fields of mental and general health and wellbeing, program development, education and research, who collectively volunteered hundreds of hours of their valuable time to develop the Foundation's Model of Care, and the inaugural "Triumph over Trauma" Program, including Program Overview, Components, Schedule, Outcome Measures, and Participants' Manuals.

The conduct of the Foundation's first two 11 day, live-in "Triumph over Trauma" Programs in 2019 have received great results, with significant benefit to ex serving military personnel and past and present police (both State and Federal), paramedics and fireys. We could not have been more delighted.

Each "Triumph over Trauma" program is followed up 3 months later with a 2 day "Refresh" program for the same participants.

Our goal is to substantially assist with the recovery, and therefore the provision of a dramatically enhanced quality of life, of this demographic who come to us with PTSD and other related mental health issues. Support for their partners, children and support persons is also part of our goal.

The Program includes over 100 sessions, which represent a combination of educational and activity based therapy, with all sessions being designed to enhance mental health and well being and delivered by a first class, well qualified, multi-disciplinary team of facilitators/presenters.



The Foundation has great pleasure in announcing the appointment of it's first full-time mental health professional as Manager-Program Services.

Katrina Cox, a highly regarded and well-respected APRHA Registered, Credentialed Mental Health Nurse with a Masters Degree in Mental Health, and substantial experience in developing, enhancing, coordinating, supervising and delivering mental health therapy group and individual programs, has joined the 4 Aussie Heroes Foundation team in March 2020.

The Founders and Board of Directors are delighted in this appointment and look forward to Katrina's experience, knowledge, commitment, enthusiasm and passion in further strengthening and enhancing the Foundation's Program Services.



A WORD FROM OUR PROGRAM PARTICIPANTS

From Feedback Questionnaires:

"How would you rate your overall experience with this program?" average of 9.2 out of 10

"Would you recommend the program to others?" average score 10 out of 10

"What is your opinion regarding whether there is strong need for this "Triumph over Trauma" Program?"

"Essential. There is nowhere near enough support in existence currently."

"Sorely needed for my brothers and sisters in blue, suffering PTSD at any stage."

"Really strong need. It has been the best help I have had the opportunity to receive since being diagnosed with PTSD".

Other comments were:

"Exceeded all my expectations".

"Best experience I've had in treatment".

"I want to be involved (with the Foundation) because what I got from it was priceless".

Some Brief extracts from Testimonials:

"This program has changed my life. I didn't just learn "how", but "what" and "why" became much clearer. I have future goals and so many tools to use for a continued recovery."

"I felt like a fraud going into the program but through the guidance of their various professionals, and the shared experiences of other participants, I claimed ownership of my condition and overcame the fear I felt towards admitting it to others. The program has had a significant positive impact on my life and the lives of those around me."

" I left Camp Courage with a new sense of optimism moving forward and a belief that I do not have to continue to live with and bear my PTSD as before. The program is certainly the best thing I have done on my journey to wellness."

"I found the program to be an excellent balance of psychological theory and opportunities to implement practical strategies to combat my PTSD. Added to this were other useful sessions including, but not limited to: yoga; mindfulness; canine and equine therapy; self care; nutrition; humour; physical fitness; and relaxation exercises."

"The program is certainly the best thing I have done on my journey to wellness. I am determined to fight on and will recommend this program to my friends and acquaintances. It's also my intention to give back to the Foundation behind the 4 Aussie Heroes in whatever capacity I can in the future."

It is noted that an Evaluation of Outcomes was done in conjunction with Griffith University, with pleasing results.

DIRECTORS



Gerry Garard

Co-Founder and Executive Chairman, 4 Aussie Heroes Foundation Limited

- National Service Army 2nd Lieutenant (1968-9) and Vietnam Veteran
- Involved in Corporate Management most of his working life
- Retired Fellow of the Australian Institute of Management and Fellow of the Australian Institute of Company Directors
- Awarded the Centenary Medal by the Federal Government for Distinguished Service to the Business Community
- Has sat on many Corporate, Government and Industry Body, Boards, Councils, Trusts and Committees.



Andrew Wareham

Managing Director & Executive Producer, TAXI GROUP

- Executive Producer – Film production and television commercials
- Recipient of numerous industry awards
- Director of several private companies
- Experience in management of commercial business operations across a range of industries
- Industry Body participation



Maj Gen Stephen Porter AO (Retired)

CFOO Marist College Ashgrove & CEO Marist Ashgrove Foundation

- Senior Army Officer with 40 years Military Experience
- Senior Executive Finance & Corporate Services in Education
- Officer of the Order of Australia
- Bachelor of Science, Master of Art, Master of Business Administration
- Fellow of the Australian Institute of company Directors and Fellow of the Australian Institute of Management
- Experienced Director on Corporate and Non-For-Profit Boards
- Member and Chair of Government and Interdepartmental Committees



Renita Garard OAM

Co-Founder and Director, PricewaterhouseCoopers

- Senior Director, PwC Brisbane
- Bachelor of Business and Law
- Dual Olympic Gold Medallist – Hockey
- Other current Board Positions, Chair – Port of Townsville Limited, Director – Queensland Rugby Football League Limited
- Has sat on several private Company Boards and the Boards of Hockey Australia and the International Hockey Federation

DIRECTORS



Mick Kelsey OAM

Commander (Retired) Australian Federal Police

- Over 3 decades of State, Federal and International law enforcement
- Several key international senior liaison and investigative roles with AFP including UN peacekeeping - East Timor, peace monitoring - Solomon Islands, terrorist attacks - Bali
- Many senior AFP appointments in Australia involving AFP intelligence, counter terrorism and organised crime
- Served as liaison officer to the Attorney General and Minister for Justice in Canberra
- Deployed to the Australian Embassy in Washington DC
- Duntroon Graduate and Commissioned Officer (Retired) in the Australian Army Reserve
- Current Board Member and Treasurer of the Kawana Waters RSL Sub Branch



Cassie Eivers

Project and Property Director, Bootooloo Property

- Advanced Diploma, Building and Construction
- Private Company Director
- Several Major Project Director Roles
- Major Projects Manager for Marist College Ashgrove
- Registered Project Manager, Australian Institute of Project Managers
- Member, Chartered Institute Building Services Engineers
- Registered Builder



Geoff Maddigan

Aon Lead Client Director (semi retired)

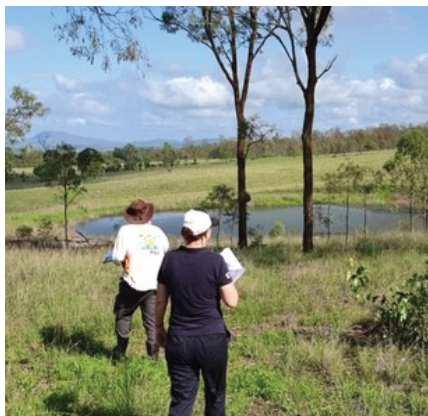
- Insurance Industry Executive with over 40 years experience in the industry
- Qualified Practising Insurance Broker (QPIB)
- Leader of Aon Teams in 48 countries managing risk transfer program for one of the world's largest private companies
- Queensland Insurance Broker of the Year, twice over
- Recognised Lead Mentor to numerous Insurance Industry personnel
- Worked and lived in London, Melbourne, Sydney and Brisbane
- Currently working as a Consultant to Aon on a part-time basis

GALLERY





GALLERY



THANK YOU



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
QUEENSLAND BRANCH



The support from the Queensland Police Service, the Queensland Ambulance Service, the Queensland Fire and Emergency Services, the State Government (predominantly through the Gambling Community Grants Scheme, and the Department of State Development Manufacturing, Infrastructure and Planning), and the Scenic Rim Regional Council, has also been greatly appreciated.



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YOUR SUPPORT IS OR WOULD BE GREATLY APPRECIATED

