



Harman Foundation Annual Report



24/7 free phone helpline - 1800 11 66 75
 Email: contactus@harmanfoundation.org.au
 Facebook: www.facebook.com/Harman-Foundation



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Harman Foundation

The Harman Foundation Charitable Trust was formed in 2013 by the parents of Harman Preet Singh, a pure soul and devoted son who tragically passed away. Today the Harman Foundation honours the memory of Harman by providing meaningful, sustainable community support services, delivered by a committed group of volunteers. Today, we have over 200 volunteers who cumulatively complete 185 hours of volunteer work for Harman Foundation per week.

Vision

Harman Foundation is an Australian not-for-profit organisation that empowers individuals from diverse communities and makes a positive change to their lives during difficult times.

Mission

Harman Foundation's mission is to support individuals, families, and the community during hardship, including experiences of grief, loss, homelessness, and domestic and family violence. We aim to empower individuals to make positive changes, raise awareness of important issues, and work with the community for a grassroots approach to domestic violence prevention.

Values

- Diversity
- Equality
- Compassion
- Respect
- Humility
- Innovation
- Integrity
- Acceptance
- Accountability
- Inclusivity
- Confidentiality and privacy



Beliefs

Harman Foundation embodies the philosophy of Sikhism, including:

- Belief in one God
- Love and justice for all
- All individuals have a right to basic necessities, such as food and shelter
- Equality of all individuals, regardless of gender, race, religion, colour, background, caste, or creed



Services – 2013-2019

Family support services

We value and promote family cohesiveness. We conduct regular seminars on family harmony and parenting, and provide counselling and other support services for families experiencing disharmony or hardship.

However, we DO NOT condone domestic violence in any form and believe personal safety should always be prioritised above all else. If you are facing any sort of domestic violence (emotional, financial, sexual or physical), call us for help on 1800 11 66 75. Our services are free, confidential and non-judgemental.

Domestic violence and empowerment

Harman Foundation Empowerment and Refuge House (HER House) provides vulnerable women and their children with safe accommodation, support and case management services.

We assist victims to strive for empowerment and independence, and regain confidence and self-esteem, in order to break the cycle of domestic and family violence. Empowerment services are available to men and women.

Here are some external support services you may also find useful:

Women: DV Line 1800 65 64 63

Men: Mensline 1300 78 99 78

Elders: Eldersline 1800 628 221



Harman Foundation domestic violence services snapshot:

25
women
and 16
children
stayed at
HER
House

Over **4000** phone calls from domestic
violence victims

35 children
rescued from
domestic
violence

2 HER House clients
moved to another shelter

17 women
successfully
transitioned
from HER House
into independent
housing

Clients find us via Domestic Violence Referral
Management Services, DV Line, word of mouth,

175 VICTIMS OF
DOMESTIC VIOLENCE
SUPPORTED

The Harman Foundation Domestic Violence
Team cumulatively spends **84** hours per
week supporting clients face-to-face and
100 hours per week attending service
meetings and completing administration,
planning and client advocacy

Community education and awareness

To date, the foundation has held over 100 education and awareness sessions with more than 8000 attendees in total. Education and training centres on mental health, including wellbeing, relationships, motivation, health, and diversity. Sessions take the form of workshops, focus groups, seminars and training programs.



Multi-faith chaplaincy services

Harman Foundation has provided over 6500 hours of chaplaincy services between 2013 to 2019.

Trained volunteers from Harman Foundation visit local hospitals and prisons, across Western Sydney, South-Western Sydney and the Blue Mountains area, on a weekly basis to offer emotional and spiritual care and support to individuals and their families. On average, 30 ill or incarcerated individuals (and their families) are visited each week. Individuals visited are predominantly from the Indian and Sikh community. Our aim is to expand this service to an additional two states over the next two years.

Our chaplains are registered Sikh Chaplains under the Department of Justice and currently have a team of eight qualified volunteer Sikh Chaplains. Our Chaplains are certified under the NSW College of Pastoral Education and approved to provide chaplaincy services in NSW hospitals and prisons.

They offer emotional and spiritual care and support in hospitals and prisons, which can be continued in the home if desired. If you would like someone to sit and pray with you or conduct an Ardaas* - a supplication to Waheguru (God), please contact us on 1800 11 66 75 or speak to your hospital or prison authorities.

* Our Chaplains do not accept any donations for the Ardaas they perform with you. Please make all offerings directly to Guruji when you next visit the Gurdwara.

Bereavement services

Bereavement support program provide families with immediate social, emotional, spiritual and financial support during times of loss. The foundation has assisted 27 families to date, with approximately 400 hours of service provided.

We have also assisted 20 individuals experiencing chronic illness, providing moral , spiritual, in-kind and financial support, with over 400 hours of service volunteered.

Please contact us on 1800 11 66 75 if you need support. You can also access government bereavement support services (via Centrelink) on 132 300.

Langar for Hunger

Harman Foundation's Langar for Hunger program ("langar" meaning "free food" in Punjabi) provides food for the needy and homeless in collaboration with the Australian Sikh Association, *Gurdwara Sahib Glenwood*. To date, over 7000 meals have been distributed. This program is run fortnightly at Blacktown train station in NSW. In January 2020, this program also expanded to service St Marys, NSW.



24/7 Helpline - 1800 116 675

The helpline has been operating for over four years. We receive approximately 7 calls per week as well as referrals via word of mouth and direct calls through the community network. Harman Foundation has responded to over 10 000 requests for assistance since 2013.

Seniors support services

We conduct regular seminars with speakers from the Seniors Rights Service, Centrelink, NSW Police and other external agencies. The seminars promote care and safety practices for seniors, and education opportunities for seniors to learn about Centrelink entitlements and benefits, as well as legal matters e.g. wills, enduring power of attorney, guardianships, and advance care directors.

We have volunteers who are trained in seniors' advocacy, who can liaise with various agencies on your behalf.

If you need help, please call us on 1800 11 66 75.

You may also find services from the following service providers helpful:

NSW Police: 000 (for emergencies) or
131 444 (for other matters)

Elders Abuse Helpline: 1800 628 221

Centrelink (for seniors): 132 300

Financial Information Service
(Centrelink): 136 300

My Aged Care: www.myagedcare.gov.au or
1800 200 422

Seniors Rights Service: 1800 424 079



Crisis appeals

Harman Foundation provides financial support to individuals and families in crisis. To date, over \$300 000 in financial support has been provided to individuals and families in need. Examples of crises include domestic and family violence, the 2020 Australian Bush Fires, families affected by chronic illness or sudden loss of family members, and the Nepal disaster.



Testimonial

“When my beloved husband passed away, it was the most difficult time of my life. I can’t begin to explain how grateful I am to have been blessed with the love and support from Harman Foundation during this crisis.

We are blessed to have such beautiful and generous souls within our community. I cannot thank Harman Foundation enough for all that they do. God Bless you.”

- Anonymous



The services provided by Harman Foundation from hospital to funeral home and thereafter, touched the writer of the above testimonial so much that she has now joined Harman Foundation as a hospital chaplain.

Mentoring program

Harman Foundation provides mentoring via the phone or in small groups. We have trained peer support volunteers to help you through your difficult time. on one session and Regular Support networking Group

You can access free, confidential, and non-judgemental mentoring over the phone, in-person one-on-one or as part of our Support Group by contacting Harman Foundation via any of the following methods:

Call the 24/7 Helpline on 1800 11 66 75

Email contactus@harmanfoundation.org.au

Facebook: www.facebook.com/Harman-Foundation

Twitter: www.twitter.com/HarmanFoundation



Multipurpose Vehicles

Vehicle 1: A vehicle was purchased in February 2018 at a cost of \$31,000 to increase the efficiency and effectiveness of our service delivery. The vehicle has been used for various purposes, including conducting food drives for the needy, attending to clients in crisis, day to day HER House client support activities, transportation of clients to seminars, meetings and charity events, and transportation of volunteers.

Vehicle 2: A vehicle was purchased in 2019 for \$20 000 to provide secure transport for HER House clients and their children. This vehicle is designated for HER House use only.



Rich Cultures Should Have Rich Relationships

In 2018, Harman Foundation partnered with Multicultural Health Services Western Sydney Local Health District and Sudanese communities for a 2-year research project into domestic and family violence. The research project is designed to:

- Achieve positive outcomes for Punjabi families, women and their children from the Western Sydney area by developing culturally-appropriate domestic violence resources; and
- Building community capacity in the planning, development, and management of community-driven domestic violence prevention initiatives.

Project highlights:

1. Community Domestic Violence Survey (February, 2019)

A survey of 300 Punjabi individuals revealed basic awareness of the prevalence and risk factors for domestic violence. Responses also demonstrated strong values about family and healthy relationships in the Punjabi community. A need to improve understanding of strategies to build and maintain healthy family relationships in the Punjabi community was indicated.

2. Second National Dowry Abuse Summit (February, 2019)

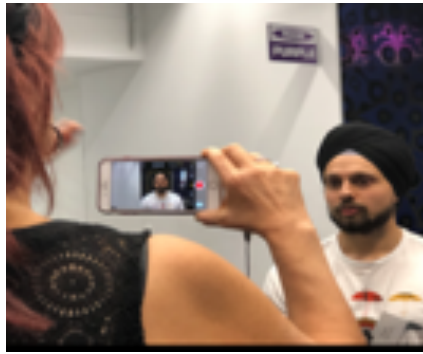
Harman Foundation leaders and volunteers participated and provided insights at the Second National Dowry Abuse Summit held in Sydney.



Dr. Manjula O'Connor and Harinder Kaur at the Summit

3. Digital story telling training (April, 2019)

The workshop equipped individuals from various cultural communities with skills to create digital resources for domestic violence prevention.



Manu Singh from participating in the Digital Story telling workshop

4. Domestic Violence Prevention Focus Groups (June, 2019)

The focus group targeted women, men, youth and grandparents.

The main themes that emerged from the focus groups were gender inequality, cultural norms, expectations, and perceptions, bystander roles and, seeking help.



Punjabi and Sudanese community leaders, bilingual community facilitators undergoing DV awareness and prevention training facilitated by Life Line

5. “Understanding Experiences of Domestic Violence through the Eyes of Children and Young People” Forum (November, 2019)



Harman Foundation volunteers attending NSW Health Interpreter and Bilingual Community Educators Forum, 27th November 2019 – “Understanding Experiences of Domestic and Family Violence through the Eyes of Children and Young People

6. Project resource design (in progress; 2019 – June, 2020)

In partnership with the Nepean Blue Mountains Local Health District and Western Sydney Local Health District, this project is designed to:

- Build linkages and partnership with community partners and research support teams.
- Facilitate members of the Punjabi community to create a digital story about domestic violence prevention, gender inequality, cultural practices and expectations around the role of women and the importance of bystander interventions for the Punjabi community.
- Implement participatory theatre as a prevention tool – educating the community across Western Sydney in partnership with local theatre groups to reach out to Punjabi speaking communities.
- Create and introduce the more culturally-sensitive “Equality Wheel” (based on the Duluth model). This equality wheel will be co-designed with community inputs to make behaviour change more achievable.

Our Sponsors

A big thank you to our generous sponsors. Without your generosity and ongoing support, Harman Foundation's work would not be possible.







Profit and Loss Statement

Harman Foundation Limited July 2018 - June 2019

	30 Jun 19	30 Jun 18
Income		
Donations Received	72,648	54,023
Grant Received	2,500	17,000
Membership Income	-	18
Other Income	782	3,000
Rent Received - Her House	4,783	-
Tickets Fundarising Dinner	21,723	27,521
Total Income	102,436	101,562
Gross Profit	102,436	101,562
Less Operating Expenses		
Advertising & Promotional Expenses	966	1,384
Bank Merchant Fees	90	513
Computer Expenses	537	579
Depreciation	8,569	5,106
Donations given	5,191	700
Filing Fee	-	48
Fooddrive Expenses	1,057	-
Fundraising Expenses	12,104	6,216
General Expenses	160	1,060
Hall Booking	2,684	-
Her House - Other Expenses	10,045	-
Her House - Rent & Rates	13,377	-
Insurance	1,650	2,037
Motor Vehicle Expenses	3,841	3,282
Parking & Travel Expenses	1,765	12
Postage Expenses	177	178
Printing & Stationery	835	477
Rent & Other Exp. - Affordable House	1,182	4,972
Seminar Expenses	793	3,425
Subscriptions - Xero	-	187
Telephone & Internet	398	1,574
Training	135	-
Trophies	-	614
Total Operating Expenses	65,557	32,365
Net Profit	36,879	69,197

Strategic Outlook 2020 - 2022

Harman Foundation strives to support vulnerable members of our community to overcome their hardships and disadvantage. Supporting individuals to gain life skills, building their confidence and empowering them to find their voice and autonomy. Harman Foundation plans to expand its presence in the broader community in order to touch more lives and provide compassion and support to a wider range of vulnerable individuals.



Harman Foundation's strategic priorities outline our commitment to safeguarding women and children from domestic violence as we work with families and communities.

Strategic priorities:

- Empowerment of vulnerable individuals
- Raising awareness of domestic and family violence
- Promoting healthy relationships
- Providing accessible spiritual and emotional support and multi-faith chaplaincy
- Mental health awareness

Support Us

Donate

Account Name: Harman Foundation Limited

Bank: Commonwealth Bank of Australia

BSB: 062093

Account: 10255735

Please reference with your name in the transaction description to allow us to identify your donation. All donations over \$2 are tax deductible.



Volunteer

Our work is never complete and we can always do with an extra helping hand. If you are looking to be part of a great cause, get in touch. We would love to have you on board!



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