

BIENNIAL REPORT



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Fulllife Foundation

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CEO/Chairperson Reflections

We are grateful to present the Fullife Foundation Biennial Report 2022-2024. This report reflects the collective impact of serving some of the most vulnerable communities in Ethiopia, made possible through your generosity and our trusted partners.

Over the past two years, we have remained focused on our vision: to improve the health of women and children in Ethiopia. Through strong, longstanding partnerships with International Needs Australia (INA), Barefoot Initiative (BI), and the Afar Development Association (APDA), and in collaboration with local organisations Bole Baptist Church Childcare and Community Development (BBBC) and Waklisa Charity, we have supported meaningful and sustainable programs in Southern Ethiopia and the Afar region. These partnerships are built on trust, shared values and a common commitment to sustainable community development.

The INA-led initiatives of the Maternal and Child Health Project, the Shurmo Education and Livelihood Project, and the Lemo-Ezha Integrated Development Project have positively impacted thousands of people through health initiatives, clean water access, education, vocational training and sustainable farming. These projects are examples of what can be achieved when compassion meets strategy and grassroots expertise.

Our work with Barefoot Initiative continues to address the challenges of remoteness, climate and the limited infrastructure in the Afar with practical and inclusive programs. The Access to Safe Water program has delivered hundreds of water carts and filters, and we are excited to support a pioneering Viral Hepatitis Awareness and Prevention Initiative, aligned with Ethiopia's national public strategy.

We are honoured to continue our support of the unrelenting service of Valerie Browning, AM, and APDA, whose culturally respectful community model provides healthcare, education and emergency relief responses to some of Ethiopia's most isolated populations in the Afar.





The Fullife Foundation is governed by a dedicated and experienced board of volunteers, committed to transparency, accountability and best practice, as expected by the Australian Charities and Not-for-profits Commission (ACNC). We continue to strengthen our governance framework, risk management, and quality improvement processes to ensure effective program oversight, the integrity of every donation and the safeguarding of the sustainability and effectiveness of our partners on the ground.

We extend our sincere thanks to all our donors, supporters, and volunteers, especially the Independent Pharmacies Australia, who have donated \$30,150. Your belief in our mission supports every clinic, every water cart, every training session, and every life changed.

There is still much to do, but with your support, we remain committed to funding programs that transform lives - one person, one family, one community at a time.

With gratitude,

Ian Shanks
Ian Shanks
CEO

Janelle Murley
Janelle Murley
Chairperson

The Fullife Foundation Guarantee

In recent years, a number of Australian charities have come under intense public scrutiny for their high levels of administrative and marketing expenses, resulting in only a relatively small percentage of total donations actually going to assist their intended beneficiaries.

Sadly, this has resulted in an increase in the Australian community's cynicism regarding the effectiveness of their donations, and whether their hard-earned money was actually making a difference.

Consequently, the Fullife Foundation decided to overcome this public concern by **GUARANTEEING** that **ALL** money donated to the Fullife Foundation goes straight through to our trusted partners working on the ground in Ethiopia. Fullife Pharmacies financially cover all marketing and administrative expenses of the Fullife Foundation.

Our donors can be confident that every dollar donated goes to Ethiopia to improve the health of women and children.



Vision & Mission

vision

Our vision is to improve the health of women and children in Ethiopia.

mission

We will achieve our vision by:

- promoting awareness and understanding of the health needs of women and children in Ethiopia
- connecting those with resources to give, with those who most need them and by sourcing appropriate partners and projects
- minimising costs and maximising our contributions to projects





International Needs Australia

The Fullife Foundation has continued its long-standing partnership with International Needs Australia (INA) and local lead partner Bole Baptist Church Childcare and Community Development (BBBC), transforming lives and reaching thousands of people in vulnerable communities in southern Ethiopia.

The Maternal and Child Health Project (MCH) and extended services were implemented between 1 July 2020–30 June 2023, reaching 7,505 women, 1,761 men, 2,774 girls and 2,666 boys, strengthening healthcare services and promoting long-term community wellbeing through the following programs.

Health Extension Workers (HEWs) and Communities

172 meetings, organised for Health Centre (HC) heads, HEWs, influential leaders and program staff, were held with the community. The meetings focused

on discussing the project's outcomes, outputs and activities, and practical and participative strategies to address the primary needs of the communities. These meetings were crucial to ensure the participants shared ownership of the project intervention and the consequent sustainability of the actions beyond the project scope.

Health Development Army (HDA)

90 HDA leaders were trained on ante- and post-natal care and safe birth delivery. The main functions of the HDA included supporting HEWs by mobilising the community to take up key health services, disseminating essential health messages, implementing key health activities, and collecting health information on community members eligible for health services.

Community Leaders

87 influential traditional leaders were trained on preventing harmful traditional practices that adversely affect the mother and child's health.

Pregnant Women and Mothers

200 pregnant and lactating women were trained on exclusive breastfeeding and preparation of a balanced diet from locally available items. The training was organised in collaboration with Health Posts, Health Centres and the District



Health Office. The women were also trained in personal hygiene practices, such as handwashing, food safety and the importance of iron folate and vitamin A supplements. Additionally, 30 training sessions were given to pregnant women and mothers on breastfeeding, particularly early initiation, exclusive breastfeeding for 6 months, and nutritionally adequate first foods.

Construction and Medical Supplies

5 Health Posts were renovated with essential building works to roof and ceiling, structure maintenance, accessibility improvement and flooring.

14 Health Posts and four Health Centres were provided with medical equipment and medicines. The medical equipment included adult and child weighing machines and height scales, a blood pressure monitor, a digital thermometer, an autoclave and a foetal scope.

More than 50 types of life-saving medicines were purchased and distributed, providing much-needed assistance in treating patients.

The Shurmo Education and Livelihood Development Project (SELD) was also implemented from 1 July 2020 to 30 June 2023, supporting 1,096 women, 2,699 men, 1,863 girls and 1,608 boys,

transforming education and economic opportunities for families in need.

Early Childhood and Primary Education

3,471 children (1,863 girls and 1,608 boys) enrolled and were supported in the five targeted primary schools and early childhood community education centres.

Stationery, including exercise books and pens, was provided to students in need. The project also organised workshops for parents on the importance of sending their children to school at an appropriate age, with 35 Parent-Teacher Association members reporting increased knowledge in school governance and leadership.

The project focused on promoting and training 35 Child Protection Committee Members to provide holistic support and protection to children by reporting three areas of improvement in the planning, implementation, and monitoring of child-related activities. These committees oversaw the discussion of issues related to child protection and education at the community level, as well as increasing the general population's awareness of the importance of education.

Sustainable Farming

280 farmers were supported with improved seeds and fertiliser to sow on their farms. The beneficiary selection



team, comprised of project staff, the child protection committee, Kebele leaders, and technical staff from the government agriculture office, set the criteria for selecting these households.

These farmers were also shown how to use the farming inputs, with other farmers conducting experience-sharing tours about agricultural extensions, including small-scale irrigation, integrated farms, animal husbandry, and beekeeping.

Women Self-Help Group (SHG)

460 self-help-group members engaged in at least one income-generating initiative throughout the FY 22-23 project. The project provided seed money (a small initial capital equivalent to around 200 AUD) to 20 SHG mothers to assist with improving their income, and financially supported 60 unemployed youth to engage in small businesses. The selected participants received training on business development, diversified income-generating means and saving culture.

The self-help groups not only boosted the economic independence of mothers and their families but also increased women's decision-making power in their households and at the community level, helping to strengthen the role of women in their communities and fighting against gender inequality. At the same time,

the groups fostered a renewed sense of belonging for the women participating and promoted mutual support beyond the project scope.

The Lemo-Ezha Integrated Development Project (LEID) began in 2023 to support education, healthcare and economic opportunities for marginalised women, children and farmers in the districts of Lemo and Ezha in Southern Ethiopia.

Early Childhood, Primary and Middle School Education

Project LEID provided 400 children, aged five to six years, access to safe and quality pre-primary education. The project also assisted 3,372 children (1,662 boys and 1,710 girls) to complete primary and middle school education (grades 1-8) - 120% of the target! Project management, community mobilisation, and school governance capacity were improved through training for 18 project staff, 22 child protection committee members, and 63 parent-teacher association members.

Increasing Parental Awareness

In the districts of Lemo & Ezha, awareness-raising sessions for 1177 parents (685 male and 482 female) were conducted to help educate them on the importance of girls and boys attending and completing school.



The project attempted to tackle poor awareness and lack of school access in rural communities, often resulting in parents not sending their children to school at the appropriate age. The issues of child enrolment at an appropriate age, child protection, school dropout and repetition, and education quality were widely discussed, creating awareness for the participants.

Vocational Skills Training and Income-Generating Practices

A group of 10 Self-Help Groups consisting of 170 women received vocational training and financial support. Training focused on business development, savings and credit, basic bookkeeping, and leadership skills to enable the women to participate in income-generating activities. Each group also received 20,000 birr (AUD 244) as initial capital to continue their saving and borrowing activities.

Strengthening Healthcare Quality

Basic Emergency Obstetrics and Newborn Childcare (BEMONC) skills and capacity-building sessions were held for 32 (9 male and 23 female) midwives and health officers.

The training was delivered in collaboration with Wolkite University Referral Hospital health professionals

and included lectures, group discussions, and presentations. After the training, participants agreed to create an action plan to continue providing quality healthcare to women and newborns.

The project also assisted in the construction of a waiting room at Darcha Health Centre and a postnatal room at Shurmo Health Centre. Essential medicines and medical equipment were provided to four health centres in the Ezha district. Forty-seven households received Cover Community-Based Health Insurance (CBHI) to cover healthcare fees.

Improved Community Awareness

170 members of the Health and Development Army (HDA), a women-centric community movement comprising of 30 households, received maternal and child healthcare training. 135 influential leaders, consisting of 74 males and 56 females, were invited to participate in training and awareness campaigns based on the prevention of harmful traditional practices like child marriage, child labour exploitation, and female genital mutilation.

180 pregnant and lactating mothers were also trained on how to prepare locally available iron, vitamin A and vitamin C-rich foods to target common micronutrient



deficiencies that can contribute to poor birth outcomes.

Increased Access to Clean Water

Lack of access to drinking water is one of the more significant issues in the project intervention areas. One water point was constructed in Demeko village of the Lemo district, and the project purchased and extended a 2000 metre HDP pipe. Installation and accessories were provided through community labour and funding, with the initiative providing water to 240 people in the community. Community awareness training on safe water management was also conducted for 286 households, while rural management training was provided to water committee members, with water system maintenance training for plumbers to mitigate the lack of expertise in water management.

The Fullife Foundation, through our donors, is committed to supporting projects that have life-changing effects on marginalised communities through initiatives that improve healthcare, education, clean water, and economic opportunities. Our partnership with INA and BBBC is one we value, respect, and trust, and we look forward to working together in the future.





Barefoot Initiative

We have continued to strengthen our partnership with Barefoot Initiative, which, through their on-ground local partner, Waklisa Charity, implemented the Access to Safe Water program, where we funded 250 water carts and filters that were distributed to target households, including 24 persons living with a disability in 2022. Barefoot Initiative had a target to reach 1186 households from the eight target villages where they work and with 637 water carts and 550 water filters having already been distributed, we committed to continue our support in 2023 to meet their target by reaching a further 299 households needing a water cart and the 637 households needing a water filter.

One of the key objectives of the Barefoot Initiative has been to improve the health and wellbeing of people living in Afar through low-cost, low-technology solutions that improve access to safe

water. Through Waklisa's provision of the Sawyer bucket water filter, water cart and household-level coaching on operation and maintenance, they have provided the community with a very simple but effective solution to access safe water to Afar homes.

To ensure community value, ownership and greater sustainability of the Access to Safe Water program, community consultations and feedback meetings recommended that every household receiving a water cart and water filter contribute 400 Ethiopian birr (approximately 5%). Families living below the poverty income level and having a family member living with a disability are exempt from the requirement.

During our visit to the Afar in November 2023, we visited Abdo from Waklisa Charity, who showed us the Barefoot Initiative projects we have supported with your donations. We visited communities where the water carts and water filters were delivered to see the impact on the families and to gather feedback from community members and local leaders, to ensure ongoing collaboration. We were also delighted to catch up with the three pharmacists we supported throughout their pharmacy studies who graduated in September 2023, Mohamed Humed, Awel Mohammed and Husen Abobaker.





Commencing in January 2024, the Fullife Foundation committed to supporting Barefoot Initiative and Waklisa in the first year of their latest effort to improve health outcomes for the Afar communities in Ethiopia, through a strategic viral hepatitis prevention and awareness project. This project targets one of the country's most pressing public health issues, viral hepatitis, which remains endemic across Ethiopia and is particularly prevalent in the Afar region, where Hepatitis B rates are as high as 28.8%. Despite this, awareness, resources, and access to prevention and treatment services remain limited.



Building on the success of the safe water programs in the eight villages of Angalile and Kalat kebele, this initiative will expand to Haledabi Kabele to reach 15 villages and 1,786 households. Supporting 45 healthcare workers across three health posts and one health centre, the project is designed to support the Ethiopian Ministry of Health's National Strategic Plan for the Prevention and Control of Viral Hepatitis (2021–2025) by strengthening community awareness, enhancing local healthcare capacity, and improving early detection, referral, and access to vaccination.



Through culturally appropriate community mobilisation, targeted training of healthcare workers and traditional leaders, and improved access to safe water, the initiative will address both the social and structural determinants of viral hepatitis. It also aims to reduce stigma, promote safe health practices, and increase the uptake of institutional deliveries and vaccinations. High-risk households will receive essential support, including travel subsidies for accessing vaccination centres and access to Sawyer water filters to reduce infection risk.

We are especially encouraged by the inclusive approach of our partners, who are engaging clan leaders, religious figures, women, and people with disabilities to ensure that solutions are not only effective but deeply rooted in the communities they are designed to serve.

Barefoot Initiative brings deep, trusted relationships with the Afar people and a proven track record of inclusive, grassroots health development. Their approach ensures that solutions are not imposed from outside but are co-designed and owned by the community, increasing the likelihood of lasting change.

At the Fullife Foundation, we are committed to funding projects that not only address immediate health needs but also build local leadership and sustainable change. We are grateful for the trust and partnership of Barefoot Initiative and Waklisa, whose grassroots approach continues to empower Afar communities to lead their own development.

We look forward to sharing the impact of this work in the year ahead.





Afar Pastoral Development Association

The Fullife Foundation is proud to continue its partnership with the Afar Pastoralist Development Association (APDA), founded by Valerie Browning AM, an Australian-born nurse and humanitarian, to serve the nomadic Afar communities of Ethiopia.

Living among the Afar people, she has led APDA in delivering critical health, education, and emergency services to some of the most remote and underserved populations. APDA is also a grassroots, community-led organisation deeply embedded in the region, with a trusted network of local workers dedicated to addressing urgent needs and long-term development challenges.

Their partnership with the Fullife Foundation ensures that support reaches those most in need in a timely, compassionate, and effective manner.

Between August 2022 and June 2023, communities in the Afar Region faced overlapping crises, including severe flooding, the lingering impacts of conflict, disease outbreaks such as measles and whooping cough, and acute food and water insecurity.

Displacement, malnutrition, and limited access to healthcare and hygiene supplies left many without basic support. Emergency relief funding from the Fullife Foundation and Gift of Hope funding enabled APDA to respond swiftly and directly to those in greatest need, saving lives and restoring hope in some of the most isolated and vulnerable communities, where no other aid was available. Activities undertaken included:

Emergency Food Distribution

Following severe flooding in August 2022 in Afambo, 1,000 displaced, exhausted and injured people, mainly pregnant and lactating mothers, the elderly, and people with disabilities, received one-month food rations.

Each beneficiary received 12 kg of maize flour, 3 kg of wheat flour, and 3 kg of chickpeas. These individuals, having fled Urroqubi, were sheltering in schools and health centres in Hammadoyta and Allasoboola. APDA's health team



provided ongoing monitoring, health checks, and malnutrition screening, helping to prevent waterborne disease and malnutrition-related deaths.

Measles Vaccination Campaign

A measles outbreak in December 2022 claimed the lives of nine children in Sifra and displaced families in fear of contracting the disease. With support from the emergency fund, APDA immediately deployed vaccination teams of 45 APDA-trained and experienced health workers to immunise 5,550 children under 15 years of age in Sifra and 3,947 in Uwwa. Children under five also received Vitamin A to strengthen immunity.

In response to a similar crisis in remote Mabay, where children had not been vaccinated since 2015, APDA administered three rounds of full immunisation, reaching 639 infants under one year with 9 antigens (polio, diphtheria, tetanus, hepatitis B, rotavirus, haemophilus influenzae, pneumococcus, pertussis and tuberculosis, and 5,920 children under five with measles vaccines.

A 'mop-up' round followed, ensuring complete coverage. The campaign

effectively halted the outbreak in the areas reached and significantly reduced child mortality.

The project bought two refrigerators powered by generators as close to the communities as possible that the cold chain could sustain by making ice continually on the spot, as well as taking out long ice boxes on the backs of camels into the community, with health workers then using a vaccine carrier to take vaccines directly to the people.

School Stationery Distribution

APDA distributed 800 exercise books across 10 remote community schools in Erebt, enabling 400 children from conflict-displaced families to continue their education.

Soap Distribution

Due to the lack of safe drinking water and the presence of waterborne illnesses, leading to diarrhoea, APDA distributed 1,000 pieces of multi-purpose soap to 200 households in Mabay. Each family received five bars, sufficient for one month, distributed during the vaccination campaign.



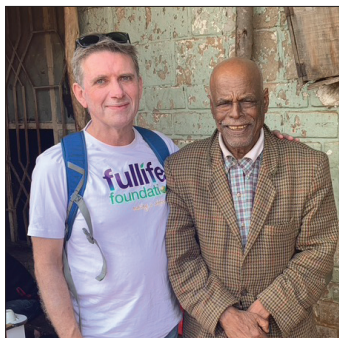
Nutritional Support

APDA identified high rates of maternal anaemia, 66%, in Gala'alu, where conflict had blocked food aid. A total of 370 kg of lentils were distributed to 92 anaemic pregnant women, each receiving 4kg of lentils, prioritising those most severely affected. Birthing kits were also distributed to mothers in Teeru, where communities were isolated from health care.

During this time, APDA deeply valued Fullife Foundation's flexible and responsive partnership, which enabled a timely, compassionate, and targeted emergency response to support the most vulnerable without the bureaucratic constraints often imposed by traditional aid models.



The Board



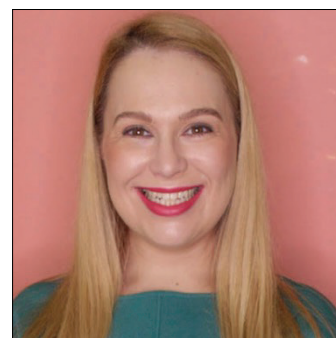
Ian Shanks
Chief Executive Officer (CEO)

Ian is a pharmacist, the founder and the key driver of the Fullife Foundation. He is instrumental in forging relationships and partnerships as the CEO while operationalising key initiatives.



Janelle Murley
Chairperson

Janelle is the Chair and governs our board and meetings keeping us accountable for our actions. With extensive experience in education and the not-for-profit sector, Janelle drives the development of our strategy, overseeing our governance in policy, compliance, risk management, stakeholder relationships and contracts.



Bridget Delahunty
Fundraising

Bridget joined the Fullife Foundation board in 2022, assuming the role of Chair of Fundraising and is tasked with increasing awareness and our donation base.

She has experience in the charity space as a Committee Member and Chair of Communications for Women & Change, Queensland's first giving circle.

Bridget also volunteers for the Past Pupil's Association of All Hallows' School. She has a professional background as a registered pharmacist and currently works in the health technology space.



Michelle Bou-Samra
Marketing and Innovation

Michelle is a pharmacist, has extensive experience on boards and committees and acts as a sounding board to filter ideas while ensuring integration between pharmacy operations and in-store fundraising, education and awareness.

She has travelled extensively through Ethiopia and developing countries and shares her knowledge on the links between empowering communities through international and community development.



Teresa Hooper
Finance and Risk

Teresa is an accountant, company secretary and experienced director, oversees our finances and provides sound advice to ensure compliance and to enable growth. Her expertise and board experience help the Fullife Foundation achieve and maintain sound financial management and stewardship.

Our Team



David Sanders
Barrister/Legal Counsel

David has been advising the Fullife Foundation board on administrative, legal and governance issues since our commencement in 2013.

We appreciate David's sound advice and oversight of the Fullife Foundation.

David has a busy legal practise specialising mainly in wills and estates, and is also an Accredited Mediator.



Kristi Dafos
Finance Officer

Kristi is the in-house accountant for the Fullife Foundation, and ensures that our financial records and transactions are always accurate, up to date and available for assessment by the board.



Sasha Shanks
Marketing & Graphic Design

Sasha came on board as our resident creative in 2018 and runs our social media, website, graphic design and other marketing channels.

She has an affinity for 90s hip hop and interior design, and works for the Fullife Foundation both because she loves the impact that they have, and because her father-in-law (Ian) asked her to!



Julie & Vince Formica
#1 Supporters

Julie has been part of the Fullife team for over 40 years, she is a passionate supporter of the Fullife Foundation, and works tirelessly to inform and connect customers with the work that we do in Ethiopia

Registrations

Australian Company Number (ACN) is 163 217 516

Australian Business Number (ABN) is 751 632 175 16

The company is an Australian Proprietary Company limited by shares

The company acts as Trustee for the Fullife Foundation, which is a public ancillary fund (PAF)

Fullife Foundation was registered with Australian Charities and Not-for-profit Commission (ACNC) on the 9th April 2013

Fullife Foundation was granted full DGR (tax deductible) status by the Australian Taxation Office (ATO) in 2013

Registered office address: 7 Flora Road, Donvale VIC 3111

Website: <https://www.fullifefoundation.com.au>

Email: foundation@fullife.com.au

How you can help

Make an ongoing donation



The Fullife Foundation wouldn't be able to make such a significant difference if it weren't for the generosity of those who donate, especially on an ongoing basis.

To set up an ongoing donation of your choice, please use the QR code to the left. We thank you in advance for your generosity and willingness to make a difference!

Make a once-off donation

Every single donation makes a difference.

If you would like to help us improve the health of women and children in Ethiopia, we invite you to use the QR code to the right.

This will take you to a donations page, where you can choose the value of your donation. Thank you!



Every donation over \$2 is tax deductible. If you donate via bank transfer and require a receipt, please email your donation information to foundation@fullife.com.au and a receipt will be provided to you.

Other ways you can help

Request a donation box for your business

Speak to us about becoming a corporate donor partner

Request a Gift of Hope stand for your business

Host a fundraising event on behalf of the Fullife Foundation

Contact Us

Email	foundation@fullife.com.au	Instagram	@fulllifefoundation
Phone	0414 871 928	Facebook	facebook.com/fulllifefoundation
Postal address	7 Flora Road Donvale VIC 3111		

Financials

Fulllife Foundation

ABN: 41 310 238 762

Balance Sheet

As At 30 June 2023

	Note	2023 \$	2022 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	4	168,462	132,661
Trade and other receivables	5	2,810	10,362
TOTAL CURRENT ASSETS		171,272	143,023
NON-CURRENT ASSETS			
TOTAL ASSETS		171,272	143,023
LIABILITIES			
CURRENT LIABILITIES			
NON-CURRENT LIABILITIES			
NET ASSETS		171,272	143,023
EQUITY			
Accumulated Surplus		171,272	143,023
TOTAL EQUITY		171,272	143,023

The accompanying notes form part of these financial statements.

Fullife Foundation

ABN: 41 310 238 762

Income Statement For the Year Ended 30 June 2023

	2023	2022
Note	\$	\$
Donations and other income	3	3
	323,889	341,243
Distributions	(284,101)	(299,432)
Other operating expenses	(11,539)	(10,008)
Surplus for the year	28,249	31,805

The accompanying notes form part of these financial statements.

Fullife Foundation

ABN: 41 310 238 762

Statement of Financial Position**As At 30 June 2024**

		2024	2023
	Note	\$	\$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	4	210,357	168,462
Trade and other receivables	5	442	2,810
TOTAL CURRENT ASSETS		<u>210,799</u>	<u>171,272</u>
NON-CURRENT ASSETS			
TOTAL ASSETS		<u>210,799</u>	<u>171,272</u>
LIABILITIES			
CURRENT LIABILITIES			
NON-CURRENT LIABILITIES			
NET ASSETS		<u>210,799</u>	<u>171,272</u>
EQUITY			
Accumulated Surplus		<u>210,799</u>	<u>171,272</u>
TOTAL EQUITY		<u>210,799</u>	<u>171,272</u>

The accompanying notes form part of these financial statements.

Fullife Foundation

ABN: 41 310 238 762

Statement of Profit or Loss and Other Comprehensive Income
For the Year Ended 30 June 2024

		2024	2023
	Note	\$	\$
Donations and other income	3	349,218	323,889
Distributions		(299,600)	(284,101)
Other expenses		(10,091)	(11,540)
Surplus for the year		39,527	28,248

The accompanying notes form part of these financial statements.