

James & Diana Ramsay
Foundation Review
June 2019



JAMES & DIANA
RAMSAY
FOUNDATION



MISSION STATEMENT

To honour the legacy of the founder, Diana Ramsay AO and her husband James, and their passionate commitment to the arts, medicine and young people.

Diana May Ramsay AO (1926–2017)

was a member of the well-known South Australian Hamilton wine-making family. Diana grew up in Adelaide and was schooled at Woodlands Church of England Girls Grammar School in Glenelg. After leaving school Diana commenced voluntary work with the Red Cross which led her to study social science at the University of Adelaide. Diana then moved to live and work in Sydney in 1955 working in various hospitals including The Women's Hospital in New South Wales, and Prince Henry's Hospital in Victoria. She settled in Adelaide again in 1963 with her husband James whom she married in 1960 and then started work as a social worker at the Queen Elizabeth Hospital.

Diana loved playing hockey and was a member of the South Australian State Women's Hockey team from 1945–47. Later she became a keen golfer and was an active member of the Royal Sydney and Royal Adelaide golf clubs.

Diana was extremely proud to be the Founder of the James and Diana Ramsay Foundation which was launched in December 2009.

James Stewart Ramsay AO (1923–1996)

grew up in Launceston, Tasmania, son of pioneering surgeon Sir John Ramsay CBE and Lady Ramsay. Sir John was Surgeon Superintendent of the Launceston General Hospital between 1896–1912, founder of his own private hospital St. Margaret's in Launceston in 1912 which is now owned by Calvary, and co-founder of the Royal Australasian College of Surgeons. The Ramsay name is also synonymous with the famous boot polish company KIWI which was founded by James' uncle William Ramsay, James is also the nephew of the famous artist Hugh Ramsay.

James attended Scotch College in Launceston and later Geelong College in Melbourne. James was extremely keen to serve his country and applied to become a soldier in the Australian Military forces during World War II. Whilst ill health prevented him from serving on the frontline, he was a well-respected finance officer within the Military forces. After a very happy and accomplished life, James lost his battle with cancer in 1996.

James and Diana had always admired the Felton Bequest (the Will of Alfred Felton in 1904) and what it had done for the arts. It had encouraged them to support those organisations that had given them much joy during their life together. It is well known that James and Diana were great admirers and benefactors to the performing and visual arts, and were also very generous in providing funds for medical scholarships, funding medical work in rural regions as well as supporting young people at risk. James and Diana made the most of their 35 years together and greatly enjoyed travelling around the world to experience other cultures, especially to see the arts in other environments.

James and Diana Ramsay were both appointed as Officers of The Order of Australia (AO) in 1992 for their extraordinary philanthropy and service to the arts and the community.



Since it was established in 2008, The James and Diana Ramsay Foundation has reached out to assist more than fifty organisations, committing over \$14 million to the community. Over the past two financial years we have continued to fund exceptional organisations and people, and we are pleased to share some of these stories within this report.

A special highlight during this period was the Foundation celebrating its tenth anniversary in June 2018 with a dinner at Ukaria Cultural Centre in Mt Barker. Seventy people attended, all connected with the Foundation in various ways.

Chairman, Nicholas Ross said in his welcome speech, "Setting up the Foundation was one of Diana's proudest moments, she wanted to continue the giving that she and James had been so proud of, long after she was gone". He also shared that "Diana had a very clear vision for the Foundation and where it should head and what it should support". Sadly, Diana passed away almost twelve months before this celebratory event, she would have loved to have seen the significant achievements of the Foundation celebrated in this way.

"The recipient organisations of the Foundation's strategic funding are the ones with the expertise and knowledge and are delivering essential services and programs, and are making a significant and positive impact in the South Australian community", Rear Admiral Kevin

Scarce AC,CSC said. As former Governor of South Australia, Kevin also shared stories about not only how important this work is, but that he has seen first-hand the benefits of the Ramsay's philanthropy, particularly in vital programs for our youth at risk, medical research, academia and in the vibrant cultural life of South Australia.

One word that resonates with me, which I heard Diana use so often is "quality", and Nicholas Ross also used this in his address at the dinner saying that "the Foundation is a great believer in investing in people, and there are a number of institutions in South Australia, run by some very talented people. The quality of people involved in areas such as the arts, working with our youth and the sciences is quite remarkable," and when we find passionate leaders with these qualities, doing great work, the Foundation is proud to support them.

Our role is to enable our partners to achieve great things and we not here solely to give financial grants, but to also help our partner organisations be as successful as they can be, which may also take on other forms such as advocacy and assisting in building skills and networks.

The Foundation continues to nurture our strong relationships with our funding partners. This engagement is very important for us, as it helps us understand the challenges in the community and within the organisations that we support. Our

grantees are our partners, and we work collaboratively with them to help them achieve their goals.

As the corpus of the Foundation and our profile as a strategic grant maker has grown, we were delighted that Kiah Elsworthy joined the Foundation in 2018 as Grants Manager. Kiah is a very welcome addition to the team and comes with experience from the travel industry and has experience in the not-for-profit sector through various volunteer roles.

The philanthropic sector is progressively growing in Adelaide and it is very rewarding to work alongside other passionate people in the philanthropic space, whether it be through our knowledge sharing networks, social events or co-funding partnerships. Our door is always open for those wanting to know more about grant making or about the important work that our partners are doing.

As always, great care is taken by management and our board on both our investment and philanthropic responsibilities, and the Directors of the James and Diana Ramsay Foundation each bring a wealth of experience from their relevant professional fields and provide sound advice. I thank each of the board members, Nick, Melissa, Tim and Richard, as well as Kiah for their valuable and active contribution to the work of the James and Diana Ramsay Foundation.

A special highlight during this period was that the Foundation celebrated its tenth anniversary in June 2018, and has now supported over fifty organisations.



In the past two financial years



**40
Partners**

We had 40 Partner Organisations



**13 New
Partnerships**

We established 13 new partnerships



**18
Organisations**

We supported 18 organisations through our small grants program to help with capacity building



**Ramsay
Art Prize 2019**

Awarded the \$100,000 Ramsay Art Prize in partnership with The Art Gallery of South Australia



**New Staff
Member**

Increased staff positions by one



**10
YEARS
Anniversary**

Celebrated the 10 year anniversary of the James and Diana Ramsay Foundation



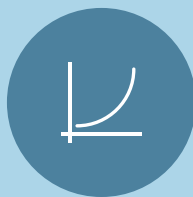
**Active
Participation**

We continued to actively participate in philanthropy round table discussions and leveraged our financial support by assisting our partners with various value added offerings



**\$3.51M
New Grants**

Committed to \$3.51M worth of new grants

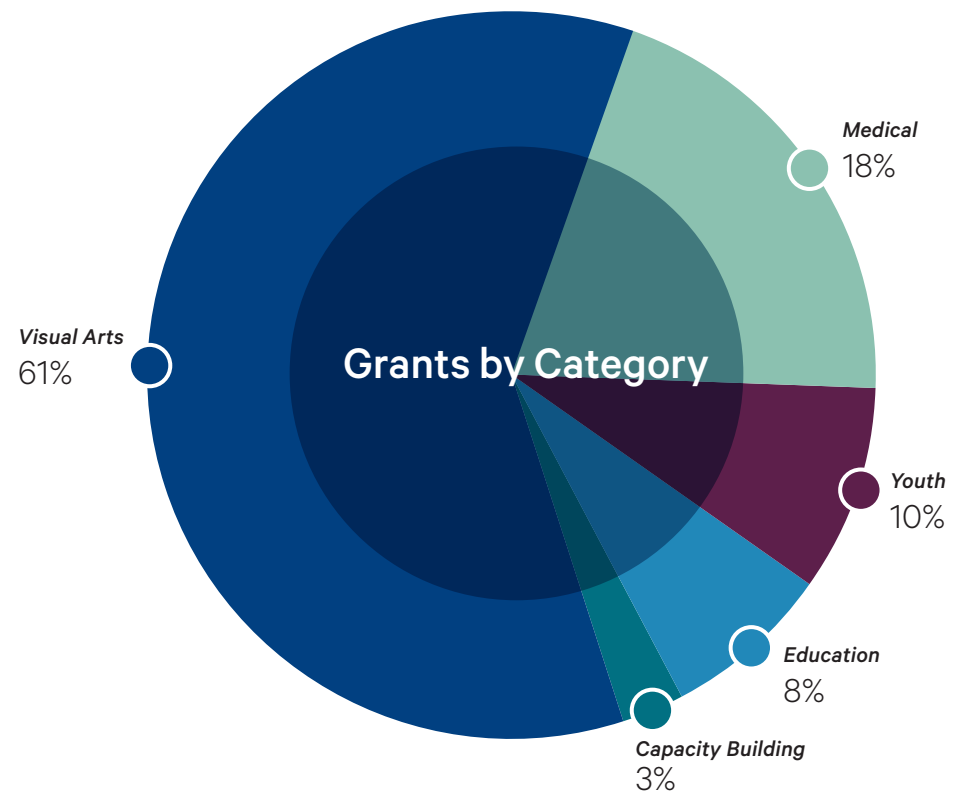


**Increased
corpus**

Increased our corpus by 9%

2018 AND 2019 HIGHLIGHTS—KEY NUMBERS

Since inception in 2008, over \$14.7M in grants have now been provided to the community.





TOP: Ramsay Art Prize winner, Vincent Namatjira. MIDDLE: Ramsay Art Prize winner, Vincent Namatjira with his work *Close Contact*.
 BOTTOM: START Art Program, Photo credit Nat Rogers

2018 AND 2019 HIGHLIGHTS—ARTS



ART GALLERY OF SOUTH AUSTRALIA

The Ramsay Art Prize

The Ramsay Art Prize invites submissions from Australian contemporary artists under 40 years of age working in any medium. Held every two years and presented by the James and Diana Ramsay Foundation, the Ramsay Art Prize is an acquisitive prize. The works from the selected finalists are included in a major exhibition at the Art Gallery of South Australia (AGSA).

Entrants heralded from every state and territory and represented diverse mediums including sculpture, painting, drawing, photography, installation, sound and digital media. The open and inclusive nature of the Prize encouraged artists to think beyond the constraints of a theme or medium, resulting in an exhibition that has the potential to be one of the nation's most stimulating and innovative platforms for contemporary art.

The Ramsay Art Prize 2017 exhibition attracted attendances of 42,000 and the 2019 attendances were 57,000.

The Ramsay Art Prize 2019 winner was Vincent Namatjira from the APY Lands, who won the prize

for his painting '*Close Contact*'. It is an irreverent examination of colonisation, with the title referring to the concept of "first contact" between Indigenous Australians and Captain James Cook.

Upon accepting the award, Vincent Namatjira said, 'Winning this prize means a lot to me and it will hopefully create more opportunities for me to continue to make more ambitious work and to share my practice with new audiences. I also hope to use my position to create opportunities for other young artists in remote Indigenous communities. I can honestly say that becoming an artist turned my life around and now I want to be a leader and a role-model for the next generation of young artists.'

The Ramsay Art Prize 2019 was judged by a panel of leading contemporary art specialists; Russell Storer, Deputy Director, National Gallery of Singapore; Richard Lewer, contemporary artist; Dr Lisa Slade, Assistant Director, Artistic Programs, AGSA.

The Studio and START children and family programs

START at the Gallery, now in its tenth year, is AGSA's monthly program for children under the age of twelve

and is a pivotal program in placing children and families at the core of the Gallery's free program offerings.

START transforms the Art Gallery on the first Sunday of every month into a dynamic, family-centred space where visitors design their own big day out. Programming includes practical art-making activities, musical and theatrical performances, exhibition visits and child-focused guided tours themed in response to the Gallery's major exhibitions and displays.

- **START** has attracted a total of **85,432** visits to the program since its introduction in 2009
- **START** Art Club in July 2019 had a total of **4961** members
- An average of **108** children sign up for the Start at the Gallery Art Club each month

The Studio is the Gallery's hands-on activity space where art lovers of all ages can participate in creative activities associated with the Gallery's exhibition program and collection displays. Visits to The Studio are either structured learning visits through schools, or informal visits from families visiting the Gallery. Total attendances since The Studio was established in 2013 are over **210,000**.



THE AUSTRALIAN BALLET

The Ramsay Green Room (est 1988 by James and Diana) a space established as a common room for dancers where they can unwind, relax, study or bring in their young children in between their rehearsal times has been refurbished.

The Australian Ballet Education Team

The STEAMDANCE program aims to provide students with an unforgettable dance experience and is led by The Australian Ballet's Dance Education Team. The program uses a dance-education approach to complement learning about STEAM subjects; science, technology, engineering, arts and maths.

Students are inspired to wonder how you might use movement as a fraction or how you might balance weight when you lift a partner. The performance aims to bring a professional ballet performance to students and teachers, to provide an experience that is accessible to all and to increase knowledge of potential careers in the arts.

The Australian Ballet's Education Team also delivers professional development to teachers across Australia.

Twenty-six South Australian teachers took part in a professional development session taught by members of The Australian Ballet Education Team. Held in Whyalla, the session was designed to upskill teachers to continue using dance in the classroom to support the learning of other subjects.

Testimonial from a teacher in Whyalla:

"It has been an amazing experience for our students and staff. The Training and Development was high quality with loads of activities we can use in the classroom...exactly what we need to get the arts back in to the classrooms."

James and Diana Ramsay Suite for Artists

The Foundation also supported the redevelopment of the Primrose Potter Ballet Centre in two parts; one to refurbish The Ramsay Green Room (est 1988 by James and Diana), this space was established as a common room for dancers, a space where they can unwind, relax, study or bring in their young children in between their rehearsal times.

In addition, funding was provided for the Health and Wellbeing Centre. This has enabled the dancers to have access to, and receive world's best practise medical treatments in first class rehabilitation facilities. They also have access to experts in exercise science, sports psychology and nutrition. This improved facility will enable The Australian Ballet to be recognised as a world leader not only in dance excellence, but also excellence in health and wellbeing practices.



THE HELPMANN ACADEMY



Since being launched in 2017, the Helpmann Fellowships supported by the James and Diana Ramsay Foundation have enabled nine exceptional emerging artists to undertake life changing career development opportunities.

The Helpmann Academy empowers South Australia's most promising emerging creatives to realise their visions and build sustainable practices.

Valued at up to \$20,000 each, the Helpmann Fellowships are awarded annually and present one of the most significant funding opportunities for emerging creatives in South Australia.

Now in their third year, the Fellowships support projects of significance, supporting early career

artists to shape their future and empowering them to transform the cultural landscape.

Recipients of the Helpmann Fellowship represent a range of art forms including visual arts, film, music and theatre.

Stephanie Jaclyn (2017 fellowship recipient) spent three months in the United Kingdom undertaking a specially devised program to develop her skills as a film writer/director.

As well as studying at the Metropolitan Film School in London, Stephanie undertook work experience at the BBC, and was one of twenty writers accepted into the Talent Campus Screenwriting Workshop run by the London Screenwriters Festival.

Stephanie says "I received so much more in the way of development and growth than I could have ever imagined through this experience.

I learnt so much about the industry as a whole as well as myself as a creative and I have returned to Adelaide with a renewed sense of love for the craft and a clear understanding on how to forge a career as a writer and director."

In 2019 the relationship between the James and Diana Ramsay Foundation and the Helpmann Academy expanded with the offer of a pro-bono office space.

STATE OPERA SOUTH AUSTRALIA



With a new Executive Director and Artistic Director on board at State Opera South Australia, they have been able to exceed expectations of activity delivered since their arrival in 2018.

The quality and volume of State Opera's work in the development of emerging artists and creatives has been elevated and supported by the James and Diana Ramsay Foundation.

The company has increased access to expertise through a new two-week intensive Opera Winter School program for aspiring secondary and tertiary students and increased the volume of masterclasses with visiting artists and specialists from interstate and overseas.

Professional performance opportunities for emerging artists in public venues have also increased.



State Opera continues to play a leadership role in the innovative creation of career pathways for young South Australian singers in the newly formed Opera Winter School, as well as offering opportunities within the State Opera chorus.

They are tracking the performances of promising young artists to ensure

a steady trajectory from student, to chorus member, to mainstage further enhancing career pathway opportunities for South Australian performers.

The Foundation has committed to supporting the emerging artist program since 2012.



“Music is a language that can transcend everything that divides us, so it’s a real gift that I’ll be able to help make that connection as a Creative Consultant.”

Carclew

Carclew Creative Experts (CCE) program brings together a diverse group of 18-29 year olds, supporting them to build a successful career within creative industries.

The current twelve participants have a range of creative skills including costume design, film making, visual art, professional writing and music.

The CCE program aims to highlight clear career pathways and build demand for work for young people in South Australia.

Participants will work with Carclew and professional industry leaders in a development program aimed at identifying creative services for businesses and communities and with the assistance of Carclew, will take their services to market.

Lyricist Mark Reilly, who currently works with Northern Sound System to produce hip-hop programs, wants to use this opportunity to assist low socioeconomic communities. “Music is a language that can transcend everything that divides us, so it’s a real gift that I’ll be able to help make that connection as a Creative Consultant.”



Adelaide Youth Orchestra

The James and Diana Ramsay Foundation supports the Adelaide Youth Orchestras (AdYO) to deliver their “Schools Concert Tour” to disadvantaged schools in the greater metro Adelaide and regional South Australia.

This program provides support for curriculum resources, school concerts and workshops. AdYO

works closely with the Department for Education to deliver this program.

The unique nature of youth orchestra members performing to their own age groups has great benefit to school students. Seeing and hearing peers perform and introducing them to the powerful sounds of an orchestra often for the first time has lasting benefits for both audience and performers. The Foundation is also pleased to provide support to

the AdYO Professional Development Internship Program.

In 2019, the Australian String Quartet, with support from The Foundation, will provide a series of masterclasses to two young emerging string quartets. This year long educational initiative will culminate with a public performance at the end of 2019 to provide a performance platform for the two young string quartets.



Patch Theatre Company

Patch Theatre, Australia’s leading children’s theatre company has been making theatre shows in South Australia for 4-8 year olds since 1972, performing to over 1.8 million children around the world.

The Foundation supports

Patch Theatre in their research, development and experimentation of new creative works which will take the young audience of Patch Theatre on a new journey.

The Foundation is also proud to support the touring of performances in regional South Australia, to audiences who may not otherwise

have the opportunity to enjoy a live performance.

Over the past two years, Patch has reached over 70,000 children through their performances regionally and locally.

Guildhouse

In 2019, Guildhouse announced a new Fellowship to support mid-career artists, supported by The James and Diana Ramsay Foundation.

The Guildhouse Fellowship offers a transformative opportunity for one mid-career South Australian visual artist, craftsperson or designer by providing \$35,000 to support

research, international travel and the creation of new work. Delivered in partnership with the Art Gallery of South Australia, the opportunity will include a presentation opportunity at the Art Gallery.

The inaugural winner of this fellowship is textile artist Troy-Anthony Baylis, who will use the fellowship to travel to Berlin and research contested sites, monuments

and histories. “Knitting, embroidery, sewing and other textile-based practices are associated with care, community, activism and love, the socio-political powers of materials,” Baylis said.

Guildhouse Chief Executive Emma Fey said the fellowship would offer artists the intellectual and financial space to develop their work and professional sustainability.

RESTLESS DANCE THEATRE

Restless Dance Theatre / Adelaide Festival

Restless Dance Theatre in association with The Adelaide Festival presented *Zizanie* in the 2019 Adelaide Festival.

It was the company's second partnership with Adelaide Festival in three years and has reinforced the company's ability to produce high quality art in a festival context and further build upon its national audiences.

Zizanie, choreographed by Meryl Tankard caught the attention of potential presenting partners from across Australia and internationally.

Presenters from London, Edinburgh, Brisbane, Melbourne, Gold Coast and Cairns specifically travelled to Adelaide to attend the premiere.

Conversations are in progress with all of these presenters to program other potential Restless Dance Theatre productions in the future.

The season also attracted a diverse audience of young children, high school students, ethnically diverse, disability and theatre goers alike and resulted in over 400 more patrons attending than in the previous season of Intimate Space in 2017.

The professional development of the six performers with and without disability was significantly enhanced, all who showcased great diversity on stage.



Restless Dance Theatre

Restless Dance Theatre's reputation continues to grow nationally and internationally.

The company featured in the closing ceremony of the Australian Commonwealth Games, exposing Artistic Director, Michelle Ryan's work to a reported global audience of one billion. Michelle was contracted

to also choreograph an opening sequence featuring Restless Dance Theatre and other dancers across three stages in the Commonwealth Games stadium.

RAISING LITERACY AUSTRALIA

Raising Literacy Australia

Raising Literacy Australia (RLA) support literacy development in the Australian community. Through universal and targeted programs, they support families to read, sing, talk and play with their children from birth by providing books and resources to nurture young children's development and information for parents to encourage effective

engagement with their child's learning.

With support from the James and Diana Ramsay Foundation, the Author and Illustrator Mentoring Initiative enabled two emerging writers and two emerging illustrators residing in South Australia, to fulfil their dream of publishing a children's picture book- a career pathway that has been identified in South Australia

as having minimal opportunities. Mike Dumbleton, renowned SA children's author, has been appointed as the Chair of the program's Selection Committee and will work closely with the mentees and their mentors to help bring the manuscripts and artwork to life. The team of professional mentors who will help to hone the emerging artists' skills, are a very important component of the initiative.



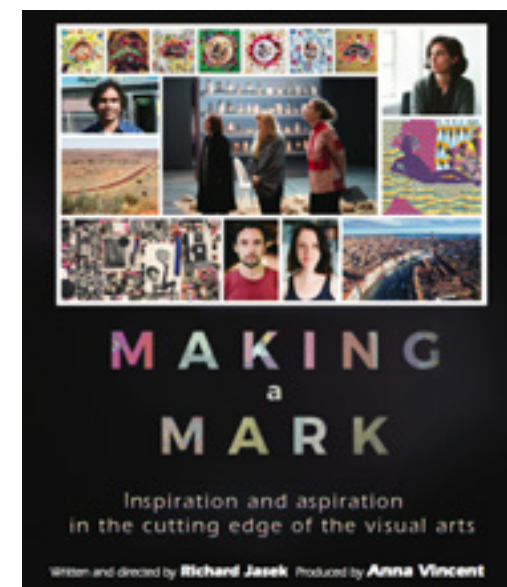
Making A Mark Documentary

Directed by Richard Jasek, this documentary was commissioned and filmed during the inaugural year of the Ramsay Art Prize. Making a Mark is a chronicle of creative trailblazing, as a selection of finalists, all aged under 40, vie for this important and inaugural \$100,000 prize.

In a story that spans the globe from Europe to outback Australia, the film explores one of the most personally challenging and financially tenuous of vocations, and asks what it takes to live and work in the competitive world of the visual arts.

Winning can give a career an enormous boost, but this film is not just about the winner or even the competition: it is about survival as a cutting-edge artist in today's world. The film is about art but it is also about personal resilience and the drive to express personal visions through a range of art mediums, some of which may seem familiar and others not.

The Foundation and all involved with the production were thrilled that Richard Jasek won a Best Director award for Making a Mark in Short Documentary Category, Australian Directors Guild Awards, 2019.



The entire cohort of Youth Opportunities graduates funded by the Foundation showed significant reductions in their risk of psychological distress...



Youth Opportunities

Over the past two years, The James and Diana Ramsay Foundation assisted Youth Opportunities to deliver four Personal Leadership Programs resulting in 55 successful graduates from Le Fevre High school, Christies Beach High School and Mark Oliphant College.

Youth Opportunities provides evidence-based measurable outcomes and track progress of every student using the EPOCH

Measure of Adolescent Wellbeing. EPOCH is an internationally used tool that has demonstrated reliability and validity, and measures five identified constructs that support positive wellbeing in adolescents, which are:

- *Engagement* - Focusing on what you're doing. Being involved and interested in activities
- *Perseverance* - Ability to complete goals despite difficulties
- *Optimism* - Look favourably at events with confidence and hope
- *Connectedness* - Satisfying

relationships with others, is cared for and cares about others

- *Happiness* - Positive mood and feeling content with life, not a temporary emotion

The entire cohort of Youth Opportunities graduates funded by the Foundation showed significant reductions in their risk of psychological distress as well as a substantial reduction in the number of students at high risk of developing a mental health disorder after training.

Operation Flinders Foundation

The South Australian based Operation Flinders Foundation provides a world leading outback wilderness intervention program for young people at risk. It is an organisation that helps re-engage young people back into their education and the community.

Teams of young people 'at risk' are taken on an 8 day, 100km trek through the northern Flinders Ranges. The primary objective of Operation Flinders is to place

participants in a remote outdoor environment where self-discipline, teamwork, co-operation, leadership and trust are intrinsic to survival and provide a good opportunity for transformation.

Yankaninna Station where the program is run is not on the electricity grid. In 2013 The James and Diana Ramsay Foundation provided funding for the commissioning and installation of a solar system.

The system provided significant cost

savings and efficiencies over five years (as a result of the minimal use of the diesel generator).

In 2018 the Foundation provided additional funds, in conjunction with another funder to upgrade the solar system. This upgrade will ensure Operation Flinders continue to get value from the larger combined system for many years to come, effectively this means the contribution for this project by the James and Diana Foundation will result in ongoing savings at least for another 10 years.



Resilient Futures

"I learnt a lot about myself, living out of home, turning twenty, ending a long-term relationship, it was hard at the beginning but now I have the skills to look inside myself - what was my reasoning, what can I do better, what are the positives? I think I've really taken life and gone with it."

Emily, a Resilient Futures past participant.

Since the Resilient Futures program commenced in 2015, more than 100 teachers and youth workers from seven schools and youth agencies have trained more than 1,400 vulnerable young people. Disengagement from mainstream education is associated with several negative life outcomes.

Youth agencies have been established to reconnect young people back into the education

system, with mixed success. Resilient Futures represented an opportunity to upskill youth agency staff with the ability to improve the wellbeing and resilience of their young people.

The program evaluation noted significant outcomes not only for the young people, but the managers and trainers as well, all reported improved self-regulation, greater positivity and use of resilience skills. Other outcomes reported for young people included greater self-awareness, improved confidence and greater positivity.

It is important to note that not all cohorts of young people benefitted from the program, some could not be shifted from a closed mindset or were going through trauma.

Following on from the learnings of Resilient Futures, the evidence was clear that most people accept that our mental health and wellbeing can be improved, using a range of

interventions from resilience training, to physical activity, relationships and spending time in nature and that the more interventions are tailored to an individual, the higher their impact.

The *IndividuWell* technology based project, now being funded by the James and Diana Ramsay Foundation and run by the SAHMRI Mental Health and Wellbeing Program, will investigate the factors that determine "the fit" of psychological interventions to individuals. This will inform future face-to-face courses and online app-based psychological health programs, taking us one step closer to evidence-based precision mental health care.

This innovative persuasive technology project will facilitate evidence-based positive mental health intervention delivery to those with low wellbeing. Over the course of the two years, the project is expected to reach 2000+ participants.

Personalised Treatment in Depression: Improving Cognitive, Emotional, and Social Cognitive Function



Researchers from The University of Adelaide have been conducting a study with the aim to improve cognitive, emotional and social functions that are crucial for day-to-day and workplace functioning in depressed people by using a novel training program.

This program Cognitive and emotional recovery training (CERT) uses a personalised approach in that the treatment program will be tailored towards each individual patient's needs.

Over one hundred patients with depression were recruited to complete the 8 week randomised

controlled trial and subsequent follow ups.

Further and final follow-up assessments will be ongoing until the end of 2019.

The project tested the efficacy of a psychological intervention for patients with Major Depressive Disorder (MDD). Patients with MDD typically suffer significant psychosocial dysfunction including impaired social relationships, occupational functioning, and quality of life.

These psychosocial deficits are associated with longer duration and

greater severity of illness, and are not adequately treated by existing pharmacological or psychological therapies.

This study so far has published ten research papers which have attracted international attention.

These publications explored the role of cognition and psychosocial functioning in MDD, and these research outcomes will provide clinical benefit by improving the knowledge of MDD, and enabling researchers and clinicians to more closely match current and developing treatments to patient symptoms.



Vulnerable young people at risk of self-harm and suicide will receive innovative therapy thanks to two new state-first treatment programs funded by the James and Diana Ramsay Foundation and Breakthrough Mental Health Research Foundation.

More than 100 young people aged 16-24 from across Southern Adelaide will have access to the new group therapy programs – the first of which will use cognitive behaviour therapy to help those who have engaged in self-harm.

The new program is aimed to improve problem solving and coping mechanisms, and provide earlier intervention to young people experiencing thoughts of self-harm, suicidality, low mood and anxiety symptoms.

These programs will support young people to develop healthy coping styles and effective ways of managing distress which we hope

will reduce the likelihood of ongoing self-harm and suicidal behaviour and also lead them to more engaging lives with their families, work, study and within the community.

This 10-week group program was first trialled in 2017 with positive results but will now be improved to include additional sessions for family members or carers to attend, in an attempt to increase awareness and support the application of new skills in the home environment.

Funding will also enable the service to run a second intensive 25-week group therapy program, focused on helping young people who experience difficulties regulating their emotions.

This program will include a family member or carer in each session and will aim to increase skills in mindfulness, improve tolerance of difficult situations and emotional pain, and focus on mood management and strengthening family and other relationships.



The new programs are aimed to provide earlier interventions to young people experiencing thoughts of self-harm, suicidality and anxiety symptoms to help them to lead more engaging lives with their families, work, study and within the community.

Evolution of decision-making impairment in Parkinson's Disease project



University of Adelaide researchers will combine custom cognitive testing, cutting edge genomic analyses and computer modelling to predict who is most at risk of cognitive decline in Parkinson's Disease (PD).

PD affects 10 million people worldwide. In Australia, 1 in every 350 Australians suffers from the

disease, with 32 new cases diagnosed each day. The prevalence of PD is expected to double by 2040. PD is not currently curable and is a life-long condition that is progressive.

This research is foundational for developing early intervention protocols which may be able to help slow, or even prevent, the onset of this debilitating symptom of

Parkinson's. This research project, funded over three years will result in a rich database on how decision-making is altered in PD, how these alterations are influenced by specific genetic factors, as well as by motor subtype of the disease, and how decision-making may decline over time.

CAPACITY GRANTS

The Foundation offers a small amount of capacity grants each year. These are designed to help build organisational capacity, in areas such as professional development, leadership skills and technology.

Recipients of some of our capacity grants include:

- Adelaide Fringe Inc
- Adelaide Festival Centre Foundation
- Australian String Quartet
- Breakthrough Mental Health
- Flinders Medical Centre Foundation
- Grandparents for Grandchildren SA
- Hutt St Centre
- Operation Flinders Foundation Inc
- South Australian Living Artists Festival (SALA)
- State Opera South Australia
- State Theatre Company of South Australia

In addition, a small number of private scholarships are currently underway, and have been offered to students who experience and show significant disadvantage.

BOARD OF DIRECTORS

The Board of Directors of the James and Diana Ramsay Foundation each bring a wealth of experience from their relevant professional fields. The Board has placed great importance on good corporate governance practises, which it believes is vital to the Foundation's well-being.



Founder

Diana Ramsay AO (Deceased)

Chairman

Nicholas Ross

Directors

Timothy Edwards

Richard Jasek

Melissa Yule

Executive Director

Kerry de Lorme

Staff

Kiah Elsworthy



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