MEDIA RELEASE

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Sisters are doing it for themselves

Bankstown Sports Club GRANTS program has contributed $4,970 towards an innovative program called SISTER2sister. The program, run by the Life Changing Experiences Foundation, pairs marginalised girls, often heading toward a life of despair and trouble, with corporate role models willing to get involved and provide coping strategies and life skills.

The program runs for eight months from April to November each year and founder of Life Changing Experiences Foundation, Jessica Brown, says, “Initially we get together as a big group at a boot camp, which is where we meet for the first time. Relationships are formed and little ‘sisters’ pair up with big ‘SISTERS’ and then continue to meet in their own time, with monthly workshops organised for everyone to get together as a group and regularly touch base. Once these strong relationships are established, 95 per cent of people remain involved even after the program concludes.”

“Many of the girls come from backgrounds of neglect, abuse and trauma, with significant mental health issues,” says Jessica, “Through the connection with a mentor they learn survival strategies and life skills and their overall chance of living a more positive life is enhanced.”

Jessica Brown was a school teacher for ten years and observed how some girls she taught thrived and those that came from difficult backgrounds often struggled. She decided to set up the foundation to work with young people.

“Raising money for any charity is hard,” says Jessica, “this grant really makes a difference.”

Bankstown Sports CEO, Mark Condi, says “This is the first time we’ve contributed money to the foundation. We are really pleased to have been approached and can see that our contribution is making such a direct difference to enhancing these young girls’ lives.”

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