

Circular Head Rural Health Services Inc.



**ANNUAL
REPORT
2003**

Manager's Report

During the past year we have witnessed many positive changes and growth within the Rural Health Services. Extra funding has been procured from the Commonwealth and we have worked at filling some newly identified gaps in health and wellbeing service delivery. One-off funds (surplus from the national program) were received and these were allocated to the Open Day, display materials, the Men's Outreach Program and a nutrition manual.

During the year Ruth and I worked on variations to the Commonwealth agreement attempting to utilise all the funds that the Commonwealth labelled 'surplus'. All the variations, except one for an addition to administration, were accepted and the surplus funds will be spent on an extension to Youth Health, Health Promotion, HIPPY, Men's Health and Sexual Abuse Counsellor training.

During the year we have also received funds from other sponsoring bodies. Rodney Greene and I worked on a submission called Gatekeeper – a project to train people to detect the early onset of dementia. HACC funding was received for this project and the program will begin shortly. The Tasmanian Community Fund agreed with us that the theatre program, Acting it Out, was a good project and gave us funding for two years. Jeremy Fee has been working with a small group of students since Easter and the program is slowly but steadily building the confidence of those students. Ruth and I assisted the Circular Head Community Disability Support Group to write a successful submission to the Community Support Levy for funds to undertake disability carer training in the area.

We have been fortunate to have secured experienced and conscientious workers. These workers have enthusiasm for their work with people of Circular Head and they share long term goals for the better health of the whole community. During the past year we have said goodbye to our administrative assistant and window display artist Laura Strohfeldt. New staff members, Ron Blume, Christina Chamley (both in mental health support), Jeremy Fee (Acting it Out), Catherine Riley (Administration) and Jennifer Duggan (Youth Health) have been welcomed to our team. Each new staff member has brought experience and skills to effectively work in their area.

Staff meetings are organised whenever possible although it is difficult to find one day when the majority of workers are at the Smith Street site. Rural Health Services staff (not contracted service providers) will undertake staff training for five days this year and there will be one day per month training next year. The training will focus on self-knowledge, confidence, team building, conflict resolution and goal setting. Mairin Campbell will be conducting the training.

On a negative note it has been disappointing that three positions remain unfilled. One of the issues may be remuneration and research on appropriate industrial awards or the development of an enterprise agreement covering all staff needs to be given priority early in the financial year.

I am absolutely sure that the best direction for our service is in health promotion, illness prevention and primary intervention. This surety has come from witnessing crisis and interventionist strategies that have consumed large amounts of resources including time, staff and money.

In this report I hope you will enjoy reading about the variety of programs and services we have offered and be inspired by our aspirations for the future.

My thanks go to the Chair, Ross Hine and to all Board members who are volunteers dedicated to the philosophy of the Rural Health Services and who advance the goals of the organisation by sharing their expertise and community knowledge. I am grateful to all staff and contracted service providers who are friends as well as colleagues and who add to the satisfaction of working in the RHS environment.

I extend sincere thanks to Jessie, aged 11, a client of Mairin's whose painting is used on the front cover. Jessie presented Mairin and RHS the painting as thanks for the help we have given her over the past year.

Chairperson's Report

It is with much pleasure that I write a report on the past year of the Circular Head Rural Health Services. It is also been with much pleasure that I have attended Board meetings, planning days and meetings with Commonwealth officers to assist in the development of such a fine service.

My work as Mayor and in particular the 'Partnerships in Progress' that has been our recent theme in local government has many parallels with my commitment as Chair of the Rural Health Services.

I have seen and heard of many of the benefits the service has brought to the community as mental health clients, persons with chronic disease and individuals and families have been able to access professional, efficient and effective assistance within Circular Head. The Family Planning clinic, our mental health team, the men's group, parenting program and the theatre group are particularly pleasing as these services have filled gaps in the delivery of these vitally needed health and wellbeing services.

During the year the Board has approved ideas for extensions and new programs and we have been delighted that the majority of submissions have been funded and are now being undertaken. It was pleasing to be able to extend the Youth Health position to full-time after gaining the capable services of a registered nurse with a degree in health promotion. It was also timely to gain the employ of a psychiatric nurse with many years experience who is working in a social support role assisting persons and families where there is a diagnosis of chronic mental illness.

I feel that the underlying strength of the Rural Health Services is in our ability to hear the community and to respond, whenever possible, to their requests for better health services in Circular Head. It is also our responsibility to lobby the Commonwealth and State to continue to provide resources and a truly integrated approach to the delivery of necessary services.

I thank Di for her continued good work and enthusiasm for the task of managing such a diverse service. I value the knowledge and experience of fellow Board members as their generous contributions add so much to our effective decision making and well supports the manager. The challenge for the next years as we grow and introduce more programs may be to keep the connection and balance between community, individual areas of interest, the diversity of programs and the overall philosophy of the Rural Health Services.

Management and Administration

Board of Management

Board Members are:-

Chair	W. Ross Hine	Mayor of Circular Head
Secretary	Ruth Hanson	Community Member
Treasurer	Rodney Greene	CEO Emmerton Park Inc.
Member	Rachel Gardiner	Community Member
Member	Enid Crewe	Director of Nursing Smithton District Hospital
Member	Dr. Donald Hogan	Smithton Medical Centre
Member	Joan Coleman	Manager Women's Health Unit DHHS

The Board meets on the 3rd Tuesday of each month at 10.30am at the Smith Street site. A strategic planning day was held on Friday August 8th 2003. The Board considered present conditions and established goals for the short and long term of the organisation. The Board will be constantly working with issues of growth, change, staff, Board structure, marketing and direction.

Management

Di Smith is the inaugural manager who started part-time in June 2001. The position became full-time in October 2002. The Manager's position has changed considerably since the project began in June 2001. The Manager's role now includes responsibility for human resources, program supervision and oversight, submission writing, contracts with service providers, community forums, promotion, finances, project management, new program development and physical management of the two sites.

Staff directly employed by RHS are:-

Di Smith	full-time	Manager
Catherine Riley	full-time	Administration Assistant
Ron Blume	part-time	Mental Health Support Worker
Jenny Duggan	full-time	Youth Health Worker
Jocelyn Morice	part-time	Cancer Support Nurse
Lee Williams	part-time	Project Officer – One-Off Program
Susana Bulatovic	part-time	HIPPY coordinator
Jeremy Fee	part-time	Acting it Out

Contracted services are:-

Women's Health Unit DHHS
Family Planning Clinic – Dr. Alison Tasker and Sr. Jocelyn Morice
Swanhaven Counselling Services – Mairin Campbell
Tony Bowring Counselling
Wyndarra Centre Inc. Counselling and Psycho Social support
Diabetes Education Centre DHHS
Arthritis Tasmania
Christina Chamley Psychologist
Kristen Webb-Foss Psychologist

The Manager is also the Chair of the Service Providers' Access Network and a member of the Community Safety Committee and the Circular Head Community Disability Support Group.

Administration

Di has been assisted by a part-time administrative assistant, Laura Strohfeldt until January 2003 and since then by Catherine Riley. Catherine is working full-time for the centre as an administration assistant. Catherine is 22 years of age and displays a mature work ethic, confidence and is competent in all areas of administration and client liaison. Catherine performs all the reception duties including greeting clients, answering the telephone, making appointments and all necessary administrative tasks such as correspondence, word processing and filing. Catherine also performs a range of duties for service providers such as photocopying, word processing, altering appointments and organising venues and catering. Catherine takes room bookings and ensures that clients and service providers have all they need to make consultations safe, private and comfortable.

During the year we have experimented with the client waiting area and have settled on the present arrangement as 'the best so far' and this has been facilitated by the loan of screens from the local Arts Council.

Five staff training days have been organised for the next few months. Mairin Campbell will conduct this training and will cover such topics as working in a team, conflict resolution, basic counselling and building confidence. The goal is to continually improve the standard of our work, relationships and team dynamics and in the next year there will be one staff training day per month.

Commonwealth Funded Programs

Women's Health

Suzette Harrison began with the RHS on 10th October 2002 and took leave without pay from March 2003. The position has been back filled one day per week by Jenny Barker with Jenny Duggan, youth worker, providing some cover for the 2nd allocated women's health day. This allowed the continuation of projects being planned by Suzette, provision of counselling and information to individual women and limited generation of new work with groups across the community.

International Women's Day provided an opportunity for collaboration with Wyndarra, CH Aboriginal Service and Soroptimists to organise two community events for very different women in the community. Strong links have been developed with the aboriginal service which is expected to lead to further opportunities to work with women of aboriginal descent.

The shop front window of the Rural Health Centre was utilised to promote breast screening to coincide with the BreastScreen bus visit to the area. Community radio was used to promote services on women on air. Rural medical students on rotation have been provided with information in relation to services available for women especially at midlife. Referrals to various other service providers for more specialised assistance with issues such as family violence and eating disorders take place on a continual basis.

Outlying areas of Circular Head are being accessed and health information sessions offered in these communities. This needs to continue to build greater links into those areas. A workshop is planned with local women's sport groups. Planning is well advanced for a healthy eating, body awareness course in collaboration with a nutritionist and for a community midlife workshop.

The position of Women's Health worker will be advertised again in August and interviews are expected to take place during September 2003. The Women's Health position will remain at two days per week.

Youth Health

Jennifer Duggan joined the team at RHS late in 2002. The Commonwealth gave permission for the position to be extended to full-time in May 2003. The extra time has been an enormous bonus for the youth health work as there can be a great deal more community work and continuum with the work. The counselling, crisis intervention with the High School has been cut down to one day per week as too much of Jennifer's time was being spent in this way. Jennifer has put forward a strong and logical case for a greater degree of preventative strategies. Some of Jennifer's achievements are included below.

I have regularly met with 14 Year 8 girls deemed most at risk of 'disconnecting from Smithton High School'. Their issues were self-esteem, body image, self care, mental health, relationship issues and bullying. I continue to meet with them on a weekly basis and am beginning to develop strong bonds and one-on-one requests to discuss health issues have stemmed from these sessions. Several referrals to the Family Planning Clinic, Mental Health Support Worker and school Social Worker and Guidance Officer have also stemmed from these sessions. I have worked with two classes of Grade 9's on Sexual Health.

In an effort to be recognised by the community as a local based health worker, I have endeavoured to network as much as possible. This has proved successful in the amount of referrals I have received to date and community activities I have been asked to attend in the future. Part of this role has also been to gather contact details and resources from the service providers around the North-West and other regions in an effort to have a substantial library of resources and materials which can be utilised locally now and in the future.

During Youth Week I organised a 'Mocktails and Movie Night' at The Cliff following the forum. Attendance figures at the forum were disappointing however, approximately 20-30 young people attended the movies and mocktails night. A Youth Health focus was the theme for the RHS Open Day at the 'Acting It Out' building in Nelson Street and approximately 130 high school students attended on that day.

There is some difficulty reaching the young people who have already left school and up to the 25 year old age group. This was found especially with those who live out of Smithton itself, and are either unemployed or from a low income family. In conjunction with Circular Head Aboriginal Corporation I have organised an 'Our Space' program each Monday morning at Nelson Street. 'Our Space' gives young people up to the age of 24 interesting activities to try out in a safe environment.

Next year I will also be working on a Kids Helpline Peer Support program and in negotiation with Di I have decided that in the coming months there will be an increase in the 'health' focus of my work with the young people of Circular Head.

Family Planning

Between 10/07/02 – 25/06/03, 141 clients accessed the service. The Family Planning Clinics were held on the 2nd and 4th Wednesdays of each month. The clinics have been conducted by Dr. Alison Tasker. During the year Dr. Tasker decided to conduct the clinics one full day per month however this was not satisfactory as less clients could be seen and follow up appointments were too distant. After two months Dr. Tasker resumed the two mornings per month. There has been some difficulty providing a service to meet the needs of the under 25 year old age group. Despite this, our clinics are now always fully booked months ahead.

The services provided include cervical and breast screening, pregnancy testing, contraceptive advice, sexual counselling, gynaecological tests, specialist referrals and menopausal counselling.

Cancer Support Services

Jocelyn Morice had been contracted through the Cancer Council of Tasmania for 8 hours per month. RHS negotiated with Jocelyn to work one day per week to increase the time available for contact with cancer patients, their families and carers. Jocelyn will continue this work in the new year and incorporate community education sessions (in conjunction with the Cancer Council of Tasmania) such as SunSmart.

A Cancer Support Group is held on the 2nd Monday of every month from 10.30am -12.30pm for cancer patients and their carers. These groups have enjoyed social outings as well as having the opportunity to meet with allied health workers providing useful information not only on cancer but also on self care. The group is a safe environment for the sharing of emotions and experiences. Referrals are offered to appropriate resources and support.

Breast cancer is now being diagnosed in younger women and there is a high need for high school education sessions. Jocelyn will be conducting these sessions in the new year.

To enhance the service Jocelyn will print flyers, handouts and business cards with details of the service provided and contact details. Further promotion will be undertaken with local doctors and community groups.

Jocelyn has applied for funding to complete a "Specialist Breast Nurse" course as this type of expertise is only available in major centres in Tasmania.

Arthritis Support Services

The Arthritis support group has six to ten members who meet once per month at the Smith Street centre. This is a self-organised group with no facilitator. Occasionally the group will join the Cancer Carers' Group for an outing or to hear a guest speaker.

Arthritis Tasmania conducted two Chronic Disease Management courses during the year. The course attracted 21 persons and while very successful there may not be many more people who want to undertake the program. In the long term the plan is to incorporate this group into a Chronic Disease Management support group (joined by the Cancer Support Group and sufferers of other chronic diseases) as this will increase numbers and enable better access to guest speakers and activities.

Sexual Assault Prevention

A sexual assault support group was facilitated by CASA during 2002 which attracted a small number of women. Staff shortages at CASA brought about the termination of the program. It was decided to hold women's personal development classes with the idea that this would pick up on women with low self esteem, a mental illness diagnosis and those looking for new directions in life. It was known that a number of women in the class had issues of sexual abuse.

Christina Chamley and Mairin Campbell conducted a personal development course entitled 'Now I Am Free' which attracted 6 women. The first group attended 8 full days – once per fortnight. The feedback from the women was very positive and a follow up course was conducted. All the women participating in the groups appreciated the course content and that the classes were held in a safe environment. All of the women related experiences of new confidence and the development of personal strategies enabling them to deal with a range of difficult situations in their lives.

The successful programs and subsequent demand from women have encouraged us to provide an ongoing program similar to the Men's Group. Three courses will be conducted throughout 2003 with shorter sessions of 2 to 2 1/2 hours one day per week. Other service providers, especially mental health services, will be encouraged to refer women to the self development classes.

I am currently negotiating with the Education Centre Against Violence in Sydney to conduct a series of Sexual Abuse Counsellor Training days in Circular Head. The training will be offered to RHS service providers as well as other psychologists and counsellors in the North West.

Counselling and Crisis Intervention

Wyndarra Centre Inc. (written by Denese Ferguson)

The funding has made an enormous difference in several areas of Wyndarra's service provision enabling greater flexibility of servicing and targeting particular individual concerns and responses within the mental health area. This funding has enabled enhanced outcomes for clients and also permits Wyndarra to work closely with other service providers in achieving client directed goals. Reasons given for initial contact with clients varied widely and included advocacy, anxiety and panic, emotional support, family support, mental health issues, stress management and relationships.

The funding of supplementary Crisis and Counselling support has continued to be a means for staff at Wyndarra to provide an extension of the existing Crisis and Counselling service with support and payment for staff outside of normal working hours that has, at times in the past, been provided by staff on a voluntary basis.

In the previous 18 months RHS has funded an average of 4 hours per week counselling and 8 hours per week for social support. It has been decided to combine the counselling and social support as there is little difference in the type of assistance given to clients. During the next year Wyndarra will be funded for 12 hours of psycho-social support per week.

Swanhaven Counselling Service

This service is provided by Mairin Campbell. Mairin's work is particularly with children and she has been working very successfully with children achieving positive outcomes for individuals and their families. Referrals have come from the medical centre, schools and individuals. The average number of appointments for clients is 3.5 visits in the specified period and the range is from 1 to 8 sessions.

Four of the children receiving ongoing therapy have a background of sexual abuse. Consultation sessions vary from one to one and a half hours for most younger children to two hours for adults. Mairin has been available by phone on a few occasions for followup with clients.

In the next twelve months Mairin will provide the same level of service, one day per week.

Tony Bowring Counselling

Tony summarises his work as having a focus on issues such as relationships, grief, trauma, addictions and anger. The consultations have been for a minimum of one hour, longer when necessary. Most are either self or by spouse referral, an increasing number of GP referrals, word of mouth and other agencies.

Tony's reflections:- generalising re relationship counselling – there is a continuing presentation of issues generated out of what I call dependent behaviour, slavishly following individuals perceptions of '*rules and roles*' of how the other partner should behave, as opposed to a model based on '*empathy and equality*'. This is cultural and endemic, based on the values passed down by parents (who have proved it didn't work for them either) and it's also possibly slow to change due to the relative isolation of the area. Maybe short, say 4 – 6 session couples' workshops would go somewhere to addressing the issue.

In the next year Tony's work will continue on the same level, between one and one and a half days, dependent on demand.

Diabetes Education

A Diabetes Nurse Educator from the North West Diabetes Service attends the Smithton District Hospital for an outreach diabetes clinic one Friday of each calendar month. The Thursday prior this day each month was added to the outreach clinic as part of the CHRHS service agreement. The receptionist from the Smithton Community Health Centre is the point of contact for patients making appointments.

The Thursday morning was allocated to a Support Group (SG) or a New Referral Group (NRG), which was to alternate each month. The afternoon of the Thursday was allocated to individual consultations and education sessions. New patients are provided with a 1-hour time slot to allow for initial assessment and basic education. Follow-up patients are provided with half hour sessions for continued education.

There has only been a small take up for the support group and individual appointments and this service will be altered in the coming months. The alterations will hopefully ensure the content and delivery are the most appropriate and effective for the clients.

Mental Health Support

There have been four facets to this service. It is delivered in-house with 2 visiting psychologists and a psychiatric nurse (Mental Health Support Worker) at the centre and outreach by the Wyndarra Community Centre.

Wyndarra Centre Inc. – Psycho Social support

Wyndarra has long recognised the need for supportive social work to complement the existing counselling and crisis response work in Circular Head. Wyndarra report an increase in the number of presentations of depression, anxiety, addictions and substance abuse together with physical or mental health disorders.

Wyndarra has utilised the Rural Health funding to provide a continuity of support, care, social interaction and an opportunity to re-establish client confidence, dignity and potential. They have been supporting individuals to access services and implementing preventative strategies to secure future self-management.

Ron Blume – Mental Health Support Worker

Ron is employed directly by RHS for 16 hours per week. Ron's presence and work at the centre has made a considerable difference to the amount of mental health support given efficiently and effectively. The large number of clients having to be seen only once is testimony to the fact that clients seen immediately are less likely to develop problems that require long term support.

Ron has seen a very small number of persons consistently over a long period of time and these persons have a serious mental illness and require regular support to enable them to have the best quality of life in their community.

Ron is interested in providing community education sessions and these have included 'Depression Forums' and a 'Coping with Kids' support group. Other service providers have been able to access Ron's expertise for clinical supervision and crisis debriefing.

Ron has indicated that in 2004 he will only be available for one day per week therefore we will be recruiting someone with similar skills to assist Ron with his caseload.

Psychologist Kristen Webb

Kristen has been working for RHS on one day per fortnight. Referrals for Kristen have been generated by self referrals, GPs, the Parenting Centre, Parkside, CAMHS and college counsellors.

Issues:-

- Assessment and diagnosis of condition such as Asperger's Syndrome (with out the RHS this person would need to have travelled to Burnie to access private services)
- Address long term health issues – such as psychological management of diabetes where diet/exercise and medication is stable but psychological aspects leading to fluctuating BSL.
- Several clients with long term psychiatric disability no longer able to access Parkside clinic.
- Several clients not eligible for other services.

Kristen will be taking a short maternity leave at the beginning of the new year but intends resuming work and maintaining the current level of service in Circular Head.

Psychologist Christina Chamley

Christina has attended the Rural Health Services one day per fortnight since August 2002. Christina sees 4 or 5 clients on each occasion, the majority of them being adults. The majority of clients receiving ongoing therapy have a diagnosable psychiatric condition.

Christina has provided the following observations:-

To me there is clearly a strong and pervasive undercurrent of cannabis use, which is either responsible for, or contributes to, other mental health or life coping problems. This situation appears to be 'cultural' and as such my reflections on proactively dealing with this reality, revolve around offering relevant community sessions on alternative coping techniques, improving relationships and interpersonal communication. It is my recommendation to forge strong relationships with other service providers who can contribute to the ongoing management of clients affected by substance abuse.

Another reflection I have made from my work in Circular Head concerns sexual abuse. It is an extremely pervasive issue affecting males and females from teenagers through to 50 year olds and contributes to mental health complaints such as depression and anxiety disorders.

Parenting Program

One Parenting Program course was conducted during the year. Denese Ferguson from Wyndarra facilitated the program which was conducted for 3 hours per week for 10 weeks. Denese is a trained facilitator of the 'Thomas Gordon P.E.T.' course. The course was very successful with positive comments from the majority of attendees. The Commonwealth funding allows for one course each financial year.

Many counselling clients report problems around behaviour management with children. Ron Blume reports that on 35 occasions since January this year clients have obtained counselling in relation to children's behaviour. There would appear to be room for an alternative, shorter course and there will be negotiations with suitable service providers during the next few months.

Community Forums

Ten Community Forums have been conducted in the past year. The forums have been Grief and Loss, High Blood Pressure and Men, Bi-Polar Awareness, Male Menopause, Prostate Awareness, Depression x 3, Sexual Dysfunction and Asthma Awareness.

As an experiment we took the Depression and Asthma forums to outlying areas. The forums out of Smithton were not successful (in terms of numbers) but successful in that the small numbers who attended were grateful that the information had been taken to them in their area.

Advertising the forums as a block, reducing the cost of advertising and giving people plenty of notice to plan their attendance worked well. Most forums had over 20 attendees with 36 attending the High Blood Pressure forum.

We have now responded to all requests from the community to cover various health topics. New topics for forums will be investigated and another round of forums held before the end of 2003.

Men's Program

Wellbeing and Lifeskills for Men

Two 10 week courses were conducted during the past twelve months. The Men's 10 week course covers topics such as anger management, communication skills, relationships and conflict resolution. New referrals from men in the community indicate an ongoing need for this program and it is planned to conduct three courses over the next year.

The 3rd course has been completed with 20 men now joining the popular Men's Support Group that meets fortnightly. The Men's Support Group has had regular meetings, with good to excellent attendance (6 - 14). Meetings are focused on sharing how each has fared emotionally over the past fortnight

and hopefully gains support from the other men. Guest speakers relevant to men's health supplement ordinary meetings.

An invitation has been extended from the Ulverstone Men's Group for members to attend their meetings. Two men from CH have so far accepted the invitation. More are intent on taking up the networking opportunity in the following weeks. The men have recently decided to provide and share a meal each second meeting and have a guest the next meeting. Plans are underway to share a Saturday BBQ with partners and the Ulverstone Group at Camp Araluen, Detention River in the near future.

Window Displays

Window displays at the Smith Street site continue to gain positive comments with some people going out of their way to provide feedback. Service providers and community groups now contact RHS asking for display time. The displays are varied and often are community event focussed and not health e.g. Easter, Xmas, Australia Day however we feel the displays are about quality of life for the people of Circular Head and all positive messages are healthy!

Some of the health displays have been:-

Dieting and Nutrition

Arthritis Week

Pap Smear Awareness

Sudden Infant Death Syndrome

World No Tobacco Day

Youth Health

Chlamydia Screening

Breastscreen Awareness

Drug Action Week

Healthy Bones

Other Funded Program

Acting it Out

We were successful with a submission for funding through the Tasmanian Community Fund. The submission was for a theatre group for young people unable to complete school or exhibiting anti-social behaviour. The program began after Easter, 2003 and funding from TCF is available for two years. The young people are taught theatre skills by the Acting it Out manager Jeremy Fee. Jeremy is an energetic, resourceful and young graduate with a Degree in Drama and a passion for theatre.

Jeremy's work with the all male participants encourages growth in their self esteem and there have been positive and marked changes in the group since the beginning of the program.

Other Community Activities

Support Groups

Support Groups have been established throughout the year. Support groups are an excellent use of resources and have been popular with small but consistent attendances.

Coping with Kids – facilitated by Ron Blume, for families of children diagnosed with ADD, ADHD – once per month – 6 – 10 participants

Arthritis Support – once per month – 4 to 6 participants

Cancer Support – once per month – 6 – 10 participants

Diabetes education for newly diagnosed persons – bi-monthly up to 10 participants

Diabetes education for long term diagnosed – bi-monthly up to 6 participants

Men's Support Group meet once per month – up to 15 participants

OPEN DAY

An Open Day was held at Smith and Nelson Street centres on the 9th May 2003. The Open Day was extremely successful with many people visiting the centre for the first time. We gave out 275 'show bags' at Smith Street and 120 at Nelson Street (to school students). The centres were open between 10am and 7pm. The Smithton Medical Centre made a wonderful financial contribution donating over 230 glucometers and providing Drs. Donald

Hogan and Jenny Ostenfeld for some time during the day. Srs Bev Leale and Jocelyn Morice worked tirelessly during the day providing the free mini health checks which were the most sought after feature on the day.

Displays at the centre on Open Day included:-

Neck and Hand Massage
Women's Health – Breast Screen Mammogram Display
Fitness centre conducting fitness tests
Philipine food
Youth Health
Youth, Drug and Alcohol
Acting It Out Theatre
Diabetes Education
Cancer Council
Free mini health checks
Pilates demonstrations

Plans for next year include providing more activities, having it a little earlier in the year to avoid the cold weather and holding the Youth Expo at a separate venue (perhaps the High School) on a different day.

Men's Outreach Program

All suicides in Circular Head since 1997 have been males, the majority of them in older age groups. It can be assumed that disempowered men are struggling in circumstances that have not led them to assistance to avoid suicide. It was decided to interview small groups of men throughout the region in an attempt to ascertain the reasons why men traditionally do not seek emotional support. Ron Blume, our Mental Health Support worker and Tony Bowring, a counsellor and men's group facilitator conducted the sessions. The focus groups have been at an aged care facility, Apex Club, Lions Club, SES, Rural Fire Brigade, Classic Foods and Circular Head Men's Group and included men from 18 to 80 years of age.

The material gleaned from the sessions is currently being collated and a community reference group is being used to assist with the compilation of the issues and messages. With enhanced knowledge of mental health and lifestyle issues for men RHS is hoping to be able to deliver relevant and more appropriate services for men in Circular Head.

Information gleaned from the focus groups will be shared with the public and service providers at community forums during September 2003.

Other Funded Programs

Acting It Out	Tasmanian Community Fund
Gatekeeper	HACC
Disability Carer Training	Community Support Levy

Other Small Grants were received from -

Connect Credit Union	Acting It Out Performance Funds
Community Support Levy	Small Equipment Grant
Drug Education Network	Drug Week activities
Circular Head Council	Youth donation
Circular Head Abor. Corp.	Our Space contribution

TRENCH, LING & PARKER

Independent Audit Report

To the Members,
Circular Head Rural Health Services Inc.,

Scope

We have audited the financial report of the Circular Head Rural Health Services Inc., being the Statement of Financial Performance for the year ended 30th June 2003, Statement of Financial Position at that date and notes. The Health Service's committee are responsible for the preparation and presentation of the financial report and the information it contains. We have conducted an independent audit of the financial report in order to express an opinion on it to the members.

Our Audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial report is free from material misstatement. Our procedures include examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial report is presented fairly in accordance with Australian accounting standards so as to present a view of the Health Service which is consistent with our understanding of their financial position and the results of their operations.

The audit opinion expressed in this report has been formed on the above basis.

Audit Opinion

In our opinion:

- (a) The financial report of the Circular Head Rural Health Services Inc. is properly drawn up so as to give a true and fair view of the state of affairs of the Health Service as at 30th June 2003, and present fairly the results for the year ended on that date;
- (b) The rules relating to the administration of the funds of the Health Service have been observed.
- (c) The Health Service has maintained proper accounting records and books during the period covered by the audit.

French, Ling & Parker
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FRENCH, LING & PARKER
CHARTERED ACCOUNTANTS

G.L. Parker
.....
G.L. PARKER
PARTNER

19th August, 2003

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CHARTERED
ACCOUNTANTS

SMITHTON

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

**STATEMENT OF FINANCIAL POSITION
AS AT 30TH JUNE 2003**

	2003	2002
	\$	\$
MEMBERS' FUNDS		
Accumulated Profits (Losses) Brought Forward	258,715	87,385
Deficit for Year	19,143	(171,330)
TOTAL MEMBERS' FUNDS	\$239,572	\$258,715
 Represented by:		
CURRENT ASSETS		
ANZ Cheque Account	134,031	59,741
V2 Plus Account	-	92,407
ANZ Term Investments	-	76,583
Edwards Family Appeal Account	-	6,971
Acting It Out Account	21,751	-
Special Projects Account	69,590	-
Input Tax Credits	-	719
	225,372	236,421
FIXED ASSETS		
Plant & Equipment	35,435	28,737
Less: Accumulated Depreciation	8,218	2,434
	27,217	26,303
Plant & Equipment - Acting It Out	4,238	-
Less: Accumulated Depreciation	252	-
	3,986	-
	31,203	26,303
TOTAL ASSETS	256,575	262,724
 CURRENT LIABILITIES		
PAYG Withholding	-	4,008
GST Payable	-	1
Australian Taxation Office	17,003	-
	17,003	4,009
NET ASSETS	\$239,572	\$258,715

The accompanying notes form part of these financial statements.

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

**STATEMENT OF FINANCIAL PERFORMANCE
FOR THE YEAR ENDED 30TH JUNE 2003**

	2003	2002
	\$	\$
INCOME		
Grants Received	343,467	304,059
One-Off Projects Grant	27,320	-
Administrative Income	1,156	130
Events/Program Income	-	1,367
Interest Received	7,952	5,181
Room Hire	2,459	-
Edwards Family Appeal	129	6,971
Donations	630	-
Loss on Sale of Non-current Assets	(890)	-
	<hr/>	<hr/>
	382,223	317,708
EXPENDITURE		
Audit Fees	1,632	150
Administration Costs	7,070	4,972
Advertising	1,595	839
Accommodation	-	91
Bank Charges	646	385
Cleaning & Rubbish Removal	3,510	116
Dinner Expenses	-	1,351
Depreciation	6,973	2,434
Edwards Family Appeal	7,099	-
Electricity	2,278	789
Equipment Expenditure	558	-
Filing Fees	43	42
Insurance	3,992	3,358
Interest Paid	5	56
Internet Expenses	-	218
Leasing Charges	4,162	3,737
Motor Vehicle Expenses	2,061	1,583
Petty Cash Expenditure	100	649
Postage	82	205
Printing & Stationery	2,317	2,771
Program Expenditure	203,003	43,934
Rates & Taxes	3,117	2,214
Rent	20,691	13,000
Repairs & Maintenance	2,820	2,050
Staff Expenses	2,005	-
Staff Training/Conferences	711	159
Stamp Duty	-	192
Superannuation Contributions	8,157	4,252
Telephone	1,737	1,893
Wages	115,002	54,938
	<hr/>	<hr/>
	401,366	146,378
NET SURPLUS (DEFICIT)	<hr/>	<hr/>
	(\$19,143)	\$171,330

The accompanying notes form part of these financial statements.

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

**ANZ CHEQUE ACCOUNT
STATEMENT OF FINANCIAL PERFORMANCE
FOR THE YEAR ENDED 30TH JUNE 2003**

INCOME

Grants Received	269,352
One-Off Projects Grant	27,320
Administrative Income	1,156
Interest Received	3,293
Room Hire	939
Donations	630
Loss on Sale of Non-current Assets	(890)

301,800

EXPENDITURE

Audit Fees	1,632
Administration Costs	7,060
Advertising	701
Bank Charges	551
Cleaning & Rubbish Removal	3,430
Depreciation	6,720
Electricity	2,162
Filing Fees	43
Insurance	3,117
Interest Paid	5
Leasing Charges	4,162
Motor Vehicle Expenses	2,061
Petty Cash Expenditure	100
Postage	82
Printing & Stationery	2,148
Womens Health	35,987
Family Planning	18,192
Youth Health	21,808
Cancer Support	3,518
Arthritis	3,512
Sexual Assault Provention	6,459
Crisis Intervention & Counselling	54,890
Diabetes Education & Nutrition	3,552
Mental Health	41,286
Parenting Programs	1,454
Men's Programs	2,054
Asthma Grant	539
Health Promotion	159
Mens Health	159
One Off Projects	8,293
Additional Programs	1,141
Rates & Taxes	3,117
Rent	13,341
Repairs & Maintenance	1,770
Staff Expenses	2,005
Staff Training/Conferences	611
Superannuation Contributions	7,739
Telephone	1,535
Wages	110,435

377,530

NET SURPLUS (DEFICIT)

(\$75,730)

The accompanying notes form part of these financial statements.

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

**ANZ V2 PLUS ACCOUNT
ACTING IT OUT ACCOUNT
FOR THE YEAR ENDED 30TH JUNE 2003**

INCOME

Grants Received	38,115
Room Hire	1,520

39,635

EXPENDITURE

Administration Costs	10
Advertising	894
Bank Charges	85
Cleaning & Rubbish Removal	80
Depreciation	253
Electricity	116
Equipment Expenditure	558
Insurance	875
Printing & Stationery	169
Rent	7,350
Repairs & Maintenance	1,050
Staff Training/Conferences	100
Superannuation Contributions	418
Telephone	202
Wages	4,567

16,727

NET SURPLUS (DEFICIT)

\$22,908

The accompanying notes form part of these financial statements.

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

**ANZ V2 PLUS ACCOUNT
STATEMENT OF FINANCIAL PERFORMANCE
FOR THE YEAR ENDED 30TH JUNE 2003**

INCOME

Interest Received

4,659

4,659

NET SURPLUS (DEFICIT)

\$4,659

The accompanying notes form part of these financial statements.

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

**SPECIAL PROJECTS ACCOUNT
STATEMENT OF FINANCIAL PERFORMANCE
FOR THE YEAR ENDED 30TH JUNE 2003**

INCOME

Grants Received

36,000

36,000

EXPENDITURE

Bank Charges

10

10

NET SURPLUS (DEFICIT)

\$35,990

The accompanying notes form part of these financial statements.

SHARON HILTON REAL ESTATE SERVICES INC.
Taxation Depreciation Schedule - Detailed
Period 01/07/2002 to 30/06/2003

Asset Code	Description	Acquisition Date	Priv. Use %	Cost	Open Adj. Value	Disposal Date	Term. Value	Disposals		Decline in Value		Deduction for Decline	
								Assessable	Deductible	Eff. Life or %	YTD	Prime Cost	Diminishing Value
742	Plant & Equipment												
.01	IBM Computer & Epson Printer			3777	2881			-	-	37.50 D	1080	-	1080
.02	Westinghouse 140L Refrigerator			300	286			-	-	7.50 D	21	-	21
.03	Panasonic Inverter			220	210			-	-	7.50 D	16	-	16
.04	Volta Dolphin/Vacuum			173	157			-	-	15.00 D	24	-	24
.05	Sony CD Radio			159	144			-	-	15.00 D	22	-	22
.06	Breville Urn			114	109			-	-	7.50 D	8	-	8
.07	Combi Oven			86	31			-	-	100.00 P	31	31	-
.08	Sunbeam Kettle			35	13			-	-	100.00 P	13	13	-
.09	Therapy Books			642	589			-	-	15.00 D	88	-	88
.10	Computer Wiring			1478	1418			-	-	7.50 D	106	-	106
.11	Platform Trolley			255	234			-	-	15.00 D	35	-	35
.12	Microcassette			114	105			-	-	15.00 D	16	-	16
.13	MS Office/Software			550	495			-	-	37.50 D	186	-	186
.14	King Bros./Carpet			493	468			-	-	11.25 D	53	-	53
.15	AFICIO Copier			3740	3486	16/06/2003	2093	-	-	15.00 D	503	-	503
.16	Physio Literature			2803	2618			-	-	15.00 D	393	-	393
.17	20 Kendall Visitors Chairs			2455	2335			-	-	12.25 D	286	-	286
.18	2 Operator Chairs			400	382			-	-	11.25 D	43	-	43
.19	3 Cane Chairs			881	841			-	-	11.25 D	95	-	95
.20	Picture Frames			465	447			-	-	11.25 D	50	-	50
.21	Printer			409	355			-	-	37.50 D	133	-	133
.22	Table			86	55			-	-	100.00 P	55	55	-
.23	Whiteboard			164	157			-	-	11.25 D	18	-	18
.24	Timber Veneer Desk			255	245			-	-	11.25 D	28	-	28
.25	Pamphlet Stand			556	534			-	-	11.25 D	60	-	60
.26	Signage			593	578			-	-	7.50 D	43	-	43
.27	Carpet			252	244			-	-	11.25 D	27	-	27

CIRCULAR HEAD RURAL HEALTH SERVICES INC.

Page 2 of 3

Taxation Depreciation Schedule - Detailed

Period 01/07/2002 to 30/06/2003

Asset Code	Description	Acquisition Date	Priv. Use %	Cost	Open Adj. Value	Disposal Date	Term. Value	Disposals		Decline in Value		Deduction for Decline		Close Adj. Value
								Assessable	Deductible	Eff. Life or %	YTD	Prime Cost	Diminishing Value	
742	Plant & Equipment													
.28	Dividing Curtain			196	190			-	-	11.25 D	21	-	21	169
.29	Fire Extinguisher			307	298			-	-	10.00 D	30	-	30	268
.30	Filing Cabinet			175	169			-	-	11.25 D	19	-	19	150
.31	Buffet			355	344			-	-	11.25 D	39	-	39	305
.32	Wall Unit			491	475			-	-	11.25 D	53	-	53	422
.33	Coffee Table			135	131			-	-	11.25 D	15	-	15	116
.34	Blackwood Shelving			580	562			-	-	11.25 D	63	-	63	499
.35	Shredder			129	126			-	-	11.25 D	14	-	14	112
.36	Apollo Screen			159	155			-	-	11.25 D	17	-	17	138
.37	Overhead Projector			486	449			-	-	37.50 D	168	-	168	281
.38	Fascia Sign			625	616			-	-	7.50 D	46	-	46	570
.39	Flat Fold Table			436	427			-	-	11.25 D	48	-	48	379
.40	4 Scotchguarded Chairs			1280	1256			-	-	11.25 D	141	-	141	1115
.41	2 Upright Fan Heaters			91	81			-	-	100.00 P	81	81	-	-
.42	Samsung 51cm Television			390	385			-	-	11.25 D	43	-	43	342
.43	NEC VCR			181	179			-	-	11.25 D	20	-	20	159
.44	AKAI Radio/Cassette			117	114			-	-	15.00 D	17	-	17	97
.45	Optic Light			1150	1109			-	-	7.50 D	83	-	83	1026
.46	2 Coffee Tables	19/08/2002		278	-			-	-	100.00 W	278	278	-	-
.47	Mobile White Board	19/08/2002		317	-			-	-	100.00 W	317	317	-	-
.48	2 Filing Cabinets	01/07/2002		362	-			-	-	100.00 W	362	362	-	-
.49	2 Desks	14/10/2002		273	-			-	-	100.00 W	273	273	-	-
.50	Plan Cabinet	14/10/2002		500	-			-	-	11.25 D	40	-	40	460
.51	Clinton Sofas	15/11/2002		1182	-			-	-	11.25 D	83	-	83	1099
.52	Office Chair	16/12/2002		199	-			-	-	100.00 W	199	199	-	-
.53	Computer Desk	17/03/2003		272	-			-	-	100.00 W	272	272	-	-
.54	Electronic White Board	17/03/2003		2192	-			-	-	25.00 D	159	-	159	2033

Asset Code	Description	Acquisition Date	Priv. Use %	Cost	Open Adj. Value	Disposal Date	Term. Value	Assessable	Deductible	Eff. Life or %	YTD	Prime Cost	Diminishing Value	Deduction for Decline	Close Adj. Value			
Plant & Equipment																		
742.55	Nipper 2.4kw Fan	19/05/2003		235	-	-	-	-	-	100.00 W	235	235	-	-	-			
	Forced x2																	
56	Blender	19/05/2003		100	-	-	-	-	-	100.00 W	100	100	-	-	-			
57	Afcio 1018D Copier	16/06/2003		4093	-	-	-	-	-	30.00 D	50	-	50	4043	4043			
58	Chairs - Counselling	16/06/2003		436	-	-	-	-	-	11.25 D	2	-	2	434	434			
				39175	26482											2215	4505	27217
Less Disposals				3740														
				35435														
Plant & Equipment - Acting It Out																		
744.001	Hot Water Cylinder & Sink	23/04/2003		2273	-	-	-	-	-	7.50 D	32	-	32	2241	2241			
002	Column Heater	23/05/2003		199	-	-	-	-	-	100.00 W	199	199	-	-	-			
003	Chair - Strata x 20	26/05/2003		750	-	-	-	-	-	11.25 D	8	-	8	742	742			
004	Folding Marbig Table x 3	26/05/2003		573	-	-	-	-	-	11.25 D	6	-	6	567	567			
005	Sign - Sig Signs	14/04/2003		443	-	-	-	-	-	7.50 D	7	-	7	436	436			
				4239	0											199	53	3986
				39674	26482											2414	4558	31204
TOTAL				Less balancing adjustment offset														
				Assessable income														6972
				Total deduction for decline in value														

* Depreciation cost limit

Taxpayer's Signature