

An abstract painting featuring bold, expressive brushstrokes in vibrant yellow, deep red, and dark brown. The composition is dynamic, with thick applications of paint creating a sense of movement and texture. The colors are layered and blended, with the yellow forming the background and the red and brown strokes weaving through it.

Circular Head Rural Health Services Inc  
**ANNUAL REPORT 2005**

## A few words from the Chairman, W. Ross Hine...

It is with much pleasure that I recommend to you this report on the past year's activities at Rural Health. I have enjoyed my fourth year as Chair of an organisation overseeing an established and important service for the people of this area. I have been particularly pleased to have received positive feedback from people on the move to Emmett Street. Quite apart from the benefit of occupying a building that had been unused for years, the repositioning of the service has allowed Rural Health to become more of a focus and a part of the main street activity.

I understand that all the services have been used consistently and are appreciated by the community. I am especially pleased that Rural Health is committed to pursuing the training on suicide prevention as the tragedy of suicide places a tremendous burden on families and the wider community.

I feel that the next few years will be both exciting and important in relation to health services and Rural Health will have an important role to play. It is likely that a new purpose built aged care facility will be built and will initiate changes to a number of other facilities and services. I see Rural Health being involved in these changes and developments and know that the Board will work closely with all stakeholders to ensure that the most appropriate health facilities and services continue to be available to the community of Circular Head.

I give thanks to my fellow Board members who have consistently put time aside from their busy schedules to attend regular meetings. I am grateful for their time, energy, ideas and commitment to the centre. During the year we farewelled Board member Dr. Geoffrey Stanton and Sr. Marcia Smedley while we welcomed a representative of the Circular Head Cluster of Schools and Sr. Nancy Grogan representing the Smithton District Hospital. At our last annual general meeting we were happy to meet with several new staff members allowing Board members to put faces to names we had been hearing about all year.

I extend thanks to Di Murphy and all the staff at Rural Health for all their hard work during the year and for their collaborative work with other organisations including Circular Head Council. I thank, of course, the people of Circular Head who have supported the service by fully utilising all the services on offer at the centre.

I look forward to another interesting and progressive year at Rural Health.

W. Ross Hine

August 2005

Front Cover: Autumn Scene by Fiona Gunn 2005

## **A summary of the year's activities and services by the Manager Di Murphy...**

We have been at the Emmett Street site for one full year. During the year there has been a considerable increase in the number of people utilising our services. The new premises have enabled us to accommodate a number of activities on any one day with the layout of the building maximising privacy and confidentiality. The counselling rooms are airy, light and spacious. Space for staff was also improved with HIPPY and Health Promotion being able to occupy designated areas and the larger kitchen space being enjoyed by staff and program participants.

This past year has also been the first of the new contract with the Department of Health and Ageing. The new contract consolidated a number of health information and support services for conditions such as arthritis, cancer and diabetes into one health promotion program. Linda Wooldrage coordinates this program and during the year has conducted several significant and successful community activities, many in collaboration with other community organisations.

We have been privileged to have retained the services of our psychological team consisting of Mairin Campbell, Ron Blume and Tony Bowring. It is interesting to note that while the number of persons requesting such assistance has been constant there has been a notable reduction in the requests for crisis intervention. We feel that this reduction has been brought about by more consistent management of individuals' mental health conditions.

We continued to receive a contribution for the implementation of our Creative Leisure group (formerly 'Living Skills') from Family Based Care. This program has provided an opportunity in a safe environment for people to work toward their individual goals and the feedback from participants has been positive.

The Acting it Out project was finalised at the end of 2004. It was with some sadness that this project could not continue as many lessons had been learnt over the two years and the project was of growing value to the young people who were working through some difficult issues.

During the past year we said farewell to Youth Health worker Dean Smith, Mental Health Worker Alison Dick and our Receptionist Catherine Riley. Dean had built a substantial following amongst young people in the area and Dean's presence, especially before and after school, encouraged young people to take advantage of the service. Catherine had developed the receptionist role over her two years in that position and she always provided a professional, efficient and caring service. Catherine had also begun to organise community health forums. We welcomed two new

employees during the year, Lynette Dickson to coordinate the Creative Leisure Group and Angela Stewart, the third HIPPY tutor. Lynette and Angela have settled into their positions and bring additional skills and experience to our team.

The Men's Outreach Program has presented numerous challenges as Tony Bowring has sought the cooperation of a number of large industries in the area, who have needed to take into consideration shift work, harvests and payment of extra working hours for employees. It is a valuable community project however and we look forward to the completion of the mentoring classes in the next year.

A great deal of time this year has been spent working with the local Community Disability Support Group. We have developed ideas, planned and written applications for funding to build a disability respite centre for Circular Head. This project has a great deal of merit as it has been urgently needed for many years and once established will be the first stage of a multi purpose complex to meet the needs of many individuals, families and carers.

The Commonwealth Department of Health and Ageing provided useful extra funds during the year for staff and Board training. The allocation of this money made it possible for myself and two Board members to attend the 'Communities in Control' conference in Melbourne, to meet with staff at other rural health centres, five days of staff training, a planning day for Board members and for extra books for our lending library. The five training days for staff were of particular benefit as casual and part time employees were given opportunities to forge stronger links within the RHS team. There was some difficulty allocating, organising and expending the funds within a very short time frame and it is hoped that this issue will be addressed with any future offer of funding.

Six Board and staff members participated in a 20km charity walk organised by Soroptimist International. After several weeks of personal training the participants had to endure gale force winds and freezing rain on the day but were delighted to have participated and helped to raise money for camps for young persons with diabetes.

It has been a satisfying year of consolidation in our new space and within the new four year contract with the Department of Health and Ageing. I extend sincere thanks to Ross Hine for his professional, committed performance as Chair of the Board and also to other Board members for their advice and support.

*Dianne E. Murphy*

August 2005

**T**he Board of Management continues to provide an integral role within the organisation. Its members are -

Chair	W. Ross Hine	Mayor of Circular Head
Sec/Treas	Ruth Hanson	Community Member
Member	Judy Lutwyche	C H Cluster of Schools
Member	Nancy Grogan	Smithton District Hospital
Member	Dr. Donald Hogan	Smithton Medical Centre
Member	Dr. Geoffrey Stanton	Smithton Chiropractic Centre
Member	Joan Coleman	Women's Health Unit DHHS
Member	Sgt. Lee-Anne Walters	Tasmania Police

The Board met on the 3<sup>rd</sup> Tuesday of each month at 10.00am during 2004 and on the 4<sup>th</sup> Tuesday during 2005 at 68 Emmett Street, Smithton.

The Board performs a number of important roles to ensure appropriate direction and oversight to the organisation. These roles include the determination of strategic direction, setting policies, monitoring operational and financial functions and supporting the manager. The Board members also input information relating to community health and other issues that impact on Circular Head families and individuals. They make good use of their networks in and beyond this community especially with regard to health related organisations.

**T**he service has been delivered by the following staff -

Di Smith/Murphy	full-time	Manager
Catherine Riley	full-time	Administration Assistant
Ron Blume	part-time	Mental Health Support
Susana Bulatovic	part-time	HIPPY coordinator
Dean Smith	part-time	Youth Health & Acting it Out
Alison Dick	casual	Mental Health & Acting it Out
Dr. Miranda Hudson	casual	Family Planning Clinic doctor
Tamara Smith	casual	HIPPY tutor
Angela Stewart	casual	HIPPY tutor
Lynette Dunlop	casual	HIPPY tutor
Yvonne Stone	casual	Administration support
Donald Enniss	casual	Administration support

Workers contracted from other agencies:

Linda Wooldrage & Jocelyn Morice  
Mairin Campbell  
Tony Bowring

Women's Health Unit, DHHS  
Swanhaven Consulting Service  
Tony Bowring Counselling

## **S**taff training is highly valued....

Training opportunities for staff were made available during the year. Group training for all administrative, HIPPY and Health Promotion staff was conducted over five days and facilitated by Mairin Campbell. These five days concentrated on team building, understanding personal traits and conflict resolution. This valuable training was made available with funding from the Department of Health and Ageing.

The Manager, Di Murphy completed training to become a 'Quitskills' facilitator, a 'strength based' staff supervisor and completed two units in a Food and Nutrition Short Course for Aged and Disability Services. During the year Di also attended a state rural health networking day, a state Health Promotion day, a forum on Effective Advocacy and the 'Communities in Control' conference in Melbourne.

The Coordinator of HIPPY, Suzana Bulatovic participated in national coordinator training in Melbourne.

Linda Wooldrage, the Health Promotion Coordinator, had numerous opportunities to increase her knowledge of health issues, especially pertaining to women and young people. Linda attended the 5<sup>th</sup> Australian Women's Health Conference and workshops specific to health promotion such as 'Making a Difference' seminars. Linda attended information sessions on contraception and sexual issues, youth drug culture, borderline personality disorders and working with young people from culturally diverse backgrounds.

Dean Smith attended a 'Community Conferencing - Real Justice' training workshop at Longford as well as a selection of 'Know Zone' (DHHS) and relevant youth health forums across the state.

## **A** great deal of useful networking and collaboration with other service providers has continued ...

The Manager is the Chair of the Circular Head Service Providers' Access Network, a member of the Circular Head Youth Network, Chair of the 'Tough on Drugs' (a project funded by the National Illicit Drug Strategy) committee and a member of the Circular Head Community Disability Support Group. A Memorandum of Understanding has provided a basis for youth work in the area and Rural

Health liaises and works with the Circular Head Aboriginal Corporation (CHAC), the Wyndarra Community Centre, the secondary school and several of its support staff including social worker, guidance officer, special support teachers, speech pathologist and with Tasmania Police.

Rural Health staff members regularly liaise and work with community groups and health agencies. The majority of these are organisations based in Circular Head but staff members also have strong links with regional and state community organisations and government agencies.

Linda Wooldrage, whose employment is brokered through the Women's Health Unit (DHHS) maintains effective links with workers throughout the state health network. Linda also frequently undertakes projects in collaboration with Circular Head Council, the 'Leading Learning' coordinator, the International Friendship Group, Rural Youth, Circular Head Aboriginal Corporation, TAFE, women's groups and local service clubs.

Suzana Bulatovic, the coordinator of the parenting program, HIPPY, liaises with the Parenting Centre and Child Development Unit (DHHS), with Child Health clinic staff, primary school teachers and support staff, playgroups and social workers in Circular Head. Suzana maintains strong links with other HIPPY programs in Australia through individual and national program coordinators and with its lead agency, the Brotherhood of St. Laurence.

**R**ural Health was successful with seven funding submissions during the year... Funds were received from the Foundation for Rural & Regional Renewal (FRRR) and Tasmanian Regional Arts for a mural on the southern boundary wall at Emmett Street. FRRR also provided funds for additions to the women's health library.

The Community Support Levy (DHHS) provided funds for two specific counsellor/mental health workshops, materials for the Living Skills group and resources for the new parents' group were purchased with the assistance of Circular Head Council's Community Grants and an extra computer was obtained through the Department of Premier and Cabinet.

**W**e continue a focus on good health and wellbeing through our Health Promotion/Women's Health program... During the 2004/5 year the Health Promotion/Women's Health team was coordinated by Linda Wooldrage. Twenty one well attended Health Promotion forums were held throughout the year. The forums were:-

- \* 'Standing Steady' interactive forum
- \* 5 x Pelvic Power workshops with various groups
- \* Breast Care awareness with Soroptimist International

- \* Community Alcohol Awareness with John Alford from the Drug Education Network
- \* 5 x Buteyko courses with Jodie Rickard. Each course was held over 5 evenings
- \* Natural Vision Improvement with Betty Munro, held over two days
- \* C.O.R.E.S. - COMMUNITY Response to Eliminating Suicide, a joint project with Tandara Community Care Inc., Parakaleo and the Circular Head Christian School
- \* Baby bathing and feeding demonstration
- \* Eczema Awareness
- \* Learn to Meditate sessions held over 3 evenings x 2
- \* Grief and Loss forum with Sr. Colleen Jackson
- \* Post Natal Depression

Health Promotion workshops that were held regularly included

- \* Healthy Living Group monthly meetings
- \* Meditation exclusively for men held once per fortnight
- \* Knowing and Growing Parent Group held once each three weeks

Linda facilitated a joint training project with the Circular Head Aboriginal Corporation and T.A.F.E. for indigenous women called 'Meeting the Challenge'. The course was conducted once per week for 5 weeks, for a total of 25 hours. The course covered a range of health related topics such as physical exercise, nutrition, diabetes and continence. The course provided opportunities for the women to hear interesting speakers and to also practically experience healthy activities by enjoying healthy food and visiting a local gym.

Linda joined with Youth Health Worker Dean Smith to present personal development/protective behaviour sessions at the request of the Redpa Primary School. This program was conducted over a number of sessions and was well received by the school community.

A new parent support group began at the centre during the year in collaboration with the staff from the local Child Health Clinic. The new group was initially called 'Chit Chat for New Parents' and later changed to 'Knowing and Knowing'. Most of the mothers had previously attended a post natal group at the local clinic. Rural Health has been able to provide a space for young, mostly new mums, for regular gatherings with other mothers. The group has been meeting once each three weeks and the sessions have attracted as many as 15 new mums and their babies. This has been a wonderful, positive response.

The younger mothers received support from the Health Promotion/Women's Health officer Linda Wooldrage, who has training in women's health issues, and also from some older more experienced mothers in the group. It is envisaged that a small number of women in the group will be supported through symptoms of post natal depression and, for some, the group will replicate familial support.

**O**ur clinical/primary care services have included... the

Family Planning Clinics that were held 16 times during the year. These popular clinics were professionally and efficiently delivered by Dr. Miranda Hudson, supported by Sr. Jocelyn Morice. The service provided cervical and breast screening, pregnancy testing, contraceptive advice, sexual counselling, gynaecological tests, specialist referrals and menopausal counselling. Referrals were made to specialist and other GP services as necessary.

The Youth Health and Women's Health workers referred clients to Dr. Hudson however the majority of those utilising the clinic have been encouraged to attend after positive feedback from other clients. There has been a pleasing increase in the number of females under 20 years of age utilising the clinic during the past year.

**O**ur important work with young people has

continued... even though the Youth Health position was reduced to part-time (.6FTE) during this past year. The role of the Youth Health worker, Dean Smith, involved networking, making contact with service providers, the community and developing a client base.

On average, one day per week was spent at the secondary school working one on one with students. Dean liaised constantly with the school social worker and vice-principal. Dean was available to see students and other young people before and after school each day. Dean predominantly worked with young people between the ages of 12 and 24 but occasionally had younger clients.

The main presenting issues in Youth Health were sexual health, safe sexual practices and drug awareness. A large percentage of young people presented with emotional factors due to dysfunctional family life, difficulties with relationships, separation from family or friends and bullying. Many of the young people displayed deep, underlying issues of grief and loss, predominantly the loss of a parent.

The Youth Health worker networked regularly with relevant service providers, such as, the Youth, Drug and Alcohol service, Circular Head Aboriginal Corporation and Smithton Police.

## Counselling & Mental Health services worked to

capacity... with part of this service provided by Mairin Campbell who was at the centre for 3 days each fortnight. Mairin worked predominantly with children and she achieved positive outcomes for many individuals and their families. Referrals came from the medical centre, schools and families.

The average number of appointments for clients was 3.5 visits with the number of visits being within the range of 1 to 8 sessions. Consultation sessions varied from one to one and a half hours for most of the younger children to two hours for adults. The age of most of the children precluded working with narrative therapy therefore Mairin utilised a mix of sand play, art work, puppetry and other work with symbols. This has been an extremely effective method to assist these youngsters with safe emotional release to assist with emotional healing.

The counselling services of Tony Bowring were also contracted for three days per fortnight. Tony summarises his work as having a primary focus of issues pertaining to relationships, grief, trauma, addictions and anger. The consultations were for a minimum of one hour, longer when necessary. The most usual form of referral was self or spouse referral. Tony worked with 8 couples during the year, an increase from other years. It is very pleasing to note that 49% of Tony's clients during the past year have been males and this represents a marked increase on previous years. It is thought the increase in males seeking assistance can be attributed to the Men's Outreach Program, the Men's Support Group and steady referrals from past clients.

Ron Blume, an experienced psychiatric nurse, was employed directly by RHS for three days per fortnight. The availability of counselling and intensive mental health support has made a considerable difference to the lives of many adults living with the challenges associated with a mental illness. A small number of persons have been seen regularly over a long period of time and these are persons with a serious disorder who require frequent support visits. Ron has strong links with a number of mental health agencies and support services in the north-west and has used this to the advantage of Circular Head clients.

## Group support for persons with a mental health

condition... has been made available through a one day per week program initially called 'Living Skills'. This program was facilitated by Alison Dick during 2004 and this year by Lynette Dickson. The program was offered to persons with a diagnosed mental illness and others who have a carer. All the participants were adults. The program was partly funded by Family Based Care North West Inc. Referrals to the program came from centre counsellors, Parkside Mental Health and the Wyndarra Community Centre.

The participants worked on a personal goal setting program with some of the goals as simple as; coming to the group each week, having the opportunity to socialise, engaging in discussion, learning to cook something new and nutritious or learning a new creative skill.

During the latter two months Lynette organised tai chi lessons and a basic painting course. Both of these activities were enjoyed immensely by the participants and this has encouraged Rural Health to investigate similar activities for the next year. Lynette travelled to Melbourne to view similar programs offered at the Prahran Mission where she was able to glean many new ideas.

**T**here has been continual strong demand for men's only services... and this has been provided with a Men's Health and Wellbeing 10 week course, a fortnightly support group and with 'men only' meditation sessions. The Men's Program covered topics such as anger management, communication skills, relationships, mentoring and conflict resolution. At the end of the 10 week course the participants, their partners and previous attendees of the course enjoyed a celebratory meal together.

Forty two men now qualify to join the popular Men's Support Group that meets fortnightly. This support group has maintained good to excellent attendance levels. Meetings have a sharing focus around food and discussing issues that are topical and current for the men. Guest speakers relevant to men's health or interests supplement ordinary meetings.

The Standing Steady forum arranged by Linda Wooldrage included a men's only education session on prostate awareness and this was well attended.

It is very pleasing to note that 49% of Tony Bowring's counselling clients during the first six months of 2005 were men. This represents a marked increase in the number of male clients over previous years. It is thought the increase can be attributed to the number of men having completed the Men's Group program, men referring their friends, the effect of the Men's Outreach focus groups and the subsequent report.

**P**arents and their preschool children have benefited by the continuation of HIPPY... that is in its second year. HIPPY was originally funded through surplus funds however because of its success it is now funded from Rural Health's core service delivery plan. HIPPY is an acronym for Home Instruction for Parents of Preschool Youngsters and it is a successful international program with five programs currently running in Australia.

The HIPPY program targets families where there are preschoolers experiencing some developmental or social problems or where there is a learning disadvantage. Referrals come from parents or from child health clinic staff, kindergarten teachers, school support staff such as guidance officer and social worker or from other community workers. The program has been very successful in providing long term positive change. One element that substantially contributes to the program's success is the use of paid tutors who work one on one with parents in the family home.

The Circular Head program has 3 tutors trained and supervised by the Coordinator, Suzana Bulatovic. The tutors are all young mothers who also have four or five year olds who participate in HIPPY. The program material covers literacy, numeracy and social skills taught using age appropriate activities such as drawing, reading and copying that is reliant on interaction with the parent or other adult.

In the second year of HIPPY there were 31 children from 28 families participating in the preschool program. Parent group meetings were held fortnightly in the local playgroup centre. These meetings were used as a training session for the HIPPY material, a time to debrief and discuss any difficulties and also provided a time for mothers to share information on a variety of relevant topics (the topics decided by the parents). The parent group meetings provided a small number of mothers with their only opportunity to socialise with other mothers.

Feedback from mothers, spouses and extended family members has been extremely positive, citing improvements with children's confidence and mothers' wellbeing. A full evaluation of the two year program will be conducted at the end of 2005.

Later this year a graduation ceremony will be held to celebrate the commitment and achievement of families undertaking the program for the past two years. It is hoped the program can be extended to include extra families next year. Suzana is currently investigating opportunities for further funding.

**P**romotion of programs and services is continually provided by window displays... and we have continued with art exhibitions whenever possible to encourage more community members to visit the centre. The window display areas are small compared with the expansive space we were accustomed to at Smith Street. Smaller, innovative displays have been developed to suit the windows at Emmett Street and they continue to provide low cost, impact promotion of health topics.

Some of the displays during the past year have been on healthy lunch boxes, post natal depression, diabetes, child care, playgroup, grief and loss, healthy bones, senior citizens, Circular Head primary schools' program ACHIEVE, eczema and breast cancer awareness.

**C**ommunity activities, collaboration and networking have taken many different forms... Harmony Day, International Women's Day celebrations, Seniors' Week activities and a community morning tea were joint projects organised by Linda Wooldrage in conjunction with Circular Head Council and other community groups. The Seniors' Week activities included a walk for seniors and a gentle exercise class for a total of 52 participants.

Di Murphy regularly met with the Circular Head Community Disability Support Group and assisted them to lobby and raise awareness within the community with regard to changes needed to enhance the quality of life for persons with a disability, their families and carers.

Rural Health also worked closely with the local art group, Circular Head Arts, to develop an idea for a mural project. The mural is envisioned for the southern boundary wall at 68 Emmett Street. Funding has been secured from Tasmanian Regional Arts and from the Foundation for Regional Rural Renewal (FRRR). Research was conducted and funding applications submitted by artists Frances Joyce and Nikki Lassam. The mural will depict endemic flora and fauna of the Circular Head district from rain forest to coastal heath land.

During the year Rural Health organised carer respite activities for Circular Head families. This respite gave thirteen families a short break from their carer duties. The program was funded by Commonwealth Carer Respite North West.

## Acting it Out has completed and is sadly missed....

The 'Acting it Out' program came to an end after the completion of a two year funding contract with the Tasmanian Community Fund. There can be no doubt that the program was extremely successful. Working in a program with young people at risk brought its own inherent problems. The nature of the group, containing individuals with a variety of life difficulties, meant that many social and practical issues needed to be worked through before any positive changes became evident in the individuals.

To integrate these lessons in the program and to keep it relevant for all students was often challenging. Often it is the rage or anger that must be addressed by the young person before they can address their school work or peer relationships. It takes a skilled facilitator and support from trained professionals to stay with the young person during a time of reflection and work on any personal issue. Some issues that pertain to the life of another cannot be resolved, for example loss through death of a parent, one parent leaving the family home, the drug addiction or alcoholism of a parent or past family violence. In these instances we had to work with the young person to come to an acceptance of the loss or to develop skills to keep themselves safe.

This type of work is long term as teenagers are not always ready to address such pain at an early stage in their ego maturity. The 'Acting it Out' program did assist many of the young participants and for many it gave them the support to finish their school year.

The local secondary school, Smithton High School, was impressed with the program and developed a similar program to be run during 2005. The new school based program was developed by a support teacher at the school with assistance from the school guidance officer and social worker. The future of the 'Acting it Out' program is therefore secure. The program will continue at a new venue and under the new name of 'The Shed' but is a true reflection of the success of the program and the usefulness of the initial funding from the Tasmanian Community Fund.

**D**isability Carer Training... directly contributed to 5 more persons being trained for this work in Circular Head. Funds for this project were received by the Community Disability Support Group from the Community Support Levy. Rural Health worked closely with the Wyndarra Community Centre and with disabled persons and their families to provide a practical ten week course.

The course was a unique, pilot program that included practical experiences for trainees and focussed on personal development in areas relevant to caring. The program was developed on the basis that the best carers were aware of any factors *'that would inhibit the delivery of human services'* thus the course

included sections that examined personal risk, capacity of initiative, personal limitations, professional ethics, understanding of control and personal philosophy.

The mix of theoretical and practical experiences was welcomed by all participants and proved to be an effective method of enhancing the trainees' understanding of issues pertaining to their caring of individuals with a disability. Trainees were offered practical hands-on experiences through individual placements in the homes of persons with a disability. Placements were decided after consultations between the coordinator and trainee.

All trainees who completed the course were full of praise for the knowledge they gained and for the opportunity to complete the course in their local area. Each trainee commented they were keen to pursue further training or find caring work within Circular Head.

## **Suicide Prevention is an extremely important goal...**

The Tasmanian Community Fund has sponsored our Men's Outreach Program that will deliver MENToring courses in major workplaces in Circular Head. This program was a recommendation of the Men's Outreach Program report (2003) to expand and raise awareness of the importance of men supporting other men, especially in workplaces.

Each MENToring course will be conducted over six hours and will cover the topics of:- Mentoring, Stress, Anxiety, Depression and Suicide, Behaviours, Good relationships and Emotions.

Tony Bowring has worked one day per fortnight on this program, liaising with workplace management and refining the course material. The program will be offered free of charge in workplaces and delivered in the second half of 2005.

Rural Health joined with Tandara Community Care Inc., Parakaleo Ministries Inc. and the Circular Head Christian School to initiate a local program of Community Response to Eliminating Suicide (CORES). This program had been operating in Kentish for two years coinciding with a significant decrease in their suicide rate.

CORES is a community based intervention model that offers training and support to build a community's strength and capacity to prevent suicide. In June we held a dinner meeting with over 100 persons in attendance. Of this number 74 elected to be involved in the program and it is expected that during 2005 and 2006 all these persons will undertake a one day suicide prevention training course.

**CIRCULAR HEAD RURAL HEALTH SERVICES INC.**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30TH JUNE 2005**

	<b>2005</b>	<b>2004</b>
<b>MEMBERS' FUNDS</b>		
Opening Retained Profits	77858	239,572
Profit - Main Account	3120	-161,714
Loss - Special Projects	-31996	
<b>TOTAL MEMBERS' FUNDS</b>	<b>48,982</b>	<b>77,858</b>
 Represented by:		
<b>CURRENT ASSETS</b>		
ANZ Cheque Account	4845	17,218
Acting It Out Account		11,398
Special Projects Account	23565	16,328
V2 Investment Account		20,000
	<b>28,410</b>	<b>64,944</b>
 <b>FIXED ASSETS</b>		
Plant & Equipment	49207	47,513
Less: Accumulated Depreciation	-20188	14,668
	<b>29019</b>	<b>32,845</b>
 <b>TOTAL ASSETS</b>	<b>57,429</b>	<b>97,789</b>
 <b>CURRENT LIABILITIES</b>		
Superannuation Payable	2044	6,283
Australian Taxation Office	6403	13,648
	<b>8447</b>	<b>19,931</b>
 <b>NET ASSETS</b>	<b>48,982</b>	<b>77,858</b>

**CIRCULAR HEAD RURAL SERVICES INC.**  
**CONSOLIDATED PROFIT & LOSS STATEMENT**  
**FOR THE YEAR ENDED**  
**30TH JUNE 2005**

	<b>2005</b>	<b>2004</b>
<b>INCOME</b>		
Grants Received	364334	357,242
Other Income	3129	5,899
Administrative Income	1027	10,264
Events/Program Income	437	8,945
Interest Received	725	400
Buteyko Breathing Class	4027	
Room Hire		910
Sub-Program Training	10000	
Donations	3840	2,233
Relocation Funds	1370	11,030
Wage Subsidy		1,599
	<b>388,889</b>	<b>398,522</b>
<b>EXPENDITURE</b>		
Administration Costs		14,741
Advertising	1285	2,162
Audit Fees	4950	3,790
Bank Charges	624	899
Buteyko Breathing Trainer	3100	
Carer Respite Costs		5,384
Catering		199
Cleaning & Rubbish Removal	3110	3,421
Depreciation	5520	6,198
Disability Projects	8588	
Electricity	3893	3,883
Equipment Expenditure	166	4,257
Filing Fees		44
Insurance	3531	-665
Leasing Charges	4314	4,656
Motor Vehicle Expenses	4166	2,983
Petty Cash Expenditure		1,041
Postage		91
Printing & Stationery	5683	4,793

Program Expenditure	121489	166,754
Rent & Rates	26051	32,458
Repairs & Maintenance	3533	2,373
Relocation Costs	10120	1,941
Staff Expenses	2118	
Staff Training/Conferences	9422	10,772
Sundry Expenses	353	
Superannuation Contributions	13737	23,609
Telephone	4448	4,399
Travelling Expenses	839	1,002
Wages	176725	259,051
	417765	560,236
<b>NET SURPLUS (DEFICIT)</b>	28,876	161,714

**CIRCULAR HEAD RURAL SERVICES INC.  
SPECIAL PROJECTS - PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2005**

**INCOME**

Grants Received - Living Skills Program	1800
- Mens Outreach Program	28261
- ECAV Training Funds	7364
- CSL Small Grants	1822
Other Income	2740
Administrative Income	1027
Donations	3840
Interest Received	725
Buteyko Breathing Classes	4027
	51,606

**EXPENDITURE**

Audit Fees	750
Bank Charges	321
Buteyko Breathing Trainer	3100
Depreciation	5520
Disability Projects	8588
Electricity	710
Insurance	750
Motor Vehicle Expenses	226
Printing & Stationery	2148
Program Expenditure	16316
Rent & Rates	5000
Repairs & Maintenance	1455
Relocation Costs	8922
Staff Expenses	1376
Staff Training/Conferences	1616
Sundry Expenses	353
Superannuation Contributions	1621
Telephone	820
Travelling Expenses	839
Wages	23171
	83602

**NET PROFIT/LOSS**

-31,996

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**CIRCULAR HEAD RURAL SERVICES INC.**  
**MAIN ACCOUNT - PROFIT & LOSS STATEMENT**  
**FOR THE YEAR ENDED**  
**30TH JUNE 2005**

**INCOME**

Grants Received	325087
Other Income	389
Events/Program Income	437
Sub-Program Training	10000
Relocation Funds	1370
	<b>337283</b>

**EXPENDITURE**

Advertising	1285
Audit Fees	4200
Bank Charges	303
Cleaning & Rubbish Removal	3110
Electricity	3183
Equipment Expenditure	166
Insurance	2781
Leasing Charges	4314
Motor Vehicle Expenses	3940
Printing & Stationery	3535
Program Expenditure	105173
Rent & Rates	21051
Repairs & Maintenance	2078
Relocation Costs	1198
Staff Expenses	742
Staff Training/Conferences	7806
Superannuation Contributions	12116
Telephone	3628
Wages	153554
	<b>334,163</b>
<b>NET SURPLUS (DEFICIT)</b>	<b>3,120</b>

# CIRCULAR HEAD RURAL HEALTH SERVICES INC.

## INDEPENDENT AUDIT REPORT

To the Members of Circular Head Rural Health Services Inc.

### Scope

I have audited the attached special purpose financial reports comprising Profit & Loss Statements and Balance Sheet for the year ended 30<sup>th</sup> June 2005. The Committee of Management is responsible for the preparation and presentation of the financial reports and the information contained therein, and have determined that the basis of accounting used is historical cost.

I have conducted an independent audit of the financial report in order to express an opinion to the members of Circular Head Rural Health Services Inc. on its preparation and presentation.

The financial report has been prepared for distribution to members for the purpose of fulfilling the Committee of Management's accountability requirements under its constitution. I disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

My audit has been conducted in accordance with Australian Auditing Standards. Audit procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report and the evaluation of significant accounting policies and 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 the basis of accounting adopted by Circular Head Rural Health Services Inc.

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

### Audit Opinion

Except for a discrepancy in wages expense as per Payroll Account compared to the General Ledger account the financial report presents fairly the financial position of Circular Head Rural Health Services Inc. as at 30<sup>th</sup> June 2005. The rules relating to the administration of the funds have also been observed.

*Garry Burgess*

*Date: 21<sup>st</sup> October 2005*

*Firm:* Active Accountants  
Garry T Burgess  
B.Bus, CPA