



CIRCULAR HEAD RURAL HEALTH SERVICES INC.
Annual Report 2008

Front Cover: Composite impression of “LIFT” mosaic 2007.

A few words from Chairman Ross Hine OAM

Having made the difficult decision to retire from the Board of the Circular Head Rural Health Services this will be my last Chairman's message and annual report.

My seven year involvement with the Board as Chairman has been most rewarding as I have witnessed numerous programs and services offered to our community and the benefits they have delivered.

The programs have involved all our community from our youngest to our elderly and one of the success stories has been our Men's Programs which have created awareness and a better understanding of health issues amongst a section of our community who have found it difficult in the past.

I have been privileged to have had the opportunity to work with some wonderful people who are committed to the well being of the Circular Head community.

I sincerely thank all my fellow Board members for their role over the last twelve months and extend my extreme appreciation to all of those that have served on the Board over the past seven years. We have been very fortunate to have had such a diverse group representing all sections of our community.

I extend a very special thank you to our manager Di for her dedication to her position and her professionalism she has displayed over the seven year life span of the organisation. Her organisational skills are first class and her ability to deal with the hard issues is most commendable.

I acknowledge that at times her role has been difficult as she has had to deal with funding issues and staff changes but she has always given unquestioned commitment to her role and I believe we have been very fortunate to have Di as our manager.

Thank you to all of our dedicated staff members for their work and effort and there is no doubt our community is far better equipped to deal with all their social and health issues today than it was seven years ago.

In my role as Chairman, as it was in my role as mayor, I have been inspired by this community's generosity in fund raising for special needs and its ability to volunteer its time for the welfare of others.

Over the last seven years I have forged some wonderful friendships and I will cherish them for the rest of my days.

W. Ross Hine OAM

August 2008

A message from Manager, Dianne Murphy

I have been managing Rural Health for seven years and I have witnessed some amazing changes in the community during that time, some quite dramatic and others more subtle. In 2000 there was a tremendous need for mental health support with many individuals and families enduring stressful crises including suicides, suicide attempts, painful relapses of emotional distress, violent behaviour, frequent hospital admissions and situations warranting intervention by emergency services. Service providers were struggling to provide the assistance necessary because of limited resources.

Since 2000 there has been a most welcome change locally as well as on a state and national level. Nationally, there is now greater awareness of the effects of depression and the Beyond Blue campaign in Victoria has set the benchmark for all states in their bid to reduce suicide and to educate the community on the signs of depression and how to provide assistance.

While both the Tasmanian and Federal Governments have allocated more funding for mental health support it is unfortunate that such necessary change is dependent on the community first generating a populist view in order for government to take action.

The CORES program is one program that demonstrates how a local, small community can take control and raise awareness and educate without the assistance of government. Circular Head has had a period of twenty months free of suicide. While this is a reason for delight it cannot be known if can in any way be attributable to the CORES suicide prevention training program. We know from service provider and anecdotal reports that suicide attempts, self harm, self destructive behaviours and depressive conditions are still occurring at an alarming rate.

It is fair enough to ask ourselves why we have such an extreme level of depression and mental ill health in our community, especially in a country that enjoys abundance and freedom. Clive Hamilton from the Australia Institute puts it this way *'the Western world is in the grip of a consumption binge that is unique in human history. We aspire to the lifestyles of the rich and famous at the cost of family, friends and personal fulfilment. Rates of stress, depression and obesity are up as we wrestle with the emptiness and endless disappointments of the consumer life.'*

What are the implications of this for a community organisation such as Rural Health? How do we decide which issues will receive our attention and how can we maximise the impact of any activity? We listen to the views and thoughts of Board members, staff, service providers and members of the public, while also considering State and Federal agendas and priorities. Funding, resources and contractual agreements with Government Departments also shape our service delivery.

To ensure the most beneficial impact our work needs to focus on special and target groups and whenever possible, we need to work collaboratively with other service providers and interest groups.

An example of one target group is families with young children. Research overwhelmingly confirms that a human being's most formative years are those up to six years of age. It is pleasing to see the State Government providing more resources for their 'Early Years' program and the Federal Government fulfilling its promise to massively expand the HIPPY program. I am looking forward to Lyn Dickson completing her children's sand play therapy training, expanding the Knowing and Growing sessions, being able to double the HIPPY intake next year and working collaboratively with other service providers on other early years' initiatives.

Our specific contractual arrangements with the Commonwealth over the past seven year period have, in effect, meant decreases in the delivery of programs. I am proud of the way staff members have worked smarter either independently or in very small teams to achieve measurable and sustainable outcomes throughout the community.

My heartfelt thanks go to all staff members who work conscientiously and passionately in their field of employ. Special congratulations are extended to Linda Wooldrage for her Rural Health Worker Award in 2007 and together with Yvonne Stone receiving a commendation in the Active Towns Awards for the Activities in the Park project. Congratulations to Brittany Nash for completing her Certificate III in Business Administration, to Laura Strohfeldt who now has a Diploma in Community Service Management and to Linda who attained her Level I Certificate in Advanced Skills in Health Coaching.

Finally, I extend a sincere farewell and thankyou to our inaugural Chairman, Ross Hine. In the position as Chairman he has displayed unwavering commitment, attentiveness, conscientiousness and reliability. As my mentor and supporter Ross has been unfailing in his responsiveness and care. It is truly difficult for me to imagine a Rural Health Service without his involvement.

My commitment to Ross is to ensure Rural Health builds on its strengths, continues to identify and provide quality programs and services that best address the needs of the community so that he will always be able to view Rural Health with fondness and pride.

Until next year...

Dianne E. Murphy

August 2008

Board of Management

The Board of Management of Circular Head Rural Health Services Inc. oversees the distribution of recurrent funding from the Commonwealth Department of Health and Ageing through its Regional Health Program as well as significant funds from a number of other sponsoring bodies.

The Board performs a number of other important roles to ensure appropriate direction and oversight of the organisation. These roles include the determination of strategic direction, setting and reviewing policies, monitoring operational and financial functions and supporting the manager.

Board members input valuable information relating to community health and other issues that impact on Circular Head families and individuals. They capitalise on their networks and links within and beyond the community to support and enhance our service planning and provision.

During the 2007/8 year the Board members were:-

Chair	W. Ross Hine OAM	Mayor of Circular Head (until Nov 07)/Community Member
Secretary	Ruth Hanson	Community Member
Treasurer	Dr. Donald Hogan	Smithton Medical Centre
Member	Christine Franks	Community Member (until January 08)
Member	Nancy Grogan	Smithton District Hospital
Member	Jenny Barker	Women's Health Unit DHHS
Member	Sgt. Lee-Anne Walters	Tasmania Police
Member	Cr. Jeanie Murrell	Circular Head Council (joined March 08)

Ordinary meetings of the Board were held on the fourth Tuesday of each month at 68 Emmett Street, Smithton. Each year the Board meets for an extraordinary meeting day to review its strategic plan. At this extended session the Board reviews the priority areas and direction for the health service taking into consideration the health and wellbeing needs of the community.

Staff Members

During 2007/08 the centre was managed by Dianne Murphy. Brittany Nash provided administrative support to the manager, other staff and contractors. Brittany completed a Business & Administration traineeship Cert III during her year with Rural Health.

The Psychological Services team was made up of Ron Blume in a mental health support role, Lyn Dickson and Tony Bowring who were both available for generic counselling and support. Mairin Campbell provided additional specialist therapy for children at her Somerset practice.

The Family Planning clinic was attended each three weeks by Dr. Miranda Hudson and Sr. Jocelyn Morice until March 08. The Women's Health and Health Promotion Officer was Linda Wooldrage and Youth Health was coordinated by Yvonne Stone.

The HIPPY program was conducted in both Circular Head and Burnie. The Circular Head team was coordinated by Suzana Butkovich with home tutors Sharonne Ainslie and Joanie Coker. In Burnie the program was facilitated by Laura Strohfeldt with home tutors Nicole Shearsmith and Natalie Sherriff.

Linda Wooldrage, Monica Moore, Di Murphy and Yvonne Stone organised and conducted a variety of health promotion activities during the year.

Kerry Argent coordinated the promotion and administration of the CORES team and training as well as promotion of the Respite House.

Additional support for administration was provided by Kerry Argent, Laura Strohfeldt and Angela Stewart. Kerry Argent very ably provided minute taking and administrative support for the Board of Management.

Joanne Cartledge and Deb Quilliam ran the Wednesday activities in the Wedge Street park and Natalie Cole kept the garden weed free and looking sensational.

Training, Study and Accolades

Staff members were supported to undertake a range of training opportunities during the year.

The HIPPY coordinator and tutors participated in training in Melbourne facilitated by the New Zealand national coordinator. This provided an extremely valuable opportunity to network with other tutors from Victoria and New South Wales.

Yvonne Stone and Di Murphy attended the Family Strengths Conference in Newcastle.

The Psychological Services team attended Australian Childhood Foundation workshops on treating complex trauma and also the 'Happiness and its Causes' conference in Sydney.

One HIPPY tutor, financially supported by Rural Health, is undertaking Children's Services training.

Congratulations to the following staff members who attained qualifications and recognition of extraordinary work and study during 2007 - 8.

Laura Strohfeldt - Diploma of Community Service Management

Linda Wooldrage – Advanced Health Coaching Level I Qualification

Linda Wooldrage and Yvonne Stone – The Premier's Active Towns Award (4000+) for Activities in the Wedge Street park

Linda Wooldrage – Rural Health Worker Award 2007

Brittany Nash – Business and Administration Cert III Certificate

Collaboration and liaison with other services

Rural Health works in collaboration with local service providers, especially the Circular Head Council, Circular Head Christian School, Circular Head Aboriginal Corporation, Circular Head Arts, the Wyndarra community centre and the Circular Head Cluster of Schools.

The Manager, Dianne Murphy, is the Chair of the Circular Head Service Providers' Access Network and a committee member of the Circular Head Community Disability Support Group. Dianne is also a member of the Circular Head Health & Welfare Reference Group and the Municipal Emergency Management Committee coordinated by Circular Head Council. These links provide the service with current health and related information.

Rural Health staff maintain strong links into regional and state community organisations and government agencies. Linda Wooldrage, whose employment has been brokered through the Women's Health Unit (DHHS) maintains effective links with health promotion officers throughout the State health network.

Suzana Butkovich and Laura Strohfeldt, the coordinators of HIPPY, liaise 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 and Burnie. They have frequent contact with other HIPPY programs in Australia through the Brotherhood of St. Laurence and individual program coordinators.

Thanks to our Sponsors

Rural Health was successful with seven funding submissions during the year with a total value of \$83,495.00 that provided opportunities for the development and continuation of non core activities. Family Based Care also provided ongoing funds for mental health support.

1. Circular Head Council for assistance with CORES training
2. Circular Head Council for assistance with construction of the driveway at the respite centre
3. University Department of Rural Health for Rural Health Week
4. Department of Education, Science & Technology for 10 indigenous places in HIPPY
5. Circular Head Council for resources for ante natal groups
6. Women Tasmania assisted with a women's community project
7. Communities for Children for 20 HIPPY places in Burnie

Health Promotion

Women's Health Educator Report by Linda Wooldrage

Knowing and Growing for New Parents

The Knowing and Growing support group for new parents has been well attended this year. The group has begun to feed back their needs to me and we are working on the program together responding to their interests. This has been a mix of informal gatherings and formal speakers. New members regularly join the group which gives the group renewed energy and also helps with the level of comfort of new members.

The group enjoyed a variety of topics including; Introduction to Solid Foods, Fussy Eaters and a Christmas Party where Santa attended and had his photo taken with the babies. Members of the group have expressed their gratitude of the support, the like minded conversations and the importance of peers. With my support the group wrote to the local council requesting wider car parking allocation in a car park behind the main CBD for parents with prams. This request was granted and the process empowered the parents to realise their opinions mattered and that they had a voice, raising their self esteem.

LIFT Mosaic Project

The Lift Mosaic Project was a long term project that was funded with a successful Department of Premier and Cabinet Women's Development Small Grant Program, 2007-08. Both men and women were involved with the project.

All participants enjoyed the mosaic expressing that they enjoyed interacting with people they wouldn't normally cross paths with. They were motivated to join the project to learn new skills, meet new people and wanted to get out of the house, as some normally didn't have the confidence to do so. They enjoyed working on something that could take the focus off what was bothering them at the time. A member of LIFT mosaic project, who had spent several years at home with small children, one of whom had a disability, was employed due to renewed confidence from the project. The addition of wooden seating, colourful plants for the garden and signage completed the project.

Caring for Yourself Program

Health Workers of Circular Head were offered the opportunity to participate in sessions to update their knowledge or to benefit themselves. The program offered a range of topics including; Happiness, Feeling Good about Yourself, Sexuality and Diversity and Sexually Transmitted Infection update.

Sessions were held with local schools which included Kinder – Grade 3 at Edith Creek Primary Self Care & Massage and **Grade 9 and Grade 10 Health Class**, sexual health mystery grab bag.

The opportunity to speak at the high school Grade 9 and 10 health class coincided nicely with the **Chlamydia Campaign and Window Display** - as there had been an increase in the number of patients presenting to the Family Planning Clinic with a positive Chlamydia testing. Dr Hudson suggested that a campaign raising local awareness of Chlamydia would be one way. I put together a window display and contacted schools, local media and sporting clubs to raise awareness. I randomly answered a call from a lady who had seen the Chlamydia Display and wanted to book in for a STI screening with the Family Planning doctor. A counsellor with our service mentioned several discussions with his clients about the window display and Sexually Transmitted Infections. This showed that community awareness programs do work. We trialled this awareness raising again with the installation of **Spectacular Speculums** – A Window display was erected using an art project from a few years ago where women were asked to design something using speculums. The display was to promote the Family Planning Clinic and yet again we had increased number of bookings.

Other sessions held this year were **Irishtown Ladies Women's Health Session**, Women's health discussion on various health issues, **Mawbanna Ladies Session** – Various Women's Health Information, **CH Aboriginal Corporation, Advancing Women Program** – Self Care, Sexuality and Diversity, Nutrition, Exercise Physical Activity, **That Takes Ovaries** – women were encouraged to document their gutsy and brazen acts and life stories to add to an exhibition to be held at the Women on Top forum, **Antenatal Classes, Women on Top Forum, PITSTOP at Gunns Timber, Nutrition, Body Image and Self Esteem, Playgroup in the Paddocks, Edith Creek** – Self Care & Time Management

After many years of absence there is now a trainee breastfeeding counsellor with Australian Breastfeeding Association who has moved to Stanley. There

has been a gap of service for mothers experiencing breastfeeding problems locally and is an area of high need. Having some local 24 hour support is a luxury. I have been supporting the trainee by connecting her to the Maternity Outreach Service and Child Health Clinic.

I have had many networking opportunities and successful collaborative partnerships throughout the year with organisations and individuals including Family Food Patch Educators, Community Nutrition Unit, Eatwell Tasmania, Sexual Health, Family Planning, local schools, Tasmanian Regional Arts, Women Tasmania, Australian Breastfeeding Association, Maternity Outreach Service, Circular Head Council, Circular Head Aboriginal Corporation, North West Regional Hospital – Smithton Division, NW Women's Health Program, Playgroup in the Paddocks and Local Artists Frances Joyce and Maudie Bryan.

I have regularly attended service provider meetings; North West Women's Health team meetings, Population Health state wide meetings and Circular Head Rural Health Services staff meetings. I have taken part in service provider planning meetings, such as Heart Moves with Barbara Carter.

I have been fortunate to attend professional development training sessions including CHRHS staff training - Trauma, Sally Errey – Fighting Cancer with Food, Steve Biddulph 'Raising Boys', Social Determinants of Health Update, Strategic Direction Planning for Population Groups, Happiness and Its Causes Conference and Robyn Gregory, Health Promotion, Research and Development, Women's Health Victoria, "Combining health promotion/community development/gender equity framework to inform your planning".

I have enrolled in a Diploma of Children's Services with the Institute of TAFE Tasmania and received a certificate in the Butterfly Foundations – Body Think (Body Image and Self Esteem) training. I have qualified in Advanced Skills in Health Coaching Level 1 Certificate with Deakin University and received a Certificate of Attainment in Board of Management, Board of Governance Professional Development Program with SED Consulting. My attendance to this training was sponsored by Women Tasmania.

This year was personally rewarding for myself as I was nominated for and received a Rural Health Community Award for 2007 and I was in attendance to collect my successful nomination of an Active Town Award – The Wedge Street Park Redevelopment received a Commendation Award for the category population 4000+ and this received television coverage as part of the award ceremony. I was one of 4 who successfully completed my Advanced Health Coaching Level 1 Qualification, 11 people went through the intensive qualification process.

Health Promotion activities were held regularly during the year and these included

- * Knowing and Growing Parent Group held once each three weeks
- * CORES suicide prevention team meetings once per month
- * Autism and Aspergers support group
- * MS support group
- * Activities in the Wedge Street park
- * Young Mum's support group at Smithton High School
- * Al Anon weekly meetings for family and friends of persons with an alcohol addiction
- * Relaxation one on one training one day per week

Health Promotion events included

- * Creation of the 'Lift' mosaic for the Northern boundary wall
- * Two PITSTOP program sessions with 60 staff at Gunns Timber and at Australian Bulk Minerals with 46 participants
- * Two Men's Health sessions – John Toomey on 'Work/Life Balance' and Steve Biddulph with 'Where To For Men'
- * Activities in the park for young people in the Housing area
- * 'Raising Boys' community forum with Steve Biddulph
- * Transition to Ageing expo as part of Rural Health Week
- * Advancing Women 5 week course in conjunction with Circular Head Aboriginal Corporation
- * Health promotion sessions with Smithton Health Workers
- * Self care and massage for kindergarten classes

Family Planning

Family Planning Clinics were held from July until March this year. These popular clinics were professionally and efficiently delivered by Dr. Miranda Hudson and supported by Sr. Jocelyn Morice. The service provided cervical and breast screening, pregnancy testing, contraceptive advice, sexual counselling, gynaecological testing, specialist referrals and menopausal counselling. Referrals were made to specialist and other GP services as necessary. Dr. Hudson has returned to private practice and the clinics have not been offered since April 2008.

Psychological Services

Our psychological services team consists of four members; Ron Blume, Tony Bowring, Lyn Dickson and Mairin Campbell. Ron Blume returned to work in April after a long and well deserved break on high seas and mountains! Ron has utilised a range of modalities including cognitive behavioural therapy and has been working between one and three days per fortnight.

Tony has provided generic individual and couple counselling and has worked with an increased number of adolescent males. During 2008 Tony also facilitated an eight week Men's Health and Wellbeing course. This course, while having a small number of participants, was well received and had significant impact on the men in the group.

Lyn Dickson facilitated Creative Leisure, weekly sessions that provided respite for carers and activities for persons with a mental health condition. On one other day per week Lyn provided generic counselling, with an increasing number of those sessions for children. Lyn has begun 'sand play' therapy training to enhance her skills in the work with children.

We were especially grateful to Mairin Campbell who made her time available to facilitate therapeutic sessions with young children, fitting them in her already tight working schedule of private practice and other employment.

Parenting Program - HIPPY

Our very successful HIPPY parenting program is in its fifth 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 Interaction Program for Parents and Youngsters and it is a successful international program with six programs currently running in Victoria, New South Wales and Tasmania.

The HIPPY program targets families where there are preschoolers experiencing some developmental or social problems or where there is a learning disadvantage within the family environment. 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.

Circular Head Rural Health facilitates two programs, one in Smithton and another in Burnie as part of a Communities for Children initiative. The Circular Head program has 2 tutors trained and supervised by the Coordinator, Suzana Butkovich. The tutors are usually young mothers who

also have four or five year olds participating in HIPPY but this year we have employed a grandmother as one of the tutors. 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.

At the end of 2007 13 of the Year 5 youngsters and their parents graduated in Smithton. At the moment the program in Burnie is only covering the first year so there have been no second year graduations.

There were 31 children from 28 families participating in the preschool program this past year in Smithton. Here is a report on the year's activities from the coordinator Suzana Butkovich.

Monthly **parent group meeting** have been held throughout the year and been well attended by parents and carers. 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 topics have included a scrap book workshop for parents and kids, Christmas card making, watching the DVD "Nought to five" A Guide to the Under Fives, 'Let's Read Program' with Jean Rosevear, Monica Moore Natural Therapies Practitioner, 'Balance to Health & Well-being', jewellery making for parents and children and a BBQ for all participants to finish off the 2007 year. All these parent group meetings were utterly enjoyed by all participants including the guest speakers.

Feedback from mothers, spouses and extended family members has been extremely positive, citing improvements with children's confidence and mothers' wellbeing. Here are two examples of feedback from the program.

- 1) Hello, my name is Sharonne and I am a grandmother and also a HIPPY home tutor. I started doing this last year with my granddaughter and now my grandson. They think it is quite cool when grandma has to be a sheep, bus and bird.

On a personal level I have found that you are never too old to learn and play. I have returned to work this year and was quite surprised that my mums wanted certain days for home visit. On asked why they said that it was because their children (who have started kinder, 2 days a week this year) wanted to be there when Sharonne comes. The only down side to this is that I could get quite fat because when it was Christmas, Easter or mum has been cooking with the kids, I have a lot of sampling to do.

- 2) Hi, my name is Anita, I have a daughter Jayde who is 4 turning 5, we are in our second year of HIPPY. Jayde loves getting her HIPPY 'school' work each week. We find HIPPY a great way to spend one on one time together, Jayde loves to do drama play as she gets to tell mum what to do and finds it funny when mum is being a train, dog, lion etc. Jayde also loves getting and reading the new books and doing activities that go with them, Jayde enjoys this as it is different from work that she

is doing at school...My first child didn't do HIPPY and at the start of kinder I could tell the difference, the school has also commented on Jayde's knowledge of letters and numbers.

During the year we were visited by the HIPPY Australia National Training Coordinator, Rae Hussey and the Monash University HIPPY research team who interviewed most families and home tutors. The National Manager of HIPPY Australia, Susan Davies and the National Manager of HIPPY New Zealand, Jane Hall, visited the Circular Head site.

During the year I attended a number of relevant training and children's development sessions. These included a one day session with Dr. B. van der Kolk; *Frontiers of Trauma Treatment with Children and Young People*. The one day seminar focused on integrating current understanding about the effects of trauma on attention, affect regulation, perception and other brain functions into therapeutic processes that are effective in assisting children and young people in a variety of settings recover from the impact of abuse related trauma. I also attended an 'Council on Ageing Forum' for service providers, 'Raising Boys' with Steve Biddulph, Launch into Learning 'Making Connections' Networking Day at Ulverstone, Community Response to Eliminating Suicide, *CORES Meeting* with Denise Grieve from Parenting Centre Burnie as a guest speaker talking about post natal depression. I also attended Service Providers Access Network meetings and these provided great opportunities to network and exchange ideas with other community services' representatives.

The HIPPY coordination role requires regular interaction and collaboration with other children's service providers. During the year I liaised with the *Circular Head Cluster of Schools*, the *Edith Creek Playgroup*, *Smithton Pre-Kinder*, *Forest Playgroup* and *Smithton Playgroup*. The relationship with the *Parenting Centre and Child Development Unit (DHHS)*, has been exceptional. The *Smithton* program was also promoted at the *Smithton Primary School Twilight Fair*, *Edith Creek Primary School Farm Fair Day* and *St Peter Chanel Spring Fair*.

There were also many opportunities to be involved in direct HIPPY training and information sessions and these included: *HIPPY Australia forum* in Melbourne, *HIPPY Australia training for coordinators and home tutors* in Melbourne.

The HIPPY Circular Head program received funding for ten indigenous families through the Department of Education, Employment and Workplace Relations (DEEWR). We work very closely with the Circular Head Aboriginal Corporation to deliver the program to these indigenous families.

The Acting DEST State Manager, Peter O'Brien and Indigenous Education Officer, Melissa Stone, Indigenous Education Unit, Department of Education, Employment and Workplace Relations, visited us during the year and were impressed by the successful implementation of the program involving indigenous families.

I also met with Dr Tim Wyatt and Ms Vicki Grieves, *Erebus International Team*, who were conducting a study into the successful transition of indigenous children into schools. The focus of the study is to identify key characteristics and strategies for school readiness for indigenous children with a view to transferring these practices to other preschool settings.

COMMUNITIES FOR CHILDREN – HIPPY

An equally successful program has been running concurrently in Burnie where Laura Strohfeldt is the Coordinator. The Burnie program is funded by the Commonwealth's Communities for Children (C for C) through Centacare in Burnie as the facilitating partner. The Burnie tutors are Natasha Shearsmith and Nicole Sherriff. Here is a summary of the 2007/08 year written by Laura.

Monthly parent group meetings have been held throughout the year and been well attended by parents including fathers and also grandparents. The topics have included a Teddy Bear Hospital (C for C community partner *Bernie on Wheels*); pyjama party (*Let's Read* C for C partner); Healthy lunch boxes (C for C *Eat Right, Grow Bright*); Pizza making (parent) and a visit from C for C mascot *Bernie the Bluetongue Lizard*. All these parent group meetings were thoroughly enjoyed by the children and parents as well as myself and the tutors.

I attended monthly C for C meetings and Evaluation workshops at Centacare as well as 1:1 Service Delivery Plan meetings with Centacare staff. I met with a FaHCSIA (Families, Housing, Children's Services and Indigenous Affairs) representative from Hobart. I attended a two day ARACY (Australian Research Alliance for Children and Youth) workshop in Launceston with staff from Centacare Burnie. ARACY was contracted by FaHCSIA to research the effectiveness of the model used for C for C. This workshop included representatives from all Communities for Children sites around Tasmania.

During the year we were visited by the HIPPY Australia National Training Coordinator, Rae Hussey and the Monash University HIPPY research team who interviewed most families and home tutors.

I have had many networking and promotional opportunities including : '*Let's Read*' Networking Day; North West Service Providers' networking meetings; Rural Health Day at Burnie Community House; launches for '*Eat Right, Grow Bright*' poster, *Bernie the Bluetongue Lizard* and '*Let's Read*' programs; a Kinder Fun Day at Wiseman Street Reserve; the North West Child/Community Health Nurses Annual Meeting at Ulverstone; Launch into Learning *Making Connections* Networking Day at Ulverstone; *Speed Networking* at Burnie Library; and C for C Facilitating Partner events *Squishes and Squirms* at Montello and *Music and Hayhem* in Burnie Plaza. It has been wonderful to be able to make the most of these opportunities to collaborate with other service providers in the Burnie and North West area.

There were also many opportunities to be involved in training and information sessions and these included: '*Let's Read*' training, Australian

Childhood Foundation presentation 'Bringing Up Great Kids', HIPPY Australia forum in Melbourne, Steve Biddulph 'The Secret of Happy Children', Family Food Patch Educator Training (Home Tutor, Natasha). During this past year I completed my Diploma of Community Service Management.

C for C Community Partners are eligible to apply for a Promising Practise Profile.

'A Promising Practice Profile (PPP) is a summary document that explains a particular practice or set of practices (ways of working) that have helped to achieve a project's objectives. It comprises a description of the "key ingredients" of a program/project, what was done, or what particular ways of working were important. It also includes a summary of the existing evidence base about what is known about the effectiveness or relevance of this practice, information about how a particular practice or set of practices within a program worked on the ground (how it worked and what made it work), and the evidence linking the practice to outcomes (evidence that it worked). These profiles then become useful summary tools and guides to others who may be working to address similar issues. The information contained in the proposal form is the basis of a Promising Practice Profile.'

www.aifs.gov.au/cafca/ppp

In July 2007 I started work on a PPP submission with C for C Local Evaluator, Dr John Guenther. We completed the submission for round 2 in October, 2007. We were not successful on this occasion. We received feedback from the Australian Institute of Family Studies (Communities & Families Clearinghouse Australia) to say that the independent peer review panel wanted us to clarify some points and resubmit for round 3. This we did in April 2008. We were advised in May that the submission had been accepted. The first of round 3 submissions will be available on the website in October 2008.

At the time of writing it is known that the Communities for Children will conclude in June 2009 and therefore there will be an end to the current HIPPY program. We are hopeful however that the national HIPPY program will provide funding to continue what has been a most successful program in an area of great need and disadvantage.

Suicide Prevention Activities

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. By June 2008 three local persons, Stuart Nicholson, Matthew Guy and Dianne Murphy had become accredited CORES trainers.

During 2008 the CORES group utilised \$3,500 provided by the Department of Health and Ageing to facilitate three training days delivered free of charge to

community members. To date 53 persons have completed the suicide prevention training. Additional training days are scheduled in September and November this year and the aim is to train a minimum of 50 community members each year.

Team members are buoyed by the information there have been no suicides in Circular Head for twenty months. We cannot know of course if this great result can in any way be attributed to the CORES program. We can only continue raising awareness, distributing literature and training as many people as possible to recognise the signs of depression and suicidal behaviour.

Since a program on CORES appeared on the ABC's Landline program late last year there have been a large number of enquiries particularly from Queensland and Victoria. Coralanne Walker is now managing a revamped CORES program trading as the Kentish Regional Clinic and has already trained a number of new team leaders across those two states. Coralanne is hopeful that five other local government areas in Tasmania will begin CORES programs in the next year.

Disability Respite House

Rural Health has been represented on the Circular Head Community Disability Support Group for four years. The Circular Head Community Disability Group is a great example of a focussed, hard working community group working closely with relevant service providers and local government to bring about positive change and development for their target group.

Over the past four years the support group has facilitated carer training, undertaken a community survey on the needs of families where there is a person with a disability, lobbied Council for changes to kerbing, car parking spaces and barbeque areas and received funding from the Tasmanian Community Fund to establish a community respite centre. The Respite House is situated in the town of Smithton and was officially opened in November 2007.

Landscaping and fencing has been completed around the house and we are looking forward to viewing the crab apples, crepe myrtles and magnolias when they are in blossom. Plenty of seating has been provided on the northern lawn near the trees and also on the side of the house in a generously sized gazebo.

A sub committee meets regularly, predominantly to assist with the promotion of the centre. The sub committee includes a Board member and the manager of Rural Health and a carer as well as representatives from the Wyndarra Centre, Disability Services and Commonwealth Carer Respite.

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 30th June 2008. 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

In my opinion, the financial report presents fairly the financial position of Circular Head Rural Health Services Inc. as at 30th June 2008. The rules relating to the administration of the funds have also been observed.



Date: 19th September 2008

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

CIRCULAR HEAD RURAL HEALTH SERVICES INC.
STATEMENT OF FINANCIAL POSITION
AS AT 30TH JUNE 2008

2007

MEMBERS' FUNDS

Opening Retained Profits	283931	71751
Profit/(loss) - Main Account	-26263	11224
Profit/(Loss) - Special Projects	58676	187554
30/6/06 Outstanding Cheque Adju	0	13402
TOTAL MEMBERS' FUNDS	<u>316344</u>	<u>283931</u>

Represented by:

CURRENT ASSETS

ANZ Cheque Account	7020	27503
Respite House	3093	71242
Special Projects Account	<u>24951</u>	<u>21353</u>
	35064	120098

FIXED ASSETS

Plant & Equipment	58582	57204
Less Accumulated Depreciation	-32905	-28984
Respite House - Building	245175	158292
Less Accumulated Depreciation	-2113	0
Respite House - Furniture & Fitting	41231	0
Less Accumulated Depreciation	<u>-5561</u>	<u>0</u>
	304409	186512

TOTAL ASSETS	339473	306610
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CURRENT LIABILITIES

Australian Taxation Office	8196	13649
Provision for Annual Leave	3543	0
Payroll Liabilities	<u>297</u>	<u>0</u>
	12036	13649

NON-CURRENT LIABILITIES

Provision for Long Service Leave	11093	9030
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NET ASSETS	<u>316344</u>	<u>283931</u>
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These accounts should be read in conjunction with
the attached Audit Report

**CIRCULAR HEAD RURAL SERVICES INC.
CONSOLIDATED PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2008**

2007

INCOME

Grants Received	518890	608425
Other Income	653	5022
Wage Subsidy	2500	0
Donations	5257	2777
Fundraising	1978	551
	<u>529278</u>	<u>616775</u>

EXPENDITURE

Advertising	454	265
Audit Fees	3990	2600
Bank Charges	888	588
Building W/Off	2113	0
Cleaning & Rubbish Removal	3802	2927
Depreciation	9482	4393
Electricity	3533	3632
Equipment Expenditure	1343	2120
Insurance	3275	2502
Leasing Charges	4823	4823
Motor Vehicle Expenses	12818	8813
Printing & Stationery	3822	4848
Program Expenditure	142923	131737
Rent & Rates	20024	21390
Repairs & Maintenance	1656	743
Respite House - Operating Costs	9023	
Staff Expenses	0	1060
Sundry Expenses	112	13
Superannuation Contributions	19931	15682
Telephone	4916	2800
Training	5032	11431
Travelling Expenses	0	1172
Wages	237299	191905
	<u>491259</u>	<u>415444</u>

NET OPERATING SURPLUS (DEFICIT) 38019 201331

LESS OTHER EXPENSES

Long Service Leave - Increase	2063	2553
Annual Leave - Increase	3543	0
	<u>5606</u>	<u>2553</u>

NET SURPLUS (DEFICIT) 32413 198778

These accounts should be read in conjunction with
the attached Audit Report

**CIRCULAR HEAD RURAL SERVICES INC.
MAIN ACCOUNT - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2008**

2007

INCOME

Grants Received	369716	343658
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EXPENDITURE

Advertising	454	265
Audit Fees	3990	1898
Bank Charges	601	588
Cleaning & Rubbish Removal	3802	2927
Depreciation - Heat Pumps	985	862
Electricity	3533	3632
Equipment & Consumables	1343	2120
Insurance	3275	2502
Leasing Charges	4823	4823
Motor Vehicle Expenses	6921	4572
Printing & Stationery	2975	3224
Program Expenditure	127379	104868
Rent & Rates	20024	21390
Repairs & Maintenance	1656	743
Staff Expenses	0	1060
Superannuation Contributions	16209	12863
Telephone	4916	2800
Training	4479	9021
Wages	183523	149723
	<u>390888</u>	<u>329881</u>

NET OPERATING SURPLUS (DEFICIT)	-21172	13777
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LESS OTHER EXPENSES

Long Service Leave Increase	2063	2553
Annual Leave Increase	3028	
	<u>5091</u>	<u>2553</u>

NET SURPLUS (DEFICIT)	<u><u>-26263</u></u>	<u><u>11224</u></u>
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These accounts should be read in conjunction with
the attached Audit Report

CIRCULAR HEAD RURAL SERVICES INC.
SPECIAL PROJECTS - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2008

2007

INCOME

Grants Received - Creative Leisure Group	2375	12713
- Housing Tas	0	13636
- UTAS Rural Health Week	2000	0
- Tas Community Fund (Respite House)	72945	218835
- CH Council - Respite House Driveway	3636	0
- CH Council - Ante Natal Resources	967	0
- Woman Tas Grant	1818	1091
- Hippy Grant	15053	6842
- Suicide Prevention	380	0
- Communities for Children	50000	11650
Other Income	653	5788
Donations - Respite House	3000	2777
- CORES	2257	
Wage Subsidy - Traineeship	2500	0
Fundraising	1978	551
	<u>159562</u>	<u>273883</u>

EXPENDITURE

Audit Fees	0	702
Bank Charges	287	0
Building W/Off	2113	0
Depreciation	8497	3531
Motor Vehicle Expenses	5897	4241
Printing & Stationery	847	1624
Program Expenditure	15544	26869
Respite House Operating Costs	9023	0
Sundry Expenses	112	13
Superannuation Contributions	3722	2819
Training	553	2410
Travelling Expenses	0	1172
Wages	53776	42182
	<u>100371</u>	<u>85563</u>

NET OPERATING SURPLUS/(DEFICIT) 59191 188320

LESS OTHER EXPENSES

Annual Leave Increase	515	0
NET SURPLUS (DEFICIT)	<u>58676</u>	<u>188320</u>

These accounts should be read in conjunction with
the attached Audit Report