

RURAL HEALTH
TASMANIA INC



ANNUAL REPORT 2010



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Annual Report
2010

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A Few Words from Chairman - Daryl Quilliam

This year has again been a great year for Rural Health. One of the highlights for the year was a training/planning two day event at Tullah attended by all staff and some of our casual staff for two days. I had the pleasure with two other Board members to attend some of these sessions and spend the evening there and was particularly impressed with the way all staff wanted to lift the profile of Rural Health and see it prosper to be even more relevant to our customers. It was great to meet all staff members and thank you all for another rewarding year.

All programs continue to be well attended, with HIPPY, CHILL OUT, CORES, Youth programmes, men's and women's health events and Counselling sessions being relevant to our needs. This year saw the start of our literacy programme which will be delivered over the next 3 years.

Thanks to all Board members, Di and staff for another great year at Rural Health.

A Message from Manager - Dianne Murphy

It has been another interesting year at Rural Health. There have been many changes of staff, increases in funding and extensions of programs and services.

It has been pleasing to see the establishment of 'Building Tasmania as the Learning Community' project under the capable direction and support of Rob Hill and Marcel Kerrison. It is a huge undertaking to establish this program in Circular Head, across to Burnie and down the West Coast. Early signs indicate the program will attract participants from the target groups within all these rural communities and that we will be able to show very favourable outcomes and I look forward to reporting on many of the outcomes next year.

The consolidation of HIPPY under new Commonwealth funding has been a delight to watch as the Burnie and Smithton sites both began the year with a full complement of families. Joanna McKean has displayed inspirational commitment to the growth of HIPPY at Rosebery. Joanna initiated an adaptation to the program with a change of name and focus across the West Coast. In most trying circumstances brought about by the transitory nature of the population, the isolation and the culture of the towns Joanna succeeded in gaining over 20 families. When you consider that the entire West Coast has only 58 four year olds then the success of her program cannot be underestimated.

In Smithton we have been pleased to offer Tai Chi and Stress Buster sessions. This is the start of an extension to Health Promotion with an emphasis on self help activities. In the next couple of years we will be placing greater emphasis on active health promotion activities. Indications are that community members are embracing this change to being more actively involved in the prevention of ill health and the challenge for Rural Health will be to get more people taking up some of the opportunities we offer.

Successful funding submissions during the year included funds for the production of the Mutated Madness feature film and also for the region's first ever Men's Gathering.

The inaugural staff retreat held at Tullah last November presented us with a wonderful opportunity to network and socialise, cementing not only friendships but shared goals for the organisation. I extend sincere thanks to the staff and Board members who attended and provided us with excellent feedback and inspiration for the future direction of Rural Health.

Ideas for a new logo were put forward during those two days and happily we now have that logo finalised and adorning our documents. I am thrilled to see such a professional addition to our promotion.

The number of staff at Rural Health across the three sites continues to grow, over nine years staff numbers have increased from just two workers to thirty. The program with the largest number of employees is HIPPY. It was very sad to farewell HIPPY Smithton Coordinator Michelle Burke who was a very professional and inspiring leader for her team. We wish her every happiness in the most fulfilling job of all as she returns to being a full time mother.

Dianne E. Murphy

September 2010

Board of Management

The Board of Management of Rural Health Tasmania Inc. oversees the distribution of recurrent funding from the Commonwealth Department of Health & 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 wellbeing issues that impact on Circular Head families and individuals. They capitalise on their networks and links within and the beyond the community to support and enhance our service planning and provision.

During the 2009/2010 year the Board members were:-

Chair	Cr. Daryl Quilliam	Mayor of Circular Head
Deputy	Cr. Jeanie Murrell	Circular Head Council
Treasurer	Dr Nicole Anderson	Smithton Medical Centre
Member	Lorraine Charles	Rotary Club of Smithton
Member	Nancy Grogan	Smithton District Hospital
Member	Jenny Lawes	Women's Health Unit DHHS
Member	Sgt. Lee-Anne Walters	Tasmania Police
Member	Jan Williams	Emmerton Park

Ordinary meetings of the Board are held on the fourth Monday 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

Smithton Staff

Di Murphy, Karen Cardillo, Sarah Mahoney, Angela Stewart, Kate Cross, Monica Moore, Griffin Blizzard, Kody House, Rob Hill, Marcel Kerrison, Deb Quilliam, Rohan Chilcott, Tracy Crispe, Kerry Argent, Ron Blume, Tony Bowring, Lyn Dickson.

HIPPY – Smithton

Michelle Burke, Tammie Mills, Cassi Kingston, Gaye Yates, Carolyn Dennison, Janelle Brooks.

HIPPY – Burnie

Laura Strohfeldt, Kylie Haywood, Natasha Sherriff, Nicole Rawlings, Zarinah Hooper, Samantha Evans, Jacqueline Barker.

HIPPY – West Coast

Joanna McKean, Vanessa Armstrong, Paula De Ross, Cathy Hawker.

Thanks to Our Sponsors

Rural Health was successful with four funding submissions during the year.

The Regional Arts for film project 'Beyond the Screen'
\$10,000

Department, Premier and Cabinet for North West Men's Gathering
\$8,900

Tasmanian Early Years Foundation 'Reducing Isolation for young mothers on the
West Coast' \$9,700

Community Capacity Grant – Youth Week
\$3,300

Our core Health Promotion Programs are funded by the Department of Health and Ageing under its Rural Primary Health Program.

HIPPY is funded by the Department of Education, Employment and Workplace Relations and auspiced through the Brotherhood of St Laurence.

The Literacy Project 'Building Tasmania as the learning Community' is funded by the Tasmanian Community Fund.

Health Promotion

Knowing & Growing

Knowing and Growing is a support group for parents with babies under 12 months old to come together for coffee, a chat and to share experiences. Rural health provides a safe and relaxed environment for parents to discuss any issues or topics related to children from birth to 12 months. The program was facilitated by Monica Moore in July & August then handed over to Tracy Crispe.

Tracy also started another group for toddlers following the Knowing and Growing session at the request of parents. The program ran every three weeks on Tuesday mornings but took a break over the colder winter months. It will recommence in September.

Educating Parents and Service Providers

Another way of supporting parents at Rural Health is to provide quality speakers from time to time. We were able to engage two excellent speakers. In August, Megan Edwards, a Parenting Trainer spoke about using the Parenting by Connection approach with children. Parents and service providers were introduced to an alternative approach to parenting.

During the sessions, parents learned about child behaviour and why children behave the way they do, which was backed up by strong scientific evidence.

As one parent said "It gave me a greater understanding of what is going through my child's head". There was a strong emphasis on listening and really connecting with your child on a deeper level. The way to do this is by using techniques called Play Listening, Special Time, Stay Listening and Setting Limits. Parents' wellbeing was also addressed with information on 'Listening Partnerships' and why it is so essential for parents to have ongoing support.

In October, Jeannette Harrison, author and researcher, spoke about ways to understand children and provided parents and service providers with practical and easy suggestions to implement at home. Parents often set themselves up for disaster by noticing only the negative behaviour and not commenting on the positive behaviour. Children love to be noticed and need to have a sense of belonging and receive encouragement in order to build their self-esteem and help them feel accepted in their own right. A child generally fits into one of 4 categories; Attention, Power, Revenge/Hurting or Inadequacy.

The strategies used for dealing with misbehaviour would depend on the type of behaviour being exhibited. Giving choices and consequences was a key factor to influencing changes in behaviour along with building self-esteem.

Health Nights

The Men's Health nights are an important part of the Rural Health program and are gaining in popularity. In November we featured Alastair Lynch, a footballer who suffered chronic fatigue syndrome. Alastair was down to earth and easy to listen to, having the audience captivated from start to finish. He spoke about how chronic fatigue affected himself and his career and how he overcame the obstacles to end up playing some of his best football ever.

In April we featured Dr Rosie King, a relationship and sex therapist. One night was held for men and one night for women. Dr Rosie was well received by both the men and women, giving factual and practical information in a very humorous presentation. She talked about creating strong and healthy relationships as well as satisfying sex lives and explained why men and women are so different. It turns out we're all normal after all!

Tai Chi for Arthritis

The Tai Chi for Arthritis program was commenced in March and is facilitated by Monica Moore. This program was open to anyone who wished to learn Tai Chi and the initial response was great. Some people found that it wasn't for them but enjoyed what they had learnt anyway. A handful of people from the first 2 classes have continued to come along and improve their skills, gaining benefits like improved balance and lower blood pressure. The greatest challenge for some has been to slow down, an art that is slowly being mastered. The classes are fun, light-hearted and relaxed. We have now started a 3rd class.

Relaxation Program

This is an ongoing program that offers the participants an opportunity to learn a variety of relaxation techniques and different ways to balance their lives. Operating on Friday and facilitated by Monica Moore, there are 2 one-on-one appointments available and one group session. Some of the topics covered include mindfulness, progressive muscle relaxation, the effects of music, colour, smell and touch, deep breathing and visualisations. The program is open to anyone of any age wishing to learn relaxation and it's particularly good for people suffering from anxiety. These sessions are generally fun and relaxed, with the client guiding the process of what they need.

Partnerships

Rural Health is often involved in partnership with other agencies or groups. One such time was in October when Soroptimists International of Smithton requested assistance with their Pamper Packs for women farmers. Soroptimists organised and assembled the packs for women on farms experiencing hardship due to the downturn in the Dairy industry. Rural Health stored the packs ready for pick up and maintained the confidential distribution list. Another example of working with others was Picnic in the Park, in October. This event was held at West Esplanade and included a free BBQ, entertainment and sporting activities. It was organised by service providers in Circular Head (including Rural Health) and the North West Coast to celebrate Good Mental Health.

Rural Health e-Newsletter

The Rural Health e-Newsletter was commenced in June with the intention of keeping everyone at Rural Health better informed. It's been a great opportunity for staff to keep up to date with what's happening in each area or program of Rural Health. As most of us are part time and some of us in Burnie or Rosebery it was a challenge to let everyone know what's happening, not only at work but also in our personal lives. This has been a great opportunity to introduce our Board members. The E-Newsletter is a great way to share information and have a bit of fun too.

Program Summary

This year has certainly been a positive year for HIPPY Smithton. After a strong promotional drive at the end of 2008 and early 2009, enrolments doubled compared to the previous year.

HIPPY Smithton was now reaching families from surrounding rural areas and small towns in Circular Head. Age 4 enrolments fluctuated during the year but always held steady at 35 funded places. Four children were enrolled in the Age 5 program. This low number of Age 5 children was a major focus for improvement in 2010. A new Age 4 program, based on current early learning research, was very well received by families.



Heavy promotion began in November 2009 with a major focus on outlying areas of Circular Head. Advertising in the form of posters, flyers and information packs were delivered to retail outlets, community service providers, schools and meeting venues. Networking with early childhood service providers provided an avenue to reach the target age group of children as did a presence at the Children's Expo in May. By the end of November 2009 we already had 24 enrolments for 2010.

After some consultation with HIPPY Australia representatives about the age appropriateness of the new Age 4 program it was decided to raise the target age range for enrolment. This now meant that children would have to be 3 ½ years of age when commencing the program. HIPPY commenced in 2010 with sixty-two enrolments made up of thirty-one Age 5 children and thirty-one Age 4 children. A new Age 5 program with less activities and more information for parents was very well received. The new format provided holistic activities that were easily generalised into everyday life. This allowed parents more scope to balance HIPPY with work and school commitments.

Group Meetings

Group Meetings were held initially once a fortnight and then moved into a once per month mode of delivery. This change resulted from feedback from an evaluation process between families, HIPPY Australia and HIPPY Smithton staff. Proving a group meeting each month allowed more time for preparation and promotion of the meeting.

The change of frequency has seen an improvement in attendance and also the quality of activities and opportunities for families.

Other venues are now offered for meetings on different days which suit busy families and children attending kindergarten.



Group meetings are open to both children and parents and promote interactive activities with an underlying theme. Various themes have included making educational resources at home, oral health, caring for pets, cooking with children and transition to school. Various venues are now utilised such as the Smithton Pre-Kinder Rooms, Edith Creek Primary School Farm, Smithton Hospital, Smithton Veterinary Clinic and the Smithton Child Health Clinic.

Home Tutors

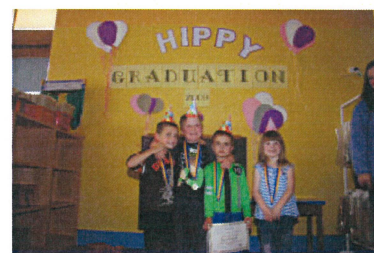
HIPPY Home Tutors supported families in the program both in the home and at group meetings. The Home Tutors have been both dedicated and professional in their work and their creativity and team work have provided an enjoyable quality learning experience for their parents. Home Tutors have attended weekly training sessions with an initial focus on program delivery and then early learning development.

Other training activities for tutors included a Hand in Hand parenting session held in August 2009 and the Understanding Children session in September 2009. All tutors are currently enrolled in courses at Tasmanian Polytechnic to expand their knowledge in areas such as community services and office administration. Tutors for the 2009/2010 year: Tammie Mills, Carolyn Dennison, Cassi Kingston, Janelle Brooks and Gaye Yates.

Events

2009 Graduation

HIPPY rounded off a successful year in 2009 with an equally successful graduation ceremony on December the 4th. Approximately 100 people turned out for a lovely afternoon of relaxing and watching the children play. A jumping castle was hired as a special treat for the children and was an absolute hit! Families enjoyed the free BBQ and refreshments as well as the beautiful graduation cake made by the HIPPY Tutors.



All children enrolled in HIPPY were called upon to receive presentations from their Home Tutors and were very proud of their medals and certificates. Four children graduated from the complete 2 years of HIPPY and received formal medals, certificates and a portfolio of their work. Their parents were also awarded with certificates to recognise their achievement. The successful day was a combined contribution of HIPPY Tutors and volunteering parents culminating into a wonderful end of year celebration.

2010 Orientation

In February we held a HIPPY Orientation. Families were invited to attend an open afternoon to gather their child's HIPPY Box and meet with their assigned tutor.

The children participated in a "Find your Balloon" activity while the parent/carer spoke with their tutor. In this activity children were asked to find their named balloon among a sea of blown up balloons that were all over Rural Health.



The children also made a hanging mobile which included their name, handprint and a drawing. These were displayed in the window and looked great. Food was also on offer and all attending children were required to have an official HIPPY photo taken.

Having an orientation session was a great way for families to meet each other, children to socialise and parents and tutors to be introduced in a social setting.

Summary

In summary the 2009/2010 year has been the most successful HIPPY year to date. A determined HIPPY staff team, combined with the support of the Rural Health organisation, saw enrolments at capacity and HIPPY elevated to a well recommended early childhood enrichment program from both clients and professionals within the community. The programs based on the latest child development research will ensure that HIPPY remains a worthy program that promotes quality interactions between parents and children and reminds us all that parents are their child's most important teacher.

Michelle Burke
HIPPY Smithton Co-ordinator

Enrolments

This year enrolments for the West Coast Site reached 31 families with 27 new families and 4 families continuing with Year 5. As expected with the transient population on the West Coast to date we have lost six children due to families moving out of the area and one family deciding not to continue with the program. We are hoping that three Year 5 children will graduate at the end of this year.

Family enrichment group meetings

Group meetings have been well attended with an average of 11 parents and 14 children participating in the enrichment program. This winter snow has closed the roads for several days and as expected only two parents braved the adverse weather conditions to attend the August group meeting. It was a great opportunity to relax and chat about the program and gain "grass roots" knowledge and cultural difficulties families on the West Coast experience.

The craft activities offered at group meetings have been wonderful opportunities for parents to interact with their child, and develop an understanding in extending HIPPY activities into everyday life. The "Money Wise" workshop organised by Rob Hill, with the assistance of Marcel, was a great success with positive feedback from participants. We are looking forward to the next workshop on nutrition to be delivered by "Family Food Patch" later this year.

Tasmania Early Years Foundation Grant

Funding received from TEYF has been put to good use with several successful workshops for HIPPY families and young mothers on the West Coast. The first workshop "Preserving fruit and vegetables at home" presented by Christianne Goss and Netty Schrammeyer from WISEN (Women in Sustainable Environments Network) has resulted in several local women getting together in organising preserving workshops later in the year. A wonderful outcome in developing a social community network in which local families can participate and benefit.

Strattie Pearn a very talented local artist shared her creative knowledge and talent in a "Felting" workshop which eleven young parents attended. The creative juices flowed and all participants went home with a beautiful handmade creation. Young mothers from Queenstown, Rosebery and Zeehan attended and Strattie was thrilled to be asked to run some craft sessions at the Queenstown Mother's Craft Group.

West Coast staff

We said goodbye to one of our tutors, Vanessa who left Zeehan with her family after her husband lost his job. Vanessa brought many skills to the program and HIPPY West Coast staff wishes her and her family all the best in their new venture. Vanessa was replaced by Michelle, a HIPPY mum from Queenstown who has settled into her new role with lots of positive energy and enthusiasm.

Community Profile

Delivering the HIPPY program from the Zeehan Neighbourhood Centre, and the opportunity to conduct workshops for all young mothers on the West Coast through TEYF funding, has increased the HIPPY profile in the community. The perception from some locals that HIPPY was a program related to the 60's era of 'free love' and 'smoking pot' has now been put to rest.

The HIPPY program is now seen as a great opportunity for young mothers to be involved in a program with many benefits to local families on a long term basis.



Family enrichment group meeting:
Theme: Cottage Garden
Lachlan is proud to show his beautiful butterfly.

HIPPY West Coast tutors from left to right:
Paula De Ross, Cathy Hawker and Michelle
Sorensen.
Staff training session at Zeehan Neighbourhood
Centre, August 2010.



Joanna McKean
HIPPY West Coast Co-ordinator

Burnie Program



"This is how we do it!!" at HIPPY Burnie.

Display board in our office with samples of craft activities and games from our groups.

"Or like this!!" Lazing in the sun, reading at the Launch into Learning Rainbow Reading celebrations, Burnie Park, Nov 2009. (Our final group for the year).

HIPPY Australia asked me to put together tips and ideas for HIPPY group activities to share with all sites. This is well underway and I hope to have it complete by the end of the year . . . although, we continue to add to our ideas as we go, so I guess it may never be *complete!!*



There's just too much fun to be had.

HIPPY Burnie Team

Tutors in July 2009 were Tash, Zarinah and Karen. Karen left the area and Jackie came on board to help us out until the end of the year. Jackie had another part-time job and didn't continue. In 2010 Nicole, Sam and Kylie joined Tash and Zarinah. Kylie wasn't able to cope with the challenges of the job and resigned in early July, so now there are 4!! To say we're a 'fluid' group is somewhat of an understatement. I think it's less like a meandering creek and more like riding the rapids at times, but always interesting.

We take risks with our families, enrolling some who need much support to manage. The same rule applies to staff, so along with our disappointments there are the brilliant rewards when our trust and hard work pays off.

Our motto: *The greater the challenge the greater the reward (when it works)!!"*



Retreat

Tash, Zarinah and I were thrilled to go to the Rural Health Retreat at Tullah. Tash is still strong in her 'troupe' of monkeys, Zarinah's not yet sure if she's *black or white* and I'm still lazing in the lofty tree branch overseeing my *family* . . . mind you there's been the odd topple to the ground, but a good shake and big breath in and I'm back up the tree again. Because of our isolation from the centre the retreat was so very valuable, making us feel part of a bigger team. The personality profile exercise we did is often mentioned in training and reflected upon.

WHEN CAN WE DO IT AGAIN?

Graduation 2009

Any reason for a party we say in Burnie!! We had about 100 men, women and children to our 2009 graduation party. We cooked all the food ourselves. Special dietary requirements: all meat - halal for Zarinah, some vegetarian for our Indian family and vaguely healthy (hence homemade) to satisfy my aversion to feeding children junk food. Tash and Zarinah spent much of the day at my house cooking. My son Kharem pitched in and my daughter Candice also made an appearance, whipped up 3 or 4 batches of biscuits and left. My stove worked non-stop for 12 hrs. We had enough to feed the army that came.

Bernie the Bluetongue Lizard helped with presentations and a team from *Fusion* did balloon sculpture workshops. We had a power point presentation of photos from the year's groups running on a huge white board in the background the whole time. The girls did a brilliant job of decorating the hall. It was a totally crazy, chaotic, noisy afternoon . . . so our children and families loved it!!



2009 Age 4 children . . . 2010 GRADUATES - just wait and see!!



Goodies galore for all from Bernie and Laura

Recruitment

Word of mouth is by far our most successful method of recruitment. This is growing each year, yet we do need to put lots of time and effort into reaching families that don't already have contact with the program. Service Providers are another very good source of referrals, but some families do not feel comfortable with this. We prefer to set up street stalls and *take the program to the people*. Tutors and I take turns on the stalls set up outside supermarkets and in main streets (preferably on pension day). On a nice day, as it often is at the beginning of the year, it's not too tough standing around promoting the program we love so much to potential families. . . .



See photo of Tash and Zarinah to the right for your proof!!

Orientation

2011 and beyond . . .

The Department of Education's new Child and Family Centre in Burnie will be set up on the site of Acton Primary School, where HIPPY Burnie currently rents our office space. Acton Primary will amalgamate with Upper Burnie and Brooklyn Primary Schools and move to the new Romaine Park Primary School. This move is expected to happen in mid 2011. We are part of the Local Enabling Group for the new Burnie Centre. Plans are still very much in the early stages, but it is very exciting to be involved. We are hoping to not only use the new centre for our groups, but to have our office in what remains of the existing building. Dependent on continued funding, HIPPY in Burnie is going strong, looking ahead to 2011 and beyond!!

Laura Strohfeldt
HIPPY Burnie Co-ordinator



Literacy Program

Learning While Having Fun was the name adopted for the adult literacy program that is funded by the Tasmanian Community Fund as part of the “Building Tasmania as the Learning Community” Program.

Funding was secured in July 2009. Following the appointment of Rob Hill and Marcel Kerrison the program commenced operation in February 2010. Rob manages the program and works four days per week, Monday to Thursday. Marcel provides administrative support and works 2 days per week, Monday and Tuesday.

The initial months were frantic and challenging establishing the Program from scratch. This involved establishing a working relationship within the “Learning While Having Fun” Program team, researching similar programs around the world for ideas, brain storming possible content for activity sessions, meeting with numerous groups and individuals to establish relationships, developing ways of promoting and advertising the Program, meeting other Rural Health employees to gain an understanding of existing programs. This process was like a pendulum rotating between excitement at the many opportunities available to being overwhelmed by the vast opportunities and challenges in developing the program.

One of the first challenges was to come up with a name for the Program that did not include the word literacy while still managing to capture the aims of the Program. The reason for this is the negative connotations around the word literacy. The result was the “Learning While Having Fun” program as learning and fun are key components of the project with the many forms of literacy woven into all activity sessions.



The Program logo at the top of this report (red with white writing) was developed in collaboration with the Smithton Chronicle newspaper. This is now used in all promotional and advertising material to clearly identify the Program.

The aim of the Learning While Having Fun Program is to develop and deliver an innovative program of diverse, fun and interactive literacy based activity sessions. Feedback regarding topics of interest has been gathered through formal and informal methods. Activity sessions are open to all people who have left school, are free of charge to participants and are conducted in convenient locations. A specific target group is young adults and parents as these people have a direct influence on the next generation and where sustained, long term benefits to literacy levels are possible.

The Program will operate in the Burnie City, Circular Head, Waratah-Wynyard and West Coast council areas. Initial activity sessions have been limited to the Circular Head council area and the HIPPY Burnie and HIPPY West Coast families. The reason for this was that by utilising these established networks the Learning While Having Fun Program was able to receive feedback on topics of interest, promote the program and develop activity sessions.

Thanks to the three HIPPY co-ordinators (Laura, Jo and Michelle) for their support. The aim is that by conducting these activity sessions the program will be instantly recognised by the logo and valued by participants which will enhance continual program development. Having conducted these successful activity sessions will be of immense value in developing the Program outside these established Rural Health Tasmania networks.

A Community Advisory Committee has been established for the Program. Members are Di Murphy (Rural Health Tasmania), Sandra Cousins (CHETCC), Richard Muir-Wilson (Waratah-Wynyard Council), Allison Daley (Burnie City Council), Shane Pitt (West Coast Council) and Rob Hill (Rural Health Tasmania).

By June 30th four (4) activity sessions had been conducted based around budgeting, healthy cooking and first aid. Three (3) of these sessions have been in Smithton and one (1) in Zeehan. Twenty five (25) people have attended these sessions. All sessions have been very enjoyable and informative leading to very good evaluations by participants and a good promotion for activity sessions offered in the future.

There are a further fifteen (15) activity sessions organised before the end of the year and other sessions still in the planning stage. These sessions are on a wide range of topics including personal development, computing, gardening, safety around the home, preserving and bottling food.



First Aid Community House Smithton



Money Matters Community House Zeehan

Thank you to Marcel and Di for their great support in implementing the program and we look forward to developing both the range of topics and geographical coverage over the next year.

Psychological Services

Rural Health employs a team of three counsellors providing Mental Health Support, Cognitive Behaviour Therapy, Narrative therapy, sand play and art therapy. Here are a few general comments from a member of the Psychological Services Team relating to her work at Rural Health.

The Predominant issue for women clients has been depression arising from family relationships issues and workplace disputes. For men, the biggest issue has been relationships, mostly with women or with family and for children it has largely been parental complaints about odd or unruly behaviour both home and at school.

An increased demand for working with children has necessitated some specialist training and I have undertaken training in Sand play therapy. It is a very successful method of helping children to work through some of their issues when they are unable to verbalise feelings and emotions. The sand play therapy utilises a large tray of sand and a variety of symbols; animals, fairies, insects etc. The way the sand is handled and the type and placement of symbols can indicate where the child is having difficulties. This is also a good method for working with adults but adults need more persuasion to 'play with sand' than children do.

During the year we also introduced a free telephone counselling service for parents. This was provided by 'Parenting with Connection' facilitator Megan Edwards. The idea behind this concept is to provide one on one support that is specific to a family member (usually the mother). The service has been offered to parents who have been struggling with their parenting, particularly in relation to connection to their child and behaviour management. The use of this service is being trialled until the end of 2010.



Counsellors – Tony, Lyn & Ron

CHILL OUT

CHILL OUT sessions are conducted each Thursday morning. They are designed to be of interest to a wide variety of people in the community and can be on any topic of interest. As these sessions are held during the week most of the participants are retired persons, although younger persons do attend from time to time.

The group makes suggestions of themes and topics and the administration assistant at Rural Health organises the speaker. The sessions are for one to one and a half hours, with plenty of question time and sometimes lively debate. This half year some of the sessions have been on the topics of:-

- *Conference DVD - Happiness & its causes*
- *Salvation Army - Community lunches*
- *Graeme Drake Financial - Financial planning*
- *Rural Health Tas - Affluenza*
- *CHILL OUT Member - Family connections*
- *Togari Teenager - Lending a helping hand in Cambodia*
- *Circular Head Resident - Autism Assist Dog Program*
- *Rotary Club of Smithton - Rotary in the Community*
- *Circular Head Resident - Student exchange in France*
- *Togari Farmer – Robotic Milking System*



Youth & Community Development



It has been a great year for the Youth Team; with so many highlights it's nearly impossible to fit them all into our 'allocated' spot! Following are some of the things we 'got up to' this year. (Pictured left Youth & Community Development Worker Kate Cross and pictured right, trainee Griffin Blizzard).



National Youth Week

Intergenerational Insight - Shining the Light on GEN-Y

Shining the Light on GEN Y was designed to break down barriers between generations – to bridge the gap between generations so that GEN Y could be perceived in a more positive 'light'.

This event was about providing ideas, insight and understanding across the generations by exploring the context in which Gen Y now live and comparing that to the context in which previous generations experienced their adolescence.

'Live It Now' Youth Expo & Band Night

As part of the organising committee we assisted with this Regional event featuring two events:

A daytime Youth Expo with over 25 youth service providers represented and over 750 school students bussed in from across the North West and West Coasts of Tasmania.

The night time event where the two main features were young & local bands and a mechanical surfboard with a 'ride the blue wave' theme in regards to depression & anxiety.

Seven Up – Youth Centre

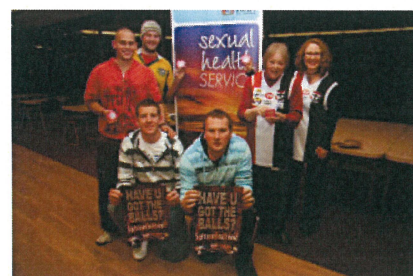
Students from grades 7 and up now have a place to call their own to catch up, play games, do homework, listen to music, participate in activities etc... As the result of a Youth event last year, a 12-week trial of the youth centre Seven Up commenced 21/6/10 at SCF in Nelson Street, Smithton. It is a terrific space which has been set up with a study space, games area (billiards, table tennis, and soccer table), and a chill out space, playstation zone, computer space, kitchen and toilets.

The centre, which opens from 3 – 6 pm Monday to Friday is staffed by youth workers and sees an average of 30 students attend a night.

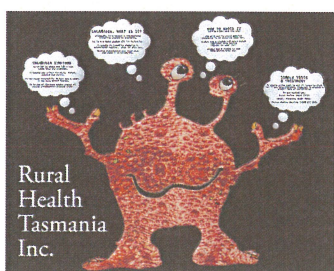
Sexual Health Projects

Chlamydia info to the footy players

A mix of facts, stats and information on Chlamydia plus safe sex tips and how to get tested was presented to local senior footy players. They were extremely respectful and engaged in the session.



Chlammy the Chlamydia banner



This banner is designed to raise awareness about Chlamydia in line with reports claiming rates of the infections are up 200% and that the NW Coast of Tasmania has one of the highest rates in the nation.

'Chlammy' is surrounded by thought bubbles providing information such as; what Chlamydia is, how you can get it, how you can treat it, symptoms or lack of and where to go to get help. It will be erected in as many local organisations, workplaces and pubs as possible.

Safe sex in the loo!

To make condoms and relevant sexual health information more accessible to young people, packs have been designed and placed in the public toilet at Rural Health. Young people can use the toilet, stock up on condoms and leave the service without fear of being identified.

During the 4 months they were available, approximately 350 condoms were collected in packs containing: condoms, lubricant, instructions for correct condom use, information on healthy relationships, safe sex and where to get more information on STI's, safe sex, etc

Be frisky. Not Risky!



Don't be a fool. Wrap your tool

Respect ur m8 4 sex 2b gr8

Mickey & Minnie – safe sex



A window display featuring Mickey & Minnie Mouse provided a thought provoking mix of facts, information and humour on safe sex and healthy relationships.

Protective Behaviour Sessions



Five sessions on Protective Behaviours were shared with year 5 and 6 students at Redpa Primary School. The students actively participated in the activities and contributed exceptional ideas and views.

A number of interactive tools were used to cover themes such as 'we all have the right to feel safe all the time', 'understanding and getting to know our body signals', 'what to do if my body signals tell me I feel unsafe', 'there is always someone I can talk to about anything', 'sometimes it is ok to butt in / interrupt' and 'secrets – v – surprises'.

Magic 101 – Magic for Beginners

Eleven 10 – 13 years olds attended six weeks of 'Magic 101' to develop skills in the art of magic and illusion plus social, team work and performance skills. A performance at the conclusion of the course celebrated their achievements. Students developed their own stage character by creating masks and wearing a 'magic cape'. Alongside their new skills, students left with increased self esteem and a sense of achievement.



'Beyond the Screen:

Creating a vision for arts in

Circular Head'

Film School – Mutated Madness

Tasmanian Regional Arts granted us \$10,000 toward project: 'Beyond the Screen: creating a vision for arts in Circular Head' The final stage of a 3 year project, Film School will see the completion of the short film, 'Mutated Madness' and will also focus on developing the arts culture in Circular Head, skill development and promoting connection to community.



Workshop 1 of film school was conducted in the June school holidays and will be followed by a series of film skills workshops leading to the filming of Mutated Madness in 2011. Film school students bring a range of experiences and backgrounds – comprising young people of indigenous status, previous film school students and young people at risk of becoming disengaged from school.

Client Support

An integral function of this position is to support young people in Circular Head with various financial, family and health needs including support re: suspected pregnancy. I work either with young people directly or by providing support and / or resources to their parents / guardians.

Networks

Service Providers Access Network: sharing of info and ideas with other service providers.

North West Action for Youth: sharing of information and ideas, raising issues and discussing opportunities for youth with other youth service providers.

Youth leader groups X3: - Smithton High School's Student Executive Council, Circular Head Christian School's

Youth Leader Team and Circular Head Youth Leaders: an opportunity to listen to young people's issues and ideas, provide support and feedback and link them with appropriate organisations / service providers as necessary.

North West Sexual and Reproductive Health Working Group: exploring options to improve the sexual health of people living in Tasmania's North West and West Coasts.

Respite House

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

The group received funding from the Tasmanian Community Fund to construct a community respite centre. The four bedroom facility is in the township of Smithton and is available for any person with a disability or their carer or family members. The facility is available for day use and overnight stays.

The Respite House facility has operated at 65% occupancy this year. This is a very pleasing increase in utilisation of the facility and bookings and enquiries continue to increase.

CORES

Community Response to Eliminating Suicide

We conducted three one-day training sessions during the past year. The sessions remain popular with many individuals and businesses taking up the opportunity to access this free training. The sessions cover the signs and symptoms of depression and suicidal behaviour looks at the myths around suicide and simple interventions.

There has been a drop in the number of suicides in this area since the introduction of this program however, it is unclear if the suicide prevention training has contributed to the decrease. Seasonal and economic difficulties in this rural area appear to be contributing to increased poor mental health, suicidal thoughts and relationship problems.

There is evidence however, that poor coping strategies, ineffective communication, alcohol misuse and illicit drug use also contributes to suicidal behaviour and poor mental health.

The CORES trainers for Circular Head are Matthew Guy, Stuart Nicholson & Di Murphy. The training days are offered free of charge to employers and members of the public.

Audit Report and Financial Statements

Period ending June 30th 2010

RURAL HEALTH TASMANIA INC.

INDEPENDENT AUDIT REPORT

To the Members of Rural Health Tasmania Inc.

Scope

I have audited the attached special purpose financial reports comprising Profit & Loss Statements and Balance Sheet for the year ended 30th June 2010. 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 Rural Health Tasmania 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 Rural Health Tasmania Inc.

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

Qualification

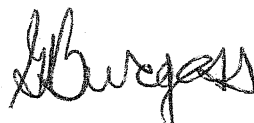
Administration fees paid from HIPPY project to cover Centre Rent, Directors salary and Other Office Expenses should be paid to the project that incurs such expenses. In this instance the main account pays for such expenses, however the administration fee is incorrectly paid into the Special Projects account.

Audit Opinion

Except for the qualification sighted above, in my opinion the financial report presents fairly the financial position of Rural Health Tasmania Inc. as at 30th June 2010. The rules relating to the administration of the funds have also been observed.

Date: 16th September 2010

Firm:



Active Accountants
Garry T Burgess
B.Bus, CPA

RURAL HEALTH TASMANIA INC.
STATEMENT OF FINANCIAL POSITION
AS AT 30TH JUNE 2010

2009

MEMBERS' FUNDS

Opening Retained Profits	561537	316344
Profit/(loss) - Main Account	26807	24961
Profit/(Loss) - Special Projects	279835	220232
Profit/(Loss) - Literacy	-48737	0
TOTAL MEMBERS' FUNDS	<u>819442</u>	<u>561537</u>

Represented by:

CURRENT ASSETS

ANZ - Main	85327	35777
ANZ - Special Projects	89880	163059
ANZ - Respite House	0	1790
ANZ - HIPPY	341550	123060
ANZ - Literacy	86048	0
	<u>602805</u>	<u>323686</u>

FIXED ASSETS

Plant & Equipment	62519	63025
Less Accumulated Depreciation	-38732	-37072
Respite House - Building	245175	245175
Less Accumulated Depreciation	-6437	-4285
Respite House - Furniture & Fittings	41231	41231
Less Accumulated Depreciation	-15456	-10910
	<u>288300</u>	<u>297164</u>

TOTAL ASSETS

891105 620850

CURRENT LIABILITIES

Australian Taxation Office	26611	36230
Provision for Annual Leave	19020	10427
Provision for Sick Leave	11096	0
Payroll Liabilities	0	0
	<u>56727</u>	<u>46657</u>

NON-CURRENT LIABILITIES

Provision for Long Service Leave	14936	12656
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NET ASSETS

819442 561537

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

**RURAL HEALTH TASMANIA INC.
CONSOLIDATED PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2010**

2009

INCOME

Grants Received	931674	777006
Other Income	15538	0
Donations	50	111
Rent - Respite House	39150	2560
Administration & Fundraising	35651	1869
	<u>1022063</u>	<u>781546</u>

EXPENDITURE

Administration	33353	0
Advertising	7498	1108
Audit Fees	3989	3234
Bank Charges	1074	680
Building W/Off	2152	2172
Depreciation	8439	9500
Electricity	4852	3717
Equipment Expenditure	1550	1947
Insurance	4021	2781
Leasing Charges	7400	4444
Motor Vehicle Expenses	27937	10551
One Off Grants	6658	0
Printing & Stationery	7530	6097
Program Expenditure	91457	101610
Rent & Rates	21586	20009
Repairs & Maintenance	312	886
Respite House - Operating Costs	5001	4076
Staff Amenities	4569	3440
Superannuation Contributions	36542	28312
Telephone	6578	5659
Training	16825	4666
Youth in the Park	2182	0
Wages	435771	313017
	<u>737276</u>	<u>527906</u>

NET OPERATING SURPLUS (DEFICIT)	284787	253640
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LESS OTHER EXPENSES

Long Service Leave - Increase	2280	1563
Sick Leave - Increase	11096	0
Annual Leave - Increase	8593	6884
Regional Health Service - Excess Funds	4913	0
	<u>26882</u>	<u>8447</u>

NET SURPLUS (DEFICIT)	<u>257905</u>	<u>245193</u>
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These accounts should be read in conjunction with
the attached Audit Report of Active Accountants

**CIRCULAR HEAD RURAL HEALTH SERVICES INC.
HIPPO PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2010**

		2009
INCOME		
Grants Received - Burnie	172945	55400
- Rosebery	149295	55400
- Smithton	167258	72800
	<u>489498</u>	<u>183600</u>
LESS EXPENSES		
Program Expenses - Burnie	31342	4981
- Rosebery	25676	10852
- Smithton	28163	8299
Superannuation - Burnie	6824	1450
- Rosebery	2929	889
- Smithton	5106	1593
Wages - Burnie	74021	19897
- Rosebery	48751	9882
- Smithton	66455	17698
	<u>289267</u>	<u>75541</u>
NET OPERATING PROFIT/(LOSS)	200231	108059
LESS OTHER EXPENSES		
Annual Leave Increase	1828	4380
Sick Leave Increase	3785	0
	<u>5613</u>	<u>4380</u>
NET PROFIT/(LOSS)	<u>194618</u>	<u>103679</u>

This Profit & Loss Statement should be read in conjunction with the attached
Audit Report of Active Accountants

**RURAL HEALTH TASMANIA INC.
LITERACY
FOR THE YEAR ENDED
30TH JUNE 2010**

2009

INCOME

Tas Community Fund	0	133333
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EXPENDITURE

Administration	2532	0
Advertising	1450	0
Bank Charges	41	0
Motor Vehicle Expenses	3813	0
Program Expenditure	3796	0
Superannuation Contributions	2458	0
Wages	31499	0
	<u>45589</u>	<u>0</u>

LESS OTHER EXPENSES

Annual Leave Increase	2370	0
Sick Leave Increase	778	0
	<u>3148</u>	<u>0</u>

NET SURPLUS (DEFICIT)

	<u>48737</u>	<u>133333</u>
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These accounts should be read in conjunction with
the attached Audit Report of Active Accountants

RURAL HEALTH TASMANIA INC.
MAIN ACCOUNT - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2010

2009

INCOME

Grants Received	413087	393000
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EXPENDITURE

Advertising - Centre	6048	1108
Audit Fees	3989	3234
Bank Charges	669	480
Depreciation	1667	1603
Electricity	4852	3717
Equipment & Consumables	1550	1947
Insurance	4021	2781
Leasing Charges	7400	4444
Motor Vehicle Expenses	3490	4377
Printing & Stationery	5487	6029
Program Expenditure	54694	63591
Rent & Rates	21586	20009
Repairs & Maintenance	312	886
Staff Amenities & Cleaning	4569	3440
Superannuation Contributions	19225	19547
Telephone	6578	5659
Training	7927	4473
Wages	214095	216647
	<u>368159</u>	<u>363972</u>

NET OPERATING SURPLUS (DEFICIT)	44928	29028
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LESS OTHER EXPENSES

Long Service Leave Increase	2280	1563
Annual Leave Increase	4395	2504
Sick Leave Increase	6533	
Regional Health Service - Excess Funds	4913	0
	<u>18121</u>	<u>4067</u>

NET SURPLUS (DEFICIT)	<u>26807</u>	<u>24961</u>
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These accounts should be read in conjunction with
the attached Audit Report of Active Accountants

RURAL HEALTH TASMANIA INC.
SPECIAL PROJECTS - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2010

		2009
INCOME		
Grants Received - Hippy Grant - DEST	0	11273
- Hippy Grant - DEEWR	489048	183600
- Communities for Children	0	50000
- One Off Grants	29539	5800
Program Fees	2223	0
Administration & Fundraising	35651	1869
Room Hire	3110	0
Insurance Proceeds	7505	0
Mental Health Support	2700	0
Donations - CORES	50	111
Rent - Respite House	39150	2560
	<u>608976</u>	<u>255213</u>
EXPENDITURE		
Adiminstration - Hippy	30821	
Bank Charges	364	200
Building W/Off	2152	2172
Depreciation	6772	7897
Motor Vehicle Expenses	20634	6174
One Off Grants	6658	
Printing & Stationery	2043	68
Program Expenditure	32967	38019
Respite House Operating Costs	5001	4076
Superannuation Contributions	14859	8765
Training	8898	193
Youth In The Park	2182	
Wages	190177	96370
	<u>323528</u>	<u>163934</u>
NET OPERATING SURPLUS/(DEFICIT)	285448	91279
LESS OTHER EXPENSES		
Annual Leave Increase	1828	4380
Sick Leave Increase	3785	0
	<u>5613</u>	<u>4380</u>
NET SURPLUS (DEFICIT)	<u>279835</u>	<u>86899</u>

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