

RURAL HEALTH
TASMANIA INC



ANNUAL REPORT 2011

10th
anniversary
edition



RURAL HEALTH TASMANIA INC



Annual Report 2011

Featuring on the front cover as part of Men's International Health Week, 'Jocks in June' from left are:-

John Champ, Ron Blume, David Nancarrow, Dominic Peters and Jade Nancarrow

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A few words from Chairman – Daryl Quilliam

The 2010/2011 year has again been a busy and rewarding year for Rural Health. Our programmes have again been well attended with the demands of services we provide being highly sought after. HIPPY on the West Coast has had many challenges with many people leaving the area because of changes to their work.

Di Murphy continues to do a great job managing this important organisation and she is well supported by our professional staff who are to be congratulated for their commitment to our business. This community is certainly a better place because of the work Rural Health provides.

We continue to work with Government departments whenever criteria change for funding programmes.

I would like to thank all board members for the hard work they do to make Rural Health a successful community service.

Daryl Quilliam.

A Message from Manager – Di Murphy

It has been another interesting year at Rural Health, yes I know, I say that every year! This year has provided additional joy with opportunities to reflect and celebrate as we have planned and implemented activities and events to acknowledge our 10th Anniversary. It has been a most interesting process to ruminate on past services, programs, staff and outcomes for the community since 2001.

Most program areas have demonstrated a deepening and expanding of their potential during this past year. This has occurred in Rob Hill's 'Building Tasmania as the Learning Community' project, Kate Cross' Youth Health and Development work and in Health Promotion with Karen Cardillo.

Rob Hill has worked with Marcel Kerrison (2010) and Monica Moore (2011) to firmly establish the program in Circular Head, Wynyard, Burnie and on the West Coast. Participants in the program now number in the 100s and I urge you to read about the program development in Rob's report. The project is already showing very positive outcomes for its participants. It is likely that in the future there will be an opportunity to expand this successful program to other rural areas in Tasmania.

Kate Cross has managed an ever expanding Youth & Community Development team, with Griffin Blizzard as a trainee. Kate's position is only .6FTE and yet she achieves amazing results given time and resource restrictions. A read through Kate's report will provide you with examples of her fantastic results and information on a number of events and activities conducted throughout the year. There is also work on Kate's schedule that can be difficult to quantify or identify. This includes the many hours she spends providing individual personal consultations, advocacy, referral, counselling and mentorship. Her passion and commitment is equally evident in bigger events such as the film project as in the Breakfast Club at Smithton Primary and at the Seven-Up Youth Centre.

I would like to give HIPPY a special mention for it has been a most interesting year. For the first time this year both Smithton and Burnie programs have kept a full complement of families of Age 4. This is due to an amazing effort by long term Burnie Coordinator, Laura Strohfeldt and also by our newest Coordinator Leanne Marsden in Smithton and all the tutors of course. We were disappointed to hear from HIPPY Australia that the DEEWR funding beyond 2012 has not been confirmed. In June this year we were told that the program for 2012 would only be for Age 5. By July however we were asked to submit a proposal for a smaller intake of 25 families for next year.

We are awaiting advice on our submission. HIPPY has consistently been a joy because of its tangible, positive results for so many families and our hope is that the program will continue in its original format beyond 2012.

Karen Cardillo made a switch to Health Promotion this year, leaving Cassi Kingston and Sarah Mahoney to ably manage reception and administration. Karen has kept up a remarkable continuum of interesting speakers for CHILL OUT that consistently attracts large audiences. Karen worked tirelessly on a collaborative event 'Jocks in June' as part of International Men's Health Week and it was a resounding success. Karen also wrote lesson plans for the Real Families program at Smithton Primary School. I look forward to working more closely with Karen on health promotion during the next year.

I have highlighted a small number of staff and programs in this message and I would like to affirm that I hold all staff in the highest regard. I believe we have a remarkable team achieving great health outcomes in a number of communities.

As always I cannot complete this message without passing on my sincere thanks to all members of the Board of Management. Board members give their time and energy voluntarily and I appreciate that they are often juggling a multitude of other commitments. Board members always make themselves available to answer queries and to provide support and guidance, and for this I extend my sincere gratitude.

Tony Bowring, our longest serving employee, retired during this year. I would not wish to exaggerate the consequence of not having him in our midst but the Smithton office is not the same without this energetic, sincere gentleman who is a great counsellor, a true friend and mentor.

Dianne E. Murphy

September 2011

Board of Management

During the 2010/2011 year the Board members were:-

Chair	Cr. Daryl Quilliam	Mayor of Circular Head
Deputy	Cr. Jeanie Murrell	Circular Head Council
Treasurer	Sgt. Lee-Anne Walters	Tasmania Police
Member	Dr Nicole Anderson	Smithton Medical Centre
Member	Nancy Grogan	Smithton District Hospital
Member	Jenny Lawes	Women's Health Unit DHHS
Member	Chris Hyde	Emmertown Park
Member	Sharan McLaren	Smithton District Hospital

Staff Members

Smithton Staff

Di Murphy, Karen Cardillo, Sarah Mahoney, Cassi Kingston, Angela Stewart, Kate Cross, Monica Moore, Griffin Blizzard, Rob Hill, Rohan Chilcott, Ron Blume, Tony Bowring, Pamela Fitzpatrick, Kimberly Brown, Teagan Stanley, Marcel Kerrison, Wendy Ling, Deb Quilliam.

HIPPY – Smithton

Leanne Marsden, Annabel Dixon, Jocelyn Harrisson, Vicki Sullivan, Emma Thompson, Jody White, Michelle Bourke, Carolyn Dennison, Gaye Yates, Tammy Mills.

HIPPY – Burnie

Laura Strohfeldt, Deborah Heazlewood, Nicola Rawlings, Nicole Rawlings, Maree Yaxley, Kellianne Williams, Natasha Sherriff, Zarinah Hooper, Samantha Evans, Kylie Haywood.

HIPPY – West Coast

Joanna McKean, Naomi Cox, Jade Leonard, Narelle Mather, Vanessa Armstrong, Cathy Hawker, Michelle Sorenson, Paula De Ross.

Thanks to our Sponsors

Rural Health sincerely thanks its sponsors whose generosity ensures our programs and services continue to assist our clients across a number of rural areas.

Tasmanian Community Fund through its 'Building Tasmania as the Learning Community' for the Literacy Program.

Tasmanian Regional Arts for the film and mentoring project.

Department Premier and Cabinet for the Men's Health Expo.

Department Premier and Cabinet through its Community Capacity Building Grants Program for 'Owned, Our Space' (Seven Up Youth Centre).

Department of Health and Ageing under its Rural Primary Health Program for our core program funding.

Department of Education, Employment and Workplace Relations, auspiced through the Brotherhood of St Laurence for the HIPPY funding.

MyState Financial Services for purchase of djembes for DRUMBEAT.

Woolworths for Wedge Street sport equipment.

Health Promotion

CHILL OUT!!!

CHILL OUT!!! continues to be well attended by a core group of regular participants with many others coming along when able.



CHILL OUT, (the acronym for Circular Head Information & Lifelong Learning on Universal Topics), meets weekly at Rural Health.

It is an informal learning program featuring local people sharing their interests & knowledge on Circular Head history & associated activities.

The group commenced in 2007 and continues to tap into the wealth of local knowledge that can be shared with others. Each week there is a different speaker, sharing their knowledge or experiences with the group, sometimes evoking much laughter or stimulating memories. Over the past twelve months, we have had a broad range of speakers as well as a number of outings. Topics have included the technology phenomenon (Twitter, Facebook, Utube, searching via google, etc); Trauma Surgery in Johannesburg; Cockney Rhyming Slang; Changes in Medicine; and Immigrating from China to Australia. We have visited the Smithton Heritage Museum; Stanley Discovery Centre; as well as a private residence in Stanley for a Christmas celebration.

Karen Cardillo

Real Families

The Real Families program was implemented after many discussions relating to the number of families who were requesting guidance and assistance with their children. It was decided to concurrently conduct sessions at the Smithton Primary School for children and for parents who would attend the centre in Emmett Street. The development of the program took many months and involved extensive research, deciding relevant topics, writing lesson plans and also promoting the program to the primary school. Both the sessions with children and parent sessions began in June 2011. It is hoped both programs will continue until the end of the 2011 school year before evaluating the outcomes.

CORES

Community Response to Eliminating Suicide

During the year CORES one day courses were organised through the Literacy program. An exciting development during the year was the training of two new facilitators, Fiona Howard and Jan Ferguson. Fiona and Jan have joined Matt Guy and Di Murphy in several one day courses and they continue to grow in confidence and are really enjoying the presentations.

CORES is a program that is easy to deliver as each day is unique with eager participants wanting to glean as much information as possible to assist with the prevention of suicide. Suicide attempts are still reported frequently and sadly, the loss of life through suicide is still a burden for a small number of families each year.

Suicide affects families, friends and the community for many years and whole generations of families can be affected in the long term. Research shows clearly that a suicide in the family increases by forty times the likelihood that someone else in that same family will attempt suicide. We all look forward to the day when we can say that many years have passed without one suicide in this community.

In the meantime Rural Health is committed to presenting several one day courses each year and conducting them free of charge to members of the Circular Head community. Coralanne Walker, the chief executive of the Kentish Regional Clinic continues to assist with the establishment of new CORES programs in Tasmania, Queensland and South Australia.

Respite House

The respite facility at 79 Havelock Street has been utilised by individuals, family groups and community groups during the year. The use of the facility increased significantly through the past year with an increase in the number of users, both during the day and for overnight stays. It has been a long held dream of Rural Health and the Community Disability Support Group that eventually the facility will be expanded to include several units for permanent residency. Appropriate funding has not been found for this expansion as yet however we continue to speak with interested parties and explore options for the further development of the site. Maintenance of the site has been consistent and this year the driveway was re surfaced, drainage of the back of the block improved and more trees have been planted.

DRUMBEAT

In January this year I attended a DRUMBEAT facilitator training course. Initially we borrowed some drums from another community organisation before applying for funding to purchase our own. We were pleased to receive funding from MyState Financial to purchase our own equipment.



This year I ran several DRUMBEAT'S in Schools, Aged Care Facilities and at Rural Health itself with varying successes.

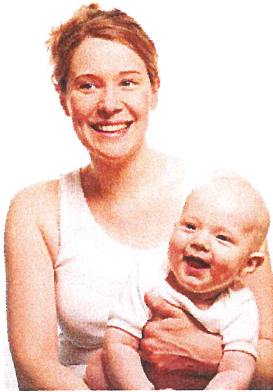
Earlier this year I Co-facilitated a 10 week course at Stanley Primary School which we felt was highly successful. The Grade five and six students really enjoyed the drumming and also were very keen to discuss relationships and learn about harmonising with each other as a team.

I also had some success running DRUMBEAT courses in Emmerton Park Aged Care Facility. Though the program was popular with the elderly at first the number of attendances was lower each week. I decided to continue with monthly sessions rather than weekly.

I also introduced DRUMBEAT to two community groups in Burnie and I am negotiating further ongoing sessions. We also have a weekly drumming session at RHT as part of a team building initiative.

Rohan Chilcott

Knowing and Growing



Knowing and Growing recommenced in September 2010 as planned, with Angela Stewart as the new facilitator after Tracy Crispe left the district. It was decided that there would no longer be separate groups for babies and toddlers, and that the meetings would now be fortnightly instead of every third week, with guest speakers at each meeting. After a request from some of the mums for meetings “where we just talk”, this changed in 2011 following the Christmas break, and now meetings alternate between coffee mornings and information meetings.

The objective for Knowing and Growing is to provide a supportive atmosphere for people to meet and become friends, while gathering information about parenting from each other, and from guest speakers.

Our information meeting topics have included subjects such as Dental Hygiene in the Under 3's, Your Child and the Law, The Family Medicine Cabinet, The Myths and Truths of Home School – A Mother's Personal Experience, Infant Massage, Alcohol and Breastfeeding, Basic First Aid for Parents, Choosing Child Care, and School Readiness-It's Not Too Early.

With an average of five mothers at each meeting, it is interesting to note that we have mums originally from Queensland, Western Australia, Rosebery, Launceston and Hobart attending the group. One mum came to “catch up” even though her children were in child care for the day. This leads me to believe that while our information sessions are well received, the coffee mornings are equally important because they allow freedom for building new friendships.

Angela Stewart

Men's Health

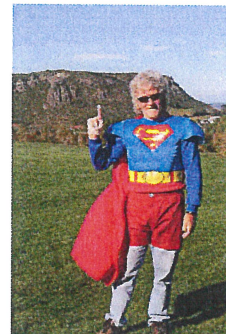
Jocks in June, a collaboration between Rural Health Tasmania and Centrecare Burnie, with assistance from Department of Health and Human Services, evolved from a training session entitled "Engaging Men".

It was held during International Men's Health Week with the intention of raising awareness of 5 particular "jocks related" men's health issues. These topics are testicular health, prostate checks, safe sex, urine flow problems and erectile dysfunction. An information leaflet was designed and produced featuring topics that relate to men aged 20 – 60+. This was designed to encourage men to think about their health and to instigate a discussion with their doctor.

The launch was held on 14th June at Highfield House in Stanley, also unveiling 5 light-hearted film clips, reinforcing the above 5 jocks related health checks. These are now showing on U-Tube:

<http://www.youtube.com/watch?v=ekXDxx3YucM> – Erectile Dysfunction
<http://www.youtube.com/watch?v=v5mJh2l-4qE> - Testicular self-examination
<http://www.youtube.com/watch?v=dxnurLX-JIQ> – Urine flow problems
<http://www.youtube.com/watch?v=xPyp5u9rGfU> – Safe Sex practices
<http://www.youtube.com/watch?v=qU4RjGKheZo> – Prostate health

Karen Cardillo



Tai Chi for Arthritis

Tai Chi is becoming a popular form of exercise around the world. Over 300 million people practice it as an effective exercise for healthy mind and body. There are many styles and forms of Tai Chi, each with their own characteristics, strengths and principles. Tai Chi for Arthritis (TCA) is part of the Tai Chi for Health series produced by Dr Paul Lam and is based on 'The Sun' (pronounced Soong) style of Tai Chi.



Dr Lam is a family physician in Sydney and a world leader in the field of Tai Chi for health improvement. Although an art with great depth of knowledge and skill, the basics are easy to learn and it soon delivers its health benefits.

In Smithton the program is open to anyone with an interest in learning Tai Chi. TCA is designed for people with arthritis and is suitable for all levels of ability, particularly those with a limited range of movement. The movements are slow and gentle, it has a higher stance than other forms of Tai Chi and the degree of exertion can be easily adjusted. TCA is also ideal for people needing to be seated. Some health benefits of tai chi are; increased flexibility, improved muscular strength, increased stamina, reduced pain & stiffness, enhanced relaxation, improved balance, improved posture and greater fitness.

There has been continued interest in the Tai Chi for Arthritis program. I have conducted classes for TCA beginners (13 participants) and an advanced group (5 participants) from mid June to end September 2010. TCA Part 2 classes (8 participants) commenced beginning October and ran through to December 2010.



The extra set of moves learnt in Part 2 is easily added on to the original program giving participants a higher level of difficulty to add to their routine.

Although the Part 2 program is a little more challenging to learn, participants still thoroughly enjoyed it. In late February 2011 we kicked off with another beginner's class (9 participants) and a continuing advanced class (4 participants) from the previous year. It can be very challenging for some people to slow down to the pace required for Tai Chi. Tai Chi is held on Friday afternoons for a gold coin donation.

A Tai Chi demonstration was given at the CH Council Community Health Program in January 2011 to encourage participants to consider Tai Chi as an alternative exercises program.

Comments about what participants have gained from TCA include;

“Better balance, lower blood pressure, sleeping better.”

“Feel good, remove stress, makes me relax and aware, enjoy doing it and hope to learn more.”

“More movement in my joints.”

“Gained emotional control / concentration and relaxation of the mind. I find it also helps to stretch my muscles after getting out of bed and is beneficial throughout the day when my arthritis is bad.”

“Restful approach to the fast pace of life.”

“I have less back pain & gained some new friends.”

“I have always wanted to try Tai Chi and this program has given me that opportunity. I have really enjoyed participating in this gentle form of exercise.”

Community Partnerships

Appetite 4 Change



This is a healthy lifestyle program that was conducted by DHHS and run in Burnie. Smithton & King Island linked in via Telehealth and I facilitated the Smithton group. We had 11 ladies registered for this pilot program which ran for 2.5 hours per session, over 4 weeks. Topics covered over the four weeks included; why diets don't work, healthy eating, body image, exercise, diabetes, label reading, recipes, self esteem, triggers & motivation. Each week participants were asked to fill out an action plan for one thing they could change/do during the following week. Feedback was excellent in general with participants gaining a great deal from attending these very informative sessions.

Child Health Expo

In May 2011, Rural Health Tasmania Inc. partnered with Circular Head Aboriginal Corporation (CHAC) to hold a child health expo for the community. Many service providers were represented from within the Smithton community and from along the North West Coast including Centrelink.



There was a jumping castle, face painting and Slipstream Circus gave a demonstration over the lunch period along with providing activities for the children. A steady stream of people attended the expo which was open from 10.00am – 2.00pm. Along with assisting on the Rural Health display which featured healthy eating, the Knowing & Growing parenting program and other Rural Health services, I provided seated neck & shoulder massages. Approximately 25 people took advantage of the opportunity to have a relaxing rub.

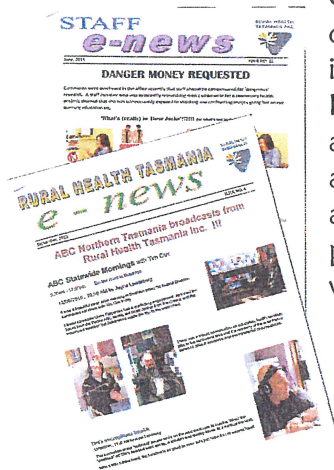
Men's Health Expo

In February we had a Men's Health Expo utilising funds from a grant from the State Government. Initially we had intended holding a local men's gathering similar to the annual event held at Waddamana. Unfortunately bookings for the two day event were small so a decision was made to organise a Saturday health expo in Smithton. We teamed up with TASMEN, an energetic and committed men's organisation to plan and implement the day held at the Smithton Club. PITSTOP and many other service providers including the Cancer Council set up stalls and TASMEN provided a variety of interesting speakers. The speakers included Jonathan Bedloe, Brendan Sullivan and Tony Bowring and they spoke on topics of great interest to men including fathering, male roles, community services for men and the benefit of men supporting other men. It would be wonderful to continue the Men's Health Expo as a bi-annual event.

PITSTOP

A day of personal health checks were conducted @ CH Council for council staff. There were many 'pit stops' set up addressing different aspects of personal health care such as drugs & alcohol, cancer, blood pressure, exercise and joint health. I manned the 'Stress' pit stop talking to people about different ways to manage stress, how to recognise stress and how counselling services could help. Five minutes was allocated to each person for discussion and approximately 50 people came through during the day. Handouts were given on the services available at Rural Health Tasmania Inc. to assist in stress management.

RHT Newsletter



Commencing in June 2010, the newsletter is distributed monthly to all staff. This keeps all sites informed on all programs operating throughout Rural Health Tasmania. Staff contribute all their own articles which are then compiled along with any articles of interest, dates to remember and reminders about events coming up. Feedback has been very positive. Staff appreciate and enjoy reading about what everyone was up to as it is difficult to get everyone together on a regular basis. It also opened up an avenue for resource sharing. The board members were profiled so that all staff could get an understanding of who they were and where they fit into our community.

Monica Moore

HIPPY



Smithton Program

The Home Interaction Program for Parents and Youngsters is a two year program aimed at four year olds, which is delivered over thirty weeks per annum. It is delivered fortnightly to the home by a pre-trained tutor and on the opposite fortnight it is delivered via group meetings. The parent is guided through the program by the tutor through role play, who in turn instructs their child. HIPPY believes parents are the best educators of their children.

Enrolments for 2011 were achieved by visiting all the local play groups, local sporting events and street stalls. Delivery of service is reaching as far as the Arthur River, Trowutta, Woolnorth, Nabageena, Forest and Stanley. Each tutor is engaged to service a particular area.

This year has been a fantastic year all round; from enrolments, retention rates and group meetings. Enrolments of age 4 in the program was at full capacity this year, thirty-seven, and we have had a 100% retention to date. We have sixteen Age 5s preparing for graduation this year. Group meetings have been very successful with attendance being well above previous years and we have been very excited that parents from outlying areas are making the effort to attend our group meetings in town. Excursions are always popular and we had an attendance of forty-four parents and children when we visited the fire and police station, which was followed by rock & rhyme at the library.

Group Meetings

In 2010 it was introduced that group meetings would be held monthly with parents and children integrated and interacting during meetings. During these sessions parents were presented with ideas on how to entertain their children during the long wintery days for little expense by utilising household items and preparing nutritional foods together. Ending the year, two workshops were held exclusively for parents covering relaxation techniques, self-care and self-presentation. Parents' attendance at group meetings was dwindling towards the end of the year. Five group meetings were held for the year.

Commencing the year with a casual "drop in" day for parents proved to be successful in 2011. The aim was socialisation between the parents and tutors and to help those who live in isolation to assimilate with others. Many activities were provided for the parents and a light lunch provided, which created the right atmosphere to achieve the desirable outcomes.

Focusing on the basic principles of the delivery of service of the HIPPY program, we reintroduced the fortnightly group meetings dividing the parents and the children into separate areas. The parents are delivered the HIPPY activity book through role play which is then followed by a group speaker, who addresses the parents on topics nominated previously. Some guest speakers have been from within the HIPPY community of parents. Topics covered have been in relation to school readiness, early literacy and numeracy.

During this time, the children are entertained by the remaining tutors and carers engaging the children in directive play related to the activities within the HIPPY program. Since commencing in April six group meetings have been held and attendance numbers have been rewarding.

Deciding to change the venue from play rooms to empty venues with additional rooms has been a positive step. By having empty venues we have been able to direct the play without the distraction of toys and have been able to demonstrate by using recycled materials, that play can be cheap plus it has the added benefit of developing the child's imagination. It has also provided us with the space to allow presentations for parents. Guiding parents into the rhythm of the HIPPY delivery by holding regular group meetings, has led to an increase in attendance.



Developing an annual HIPPY calendar of events has also made it possible for parents to plan in advance and allows them to allot us in to their schedule.

Home Tutors

Becoming the coordinator at the beginning of September 2010, I was supported by three tutors: Cassi Kingston, Carolyn Dennison and Gaye Yates. Two tutors had left prior to my engagement, Tammie Mills and Janelle Brooks.

Positive outcomes were achieved by all three tutors through knowledge, skill development and personal growth within the HIPPY program. Tutors attended weekly training for the delivery of programs and to enhance their delivery techniques. Participating in workshops by Sue Dengate – “Fed Up” – Food additives and behaviours and Kathy Walker – “Play Matters” provided further knowledge on other significant topics in relation to children. Completing Community Services III at Polytechnic was achieved by two tutors. Leaving at the end of 2010, all tutors pursued further careers. Cassi is employed in administration, Gaye is attending full time university in Children's Services and Carolyn is pursuing child care. A very positive outcome achieved for those tutors.

The outcomes confirm the importance of implementing the component of the HIPPY program which focuses on the personal and skill development of each tutor. Through this training they can re-enter the workforce or a pathway to future employment through further education after completion of their HIPPY contract.



Employing five new tutors at the commencement of 2011 created a new HIPPY team. Its members are: Leanne Marsden (Coordinator), Annabel Dixon, Emma Thompson, Jocelyn Harrisson, Jody White and Vicki Sullivan.

Training for the new tutors for the HIPPY program was facilitated by myself and Lou Gilfillan (HIPPY Consultant). Weekly training on the delivery of the program is continued plus support is provided for: the development of leadership, team work, organisation and implementation skills.

Presently four tutors are studying I.T. Certificate II at Polytechnic and a tutor has completed her Community Services Certificate IV. Attending a workshop on, "How the brain learns," gave us a small understanding, but greater awareness to some of the learning difficulties experienced by children within the HIPPY program.

During home visits and group meetings, tutors have presented themselves to families in a professional, supporting and caring manner. They have embraced the HIPPY model by engaging parents in role play to deliver the activities. Enthusiastically and creatively children's activities have been developed with directive learning outcomes by the tutors. Enhancing group work development, by networking internally within the group, the tutors support each other by sharing their skills and teaching each other.

Events

2010 Graduation

Our graduation was successfully held on the 26 November, 2010, at the Anzac Play Rooms. Thanks to the beautiful sunshine, we had approximately 130 in attendance. Everyone enjoyed the treat of being outdoors after a cold wet winter. Parents were socialising and entertained by watching their children interacting with each other either by playing games or bouncing on the jumping castle. Endless streams of sausages were cooked and handed out by volunteers, parents and the HIPPY team. Litres of drinks were poured.

A record number of Age 5 children graduated in Smithton – twenty- seven. Acknowledgement goes to my predecessor Michelle Burke, and the tutors who achieved these results, comparably in 2009 when four children graduated. Concurrently in 2010, twenty-four four year olds completed their first year.

All the Age 4 children were presented by their tutor with certificates and medals for participation, recognition of their efforts and achievements. Tutors presented formal medals, certificates and portfolios to their Age 5 children to acknowledge their completion of a two year course. Gift bags were given to the parents in recognition of their dedication to the program.

Finally to end the celebration a huge cake was shared by all, which had been prepared by their dedicated tutors. A great day came together through the help of many people and Rural Health.

2011 Orientation Day

Orientation Day was held in early April at the Uniting church hall. This provided an opportunity for parents and children to meet their tutor, receive all their free HIPPY materials and make an appointment for their first home visit. To entertain and relax the families we created a HIPPY flag



and tree. Each child placed their hand print and name on the flag. A HIPPY tree was created with Age 5 children having a red leaf and Age 4 children having a green leaf. Children had to find a leaf with their name on it to hang on the HIPPY tree. This proved to be a most successful activity with children

calling into Rural Health in the immediate future to show their families their leaf on the tree. The day was very successful and by holding the event in a separate venue to Rural Health, the children were able to express themselves uninhibited.

Summary

Every year the HIPPY program grows from strength to strength gathering momentum like a rolling stone. Enrolments were at full capacity this year in Age 4 with 37 families enrolled and to date we still are servicing all these families, which is a fantastic effort for all involved, tutors, parents and children. The feedback received by the community is all positive, especially with regards to the learning outcomes achieved by children, (which aren't often apparent until the child commences school) and the growth in confidence the parents have to teach their own children. These outcomes amplify the necessity of programs like HIPPY to build relationships within the family and introduce education and parental interest at an early age of the child.

Leanne Marsden
Coordinator
HIPPY Smithton





West Coast Program

Families on the West Coast face many challenges including lack of services, isolation, severe weather conditions and an unstable work environment. Zeehan in particular has lost many families due to the downturn of employment and essential services in the town decreasing or closing. But West Coasters are resilient and the HIPPY program continues to meet these challenges with a strong commitment and support for families in providing a service to enhance their knowledge and participation in their child's early learning and developmental years.

Thirty-one families enrolled in HIPPY for 2011 after a strong and active recruitment drive which included face to face contact, meeting with parents at child care centres and birth to four centres at the three local schools. Word of mouth has also been a positive recruitment vehicle as HIPPY parents are spreading the positive outcomes of the program to family and friends.

West Coast team

We are a small team but we think big

We began the year with three tutors, Naomi, Jade and Narelle. Naomi fell pregnant and on doctor's advice needed to resign and 'put her feet up'. Childcare in Zeehan became unavailable and Jade had to finish leaving Narelle and myself to deliver the program to the remaining families.



*Tutors Jade (left) and Narelle
organise a baby shower for
Naomi.*



Narelle took on the challenge of tutoring Jade's Zeehan families and now travels over 120 kilometres a week to deliver the program and attend training sessions. She is enjoying the challenges of her role and has begun further studies to enable her to broaden her employment opportunities.

This year certainly has had some challenges to overcome but our small team has the strength and commitment to continue to deliver the program

What would we do without

HIPPY home tutors who support the families within the home environment, at family group meetings and become an integral part of the HIPPY team.

Community profile

It has been exciting to have been part of the Local Enabling Group in launching the West Coast Child and Family Centre due to open next month in Queenstown. Queenstown families in particular will have access to a beautiful new building with undercover play space, meeting place and organised activities for pre-school children and parents to participate. Ongoing efforts are in place to seek funding to facilitate families from Rosebery, Strahan and Zeehan to access the Centre.

The closure of the Avebury Mine in Zeehan has had a considerable impact on the community, as well as HIPPY families exiting from the program needing to relocate or move away. There is no indication at the moment that the mine will re-open in the near future.

Family enrichment group meetings

The dynamics of the monthly group meetings have changed this year with the Year 5 children now going to school and parents involved in their children's local schools. Attendance to group meetings has increased since the change of venue to the Zeehan Childcare Centre. This is a wonderful space with the resources to be able to organise various activities for the children and the space to have guest speakers.



Left - Corrine, partner Brendan and their son Warren enjoying the *Splish Splash* July Meeting at the Zeehan Childcare Centre. Warren's 'big' sister Brooke is a Year 4 HIPPY child.

Right - Year 5 HIPPY children Amelia and Lachlan searching for some treasures in the 'snow'.

Events

The first West Coast graduation ceremony was held in December 2010 with four children completing the two year program. The graduation party was combined with the seventeen year 4 children's end of year party. The 'graduates' received a medal, and a HIPPY bag including a certificate and their HIPPY work folios. The year 4 children also received a HIPPY bag and certificates to recognise their achievements during the year.

With funding received from the Tasmania Early Years Foundation (TEYF) HIPPY West Coast was able to hold several seminars and workshops this year. In April 2011 HIPPY West Coast was able to bring Jeannette Harrison, a world renowned early childhood development speaker and author to speak to local families on topics including *"Raising Responsible Children"*, and *"Talking So That Children Will Listen"*. The seminars were a great success with families from Queenstown, Rosebery, Strahan and Zeehan attending. The TEYF funding has given many local families with young pre-school children the opportunity to develop and increase their participation in local community events and develop their knowledge of their children's learning and development.

Summary

The HIPPY program is continuing to be highly regarded within the local community and has given many families the opportunity to develop their knowledge and participation in their child's early learning and development. HIPPY West Coast has been able to provide opportunities for families to integrate into their local community by offering workshops and seminars and establishing links with local networks and services.

Jo McKean
Coordinator
HIPPY West Coast

Burnie Program



2010 - 2011

Boxtown
balloon garden



In May, 2010 Acton Primary School merged with 2 other schools and moved to a new venue. Services remaining in the old school building are the Education Departments Speech Pathologists, Senior Psychologist, and Early Childhood Intervention Service, as well as the jointly funded (Education Dept/DHHS) Burnie Child Family Centre Social Inclusion Officer and then there's us - HIPPY Burnie.

Balloons, Boxes and Books in Burnie
and Musical Monsters too



2011 HIPPY Burnie team

At the end of 2010 we said good bye to our lovely tutors Tash and Zarinah.

We are very lucky to now have the wonderful Nicole Walters as our senior tutor in 2011. She's doing the age 5 program with her daughter Shavae and her son Maklen is on the wait list for 2012. We employed 4 new tutors. They are Deb Heazlewood whose daughter Elizabeth graduated in 2010 and little Kathryn will start age 4 in 2012 (funding permitting, of course), Nicola Rawlings whose daughter Mikkell graduated in 2011, Kellianne Williams, had daughter Sophie graduate in 2010 and son Caleb currently doing age 4 . . . then there's the newby . .

Maree Yaxley (the family's first year of HIPPY) with her son Rhylie - little Myra in the wings waiting on funding for 2012. The 2011 team is a lovely mix of skills and personalities. I think we're a really well balanced and supported team so able to offer all that, and more, to our families.

Kellianne



Maree



Nicole



Deb



Nicola



Special events

Frederick Little Fox Drumming Workshop for Pre-Schoolers



Organised by West Coast HIPPY Coordinator Jo McKean, Frederick Little Fox came to Tasmania in July, 2010. Jo also organised a bus to bring West Coast parents and children to Burnie for the workshop. Unfortunately the bus had to turn back at Tullah because of a huge snow storm. A quick phone call to as many current and ex HIPPY Burnie families soon got people on board.

How much fun is Shavae having banging on the drums !!

Adelaide Early Childhood Australia Conference (Sept/Oct, 2010)

All three Rural Health HIPPY Coordinators, Jo McKean, Leanne Marsden and I flew to Adelaide for the Early Childhood Australia conference "Garla Bauondi " (Fuelling the fire). It was a really inspiring three days of presentations and workshops with the themes "Inspiring Leaderships" and "Inspiring Environments". We were able to attend all keynote speakers presentations, but difficulties arose when we had to choose which of the other presentations we did or didn't attend. Just too much to choose from.

HIPPY Aust, Melbourne : International Directors meeting and training (Oct 2010) It's always great to go catch up with other Coordinators. All sites prepared *a snapshot of their site* page for a power point presentation. Burnie's presentation's theme : /B/ /B/ /B/ (of course !!)



ubbles and



alloons in



urnie

Fantastic to hear from the International sites - they're all very envious of Australia's current funding arrangement . . . especially the research component. We did some fabulous training around the sounds and letters activities and now have a great new resource for our weekly tutor training. HIPPY really has become so very slick and professional, especially our training resources.

HIPPY Tasmania Network Meeting in Hobart



Left:

Tutors and Coordinators from Burnie, West Coast and Smithton HIPPY teams meet for a cuppa in the park at Campbelltown on the way back from Regional HIPPY network meeting in Hobart. November, 2010

Coordinators and most tutors from our three HIPPY sites travelled to Hobart for the first regional HIPPY networking meeting. Seemed like a huge effort at such a busy time of the year, but so very well worth it. Our enthusiasm and commitment to HIPPY strengthened and tutors found it incredibly valuable to meet tutors and Coordinators from other sites to compare, assess and evaluate our own practice.

Age 5 Graduation 2010

Our 2010 Graduation party was bigger and better than ever. We estimate there were about 120 people present and our little Age 5 graduates lapped up the attention lavished upon them (not to mention the cake).



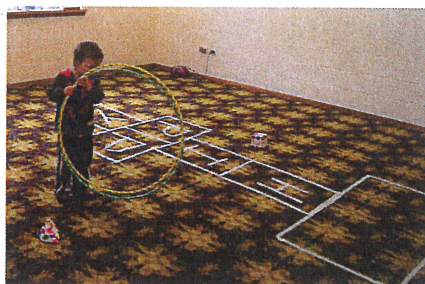
Lovely to give the Age 4 children something to aspire to, even though it was very hectic. After our party we headed off downtown for the **Burnie Christmas parade**. One of our grandfathers organised the little bus he drives to take us in the parade. We decorated the bus with Santa hatted smiley faces and streamers, and took our musical instruments and HIPPY Burnie banner. Those not up for the walk relaxed in the bus while the rest of us pounding the bitumen. Was a very long day having graduation and Christmas parade back to back and we had very sore feet that night, but so much fun.

Recruitment drive 2010 and 2011: While I was in Adelaide at the ECA Conference HIPPY Burnie tutors set up a tent and attended two part days of the Burnie show to promote the program. We had give-away goodie bags for anyone who registered on the day. They took 9 registrations – a great result!!

In early 2011 Tash came out of retirement to help Nicole and I recruit more families for the 2011 program. We had street stalls outside Woolworths in Upper Burnie, IGA in Shorewell as well as walks around the city looking for families with children about to turn 4. A huge effort, but well worth it because we not only reached our target of 35, but actually took 42 registrations this year. With some very careful planning and close attention to our work practices we can manage this many families within our budget. It is not unexpected that we lose families throughout the year, and if we are able to start with the few extras we find we're operating on budget, with closer to our target number by the end of the year. This also helps with our retention numbers for the following year.

Program enrichment ideas, activities and games

At HIPPY Burnie we sometimes find enthusiasm for role play at groups can be a little flat. We're usually having too much fun playing with the children, if the truth be told. So, we've come up with an inventive way to address the HIPPY activities, encourage parental involvement and have fun. We take the current weeks HIPPY activity pack and make stations of either the "Things to think about and do", the actual activities from the pack, or we create games / activities that reflect the concept to be learnt in the pack. We enlarge and colour the activities and games. The parents can go from station to station doing the activities with the children and maybe their tutor, or sometimes we will do an activity as a group. This way we can model HIPPY style parent/child interaction for our parents, and also gives us a very good idea of how they're going with the activities. *WIN WIN* – now that's the way we like it!!



At HIPPY in Burnie we don't play
hopscotch.
Oh, no, na, no, na, no-no!!
..... we play
HIPPY-scotch
Oh yes we do!!!
We use little rice filled smiley face **HIPPY**
sacs (like hacky sacks only more cool)

Colours and shapes Matrix and
cat colours and shapes game.
HIPPY Burnie groups



Without a doubt, the highlight of our program in Burnie (for us) is our groups. Brainstorming ideas, making up props and preparing the room is such a team effort. We now have one of the disused classrooms for our group. Huge space: no furniture . . . what do we do?

We create a BOXTOWN!!

NOW – what do we need in Boxtown?



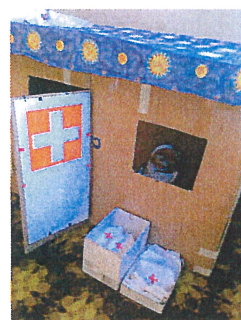
Cars and



castles and cottages



and clock towers,

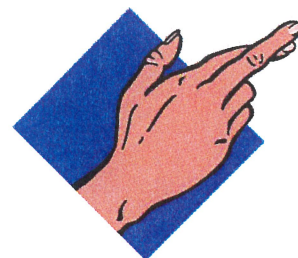


Pedestrian crossings, and ponies and Policemen AND a Teddy Bear Hospital

*Doesn't every town have a very special chap like this young fellow? He's got his top hat n mobile phone . . . what more could he want?
He's on our 2013 wait list – will this be embarrassing then?
I'll make sure Mum gets a copy to bring out on his 21st birthday.
THEN it will be embarrassing!!*

2012 and beyond . . .

All plans are on hold pending funding announcements. If our Expression of Interest for a special 2012 intake of one only cohort of 25 children is successful we will be full steam ahead (albeit a smaller than usual group) in 2012. (We already have nearly 20 on our wait list, so would be wonderful if successful) Should we not succeed we will have an even smaller group of Age 5 only families.



Then we wait for word on Brotherhood of St Laurence's quest for another 4 years funding to commence with a 2013 intake of 35 children when this current round of funding expires at the end of 2012.

This year West Coast HIPPY Coordinator Jo McKean, Smithton's Leanne Marsden and I have been able to offer each other wonderful support with shared ideas and materials plus that all important morale boost when needed. Thank you girls: *very much appreciated!!!*

Laura Strohfeldt
Coordinator
HIPPY Burnie

Learning While Having Fun

Learning While Having Fun

During the past year the Learning While Having Fun program has developed significantly. This is clearly evidenced by the number of activity sessions conducted, the number of participants attending sessions, the number of partnerships developed with other service providers and the number of activity sessions held outside of Circular Head.

The Learning While Having Fun program continues to organise activity sessions based around topics that have been identified as being relevant within the community. To lessen barriers preventing people from attending these activity sessions all sessions are free for participants, held at suitable times, use a central location and are advertised in many different ways so as many people as possible are aware of topics coming up. With some activity sessions child supervision has also been provided.

A particular focus group have been those people under 40 years of age as they are likely to have younger children. By having these people involved in fun learning activities the desired outcome is that they will value learning and pass that belief on to their children and support them in learning. Although this focus group has been identified the role of older people in helping to improve literacy levels cannot be under-estimated. These older people can be very influential in such roles as primary carers, grandparents or a valued and respected community member.

When the program commenced in February 2010 the staff were Rob Hill and Marcel Kerrison. Rob manages the program and works four days per week, Monday to Thursday. Marcel provided administrative support and worked two days per week. Due to Marcel's husband being transferred to Launceston for his work she relinquished this position at the end of 2010. Thanks to Marcel for her very valued work in establishing and developing this new program. Monica Moore who has been involved with Rural Health for a number of years accepted the position beginning in January 2011. Monica's knowledge of Rural Health and the Circular Head community is excellent and she has had a very positive influence on the program continuing to develop in 2011.

A Community Advisory Committee for the program comprises of 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). In 2010 we had 2 phone link ups and regular contact between Rob and individual members. As each Council area is so different it has been decided to concentrate on meeting with individual members so that discussions can focus on what is happening in their locality.



Left –Marcel & Rob Staff Xmas Lunch 2010
Right - Monica & Rob First Aid Course 2011

Activity Sessions

As stated in the annual report last year until June 30th 2010 there had been four (4) activity sessions conducted. These were based around budgeting, healthy cooking and first aid. Three (3) of these sessions were in Smithton and one (1) in Zeehan. Twenty five (25) people attended the sessions an average of 6.2 people per session.

Between July 1st 2010 and December 31st 2010 there were twenty (20) activity sessions conducted. Fourteen (14) were conducted in Circular Head, four (4) in Burnie, one (1) on the West Coast and one (1) in Wynyard. One hundred and seventeen (117) people attended the sessions an average of 5.9 people per session.

Between January 1st 2011 and June 30th 2011 there were twenty two (22) sessions conducted. Thirteen (13) were conducted in Circular Head, three (3) in Burnie, one (1) on the West Coast and five (5) in Wynyard. Two hundred and thirty six (236) people attended the sessions an average of 10.7 people per session.

Dates	No Of Activity Sessions	No Of Participants	Council Area			
			B	CH	WC	WW
February 2010 – June 30 th 2010	4	25	0	3	1	0
July 1 st 2010 – December 31 st 2010	20	117	4	14	1	1
January 1 st 2011 – June 30 th 2011	22	236	3	13	1	5
<i>Sub Totals</i> <i>February 2010 – June 30th 2011</i>	<i>46</i>	<i>478</i>	<i>7</i>	<i>30</i>	<i>3</i>	<i>6</i>

Activity Session Topics

Although advertised under a variety of names the activity sessions conducted can be largely grouped under six (6) headings.

1. First Aid. These sessions have been called “First Aid for Children”, “First Aid for Adults”, “Bandaids, Bandage or Ambulance” and “What If”.



Left - Participants at Acton Primary School Burnie



Right - Participants at Wedge Street Smithton

2. Cooking. These sessions have been called “Men’s Only Cooking”, “The Stephanie Alexander Way”, “Healthy Lunch Boxes”, “Snack Ideas”, “Christmas Cooking Ideas” and “Bottling and Preserving”.



Left - Men’s only cooking Smithton



Right - Men enjoying their hard work at Smithton



Left - Healthy lunch boxes

Table Cape Primary
Right - The Stephanie Alexander Way Acton Primary



Left - Bottling & preserving
Smithton High School
Right - Bottling & preserving
Wynyard High School



3. Budgeting. These sessions have been called “Basic Budgeting” and “Money Matters”.



Left - HIPPY parents in Zeehan
Right - Kristy leading the Zeehan session



4. Gardening. These sessions have been called “Soil Preparation”, “Garden Bed Construction Types”, “Sowing and Planting”, “Composting and Mulching”, “Pruning” and “Tool Maintenance”.



*Left -Gardening at Montello Primary
Burnie
Right -Pruning session in Smithton*



5. Personal Development. These sessions have been called “Looking Good, Feeling Great”, “You Are What You Think”, “Stress Relief Techniques” and “CORES (Community Response to Eliminating Suicide)”.

6. Basic Computing



*Participants working with
Ian Heres at the Polytechnic
campus in Smithton*



Many of the successful activity sessions are organised to operate again this year. During 2011 significant partnerships have been formed with the Burnie Community House in Shorewell, The Community Hub in Queenstown and the Rosebery Community House. Activity sessions have already commenced at the Burnie Community House and have been well attended.

Planning is well advanced to conduct activities in the new Hub in Queenstown with the building expected to be completed in mid September. Organisation is underway for activity sessions to be held in Rosebery commencing in October. These developments indicate a very busy time with the program continuing to expand.

Again thank you to Marcel and Monica for their great work. I would also like to thank Di and all staff at Rural Health for their friendship, support and professionalism.

Rob Hill

Psychological Services

The psychological services team has had three members this past year – Ron Blume, Tony Bowring and Pamela Fitzpatrick.

Tony Bowring has recently retired after nearly ten years as a dedicated and much loved counsellor. Tony became endeared to so many members of the community during his time with us, counselling clients, members of men's support groups, men in outreach programs, focus groups, Co-Pilots, Health and Wellbeing participants and of course the 100s of men who attended a men's health night.

As an integral member of the Men's Gathering organising committee Tony often encouraged and mentored local men who ventured to Waddamana each year. During 2010 Tony and other members of the TASMEN organisation conducted a very successful Men's Health Expo in Smithton. In addition to all these amazing contributions Tony was a colleague, mentor and friend to all staff who passed through Rural Health in Smithton. Tony's generosity was magnanimous, he would always make himself available when needed and when he was asked if he would like to be reimbursed for the considerable extra time he worked he would always say – 'no, it's all swings and roundabouts'. Our love and best wishes go to Tony in his retirement.

Ron Blume is also a long standing employee of Rural Health being with us for eight years. Ron has an insatiable love of lifelong learning and constantly brings new insights and information on therapies to his work at the centre. Ron has given himself the new title of 'Brain Based Therapist' in recognition of the area in which he increasingly works to assist people to understand and cope with behaviours and also to rewire the brain to bring about lasting change. He has been a valuable presenter on this topic at HIPPY parent group meetings and at other forums. Ron also developed and organised a 'Day at the Beach' program where he provided clients with a range of watercraft and equipment to give them a healthy, safe adrenaline experience that built self esteem and confidence.

Pamela Fitzpatrick joined Rural Health last July and worked predominantly with women and children. Pamela provided counselling support for patients in the local hospital. During the year Pamela also attended art therapy training and shared some of that training with staff. Unfortunately Pamela decided to return to her home in Ireland. We wish Pamela a safe journey and best wishes for the future.

Youth and Community Development



Rural Health Tasmania's youth and community development team comprises Kate Cross and assistant, Griffin Blizzard. As the need arises, we have been fortunate to have the assistance of Teagan Stanley and Rural Health's health promotion team and admin staff! We also lean heavily on

other organisations in the community to achieve our goals and would like to thank Circular Head Council, Smithton High School, Circular Head Christian School, Smithton Primary School, BighArt and ABC Open for their support and commitment.

It is the youth and community development team's mission to improve the health and wellbeing of people aged 12 – 25 so that they may flourish and feel valued by the community; to challenge the community's perception of this age group breaking down barriers between generations and facilitating greater access to opportunities and support systems.

The youth and community development team employ a number of approaches in response to need from individuals, family and/or the community including: program delivery; events; collaboration; networking; advocacy; provision of information; referrals; transport to appointments; resource sharing and form filling.



The 2010 – 2011 year has provided ample opportunity to be creative in applying these approaches. Following is a summary of the main activities undertaken.

Program Delivery + Events

Film project: "Split the Silence – youth mental health matters"

A continuation of the film project funded by Tasmanian Regional Arts early 2010, "Split the Silence" emerged as the result of the desire to honour the process of creating and to 'bring the arts' to a wider audience. Whilst on schedule with preparations for the filming of 'Mutated Madness' as agreed initially, we were keen to provide further opportunities for skills development, connection to community and development of the arts culture in Circular Head.



In order to achieve this we felt it important to work with a consistent group of young people in a school setting with a new script. I was concerned that students would not feel any passion for or connection to the Mutated Madness script (as none of them had created it). Fortunately, Tasmanian Regional Arts agreed and extended the timeline of the project. With support from key stakeholder's local artist, Fran Joyce and I pitched the idea to Smithton High School and a partnership ensued!



Wanting to maximise the opportunity film presents in capturing a broad audience, we decided to focus on an issue effecting 1 in 5 young people - mental health problems and illness. Whilst a common issue; it remains surrounded by a social stigma that stops young people from talking about it. (Caroline English United Nations Youth Association – e-mail. Youthgas 7.4.11)

Alarminglly, suicide is the leading cause of death amongst young people, yet many are unaware of its prevalence. <http://www.headspace.org.au/headspace-centres/mt-druitt-headspace/news-and-events/youth-suicide-prevention-forum>

These films are the vehicle by which we hope to kick start conversations about mental health and encourage everyone to 'split the silence' and "Look, Listen, Talk & Seek Help".

A huge time commitment followed with script development, pre-production and production unfolding in term 1 2011. Post production in term 2 and Launch, evaluation and report writing to follow in term 3. 32 grades 8, 9 and 10 drama students are involved and have been split into 4 production teams each creating a short film covering themes such as bullying, depression, friendship breakdown, self-harm, an eating disorder, aggression, anxiety, family violence and family breakdowns.



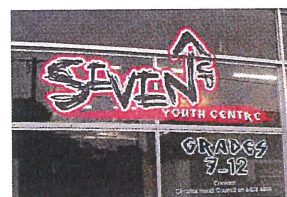
10 artists will mentor the students in various aspects of film making and arts over the life of the project. All but 2 of these artists were either raised or lived in Circular Head or the North West Coast. They are all emerging artists and it is fantastic to be in a position to honour their work and expose the students to their knowledge, skills and enthusiasm for the arts.



We are privileged to draw on the experience and knowledge of Bronwyn Purvis (ABC Open and previous producer / director with BighArt) and BighArt producer, Stephanie Finn who are mentoring me with this project. We acknowledge Smithton High School for their tremendous support, flexibility, faith, resources and time. They have endured many a disruption to enable this project to proceed. We would also like to acknowledge Circular Head Christian School who provided editing facilities and technical support during the post production phase of the project.

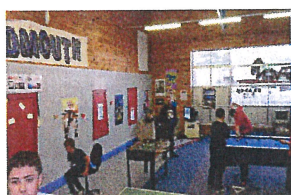
Seven Up - Youth Centre

In partnership with Circular Head Council, Smithton Christian Fellowship and Circular Head Aboriginal Corporation we commenced a 12-week trial at the end of June 2010.



Students from grades 7 and up use the centre to catch up, play games, do homework, listen to music, participate in activities etc... An average of 30 students accessed the service each night to date – with 55 attending one night!!

The centre opened from 3 – 6pm Monday to Friday and has been staffed by Council and Rural Health workers, additional support has been given sometimes by a community volunteer.



The trial period was extended to gauge student usage once the weather was warmer, sports are finished and day light savings has commenced. Numbers eventually dropped to 5 – 12 each night but provided ample data to apply for funding to secure a Co-ordinator next year. This application was successful and a Co-ordinator appointed. Our youth team still supports the centre – providing staffing a minimum of 3 nights per week and assisting the incredible centre co-ordinator, Kimberly Brown as much as possible.

Mental Health Talk – Smithton High School

Rural Health Counsellor, Pamela joined Kate in an awareness raising exercise on mental health – with a focus on how drugs and alcohol can affect mental health to the entire grade 10 student groups. This was both fantastic and huge! Pamela had them all captivated with her presentation and left them with quite a lot to consider. Students participated in a number of activities aimed at challenging the way they think about themselves and others.

Breakfast Club – Smithton Primary School

Having volunteered at the local public primary school making toast once a week, Kate could see the potential in providing students with food before they started the day. When approached to apply for funding to develop their Breakfast Program, Kate joined forces with Leslee White, Assistant Principal and successfully secured \$5000.



Rural Health took on the responsibility for sourcing food, equipment, activities and volunteers. After a lengthy set-up and preparation process 'Brekky Club' was rolled out mid-May. In the 5 ½ weeks of this reporting period, we served 781 breakfasts for a donation of 20c each – an average of 28 each day. Since its inception, the program has attracted a \$1000 donation from local charity "Treasure Chest" enabling us to purchase more food. Students from within the school and Smithton High School have joined a number of community members as 'brekkie buddies' running the club each day.

A need for the program was identified when it was discovered that students had breakfast very early in the morning to accommodate bus travel times; woke up too late; had parents working shift work (and were absent in the morning) or there was simply no food to be eaten. A huge emphasis is on the social aspect of the program also – providing students with the opportunity to eat whilst sitting, communicate together and practice their manners.



Not only has the program assisted students in a variety of ways, it has served to strengthen the relationship between Rural Health and the School.

'Extended' I-party – Smithton High School

Rural Health organised 8 presenters to undertake activities with 50 grade 10 students, with the aim of providing them with information to prepare them for the upcoming end of year party season and their voyage into adulthood. Sessions included 1) drug & alcohol information to create awareness about standard drink sizes, legal and healthy limits when consuming alcohol; 2) healthy relationships & safe sex practice; 3) legal issues, community and personal responsibility and personal/peer safety; 4) information on banking services and loans 5) information about the Centrelink assistance students may be eligible for now and as they continue in study, traineeships, etc 6) the opportunity to apply for their own Medicare card; 7) information on Organ Donation; and 8) checking students knowledge of Chlamydia (& STI's in general). After a brief introduction, students were asked to complete a questionnaire which was followed with discussion of their answers.

As a result of the surveys and discussion with students we recommended the school increase education and discussion on safe sex and STI's particularly around Chlamydia and healthy relationships. Youth Health – Burnie subsequently partnered with Smithton high School to deliver 6 sessions.

Careers Expo stall – exploring students response to the 'BIG Q's'



A local careers expo aimed at grade 9 – 12 students from both High Schools, provided opportunity for us to get students thinking about how they feel when they are asked the big Q's: "What are you going to be when you grow up?" and "What are you going to do with your life". We engaged students in making an origami heart providing chance to speak with them whilst they were busily folding. Students were asked to write how they felt about the 'big Q's' on their heart and pin it on the board we had set up for everyone to see and reflect upon.

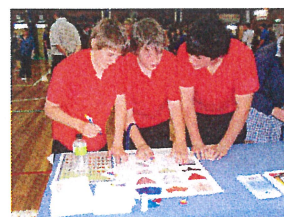
Students were also given a wallet card containing mental health support services #'s, affirmation cards and if necessary, information on depression and anxiety.

National Youth Week 2011 – Youth Expo

Youth Expo was a massive regional event held at Devonport Recreation Centre on Friday May 8th as part of National Youth Week celebrations. It was a joint initiative between Rural Health Tasmania and Councils from Circular Head, Waratah Wynyard, Central coast, Burnie and Devonport.



The free event was for students from all over the North West and West Coasts of Tasmania and was focused on educating students about local services available to them, youth issues and of course – having FUN! A total of 130 from both local High Schools attended on the day. 24 'stations' with information, entertainment and activities were offered on the day.



Students completed surveys on the day – the data of which we compiled to provide youth organisations across the West and North West with a snap-shot of the issues effecting young people in these areas. Road deaths and traumas; self harm / suicide; drug / alcohol abuse and being / feeling safe were their primary concerns.

National Youth Week 2011 – Own It. Youth Fest



Own it Youth Fest was a joint initiative between the Youth Leaders of both High Schools, the Circular Head Youth Leaders, Circular Head Council, Circular Head Aboriginal Corporation and Rural Health Tasmania.

It was a thank you to the youth who contribute so much to our community and an opportunity to showcase our youth, have fun and try new things. It was a jam-packed, super fun day attended by a broad section of the community – but mostly 12 – 17 year olds who enjoyed a range of activities including: Australian Idol finalist, Casey Barnes; local band Idol Fret; NW Coast Break-dancers; Vertigo Rock Wall; Sumo suits; Bucking Bull; face painting, tattoos; Reptile Rescue; hair spraying; mocktail tent by the Red Cross; food; pie and donut eating competition and an ‘Australian Idol’ competition!!!



Guides visit

I was asked to visit the local Guide troupe for one of their Health Badges. I spoke with them about Rural Health and my role here plus undertaking some fun activities together.

We also did some fun activities around mental health - getting the girls to think about what makes them feel safe and happy and exploring the impact of negative thoughts.



Australia Day – raise the profile of the arts activity

On Australia day, Circular Head Arts and Rural Health Tasmania came together to give the community the opportunity to express what the day meant to them. Young and old were invited to write their response on laminated gum leaves which were tied to old gum branches to create ‘Australia Day Trees’. Here are some of the comments written on 100 leaves in response to the question “What does Australia Day mean to you?”:

“A good life in a good country.” “What wonderful opportunities we have if we choose them. Australia day is a time to reflect and appreciate the community spirit of the day.” “Celebrating a great nation with the people I love.”



The trees were later displayed in Rural Health for the community to enjoy.

Out in the cold



Kate and Griffin took part in the event; 'Out in the Cold' to raise awareness of homelessness in Tasmania. It was a great chance to challenge ourselves and to come to an appreciation for the comforts and supports we often take for granted.

Family Planning Tasmania (FPT) – educator visit

Kate arranged for FPT Educator, Annette Yaxley to speak at SPAN. She provided the group with an overview of FPT, their resources and education programs. She also 'threw in' some interesting facts about STI's and sexual behaviour that had everyone riveted! We all left with plenty of resources too.

World Contraception Day

To promote this world contraception day, we created a window display featuring (the highly virile) rabbits, giving facts about emergency contraception and encouraging people to get accurate facts about contraception that is suitable for them.



Smithton High School - CHIC2 girls



Kate has facilitated some sessions with some girls from Smithton High School on a range of topics including self esteem, self talk and attitude. A popular activity was the a "Gratefulness Exercise"

For one day they chose to become aware of all that they have in their life that they can be thankful for. They deliberately took notice of these things and thanked people for all they do for them. Here are some of their reflections from the day:

"A smile to someone could make their day or give them a nice compliment just to feel loved." "Even if it's a little thing, say thank-you." "Be grateful for what you have – today!" "If I have to say thank-you to see someone smile – I will"

Resources for the community

Committed to providing accurate, concise information for the community, we often add resources to the Rural Health lending library. This year we added an extensive section on puberty including information regarding young people with special needs; communicating more effectively with teens; and survival guides for teens.

Client Support

An integral function of this team is to support young people in Circular Head with various financial, family and health needs. We work directly with youth or provide support and/or resources to their parents, guardians or school.

This assistance can be long or short term, intensive or intermittent. Modes of assistance include: advocacy; referrals; provision of information; funding for essential health services and/or health items through the youth health fund; counselling; life coaching; transport; mediation; form filling; and resource provision.

Networks

Service Providers Access Network: sharing info and ideas with service providers for Circular Head.

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

Youth Leader groups x3: Circular Head Youth Leader's, Smithton High School's Student Executive Council, Circular Head Christian School's Leadership Team: an opportunity to listen to young people's issues, ideas and concerns, provide support and feedback, assist with events and link them with appropriate organisations / service providers.

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

In addition to the formal networks attended, we took every opportunity to put the issues experienced by Circular Head youth on the agenda. Some of the avenues used to achieve this were: breakfast with Ruth Forrest MLC; a luncheon for anti-poverty week; the Tasmania Together Forum; feedback sessions at Smithton Primary School; meetings with Smithton High School and Circular Head Christian School; discussions with Circular Head Council staff and Councillors; newspaper articles and window displays.

A bit about Griffin

An integral member of the team, Griffin Blizzard is more than an assistant.



He is a young man committed to his community and the youth within it. He always gives 100% to his work and his enthusiasm and willingness to give everything a go is an inspiration to all around him. Apart from his membership in various groups, Griffin is a Circular Head Youth Leader and Co-Captain of his school's Leadership Team. Griffin was awarded Young Citizen of the Year 2010 and was appointed to the Tasmanian Steering Committee 2011.

Under Kate's supervision, Griffin commenced a school based traineeship – an opportunity to further consolidate his knowledge and skills.

Here's a message from Griffin

"I believe that at the heart of our team is a passion to help the youth of Circular Head with their issues in order for them to live productive lives. We try and accommodate for their needs and lead them in the right direction.

We also try and engage the youth of Circular Head by providing programs or events that encourage the youth and the community to get involved and come together as a community.

We are here to just HELP the youth and the community in any way we can. We are just the tools that make the ideas come to life."

Audit Report and Financial Statements

Period ending 30th June, 2011

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 2011. 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 2011. The rules relating to the administration of the funds have also been observed.



Date: 10th September 2011

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

**RURAL HEALTH TASMANIA INC.
CONSOLIDATED BALANCE SHEET
AS AT 30TH JUNE 2011**

2010

MEMBERS' FUNDS

Opening Retained Profits	819442	561537
Profit/(loss) - Main Account	-27694	26807
Profit/(Loss) - Special Projects	161004	279835
Profit/(Loss) - Literacy	50336	-48737
TOTAL MEMBERS' FUNDS	<u>1003088</u>	<u>819442</u>

Represented by:

CURRENT ASSETS

ANZ - Main	37560	85327
ANZ - Leave Provision Account	29751	0
ANZ - Special Projects	47658	89880
ANZ - HIPPY	201241	341550
ANZ - Literacy	142967	86048
ANZ Online Saver - Special Projects	52179	0
ANZ Online Saver - HIPPY	261161	0
ANZ Online Saver - Literacy	6493	0
Short Term Loan	4000	0
	<u>783010</u>	<u>602805</u>

FIXED ASSETS

Plant & Equipment	98697	62519
Less Accumulated Depreciation	-47744	-38732
Respite House - Building	245986	245175
Less Accumulated Depreciation	-8575	-6437
Respite House - Furniture & Fittings	41231	41231
Less Accumulated Depreciation	-19319	-15456
	<u>310276</u>	<u>288300</u>

TOTAL ASSETS

1093286 891105

CURRENT LIABILITIES

Australian Taxation Office	40915	26611
Provision for Annual Leave	21115	19020
Provision for Sick Leave	11096	11096
	<u>73126</u>	<u>56727</u>

NON-CURRENT LIABILITIES

Provision for Long Service Leave 17072 14936

NET ASSETS

1003088 819442

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 2011**

	TOTAL	2010
INCOME		
Grants Received	1033474	931674
Interest Received	15246	
Other Income	7580	15588
Rent - Respite House	35932	39150
Administration & Fundraising	32319	35651
	<u>1124551</u>	<u>1022063</u>
EXPENDITURE		
Administration	28807	33353
Advertising	3570	7498
Audit Fees	5070	3989
Bank Charges	1421	1074
Building W/Off	2152	2152
Cleaning	4051	0
Depreciation	12875	8439
Electricity	5486	4852
Equipment Expenditure	1337	1550
Insurance	5564	4021
Leasing Charges	14238	7400
Motor Vehicle Expenses	37101	27937
One Off Grants	23561	6658
Printing & Stationery	4471	7530
Program Expenditure	82669	91457
Rent & Rates	20062	21586
Repairs & Maintenance	222	312
Respite House - Operating Costs	17751	5001
Staff Amenities	3523	4569
Superannuation Contributions	48890	36542
Telephone	6604	6578
Training	30850	16825
Youth in the Park	605	2182
Wages	573371	435771
	<u>934251</u>	<u>737276</u>
NET OPERATING SURPLUS (DEFICIT)	190300	284787
LESS OTHER EXPENSES		
Long Service Leave - Increase	2136	2280
Sick Leave - Increase	0	11096
Annual Leave - Increase	2095	8593
Repayment of Unexpended Grants	1700	4913
	<u>5931</u>	<u>26882</u>
NET SURPLUS (DEFICIT)	<u>184369</u>	<u>257905</u>

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 2011**

2010

INCOME

Grants Received - Hippy Grant - DEEWR	430347	489048
- Our Space	42192	0
- One Off Grants	8318	29539
Program Fees	1249	2223
Administration & Fundraising	32319	35651
Room Hire	6311	3110
Interest Received	13340	
Insurance Proceeds	0	7505
Mental Health Support	0	2700
Donations - CORES	20	50
Rent - Respite House	35932	39150
	<u>570028</u>	<u>608976</u>

EXPENDITURE

Adiminstration - Hippy	26663	30821
Bank Charges	792	364
Cleaning	4051	
Building W/Off	2152	2152
Depreciation	11569	6772
Motor Vehicle Expenses	28352	20634
One Off Grants	23561	6658
Our Space Grant	12896	
Printing & Stationery	2235	2043
Program Expenditure	25463	32967
Respite House Operating Costs	17751	5001
Superannuation Contributions	17888	14859
Training	15875	8898
Youth In The Park	605	2182
Wages - HIPPY	218220	190177
	<u>408073</u>	<u>323528</u>

NET OPERATING SURPLUS/(DEFICIT)	161955	285448
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LESS OTHER EXPENSES

Annual Leave Increase/Decrease	-749	1828
Sick Leave Increase	0	3785
Repayment of Unexpended Riding Safely Grant	1700	0
	<u>951</u>	<u>5613</u>

NET SURPLUS (DEFICIT)	<u>161004</u>	<u>279835</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 2011

		2010
INCOME		
Grants Received	419284	413087
Interest Received	413	0
	<u>419697</u>	<u>413087</u>
EXPENDITURE		
Advertising - Centre	423	6048
Audit Fees	5070	3989
Bank Charges	405	669
Depreciation	1306	1667
Electricity	5486	4852
Equipment & Consumables	1337	1550
Insurance	5564	4021
Leasing Charges	5269	7400
Motor Vehicle Expenses	6166	3490
Printing & Stationery	2236	5487
Program Expenditure	33778	54694
Rent & Rates	20062	21586
Repairs & Maintenance	222	312
Staff Amenities & Cleaning	3523	4569
Superannuation Contributions	26402	19225
Telephone	6604	6578
Training	14975	7927
Wages	<u>302916</u>	<u>214095</u>
	441744	368159
NET OPERATING SURPLUS (DE	-22047	44928
LESS OTHER EXPENSES		
Long Service Leave Increase	2136	2280
Annual Leave Increase	3511	4395
Sick Leave Increase	0	6533
Regional Health Service - Excess	<u>0</u>	<u>4913</u>
	5647	18121
NET SURPLUS (DEFICIT)	<u>-27694</u>	<u>26807</u>

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

**RURAL HEALTH TASMANIA INC.
LITERACY
FOR THE YEAR ENDED
30TH JUNE 2011**

2010

INCOME

Tas Community Fund	133333	0
Interest Received	<u>1493</u>	<u>0</u>
	134826	0

EXPENDITURE

Administration	2144	2532
Advertising	3147	1450
Bank Charges	224	41
Motor Vehicle Expenses	2583	3813
Leasing Charges	8969	
Program Expenditure	11255	3796
Superannuation Contributions	4600	2458
Wages	<u>52235</u>	<u>31499</u>
	85157	45589

LESS OTHER EXPENSES

Annual Leave Increase/(Decrease)	-667	2370
Sick Leave Increase	<u>0</u>	<u>778</u>
	-667	3148

NET SURPLUS (DEFICIT)

<u>50336</u>	<u>-48737</u>
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These accounts should be read in conjunction with
the attached Audit Report of Active Accountants