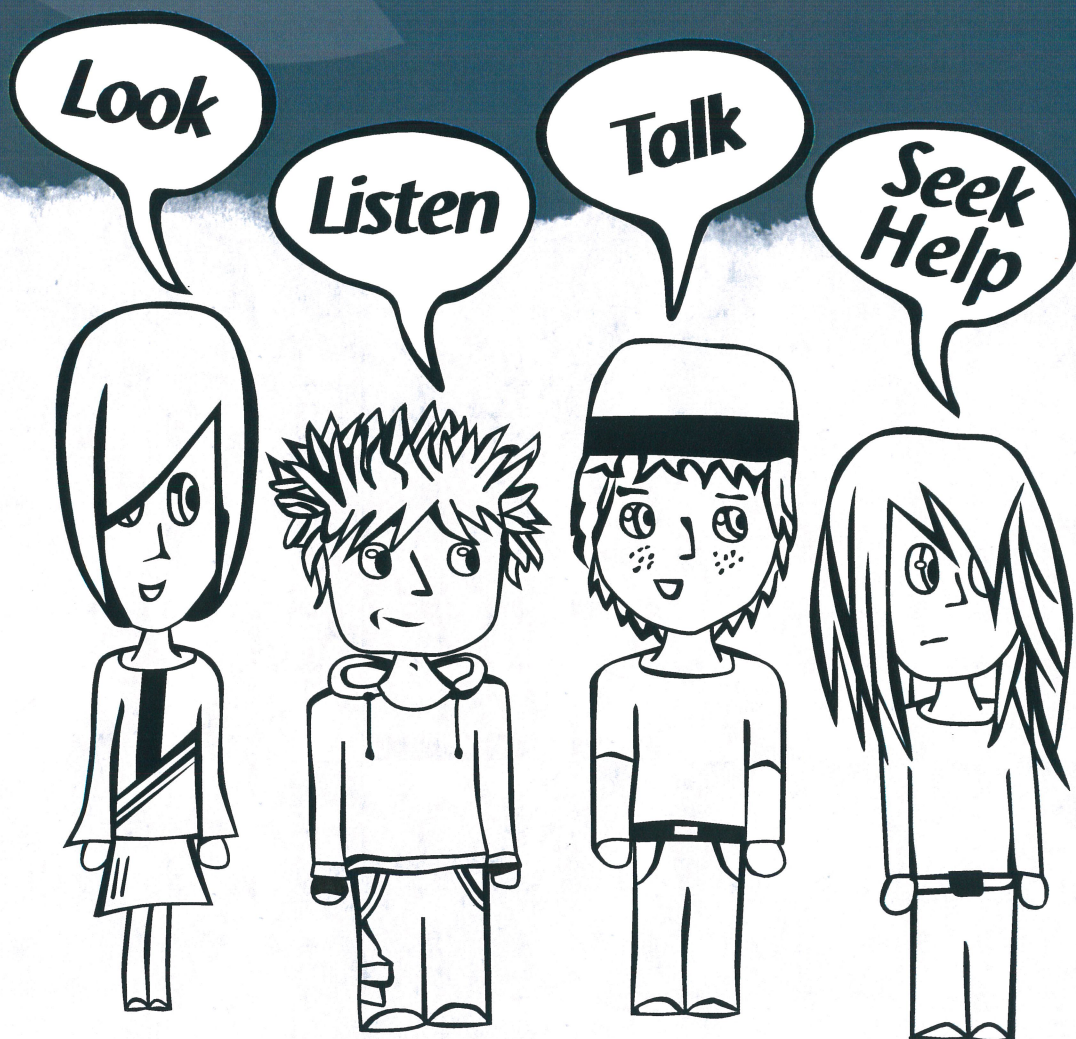


RURAL HEALTH  
TASMANIA INC



# ANNUAL REPORT 2012







# ANNUAL REPORT - 2012

**Cover: character art by Daniel French**

“Mental health problems and illness affects 1 in 5 young people yet the issue 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)

In response, Rural Health Tasmania and Smithton High School partnered to create a vehicle by which we hoped to kick start conversations about youth mental health and encourage everyone to ‘Split the Silence’ and “Look, Listen, Talk & Seek Help”. Four short films, a booklet full of facts about youth mental health and four 1.2m high stand-alone characters displaying the messages: ‘Look’, ‘Listen’, ‘Talk’, ‘Seek Help’ (depicted on the front cover) have become useful tools in the campaign to get people talking. The youth friendly images carry a simple message and the boards have the capacity to display flyers on each of the topics “Look, Listen, Talk & Seek Help” enabling people to gain further information and/or support.

The characters designed by local 15 year old artist, Daniel French have been seen by hundreds of people of all ages along the North West Coast of Tasmania.

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## **Words from the Chairman – Daryl Quilliam**

I highly recommend this Annual Report for 2011 – 2012.

I have been thrilled to have witnessed many positive changes at Rural Health over the years of my chairmanship. In this Annual Report you will read about the many achievements of clients and community members as well as programs and staff.

There are many people to thank for such a successful year. I am again thrilled with the professional way our Manager Di Murphy and all staff members have given their utmost to assist clients and we thank them for their dedication and hard work. During the year we welcomed Kimberly Brown and Claire Lenne to our team and Board reports tell us they are already making major contributions to their program areas.

It was disappointing that the HIPPY program was reduced this year as it is a most wonderful opportunity for families with pre-schoolers. I hope that the program can return to full strength in the next two years.

A sincere thank you to the highly skilled members of the Board who are all volunteers dedicated to the wellbeing of the organisation and the community.

I know that the Rural Health team has worked hard to increase opportunities for collaboration and networking. I thank those individuals, groups, organisations and institutions who have become our partners.

To our sponsors, thank you for your belief in our staff, programs and services.

Daryl Quilliam  
September 2012

## **A message from the Manager – Di Murphy**

It has been another interesting year at Rural Health, yes I know, I say that every year! The illuminating, creative and sometimes sombre representations of our daily work in this service are represented wonderfully by the Coordinator reports contained in this document. I know you will enjoy spending some time reading about Rural Health's achievements over the past year.

Most program areas have demonstrated a strengthening and expansion of their potential during this past year. One example of this occurred in the area of Health Promotion after Claire Lenne and Karen Cardillo attended 'Bridges Out Of Poverty' training. The information they brought back to the organisation has delved into and impregnated our consciousness encouraging positive and valuable changes to our service delivery methods. A specific example of this is with the Wedge Street program, coordinated by Karen.

Rob Hill's Literacy Program has had an extremely successful year with the delivery of dozens of programs to hundreds of willing and enthusiastic participants. It is with some sadness that we come to terms with the knowledge that the program will be completed by May 2013. We are comforted by the awareness that so many people on the West Coast, in Burnie and all across Circular Head have benefited by a broad range of valuable literacy projects.

We said goodbye to a long term counsellor and friend with the retirement of Tony Bowring last year. Replacing Tony seemed a daunting task. We were thrilled when Claire Lenne accepted a position and has taken up her role with energy and skill. Claire has recently completed Sandplay Training in the U.S. and we look forward to the integration of that therapy into her work here at Rural Health.

Kate Cross has managed an ever expanding Youth & Community Development team, with trainee Griffin Blizzard, assistant Kimberly Brown and Rohan Chilcott facilitating the DRUMBEAT program. Kimberly was a most welcome addition to the team after her time as Coordinator of the Seven Up youth centre. The question on our mind is always:- how can we best serve the young people in the community across a complex and diverse range of needs? When you read Kate's report you will be captivated by the thoughtful, innovative and successful way Kate and her team have assisted with youth health development.

I would like to give HIPPY a special mention. As I write this message we are still waiting to hear whether funding is secured for 2013 and beyond. There was only a Year 4 intake this year and there was work for only two tutors so sadly we said farewell to Jody White and Jocelyn Harrisson. In many respects all HIPPY staff members have had to endure periods of very low morale this year. I want to acknowledge the program coordinators, Leanne Marsden, Joanna McKean and Laura Strohfeldt who have encouraged their tutors and maintained high numbers of participating families while simultaneously having to deal with their own job instability.



Health Promotion projects and activities during the year have included Co-Pilots, a Health Expo, Real Families, CORES suicide prevention training, parenting classes, Knowing & Growing, Wedge Street morning teas, school holiday programs and CHILL OUT. Karen Cardillo has driven many philosophical and practical changes to the planning and delivery of activities in Health Promotion. Much of this has come from the 'Bridges Out Of Poverty' training that reminds us that poverty is relative, there is a difference between generational and situational poverty, we cannot blame the victims of poverty for being in poverty and that education and relationships can help people to make positive change. I look forward to the continuation and consolidation of these new principles in our health promotion work.

It has been highly evident this year that our continued efforts to work collaboratively with other service providers is coming to fruition. Examples of this are the Youth Health team working with a newly formed Youth Network and Karen working with the Maternity Liaison group.

Our service to community members could not be managed effectively without the efficient administration team of Sarah Mahoney and Cassi Kingston. Sarah and Cassi are the friendly faces and voices at the forefront of our service, a most important duty and integral to the reputation and professionalism of our service. They both provide proficient management assistance and Sarah also ably administers the financial services.

Maintaining a balanced and healthy work culture at Rural Health is high on our importance register. Staff members make an effort to attend Wednesday morning debriefing sessions. While these have not been as regular as we would have liked we are hoping to have these valuable sessions firmly in our weekly schedules during the next year. The sessions provide informal peer supervision and debriefing that is most welcome and often timely for hardworking staff.

We also appreciated the attendance of Larry Kalender, the Manager of Centacare, who offered free supervision sessions for staff throughout this past year. There were other opportunities for fun – past and present staff and members of the Board gathered for a 10th anniversary cocktail party last August. A staff retreat at Golden Valley offered an opportunity to eat beautiful, nutritious food, unwind in a natural environment, socialise, debrief, learn from each other and play. My hope is that we can enjoy such a retreat once every year.

At the end of 2011 I was privileged to be able to take long service leave, arriving at my daughter's home in NSW two hours before the birth of my second granddaughter. I wish to extend my sincere appreciation to Joanna McKean and Karen Cardillo for taking over my tasks during that time. I returned with renewed energy and appreciation for all the wonderful staff at Rural Health who facilitate such important work in this community.

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 my queries and tirelessly provide support and guidance, and for this I extend my sincere gratitude.

The coming year brings a vision of working more closely with the most disadvantaged in the community. This will include working hard to further develop programs and services at the Wedge Street house, expand our services to youth people and enhance our Health Promotion program across the whole community.

A part of my mission for the next year is also to attain funding for training to ensure staff members can maintain and grow their areas of expertise and continually provide the best possible service and expertise to the community.

Dianne E. Murphy  
September 2012



## Board of Management

During the 2011/2012 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

## Staff Members

### Smithton Staff

Di Murphy, Karen Cardillo, Monica Moore, Sarah Mahoney, Cassi Kingston, Angela Stewart, Kate Cross, Kimberly Brown, Griffin Blizzard, Rob Hill, Rohan Chilcott, Ron Blume, Claire Lenne, Lois Gray, Tony Bowring, Lyn Dickson, Teagan Stanley. Jenny Lawes (Contractor).

### HIPPY – Smithton

Leanne Marsden, Annabel Dixon, Emma Thompson, Jocelyn Harrisson, Vicki Sullivan, Jody White.

### HIPPY – Burnie

Laura Strohfeldt, Deborah Heazlewood, Nicole Walters, Nicola Rawlings, Maree Yaxley, Kellianne Williams.

### HIPPY – West Coast

Joanna McKean, Narelle Mather.

## **Thanks to our Sponsors**

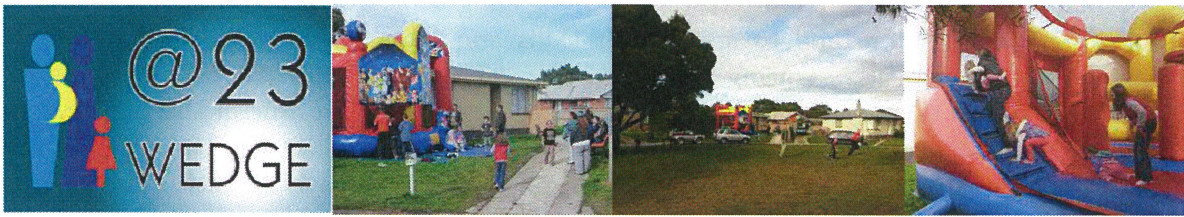
- Commonwealth Department of Health & Ageing through its Rural Primary Health Program
- Commonwealth Department of Employment, Education and Workplace Relations
- Tasmanian Community Fund
- Circular Head Council

## **Community Partnerships**

- Circular Head Council
- Circular Head Aboriginal Corporation
- Smithton High School
- Smithton Primary School
- St Peter Chanel Primary School
- Redpa Primary School
- Forest Primary School
- Stanley Primary School
- Edith Creek Primary School
- Circular Head Christian School
- Smithton Maternity Liaison Group
- Circular Head Youth Leaders
- Circular Head Youth Network



## Health Promotion



During the year we commenced a weekly morning tea program at the Wedge Street House. Due to interest from the women who attend, we now either bake morning tea together, or cook a light snack for lunch. This has been driven by interest from the participants, with some of the morning activities continuing until around 1 pm. The women have started to take turns to make a favourite dish, with each person compiling a list of ingredients required, and then showing all those who attend, how to make the dish. This has really given the ladies a sense of ownership, and each week they discuss what recipe will be featured the next week.

The opportunity to discuss parenting issues, health related topics and relationships occur each week. At one session, I was able to weave into a conversation I was having with one lady (whilst I was painting her nails) the importance of eating fresh vegetables to improve overall health and therefore improving her nail and hair health (which was of interest to her). She appeared to be quite surprised that there was a connection between her diet and her appearance / body. We remain excited about the potential for activities at the house to provide the ideal environment for sharing health and wellbeing information.

### **School holiday program**

June School Holiday activities. We commenced the program with a Jumping Castle and Sausage sizzle day (as a draw card), and managed to attract 30 children and 15 adults to the event. The following days were in a free form format, with no structured activities in mind. The children led the kinds of activities and games they wanted to engage in. With assistance from Griffin, Rohan, and Glenda Maher, the day was full of wonderful interaction with the children as well as their parents. We have had giant sized chequers, scavenger hunt, baking, origami making, nail painting, football, soccer, baseball...the list goes on and on..... The numbers have continued to be much higher than in the past, with up to 25 people attending each day.

Some of the parents were engaged enough to make me a hot drink, as well as one lady staying back to help clean up each day. On the surface this may appear insignificant; however, we know that this interaction and behaviour has the potential to lead to more positive engagement through the Wedge Street House Activities programs (for young and old!)

### **Circular Head Information and Lifelong Learning On Universal (CHILL OUT)**

It is a group of interested, interesting and engaging senior citizens who meet weekly to be informed, inspired and to share their skills and knowledge. Group members also invite others to speak. During the past year CHILL OUT met 46 times. It is not possible to list all their topics but here is a selection – Garden tour of the U.K., Felting, Asian bee invasion, Australian bush poetry, Kidney health, Collecting chairs, Water tank safety, Beyond maturity blues, Young endeavour trip and What is Easter?. The group is coordinated by Karen Cardillo.

### **C.O.R.E.S (Community Response to Eliminating Suicide)**

This program now has four Circular Head team leaders, Di Murphy, Karen Cardillo, Fiona Howard and Monica Moore. Two one day courses were run during the past year including one for Smithton High School. We continue to offer four or five courses per year and they are run dependent on numbers. There has been one suicide in Circular Head during the past year.

### **Co-Pilots**

Co-Pilots is a mentoring program that we have been involved with for many years in collaboration with Smithton Primary School. Karen and Di have had the opportunity to mentor six girls from Grades 5 and 6. This year's mentoring project involved researching the social aspects of the 1940s, speaking with and recording comments about that time with octogenarians who reside at Emmerton Park aged care facility.

### **No Butts Smoking Cessation Program**

This program is designed to help willing participants to build motivation, confidence and the capacity to quit smoking. The course is made up of four topics and is run over four weeks. Karen is now a trained facilitator and has delivered one program. We will deliver further sessions when we have enough interested participants.

### **Real Families and Parenting**

During 2011 a number of staff attended Real Families sessions at Smithton Primary School. We worked with a small number of young people, mainly from Grades 3 to 5. We researched and conducted activities that were designed to lift the self-esteem of young people. We attended the school twice per week during the third term of 2011. A six week parenting course was conducted with a small number of attendees. Topics included in the sessions were Expectations, Understanding behaviour, Why crying is important, Descriptive praise, Age appropriate play, Boundaries, Reflecting and Self care.

### **Knowing and Growing**

This great support group for young mums was organised by Angela Stewart. The group offered mums the opportunity to socialise, hear interesting guest speakers as well as gain general information on breastfeeding and parenting. The group met 24 times over the past year with 88 participants. Angela organised a mix of coffee and chat mornings as well a range of guest speakers who spoke about nutrition and weight loss, play gym, infant massage, food intolerances, toilet training, reading to children and swimming safety. The families also enjoyed a wonderful Christmas party to finish off the year.



## Health Expo and Community Forum

Last August we held a very successful health 'week'. Dr. Rosie King gave an interesting evening address to 70 attendees on Positive Ageing. The next day we held an Health Expo at the Smithton Recreation Centre. There were a total of 36 exhibitors, including Rural Health programs on the day and was attended by 260 people (not including children).

We were thrilled to have Stewart Auckland from the University Department of Rural Health speak on the topic of Healthy Farming Families. Aurora also spoke on energy efficiency to a very interested audience.

Among the exhibitors there were representatives and displays from the Cancer Council, Adult Literacy, Child Care Centres, Volunteering Tas., Youth, Alcohol & Drugs, Circular Head Council, Carelink, Standby Response, Anglicare, Centrelink, Wyndarra and the CH Aboriginal Corporation.

## Health Promotion Training

Bridges Out Of Poverty, Australian Institute of Family Studies Conference, Linking Up Conference, Trauma Recovery/Mandala workshop, CORES facilitator training, Gestalt personal therapy, No Butts Smoking Cessation, Mandatory Reporting.

Health Promotion Networks – Maternity Liaison Group, CH Community Disability Support Group, Health Promotion Network NW, CH Emergency Management Committee.

## 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. Classes were held for TCA beginners (9 participants) and an advanced group (6 participants) from mid July to end November 2011. From early February 2012 to end March 2012 we kicked off with another beginner's class (11 participants). TCA Part 2 classes (7 participants) commenced at the same time. 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 enjoy it. Three advanced students from the previous year also came along to practice their Tai Chi as they were keen to continue with a class. It can be very challenging for some people to slow down to the pace required for Tai Chi so it is pleasing to see the continued interest. Tai Chi is held on Friday afternoons for a gold coin donation.

A Tai Chi demonstration was given at the Smithton Hospital in October 2011 and also at CH Kilos 4 Community Program in February 2012 to encourage participants to consider Tai Chi as an alternative exercises program.

Comments about what participants have gained from TCA include;

"Give me something to make sure I practice & seems to calm the mind."

"Learnt extra skills with coping with life difficulties, understanding of being balanced."

"Peace of mind that exercise doesn't have to be painful."

"Gentle exercise & good brain exercise."

"Better movement, loosens muscles. Relaxation."

"Friendship. Sleeping better. Calmer."

"Concentration, mild exercise, co-ordination (learning!)."

"An easy exercise routine that helps with arthritis & balance."

"Back care – Building core muscles, strengthening muscles."

"How to distribute balanced energy evenly throughout the body. Using the 6 Principles + 10 Essential Points + great faith & belief, I recently overcame an inability to walk without an aid, caused by a brain tumour."

" Sleeping better & more relaxed."

" Learning a new sport which exercises my mind and body."

" I think that it has helped me with my joint movements."

" More energy – more upright."

" The art of slowing down, better focus."

" I did it years ago, it has got me going again. I appreciate the opportunity."

" Relaxation, balance, co-ordination."

"Makes me get up and do the routine at home, helpful with memory too."



## **Rural Health Newsletter**

The Rural Health e-news is distributed monthly to all staff. It is a way of keeping all sites informed on all programs operating throughout Rural Health Tasmania. Articles and photos of individual programs are contributed by staff and then compiled by Monica Moore along with any articles of interest, dates to remember and reminders about events. Also included are notices of any other community programs or workshops currently running that may be relevant to staff at Rural Health.

Feedback has been very positive. All staff appreciates and enjoy reading about what everyone has been doing as it is difficult to get everyone together on a regular basis for staff meetings. It has also opened up an avenue for resource sharing. Several staff members are profiled in each edition so that all staff & the Board get an understanding of their position in our organisation.

Karen Cardillo, Monica Moore & Di Murphy  
Health Promotion

# HIPPY

## Home Interaction Program for Parents & Youngsters



**HIPPY Burnie** (2011 – 2012)

### Events

Sept 2011

HIPPY Week and HIPPY Burnie's 5<sup>th</sup> Anniversary & Site visit with Christine Wakeham, HIPPY Aust Consultant.

A huge celebration at HIPPY Burnie. Christine's 3 day site visit included attending our group meeting, a giant present (with the most wonderful contents), cup cake decorating (and eating, of course), a library on the lawn (in Boxtown) where we sang and danced (around a maypole). Mums drank champagne (non alcoholic sparkling wine) and there were so many balloons.

We do know how to throw a party at HIPPY Burnie!

### Consultation Meeting

In **October, 2012** representatives (Coordinators and one or two home tutors) from all Tasmanian HIPPY sites met in Launceston for a consultation meeting. We reviewed all age 4 and age 5 materials with HIPPY Australia research team from Monash University. It was unfortunately the day after the announcement that no Tasmanian sites were to receive the one off funding for a 2012 intake of 25 children. Despite the sombre mood everyone shared their ideas and insights in a professional and respectful manner. New materials will be in use in 2013.

### HIPPY Graduation & end of year Party – December

THIS is what it's all about !!!

Two years of doing HIPPY activities with Mum and Dad . . . and this is how they feel – so proud (*and rightly so*) (Photos above).

I'm not sure how we manage it, but it seems we're not content to have our biggest event for the year (Graduation) coincide with some other event. Last year we walked in the Burnie Christmas parade after our graduation!! Well, 2011 was almost as full on with the Rural Health Christmas lunch in Boat Harbour on the same day. Some last minute change of plans, and we made it!! We did have our doubts, but it's amazing what can be done when we really want it. We had over 100 people come to see our Age 5 Graduates and Age 4 children receive their medals and certificates.





The children played games, they sang and danced ate cake and sandwiches, fruit and popcorn. HIPPY Australia's Tasmanian consultant Wendy Armstrong came along - it was a lovely day!

With only Age 5 children in 2012 we had to farewell 3 of our 2011 tutors at Graduation. Maree Yaxley, Nicola Rawlings and Kellianne Williams left us. Our two amazing tutors for 2012 are Nicole Walters and Deb Heazlewood.

This will be my last annual report for Rural Health Tas and HIPPY Burnie. It's been 10 amazing years (on and off) with Rural Health and the most wonderful, joyous 6½ years as Coordinator of HIPPY Burnie. I feel honoured and blessed to have worked with such amazing people on our lovely little program.

HIPPY really is the bomb!!  
Laura Strohfeldt





## HIPPY Smithton

HIPPY stands for Home Interaction Program for Parents and Youngsters. It is a two-year home-based early childhood enrichment program, providing fun and stimulating learning experiences and activities. It costs nothing to join HIPPY, as this program is fully funded through the Australian Government Department of Education, Employment and Workplace Relations (DEEWR).

A trained Home Tutor supports parents with fortnightly home visits to explain and demonstrate the activities. Parents then spend around 15 minutes each weekday doing an activity with their child. This enhances the relationship between parent and child as well as promoting school readiness through activities like drawing, cutting, listening, and sound and letter awareness.

Parents meet in a group each fortnight to practice new activities, meet other parents, share ideas, learn about child development and hear about other local services.

With the announcement of the unsuccessful Expression of Interest for funding for an intake of children for 2012, it was a bitter pill for the Smithton HIPPY team to swallow. The consequences were reduced hours for the coordinators and two of the four tutors lost their positions. We said goodbye to two of our tutors at the end of 2011. Both, Jocelyn Harisson and Jody White volunteered to leave the HIPPY team for new positions or continue in their studies.

Hopefully the new round of funding will commence in 2013, and we will be successful as we have been in the past. This program undoubtedly has had a positive effect on many children's school preparedness in the Circular Head area.

In 2012 our focus was the Age 5 families that gave us the opportunity to develop our skills in delivery of the Age 5 program. The HIPPY team concentrated particularly on communication skills and the use of open ended statements to generate conversations with parents, giving parents more opportunity to take ownership of their child's learning.

The Age 5 program differs from the Age 4 program by presenting a Parent Pack as well as the Children's Activity pack. The new pack focuses on extra information about the learning and outcome from each activity plus other relevant information of interest to the parent on their child's development. It also highlights how HIPPY, the school and the parent will/can support their child's development in specific areas. From feedback I am receiving, parents are enthusiastically participating in the new delivery style of the Age 5 program by the tutors.

Focusing on the Parent Pack during delivery and role playing the children's activities and explaining the relevance between the two packs, has given greater understanding to the parents of their child's personal development. The Parent Pack has created more interest from the parent in their child's development, which is a fantastic result. Hopefully this will lead to further participation from the parents in the child's formal education.

### **Home Tutors**

In the latter part of 2011 the HIPPY team consisted of Jody White, Jocelyn Harrison, Emma Thompson and Annabel Dixon. Jody's son and Jocelyn's daughter both graduated from HIPPY in 2011. Emma's daughter and Annabel's son will be graduating at the end of 2012.

It was a fantastic group with each tutor bringing their unique talents to the team. During the year the tutor's confidence grew and they were facilitating workshops at group meetings, providing great ideas and activities. The tutors supported their families at home visits by suggesting ideas of how to generalise the HIPPY activities in to everyday life. The team did an incredible job retaining most of their families for 2012.

During the year the tutors attended a variety of workshops to add to their qualifications and work experience; these included such topics as; First Aid Training, CORES and a Mandatory Reporting workshop.

The HIPPY team for 2012 consisted of Emma Thompson and Annabel Dixon who continue the good work. Emma, supported by Annabel, has been organising some marvellous children's activities for the group meeting, which has expanded on the HIPPY teachings.

### **Group Meetings**

Fortnightly during 2011, on alternate Mondays and Thursdays, combined group meetings were held for the Age 4 & 5 parents. Tutors delivered HIPPY Packs to the parents through role play and discussion. Creating a supportive group environment through initiating open conversations between parents, an array of relevant topics were discussed during the year. Parents were also entertained with guest speakers addressing particular themes chosen by the parents. This included sessions in First Aid information, gardening, children's holiday crafts and the ever popular, cup-cake decorating.

Whilst the parents were pre-occupied, children were entertained in another room by tutors and carers. The children always enjoyed the cooking sessions, especially making personalised pizzas. Creating little gardens on the backs of egg cartons, caterpillars encouraged new little gardeners. Beating drums, shaking rain sticks and stomping feet, was particularly engaging for the boys when doing the letter activities. All the activities foster the learning outcomes of the HIPPY program.

In 2012 group meetings did not commence until July, allowing the HIPPY children and parents to settle into the new routine of school.





### **Outings**

Two outings were organised in the latter of 2011 for the HIPPY families. In September HIPPY visited the Edith Creek Playgroup. The children were entertained and delighted by the art activities available, especially the jelly painting! Patting the blue tongue lizard, feeding the alpacas and going for a ride in a horse and cart produced squeals and laughter from the young and not so young adventurers. Parents from the two groups intermingled, some rekindling old friendships and forming new friendships.

In November HIPPY visited the Vet in Smithton. Amusingly, the children were sure every bone shown by the vet belonged to a dinosaur! After the vets, a HIPPY Hospital was constructed for sick animals.

The children, engaging their limitless imaginations, treated and bandaged their toy animals. During this exercise information was given on the responsibility and care required to own pets.

Outings give parents and children the opportunity to socialise and network within the broader community. Both outings provided lots of fun and laughter, the way we want HIPPY to be. HIPPY is grateful to the community members who support us and make excursions possible.

### **Special Events**

HIPPY National Week

HIPPY had a double celebration on September 1<sup>st</sup>, National HIPPY Week and Rural Health's Tenth Anniversary Health Expo.

It was an impressive day. There was a castle, a glow in the dark tunnel, two photo booths (Dragon & Fairy) and a new game of feeding the bobbin through the chute. There was fishing, mask and shield making, popcorn making and cup cake decorating, lots of fancy dress and face painting. Festivities came to a finale with a celebration cake.

Countless families from Circular Head attended the Health Expo including many HIPPY families. Being involved in community events; gives HIPPY exposure to the community, gives HIPPY family's opportunities to actively participate in the community and encourages social inclusion.



### **Graduation & Age 4 Party**

Fortunately this year we decided to hold separate parties for the Age 4 and 5 children. The Graduation was held on the 1 December and the age 4 Christmas party was held on the 15th. There were fourteen children graduating and with the support from their families the total number attending this event was 58. It was a wonderful night with lots of activities to engage the children. The Smithton Primary Singers donated their time with a musical event and even Santa dropped in.

The Age 4 Party had the same format, except for the singing group (who by this stage were fully booked for Christmas). Fantastically, thirty four children completed Age 4, a great effort by the families and tutors. Wow!!!! Attendance was 109, which kept us all very busy. Thank you to Jo McKean for being out official photographer.

### **HIPPY Materials Review & Development Consultation**

HIPPY Australia has conducted a huge consultation process this year, collecting data to reflect upon the Age 4 and Age 5 activities. Meetings were held in every state with feedback being received from HIPPY parents, tutors, coordinators and consultants. The feedback gathered will go towards the development of new HIPPY materials, which is age appropriate and more Australian orientated.

### **Coordinators' State-wide Network Meeting**

In February 2012, I attended the State-wide Coordinators' meeting in Launceston. The agenda was the delivery of a new training program for tutors, Crossing Bridges, and to brain storm on how to retain families in age 5 and keep them engaged.

The brain storming exercise covered all the triumphs and trials which have happened at each site. This was a great exercise, with new ideas being introduced to trial for keeping families engaged during their last year. These brain storming experiences are vital, as they say, "Why turn the same wheel twice." By sharing ideas it saves a lot of time finding what has/hasn't worked in the past and why. Although it is certainly recognised that every site is unique and each area needs its own agenda.

### **Crossing Bridges**

HIPPY introduced a training program for tutors in 2012, "Crossing Bridges." This is to prepare tutors for the professional work environment and to help develop skills to gain employment. The Coordinator delivers the program to the tutors, preparing them for their future employment by covering such topics as: recognising skills, identifying skills which are transferrable, job applications, resumes, interview techniques, personal presentation, workplace communication and culture, and computer skills.

It takes approximately thirty hours to deliver this training. Burnie and Smithton trained together once a fortnight. This has been a positive experience for the two HIPPY sites.

Laura and I felt confident the girls will have the tools required for a successful future in their endeavour for future employment and career paths. Laura and I discussed how we have seen this training act as a catalyst for the tutors to really think about their futures and careers, which is a fabulous outcome on its own.

The Smithton tutors conveyed to me that they are “getting a lot” out of this training and increasing their confidence. It was lovely to be able to support each other and share our learning. Thank you to Laura and the Burnie girls.

### **Conclusion**

The last twelve months for HIPPY has been challenging in the sense of future security of the program. Being unsuccessful in taking in a cohort of Age 4 in 2012, left our team challenged to maintain optimism and enthusiasm. Congratulations are in order to the tutors as they raised above the predicaments faced and vowed to continue professionally, enthusiastically and remain dedicated to the program. Well done tutors!

HIPPY is a wonderful program to encourage relationships within families whilst parents gain skills in teaching their children and children develop skills in preparation for school. Hopefully HIPPY will be in full swing again next year with new families in Age 4 to commence the learning journey.

Leanne Marsden  
Coordinator





## HIPPY West Coast

### Tasmania's West Coast

The area, which was wild and rugged, remained unexplored until the discovery of tin at Mt Bischoff in 1871. In the years that followed prospectors rushed the area and a certain mining craziness set in. In 1879 tin was discovered at Mount Heemskirk north of the present site of Zeehan. It led to a boom which saw more than 50 companies staking claims over some 6400 hectares of what would prove to be hopeless and useless country.

It is hard to imagine that when Zeehan was a roaring town in the late 19th and early 20th centuries that the Gaiety Theatre, which seated 1000 people, was the largest concert hall and theatre in Australia. Such was its prestige that during that time it saw Enrico Caruso, Dame Nellie Melba and the infamous Lola Montez all treading the boards and entertaining the wealthy miners.

The Gaiety Theatre is still in use today and recently West Coast residents had the opportunity to attend the Tasmanian ballet performance of "The Sleeping Beauty" to a packed house.

In 2011 the HIPPY West Coast commenced with 31 families but with the downturn of the mining industry and many families moving out of the area, the number of families participating in the program dramatically declined over the next twelve months.

Two home tutors resigned and together with Narelle Mather we continued to deliver the program to the remaining families. Group meetings were conducted in the Child Care Centre building in Zeehan which were well attended by the Zeehan families.

The skills Narelle gained as a HIPPY home tutor and her continuing studies in the Certificate IV in Children's Services developed in an opportunity to gain part time employment at the Queenstown Child Care Centre. She was able to commence part time working at the Centre as well as tutoring her remaining HIPPY families.



### Events

We were able to use the Zeehan Child Care Centre for our end of year graduation party for the Age 5 children and their families. All HIPPY families were invited and our special guest was Cathy our first HIPPY tutor who travelled from Ridgley to share in the festivities. Narelle's teenage daughter made and decorated a beautiful "HIPPY" cake which certainly helped to create the party atmosphere.

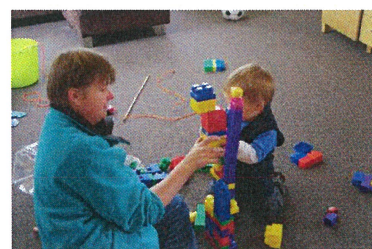
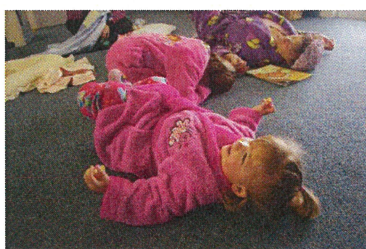
Five children received their HIPPY medals and all HIPPY children received their HIPPY folders. The party atmosphere continued with Christmas gift craft activities, tables laden with healthy food choices and numerous toys and games. After several hours parents took their very tired children home leaving Narelle, Cathy and I to relax and congratulate ourselves on another successful HIPPY event.

### Summary

HIPPY Australia was successful in their application to continue the HIPPY funding with new sites being allocated across Australia. West Coast parents have had the opportunity to participate in the HIPPY program for the past three years and children who have participated, are now enjoying their school experience, or getting ready to commence school next year.

There have been many highlights including the opportunity for tutors to gain employment after HIPPY, and gaining confidence to continue their own learning by enrolling in further education courses. This is an area which HIPPY Australia encourages and has provided resources and training to make this possible.

Jo McKean  
Coordinator





## Learning While Having Fun



During the past year the Learning While Having Fun (LWHF) program has continued to expand and improve on the outcomes in 2010/2011. 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 increase in the number of activity sessions held outside of Circular Head. Having Monica Moore on board has been an asset for the program with her knowledge of the Circular Head area and her skills to lead activity sessions in Circular Head.

The LWHF program has employed Jo McKean one day per week on the West Coast in 2012. Jo lives in Zeehan, has a sound knowledge of the West Coast, is accepted within the local community and has a variety of skills that have enabled her to facilitate numerous activity sessions. Having Jo on the team has been a significant reason for the increased number of LWHF activity sessions that have been conducted on the West Coast this year.

In Burnie the LWHF program continues to flourish. This is a result of significant partnerships that have been developed with local providers and programs, namely the Burnie Community House, HIPPY Burnie, Montello Primary School and the Burnie Polytechnic. Wynyard has proven to be a very difficult locality in which to establish on-going relationships and partnerships which are essential when developing activity sessions.

The Community Advisory Committee for the LWHF program comprising 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) still exists but in a different format from the original phone link ups. Rob makes phone, email and personal contact with each of the members on a regular basis to discuss activity sessions being held, potential partnerships and topics of relevance within their locality. This has been a far more effective strategy to obtain feedback on the individual council areas covered by the LWHF program.



### LWHF Program Development

Areas in which the LWHF program has developed in the last year (2011/2012) compared to the year before (2010/2011) are:

- 82 activity sessions held compared with 42
- 629 participants compared with 353

An increase in the number of activity sessions held in 3 of the 4 council areas – Burnie 32 from 7, Circular Head 40 from 27 and West Coast 9 from 2.

Two areas that present a challenge to improve on are the:

- average participant numbers at activity sessions which decreased to 7.7 from 8.4 in 2010/2011
- number of activity sessions held in the Waratah Wynyard council area.

### Learning While Having Fun Program - Comparison Development Chart

	July 1 <sup>st</sup> 2010 to 30 <sup>th</sup> June 2011 (12 months)	1 <sup>st</sup> July 2011 to 30 <sup>th</sup> June 2012 (12 months)	Total February 2010 to 30 <sup>th</sup> June 2012
Number of Activity Sessions	42	82	124
Number of Participants	353	629	982
Average Number of Participants per Session	8.4	7.7	7.9
Activity Sessions per Council Area:			
Burnie	7	32	39
Circular Head	27	40	67
Waratah/Wynyard	6	1	7
West Coast	2	9	11

## Monthly Break Down of Activity Sessions 1<sup>st</sup> July 2011 to 30<sup>th</sup> June 2012

Month	Number of Activity Sessions	Number of Participants	Activity Sessions per Council Area			
			B	CH	WW	WC
July 2011	9	69	7	2		
August 2011	11	76	5	6		
September 2011	4	32	2	2		
October 2011	7	44	1	3		3
November 2011	7	56	3	1	1	2
December 2011	1	6		1		
February 2012	5	30	2	2		1
March 2012	10	94	3	6		1
April 2012	8	65	2	6		
May 2012	13	97	4	8		1
June 2012	7	60	3	3		1
TOTAL	82	629	32	40	1	9

### Activity Session Topics

Although advertised under a variety of names the activity sessions conducted can be largely grouped under three (3) headings – food, personal development and personal skill development.

#### Food

These activity sessions have been very popular and are a great way of introducing people to the LWHF program. Sessions consistently have a different focus, organisational style and time frame depending on the group and facility being used. Activity sessions have included:

##### Burnie

Bloke's Only Cooking

Tasty Treats

Soup Making

Easter Treats

Migrant Friendship Ethnic Cooking

Xmas Treats

Baby and Infant Food Ideas

Xmas in July

##### Circular Head

Men's Only Cooking

Women's Only Cooking

Cupcake Decorating





Waratah/Wynyard  
Xmas Cooking Ideas

West Coast  
Lunch Munch  
Cupcake Decorating  
Easter Treats

### **Personal Development**

How To Feel Good About Yourself – Smithton  
How To Look Good Anytime – Smithton  
Nails, Make-up and Skin Care – Smithton  
Mens Relaxation – Smithton  
Relaxation and Massage – Burnie  
The Brain and How It Learns - Burnie

### **Personal Skill Development**

First Aid – Burnie, Smithton and Queenstown  
Basic Computing – Smithton  
Money Matters/ Budgeting – Rosebery  
Creative Writing – Smithton  
Basic Sewing – Rosebery  
Family History – Queenstown  
Fitness Ideas For Young Mums - Burnie

Again thank you to Monica and Jo for their tremendous work. Thanks also to Di and all the staff at Rural Health for their friendship, support, guidance and professionalism.

Rob Hill  
Literacy Manager





### **“Learning while having fun” on the West Coast – Jo McKean**

In March 2012 I became a member of the “Learning while having fun” team consisting of Rob Hill and Monica Moore based in Smithton. The first activity organised was at the Queenstown HUB Centre where Ron Foss, a local paramedic presented a basic first aid course for seven attendees.

I made a visit to the mother’s craft group at the HUB and met up with the Queenstown parent craft group who meet monthly at the HUB. The parent craft group put forward some suggestions and a program was established for “Learning while having fun” sessions to be conducted at the group’s monthly meetings.

Since then the craft group have participated in two great activities, the first one being an “Easter Treats” activity followed by a cup cake decorating activity. Future sessions organised for this year will teach the parents how to knit and crotchet and a session on the benefits of herbs.

Activities coming up at Rosebery and Zeehan include another popular cup cake decorating session, cake decorating, growing your own herbs, and a Save-a-Mate session at Zeehan.

Jo McKean

## Youth and Community Development Team



Rural Health Tasmania's 2011 – 2012 youth and community development team has comprised Kate Cross, Kimberly Brown, Rohan Chilcott, Griffin Blizzard, Tegan Stanley and Jen Lawes.

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. Following is a summary of the main activities undertaken:

### Programs

#### **Seven Up Youth Centre**

The Centre is still open! Students from grades 7 and up use the centre to catch up, play games, do homework, listen to music, participate in activities etc... A total of 97 sessions were conducted in the 12 months from July 2011 – June 2012, 1848 young people accessed these sessions, an average of 19 each session.

A number of activities were run including cup cake decorating, felt making, horror make-up, sausage sizzles, unicycle riding, break dancing, table tennis competitions, art workshops, jewellery making, gaming competitions, cooking, nail art and music (jam) sessions.

June – December 2011 saw a period in which a paid co-ordinator ran the centre with support from Rural Health and Council staff. Co-ordinator funding ended in December 2011 which heralded in a new period in the history of the centre. A Memorandum of Understanding was signed in April 2012 between Rural Health Tasmania, Circular Head Council, Circular Head Aboriginal Corporation (CHAC) and Smithton Christian Fellowship (SCF) to keep the centre in operation. Four staff from Rural Health, Council & CHAC now run the centre each Tuesday and Wednesday afternoon.

Aside from the efforts of these organisations, the community has provided enormous support to the centre. SCF provides the venue each week, Time Out on Emmett donates bread each week, Treasure Chest pledged money each month and many individuals and organisations have contributed money, food, furniture and time. We are extremely grateful to everyone who has helped to keep the doors of the centre open.

## **DRUMBEAT**

Rohan has taken the DRUMBEAT program to five schools in the community and at one point was engaging 75 students per week! The program DRUMBEAT uses hand drumming to engage young people in social learning that assists them in integrating more fully into mainstream school and community life. Music has proved itself an ideal tool for engaging young people in creative and social learning. It is a tool that leads to a range of additional educational and social benefits including intellectual development and improved social cohesion.

## **Smithton Primary School Brekkie Club**

A joint initiative with Smithton Primary School, Brekkie Club served an average of 116 breakfasts each week from July – December 2011 and an average of 136 in the period March – June 2012.

The program runs 5x 20 minute sessions each week with 1-2 adults from the community, 2 high school students, 3 primary school students and 1-2 staff preparing breakfast and mentoring the students each day. Students pay 20c for a combination of toast, cereal and/or a hot/cold milo.

During the 2011 period, Rural Health provided a mentor at least 1x per week, took on the responsibility for sourcing food, equipment, activities and volunteers. As the program gained momentum Rural Health was able to reduce its support and now provides a mentor 1x per week and some assistance with seeking funding and volunteer management.

Over the period the following outcomes were observed;

Well fed, satisfied and calmer students at the start of each day.

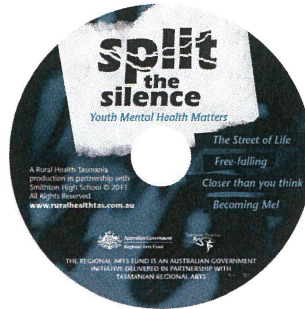
The program acted as a motivator for a few students who struggled to arrive at school on time.

Students developed important social and practical skills; patience whilst lining up to sign in to the program, monetary/mathematical skills as they pay to enter, manners as they ask for each item of food/drink, conversational skills as they sit, talk and eat with a mixed group of their peers respect of others as they collect their used dishes, scrape off any scraps and stack them ready for cleaning, time management as they assess the time they arrive and the size of the breakfast they can consume before having to be in class for the start of the school day.

No-one is refused something to eat. The program is designed to maximise accessibility. If students don't have any money they can place an IOU. If there are families really struggling financially, they are still welcome to attend.

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.





## Condoms in the loo

To make condoms, lube and relevant sexual health information more accessible to young people, packs have been designed and placed in the public toilet at Rural Health.

In addition to the packs, comprehensive brochures on STI's, condom use, girls sex stuff and boys sex stuff are available for collection in the toilet.

Some stats:

312 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

## Projects

### 'Split the Silence – youth mental health matters'

A continuation of the film project funded by Tasmanian Regional Arts early 2010, "Split the Silence" resulted in the creation of four films exploring issues around youth mental health, a youth-friendly information booklet on the topic and four 1.2m high characters. These tools are the vehicle by which we hope to kick-start conversations about youth mental health and encourage everyone to 'Split the Silence' and "Look, Listen, Talk & Seek Help".

A partnership with Smithton High School, the project provided a platform for young people to communicate their experiences; increase their connection with the local and broader communities; develop their skills; cultivate an arts culture and employ local artists.

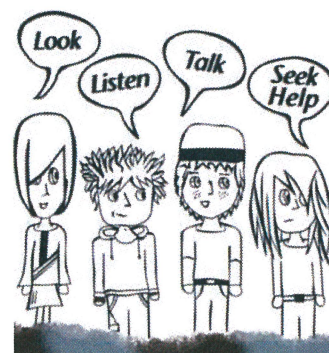
The project employed twenty art and production mentors seventeen of whom were either Circular Head based or had links with the community. We were privileged to draw on the experience and knowledge of Bronwyn Purvis (ABC Open) and Stephanie Finn (BighART) who provided project mentorship. We acknowledge Smithton High School for their tremendous support, flexibility, faith, resources and time and Circular Head Christian School who provided editing facilities and technical support during the post production phase of the project.

In addition to mentor time, 670 hours were volunteered throughout the project. Many thanks to the team who gave so much of their time and energy to the project.

October 2011 saw the completion of this project and launch of films at a Socktail Event aimed at raising awareness about youth mental health. 150 people attended the event – a collaboration of film, fine art, photography and music – a place where young people could showcase their talents to the community.

Silly socks were worn to raise awareness of youth mental health and raise money to help prevent youth suicide. \$333.35 was raised which was gifted to the White Wreath Foundation and Circular Head's 'Day on the Beach' program.

Four 1.2m high stand-alone characters were designed by a local 15 year old, Daniel French to display the messages: 'Look', 'Listen', 'Talk', 'Seek Help' and were included in the DVD booklet. The characters will be used alone and in conjunction with the DVD to highlight youth mental health issues here, in the community and across the NW Coast. Youth friendly fliers on each theme accompany the characters enabling people to gain access to further information and/or contacts for support.



#### 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; a listening ear; transport; mediation; form filling; and resource provision.

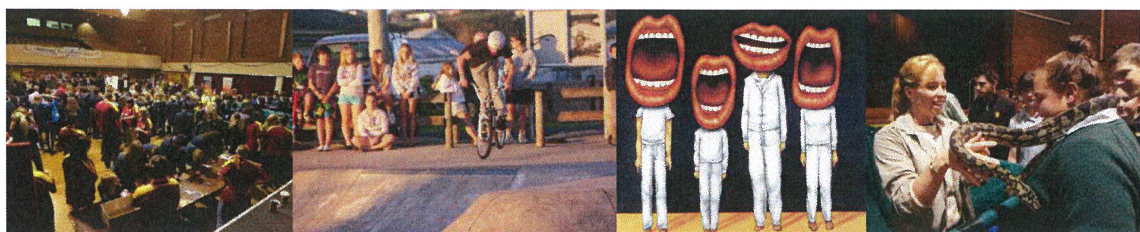
Number	Detail
13	Number of clients
124	Client meetings (phone and face to face)
57	Advocacy / networking for clients (letters, meetings, appointments)
3	Notifications
20	Referrals to the service
78	Referrals from the service

#### Campaigns

What's happening to our kids? – The harm of pornography exposure

Action was initiated with state and federal politicians seeking to raise awareness about the harms associated with young people's exposure to pornography. We appealed for tighter regulation around laws enabling young people's access to pornographic material and called for people to watch the SBS Insight Show's feature on this topic and read a number of articles providing greater understanding of the issue.





#### Smithton Community Forum – Accessibility of Youth Services in Circular Head

On invitation, we applied to speak with a member of parliament about issues regarding lack of accessible, regular youth based services in Circular Head.

As a result of this meeting, a broader community-wide youth health services in Circular Head meeting was called by the Department of Health and Human Services. The aim is to ensure accessible, adequate and consistent service is provided from coastal and Circular Head based youth services. The outcome of this meeting was the development of the Circular Head Youth Network – see ‘Networks’ section for further information.

#### National Condom Day – street stall

Family Planning celebrated National Condom Day with Rural Health in Smithton on Thursday 9th February. One of Family Planning Tasmania’s health promotion workers walked the town to distribute posters and information about safer sexual practices in pubs, services and pharmacies. A stall was set up outside RHT to provide condom samples and information.

#### Smithton High School Drug Forum

The youth team worked with Smithton High School’s Student Executive Council and 7 service providers to raise awareness about the effects of drug use on individuals and the community.

The event, witnessed by 400 people (including community members, Smithton High School and Circular Head Christian School students) was hosted by the Student Executive Council. It featured guest speaker Ron Burns (former AFL footballer); a film on binge drinking; a drama piece created by the high school students on drug taking at a party and student discussion on key terms such as resilience, role models and respect.

#### Awareness raising through Facebook

A youth team Face Book page has been created and utilised to touch base with young people in the area and encourage young people to check out information and campaigns around youth health issues such as body image, mental health, sexual health, healthy relationships, bullying etc.

## **Events**

### **Youth Expo**

Youth Expo was HUGE! 968 grade 9 students from all over the North West Coast took part in the Expo which focussed on educating them about youth mental health, local health services available to them, youth issues and of course – having fun! We worked in collaboration with 7 Councils from across the NW Coast with additional funding from the Department of Premier and Cabinet's Community Development Division and Beyond Blue.

Students from different schools arrived at the venue approximately 220 at a time every half hour. On entering the expo, students were ushered to a theatre to listen to a dynamic young man, shared his own compelling journey about mental health. From here, they grabbed a 'goody bag' and then entered the expo hall.

A wide variety of service providers offered interactive activities and information on youth relate issues such as sexual health, gender and sexuality, alcohol and drugs, mental health and how to look out for your mates... There were 18 stall holders in total, a reptile experience and a fashion parade.

### **Youth Fest**

A joint initiative with Circular Head Aboriginal Corporation, Circular Head Council and Rural Health Tasmania, this event was to thank our young people for being so fantastic, and to give them the opportunity to have fun, and be exposed to new things. We provided 350 young people with the opportunity to create and enjoy their own style of entertainment – including live bands, a giant bouncy worm, bouncy castles, Lagoon of Doom, Surf Challenge, Gladiator Pit, face painting, temporary tattoos, Skate Competition, Dancing Competition, Smithton Idol Singing Contest, Mr Inferno street performance and the Hurricane ride.

An event full of 'hidden messages', Youth Fest also provided opportunity for our youth to act on issues through participating in a variety of interactive activities.

These activities included Burnie Youth and Drug Service's 'Knock Grog and Grass on Its ASS' program which included boxing and healthy alternatives as well as health information; the LINC's learner licence information and test questions; the Cancer Council's activities around drug and alcohol use; Relationships Australia's relationships activity and our mental health activity (in partnership with local Reach Out Ambassador, Nakore Popowski) which aimed at encouraging young people to think about what makes them feel stressed and how they react to it.

### **Rural Health Tasmania – Health Expo**

The youth team used the Health Expo to challenge the community to 'bridge the gap' between older generations and Gen Y. Four Generational Banners featuring the characteristics and traits of the Builders, Baby Boomers, Gen X and Gen Y were displayed and information on how to bridge the gap between generations was distributed. The event provided a number of opportunities for discussion with people from various generations.





### Workshops

#### Child Protection, Mandatory Reporting & Gateway Services Workshop

This workshop shed light on mandatory reporting and the gateway / child protection process. 32 people attended, leaving with a clearer understanding of the role they can play in protecting the young people of Circular Head.

#### Exploring Gender & Sexuality Workshop

This workshop, attended by 12 people was a unique opportunity to hear two people share their personal stories about the challenging and sensitive issues of gender and sexuality. Young people in Circular Head dealing with gender and sexuality issues can still face abuse from their peers and families. It was hoped that the workshop would initiate discussions which may lead to some small change in Circular Head.

### **Media**

#### ABC TV and Radio Interview on STIs

The ABC interviewed Kate and Griffin on STI rates and access to services in the NW Coast of Tasmania. The story later aired on ABC News and was heard on ABC radio. View with this link: <http://www.abc.net.au/news/2012-05-26/medics-sound-alarm-over-chlamydia/4035388>

#### Presentations to Community re: Youth Health Team &/or its programs

Lions Club presentation re: Seven Up

Presentation with Circular Head Council Councillors re: Seven Up

Rotary club presentation re: Youth Mental Health

Rotary Club presentation re: Rotary Young Leaders Awards (RYLA)

#### Window Displays

National Condom Day 2012

How to avoid stress

Child Protection

National Youth Week

Say No to Bullying

Youth mental health

White Wreath day – prevention of suicide

## 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.

Circular Head Youth Network: sharing of information and ideas, raising issues and discussing opportunities for youth with youth service providers in Circular Head.

Seven Up committee and subcommittee: steering committee and operational committee for the Seven Up youth centre.

We appreciate and feel privileged to collaborate with other organisations in the community to achieve our goals and would particularly like to thank Circular Head Council, Circular Head Aboriginal Corporation, LINC, Wyndarra, Smithton High School, Circular Head Christian School, Smithton Primary School, BighArt and ABC Open for their support and commitment during the year.

Kate Cross  
Youth Development Officer

# **Audit Report and Financial Statements**

Period ending June 30<sup>th</sup> 2012

## **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 30<sup>th</sup> June 2012. 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.

#### **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 30<sup>th</sup> June 2012. The rules relating to the administration of the funds have also been observed.

*Date: 12<sup>th</sup> September 2012*

*Firm:*



Active Accountants  
Garry T Burgess  
B.Bus, CPA

**RURAL HEALTH TASMANIA INC.  
CONSOLIDATED BALANCE SHEET  
AS AT 30TH JUNE 2012**

		<b>2011</b>
<b>MEMBERS' FUNDS</b>		
Opening Retained Profits	1003088	819442
Profit/(loss) - Main Account	-48723	-27694
Profit/(Loss) - Hippy	8519	
Profit/(Loss) - Special Projects	-63835	161004
Profit/(Loss) - Literacy	-123485	50336
<b>TOTAL MEMBERS' FUNDS</b>	<u>775564</u>	<u>1003088</u>
Represented by:		
<b>CURRENT ASSETS</b>		
ANZ - Main	10797	37560
ANZ - Leave Provision Account	14184	29751
ANZ - Special Projects	25175	47658
ANZ - HIPPY	189232	201241
ANZ - Literacy	10786	142967
ANZ Online Saver - Special Projects	32317	52179
ANZ Online Saver - HIPPY	272670	261161
ANZ Online Saver - Literacy	6779	6493
Short Term Loan	0	4000
	<u>561940</u>	<u>783010</u>
<b>FIXED ASSETS</b>		
Plant & Equipment	71992	98697
Less Accumulated Depreciation	-46193	-47744
Respite House - Building	245986	245986
Less Accumulated Depreciation	-10733	-8575
Respite House - Furniture & Fittings	41231	41231
Less Accumulated Depreciation	-22613	-19319
	<u>279670</u>	<u>310276</u>
<b>TOTAL ASSETS</b>	<b>841610</b>	<b>1093286</b>
<b>CURRENT LIABILITIES</b>		
Australian Taxation Office	21817	40915
Superannuation Payable	1862	0
Provision for Annual Leave	28952	21115
Provision for Sick Leave	13415	11096
	<u>66046</u>	<u>73126</u>
<b>NON-CURRENT LIABILITIES</b>		
Provision for Long Service Leave	0	17072
<b>NET ASSETS</b>	<u>775564</u>	<u>1003088</u>

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 2012**

		<b>2011</b>
<b>INCOME</b>		
Grants Received	425573	419284
Interest Received	669	413
Program Contributions	15975	0
	<u>442217</u>	<u>419697</u>
<b>EXPENDITURE</b>		
Advertising - Centre	2467	423
Audit Fees	1548	5070
Bank Charges	195	405
Bookkeeping	1065	
Depreciation	2057	1306
Electricity	5794	5486
Equipment & Consumables	2018	1337
Insurance	6828	5564
Leasing Charges	5436	5269
Motor Vehicle Expenses	7621	6166
Printing & Stationery	2000	2236
Program Expenditure	26849	33778
Rent & Rates	21626	20062
Repairs & Maintenance	674	222
Staff Amenities & Cleaning	5096	3523
Superannuation Contributions	32617	26402
Telephone	4594	6604
Training	8755	14975
Wages	354980	302916
	<u>492220</u>	<u>441744</u>
<b>NET OPERATING SURPLUS (DE</b>	<b>-50003</b>	<b>-22047</b>
<b>LESS OTHER EXPENSES</b>		
Long Service Leave Increase	-17000	2136
Annual Leave Increase	12913	3511
Sick Leave Increase	2807	0
	-1280	5647
<b>NET SURPLUS (DEFICIT)</b>	<u><u>-48723</u></u>	<u><u>-27694</u></u>

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

**RURAL HEALTH TASMANIA INC.  
HIPPIY PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2012**

		<b>2011</b>
<b>INCOME</b>		
Grants Received	229065	430347
Interest Received	11179	0
	240244	430347
<b>LESS EXPENSES</b>		
Wages	168139	218220
Superannuation	14823	17888
Office	3256	8229
Bank Fees	210	176
Telephone & Internet	1524	1223
Printing & Curriculum	7652	14745
Group Meetings	2238	3209
Motor Vehicle	23206	28352
Travel & Training	2217	9963
Administration & Supervision	8277	15294
Computer	590	195
Promotion	76	1421
	<u>232208</u>	<u>318915</u>
<b>NET OPERATING PROFIT/(LOSS)</b>	8036	111432
<b>LESS OTHER EXPENSES</b>		
Annual Leave Increase/Decrease	-1923	-749
Sick Leave Increase	1440	0
	-483	-749
<b>NET PROFIT/(LOSS)</b>	<u><u>8519</u></u>	<u><u>112181</u></u>

This Profit & Loss Statement 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 2012**

		<b>2011</b>
<b>INCOME</b>		
Grants Received - Our Space	0	42192
- One Off Grants	0	8318
- Mutated Madness Project	5000	0
Program Fees	942	1249
Administration & Fundraising	7274	32319
Room Hire	11201	6311
Interest Received	1925	13340
Donations - CORES	0	20
Rent - Respite House	8235	35932
Training	1101	0
Youth Centre Contributions	5576	0
	<u>41254</u>	<u>139681</u>
<b>EXPENDITURE</b>		
Bank Charges	251	616
Cleaning	0	4051
Building W/Off	2158	2152
Depreciation	10911	11569
One Off Grants	0	23561
Our Space Grant	30292	12896
Youth Centre	9264	0
Mutated Madness	5594	0
Drumbeat	3567	0
Health Expo	11090	0
Program Expenditure	11558	10045
Respite House Operating Costs	11787	17751
Staff Training & Travel	8617	5912
Youth In The Park	0	605
	<u>105089</u>	<u>89158</u>
<b>NET OPERATING SURPLUS/(DEFICIT)</b>	<b>-63835</b>	<b>50523</b>
<b>LESS OTHER EXPENSES</b>		
Repayment of Unexpended Riding Safely Grant	0	1700
<b>NET SURPLUS (DEFICIT)</b>	<b><u>-63835</u></b>	<b><u>48823</u></b>

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

**RURAL HEALTH TASMANIA INC.  
LITERACY - PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2012**

		<b>2011</b>
<b>INCOME</b>		
Tas Community Fund	0	133333
Interest Received	278	1493
	<u>278</u>	<u>134826</u>
<b>EXPENDITURE</b>		
Administration	5342	2144
Advertising	2499	3147
Audit Fees	521	0
Bank Charges	166	224
Motor Vehicle Expenses	5879	2583
Leasing Charges	8222	8969
Program Expenditure	14926	11255
Superannuation Contributions	6517	4600
Wages	73916	52235
	<u>117988</u>	<u>85157</u>
<b>LESS OTHER EXPENSES</b>		
Annual Leave Increase/(Decrease)	3140	-667
Sick Leave Increase	2635	0
	<u>5775</u>	<u>-667</u>
<b>NET SURPLUS (DEFICIT)</b>	<u><u>-123485</u></u>	<u><u>50336</u></u>

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