

ANNUAL REPORT - 2013

Words from the Chairman – Daryl Quilliam

This year again has been a challenging year but also with many highlights. Our adult literacy programme – ‘Learning While Having Fun’ - has now been completed. I extend my thanks to Rob Hill and Monica Moore for delivering such a worthwhile programme that achieved many favourable outcomes.

We had a change in the Coordinators for HIPPY down the West Coast and in Burnie. It has been very pleasing to see an increase in enrolments on the West Coast particularly as that area has traditionally been such a difficult area for recruitment due to itinerant workers and fewer families living in West Coast towns. HIPPY in Circular Head and Burnie continue to thrive even though funding has been uncertain and I extend my congratulations to all Coordinators, tutors and families.

One of the highlights for the year has been the Wedge Street house development, particularly around establishing vegetable gardening. A Certificate 1 in Agrifoods (Horticulture) was achieved by fifteen locals and this has been part of the vision of the Health Promotion team, to develop the garden and to pass on new skills to local residents.

The youth workers continued with their enthusiastic work with a wide variety of educational programs, group work and work with individuals. Well done, Kate and her team.

CHILLOUT continues to be a resounding success. A steady stream of interesting guest speakers, as well as the ‘Then and Now’ project, has provided our senior folk with an ongoing program that is greatly appreciated. Many thanks to the CHILLOUT Coordinator Karen Cardillo for her continued enthusiasm and hard work.

Thanks again to Di our inspiring manager and your hardworking staff. The job you all do is appreciated by our Board. Thank you to all my fellow Board members who are dedicated people serving our community in this important role. All our Board members are busy people but still make a great contribution.

Cr. Daryl Quilliam
Chairman

September 2013

A message from the Manager – Di Murphy

Welcome to the 12th Annual Report that highlights all the achievements during 2012 - 2013.

Rob Hill's Literacy Program has again had an extremely successful year albeit with a touch of sadness as the program is in its final days. Congratulations to Rob Hill, Marcel Kerrison, Monica Moore and Jo McKean on the amazing outputs and outcomes over the past three years.

We said farewell to valued staff members during the past twelve months. Counsellor Claire Lenne returned to country Victoria, Griffin Blizzard finished his traineeship with the Youth team and our administration assistant Sarah Mahoney relocated to Melbourne. From the HIPPY program we said goodbye to Jo McKean, Annabel Dixon, Laura Strohfeldt, Nicole Walters and Emma Thompson.

We extended a warm welcome to new staff members – Brea McKay and Corrinna Clarke on the West Coast, Hannah Brunetti at Burnie and Jessica Sullivan at Smithton as well as a return to work for Jen Lawes, Nicola Walters, Jocelyn Harrison, Angela Stewart and Jody White. The Health Promotion team in Smithton welcomed Glenda Maher and Lauren Jenner to assist @ 23 Wedge Street.

I want to acknowledge the HIPPY program coordinators Leanne Marsden, Jo McKean, Jen Lawes, Brea McKay and Laura Strohfeldt who maintained their programs while having to deal with uncertainty regarding the whole HIPPY program. The new program for 2013 has been the most successful ever with over 30 families participating in both Burnie and Smithton and 23 on the West Coast. This is a great delight. Just before this report went to print we learnt that HIPPY Australia with funding partner DEEWR will fund a new Age 4 cohort for 2014. This has been very welcome news. As we celebrate the tenth anniversary of HIPPY in Smithton we reflect on the positive outcomes HIPPY has provided to 100s of families since 2003.

I am always thrilled to highlight the work of Kate Cross and her Youth & Community Development team; Griffin Blizzard and Kimberly Brown. Kate's passion and energy inspires all staff members, other service providers and of course her clients and the community. Kate works closely with both secondary schools, numerous youth related service providers and Circular Head Council to provide the most effective youth events and activities for young people and their families. During this past year we have seen the development of a new Youth Law in Focus program and the continuation of the established SevenUp Youth Centre. I encourage you to read Kate's full report that provides detail of the wide range of activities accomplished by the Youth team.

Health Promotion projects and activities during the year have included a Health Expo, Co-Pilots, in-house health promotion displays, Wedge Street morning teas, school holiday programs and CHILL OUT. The team coordinated community forums and training such as the CORES suicide prevention course and a two day 'Bridges Out Of Poverty' workshop. We were grateful to the Ian Potter Foundation for funding to conduct this most important training event in Smithton.

We have been thrilled to offer the 'Bridges Out Of Poverty' training to all staff members as we now use the Bridges framework as a guide for most of our services. This framework has influenced how we offer services, particularly at Wedge Street where we have more emphasis on free play in school holidays, coffee mornings and opportunities for craft and art. A read of the Health Promotion team's report will provide you with more information on the development and vision for programs and services @ 23 Wedge Street.

Our service to community members could not be managed effectively without the efficient administration team of Sarah Mahoney, Angela Stewart and Cassi Kingston. Sarah, Angela and Cassi have been 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 have provided proficient management assistance with Sarah and Cassi administering the financial services.

Since Claire left earlier in the year Ron Blume has ably facilitated the psychological support service. Ron's fortnightly visits to the Smithton District Hospital and to Emmerton Park aged care facility have been sincerely appreciated by staff, families and clients. I would also like to pass on my sincere gratitude to Ron for his willingness to work flexible hours and days. This certainly creates an environment where we are best able to meet client needs.

Maintaining a balanced and healthy work culture at Rural Health is high on our register of importance. We appreciated the delivery of external supervision provided by Centacare and Swanhaven Consulting.

From July 2013 our Rural Primary Health Service will work more closely with Tas Medicare Local who will hold the funds for the program. We look forward to this change as we share a vision of enhanced health promotion and community development across Circular Head.

During this past year Rural Health has held discussions with Circular Head Council concerning a possible relocation to the new CH Aquatic and Health Centre. Funding for this proposal has not been finalised however the Board remains keen to relocate to a new purpose built facility if we are given the opportunity.

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

During this past twelve months we have said farewell to long term member Nancy Grogan who relocated to work in Ulverstone. Nancy's Board position has been filled by Sharan McLaren. Welcome Sharan – we look forward to another year of valuable input and the interchange of information and resources with Smithton District Hospital.

Dianne E. Murphy

September 2013

Board of Management

During the 2012/2013 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	Chris Hyde	Emmerton 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, Glenda Maher, Frances Joyce

HIPPY – Smithton

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

HIPPY – Burnie

Laura Strohfeldt, Jen Lawes, Deborah Heazelwood, Nicole Rawlings, Nicola Rawlings, Hannah Brunetti

HIPPY – West Coast

Joanna McKean, Brea McKay, Corrinna Clarke

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
- Ian Potter Foundation
- Department of Premier & Cabinet
- Department of Education LINC Tasmania
- ANZ Bank through the Foundation for Rural & Regional Renewal
- Sidney Myer Fund

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



The Health Promotion team for 2013 included Di Murphy, Karen Cardillo, Monica Moore and Rohan Chilcott. We were ably assisted with administration by Sarah Mahoney, Cassi Kingston and Angela Stewart.

Our Health Promotion activities encompass all that we value at Rural Health. In line with the objectives from Rural Health's strategic plan we organise and implement health and wellbeing programs, relevant events and activities and campaigns. These activities enable us to provide information and resources. We provide services either one on one, in small groups or by utilising a range of community forums.

We promote the value of physical activity by incorporating appropriate activities into our normal schedule of programs e.g. Chair based exercises before the regular weekly CHILL OUT sessions.

More generally all our work is based within a Bridges Out Of Poverty framework enabling us to engage and support families and individuals from generational and situational poverty. Through these connections we are able to provide advocacy, promote social inclusion, provide early and primary intervention and make referrals for therapeutic work.

Circular Head Information and Lifelong Learning On Universal Topics (CHILL OUT!!!) is a group of people (some of our amazing older members of the community) who meet weekly to listen to a new speaker, or share their own knowledge or experience.

During the past year, **CHILL OUT!!!** has met 45 times, with some of the topics presented or discussed – Musical Therapy, Climate Change, Harmony Day, Being a Refugee from Poland, Medical School Student Placements, Building Houses in Fiji, Heart Intelligence, European Travels, Generational Poverty as well as a number of social gatherings at a participant's house.

CHILLOUT was also held at the Choose Health Expo, with the Social Circus demonstrating fun ways to combine fine motor skills with being active. There was lots of laughter all round.

Each session continues to provide valuable experiences for some of the older members from within our community.



Wedge Street School Holiday activities

The School holiday program at the Wedge Street Community House continues to prove to be a much needed outlet for children who live in and around the public housing area of Smithton. Over the past 12 months we have held 4 programs each being increasingly popular.

The days are full of wonderful interaction with the children as we allow them to lead the activities and games. Each day we have fruit for morning tea, drink water and make a nutritious lunch, all with the assistance of the children.

Some of the activities have included - making bubble mixture, making juggling balls (and then learning how to juggle!), stilt walking, hula hoop making, beading, making dream catchers, lots of ball games,(football, soccer, tennis, cricket, baseball and any other games the children concoct!), skipping, frisbees, kite making, cooking, giant sized chequers, and of course..... we always have fun!

Toy Library at Wedge Street

We now operate a Toy Library at the house. This is a free service, allowing anyone in the community to borrow from a large variety of toys and books for their babies or toddlers. We extend our thanks to Playgroup Tasmania for providing us with such a great selection of toys. The toys are rotated each term providing a great selection for parents.

Wedge Street Morning Tea

Our important work with people who have been raised in generational poverty continues at the Wedge Street Community House. We have continued the Friday morning teas, providing the opportunity for discussions on parenting issues as well as health related topics arising each week. One of the participants had been discussing the prospect of making their own vegetable garden. We were able to discuss the types of vegetables and how to care for and harvest the crops. Subsequently, this lady participated in each gardening session held at the community house, including the "Certificate 1 in Horticulture". She is now in the process of digging the garden beds and planning a planting schedule. Prior to our conversations at the morning teas, she had no gardening knowledge or desire to grow vegetables. This is a wonderful success story from @ 23 Wedge Street program.



We are keen to explore further options for sessions to ensure continued benefit to families who typically come from a generational poverty background.

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

We now have four local trainers, three of whom work at Rural Health, Karen Cardillo, Monica Moore, Di Murphy and we are joined by Fiona Howard who works for the CH Aboriginal Corporation. We facilitated four training courses during the past year, one to Polytechnic students, a community workshop, one at the local high school and the other to community members at Zeehan.

During the year Di attended celebrations that marked the tenth anniversary of C.O.R.E.S. Since 2003 the program has grown from one site in Tasmania to 17 programs in Tasmania, Victoria, New South Wales and Queensland. The suicide prevention training remains an important objective in our Strategic Plan and we will continue to incorporate sessions into our annual Health Promotion schedule.

Co-Pilots

Karen and Di continued as co-pilots to four primary aged students as part of an ongoing program at Smithton Primary School. Students for the program are usually chosen because they portray some social difficulties. The program ran over two school terms with sessions held one afternoon per week. Karen and Di worked with the small group to produce a film of older citizens relating stories of life in 1940s. Prior to interviewing the older persons the students spent a number of weeks researching their topic and creating the most appropriate questions. The Co-Pilots initiative has proven to be an excellent way to connect and engage with young students.

Training

Our Health Promotion team has had the benefit of some excellent training throughout the year. The training has included the TasCoss state conference (Di, Monica and Ron), Bridges Out of Poverty 2 Day Workshop (8 staff members), Bridges Out of Poverty – Certified Agency Trainer (Karen), Domestic and Family Violence workshop, Heart Intelligence workshops, Traditional Wisdom Mentoring – How to be an Urban Hippy and Traditional Wisdom Mentoring – Cook Well, Be Well (Karen and Monica). Di and Karen also attended the AIFS (Australian Institute of Family Studies) Conference in Melbourne.

Networking and Linkages

Our Health Promotion team actively collaborates with other service providers to share resources, plan and implement joint activities and events and ensure we have access to current health promotion information. Networking during this past year has continued through the local Service Providers' Access Network, with the Maternity Liaison Group (organised by midwives at the local hospital), LINC services, Smithton Primary School (Co-Pilots and Kids Matter), the North West Health Promotion team (DHHS), Tas Medicare Local, Circular Head Council, Circular Head Aboriginal Corporation, the Wyndarra Community Centre, Centacare, Anglicare, Aspire, Family Based Care NW and Youth & Family Focus.

We provided a letter of support to Youth & Family Focus (YAFF) for their project Veggie Garden Patch. This project will provide raised garden beds, a compost bin and gardening advice to many households in the Smithton area. We have partnered with YAFF to seek out the households who would benefit the most from having the garden beds at their home.

Healthy Communities – a program through Circular Head Council

During the year Circular Head Council sponsored three activities under their program Healthy Communities. The first was a 9 week program called **TONE UP TUESDAYS**. We engaged an accredited facilitator, Carmen Kay. The sessions ran on Tuesdays at both 10am and 7pm. We were able to utilise a local dance studio, the gym at the Smithton Primary School and the hydrotherapy pool at Tall Timbers. Seven weeks were low impact floor exercises and two sessions were aqua aerobics.

Twenty one women attended regular sessions during that time. A small number of women attended all 9 sessions and the majority of women attended 60% of the sessions.

The next program was MEN'S COOKING

The sessions were offered in small groups (maximum 6) to ensure each participant could enjoy the maximum benefits of the experience. The sessions were held @ 23 Wedge Street.

We engaged chefs, Neville O'Laughlin and Stone Waller. The classes were advertised in the local newspaper and promoted through CHAC, Wyndarra and Housing Tasmania. The class ran with four participants for 3 Wednesday afternoons. The participants' ages ranged from 18 to 60, married and single. All the participants rated the sessions as 'excellent'.

Neville reported that the participants particularly enjoyed the social experience of sitting and eating their meals in the company of others. The original chef found permanent work so we engaged another local, Stone Waller, who conducted 10 further sessions.

The cooking sessions provided numerous opportunities to introduce appropriate information and learning on a range of topics essential to good nutrition and social empowerment. This was achieved by ensuring active participation of all group members in the planning and cooking processes and all meals suited the abilities of the group members and could be sustained in their lifestyle.

Group participants were also encouraged to think about ways to keep their costs down by:-

Buying generic or home brand foods, making use of foods that are 'on special', using frozen and canned vegetables, buying in bulk, reducing meat costs, adding extra vegetables and legumes and always checking the staples cupboard/store.

The participants LOVED this program. Some of their feedback included these comments:- 'Now I can cook for myself', 'I want to try Indian cooking', 'I can now follow a recipe'.

The third activity funded by Healthy Communities was – THE HOME KITCHEN GARDEN

'How to Grow & Use Herbs' was run over 2 sessions at Wedge Street Community House and facilitated by Karen Cardillo and Monica Moore. In the first session participants were shown how to plant seeds & seedlings in a raised garden bed. This was undertaken at the front of the house at 23 Wedge Street and also in large pots on the back deck of the house.

Participants took home a planted seed and a potted seedling to see how they would grow at home. In the second session the facilitators demonstrated how to use herbs by making basic tomato sauce, oil infused with herbs & garlic, herbal tea, herbal tonic & herbal body lotion. Again there were take home samples and everyone loved the lavender herbal tea. There were 14 people over the two sessions and they all thoroughly enjoyed the sessions. We are grateful to the Circular Head Council for their generous financial support.

SOW & REAP funded by the Department of Premier and Cabinet

Funding was secured under DPAC's 'Food for all Tasmanians' grant round early in 2013. The fund is being used to establish a garden in the public housing area of Smithton and to provide opportunities for families to help with the establishment, maintenance and continued use of the garden including planting and harvesting. The project will provide opportunities for families to be involved in menu planning, cooking, preserving and social eating over the next eighteen months.

To date 5 garden beds have been established. The garden infrastructure consists of a garden shed and a connecting path, 3 compost bins and a small handmade cobbled pathway. The number of families involved in the project so far totals 17.

All families have had the opportunity to be involved in decision making although not all are yet confident enough to do so, particularly with the garden, where their expertise has been limited. We do know that three families have already established gardens in their own homes in the public housing area. We also know that 6 families applied to Youth & Family Focus to have two free raised garden beds and a compost bin installed at their homes.

As well as planting sessions participants were involved in garden bed preparation, learning about soil types, companion planting, garden care, fertilising, watering, green crops, manure tea bags and organic pest control.

There have been 6 cooking classes held at the venue. All participants have a measure of disadvantage including unemployed, mild intellectual disability, low income and low literacy skills.

On average 4 persons have been attending the cooking classes. The participants have been consulted on menu planning. Social eating was included in each class.

Certificate I in Agrifoods (Horticulture)

The Royal Tasmanian Botanical Gardens (RTBG) through a joint venture with Skills Tasmania (Equity Grants) provided funding for this course just completed @ 23 Wedge Street. Fifteen local residents (including three Rural Health staff members) completed the ten week course. This was a wonderful example of a collaborative initiative that has brought new skills to local residents. The majority of participants had some health, economic or social disadvantage. We are delighted that Skills Tasmania has indicated their intention to liaise with us on further programs and the RTBG will shortly be offering a Cert II in Smithton.

Tai Chi for Arthritis

Tai Chi for Arthritis (TCA) has been running in Smithton since the beginning of 2010. Although the program is designed specifically for people with arthritis, we make it available to anyone with an interest in learning Tai Chi. TCA 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. 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 program with the majority of people buying their own copy of the DVD to continue practice at home after the classes have finished. A beginners' TCA class was held for 7 participants and an advanced class for 6 participants from August to November 2012. From early February 2013 to end May 2013 we held another beginners' class for 11 participants. Ten students from the previous year attended the advanced class during the same period as they were keen to continue their practice. 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.

A demonstration of the Tai Chi for Arthritis program was given at the Choose Health Expo held on 20th June, 2013. Comments about what participants have gained from TCA include;

Confidence, Confirmed & improved balance, an easy routine for exercise.

More relaxed, better balance. Ongoing improved health. Inner peace and I practice at home. An easy, relaxing exercise routine that has enabled me to lift my knees that I couldn't do before. Balance and a sense of focus. And a calmness. It's helping me exercise & my memory. I feel more relaxed and am sleeping better.

A sense of body use – balance. Increasing flexibility in movement. More balance. Better co-ordination & flexibility with my arthritis. I feel more relaxed in general. Easier movements, more relaxation, improved balance & relaxing has helped my Meniere's Disease with no giddiness in last 10 weeks.

One lady provided feedback with the following letter:

31st May 2013

Thank you to Rural Health for providing Tai-Chi Lessons, to Monica for persevering with classes, giving excellent tutoring, for myself personally the benefits of knowing how to perform the Tai-chi steps, learning how to transfer weight for the body to be equally balanced and experiencing how to use the energy (which sometimes can be over whelming) with focusing on the breathing.

Knowing that tai-chi steps were life changing, particularly, whilst I was in hospital for a brain tumour operation, I was experiencing a weakness in my left side and needed assistance to walk, a day before the operation and two days after.

I was limited for space and I was not stable enough to be able to perform the tai-chi steps, but having a strong spiritual belief, I visualized the tai-chi movements, focusing on drawing energy evenly through my body, to find the most amazing result, I walked freely without any assistance and in my recovery over the last 18months, I have continued to perform the skills of tai-chi to improve my health with great success.

To think I could have been disabled, because of the brain tumour, leaves me with thoughts of strong beliefs of the tai-chi skills.

I am very grateful for my wellbeing.

Regards

J.O'R of Crayfish Creek, Tasmania

Appetite 4 Change

Appetite 4 Change is a program that focuses on achieving a healthy lifestyle. The program is run by a Dietician, a Social Worker and a Physiotherapist. Information provided during the course explains why 'fad' diets don't work, the importance of healthy eating and why we should include physical activity on a regular basis. Other topics included; how to set goals and keep motivated, body image, overcoming hurdles, label reading, diabetes and most of all, having fun.

The program was run on the 1st & 8th August with 6 participants. It was presented by DHHS staff from the North West Area Health Service. Participants were grateful that the program was conducted in Smithton otherwise they would not have been able to participate. Comments from participants included:

Motivation. Setting goals, Increase exercise, Eat healthy. Confidence. General reminder of information. Determination to DO something about eating & lifestyle. Achievable goals, people have same battles, encouragement.



Window Displays

A variety of window displays were put up throughout the year covering a large range of health topics and programs. The health topics addressed in the displays were Breast Cancer Awareness, Donate Life Week, Coeliac Disease, MS Week, Australia's Biggest Morning Tea and International Men's Health Week. Programs run and advertised in the window were Appetite 4 Change, Men's & Women's Health Nights, Learning While Having Fun, Tone Up Tuesday's, No More Butts and Tai Chi. We also made a Christmas window display and an Australia Day display.

Health Nights

Health nights were held for both men and women in July, 2012 with two guest speakers coming along to each session. Both sessions were well attended.

For the **Men's Health night** we secured Jason McCartney and Brendan Sullivan. Jason McCartney is a man with a fighting spirit, footballer and survivor of the Bali bombing. His story was inspiring. Brendan Sullivan is a mentor and life coach and spoke passionately about a variety of issues that affect men and the community such as fathering, work, health and relationships. The session was well attended by 50 men. Feedback from participants included the following comments:

More men's nights – will bring more men and more talking, Thanks Jason for a great insight

Well done. Brilliant night, Great speakers and story, Thankyou, Terrific night. Brendan and Jason both great, Lots of food for thought, Thanks for a great night, Get the footy club along, Keep up with Rural Health, Find more males to spend time with our primary school boys, regards being happy with what they have.

The **Women's Health night** was addressed by Klaus Baur and Maggie Hamilton. Klaus Baur has worked for 20 years in the area of Heart Intelligence that strengthens our non-physical heart, our centre of feeling. He shared how to feel deepened levels of lightness, calm, care, joy and purpose.

Maggie Hamilton, an author and motivational speaker, spoke about "What Men Don't Talk About" and 'What's happening to our boys' and girls'. She also spoke about the influence advertising companies have over very small children and how that stays with them into their teens and beyond.

Maggie enlightened the audience on the topic of why are teens and young adults are drawn to 'out there' behaviour, as well as why depression, cutting, eating disorders & drinking are on the rise. One of the most disturbing topics was - Why are increasing number of young people are accessing pornographic material, as well as how the pornography industry has an impact on our daily lives, whether they (or we) are aware of it or not! These topics have certainly created much discussion. Almost 70 informed women went home with much to talk about among their families and friends.

Comments from participants included:

Thank you for the opportunity to be part of a great learning experience. I loved the evening, the speakers and the company for the evening. I intend on attending these nights again. Thank You! It was an amazing and thought provoking night. A great evening and super presentation, thank you. Really enjoyed the speakers. Well done – thank you.

Choose Health Expo

An interactive health expo was held on 20th June at the local Community Recreation Centre. The event was held in collaboration with Circular Head Aboriginal Corporation and Tasmania Medicare Local and we organised approximately 30 tables on various health related topics.

All the tables were interactive in some way giving attendees not only information but an experience of doing something while gaining information.

For example, Circular Head Council provided a walking machine to encourage people to use the walking trails in the area, Youth Alcohol & Drugs had beer goggles for senior students & adults to wear while trying to throw a ball, the Men's Shed had wooden blocks that children could nail together to make a car, the Wedge St Community garden had herbal tinctures that were made into hand cream, the Mental Health team had thought provoking healthy messages to make and the Youth Health Team had various activities related to sexual health.

The Youth activities were down 'Youth Alley' that was sectioned off for youth from 15+ only to experience. There were over 400 people in attendance including student visits from local primary & high schools.

Wedge Street Community House

Women's Only Cooking – Fortnightly sessions were held at the Community House. The women have been challenged to extend their taste buds out of their comfort zones. Under protest, they have tried new recipes and strange ingredients like cumin, coriander, nutmeg, garlic, ginger, feta & parmesan cheese, fresh thyme & chives, chillies (dried & fresh), pesto, soy, oyster & hoisin sauce and curry powder.

Along with these ingredients went an assortment of fresh vegetables that this group would not usually buy. Everything from sweet potato to bok choy and chinese cabbage. As a result of this they have taken home a bunch of new recipes and extra ones from a Chinese cookbook to try at home.

The initial comments of “We’re not putting that in” or “We’ll leave that bit out” have now changed to “I like that recipe, it was really nice” and “Where can I get that?” or “Can you copy some extra recipes for me?”.

It’s been very pleasing to see the progress made and the change of attitudes to cooking along the way. Overall, the group is much more open to trying new and different things in cooking. It was also noted that some of the women began dressing better when attending classes and behaving more confidently. The women demonstrated the level of trust that had been built up over time by asking advice on personal issues and sharing more of their personal lives. As a result of attending these sessions we found the women were also more open to attending other sessions held at the house.

Bridges Out of Poverty 2 Day Workshop

Rural Health Tasmania hosted a 2 day workshop exploring the mindsets and realities of people who are raised in generational poverty. The Bridges Out of Poverty workshop, partially funded by a grant received from The Ian Potter Foundation, was presented by internationally renowned speaker, Nairn Walker, to an audience (from all areas of Tasmania) of over 100.

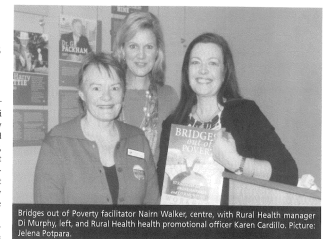
The workshop offered an insight into the lives of people who live at the bottom of the socioeconomic ladder, enabling participants to develop accurate mental models of poverty, middle class and wealth. Just some of the other areas explored in the workshop were – Resources; Language; Hidden Rules Among Classes; Support Systems; Relationships; and Improving Interagency Collaboration. Armed with this information, as well as understanding the Tyranny of the Moment (living in the reality of survival in generational poverty) participants are then able to redesign programs to better work with their clients. This in turn improves service delivery for businesses and outcomes for clients.



Helping others out of poverty

Community.
The Bridges out of Poverty workshop was deemed a success by organisers, with over 100 people in attendance.

Rural Health manager Di Murphy said the two-day workshop not only raised issues surrounding poverty, but gave those present at Circular Head Community Recreation Centre last Wednesday and Thursday strategies and tools to use within the community. Mrs Murphy said community members from various backgrounds came together to listen to facilitator Nairn Walker, including health professionals, police officers, educators, carers, and council members, among others. “I am excited by the pos-



ability of organisations in the community working together to form a community practice (addressing poverty),” Mrs Murphy said. She said a collaborative community approach to poverty would mean more support and mentoring, rather than hand-outs. “It’s a hand-up approach, not a hand-out,” she said. “I think the people who live and work in middle class do not always understand the situation of people in generational and situational poverty. “It’s healthy to understand.” For more information about Bridges out of Poverty contact Rural Health health promotional officer Karen Cardillo on 6452 1266.

HIPPY

Home Interaction Program for Parents & Youngsters



HIPPY Burnie

Graduation and Farewells

2012-13 has been a year of change for HIPPY Burnie with the loss of our long term coordinator Laura Strohfeldt and her incredible enthusiasm as she moved north to warmer pastures. Laura finished the year on a high note with a Graduation-Christmas-Reunion-Farewell party rolled into one. Twenty three graduates and their families were bursting with pride. Former families returned to take part in the celebration as well and to express their gratitude at the positive impact of HIPPY Burnie with Laura's leadership in creating successful child and parent learners and smoother transitions to school.

A paper mache HIPPY tree was the centre piece of celebrations with a leaf for every child who had ever graduated from HIPPY Burnie. The 'compulsory' cake and a unique 'HIPPY' piñata plus loads of fun ensured 2012 finished with a bang.

HIPPY Burnie also farewelled tutor Nicole Walters at the end of 2012. With HIPPY experience behind her Nicole has successfully gained work at Coastal Family Day Care cheerfully assisting people who contact the office and as a relief educator.

Team effort

HIPPY Burnie joined the Burnie Child and Family Centre Burnie Ten team and walked, jogged and pushed prams through sunshine, wind, rain and hail proving their tenacity and increasing their fitness.

Our new team

With no Age 4 families to continue to Age 5 2013 began with Jen Lawes as new coordinator and one continuing home tutor Deborah Heazlewood and an enormous recruiting effort aided by several former tutors. Nicola Rawlings returned after a year off and in May Hannah Brunetti joined the team as home tutors. The staff have formed a supportive and effective team we ended the financial year with 36 families enrolled.

Training

Bridges Out of Poverty training has enhanced our understanding of our clientele and skills to support change and we often reflect on ways to apply this to most advantage in our work. Additional tutor training this year was Learning and shaping brains (Rosemary Roberts) and A Strengths Based Approach (Russell Deal).

Our 'new' neighbourhood

The Burnie Child and family Centre (BCFC) has been completed providing a great hub for Parent Groups and family activities with excellent links to a wide variety of services and programs for 0-5 year olds and their families. The play areas keep HIPPY children busy during parent groups with adjunct care provided by Coastal Family Day Care. Involvement in the BCFC advisory group and other activities and training is providing new development opportunities for the HIPPY team for example one tutor has co-chaired some of these meetings.

Proving ourselves

As a new coordinator DEWAR's sustainability assessment in May was the source of much stress, time and effort making preparations and all we now await the outcome. I am confident the diverse families currently involved in HIPPY and the service provider's votes of confidence indicate we are ticking all the required boxes.

Delivering HIPPY to families

Meanwhile the revised HIPPY activity packs are eagerly anticipated by families and parent groups at the BCFC are well attended with enrichment topics covering a multitude of parent identified issues such as:

- Relaxation and self-care
- Nails and Make Up
- Needle Felting
- Road Safety
- Services for families in Your Neighbourhood

Jen Lawes

Coordinator




HIPPY Smithton


Reflecting over the past twelve months has been an enriching, educational and rewarding experience.

Participating in a Site Assessment, a successful funding submission, preparing to celebrate our tenth year in Circular Head and participating in a National Sustainability Assessment, has provided the opportunity to assess the past and present outcomes of the program. The insights revealed of the positive effects HIPPY has had on the community, consolidates future commitment to delivering the program to the highest standard, to the community with confidence and enthusiasm.

As Smithton HIPPY is celebrating ten years, it would like to pay respect to the woman who made this educational program possible. (www.familyschool.org.au/pres/Capp-Calleya.ppt)

In Memoriam





The late **Professor Avima D Lombard** (1926-2008), Director of Early Childhood Research and Projects for the National Council of Jewish Women (NCJW) Research Institute for Innovation in Education was the *founder of HIPPY* in Israel before later expanding it around the world.

Professor Lombard developed this program after recognising the education need of refugee children entering Israel. She found through delivering this pilot program to refugee families, parents gained confidence and the children gained skills that prepared them for school, which decreased the gap between them and mainstream children. This led to social inclusion, adaptability & a passion for learning for the refugee children, who recognise the true value of education, as a way out of poverty. HIPPY is licensed to the University of Jerusalem in Israel.

History

Many people know what the program objectives are, but many do not realise the enormity of the HIPPY community.

HIPPY is international with fourteen countries delivering programs based on it. Each country has a licensed program provider.

In Australia, The Brotherhood of St. Lawrence (BSL) in Fitzroy holds exclusive licensing rights from HIPPY International to deliver the program in Australia. BSL are now responsible for managing the implementation of the *national rollout* across Australia after the government committed \$55.5 million from the 2012-2013 budget to expand HIPPY to 100 communities across Australia. This builds on the Governments original commitment of \$32.5 million over six years (2008-2013) to expand into 50 communities. (www.familyschool.org.au/pres/Capp-Calleya.ppt) In 2013, HIPPY is expanding into regional Australia with a particular focus on engaging aboriginal communities. By the end of 2014 there will be another 50 sites operating around Australia with a focus on strengthening school success, developing employment and training pathways for HIPPY Home Tutors and strengthening communities.

HIPPY began operating in Australia in 1998 with a site in Fitzroy. HIPPY Smithton was the fourth site opening in 2003. HIPPY is sub-licensed by BSL to different not-for-profit community service providers around the country. Rural Health Tas. Inc. initiates three programs from Smithton: Smithton, West Coast and Burnie.

HIPPY in every country is delivered by the same model but adapted to the country's circumstances: i.e. from the shanty towns in Diesploit, Africa, where it is delivered by private enterprise funding to orphaned families. Group meetings consist on educating children on how to access food, clean drinking water and basic health needs. In comparison Australia, the lucky country, is the only country that receives government funding. Group meetings topics are selected by the parents and can include topics on budgeting, cooking, adult literacy, childhood health information, crafts and outings.

Program

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, develop skills and engage with other local services providers.

Home Tutors

The HIPPY team for 2012 consisted of Emma Thompson and Annabel Dixon who continued from the previous year. It was a fantastic duo with each tutor bringing their unique talents to the team. During the year the tutors' confidence grew and they were facilitating marvellous children's activities for the group meetings, which expanded on the HIPPY teachings.

The tutors supported their families at home visits suggesting ideas of how to generalise the HIPPY activities in to everyday life. The girls did an incredible job with twenty-four children, including their own, graduating in 2012. Both tutors ceased employment at the end of their two year contracts. Annabel is continuing her study at University to become a teacher and Emma has a new baby! Both tutors are still engaged as child carers for HIPPY 2013.

Commencing 2013, saw the return of Jody White and Jocelyn Harrisson, tutors from 2011. A new tutor was also engaged, Jessica Sullivan, to form the new HIPPY team. Pursuing her own retail business, we said farewell to Jocelyn Harrisson on June 30th. At present the HIPPY team are doing fabulous effort supporting 35 families.

During the years the tutors have attended a variety of workshops and attended trainings to add to their qualifications and work experience: such as: Raising Happy & Confident Kids, First Aid, Mandatory Reporting Workshop, Bridges out of poverty, Crossing Bridges, TAFE & University.

In addition, in October 2012, all three sites operating from Rural Health Tas. Inc., attended a forum in Launceston, sponsored by Tasmanian Early Years Foundation. Presenters were: Dr. Rosemary Roberts – "Growing resilient wellbeing in changing communities" and Sheryl Batchelor from the Benevolent Society – "Shaping Brains." Both speakers gave us strategies to engage children who are having difficulty. The prime impression was: that it supported our delivery techniques of HIPPY and that it was in line with the best development outcomes and practices according to research.

Group Meetings

Group Meetings in 2012 were consistently supported by a regular group of parents. A variety of activities and information sessions were offered. Such as: cooking, crafts and health care speakers.

Support from the Adult Literacy Team; Rob Hill and Monica Moore, was appreciated and made it possible for HIPPY to offer a diversity of topics in 2012. It was through this support HIPPY was able to offer a short photography course. Through this course parents and tutors learnt how to manually operate their cameras for different circumstances, use computer enhancement and produce a saleable product or gift, a calendar!

Outings

An outing to Geoffrey's beach in 2012 was a highlight for some, with the local vet providing a pony for inspecting, poking & prodding. Explaining responsibilities & costs of owning a pet was enhanced by the many pony rides that followed.

In 2013 HIPPY was excited to be invited to participate in the community event, The Teddy Bear's Gym, organised by the Launching into Learning Program Coordinator, Libby Grey. Everything was bright and colourful creating an inviting environment. Children were entertained with an abundance of activities captivating little explorers.

HIPPY Smithton participated in the Rural Health Tas. Inc. Health Expo in 2013. Activities were provided around the theme of apples. Families collected their HIPPY materials before venturing around the variety of stalls & activities taking place.

Special Events

HIPPY National Week

HIPPY celebrated with their line Manager and Rural Health Tas. Inc. staff, enjoying a morning tea and lunch prepared by the HIPPY team.

Graduation

Excitement and fun was the go at this years' rainbow graduation. Approximately a hundred people joined together to celebrate the achievement and completion of two years of commitment to the HIPPY program by families. Twenty four children graduated in 2012.

Site Assessment

A HIPPY Site Assessment was conducted by HIPPY Consultant, Christine Wakefield. This was a pleasing experience having our work practices validated and tutors acknowledged for their work performance. This motivated the team to further reflect and improve practices. This was an extremely positive experience for our team and recognition of accomplishments for past practices is inspiring for the future.

Sustainability Assessment

All HIPPY sites around Australia partook in a Sustainability Assessment conducted by an outside consultancy team for the Brotherhood of St. Lawrence & HIPPY Australia. It was to decide which sites were to receive funding for a cohort of children in 2013 and remain in operation, with the *National Rollout* concurrently in motion.

National Coordinator Training

The Coordinator Training focused on understanding and engaging Aboriginal people & Culturally & Linguistic Diverse (CALD) families in HIPPY. Aboriginal training was provided by a representative from the Secretariat of National Aboriginal and Islander Child Care. (SNAICC) HIPPY & SNAICC representatives have been working closely together to develop resources, which would genuinely represent Aboriginal culture & language. A panel of CALD Coordinators were invited to speak on their cultures and misunderstanding which can occur through language. Awareness of diversity in families is paramount.

HIPPY West Coast

This year saw the start of Hippy on the West Coast again after no Age 4 program running last year. This has been welcome news for many families on the West Coast who had enjoyed doing Hippy previously with their children and are unsure that the program would run again for other siblings to participate in. It has been wonderful to see the positive response from schools, parents and the community with the announcement that Hippy was starting again on the West Coast. It seems that the program is well loved and that the previous coordinator had done a fantastic job of getting the word out about Hippy on the West Coast community.

After a late start in June, we now have 24 families enrolled across the five towns of the West Coast. We have two tutors, Corrinna and Cherie. However, Corrinna and I have had to cover the home deliveries in the absence of Cherie until the end of August, who had to attend to important family matters interstate. We are looking forward to the return of Cherie and to becoming a cohesive and positive team who supports their families and runs a fun and stimulating learning program.

Location, Location!

West Coast Hippy has been lucky enough to be based in the new West Coast Community services Hub in Queenstown. This has given us a wonderful opportunity to work with the other community service providers at the Hub to get the word out about the Hippy program and to reach families that would not otherwise be visible. Working with the social inclusion officer and the manager in the child and family centre, we were able to spend lots of time talking to families that were identified as those that would benefit most from the program.

We are very lucky to have our office located in such a visible and beautifully designed space and the opportunity to further support our families through the referral services offered through the Hub. It will also be a great setting for future group meetings, with a well planned play area running alongside an open plan meeting and kitchen area.

The Wild West Coast

Starting our program in winter on the West Coast was always going to be a challenge. Our team has had to cover large distances in order to deliver the program to the five towns on the West Coast, but this danger is doubled in Winter when the roads are regularly covered in ice and snow and the driver faces strong winds and hail. However, families are very understanding of these challenges and work together with us to ensure the safe delivery of their program.

In order to overcome the challenge of asking families to travel to group meetings during the Winter months, we have decided to start small group deliveries. Each town will have one small group delivery per month and a home delivery on the alternate week. This will continue until the weather improves and it is agreed that families will be more inclined to leave the warmth of their home and travel to a group meeting!

Coordinators Training Melbourne

In late August I attended the Hippy coordinators training in Melbourne for the week. It was great to finally meet all the Hippy Melbourne staff that I had spent a lot of time communicating with through email or over the phone, and to also have a look at the head office building. I also enjoyed the chance to meet some of the other new coordinators from around the state and to share our experiences and ideas in meeting our common challenges. Working together to also help each site come up with solutions for their site specific challenges really helped to cement us as a team and a shared common goal. But, I think everyone agreed one of the highlights was the yummy gourmet food we were constantly fed throughout the day!

Summary

Even though the West Coast Hippy program hasn't been running long, we are feeling very positive about what the rest of the year holds. Our families are all committed to working with their tutor to stay in the program, and to maintain the interest and excitement their child feels when it's Hippy time with mum or dad! We are hoping to further support our families by providing stimulating enrichment topics with the commencement of group deliveries as the weather improves. I am hoping this time next year we will have lots of inspiring stories to write about as our program becomes more established and our families get into the Hippy rhythm!

Learning While Having Fun



During the past year the Learning While Having Fun (LWHF) program has continued to expand and improve on the work completed in 2011/2012. 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.

The LWHF program team has included Rob Hill (until May 2013), Monica Moore in the Smithton office and Jo McKean one day per week on the West Coast.

Community partnerships were a very important aspect to the success of the program. In Burnie the LWHF program continued to develop and flourish. This was the result of significant partnerships developed with local providers and programs, namely the Burnie Community House, HIPPY Burnie, Montello Primary School and the Burnie Polytechnic.

In Smithton there were significant linkages with Polytechnic, Smithton High School, Wedge Street community house, HIPPY Smithton, Trade Training Centre and local artists and trades people.

On the West Coast we utilised the Child & Family HUB in Queenstown, the Rosebery Community House and the Zeehan Neighbourhood House.

The Community Advisory Committee for the program comprised 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).

LWHF PROGRAM DEVELOPMENT

Areas in which the LWHF program has developed in the last year (2012/2013) compared to the year before (2011/2012) are:

- 149 activity sessions held compared with 82
- 1,035 participants compared with 629
- An increase in the number of activity sessions held in 3 of the 4 council areas – Burnie 42 from 32, Circular Head 91 from 40 and West Coast 13 from 9.

Learning While Having Fun Program Comparison Development Chart

	<i>July 1st 2010 to 30th June 2011 (12 months)</i>	<i>1st July 2011 to 30th June 2012 (12 months)</i>	<i>1st July 2012 to 30th June 2013 (12 months)</i>	<i>Total February 2010 to 30th June 2013</i>
Number of Activity Sessions	42	82	149	273
Number of Participants	353	629	1,035	2,017
Average Number of Participants per Session	8.4	7.7	6.9	7.4
Activity Sessions per Council Area:				
Burnie	7	32	45	84
Circular Head	27	40	91	158
Waratah/Wynyard	6	1	0	7
West Coast	2	9	13	24

Monthly Break Down of Activity Sessions 1st July 2012 to 30th June 2013

<i>Month</i>	<i>Number of Activity Sessions</i>	<i>Number of Participants</i>	<i>Activity Sessions per Council Area</i>			
			<i>B</i>	<i>CH</i>	<i>WW</i>	<i>WC</i>
July 2012	12	99	4	8		
August 2012	14	114	5	6		3
September 2012	12	103	3	5		4
October 2012	17	109	3	11		3
November 2012	9	75	2	6		1
December 2012	3	24	2	1		
February 2013	16	101	5	11		
March 2013	22	138	5	16		1
April 2013	15	98	6	8		1
May 2013	13	77	6	7		
June 2013	16	97	4	12		
TOTAL	149	1,035	45	91		13



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.

1. **Food.** These activity sessions remained very popular. Sessions consistently had a different focus, organisational style and time frame depending on the group and facility being used. Activity sessions included:

Burnie

- ✓ Bloke's Only Cooking
- ✓ Women's Only Cooking
- ✓ FoodCents
- ✓ Migrant Friendship Ethnic Cooking
- ✓ Xmas in July

Circular Head

- Men Only Cooking
- Women Only Cooking
- Bottling & Preserving
- Cupcake Decorating
- HIPPY Parent Group Cooking

West Coast

- ❖ Cake Decorating
- ❖ Cupcake Decorating

2. Personal Development

- Massage Techniques – Smithton
- Relaxation Techniques – Smithton
- Stress Management – Burnie
- Beauty & Nails – Burnie
- How a Child's Brain Learns - Burnie

3. Personal Skill Development

- Save-A-Mate – Burnie and Zeehan
- Silver Jewellery Making - Smithton
- Basic Computing – Smithton
- Pencil Art – Smithton
- Paint Art - Smithton
- Beading - Smithton
- Photography – Smithton
- How to Make Raised Garden Beds - Smithton
- Basic Knitting – Rosebery
- DIY Paving - Smithton
- How to Grow Herbs – Queenstown
- Creative Art - Smithton
- Needle Felting – Burnie and Smithton
- CORES Suicide Prevention – Smithton & Zeehan
- Basic Car Maintenance - Smithton

All the sessions for the Literacy Learning While Having Fun have now concluded so this will be the last report. This has been a fantastic program and I have thoroughly enjoyed being a part of its development, organisation, planning, management and implementation.

I have been privileged to see how much it has helped many people in so many different areas and ways. The positive feedback received from participants has always been encouraging and it has been satisfying to see the increased confidence displayed by many participants. This has been most evident in the Women's Cooking over a period of time.



Rob Hill, the Program Manager was a wonderful mentor and promoter of the program. Rob's networks and links throughout all communities provided easy access to communities and groups in all our targeted areas.

The Learning While Having Fun program and Rob will be missed. It is my hope that similar programs will be established, particularly around the Wedge Street community, so that there is a continuation of the social and development skills so ably provided over the last three and a half years with this literacy program.

We again thank the Tasmanian Community Fund through its Building Tasmania as a Learning Community for its generous financial support.

Monica Moore
Acting Coordinator

Psychological Services

From the Psychology department; of now one.

Since the departure of our most recent other counsellor, Claire, and the decision we have taken to not fill her position in the short term we have maintained a steady stream of appointment requests readily able to be filled by the flexibility of working days afforded me by my semi-retired status.

I opt to work longer days and less of them to cover slight increases in demand for our services while remaining available to work extra days in response to greater increases in demand. In this way we have been able to keep the waiting time to an absolute minimum by any standards.

I also remain happy to provide phone support out of my usual hours when I'm available. While not purporting to be an alternative to services such as Lifeline, The Mental Health Support service and other similar services, I believe that a brief crisis call to either a known person or someone who is available to see the client in the near future offers a more personable alternate option for those who choose to use it.

I continue to service the hospital and Emmerton Park on a regular fortnightly basis as well as visits in the interim if required and continue to see clients in an outreach capacity either in their homes or at a location of their desire. I also continue to present the "brain based therapy" approach and brain dynamics to interested groups in an educational capacity and the information is always well received.

It gives me great pleasure to be able to help several generations of the same families and I believe this to be indicative of an attitudinal change toward the counselling process as well as a vote of confidence in the confidentiality of the service we offer.

I believe my counselling practice and skills to be constantly evolving and I maintain my commitment to on-going self-education.

In keeping with the "Brain based therapy" philosophy, and an holistic focus on mental health practice, I am a strong advocate for the "healthy mind-healthy body and healthy body-healthy mind" symbiosis. (It comes down to the old chicken or the egg debate.) My most recent and personal venture into the realm of marathon running and the associated training has both complemented and been complemented by my mental health experience. It has facilitated a more scientific and systematic approach to both physical and mental health and has extended my insight into the neurological changes and the adaptation process required to effect change in both realms.

I feel capable of undertaking my counselling work with a minimum of stress thanks to the immeasurable support of my wife Louise, the feedback from my clients and the flexibility and appreciation of our fearless leaders Di and your good selves.

Finally, I am constantly inspired by the level of passion and commitment the rest of the team bring to the workplace.

And there's more.

Maybe the health promotions team's "Jocks in June" program had more of an influence on me than I first thought. You may be interested to hear that I wore blue while running the 45 kilometres of the Great Ocean Road Marathon but I'm sure you'll be relieved to hear that I didn't wear my jocks over my shorts.

Ron Blume

Physiological Services

Youth and Community Development Team



Rural Health Tasmania's 2012 – 2013 youth and community development team has comprised Kate Cross, Kimberly Brown and Griffin Blizzard.

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 / PROJECTS

YOUTH LAW IN FOCUS – Legal Education Workshops: Sexting

Workshops covering the legalities, moral and social issues of Sexting have been presented at both local High Schools. The sessions were extremely well received and stimulated some terrific conversations. Both teachers and students have commended Kimberly on her clear, concise and open approach to the topic.

Sexting workshop statistics:

Workshops3 (Smithton High School)

	1 (Circular Head Christian School)
Participants	165 grades 7, 8 and 9 students (Smithton High School)
	60 grades 7 and 8 students (Circular Head Christian School)
	10 teaching staff

SEVEN UP YOUTH CENTRE

A continued collaboration between Rural Health Tasmania, Circular Head Council, Circular Head Aboriginal Corporation (CHAC) and Smithton Christian Fellowship (SCF) has enabled Seven Up Youth Centre to resume operation. Staff from Rural Health, Council & CHAC run the centre from 3:00 – 5:00pm each Tuesday and Wednesday afternoon.

The commencement of operation in 2013 was preceded with staff inductions for the first time. It was a terrific opportunity for us to refine operational strategies, get to know each other, consolidate working relationships and develop a shared vision for the centre.

This year we took the Seven up brand out into the community, running some of the activities in alternate locations, essentially taking Seven up to young people rather than expecting they will all feel comfortable coming to Seven Up. This approach enables staff and activity contractors to reach a broader cross-section of the youth community.

Seven Up statistics:

Sessions	57 x 2hour sessions – including 4 off-site sessions
Participants	656 young people
Average	12 per session
Activities	cooking, art, jewellery making, tie dying, music jam session, quote photography, breakdancing, boxing

Aside from the efforts of these organisations, the community has provided enormous support to the centre. Many thanks to Smithton Christian Fellowship, Time Out on Emmett, Treasure Chest, Commonwealth Bank, Art with Heart and the many individuals and organisations that contributed money, food, furniture and time.

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. Packs contain 3x condoms & lubricant, sexual & relationship health information, how to use a condom and where to get more information on STI's, safe sex, etc. 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.

Condoms in the Loo statistics:

Packs collected 144 over 12 months

SMITHTON PRIMARY SCHOOL BREKKIE CLUB – up to December 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.

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. Rural health was instrumental in the development of this program in 2011. As the program has gained momentum we have reduced support to the program and as at January 2013 ceased to play a role in this now fully functioning, sustainable program.

Brekkie club statistics covering the period of Rural Health Tasmania involvement:

Sessions 96 x 20 minute sessions

Participants 2327

Average 24 students per session

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
65	Number of clients
251	Client contact (phone, messaging and face to face)
150	Advocacy / networking for clients (letters, meetings, appointments)
6	Notifications
34	Referrals to the service
123	Referrals from the service
Towns client reside in	Roger River, Smithton, Mella, Irishtown, Marrawah, Forest, Stanley and 4% living outside Circular Head with links to the region

CAMPAIGNS

WHITE RIBBON DAY

The White Ribbon Campaign is the first male-led campaign to end violence against women and girls in the world. It encourages men and boys to take a stand and say that violence, in any form, is never acceptable.

As an extension to the LOVE BiTES program held at Smithton High School earlier in the year, we were given the opportunity to work with a group of grade 10 boys and the school Social Worker, to run a campaign aimed at ending violence toward women – White Ribbon Day. The campaign was led by 5 fantastic young men who demonstrated a surprising passion and commitment to the issue. What may have started off as a bit of a joke became something that they did not want to give up on. Despite criticism and knockbacks, they achieved great things for themselves, their school and their community. Over a period of eight weeks the team focussed their efforts in two areas; raising community awareness and fundraising:

Smithton students swear statistics:

Students – core group 5

Fundraisers 5: raising over \$450.00 donated to local organisation Wyndarra (30%) and White Ribbon (70%).

Awareness raising activities 7



BULLYING

Bullying has been identified as an issue which concerns young and older people in the community. The youth team worked pro-actively with schools, council and a local youth affected by bullying to plan and implement some strategies to combat bullying, including:

- Contribution of \$250.00 to enable 60 grade 9's from Smithton High and 29 students from the Christian School to travel to Burnie to watch the movie, BULLY.
- Create window display with local high school students to mark the National Day of Action against Bullying
- Develop 'Splat Out Bullying' activity which served to promote discussion around bullying and provide young people with the opportunity to express their concerns
- Support and advertise Speakers addressing bullying arranged by the Circular Head Christian school
- Support and assist with stage design and preparation for international motivational speaker at Smithton High School – 'Wheelz' the wheelchair bound acrobat from the famous, 'Nitro Circus' with students from both high schools totalling approximately 550 students and 20 teachers

WHAT'S HAPPENING TO OUR KIDS? - THE HARMS OF PORNOGRAPHY EXPOSURE

Letters were sent to state and federal politicians seeking to raise awareness about the harms associated with young people's exposure to pornography.

NATIONAL CONDOM DAY 2013

National Condom day is held on February 14th of every year. The Rural Health window space was used to create a display to highlight the day and the importance of using condoms to help prevent the risks of unplanned pregnancies and STI's and was in the theme of a garden with the message of "Only plant seeds you wish to grow...."

A street stall on the day was used to engage the public young and old in conversations re: the importance of using condoms to help prevent the risks of unplanned pregnancies and STI's. Condom flowers were made and given out as presents in keeping with the Valentine's Day theme. We also provided condom and information packs or tins, brochures and badges.

National Condom Day statistics:

The following resources were given out during the course of the day:

- 50 condom / info plastic bag packs were given out containing 3 condoms & lube
- 10 condom / info tins containing 3 condoms & lube
- 50 flowers with 1 condom and some basic information regarding condom use
- 15 badges promoting condom use

AWARENESS RAISING THROUGH FACE BOOK

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

YouthExpo, an epic, National Youth Week event for Grade 9 students across the North West and West Coasts of Tasmania focussed on educating students 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.

Grade 9 students from both Smithton High School and Circular Head Christian Schools attended. We assisted with some pre-event administration and on the day, ran a mental health activity which challenged participants to reflect on what they want to be known as and to express what they thought about themselves by writing a statement starting with the words, "I am", decking themselves out in some groovy gear and having a pic taken with their statement in our photo booth. This image, projected onto a neighbouring wall made a bold declaration to the crowd.

YOUTH FEST

An estimated 500 people in a range of ages rolled up to this twilight event held during National Youth Week. Youth Fest was an energy packed free event allowing participants to immerse themselves in a diverse range of entertainment, competitions and activities.

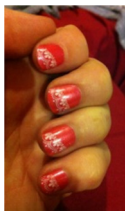
The event provided opportunities for young people to showcase their talent and creativity within our community. In addition, there was chance for young people to access relevant social and health information and express their ideas and views and raise issues of concern to them. The open microphone competition was fierce with amazing talent shown from the local youth. The zorb balls on the pool proved to be most popular and provided great entertainment for those inside as well as those who were watching!!!

Other entertainment and activities included;

Entertainment: local band, Idle Fret & NW Coast Break Dancing crew

Splash art tent & Photo Booth

Sumo Suits, Gladiators & Jumping Castles



QUOTE PHOTOGRAPHY WORKSHOP

During the summer holidays a Quote Photography Workshop was run. Participants created a large array of art works which were subsequently turned into beautiful images using a variety of different cameras. The participants then uploaded and edited their images with help from the facilitator.

Workshop statistics:

Workshops

Participants 12

GIRLS NIGHT OUT

In collaboration with Council a group of girls were bussed to Burnie for 2 separate events. The main rationale behind this kind of group work / trip is to foster and strengthen our relationships and connection with young people from the community as well as providing them opportunities to access artistic and cultural experiences outside of the area.

Girl's night out statistics:

Events 2: the Movie Step Up: Miami Heat & Hairspray the Musical

Participants 13 (movie) 18 (musical)

CHOOSE HEALTH EXPO – 15+ SMART SAFE SEX AREA

During the 2013 Choose Health Expo the youth team created a 15+ only area to engage people in activities designed to promote Smart, Safe Sex. Approximately 120 young people participated in the 1 or more of the 4 activities which included:

1. Consent & Sex:

This activity covered: what the definition of Legal Sexual Consent was, what vitiated legal consent, the age of sexual consent as well as the age thresholds which are available to a defendant in the case of Sexual Intercourse with a minor.

2. 10 Things NOT TO DO with condoms:

This activity was designed to create discussions about the things that make condoms ineffective and push the message that condoms must be used correctly and consistently to be effective.

3. How to use a condom correctly:

This activity was a practical one aimed at providing people with the opportunity to test their skills at using a condom correctly – in 3 different scenarios: when drunk (simulated by wearing beer goggles); when in the dark (simulate by wearing a blindfold) or whilst sober and with lights on.

4. Unsafe sex & STIs:

This activity was a "fishing is just like unsafe sex, you just don't know what ya gonna catch" game, giving the facilitator an opportunity to quickly describe what STI has been 'caught' and if in real life what symptoms may be present.

It was a busy four hours that was filled with laughter, lots of ohhhing and ahhhhing and conversations about the choices that are available for all members of the community.

For the youth team, the Choose Health Expo was a brilliant opportunity, enabling us to get a message out there that isn't easy to share in many contexts. The expo format is perfect in this sense as there are many activities people can choose to participate in, so they can take and leave what they like.

WORKSHOPS

EXPLORING SEXUALITY & GENDER WORKSHOP & SCREENING OF FILM 'INTERSEXION'

Rural Health co- hosted an afternoon workshop for parents, service providers and the community in general around sexuality and gender. This was followed by an evening screening of the film 'Intersexion' - a ground-breaking documentary in which intersex individuals reveal the secrets of their unconventional lives – and how they have navigated their way through this strictly male/female world, where they fit somewhere in between.

Statistics:

Workshop 11 participants
Film Screening 11 participants, 6 of whom were young people 16 and under

It's terrific that young people are getting exposed to this kind of information and challenging their perception of what is 'normal'.

WINDOW DISPLAYS

National Condom Day 2013	Stress Down Day
Sexting	Child Protection
National Youth Week	Youth mental health
Say No to Bullying	White Ribbon Day
Sexuality & Gender	Chlamydia
Promotion of the Break Dancing and	Seven Up youth centre –
Quote photography workshops	acknowledgement of sponsors & photos of activities

COLLABORATION (IN ADDITION TO EVENTS / CAMPAIGNS / PROGRAMS)

SPARX COMPUTER PROGRAM – UTAS RESEARCH

The SPARX computer program looks like a computer game, but teaches young people how to deal with feeling depressed, angry or sad. SPARX was first made for young people in New Zealand, but UTAS researchers wanted to know what young people in Tasmania think of how SPARX looks and sounds and if they think young people would want to use it. We worked with the researchers to develop and secure the focus group participants and attended each session as a support person.13 young people from grades 8-11 took part in 3 focus groups providing UTAS researchers with their opinion on the computer game SPARX. They were extremely insightful and the researchers left with a number of practical ideas for improving the game and access to it.

FAMILY PLANNING TASMANIA – SMITHTON OUTREACH CLINIC

Amidst great jubilation, we welcomed Family Planning's outreach clinic to Circular Head in December 2012 to operate from Wyndarra's discreet downstairs consult room.

We advocated for this clinic over the last few years in response to the high STI and unwanted pregnancy rates reported on the NW Coast (including Circular Head). These issues particularly affect young people who have very limited access to the clinic run in Burnie and perceived lack of confidentiality in sitting in the GP's waiting room or utilising local GPs who may be relatives/family friends.

Rural Health was a key stakeholder in the process of establishing the clinic and hoped that enabling young people to access information support, testing and treatment from an outside service specifically focussed in this area would:

- reduce rates of STIs
- reduce unwanted pregnancy
- create an environment more accessible to young people – without the fear of identification / stigma

Unfortunately, circumstances from within Family planning Tasmania resulted in the cessation of this much awaited clinic in May 2013. It is hoped that the clinic will re-commence operation.

DRUG & ALCOHOL FORUM

Circular Head Council, the Youth Network of Tasmania and Red Cross conducted a Drug & Alcohol forum which the youth team provided assistance to. The forum process sought to take 80 students from Smithton High School and Circular head Christian School through an appreciative inquiry that enabled them to talk with each other about: what they value; what they want to achieve and their ideas for achieving their preferred future in relation to alcohol and drugs.

Their vision for the future of Circular Head placed a great emphasis on teamwork and opportunities to work together with each other and key adults in their community to make a difference. They want to be happy, save lives and make change.

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, Family Planning Tasmania, UTAS and SWOOP III for their support and commitment during the year.

DRUMBEAT

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.

Kate Cross

Youth Development Officer

Audit Report and Financial Statements
Period ending June 30th 2013