

ANNUAL REPORT – 2014

RURAL HEALTH TASMANIA INC.



The photos on the front cover were taken during the 2013-14 year and represent just a few of the activities, events and programs facilitated by Rural Health Tasmania Inc.'s incredibly dedicated and passionate staff. The images also demonstrate the communities' desire to come together and engage collectively and pro-socially when given the opportunity.

Words from the Chairman – Daryl Quilliam

This year has seen large changes at Rural Health with the resignation of our inaugural CEO Di Murphy at the end of 2013. Di was a passionate person who had a great vision for Rural Health in our district and has been missed by us all. However we will always remember the hard work and journey Di was able to achieve especially in the early days of our organisation.

Early this year Rob Waterman was appointed our new CEO and has done a great job leading Rural Health Tasmania. During the year early intervention, Prevention and education for those contemplating drugs has been a major focus. Hopefully we are able to get Government funding for the long term implementation of this program. Mental health and youth mental health has also been a strong focus this year with Rural Health Tasmania staff implementing a number of programs aimed at reducing stigma and promoting more open communication and conversation about mental illness. These programs have promoted better access to treatment and have been well received by community. Rural Health's mental health and suicide prevention programs have also encouraged better communication between community and mental health services.

All other programs continue to run smoothly with our dedicated staff who I am very proud of. HIPPY at our 3 centres in Smithton, Burnie and West Coast, our youth workers, councillors and health programs are all important aspects of Rural Health.

This coming year there will continue to be a strong focus on mental illness, suicide prevention, substance abuse, youth health and mental health and socially inclusive programs including art and craft, morning teas at Wedge Street Community House and exercise physiology. Breaking the cycle of generational disadvantage and providing services and programs that promote and support the health and well-being of the community are always a priority.

Thanks too for our supportive board who all volunteer their time for the good of our community. Our board members are all busy people who are extremely dedicated to this organisation.

Cr. Daryl Quilliam
Chairperson

November 2014

A message from the CEO – Robert Waterman

Welcome to the 2014 Annual Report that highlights all the achievements during 2013 - 2014.

During this past twelve months we have said farewell to long term manager Di Murphy who is relocating to the mainland. Over the years Di Murphy demonstrated her dedication to the Circular Head community, building the diversity and capacity of Rural Health services in Circular Head and North West Tasmania. Di Murphy developed and successfully delivered a variety of health and well-being services and programs to the Circular Head and North West Tasmania community drawing upon her experience and understanding of the social determinants of health and bridges out of poverty framework.

Di understood the need to eliminate disadvantage and poverty and that an individual and communities' capacity to grow and prosper is dependent on healthy families and the availability of resources from a young age. Di Murphy dedicated many years of service to communities so that they could thrive and prosper and her knowledge, wisdom, and dedication will be sincerely missed.

We have also farewelled Tanya Nichols who contributed to the health promotion teams success, Deborah Heazlewood from HIPPY Burnie and ex HIPPY coordinator Joe McKean who also put a great deal of effort into promoting the Respite House.

Rural Health Tasmania also had the opportunity and good fortune to welcome a number of new staff this year including Tanya Nichols, Madeleine Hine who joined the youth team, Ivon Reuvers joined the care coordination program, Angela Cross and Delma Hianjuku joined HIPPY West Coast, Lynda Dodd, Lisa Johnston and Amy Whish-Wilson joined HIPPY Smithton, Shannon Kelly, Sathya Prema, Lara Robertson and Talitha Watson joined HIPPY Burnie and Kimberly Brown took maternity leave to enjoy the new and challenging role of motherhood. Congratulations Kimberly on your new bundle of joy and a very special welcome to Sarah Costelloe who has dedicated her time to the Circular Head community providing Drug and Alcohol counselling 1 ½ days per week from Rural Health Tasmania. It is hoped that Rural Health Tasmania will expand this service further next year.

I want to acknowledge the fantastic effort of the HIPPY program coordinators Leanne Marsden, Jen Lawes and Brea McKay who continued to develop their programs and provide additional activities with special thanks to some additional funding provided by The Tasmanian Early Years Foundation. This made it possible for parents and children to engage in some extra educational and fun activities learning about sustainable living, expanding their knowledge in a variety of ways and meeting new people. In particular I acknowledge the difficulties that the Hippy West Coast team and the West Coast community as a whole have endured while having to deal with uncertainty regarding the closure of the mine on the West Coast. Despite these difficulties, the West Coast community continued to prioritise the importance of early childhood education and the child parent relationship and due to the dedication of the HIPPY staff, the West Coast program continues to demonstrate its success in the community as do the HIPPY Burnie and Smithton programs.

The program for 2013/14 has continued to demonstrate its success growing from over 83 families participating in Burnie, Smithton the West Coast to more than 153 families participating in 2013/14. It is most encouraging to see this level of engagement by communities and it represents a clear demonstration of our communities understanding of the importance of education and the child/parent relationship.

I also wish to congratulate the work of Kate Cross and her Youth & Community Development team; Kimberly Brown and Madeleine Hine. I often find myself in awe of the passion, energy, selfless dedication and commitment demonstrated by Kate and the youth team. The youth team's ability to connect with our youth is inspirational and the team's energy inspires all staff members as well as other service providers, our youth and the community. Kate and the youth team works with the secondary schools and other services, providing a multitude of youth related services and events to Circular Head has a noticeable impact. I regularly witness first-hand the connectedness and strong relationships that Kate and the Youth team have with our youth and community. This year, Kate and the youth team have gone to great lengths to provide youth mental health services in collaboration with Circular Head Council, the schools and other services. This has provided an opportunity for hope in those, who at times found it difficult. At times, many of our youth struggle with day to day life. Not so much because of their circumstances but more so due to their inability to see a solution. Kate and the youth team have provided hope, support, motivation and inspiration to many young people so that they may meet and conquer their challenges. The Youth team's ability to inspire and encourage the young people in our community is a selfless and natural talent and does not go without my recognition or praise. I encourage you to read Kate's and the youth team's full report on the detailed and wide range of activities and programs accomplished by the Youth team this year.

I would also like to take this opportunity to acknowledge the great work of the Health Promotion team, Karen Cardillo, Monica Moore and Rohan Chilcott. The Health Promotion projects and activities during the year have included a number of health and well-being expos including a sugar forum, PITSTOP, health and well-being sessions for service providers, Bridges Out of Poverty workshops, the CHILL OUT program, Certificate 1 in Agrifood, in-house health promotion and window displays, Wedge Street morning teas and school holiday programs. The team coordinated a number of other community events including Telling My Story, Sow and Reap, Tai Chi, Nordic Walking and Drum Beat.

I would particularly like to thank the Wedge Street Community House coordinator, Glenda Maher for her effort and dedication to the community. Glenda has provided numerous art and craft, morning tea sessions, after school programs and the homework centre to the community over the past year. Glenda has been highly creative in the variety of programs provided and shown insight into community's needs. This is demonstrated by the growing popularity of the Wedge Street Community House programs and activities. Glenda has provided a great deal of social support to the local community and has done a remarkable job in promoting the Wedge Street Community House programs as reflected in their increasing popularity and demand. The Health Promotion team's report provides more information on the development and vision for programs and services at 23 Wedge Street and health promotion as a whole.

One of the teams that provides an invaluable service to community is our administration team. Angela Stewart and Cassi Kingston do a remarkable job in administering the day to day tasks that keep Rural Health services running. Rural Health Tasmania could not function and provide services and programs to the community without affective administration. Angela and Cassi

provide the foundation for successful programs and I want to take this opportunity to recognise and thank both Angela and Cassi for a job very well done.

Angela and Cassi provide a great deal of organisational support including human resources and finance as well as a great deal of other critical support including answering telephone calls and taking messages, distribution, transmission and filing of incoming and outgoing emails, filing, archiving and maintenance of records, data entry functions and managing daily Incoming/Outgoing mail, assisting in compiling of reports on project activities, managing correspondence, photocopying and general assistance as required. It is all the detail and effort that goes in to the wide variety of duties that makes the Rural Health team successful and they are certainly the unsung heroes of the organisation.

Ron Blume has continued to provide the psychological support service. Ron's services are highly regarded by community as is demonstrated by the number of clients seeking psychological support. It is also encouraging to see other organisations and programs being proactive in seeking Ron's services regarding group training, education on mental health, prevention and self-care. This has included visits to Circular Head Council, the Smithton District Hospital and to Emmerton Park aged care facility, Polytechnic and the HIPPY program. Ron's professionalism and dedication to the community is sincerely appreciated by staff, families and clients. I too would like to express my sincere gratitude to Ron for his dedication, professionalism and flexibility.

Organisationally; a healthy work culture, work life balance, professional and clinical supervision and occupational health and safety have been prioritised during 2013-14.

From July 2014 Rural Health Tasmania Inc. will continue to focus on preventative health programs and services, regularly reviewing and assessing the health and well-being needs of the community. Health and well-being services are provided based on need, access and availability and impact. Ensuring an alignment of the health and well-being needs of the community with service provision maintains a priority. Common examples of services and programs provided this year are:

- Physical activity programs e.g. walking groups and community Tai Chi.
- Social inclusion programs e.g. Wedge Street Community House.
- Mental health and wellbeing programs e.g. counselling, drug and alcohol services and suicide prevention and intervention programs.
- Chronic conditions prevention e.g. Lifestyle Modification Programs, healthy cooking and eating classes.
- Chronic conditions management e.g. diabetes education and arthritis support.
- Community garden programs.
- Arts and health programs.
- Family planning/sexual health.
- Care coordination.
- Youth health and mental health
- Health promotion
- Home Interaction Program for Parents and Youngsters (HIPPY)

Some of the priority areas identified by rural communities this year have been mental health, youth mental health, substance abuse social inclusion and diet and exercise physiology. These community health issues will remain a priority in the coming year.

It is understood that there will be a change of funding bodies during the next financial year and that Rural Health Tasmania Inc.'s current funding body; Tas Medicare Local will no longer provide core funding to rural primary health services. It is anticipated that funding will be provided via either Government or a newly appointed non-Government service for the 2015-16 financial year. The exact details relating to these changes is not yet clear.

The current building utilised by Rural Health Tasmania continues to operate at capacity due to the number and size of programs provided. The continued expansion of programs and services may require either the relocation or colocation of services requiring either a larger premises or an additional premises to be a consideration in the coming year.

Finally I would like to express my sincerest gratitude to all members of the Board of Management. The board members have been most generous with their time providing support and direction and have given their time and energy eagerly and voluntarily. I am very appreciative of the assistance they have provided during my transition into the role of manager. They have been a source of great information and guidance. The board members always make time to support the Rural Health team and the diverse range of health and well-being programs provided by the service. The board members consistently demonstrate their commitment and dedication to the health and wellbeing of the Circular Head and Tasmanian communities. I feel honoured to be part of such a caring and community focused organisation and a culture that is positive, dedicated and committed to the health and well-being of our children, families and community.

Robert Waterman
Chief Executive Officer

November 2014

Board of Management

During the 2013/2014 year the Board members were;-

Chair	Cr. Daryl Quilliam	Mayor of Circular Head
Deputy	Cr. Jeanie Murrell	Circular Head Council
Treasurer/Public Officer	Sgt Lee-Anne Walters	Tasmania Police
Member	Dr Nicole Anderson	Smithton Medical Centre
Member	Sharon McLaren	Smithton District Hospital
Member	Chris Hyde	Emmerton Park

Staff Members

Smithton Staff

Robert Waterman, Karen Cardillo, Monica Moore, Cassi Kingston, Angela Stewart, Kate Cross, Kimberly Brown, Madeleine Hine, Rohan Chilcott, Ron Blume, Lois Gray, Glenda Maher, Ivon Reuvers

HIPPY – Smithton

Leanne Marsden, Jody White, Jessica Sullivan, Lynda Dodd, Lisa Johnston, Amy Wish-Wilson

HIPPY – Burnie

Jen Lawes, Sathya Prema, Lara Robertson, Talitha Watson, Shannon Kelly, Hannah Brunetti, Nicola Rawlings.

HIPPY – West Coast

Brea McKay, Angela Cross, Delma Hianjuku, Corinna Clarke.

Thanks to our Sponsors

- Tas Medicare Local through its Rural Primary Health Service Program
- Tas Medicare Local through What's Your Big Idea Program (WYBI)
- Department of Rural Health
- My State Financial Foundation
- Tasmanian Early Years Foundation
- Tasmanian Community Fund
- Circular Head Council
- Department of Premier & Cabinet (Food for all Tasmanians)
- Department of Education LINC Tasmania
- ANZ Bank through the Foundation for Rural & Regional Renewal
- Sidney Myer Fund
- Brotherhood of St Laurence
- HIPPY Australia

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
- The Salvation Army Bridge Program
- Wyndarra
- Emmerton Park
- Smithton District Hospital

HIPPY SMITHTON

(Home Interaction Program for parents and Youngsters)

The Home Interaction Program for Parents and Youngsters (HIPPY) is a home based parenting and early childhood enrichment program targeting families with young children. The HIPPY approach develops the foundations for learning in the home during children's crucial early years. HIPPY fosters social inclusion, contributes to successful school participation and offers parents, a supported pathway to employment, training and local level community leadership.

Hippy Smithton

It was a fabulous team effort between families and tutors in 2013, with a full retention of families commencing their second year. It looks hopeful that a complete cohort of children will graduate in 2014.



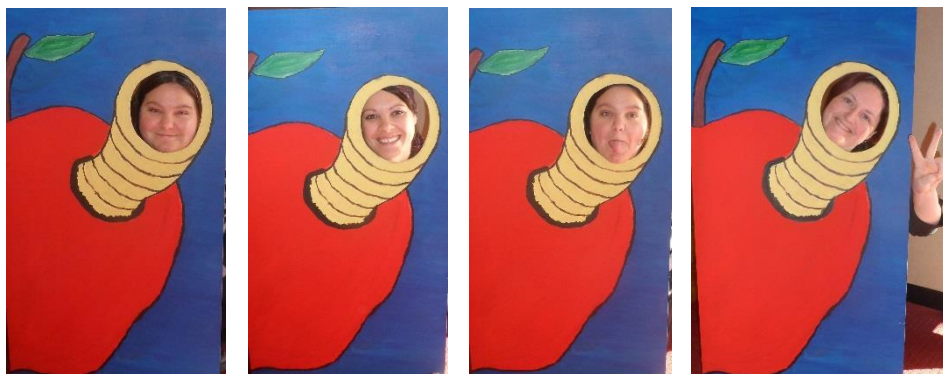
A full cohort of thirty families were enrolled for Age 4, 2014.

The Team

Sadly, we said good-bye to Jocelyn Harrisson at the end of June 2013 and the year was completed with only two tutors, Jody White and Jessica Sullivan. Delivery to families was supported by the Coordinator, Leanne Marsden.

Commencing a new year, three new tutors were employed to fill the positions available as tutors for our Age 4 families, Amy Whish-Wilson, Lynda Dodd and Lisa Jowett.

At the commencement of 2014 there were 67 families in the program. Presently there are 62 families being serviced in the program with, 32 in the Age 4 intake & 30 in the Age 5 cohort.





Coordinator:
Leanne Marsden
2014 Tutors: Amy,
Lisa & Lynda



Staff Development

Guest speakers, workshops and training courses are all offered to tutors for their development in their role as a tutor. Those attended included:

- Speakers:
- Dental Clinic & the local Education Department Psychologist
 - LGBT Suicide Prevention
 - Dr. Angela Dixon – “Mindfulness-based Intervention with Children & Youth
- Workshops/Forums:
- Sexual Assault, Plastics and Pollutant
 - Learn for Life – Building a Learning Community - Dr Michele Anstey and Dr Geoff Bull
- Courses:
- Drug Alcohol First Aid
 - Community Services - Certificate 3

Gaining professional skills and understanding on the effects of modern society and the impact of modern technology on the youth of today from the presentation at The Berry Street Convention, the Coordinator returned to Circular Head with a wealth of information to share with the tutors and families.

Group Meetings

To engage parents in Group Meetings the enrichment topics presented focused on; health, wellbeing, parenting skills, preparing your child for school, education, employment pathways and opportunities to participate in community events. At Group meetings children partake in activities similar to HIPPY giving them further exposure, opportunity & practise. This also so provides an opportunity for the development of socialisation skills amongst the children while having fun. Having a friendly relationship with the Wedge Street Community House HIPPY was able to link in with the Sow & Reap program providing parents with valuable information on gardening and providing seedlings to take home.



Outings

Outings are always fantastic fun and it's an excellent way to get to know your local service providers, schools and community. HIPPY visited the Police Station, Library, LINC & the Digital Hub. Parents were surprised by the facilities and support available at the new Digital Hub and many parents said they began using the facility frequently after our visit. Meanwhile, the vibrant librarian, engaged the children with singing and dancing. Holding regular Rhythm & Rhyme sessions in the library, an invitation to all families was extended. Children also had the opportunity to join the library.



Community Events

HIPPY always looks forward to participating and meeting all the families in the annual combined sites of "Launching into Learning" family play day. Preschool children and their parents travel from all corners of the region to come together to "catch up", form new friendships, laugh, learn, and play. Providing the occasion for early childhood workers to network, an eager exchange of future opportunities are discussed and array of ideas are shared.



Everybody,
enjoying a story
read by the Mayor,
at the Launching
into Learning:
Teddy Bear's Story
Time.

Participating in the "Service & Educational Providers Expo" 2013 created an opportunity for tutors to explore future career & educational pathways; familiarise networks available to the area and assess their health and diet. HIPPY was able to promote not only its educational side for families, but also its pathway to employment for young parents.

Linking with the Circular Head Aboriginal Corporation, HIPPY has attended their events: playgroup in the park, the end of year Christmas party and their family day market.

Challenges/Improvements

The introduction of the new Efforts to Outcomes database system for HIPPY Australia has given the Coordinator some challenging issues, namely time management and data recovery. With the amazing support from our I.T. team and increasing mastery of personal I.T. skills the system will be able to generate data based evidence reports on every aspect of our delivery.

Highlights

Sustainability

Successfully meeting the criteria of the Sustainability Assessment, September 2014 was the month of celebration for Smithton. With a decade of HIPPY in Circular Head, Hippy National Week and the successful outcome of the site remaining open with continual funding from the Department of Education, the team was elated with the outcome.

Ten Year Anniversary

The Smithton team invested a lot of energy and time creating boards for displays of HIPPY International, HIPPY Australia, HIPPY Tasmania and HIPPY Rural Health, to share with the Circular Head community. The information that was exhibited, validated HIPPY's involvement and the influence it is having around the world. Family photos from the past ten years were also on display. It was fabulous that other service providers, board members, past and present tutors and families

could join us to celebrate. It was wonderful to be able to share this with our HIPPY Consultant & Burnie Coordinator.

HIPPY Tutor Experience

From the 10 year anniversary celebration, another highlight evolved. Creating a book on past tutors and their children reflecting on their experience of HIPPY and where they are today; gave me an insight of the powerful life-changing influence HIPPY can have on parents. Past tutors were now employed as Child-care Coordinator, Child-carers while others are engaged in Administration & Reception roles. Some tutors are still studying at University to complete their Teaching degrees.

In the words of past tutors -

"I think working in the HIPPY Tutor role allowed me and other people to see me in a role other than as a "Check out Chick". In a small town, I think if you do the same job for too long, people think that is all you are capable of. As a result, I now have a job in Administration"

Angela Stewart – HIPPY Tutor 2005-2007

"Towards the end of my first year as a Tutor I decided to enrol in a bachelor of Education at The University of Tasmania...I was empowered by HIPPY and built my confidence to make a major decision about my future"

Annabel Dixon – HIPPY Tutor 2011-2012

As the HIPPY consultant said, reading the book, gives you one of those "warm & fuzzy" moments.

Training & Employment for Parents

It was an exciting time for two of our parents after visiting the Digital Hub at our Group Meeting. The visit led to an invitation to accompany tutors to TAFE to do the Voyager Career Program. Two parents took up the opportunity and within three months were engaged in training or employed. Both are now employed, enjoying their positions, one in Education & the other in Landscaping/Gardening. One parent said to me, "If I get this job, I will blame you". A blame I am happy to wear, every time she tells me how much she is enjoying her position.

Success for children

Funnily, one of the biggest highlights was conquering the fussy eaters. Seeing children making and tasting healthy food and enjoying it alongside their parents, who were aghast. The HIPPY team found inspiration from the format of popular T.V. show, MY Kitchen Rules. This offered a different approach to engaging children in cooking and sampling new foods. With both children & parents creating dishes to share, they judged each other's efforts with score cards the children had made.

New Brochure

The development of a new HIPPY brochure with a local flavour, was created after consultation with the HIPPY Advisory Committee. The Advisory committee consists of representatives from LINC, Council, Circular Head Education & Training Consultative Committee, Circular Head Aboriginal

Corporation & the schools' Launching into Learning Program Coordinator. The feedback received from local service providers was favourable.

Tasmanian Early Year Foundation (TEYF)

Successfully gaining funding from the TEYF has allowed HIPPY to link in with the Health Promotion Team to present to the community a popular and very effective forum on sugar presented by Monica Colmsjo.

A basketball & cook-off event, facilitated by Dave Nancarrow, was very successful in engaging families, encouraging strong family bonds & collaboration between members.

Further events will occur during the year.

HIPPY BURNIE

Making a Difference to parents

"I am amazed at how much HIPPY has changed my life. I am more involved with the community and with my children's school. I have more faith in my abilities and know that I can do what I wish to achieve. I urge everyone I know to do HIPPY with their children and become a tutor because it can open up a new world for you."

Deborah Heazlewood HIPPY Burnie tutor is now completing her Diploma of Early Childhood Education and Care and is enrolled at TAS Uni as she aims for even greater things.

One of the strengths of HIPPY is providing an opportunity to some parents to enter or return to the workforce. We develop parent's skills and confidence by providing support and training in a family friendly workplace and encouraging career path planning that sets them up for work and study after their two years maximum time in this role.

Our 2013-14 Team

Coordinator of HIPPY Burnie, Jen Lawes, continues to provide leadership for a larger team with twice the number of families participating we have doubled the tutor team from three to six in 2014

Deb Heazlewood was fare welled at the end of 2013, while Nicola Rawlings and Hannah Brunetti have continued to work with families and mentor new staff throughout 2014. Four new tutors - Talitha Watson, Lara Robertson, Shannon Kelly and Sathya Prema joined the tutor team early in 2014.

This year we have employed our own adjunct child carers for parent groups, welcoming Deborah Heazlewood back as a child carer. She is joined by experienced child carer Annette Butcher.



HIPPY Burnie 2013 team Nicola, Jen, Hannah and Deb.

Below is the 2014 team: Hannah, Jen, Talitha, Shannon, Nicola, Lara and Sathya.



"I absolutely love every part of my job. To begin with I totally doubted my ability to fill the role and was incredibly nervous every time a home visit was approaching. Thankfully the whole HIPPY

environment is so supportive and encouraging and I now look forward to visiting my families and sharing group sessions, something I never thought I would be able to do. Being a HIPPY tutor has given me so much employment experience already, not to mention the personal growth I've achieved." *Hannah, November 2013 after working as a tutor for just 6 months.*

Making a Difference to Families

- In 2013 we enrolled 37 families in the age four program, 33 completed the year and 26 families remain in the program as we pass the half-way point of 2014.
- By June 30th 2014 we have enrolled 36 Age 4 families, giving us a total of 62 families who are being visited each fortnight. Our cultural diversity has increased with 4 Indian families and others who identify as Aboriginal now participating.
- Parent enrichment sessions are held fortnightly. The diverse range of topics we have offered this year include kitchen science experiments, craft and gardening ideas for children, self-care, keeping fit and active, road safety, the power of brains and school readiness. We've listened to expert speakers from Family Food Patch, Coastal Family Day Care and Tasmanian Aboriginal Corporation.

Linking with the wider community

Burnie Child and Family Centre.(BCFC)

Our position within the Acton family Hub has allowed us to create a strong partnership and benefit from opportunities such as professional development, and venue sharing and most importantly to work collaboratively with a range of programs and services to reach and engage with more of the families who can most benefit from HIPPY.

BCFC have extended invitations to us to attend valuable training such as the Family Partnership Training and Play Therapist Marc Armitage. It has also enabled us to access professional expertise for parent groups and staff training such as the Education Department Psychologist, Oral Health Services and Early Childhood Intervention Services Principal.

The monthly Friends of the Centre meetings at BCFC draw together providers from a vast array of programs and services plus community family members. This is a valuable opportunity to promote HIPPY and gather advice, information and links for our families. These meetings have also provided useful professional development for two tutors to develop confidence with public speaking and meeting procedure as they volunteered to chair them each month. Other opportunities we have enjoyed via this network include invitations to present at Centrelink's parent groups and entering a team in the Big Barbecue Cookout Competition.

Burnie Community House is also a valued ally of HIPPY Burnie. A gardening with kids day organised at the community house was a great success with children and parents decorating planters, digging, planting, learning and of course having FUN and taking home herbs to watch grow and eat. Wooden planters, art materials and plants were all generously supplied by the community house.



Developing Staff

First Aid Certificates were attained by three tutors and the coordinator in July 2013. The majority of staff have attended Bridges Out of Poverty workshops and the “Child Friendly Communities” themed Communities for Children Conference broadening our knowledge and prompting many useful office discussions hence continuing our learning.

Also of great value was tutor Hannah Brunetti’s participation in a plain English workshop facilitated by 26TEN at LINC as she has been able to provide advice with any brochures and letters we produce for our families.

The Mind and its Potential Conference provided excellent professional development for the coordinator and information from some sessions is still used or referenced regularly with both the team and participating families.

Celebrating with families

2013 ended with a Christmas themed celebration attended by 80 children and adults. Children had fun testing their skills with activities inspired by the HIPPY activity books and re-purposed from Smithton HIPPY. The treasure hunt that unintentionally turned into a snow storm was the highlight for some children!

A generous Grant from the Early Years Foundation has given us the opportunity to run additional activities focused on sustainability throughout the 2014 calendar year. We hired a 57 seater bus which we easily filled with parents and children, many excited to have their first bus ride. Lobster Ponds coordinator Kevin Hyland provided us with excellent information and children were even able to see what a lobster feels like. Keven provided us with facts about lobsters, their life cycle and the importance of caring for streams to ensure Tasmania’s endangered fresh water crayfish continues to survive.

“They had a wonderful time Charley was very excited to share his new found knowledge about lobsters and was very impressed with his poster! So glad I kept him home from school so he could go.” Chad and Helen

Thank you for an amazing outing today at the Lobster Ponds. The weather didn't really play nice, but that didn't matter, I think everyone had a ball! Lara



Improving HIPPY

Efficiency at HIPPY Burnie has been enhanced with a new laptop and improved internet access. This upgrade was vital with all HIPPY sites across Australia now using an improved data base which monitors a multitude of additional aspects of the HIPPY journeys of families, tutors and sites. This “Efforts to Outcomes” performance management system provides reports as impressive as the variety and quantity of data each coordinators needs to enter into it.

HIPPY WEST COAST

2014 has been an enjoyable, yet challenging, year for HIPPY West Coast. We have established a great team who have worked really hard to promote HIPPY in the community and who take pride in being HIPPY tutors. Our team all come from different parts of Australia and the world! Delma is from P.N.G., Angela is from Queensland and Corrinna is our local girl from Queenstown. The girls have done a great job to work hard together as a team to achieve our goals for the HIPPY program.



Tutors Delma and Angela hard at work!

Our team worked incredibly hard during most of the year to promote awareness of the program in the community and increase our enrolments. We covered a lot of distance, making sure we attended every early year's group, community event, school event, etc., in our recruitment drive. This adds up to a lot of time on winding West Coast roads! However, the news of the Mt Lyell mine closure, one of the biggest employers on the West Coast, was a huge blow to the community and our program. We saw a lot of families become hesitant in joining as they were unsure of their future. Also, most employees were put on part-time work, so a lot of families were trying to coordinate a number of part-time jobs between both parents in order to have an income. With this much stress, we found it very hard to convince families to join HIPPY. We also had families start to drop out of the program because they were transferred to other mines or moved interstate in hope of work.

However, the West Coast community pulled together and all community groups joined together to offer what support they could. HIPPY West Coast attended a number of information sessions held by the West Coast Community Services Hub and by the West Coast Council. These sessions were invaluable in providing information on what services will be available to help families on the West Coast and how to help families access them. Our tutors were well equipped to link their families to services that could support them at this time.

As a result of this challenge, Robert secured funding to help HIPPY West Coast launch an advertisement campaign to improve our enrolments. We worked with the Advocate newspaper to put together an editorial that featured interviews from both tutors and HIPPY families. We also put together an ad for HIPPY on our local radio station, 7XS, with our own tutor Corrinna heading down to the studios to record the ad herself! Both forms of advertisement were great in getting awareness of the program out in the community. We had lots of people come up and tell us they had no idea about the program before they saw/heard the ads. Jen also got a couple of enrolments for Burnie HIPPY from these ads, so a great result!

Tasmanian Early Years Foundation Grant

This year all three HIPPY sites were allocated money from grants obtained by Rural Health from TEYF. The purpose of the grant was to promote sustainability, attachment and resilience in families, with an important focus on fathers.

We were lucky enough to be able to host two events at the West Coast Community Centre with David Nancarrow as the facilitator. David has ten years' experience helping men in building relationships with their children and partners, working for various community and government organisations. He also published books on helping dads support their partners and engage with their children in a more positive manner. The first workshop was held for mums only, where David discussed how they can better support their partners to be the dads they want to be. He also talked about the different ways men and women parent, and why it's important. The feedback from the event was positive, and everyone enjoyed the great lunch that was served during the talk!

The second workshop with David was held the next day for the regular 'Dad's Day' on Saturday mornings at the Hub. We were unsure how the event would go, as the mine closure had only been announced a few days before. However, we were happy to see a good number of dads and kids attend the event and bring with them a positive attitude. Dads and kids started off with cooking pancakes from David's cookbook, 'What's for dinner dad?', and adding an array of toppings. David then sat down with dads to discuss current issues that face fathers and that stop them from being the best dad they can be.



David Nancarrow Workshops

We also donated supplies and our time to the local day-care, which was already in the process of starting a veggie patch. Narelle, the day-care centre director, is very passionate about having the children involved in gardening and helping them to see how vegetables are grown. We wanted to support her further in this wonderful project by donating a portable green house and fertiliser. Narelle organised a dad's day, where all the dads and children worked together to set up the green house and empty the potting mix into the established above-ground gardens. Narelle finished the day talking about why it's important to grow your own plants and sent dads home with some ideas they can do with their children in the garden.



Queenstown Day-care's Dad's gardening day!

Training/Professional Development

This year I attended national HIPPY training for their new database system in Melbourne. I really enjoyed the training and finally getting to see what the new database was like. This training was over two days and was very intense, but we left armed with great resources to refer to when back home.

I also attended a one day workshop on how to better support young parents. I found this workshop interesting and inspiring. The workshop was mainly to educate midwives, community support workers and program managers on the services available and how to link young parents to them. But, we also had a couple of young mums come in and talk about their experiences and treatment. I found these girls to be very courageous and everyone truly wanted to hear what young parents needed from their service.

Recently, the HIPPY West Coast team attended a Family Partnerships workshop that was held at the West Coast Community Services Hub over two days. This course ultimately helped us to better understand the needs of the people we help and work with by helping us to ask better questions and to be better listeners! It had many light-bulb moments for us all in the way we talk and listen to both colleagues and clients.

Group Meetings

We have held a small number of group meetings so far this year. Past attendance at group meetings on the West Coast have been poor due to road conditions, travel distances and weather. Our HIPPY consultant advised us to try a monthly group meeting instead of a fortnightly one, and to move the meetings around to each town so everyone has a chance to attend.

So far, we have found that families are happy to have the meetings monthly and in different towns. Our first group meeting was a success, with parents enjoying meeting other parents in the program and having a chat. Just recently we had a dentist from the DSS who visits Rosebery weekly come chat to us about good oral hygiene in young children. This was a great success and many parents learned about services on the West Coast from DSS as well. It's very hard to get guest speakers to come to the West Coast, but we are constantly working on professionals that visit regularly to donate some of their time to speak to our families.

In Conclusion...

We are hoping that next year we will be able to sustain our enrolment numbers as parents feel more certain about their job prospects and financial future on the West Coast. Our program now has a great reputation in the community and we are hoping to build on this even further in the New Year. I would like to thank my wonderful tutors for all their effort, support and passion throughout the year. I feel truly lucky to have such wonderful colleagues. I would like to especially say a huge 'thank you' and 'good-luck' to Corrinna, who is leaving us to have her third baby and continue her career in early childhood. Corrinna was pivotal in the establishment of a successful HIPPY West Coast site last year and hit the ground running.

I would also like to thank Leanne and Jen for their continuing support in helping me get used to my new role as Coordinator. Also, thanks to Robert for his understanding in the issues we face on the West Coast and for always helping me to overcome them!

HEALTH PROMOTION

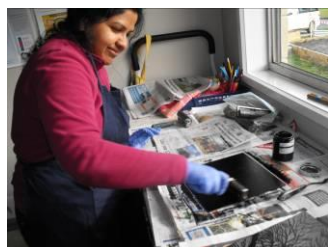
By Monica Moore & Karen Cardillo

Programs

Literacy Learning While Having Fun Program

In July we held a total of 8 sessions with 53 participants.

In Smithton we ran 5 sessions. 4 X Women's Cooking, 1 X Creative Art. All sessions were conducted at Wedge St Community House with good attendance (9) at the Creative Art session. In Burnie there were three Blokes Cooking sessions held with 10 enthusiastic men coming along each time.



All the sessions for the Literacy Learning While Having Fun Program have now concluded. This has been a fantastic program and 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 level of confidence displayed by many of the participants, particularly in the Women's Cooking, over a long period of time.

Men's Only Cooking @ Smithton High School

We received some funding from Tasmania Medicare Local to hold four cooking sessions for men only. Peter Benson, a local chef, was once again engaged to present these popular sessions. The first session was held on 30th July, with 15 happy men in attendance. On 27th August the men learnt how to make Vegetable & Pasta Frittata and the Best Brownies Ever! Feedback from the class was very positive. The list for these popular sessions quickly grew to 21. On 24th September the third session was held. The men cooked Beef & Blackbean Sauce with steamed vegies for main course & Crack Rolls for dessert. Our last cooking session was held on 29th October. For this

session the men wanted to do something with whitebait so Peter challenged them to come up with their own recipes, using left over ingredients from previous sessions. They also had to write their own recipes out, stating the quantities and method they used for their dish. This was served up with vegies / salad.

Rural Health Week

Art as Therapy Workshops were held every day from Monday 12th November – Friday 15th November for Rural Health Week. Topics covered were porcelain painting, merino wool & silk brooches, creative crocheting, screen printing & the magic of felting. The workshops were extremely popular and beneficial to all attendees with everyone being able to take home a finished item. Karen & Monica were fortunate to be able to attend four of these workshops between them. This has given us many ideas and skills for future programs.

Telling My Story

This program consisted of 3 individual programs with participants exploring ways to tell their own story. The first two saw the group developing different techniques and processes using words and language, and the third group used scrapbooking and journaling.

Tai Chi for Arthritis

The Tai Chi for Arthritis (TCA) program began in Smithton at the start of 2010 and has been running successfully since. Anyone with an interest in learning tai chi is welcome to join in but the program is particularly good for people with a limited range of movement or low fitness levels. 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.

A new beginner's class commenced on Friday 5th July with 10 new people eager to learn. The basic course runs for 6 weeks and then we progress on to the advanced set of moves. 5 very keen students chose to continue with their learning. Initially these students thought that the advanced moves would be too hard to learn. They have all done very well and surprised themselves with their abilities. On the 20th February 2014 another beginner's class commenced with 11 participants. This included three men which was very pleasing to see. Six people chose to continue on to learn the advanced set of moves. Part 2 of the Tai Chi for Arthritis program commenced on 26th June with 9 people. A very enthusiastic group of people from last year & this year who are keen to continue their tai chi practice with some new moves.

Comments from participants about the benefits they received are as follows;

A way to relax and strengthen my body. Tai Chi is a way to relax and refresh myself during my study.

Health, fun, real enjoyment, people.

Enjoying the gentle exercise that I can do whilst having arthritis problem.

Movements for improvements.

Helped me to slow down with mild exercise.

Better health, a meditation outlet.

How to do it.

To slow down, refreshing doing something that encourages you to do something slow. Most activities you need to be quick & efficient.

Enjoyed the exercise& meeting new people.

Enjoyment.

Enjoyment, movement exercises, good company.

How to slow down with some gentle exercise.

To slow down, has helped with balance and symptoms of arthritis, new contacts, and holistic approach.

Friendship from others.

Acquaintances, concentration, exercise.

To enjoy slowing down. It is relaxing, certainly helps relieve joint pain. The pace is slow but for 1 hour, I find it so relaxing.

Knowledge on how good Tai Chi is for people's health – Arthritis, other.

Have learned to compensate for my bad feet. Balance has slightly improved.

Relaxation, movement coordination, recognise your pain limits.

Have found I am now more flexible & not having joints making 'cracking' noises.

Enjoyment & movement exercises.

Relaxation techniques. Ability to free up joints for everyday use.

Better balance.

I have learnt a very effective routine that I now practice every day.

Nordic Walking

We have attended the two day Certified Facilitator training course in Melbourne in March. Three Nordic Walking taster sessions were held in May with 100% of participants wanting to continue with some tuition sessions. Two six week training sessions commenced in June each session of 1 hour duration. The participants are very motivated, feedback has been extremely positive and participants are enjoying the extra benefits of Nordic Walking.



Chill Out



CHILL OUT; (the acronym for Circular Head Information and Lifelong Learning on Universal Topics), is a group of mostly retired members from our community and meets weekly at Rural Health Tasmania. It is an informal learning program featuring speakers from various organisations as well as local people sharing their interests and knowledge. The group

has been meeting since 2007 and continues to be a popular activity attracting up to 30 attendees. Topics during the 12 months have included Graham Mace (stained glass artist); Ian MacDougall (retired Rear Admiral R.A.N.); Group sharing for the Then and Now project (sharing memories of growing up in Circular Head); many local residents speaking about a variety of topics (Cambodia, ageing, how the brain works, gardening, MS, drug addiction & help, autism, arthritis, Chatham Islands); as well as trips to participants houses for gatherings and an excursion to the Stanley Sea Aquarium.



Health Nights

Community Health Forum – Sugar, the bitter truth.

Wow!! What a wonderful, enlightening talk was given by Monica Colmsjo on the 15th April at two well attended sessions. The afternoon session boasted an attendance of 110 people while the evening session wasn't far behind with 86 coming through the doors. Feedback has been excellent and discussion in the community has been ongoing with many people vowing to make changes in the way they eat and to cut back on their sugar consumption. We have been approached by a number of members of the community enquiring if we can facilitate more nutrition based forums, as well as practical sessions on cooking with this information in mind. We have also been able to increase the number of nutrition resources available for loan from our Health Information Library.



Girls Night In

We hosted a “Girls Night In” event during October 2013, to raise awareness and donations for the Cancer Council Tasmania, which supports women who have been affected by cancer. The evening was a great success, with women showing support, sharing laughter and experiences.

Window Displays

A variety of window displays were put up throughout the year covering a large range of health topics and programs on offer. The health topics addressed were National Wee Week, Stress Less, Healthy Bones, World Suicide Prevention Day, World Heart Day, World Mental Health Day, Seniors Week, Universal Children's Day, Skin Cancer Awareness/Healthy Sun habits, World Aids Day, SLIP SLOP SLAP Sun Smart, International Asperger's Day, Brain Awareness Week, Arthritis Awareness Week, Responsible Gambling Week, World Asthma Day, National Families Week, Men's Health Week.

Programs run and advertised in the window were Girls Night In, Sugar Forum, Devil Country Muster & Slam Dunk Basketball Cook Off. We also made a Christmas window display and an Australia Day display.



National Wee Week Day



Stress Less



Healthy Bones



International Asperger's



Universal Children's Day



Healthy Sun habits



Brain Awareness Week

Rural Health Social Media

We have now set up a Facebook page as another way of advertising our programs and notices. The page is called, **Rural Health Tasmania Community**

Events and can be accessed through the following link.

<https://www.facebook.com/pages/Rural-Health-Tasmania-Community-Events/195669540594918> Search for us and click on **LIKE** to keep in touch with what we're doing.





Cert 1 in Horticulture continues to maintain good attendance numbers with around 15 attending each week. Attendees are very enthusiastic and willing to get their hands dirty in the variety of hands on projects required for the course. The theory component is kept light and fun with people placed into small groups to 'compete' against each other for top spot on the retained knowledge ladder. Each week the groups are changed so participants are continually working with different people. Our last session was held on 7th August where we learnt how to make a hot stack under the guidance of Marcus Ragus from the Royal Botanical Gardens. The hot stack was added to over the next two weeks to bring it up to the height required. Marcus & Chris collected up our work books for assessment and presentation of the Certificates was held on Tuesday, 17th September at the Wedge St Community House.



Sow & Reap followed on from the Cert 1 in Horticulture. On Wednesday each week we held gardening from 10am – 12pm at the Wedge St house. We have continued with the weekly upkeep of the garden like weeding, turning compost, fertilising plants, planting seeds & seedlings. A new no dig garden has been established close to the house in preparation for taller plants like corn, peas & beans. Other activities have included making newspaper pots, plant labels, mini hot houses & pest control sprays. We harvested spinach, red lettuce, silver beet, red onion, rainbow beets & strawberries. Asian lettuce, red onion, broccoli & cabbage were allowed to go to seed, hung on the fence to dry and seeds have been collected for future plantings. We have constructed some bird netting over the berry patch as the birds were finding our sweet red strawberries a little too tempting. Produce from the garden has been used in the school holiday program, with children assisting to make healthy soups & other meals for their lunches.





HIPPY Parent Group Meeting

On Monday 23rd September, we facilitated the HIPPY parent group meeting at Wedge St Community House. We gave the parents a tour of the house and gardens, explaining all the activities and programs currently being run at Wedge St. After that, the parents were shown how to make pots from newspaper and then they potted up some seedlings (parsley, oregano, spinach and lavender) to take home. They also made and took home some lavender hand cream. The children made caterpillars from half egg cartons and planted flower seeds inside their 'caterpillar'.



Homework Centre

The homework centre at the Wedge St Community House was open from 3.00 – 4.00pm on Tuesday & Thursday during 2013. Children were able to bring their homework or reading along and get some assistance to complete it.

School Holiday Program

We have continued to provide the school holiday program during each school break, to engage school aged children in mostly outdoor based activities, as well as modelling healthy eating. This program provides a much needed outlet for the children living within the Department of Housing district. Its success is evidenced in the consistently high number of children attending. Regular activities during the program include



healthy cooking – sometimes using produce from the community garden, communal eating,

soccer, cricket, basketball, tennis, dress ups, stilt walking, outdoor chess, and various crafts etc. During this year, the children have enjoyed a trip to Marrawah and an opportunity to learn how to surf. We also travelled to Stanley to participate in the Kites and Castles day. On each of these excursions, a regular participant of the community house has helped staff with the supervision of the children.

COLABORATION WITH OTHER AGENCIES

How Colour Affects Your Moods and What Colour Means To You

This presentation was delivered to the Chill Out group on Thursday 18th July and then again to Smithton Hospital for their Health & Wellbeing Program on Thursday 25th July. Both groups found it interesting, fun and informative. Some people were surprised at how strongly some colours really affected them.

Parenting Pitstop Activity Day

Held on 2nd October at the CHCRC, this day was organised by Dominic Peters from DHHS. Rural Health was asked to participate by holding a stall & manning the BBQ. Two volunteers – Rohan Chilcott & Sharen House – ably took care of the kitchen & free lunch while Glenda Maher and myself (Monica) manned the Wedge St stall. We held a ‘planting a seed’ activity for the children where they could plant either a sunflower or bean seed to take home & grow, as well as promoting activities at the Wedge St Community House. A variety of stalls were in attendance including the local dentist, face painting, podiatry, childcare, etc. There were approximately 50 adults & children in attendance that day which I thought was pretty good considering the verocious storm that came through at the same time of the event!!



Christian School Classes

We were able to work with the Grade 9 & 10 Community Services students from the Circular Head Christian School over a numbers of classes, exploring the social determinants of health. We presented a version of the Bridges Out of Poverty training proving to be quite interesting to the class, demonstrated by fully participating in discussions and exercises around various aspects of the training. Another class was held at the Wedge Street Community House where the students were exposed to the kinds of programs we facilitate, as well as why we run them. The students then engaged in gardening projects as well as some nutritious cooking. Out of this group of students, there are a number of them that have shown some interest in assisting with the Wedge

Street school holiday program. This is indeed a positive outcome. It is anticipated that the Health Promotion Team will again work with this class next term.

YAFF Garden Beds

The YAFF garden bed project in Circular Head is now complete. Twelve people (including the Respite House & Wedge St Community House) were in receipt of two large size raised garden beds and a compost bin. The recipients were very happy with their beds which were also planted out with herbs & vegetables. Feedback has been excellent and some people have already harvested fresh vegetables. For the Respite House we received higher beds that are suitable for wheelchair access and at the community house we were able to have three smaller beds at the front of the house (completing the front yard) and one large bed in the back yard.



Recipients garden bed



Respite House



Wedge St Community House



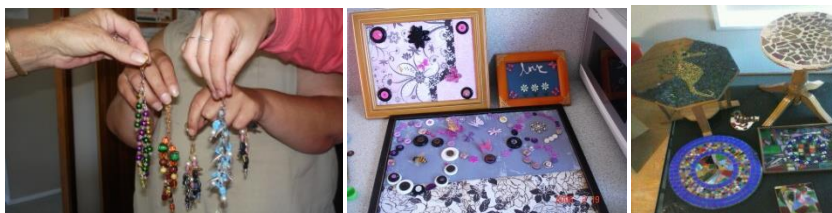
WEDGE STREET COMMUNITY HOUSE

Coordinator – Glenda Maher

Craft

Throughout the year we have run various weekly craft sessions at the house which has proven to be very popular. We are getting a range of ladies coming along and sharing their talents with us and we have really enjoyed learning and sharing with one another. Some of the activities we have run include knitted headbands and beanies and bags, candle making, mosaics, button art, jewellery making and bag charms.

For some of our ladies, these craft sessions are their only outlet. It is very much a big part of their lives where they look forward to not only learning a craft but sharing the knowledge and the friendships that come from these sessions. One of the ladies told me it is the highlight of her week and I have seen the growth and change in another lady from when she started attending. I can see how it has brought her out of herself and she now joins in and shares advice and her skills with all. This is a thoroughly worthwhile program that is enjoyed by all who attend. We have one lady that comes all the way from Rocky Cape to Smithton and several others from surrounding areas in Circular Head.



Outings and special occasions



Now and then we celebrate national events or an occasional trip away. This time we held a Melbourne cup luncheon and hat competition, a Mother's day pampering and an Op shop bus trip to Ulverstone and Burnie. The Melbourne cup day was well attended and a lot of fun and laughter was heard throughout the day as we played games and shared lunch. The Mothers day pampering was gratefully received with foot baths, foot and shoulder massages and facials as well as serving the ladies with lovely finger food while listening to relaxing music. The Op shop trip was such a hit that everybody requested it be held again. Here's a picture of a very lovely lot of ladies that had a great day on our op shop trip

Activities in the Park

Play in the park is very dependent on the weather especially in the winter time but we can have up to 15 at a session. The local children enjoy these sessions whether they are kicking a ball or playing a game of cricket. You can hear the laughter from the house as the park is just across the road and then the kids help the workers pack up and put things away. This is teaching the children to respect the equipment and be responsible. It is



great getting the kids out into the fresh air playing instead of them being in front of the tv or a computer.

Cooking and Sharing



In November we had an enthusiastic group of ladies attend for the Christmas pudding cook off. Only one of these ladies had ever cooked a pudding before. They were all impressed with being able to cook their own pudding and very happy to take their puddings home to share with their families. It was a great learning day. Prior to Easter we held a chocolate



making day where we made chocolates in various moulds and also made soft centres in some. Of course everything was taste tested before it was taken home to the family. Sharing of recipes is often encouraged so we decided to have a recipe book making day. Participants brought along their favourite recipes. It was a fun day browsing through magazines and swapping our favourites.

Toy Library

The toy library is available for anybody in the local area to use. There are a wide range of items available for a minimal refundable hire fee. Our age group for toys is from 0 to 5 years old with musical and educational equipment available in the range. We have been very fortunate to have had donated a few quality items for our toy Library which includes a fun push along pram /bike.



Other

In collaboration with "Aspire" the community house hosted 3 mental health Art Therapy Sessions.



YOUTH AND COMMUNITY DEVELOPMENT TEAM

Rural Health Tasmania's 2013 - 2014 youth and community development team has comprised Kate Cross, Kimberly Brown (until April 2014) and Maddie Hine (from April 2014). Rohan Chilcott has provided DrumBeat sessions.

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 by breaking down barriers between generations and facilitating greater access to opportunities and support systems.

The rural remote region of Circular Head poses a mix of challenge and benefit to youth. Challenges primarily include limited access to entertainment; youth focussed services and opportunities which are further impacted by the virtually non-existent transport system. In addition, young people's sense of identity and belonging are often negatively impacted by family breakdown, family violence and critical community perception. Alongside this, the youth team witness stress, depression and anxiety as the main presenting issues affecting youth who seek out help.

Despite these challenges, the youth of Circular Head are an incredibly resilient and determined group. We continue to witness young people enthusiastically giving to their community through volunteerism; pursuing excellence in study, work and/or hobbies such as sport and the arts; service to their club or church; leadership roles and the generation of ideas and concepts with great wisdom and insight. More importantly though we are witness to the countless youth that, despite terrible challenges continue to try. They get up; they do the best they can often getting 'knocked down' again but they still try. This is a true triumph of human spirit - that some of the most vulnerable of our community act with such courage on a daily basis. We are fortunate as a team to gain some insight into the inner world of many of our youth and gain an appreciation of what it is that drives them to strive against all odds. We implore our community to seek to know the young people around them, to support them, assist them to feel they have an important role to play here and let them know they are valued.



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

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 continue operation. Staff from Rural Health, Council & CHAC ran the centre from 3:00 – 5:00pm each Tuesday and Wednesday afternoon from July - December 2013 and Tuesdays May – June 2014.

Seven Up statistics:

Sessions	48 x 2hour sessions
Participants	626 young people
Average	13 per session
Activities	cooking, art, boxing, board games, card games, treasure hunts, KAW training, crafts, food challenges, social games

The true value of the centre to some of the most vulnerable youth in our community continues to be evident. The number of young people seeking help from our staff has increased dramatically. During 1 session, staff counselled 5 young people with issues including bullying, suicidal ideation, concern about the mental health of a friend, family violence, theft and problems at school. A quiet room has been established to facilitate confidential discussions.

Aside from the efforts of these organisations, the community has provided enormous support to the centre. Many thanks to Smithton Christian Fellowship, Treasure Chest 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, information on consent and sex, 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	208 (624 condoms and packs of lube)
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PHONE AND ON-LINE SUPPORT GUIDE

A guide containing contact details for numerous support services and information on how to respond in an emergency was produced. The guide was largely developed as a tool to be utilised by young people requiring assistance after hours when local support services were closed. The guide is either forwarded as an attachment on Facebook messages so it may be kept as a reference on their phone or given to the young person as a wallet card. Prior to distribution, the youth team talk about the uses of the card and parameters of this and other local support services.

DRUMBEAT

The DRUMBEAT program 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.

DRUMBEAT statistics:

Schools	Stanley and Forest Primary Schools
Sessions	20 x 1 hour sessions
Participants	240 - average 12 students per session

CAMPAIGNS

DIGITAL REPUTATION & SEXTING WORKSHOP

A 75 minute workshop was delivered to a local Primary School's grade 6 at their request. The focus of the session was to urge students to think about the types of information they shared online knowingly or not, who they shared this information with, a basic understanding of the legal consequences and social ramifications of sexting and what support services are available.

Many students were shocked to find how easy it was for strangers or those they hadn't intended, to find their online footprint and identify who they were and where they lived. Feedback from the teacher suggests the workshop had impact:

"I think it was really valuable and the kids have referred to parts of it in their conversations since, so it has hit home. Thanks for providing such a great service."

Workshop statistics

Participants 19 students and 1 teacher

1in4 YOUTH MENTAL HEALTH CAMPAIGN



...are currently experiencing a mental health condition.

In response to high statistics of young people experiencing a mental health condition and a youth suicide in the region late 2013, the youth team with council and support services from the NW Coast created space for local youth to express their reaction and to explore what they would

like to do in response. Unanimously, they asked that sessions were conducted in which the community could learn about mental health, the signs and symptoms of mental illness and how to respond to someone who is suicidal. As a result this campaign was born. Named 1in4 due to the incidence of mental illness being 1 in every 4 of 16-24 year olds, initial planning and preparation took place in the lead up to the broader campaign (to take place in the upcoming reporting period).

Funding through Medicare Local Tasmania and Circular Head Council has enabled the campaign to develop. In the early phases of the campaign, the team accompanied 8 Circular Head Youth Leaders to a 1 day workshop to extend their 'Understanding Mental Health and Wellbeing' and exposing them to concepts about mental health / illness and how to promote these in the

community. In addition the team conducted sessions with the youth leaders around mental health and how we could raise awareness in our community.

NATIONAL CONDOM DAY 2014

'National Condom Day' is a great way 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. The National Condom Day 2014 caption: "Only give love this Valentine's Day" was particularly relevant and thought provoking.

The team handed out a bunch of resources:

- 54 plastic packs containing 3 condoms & lube, sexual & relationship health information and how to use a condom instructions
- 76 metal tins containing 3 condoms & lube, sexual & relationship health information and how to use a condom instructions
- 38 badges – with various sexual health messages
- Brochures and booklets on STI's and how to have conversations with teens about sex.



National Condom Day street stall



National Day of Action Against Bullying window display

NATIONAL DAY OF ACTION AGAINST BULLYING

The issue of Bullying is still a priority of the youth team. National Day of Action Against Bullying was a great opportunity to get some information out to the community, focussing on the four types of bullying identified by 'The Department of Education and Early Childhood Development's Building Respectful and Safe Schools' (2010): Verbal Bullying, Cyber-Bullying, Covert bullying and Physical Bullying. Our window display in particular attracted a lot of attention and positive feedback, for example a retired teacher who spent many years responding to bullying in schools and was travelling in the region popped into Rural Health to share the following,

"I have been travelling and in the last couple of weeks have seen many displays on the topic in Tasmania but this is the best description I have ever come across. Well done!"

NATIONAL DAY OF ACTION AGAINST SUICIDE

The Youth Team with help from local football clubs Redpa, Irishtown and Forest/Stamley ran a brief campaign to raise awareness for World Suicide Prevention Day on September 10th.

The campaign titled “I’m not afraid to show my feelings. Are you?” aimed to raise awareness regarding male suicide and encourage males to check in with their mates and ask them “how ya going?” based on the following frightening statistics:

The team developed a window display and wallet cards which contained information on mental health support services; warning signs to look for and what to do if you were worried about a mate.

AWARENESS RAISING THROUGH FACE BOOK

The youth team utilise Face Book page to touch base with young people in the area, market youth activities and opportunities and encourage young people to check out information and campaigns around a range of youth health issues such as suicide prevention, depression and anxiety, body image, materialism, sexual health, healthy relationships, bullying, stress & menstruation, texting & driving, building relationships with parents, etc.

**Are you afraid to
show your
feelings?**

**Don't just show feelings on
the field**

*6 people die of suicide in
Australia every day.*

5 of these are blokes!

*Don't let you or your mates
join the stats.*

CLIENT SUPPORT

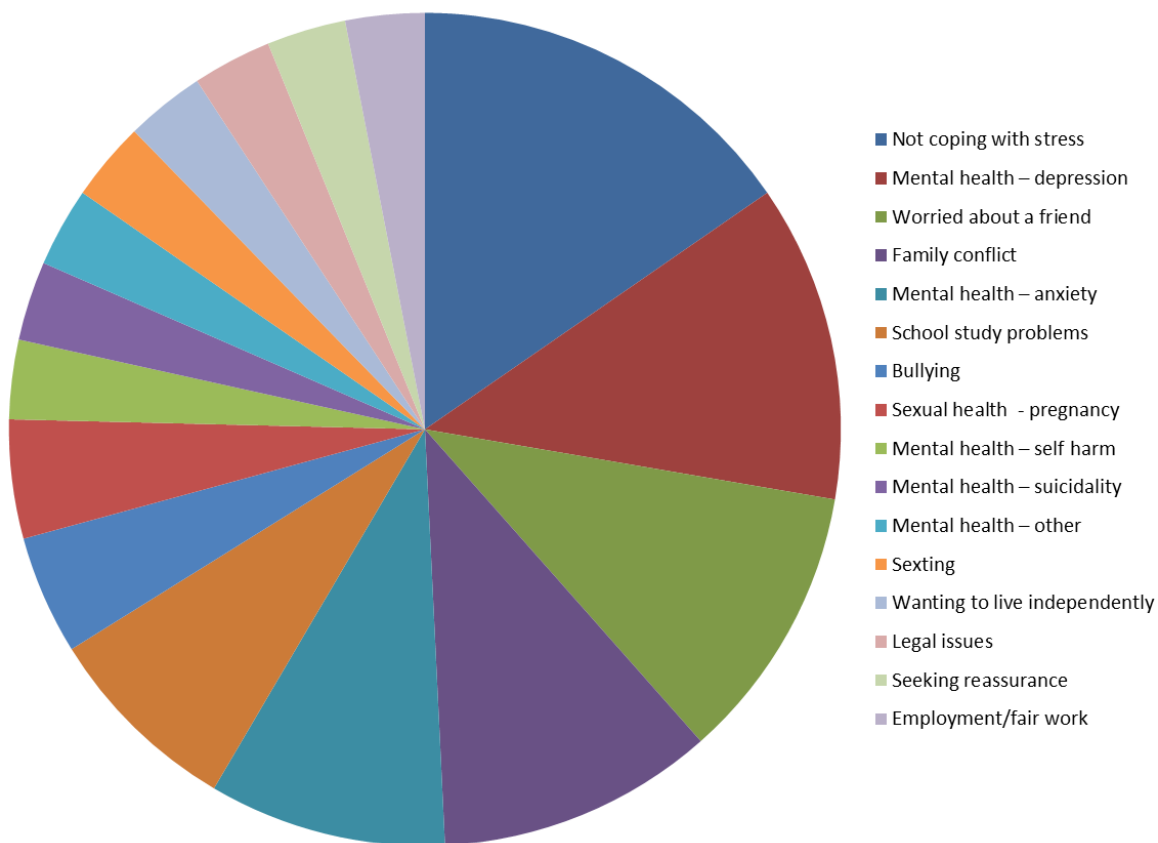
An integral function of this team is to support young people in Circular Head with various social, mental, financial, family and health needs. We worked directly with 65 youth, parents or guardians (35 existing clients, new clients: 18 self-referred, 12 external referral). 16 of these identified as Aboriginal/Torres Strait Islander.

This assistance can be long or short term, intensive or intermittent. Modes of assistance include: advocacy; referrals and links to further support; 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. Young people present to the team for a broad range of reasons, the most common of these being: stress, mental health concerns such as depression and anxiety and concern for a friend (see chart below). Some are encouraged to seek assistance by friends or school and others present directly to team members at the Seven Up youth centre, via Face Book or text. Others drop in to Rural Health.

Most meetings are conducted at Rural Health face to face or via phone, Face Book, e-mail or text. In the reporting period, there were 224 occasions of service with clients and 76 cases in which the team were required to advocate for the client. The team works with the comfort levels of the young person seeking support and is flexible to their needs. This means we communicate on the client's terms until we establish appropriate links to services. The team utilised numerous (52) organisations / services to meet the support needs of clients during the reporting period.

Most clients came from the Circular Head region: 51 Smithton, 3 Hellyer, 2 Roger River, 1 Stanley, 1 Forest, 1 Togari. A small number (4) lived outside the region but had family connections to Circular Head. The home town of 2 clients were unknown.

Most common issues affecting youth using the service: July 2013-June 2014



EVENTS

YOUTH FEST

In collaboration with Circular Head Council and with funding from Department of Premier and Cabinet Youth Week grants, the National Youth Week event 'Youth Fest' was run at Circular Head Christian School. The event was held within school hours to enable more young people to access the event (it was previously held on weekends which prevented a lot of youth living in more rural areas from attending) and to encourage and facilitate collaboration between the two local high schools.

The event had over 500 students attend, around 30 staff members, 6 service providers with a total of 15 staff/8 medical students engaging students in a range of health related activities. Activities on the day included nail art, cupcake decorating, face painting, BIG games, craft, zorb balls, laser tag, bouncy castle, gladiators, bungee run, singing competition, live music, photo booth and paint ball.

WORKSHOPS

PROTECTIVE BEHAVIOURS / PUBERTY SESSIONS – Me, My Body & You



Students exploring their 'early warning signs'

A program covering Puberty, Protective Behaviours, Healthy Relationships and Sexual Behaviours was conducted with Edith Creek Primary School's grades 5-6 students (6 1.5 hour sessions with 14 students). Students were extremely engaged and participated enthusiastically and respectfully.

Evidence of the program's success has been in the improved communication between parents and their children regarding the topics covered and the openness of the school to allow us to provide information on topics that we were initially steered away from. In addition, comments such as the following demonstrates the value students placed on the program:

"... it teaches other kids to stand up and take charge"

"They [kids] can learn how to take care of their body"



Pics from YouthFest

I-PARTY – SMITHTON HIGH SCHOOL

The team arranged for coastal based organisation, Youth & Family Focus to run I-Party, a 3 session workshop at Smithton High School. The following topics were covered:

1. Alcohol and standard drinks – discussion on safe drinking and the physical and emotional impacts
2. Relationships – respectful relationships, consent and safe sex
3. Legal issues and emergencies – hosting a party at home, first aid and legal requirements

All grade 10's attended the workshop and we have received positive feedback particularly regarding the timeliness of the information that was shared, given the end of year celebrations that typically occur around this time.

WINDOW DISPLAYS

A range of window displays promoting health issues such as: National Condom Day, Sexting, Youth Mental Health, Suicide Prevention, Bullying and Violence Against Women were developed to generate discussion and increase awareness.



National Condom Day window display

COLLABORATION (in addition to Events / campaigns / programs)

Over the year, the youth team has been fortunate enough to collaborate on some incredible projects. Of note are:

'E-TOOLS' a collaboration with Youth, Family and Community Connections (YFCC), 2 iPads have been entrusted to the team for use by the community. To date, these tools have been utilised most consistently by the young people attending Seven Up to communicate with other youth, practise driving tests, access apps on various health topics (E.g. drugs and alcohol, mental health) and to interact with each other and play games.

AOD SESSIONS – SMITHTON HIGH SCHOOL GRADE 10s & GRADE 7s The team has supported the Salvation Army in delivery of a number of sessions on Alcohol and Other Drug information to Smithton High School students.



Nancy (YFCC) and Kate: E-Tools

WAZZUP?

In Collaboration with Council and the Chronicle newspaper WAZZUP? a monthly calendar publicising activities for youth aged 12-25 has been developed and shared monthly. The WAZZUP? Concept has been developed to ensure a planned approach / even spread of activities and so that young people have well publicised, regular and varied activities to look forward to in our region.

NURSE ON CAMPUS – SMITHTON HIGH SCHOOL

During the year, Smithton High School approved visits by Department of Health and Human Services Youth Health Nurse, Julia Taylor to work as 'Nurse On Campus' 1 day per fortnight.

Julia directly related her success in securing a place at the school for the program to us.



The poster features a graffiti-style background with the word 'WAZZUP?' repeated in various colors. A large purple splat graphic contains the word 'MARCH'. Below the title, a list of activities is provided. The bottom section lists specific events for Friday 14, Friday 21, Sunday 23, Wednesday 26, and Friday 28, each with details about the location and time. Logos for CHYL, TNT, and the Chronicle are at the bottom.

WAZZUP? MARCH
Activities for 12 - 25yrs

- CHYL is taking late applications for membership – call Alysha 6452 4800 for details.
- Basketball starting 1st week March: boys and girls rosters U12's-U18's - see Smithton basketball club Facebook page.
- Local & coastal footy training has commenced – still time to join – see relevant club Facebook page.
- Dance classes just started – still time to join – see InPulse Facebook page.

FRIDAY 14
TNT Truth at Dreambuilders 7-9pm

FRIDAY 21
TNT Youth - Amazing Race in Stanley! Meet at Dreambuilders 7pm sharp!

SUNDAY 23
CH Motorcycle Club 'Come Try Day' see Circular Head Motorcycle Club Facebook page

WEDNESDAY 26
Get a Coaching Certificate – call David Munns 6425 3177 to book

FRIDAY 28
TNT Truth @ Dreambuilders 7-9pm

Film: 'Salmon Fishing in the Yemen' at Stanley Town Hall 7.30pm

My Golf held at the Smithton Golf & Country Club meeting every Tuesday at 4.30pm for more information please contact 0429 615 009

Logos: CHYL, TNT, Circular Head, Chronicle

SMITHTON HEALTH CONTACT CARD – UTAS

The team were asked to collaborate with UTAS to develop a health contact card for the Circular Head Region. The card was saved as a file on thumb drives and wrist bands that were distributed by UTAS during YouthFest.

ART ABOUT TOWN

We assisted Council with this very popular and successful youth art exhibition/competition by displaying some of the artwork in Rural Health and providing the people power to hang some of the artwork around town.

Mindfulness Based Stress Reduction Course offered to our team:

In collaboration with Tas Medicare Local, the team organised a 15 hour stress reduction course which was attended by 6 people – a mix of educators, community services workers and allied health professionals who learnt valuable skills in addressing the way they deal with stress and techniques that can be shared with clients.

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.

Tas Medicare Local: Rural Primary Health Service network day

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; Smithton High School; Circular Head Christian School; Youth, Family and Community Connections and Tas Medicare Local for their support and commitment during the year.

Kate Cross

Youth Development Officer

Psychological Services

For the past financial year I have been the one and only counsellor employed by Rural Health. We have recently had support from the Salvation Army Bridge program with Sarah Costelloe seeing clients who identify themselves specifically in need of drug and/or alcohol counselling in response to our billboard advertising or other referrals. I can't report on her work load or availability.

I continue to work five days per fortnight from our centre plus variable outreach days. I remain ever flexible with the hours and days I work according to needs and continue to meet with clients at their preferred venue if and when that's appropriate. My daily diary is mostly full and on the occasion of a cancellation with notice the reception staff can often offer the gap to an alternate client to better suit their availability or reduce their wait time. As a result of my availability after hours, by phone on my days off, flexibility of my working days and the aforementioned short notice appointments our clients enjoy an extremely short wait period if any at all.

My supportive/educational role with the HIPPY program continues and I'm available for all sites at their request. I consistently consult at Emmerton Park and to a lesser extent at the Hospital as required. I have recently been involved with the Council's Workplace Safe month where I've given several presentations relating to the understanding of the dynamics and the impacts of stress, recognising of symptoms and management techniques.

Ron Blume

Psychological Services