



# RURAL HEALTH TASMANIA INC. ANNUAL REPORT 2014 - 2015

## Words from the Chairman – Daryl Quilliam

This year again has been a busy one for Rural Health. We have again been successful in obtaining many grants for various programmes for our community. A number of highlights have happened during this year. One of these was the reading bug egg that has now been hatched with over 500 people attending. This event captured the imagination of many families in Circular Head with many parents (thankfully some of these were fathers) reading many books to their young children. We were also fortunate to be in a position to open a new office in Queenstown enabling us to provide more programs in the future to the West Coast community.

Another win for us was to obtain a grant for early intervention and education to prevent drug use. Our partnership with Council and CHAC in running the after school youth group “Seven Up” received a donation to continue this programme for another year and our partnership with City Mission running “5UP” and the Kommunity Kids program from the Wedge Street Community House has proved successful as it grows in popularity.

Our other services including HIPPY, the Wedge Street community house, chill out, general counselling, health promotion, youth and community development, and our respite house continue to be important programmes in our district.

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

Thanks again to our dedicated staff for another great year for our organisation and a special thanks to all our board members of Rural Health Tasmania. These people are all extremely busy people who are dedicated to this worthy cause  
Thank you.

*Cr. Daryl Quilliam*  
Chairman

November 2015

## A message from the CEO – Robert Waterman

Welcome to the 2015 Annual Report that highlights Rural Health Tasmania Inc.'s achievements during 2014 - 2015.

This year there has been some exciting changes at Rural Health Tasmania with the implementation of some new programs and the expansion of some of the existing and highly successful programs and services. This year Rural Health Tasmania has also developed some new and exciting partnerships with other organisations. This has significantly increased the availability of new programs and services to the North West community and specifically to Circular Head. These stakeholder relationships and the new programs they bring with them provide the Circular Head community with better access to a variety of community resources including parenting support programs, counselling and individual parenting and support groups. Good Beginnings has formed a collaborative partnership with Rural Health Tasmania and is now providing parenting support to schools, families and the Circular Head and King Island community. The Salvation Army Bridge program continues to work with Rural Health Tasmania to provide drug and alcohol counselling and support as well as early intervention and prevention programs at the local high schools. Rural Health Tasmania also has a number of employment agencies working from our Smithton office on a weekly basis.

This year Rural Health Tasmania has continued to focus heavily on early intervention, prevention and community education in an effort to reduce the harms associated with mental illness, substance abuse, obesity, diabetes, youth and adolescent mental health, social isolation and other social determinants of health.

During the past twelve months we have said farewell to Lois Gray, Monica Moore, Rohan Chilcott, and Kimberly Brown, Angela Cross, Corrinna Clarke, Jessica Sullivan, Jody White, Nicola Rawlings, Sathya Prema and Talitha Watson. Rural Health Tasmania also had the opportunity to welcome a number of new staff this year including Gaby Wilkens, Ivon Reuvers, Kristy Jackson, Tamara Wilson, Allison Mullins, Christina Joseph, Kasey Bakes, Kerrie McNair, Nicole Grey, Tabitha Saunders and Terna Murison.

There have been some positive changes to the youth program with the creation of a new position and the employment of a new Seven Up coordinator Adam Wilson and youth worker Dudley Billing. The addition of the Seven Up coordinator position enables the Seven Up youth centre to be open three days a week now. The youth team has continued to make significant contributions to the community over the past year providing a range of support services and programs to the Circular Head Youth. The local schools have continued to embrace the support from the youth team and I would like to personally thank Kate Cross and her team including Maddie Hine for their outstanding dedication to the Circular Head community. The youth team also received an award for the 1 in 4 mental health initiative and a grant from the Commonwealth Bank. Kate Cross and the youth team's contributions and support of the Circular Head youth's health and wellbeing is a perfect example of what can be achieved through selfless dedication, empathy and compassion.

The Youth team's ability to inspire and encourage the young people in our community continues to go beyond impressive as their selfless and natural talent provides opportunities for the Circular Head youth to prosper and thrive. 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 also want to acknowledge the continued success and outstanding dedication of the HIPPY teams and in particular the program coordinators Leanne Marsden, Jen Lawes, Brea McKay and assistant coordinator Hannah Brunetti and all the tutors who continued to develop their programs and provide additional activities to the Burnie, West Coast and Circular Head families and communities. Their efforts and vision

for the North West community continues to be both impressive and another example of a team that is highly motivated and dedicated. The HIPPY programs contribution continues to make a positive and noticeable impact on children and families providing a valuable and rewarding opportunity for parents and children to experience an enriched family environment and love of learning. Once again this year the HIPPY program teams have gone above and beyond and this was clearly evident as I watched the reading Bug Egg project in Circular Head gain momentum, evolve and take on a life of its own. The community embraced the project with parents reading with their children to the egg during the year awaiting the inevitable hatching. It was truly a moving experience to see so many children, families and the community engage in reading in such a fun way as the children laughed, had fun and learnt at the same time. This was a clear indication that children can truly enjoy the experience of reading and learning setting them up for a positive learning experience at school. HIPPY Burnie also provided a number of additional activities for children and families this year and it was great to see the HIPPY teams, families and community working together to provide such positive experiences for families.

This year also saw Rural Health Tasmania open a new office in Queenstown servicing the West Coast community. This was achieved by some additional funding from HIPPY Australia and Rural Health Tasmania and has provided HIPPY West Coast with more exposure in the main Street and an opportunity to engage with more families. The new office also represents an opportunity for Rural Health Tasmania to grow and provide more programs and services to the West Coast community.

Since taking over the position as Chief Executive Officer, it has become obvious that the level of dedication and care and compassion demonstrated by the Rural Health Tasmania staff as a whole is nothing short of remarkable. The work, dedication, flexibility and initiative shown by Karen Cardillo and the health promotion team this year is yet another example of this level of professionalism and commitment to the health and wellbeing of the community. This year has seen some significant progress toward Rural Health Tasmania's strategic priority in early intervention, prevention and community education. Although Rural Health Tasmania maintains a strong commitment to treatment and meeting the current health and wellbeing needs of the community, many health issues including mental illness and substance abuse are preventable.

Under the social determinants of health and the bridges out of poverty framework, Rural Health Tasmania and more specifically the health promotion team has demonstrated an even stronger commitment to preventative health this year. It has been encouraging to see the community embrace the number of preventative health workshops and forums provided by Rural Health Tasmania this year. Special guests including Andrew Fuller, Steve Biddulph, Simon Clegg, Dr Gary Fettke, the Minister for Health, the Federal Member for Braddon and Western District Commander of Tasmania Police presented at forums and workshops in Smithton and Stanley on topics including raising awareness and preventing methamphetamine use and other drug use, preventing and reducing mental illness, building resilience in children and families, parenting support on raising boys and raising girls and building motivation in youth, drug effects on a young person, behaviour and its impact on health, risk factors and harms, protective influences, positive communication with children, signs of drug use for parents to look for, real strategies to help children avoid drugs and mental illness, sports nutrition, fat, carbohydrates, healthy eating, diet and sugar and its effects on the body.

This year's combined public forums and workshops has seen more than 1000 members of the community attend these events and their attendance continues to grow. This is a strong indication that the preventative health message is working well and being heard by the community and it is certainly a priority to many individuals' youth and families in the community. Other health promotion projects and activities during the year have included a number of in-house health promotion activities, window displays, Wedge Street morning teas and school holiday and afterschool programs and Ways with Words. Ways with Words was an arts based literacy program that proved to be popular with the community.

I would also like to thank the Wedge Street Community House coordinator, Glenda Maher for her effort and dedication to the community. Again this year, Glenda has provided numerous art and craft, morning tea



sessions, after school programs to the community. Glenda has been extremely creative in the variety of programs provided and the popularity of the Wedge Street Community House continues to grow. The growing popularity of the Wedge Street Community House programs and activities is a testimonial to Glenda and the health promotion team's dedication and close relationship with the community. 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.

The unsung heroes of Rural Health Tasmania are the Finance, Administration and HR Staff. Cassi Kingston and Angela Stewart work tirelessly dealing with all the day to day issues that arise. Payroll, finance, admin and human resources are critical roles and operationally critical for any organisation. I would like to take this opportunity to personally thank Cassi and Angela for all they do and let them know that whilst they go about their daily duties, I am very aware of how much they do and it does not go without recognition and my appreciation. Angela and Cassi do a remarkable job in administering the day to day tasks that keep Rural Health services running and Rural Health Tasmania could not function and provide services and programs to the community without affective administration.

The counselling team was joined this year by social worker, Ivon Reuvers. Ivon brings a wealth of experience to the Counselling team. Providing counselling, coaching and care coordination. Ivon helps to empower clients to deal with common issues and helps them to gain understanding and insight into any difficulties they might be experiencing. Ron Blume has also 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 and Ivon'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 and the HIPPY program. Ron and Ivon'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 and Ivon for their dedication, professionalism and flexibility.

Rural Health Tasmania has continued to promote a healthy work culture, work life balance, professional and clinical supervision. Occupational health and safety remain a priority.

Rural Health Tasmania Inc. has continued to focus on preventative health programs and services, regularly reviewing and assessing the health and well-being needs of the community. As part of the strategic plan, Rural Health Tasmania started the Circular Head Health Advisory Group (CHAG) this year with members from across the community taking part in the group. This has assisted Rural Health Tasmania in planning and prioritising and meeting the health and wellbeing needs of the North West community.

All Rural Health Tasmania programs and services are provided based on need, access, availability and impact. Ensuring an alignment of the health and well-being needs of the community with service provision remains 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, school holiday program, Kommunity Kids, Five Up, Seven Up, Chill Out.
- Mental health and wellbeing programs e.g. counselling, social worker, drug and alcohol services and suicide prevention, intervention and education 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.
- Residential Respite.
- Youth health and mental health
- Health promotion and preventative health program including regular public health forums training and events.
- Home Interaction Program for Parents and Youngsters (HIPPY)

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

This year saw a change in one of our core funding bodies with Tas Medicare Local (TML) ceasing operations from 30<sup>th</sup> June 2015 and Primary Health Tasmania taking over the contract to fund Rural Primary Health Services.

The current building utilised by Rural Health Tasmania is at capacity due to the number and size of new and existing programs. Over the next financial year it may be necessary to consider either a larger premises or additional premises if the demand for Rural Health services continues to grow.

Finally I would like to express my sincerest gratitude to all members of the Board of Management. The board members have always been generous with their time providing support and direction and have given their time and energy eagerly and freely. I am very appreciative of not only the assistance and support they have provided, but also the diverse experience and level of organisational governance provided since taking up my position in 2014.

The board members always make time to support the Rural Health team and consistently demonstrate their commitment and dedication to the health and wellbeing of the Circular Head and Tasmanian community. I feel honoured and privileged to be part of such a caring community and community focused organisation.

Robert Waterman  
Chief Executive Officer

November 2015

## Board of Management During the 2014 - 2015 year

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	Christine Hyde	Emmerton Park
Member	Norman Richardson	CHAC

## Staff Members

### Smithton Staff

Robert Waterman, Karen Cardillo, Monica Moore, Kristy Jackson, Dudley Billing, Adam Wilson, Cassi Kingston, Angela Stewart, Kate Cross, Ron Blume, Glenda Maher, Ivon Reuvers, Maddie Hine, Kimberly Brown, Rohan Chilcott, Tamara Wilson and Gaby Wilkens.

### HIPPY – Smithton

Leanne Marsden, Lynda Dodd, Lisa Johnston, Jody White, Jessica Sullivan, Amy Wish-Wilson, Allison Mullins, Nicole Grey and Tearn Murison.

### HIPPY – Burnie

Jen Lawes, Hannah Brunetti, Lara Robertson, Shannon Kelly, Sathya Prema, Christina Joseph and Kasey Bakes, Talitha Watson, Nicola Rawlings, Jacqui Fishwick.

### HIPPY – West Coast

Brea McKay, Mardi Adair, Corrinna Clarke, Kerrie McNair, Tabitha Saunders, Angela Cross and Delma Hianjuk.

## Thanks to our Sponsors

- TML - RPHS Program
- TML - What's Your Big Idea Program (WYBI)
- 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
- Brotherhood of St Laurence
- HIPPY Australia
- Ian Potter Foundation
- Commonwealth Bank
- 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
- Good Beginnings
- Circular Head Youth Network
- The Salvation Army Bridge Program
- Wyndarra
- Emmerton Park
- Smithton District Hospital
- Save the Children Foundation

# HIPPY SMITHTON

## (Home Interaction Program for parents and Youngsters)

HIPPY has grown to 75 sites, across Australia. It was described as, “We are now a tall poppy in the early childhood and parenting programs” arena and with this comes more accountability and responsibility. HIPPY’s new logo reiterates HIPPY’s future focus: “*Families learning together,*” which covers parenting skills, early childhood learning, formal/informal study for parents and parents returning to work.

What I love about HIPPY is the holistic approach to parenting and learning and the support we are able to give families in many other areas. It is also inspiring to watch the personal development of the tutors as they gain new work skills & confidence

HIPPY contributes to children making a successful transition to school and beyond and empowers parents and carers to be their child’s first teacher. For some parents it is a pathway back into employment.

### HIPPY Smithton

Congratulating twenty-nine families at the end of 2014 Age 5 Graduation, was a display of the HIPPY team’s, parent’s and children’s dedication to achievement of completing the program. Acknowledgement must go to valuable team member & committed tutor, Jody White, who supported many Age 5 families to success.

Jody & her son



2014 Age 5 Graduates



Excited HIPPY child & tutor, Jess



A full cohort of thirty families were enrolled for 2015 Age 4 & twenty four families continued into the Age 5 program.

### The Team

Farewelling Jody White & Jessica Sullivan at the end of 2014; a new year commenced with Lisa Jowett, Lynda Dodd & Amy Whish-Wilson continuing to support their families through year two of the HIPPY journey. Welcoming new Age 4 tutors, Nicole Grey, Tearnna Murison & Allison Mullins, extended the HIPPY tutor team in 2015 to six.



Left: 2013/14 HIPPY Team: Lisa, Leanne, Jody. Front: Amy, Lynda, Jess

Right: Age 4 Tutors 2015: Tearnna, Nicole, Allison





### **Staff Development**

All tutors are offered opportunities to develop their skills & knowledge by participating in formal workshops, training sessions or courses. Those attended included:

Speakers: Andrew Fuller- intervention/prevention and community education workshop

Courses: First Aid, MYOB, Family Food patch, Mental Health First Aid, CORES

Traineeships: Business Cert. 3

Tutors attend weekly training covering HIPPY activities and enhancement topics. Each tutor in consultation with the Coordinator create a personal individual developmental plan.

### **Coordinator Training**

During January 2015, a two day HIPPY Australia National Coordinator training session was held in Melbourne. There were many HIPPY Australia presentations and workshops covering: HIPPY research, communications, strategies to improve recruitment & retention in HIPPY, tuning into children, developing & researching an Age 3 program, new ETO computer database, HIPPY looking to the future, enhancing family engagement in Age 5 plus launching & learning of the new materials and manuals.

HIPPY sites showcased their innovation and successes through presentations and poster displays. HIPPY Smithton developed two posters: the Reading Bug Egg (Literacy) & Families Growing Together (Gardening).

### **Group Meetings**

Group meetings are a fortnightly events with twelve being held and well attended. Parents gain skills and information on topics such as; nutrition, gardening, parenting skills, children's

behaviour, health & preparing for school. Engaging Kristy Jackson, Early Intervention and Prevention Project Officer, to offer a series of workshops in 2015 has proven highly successful in building trust, confidence and support within the parent group.

Children have the opportunity to socialise with others at group meetings, while participating in many activities. Tutors offer opportunities to children to encourage skill development through play. Ideas are shared with parents on how to have fun with your children without having to spend money by recycling or experimenting at home.

After completing her training, Jody held her first Family Food Patch workshop at a group meeting, presenting healthy ideas for lunch boxes.

### **Outings:**

A trip to the S.E.S was organised and the children were excited to see the Rescue vehicles and hear the sirens Snow entertained the children and delighted them all with sweets.

### **Celebrating: Graduation & Age 4 party:**

This was the best year ever for numbers of graduating families from HIPPY Smithton. It was an astonishing effort by families and tutors showing their commitment to the program.

The HIPPY team created an amazing array of entertainment with some magnificent props to enhance the theme of "Under the Sea"

From the monster size entrance covered in jellyfish, minkie whales, dolphins and other assorted sea life, to the glow in the dark jellyfish tank; children were engrossed in fishing, pearl collecting, feeding the shark, netting the fish, making a jellyfish to take home, diving for treasure, making a hairy fish and finally eating the octopus cake.

The HIPPY team's huge effort was rewarded when 193 parents & children enjoyed the parties.

### **HIPPY & families connecting with local community**

Due to Tasmanian Early Years Funding & linking into Circular Head Education & Training Consultative Committee many opportunities occurred for HIPPY to facilitate families to connect to community forums and events.

### **EVENTS:**

#### **HIPPY & TEYF**

##### **Sustainable living: Health/Nutrition**

Prior to June, in collaboration with Rural Health's Health department, the HIPPY Team, invited HIPPY families to a sugar forum & a basketball bake off. Attendance: 191

During the period July 2014 to June 2015 HIPPY participated or instigated nine community events encouraging families partake.

##### **Sustainable living/environments: Feeding the family using recycled materials**

##### **Science Gig**

Bi-annually, Circular Head Education & Training Consultative Committee in liaison with the Primary schools hold a Science Gig. The theme this year was feed the world. The HIPPY team, was able to make it possible for social inclusion of the early years for the first time by introducing a competition for 6 & under and presented an interactive stall. The HIPPY team encouraged relationship building and interaction between parents and children by holding a competition to feed the family, by using recycled materials to create a garden container or garden implement together. All children in Circular Head were invited to participate and relevant service providers were contacted with the details to ensure every-one heard about it. Eleven entries were received.

During the science event families were engaged in interactive activities, observed readymade activities & were given ideas that families could do at home. Participating in making a living edible wall and making an edible terrarium offered a hands on experience for families. Seventy terrariums were made and taken home and the display had exposure to 200 visitors. One gentleman asked if it was O.K. to take photos so that he could share them with his son and grandson who would enjoy doing a project like this together.

Attendance: 200

##### **Garden Spectacular @ Highfield Historic Site:**

After a successful window display advertising the Science Gig, HIPPY was excited to receive an invitation to the Garden Spectacular @ Highfield. It was fabulous for the tutors to see what local community working together through some horrendous windy conditions could achieve. It was spectacular with over 7000 people passing through the gates. HIPPY presented ideas on using recyclables to garden with plus how to interest children in growing plants. It was a huge success with many people stopping to talk about HIPPY. It gave an opportunity for huge exposure of HIPPY to the community. It also offered occasions to network state-wide as many service providers stopped to introduce themselves. Although a thoroughly exhausting day, it was well worth the effort for all the positive feedback we received. It was a massive event for tutors to experience and they enjoyed every moment too. Many HIPPY families were seen in the crowd. One hundred and eighty hairy edible heads were made by children and parents to take home.

Attendance: 7000

### **Health Team: Certificate 11 Horticulture:**

A second invitation was received to do a demonstration from the Rural Health, Health Team Horticulture Cert II facilitator. The HIPPY Coordinator demonstrated to parents how to grow food for the family and involve their children in gardening activities, growing food and relationships simultaneously.

Attendance: 18

### **HIPPY Group Meeting:**

At a group meeting, The HIPPY team demonstrated to nine families how to build a growing wall and starter kits were given. Children developed their own growing containers and were keen to plant their seeds in the garden at home.

Attendance: 21

HIPPY is grateful to TEYF for providing the opportunity to advocate to families sustainable living; growing relationships and food together by gardening at home with recyclable materials.

The creation of airplanes and cars made from recyclable material have been donated to the community house where they will continue to use these ideas to engage families in gardening especially during the school holiday programs.



### **Sustainable living/environments: Building Interaction and relationships in families Social Circus**



Christian Florence from Social Circus was engaged to deliver an event encouraging parents and children to interact while learning new skills and having fun. HIPPY organised the event in the local park. The community house was invited to the event adding flavour by taking the opportunity to show case their toy library and allowing children to test run them.



This activity focused completely on enhancing, building & strengthening relationships between parents, children, local community members and local service providers. With a skilled facilitator & the HIPPY team as role models, 70 participants engaged in circus skills amidst lots of laughter and a positive relaxed environment was created. The evening in the park was completed with a barbeque tea with every one sitting around absorbed in conversation.



Attendance: 70



## The Reading Bug Egg

This highly successful project was initially funded by TEYF but HIPPY linked in with CHETCC to bring it to completion.

As Circular Head was identified as having issues with literacy skills, this project aimed to address this need at a family level. The Reading Bug Egg was a literacy program hatched to encourage children to read and parents to read to children, fostering relationships and building a love of literacy.

By linking in with public events, the aim was to engage those families who do not participate in formal gatherings. Parents and children were encouraged to read to each other.

The whole community adopted the egg, with local identities supporting the groundswell. It was discovered on the 6<sup>th</sup> November 2014 and continues its journey throughout the community.

HIPPY was very grateful to the Tasmanian Early Years Funding which made it possible to commence the egg project.



## HIPPY & CHETCC (Circular Head Education Training Consultative Committee)

### The Reading Bug Egg Project

#### 14/11/14 Lighting of the Tree -



How delightful – Frangipani Annie alias Annette Dawes, enchanted the children with the story of the discovery of the egg. She then engaged them with the first story for the egg and then encouraged the children to sing a song. It was wonderful to see the children climbing up the wall to see the egg. Annette finished off, by inviting them all to the Circular Head show to read to the egg.

Attendance: 50

#### 6/12/14 C.H. Agricultural Show –



What a great day to meet families. Children, parents & guest readers read to the egg. Guest readers included Frangipani Annie (Annette Dawes), Ruth Forrest MLC & Paul Niven VDL. A story was read every seven minutes during 10 - 3.

Attendance: 3000



### **13/12/14      Wedge St Market –**



Wedge Street market, HIPPY linked in with the Community House market. Our milestone of 100 books were read! During the week a challenge was set to reach 100 books read, children were waiting for the egg to arrive. Some families present had previously been engaged with HIPPY at the C.H. Agricultural Show and the Social Circus in Wedge St in November.

Attendance: 50

### **19/12/14      Smithton Christmas Parade –**



This was a fabulous evening. The HIPPY team and their children invited Frangipani Annie to join them, on the back of the Reading Bug Egg truck. Every-one was excited and left with a feeling of community & participation which was wonderful. Another fabulous opportunity to showcase HIPPY & C.H.E.T.C.C. (Circular Head Education & Training Consultative Committee) working together in the community. Many HIPPY families were in the crowd

to cheer us on.

Attendance: Community

### **23/1/15      Australia Day Cocktail Party –**



After an invitation of support from the Australia Day Committee & Council, HIPPY was delighted to bring the egg to the cocktail party, where it became an Australian Citizen. It was sworn in by those in attendance egged on by Frangipani Annie. The Reading Bug Egg program was explained to the audience. Roger Jaensch MP attending the party, liked the program & offered future support.

Attendance: Community

### **26/1/15      Australia Day Twilight on the Duck –**



A further invitation by the Australia Day Committee & Council saw HIPPY have another fabulous day in the community. HIPPY took the opportunity to handout information pamphlets and discuss the program with parents. Some faces were now becoming familiar, children were visiting the egg at each event. Introductions and information was also given to new CALD residents.

Attendance: Community

### **12/2/15      Circular Head Council- Councillors read the egg its first eBook and offered support for the project.**



The egg then proceeded to visit local service providers: the library, Wyndarra & the Circular Head Aboriginal Corporation before starting a tour of the seven local primary schools & two child care providers: C.H. Child Care Service & Giggles.

The egg project has been very successful in many ways: it has promoted services, networking & joint projects within the community. The children & families have engaged in the community & literacy in a fun way. It has linked families to Service Providers (HIPPY, school, library) & the community have taken ownership of the project.

### **Reading Bug Egg project feedback & comments:**

Teacher, Libby Grey, Smithton Primary: "The Reading Bug Egg discovery has been a great inspiration for children and adults alike in the community, to become aware of the importance of reading"

Father, Andrew, about reading to his 6 month old baby: "Literacy is an important skill and I would love my son to enjoy reading as I do"

"We read as a family every night before bed-time. It's nice to have a bit of routine and it's a great way to wind down together. We all love our reading!" says father Jeff whose daughters are 6, 7, & 3.

"It is very important that parents, in particular fathers read to their children. It helps fathers fill the role of teacher and supporter of education" Paul, father of five.

Grandfather, Peter said while reading to his grandson, "Just a good time for the both of us."

Many families linked in with a number of events, so became very familiar with the support and services available in the future.

### **Support & Networking with other Service Providers:**

HIPPY this year has referred quite a few families to other Service Providers. This has included Speech Therapists, Counsellors, Cancer Counsellors & accessing funds for those needing financial assistance.

The Coordinator was invited to be a member of the Circular Head Learn for Life Action Group, in March. At present it is reviewing the Circular Head Education & Training Consultative Committee plan and identifying what has been implemented to date and what needs to be addressed. The Reading Bug Egg Project became a part of this plan to engage young children in literacy.

Rural Health Tasmania (Smithton) consulted with other Early Learning Service providers, HIPPY families, Community Organisations and Clubs to develop, organise and participate in the many activities offered.

Long term partnership will continue with the Circular Head Education and Training Consultative Committee (CHETCC), with an invitation to join the Learn for Life Action Group. Rural Health's HIPPY Coordinator will participate with a focus on the Early Years.

Other links formed: Rural Health's Health Team, Smithton Basketball Association, CHETCC, seven (all) Launching into Learning sites, Seven (all) Primary Schools, C.H. Garden Club, C.H. Aboriginal Corporation, C.H. Agricultural Society, C.H. Council, C.H. Business Group, S.E.S., Wyndarra, R.H. Community House, C.H. Veterinary Services, C.H. Child Care Services, Giggles, C.H. Library, LINC, C.H. Art Group, C.H. Writers Group, C.H. Australia Day Committee, Rotary, The Chronicle, The Advocate & ABC Northern radio.

Local Counsellors and politicians from Council to State Government have offered support.

In regards to the egg project, apart from these formal associations there has been numerous local identities who have donated time & support to the project: Cameron Abel, Craig Dwyer, Owen "Wog" Wragg, Bruce "Skid" Hutton, Anthony Walters, Deb Mainwaring, Andrew & Charlie Pilkington; Jeff, Leila, Xander, & Tilly Power; Lila Rae, Frankie & Koel Nicholls; Paul, Ted & Adelaide Niven; Peter & Judd Hutton. Local popular identity, Annette Dawes, have been overwhelming supportive, providing entertainment for the children at numerous events. The support has been overwhelming, but the community have taken ownership of this project.

### **Advisory Committee:**

At the Learn for Life Action Group meeting, a discussion was had on having an early childhood advisory committee for all service provider in this arena. Rather than forming a new committee, it was suggested that HIPPY's Advisory committee would be expanded on, to include the Clinic Nurse (Rose) and other child care facilities. Meetings would be 2 – 3 times a year, but instead of focusing only on HIPPY, it would be about all of us linking in together to share ideas & work holistically for the community. This will be beneficial for all as we will be able to refer clients to each other, have a clear ideas on each member's role in the community, avoid duplication of services and identify areas in need of servicing.

### Media support:

The Chronicle have shown phenomenal support to HIPPY during the year and in particular the Reading Bug Egg Project over the passing months. Some editions have had 2 stories: one for HIPPY and one for the Egg.

A few stories were published by The Advocate promoting the Literacy program.

A radio interview was held with ABC Northern radio to promote the Reading Bug Egg project.

See Reading Bug Egg Facebook page: [www.facebook.com/thereadingbugegg?ref=hl](http://www.facebook.com/thereadingbugegg?ref=hl)

## HIPPY BURNIE

### Making a difference to parents:

*"She has developed a love of learning, exploring new ways of doing things and wants to do more independent learning, as a result of the confidence that HIPPY has given her. The sense of accomplishment on her face makes me a really proud mum." Sathya*

*"HIPPY has helped me engage with my kids in a practical way, educating them on different things. We are learning new things as a family and reading new books. I'm not the primary carer of my children but we always find time for HIPPY in the 4 hours a week I see them. It is setting them up for a good education." Joanne*

### The HIPPY Burnie team

*June – December 2014*

Coordinator: Jen Lawes

Tutors: Nicola Rawlings, Hannah Brunetti, Shannon Kelly, Lara Robertson, Sathya Prema, Talitha Watson.

Adjunct child carers: Deborah Heazlewood and Annette Butcher.



**Hannah, Jen, Talitha, Shannon, Nicola,**



**Back: Christina, Jacqui, Lara. Front: Shannon, Hannah,**

*January – June 2015*

Coordinators: Jen Lawes and Hannah Brunetti

Tutors: Shannon Kelly, Lara Robertson, Christina Joseph, Kasey Bakes, Jacqui Fishwick.

Adjunct child carers: Angela Norton, Amy Dart.

The HIPPY Burnie team restructured in 2015 with the Coordinator role being job shared between Jen Lawes (0.5 FTE) and Hannah Brunetti (0.4FTE). We reduced the tutor team from six to five and increased caseloads accordingly. We farewelled four tutors at the end of 2014 - Nicola Rawlings, Talitha Watson, Sathya Prema and Hannah Brunetti (who swapped roles), and welcomed three new tutors to the 2015 team - Christina Joseph, Jacqui Fishwick and Kasey Bakes.



*"I really thank Hippy for giving me this golden opportunity. As a hippy tutor I take pride being part of the hippy family in Burnie. As a migrant this became the perfect platform to bridge my career gaps and integrate with the local community through the wonderful opportunity of working with HIPPY families. Working with HIPPY has helped me to develop my self-confidence, organisational skills and add value to the community. I am enjoying every part of my job and thanks for the immense support motivation and mentoring by the HIPPY team."* Christina

### **Making a Difference to Families**

In December 2014 twenty five children graduated after completing the two year program and 34 children celebrated completion of the age four program and looked forward to embarking on a second year of learning and having fun the HIPPY way. In 2015 at June's end we have retained 29 of those families in the Age 5 program and have 34 children enrolled in the Age 4 program.

Parent enrichment sessions are held fortnightly. We offered a diverse range of topics including road safety, healthy food choices, children's feelings, craft for kids, gardening, recycling, budgeting and brain development. We are grateful to have a variety of expert speakers willing to give us their time and expertise including Family Food Patch, Burnie Child and Family Centre staff, Burnie Community House project officer, Child Development Unit psychologist and a Community Policing Sergeant. A visit to Cooee beach on a balmy day in May beachcombing with author Rees Campbell was one highlight for parents and children.

### **Linking with the wider community**

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. Burnie Child and Family Centre (BCFC) have extended invitations to us to attend valuable training such as Lets Read, Tuning into Kids, Circle of Security and Fostering Creativity. It has also enabled us to access professional expertise for parent groups and staff training.



**Charlie told us the story as he drew**



**Eva made a pattern as she threaded her necklace**

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 tutors to develop confidence with public speaking and meeting procedures. A HIPPY tutor volunteers to chair the meeting each month and is mentored in the role by experienced LINC and Centrelink managers. Other opportunities we have enjoyed via this network include invitations to attend the state wide CFC forums and working collaboratively on programs such as 'Find a way to be kind' which encourages parents to replace shouting and shaming children with kindness.



This year we have worked more closely with the Early Childhood Intervention Service (ECIS) in finding the best ways to assist a parent with an intellectual disability and her developmentally delayed child. We valued their professional expertise and support. Our work with several parents with disabilities has been further informed by a staff development session with Speak Out Tasmania advocate Julie Butler.

Burnie Community House is another of our valued allies providing a venue and speakers for some parent groups. Kommunity Kids, founder Ian Edwards and Housing Choices provided us with promotion opportunities by inviting us to their events and supporting our activities.

*Everywhere learning in action. Graduation December 2014*



### **Developing Staff:**

Additional tutor training funds provided by HIPPY Australia have enabled us to support tutors in a wide variety of additional professional development to help set them up for employment beyond their 2 years as HIPPY tutors. Training undertaken this year included:

Certificate III in Business – Nicola Rawlings

Certificate III in Business Administration – Lara Robertson

Certificate III in Education Support – Shannon Kelly

All staff are encouraged to complete First Aid Training and the Bridges Out of Poverty two day workshop. Staff have attended a wide variety of training sessions focusing on issues such as mental health, suicide prevention, aboriginal services, parenting skills and children's development. Meanwhile regular in house training ensures tutors have all the skills they need in their roles for example assertiveness, empathy, problem solving and self-care.

*"Going to the ASIST training benefited me straight away. Not only did it help me pick up on a friend's troubles the first day but it helped me come to terms with three personal cases of suicide that I had previously felt in the dark about." Lara*

*"Professionally it helped me recognise some traits in the children I work with and offered some good information that I can pass onto parents to help with doing HIPPY at home." Feedback from Andrew Fuller workshop.*

Coordinator Jen Lawes attended the state-wide Child and Family Centre forum in Hobart and an Early Childhood Educators learning day in Launceston which inspired exciting new activities linked to children's 5 senses for our end of year celebration. Hannah and Jen were both motivated by the Smith Families Lets Count training and have been incorporating more early numeracy discussion and activities into our program as a result. Both Hannah Brunetti and Jen Lawes travelled to Melbourne in December for coordinators training and the release of new, improved resources for children and parents. We both embraced the opportunity to network with approximately 75 other HIPPY coordinators and consultants. Hannah returned

to Melbourne in February for her new coordinators training and returned to share updated approaches with the team.

### **Celebrating with Families:**

Additional funding from the Early Years Foundation has given us the opportunity to run a series of activities focused on sustainability throughout the 2014 calendar year. Parent groups were enhanced with guests sharing tips and skills on budgeting and recycling. They also had an opportunity to make a wire worm farm / compost bin to take home, worms included. The final activity funded with this grant was a visit to Burnie High School Farm that is operated by Produce to the People. They arranged plant and animal focused activities including potting herbs, climbing trees and collecting eggs to entertain and inform children and adults.

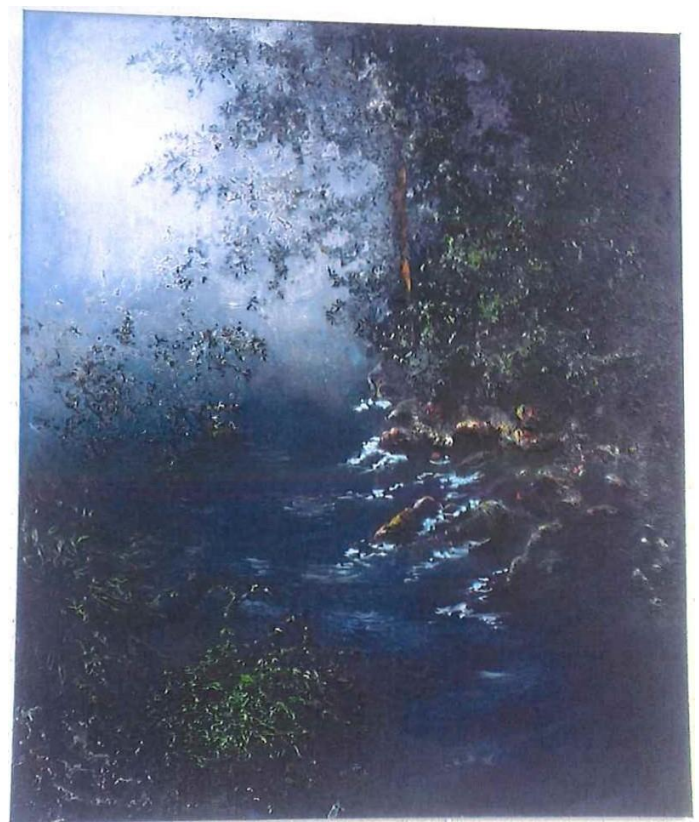
2014 ended with a multicultural celebration with children and adults enjoying a trip around the world on a shoestring budget. Held over 2 days with 150 people attending to enjoy a range of activities and food inspired by other countries. Our graduates of the two-year program were presented with engraved medallions, mortar hats, certificates and a folio of their work.

## **HIPPY WEST COAST**

This is a short report on the progress of Hippy West Coast over the three months of my employment. I started employment at the end of July in the new Hippy Space at 9 Orr St Queenstown. It is a very large and somewhat cavernous space that is proving very beneficial for HIPPY Australia based community training and as a community shared space for other West Coast Providers.

One of the first activities I undertook was to beautify the space with the inclusion of local artist's work. Our first art exhibition is by the well-known and highly respected artist Annette Betlehem. There are 7 of her works hanging in the front foyer. There will be another artist exhibition starting in October. This inclusion of the art community of the West Coast is intentional and celebratory as a means of enlivening and celebrating artistic endeavour and inspiration against the harsh reality of unemployment and multiple social issues that impact negatively on the community of the five towns of this region: Queenstown, Strahan, Zeehan, Roseberry and Tullah.

One of the major aims of the HIPPY program is community engagement and the fostering of community interaction. This engagement then goes on to encourage and support families engaged in the HIPPY programme. To promote this aspect I and my team focussed on starting the group training for 2015 whereby we aimed to link our



disparate towns with a fortnightly delivery in the HUB Queenstown. Over the last eight weeks we have delivered four group meetings that have demonstrated our Hippy communities growing response to this initiative.

With the amazing support of Amanda and Fiona at the Hub in Queenstown and the unstinting generosity of the principal Peter at St Joseph's Catholic school in Rosebery this objective is being realised. Peter has been sharing the school bus and driver to pick up families from Tullah, Rosebery and Zeehan to attend the meetings in Queenstown. Through promotion by the tutors and other Hippy family we have slowly been growing our fortnightly group meeting delivery.

These meetings are not only to deliver material to existing families but as a means of encouraging other families, (not yet engaged with HIPPY), to join us for our delivery and enrichment programme and a shared picnic lunch at the community children's space in the Hub. We aim through this outreach initiative to offer parents and preschool children across our communities, the opportunity to experience the valuable contribution this programme can make to preschool children's progress in the early school years. The delivery style of this program actively promotes and supports the parent's or child's caregiver to gain skills and knowledge that allow them to be, their child's first and most significant teacher.

I have been making it part of my mission to promote the HIPPY program through fostering a close network with all six schools that operate in the five towns. I regularly meet with



principals, preschool teachers and managers of the crèches to promote the HIPPY programme. This networking strategy is also to gain these schools support and promotion of HIPPY through recognition of the mutual benefit of collaboration for our shared future clientele. This networking has resulted in being invited to be a guest speaker at different Schools, to attend regular parent early childhood interaction groups at the different schools. I also attend significant activities at the various schools to show my respect for the endeavour of staff and principals in their work for the best outcomes for the children and families in our local communities.

There have been many challenges that I and the tutors have had to face. The need to be more financially accountable has resulted in greater use of resources in particular the sharing of the Rural Health car. This sharing of the vehicle with the Queenstown tutor will ultimately result in thousands of dollars being saved on tutor mileage costs.



The tightening up on many aspects of delivery and accountability by all staff regarding financial outlay, has ensured that this site comes in on budget. I have applied and am still waiting for the \$4,000 tutor funding from HIPPY



Australia. This will reimburse tutor outlays for training and also enable some last term tutor training activities to occur in Hobart and Launceston.

Through attendance of cross community meetings at the Hub Queenstown I have been able to network with a variety of organisations with whom I am actively working. Anglicare in Zeehan under the leadership of Lyn O'Grady provides enrichment programs for West Coast Hippy tutors and families on domestic violence, the effects of violence on children and ways women can protect themselves from attack. Anglicare will also be providing training and work opportunities in the upcoming community outreach programs that these tutors can enrol and work in. I have also gained the ongoing support of the Neighbourhood house in Zeehan and the Community house in Roseberry. I have actively sought and then engaged community groups and businesses to do presentations at enrichment training and group meetings. Stories that have been shared act as models for others.

These stories reflect the endeavour, the hours of work and creativity it takes to create, build and then maintain a small business. This cross fertilization is aimed at sharing community energies, promoting local expertise and making the HIPPY program a well-known and respected community resource on the West Coast.

Miranda Steven's is using the training room to deliver an eight week one night a week program over October and November to professionals and the community on "mindfulness". This programme aims to give attendees information and resources to address their stress levels, their ability to address the conflicts that arise in all work places or situations where people work or gather. It is a program that also addresses all levels of addiction by providing skills and resources to cure oneself. The response and interest in this program that I have been actively promoting across my network has ensured that the program will run. It is very satisfying to have such courses offered in our small community. By being allowed to share our training space and promoting we are hoping to foster more such programmes covering disparate community needs on the West Coast.

Due to our year five tutor gaining full time employment at the crèche after completing her studies in Cert 3 Early Childhood, funded by HIPPY my remaining tutors Kerry and Tabitha and myself have responded to the need to fill this tutor's role. One of the aspects of my role as coordinator of the HIPPY program on the West Coast has been to attend supervised home visits. I have done this across all five towns. This has allowed me to review consistency of delivery and to ensure that the HIPPY model is being followed. Some things have need to be altered and some added training for tutors has been



required. This has ensured that we are fulfilling our roles and providing families with the quantity of delivery that we must account for.

I had, as have all employed coordinators of the HIPPY program been given four days of extensive training in Melbourne. The quality of the training was amazing and the back up support by staff on all level from ETO managers through to HIPPY Australia coordinators has been amazing. The flat management style allows for amazing cross organisation dialogue and review of program delivery. I am grateful for this support across all level of my delivery. In November Sara from HIPPY Australia will spend four days in Queenstown to review the various aspects of this programs delivery. She will attend tutor home visits, tutor training, tutor supervision and group training to provide on the ground assistance to myself and tutors to ensure that we have the skills and knowledge to provide a quality assured product for our families. Sara will also spend time with Robert Waterman and myself to ensure that there is no breakdown in our understanding of the program's aims, objectives and delivery.

I am personally deeply indebted to my colleague Jen Lawes from the Burnie HIPPY program. Jen has offered me support, resources and her unstinted kindness during my induction and at times testing moments in my present role. I am looking forward to attending the Rural Health community training in Smithton where I shall meet other members of the creative, industrious Rural Health Tasmania team with whom I interact with from a distance.

I need to express my admiration for Kerry McNeair and Tabitha Saunders. These two amazing women have had to adapt to a different culture under my coordination. I have asked for changes. I have sort their support when I have had to resolve challenges and at all times through negotiation and mutual respect we have been able to resolve issues that have hindered or obstructed delivery of the HIPPY Program to West Coast families. Both tutors have responded creatively and with great professionalism to the duties they have been given. We work well together and despite the hard work have many laughs and acts of shared generosity that are outside the working contracts. These acts of kindness and generosity make our working time meaningful and life enriching, I am well aware of their strengths and look forward to our continuing engagement in a program that we all three, passionately believe in.

Finally I need to express my appreciation for the ongoing support both in resources and encouragement that my line manager Robert Waterman has provided. Robert has given me autonomy to source various resources both in materials and man power to complete things needing attention on our site. Robert has also demonstrated his confidence and respect for my ability and responsibility by not micromanaging the West Coast Site.

## YOUTH AND COMMUNITY DEVELOPMENT TEAM



Rural Health Tasmania's 2014 - 2015 youth and community development team has comprised Kate Cross and Maddie Hine. Rohan Chilcott has provided DrumBeat sessions.

rural health youth team

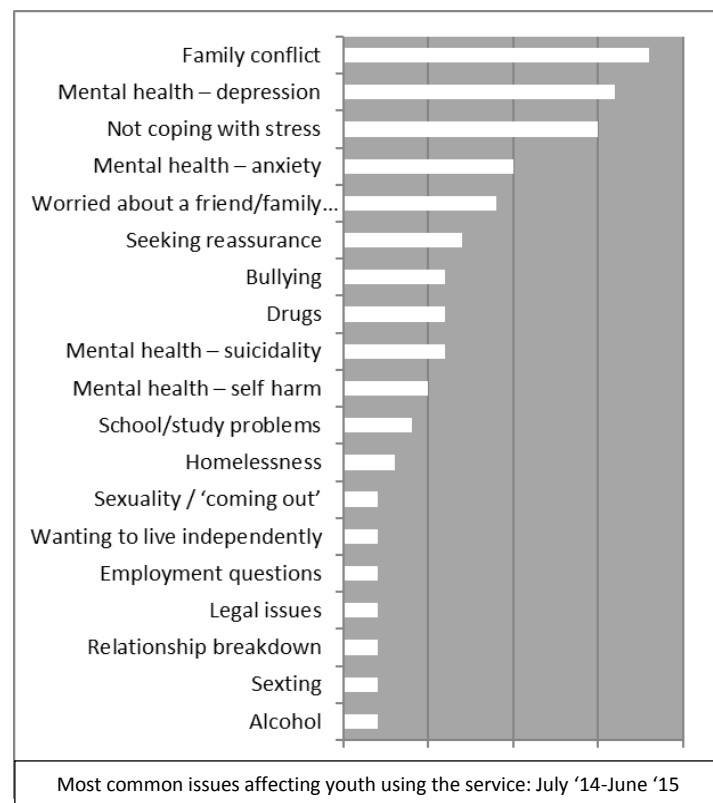
It is the youth and community development team's mission to improve the health and wellbeing of people aged 12 – 25 so that they may flourish and feel valued by the community; to challenge the community's perception of this age group by breaking down barriers between generations and facilitating greater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

The youth and community development team employ a number of approaches in response to need from individuals, family and/or the community. Following is a summary of the main activities undertaken:

### SUPPORT OF YOUNG PEOPLE & THEIR FAMILY

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 60 youth, parents or guardians (40 existing, 14 new (self-referred) and 6 (external referral). 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: family conflict, stress, mental health concerns such as depression and anxiety and concern for others (see chart below) but also include previous suicidality, response to family member's suicide, medication, friendship breakdown, questioning religion, career guidance, seeking to live independently, DHHS housing concern, harassment (perpetrator of), loss of trust in counsellor and childhood sexual abuse. 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. Of the 559 occasions of service with people 61% occurred through Face Book, 20 % face to face and 11% via the phone. A smaller percentage make contact through text or email.

The team works with the comfort levels of the person seeking support and is flexible to their needs. This means we communicate on the client's terms until we establish appropriate links to appropriate

services. The team referred people to 30 organisations / services to meet their support needs during the reporting period.

## PROGRAMS / PROJECTS

### SEVEN UP YOUTH CENTRE

Seven Up provided a warm, safe and supported space where young people in our community can visit due to continued collaboration between Rural Health Tasmania, Circular Head Council, Circular Head Aboriginal Corporation and Smithton Christian Fellowship.

The centre provides service to a mix of young people including some of the most vulnerable youth in our community. Over twenty-five 2hour sessions 210 young people engaged in a raft of activities including cooking, art, board and card games, crafts, social games, billiards, X-Box/PS-3, table tennis, fuse ball, mega cubby house building, sensory play, ball pit, Christmas craft & cooking, movie afternoons, Learner's Driving Test sessions and nail art. Young people presented with numerous issues and staff provide support, referrals and information as required.



Consultation with local youth regarding their vision for the centre: renovating the space, types of activities on offer and the focus of the centre began and \$7,000 has been pledged to achieve this.

The centre was also utilised by schools to conduct a number of sessions: 6x Managing the Bull Program – Smithton High School, 1x Combined schools leader meeting, 1x combined schools event, 1x peer leaders training – Smithton High School.

Many thanks to Treasure Chest, the Rotary Club of Smithton, Smithton Soroptimists and the many individuals and organisations that contributed money, food and time to ensure the success of this centre.



### 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. During the period, 160 packs were collected.

### 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. Ten x1 hour session were conducted at Forest Primary School with an average of 10 students in each session.





## CAMPAIGNS

### 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 funding from Circular Head Council and Tasmania Medicare Local partnered with numerous organisations to create a youth mental health campaign to raise awareness about mental health, the signs and symptoms of mental illness and how to respond to someone who is suicidal. Named 1in4 due to the incidence of mental illness being 1 in every 4 of 16-24 year olds, a raft of activities were undertaken across the community during August.

Youth were involved in the creation of the campaign developing videos and photos depicting the 1in4 messages which were used to promote workshops and raise awareness. During the campaign 556 people attended 15 sessions targeting grades 6 – 12 students, youth leaders, emergency services workers, school staff, parents and community workers including a 2 day Youth Mental Health First Aid course.

The sessions began conversations in our community and demonstrated the real need for this information and support. As a result we actively sought additional funding to extend the campaign and are extremely excited to report that in late June we received \$10,000 to meet our goals.

The campaign received great feedback from the community, for example:

*“Thank you for doing this, I now know I’m not alone and there is help out there.”*

*“The 1 in 4 Youth Mental Health Campaign should be available across the nation! This information is important!”*

We were fortunate to become one of four teams in Tasmania that were recognised as Rural Wellbeing Champions 2015 for the 1in4 youth mental health campaign.

### YOUTH HOMELESSNESS MATTERS DAY

The team took the street as part of the National #YHMD 2015 campaign to raise awareness and dispel myths around Youth Homeless.





Maddie had some fantastic conversations on the street with people of all ages. Many were shocked at the statistics around youth homelessness, thinking that homelessness was an old man under the bridge kind of issue.

## **NATIONAL DAY OF ACTION AGAINST SUICIDE**

The team joined forces with Sarah from Salvation Army Bridges program to cover the sidewalk and Rural Health Street frontage with messages around suicide prevention and take to the streets to talk to people about suicide prevention, maintaining good mental health, symptoms of depression/anxiety, how to support a friend and where to get help / more information.



## **AWARENESS RAISING THROUGH FACE BOOK**

The youth team utilise Face Book 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, sexual health, healthy relationships, bullying, eating disorders, youth homelessness, building relationships with parents, etc.

## **EVENTS**

### **YOUTH FEST**

Friday May 1<sup>st</sup> saw the Youth Team partner with Circular Head Council and Circular Head Aboriginal Corporation to deliver Youth Fest to grade 7-12 students from Circular Head Christian School and Smithton High School. Approximately 550 students attended the event and had opportunity to participate in zorb ball soccer, a jumping castle, 20 foot giant slide, sumo suit wrestling, zorb balls, 'Strike a Pose' photo booth, 'Good Vibes / Bad Vibes' self-reflection booth, craft, cupcake decorating, natural high rave party, giant twister, giant jenga, 'Chatter Ball' ball pit, sexual health booth, football, the "Golden Duck" teachers – v – students challenge, cricket, soccer and basketball activities.



In 2015 National Youth Week had the theme '*It starts with us!*' organisers used this theme as opportunity to encourage young people to be the positive change and start questioning the media and society in relation to body image.



### **BREAKING THE CODE OF SILENCE**

The Youth Team collaborated with Community Response to Eliminating Suicide and Relationships Australia to present the 'Breaking the Code of Silence' Forum. 22 people from Circular Head and beyond attended the Forum and heard speakers present their stories about the loss and grief the experienced due to suicide.

The forum aimed to 'break the code of silence' around suicide by encouraging everyone in the community to talk about it. By talking about the topic we can aid prevention and better support each other as a community to address depression and suicide.



## **OUT OF THE SHADOWS AND INTO THE LIGHT SUICIDE PREVENTION WALK**

The Youth Team organised to take a bus (funded by Circular Head Youth Leaders and Circular Head Aboriginal Corporation) to the Out of the Shadows and into the Light Suicide Prevention Walk. The group joined over 300 people to reflect, remember and honour their loved ones.



## **SCHOOL BASED WORKSHOPS**

To make learning more meaningful and engaging for the students the team and Sarah Costelloe from Salvation Army Bridges Program met with teaching staff from Smithton High School to ensure all workshops aligned with the Australian Curriculum making them more relevant and assessable. Workshops were designed to be fun with numerous interactive games and activities to facilitate learning in a more relaxed manner. Following is a summary of workshops presented:

### **BODY IMAGE Workshops – grade 10 Smithton High School**

Over two sessions we had opportunity to explore with students; Body Esteem, Negative Self-Talk, Valuing Strengths, Body Shapes and the role of Genetics in determining body shape.

### **SEXUAL HEALTH Workshops – grade 9 Smithton High School**

In collaboration with Salvation Army Bridges Program and Circular Head Council, we ran two sessions of interactive activities including: STI Transmission, How to use a condom correctly, 10 things NOT to do with a condom and consent plus two sessions developing sexual health campaigns.

### **SEXUAL HEALTH Workshop – grade 9/10 girls Circular Head Christian School**

In collaboration with Circular Head Council, we facilitated one session on sexual health, with a particular focus on condoms and how to use them correctly.

### **PROTECTIVE BEHAVIOURS / PUBERTY SESSIONS – Me, My Body & You – grades 5/6 Stanley Primary School**

The team conducted 3x 1.5hour sessions filled with activities to enable students to explore topics such as puberty, the ups and downs of growing up, conception, relationship health, body image, acceptance of self, the right to feel safe all the time, body signals and support networks. This program was a terrific opportunity for the Youth Team to build relationships with year 6 students who will be entering High School next year.



## **WINDOW DISPLAYS**

A range of window displays promoting health issues such as: National Condom Day, National Day of Action Against Violence, National Youth Week, Youth Mental Health, Suicide Prevention, Bullying, Violence Against Women and Australia Day. Marist Regional College students joined us for 2 days to create a Christmas window and 'Healthy Holidays' booklet.

## **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, to interact with each other and play games.



## **VINNIES CEO COMMUNITY SLEEP OUT**

On the coldest night on record for years, the team joined 20 community members to sleep out on the main street of Smithton to raise awareness of homelessness.



## **SAVE YOUR BACON**

In collaboration with Circular Head Council, Lions Club, the Department of Health and Human Services' PitStop crew Armour Hardware, Workplace Safe Tas, Relationships Tasmania, Van Diemen's Land Company and the Rural Head's Health Promotion team we delivered Save Your Bacon to the Circular Head Community.

Save Your Bacon is a concept developed on the mainland to prevent suicide amongst tradies by getting them together over an egg and bacon brekkie to discuss mental health and how to look out for your mates. We replicated this concept and added a PitStop so as they could undertake a number of basic health checks also.

Two brekkies were held, one at Armour Hardware with tradies and one at Woolnorth with farmers. During the 2.5 hours we were at each site, many great conversations were had surrounding mental health, looking after you and your mate.



## **SMITHTON HIGH SCHOOL BULLYING FORUMS – grades 7/8**

The team joined a panel for Smithton High School Student Executive Council's two Bullying Forums. A range of media clips and information was presented followed by questions to the panel including.



## **APPLIED SUICIDE INTERVENTION SERVICES TRAINING**

In collaboration with Choose Life Services and Life Line, the team offered the community a 2-day interactive workshop in suicide first aid which aimed to enhance people's abilities to help a person at risk to avoid suicide.

## **Mindfulness Based Stress Reduction Courses**

The team collaborated with Tasmania Medicare Local, Circular head Council and Wyndarra to bring 2x Mindfulness Based Stress Reduction course to the region. Facilitator, Psychologist Miranda Stephens provided the group with a range of tools and strategies to develop mindfulness and become less stressed. Six people participated in 3x 5hour sessions in the first course and 12 people completed an 8 week course.

## **Research on youth mental health**

Kate completed a Primary Health Care Partnerships Scholarship with U Tas undertaking research: 'Community Service Mapping for Young People Referred for Mental Health and/or Behavioural Problems for people under the age of 18 in NW Tasmania'. It was a great opportunity to develop new skills and gain valuable experience.



# HEALTH PROMOTION

*By Karen Cardillo, Monica Moore, Glenda Maher & Kristy Jackson*

*The whole health promotion team has had a very busy 12 months, with a variety of programs being held. Here are just a few. Karen Cardillo*

## 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 has been 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.



During the year, we continued TCA 2 (Tai Chi for Arthritis 2) with 7 very keen participants. They have appreciated the opportunity to continue with their learning and despite poor weather conditions have managed to attend regularly. On completion of the course, they all expressed their appreciation of being able to attend these classes and thanked Rural Health for the opportunity. Many benefits were received by participants such as control of movement, increased joint flexibility, better balance and increased relaxation.

We also facilitated a 6 week course for the Circular Head Aboriginal Corporation, with the group finished the basic 6 weeks at the end of October. Two of the group wanted to continue on to do the advanced moves so they have now joined the community group. Participants in the community group are also very enthusiastic and keen to continue on in November with the advanced moves.

Our final class for Tai Chi was held on the 11th December. All 7 participants were grateful that they had the opportunity to participate and were intending to continue with their practice at home. It was a very enjoyable and enthusiastic group to finish the year with. Feedback has again shown that better balance, improved concentration and the ability to relax much easier have been the main benefits received during this program. It truly is a worthwhile program to run.

## Save Your Bacon

The Health Promotion Team participated in the Mental Health event, "Save Your Bacon". We actively played a part in the promotion, as well as on the ground at the event.





## Circular Head Information and Lifelong Learning On Universal Topics (CHILL OUT!!!)\_



This is a group of people (some of our amazing older members of the community) who meet weekly at Rural Health Tasmania to listen to a new speaker, or share their own knowledge or experience. It is an informal learning program featuring speakers from various service providers and organisations, as well as local residents.

Some of the topics covered have included Women in Agriculture, Circular Head Aboriginal Corporation, Royal Flying Doctors Service, Substance Abuse, Fishcare; Antarctic experience; travels in Canada, as well as a number

of social gatherings at a member's house. We celebrated seniors week in style at the library, for a "day at the flicks", where participants enjoyed choc top ice-creams, jaffas and popcorn. As usual, the group is very engaging and enjoys each and every session.

### Nordic Walking

During the twelve month period, we introduced the Circular Head district to Nordic Walking. We were able to facilitate six week training sessions both during the day, as well as evening classes. Participants have been very motivated and enjoyed the benefits of Nordic Walking. They report increased fitness, and mobility. Watch out for our groups walking around town, negotiating the hills and main street! We currently have poles to hire to those who have completed a 6 week course.

Smaller sized classes for chronic pain / low mobility commenced in 2014, with participants reporting decreased pain in knees & feet as a direct result of using the Nordic Walking technique. Two participants have also purchased their own poles. One in preparation for an upcoming trip where he intends to keep using them while travelling, and the other to assist him on his morning walks. He is regularly seen at events using his poles to help steady himself on long days.

**Out of the coffin** – we hosted this interactive arts based workshop facilitated by Janine Morris, which was funded by Tasmanian Association for Hospice and Palliative Care - "Networking End of Life Care Across Tasmania". Artists Pam Thorne and Janine Morris taught string making—to weave, knit, crochet or twine a bag for a body. Conversations about life, death, grief and loss were woven into participant's creations. The string made could made into a bag for the grave, or the grave of a loved one, a bag for treasures or treasured memories. It is hoped that conversations held within the community will stimulate thoughts on living sustainability, natural burial and our connection to nature.

**Nutrition - Dr Fetke** – Rural Health supported local resident Leanne Gifford, to bring orthopaedic surgeon to Circular Head. Dr Fetke is also an author on the nutritional benefits of healthy fats and the impact carbohydrates have on our bodies. The sessions were well attended, with a total of 140 over the two sessions.





**What's on at Wedge?** Wedge Street Community house is situated in a lower socio-economic part of town. We run many programs and events from the house.

**MyState funding** – Construction on the wood fired pizza oven @ 23 Wedge Street was undertaken and completed, as well as the purchase of various sporting equipment for the after school programs at Wedge street and 7UP.



### Sow & Reap

The only way to describe the **Slam Dunk Cook Off** is organised chaos!! It was a hugely successful day with contestants and audience immensely enjoying the activities and entertainment of the cook off. For the children we had face painting and a bungy run alongside the cook off. The teams very enthusiastically threw themselves into their allotted recipes and proceeded to make their burgers and salad. Many rules were broken, burgers ranged in size from golf balls to melons and some of the boys found that thinly sliced was a bit more than they could handle! Our winning team was Ball Hog (Saints Women) and the prize was to keep their BBQ. After the cook off there was opportunity for any under 10's to have a go on the court and try out basketball with the pros. The day was finished off with attendees able to watch the Thunder team strut their skills during a practice session.



We had approximately 95 people attend with around 60 of those being children. Initially there was some opposition to the canteen menu of only soup (3 to choose from) & a roll + coffee, tea & water the only beverages available but once a few had tasted our delicious healthy soups, word soon got around with many people coming back for seconds & requesting recipes for both the soups and our cook off menus. Feedback from the event has been marvellous so all in all it was a lot of fun and a big hit.

Another successful **bottling and preserving** session was held at the Smithton High School, including both men and women. Each person cooked a different recipe and booklets were given out with all the recipes included. All the produce was shared at the end. Everyone commented on how good the day was. Feedback on the street a few days later from one of the men was, "I didn't realise how easy it was to make jam and the kids love it. I'm so glad I went."



**International Cooking.** We facilitated lessons in cooking traditional Fijian food, presented by a new resident in our district. Our menu consisted of Fish Cooked in Lemon, Fijian Chicken Soup & Banana Coconut Dessert. Every course was a delicious as it sounds. She also gave us a demonstration on how to correctly crack open a coconut and then how to make our own coconut cream and milk from the contents of the fresh coconut. It was time consuming but not particularly difficult. We used the freshly made coconut cream and milk in our recipes. It was very pleasing to see a couple of men attend this session also. Everybody pitched in to help prepare and cook, then we all sat down to a wonderful &



very tasty meal. Everybody came back for seconds in all courses, with many said they were going to make the recipes again at home.



### Make your own Herb Terrarium

The purpose of this session was to explain how to grow and use just some of the herbs that are easily grown. The group of keen participants planted out their own terrarium which they can then harvest right on their kitchen bench. We also explained how to grow herbs in the garden, as well as their many uses.



**Christmas Cooking** Eager participants learnt how to successfully ice and decorate mini Christmas cakes which they could each take home. Comments included they didn't realise how easy it was to make decorations, it was a lot of fun and enjoyed each other's company. All of the participants spoke of their eagerness to practice this new found skill at home.



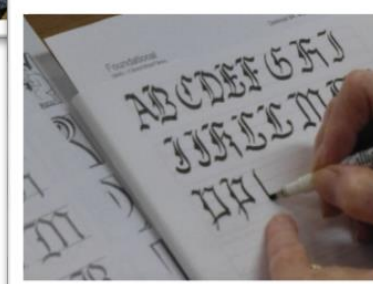
**Planting Tomato Bags** During this session, the 16 participants explored the concept of hanging vegetables. The group then planted their own, and learnt how to care for them, as well as what to do when the vegetables are ready to harvest.

This class made their own **garden**

**box out of unwanted pallets** from a local business. Participants paired up and together they helped make their own garden beds to take home. Once made, the group learnt how to plant it out with soil, fertilisers and appropriate plants, as well as how to care for them. Each garden bed was then delivered to their houses.



**Ways With Words** - The Ways with Words program was held over the year, in collaboration with LINC. The program targeted not only residents from disadvantage, but to encourage the wider community as a whole. This enabled some wonderful opportunities for peer support, role modelling and mentoring to take place naturally. This was evidenced during the course of each of the four different art programs, through hands on assistance, as well as encouragement and discussion from all. We were able to deliver the majority of the programs from the community house (situated in a public housing area), enabling



participant's easy access. There was high demand for the calligraphy group, and we were able to facilitate two separate classes which proved successful.

The project was to include a variety of mediums to provide a mix of hands on literacy learning opportunities, enabling participants to produce articles from each session to exhibit. This was evidenced by the many pieces presented for exhibition at the end of each program.

Various literacies were embedded in the learning opportunities, these included:

- Oral communication – speaking, listening, following direction. Participants completely absorbed in the whole learning process and actively participated in all of these.



- Written Skills – participants successfully engaged in all opportunities to use written texts and create verse in all of the sessions. This shone through in the pieces they felt confident in exhibiting to the community.



- Digital Literacy – Two different programs utilised the use of computers – Stencil Art, and Photography. Whilst two participants required a certain level of assistance in the photography editing and production of their pieces, their skills increased.



- Learning and Social skills – Each of the groups increased in their social interactions with each other, with a number of them providing morning tea at some of the sessions, and forging relationships to meet outside of the program.



- Breaking the generative cycle of poor literacy – this was achieved by engaging participants in a fun non-threatening learning environment.

A number of artwork from photography, stencil art and painted pieces included the 26TEN logo and wording, and a number of these have been donated to the Literacy Coordinator for further promotion of literacy.

3 of the groups have undertaken to meet monthly and continue to learn together and share their skills.



### **Natural Pest Control in the Garden (Carnivorous plants)**

Participants enjoyed a bus trip to Roger River where the group spent the day learning about carnivorous plants. We searched for (and found) carnivorous plants that grow in the wild in Tasmania, saw firsthand just some of the many varieties that, given the right conditions, will grow in our district, then potted up some to take home. The day was a great success as well as an enjoyable social event.





## Certificate II in Horticulture.

This is being run in partnership with GlobalNet Academy & Royal Botanical Gardens. The class is held each Tuesday at the Circular Head Christian School. Each participant has continued to plant and maintain their own garden, along with classroom-style learning. The participants have continued to regularly attend, and on the 16<sup>th</sup> December, a graduation BBQ was held. Representatives from GlobalNet Academy, and the Royal Botanical Gardens attended and awarded the certificates. The participants agreed it was a great day and wonderful to acknowledge their hard work and achievement.

During 2015, the class has been re-worked and is now called the Step-By-Step program. Classes continue from the School, with more emphasis on community gardening.

**Toy Library at Wedge Street** – We now operate a Toy Library at the Community 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.

**School Holiday Program** - During the year, we have offered a school holiday program packed with activities focussing on outdoor fun. During the wetter months, we engage the kids in fine motor skills, as well as some indoor potting of plants ready for spring.



## Regular Wedge Street programs – Glenda Maher

### Craft

The last years craft sessions have seen some new faces and some old faces leave, through moving and work commitments. We have a very loyal lot of ladies that attend and support the house. Also the community is very supportive of us donating things to use for our crafts or just to sell to put some money into the house for the crafts and other programmes. We have had some fabulous programmes, with felting being a high interest one for the ladies that attended and also know that now I have learnt the skill I can reschedule this again for next year's programmes. We taught some ladies how to do basic knitting earlier on this year but the hand knitting.. Yes with the wool on your arms and your hands were the needles was a hit with all.

We again mosaicked with lazy Susans in one session and mailboxes and birdhouses in another. This is extremely popular so will reschedule on next year as well. We made felt owls and had card making sessions but always in whatever we do there is laughter and a general sharing of knowledge and friendship. So many exciting projects coming up and have even started planning for 2016.



*Even I had a go at the hand knitting*

## **Sewing Classes**

We will finally be able to teach some basic sewing classes with our purchases of 2 new sewing machines and 1 donated from another program at Rural Health. There has been a need for this for so long. I have also been fortunate enough to get some ladies to donate their time to teach this.

## **Council Grant**

I was fortunate enough to receive my first ever grant for \$1,000 from our local council. This Money is to help set up the toy library and purchase a book case for display .I intend to buy gardening products for the 5 & up program as well .

## **Health**

Planning and booking of speakers has begun for health promotion starting soon. I have spoken to a local massage therapist who is going to speak and demonstrate the benefits of massage and yoga. I have also spoke to a chemist who will talk on the dangers of some out of date medication. My plan is to get people in to speak on things they live with each and every day as in Diabetes, high blood pressure and living with cancer etc.

## **Gifts from the Garden**

Participants were shown how to pot up cuttings and seedlings and look after them to enable them to grow into pot plant size specimens. The group then went on to have a plant stall at the "Market in the Park". We also held a BBQ at the market, with the group setting up and cooking! The day was a great success.



## **Kommunity Kids**

This has been a very successful project in conjunction with City Mission and some of our Rural Health staff. This is held every Tuesday from 3 until 4 pm. We have been doing this since early this year and weather permitting it's on. Our local IGA gives City Mission a great discount on bread and sausages and the children and parents enjoy the free sausage sizzle.



**5 @ Up** This is held in the house Thursday afternoons between 3pm & 4pm. Craft or Games are played. I am about to start a gardening program in which the children will be making their own gardens in foam boxes and I will deliver them to their homes .Hopefully



this will encourage/enthuse the parents to grow their own vegetable patch. What a great opportunity to get the kids out from inside their homes and away from TV's, Gameboys WII's computers etc. To see these children out playing and interacting with one another and the adults is great. Also some of the parents/grandparents come along as well.

## **Outcomes**

This last 12 months has made the community far more aware of who we are and what we do I sometimes get approached and asked if I'm Glenda from Wedge street and told they love the programmes or what we are doing here. Once our Toy Library gets up and running again and our new programmes start who knows what will happen. I have also include in the toy library baby/infant items for hire for people that have relatives visiting. Examples are I have 2 strollers a playpen and a baby's bath and many other useful things that people won't have to bring with them when holidaying here. I am looking forward to the challenges and the joys that come with this job that I love with a passion.

## Psychological Services

During the past year Ron Blume has continued to support the community providing counselling and community education. The counselling team is made up of Ron Blume (Counsellor), Ivon Reuvers (Social Worker) and Sarah Costelloe (Drug & Alcohol Counsellor). Sarah sees clients who identify themselves specifically in need of drug and/or alcohol counselling. Combined, this dedicated team work hard supporting the needs of the community. They provide day to day counselling and social support and consistently seek new ways of providing community education in a changing world. An example of this is the work that Rural Health counsellors are now doing in the local schools around drug and alcohol and mental health preventative education.

The counselling service is available five days per fortnight from our Smithton centre plus variable outreach days. Our Social Worker is available two days per fortnight and Drug and Alcohol counselling is available three days per fortnight. The counselling team is flexible with the hours and days they work according to needs of the community and continue to meet with clients at their preferred venue if and when it's appropriate. Bookings are essential as most days are quite busy with appointments. The waitlist is generally 1 week but as always in urgent situations our team will always try to fit people in.

The counselling team also continues to work closely with our other programs, services and staff and other organisations providing community and professional education. The counselling team consistently consult at Emmerton Park, the GP's and Hospital as required.



# Audit Report and Financial Statements Period ending 30<sup>th</sup> June 2015

## RURAL HEALTH TASMANIA INC.

### INDEPENDENT AUDIT REPORT

To the Members of Rural Health Tasmania Inc.

#### Scope

I have audited the attached special purpose financial reports comprising Profit & Loss Statements and Balance Sheet for the year ended 30<sup>th</sup> June 2015. The Committee of Management is responsible for the preparation and presentation of the financial reports and the information contained therein, and have determined that the basis of accounting used is historical cost.

I have conducted an independent audit of the financial report in order to express an opinion to the members of Rural Health Tasmania Inc. on its preparation and presentation.

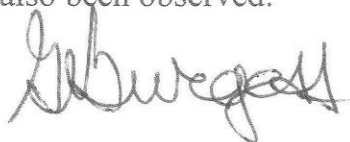
The financial report has been prepared for distribution to members for the purpose of fulfilling the Committee of Management's accountability requirements under its constitution. I disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

My audit has been conducted in accordance with Australian Auditing Standards. Audit procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report and the evaluation of significant accounting policies and estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial report is presented fairly in accordance with the basis of accounting adopted by Rural Health Tasmania Inc.

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

#### Audit Opinion

In my opinion the financial report presents fairly the financial position of Rural Health Tasmania Inc. as at 30<sup>th</sup> June 2015. The rules relating to the administration of the funds have also been observed.



Date: 19<sup>th</sup> August 2015

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



**RURAL HEALTH TASMANIA INC.  
CONSOLIDATED BALANCE SHEET  
AS AT 30TH JUNE 2015**

	2015	2014
<b>MEMBERS' FUNDS</b>		
Opening Retained Profits	693975	765628
Profit/(loss) - TML	-50961	2646
Profit/(Loss) - Hippy	-46625	-73135
Profit/(Loss) - Special Projects	103961	1373
Profit/(Loss) - Literacy	0	-2537
<b>TOTAL MEMBERS' FUNDS</b>	<u>700350</u>	<u>693975</u>
Represented by:		
<b>CURRENT ASSETS</b>		
ANZ - TML	26423	15847
ANZ - Special Projects	149545	58784
ANZ - HIPPY	25982	42032
ANZ Online Saver - TML	9	5708
ANZ Online Saver - Special Projects	142	33912
ANZ Online Saver - HIPPY	283672	327433
Trade Debtors - Special Projects	22474	913
Borrowing Expenses Suspense	989	0
Deposit - Land & Buildings	5000	0
	<u>514236</u>	<u>484629</u>
<b>FIXED ASSETS</b>		
Plant & Equipment	94742	67527
Less Accumulated Depreciation	-39058	-53502
Respite House - Building	245986	245986
Less Accumulated Depreciation	-17189	-15037
Respite House - Furniture & Fittings	41231	41231
Less Accumulated Depreciation	-29791	-27775
	<u>295921</u>	<u>258430</u>
<b>TOTAL ASSETS</b>	810157	743059
<b>CURRENT LIABILITIES</b>		
Australian Taxation Office	12007	7190
Superannuation Payable	6817	4835
Provision for Annual Leave	48896	25622
Provision for Sick Leave	13755	11437
	<u>81475</u>	<u>49084</u>
<b>NON-CURRENT LIABILITIES</b>		
Asset Purchase - Ford Ranger	28332	0
<b>NET ASSETS</b>	700350	<u>693975</u>

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

**RURAL HEALTH TASMANIA INC.  
SPECIAL PROJECTS - PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2015**

	2015	2014
<b>INCOME</b>		
Grants Received - One Off Grants	1190	8193
- Linc Tasmania	16440	0
- Whats the Harm	25000	13975
- Save your Bacon	1182	0
- Heywire FRRR	10000	0
- Seven Up (Kitty)	24945	0
- Wedge St Kids Learning	0	9000
- Youth Fest 2015	5429	7222
- Youth Suicide Prevention	0	10545
- At Risk Youth	3119	0
Administration & Fundraising	11853	29251
Interest Received	461	635
Rent - Respite House	24990	2708
Profit on Sale of Motor Vehicle	0	9545
Administration & Rent Income	140457	0
Emmertown Park Care Co-ordination	43907	0
	<u>308973</u>	<u>91074</u>
<b>EXPENDITURE</b>		
Audit Fees	0	1000
Bank Charges	264	215
Building W/Off	2152	2152
Depreciation	2743	2373
One Off Grants	10117	7694
Rural Health Week	0	2143
Health Expo	0	235
Program Expenditure	6047	7167
Program Expenditure - Bridges Out Of Poverty	0	216
Program Expenditure - Seven UP	1004	0
Program Expenditure - Sow & Reep	10173	12295
Program Expenditure - Youth Fest 2015	4876	7219
Program Expenditure - Whats the Harm	18313	7727
Program Expenditure - LINC	11226	13975
Program Expenditure - Save your Bacon	794	0
Rent	24719	7728
Repair & Maintenance - Centre	2175	200
Respite House Operating Costs	7339	10334
Staff Training & Amenities	0	278
Superannuation - Administration	5177	818
Wages - Administration	54736	5932
Superannuation - Care Co-Ordinator	3643	0
Wages - Care Co-Ordinator	35883	0
	<u>201381</u>	<u>89701</u>
<b>NET OPERATING SURPLUS/(DEFICIT)</b>	107592	1373
<b>LESS OTHER EXPENSES</b>		
Annual Leave Increase/Decrease	3074	0
Sick Leave Increase	557	0
	<u>3631</u>	<u>0</u>
<b>NET SURPLUS (DEFICIT)</b>	<u>103961</u>	<u>1373</u>

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

**RURAL HEALTH TASMANIA INC.  
TML - PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2015**

	<b>2015</b>	<b>2014</b>
<b>INCOME</b>		
Grants Received	431956	431956
Grant Received - What's Your Big Idea	4000	4000
Interest Received	121	185
Wage Subsidy	13281	1818
Program Contributions	0	77109
	<u>449358</u>	<u>515068</u>
<b>EXPENDITURE</b>		
Advertising	1717	853
Auditing	4950	3418
Bookeeping	615	1574
Depreciation	3848	2891
Electricity	5386	5257
Equipment & Consumables	4254	2225
Insurance	5812	9675
Leasing Charges	0	0
Motor Vehicle Expenses	13807	11860
Printing & Stationery	4353	1567
Program Expenditure	5786	19900
Rent & Rates	22276	20435
Repairs & Maintenance	584	11373
Staff Amenities & Cleaning	6320	6425
Superannuation Contributions	30861	32713
Telephone	9514	4180
Training	2072	3727
Wages	358392	363196
What's Your Big Idea	0	9091
	<u>480547</u>	<u>510360</u>
<b>NET OPERATING SURPLUS (DEFICIT)</b>	<b>-31189</b>	<b>4708</b>
<b>LESS OTHER EXPENSES</b>		
Long Service Leave Increase		
Annual Leave Increase/Decrease	12853	1809
Sick Leave Increase	1099	253
Return of Underspend	5820	0
	<u>19772</u>	<u>2062</u>
<b>NET SURPLUS (DEFICIT)</b>	<b><u>-50961</u></b>	<b><u>2646</u></b>

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



**RURAL HEALTH TASMANIA INC.  
HIPPO PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2015**

	<b>2015</b>	<b>2014</b>
<b>INCOME</b>		
Grants Received	545693	417501
Tas Early Years Grant	0	9100
Tutor Training	19133	0
Interest Received	7008	6501
	<u>571834</u>	<u>433102</u>
<b>LESS EXPENSES</b>		
Wages	312499	247349
Superannuation	29352	24340
Office	46930	9025
Auditing	2799	4013
Bank Fees	279	216
Telephone & Internet	4366	2131
Printing & Stationery	21881	26966
Insurance	3664	0
Group Meetings	8664	4043
Motor Vehicle	41736	33010
Travel & Training	8917	8064
Organisation Support & Administration	98671	85000
Computer	3552	2894
Promotion	2436	1481
	<u>585746</u>	<u>448532</u>
<b>NET OPERATING PROFIT/(LOSS)</b>	-13912	-15430
<b>LESS OTHER EXPENSES</b>		
Annual Leave Increase/Decrease	7347	3823
Sick Leave Increase	662	829
Tutor Training	16252	0
Tas Early Years Expenses	8452	670
Reimbursement of Surplus	0	52383
	<u>32713</u>	<u>57705</u>
<b>NET PROFIT/(LOSS)</b>	<u><u>-46625</u></u>	<u><u>-73135</u></u>

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

Notes

Notes