



Rural Health Tasmania Inc.



Annual Report 2016

Words from the Chairman – Daryl Quilliam

The year has seen a number of challenges including the transition of one of our core funding bodies from Tas Medicare Local to Primary Health Tasmania. Whilst this caused some uncertainty and a level of anxiety for some staff, it was transitioned well with minimal interruption to services.

This Year, Rural Health Tasmania Inc. has continued to seek new funding and build new relationships in an effort to provide new and strengthen existing programs and services. This is evident from this year's audit which once again shows that Rural Health Tasmania has received increased funding enabling us to provide a number of new health and wellbeing programs and services that better meet the health priorities in Circular Head.

All in all, Rural Health Tasmania remains a capable vibrant, nimble and responsive organisation that is well regarded by funding bodies, other service providers and the community. The year has seen continued changes to the nature of funding and structural changes within the Organisation. The reputation of the Organisation as a quality provider of rural primary health services has seen the expansion of these services during the 2015-16 financial year.

In accordance with the Strategic Plan the officers of the Association continue to seek out opportunities to partner with likeminded organisations in order to grow and adapt to the changing time. Future proofing remains a primary focus for teams as Rural Health Tasmania navigates through emerging environments within the rural primary health services sector.

Revenue growth is essential in order to ensure that the Organisation remains competitive and continues to provide quality evidence based programs and services by retaining highly skilled, qualified staff and providing the best possible health and wellbeing outcomes in a consumer directed environment as it continues to strengthen its status as a provider of choice for the delivery of rural primary health services.

Operating the programs of the Organisation in a manner that supports delivery of a surplus is vital. This year the audited financial statements report a healthy surplus of \$178,386 although the net position needs to be considered. Taking into account unspent grants of \$77,965 resulted in a net position of \$100,421 for the 2015/16 financial year. Taking into account all factors, this is a fantastic result and indicates that the organisation is also on the correct financial path to grow and continue to provide effective rural primary health services to the Circular Head community.

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 and give their time freely.

Thank you.



Cr. Daryl Quilliam
Chairman

November 2016

A message from the CEO – Robert Waterman

Welcome to the 2016 Annual Report that highlights Rural Health Tasmania Inc.'s achievements during 2015 - 2016.

This year Rural Health Tasmania has continued to develop new programs and services and build new relationships that provide the most relevant rural health programs and services that meet the identified needs of the Circular Head community. This has allowed Rural Health Tasmania to provide and promote health and wellbeing programs to those most in need.

As a result, Rural Health Tasmania Inc. has been able to provide the Circular Head community with access to a variety of community resources including parenting support programs, counselling and individual parenting and support groups. Good Beginnings continues to partner with Rural Health Tasmania to provide parenting support to schools, families and the Circular Head and King Island community. The Salvation Army Bridge program continues to partner 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 and Rural Health Tasmania continues to provide access to 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.

Some new additions to Rural Health Tasmania's programs and services for 2015 – 2016 include the Mums and Dads Groups that take place at the Smithton, Burnie and Devonport hospital as part of the antenatal classes providing new parents with some sound parenting support on becoming a parent and what to expect.

The collaborative youth program Seven Up continues to be a popular program for the Circular Head Youth and is now open three days per week. Rural Health Tasmania was fortunate to receive some additional funding to continue the new coordinator position. 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 continue to work closely with the youth team and I would like to personally thank Kate Cross and her team including Dudley Billing and Adam Wilson for their outstanding dedication to the Circular Head community. Kate Cross and the youth team's contributions and support of the Circular Head youth's health and wellbeing is inspiring as we continue to observe the youth in our community to progress and take on new challenges. The Seven Up Youth program provides opportunities for the Circular Head youth to prosper and thrive. The Youth program is delivered in partnership with a number of other services and 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 program coordinators Leanne Marsden, Jen Lawes, Hannah Brunetti and Mardi Adair 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 continue to provide an extremely valuable resource to children and families as they make a positive and noticeable impact. Providing a valuable and rewarding opportunity for parents and children to experience an enriched family environment whilst promoting a love of learning sets children up for future success as they progress through the education system and life in general. The HIPPY program teams go above and beyond as they support each other to deliver the highest standard of programs and services. This time last year we watched the success of the Reading Bug Egg project in Circular Head and I am proud to say that this resulted in the Circular Head Council

receiving the 2016 Local government Award for Excellence. This was a really great example and highlights what a magnificent contribution the HIPPY teams with the support of strong stakeholder relationships make to the community on a daily basis. I was truly moved by the overwhelming participation in the HIPPY program and the Reading Bug Egg project. It was a magnificent project that engaged so many children, families and the community 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 and West Coast 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.

The level of dedication and care and compassion demonstrated by the Rural Health Tasmania staff is 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. Whilst 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, circulatory, heart and respiratory disease, substance abuse, obesity, diabetes and cancer are preventable. An outstanding demonstration in health promotion this year was undoubtable the "Save Your Bacon" project. The Save Your Bacon project was a preventative physical and mental health promotion program that engaged at-risk and hard to reach individuals and communities through a number of outreach health promotion activities that engaged with the community in an entertaining and fun way. This creative approach saw better engagement with individuals and communities that have historically been difficult to engage in health promotion activities and conversations that promote positive health outcomes and healthy lifestyle. Save Your Bacon also provided on the spot health checks including blood pressure providing a great opportunity to have constructive conversations and promote good mental and physical health.

Rural Health Tasmania is committed to providing the highest quality of care, programs and services to the community. This commitment has prompted a number of changes over recent years and in particular during the 2015-16 financial year. To ensure the highest quality of service, Rural Health Tasmania has made significant changes to our programs and services to ensure that we not only provide appropriate and timely treatment but that we ensure a strong commitment and focus on preventative health by intervening as early as possible to prevent or delay chronic conditions. More specifically the Health Promotion, Youth, Drug and Alcohol and Mental Health team have continued to strengthen our commitment to preventative health this year. It is important to understand that many of the poor health outcomes experienced by individuals, families and communities are preventable. This is very much the case with substance abuse, mental illness, obesity, pulmonary and circulatory disease and cancer. As a means to better address preventable illness, Rural Health Tasmania has committed to redeveloping all of its programs and services to ensure that information and health literacy forms part of all of our treatment services to help people understand how to live healthier and more active lifestyles. As part of redevelopment, Rural Health Tasmania has adopted a stepped model of care that ensures individuals, families and communities receive the right level of care at the right time to produce the best outcomes.

As always, it has been encouraging to see the community embrace the number of preventative health workshops and forums provided by Rural Health Tasmania and its partners this year. Special guests this year included Megan Warren, Steve Biddulph, John Harper, comedian Nelly Thomas, Charlie Don't Surf, Pete Cornelius and Dudley Billing, Cassie Thomas and Jess Maguire, Red Herring skateboard rider - Brendon Hill and Layne Beachley providing health promotion activities and community forums and events on healthy lifestyle, diet and nutrition, social, emotional parenting skills, mental health, men's and women's health and exercise physiology, 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.

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 and 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 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 contribute 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 payroll, human resources and administration.

The counselling team was joined this year by Jodhi Wilkinson. Jodhi has a wealth of experience and has been a valued addition to the Counselling team. Ivon Reuvers continues to provide coaching, mentoring and care coordination. Ivon and Jodhi help to empower clients to deal with common issues and help them to gain understanding and insight into any difficulties they might be experiencing.

Rural Health Tasmania's counselling and social workers 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 Jodhi and Ivon's services regarding group training, education on mental health, prevention and self-care. Jodhi 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 Jodhi 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.

As well as a vast number of treatment services; 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 has explored numerous opportunities to increase the type and availability of health and wellbeing services to 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 by Rural Health Tasmania are:

- Physical activity programs e.g. walking groups, Triathlons, Yoga, Basketball Tournaments, Skateboarding, Scooter and BMX competitions.
- Social inclusion programs e.g. Wedge Street Community House, school holiday program, Kommunity Kids, Five Up, Seven Up Youth Centre, 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 Care.
- 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)
- Parenting support programs

Some of the priority areas identified by rural communities this year continue to be mental health, youth mental health, substance abuse, social inclusion, diet, obesity and exercise physiology, circulatory and respiratory disease, cancer, chronic conditions management and community education. These community health issues will remain a priority in the coming year.

The current building utilised by Rural Health Tasmania remains at capacity due to the number and size of new and existing programs. Modifications were made to the building over the last year to provide more space for additional programs and services and more substantial renovations may be necessary if Rural Health Tasmania continues to form new partnerships and provide additional services to the Circular Head community. The demand for Rural Health services has continued to grow and Rural Health Tasmania has continued to seek additional funding and partner with other organisations to meet demand for services.

During the past twelve months we have said farewell to Brea McKay, Maddie Hine, Delma Hianjuku, Amy Whish-Wilson, Lisa Johnston, Lara Robertson, Kristy Jackson, Ron Blume, Tabitha Saunders. Rural Health Tasmania also had the opportunity to welcome a number of new staff this year including Mardi Adair, Jamie-Lee Vant, Adam Wilson, Dudley Billing, Jodhi Wilkinson, Amy Butt, Danielle Moran, Tania Williams, Ruth Harris, Naomi Purton, Gemma Huston.

Finally, I would like to express my sincerest gratitude to all members of the Board of Management. The Board Members are always 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 over their many years of voluntary service.

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 2016

Our Vision

- To provide a collaborative, consultative and high quality early intervention, prevention, community education and treatment services whilst recognising the importance of self-efficacy, partnerships and the values, strengths and needs of individuals, families and the community as a whole so that all Australians may live in a positive, prospering, inclusive, healthy, respectful and safe society.
- To lead efforts that reduce chronic disease including respiratory and circulatory disease, diabetes, cancer, reduce the harms associated with smoking, substance abuse, mental illness and obesity and improve the health and wellbeing of all Tasmanians by providing evidence based rural primary health services.

Mission Statement

- We will invest in our staff, team and their workplace, acknowledging that quality services can only be sustained through the retention of a skilled, supported and motivated multi-disciplinary team.
- We will work in partnership with other agencies to achieve preventative health and treatment outcomes that result in the reduction chronic conditions.
- We will secure opportunities for longer-term growth through effective planning, preparation and diversification in a fast moving and changing environment.
- We will continuously monitor and evaluate our performance against our mission to ensure we stay on track, achieve goals and objectives and report regularly on the effectiveness of our services.

Board of Management During the 2015 - 2016 Financial Year

Chair	Cr. Daryl Quilliam	Mayor of Circular Head
Deputy Chair	Jeanie Murrell	Circular Head Community Member
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 Rural Health Program Staff

Robert Waterman, Karen Cardillo, Dudley Billing, Adam Wilson, Cassi Kingston, Angela Stewart, Kate Cross, Jodhi Wilkinson, Glenda Maher, Ivon Reuvers,

HIPPY – Smithton

Leanne Marsden, Lisa Johnston, Lynda Dodd, Amy Wish-Wilson, Allison Mullins, Nicole Grey, Terna Murison, Amy Butt, Danielle Moran.

HIPPY – Burnie

Jen Lawes, Hannah Brunetti, Lara Robertson, Shannon Kelly, Christina Joseph and Kasey Bakes, Ruth

Harris, Naomi Purton, Gemma Huston.

HIPPY – West Coast

Mardi Adair, Brea McKay, Kerrie McNair, Tania Williams, Jamie-Lee Vant, Delma Hianjuku, Tabatha Saunders.

Thanks to our Sponsors

- Primary Health Tasmania - RPHS Program
- Tasmanian Community Fund
- Circular Head Council
- Ian Potter Foundation
- Family Based Care North West (Drought Relief Mental Health Prevention Funding)
- FRRR (ABC Heywire Documentary)
- Brotherhood of St Laurence
- HIPPY Australia

Community Partnerships

<ul style="list-style-type: none">• Circular Head Council• Circular Head Aboriginal Corporation• Smithton High School• Smithton Primary School• St Peter Chanel Primary School• Redpa Primary School• Good Beginnings	<ul style="list-style-type: none">• Forest Primary School• Stanley Primary School• Edith Creek Primary School• Circular Head Christian School• Smithton Maternity Liaison Group• Circular Head Youth Leaders	<ul style="list-style-type: none">• Circular Head Youth Network• The Salvation Army Bridge Program• Wyndarra• Emmerton Park• Smithton District Hospital• Save the Children Foundation
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Health Promotion 2016 Annual Report

By Karen Cardillo, Dudley Billing & Glenda Maher

The Health Promotion team comprises of Health Promotion, Early Intervention and the Wedge Street Community House. The team delivers a variety of programs and collaborates with the Youth team for many of the organisation's sessions and events. Following are some of them....
Karen Cardillo

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.

The sessions continue to receive a great response with an average of 20 locals calling in every Thursday to discuss all manner of topics from local flora and fauna to cooking and health and fitness. The group have undertaken a 7-week dementia prevention course with Integrated Living. The course focuses on people 65 and over, and it includes health checks, exercises, nutrition, mind management, social activity and planning ahead on legal issues as well as securing your future. Each participant is loaned an I Pad and handbook with a range of activities for a 3-month period. The participants are assessed a second time at the end of the course and the data is then provided to the University of Tasmania to assist with research.



Save your Bacon – During the first half of 2016, we facilitated 4 of these mental health events in Circular Head, 1 on King Island and another in Queenstown. The teams involved in the planning, promotion and delivery of each of these 6 events were Health Promotion, Youth, Early Intervention and Counselling.



The objective of these events is health in outlying agricultural

We take appropriate services to “the people” and promote positive mental health as well as providing real and achievable strategies to the outlying communities, and bring them together in a social setting. As Rural health has an ongoing, proactive community engagement process, it has been our experience that to reach and meet the needs of outlying communities, we need to physically deliver programs in a relaxed manner at a time that does not conflict with participants’ work commitments. When we deliver programs directly in rural areas, participation levels are increased, providing valuable connections for participants and service providers.

Save Your Bacon is designed to be an event that specifically targets the male demographic, particularly tradies, shift workers, farmers and all their families. However, through asking business and local organisations to help run, host and promote the event we are able to target a much wider demographic, and as a result able to promote the importance of mental health to a wider audience.

to improve mental and physical areas of North West Tasmania.

Participants were also given the opportunity to partake in health checks such as blood pressure, testicular, bowel and skin cancer, alcohol, smoking and identifying stress. These health checks benefit attendees as it provides the opportunity for the target audience to seek help and receive health related advice and support. As a result of these checks, a number of participants were referred to doctors to address a number of health concerns.

Just some of the anecdotal evidence collected from the events include:

‘We’ve had a tough time with all the fire worries, let alone not having enough feed for my stock. My missus is more of a worrier than me and I reckon she is going to go and see a counsellor now. She’s over there talking to one right now!’

‘I go and see a counsellor at Rural Health. I’ve had such a good time tonight – it’s so nice to be able to get out and have a laugh.’

‘It’s been hard with the fires and watching the cattle try to eat grass that was full of soot. Tonight has been good for me and the family.’

‘It’s tough times alright. I know it sounds awful, but it’s kinda good to listen to the rest of these blokes and know that I’m not the only one struggling. After this I reckon we’ll talk a bit more often.’



‘Mum and dad usually just sit in front of the telly at night and go to sleep. It’s good to see them talk to other farmers.’

‘I haven’t seen my husband smile like this in a long time. How good is this!’

As a direct result of this event, it has again highlighted the need to encourage community members to talk to their mates about mental health. The need to take events such as these into the communities has once again, been well received. This enables the initial contact and conversations to commence.



The **Circular Head Advisory Group** has been formed and the Health Promotion team facilitates this. This group meets on an “as needs” basis, discussing pertinent community health needs.

ABC Heywire Documentary - Filming of the ABC Heywire documentary “Two Trains”, is now complete and in post-production. The documentary has been, filmed, scripted, narrated, edited and produced completely by young people from Circular Head and tackles addiction and the introduction of Ice to the community. Current students from both High Schools have interviewed the likes of surf champion Layne Beachley, Senator Jackie Lambie, Senior Drug Squad Detective Kim Stevens and Mayor of Circular Head Darryl Quilliam alongside a host of others to get an idea into how a small community can tackle the problem of illegal drug use. The 30-minute documentary will be launched this October at 7UP Youth Centre and then be used in schools around the North-West Coast.



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.

This year has seen the implementation of a walking group, held each Tuesday morning, weather permitting. Whilst numbers are low, it is anticipated we will be able to attract more participants, as time goes on. On occasion, we have fruit and vegetables donated, enabling an informal cooking program to commence on Tuesday afternoons. We often preserve the produce in preparation for upcoming cooking classes.

We also partner with Circular Head Aboriginal Corporation to run an occasional Wednesday morning paint a plate or a coffee cup session. The theme for this has been ‘A round tuit’ which implies we all need to get around to it and the drug and alcohol education banner they work under was used in this. Each Wednesday afternoon, we hold a basic learn to sew program. This has produced some great creations from budding seamstresses.



Toy Library at Wedge Street – The Toy Library is a free service, allowing anyone in our community to borrow from an ever-growing variety of toys and books. We have items appropriate for babies and toddlers, and is open 3 days a week.

Community Kids



We have been running this program each Tuesday in conjunction with Good Beginnings staff and City Mission. It has been operating for over 12 months now, with numbers varying. Weather permitting, we have games and a sausage sizzle in the park and on wet days we open the house to the children to participate in crafts and games. We have had a visit from a very nice young police officer who engaged with the boys, playing ball games. This visit was very well received by the children.



5 @ Up - Each Thursday afternoon we continue to hold 5 & Up, which is for primary school aged children. Activities include indoor games and crafts, and weather permitting, we garden and play outdoors.

Thursday craft/activities days - We have with partnered with the Circular Head Aboriginal Corporation (CHAC) to enable us to use their bus on an “Op-Shopping” day out. The day was well attended and we travelled as far as Ulverstone, and a great day was had by all. As a result of this collaboration, we have also joined with CHAC in a chocolate making day at Easter, as well as



participating in their NAIDOC week activities, learning how to rock paint. We have also had a number of excursions to a pottery/ceramics studio in Wynyard, where the participants each made a number of amazing pieces. We also have had our annual mother's day pamper which the girl's love. The ladies have done some really stunning work in our different programs and the feedback is always positive with a new lot of people

participating in the sessions.

Early Intervention and Prevention - The Early Intervention & Prevention project has been able to provide information and education to a diverse audience. Some of these sessions are:

Speaker, Andrew Fuller. Professionals from government and community organisations have been provided with extensive professional development based on brain chemistry, demonstrating to them how to engage challenging adolescents and build their resilience through providing a sense of belonging in their life. Parents were also provided with sessions on how to support their child at home and given the tools for the sense of belonging to occur at home.

Speaker, Simon Clegg. High school students have been provided with information from a youth motivational speaker and author, who spoke of the importance of making good choices and the impact that social media has on self-worth. This speaker, Simon Clegg, spoke specifically about drugs and alcohol and the power they have to break dreams. Feedback from staff and students was that the speaker had gotten the message across and “engaged the most challenging students in the audience”. The same speaker also addressed parents, encouraging them to provide security through setting boundaries and to assist their children to work towards goals that would keep their focus on something positive in their life.

Steve Biddulph sessions - Steve has also spoken to 223 parents over two evenings sharing information on how they can support their sons and daughters and the particular areas they should be aware of. He discussed the importance of supporting our daughters to love their bodies and the miraculous job they do rather than expressing our own discontent with our own bodies. Steve then continued his talk the following evening talking about boys and the unique roles that both mothers and fathers have as their boys grow older. There are 2 more talks scheduled for October 2016.

Theraplay: Parents with very young children have also received education sessions on building a strong bond and secure attachment with their child, and provided with the evidence that these early years have lasting consequences throughout life. These parents will continue to receive ongoing sessions on teaching their children right from wrong without resorting to punishments and other relationship building activities.

Talks to HIPPY group members continued with Kristy Jackson discussing Self Care for Parents and Building Resilient Families. She then travelled through to a Burnie HIPPY group meeting to discuss Technology and Pre-schoolers where parents were very interested in just how much of the technological world they should be introducing their little ones to and how to do this in a safe way.

School Sessions: We have supported the local primary school with Kristy facilitating sessions based on bonding and attachment with their parents and students in lower primary grades where they have

experienced severe behavioural issues. We have also presented to St Peter Chanel primary school students, with tailor made sessions to suit their needs and addresses with students how to positively manage their emotions, create a healthy body image, bullying prevention and cyber safety.

2nd Community Drug Forum: The second Drug Forum featuring speaker Geoff Munro from the Australian Drug Foundation attracted approximately 100 guests from the Circular Head region. This was a great night where the community got to hear from Service Providers, the local police, politicians and even a person with a lived experience of drug addiction.

Trawmanna Family Fest: The three-day event held in January saw local artists collaborate to create a drug and alcohol free event. Local musicians enjoyed a 2-day song writing workshop with WAMMI award winning WA song writer David Hyams and “Telstra Road To Discovery” Winner Christopher Coleman. The workshops culminating in an all ages event on Friday January 15th which saw 120 people come and enjoy a night of home grown entertainment. Christopher spoke candidly both on ABC radio and with the crowd about his battle with Bi-Polar disorder and the importance of music as part of his management of the illness. The evening workshops which produced an original piece entitled “It’s a long way from Smithton to Stanley” were well attended and saw 2 mother/son, and one father/son combination join the group to take part in the writing and performance making it a truly family affair.



Shred Safely: Smithton Police, Rural Health Tasmania and Circular Head Council are collaborating to launch a new community incentive scheme which rewards good citizenship and safe behaviour at the Smithton Skate Park. The program will see Smithton Police make regular visits to the skate park to develop a solid personal rapport with skate park patrons and encourage an inclusive family friendly atmosphere at the facility.



Harmony Day: Rural Health joined CHAC and The Smithton Library to present Harmony Day 2016. The all ages event saw families enjoy Philipino dancing and cooking, Australiana Balladry, plus stories and songs from Indigenous Australian song man Patrick Churnside. Patrick spoke on the importance of family structure within his culture, respecting people of all walks and creating a safe and loving home.



Music Therapy (Woolnorth) - Qualified music therapist Ali Davies brought a little bit of sunshine to the long Woolnorth winter with a big family music session. Rural Health, HIPPY and Save the Children teamed up again to encourage mums, dads and kids out to the shearing shed for sing alongs, musical games and a great get together. 43 people

attended the session which used percussion, strings and voice to encourage communication, team work and confidence in a group setting. A great day had by all.



Project “O” BighART’s project “O” made a couple of visits to Smithton High School in March to encourage young women to chase their dreams and be confident in who they are. The sessions ran as a peer to peer mentoring program hosted by a group of girls from Wynyard High work with 15 girls from Smithton High. The workshops focussed on public speaking,



improvisation and team building. The project specifically encourages agency and ambition amongst young women to help curb domestic violence and hone capacity for employment.



ICE awareness talks with Grade 9 Health Classes - Our Ice awareness talks continued into 2016 with Jarrod Williams returning to Smithton High School to give the Year 9 group a firsthand account of addiction and the effect it has on all aspects of life, personal, social, family and professional. Jarrod spoke to 50 students over two days and has been invited to return to speak with this year's High School leavers at the end of the year. Last year's leaver's talks also received rave reviews with Jarrod and Christie Lee Collins speaking to a total of 100 school leavers at both Smithton High and Circular Head Christian School. Jarrod also attended the Save-a-Mate training recently in Smithton. (Pictured)

YOUTH AND COMMUNITY DEVELOPMENT TEAM 2016



Rural Health Tasmania's 2015-2016 youth and community development team has comprised Kate Cross, Maddie Hine and Dudley Billing.

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.

Circular Head is a rural remote region of 8,000 people, 15% of whom are 12-18 years. The region 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, anxiety and risk taking behaviours such as substance abuse, unsafe sex, drink driving and self-harm as the main presenting issues affecting youth who seek out help.

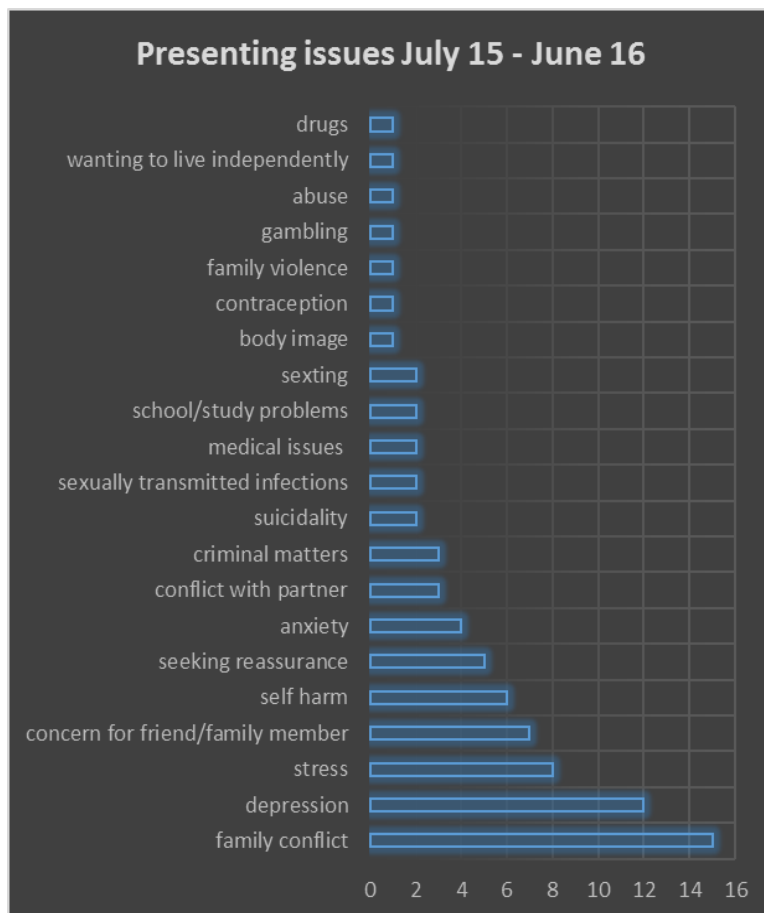
The youth and community development team employ a number of approaches in response to need from individuals, family and/or the community. The following pages outline the main activities undertaken.

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 23 youth and 10 parents/guardians (12 existing, 15 new (self-referred) and 6 (external referral) a total of 163 occasions. 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, their family members and friends 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, self-harm, suicidality, anxiety and concern for others. 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 173 occasions of service with people, 35% occurred through Face Book, 36% face to face, 14% via the phone, 10% via text and 5% via e-mail.

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 a variety of organisations / services (30 in total) to meet their support needs during the reporting period.



SCHOOL BASED WORKSHOPS/EVENTS/PROJECTS

The youth team is privileged to work with local schools to connect with young people. As a result, we are able to provide information and opportunities designed to give them voice, contribute to their future health and wellbeing and enable them to make more informed decisions.

YOUTH FEST

An annual event, Youth Fest sees 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 450 students attended the event and had opportunity to participate in a range of activities such as a jumping castle, 20-foot giant slide, sumo suit wrestling, photo booth, craft, cupcake decorating, water slide, giant twister, giant jenga, 'Chatter Ball' ball pit, face painting, karaoke, giant mindfulness colouring, cricket, football, the "Golden Duck" teachers – v – students challenge.



Students also had opportunity to meet with service providers and undertake activities designed to increase their knowledge and understanding of a range of health issues such as drug & alcohol abuse and mental health.

PROTECTIVE BEHAVIOURS-PUBERTY SESSIONS

– Me, My Body & You

The 'Me. My Body & You' program has been designed to support young people's transition into puberty and the issues they may face as they grow and develop, investigate and navigate relationships. The team conducted 3x 4hour sessions with 14 grade 5/6 students at Stanley primary School.



The grade 5/6 cohort is one that is particularly vulnerable to misinformation around puberty, conception and protective behaviours and as such, we actively seek to reinforce and further the work of Primary Schools in providing accurate, age appropriate information.

STRESS WORKSHOPS

A series of workshops designed to increase students' understanding of stress, how it manifests, personal triggers of stress and how to develop coping strategies to prevent and manage stress were conducted with 55 grade 10 students. The students also kept a 'stress diary' to record the types of stress the experienced and how it affected them over the course of one week. Not only has this proved to be a useful self-reflection tool, the data collected has informed future projects to address stress in teens.

SMART, SAFE SEX – CONDOM WORKSHOPS

A number of sessions created to engage young people in raising awareness about sexual health were conducted with 58 grade 9 students. The sessions were particularly focussed on teaching young people how to use condoms correctly and consistently.

MENTAL HEALTH @ LUNCH

3x lunch sessions were undertaken at Circular Head Christian School to raise awareness of good mental health and what can be done to keep mentally healthy.



SONG WRITING WORKSHOP

A workshop aimed at supporting grades 8/9 students through the process of song writing enabled them to learn how to express themselves through the medium of song writing.

COLLABORATIVE PROJECTS

Over the year, the team has been fortunate to collaborate with organisations such as Circular Head Aboriginal Corporation, Circular Head Council, Salvation Army Bridges Program, Youth, Family Community Connections and Family Based Care on some incredible projects. Of note are:

SEVEN UP YOUTH CENTRE – *in collaboration with Circular Head Council, Circular Head Aboriginal Corporation and Smithton Christian Fellowship.*

Seven Up is a social hub for young people enrolled in grades seven to twelve in the Circular Head region. The centre staff and committee are dedicated to providing a safe, youth friendly space that respects young people; works with them to support their mental, emotional and physical health and encourages them to try new things and build new skills.



A donation from the Patricia Dukes Foundation resulted in the employment of a Centre Co-ordinator: Adam Wilson and an increase to the centre's opening hours. The Centre went from opening 1x night

per week to 3x nights per week as of September 2015. Continued, consistent opening hours have resulted in increased attendance and greater access to all the benefits associated with the centre which is important for youth of all levels of risk but particularly important for those 30-40% of youth accessing the centre that are at high risk.

Fifty-nine 2xhour sessions saw a total of 996 young people engaged in a raft of activities including cooking, cooking competitions, art, board and card games, crafts, social games, billiards, X-Box/PS-3, table tennis, fuse ball, Easter Egg Hunt, Christmas craft & cooking, movie afternoons, Learner Driving Testing and nail art.

Importantly, young people accessing the centre seek out staff to assist them with numerous issues such as self-harm, relationship breakdown, depression, anxiety and school / study problems. Staff provide support, referrals and information as required.

Without Seven Up young people say:

"I'd be lonely."

"I would not be coping well with friendships because I get a lot of help from the staff."

"I would have no social life."

The Centre underwent a partial revamp and now boasts new carpet, additional windows, freshly painted floor, a more open space, blackboard wall, 3x bench seats/storage and a recovered bench top.

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

'E-TOOLS' – in collaboration with Youth, Family and Community Connections

Two 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.

YOUR MIND – YOUR BODY GIRLS RETREAT – in collaboration with Family Based Care

Local Physiotherapist Jess Maguire and Yoga Instructor Cassie Thomas facilitated a girls retreat day for twenty-eight 13-17-year-old girls. This cohort is particularly vulnerable to the stressors of modern day life and the expectations placed on girls both overtly and subliminally.

The aim of the retreat was to enable the girls to experience Yoga, Pilates and Mindfulness as approaches that they may use to address and manage difficult times in their lives.

The girls were able to learn a number of strategies to help them deal with everyday stressors – many of them loving the simple concepts like breathing and yoga to help them feel better about life.



SMITHTON SKATE COMPETITION – *in collaboration with Circular Head Council*

A crowd of close to 100 people over the course of the day came to see riders from all over the state take on the local talent. Young skaters, scooters and bike riders showcased their skills and learnt a bunch of new ones from the Red Herring Team riders Brendon Hill and Blair Howard and local WSM BMX rider Mark Freeman - who helped judge the comps, hang out with the participants and give a demonstration ride.



HIP HOP WORKSHOP – *in collaboration with Circular Head Council*

Burnie-based Rapper MC Stray conducted a workshop out of the Seven Up Youth Centre to teach young people the process of writing, producing and recording Hip Hop music. Some of the youth involved have problems in school with behaviour and attendance. To see them actively engaged for over three hours writing, creating and discussing the best use of couplings, syllables and nouns was a really rewarding process.



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, 83 packs were collected.

STENCIL GRAFFITI WORKSHOP – *in collaboration with Circular Head Council and Circular Head Aboriginal Corporation*

Local artist, Tim Broome facilitated a session on the art of Stencil Graffiti out of the Seven Up Youth Centre. These young people are now equipped to begin stencilling their own designs and will be invited to contribute to the design of a wall at the youth centre.



3 ON 3 BASKETBALL COMPETITION – *in collaboration with Circular Head Council and Smithton Saints Basketball Club*

Over 40 young people took part in the 3 on 3 Basketball tournament, 3 Point Shoot Out and Slam Dunk Competition.

It was a great way to encourage young people to engage in exercise and fun without drugs and alcohol whilst gaining skills and providing fabulous entertainment.



WOMENS TRY-ATHLON & FUN RUN/WALK – *as part of an organising committee (pictured to the left with Layne Beachley) in collaboration with Harcourt's Foundation, Circular Head Council, Flex Physio and Triathlon Tasmania*

The Women's TRY-Athlon and Fun Run/Walk was a women's only event designed to suit different fitness levels and to create a space structured to reduce the anxiety many women feel about their bodies - giving women an



achievable event to train for that was inclusive, encouraging, positive, non-threatening and fun.

Participants were given opportunity to improve their health and to form new, permanent and sustainable habits which in-turn had positive impacts on families, friends and the community as a whole. A massive 145 women participated on the day. Many women continue to train together and have set goals for future running and Triathlon events. In addition, the event fostered inter-generational relationships between younger and older women in the community as women as young as 18 and old as 82



trained, ran, walked, swam and/or cycled together.

The project consisted of a number of stages providing women with the opportunity to gain deeper engagement, training, encouragement and information to increase their confidence and preparation in undertaking the TRY-Athlon/Fun Run or Walk including:

- a 10-week training program (170 women attended)
- 4x workshops guiding 140 women in total through various aspects of mental, physical and equipment preparation;
- on-line support, blogs, relevant articles, interviews etc.; a motivational dinner with Layne Beachley.

HIPPY Smithton 2016 Annual Report

(Home Interaction Program for Parents & Youngsters)

HIPPY is a two-year program designed to engage families in early childhood learning. HIPPY acknowledges parents are the best first teachers for their child and through home instruction from tutors, they will have the capabilities, skill and confidence to help prepare their child for school, plus have fun positive interaction with their child through HIPPY activities. Other areas HIPPY may impact on participating families & communities are: contributing towards quality family interaction, developing a love of learning & building a sense of belonging through community and cultural engagement. HIPPY offers pathways back into employment for parents, through a supported role as a home tutor.

HIPPY Australia

HIPPY Smithton is part of a National & International HIPPY family. This year HIPPY Australia peaked with 100 sites opening around Australia. In early June 2016, a National gathering was held in Melbourne bringing Line Managers & Coordinators together to share quality information, listen to engaging speakers & to network nationally. Representatives from HIPPY International & New Zealand were amongst the speakers and the audience was fortunate to gain insight on how other countries delivered the same HIPPY model and what successes & hurdles they encountered. Jubilantly, HIPPY International became established in its first Third world country this year.

HIPPY Australia is having a busy year, with new sites to support, organising a National Gathering, doing a Longitudinal Study, orchestrating a National Voice of the Children Tour & negotiating

refunding with the Federal government. HIPPY Smithton was selected to take part in The Voice of the Children & four families are participating in the Longitudinal Study. The Voice of the Children tour was an opportunity for children to have a say in what they liked/disliked about the HIPPY activities and their preferred style of learning. The Longitudinal Study will track & collect data on children from the commencement of HIPPY to the following year after they Graduate, for the purpose of identifying the impact of HIPPY.

HIPPY Smithton Team

The HIPPY Smithton team was smaller this year consisting of the Coordinator & five tutors. At the end of a successful 2015, goodbyes were said to Amy Whish-Wilson, Lisa Johnston & Lynda Dodd. Continuing with Nicole Grey, Tearnna Murison & Allison Mullins, two new parents joined & added flavour to the team: Amy Butt & Danielle Moran.



Left: 2015 HIPPY Team

Right: 2016 Age 4 Tutors:
Dani Moran & Amy Butt



Staff development

Apart from weekly team training, formal and informal training opportunities are offered to Coordinators and Tutors throughout the year. Two tutors completed their traineeships at the end of 2015, gaining their Certificate 3 in Business. In 2016, all tutors commenced training on Certificate 3 in Community Services. This training is being provided by Workforce Development. Members of the HIPPY team have attended workshops on Motivational Interviewing, Occasional Counsellor, Difficult Conversations, Bridges Out of Poverty, Career Voyager & CORES. This invaluable training is made possible by the HIPPY Australia Enhancement & Tutor Training Fund.

A team building exercise was held at Hollybank Tree Adventures in Launceston. Team spirit & unity was built through supporting, encouraging and celebrating together; with a sense of achievement after completing a difficult task.



Assessment of Program Quality

It was gratifying to have the HIPPY Consultant visit and validate our practises. Nicola McKenzie was impressed with many aspects of our delivery of service to our families & praised our tutors for the

professional but caring relationships they had built with their HIPPY parents. Many of our practises were described as innovative and it has been suggested that our training technique would benefit other Hippy sites.

HIPPY Consultant Feedback: “Training provided at this site encourages participation and is effective in supporting high quality delivery to families.....Further, this innovative training style provides the opportunity for all tutors to really practice how to deliver to families, discuss learning in their own words, introduce 3 C's and behaviour specific praise and seek meaningful feedback from parents.....With learning opportunities based around HIPPY also provided at HIPPY groups as wells as a range of community events (Reading Egg, Science Gig, Book Week) promoted within HIPPY, children have increased opportunities to practice and build their learning....This site has an established record of both providing training and development to tutors that lead to future work...”

Group Meetings

Group meetings are held fortnightly at a local community venue with good attendance, with between 10 and 20 families participating. Parents get the opportunity to discuss & practise HIPPY activities together, meet new parents in the community & relevant guest speakers provide them with information. Meeting & talking with guest speakers opens pathways for parents to other community service & education providers. Good Beginnings have presented a range of topics to parents during group meetings. This familiarity with the presenter has led to personalised support, ranging from a follow up phone call to on-going family support.

Learning through practise



Learning through play



Everywhere Learning



Graduation & Age 4 Celebration

Everything was different about our celebration in 2015, parties were combined, a different venue was hired and due to popularity, the Social Circus was engaged. The Social Circus & the HIPPY team encouraged families to participate in fun activities together using recycled materials to make circus equipment. This year HIPPY Smithton celebrated twenty-four graduates & 30 families completing the Age 4 program.



Enhancement Funding

It is with gratitude to HIPPY Australia's Enhancement funding that HIPPY Smithton is able to provide: further training opportunities to parents, provide delivery of the program to parents in isolated areas, provide activities for children for extra exposure & opportunity to learn, a team building exercise for the tutors; engage families in an isolated area, participate and encourage parents to be involved in community & cultural events.

Outings

An exciting and first experience was had by some children on our bus trip to Woolnorth. HIPPY connected with Good Beginnings to support the newly formed playgroup at Woolnorth. A fantastic day was had by parents & children: enjoying the bus ride, playing, sharing a meal & completing the day by participating in a music therapy session.

Science Gig

Hippy successfully participated in the Science Gig for its second year opening up the event for children 6 and under by running a family competition. Comments were received, that the HIPPY display provided the most interacting and engaging activities of the event which lead to many families doing activities together and having conversations about the experiments.



Consultant testing an invention



Parent/Child entries in the competition.



Hippy child demonstrates experiment

The best outcome of the evening for HIPPY was watching many of its families engaging in a community event. One father, who normally wouldn't engage in such an occasion, was proudly showcasing & demonstrating his & his daughter's entry in the competition, talking to everyone.

The Reading Bug Egg Project

After 9 months, visiting 7 schools, 6 public events, 7 Service Providers & 3 HIPPY events, the Reading Bug Egg project had only a month left to completion.

Time-Out on Emmett/Writers Group

Two well attended enjoyable sessions were held at Time Out on Emmett coffee lounge, with people coming together to share stories and poems. It was beneficial to all, the multi-generational community members enjoyed the sessions and asked for more to be held, the Writers Group gained new members and Hippy was promoted, all whilst promoting literacy & having a laugh.



Time Out on Emmett



Hatching of the Egg

What a huge success! It was fantastic to see approx. 400 people attend the final hatching, validating that the project had been a popular & effective exercise in the community. It was rewarding to have the Minister of Education and representatives from all levels of government, HIPPY Australia Consultant & other agencies in attendance, supporting & praising the project.

A one-hour show was produced engaging children with a pantomime, stories and sing-a-longs & finally the hatching of the egg. Children were enthralled with the show & excited to receive goody bags containing information on literacy, a children's story book and other items.

There has been a multitude of outcomes for the Reading Bug Egg Project: such as: promoting HIPPY, Rural Health & literacy within the community, children & families have engaged in literacy in a fun way, it has linked families to Service Providers, Service Providers have networked well together supporting & promoting each other to encourage literacy skills in children.

Positive feedback received from the Minister, via the Chronicle, was very gratifying but even more so, was starting a project and the community taking ownership of it.



Through doing these extra activities in the community, made possible by HIPPY enhancement funding, the impact of HIPPY on the lives of participating families and communities in the following areas: contributing towards quality family interaction, developing a love of learning, building capabilities, skills and confidence and building a sense of belonging through community and cultural engagement, has a greater chance of being achieved.



Advisory Committee

The newly formed C.H. Early Childhood Advisory Committee has been meeting monthly. I believe it will be beneficial to the community if all early child hood service providers can work together to support the community. It is early days but many good ideas for future investigations are continually being proposed. The biggest asset is service providers supporting & promoting one another.

HIPPY Burnie 2016 Annual Report

Making a difference to parents

"We love spending time together. Jaxon is happier and seems more 'mature'. He is a very proud big brother and is showing leadership teaching his little brother all his new skills. We love the special one on one time we have." Adele

"It was nice to meet the tutor who also has another cultural background! I could ask her so many things and got good advice. Leon enjoyed the bus trip to the farm so much!" Ayanu

The HIPPY Burnie team

June – December 2015

Coordinators: Jen Lawes, Hannah Brunetti

Tutors: Shannon Kelly, Lara Robertson, Christina Joseph, Kasey Bakes



Team 2016 R-L: Christina, Kasey, Jen, Naomi, Gemma, Ruth, Hannah



Book Week 2015 HIPPY tutor style.
R-L: Kasey, Lara, Christina

January – June 2016

Coordinators: Jen Lawes

and Hannah Brunetti
Tutors: Christina Joseph, Kasey Bakes, Naomi Purton, Ruth Harris, Gemma Huston

The HIPPY Burnie team continues to thrive under the leadership of Jen Lawes (0.5 FTE) and Hannah Brunetti (0.4FTE). Hannah has developed a wide variety of new skills and confidence in administration, staff training, group facilitation and engaging with our wider community. Shannon Kelly and Lara Robertson were farewelled as tutors at the end of 2015 as they had completed the maximum two years allowed in the role. We welcomed three new tutors to the 2016 team Gemma Huston, Naomi Purton and Ruth Harris. In early June Kasey Bakes began maternity leave and welcomed baby Finn to her family. Shannon Kelly returned in the tutor maternity leave position.

“Being a HIPPY tutor has come with many benefits I never imagined. My favourite part is seeing the progress made by my families and their children, being able to share their learning accomplishments and to help parents in their journey as their child’s first teacher.” Gemma

“Sharing knowledge is power. As a home tutor I really enjoy my job. It’s given me a platform to know more about the community and support, motivate, inspire and give parents confidence to be their child’s first teacher.” Christina

Making a Difference to Families

In December 2015 twenty-six children graduated after completing the two-year program and 27 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. At June 30th 2016 we have retained 20 of those families in the Age 5 program and have 32 children enrolled in the Age 4 program. Keeping families engaged for the second year is requiring more time and effort as families juggle their increasingly busy lifestyles.



Children learn about animal care, planting and harvesting food when we visit farms.

Parent enrichment sessions are held fortnightly. We offered a diverse range of topics including road safety, healthy food choices, children’s feelings, science experiments, brain development, school readiness and self-care. This year we are fortunate to have a parent volunteering to bake morning tea for us each session to hone her catering skills for future employment. Families have enjoyed bus excursions to 3 local farms. Children have been able to feed lambs, squealing piglets and shy alpaca, hold tiny chickens and learn about the threatened fresh water lobster. At the Produce to the People farm they have also explored growing and harvesting food. Burnie’s Rhododendron garden was the

venue for another outdoor fun day demonstrating 'everywhere learning' in action. Nature play has been an ongoing theme throughout 2016.

Extra funding from HIPPY Australia was welcomed after frustrating administrative delays. This year it has financed farm excursions, professional development for staff and an accredited first aid course for 15 HIPPY families who now feel more confident to provide CPR and first aid as well as having a valuable addition to their resumes. We also benefit from better resourced parent groups and end of year celebration due to these extra funds.



Picking nashi and then enjoying eating the fresh fruit

Linking with the wider community

Our strong partnership with the Acton family Hub continues to allow us to 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. It has also enabled us to access professional expertise for parent groups and staff training. In 2016 we've teamed up to create the 'Secret from the Sea' which is a reading project based on Smithton's successful 'Reading Bug Egg'.

The monthly Friends of the Centre meetings at BCFC draw together providers from a vast array of programs and services as well as parents from the local community. This is a valuable opportunity to promote HIPPY and gather advice, information and links for our families. These meetings also provide professional development for tutors, in particular confidence with public speaking and meeting procedure. To date 3 HIPPY tutors have benefited from the opportunity to chair the meeting each month and be mentored in the role by senior Centrelink, LINC and TAFE staff.

Providing fun activities has proven to be an effective strategy to meet new families and tell them about HIPPY, making ourselves visible and gaining trust of the community. In December we held a Christmas themed messy playgroup at the Child and Family Centre. We also provided activities at the Kommunity Kids Christmas party. In January we spent some time at the Housing Choices Shorewell Plaza mural painting holiday activity. Referrals from other services, some strategic promotion long with word of mouth between families ensures we easily recruited the maximum 35 families in 2016.



Jelly + shaving cream

Developing Staff

Additional tutor training funds provided by HIPPY Australia have enabled us to support tutors with a variety of additional professional development to help set them up for employment beyond their two years as HIPPY tutors.

Training qualifications undertaken this year included:

Community Services Certificate III: Gemma Huston, Kasey Bakes and Christina Joseph

Certificate II Education Support: Shannon Kelly

Certificate II Business: Lara Robertson

The team has also been offered various short training sessions including Developing Resources, Communicating Clearly, Autism Spectrum Disorders and Understanding Mental Illness, CORES. All staff are encouraged to complete First Aid Training and the Bridges Out of Poverty two-day workshop.

Bridges Out of Poverty is powerful training for HIPPY tutors as Gemma's feedback demonstrates: *"very interesting and eye opening ... a whole new way of viewing the world and the interactions I have within it, both in work and personal settings"*. Meanwhile regular in house training ensures tutors have all the skills they need in their roles for example assertiveness, empathy, problem solving, the language of suggestions and self-care.

Both Hannah Brunetti and Jen Lawes travelled to Melbourne in June for the National HIPPY gathering. We both valued the opportunity to network with approximately 100 other HIPPY coordinators, line managers and consultants. Workshops such as Occasional Counselling, Difficult Conversations, mentoring and supervision professional development has been valued by the coordinators as well. We also value the opportunity to meet regularly with the coordinators of HIPPY West Coast and Smithton to share practices and ideas in a supportive environment.

Celebrating with Families

Excited HIPPY children gathered with their extended families to enjoy our two farm themed end of year parties, held on consecutive days for Age 5 and Age 4 participants. Our venue was Acton Chapel which provided a formal presentation area separate from the party activities and food. Graduating children treasured their engraved medallions and proud parents lined up with cameras to capture their child's excitement.



HIPPY West Coast 2016 Annual Report

The HIPPY West Coast team

June – December 2014

Coordinators: Brea McKay until July 2015 replaced by Mardi Adair

Tutors 2015: Delma, Tabitha Saunders, Kerrie McNeair,

Tutors 2016: Kerrie McNeair, Tania Williams, Jamie-Lee Stonehouse

HIPPY West Coast began the year with a change of coordinator. Brea McKay handed leadership to Mardi Adair mid July and then headed north to a warmer climate.

Delma did not complete her year as a tutor as she was offered work in the child care sector after completing Certificate III in Early Childhood Education. As a result, the coordinator took on some home visiting to deliver the program to families.

In early 2016 new tutors Tania Williams and Jamie-Lee Stonehouse joined the team, both had recently been HIPPY participants. Unfortunately, Jamie-Lee resigned in May due to family commitments. Again the coordinator took on home deliveries whilst searching for another tutor.

A new Space for HIPPY West

Setting up and settling into 9 Orr Street was a first duty for Mardi as new coordinator. It's hoped the large main street space would be used by other services and families, to date this has been limited. Large landscape oil paintings by Annette Bethlehem have filled some of the vast walls in the outer area of the building. Miranda Stephens has used the space for a series of Mindfulness sessions for professionals later in 2015. It was decided that the Child and Family Centre (CFC) at the Hub was a preferred space for parent groups.

Making a Difference to Families

Parent enrichment sessions are held fortnightly at the CFC where there is a rich play space for children and HIPPY can network directly with families and service providers. Adjunct child care and lunch is offered to all families in the CFC at the conclusion of each group. St Joseph's Catholic School generously assisted with providing a bus to Queenstown from Tullah, Rosebery and Zeehan for parent groups.

We offered parents a range of topics including the effects of family violence on children, growing a happy family and self-protection in a violent situation. Bringing Up Great Kids parenting course has also been offered in conjunction with Lyn O'Grady from Anglicare.

Linking with the wider community

HIPPY West Coast has focused on creating links and working relationships across the five towns of the region. Mardi has met with school Principals, early childhood educators at schools and in child care facilities, neighbourhood houses and the Queenstown Hub's many services. This networking resulted in an invitation to HIPPY to guest speak at schools and service provider meetings. This intensive networking has paid off with a record number of children enrolled in the 2016 program. It is believed that one of the main reasons for this is support for HIPPY of school principals and their staff.

Developing Staff

Mardi Adair travelled to Melbourne for new coordinator training in Melbourne and was further supported by a visit from Sara Sterling, HIPPY consultant in November. She returned to Melbourne in May of 2016 for the National HIPPY gathering and benefited from 3 days of workshops and networking with coordinators and line managers from 100 sites.

Pre service training for tutors was delivered in 2016 with the support of Jen Lawes from HIPPY Burnie.

All staff were encouraged to complete accredited First Aid Training and Bridges Out of Poverty two-day workshop. All staff returned inspired from an Early Childhood forum in Devonport. Professional Development on Autism Spectrum Disorder informed our ongoing work with several families.

Celebrating with Families

Seventy-five people attended our end of year celebration at the Queenstown Hub in late November. Tutors enjoyed encouraging children to unleash their creativity making masks and participating in space games.

Psychological Services

During the past year Ron Blume resigned. Jodhi Wilkinson took over as counsellor at Rural Health Tasmania and has continued to support the community providing counselling and community education. The counselling team is made up of Jodhi Wilkinson (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, the dedicated counselling team possess a diverse range of skills, qualifications and experience enabling Rural Health Tasmania to address the wide range of mental health, drug & alcohol family, relationship parenting and general psychological and social issues faced by the community on a daily basis.

The counselling team 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 early intervention and prevention services that Rural Health Tasmania counsellors are now providing in the local schools and community around drug and alcohol and mental health preventative education.

The counselling service is available four days per week 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 and development opportunities. The counselling team consistently consult with Emmerton Park, the GP's and Hospital as required.

Whilst not a complete list, Rural Health Tasmania counsellors can provide counselling and referrals for some of the most common problems and challenges that often motivate people to seek out the services of a one of our professional counsellors.

- Depression
- Anxiety (including panic/anxiety attacks)
- Grief and Loss
- Anger Management
- Alcohol and Drug dependency
- Addictive Behaviours (food, sex, drug, alcohol work)
- Self-Defeating Behaviours
- Childhood Abuse (physical, emotional, and sexual)
- Communication Problems
- Disordered Eating / Body Image Issues
- Gender Identity Concerns
- Trust / Intimacy Issues
- Trauma (including accidents and assaults)
- Low Self-Esteem
- Career Issues
- Social Skill Building
- Sexual Orientation Concerns / Transition
- Guilt
- Lack of Assertiveness
- Stress
- Relationship Concerns and Conflict
- Separation / Divorce
- Infidelity
- Sexual Problems (low sexual desire, sexual addictions, performance problems)

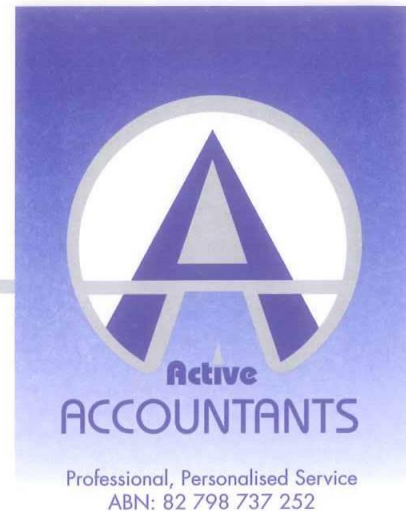
Financial Auditors Report - Period ending 30th June 2016

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GARRY BURGESS
B.Bus. CPA



INDEPENDENT AUDIT REPORT

To the members of Rural Health Tasmania Inc

We have audited the accompanying financial report, being a special purpose financial report, of Rural Health Tasmania Inc, which comprises the Balance Sheet as at 30 June 2016, the Profit and Loss Statement for the year then ended, notes comprising a summary of significant accounting policies.

Committee

The committee are responsible for the preparation and fair presentation of the financial report and have determined that the basis of preparation described in Note 1 is appropriate to meet the requirement of the Associations Incorporation Act 1964 and the needs of the members. The committee's responsibility also includes such internal control as determined is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement.

Auditor's responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We have conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report.

In making those risk assessments, the auditor considers internal controls relevant to the Association's preparation of the financial report in order to design audit procedures that are appropriate in the circumstances.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Independence

In conducting our audit, we have complied with the independence requirements of the Australian professional accounting bodies.

**Audit report qualification
Basis for qualified opinion**

Receipts from cash donations and other cash fundraising activities are a source of revenue for the Rural Health Tasmania Inc. The Rural Health Tasmania Inc has determined that it is impracticable to establish control over the collection of donations and other fundraising activity revenue prior to entry in its financial records. Accordingly, as the evidence available to us about revenue from these sources was limited, our audit procedures for donations and other fundraising activity revenue had to be restricted to the amounts recorded in the financial records. We therefore are unable to express an opinion on whether cash donations and other fundraising activity revenue obtained by the Rural Health Tasmania Inc are complete.

Qualified opinion

In our opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion paragraph, the financial report Rural Health Tasmania Inc presents fairly in all material respects in accordance with the accounting policies described in Note 1 to the financial statements, the financial position of the Rural Health Tasmania Inc as at 30th June 2016 and its financial performance and its cash flows for the year then ended.

Basis of accounting

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the committee's reporting responsibilities.



Garry Burgess CPA

Active Accountants

**RURAL HEALTH TASMANIA INC.
HIPPO PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2016**

	2016	2015
INCOME		
Grants Received	680767	545693
Wage Subsidy	6973	0
Tutor Training	0	19133
Interest Received	0	7008
	<u>687740</u>	<u>571834</u>
LESS EXPENSES		
Wages	321370	312499
Superannuation	30336	29352
Office	34535	46930
Auditing	5175	2799
Bank Fees	264	279
Enhancement & Training	37865	0
Electricity	3874	
Telephone & Internet	5452	4366
Printing & Stationery	21312	21881
Rent	11840	
Insurance	7650	3664
Group Meetings	6826	8664
Motor Vehicle	32144	41736
Travel & Training	3945	8917
Organisational Support & Administration	81308	98671
Computer	858	3552
Promotion	375	2436
	<u>605129</u>	<u>585746</u>
NET OPERATING PROFIT/(LOSS)	82611	-13912
LESS OTHER EXPENSES		
Annual Leave Increase	1171	7347
Sick Leave Increase	3475	662
Tutor Training	0	16252
Tas Early Years Expenses	0	8452
	<u>4646</u>	<u>32713</u>
NET PROFIT/(LOSS)	<u>77965</u>	<u>-46625</u>

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

**RURAL HEALTH TASMANIA INC.
MAIN - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2016**

	2016	2015
INCOME		
Grants Received	439732	431956
Grant Received - What's Your Big Idea	0	4000
Interest Received	0	121
Wage Subsidy	0	13281
	<u>439732</u>	<u>449358</u>
EXPENDITURE		
Advertising - Centre	1727	1717
Auditing	2475	4950
Bookkeeping	1020	615
Consultants & Contractors	8155	
Depreciation	7258	3848
Electricity	3760	5386
Equipment & Consumables	10377	4254
Insurance	2708	5812
Motor Vehicle Expenses	7728	13807
Printing & Stationery	2262	4353
Rent & Rates	17697	22276
Repairs & Maintenance	241	584
Staff Amenities & Cleaning	3303	6320
Staff Training	746	2072
Superannuation Contributions	29205	30861
Telephone	8165	9514
Travel & Accommodation	5223	5786
Wages	335968	358392
	<u>448018</u>	<u>480547</u>
NET OPERATING SURPLUS (DEFICIT)	-8286	-31189
LESS OTHER EXPENSES		
Annual Leave Increase/Decrease	1858	12853
Sick Leave Increase/Decrease	-1375	1099
Loss on Scrapped Plant & Equipment	0	5820
	<u>483</u>	<u>19772</u>
NET SURPLUS (DEFICIT)	<u>-8769</u>	<u>-50961</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 2016**

	2016	2015
INCOME		
Grants Received - One Off Grants	5418	1190
- Linc Tasmania	0	16440
- Whats the Harm	25000	25000
- Heywire FRRR	0	10000
- Seven Up (Kitty)	8845	24945
- Youth Fest 2015	3777	5429
- At Risk Youth	0	3119
- 1 in 4 2014	20000	0
- A Brighter Future	14923	0
- Drought Relief Fund Income	155070	1182
Administration & Fundraising	15215	11853
Save Your Bacon - Stage Hire	24000	0
Interest Received	4086	461
Rent - Respite House	11665	24990
Administration & Rent Income	189071	140457
Emmerton Park Care Co-ordination	56588	43907
	<u>533658</u>	<u>308973</u>
EXPENDITURE		
Bank Charges	264	264
Building W/Off	2158	2152
Computer Expenses	2891	0
Depreciation	3738	2743
Legal Fees	677	0
One Off Grants	3606	10117
Program Expenditure	20334	6047
Program Expenditure - Drought Relief	146750	794
Program Expenditure - Seven Up (Kitty)	24808	1004
Program Expenditure - Sow & Reep	0	10173
Program Expenditure - Youth Fest 2015	4037	4876
Program Expenditure - Whats the Harm	15536	18313
Program Expenditure - LINC	0	11226
Program Expenditure - 1 in 4 2014	10096	0
Program Expenditure - A Brighter Future	9783	0
Program Expenditure - Stage Purchase	23449	0
Program Expenditure - Heywire FRRR	7311	0
Rent	23585	24719
Repair & Maintenance - Centre	0	2175
Respite House Operating Costs	10942	7339
Superannuation - Administration	6169	5177
Wages - Administration	65401	54736
Superannuation - Care Co-Ordinator	4389	3643
Wages - Care Co-Ordinator	37153	35883
	<u>423077</u>	<u>201381</u>
NET OPERATING SURPLUS/(DEFICIT)	110581	107592
LESS OTHER EXPENSES		
Annual Leave Increase/Decrease	886	3074
Sick Leave Increase	505	557
	<u>1391</u>	<u>3631</u>
NET SURPLUS (DEFICIT)	<u>109190</u>	<u>103961</u>

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

**RURAL HEALTH TASMANIA INC.
CONSOLIDATED BALANCE SHEET
AS AT 30TH JUNE 2016**

	2016	2015
MEMBERS' FUNDS		
Opening Retained Profits	700350	693975
Profit/(loss) - TML	-8769	-50961
Profit/(Loss) - Hippy	77965	-46625
Profit/(Loss) - Special Projects	109190	103961
TOTAL MEMBERS' FUNDS	<u>878736</u>	<u>700350</u>
Represented by:		
CURRENT ASSETS		
ANZ - TML	15485	26423
ANZ - Special Projects	265852	149545
ANZ - HIPPY	98681	25982
ANZ Online Saver - Leave Provisions	66322	9
ANZ Online Saver - Special Projects	142	142
ANZ Online Saver - Special Projects	265129	283672
Trade Debtors - Special Projects	0	22474
Borrowing Expenses Suspense	618	989
Deposit - Land & Buildings	0	5000
	<u>712229</u>	<u>514236</u>
FIXED ASSETS		
Plant & Equipment	106516	94742
Less Accumulated Depreciation	-48337	-39058
Respite House - Building	245986	245986
Less Accumulated Depreciation	-19347	-17189
Respite House - Furniture & Fittings	41231	41231
Less Accumulated Depreciation	-31508	-29791
	<u>294541</u>	<u>295921</u>
TOTAL ASSETS	1006770	810157
CURRENT LIABILITIES		
Australian Taxation Office	27374	12007
Superannuation Payable	7982	6817
Provision for Annual Leave	52811	48896
Provision for Sick Leave	16360	13755
	<u>104527</u>	<u>81475</u>
NON-CURRENT LIABILITIES		
Asset Purchase - Ford Ranger	23507	28332
NET ASSETS	<u>878736</u>	<u>700350</u>

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

RURAL HEALTH TASMANIA INC

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2016

Note 1 – Statement of Significant Accounting Policies

This special purpose financial report has been prepared for distribution to the members to fulfil the Committee of Management's financial reporting requirements under the Rural Health Tasmania Inc's constitution. The accounting policies used in the preparation of this report as described below, are consistent with the financial reporting requirements of the Rural Health Tasmania Inc's constitution, and in the opinion of the Committee of Management are appropriate to meet the needs of members.

The financial report covers Rural Health Tasmania Inc as an individual entity. Rural Health Tasmania Inc is an association incorporated in Tasmania under the Associations Incorporation Act 1964.

The financial report has been prepared on an accruals basis and is based on historical costs and do not take into account changing money values or, except where stated current valuations on non-current assets.

The following is a summary of the material accounting policies adopted by the Association in the preparation of the financial report. The accounting policies have been consistently applied, unless otherwise stated.

(a) Tax Exemptions

The organisation is classed as a Public Benevolent Institution and as such it is exempt from income tax under Section 23 of the Income Tax Assessment Act 1936. The organisation is also exempt from paying Fringe Benefits Tax in respect of benefits provided to an employee.

(b) Property, Plant and Equipment

Each class of property, plant and equipment are carried at cost less, where applicable, any accumulated depreciation. In accordance with Australian Accounting Standards, asset purchases are depreciate over their useful lives. The depreciable amount of all fixed assets is depreciated over the useful lives commencing from the time that asset is held ready for use.

(c) Employee Entitlements

Provision is made for the association's liability for employee entitlements arising from services rendered by employees to balance date. Annual Leave has been measured at its nominal amount.

