



Rural Health Tasmania Inc.

Vitality
fitness awareness ENERGY
HEALTH
therapy care
prevention wellness
medicine

Annual Report 2017

Words from the Chairman – Daryl Quilliam

This year has seen massive changes to Rural Health with many changes to Primary Health Tasmania. We have now expanded to have offices in Wynyard, King Island, West Coast, Ulverstone and Sheffield as well as continuing at Burnie and Smithton. This has provided many challenges for our dedicated staff particularly our CEO Robert Waterman. Being given this extra responsibility also shows the high regard with which our organisation is held in the community for the delivery of Rural Health Services.

With these changes that have been made, some of our programmes are not now available which is a challenge for some of our clients as the Government has changed its focus from preventative health to chronic disease management.

The changes have meant we can use our staff in various towns with their specific skills. I am sure the reason we have grown massively over the past 2 years is because of the high regard we are held in by the Department and our relationships with our core funding bodies. We will use the next twelve months to bed in new services whilst our focus will continue be to seek further expansion in the future to enable us to support the health and wellbeing of more Tasmanians . Our primary focus will always be to provide high quality and appropriate health services that meet the needs of the communities they serve.

This year our board has spent a great deal of effort in setting policies for Rural Health Tasmania to ensure we are in the best possible position to cope with the expansion that has happened and to ensure the viability of the organisation moving forward.

Again, I need to thank our dedicated board for the voluntary work you continue to do. Thanks to, for our dedicated staff who always work hard for our great organisation. The Rural Health Tasmania staff navigated the growth in service and changes to the service model with incredible professionalism and commitment to the health of Tasmanians.

Thank you.



Cr. Daryl Quilliam
Chairman

November 2017

A message from the CEO – Robert Waterman

Welcome to the 2017 Annual Report that highlights Rural Health Tasmania Inc.'s achievements during 2016 - 2017.

This year has certainly been one of the most challenging and rewarding years in all my years in senior management and executive positions and most certainly one of the proudest.

Over the past twelve months, Rural Health Tasmania was successful in tendering for the delivery of Aboriginal Health Services across the Central Coast of Tasmania. From January 1st 2017, Rural Health Tasmania took over the service delivery of No 34 Aboriginal Health Service in Ulverstone. Within a few short months, we were also successful in tendering for the Integrated Team Care Program formally known as "Closing the Gap". The reinstatement of this program was certainly imperative in strengthening the health and wellbeing and connection with the Aboriginal peoples on the Central Coast.

We were also successful in tendering for the Social and Emotional Wellbeing program, which has enabled us to support and enhance the social and emotional health and wellbeing of Aboriginal men and women by providing one on one and group programs on country. We also successfully tendered for the Indigenous Service Maintenance Program, which enabled us to make improvements to the building at No 34 Aboriginal Health Service to support the increase in the number of clients and staff.

There is possibly no better way to express or demonstrate the success and dedication of the staff and the programs at No 34 Aboriginal Health Service other than to say, the service has seen an increase of approximately 400% in client contact with the service since Rural Health Tasmania Inc. commenced delivery of the service in January 2017. It is evident from this that the Aboriginal community has certainly re-engaged and become increasingly confident in the service and staff at No 34 Aboriginal Health Service. I congratulate the entire team including Peter McDougall (Service Coordinator), Katherine Hitch (ITC Coordinator), Andrew Pearce, Rob Duff, Gaylene Norton, Mick Willis, Denise Jones, Karen Forrest and Jodhi Wilkinson for their hard, work and commitment to the health and wellbeing of the Central Coast Aboriginal community. We also look forward to the return of Kristen Seymour after taking maternity leave.

In December 2016, Rural Health Tasmania were advised that we were successful in tendering for the delivery of rural primary health services (RPHS) in Circular Head, West Coast, Waratah/Wynyard and King Island and we later negotiated the delivery of the rural primary health service in Sheffield. Within a matter of weeks, Rural Health Tasmania underwent an organisational restructure and all services transitioned to a new chronic conditions management service model. Within three months, Rural Health Tasmania had successfully expanded its programs and services across the North West and Central Coast of Tasmania. Within another few weeks, the new services had integrated into the community and formed strong partnerships with other service providers and the local communities.

The new health services have continued to develop new programs and build new relationships that provide the most relevant, evidence based rural health primary health programs and services that meet the identified needs of the North West and Central Coast community. This has enabled Rural Health Tasmania to provide and promote health and wellbeing programs to those most in need by providing the right care, at the right time in the right place.

Because of the new funding and expansion Rural Health Tasmania Inc. has been able to provide these communities with access to a variety of health resources including better coordination of care for people experiencing chronic conditions, parenting support programs, counselling and individual parenting and support groups. Save The Children continue to collaborate with Rural Health Tasmania to provide parenting support to schools, families. The Salvation Army Bridge program continues to collaborate 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.

Through our resources and partnerships with other services, Rural Health Tasmania continues to provide access to employment agencies, psychologists, podiatry, osteopathy, physiotherapy, lymphatic drainage, dentists, child health nurses, mental health services, registered nurses, social workers, youth workers and youth health services, afterschool programs, respite care for people with disabilities and their carers, community houses, Aboriginal health services, social and emotional wellbeing services, weekly health promotion activities, chronic disease management for people with or at risk of cancer, heart and lung disease, muscular skeletal conditions and injury and mental illness, parenting support groups in partnership with the antenatal classes at Smithton, Burnie and Latrobe Hospitals.

Whilst our main focus is on chronic disease management, Rural Health Tasmania has also 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. We continue our commitment to preventative health, as we know this holds the key to reducing the burden of health.

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 is now negotiating with its close partners to duplicate the Seven Up youth centre in Wynyard. We anticipate that this will be in place by December 2017.

The youth team has continued to make significant contributions over the past year providing a range of support services and programs to the community. The local schools continue to work closely with the youth team and I would like to thank the youth team, schools and all involved for their outstanding dedication in building relationships and providing social and emotional skills and resources to our youth. The youth team's contributions and support of the local 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 local youth to prosper and thrive. The Youth program is delivered in partnership with a number of other services and I encourage you to read the 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, Mary-Ellen Gilleece, Hannah Brunetti and Kasey Bakes 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 fine 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.

The first half of this financial year was a time of great apprehension for the rural primary health staff. Without the certainty of ongoing funding for the service, the team continued to remain focused on their programs, services and clients. The client focused approach and level of dedication and care and compassion demonstrated by the Rural Health Tasmania staff is truly remarkable.

The work, dedication, flexibility and initiative shown by the newly appointed staff was also something rarely seen in an organisation. For the new services to go from empty buildings without staff and to transition from one service provider to another whilst undergoing an organisational restructure including transferring from an enterprise agreement to an award to a fully functional health service in a matter of weeks is an amazing achievement and one I have not previously witnessed in such a short period of time.

I want to thank Karen Cardillo who took to the new role as Programs and Services Team Leader in her stride and Laura McGaffin (Wynyard Coordinator), who with the support of her team, Wendy Dukeson, Liza Galea, Dudley Billing and Jodhi Wilkinson, managed to integrate the service into the community and engage with the community in a way that is warm, professional and skilled. In doing so the Team at Wynyard have made the service one that people have expressed is warm and welcoming and feels like it has always been there. Similarly, the team at the RPHS in Sheffield, Nancy Grogan, Liz Sager and Janet Hartigan adapted to the new service structure in a way that was professional and seamless resulting in virtually no disruption to the delivery of services to the community.

West Coast and King Island RPHS also went through a restructure. Utilising some existing staff and some newly appointed staff in a partnership with Tasmania Health Service, these programs also managed the transition with minimal disruption and Heidi Hopkins, Edward Heckathorn, Anna De La Rue and Debbie Geary all maintained a professional attitude in an impressive display of empathy and commitment to the community during a challenging transition.

The team at Circular Head have also performed in a way that words simply cannot do justice. Kate Cross took on the position of Care Coordinator and has done a remarkable job to transition to the new service model and structure, as did Dudley Billing, Ivon Reuvers, Angela Stewart, Cassi Kingston and Glenda Maher. We also welcomed Jo Jolly (admin assistant), Gerry Moore and Liza Galea (registered Nurses) to the Circular Head team this year. It is important to note that the Circular Head team whilst navigating the organisational restructure themselves, simultaneously provided support to the new staff and services. The restructure could not have been any more successful and we must recognise the large part the support of the Circular Head team played in this.

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 her commitment to 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 Finance, Administration and HR Staff, Cassi Kingston, Jo Jolly, Angela Stewart, Wendy Dukeson, Gaylene Norton and Janet Hartigan 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, Jo, Angela, Janet, Wendy and Gaylene 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. The Finance, Administration and HR Staff 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 Psychological, Counselling and Social Worker team made up of Liz Sager, Gerry Moore, Ivon Reuvers, Anna De La Rue, Kristen Seymour, Ed Heckathorn and Jodhi Wilkinson provide a wealth of experience and are a highly valued part of the organisation. The counselling, Psychological and Social Worker team help to empower clients to deal with common issues and help them to gain understanding and insight into any difficulties they might be experiencing. Mental Health and drug and alcohol services continue to be in high demand. Rural Health Tasmania's counsellors, mental health clinicians 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 these services regarding group training, education on mental health, prevention and self-care. The team'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, Gerry, Ivon, Liz, Ed, Anna and Kristen for their dedication, professionalism and flexibility.

I would also like to express my sincerest thanks to community and all the subcontractors, volunteers, partners, funding bodies, philanthropists, cleaners, maintenance staff, guest speakers, and services and departments that contribute to the success of the organisation.

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, type 2 diabetes and cancer are largely preventable. Once again, an outstanding demonstration in health promotion this year was undoubtable the "Save Your Bacon" project. The Save Your Bacon project is 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.

The "Now You Know", "Chillout", "The Tonic" a podcast radio program and health promotion groups continue to be popular with the community. 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.

As part of our continuous improvement policy, 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 again during the 2016-17 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 largely 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 redeveloping many 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 coordinated 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 with well over a thousand participants participating.

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, Now You Know.
- 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, respiratory, circulatory, mental health, cancer and muscular skeletal including arthritis education and support.
- Community garden programs.
- Arts and health programs.
- Family planning/sexual health.
- Care coordination for people with or at risk of chronic conditions.
- Residential Respite Care for people with or at risk of chronic conditions.
- 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.
- Aboriginal Health Services and Primary Health Care Activities.
- Social and Emotional Wellbeing programs.
- New Directions mothers and Babies program.
- Men's and Women's Groups.

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, musculoskeletal conditions and injury, chronic conditions management and community education. These community health issues will remain a priority in the coming year.

A key area of focus in the coming year is to attract funding for a General Practitioner in an effort to improve health outcome and reduce the complexities of shared transfer of care.

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 Tasmanian community. I feel honoured and privileged to be part of such a caring community and community focused organisation.

Funding Acknowledgements

Finally, I would like to thank all our philanthropists and funding bodies, who without their support, Rural Health Tasmania Inc. could not continue the great work that results in immense benefits to Tasmanian communities

The Rural Primary Health Services Program, the Integrated Team Care Program and the Social and Emotional Wellbeing Program are funded in Tasmania by Primary Health Tasmania under the Primary Health Networks Programme – an Australian Government initiative.

The Indigenous Australians' Health Programme - Primary Health Care Activity, the New Directions Mothers and Babies Services Activity and the Indigenous Service Maintenance Program are funded by the Commonwealth Department of Health.

The Home Interaction Program for Parents and Youngsters is funded by the Australian



Robert Waterman
Chief Executive Officer

November 2017

Our Vision

- To provide a collaborative, consultative and high quality early intervention, prevention, community education and chronic disease 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, musculoskeletal conditions, reduce the harms associated with smoking, substance abuse, mental illness and obesity and lead efforts that 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 our goals and objectives and report regularly on the effectiveness of our services.

Board of Management During the 2016 - 2017 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	Sharan McLaren	Smithton District Hospital
Member	Christine Hyde	Emmerton Park
Member	Norman Richardson	CHAC

Staff Members

Rural Primary Health Program Staff

Robert Waterman, Karen Cardillo, Adam Wilson, Cassi Kingston, Jo Jolly, Angela Stewart, Kate Cross, Jodhi Wilkinson, Glenda Maher, Ivon Reuvers, Gerry Moore, Laura McGaffin, Wendy Dukeson, Liza Galea, Jodhi Wilkinson, Dudley Billing, Nancy Grogan, Liz Sager, Janet Hartigan, Sue Barker, John Chester, Monica Bones, Karen West, Edward Heckathorn, Heidi Hopkins, Anna De La Rue, Debbie Geary, Tamara Wilson.

No 34 Aboriginal Health Service Staff

Peter, McDougall, Jodhi Wilkinson, Kristen Seymour, Karen Forrest, Denise Jones, Gaylene Norton, Michael Willis, Robert Duff, Katherine Hitch, Andrew Pearce

HIPPY – Smithton Team 2016/17

Leanne Marsden (Coordinator) and Tutors, Tearn Murison, Allison Mullins, Nicole Grey, Amy Butt, Dani Moran, Emma Thompson, Jessica Cann.

HIPPY – Burnie Team 2016/17

Jen Lawes (Coordinator), Hannah Brunetti (Assistant Coordinator - left Feb 2017), Kasey Bakes (Assistant Coordinator) and Tutors Ruth Harris, Gemma Huston, Monica Kerr, Lara O'Neill, Jocelyn French, Christina Joseph, Shannon Kelly, Naomi Purton.

HIPPY – West Coast Team 2016/17

Mardi Adair, Mary-Ellen Gilleece (Coordinator), Kerrie McNair, Tania Williams, Jamie-Lee Stonehouse, Delma Hianjuku, Tabatha Saunders, Liesl Torr, Nicole Stubbs, Ria Lockett.

Thanks to our Sponsors and Partners

- Primary Health Tasmania - RPHS Program
- Tasmanian Community Fund
- Circular Head Council
- Ian Potter Foundation
- Commonwealth Department of Health
- Tasmania Health Service
- Department of Health and Human Services
- Family Based Care North West (Drought Relief Mental Health Prevention Funding)
- FRRR (ABC Heywire Documentary)
- Brotherhood of St Laurence
- HIPPY Australia
- Department of Premier and Cabinet
- Patricia Dukes Foundation

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• Kentish Council	<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• Waratah/Wynyard Council	<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• Wynyard High School• Six Rivers Aboriginal Corp8
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Rural Health Tasmania Smithton RPHS

With changes to our funding and delivery model, the Smithton site experienced major shift in program focus and delivery during this period. Most noticeable of these has been a reduction in staffing for delivery of youth specific programs. For many years now, two youth and community development workers paid through RPHS funding and one youth centre coordinator funded through a philanthropic organisation proudly delivered an array of events, health sessions, activities and one on one support. From January this year, this team has been reduced to one person (even with continued funding from our generous philanthropic fund). Whilst the changes to the organisation has added valuable new services such as a Registered Nurse and Care Coordinator to this site, it is with sadness that I report a reduction in youth focussed activities, at least for the short term.

The addition of Care Coordination and a Registered Nurse to the Smithton team of a Mental Health Worker/Social Worker, Youth Centre Coordinator/Health Promotion, Community House facilitator, Health Promotions officer, HIPPY Coordinator and tutors, Finance Officer and Administrative Workers has changed not only the dynamics of the office but improved the level of care and support now available to the people of Circular Head. We look forward to the coming years and the opportunity to further develop services to improve health outcomes for some of the most vulnerable people in our community.

Following are examples of the programs and activities delivered by the Smithton site over the 2016/2017 period.

Seven Up Youth Centre

Seven Up is made possible through a long standing collaboration with Rural Health Tasmania, Circular Head Council, Circular Head Aboriginal Corporation and Smithton Christian Fellowship.

The youth centre is a social hub for young people enrolled in grades seven to twelve in the Circular Head region 3 afternoons a week. 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. The team encourages the youth of Circular Head to use the strengths of this area to their greatest advantage whilst challenging them also to ask questions of themselves and each other around inclusion, ambition, health and friendship. This youth space has become an institution of sorts here in Circular Head and our team feel more motivated than ever to ensure it builds on this momentum and takes the next step to becoming an innovative model followed by other communities. Donations from the Patricia Dukes Foundation enable the employment of a Centre Co-ordinator. In this period, we farewelled Adam Wilson and welcomed Dudley Billing into the role. Donations from Treasure Chest enables the purchase of healthy foods, which are cooked with the students at the centre. Over the year, a total of 1,802 students attended 110 sessions at the centre.

Murals by Youth

The youth of Circular Head were given the opportunity to get their art on during 2016's "Art About Town" festivities. Seven Up became the hub for some bold public pieces with visiting artists Matthew Newkirk, Janne Birkner & Scott Nagy sharing their expertise. Approximately 40 young people from grades 5-10 tried their hand at Aerosol Art to help create 2 amazing murals. One on the interior wall of Seven Up and another in the car park. The outdoor mural was the culmination of an Emotional Intelligence Charter that was devised with the three Smithton based Primary Schools.



ABC Heywire Documentary, 'Two Trains' Launch

Seven Up was transformed into a concert venue/cinema for one night as 130 people came to see the premiere of local Heywire Documentary "Two Trains". The documentary created entirely by young people from Circular Head focuses on the effect of Ice and illicit drugs on individuals, families and community. Seven Up played host to the documentary workshops throughout the course of the project and was the natural choice of venue for the launch.

The night was kicked off with a live performance by Smithton High School band "Who Knows" who performed a mixture of covers and original compositions. Smithton High School VET catering class provided the amazing food and were assisted by our Seven Up regulars working as ushers and wait staff. Many stuck around after the documentary and presentations to watch the feature film "Hunt for the Wilderpeople", starring Sam Neil.

The documentary has now been adopted in the Grade 9 Health Curriculum by Smithton High School as part of a new Drug & Alcohol awareness training. Australia Post chose the project as one of only 6 Nationwide they have featured in a short film series about successful community projects. Director of the documentary, 19 year old local Jobi Starick was chosen by ABC as a Heywire Trail Blazer and was flown to Canberra to take part in the 2017 ABC Heywire Summit.



Seven Up Community Studio Workshops & 'Tonic' Podcast

Seven Up were successful in their application for funding of a community studio via the Tasmanian Community Fund. The studio provides equipment for an ongoing music program at Seven Up alongside a broadcast quality studio for public hire as a social enterprise of the Youth Centre. Professional musician & producer Thomas Mitchell held two recording workshop evenings attended by 42 local artists. The studio has since been used to record Smithton High rock band "Who Knows" & local singer songwriter Shane Fergusson. The instruments are used weekly in free musical tuition sessions for Seven Up attendees.

The studio's biggest application to date has been for a new health-focused podcast co-hosted by local youth called 'The Tonic'. After the airing of a pilot episode in March, Coast FM have given the program a weekly slot and is now up to its thirteenth episode. Topics have ranged from mental health, Cancer, professional trainers right through to volunteering and community group. So far the show has interviewed over 40 different health professionals and been co-hosted by local young people.



Save-a Mate

The team from Red Cross' Save-a-Mate program came to town for 2 days to talk with locals about drugs, alcohol and harm minimisation. Twenty representatives from Circular Head Youth Leaders, both High Schools and four local football clubs attended to learn about how drugs effect the body and what steps to take in the case of a drug related emergency. Post training evaluation gave evidence that 90% of course attendees felt they had an improved knowledge of how to respond to a drug related emergency. Two local youths have gone on to sign up for further training. "This kind of training is invaluable for kids this age. The reality is that these situations arise and the more equipped our community is to deal with these things the safer we all are." (Circular Head Youth Leaders co-ordinator Jodie Saville.)

"Know Your Odds" skate comp

The event, held in collaboration with Know Your Odds and Circular Head Council attracted a record 52 entrants and 150 spectators. Free fruit platters, salad wraps and bottled water were on the menu while "Know Your Odds" ensured everybody was sun safe with hats, T-Shirts and Free sunscreen. These opportunities are of great importance to the youth of our region – providing them with a chance to set goals that are healthy and keep them active, develop confidence and instil in them a sense of connection to community.



Megan Warren - Key to Kids talk



Child educator and parenting trainer Megan Warren facilitated 3 sessions at Woolnorth, Forest and Smithton imparting her wisdom around building constructive relationships with children while promoting resilience and

independence. A total of 64 parents of pre-school and primary age children attended the talks based around the book “How to talk so kids listen and listen so kids talk”. 85% of attendees indicated they would be using the techniques and advice given at the sessions. Major themes included alternative punishments, problem solving, resilience and communication. Rural Health collaborated with LINC Tasmania and Save the Children to host events that were kid friendly with optional activities for the little ones.

ICE awareness in High Schools



An important focus of the youth team was to engage young people in conversations around the drug, Ice. A local man in recovery from ice addiction joined us to give year 9 students a firsthand account of addiction and the effect it has on all aspects of life - personal, social, family and professional. He spoke to 110 students over four days.

Youth Fest / Youth focussed: ‘Save Your Bacon’ Event

The Annual Youth Week event, Youth Fest saw 450 students gathered at Smithton High School to take part in a range of activities and experiences. A collaboration with Circular Head Council, Circular Head Aboriginal Corporation and local high schools, the event has become an important part of the youth calendar in our region. Students took in messages from a line-up of amazing guest speakers including New Zealand based Youth advocate Marcus Takuhata Brown and his friends Davidi and Tio as well as Tasmanian born Voice finalist Matthew Garwood. They spoke on the importance of family, utilising your peers and school based services to combat stress, anxiety or depression and importance of eliminating bullying.

169 young people received a full PITSTOP health service on the day with a further 81 receiving ‘Save Your Bacon’ show bags packed with resources and information to promote health choices. Other activities included fruit smoothies, yoga & mindfulness, craft activities, giant games, zorb balls, jumping castles and big slide, music and so much more!



Reducing Stress in Youth Project

With funding from the Commonwealth Bank of Australia and in collaboration with Smithton High School, BighART and Circular Head Aboriginal Corporation this project addressed the issue of stress in teens. Designed to build people’s knowledge and skills on an individual and supportive level to ultimately keep youth alive and well and decrease the mental health burden on community and family the following activities were undertaken:

Homework support – young people experience stress when they struggle to complete homework/school tasks whether that is due to lack of confidence, lack of internet access, lack of skill / understanding, absence of an appropriate area to undertake homework etc. Roughly, 150 students took part in 2 initiatives: a

tutoring program and Smithton High School's homework club

Skills for Parents – young people believe they will fare better if parents and other key adults in their life understand what causes stress in teens, how they respond to stress and what they can do to help. A short film creatively depicting this was created and shared.

Yoga/Self-care – when young people exercise self-care and practise relaxing techniques they are less stressed. Yoga sessions enabled them to learn these skills.



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 (including trialling activities such as drumming and stress balls to reduce stress) were conducted with 55 grade 10 students. The students also kept a 'stress diary' to record the types of stress they 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.

Save Your Bacon (Redpa)

On Tuesday May 9th the Save Your Bacon team returned to the remote community of Redpa for another great night of top class entertainment, amazing food and important conversations. A crowd of roughly 100 locals came along and enjoyed live music by award winning songstress Claire Anne Taylor, and talks from Rural Alive and Well field office Tony Barker and Speak Up Stay ChatTY / Australian of The Year Finalist Mitch McPherson. The messages around mental health and depression held a great deal of importance to the community who had lost 2 people to suicide within the 10 days prior to the event.



95 people took advantage of the PITSTOP health checks – engaging them in conversations about their mental health, drug/alcohol use, blood pressure, skin cancer and breast cancer. This was a particularly outstanding achievement as a great deal of this community work was on farms with people who live 30-40 min away from health services. Redpa Football Club have suggested that this event becomes an annual fixture for this community.



Circular Head Health Expo

The team attended the Circular Head Council's Health Expo, facilitating 3 activities:

1. A sleep activity exploring the importance of sleep. We engaged 83 years 6 – 12 students who completed a brief survey about how well they sleep and what might contribute to their lack of sleep. The Registered Nurse, Mental Health Worker and Care Coordinator then spoke with them about their responses and provided tips on good sleep habits.
2. In the evening, we facilitated 3 PITSTOP stations: mental health, blood pressure and cancer conducting a brief assessment of the person's risk in relation to these 3 issues and providing information to reduce risk.
3. Over the entire Expo, Dudley conducted numerous interviews for 'The Tonic' podcasts on topics such as blood donation; cardio vascular health; smoking cessation; cancer; healthy diet; stress management; fitness and injury avoidance; heart friendly meals etc.



Wedge Street Community House

Wedge Street Community House is located within high density public housing and is home to a large number of people in our community living with or at risk of many chronic conditions. As such, the Community House is uniquely positioned to engage this cohort in activities specifically designed to increase health literacy and improve health outcomes. Programs range from knitting to



walking, cooking to gardening. Each session focusses on a health theme - whether it be walking (addressing musculoskeletal, heart and lung conditions) or knitting (addressing mental health and smoking cessation - by keeping the hands and mind too busy to focus on smoking). Cooking and literacy around healthy eating are popular sessions. The House has been widely supported by the community as is evidenced by frequent donations of excess fruits and vegetables which have been converted to sugar free jams/crumbles/soups and the like. I am also trying to get a gardening program up and running.

The Save the Children program is now centred from the house 3 days per week which has been a valuable and beneficial addition to the surrounding community connecting families with information and support in their parenting journey.

Community Kids

Community Kids is a program run from the Community House each Tuesday in collaboration with Save the Children and City Mission. On the dry days, children and their parents are encouraged to join staff in the park to play various sports together and enjoy a snack together. During the wetter months, the children and parents engage in craft and games in the Community House. An average of 8 children and their parent/s attend regularly. Staff use this opportunity to introduce a variety of healthy snacks for families to try. The children love the activities and parents can observe ways in which staff interact with the children to develop their parenting skills or share tips with each other. Much fun and laughter is had in these sessions and the staff interact well with children and parents.



Dementia Support Group

In collaboration with Emmerton Park we co-facilitate a Dementia Carer Support Group. This initiative supports both the person with the diagnosis and their family/carer(s).

Men's cooking club

Having identified a number of men who have struggled to cope after sometimes years of caring for an ill spouse, a cooking club has been established to support them. Aside from preparing and eating dinner together, we will encourage the men to have conversations about grieving and the grieving process; how to look after yourself while grieving and to share stories.

Respite House

The use of the Respite House is steadily increasing with the house being booked 163 nights over the last year, often times with more than one client from the same support agency utilising the house simultaneously. After recognising that more focussed attention was needed with the increased use, Angela Stewart was appointed as administrator for the house. This year has seen the addition of two new hoist beds with compatible mattresses and updated kitchen equipment. These improvements have been gratefully received by the clients, carers and support workers using the house.

Administration

The rapid increase in sites and services provided by Rural Health has resulted in some changes in Administration. Joanna Jolly joined the team in January to cover Reception from Monday to Wednesday, and assist Cassi Kingston in her greatly increased role of Chief Finance Officer. Angela Stewart continues to work on Reception in the Smithton office on Thursday and Friday and has taken on the Human Resources role.

Psychological Services

Psychological Services are available 2 days per week at this site from Mental Health/Social Work trained practitioner(s) who work from a holistic point of view, dealing with overall health and more specifically with mental health – as defined by the World Health Organisation:

“ A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her of his community. ”

As such, there is a focus on supporting and coaching people to manage their day to day lives by enabling people to gain insight in their strengths, qualities and resolving powers leading them to formulate their own solutions. This is always with a customised approach. The service has supported people with issues relating to: anxiety, depression, suicidality, stress, self-confidence, panic attacks, trauma, family issues, relationships, grief and much more.

Mental health is complex. Clients often present themselves with ‘tip of the iceberg’ issues and as practitioners, we try and unravel to address deeper lying issues. In case of more severe mental health conditions, a referral is made to a GP seeking their opinion for management, which might include a referral to a psychologist or psychiatrist and/or medication. Some of these clients continue with counselling sessions at Rural Health to gain support with managing their everyday lives regarding relationships, parenting, work etc. For those clients experiencing issues with dependence, we have been fortunate to have a counsellor from the Salvation Army Bridge Program providing services from our centre each week.

Our counselling service is free of charge and people can just walk in or ring our office to make an appointment. We receive referrals from community members, the Medical Centre, Emmerton Park (Aged Care Facility), schools, the hospital and other service providers. We have a supportive working relationship with the different health and wellbeing services within our community as well as outreach ones.

New service

As of January 2017, the Smithton site underwent a radical change in service delivery embracing a stepped model of care approach to ensure people receive care at a level of intensity that is appropriate to their needs. With this change has come a Care Team comprising a Care Coordinator 4 days per week, a Registered Nurse 2 days per week and a Mental Health Worker 2 days per week. This enables us to focus on supporting people with/at risk of chronic conditions chronic conditions such as mental illness, cancer, circulatory disease, respiratory disease and musculoskeletal conditions and injury.

The number of clients utilising this model of service has increased as awareness of it has grown. As a result, more people have been able to navigate their health issues with greater understanding and support. The team have been instrumental in advocating for a number of clients to gain further support and consequently, are managing their conditions more effectively; utilising medications more successfully and engaging in activities to support their health. The GPs have been allies in this process and have responded well to our referrals and have been referring many clients here.

As we progress using this model of care, the benefits are becoming increasingly evident. Working with a team of clinical staff who can combine skills, knowledge and experience to improve or maintain client health and wellbeing is rewarding. The stepped model of care is effective and we have already used this approach to ensure clients receive the right level of care for their needs.

Rural Health Tasmania Wynyard RPHS



Rural Health Wynyard has been up and running since February 2017.

On site each week, we have the following staff:

Wendy Dukeson: Appointments Officer
Liza Galea: Registered Nurse
Jodhi Wilkinson: Mental Health Clinician
Dudley Billing: Health Promotion & Youth
Laura McGaffin: Care Coordinator

Since February this year, we have received 41 referrals. These have been from other organisations or self-referrals. These referrals have come about due to the hard work and commitment of the team here in Wynyard. Since we started, we have met with services in the local community, which include the local council, schools, the smith family just to name a few. We have received phone calls, emails and service workers dropping in to find out information and how we can work collaboratively in the best interest of the community and individuals in the community.

We have listened to the wants & needs of the community and organisations that service the Waratah-Wynyard community and taken on board what they have said is missing. We now provide food once a week, which comes from Second Bite; this includes perishable and non-perishable foods to give to people who need a hand up for whatever reason. We also have bread, which is given to us through our working collaboration with the Salvation Army Doorways Program which Wendy has been responsible for. Wendy has worked hard in building networks within the community and looking at the needs



and catering for that need.

Wendy is also responsible for running our 'now you know' sessions each week. "Now you Know" sessions are adult health educative sessions run each week with different presenter's providing information on health related topics such as:

- *Anxiety & Depression, Beyond Blue presenter with a lived experience,
- *Music Jam Session
- *Reiki
- *Bloom Hearing
- *Diabetes Educator
- *Organ Donation
- *Cardiac Rehab Nurse
- *Family Based Care
- *Palliative Care
- *Hospice
- *Occupational Therapy
- *Speech Pathologist
- *Nurse from the Burnie Cancer Centre
- *The Health Benefits of Herbs
- *Stroke Foundation
- *Healthy Juices and Smoothies

At each session we have over 20 people attend, after which they stay & enjoy morning tea together. This includes a lot of laughter, discussion and newly made friendships, which we love to see happening.



At the time of writing this report we have a Share the Dignity box in our office for people to donate items to such as shampoo, conditioners, pads, tampons, hair brushes, deodorants etc. This is then placed into packs and distributed to us as and other organisations along the coast to support women. This helps to, not only support women physically but emotionally, socially and mentally.

We are funded to work with people who have chronic conditions which have been aptly named the BIG 5: Cancer, Mental Health, Circulatory Conditions, Respiratory conditions & Musculoskeletal conditions and injury. Although we aren't limited to these as we know there are more than 5 chronic conditions, the clients we meet with are supported in one or more of these conditions.

Liza, our registered nurse and I work very closely to support and ensure the client is receiving the best care possible, not just from us here at RHT Wynyard but also through their own networks which can include family, GP's etc.

We offer a space here in Wynyard where clients can come in and have a coffee, read, colour in, watch tv, have a chat or just somewhere to "be". We have had very positive feedback in relation to the building and how it feels comfortable, homely and that the staff are kind, funny & respectful. This feedback is from clients, service providers and community members.

We have had a very successful 6 months in starting up our services here in Wynyard and we continue to grow, learn, listen and improve. Our open day was very successful with over 50 people attending. Catering was provided by Yolla District School. This is a great testament to the hard work the team here in Wynyard have done to enable such a successful event. We were able to measure this by not only the amount of people who attended but by the number of referrals we received after and the inquiries that came from service providers who stated they saw our invite yet couldn't attend.



We are continually improving the way we work and this is by listening to the community, staff & the organisation.

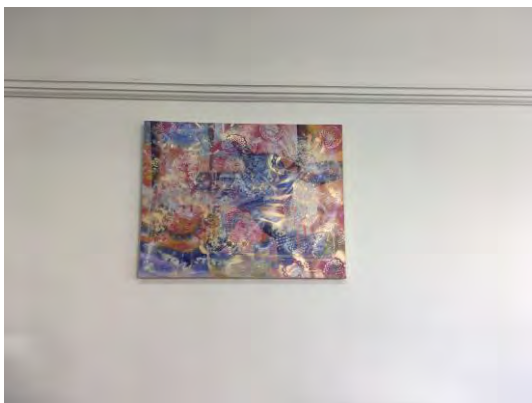
We are currently in the process of starting up a youth hub here in Wynyard in conjunction with local council and a local church. This is very exciting for the community and us here at Rural Health, again listening to the wants and needs of the community.



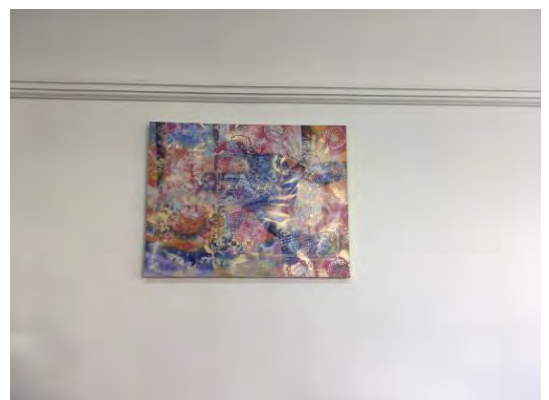
We also have volunteers on board here at Wynyard and they will assist with community events, youth hub, now you know and any other events/programs we run.

We currently have art work displayed in the building which is provided by a local artist, our aim is to bring the local community to us, being community inclusive as well provide our walls with beautiful art work for people to look at, appreciate and talk about. One of our very

first clients found her passion for art again and donated one of her pictures to our office, this hangs very proudly in our hall way.



We look forward to another successful 6 months here at Rural Health Wynyard collaborating, sharing and working together to ensure we are supporting healthy communities.



Rural Health Tasmania Kentish RPHS

Rural Health Tasmania (RHT) became operational in Sheffield on the 1/04/2017. Rural Health Tasmania provides information, advice/support for people affected by cancer musculoskeletal conditions and injury, cancer, mental illness, respiratory and circulatory conditions within the Kentish local government area.

Current services available:

Registered Nurse/Care Coordinator:

Is able to provide free support/assistance to people with chronic disease. Link with GPs, specialists and allied health professionals to enable best care and increase awareness of prevention and self-management of chronic disease. We have been working intensively with clients who have multiple chronic health issues, intellectual disability, limited family support, literacy issues, transport issues, limited or no social networks and relationship issues.

Mental Health Clinician:

New referrals are received regularly. Feedback from clients has been they would recommend the service to anyone. At the commencement of Rural Health Tasmania starting in Sheffield, early referrals came through for anxiety and depression and family dysfunction. To date the mental health clinician has seen multiple individuals and families.

Allied health services include physiotherapy, osteopath, lymphatic drainage and podiatry which are fully utilized. School dental health provide services twice weekly during the school term and the Child health nurse visits weekly. Alcohol and Drug services visit weekly to fortnightly. Chair Yoga classes with the Day Centre clients is facilitated by Jan and a Saturday yoga class is also available for Kentish residents. Bi –weekly core strength classes are facilitated by the physiotherapist. The Rural Health Tasmania team based at Sheffield include Jan Hartigan (Reception/Administration), Liz Sager (Mental Health Clinician) and Nancy Grogan (RN/Care Coordinator).

The initial challenge when commencing operations was managing the public's perception that services have been lost. The local team has worked hard to inform the community of the current services and the additional roles of Mental Health Clinician and Registered Nurse/Care Coordinator. Promotional activities include networking with local GP, local Pharmacy, local service providers and out of area service providers. An introduction letter regarding current Rural Health Tasmania services was sent to GPs in Devonport, Ulverstone, Sheffield, Latrobe and Port Sorell as a percentage of local residents visit GPs outside of the local government area. Staff have visited the Men's Shed, Day Centre, and Family Support House and had a promotional stall outside the IGA during Muralfest to promote Rural Health Tasmania services. Blood pressure checks and a survey were also conducted at the stall.

Let's Find Out is a weekly group that is under development. Surveys were conducted with 14 responses with interest across the top 5 areas. There is also interest in topics such as Tips to maintain your health and wellbeing and Mind Body Wellness. Suggested topics from survey participants include practical advice on respiratory/cardio issues, endocrinology, heart problems in children, gynaecology for older women and regular body checking – aware of normal/abnormal.





Visitors to RHT include six UTAS 2nd year medical students. They gained knowledge and understanding about rural practice and the importance of all service providers working together to benefit their mutual clients and the community as a whole. An open house in early April provided 25 local residents with an opportunity to meet with the CEO to get a better understanding about funding and have their questions answered. The Governor visited the Community Garden and was greeted by the home schooling group (Mountain Learners) who attend the garden on a regular basis. Rural Health Tasmania continues to support the Sheffield

community garden as a venue to socialise, exercise and learn how to grow healthy organic produce. In progress drafting of RHT flyer and newsletter, review of reception procedure/duty list and planning activities for Seniors Week.



Rural Health Tasmania King Island RPHS

Rural Health King Island has been up and running since July 2017. In December 2016, the Health Promotion position was changed to a nurse position, encompassing Chronic Disease and Health Promotion. The position of CNS – Chronic Disease and Health Promotion (CNS) was filled by Debbie Geary in July 2017. The intention is to provide support and education for those community members living with Chronic Disease. The support may include coordinating episodes of care in consultation with the attending Doctors, ensuring the right care is provided at the right time in the right place leading to an increased quality of life. At this time the continued position of Specialist Rural Worker (SRW) THS since 2001 came under the auspice of Rural Health Tasmania Inc.

At King Island Hospital & Health Centre, we have:

Anna De La Rue – Specialist Rural Worker, Allied Health - 2 days per week.

Debbie Geary – CNS Chronic Disease and Health Promotion - 4 days per week.

Since January 2017 Anna continues to offer Counselling and Support including Social Welfare services for the general community.

With the appointment of a CNS Chronic Disease and Health Promotion in July this year, a working relationship is being developed with Anna to accommodate both chronic disease and social welfare client's needs.



Since commencing in the position of CNS – Chronic Disease and Health Promotion Debbie has completed orientation and all mandatory training. She has commenced building networks with local community groups to ascertain what the needs are for the community here on King Island. She has also built relationships with the local GP's, King Island Pharmacist Claire and King Island Hospital nursing staff and visiting Allied Health Professionals to ensure clients with chronic disease requiring support in the community are referred to the program. She is also working on a referral system to ensure that a "two way" pathway exists so referees receive feedback in relation to the clients care.

The Rural Health Tasmania, King Island team are collaborating on Health Promotion activities whilst working with Phoenix House's proposed Health activities. Phoenix

House is a neighbourhood house that arranges various health activities and promotions whilst raising health literacy standards. These activities meet the community needs. All Chronic Diseases including mental health and wellbeing will have activities run in the community over the next 12 months. They will cover chronic disease, medications and education around early intervention and prevention

strategies whilst increasing Health Literacy.

Health Promotion Activities prior to July 2017, which have met the target audience, have included "Save Your Bacon", "Fishing hooks kids" with distributed goodies and information from Beyond Blue, RAW, and MAST, and Suicide Awareness which were topics of interest.

Due to the islands remoteness and population, Health promotional activities planned over the next 12 months will be split into two categories. We plan to hold three large Health Promotion activities and a number of smaller events. Three large Health Promotional Activities and a number of smaller activities are currently in the planning stage. The larger events include: **Elders Day**- Farm Safety encompassing musculoskeletal injuries due to poor lifting techniques, **Movember** – raising health literacy around men's health issues, **Women's Health Open Day** – encompassing women's cancer. We will also be providing information on women's health related issues, healthy diet and we are hoping to have a guest speaker around either women's cancer or healthy diet with a cooking demonstration.

We will also be collaborating with Phoenix House for their Women's Cancer day being held at King Island Golf Club. Other smaller events being planned are to take place at King Island Show, and King Island Horse Racing. At every event, community members will have the opportunity to have a health check and book appointments to see the Chronic Disease CNS either in her office or a home visit.



Rural Health Tasmania West Coast RPHS

Social Work and Chronic Disease Support

It has been a challenging and enjoyable year on the West Coast, with a steady influx of people requesting formal support for mental health and chronic disease issues. A great deal of our time is invested in supporting individuals in the community to develop a self-managed life, irrespective of their experience of mental health and chronic disease. Alongside this, we ran a few community health promotion activities in the second half of 2016 (prior to joining the RHT Team).

Because we are community based, working with people from Community Health Centres, General Practices, Hospitals, Community Houses, Men's Sheds, and Community Hubs are as necessary as breathing water (to a fish). Also, we find ourselves on the road much of the time, doing home visits, supporting families, and meeting with people from Community Service Organisations and Government Organisations who support mutual clients. Our focus has been one of self-management, enabling clients to manage their own lives impacted by mental health issues and chronic diseases in a remote location with minimal formal supports.

Community Health Promotion



Heidi Hopkins organised the West Coast 'Save Your Bacon' event in the second half of 2016. Even though there were some issues with the venue and inclement weather, there was positive feedback from those who participated on the night. The 'Pit Stops' were check-up stations for testing physical indicators of health.



In the latter part of the year, Ed (with substantial help from Bronwyn Mawer, our previous admin lady) organised the annual Art Competition, where all West Coast schools participated in submitting works of art, from which 13 were chosen by local judges for the 2017 West Coast Calendar. This coincided with the Tasmanian Mental Health Week, and so the Mental Health Week theme, "Mental Health Begins with Me", was reinterpreted as "Happiness Begins with Me". This theme encouraged even the youngest students to create works of art to inspire the West Coast Community to 'act in ways that make myself and others healthier and happier'. Ed was given the opportunity to give presentations in the school classrooms and assemblies regarding information about the theme and how we could apply it to our lives.

Sharon Woodberry (Zeehan Primary School Principal) and three students who won prizes.

As a way of involving the local communities, local organisations and services on the West Coast were approached to sponsor prizes for the winning entries. The sponsors were then invited to present their prize/s to the winning student of that category at the presentation day. The presentation day was held at the West Coast Council Chambers in Queenstown, with the winning students, their family and friends attending the ceremony. The winning art pieces were framed and displayed in the room on the day so that the students could show their family and friends their artwork. They were then displayed in significant community locations.



The winning works of art were printed in the 2017 calendar that was distributed to all the schools, and to businesses, organisations and services of the West Coast. Besides pictures of the winning entries, the calendars contained tips for helping to improve our mental health. The feedback received from the schools, families, and the local community about the art contest and the calendars was very positive and the health promotion activity was considered a success.

What Next?

Ed is currently considering options regarding Community Health Promotion, such as facilitating GTMOOL groups, regular input into community groups at the Hub, Community Houses, and Men's Sheds, and the usual unplanned opportunities to have health-promoting conversations with others in the community. Other than that, Ed and Heidi will be continuing to support individuals in the community to 'get the most out of life' by making good choices and self-managing their mental and physical health.

West Coast Team – Social Work, Chronic Disease Self-Management, Health Promotion.

PHOTOS – Art Competition



Ed, Lindy, and representative for prize sponsor, Bluestone Mining, presenting prize to Kodyn Moyle (6) from Zeehan Primary School.



Ed & Lindy presenting prize to Joel Callow-Smith (10), from St Joseph's Queenstown.



Display of Art Competition winners at Presentation Ceremony.



Ed, Heidi and Lindy getting ready for the Presentations to West Coast students.

No. 34 Aboriginal Health Service 2017 Annual Report

RURAL HEALTH TASMANIA INC
Supporting Healthy Communities



Coordination/Administration

Peter McDougall and Gaylene Norton



This has been somewhat of a challenging time for Gaylene and myself as we have adjusted to bringing No. 34 practices, policies and procedures under the Rural Health Tasmania umbrella. This has not been without the occasional challenge, but the second half of the year should see the last of these changes bedded down as we change focus towards further developing and refining the range of services we offer to our community.

The construction of new office space through additional Commonwealth funding was most appreciated and we now only await the installation of a new automatic glass entrance door.

Plans are also well advanced to re-paint the front of our building. The base colour will be white to off-white, so as to provide a blank canvas for the new Aboriginal artwork we intend to commission for the façade. This will, in turn, provide a much more visible presence to the wider community of where we are and what we do. If there is one criticism of our building it is that it does not properly stand out for what it is, and an exciting art project to involve our community in developing an Aboriginal highlighted theme for our service has already got many in the community talking enthusiastically about potential designs.

On other fronts, we continue to build on the success of the support offered to the Evonne Goolagong Foundation, by exploring similar relationships with Hawthorn Football Club (through the Coordinator's role as a Diversity Ambassador for the AFL). Detailed planning has also taken place with the University of Tasmania and LINC Tasmania to develop a specific health literacy program for Aboriginal people which will commence in late September and run for six weeks.



We continue to host visiting services such as Dementia Australia, Centrelink, Indigenous Business Australia, Quit Smoking Program from Flinders Island Aboriginal Association and the Tasmanian Aboriginal Community Legal Service on a regular or 'as needs' basis.

All in all, this has been a great start to the year and, on behalf of the team, we look forward to building on our early successes with Rural Health Tasmania.

ITC Team

Katherine Hitch, Andrew Pearce and Rob Duff



The previous program known as Closing the Gap was de-funded in July 2016 and all care coordinated multiple chronic disease clients were discharged from the service. This created considerable anxiety and frustration on the part of our client base and also relegated No. 34 to being little more than the rump of the health service it once was. Fortunately, Rural Health Tasmania was successful in tendering for the new ITC program and the arrival of Katherine, Andrew and Rob to deliver the program has been a boon to both our community and to the health service itself.

In keeping with the central ethos of Rural Health Tasmania, the ITC Program staff ensure that clients are fully involved in the decisions being made around their care requirements. In addition, clients are strongly supported and encouraged to become pro-active in the management of their health and daily lifestyle needs. We have many examples of clients under the ITC program who previously were simply incapable of making medical appointments for themselves, or making an appointment and then not turning up without explanation, or presenting at the appointment but having no more than the most superficial of interactions with their treating clinician/allied health service provider. The method of practice of cultural safety within this organisation empowers our clients with the confidence and security to eventually take control of, and effectively manage, much of their ongoing medical treatment.

Under the new 'stepped up – stepped down' model of care developed by the CEO, clients are 'passed down' from Care Coordination to the Outreach Workers. They are then monitored, and may be discharged through 'lack of use' of the program. Clients who continue to need support from the program will receive this support, either by the Outreach Worker (who will make contact on at least a quarterly basis), or if their needs escalate, by the Care Coordinator, and after this the process is resumed, i.e. back to the Outreach Worker.

This method allows the clients who require immediate needs to be managed by the Care Coordinator, those with lesser needs to be monitored by the Outreach Workers, and those who are managing without support to be discharged.

Chronic illness is generally ongoing, and so even those who have been discharged from the service, can easily be 'picked up' again by the program to have their needs met, and then to work down through this process as their needs change.

This program has made a positive difference in many lives already this year and is very highly regarded and valued by members of the Aboriginal community

New Directions (Mothers and Babies)

Karen Forrest



The CEO visited No. 34 recently to review the progress of the re-launched New Directions program. Robert Waterman provided many useful ideas to further promote this program and left us even more enthusiastic about the future potential of New Directions following this visit.

One of the first suggestions from the CEO that we will take up is to launch the New Directions program into the Ulverstone area. We have a large Aboriginal population catchment area around Ulverstone that for historical reasons that are not entirely clear, has traditionally not been considered a priority target area for No. 34 programs.

The CEO correctly sees no logical reason why this should continue and has provided Karen with some excellent ideas to promote this new thrust into Ulverstone over the next reporting period.

Other notable initiatives and achievements include the invitation for Karen to join the Vulnerable Families Group at the local hospital. This is considered crucial to assist in the early identification of expectant Aboriginal mothers who may be at risk and to then provide assistance to those mothers. It is a real feather in the cap of Karen and No. 34 to be formally invited to sit at the table as part of this influential group.

Karen is also providing excellent one-on-one support and guidance to those mothers who have had their children removed and is also performing great advocacy work on behalf of our clients in their dealings with Child Safety Services.

Men's' Group

Mick Willis



Utilising funding from the Social and Emotional Wellbeing Program, the Men's Group are three parts through what is turning out to be a very successful and popular program aimed at combining health and fitness training with on-country cultural activities. The highlight of the program was a recent visit to the cultural centre at Tiagarra at the Devonport Bluff to learn about making and throwing spears using traditional Tasmanian Aboriginal methods and tools. ABC television attended the event and portrayed RHT in a very positive light. RHT was also invited to appear on First Nations Talkback Radio in northern Australia to further discuss this innovative approach to combining fitness activities with cultural practices. Our thanks go to the Department of Premier and Cabinet, the North-West Athletics Club and Dave Mangenner Gough, Co-Chairman of the Six Rivers Aboriginal Corporation for their invaluable assistance in delivering this part of the program. The Men's Group have all reported positively on the experience and the impact on their sense of worth and happiness.



50 000 year old technology but still a fearsome weapon – Dave Mangenner Gough throws the remarkably accurate fire-hardened dogwood hunting spear (still courtesy of ABC TV)

The success of RHT's innovative approach to Aboriginal health has not gone unnoticed in Canberra. The Department of Prime Minister and Cabinet recently contacted No. 34 to request permission to highlight the story in the National Close the Gap Report. This will be the only Tasmanian story featured in the very important Annual Report on the state of Aboriginal health in Australia and is real father in the cap for Mick and his Men's Group.

At the time of writing, the Men's Group are currently visiting the new Aboriginal centrepiece at the QVMAG in Launceston. Other recent activities have included boomerang making and throwing, language and identity issues, and detailed discussions around the men having more 'ownership' of the group and its activities.

The rapidly expanding numbers of the group (they can no longer all fit on our bus at once!) are testament to the new life breathed into the program under the stewardship of RHT and the irrepressible optimism and enthusiasm of Mick.

Counselling Services

Jodhi Wilkinson and Kristen Seymour



Jodhi has fitted in extremely well with the 'whole of team' approach that is often to the key to our successes with clients suffering extreme hardship or under extreme stress. In our experience, it is rare that someone from outside the community is able to gain the trust of Aboriginal people so quickly. This reflects great credit upon Jodhi.

Jodhi is, of course, filling in for Kristen, who returns from maternity leave in early October. Jodhi will not be completely lost to No. 34 however, as she will continue in her valuable role with the Social and Emotional Wellbeing Program.

Women's Group and Family Support Outreach

Denise Jones with Group members



Denise Jones, as our senior Aboriginal staff member, continues to successfully balance her Family Support Outreach work and her senior role within the Aboriginal community. Denise remains an excellent source of advice for all on local Aboriginal cultural practices and, very importantly, freely shares her knowledge with other RHT staff.

Denise will be accessing resources from the new Social and Emotional Wellbeing Program to incorporate the following cultural activities into her expanding Women's Group;

1. Traditional Dance,
2. Aboriginal Art, and
3. Traditional Basket making.

No.34 plans to engage external consultants and "Sharers of Knowledge" to lead and facilitate many of these on-country activities.

It is also anticipated the dance and art component will enable No. 34 to attract new and younger female clients to the Service, including primary school groups.

Social and Emotional Wellbeing Program

Jodhi Wilkinson



RHT were also successful in obtaining funding for a Social and Emotional Wellbeing program. The phrase itself is currently a buzzword in health circles, but what exactly does it mean?

Aboriginal and Torres Strait Islander people usually take a holistic view of mental health similar to the World Health Organisation definition; in other words, they believe in a whole-of-life approach to the physical, social, emotional and cultural wellbeing of the community. Today many health services in Australia use the phrase 'social and emotional wellbeing' when they talk about mental health in Aboriginal and Torres Strait Islander communities to reflect the holistic way of thinking Indigenous people have.

To paraphrase, it is a more holistic approach to health care that not only takes in the physical wellbeing of an individual, but also his or her social, emotional and cultural needs.

We originally thought the program would be best delivered by expending the bulk of the program funds on an additional No. 34 employee, but we were unable to secure a person that exactly fitted

what we wanted from the position. As a result, the CEO had the program requirements varied, so that the majority of funding can now be expended on external expertise and consultants, under the broad supervision of an existing staff member. We believe this approach will yield greater and broader successes for the program, as we now have the freedom to bring a much more diverse range of culturally appropriate activities to the health service.

Key early successes have included the Fitness and Spear-making Program (see Men's Group Report above), and the boomerang making activity. We are soon to advertise specialist activities for the Women's Group, including basket weaving, native foods, education delivered on-country and exciting dance and art activities. The dance activities will involve local schools and we are all very much looking forward to attracting more young people to our service.



HIPPY Burnie Annual Report 2017

Making a difference to parents

"My daughter has gained so much confidence and enjoyment from the program that has continued through to her schooling where she is excelling. HIPPY gave us some one-on-one time together which we both enjoyed."

HIPPY Burnie team

June – December 2016

Coordinators: Jen Lawes, Hannah Brunetti

Tutors: Ruth Harris, Gemma Huston, Naomi Purton, Christina Joseph, Kasey Bakes, Shannon Kelly (relief).



2017 Team L-R: Lara, Gemma, Ruth, Kasey, Jocelyn, Monica, Jen.



2016 Team.

Back: Jen, Gemma, Kasey, Ruth. Front: Hannah, Naomi, Christina.

January – June 2017

Coordinators: Jen Lawes and Kasey Bakes

Tutors: Ruth Harris, Gemma Huston, Monica Kerr, Jocelyn French, Lara O'Neill

The HIPPY Burnie leadership duo changed in 2017 with Hannah Brunetti resigning and former tutor Kasey Bakes stepping up into the 0.4 FTE assistant coordinator role after returning from maternity leave. Kasey travelled to Melbourne for 6 days of HIPPY Australia training to prepare her for the challenges of the role.

Naomi Purton, Christina Joseph and Kasey Bakes were farewelled as tutors at the end of 2016. Continuing are Gemma Huston and Ruth Harris and we have welcomed three new tutors Monica Kerr, Jocelyn French and Lara O'Neill to the 2017 team. The tutor role can be both challenging and rewarding with appreciative feedback such as this at times: *"I just wanted to thank you for being a fantastic HIPPY tutor. Three months ago, my child had no interest in writing and drawing at all. His concentration span was very short. Yesterday he wrote and drew in a birthday card on his own, then proceeded to do 4 drawings with writing."*

Accommodation

Changes at Acton Family Hub have resulted in our space being more actively managed by the Child and Family Centre. We have improved heating, security and an entire additional room to use for storage and as a private space for staff supervision and similar. We are very appreciative of the extra space and comfort this created in our office.



"Look I wrote my name all by myself?"

Making a Difference to Families

In December 2016, twenty children graduated after completing the two-year program and 32 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 2017 we have retained 27 of these families in

the Age 5 program and have 35 new children enrolled.



Children 'build a camp fire and toast marshmallows' at Cooee Beach.

Our fortnightly parent groups continue to be well attended. Interesting speakers and topics such as nature play, women's health & wellbeing, road safety and brain development are offered.

Our first 2017 gathering for families was a beach combing session with guest Rees Campbell along to explain the treasures we found. We were thrilled to have 19 families join us at Cooee Beach for an interesting and fun morning.

Excursions to farms continues to be a highlight for our HIPPY families. Guide Falls Farm provided a wide range of animals for children to pat, feed and learn about as well as seeds to plant and take home. We've also returned to Flowerdale Lobster Ponds where families learned about the endangered giant fresh water crayfish and how to care for its habitat. The bus trip is an important part of these adventures of course.



Gemma encourages gentle patting at Guide Falls Farm

HIPPY Australia - the bigger picture

HIPPY Australia have changed numerous aspects of quality control and data collection this year including increased tracking of tutor's progress and the program's impact on them.

Development Visit

September 2016 HIPPY Consultant Sara Sterling spent 3 days at Burnie observing and discussing how we work with our families and community resulting in a site development plan. Over all her feedback was excellent. The resulting goals were:

1. developing a smoother referral process for Centrelink and WISE clients
2. exploring running a 'job skills' workshop with a partner such as WISE or LINC.
3. trialling Age 5 parent groups in a play group format.
4. investigate whether we can encourage parents ongoing engagement in their child's school.

Quality Assurance Assessment

HIPPY Australia's Ron Holmes spent 4 days in June 2017 ensuring Burnie HIPPY is compliant on numerous criteria across 4 main outcome areas.

1. Children: Children develop a love of learning early that is maintained throughout their lives.
2. Families: Families are empowered and engaged in their children's learning.
3. Training and employment: Tutors and parents/carers are engaged in training and employment.
4. Communities: Families are engaged and invested in their local communities.

Ample evidence was provided to prove that we are exceeding all standards and HIPPY Burnie team are to be congratulated on their skilful work practices and positive attitude.

Additional Funding - Enhancement funds of \$20,000 from HIPPY Australia have enabled us to provide a richer program including excursions, guest speakers and training opportunities for both families and staff. An accredited first aid course for HIPPY families resulted in 15 parents feeling confident to provide CPR and first aid as well as having a valuable addition to their resumes. We are relieved that HIPPY Australia no longer requires us to itemise the \$8000 tutor training allocation in advance.

Linking with the wider community

Our strong partnership with the Acton Family Hub continues to allowed us to benefit from opportunities such as professional development, 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 also enables us to access professional expertise for parent groups and staff training.

The monthly Friends of the Centre meetings at Burnie Child and Family Centre draws together providers from a vast array of programs and services as well as parents from the local community. We are able to use these meetings to promote HIPPY and gather advice, information and links for our families. This forum also provides professional development for tutors increasing their confidence with public speaking and meeting procedure, with HIPPY staff taking on roles of meeting chair and minute recorder.

Developing Staff

Team members have participated in a wide variety of professional development over the year. Highlights and tutor feedback include: CORES suicide awareness *"It opened my eyes to the thought patterns and processes involved as well as providing information on appropriate actions and things to say when faced with difficult circumstances and could certainly help me save a life."*

DV-alert accredited course: *"I have had my eyes opened as to how much abuse is continually occurring behind closed doors. I now have the ability to recognise this and respond appropriately."*

Tutors have taken advantage of the additional training funds to enrol in the following accredited courses: Gemma Huston – Certificate III Community Services (2016) Certificate III Business (2017), Christina Joseph – Medical terminology, Kasey Bakes – Certificate III education support, Lara O'Neill – Certificate III Business

Other training tutors have had the opportunity to participate in during this period are: Communicating clearly and developing resources; autism; crash-free driving, understanding mental illness; nature play, Lets Count, LGBTI awareness and the Communities for Children conference.



HIPPY graduate Charlie with staff Hannah and Gemma.

Celebrating with Families

Tenth birthday celebration - HIPPY Burnie has now been operating for TEN years! We celebrated our birthday with a family fun day on Burnie foreshore in October 2016. Our friends at Burnie Child and Family Centre teamed up with us to provide a variety of beach and circus activities. The event was promoted as part of Burnie Shines festival and supported by a variety of other early childhood services with each providing an activity for families.

Graduation celebration - HIPPY children, siblings, parents and grandparents enjoyed our enchanted forest themed end of year party held at the Acton Chapel. Tutors worked extra hard to prepare activities, decorations and food with a diminished team due to illness.

Parents as tutors... Christina's story

"Arriving in Burnie as a migrant in 2012, the concept of play based everywhere learning was absolutely new for me. I started as a HIPPY parent doing the program with my son, the program really helped me to focus on different skills of my child and contributed a great role in his development. I am a grateful 'HIPPY parent' to be part of such a wonderful program. Working as a HIPPY tutor has rewarded me with the wonderful opportunity to work with great families, colleagues and understand the community in detail enhancing my confidence and people interactive skills. HIPPY's welcome to me served as my first job in Australia and the professional development and training from the workforce helped me to re-build my skills". Christina came to Australia with an MBA (human resources) and BBM (Business management) and had applied for over 25 positions unsuccessfully.



HIPPY Smithton Annual Report 2017

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 develop skills and confidence to help prepare their child for school. By engaging in the activities, parents will enjoy fun & positive interactions with their child, encouraging a love of learning. HIPPY focuses on four outcome areas:

Outcome 1: Children develop a love of learning early that is maintained throughout their lives

Outcome 2: Families are empowered and engaged in their children's learning

Outcome 3: Tutors and parent/carers are engaged in training and employment

Outcome 4: Families are engaged and invested in their local community.

These outcomes are achieved by families participating in the HIPPY curriculum, home visits, group meetings & participating in community events.

HIPPY is Federally funded by the Department of Social Services

HIPPY Team

Our HIPPY team for 2017 consists of four tutors: Amy Butt, Dani Moran, Emma Thompson & Jess Cann & the Coordinator, Leanne Marsden. It is a small team, but very vibrant, passionate & enthusiastic. HIPPY Smithton said goodbye to our very successful tutors; Nicole Grey, Allison Mullins & Tearna Murison at the end of 2016, not before they had secured extra funding for Smithton by retaining 83% of families in the 2015 cohort. The retention of families in 2015 reflects the hard work & commitment of our former tutors & families. The number of families engaged in HIPPY to date are: Cohort 2016 (Age 5) – 17 & Cohort 2017 (Age 4) – 31.



2017 Team: Jess, Dani, Leanne, Amy & Emma



2016: Farewell to Nicole, Allison & Tearna

Engaging Families

Every year is a new adventure with our Group meetings. With the advantage of having access to enhancement funding many more opportunities are possible. It enables us to participate with other playgroups and visit local community sites such as: community gardens & national parks while still enjoying presentations by guest speakers. Through these activities, we can demonstrate and encourage Everywhere Learning to parents as a natural way of



learning in life while meeting and mingling with other community members.

We participate in the annual Science Gig which is always a hit with the children as they work with their parents on a project to enter the contest. The tutors enjoy developing their skills to participate in a public event presenting entertaining activities for families.

Nicole Grey says: *"Being a part of the Science Gig as a Hippy Tutor this year was a very rewarding experience, it was a great opportunity for the 5 of us to collaborate and work together as a team!"*

Tearna Murison reflects: *"It impacted me in a huge way as it helped a lot with confidence building as we spoke to a lot of people. HIPPY families were there and participated strongly throughout the night which was excellent to see! Our under 6 robot competition was awesome; all the children that entered had built up enough confidence at the end to come up in front of the crowd to collect their prizes without any tears 😊 it was awesome to see especially for both of my kids who are normally quite shy!"*



Teaching coding



I made a robot



I am a robot!

Although everywhere learning is a great way to learn, the wealth of knowledge our guest speakers share with our parents is equally as important. Save the Children Coordinator, Mel Ridge presented many early childhood topics; Families today, tuning into your child to build resilience & managing difficult behaviour whilst local school teacher, Toni Popowski spoke on preparing your child for school.

To help families locate services & to encourage them to engage, HIPPY has produced a Community Service directory for all Early Childhood providers in Circular Head. This will be distributed throughout the community & given to new families in the area.

Training

Fantastic results in 2016, all five tutors completed their Certificate 3 in Community Services, gained their First Aid Certificate & learned defensive driving skills to keep them safe on the road. Tutors attended a Megan Warren workshop & participated, with HIPPY parents, in the Career Voyager Computer program session to help plan their future pathways into employment.

Building onto their resumes, second year tutors, have commenced intensive study doing FNS40215 Certificate IV in Bookkeeping; while a first year tutor has commenced her Certificate 3 in Community Services in 2017.

All three HIPPY sites unite in Burnie for HIPPY related training & sharing of ideas plus we invite external guest speakers, such as, Educators on Autism & LGBTQI training.

The Coordinator has updated her HR skills by attending a workshop on training & assessment and strengthened her knowledge in early childhood by attending the ACA National Conference “Engage, Learn, Inspire – Sharing the Experience.”

Family Partnership Model Workshop – The whole HIPPY team participated in the family partnership model workshop which was held in Circular Head. This was a fantastic opportunity for the new tutors to meet all the service providers in Circular Head with the same focus. This training also showed the tutors the benefit of networking within the community. This training was made possible by “opening up” the HIPPY advisory committee last year to create the newly formed Circular Head Early Childhood Committee (CHECC). CHECC is under the CHETCC banner which gives access to further opportunities for training or events in Circular Head. The Coordinator is a member of the Circular Head Learn for Life Committee & Circular Head Early Childhood Committee.

We graciously accept this training, which was made possible by our HIPPY Enhancement & Tutor Training Fund.

Celebrations

The HIPPY team held a celebration dinner for retaining 83% of its families in the 2015 cohort. Allison Mullins, who supported all her families to graduation spoke of her experience as a tutor; *“I really enjoyed being part of the community and being part of families for the duration of HIPPY. I really enjoyed learning from my colleagues & supervisor & being part of a team that came together to run group meetings. I also enjoyed learning from families about how they do things with their kids & the relationships that kids have with their parents. Also, learning how to teach my child & how my child learns as a tutor alongside other parents in the program was really fulfilling.”*

Allison & her daughter graduating!



Our end of year Graduation & Celebrations was attended by approximately 150 people. A great night was had with all the children “Going on Safari”. The tutors spent many hours on props & preparation to make the night a success.

The Reading Bug Egg – Due to the success of the Reading Bug Egg project, I have been contacted by LINC’s in Hobart to provide photos, as they will be promoting the idea to local councils to encourage them to adapt this strategy to encourage children to read. Also, during the initial project, HIPPY promoted & linked with

the Smithton Writers group. They trebled in numbers & have just published their first book. Fantastic, “*from little things, big things grow!*”

Past & present parents were referred to the LINC’s courses and though adult literacy support gained their forklift licenses.

Working closely with Save the Children, many families were referred receiving advice & support.

HIPPY Australia Activities

HIPPY Longitudinal Study – Smithton continues to participate in the study for the next two years & support the investigative team by arranging appointments for families.

Voice of the children - A booklet was created by HIPPY Australia for the Final Report on The Children's voices Listening Project 2016. This project has provided HIPPY Australia with new ideas on how to up-date and modernise the curriculum in the Activity books to meet the needs of children participating.

Assessment of Program Quality – A Consultant will visit the Smithton site in October 2017 to conduct a HIPPY Australia assessment.

HIPPY West Coast Annual Report 2017

"HIPPY makes me feel happy, as it helps my child to learn and I also have more fun with the children." Kathryn

"Excellent Program! Well structured, from the simple to the difficult activity. HIPPY is a well-paced progressive program, the program has repetition on the more difficult activities, and is very helpful, and it covers a wide range of ideas and concepts that will entertain and stimulate any child. Very impressed!" Peagan

The HIPPY West Coast Team



2016 Team above
L-R Tania, Liesl, Mez and Kerrie

2017 Team Below
L-R Tania, Nicole,
Liesl and Mez



Mez (Mary-Ellen) has taken on the position of Coordinator as of August 2016, as Mardi Adair has now become the Adult Literacy coordinator for the West Coast Service HUB.

Mez brings local knowledge to the position as being a "West Coaster" and many years of early childhood background.

Staff Development

2016 Tania Williams began her Certificate III in Community Service's,
2017 Liesl Torr has begun her Certificate IV in Community Service's,
And Nicole Stubbs is studying her Certificate III in Early Childhood Services.

Along with these certificates the tutors have engaged in various short courses including, first aid in mental health, a 2-day conference on 'Communities for Children Conference', Bringing up great kids program, FASD (Fetal Alcohol Syndrome Disorder), Suicide awareness training, LGBTI training, Driver Safety Course and Autism Awareness training.

Mez has been to Darwin in October to participate in an Early Childhood Australia National Conference, on 'This is Childhood, Pedagogy and Practice in the Early Years.' Other opportunities have been going back to Melbourne for 'Back to Basic's training' with HIPPY Australia, Management two-day course which outlined difficult situations, supervision, professional development, this was a great course.



2017 has seen the start of the three HIPPY sites coming together to build on our tutor's knowledge, the tutors have engaged in various short sessions on how to keep families engaged, stress management, self-care and a session is planned for term three, this has also been a great way for confidence building for our tutors.



Linking with the wider community

HIPPY West Coast travelled to Burnie to help HIPPY Burnie celebrate their 10th Birthday, we had to drive through the snow to enjoy our day on the beach. We had a parent attend who said she 'would of never of done this day without our support.' The children enjoyed a great day filled with sand castle building, live music, 'circus on the sand' performance's and a yummy cake!

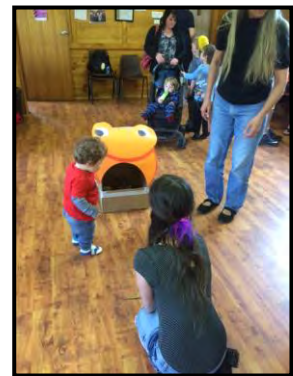


To promote HIPPY at the end of 2016 Mez helped with several school fairs across the West Coast, in doing this HIPPY was able to engage with a variety of families and school communities, this was such a great positive experience.



End of Year Celebrations 2016

2016 graduation we celebrated with a 'bugtastic' themed party were all the children enjoyed participating and making bug themed crafts. We held the event in Zeehan as this is a central location for the West coast and we had an amazing turn out of families to celebrate their child's success throughout HIPPY.



AGE 4 Graduates



AGE 5 Graduates

Group Meetings

Group meetings are held every fortnight within the local community and these are a great way for families to connect with other families and engage in the HIPPY program contents. 2016-2017 we have seen our number of attending families grow, which in return has connected a lot of parents to families from across the West Coast which in return is building relationships and connections for our current HIPPY families. During our Parent Group Meetings, we have been resourcing a lot of community services to come and be a part of our groups, this is a great way for families to be connected to local services that are on offer across the West Coast for them and their children. Parents have been engaged in the process of choosing our topics for group meetings, through this we are engaging parents in areas of their interest and building on their knowledge as they embrace the journey of becoming their child's first teacher. Below is a snap shot of some of our group topics.



Aromatherapy Day



Nature Play



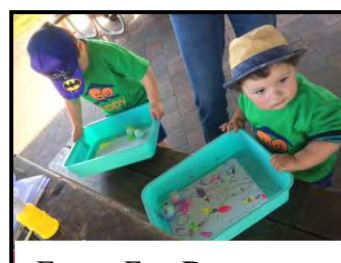
Healthy Eating



Messy Craft Day



Dental Hygiene



Easter Fun Day

Our Shop Front

Our shop front is becoming a bright and colourful inviting space for all to enjoy, the shop front has been a great opportunity to promote our family's experiences and document our parent groups.



"Becoming a HIPPY tutor has definitely changed my life for the better and enabled me to get out of my comfort zone. It has opened so many more opportunities for future employment and I would not have achieved this without HIPPY." Tania Williams

Health Promotion 2017 Annual Report

Karen Cardillo



Our **CHILLout!!!** (Circular Head Information and Lifelong Learning on Universal Topics) sessions continue to receive a great response with an average of 20 mostly retired locals calling in every Thursday to discuss all manner of topics from local flora and fauna to cooking and health and fitness. Over recent months we have had a number of excursions including trips to Emmerton Park and Trawmanna.



We have during the course of 2016/17, completed 7 'Talk About It – Save Your Bacon' Events. During the first half of 2016, we facilitated 4 of these mental health events in Circular Head, 1 on King Island, Queenstown and the most recent one in conjunction with Tasmanian Institute of Agriculture, in Mawbanna. These events, as always have proven successful, by collaborating with individual local communities and other organisations.

The objective of these events is to improve mental and physical health in outlying agricultural areas of North West Tasmania. 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.

Participants are 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.



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.



Programs & Service Team Leader – Annual Report 2017

Karen Cardillo

At the beginning of 2017, I transitioned to the new role of Rural Primary Health Service Team Leader. This role involves regularly travelling to each site to assist in smooth service delivery and address any concerns that may arise. These are Smithton, Wynyard, Ulverstone, Sheffield, Queenstown and King Island.



It has been exciting for Rural Health Tasmania to see the different services commence and adapt to address each community's needs. Each service provides support for people with chronic conditions and complex care needs, as well as community education on a variety of health topics.

During the first half of 2017, the services each rolled out at different times, as appropriate staff employed and networking within their communities commenced. Each service is different in many ways, all health clients, as well as providing their

supporting individuals with chronic conditions, mental community with health literacy and education.

The team has undergone individual training to enhance their programs, as well as attending a state-wide meeting.



Financial Auditors Report - Period ending 30th June 2017

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GARRY BURGESS
B.Bus. CPA



INDEPENDENT AUDIT REPORT

Professional, Personalised Service
ABN: 82 798 737 252

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 2017, the Profit and Loss Statement for the year then ended, notes comprising a summary of significant accounting policies.

Qualified opinion

In our opinion 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 2017 and its financial performance and its cash flows for the year then ended.

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.

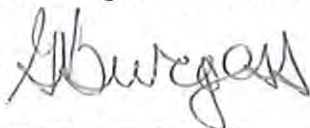
We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Independence

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

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.

A handwritten signature in dark ink, appearing to read 'G Burgess', is written over a light blue circular watermark that contains the text 'Active Accountants'.

Garry Burgess CPA

Active Accountants

**RURAL HEALTH TASMANIA INC.
CONSOLIDATED BALANCE SHEET
AS AT 30TH JUNE 2017**

	2017	2016
MEMBERS' FUNDS		
Opening Retained Profits	878,736	700,350
Profit/(loss) - TML	55,288	-8,769
Profit/(Loss) - Hippy	-26,644	77,965
Profit/(Loss) - RPHS	48,466	109,190
Profit/(Loss) - No 34 AHS	53,349	0
Profit/(Loss) - No 34 ITC	24,847	0
Profit/(Loss) - No 34 SEWB	22,408	
Profit/(Loss) - Special Projects	63,311	
TOTAL MEMBERS' FUNDS	<u>1,119,761</u>	<u>878,736</u>
Represented by:		
CURRENT ASSETS		
ANZ - TML	0	15,485
ANZ - Special Projects	406,624	265,852
ANZ - HIPPY	72,811	98,681
ANZ - RPHS	192,181	0
ANZ - No 34 AHS	51,983	0
ANZ - No 34 ITC	47,182	0
ANZ - No 34 SEWB	22,408	0
ANZ Online Saver - Leave Provisions	118,816	66,322
ANZ Online Saver - Special Projects	216,877	265,271
Trade Debtors	5,142	0
Borrowing Expenses Suspense	10,116	618
	<u>1,144,140</u>	<u>712,229</u>
FIXED ASSETS		
Plant & Equipment	167,226	106,516
Less Accumulated Depreciation	-64,485	-48,337
Respite House - Building	245,986	245,986
Less Accumulated Depreciation	-21,539	-19,347
Respite House - Furniture & Fittings	41,231	41,231
Less Accumulated Depreciation	-32,962	-31,508
Motor Vehicles	262,529	0
Less Accumulated Depreciation	-21,974	0
	<u>576,012</u>	<u>294,541</u>
TOTAL ASSETS	1,720,152	1,006,770
CURRENT LIABILITIES		
Australian Taxation Office	71,769	27,374
Superannuation Payable	13,458	7,982
Accrued Expenses	82,163	
Trade Creditor	4,987	0
Provision for Annual Leave	95,225	52,811
Provision for Sick Leave	33,470	16,360
Provision for Long Service Leave	30,371	0
	<u>331,443</u>	<u>104,527</u>
NON-CURRENT LIABILITIES		
Asset Purchase - Motor Vehicles	268,948	23,507
NET ASSETS	<u>1,119,761</u>	<u>878,736</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 2017**

	2017	2016
INCOME		
Grants Received - One Off Grants	8,897	5,418
- Whats the Harm	8,000	25,000
- Seven Up (Kitty)	41,000	8,845
- Youth Fest 2015	0	3,777
- 1 in 4 2014	0	20,000
- A Brighter Future	16,415	14,923
- Drought Relief Fund Income	0	155,070
Administration	11,228	15,215
Save Your Bacon - Stage Hire	7,499	24,000
Interest Received	2,249	4,086
Rent - Respite House	11,170	11,665
Administration & Rent Income	401,233	189,071
Emmerton Park Care Co-ordination	18,893	56,588
	<u>526,584</u>	<u>533,658</u>
EXPENDITURE		
Bank Charges	264	264
Building W/Off	2,192	2,158
Computer Expenses	7,462	2,891
Depreciation	4,571	3,738
Legal Fees	0	677
Program Expenditure - One Off Grants	31,790	23,940
Program Expenditure - Drought Relief	10,069	146,750
Program Expenditure - Seven Up (Kitty)	21,039	24,808
Program Expenditure - Youth Fest 2015	0	4,037
Program Expenditure - Whats the Harm	26,185	15,536
Program Expenditure - 1 in 4 2014	7,633	10,096
Program Expenditure - A Brighter Future	8,860	9,783
Program Expenditure - Stage Expenses	2,975	23,449
Program Expenditure - Heywire FRRR	3,441	7,311
Rent	23,992	23,585
Repair & Maintenance - Centre	651	0
Respite House Operating Costs	18,724	10,942
Staff Training	3,200	
Superannuation - Administration	14,843	6,169
Wages - Administration	158,096	65,401
Superannuation - Care Co-Ordinator	2,254	4,389
Wages - Care Co-Ordinator	23,722	37,153
	<u>371,963</u>	<u>423,077</u>
NET OPERATING SURPLUS/(DEFICIT)	154,621	110,581
ADD OTHER INCOME		
Profit on Sale Of Corolla	4,818	0
LESS OTHER EXPENSES		
Annual Leave Increase/Decrease	27,068	886
Sick Leave Increase	6,756	505
Debt Forgiven - TML	62,304	0
	<u>96,128</u>	<u>1,391</u>
NET SURPLUS (DEFICIT)	<u>63,311</u>	<u>109,190</u>

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

**RURAL HEALTH TASMANIA INC.
NO 34 AHS - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2017**

INCOME

Grants Received - Operating	277,616
Grants - Start Up Funding	42,267
Service Maintenance Project	14,190
Wage Subsidy	12,107
	<u>346,180</u>

EXPENDITURE

Advertising	1,062
Bookeeping	251
Client Support Services	4,987
Computer Expenses	9,244
Consultants & Contractors	4,493
Depreciation	5,972
Electricity	1,379
Insurance	557
Meeting Expenses	33
Motor Vehicle Expenses	13,442
Organisational Support & Administration	33,313
Printing & Stationery	5,497
Program Expenses	961
Rent & Rates	29,130
Repairs & Maintenance	1,359
Staff Amenities & Cleaning	2,003
Staff Training	630
Start Up Costs	5,831
Sundry Expenses	983
Superannuation	12,495
Telephone	2,723
Wages	156,582
	<u>292,927</u>

NET OPERATING SURPLUS (DEFICIT) 53,253

LESS OTHER EXPENSES

Annual Leave Increase/Decrease	-87
Sick Leave Increase/Decrease	-9
	<u>-96</u>

NET SURPLUS (DEFICIT) 53,349

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

**RURAL HEALTH TASMANIA INC.
NO 34 ITC - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2017**

INCOME

Grants Received	117,000
Grants Received - Supplementary	60,000
	<u>177,000</u>

EXPENDITURE

Bookkeeping	251
Computer Expenses	8,764
Motor Vehicle Expenses	7,188
Organisational Support & Administration	25,000
Printing & Stationery	240
Program Expenses	21,517
Staff Training	2,590
Superannuation	6,939
Telephone	1,351
Wages	73,227
	<u>147,067</u>

NET OPERATING SURPLUS (DEFICIT) 29,933

LESS OTHER EXPENSES

Annual Leave Increase/Decrease	4,674
Sick Leave Increase/Decrease	412
	<u>5,086</u>

NET SURPLUS (DEFICIT) 24,847

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

**RURAL HEALTH TASMANIA INC.
NO 34 SEWB - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2017**

INCOME

Grants Received	28,750
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EXPENDITURE

Advertising	2,142
Organisational Support & Administration	4,200
	<u>6,342</u>

NET OPERATING SURPLUS (DEFICIT)	<u><u>22,408</u></u>
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These accounts should be read in conjunction with
the attached Audit Report of Active Accountants

**RURAL HEALTH TASMANIA INC.
HIPPIY PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2017**

	2017	2016
INCOME		
Grants Received	660,561	680,767
Wage Subsidy	8,071	6,973
	<u>668,632</u>	<u>687,740</u>
LESS EXPENSES		
Wages	355,748	321,370
Superannuation	32,176	30,336
Office	29,157	34,535
Auditing	5,705	5,175
Bank Fees	264	264
Enhancement & Training	87,541	37,865
Electricity	4,610	3,874
Employment Expenses	1,394	
Telephone & Internet	5,913	5,452
Printing & Stationery	20,076	21,312
Rent	19,848	11,840
Insurance	8,409	7,650
Group Meetings	6,568	6,826
Motor Vehicle	21,277	32,144
Travel & Training	0	3,945
Organisational Support & Administration	87,723	81,308
Computer	2,616	858
Promotion	6,116	375
	<u>695,141</u>	<u>605,129</u>
NET OPERATING PROFIT/(LOSS)	-26,509	82,611
LESS OTHER EXPENSES		
Annual Leave Increase	935	1,171
Sick Leave Increase	-800	3,475
	<u>135</u>	<u>4,646</u>
NET PROFIT/(LOSS)	<u>-26,644</u>	<u>77,965</u>

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

**RURAL HEALTH TASMANIA INC.
RPHS - PROFIT & LOSS STATEMENT
FOR THE YEAR ENDED
30TH JUNE 2017**

INCOME

Grants Received	733,597
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EXPENDITURE

Advertising	3,620
Auditing	2,000
Bookkeeping	251
Computer Expenses	33,836
Contract Wages - THS	82,163
Consultants & Contractors	6,194
Depreciation	16,949
Electricity	2,754
Equipment & Consumables	10,594
Insurance	266
Meeting Expenses	276
Motor Vehicle Expenses	18,451
Organisational Support & Administration	117,500
Printing & Stationery	7,447
Rent & Rates	25,400
Repairs & Maintenance	1,683
Staff Amenities & Cleaning	3,467
Staff Training	3,835
Start Up Costs	63,945
Sundry Expenses	1,339
Superannuation	22,807
Telephone	8,332
Travel & Accommodation	3,937
Wages	237,686
	<u>674,732</u>

NET OPERATING SURPLUS (DEFICIT)	58,865
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LESS OTHER EXPENSES

Annual Leave Increase/Decrease	4,338
Sick Leave Increase/Decrease	6,061
	<u>10,399</u>

NET SURPLUS (DEFICIT)	<u>48,466</u>
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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 2017**

	2017	2016
INCOME		
Grants Received	222,284	439,732
EXPENDITURE		
Advertising	149	1,727
Auditing	1,650	2,475
Bookkeeping	0	1,020
Consultants & Contractors	1,775	8,155
Depreciation	3,391	7,258
Electricity	2,765	3,760
Equipment & Consumables	4,252	10,377
Insurance	6,219	2,708
Motor Vehicle Expenses	3,870	7,728
Printing & Stationery	1,217	2,262
Rent & Rates	13,256	17,697
Repairs & Maintenance	208	241
Staff Amenities & Cleaning	1,032	3,303
Staff Training	0	746
Superannuation	19,379	29,205
Telephone	4,040	8,165
Travel & Accommodation	1,675	5,223
Wages	184,832	335,968
	<u>249,710</u>	<u>448,018</u>
NET OPERATING SURPLUS (DEFICIT)	-27,426	-8,286
ADD OTHER INCOME		
Profit on Sale of Motor Vehicle	15,576	0
Debt Forgiven - Special Projects	62,304	0
	<u>77,880</u>	<u>0</u>
LESS OTHER EXPENSES		
Annual Leave Increase/Decrease	-4,184	1,858
Sick Leave Increase/Decrease	-650	-1,375
	<u>-4,834</u>	<u>483</u>
NET SURPLUS (DEFICIT)	<u><u>55,288</u></u>	<u><u>-8,769</u></u>

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

**RURAL HEALTH TASMANIA INC.
STATEMENT OF CASHFLOWS
FOR THE YEAR ENDED
30TH JUNE 2017**

CASHFLOWS FROM OPERATING ACTIVITIES

Receipts from Grants & Customers	2,714,337
Payments to Suppliers	-2,250,078
Interest Received	2,249
Interest Paid	-6,860
	<u>459,648</u>

CASHFLOWS FROM INVESTING ACTIVITIES

Purchase of Capital Items	343,829
Proceeds from Sale of Capital Items	39,363
	<u>304,466</u>

CASHFLOWS FROM FINANCING ACTIVITIES

Proceeds from Borrowings	282,129
Repayment of Borrowings	20,041
	<u>262,088</u>

NET INCREASE/(DECREASE) IN CASH HELD 417,270

ADD CASH AT BEGINNING OF YEAR 711,611

CASH AT END OF YEAR 1,128,881

These accounts should be read in conjunction with the attached
Notes to the Accounts and Audit Report

RURAL HEALTH TASMANIA INC
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2017

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 us

(c) Employee Entitlements

Provision is made for the association's liability for employee entitlements arising from services rendered by employees to balance date.