

**RURAL HEALTH  
TASMANIA INC**



# **Annual Report 2019**

**Supporting Healthy  
Communities**

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## Words from the Chairman – Daryl Quilliam

I am again proud to be able to write another report for the 2018/2019 year. Again, this year has seen another massive increase in the number of services provided including the number of communities and municipalities Rural Health has supported this year. We are now operating in all municipalities in the Cradle Coast region which is a testament to the organisations commitment to provide improved access to health and wellbeing services to rural and remote communities.

Our numbers of staff have also significantly increased again this year because of the various increase in programmes and services that are now being offered at these locations.

This year we held a number of meetings streamlining our management model so our organisation can be more efficient and affective. Reporting to our board has also been streamlined due to the number of programs and services operating within our organisation. This helps us better focus on our responsibilities particularly with regard to governance.

While the Government continues to focus on acute and chronic illness in health which is very much needed, particularly in rural and remote regions, we would still very much like to see an active interest and investment in early intervention and preventative health programs such as RULER that addresses the social determinants of health.

As you will read in our Chief Executive Officer's report, our staff have been extremely busy again this year. Mental health and prevention of chronic health issues continue to be high on our Board's agenda.

As I have been the chair of this great board for 11 years, I believe the time is right to step down from my position as the Chairman of Rural Health Tasmania either at our Annual General Meeting or in the coming year. I have thoroughly enjoyed my time sitting on this board.

I congratulate and want to thank our Board Members, Robert Waterman our CEO and all our highly valued staff for another busy, productive and rewarding year.

Our Board of Management appreciates all the hard work you all do for our communities and in your support of the Board in achieving our mission, vision and values to further improve the health and wellbeing of all Tasmanians.

Thank you.



Cr. Daryl Quilliam

Chairman of the Board  
Rural Health Tasmania Inc.

October 2019

## A message from the CEO – Robert Waterman

Welcome to the 2019 Annual Report that highlights Rural Health Tasmania Inc.'s achievements during the 2018 – 2019 financial year.

This year marks Rural Health Tasmania Inc.'s fifth consecutive year of organisational and financial growth and some major accomplishments for both the organisation and the community. Whilst writing this message, I look back and I am reminded that these remarkable achievements could not have been accomplished without the enormous commitment and dedication of our staff, Board of Management, volunteers, funding bodies and the support of the community.

We have been successful again this year in securing additional major funding which has enabled us to continue to provide more services to more Tasmanian communities.

Some of the achievements this year include:

- The securing of additional funding to expand the Mental Health Nurse access Program (MHNAP) for adults with complex and severe mental illness to the Central Coast community including the opening of a new Service at Best St, Devonport.
- We expanded our Aboriginal Health Services to our new office in Devonport.
- The opening of another 7UP Youth Centre in Wynyard, which enabled us to provide some fun and educational activities for the local youth after school.
- We received additional funding for the Wedge St Community House enabling us to provide additional psychosocial programs and activities to the Smithton/Circular Head community.
- We opened a new service in Burnie enabling us to further expand the Mental Health Nurse access Program (MHNAP) to the Burnie community. This site also provides a great space for training and development for staff.
- We provided early intervention and prevention training (RULER) to eight primary schools as well as additional community training sessions across the North West as we maintain our commitment supporting the development of social and emotional wellbeing and building the emotional intelligence of all children in Tasmania.
- We employed a dedicated training and development officer to ensure our staff receive appropriate training as we maintain our commitment to workforce development. This enables our staff to keep up with current best practice in service delivery.
- We achieved accreditation under the international standard for quality management systems ISO9001/2015.
- We commenced the development of a new updated website; intranet and training and development portal to ensure Tasmanians receive up to date and appropriate information about the services we provide and how to access them. The training and development portal will ensure our staff have easier access to training and development resources as we maintain our commitment to current best practice.

This only represents a few great achievements and I am sure that as you read the individual program reports, many more great achievements will become evident.

As mentioned Rural Health Tasmania Inc. has continued to expand our services to more communities with services now in Circular Head, Waratah/Wynyard, Central Coast/Ulverstone, West Coast, King Island and Sheffield as well as opening two new services this year in Burnie and Devonport.

As per previous years, due to the continued growth of the organisation, Rural Health Tasmania Inc. has continued to commit substantial resources to developing innovative approaches to service delivery, and reporting to enable us to increase the availability of services on the ground in all regions. This has proven highly successful. This Year our health services across the state saw 2,193 clients with a total of 32,675 episodes of care (recorded contacts).

Maintaining quality of care is of the utmost importance. The organisation continued to conduct substantial data collection and research to assess the quality of our services. This year we conducted a random survey of 451 clients who participated in a range of services. Overall participants in the survey rated the quality of care they received at 97.06% stating they felt comfortable and relaxed, there was good communication, they felt listened to and understood, the clinician explained things clearly, they were included in decision-making and the service was accessible and culturally appropriate and safe.



Of all services provided, the need for additional mental health services remains one of our largest challenges.

The Home Interaction Program for parents and Youngsters (HIPPY) in Burnie, Smithton and West Coast also had a highly successful 2018/2019 year providing 1943 Home visits, 341 group meetings and 322 family contacts. The HIPPY Program enriches the child’s love of learning and helps them to feel more confident when starting school. It also enriches the parent child relationships recognising the importance of the parents/carers role as the child’s first teacher

### HIPPY Family Engagement.

#### Count of various types of engagement/contact (active families)

	Home Visits	Group Meetings	Family Contacts
<b>Summary</b>	<b>1943</b>	<b>341</b>	<b>322</b>

Through our own programs 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, afterschool programs. The organisation also continues to provide respite care for people with disabilities and their carers, community houses, Aboriginal health services, social and emotional wellbeing services, weekly health literacy activities and chronic disease management for people with or at risk of cancer, heart and lung disease, muscular skeletal conditions, injury and mental illness.

Whilst our main focus is on chronic disease management, Rural Health Tasmania continues to provide

valuable community house activities, respite house/care, youth health services and youth workers. We maintain a strong focus 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 via a range of funding and initiatives. We maintain our commitment to preventative health, as we know this holds the key to reducing the burden of health.

This year, the organisation was successful in securing additional funding for the community house and additional funding for adults with severe and complex mental illness (MHNAP). The MHNAP program provided by Rural Health Tasmania is now available in the North West and Central Coast of the state. It is a free service and is available to adults with complex and severe mental illness.

The financial position of the Organisation remains strong. Overall income rose by \$367,965.00 from \$3,641,691.00 in 2018 to \$4,009,656.00 (10.1% increase) in 2019. This is the fifth consecutive year that the Organisation has achieved financial and organisational growth. Total assets of the Organisation have grown from \$1,813,487.00 to \$2,081,527.00 and non-current liabilities have increased from \$223,870 in 2018 to \$249,021 in 2019. The final audited result for the 2018/19 financial year is a net surplus of \$240,752.00. This is a pleasing result and again demonstrates the overall positive financial trajectory of the organisation. This kind of result could not be achieved without the full support of the Board, the Senior Management team and all staff working together for the benefit of the Organisation and the Tasmanian Community. The Board of Management and the CEO are extremely grateful for everyone's ongoing support.

The work, dedication, flexibility and initiative shown by Rural Health Tasmania's staff continues to be remarkable. As the organisation completes its fifth consecutive year of growth and provide more health and wellbeing services to more Tasmanians, the staff continue to maintain their focus on the best possible outcomes for clients and the community. They are a highly valued and a dedicated team of professionals and this is reflected daily in the organisations success as we strive for a healthier Tasmania. Their commitment is foundational to the organisations success.

As always, I would like to thank our senior management and administrative team who have made significant contributions to the ongoing development of the organisation. They work tirelessly and the vital work they do often goes unnoticed by the community. I take this opportunity to express my sincerest thanks and appreciation for their hard work and dedication. Rural Health Tasmania could not function and achieve the significant and high quality outcomes for the community without affective senior management including finance, payroll, human resources/personnel and administration. I would also like to express my sincerest thanks to community and all the subcontractors, IT, volunteers, partners, funding bodies, philanthropists, cleaners, maintenance staff, guest speakers and other services and departments that contribute to the success of the organisation.

Similar to the previous year, 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.

As always, I would also 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 extremely grateful for the assistance and support they have provided. The Board of Management's diverse experience, skills and the level of organisational governance provided over their many years of voluntary service is a true reflection of their commitment to the health and wellbeing of the Tasmanian community.

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

## Board of Management during the 2018 - 2019 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	Mr. Doug Doherty	Family Based Care Tasmania
Member	Ms Maddie Hine	Department of Education
Member	Sharon McLaren	Smithton District Hospital
Member	Christine Hyde	Emmerton Park
Member	Norman Richardson	CHAC

## Funding Acknowledgements

I would like to take this opportunity to recognise and thank our extensive list of funding bodies and philanthropic donors who provide vital funding and support through Rural Health Tasmania Inc. to the Tasmanian community.

The Rural Primary Health Services Program, the No 34 Aboriginal Health Services ITC program, the Social and Emotional Wellbeing Program and the Mental Health Nurse Access Program (MHNAP) are funded in Tasmania by Primary Health Tasmania under the Primary Health Networks Programme – an Australian Government initiative.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Department of Social Services.

The "A Brighter Future Program" and Embracing Community program are funded by The Tasmanian Community Fund.

The Indigenous Australians Health Program (IAHP) and the New Directions Mothers and Babies Program are funded by the Commonwealth Department of Health.

I would also like to recognise and thank the Mental Health Council of Tasmania, The Patricia Dukes Foundation, The Department of Premier and Cabinet (DPAC), the Waratah/Wynyard and Circular Head Councils, the My State and the Commonwealth Bank Community Grants, Aurora Energy, Tas Keno, Telstra, The Lions Club, the Wynyard Choir, the Indigenous Affairs Group, Family Based Care and our other philanthropic donors for all their highly valuable support and donations. This incredibly valuable support contributes significantly and enhances our work in supporting the health and wellbeing of all Tasmanians.



Robert Waterman  
Chief Executive Officer

October 2019



# FAR NORTH WEST REGION

(Smithton Rural Primary Health Services, King Island Rural Primary Health Services, 7UP Smithton, Respite House and the Wedge Street Community House)

## Smithton Clinical Care team

Our care team is comprised of Service Coordinator Kate Cross, Registered Nurse Sherree Freeman, Mental Health Clinician Ben Pangas and appointments officer Brooke Walters. The Mental Health Nurse Access Program and Psychology Café also see clients from our rooms which is a valuable support to numerous clients. These programs allowed stepped care to be used for clients meaning that, depending on the complexity and severity of mental health need clients will be supported by either of these clinicians or a combination of clinicians as needed.

The combination of skills, knowledge and experience amongst the team ensure we can guide people towards an improved quality of life. Clients are supported to manage their conditions more effectively; utilise medications more successfully; increase their health literacy, provided with evidence based information specific to their health needs; assisted to interpret information on diagnosis and direction from GPs and Specialists; supported in order to get clear on what they need to know; helped to set goals for their care and referred on to appropriate services.

Some feedback from our clients:

*"I needed to blurt. I needed perspective. Got it in spades."*

*"I have mental and physical stuff going on. Thanks so much for rural health for giving me the support, guidance and practicalities for getting through."*

*"Great friendly and inviting and very helpful and willing to provide that help"*



Sherree taking blood pressure for a PITSTOP

## Achievements

- Commencement of weekly mindfulness sessions
- Regular health checks at the local community house
- Mini health campaigns such as stroke prevention, heart health, diabetes management and mental health
- Provide requested health information sessions on topics such as coeliac disease, irritable bowel syndrome, mental health and stress management
- Commencement of weekly Wellness iPad program in partnership with Integrated Living
- Participation in 3x PITSTOP health checks

## King Island Clinical Care Team

Our Care Team is comprised of Registered Nurse/ Care Coordinator Debbie Geary and Mental Health Clinician/Social Worker Dawn Woolley. The Rural Health Tasmania office on King Island has been open for 12 months. In that time we have experienced an increase in clients signing onto the Care Coordination Program, walk-ins and people requiring the assistance of our Mental Health Clinician.

King Island is classed as very remote and, as such, comes with difficulties found in small isolated communities.

People often don't want to engage due to the nature of a small community. We continue to work at gaining peoples trust resulting in our service having 95 clients. King Island has a population of approximately 1500 people, this equates to approximately 6% of the population of the Island.



The newly fitted out King Island office



We have worked hard to form working relationships with visiting health services to support clients between their visits. These services include My Aged Care (MAC), Tasmanian Health Dental Services, RFDS Dental Services, Youth, Family and Community Connections (YFCC), NDIS, Family Based Care, Anglicare, TASSO, Rural Alive and Well (RAW), Mission Australia and the Mental Health Providers.

We worked closely with the GP service and receive a number of referrals from them. We currently have visiting Locums and this will continue into the near future. We continue to advise each Locum how our program can complement their service.

A small number of our clients do not have any family on King Island and have informed us how grateful they are to have this service on King Island. They have voiced how supported they are with our service and how accessible we are for them now that we have an office in Edward Street. They have informed us that “*I don’t know what I would do without your service*”. These statements make all the hard work we have done to gain the communities trust worthwhile.

### **Respite House North West (Smithton)**

We manage a four-bedroom house designed to be a ‘home away from home’, a place of respite for people with a disability or chronic condition needing respite or for their carers. The house is purpose built to accommodate persons in a wheelchair or with limited mobility and has extra wide hallways, doorways, two living areas, a fully equipped kitchen, spacious bedrooms and bathrooms all at ground level.

### **Seven Up Youth Centre Smithton**

Seven Up allows students to have access to resources and social networks that they may otherwise be excluded from. It provides a safe place, a sense of belonging and opportunities to try new things. The past year has been a busy one with Seven Up running a skate competition; renovations of the Centre; lots of activities and driving a day long series of mental health sessions to encourage conversations around mental health and suicide prevention. This culminated in a night festival: Where’s Your Head At?



7UP receiving the cheque for Where’s Your Head At?

Previous volunteer, youth centre assistant and long term user of Seven Up Joel Kay became the Centre Coordinator as Dudley Billing stepped down at the end of 2018. This is a great example of the difference that the centre makes in young people’s lives. It has been heartening to see Joel’s confidence and ability to contribute to the youth community grow over the years.

Here’s what some of the students have to say about why they come to the Centre:

*To go to a safe spot after school away from home.*

*To catch up with friends outside of school that I would not be able to see otherwise because they live too far from me.*

*Access to food and Wi-Fi that I do not have access to at home.*

Thanks must go to our partners: Circular Head Council, Circular Head Aboriginal Corporation and Treasure Chest; and to the Commonwealth Bank of Australia, Patricia Dukes Foundation, Tas Keno and Telstra for funding activities / events.

### **@23 Wedge Community House (Embracing Community)**

With funding from the Tasmanian Community Fund we launched a four-year initiative at the Community House: ‘Embracing Community’. Designed to bring isolated and excluded community members together through targeted and inclusive activities that fight the negative impacts of social isolation in our region, this initiative has already proven effective in bringing people together, breaking up their daily cycle of isolation and monotony and learning something new.

Led by Glenda Maher, the activities and programs offered through 'the House' and Embracing Community include:

- An eight week 'Wellways to health' program in partnership with Wellways
- A six week 'FoodRedi' program in partnership with Red Cross
- A diverse range of weekly activities such as cooking, crafts, gardening, pamper sessions, budgeting, dancing and walking
- Fun and fundraising such as the Biggest Cuppa Tea and Girls Night In
- Day trips to various outdoor experiences and Op Shops
- A weekly program and school holiday activities for primary aged children in partnership with Save the Children and City Mission, and
- Weekly sessions for older residents to learn new things about a range of topics in a group called CHILLOUT! (Circular Head Lifelong Learning On Universal Topics!)



CHILLOUT! Christmas party

Here are some things that people have said about the activities:  
*"The Community House is a simple yet sophisticated program that works. It is...an integral part of my life now"*

*"I always feel happy and at ease in this group and house"*  
*"Love coming and talking to other women and doing crafts"*  
*"Felt comfortable and accepted"*



Girls Night In frivolities encouraging social inclusion



# CENTRAL COAST REGION

## (Wynyard Rural Primary Health Services, 7UP Wynyard and the Mental Health Nurse Access Program)

### Overview

The past 12 months have been a time of change and growth for the organisation in addition to RHT staff. The Mental Health Nurse Access Program (MHNAP) has further expanded to cover the Central Coast, Devonport and Kentish. Staff have been to various training with our registered nurse being awarded a scholarship through Primary Health Tasmania to attend the APNA conference in Adelaide. This instilled her with further learnings to assist clients and the community. Staff have also attended cultural awareness training known as `Come walk with Us` (conducted by the University of Tasmania), LGBTQI training, First Aid training and the Heart Foundation Ambassador program.

The 7UP youth service began in Wynyard this year, which sees RHT working and collaborating alongside the Waratah-Wynyard council. This is a program that has been identified as a high need in the community.

The Rural Primary Health Service (RPHS) program is increasing with new clients presenting daily, either through referral from their GP, word of mouth, family members or friends. The Wynyard site also have a great relationship with the local police, with police referring community members and dropping in to chat about RHT and other local services. The relationship with the local catholic school and high school is a positive one with the emotional intelligence program RULER being presented to lower primary and the high school supporting 7UP.

We are also extremely grateful to now have an office based in Burnie, above Family Based Care. This is a space where the MHNAP nurses can see their Burnie based clients as well as have meetings and trainings. This has also initiated outside services to utilise the training rooms for the community.

### Rural Primary Health Services Wynyard

The RPHS program in Wynyard is busy with new clients requiring one off or ongoing support for their chronic conditions.

We now have two Sarah`s on board with us in Wynyard. Sarah Cowen is our new Care Coordinator and Sarah Costelloe (our Mental Health Clinician who has been with us for 12 months) is now working with us 4 days per week between both our Wynyard and Smithton sites.

Health promotion which includes social media is obtaining a strong following from the community. In 2018 we were approached by a group of gentleman fondly named `Tractor Trekkers`. They approached us stating they would like to raise money for RHT by touring the North West Coast to raise money for youth mental health. The tractors were on the road for a week, during which a BBQ in Smithton was held where we were joined by Circular Head Aboriginal Corporation and various community members. The week ended with the tractors and the trekkers travelling to the Wynyard Tulip Festival raising awareness and chatting with the community. We are grateful to have been able to utilise the



The "Tractor Trekkers" in action raising awareness for youth mental health

donated funds to purchase furniture, games and other resources for our 7up Youth Service. The trekkers are gearing up for another, albeit a longer trek again towards the end of 2019 to raise funds for Rural Health Tasmania.

The beginning of 2019 saw the year start with a family fun day for the community. We were grateful to be given the opportunity to utilise the St Brigid's school grounds to hold this free event. Beyond blue, Mission Australia, Tractor Trekkers, the Fairy Godmothers, Hearing Australia, The Snake Man, Wynyard Fitness are just a few of the services that came along. From this event alone we have had around 10 individuals become clients.



Our Nurse Elesha has been an outstanding member of our team and has moved from Care Coordinator to the Mental Health Nurse Access program whilst completing her Diploma in Mental Health. Elesha is also a Heart Foundation Ambassador, and the chief organiser of the Paint the Town Red campaign in Wynyard for heart health. Over 60 businesses in Wynyard agreed to have Red Hearts in their windows promoting health heart, the Heart Foundation kindly lent us the heart mascot, which our staff members Sarah and

RHT Nurse Elesha and the Heart Foundation Mascot during the 'paint the town red' campaign in Wynyard

Juanita wore. Elesha, along with the heart foundation employee Megan, walked the streets of Wynyard talking with community members about ways to have a healthy heart, some were invited to complete the healthy heart app also. Elesha conducted presentations at the Wynyard library, the local children's centre as well as at other local businesses. Primary Health Tasmania attended the event and an article was created to be placed in their quarterly journal. Elesha presented her event to the Heart Foundation who are considering taking her presentation and her campaign nationally, talking at events about the impact on the community and how it was successful. We're hoping to make this an annual RHT event!

## **The Mental Health Nurse Access Program**

The Mental Health Nurse Access Program (MHNAP) is gaining momentum from Burnie through to Circular Head as well as West Coast. All staff are maintaining clients and thus far we have not had to initiate a wait list. The GP's along the coast are referring more of their patients to us, this is due to the health promotion and advocacy our Mental Health Nurses do within the community.

Recently have also been lucky enough to secure additional funding for the MHNAP on the Central Coast, Devonport, Kentish and Latrobe. This has seen RHT employ 3 new mental health nurses who have a wealth of knowledge, experience and professionalism. The new MHNAP staff are working exceptionally hard in promoting this program with multiple new clients entering the program.

In light of this expansion of the program we have now successfully opened a new office in Best Street Devonport. One nurse is also working out of Number 34 Aboriginal service in Ulverstone, whilst the other two nurses are working from our new Devonport site.

## **7UP Wynyard**

7UP Wynyard has been a much needed program for our Wynyard youth. This is evident from the amount of young people who attend each afternoon.

Calita and the team at 7UP Wynyard have identified on an individual basis where youth require support and guidance. In light of this, the following programs have been initiated:

- Resume writing with Mission Australia and MyPathway
- Motivational Speaking regarding job hunting
- JCP Youth Program leading to Self-Empowerment, Confidence, managing conflict, lifting school attendance, goal setting, awareness of others and reduction in youth offending
- Tutoring to assist youth with their studies, literacy and numeracy
- Cyber Safety via the local police who came and spoke with the youth in regards to using social media, gaming and general safety around internet usage, and
- A bootcamp with the local fitness centre targeting physical activity

This is a small sample of activities that have been occurring at 7UP since its implementation at the beginning of 2019.

Overall it has been a productive year for the Rural Health Tasmania with new programs, new staff and positive changes for the community and clients.



# CENTRAL SOUTHERN REGION

(Sheffield Rural Primary Health Services and West Coast Rural Primary Health Services)

## Overview

Rural Health Tasmania (RHT) in Sheffield is now in its 3<sup>rd</sup> year of operation and is fully integrated into the local community. Sheffield and Railton residents are now more aware of RHT services being provided in their communities through various mediums including word of mouth, co facilitation of activities at the Kentish House, the Men's Shed, the Railton Neighbourhood Centre, Turnbull's Pharmacy and advertisements in the Kentish Voice (the local newspaper). The local team Jan Hartigan (Reception/Administration/Yoga Instructor), Liz Sager (Mental Health Clinician) and Nancy Grogan (Registered Nurse/Care Coordinator) continue to actively promote RHT services at all available opportunities in their daily non-clinical and clinical practices either at the health centre or out in the community.

Our West Coast site in Queenstown more recently experienced a change of staffing with a new registered nurse and redeployed mental health clinician. This has resulted in an opportunity to revamp the program in a premises co-located with the HIPPY program. Our mental health clinician Mick has quickly established his presence on the West Coast and is always busy seeing clients experiencing a range of mental health conditions. Our care coordinator and registered nurse Crystal joined the team in April and has since added 18 new clients to the existing client load on the West Coast.

## Activities

Physiotherapy services in Sheffield continue to be well attended with appointments filling quickly and the Lymphatic drainage therapist continues her fortnightly visits. Podiatry is now available at the Sheffield Medical Practice and our former Osteopath ensures there are available appointments for Kentish residents at his Devonport Practice. School dental health services continue to provide services twice weekly and the Child Health Nurse continues her weekly visits. Alcohol and Drug services visit on an as needs basis. The Integrated Living Wellness iPad group and My Life and In Control Group have regular guest speakers including a monthly visit from the local pharmacist whilst library literacy/numeracy classes continue in Sheffield. The Mental Health Clinician and Nurse Care Coordinator continue to support their clients either via face to face contact or within group settings.

Whilst activities on the West Coast largely consist of one-on-one interventions with clients experiencing a range of physical and mental health conditions, some newer activity has included group sessions for mental health, membership of the suicide prevention network and attendance at local service provider forums. Working closely with Rosebery and Zeehan neighbourhood houses has also improved local service provision and coverage across the region.



The monthly men's healthy cooking class in action in Sheffield



## Achievements

A monthly Men's cooking class was implemented in Sheffield to focus on men's health and enable men to attend in a comfortable environment. Initially 4-6 men commenced the Healthy Heart Cooking Class at the Kentish House and now numbers have grown to 6-8 men per session. This class has now been divided into two groups as the popularity of these groups continue to grow.

Monthly visits to the Sheffield Men's Shed continue to provide health checks, promote future health orientated activities whilst also providing health/wellbeing related information. Our program coordinated a defibrillator training session with Tasmanian Ambulance at the Men's Shed and reviewed their First Aid Kit, helping to maintain health and wellbeing for the group.

Celebrating the Men of Kentish in partnership with Kentish House included a barbecue, health checks and a hearing bus, and was a fantastic opportunity to build the health literacy of men in the community.

Yoga continues to be popular with a combination of public and private classes being offered in the day time and in the evening 2 to 3 times per week. These classes are particularly useful for those with musculoskeletal impairments and to encourage relaxation whilst improving flexibility.

The Monthly Ladies Only Healthy Heart Cooking Class continues to be successful at the Kentish House. The ladies are always keen to try new and different healthy recipes.

A Seniors Bus Trip to Grindelwald with Kentish Day Centre and other community members to celebrate Seniors Week was held this year and was highly successful in engaging the community.



Achievements on the West Coast rooms co-located with the HIPPY previously mentioned additional new Successful networking in the and has included contact with the local hospital, membership of suicide prevention and provider networks and further networking with local service providers and community houses.

Celebrating the men of Kentish and building health literacy in the community

have included the successful fit out of program in Queenstown and the clients added to the West Coast. community has enabled this to occur

## **New Programs in Sheffield**

Commencement of the “Sole Mates” weekly Heart Foundation walking group in Sheffield provides a warm and friendly environment to walk and socialise with a coffee at the end of the walk rotating around local cafes.

This year we facilitated a monthly cancer support group utilising our Mental Health Clinician in Sheffield. This proved valuable to those experiencing the psychological and physical impacts of cancer.

Weekly visits to the local pharmacy in Sheffield to provide blood pressure checks and promote RHT services have proven highly successful showcasing the services that RHT has to offer. Several clients have been engaged as a result of these activities and the team is keen to continue these visits in 2020.

## **A BRIGHTER FUTURE PROGRAM**

The Brighter Future program provides Parenting and Relationship programs within antenatal sessions along the Northwest Coast of Tasmania. Locations for the program include the Burnie Child and Family Centre, Smithton Hospital, the Mersey Hospital and the East Devonport Child and Family Centre.

### **Program Attendance**

- Burnie Child and Family Centre – 11 sessions with 140 participants
- Smithton Hospital – 3 sessions with 30 participants
- Mersey Hospital – 7 sessions with 68 participants
- East Devonport Child and Family Centre – 8 sessions with 82 participants

A total of 320 new parents attended the Brighter Future Program this year.

### **Program Update**

The relocation of the Bright Future program to Burnie Child and family Centre (BCFC) has been very successful. The new parents have been introduced to the centre’s programs which assists them to find support and parental guidance.

Due to a lower birth rate and less Antenatal classes across the region we have continued to support the employment of Brad Carter at the Burnie Child and Family Centre. Brad has been taking dads to the Burnie Men’s Shed and fishing and whilst engaging with these fathers he has been able to have many worthwhile conversations about fathering. Brad has conducted some workshops at BCFC such as the 5 Love Languages by Dr. Chaplain. Brad brings an exceptional quality and commitment to his work.

We also placed a counselling student at the BCFC Celine Hayes from Open Colleges. Celine has also been a wonderful asset to the centre during her final practicum.

### **Program Facilitators**

- Brad Carter
- Ben Pangas
- David Nancarrow
- Rupert Penrite

Source program funding is due to cease for this program at the end of 2019 and subsequent funding options are being considered in order to preserve this valuable program in for the community.

I wish to thank Rural Health Tasmania and Tasmanian Community Fund for allowing the Brighter Future Program to operate over the past three years – Lead Facilitator David Nancarrow

# NUMBER 34 ABORIGINAL HEALTH SERVICE



NO. 34 ABORIGINAL  
HEALTH SERVICE

## Overview

The past 12 months have again seen further community awareness of No.34 Aboriginal Health Service and the associated program we offer. We have welcomed many community organisations, agencies and clients to our service due to community engagement and collaborative projects and events. No 34 staff recognise the value of community engagement and have arranged, collaborated and coordinated various highly successful health promoting events and community gatherings. I thank each and every staff member, community member, client and community project partner who has provided over and above support in this area. Closing the gap between indigenous and non-indigenous health outcomes remains the focus of this service.

## Events

The following are some examples of events conducted over the past 12 months:

- Paranaple Centre, Regional Arts Gallery Devonport – Social & Emotional Wellbeing program Art Exhibition held over 4 weeks.
- Closing the Gap Day event - at the newly installed, Bunnings BushTucker garden including; Yarning Circle, Wood Fired Pizza Oven and Fire Pit at No 34 Ulverstone.
- Reconciliation Day Event – in the BushTucker Garden at No 34.
- NAIDOC Week event – Coles Beach Devonport.
- NAIDOC Week project – My Yarn at No 34.
- National Aboriginal & Torres Strait Islander Children's Day.



The Closing the Gap Day event held at No.34 Aboriginal Health Service



SEWB group artwork on display at the Paranaple Regional Art Gallery

## Services

No 34 has been able to build on the number and diversity of visiting services working from the building this past year which now include:

- Podiatry
- Optometry
- Centrelink
- Legal Services
- Relationships Australia Counselling
- Employment Services
- Dementia Screening
- Drug and Alcohol Counselling
- Individual Counselling
- Australian Breastfeeding Association, and
- Playgroup Australia



## Building improvements and a new location

In response to the growth in visiting allied health services a successful grant application was lodged for building alterations to improve access for clinical services. These works have now been finalised with a cabinet and sink in the back training room, a specific counselling room and an additional fully functioning clinical room with clinical sink and attachments. The reception area has also been modified to provide a warm, welcoming, culturally safe space for everyone accessing the service.

A new office and shared space has also been recently opened in Devonport providing much needed access for our clients in Devonport who may find travelling to the main No.34 office in Ulverstone challenging. This has resulted in improved service provision and reach of services in the region.

## Programs

No 34's ongoing programs include:

- Integrated Team Care (ITC) program delivered by a registered nurse and 2 outreach staff members.
- Immunisations
- New Directions (Mum's & Bubs) program
- Family and Children
- Mental Health Counselling, and
- Social and Emotional Wellbeing program

No 34 currently enjoys the generosity of a qualified female counsellor who is a Tasmanian Aboriginal Woman who volunteers her time to provide individual counselling.

In addition to these programs, a Mental Health Nurse Access Program (MHNAP) nurse is now situated in the offices of No 34 to cover the local area. This is a welcome support for the service as mental health support requests have increased significantly.

## Social Media

No 34 has an active Facebook page (<https://www.facebook.com/No34AHS/>)

Provided below are some recent relevant statistics:

- 438 people are currently viewing our page
- 460 likes on our page
- 1100 views were recorded for the NAIDOC Week event
- 498 views were recorded for National Reconciliation week
- 466 views were recorded for the Women's (On Country) group to Guide Falls, and
- People from the Devonport area are most likely to view our page and people from Melbourne and as far away as Spain are currently viewing the page.



No.34 thank Bunnings for their works toward the new bush tucker garden and gathering space at the rear of No.34

# HIPPY Smithton

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:

1. Children develop a love of learning early that is maintained throughout their lives
2. Families are empowered and engaged in their children's learning
3. Tutors and parent/carers are engaged in training and employment
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.

## Children develop a love of learning

With the exciting new HIPPY curriculum developed and delivered to families this year it was an inspiring start to instilling this passion of learning. With wonderful play-based activities to practise their learning and games to share with their families, this creates an enjoyable foundation for learning. Through 'everywhere' learning practises, activities are individualised to capture the child's attention and enthusiasm whilst developing a child's literacy. A multitude of learning opportunities are delivered at our group meetings with activities designed by the Tutors to build upon the existing curriculum. This knowledge of 'everywhere' learning is shared and developed through discussion with parents via home visits as parents identify their child's preferred learning style.

## Families are empowered and engaged in their children's learning

With one hundred & thirty-five people attending our Superhero Graduation & Celebration party, this shows that families are engaged and wishing to celebrate their own achievements as well as their children's goals within HIPPY. With a high attendance of families from both cohorts at our Group Meeting and topics including: Why do we do what we do at HIPPY, Messy Play and Who are the people in our community, this confirms that families are interested and engaged in the program to support their child's readiness for school. Parents are developing and sharing their 'everywhere' learning ideas with other families.

To empower and engage parents prior to the program starting a Welcome to HIPPY night is organised. This year a large percentage of families attended resulting in a night of parents & children interacting, sharing stories and sharing the excitement of starting the program. A parent commented at this event, saying "*I am overjoyed to see my son playing with other children (as he rarely leaves my side), this is fantastic to see him off on his own playing with others.*"

## Parents/Tutors are in engaged in training & employment

Tutors are parents in the program wishing to return to work. During their one or two years of employment they are offered many opportunities to build on their portfolios and gain experience returning to the work force. Below are the 2018 and 2019 HIPPY Smithton teams.

**Coordinator (Right):** Leanne Marsden

**Tutor Team 2018 (Right):** Emma Thompson, Dani Moran, Ammi Martorella, Kassy Amos & Bronya White



**Tutor Team 2019:** Emma Thompson, Tearn Murison, Samantha Ross, Shannon Heald and Isabel Williams.

At the end of 2018 most tutors had secured work or left to pursue other adventures. A tutor recognised that Community Service work was not her preferred profession and through our Tutor funding it was possible for her to gain her forklift license. Fantastically, this tutor was employed in a new position within a fortnight. It is wonderful that HIPPY can support Tutors on their chosen career pathways.

Some of the training opportunities during this period were: Community Services Certificate 4, Domestic Violence (2 Tutors), Grief and Loss (4 Tutors) and The Happiness & it's Causes Conference. (Coordinator & Senior Tutor). The knowledge gained at the conference will support the Coordinator in delivering training to the tutors.

Not only do we encourage tutors to engage in training but also offer opportunities to parents when available. Fantastically, fifteen families gained their First Aid certificates while 2 HIPPY parents were supported in getting their chainsaw licenses at a discount rate.



Chainsaw licences via HIPPY for rural parents

### **Families are engaged and invested in their community**

HIPPY encourages families to be involved in their community by offering many opportunities through participation in public events or group meetings.

Our first involvement with a public event in 2019 was the Embracing Communities @ Wedge Street.

With over 88 community members at the event gives an indication that people enjoy participating in community events.



Dressing up at the Science Gig

The Science Gig is always a huge event with over 400 people attending. HIPPY parents are encouraged to participate by entering the child/parent contest. It was delightful to see many entries and the excitement on the children's faces as they participated with the many learning activities provided by HIPPY such as: coding, virtual reality, shiver pictures and many more interactive activities.

A big highlight for the children was visiting people in our community, especially the police station! There is something about those sirens that brings true joy to the children's faces. HIPPY provides many opportunities for families to engage in the community and as a bonus for families to locate what they are looking for; the HIPPY Tutor team developed an Early Childhood Directory for families living in Circular Head which has been distributed to many service providers as well as our families.

### **HIPPY Australia**

Rachel Birrell, our HIPPY Consultant, visited and did an Assessment of Program Quality and, as a result of this, a new site development plan was created. This process ensures that the site is always aiming to improve its strategies of delivery within the community.

Dr. Tandy visited our site to complete the final visit with families who were participating in the longitudinal study. The study has been running for three years. The information gathered will be collated with other sites to produce the final research outcomes this year.



# HIPPY Burnie

## Making a difference

*“He’s now writing his name, understanding shapes, colours, patterns and is using the tools he has learned through HIPPY in everyday life. He can express his emotions after talking about this and can understand by looking at a person’s face if they are happy or sad. Jase will start kinder next year with a great head start from learning so much from HIPPY. I would highly recommend this to any parent with children.”* Belinda (HIPPY parent)

## HIPPY Burnie teams

2018 Team

Coordinators: Jen Lawes and Kasey Bakes

Tutors: Monica Kerr, Jocelyn French, Lara O’Neill, Kathryn McDermott, Natasha Nitz.

2019 Team

Coordinators: Jen Lawes and Kasey Bakes

Tutors: Natasha Nitz, Amore Wilson, Michelle Stevens, Bianca Cocks and Hallee Wilson



TOP: The 2018 team including Jocelyn, Kasey, Natasha, Kathryn, Monica, Lara, Jen.

BOTTOM: The 2019 team including Jen, Bianca, Amy, Michelle, Natasha, Kasey.

HIPPY Australia allows tutors to work in the role for a maximum of 2 years to ensure there are always peers of the families participating in HIPPY.

Tutor Lara reflected: *“Whilst people may think it bizarre that you only have the opportunity to be in a position for two years I think it is a brilliant model to allow parents who may not have worked for a while the opportunity to gain confidence, further skills and experience. Without HIPPY I would never have completed my Certificate 3 in Business or my diploma in Leadership and Management.”*

## Graduation and new enrolments

In December 2018 twenty-five children graduated after completing the two-year program and 26 children celebrated completion of the first year of the program whilst looking forward to embarking on a second year of learning and having fun doing HIPPY. Early in 2019 we recruited 32 new children to begin the Age 4 program. Maintaining families’ engagement in HIPPY has proved challenging with twelve of these families no longer participating by the end of June. We continue to enrol our quota of families with minimal additional promotion due to the good standing and continuing partnerships we have in the local community.

## Connecting with our Community

Parent groups offer diverse topics such as brain development, nature play, oral and women's health, safe use of medicines and speech development, with the program, often using local services as expert speakers. We appreciate our team of adjunct child carers who enable parents to have a little time out to focus on learning more about HIPPY, parenting and the community. Popular excursion destinations were Guide Falls Farm with their menagerie of animals and the Produce to the People Farm where families found out how the program assists people experiencing food stress. We also visited Wynyard Primary School to view the Aboriginal display. Families and staff discovered how the local Tommeginer Tribe lived increasing their cultural awareness. An Aboriginal woman and the researcher who designed the display presented to the group. We followed this up with a picnic at Fossil Bluff aiming to see the fish traps which were built by Tommeginer people.



Exploring at Guide Falls Farm

Our strong partnership with the Acton Family Hub continues to allow us to benefit from opportunities such as professional development, venue sharing and most importantly working collaboratively with a range of programs and services to reach and engage with more of the families who can benefit from HIPPY. 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.

## HIPPY Australia - the bigger picture

In May HIPPY Australia consultant Rachel Birrell spent 4 days reviewing and revising our development plan. Highlights from her feedback were: "Observing tutor training was a delight. The enthusiasm of tutors was wonderful and a reflection of the commitment of the coordinator's passion to deliver well organised tutor training." Regarding our co-location with the Burnie Child and Family Centre: "It Is a brilliant collaborative space." Our ongoing development plan aims to: (a) better equip families to gain jobs; (b) increase attendance at Age 5 parent groups; (c) Continue to offer excursions to community spaces and (d) further develop coordinator skills to increase support and motivation of tutors to achieve their goals.

## Developing Staff

HIPPY Australia's Pathways to Possibilities framework requires tutors to set themselves development goals and work with the coordinator to achieve these. HIPPY Australia provides additional funding to support tutors to attain their goals. This funding has enabled tutors to participate in a wide variety of professional development including first aid and workshops on family violence, numeracy and health literacy.

Qualifications gained include:

Diploma of Business and Management:

*Lara O'Neill*

Certificate 3 Community Services: *Kathryn McDermott and Jocelyn French*

Certificate 3 Early Childhood Education and Care:

*Natasha Nitz*

Batchelor of Primary Teaching:

*Michelle Stevens*

University Preparation Program:

*Bianca Cocks*

## Celebrating with Families

HIPPY family's successes in 2018 were celebrated with a jungle themed end of year party held at the Acton Chapel. Children accept their awards in front of proud parents, siblings and grandparents. As around 200 people attended we split the celebration over 2 consecutive days.



Celebrating with families



# HIPPY West Coast

## HIPPY West Coast Teams

The 2018 team included Mez (Mary-Ellen) Gilleece (Coordinator), Tania Williams (assistant coordinator), Nicole Stubbs, Hannah Carter and Melaine McDermott.



The 2018 HIPPY West Coast Team



The 2019 HIPPY West Coast Team

The 2019 team included Mez (Mary-Ellen) Gilleece (Coordinator), Tania Williams (assistant coordinator), Nicole Stubbs, Melaine McDermott, Samantha Cameron, Bianca McGowan and Allannah Murphy

## Comments from HIPPY Participants

*"I can see the benefits of going through the HIPPY packs with my tutor, as it is then familiar and easier to do with my child"*

Age 4 family 2019

*"In doing the Helping my Family activity in the age 5 pack, I have noticed my child wanting to be more independent and he dresses himself and gets himself breakfast"*

Age 5 family 2019

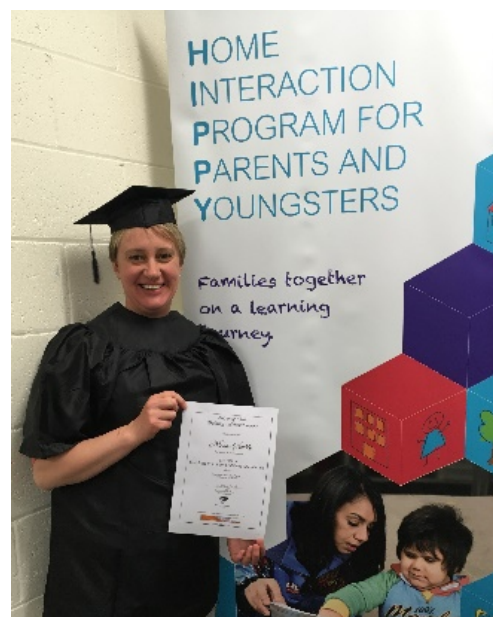
## Developing Staff

A highlight of 2018 was Nicole Stubbs completing her Certificate III in Children's Services.

Staff have had the opportunities for professional growth by attending Mental Health First Aid Training, First Aid and CPR, Understanding and Managing Aggression, Knowing Local Drugs and 'The Art to saying no training.

The new HIPPY model 'Pathways to Possibilities' has been a great tool for tutors to develop and set goals for themselves around accredited qualifications, short courses, self-care and personal and professional growth as there are some wonderful achievements being made.

Right: Nicole with her Certificate III in Children's Services



## Engaging in our Local Community

HIPPY West Coast is actively involved in many community events across the West Coast to build awareness of the program.

In 2018 we participated in Active Strahan's Beach to Bay fun run event, with the goal of this event being to improve the physical and mental health of the people on the West Coast. HIPPY was able to provide a fun educational based play space for children and families to be involved in whilst also promoting the program.

In April 2019 HIPPY West Coast was invited to participate in the 'Bushfire thank you event' held in Zeehan. This was an event held by the Tasmania government which featured live music and prizes with HIPPY providing a messy play area for the children to enjoy.



HIPPY West Coast out and about in the community

## Fun events for our Families



In September 2018 HIPPY West Coast celebrated 20 years of HIPPY in Australia, and through our enhancement funding HIPPY West Coast was able to provide a fun day in Strahan full of craft, messy play and a jumping castle for the currently enrolled families to attend.

In 2018 term three holidays we held two school holiday excursions on the West Coast. We attended the West Coast Heritage Centre in Zeehan and then completed the Hogarth Falls walk in Strahan followed by a BBQ lunch in the park.

Left: The Hogarth Falls Walk in Strahan

## HIPPY West Coast Turns 10

In June 2019 the HIPPY West Coast Program turned 10! We invited past and present families with 80 guests attending to help us celebrate the event in Rosebery with tractional party games, messy play, face painting and a special guest spider man and of course birthday cake!

Right: HIPPY West Coast turns 10



## 2018 Graduation



In December 2018 50 people attended our graduation party in Zeehan to celebrate 7 families graduating from the age 5 program. Their achievements were celebrated with a graduation party in Zeehan alongside the age 4 cohort. The theme for the party was mining with the children and families enjoying gold panning, tunnel building, digging in sand with trucks and more.

Left: Kids enjoys digging, panning and more!



PO Box 733  
9 King Street  
Burnie TAS 7320

Telephone: (03) 6431 9435

E-mail: reception@activeaccountants.com.au

**GARRY BURGESS**  
B.Bus, FCPA



Professional, Personalised Service  
ABN: 82 798 737 252

## **INDEPENDENT AUDIT REPORT**

To the members of Rural Health Tasmania Inc

We have audited the accompanying financial report, being a special purpose financial report, of Rural Health Tasmania Inc, which comprises the Balance Sheet as at 30 June 2019, 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 2019 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.

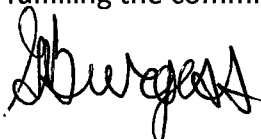
We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

#### **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.



Garry Burgess CPA

15/8/19

Active Accountants



**RURAL HEALTH TASMANIA INC.  
CONSOLIDATED BALANCE SHEET  
AS AT 30TH JUNE 2019**

	2019	2018
<b>MEMBERS' FUNDS</b>		
Opening Retained Profits	1,231,704	1,119,761
Profit/(Loss) - HIPPY	17,953	-94,852
Profit/(Loss) - RPHS	1,173	-95,326
Profit/(Loss) - No 34 AHS	20,433	-32,654
Profit/(Loss) - No 34 ITC	-2,979	-29,796
Profit/(Loss) - No 34 SEWB	-499	-29,605
Profit/(Loss) - SCMH NW	14,468	1,270
Profit/(Loss) - SCMH CC	29,284	0
Profit/(Loss) - Special Projects	160,919	392,906
<b>TOTAL MEMBERS' FUNDS</b>	<u>1,472,456</u>	<u>1,231,704</u>
Represented by:		
<b>CURRENT ASSETS</b>		
ANZ - Special Projects	144,954	41,309
ANZ - HIPPY	47,627	18,618
ANZ - RPHS	67,258	59,244
ANZ - No 34 AHS	24,045	18,043
ANZ - No 34 ITC	9,589	9,470
ANZ - SCMH NW	19,703	29,503
ANZ - SCMH CC	112,917	0
ANZ Online Saver - Leave Provisions	237,671	120,054
ANZ Online Saver - Special Projects	671,063	418,720
Trade Debtors	52,816	420,510
Accrued Income	36,000	0
Borrowing Expenses Suspense	9,436	9,358
	<u>1,433,079</u>	<u>1,144,829</u>
<b>FIXED ASSETS</b>		
Land & Buildings - Orr St Queenstown	93,432	93,432
Plant & Equipment	225,591	213,932
Less Accumulated Depreciation	-128,715	-94,882
Respite House - Building	245,986	245,986
Less Accumulated Depreciation	-25,923	-23,731
Respite House - Furniture & Fittings	41,231	41,231
Less Accumulated Depreciation	-35,256	-34,203
Motor Vehicles	348,198	291,381
Less Accumulated Depreciation	-116,094	-64,488
	<u>648,450</u>	<u>668,658</u>
<b>TOTAL ASSETS</b>	2,081,529	1,813,487
<b>CURRENT LIABILITIES</b>		
Australian Taxation Office	70,786	50,600
Superannuation Payable	2,145	16,308
Asset Purchase - Motor Vehicles	62,172	60,403
Provision for Annual Leave	146,553	138,041
Provision for Sick Leave	50,624	37,835
Provision for Long Service Leave	27,772	54,726
	<u>360,052</u>	<u>357,913</u>
<b>NON-CURRENT LIABILITIES</b>		
Asset Purchase - Motor Vehicles	236,505	214,832
Provision for Long Service Leave	12,516	9,038
	<u>249,021</u>	<u>223,870</u>
<b>NET ASSETS</b>	<u>1,472,456</u>	<u>1,231,704</u>

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

**RURAL HEALTH TASMANIA INC.  
CONSOLIDATED PROFIT & LOSS STATEMENT  
FOR THE YEAR ENDED  
30TH JUNE 2019**

	2019	2018
<b>INCOME</b>		
Grants Received	3,961,985	3,681,516
Wage Subsidy	0	12,510
Administration	9,440	11,032
Interest Received	3,036	2,531
Motor Vehicle Hire	0	
Rent - Respite House	14,195	16,490
Service Maintenance Project	21,000	
Organisational Support & Administration	0	15,166
	<u>4,009,656</u>	<u>3,641,691</u>
<b>EXPENDITURE</b>		
Advertising	10,705	38,105
Auditing	16,065	15,040
Bank Fees	702	648
Bookeeping	0	210
Childcare	3,841	0
Client Support Services	10,087	5,930
Computer Expenses	48,192	47,431
Contract Wages - THS	0	325,645
Consultants & Contractors	29,123	46,252
Depreciation	87,702	75,723
Electricity	23,975	29,598
Employment Expenses	0	6,057
Enhancement & Training	37,251	60,601
Equipment & Consumables	21,841	2,676
Establishment Expenses	54,666	0
Group Meetings	7,219	7,782
Insurance	57,493	41,688
Interest	23,003	0
Materials	19,014	0
Meeting Expenses	23,522	15,901
Motor Vehicle Expenses	104,202	106,650
Motor Vehicle Hire	0	0
Organisational Support & Administration	0	0
Printing & Stationery	52,728	41,877
Program Expenses	163,672	149,559
Promotion	0	193
Rent & Rates	158,934	112,621
Repairs & Maintenance	42,093	33,486
Respite House Operating Costs	20,630	19,070
Service Maintenance Project	0	14,190
Staff Amenities & Cleaning	16,193	20,516
Staff Training	74,618	86,224
Start Up Costs	0	1,249
Sundry Expenses	6,770	4,038
Superannuation	224,730	171,791
Supplementary Services	67,854	61,013
Telephone	43,895	37,725
Travel & Accommodation	33,074	58,354
Wages	<u>2,287,285</u>	<u>1,820,583</u>
	<u>3,771,079</u>	<u>3,449,174</u>
<b>NET OPERATING PROFIT/(LOSS)</b>	<b>238,577</b>	<b>192,517</b>
<b>LESS OTHER EXPENSES</b>		
Annual Leave Increase/Decrease	8,512	42,816
Sick Leave Increase/Decrease	12,789	4,365
Long Service Leave Increase/Decrease	<u>-23,476</u>	<u>33,393</u>
	<u>-2,175</u>	<u>80,574</u>
<b>NET PROFIT/(LOSS)</b>	<b><u>240,752</u></b>	<b><u>111,943</u></b>

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 2019**

	<b>2019</b>	<b>2018</b>
<b>CASHFLOWS FROM OPERATING ACTIVITIES</b>		
Receipts from Grants & Customers	4,341,350	3,223,792
Payments to Suppliers	-3,593,967	-3,524,692
Interest Received	3,036	2,531
Interest Paid	-23,003	-17,156
	<u>727,416</u>	<u>-315,525</u>
<b>CASHFLOWS FROM INVESTING ACTIVITIES</b>		
Purchase of Capital Items	127,518	143,715
Proceeds from Sale of Capital Items	-19,000	-63,236
	<u>108,518</u>	<u>80,479</u>
<b>CASHFLOWS FROM FINANCING ACTIVITIES</b>		
Proceeds from Borrowings	98,043	97,008
Repayment of Borrowings	-97,075	-114,924
	<u>968</u>	<u>-17,916</u>
<b>NET INCREASE/(DECREASE) IN CASH HELD</b>	619,866	-413,920
<b>ADD CASH AT BEGINNING OF YEAR</b>	714,961	1,128,881
<b>CASH AT END OF YEAR</b>	1,334,827	714,961

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 2019**

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.



