



MENTAL HEALTH CARERS ARAFMI NSW 2009-2010

ANNUAL REPORT



CELEBRATING 35 YEARS OF ARAFMI

Our Vision

Our vision is for a community that understands and responds to the impact of mental illness on families, friends and relatives and the many people who have a diagnosed mental illness.

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The Mental Health Carers ARAFMI NSW Inc. (ARAFMI NSW) is a non- government organisation that provides support and advocacy for families, relatives and friends of people who experience mental illness, living in NSW. It has operated for 35 years and has three branches currently providing local services and support in the Hunter, Illawarra, and Central Coast areas. Support for carers can be provided regardless of location or physical isolation through a state-wide help line service and global web access.

Following consultation with members, staff and other key stakeholders, ARAFMI NSW has identified the following issues to be addressed in our Strategic Plan:

- The need for ARAFMI NSW to be accessible to, and meet the needs of a broader range of families, relatives and friends, including special needs groups and people living in regional, rural and remote areas
- Development in the mental health and carer's fields, including new initiatives for carers
- Clarification and strengthening ARAFMI NSW's governance structure, including the relationships between the NSW office and the regional offices
- Increasing opportunities to work in partnership with other agencies
- The low profile of the organisation within the community and government.
- The need to review the structures and roles within ARAFMI NSW
- Financial pressures within the NSW office and the need to review the funding agreement

What ARAFMI NSW Provides

ARAFMI NSW provides a range of support, education and advocacy services for families, relatives and friends of people with mental illness. Currently these include:

- A variety of holistic services through a network of branches including: Young ARAFMI, family support, meditation, individual advocacy, counselling, education and training and building community awareness
- Information and Support Line services: operational Monday to Friday 9am–5pm
- Information resources for family members, friends, carers and consumers
- A network of support groups throughout NSW delivered through the four Regional Offices and several rural volunteer groups
- Policy work, lobbying and systematic advocacy on behalf of carers, family members and friends of people who experience a mental illness
- Networking with other organisations especially in the mental health and carers sector

Aims & Objectives

1. Be a voice for families and carers of people with a mental illness in order to encourage government to acknowledge and incorporate families and carers into mental health policy
2. To assist in family and carer focused research and application of its findings for the benefit of families and carers of people living with a mental illness
3. Recognises and respects the dedication that all families, carers and friends have for those for whom they care; and will support them in their efforts that those for whom they care shall receive proper support and care from mental health services
4. Values the experience and knowledge of families and carers and will ensure their full participation in the planning and evaluation of ARAFMI NSW's services
5. Endeavour to inform mental health professionals and the community of the challenges faced by families and carers of people living with mental illness
6. Encourage mental health professionals and the community to respect the knowledge and rights of families, carers and those for whom they care
7. Encourage mental health professionals to include families and carers in the planning of their loved ones' treatment and care
8. Endeavour to lessen the stigma and isolation suffered by people with mental illness, their families and friends by taking every opportunity to educate and inform the community
9. Collaborate with mental health professionals and community services that provide support to families, carers and friends of people living with a mental illness and will refer people to these services and organisations as needed and appropriate.
10. Provide opportunities for families and carers of people living with a mental illness to discuss their situation and benefit from the mutual support of others in similar circumstances in order to help families and carers understand that they are not alone
11. Provide opportunities for community participation and social interaction for families and carers that have become socially isolated.
12. As conscious of the diversity of families and carers in the community and aims to help them in their caring role regardless of culture, language, gender, age, or whether or not they choose to become members of ARAFMI NSW; while appropriately respecting cultural differences and special needs



35th Anniversary Conference Report

This year to commemorate ARAFMI's 35th Anniversary of its foundation, ARAFMI held its first national conference on the 28th and 29th October 2010 at the NSW Teachers Federation Conference Centre. The Conference concentrated on the theme, "National Challenges-Local Solutions"; reflecting the fact that the difficulties and challenges faced by people living with mental illness and their carers are very similar across the country and that the solutions to these must be found in each individual case by the consumers carers and the hospitals and community health services involved.

This Conference was funded through a grant from the Mental Health Coordinating Council and the support of the Commonwealth Department of Health and Ageing which enabled delegates from the different interstate branches of ARAFMI as well as a large number of NSW carers and carer organisations to attend.

The Conference was opened by Professor Ian Webster, Patron of the Alcohol and other Drugs Council of Australia who noted the difficulties of many carers faced with a loved one with both mental health and substance abuse issues. The keynote speech was given by Professor Alan Fels, former head of the ACCC, himself a carer for a child living with a mental illness; and speakers included people such as David Crosbie of the Mental Health Council of Australia and Mr. Rob Ramjan CEO of the Schizophrenia Fellowship; as well as staff, and members of ARAFMI NSW and other carer organisations (see program outline).

Over 100 delegates and carers attended and it may be the first such national conference dedicated to the concerns of mental health carers in Australia and was a fitting way to commemorate 35 years of supporting carers of those living with mental illness.

Ann Wilson attended the conference and has provided this report of Conference proceedings from a participant's perspective:

The thing that has remained in mind since the ARAFMI 35th Anniversary Conference on 28th and 29th October 2010 has been the 'no holds barred' stories told to us by the carers. Carers have stated that quite often they feel obliged to give a 'watered down' version of their experiences, feelings and the impact that their loved one's illness has had on their lives. This is for a number of reasons: the story is so shocking or has been so shattering that they seek to 'protect' the listener; they do not know if their words will fall on 'friendly ears' ... or even worse, on deaf ears. At times it is simply too exhausting to yet again describe what has become the family's reality, a reality that has totally changed all of their lives.

As well as being a conference for mental health professionals and service providers, the Conference was very much a conference *of carers* and *for carers*. They had all 'been there, done that' in one sense. Yet, despite any similarities in events, each carer's experience was a very individual one, a loved one's illness affecting each person and each family differently. In this 'conference of carers' a very 'safe' environment for sharing automatically existed, and we heard stories of strength, courage, determination and resilience, which we know are all part of the 'job description' for being a carer. Yet no carer has ever **applied** for their job, so it would seem that in order to undertake the role, mental health carers develop these essential characteristics as they travel along their journey. Most of all, though, we heard the love for the person who is ill, and concern for their return to a reasonable quality of life. There was variability in success in getting appropriate treatment and follow-up support, and there was much sharing of personal strategies and coping skills which had worked for them. All in all, we are certain that everyone in attendance was both enriched and inspired by these candid stories, but, being a 'conference of carers' the speakers were preaching to the converted, as it were. A thought came to mind: "What we need is to have these stories televised to share with others who just have *no idea* what it's like to

live such a thing happening to someone you love so dearly”.

The Conference had commenced with a Welcome to Country and Smoking Ceremony, which was a lovely connection to and recognition of our Aboriginal community. Without a doubt, its warmth and good wishes helped to create the safe and positive environment which prevailed during the Conference. Awe at the carers' stories in no way diminished appreciation of – and knowledge gained from – the other speakers, who were a mix of academics, doctors and a range of health professionals, and professionals from government and non-government organisations. These speakers were either interested in mental health for personal or family reasons, or 'in the line of duty'. Carers attending the Conference – as well as workers in the mental health sector – would have been greatly heartened to get the status report, as it were, that they heard over the two days. To hear of developments in the sector; recognition of issues for carers (including lack of psychiatric/medical and psychosocial facilities needed by their loved one during an episode and for recovery); a range of local and national action plans and lobbying strategies by various mental health local direct-service workers and peak bodies.

ARAFMI NSW felt honoured to have the CEO's, Committee members and carers from the other States attend the Conference to celebrate our anniversary with us. Likewise, we are grateful for the support of our sponsors such as the Mental Health Council of Australia, NSW Health, the NSW Teachers' Federation, (the website developers), and Matrix Onboard.

We also felt honoured to hear the experiences of carers in regional and remote areas outlined to us at the Conference. For example, a number of mental health workers and carers from the Greater Western Area Health Service (GWAHS) attended and spoke at the Conference. GWAHS covers 55% of the geographical area of New South Wales. The population of 294,000 is both widely scattered as well as gathered in regional towns. Only three regional hospitals have mental health beds and after-hours access to mental health services. There are only 52 beds for the whole geographical area. The difficulties of all remote areas throughout Australia are easy to imagine – such as even less availability of trained mental health professionals in these areas, and the problems associated with distance and lack of transport. Of great interest to all were the programs, achievements and plans of these areas, including the use of new 'video' technologies, telephone-line support, key partnerships and training. Likewise, a 'lateral thinking' approach being successfully trialled by the Pharmaceutical Society of Australia. In this program greater use is being made of the knowledge, skills and pharmacist - customer relationship to offer ongoing contact and support to people with a mental health problem. This program offers promise in both regional and remote area, as well as in metropolitan areas.

Margaret Lukes founded ARAFMI in 1975 in Sydney. She had planned to address the ARAFMI 35th Anniversary Conference, but due to ill health, she was represented by her daughter instead who unveiled a commemorative portrait by artist Bill Stanfield, which will hang in Mental Health Carers ARAFMI NSW State Office in Sydney. Approaching 95 years of age Margaret maintains a strong interest in ARAFMI in all States, and we are sure she would have been pleased to hear all that was said about progress to date, and the ongoing journey **forward** for carers.

**Ann Wilson Whatley,
Volunteer ARAFMI NSW
December 2010**

L.Weedon addresses the Conference



Smoking ceremony by Uncle Max Delamunmun.

ARAFMI NSW President's Report

The past year has seen the implementation of changes, both to our constitution and to the model rules which must guide ARAFMI NSW in its constitutional development. This in turn has, I believe, lead to a stronger, more competent organization better, suited to meet the needs of carers of those with mental health problems.

My role as Acting President came about after the resignation of Carl Portelli, our CEO in 2009 and the appointment of Keiran Booth, firstly in an acting capacity and later after the position was advertised and interviews completed, to the substantive position of CEO.

In particular, I would like to thank Keiran and his staff at the NSW office for all their efforts in putting on this year highly successful 35th Anniversary Conference. This event included high profile carers and health professionals from across Australia, such as Profs. Alan Fels and Ian Webster and was attended by delegates and members of interstate ARAFMI organisation as well as local members and carers. The event was well received and meant a lot of work for those involved in making it a success. This event helped to raise ARAFMI's profile and to ensure the voice of carers can be heard across Australia and for this we are grateful.

Keiran has, as was well described by another Board member, a passion for all that ARAFMI stands and our staff and volunteers strive to achieve. We have been particularly fortunate in having a man of his skills, commitment, integrity and stamina as our CEO and hope that he is able to remain in the position for some time to come.

I take this opportunity to thank my fellow Board members for their dedication to ARAFMI, our Treasurer, Brian Reeves, Secretary Kris Havron and also ordinary members Jack Kelly, Carol Woolley and Reg Lacey who have spent many hours travelling to meetings of the Board and Teleconferencing.

Our Treasurer has given up many hours to meetings with Matrix and I am sure there have been many other instances where the time spent on Board matters is unrecorded but should be acknowledged.

I also thank Douglas Holmes, who has served as Treasurer and John Pullman an ordinary member who both served on the Board for a time.

Our other Executive reports will provide details of our achievements and hopes for the future. It only remains for me to say how proud I am to have had the opportunity to make a small contribution to ARAFMI. Our head office has worked very hard this past years but the greater proportion of the work of ARAFMI is done in the regions by a very dedicated staff and volunteers, represented in the main by the Hunter, Central Coast and Illawara regions. Whatever issues may arise at times, ARAFMI NSW is the legal entity which is ultimately responsible for all operations in NSW, the best way to ensure that the NSW Board meets the needs of the Regional Branches is to attend the AGM's and make sure your voice is heard and insofar as it is possible, your needs met.

We are indeed all members of the same organization and our main concerns are to meet the needs of carers in the best possible way.

Let us move forward together into the thirty sixth year of ARAFMI and make it the best year yet,

**Colin Levy,
Acting President ARAFMI NSW
December 2010**



Treasurer's Report

My first year as Treasurer at Mental Health Carers ARAFMI NSW has been an exciting and challenging one. While the organisation has recorded a small deficit of \$8,717, we have made many gains and consolidated our expenditure this year in what was at times a dynamic and uncertain environment.

Our focus this year has been on diversifying our income streams and reducing administrative costs while maintaining a high level of service provision. We have expanded our training services, which totalled \$17,868 this year compared to \$1,465 in 2008-09. Our membership income increased by around 140%, with plans to further grow our membership base in the coming year.

Despite these gains, Mental Health Carers ARAFMI NSW now faces a different funding situation in 2010-11. As a result of a change of providers by NSW Health, we will no longer provide direct delivery of Family & Carer Mental Health support services in the Northern Sydney Central Coast Area Health Service area and will shift our focus to fulfilling our "peak body" commitments by providing quality and timely information for families and carers of the mentally ill, as well as support for and policy submissions on behalf of its members. Our Central Coast Regional Office will continue to provide its wide range of service in the Central Coast Region.

This change in direction for Mental Health Carers ARAFMI NSW means a contraction of government-funded income and further planned growth in other income streams. Besides increasing our training services, membership base and member services, we are also undertaking our first Conference in October 2010. Additionally, we are planning a number of smaller, one-off projects

with approved surpluses from prior years. The NSW Board of Management and I are excited about these changes and have prepared well for the financial challenges that lie ahead.

The priority area within this preparation has been cost reduction and control, which we have facilitated through consolidation of supplier contracts, fiscal tightening and revisiting policies on governance and delegations of authority throughout each level of the organisation. This has already resulted in cost savings in many administrative areas, including audit fees, bank charges, computer expenses, fringe benefits tax, insurances, communications and repairs and maintenance. Discretionary spending on items such as travel, consultancy and recruitment has also been reduced as the organisation has focused on up-skilling its staff and Board Members and local Committees through training in order to become more self-sufficient. More measures to cut overhead costs are planned for 2010-11.

As Treasurer I believe that this process has contributed to a more robust organisation and a far more adaptable cost environment, which will be essential in weathering a formative change in funding and income in the coming year. Given this solid planning and preparation, I am confident about our organisation's future as the peak body for families and carers of people with a mental illness in NSW.

**Brian Reeves,
Acting Treasurer ARAFMI NSW
December 2010**



ARAFMI NSW Board 2009-2010

Board Members

President	Colin Levy
Honorary Secretary	Kristine Havron
Honorary Treasurer	Brian Reeves
Ordinary Board Members	John (Jack) Kelly
	Carol Woodley
	Reg Lacey



Jack Kelly & Colin Levy

ARAFMI Staff

Chief Executive Officer	Keiran Booth
Promotions and Development Officer	Ann Wilson Whatley (retired)
(Former) Policy Officer	Jonathan Harms
Acting Policy Officer	Gerard Newham
Information and Support Line Officer	Veselinka Petruseva
Administration Officer	Sunny Hemraj

Volunteers

John Bear
Janis Macdonald
Mardie Oglivie-Barak
Bronwyn Maddison

Chief Executive Officer's Report

As many of you would know, this year marked our 35th anniversary since foundation by Mrs. Margaret Lukes OAM. For a small grassroots organisation we have grown to be a national body with a strong, united voice for mental health carers and reform in the mental health sector. Nowhere has this been more so than in NSW.

To mark our anniversary we held our very successful conference in October of this year. You can read more about this elsewhere in the Annual Report. We had representatives from all ARAFMI Australia states and territories and some truly wonderful speakers and presenters. We also unveiled a stunning portrait of our founder that now sits proudly in our boardroom keeping a constant eye on our board and its deliberations! The conference was the culmination of a year of planning and thanks must go to our principle funding sponsors (Commonwealth Department of Health and Ageing and the Mental Health Council of Australia) who made

it all possible. I would also like to recognise the very significant planning and work that went into the conference by our staff. To

Ann Wilson Whatley, Sunny Hemraj, Gerard Newham and a number of dedicated volunteers and supporters – we say thank you. The conference would not have been possible without their significant input.



Whilst we were disappointed to learn of the loss of our contract with NSW Health to provide the Family & Carer Mental Health Program we were extremely fortunate to have very talented and dedicated staff in North Ryde and Gosford who, in difficult and trying times, continued to provide professional programs and excellent services to mental health families and carers. The loss of the program obviously represents a loss in our funding stream but we will continue to provide services to families and carers of people with a mental illness, just as we have done for the past 35 years.

Although we no longer provide the Family & Carer program, we continue to be the Peak Body representing mental health families and carers in NSW. We are grateful to a number of other NGO's who have supported us in our role and we look forward to working with them as we continue to promote the needs of families and carers. I would also like to thank Mr. David McGrath, Ms. Regina Osten, Mr. Scott Burcham and especially Ms. Carmel Jones from NSW Health Mental Health & Drug and Alcohol Office for their continued support through some difficult times. We value the partnership with NSW Health and working with these people makes it an easier path to tread.

During the past 12 months we have been asked to sit on a large number of government and public committees and other forums. These opportunities have allowed us to have input into the development of mental health policy and programs. We have been able to place the carer perspective on the agenda and have seen a strong commitment to recognising and addressing mental health families and carers needs. We still have some way to go but I believe that there has been a significant shift to recognise the specific needs of mental health families and carers. We will push for this to continue.

In the coming year we will have a strong focus on the growth and development of our organisation. Plans are well progressed for the establishment of a number of new ARAFMI NSW branches. These new branches will allow our organisation to reach a greater number of families and carers of people with a mental illness and provide the support, education and information required by them. It will also provide us with an opportunity to have a more diverse membership through rural, remote, regional and CALD contact. This is an exciting opportunity for us and we look forward to providing more news shortly.

Communication and consultation with our members across a wide area has always been a challenge. I am very happy to say that through the generosity of two people (Jackie & David Neville) we have been able to address this issue through the donation of a new website. Jackie and David have rewritten and redeveloped our website and have created an exciting website that allows members and the general public to interact through forums, exchanges of information and direct input in relation to consultations and submissions. The new website is easier to navigate, provides up to date news items, blogs, resources, forums and access to a range of other important information. We would like to thank Jackie and David and the company, The Magic Caterpillar, for their generosity and ongoing support. It

is this very support that an organisation like ours needs to survive. I encourage you to check out the new site (www.arafmi.org) and provide us with your feedback and ideas.

No organisation can survive or hold the reputation for excellence that we have without the very dedicated and professional staff that we are blessed with. Our Regional Managers, Kelly Parrish (Illawarra), Rhonda Wilson (Central Coast) and Jo Sinclair (Hunter) lead and support our magnificent staff. Without those staff providing the excellent services and support to our communities we would not have the reputation we do. Our Head Office staff of Sunny Hemraj, Gerard Newham, Ann Wilson Whatley (recently retired) and Jonathan Harms (yes, he's back after a short time away) have provided me with the most wonderful and loyal support. To all of our staff I say a big thank you for your consistent efforts and the professional and caring manner that you display on a daily basis.

Our organisation exists for its members. It has been and will continue to be governed by dedicated and committed volunteers. To all of our local branch committees and their volunteers, thank you for all that you do for our organisation. Thank you does not seem to be enough but we do truly value your contribution and input. Finally, I would like to thank and pay tribute to the NSW Board members. Our NSW board members continue to provide professional and reasoned governance to our organisation. They continue to give of their time and expertise and have been an enormous support to me in the last 12 months. I would especially like to thank and pay tribute to our Acting President Colin Levy for his leadership and commitment and to our Acting Treasurer Brian Reeves for his ongoing support and financial diligence. The contribution of these two Directors cannot be adequately described in the short space we have but their contribution, support, guidance and friendship has been invaluable.

Finally, to our members, supporters and friends. Thank you for your ongoing contributions, your donations and your input. For us, as an organisation, to remain connected to our grass roots we will continue to need you. I encourage you to be involved.

Take care. Keep well.

Keiran Booth,
CEO ARAFMI NSW Inc

Policy, Promotions and Member Service Manager's Report

Once again 2010 has been another year of change for Mental Health Carers ARAFMI NSW. From a policy perspective, the NSW Office of ARAFMI has seen some further changes to personnel and a review of roles prompted by some of these changes; in particular the retirement of Ann Wilson Whatley after a number of years of outstanding service from the position of Promotion and Development Officer, and my own (unexpectedly temporary) departure from the Policy Officer position. Subsequently these have been combined into the new position of Policy, Promotion and Member Services Manager, which I have returned to undertake.

In the Promotion and Development area in 2009-2010 ARAFMI updated and reviewed a number of its publications and pamphlets, reprinting many and making these available to the Branches and to other NGO's and health services across the State.

In addition, prior to her departure the former Promotions Manager, Ann Wilson Whatley initiated the planning process for the 35th Anniversary Conference and her work in this regard provided the blueprint which ARAFMI used in staging this unique event. Of particular importance were a number of teleconferences Ann conducted in early 2010 with both ARAFMI NSW Branch staff and other NSW mental health and carers organisations; as well as with representatives from interstate ARAFMI divisions in order to ensure that they had input from the earliest stages into the format and content of the Conference. Their preferences and opinions were noted and reflected in the Conference ARAFMI ultimately delivered by ARAFMI.

From a Policy perspective in 2009-2010, ARAFMI once again participated in a large number of committees, planning processes and reviews as the peak body for mental health carers in NSW, including the Carer Identification Project, the Carer's Recognition Act passed by State Parliament, the federal Inquiry into Planning Options and Services for People Aging with a Disability, the national carer Strategy, the national Recovery Standard, the Review of mental health in the Criminal Justice System and the Mental Health Tribunal changes (which has seen the Tribunal take over the role of conducting the initial inquiries into involuntary treatment) for which ARAFMI is still participating in a monitoring committee. ARAFMI conducted a short consultation into the proposed changes with its consultation volunteers by survey and their practical insights provided invaluable direction into the way these changes are being monitored by this committee as well as into numerous other issues.

Once again we thank all our consultation volunteers for their participation and would welcome any members who would like to participate in the coming year in this important work.

ARAFMI continues to be involved in a number of committees with NSW such as the Older Person's Mental Health Working Group and the committee developing guidelines around the physical care of mental health consumers; as well as joint projects with other NGO's like the on-line Mental Health Rights Manual being developed with the MHCC and the Public Interest Advocacy Council and will continue to represent carer's interests and bring the carer's perspectives to these important tasks.

In 2010-2011, it will be the task of the Policy, Promotion and Member Services Manager next year to both recruit and train some policy assistants to help with consultation and policy research tasks at the NSW Office; as well as helping to identify or recruit 'policy partners' based at ARAFMI's Branches to help facilitate the input of staff and carers based at Branches (who are closer to the practical side of caring and advocacy) to help inform ARAFMI's positions and direct its systemic advocacy tasks into the future.

It will also be a key task for 2010-2011 to complete the policy harmonization across the organisation, to build on the enormous strides which have been made in this regard in the last few years.



**Jonathan Harms,
ARAFMI NSW Inc.**

Information and Support Line Officer's Report

The past 12 months have been a busy and exciting time for the Information and Support line. Unfortunately, 2010 saw our Information and Support Line Officer Vesi Petrusева leave ARAFMI for new employment in case management and support. However, the position is being recruited at the time of writing and, given the high standard of applicants, it is certain that the Infoline will continue to operate at the high standard set by Vesi during her time in the role.

Number of calls to the Infoline

ARAFMI has been receiving significantly more calls than in the past, particularly in the wake of the 35th anniversary conference and the launch of our new website. The increased level of activity experienced is not wholly reflected in the Infoline statistics due to inconsistencies in capturing and logging call data. This will be addressed with enhanced training and procedures to ensure that the data collected is accurate, complete and beneficial to our operations. Promotion of the Infoline and linking to on-line forums and services will be a priority for the year ahead.

Demographics

The majority of callers to the Infoline are female and parents of a person with a mental illness, followed by partners and siblings. However, there are also a small number of calls from consumers and from service workers from other organisations. As has been the case in previous years, there have been relatively few callers from a CALD or indigenous background. Because of the particular challenges that carers in these groups experience, we will be developing strategies to raise awareness of ARAFMI and our services and to develop stronger links to key CALD and indigenous organisations.

Training of volunteers

2010 saw a number of valued volunteers move into paid employment, as well as the addition of several new volunteers. At present there are 3 volunteers working the Infoline on a regular basis, and after a recruitment campaign we have taken on another 4 with the possibility of more to come. A training day was held recently for these new recruits. More trained volunteers will enable the Information and Support Line Manager to focus more on supervisory and development activities and possibly the development of more workshops and education for carers in the coming year.

Supervision sessions

It is an important part of supervising Infoline volunteers that they receive supervision and debriefing. Because of the nature of the role, there is always potential for calls to have a negative impact upon volunteers. Our volunteers are offered a high level of peer support in terms of managing more difficult or complex calls, as well as the opportunity to talk through any concerns or negative feelings they might experience associated with their role.

Borderline Personality Disorder (BPD) Workshop for Carers

Carer interest in the BPD workshop remained high. One session was delivered during 2010 which was well attended and evaluation suggested a high degree of satisfaction with the workshop.

**Gerard Newham,
ARAFMI NSW Inc.**



INFORMATION AND SUPPORT LINE

Call: (02) 9332 0700
1800 655 198

Information on mental health and the mental
health system

Support and advice

Programs and support groups

Central Coast Regional Office Committee & Staff 2009-2010

Patron

Lord Gosford

Management Committee

President	Karen O'Neill
Treasurer	Maree Richards
Secretary	Trish Griffin

Committee Members

Kris Bowen	Conette Wheatley
Helen Wotherspoon	Vanessa Hoad
Helen Rodney	Kris Havron
Christine Marsh	

Central Coast ARAFMI - Volunteers

Bingo	Sue Sheather Rita Vella Amanda Smith Judy Hardey Sheree Williams
Recreation Program	Frank Shelley Barry Wagner Sue Lunden
Kincumber Cottage	Maree Richards Helen Rodney Melanie Fletcher Glenn Pavett Denise Greenlees



Staff

Regional Manager	Rhonda Wilson
Family Support Worker	Maria Blackburn
Family and Carer Workers	Linda Weedon Peta Laczkowski Gail Noble
ATSI Worker	Bob Williams
Child and Adolescent	Marion Galbraith
Administration Assistant	Donna Heward
Recreation Officer	Jenny Connolly

North Ryde Family & Carer Program Staff

Michelle Rickenbach	Team Leader
Sue Knight	Education & Support Worker
Kate Debus	Education & Support Worker
Loviner Lee	Cultural Diversity Project Coordinator
Suzanne Wood	Community Development Worker
Stacie Tonello	Administration Assistant

Auditor

George H. Middleton

Central Coast Regional Office Manager's Report



ARAFMI Central Coast has again proved its ability to provide outstanding service and support to families, friends and carers of people with a mental illness on the Central Coast. An outstanding job has been done by all staff and they have carried out their roles with diligence and again proven themselves experts in mental health and family support. Visiting staff, volunteers and students continue to comment on the camaraderie and loyalty to the organisation evident within the Central Coast band of merry women and of course Bob our ATSI project worker.

It has been over 30 years since ARAFMI Central Coast had its humble beginnings and now has an office in Kincumber, Gosford and Bateau Bay. Central Coast staff support, families whose lives have been affected by mental illness, providing counselling, advocacy, community connections, outreach services, consumer program, education and training. The staff work alongside clinicians and community workers and sit on a number of committees across the coast. They continue to strengthen their relationships with other workers at the coal face and in Wyong and Gosford have raised the profile of carers and consumers.

Central Coast ARAFMI continues to be the leading mental health Non Government service on the Central Coast. As a small NGO this Branch has achieved not only great things for its community but has a reputation for "keeping the bastards honest" and no compromise where support for carers and their families are concerned.

There is also a genuinely dedicated and committed Management Committee which remains the anchor to the local community and continues to remind us, who we are here to support and why.

The Yakkalla program, now 20 years in operation, is the only ARAFMI service which addresses the social and recreational needs of consumers and the provision of respite to carers. The success of this service has been made possible by the continuing dedication of the workers and our partners (NSCCH). Funding from DADHC keeps the program afloat and fund raised monies by volunteers has made it the high quality facility you see today.

Our Young ARAFMI program is in its 11th year and addresses the emotional, social and practical needs of young carers. The schools program has highlighted a number of gaps in support services for young people and has provided an educational and supportive network to staff at the schools. Individual counselling sessions for the children remain an important part of the services offered and allows for an introduction to the Kids Connecting weekly program now in its

7th year and operating from our Bateau Bay facility.

One of the two buildings at the Bateau Bay premises is also shared by YC Radio (a partnership with Youth Connections) and is a combination of students and young ARAFMI clients. With content to burn, YC Radio has burst onto Coast FM's Community Radio airways developing media and broadcasting skills within a professional learning environment for young people

Another innovative project in 09 /10 is the Hidden carers and consumers project which was made possible through funding from Carers Respite and NSCCH and provides an outreach program targeting those hidden carers and consumers not accessing support services.

This year also saw the employment of an Aboriginal support worker which we are proud to say has opened a number of doors to the Aboriginal community and proven to be an educational and rewarding experience for all concerned. Bob has worked tirelessly to highlight the needs of Aboriginal families, mental health issues and increase collaboration between services.

North Ryde Family and Carer program came under the direction of Central Coast management in 2009-2010, and continued to be an outstanding program which provided services from the North Ryde and Central Coast locations. Some of the services include Magistrates hearings, ward visits, individual support, support groups and a vast array of educational programs. The ARAFMI Family support worker works closely with the team to ensure a holistic approach is maintained, tracking family interventions and ensuring best practice.

In 2009-2010 ARAFMI Central Coast continues to demonstrate qualities of commitment, innovation and tenacity with the advantage of providing its services with less bureaucratic structures and extensive networks of support. This advantage enables more immediate responses to carers and their families as well as flexibility and creativity.

ARAFMI is made up of extraordinary people doing extraordinary things with extraordinary passion and dedication. As ARAFMI looks forward to a bright future, it is a privilege and a pleasure to work alongside these extraordinary people.

**Rhonda Wilson,
Regional Manager ARAFMI NSW Central Coast**

ARAFMI CENTRAL COAST ABORIGINAL FAMILY SUPPORT PROJECT 2009-2010

After receiving funding through the Family and Carer Mental Health Project ARAFMI Central Coast sent out an invitation to the Aboriginal interagency members to provide input around the proposal for an Aboriginal support worker.

With the assistance and knowledge of the local Aboriginal community ARAFMI would go on to achieve the active recruitment of a well respected Aboriginal community worker. The projects aim would be to introduce ARAFMI staff to Aboriginal services and networks as well as individuals, families and services to ARAFMI and the local mental health service providers.

The Aboriginal project was entered into with the determination to seek information and advice at the beginning of the process. It was understood that the specialist knowledge of particular community members and their potential contribution to this project was vital, and that the Aboriginal support worker would need to be knowledgeable about the issues of local culture and community.

The Aboriginal project worker, Bob Williams, negotiated informal partnerships and utilised existing community resources to focus on the needs of indigenous families and young people, build community capacity and more effectively assist family members.

The objective and strategies of the project were also aimed at resourcing individuals and communities and assist young people, families and carers where mental illness was affecting their lives.

The project worker participated in as many relevant networks, community events and discussions as possible. Bob was able to forge strong working partnerships with local Aboriginal community groups and organisations and increased our ability to relate to the community gaining acceptance and trust.

The project had a community development focus based on the idea that local people already know what the issues and problems are and how to solve them as this was an assumption ARAFMI held when working with all carers, and it sat well with the Aboriginal community.

The project worker along with the Aboriginal community representatives and organisations raised awareness around cultural bias, behaviour, actions and perceptions needing to be monitored and challenged.

The obvious lack of accessible resources available, and the extremely limited contact with Aboriginal families led Central

Coast ARAFMI to investigate ways to reach out to families and reduce social isolation.

Partnerships with Aboriginal specific services were formed and the ARAFMI family support worker and Child and Adolescent workers conducted regular outreach services to support families, young people and the elderly. Given the unpredictable nature of mental illness and its disabling effects on the family, these flexible options were provided.

The Aboriginal support worker project lasted 12 months and much was achieved in this time thanks to the incredible networks initiated by the project worker Bob and the respect shown to him by the local Aboriginal community.

Rhonda Wilson,
Regional Manager ARAFMI NSW Central Coast

Bob Williams



Hunter Regional Office Committee and Staff in 2009-2010

Committee – Hunter

President	Jack Kelly
Treasurer	David Farley
Secretary	Helen Oxley

Committee members

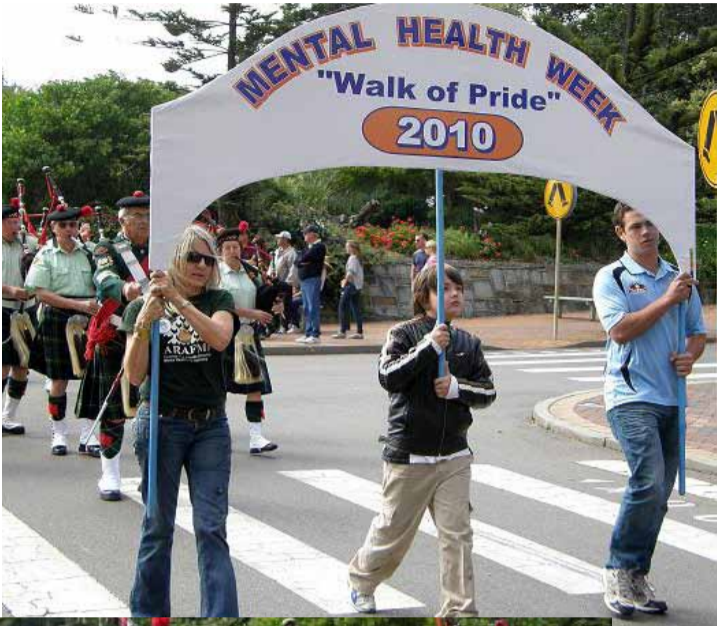
Bryan Abery
Shirley Finney
Janet Mundie

Staff list

Regional Manager	Joanne Sinclair
Family Counsellor	Coralie Reeve
Bookkeeper	Kay Riley
Administration	Helen Leman

Volunteers

Jack Kelly
Aldas Kaisonas
Neville Williams
Betty Stokes
Julia Mullaney
Zonica Ciganovic
Bree Tate
Shaun Marjoribanks





Hunter Regional Office Manager's Report

Dear members,

2009/2010 has been a very busy year Change! Change! Change! is everywhere! We are in important times as new structures are being built and old ones crumbling, we all have to withstand the pressure coming from so many directions and life taking on new meaning. ARAFMI have had a name change in 2009 to Mental Health Carers ARAFMI NSW Inc Hunter Region, It is great to have Mental Health Carers in front of the name as this is a way many more carers can access our service and receive the emotional support they need.

We began two new workshops and 2 new support groups in the Hunter in 2009, Boundaries and Borderline Personality Workshops have been very well received, Coralie and I try to run each group once a month. The two new support groups are Dual Diagnosis and Borderline Support, back in June this year we had 21 family members attend the BP Support group, we believe there is much emotional family support needed in these areas.

Our partnerships are growing in many ways this year Coralie and I were asked to facilitate two training groups to the Red Cross Telephone Support Workers on Depression, I was also asked to facilitate training to Taree Mental Health Unit regarding Staff Training. Coralie also ran a Boundaries Workshop for Youth Workers, we see these as really exciting initiatives as Mental Health Carers ARAFMI needs to be one of the lead organisation in informing services and assisting with carer integration as ARAFMI has been operating for 30 years and needs to be acknowledged for its expertise in Carer support, workshops and training.

After attending many forums, conferences, and meetings I am very aware of the need for workforce reform and the balance to swing from cognitive intelligence to emotional intelligence, there needs to be a greater balance within services if people expect to access the right help and support. This emotional intelligence needs to begin in schools where young people are up against many emotional twists and turns in their lives. People are not coping, services are not coping and there needs to be a real shift in skills, attitudes and beliefs for a brighter future in health care and reform.

The 'Walk of Pride' won a Newcastle City Council Award in 2009, it was recognised for the Services ARAFMI offers to individuals and families in the wider community by offering an event that creates change and offers a message of

Hope! We are all so excited about the Walk of Pride as in 2009 it has grown being held in Brisbane and Central Coast, then in October 2010 the walk will be in Perth it is such a fantastic way for people to find acceptance and promote social inclusion.

Our Website has been a great way for carers to access our newsletter, find out about upcoming workshops, Navigator Guide and the 'Walk of Pride'. I would like to thank all staff, volunteers and branch committee members for their valuable and generous time and commitment to Mental Health Carers ARAFMI. Working with families of people with mental illness has always been about a journey of Love, Courage and Hope!

Kindest Regards,

**Joanne Sinclair,
Regional Manager ARAFMI NSW Hunter
December 2010**

Illawarra Regional Office Committee and Staff in 2009-2010

Patron

Mr. Alex Darling

Management Committee

President / Chairperson	Colin Levy
Secretary	Margareth Keats
Treasurer	Reg Lacey
Fundraising Officer	Carol Wooley
Promotions and Publicity	Carol Wooley

Committee Members

Peter Hutten
Sandra Lecey
Lorraine Huisman

SESI AHS member

Christine Kulyk

Staff list

Regional Manager	Kelly Parrish-Knick
Family Support Worker	Greg Cleary
Office Administration	Lorraine Huisman
Accountant	Sandr Balatti (AJBartlettCachia Accountants)
Student Placements	Melissa Young Sarah Fusco Alison Hooper

Volunteers

Lorraine and Jeff Huisman
Cathy Hayes
Carol and Lee Wooley
Sandra and Reg Lacey
Carol Wooley
Lena Alla
Shirley Packham
Margaret Keats
Taina Levy





Illawarra Regional Office Manager's Report

It has been another successful year for ARAFMI Illawarra.

Newsletters were distributed bi-monthly and between the period of 2009/2010 we published 6 newsletters. We also give other services an opportunity to advertise their programs or services within these newsletters to help get information out to the wider community.

Individual carer information and support is an area of demand and with the assistance of competent and trained volunteers, this has been adequately achieved. ARAFMI has new brochures available on supporting children, caring for your own wellbeing and a carer's booklet of carer rights and the caring role. Our Carers Handbook was recently updated in April 2010 with thanks to the SESIAHS Carer Program, which provided ARAFMI Illawarra a \$1000 grant to get reprinted.

Caring and Sharing Meetings have been a great success with carers and families attending regularly or when needed either for support or for the education aspect of the group. Carers also feel the group is delivered in a non threatening and non judgmental way and feel comfortable.

Some carers have also developed an external support network between themselves which also helps break the isolation when in crisis or stressful situations and ARAFMI is unavailable.

Carer Services Coordination: Over the 12 months ARAFMI has worked closely with Schizophrenia respite service, commonwealth respite service, headspace, Family Drug Support, SESIAHS, Black Dog Institute, ARAFMI NSW, local Tafe and the UOW, IMRHI to name a few which include partnerships in respite opportunities, distributing resources, shared educational workshops, networking and consultation.

Throughout the year ARAFMI has provided education and awareness to our local Tafe students at Wollongong and Shellharbour with presentations on our service and awareness on carer's issues. ARAFMI also has had 3 student placements during this time working on local projects.

- Research project on Carers health and Wellbeing (Wollongong Tafe Student)
- Part 1. ARAFMI service volunteer and staff orientation package (Shellharbour Tafe Student)
- Policies updated (UOW Law student)

ARAFMI has also participated in community events to raise awareness, educate the community and help eliminate stigma associated with mental illness. These include the following:

- Ride for Mental Illness Awareness - which raised funds over \$12,000. Over 500 riders participated. ARAFMI provided sample

bags with relevant resources which also included information on illnesses and other services. Other local organisations were also in attendance such as Schizophrenia respite and Carers NSW.

- Mental Health Month
- Mental Health First Aid – this workshop was run in partnership with the Family and Carer Program
- Vorn Expo – Services promotion
- Volunteers Expo & Volunteers Luncheon – in conjunction with Volunteers week recognizing all of ARAFMI's Volunteers and achievements
- Trivia Night
- Family Drug and Alcohol Forum - in partnership with the Family Drug Support service. A panel of experts was available to address families concerns and answer questions.
- Drug and Alcohol Forum – this forum was at the Master Builders club and was hosted by the Family & Carer program which gave ARAFMI another opportunity to distribute.
- Partnership meetings including the Consumer Carer Consultative Committee and the IHMRI (Illawarra Health and Medical Research Institute),

ARAFMI has had new volunteers assist in the past 12 months in different areas of the service, including the management committee, fundraising and Office duties. Volunteers are matched to qualifications and experience within the office environment and are given the opportunity to participate in relevant training through professional development and other training avenues. Volunteers and staff have been involved in ongoing Professional Development training over the last 12 months. All staff and volunteers have been matched up with mentors and supervision relevant to their roles.

The major users of our service in the last 12 months were a mixture of close supporting networks that have a caring role with the consumer such as Relatives and friends. Older and middle aged carers such as parents, partners and middle aged children caring or concerned for a parent were the main service uses. We did have contact with a percentage of friends who were concerned about someone close to them living with a mental illness. A large percentage of other local services utilized our service. This entailed information seeking and resources, referrals, advocacy for clients, partnerships and networking and attendance at carer groups for support, and education on specific topics or their services.

**Kelly Parrish-Knick,
Regional Manager ARAFMI NSW Illawarra**

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

FINANCIAL REPORT
FOR THE YEAR ENDED
30 JUNE 2010

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

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ARAFMI (NSW) INC.
A.B.N.70 653 824 650

COMMITTEE'S REPORT

Your committee members submit the financial report of the ARAFMI (NSW) INC. for the financial year ended 30 June 2010.

Committee Members

The names of committee members throughout the year and at the date of this report are:

Colin Levy (Acting President)
Brian Reeves (Acting Treasurer)
Kristine Havron (Secretary)
Jack Kelly
Carol Wooley (Appointed 21 November 2009)
Reg Lacey (Appointed 23 January 2010)
Kieran Booth (Resigned 16 October 09)
Douglas Holmes (Resigned 21 November 2009)
Jonny Pullman (Resigned 18 January 2010)

Principal Activities

The principal activities of the association during the financial year were:

to provide support and advocacy for families with mental illness or disorder. ARAFMI reaches out with friendship and understanding to all those lives that are touched by mental illness. Our aim is to maintain and improve existing levels of support and crisis resolution to all relatives and friends of people with a mental illness.

Significant Changes

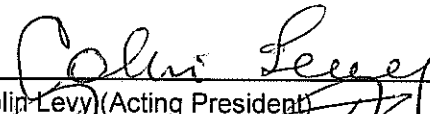
No significant change in the nature of these activities occurred during the year.

Operating Result

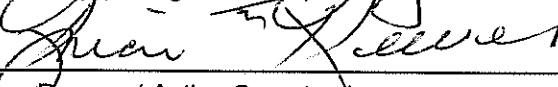
The loss for the financial year amounted to \$8,717.

Signed in accordance with a resolution of the Members of the Committee.

Committee Member:


Colin Levy (Acting President)

Committee Member:


Brian Reeves (Acting Secretary)
TREASURER

Dated :

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

INCOME AND EXPENDITURE STATEMENT
FOR THE YEAR ENDED 30 JUNE 2010

	Note	2010 \$	2009 \$
INCOME			
Grants Received		934,200	938,294
Non Government Funding		1,750	51,582
Membership Fees		1,510	619
		937,460	990,495
OTHER INCOME			
Interest Received		15,534	19,109
Other Revenue		29,842	3,640
		45,376	22,749
		982,836	1,013,244
EXPENDITURE			
Accountancy Fees		5,750	8,850
Advertising		3,140	9,017
Bank Charges		1,291	1,841
Bookkeeping Fees		36,589	35,280
Central Coast allocation		94,000	-
Cleaning		510	3,772
Computer Consumables		4,757	5,685
Conference Expenses		3,455	6,432
Consultancy Fees		1,998	7,561
Depreciation		30,011	18,679
Education & Training		17,071	-
Electricity & Gas		3,970	1,149
Events & Workshops		-	32,080
Filing Fees		182	226
Fringe Benefits		211	2,114
General Expenses		-	54
Holiday Pay		(10,319)	25,552
Insurance		15,243	11,212
Leasing Charges		2,790	2,790
Postage		5,246	3,169
Printing & Stationery		30,873	31,167
Program Resources		430	1,428
Rent		14,619	15,536
Repairs & Maintenance		1,624	8,914
Salaries & Wages		602,982	510,693
Staff Recruitment		856	12,694
Staff Training & Welfare		13,490	28,701
Storage Fees		-	217
Subscriptions		2,328	1,910

The accompanying notes form part of these financial statements.

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

INCOME AND EXPENDITURE STATEMENT
FOR THE YEAR ENDED 30 JUNE 2010

	Note	2010 \$	2009 \$
Superannuation Contributions		49,758	44,700
Telephone		32,120	35,076
Travelling Expenses		26,578	29,849
		991,553	896,348
(Loss) Profit before income tax		(8,717)	116,896
Retained earnings (Accumulated losses) at the beginning of the financial year		69,451	(14,206)
Transfer To Reserves		-	33,239
Transfer From Reserves		(7,763)	-
Retained earnings at the end of the financial year		68,497	69,451

The accompanying notes form part of these financial statements.

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

ASSET AND LIABILITY STATEMENT
AS AT 30 JUNE 2010

	Note	2010 \$	2009 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents		312,825	265,474
Trade and other receivables	2	23,542	108,556
Prepayments		23,978	769
TOTAL CURRENT ASSETS		<u>360,345</u>	<u>374,799</u>
NON-CURRENT ASSETS			
Property, plant and equipment	3	91,915	120,707
TOTAL NON-CURRENT ASSETS		<u>91,915</u>	<u>120,707</u>
TOTAL ASSETS		<u>452,260</u>	<u>495,506</u>
LIABILITIES			
CURRENT LIABILITIES			
Sundry Creditors		24,132	35,916
Other Creditors		7,973	7,973
Amounts Withheld		8,064	22,252
Superannuation Payable		5,275	16,326
Employee benefits	4	32,921	43,240
Accrued Charges		5,000	6,940
Income in advance		14,753	-
Grant in Advance		-	70,596
Grants Unexpended		260,169	189,573
TOTAL CURRENT LIABILITIES		<u>358,287</u>	<u>392,816</u>
TOTAL LIABILITIES		<u>358,287</u>	<u>392,816</u>
NET ASSETS		<u>93,973</u>	<u>102,690</u>
MEMBERS' FUNDS			
Reserves	5	25,476	33,239
Retained earnings	6	68,497	69,451
TOTAL MEMBERS' FUNDS		<u>93,973</u>	<u>102,690</u>

The accompanying notes form part of these financial statements.

**ARAFMI (NSW) INC.
A.B.N.70 653 824 650**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2010**

1 Statement of Significant Accounting Policies

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporation Act NSW. The committee has determined that the association is not a reporting entity.

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

The following material accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report:

Property

Freehold land and buildings are shown at their fair value (being the amount for which an asset could be exchanged between knowledgeable willing parties in an arm's length transaction), based on periodic, but at least triennial, valuations by external independent valuers, less subsequent depreciation.

Fixed Assets

Leasehold improvements and office equipment are carried at cost less, where applicable, any accumulated depreciation.

The depreciable amount of all fixed assets, excluding freehold land, is depreciated over the asset's useful life to the association commencing from the time the asset is held ready for use. Leasehold improvements are depreciated over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

Leases

Leases of Property Plant and Equipment, where substantially all the risks and benefits incidental to the ownership of the asset, but not the legal ownership, are transferred to the association, are classified as finance leases.

Finance leases are capitalised by recording an asset and a liability at the lower of the amount equal to the fair value of the leased property or the present value of the minimum lease payments, including any guaranteed residual values. Lease payments are allocated between the reduction of the lease liability and the lease interest expense for the period.

Lease incentives under operating leases are recognised as a liability and amortised on a straight-line basis over the life of the lease term.

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2010

Employee Benefits

Provision is made for the association's liability for employee benefits arising from services rendered by employees to balance date. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Impairment of Assets

At the end of each reporting period, the entity reviews the carrying values of its tangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the assets fair value less costs to sell and value in use is compared to the assets carrying value. Any excess of the assets carrying value over its recoverable amount is expenses to the income statement.

Cash and Cash Equivalents

Cash and cash equivalents includes cash on hand, deposits held at call with banks and other short term highly liquid investments with original maturities of three months or less.

Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed, for this purpose, deferred consideration is not discounted to present values when recognising revenues.

Interest revenue is recognised using the effective interest rate method, which for floating financial assets is the rate inherent in the instrument. Dividend revenue is recognised when the right to receive the dividend has been established.

Grant and donation income is recognised when the entity obtains control over the funds, which is generally at the time of receipt

All revenue is stated net of the amount of goods and services tax (GST)

Provisions

Provisions are recognised when the association has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured. Provisions are measured at best estimate of the amounts required to settle the obligation at the end of reporting period.

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 30 JUNE 2010

	2010 \$	2009 \$
2 Trade and Other Receivables		
Current		
Rental Bond	300	200
GST Payable	5,037	12,385
Sundry Debtors	18,205	95,971
	<u>23,542</u>	<u>108,556</u>
3 Property, Plant and Equipment		
Land and Buildings		
Leasehold - Property Improvements	16,099	14,880
Less: Accumulated Depreciation	(781)	(383)
	<u>15,318</u>	<u>14,497</u>
Total Land and Buildings	<u>15,318</u>	<u>14,497</u>
Motor Vehicles	45,103	45,103
Less: Accumulated Depreciation	(12,263)	(4,684)
	<u>32,840</u>	<u>40,419</u>
Office Furniture & Equipment	88,181	109,975
Less: Accumulated Depreciation	(44,424)	(44,184)
	<u>43,757</u>	<u>65,791</u>
Total Plant and Equipment	<u>76,597</u>	<u>106,210</u>
Total Property, Plant and Equipment	<u>91,915</u>	<u>120,707</u>
4 Employee Benefits		
Current		
Provision for Holiday Pay & Sick Leave	<u>32,921</u>	<u>43,240</u>
5 Reserves		
General Reserve		
Opening Balance for the year	33,239	-
Transfer from (to) Retained Earnings	(7,763)	33,239
	<u>25,476</u>	<u>33,239</u>

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2010

	2010 \$	2009 \$
<hr/>		
6 Retained Earnings		
Retained earnings (Accumulated losses) at the beginning of the financial year	69,451	(14,206)
(Net loss) Net profit attributable to the association	(8,717)	116,896
Transfer To Reserves	-	(33,239)
Transfer From Reserves	7,763	-
Retained earnings at the end of the financial year	<u>68,497</u>	<u>69,451</u>

ARAFMI (NSW) INC.
A.B.N.70 653 824 650

STATEMENT BY MEMBERS OF THE COMMITTEE

The committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the committee the financial report as set out on pages 1 to 10:

1. Presents a true and fair view of the financial position of ARAFMI (NSW) INC. as at 30 June 2010 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that ARAFMI (NSW) INC. will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

President: Colin Levy
Colin Levy

Treasurer: Brian Reeves
Brian Reeves

Dated: 30.10.10

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF ARAFMI (NSW) INC.
A.B.N.70 653 824 650**

Report on the Financial Report

We have audited the accompanying financial report, being a special purpose financial report, of ARAFMI (NSW) INC. (the association) which comprises the assets and liabilities statement as at 30 June 2010, income and expenditure statement, a summary of significant accounting policies and other explanatory notes and the statement by members of the committee.

Committee's Responsibility for the Financial Report

The committee of the association is responsible for the preparation and fair presentation of the financial report and have determined that the accounting policies described in Note 1 to the financial statements, which form part of the financial report, are consistent with the financial reporting requirements of the Associations Incorporations Act NSW 1984 and are appropriate to meet the needs of the members. The committee's responsibility also includes designing, implementing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditors' Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. No opinion is expressed as to whether the accounting policies used, as described in Note 1, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing 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 auditors' judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report.

The financial report has been prepared for distribution to members for the purpose of fulfilling the committee's financial reporting under the Associations Incorporation Act NSW. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

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

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF ARAFMI (NSW) INC.
A.B.N.70 653 824 650**

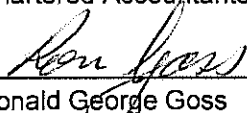
Independence

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

Auditors' Opinion

In our opinion, the financial report of ARAFMI (NSW) INC. presents fairly, in all material respects the financial position of ARAFMI (NSW) INC. as of 30 June 2010 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements and the Associations Incorporations Act NSW 1984.

Name of Firm: GOSS & CLARKE
Chartered Accountants

Name of Partner: 
Ronald George Goss

Address: Level 6, 10 Spring Street, Sydney, NSW, 2000

Dated: 11 November 2010

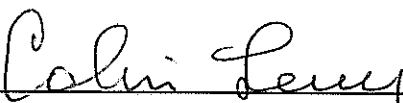
ARAFMI (NSW) INC.
A.B.N.70 653 824 650

CERTIFICATE BY MEMBERS OF THE COMMITTEE

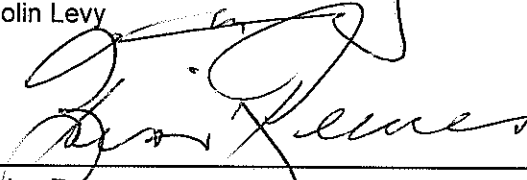
I, Colin Levy of Albion Park, NSW, 2527 and I, Brian Reeves of 6/3-5 Coast Avenue, Cronulla, NSW, 2230 certify that:

- (a) We are members of the committee of ARAFMI (NSW) INC..
- (b) We attended the annual general meeting of the association held on
- (c) We are authorised by the attached resolution of the committee to sign this certificate.
- (d) This annual statement was submitted to the members of the association at its annual general meeting.

Committee Member:


Colin Levy

Committee Member:


Brian Reeves

Dated :

Statement of Financial Position

By Branch								
Head Office		Illawarra		Hunter		Central Coast		
2010	2009	2010	2009	2010	2009	2010	2009	
312,825	265,474	26,158	9,128	39,574	52,990	298,857	309,537	
47,520	109,325	-	-		-	-	-	
360,345	374,799	26,158	9,128	39,574	52,990	298,857	309,537	
91,915	120,707	3,106	3,507	3,328	3,920	225,523	225,523	
91,915	120,707	3,106	3,507	3,328	3,920	225,523	225,523	
452,260	495,506	29,264	12,635	42,902	56,910	524,380	535,060	
45,444	82,467	5,071	6,353	9,864	8,490	17,794	12,348	
32,921	43,240	10,005	6,057	-	-	2,760	2,421	
279,922	267,109	-	-					
358,287	392,816	15,076	12,410	9,864	8,490	20,554	14,769	
-	-	-	-	12,180	12,185	4,864	2,067	
-	-	-	-	12,180	12,185	4,864	2,067	
358,287	392,816	15,076	12,410	22,044	20,675	25,418	16,836	
93,973	102,690	14,188	225	20,858	36,235	498,962	518,224	
25,476	33,239	-	-	-	-	-	-	
68,497	69,451	14,188	225	20,858	36,235	498,962	518,224	
93,973	102,690	14,188	225	20,858	36,235	498,962	518,224	

ARAFMI NSW Incorporated
Consolidated Accounts
30/06/10

Statement of Financial Performance

	\$ 2010	\$ 2009
Income		
Donations Received	17,753	18,979
Grants Received	1,503,632	1,451,758
Fund Raising	108,528	92,417
Non Government funding	1,750	51,582
Education Programs	1,455	612
Membership Fees	3,200	2,062
Conference/Consultancy Fees	-	2,000
	1,636,318	1,619,410
Other Income		
Interest Received	16,372	20,860
Other Revenue	33,764	7,860
Gross Profit/(Loss) from Trading	-	-
Unexpended Grants	-	7,852
	50,136	36,572
	1,686,454	1,655,982
Expenditure		
Accountancy Fees	8,725	14,618
Activities & Outings	2,723	1,757
Admin Fees Re Projects	970	373
Advertising & Promotion	6,733	11,386
Auditors' Remuneration	4,200	4,195
Bad Debts written Off	-	-
Bank Charges	6,701	3,033
Bookkeeping Fees	36,589	35,280
Carer Group	771	-
Central Coast Allocation	94,000	-
Cleaning	4,254	7,461
Computer Expenses	7,815	7,646
Conference & Meeting Expenses	3,455	9,350
Consultancy Fees	1,998	7,561
Costume	-	466
Depreciation	31,511	20,355
Education & Training	17,071	-
Drama	-	3,290
Electricity & Gas	9,206	4,302
Events & Wokshops	-	32,080
Filing Fees	182	226
Fringe Benefits	211	2,114
Fund Raising Expenses	17,909	22,486
General Expenses	12,425	9,744
Holiday Pay	(7,776)	34,372
Insurance	30,260	31,063
Internet Expenses	1,269	1,227
Leasing Charges	2,790	2,790
Long Service Leave	1,400	6,433
Meal & MV Allowances	23,463	19,079
Meetings	941	1,872
Motor Vehicle Expenses	-	-
Office Supplies	1,403	3,159
Office & Other Equipment	53,164	7,765
Outgoing Membership	66	-
Performance rights	-	150
Photography	-	-
Postage	7,166	4,281
Printing & Stationery	45,927	44,687
Program Resources	5,432	6,177
Rates	4,848	4,764
Reference Materials	1,578	1,927
Rent	15,762	15,536
Repairs & Maintenance	4,094	11,439
Salaries & Wages	1,038,906	853,590
Security	1,721	2,005
Staff Recruitment	856	12,694
Staff Training & Welfare	30,164	48,147
Storage Fees	-	217
Subscriptions & Memberships	4,170	3,122
Superannuation Contributions	89,573	75,910
Supervision	-	407
Telephone	47,637	48,722
Travelling Expenses	27,966	32,472
Volunteer Training	629	645
Wages & Salary Sacrifice	16,000	-
	1,716,858	1,472,377
Total Expenses		
Profit/(Loss) from Ordinary Activities	(30,404)	183,605
Retained Profits/(Accumulated Losses) at beginning of financial year	624,135	473,769
Total Available for Appropriation	593,731	657,374
Reserves at beginning of year	33,239	-
Adjustment to Accumulated Funds b/w/d	1,011	-
Retained Profits/(Accumulated Losses) at end of financial year	627,981	657,374

By Branch									
Head Office		Illawarra		Hunter		Central Coast			
2010	2009	2010	2009	2010	2009	2010	2009	2010	2009
-	-	1,747	6,796	15,252	11,753	754	430		
934,200	938,294	63,812	59,880	123,148	119,811	382,472	333,773		
-	-	26,386	3,753	4,315	7,751	77,827	80,913		
1,750	51,582	-	-	-	-	-	-		
-	-	-	-	1,455	612	-	-		
1,510	619	510	170	995	1,064	185	209		
-	-	-	-	-	2,000	-	-		
937,460	990,495	92,455	70,599	145,165	142,991	461,238	415,325		
15,534	19,109	45	62	384	1,162	409	527		
29,842	3,640	437	775	735	762	2,750	2,683		
-	-	-	-	-	-	-	-		
-	-	-	7,852	-	-	-	-		
45,376	22,749	482	8,689	1,119	1,924	3,159	3,210		
982,836	1,013,244	92,937	79,288	146,284	144,915	464,397	418,535		
5,750	8,850	2,975	5,015	-	-	-	-	753	
-	-	-	-	-	-	2,723	1,757		
-	-	-	-	970	373	-	-		
3,140	9,017	3,443	1,699	150	663	-	-	7	
-	-	1,250	1,250	1,450	1,445	1,500	1,500		
-	-	-	-	-	-	-	-		
1,291	1,841	311	343	53	177	5,046	672		
36,589	35,280	-	-	-	-	-	-		
94,000	-	771	-	-	-	-	-		
510	3,772	-	-	50	23	3,694	3,666		
4,757	5,685	1,555	-	-	-	1,503	1,961		
3,455	6,432	-	-	-	-	-	2,918		
1,998	7,561	-	-	-	-	-	-		
-	-	-	-	-	-	-	466		
30,011	18,679	908	877	592	799	-	-		
17,071	-	-	-	-	-	-	-		
-	-	-	-	-	-	-	-	3,290	
3,970	1,149	-	-	-	-	5,236	3,153		
-	32,080	-	-	-	-	-	-		
182	226	-	-	-	-	-	-		
211	2,114	-	-	-	-	-	-		
-	-	5,541	6,270	9,385	16,216	2,983	-		
-	54	-	2,069	9,827	6,300	2,598	1,321		
(10,319)	25,552	3,948	1,751	(1,405)	2,581	-	4,488		
15,243	11,212	2,174	1,825	808	5,874	12,035	12,152		
-	-	-	-	-	-	1,269	1,227		
2,790	2,790	-	-	-	-	-	-		
-	-	-	-	1,400	6,433	23,463	19,079		
-	-	941	1,872	-	-	-	-		
-	-	-	-	-	-	-	-		
1,403	-	729	1,942	-	-	674	1,217		
53,164	7,765	-	-	1,157	1,065	52,007	6,700		
66	-	66	-	-	-	-	-		
-	150	-	-	-	-	-	150		
-	-	-	-	-	-	-	-		
7,166	4,281	5,246	3,169	1,336	666	-	-		
45,927	44,687	30,873	31,167	4,305	4,275	7,865	7,394		
5,432	6,177	430	1,428	-	-	4,630	3,019		
4,848	4,764	-	-	372	1,730	4,848	4,764		
1,578	1,927	-	-	-	-	-	-		
15,762	15,536	14,619	15,536	1,578	1,927	1,143	-		
4,094	11,439	1,624	8,914	-	367	2,470	2,158		
1,038,906	853,590	602,982	510,693	24,088	47,590	302,192	200,256		
1,721	2,005	-	-	-	-	1,721	2,005		
856	12,694	856	12,694	-	-	-	-		
30,164	48,147	13,490	28,701	4,400	3,903	5,860	11,652		
-	217	-	217	-	-	-	-		
4,170	3,122	2,328	1,910	-	126	1,563	858		
89,573	75,910	49,758	44,700	3,500	5,058	27,165	18,232		
-	407	-	407	-	407	-	-		
47,637	48,722	32,120	35,076	2,853	2,114	9,471	7,600		
27,966	32,472	26,578	29,849	564	2,067	-	-		
629	645	128	45	501	600	-	-		
16,000	-	16,000	-	-	-	-	-		
991,553	896,348	79,985	90,617	161,661	160,997	483,659	324,415		
(8,717)	116,896	12,952	(11,329)	(15,377)	(16,082)	(19,262)	94,120		
69,451	(14,206)	225	11,554	36,235	52,317	518,224	424,104		
60,734	102,690	13,177	225	20,858	36,235	498,962	518,224		
33,239	-	-	-	-	-	-	-		
-	-	1,011	-	-	-	-	-		
93,973	102,690	14,188	225	20,858	36,235	498,962	518,224		

Our statement of purpose

United by our shared experiences,
we provide a voice and a range of
services for carers, families, and
friends of people who experience a
mental illness.



Mental Health Carers
ARAFMI NSW



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