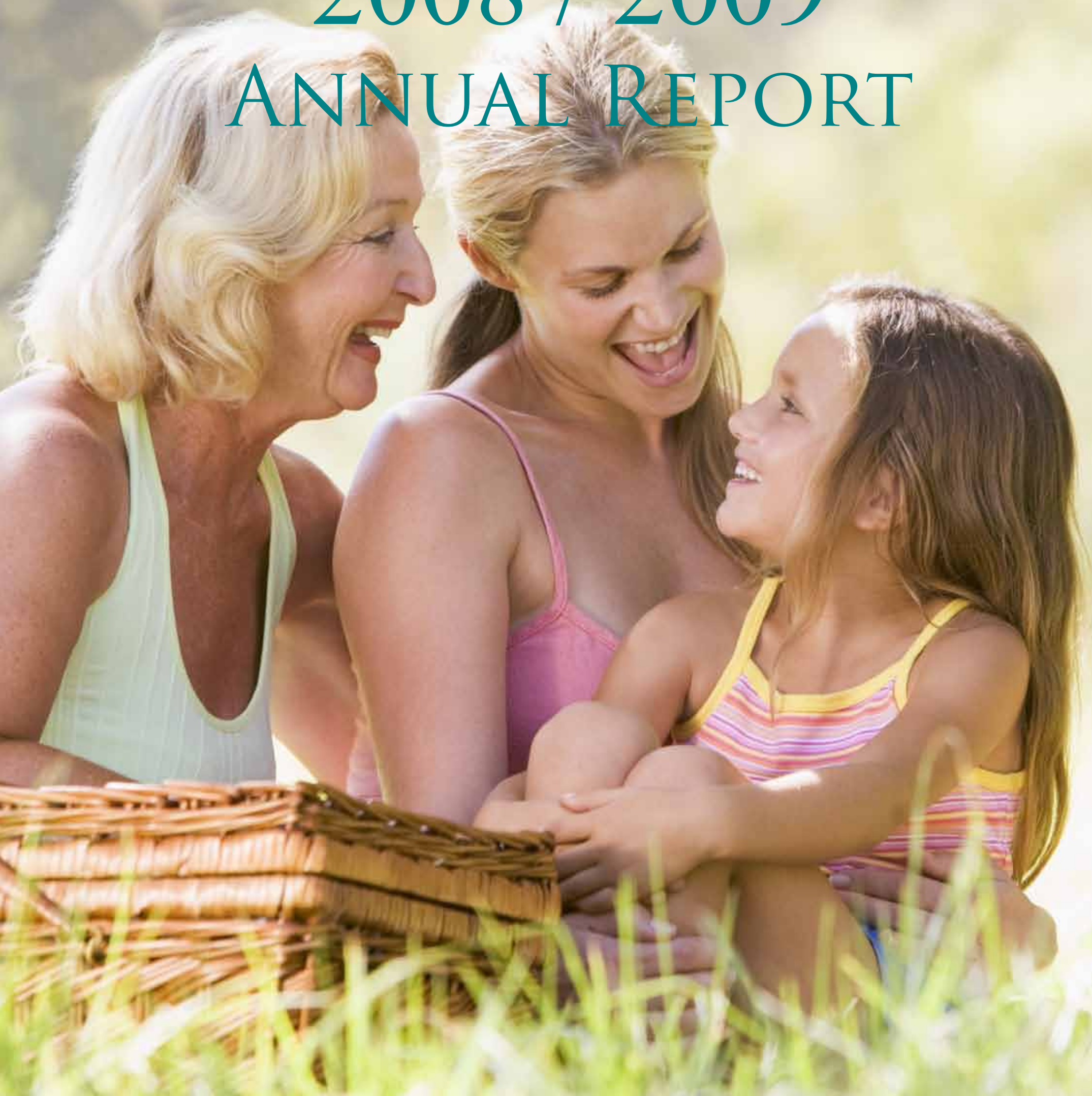




ARAFMI NSW

2008 / 2009

ANNUAL REPORT



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 Association of Relatives and Friends of the Mentally Ill NSW (ARAFMI NSW Inc.) 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 30 years and has four branches currently providing local services and support in the Hunter, Illawarra, Northern Sydney 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 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'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 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
- Facilitation of a Family and Carer Mental Health Program in the North Sydney and Central Coast areas
- 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

ARAFMI's Objectives

1. Be an effective policy and advocacy body, working to encourage governmental mental health policy to acknowledge and incorporate families, friends and carers of people with mental illness
2. Increase community awareness of the impact of mental illness on families, friends and carers and of the support and services ARAFMI can provide
3. Develop fully operational branches throughout NSW
4. Develop an effective NSW state office supporting and coordinating the activities of the branches and community initiatives
5. Offer a creative mix of services at the local level in partnership with other agencies, to meet the needs of all groups of carers in that area
6. Coordinate state-wide services and projects to contribute to meeting the needs of families, friends and carers of people with mental illness
7. Work towards increasing and educating an active membership
8. Ensure financial viability and a more diverse income base to support organisational development, growth and sustainability
9. Ensure good governance and effective management at a state-wide level to guarantee the delivery of ARAFMI's mission and strategic objectives.

ARAFMI NSW President's Report



Dear Members and Friends of ARAFMI NSW:

I have great pleasure in submitting to you the 2009 ARAFMI NSW Annual Report. It seems as though each year for us gets bigger and bigger and busier and busier. We have had a wonderful year which commenced with our formal appointment by the NSW Health Minister as the peak body for families and carers of people with a mental illness in NSW. This role is a strong endorsement of our organisation and provides us with the opportunity to work with all carer organisations across NSW to represent and advocate for the special needs of families and carers. ARAFMI NSW is extremely grateful to the NSW Government and the NSW Department of Health for this opportunity. We would especially like to acknowledge the support of the NSW Mental Health Drug and Alcohol Office through its Director, David McGrath, and staff. We are lucky to have such a supportive and active partner in our role.

Our new role as the peak body has provided us with an opportunity to sit on a number of government committees and consultations which allows us to ensure that the specific needs of mental health carers and families are considered and recognised at the planning level. To do this effectively we must ensure that we consult with and maintain effective communication with all organisations that support individuals, families and carers. Plans are well developed for this process and we are most grateful for the professional and supportive attitude of many of our non government partner agencies. I would also like to thank our CEO and staff for their diligence in maintaining our presence and consultation in this important area.

Our role as a peak body has not detracted from our important work in the regional areas with the local communities. Our regional offices, through the staff and local management committees continue to provide exceptional services and programs to our members and the wider community. We must continue to remind ourselves that the high reputation we enjoy within the community is due to the diligence and professionalism of all of our staff, volunteers and members who quietly go about the important business of supporting the many families and carers who rely on our services.

The past year has seen a number of important changes for our organisation. Following the concerns

raised by members at our conference two years ago we have completed the restructure of the organisation. In essence, the restructure places the responsibility for local service delivery in the hands of the regional offices and local management committees. In doing so we have also strengthened our governance role and the understanding of our responsibilities to the organisation. Corporate policies and procedures have been enhanced to ensure consistency across the organisation and to provide clarity in roles and responsibilities.

To ensure that our board members, staff and local committee members are aware of their responsibilities we commenced a governance training program for all board and committee members. This training provided an opportunity for us to get together and discuss the issues for the organisation as well as providing a strong platform to inform all members of state and local committees of their ethical and legal responsibilities.

The training was held over three days and was attended by more than 80 per cent of all possible participants. A training package was developed and it is intended that the course will be run annually to ensure that any new committee members are able to access the training as they join our local and state committees.

As a result of new legislation relating to the Incorporations Act, we also conducted a review of our own constitution. The review allowed us an opportunity to rewrite our constitution and bring it up-to-date. It has been an extensive process that has involved much consultation with members, staff and other stakeholders. The new constitution will be put to members at the association's annual general meeting for adoption. On behalf of the board I would like to thank the sub-committee and staff (special mention to our policy officer, Jonathan Harms and CEO, Carl Portelli) and members for their input and efforts in completing such a huge task.

Following ongoing discussions with members and other stakeholders the NSW Board has proposed a change of name for our organisation. It has long been felt that our name needed to reflect our role and that our current name did not adequately describe or explain our role. The Board also considered that our national

body (originally ARAFMI Australia) is now known as 'Mental Health Carers (ARAFMI) Australia Incorporated.

With these issues in mind, the Board has recommended our name be changed to "Mental Health Carers (ARAFMI) NSW Incorporated." This recommendation will be put to members at the association's annual meeting.

In June this year we held our second NSW Conference. The conference was extremely well attended over the two days and provided a great opportunity for members, staff, committee and NSW Board members to get together, share our experiences and plan our future. Feedback from the conference was overwhelmingly positive and all participants felt that it was a venture that needed to continue. At the conference we recognised a number of areas that need to be improved. These areas included our internal communication methods, our marketing and promotion and the standardisation of aspects of our services and programs. I am pleased to say that plans are well advanced in regard to these issues and I am confident that we will see great improvements in these areas in the future. Thank you to all participants for their contributions and I look forward to next year.

I would like to thank all of the staff, local committees and members for their contributions throughout the year. I am indebted to my NSW Board colleagues for their support, guidance and friendship over the last 12 months. This year saw the resignation of a board member, NSW life member, Peter Hutten. Peter has given exceptional service over a long career and the Board acknowledges and thanks Peter sincerely for his dedicated service and long standing contribution. Peter's resignation saw the appointment of a new board member as a casual vacancy.

The board welcomed Mr. John (Johnny) Pullman and has been enhanced by Johnny's extensive experience in the mental health sector and his deep commitment to the needs of families and carers of people with a mental illness. I would like to recognise the extensive commitment of all board members and thank them most sincerely.

For our organisation to continue to grow and develop we need the ongoing assistance and support of our members. I encourage you to play an important role in

the organisation by making yourself available to serve on local committees and the NSW Board. It is vital to our ongoing viability that we have members who are prepared to contribute at all levels. It is a small contribution that provides you with a great sense of satisfaction and appreciation for our organisation.

Finally, we recently received news of the resignation of our CEO, Carl Portelli. The board wishes to place on record our gratitude to Carl for his leadership, commitment and loyalty to ARAFMI NSW. Carl has led the organisation through difficult times and has been well regarded by all. We thank Carl for his substantial contribution and wish him well in his future.

I have great pride in the organisation and all that it stands for. I thank the staff and all others involved in our organisation and I commend this annual report to you.

Take care, stay well and thank you!

Keiran Booth
President ARAFMI NSW
September 2009



2008-2009 A Year of Change

Conference 2008 Outcomes

1. Review strategic plan
2. Undertake organisational restructure
3. Undertake a constitutional review
4. Review name change
5. Review the ARAFMI policies and procedures
6. Increased communication and collaboration – internal
7. Build a working relationship with NSW Health
8. Restructure the FCMHP
9. Increase our participation
with ARAFMI Australia
10. Undertake governance
training





Treasurer's Report



I am pleased and proud to once again present the Treasurer's Report for the financial year 2008 -2009 to our members and other interested people. This year has been a particularly exciting one for ARAFMI NSW with the announcement by the Minister for Health of our appointment as the peak body representing families and carers, and the new directions that entails.

Over the past few years ARAFMI NSW has continued to focus on improving and consolidating our sound financial management. The accounts reflect this commitment and endeavour, and we have completed the year with a small surplus of funds.

Thanks to all who have made my position as Treasurer such a pleasure. In particular I would like to acknowledge Carl Portelli, Indra Tenggara and Anna Collett who ensure that accounts are always accurate and in order.

Our auditors, Goss and Clarke, and in particular Praneet Singh, have prepared an auditor's statement for this Annual Report. We appreciate the role of our auditors in the review of ARAFMI NSW accounts.

I am confident that the organisation continues to be in an excellent position to continue to progress the participation of mental health carers, in line with ARAFMI NSW's strategic plan.

Sincerely
Douglas Holmes
Honorary Treasurer

ARAFMI NSW Board 2008-2009

Board Members

President	Keiran Booth
Honorary Secretary	Colin Levy
Honorary Minutes Secretary	Kristine Havron
Honorary Treasurer	Douglas Holmes
Ordinary Board Members	Jack Kelly
	Johnny Pullman
	Brian Reeves
	Peter Hutten

ARAFMI Staff

Chief Executive Officer	Carl Portelli
Promotions and Development Officer	Ann Wilson Whatley
Policy Officer	Jonathan Harms
Information and Support Line Officer	Veselinka Petruseva
Administration Officer	Sunny Hemraj

Volunteers

John Bear	Graham Grainger
Maureen O'Connor	Elizabeth Zaleski
Bronwyn Maddison	Cecilia Silva

Chief Executive Officer's Report

Over the past two years that I have been with ARAFMI I have seen the organisation undergo a series of dramatic changes, each strategically driven by a dedicated board and implemented by an equally dedicated staff who are supported by a membership who understand the necessity of the work ARAFMI undertakes for the families and carers of people with a mental illness across NSW. It is for this reason it was with great difficulty I came to the decision to resign from my position of CEO in order to pursue more of my own personal goals.

Throughout the 2008-2009 year ARAFMI NSW undertook a series of planned changes with the main objective of attaining the status of peak body for families and carers of people with a mental illness. These changes ranged from an organisational restructure to development of a new constitution and organisational policies to support that new structure, as well as a range of other initiatives which were to result in the expansion of ARAFMI NSW's capacity to support

carers across the state.

Three new positions became available to the ARAFMI NSW State office this year, increasing its capacity to a staff of five as we welcomed: Sunny Hemraj in the role of Administration Assistant, Jonathan Harms in the role of Policy Officer, Veselinka Petruseva in the Information and Support Line Officer role, while Ann Wilson Whatley moved into the Promotion and Development Officer position. Each of these staff members has made an outstanding contribution over the past year and I thank each of them immensely.

In January 2009 ARAFMI NSW was appointed by the NSW Minister for Health as the peak body in NSW representing families and carers of people living with a mental illness. Since our appointment ARAFMI NSW has sat on and contributed to numerous government and NGO committees and boards, both at the local and state levels in order to represent the views of families and carers of people with mental illness. I would like to



formally recognise the great scope of work our Policy Officer Jonathan has had to undertake in order to provide such valuable representation for carers across NSW.

In 2008 ARAFMI trained two staff and one board member in governance giving each of them a Certificate IV in Governance. These participants then undertook organisation-wide training of all management, board and committee members to bring all those involved in governance and decision making up-to-date with benchmark practice. This process demonstrated the commitment of ARAFMI's management towards leading a professional yet understanding organisation.

At regional level ARAFMI has undertaken a range of creative initiatives to increase awareness of families and carers of people living with a mental illness. The Hunter office is to be congratulated on its outstanding efforts in conducting both its annual Walk of Pride and in supporting Catherine Bennett's Walk for Awareness, a 1000km journey from Newcastle to Melbourne to raise awareness and acceptance of mental illness in both metropolitan and rural areas of Australia. Similarly, the Illawarra Office conducted the Ride for Mental Illness for two years running, attracting over 500 motor bike riders in 2009.

Thanks to the outstanding work of Ann Whatley ARAFMI NSW has also begun increasing its capacity to support new carers and engage with existing carers following the launch of the ARAFMI NSW website, a series of information brochures for carers, as well as re-commencing the ARAFMI NSW Quarterly Newsletter.

The North Ryde and Central Coast offices have also set off into new territory as they have commenced engagement projects with ATSI carers on the Central Coast and CALD carers in Northern Sydney. These projects have reinforced how diverse the needs of carers are in a multicultural community and of the need for ARAFMI to continue to engage with isolated communities throughout NSW. Young, Rural, ATSI and CALD carers have all been identified and targeted in our strategic plan.

As well as being the driving force behind the development of our Information and Support Line Veselinka Petruseva has developed a borderline personality disorder workshop which has had a huge level of interest from the community. Although anticipating that we would only hold one workshop, interest was such that it is to be repeated several times and is to become a core workshop available to carers through ARAFMI. Following the delivery of the workshops we subsequently plan to engage participants in ongoing BPD support groups.

Recognising ARAFMI's grassroots links to support groups and the degree to which they engage and assist carers in the community, ARAFMI's North Ryde Office

commenced the development of a Support Group Facilitator Training Package and Toolkit. This is now nearing completion and we expect that it will be the driving force behind revitalising the existing ARAFMI support groups and building new ones.

I would like to thank each and every staff member, for their commitment to ARAFMI and to the carers whom they serve. Regional Managers, their staff and their committees have demonstrated their passion for supporting ARAFMI and, more importantly, carers time and time again.

On the Central Coast Rhonda Wilson has for many years demonstrated a great level of dedication as she has built ARAFMI's strongest office. Kelly Parrish astounds us with her determination to deliver services well above those expected of an office so small. Joanne Sinclair has always stayed true to helping carers and has refused to entangle our task of service provision with the politics an NGO will often confront. And finally, Rick Hansen at North Ryde has done so well in both establishing a new office and recruiting staff who although new to the organisation are all passionate about the principles upon which ARAFMI stands.

I would like to thank our board members, past and present, for their commitment to my management of ARAFMI and their support on the many difficult decisions which have had to be made. It is for good reason that our board constituency requires a majority of carers, as their understanding and commitment to a common cause is essential in maintaining a carer-focused organisation. I would particularly like to offer thanks to our President, Keiran Booth, who has provided a great level of support and guidance.

I honestly believe it was ARAFMI that chose me rather than it being I that chose ARAFMI. Despite having grown up as a carer, I had no knowledge and no experience with carer organisations like ARAFMI, and my engagement here offered me not only the opportunity to contribute to an organisation committed to helping others who had been in the same situation as myself and my family, but also the opportunity for me to open up and let go of the emotion which I had previously kept hidden.

Carers are drawn to ARAFMI for its passionate and understanding members and staff, and it is upon these that the future of ARAFMI stands. Because of this I have every confidence that the future of ARAFMI is in safe hands.

Thank you all.



Carl Portelli
CEO

ARAFMI NSW Inc

Promotions and Development Officer's Report

This position has been operating for six months and in that time has achieved a number of goals including the recommencement of the ARARFMI NSW quarterly newsletter in a newly designed format. This has been well received and has provided a great opportunity to keep members around NSW informed of some of the Regional as well as State Office main activities, and to reconnect with our country support groups.

Consultations

Another exciting aspect of the role has been the development of a detailed project plan for consultations with families and carers around the state. This will commence with a series of pilot consultations in conjunction with our Regional Offices, then extend to regions in all eight Area Health Services. These consultations are a key part of our role as the peak body representing families researching more broadly across the state to gain a greater understanding of the current issues.

The information gained will be used to inform the State and Commonwealth governments of the difficulties and concerns of families and carers, NSW Health's progress towards providing and family-friendly mental health services.

It will also be the basis for ARAFMI to undertake systematic advocacy for improvements, and to collaborate with the other carer organisations and lobby for change according to the issues identified in the various regions.

Carer fact sheets

In recent months we have also developed three ARAFMI branded resources for families and carers, based on the wisdom and coping skills gained from ARAFMI members over the years. Their wisdom has included incorporating international research and new directions on family perspective and resilience strategies during this time.

There are two brochures: *Caring For Your Own Wellbeing* and *Helpful Ways to Support Children*, and an eight page booklet about how to access help in the mental health system – *Information for Families and Carers*. The content will soon be reformatted for our website.

Responding to the community

It is pleasing to find there is an increasing awareness among services and the broader community of the need to consider the impact on the family of having a family member who has a mental illness, and of ARAFMI NSW's role as peak body representing families.

There have been a number of invitations which we have responded to, and which we hope to extend so as to promote understanding of the carer's perspective more widely. These have included a Guest Lecture at Australian

Catholic University, talks to community service organisations, requests to provide information displays at conferences, and requests from community organisations for carer resources.

In responding to these invitations ARAFMI took the opportunity to involve the local Family and Carer Mental Health Program agency in order to let carers know about assistance available locally to them.

Reaching out to carers

We have also written editorial articles for state-wide newspapers: an outline of the issues for older carers for the *The Senior*, and an overview of the issues for rural and remote communities for *The Land*. The latter was also used as an opportunity to advertise the ARAFMI NSW Information and Support Line around the state as the Infoline can provide contact details of available services across NSW. In more remote areas telephone is often the most convenient – or the only – way of callers accessing support.

In Mental Health Week the State Office participated in events aimed at raising awareness of mental illness and wellbeing: the Mental Health Association's celebrations in Martin Place and the New South Wales Institute of Psychiatry's Community Connections Carnival in Parramatta. At each event we operated an Information Kiosk with resources for carers, and also participated in the Living Library at Martin Place.

In particular, it is hoped that these events will allow opportunities for the many hidden carers to gain information about the fact that **help is available** to them through the services of ARAFMI and the other Family and Carer Mental Health Program organisations. ARAFMI NSW's 'connecting up' policy and focus has been to work collaboratively with its partner carer organisations and other service providers. The important thing is to help carers everywhere by letting them know support is available and linking them in to their local services.

'Claiming The Day' - 35 years of ARAFMI!

And lastly, something exciting to look forward to in 2010 is recognising 35 years of ARAFMI:

- providing support services to families and carers, and
- lobbying for improved legislation and funding for family-friendly mental health services based on international best practice models.

We will be celebrating with an ARAFMI 35th Anniversary Ball to be held in November 2010.

I look forward to seeing you there!



Ann Wilson Whatley

Promotions and Development Officer, ARAFMI NSW Inc.

Information and Support Line Officer's Report

Here is an update on the Infoline activities since my last report in August 2009.

Number of calls on the Infoline

After a period of being a bit low, the number of calls is closer to the standard number again. In order to keep our numbers up, we feel that advertising on a regular basis can be very helpful in keeping our name out there.

Demographics

The majority of callers on the Information and Support Line (Infoline) seem to be female (around 70 per cent), parents of a person with mental illness (60 per cent), followed by their partners (20 per cent) and their siblings (10 per cent); the rest of the calls being mainly from friends or agencies referring clients to our service. Callers are ringing mainly from Sydney (70 per cent). We rarely get calls from CALD (around 10 per cent) and ATSI backgrounds (less than one per cent).

Training of volunteers

In the past year we developed a training workshop for Infoline volunteers, who are people with an interest in supporting mental health, and come from a range of backgrounds. This training was then reviewed and extended to include suicide risk assessment and intervention and identifying and reporting children at risk. We have also redeveloped the Infoline Telephone Support Procedure in line with maintaining quality assurance.

Currently we have three active volunteers, two of whom are from the last group that was trained in June 2009, as well as a volunteer who assists with recording our statistics. All are doing quite well. We are planning on recruiting a new group of volunteers from January 2010. We already have some interested candidates for volunteering.

Regular coaching sessions

Coaching sessions of volunteers are conducted on a regular basis to assure the quality of services provided.

New database

Our volunteers have been successfully trained in using the new database which is now in use and we are all very happy with it.

Borderline Personality Disorder (BPD) Workshop for Carers

In recent months a number of one day interactive workshops for Borderline Personality Disorder were held. The first two were conducted by an external psychologist, the third was developed and delivered by ARAFMI NSW. Evaluation sheets have confirmed these workshops to be useful and appreciated by the carers attending. We conducted our third BPD workshop for carers at the end of September and have another one scheduled for late October as well as a couple at our other offices, ie., North Ryde and Illawarra, in November. We hope this to be the beginning of a series of workshops for carers of people with BPD which will hopefully result in the development of support groups for carers specifically for BPD. This type of support group doesn't exist yet in NSW and is quite needed.

In closing, I would like to express my sincere appreciation to our volunteers for their contribution and commitment to ARAFMI and its callers.

Veselinka Petruseva
Information and Support Line Officer
ARAFMI NSW Inc.



Policy Officer's Report

ARAFMI NSW has had a very successful year as a respected non-government organisation committed to assisting and representing carers. ARAFMI has been given status as the peak body representing families and carers of people living with mental illness by NSW Health, and has been engaged to provide comment on a number of issues by Health, as well as by other carer and mental health organisations, so that these bodies can get the benefit of our members' 'lived experience'.

Professionally, ARAFMI has received invitations to sit on government and NGO committees and boards, both at local and state levels to represent the views of families, relatives and friends of people with mental illness, including:

- the Older Person's Mental Health Working Group
- the ongoing Review of the Mental Health Human Rights Manual with the Mental Health Coordinating Council and Public Interest Advocacy Centre
- the evaluation of the Housing and Support Initiative and the Aboriginal Housing And Support Initiative (HASI 5A)
- the National Mental Health Carer and Consumer Forum.

Staff and Board members have traditionally sat on these committees with the benefit of advice from ARAFMI members. In particular I would like to thank Peter Hutten who has supported my participation in the Older Persons' Mental Health Working Group, providing very helpful advice and greatly assisting the work of the Committee.

ARAFMI has also undertaken extensive research and consultation to develop positions and provide detailed submissions on the following:

- The Access To Allied Psychological Services (ATAPS) program
- The 4th National Mental Health Plan
- The Physical Health Care of Mental Health Services Consumers Information Pamphlet
- The NSW Children of Parents with a Mental Illness (COPMI) Framework for Mental Health Services 2009-2014
- Clinician and Community Engagement Policy and Guidelines
- Sexual Safety in Mental Health Guidelines Project
- The new proposed 'Recovery Standard for mental health services, '10.1 Supporting Recovery'
- Mental Health Act Guidebook
- The National Mental Health Care and Consumer Forum's Statement on Seclusion and Restraint'
- Framework for Consumer Carer and Community Participation in Mental Health Services

ARAFMI NSW also provided a seminar for a post-graduate training course in Population Health for the NSW Institute of Psychiatry, on 'Carer Advocacy and the Role of Carer Activism'.

ARAFMI Consultation Volunteers

An important part of ARAFMI's role representing families and carers of people living with mental illness in NSW is to:

- tell the government about the most important issues
- provide feedback to the government on policies or programs for carers.

To achieve this, ARAFMI sought volunteers from among members who were prepared to be consulted on particular issues. Around 60 members have volunteered to be engaged in paper surveys and comments on specific Health policy proposals as well as more intensive consultation through 'face to face' focus group meetings, etc. as the need arises. Some of these volunteers have already participated in the Wollongong University Study and the review of the Mental Health Rights Manual.

This coming year ARAFMI intends to undertake a wider and more detailed consultation with its members and other carers across NSW to canvass carer opinions, to allow the widest possible carer input into Health service policy development. Opportunities for members (and non-members) to participate will be made available.

ARAFMI Member Survey

When seeking volunteers for ongoing consultation, ARAFMI also conducted a survey of its members to help better understand how carers were experiencing the implementation of the Primary Carer provisions to the Mental Health Act in 2007. The results indicate that NSW Health has improved its inclusion of families, but still has some way to go in implementing the right of Primary Carers to be consulted in care and especially discharge planning. Based on this survey a report has been made available to NSW Health which makes a number of suggestions for the more effective implementation of the Primary Carer rights.

Constitutional Review

ARAFMI continued with the review of its Constitution to ensure that it supports ARAFMI's current activities. The proposed Constitution was posted on the ARAFMI NSW website for the information of members preparatory to its being considered at the AGM. Members were advised of this in the June and September Newsletters, and invited to contact us for a print copy to be posted if required. The latest version has been modified based on comments received from the Board, staff and members and will be voted on in October at the AGM.



Jonathan Harms
Policy Officer
ARAFMI NSW inc.



Mental Health Week 2008-2009

Central Coast Regional Office Committee and Staff 2008-2009

Patron

Lord Gosford

Management Committee

President	Keiran Booth
Treasurer	Karen O'Neill
Secretary	Trish Griffin

Committee Members

Nancy Brown	Conette Wheatley
Helen Wotherspoon	Vanessa Hoad
Helen Rodney	

Central Coast ARAFMI - Volunteers

Bingo	Donna-Marie Sheather Sue Sheather Rita Vella Margaret Smith Amanda Smith Judy Hardey Sheree Williams
Recreation Program	Ken Blakemore Barry Wagner Sue Lunden
Kincumber Cottage	Maree Richards Helen Rodney Kate

Staff

Service 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

Auditor

George H. Middleton



Central Coast Regional Office Manager's Report



This is a time of great change and growth for ARAFMI Central Coast and its mother ship ARAFMI NSW. Services for carers have expanded significantly and carers are increasingly being asked to participate by injecting their expertise in a variety of areas.

There has been many new developments: some which have improved and extended current services to carers and others that have the potential to make major cultural and practical changes within mental health services. Over the past year our NSW Board, Management Committee, staff and members have exercised imagination and vision, and revisited the purpose and mission of the organisation in light of current needs, lifestyles and aspirations of our members.

It has been over 30 years since ARAFMI Central Coast had its humble beginnings. We now have offices in Kincumber, Gosford and Bateau Bay. Being involved in education sessions and forums to clinicians and community workers, sitting on a number of committees across the coast and strengthening relationships with workers at the coal face in Wyong and Gosford has raised our profile and professional status.

The Yakkalla program now in operation for 20 years 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 Jenny (ARAFMI) and our partners Liz, Phil and Peter (NSCCAHS). Funding from DADHC keeps the program afloat and monies raised by volunteers has turned it into a high quality facility.

Our Young ARAFMI program with Marion at the helm 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 school. 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 seventh year and operating from our Bateau Bay facility on Wednesday afternoons.

Hidden carers and consumers is our target for the coming year, utilising funding from Carers Respite for a parent worker as well as five additional hours to go to the Kids Connecting program. Funding from Health will enable us to run a short outreach program targeting hidden consumers. These projects will take some creative thinking, but we will provide support as well as receive information and evaluate need.

Employing Bob as our ATSI worker has opened a number of doors to the indigenous community and has proved to be an educational and rewarding experience for all concerned. Bob's position is for 12 months, and he has worked

tirelessly to highlight the needs of indigenous families and mental health issues, increase collaboration between services and to get ARAFMI's name accepted in the local indigenous communities.

ARAFMI Central Coast Family and Carer program is doing an outstanding job with Linda, Gail and Peta providing services from one end of the coast to the other. Some of the services include Magistrate's hearings, ward visits, individual support, support groups and a vast array of educational programs designed specifically to meet the needs of carers. Our Family support worker, Maria, who has survived in this role for 11 years works closely with the team to ensure a holistic approach to service delivery by all workers and is diligent in tracking family interventions and ensuring best practice. I would also like to acknowledge the other half of the FCMHP for their contribution to ARAFMI and its northern Sydney carers. Thank you to Rick, Michelle, Kate, Lovina, Suzanne, Sue and Libby for your great work and continuing support and collaboration to make this a program to be proud of.

Bingo, now in its 11th year, continues at The Diggers Club with our dedicated volunteers. Sue, our fearless leader alongside Rita, Sharee, Amanda and Judy continue to support ARAFMI and its work, providing resources to the entire service that would otherwise be unattainable.

This year we said goodbye to Nancy Brown, a long standing Committee member, founding member of Central Coast ARAFMI and a life time member of ARAFMI NSW. Nancy has also received the Hope Award in recognition of her never ending fight for carers and consumers throughout her life. Thank you Nancy.

To the Committee of ARAFMI Central Coast on behalf of all staff I would like to thank Keiran for his ongoing support and passionate belief in what we do as well as his time taken to always recognise our individual and collective achievements. Thank you to those Committee members who have hung in there through thick and thin and those who have joined us recently and still running to catch up.

ARAFMI continues to demonstrate qualities of commitment, innovation and tenacity with the advantage of providing its services with less bureaucratic structures and extensive networks. This advantage enables more immediate responses to carers and their families as well as flexibility when working with carers and consumers.

I believe 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 to work alongside these people.

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

North Ryde Family and Carer Program Staff in 2008-2009

Rick Hansen	Program Manager
Michelle Rickenbach	Team Leader / Education and Support Worker
Sue Knight	Education and Support Worker
Kate Debus	Education and Support Worker
Libby Hansen	Education and Training Coordinator
Loviner Lee	Cultural Diversity Project Coordinator
Suzanne Wood	Community Development Worker
Stacie Tonello	Administration Assistant





Family and Carer Program Manager's Report

The North Ryde office of ARAFMI has had a very successful and professionally satisfying year, providing many opportunities to learn new things about mental health carers and ways we can offer support. Adjustments have been made to programs in response to feedback from carers and our team's passion for improvements. This has increased the presence and awareness of ARAFMI and the Family & Carer Mental Health Program within the Northern Sydney area.

There are currently eight people working from the North Ryde office. The result is a noisy and busy office when everyone is in. We have three wonderful Education & Support workers: Michelle Rickenbach (Team Leader and Northern Beaches), Kate Debus (Hornsby Ku-ing-gai), and Sue Knight (North Shore/Ryde). These support workers do a fabulous job in providing individualised support to carers as well as making links and connections with local mental health services and support agencies.

Our Education & Training Program is co-ordinated by Libby Hansen, who does a wonderful job of planning, developing, organising, and promoting a wide range of education events. Libby stepped into this role after it had been vacant for a few months and has worked extremely hard to create momentum and publicity for the education events. She has also overseen the creation of several new education sessions which have been developed and presented by Sue Knight. Sue has created "Introduction to Borderline Personality Disorder" and "Effective Communication", and has played a major role in the continued development of Connect for Kids (for 8-12 year olds). These programs have all received great feedback from the people who have attended.

This year we also utilised some of our surplus funding to employ Loviner Lee. Loviner is our Cultural Diversity Project Coordinator, and she is working towards increased awareness of our program within the multicultural communities of Northern Sydney. This is a challenging project and Loviner has done a wonderful job making great connections. This has opened opportunities to provide training to a number of community groups, such as an Italian and a Spanish Women's group. We are hopeful that in time we will be able to provide support to many more people from a range of cultural backgrounds.

During the past twelve months we have increased the number of Support Groups offered by ARAFMI in the Northern Sydney area. This has been achieved through the excellent work done by Suzanne Wood, who looks after our Support Groups as well as Community Development. Suzanne has worked with the local Support Workers to establish new support groups where needed, as well as to continue providing support to existing groups. With this in mind, we have developed a Support Group Leader Training Program to develop and improve the facilitation skills of either current or prospective Support Group Leaders. We

hope to begin offering this program early next year. Suzanne has also created many links with other organisations such as Rotary and the Division of GPs. These connections provide excellent opportunities for us to link with these groups as well as opportunities to collaborate.

Our team has received wonderful support from Stacie Tonello, our office administrator. Stacie has developed excellent Publisher skills and has created a very professional looking newsletter. She also designs many of our fliers and promotional material. We have asked Stacie to do many tasks that she has never done before, and each time she has taken on the challenge, taught herself how to do it, and produced an excellent result every time. It goes without saying that the office flows so much better when we have such fantastic admin support.

This year we have made major progress in a number of areas. We have had the opportunity to be involved in Family Friendly Training for Health Clinicians. This has increased our links with Health staff as well as raised the profile of our program. We are also involved in the Information Evening being offered to families who have a loved one in Hornsby Hospital. This is an initiative of Hornsby Hospital staff and shows a shift in awareness of families and carers needs. We are also working on a collaborative project with Holyoake, to provide some programs for carers of people who have both mental health and substance use issues. This project has been made possible through a NADA grant and will provide some training, and running joint programs with Holyoake. This is the beginning of a closer working relationship between ARAFMI and Holyoake.

The past year has also seen us consolidate the organisational changes made to the Family and Carer Mental Health Program. This was a slow process to ensure we were able to manage these changes, and at the same time provide staff with the opportunity to adjust. I am very pleased with the efforts everyone has made to ensure that carers were still provided with the support they needed, while the new processes and structures were developed.

I would like to say a big "thank you" to all Central Coast and North Ryde staff for working with these changes which I believe have improved the support being offered to carers. It has allowed each office to easily tailor programs to carer's needs. Many thanks to Rhonda Wilson for all her work and support; and leading her team so effectively.

Next year will be achievements resulting from these solid foundations. Many thanks to all North Ryde staff for their hard work and commitment to carers. Each of you has contributed to the superb team that we have become.

Rick Hansen, Program Manager

Hunter Regional Office Committee and Staff in 2008-2009

Committee – Hunter

President	Jack Kelly
Treasurer	David Farley
Secretary	Avril Rogers

Committee members

Janet Mundie
Bryan Abery
Shirley Finney
Jim Mullaney
Chris Gorman
Deborah Jones

Staff list

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

Volunteers

Neville Williams	Keith Brownlea
Betty Stokes	June Wilks
Deborah Jones	Barbara Norcott
Julia Mullaney	Coral Bell
Julie Annis Brown	Pat Foster
Bill Glass	Greta Peterson
Brenda Kelly	Nicholas Anderson
Elaine Glass	





Hunter Regional Office Manager's Report

Dear members:

2008/2009 reflects times of positive change. ARAFMI NSW was selected as peak body for government policy and procedure on carer needs: what a great achievement for all the years of compassion and care provided by the many families, staff, volunteers, committee members and ARAFMI members.

The government recognises the years of dedication to families and carers also our long term sustainability over 30 years.

The second ARAFMI Conference was excellent. It has enabled us all to come together to share our vision, ideas and expertise. We are all very passionate about the work we do and that makes us a very proud service focusing on families and carers.

The "Walk of Pride" won a Gold Award at the Australian and New Zealand Mental Health Services Conference September 2008. The Walk has been acknowledged for encouraging the community to unite in a way which offers encouragement and a message of Hope. This is the fifth year in the Hunter for the Walk and we are very excited with the fact it is now happening on the Central Coast and in Brisbane. It would be wonderful to see it become a national event.

Partnerships are vital in today's working life; we need to focus on building stronger relationships so we can truly be of service to those in need. *Headspace*, a service for young people who are experiencing the early onset of mental illness, is one of our partnerships. Coralie attends Headspace fortnightly, and I sit on the executive committee. Young people and their families need the many areas of expertise to help them understand mental illness but also the array of emotions that constantly bombard their lives.

Facilitating support groups is one of our core businesses and when we were asked 12 months ago to partner with the private hospitals and co-facilitate their support groups, we thought what a great opportunity to inform carers of the workshops and ongoing support we can offer once their loved ones leave hospital. Coralie, our family counselor, and our support workers have been very busy this year counselling individuals and families over the phone and face to face. Well done! Coralie also introduced Mindfulness workshops which carers find very helpful on their journey towards finding inner peace.

Our position on the steering committee for the new nursing curriculum at Newcastle University has been an exciting initiative as therapeutic approaches are vitally

important for new students to embrace a holistic approach to patient care.

Partners in Depression was another initiative in the Hunter by the Hunter Institute of Mental Health. We took part in the pilot project and co-facilitated a six-week workshop for partners of people diagnosed with depression. The program has been extremely successful and NIB has offered quite a substantial amount of money to roll it out nationally.

The Navigator's guide for families is just over half way completed. It is available on the Hunter New England website and the www.arafmihunter.org website. We are hoping to have it finished by the beginning of 2010 and be able to provide hard copies to services in rural areas.

The guide offers information to carers and families and helps them to navigate their way through the mental health services.

In June, ARAFMI Hunter received a certificate of Quality from Quality Management Services under the small organisation review process. This is an ongoing process where ARAFMI will continue to monitor the quality of service provision by submitting work plans to QMS for review.

I would like to thank ARAFMI NSW, all staff, volunteers, branch committee members and members for their valuable and generous commitment to ARAFMI. Working with families of people with mental illness has always been about a journey of strength and courage.

Kind regards,

Joanne Sinclair
Manager
ARAFMI NSW Hunter Office

Illawarra Regional Office Committee and Staff in 2008-2009

Patron

Mr. Alex Darling

Management Committee

President / Chairperson	Colin Levy
Secretary	John Franklin
Treasurer	Cassandra Moon
Fundraising Officer	John Franklin
Promotions and Publicity	Carol Wooley

Committee Members

Peter Hutten
Darren Moon
Taina Levy
Lorraine Huisman

SESAHS member

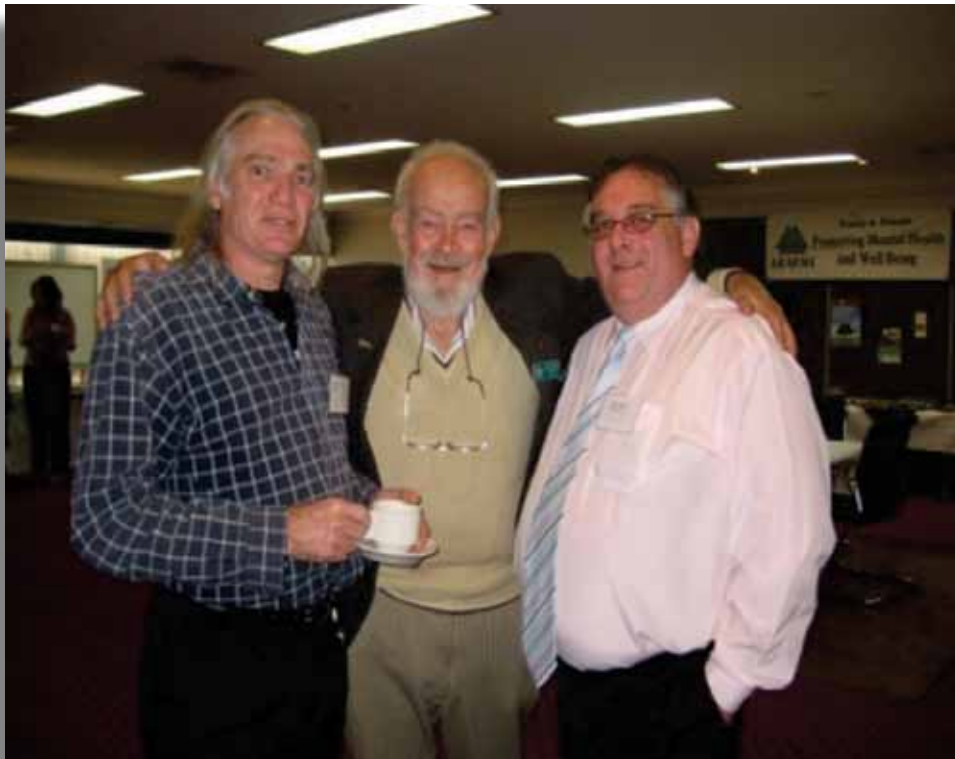
Christine Kulyk

Staff list

Service Manager	Kelly Parrish
Family Support Worker	Greg Cleary
Office Administration	Lorraine Huisman (Voluntary)
Accounts	Anthony Kinnas
Student Placements	Melissa Young

Volunteers

Lorraine and Jeff Huisman
John Franklin
Carol and Lee Wooley
Sandra and Reg Lacey
Darren and Cassandra Moon





Illawarra Regional Office Manager's Report

I look back over the past 12 months and feel overwhelmed with what we have done and achieved with the massive support of our management committee and valued volunteers. As manager I feel I could not have functioned without these volunteers at certain times due to my ill health and unforeseen circumstances. I am looking forward to returning to my full functioning role within the office.

I would personally like to thank John Franklin who has effortlessly assisted me in my role as manager within office duties and fundraising. Also I want to thank Lorraine Huisman for the dedication and support to the ARAFMI service and to myself. Lorraine has volunteered now for two years and works two days a week and co-facilitates our carer support group on Thursday evenings. I feel the service is blessed to have such dedicated volunteers that have a passion for not only our carers but the service as a whole. Thank you to all!!!!

I also want to acknowledge a wonderful opportunity that our volunteer Lorraine Huisman recently had in meeting the Governor-General Quentin Bryce at Kirrabilli House. Lorraine was one of 50 volunteers chosen from NSW to attend an afternoon tea and meet the Governor-General.

ARAFMI has performed well in delivering the service agreed by its funding body and has stayed strictly within the stated KPIs. It has been well known that the service has the ability for a full time service especially with its support groups and this is evident from the popularity of the groups and their structure.

ARAFMI seems to be the first point of call for a lot of carers and families. ARAFMI identifies other significant carer services that can assist when the service demand is more than ARAFMI can deliver within the hours funded. The working relationship between the carer services is getting stronger and we definitely have an understanding on what and how each service can support the carers both on a short term and long term.

ARAFMI identifies areas of need in Young Carer programmes and Carer Crisis Support. Young Carer Support is an area of concern to families and local schools. ARAFMI is currently looking for ways to obtain funding to develop this project that identifies young people that are or could be at risk of being hidden young carers. The project consists of entering the school environment to offer support, education and resources, such as information needed to develop a young carers handbook. This would complement the adult carers handbook that ARAFMI distributes to carers

throughout the community. This would be in consultation with other local services and a youth focus group. The handbooks would be available through ARAFMI state-wide, local schools, youth services, health departments and GP services.

Carer Crisis Support is another area of great concern. It has been identified that carers, especially older carers, are needing the support when in crisis.

The majority of service users have been female carers with a lot of their partners also seeking support. We are currently reviewing how ARAFMI can benefit more CALD carers within the community and we are trying to strengthen the partnership with other relevant CALD services. Another area of demand is other relevant services looking for resources and support for their clients. School counsellors are also seeking the support from the ARAFMI service in areas of presentations and resources.

Recently the Aboriginal Liaison Officer (SESIHNS) gave a presentation to our service identifying the Indigenous Community's needs on Mental Health. In particular their cultural sensitivities were emphasised in this regard and the officer made suggestions on how we may support their carers and how we could access their community through the Elders to do this. ARAFMI Illawarra is committed to pursue this opportunity to help the Indigenous Community.

ARAFMI has done well in trying to keep up with the demand for service considering the limitations with service hours and funding. ARAFMI relies heavily on its fundraising efforts to help with the demand, this also assists ARAFMI with providing carers and families any costs involved with any needed training for their roles if there is a cost.

Kelly Parrish-Knick
Manager
ARAFMI NSW Illawarra Office

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

**FINANCIAL REPORT
FOR THE YEAR ENDED
30 JUNE 2009**

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 2009.

Committee Members

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

Kieran Booth (President)
Douglas Holmes (Treasurer)
Colin Levy (Secretary)
Jack Kelly
Brian Reeves
Kristine Havron
Peter Hutten (resigned 16 May 2009)
Jonny Pullman (appointed 21 March 2009)

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 profit after providing for income tax amounted to \$116,896.

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

Committee Member:


Kieran Booth

Committee Member:


Douglas Holmes

Dated this 26th Day of SEPTEMBER.....2009

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

INCOME STATEMENT
FOR THE YEAR ENDED 30 JUNE 2009

	Note	2009 \$	2008 \$
INCOME			
Donations Received		-	1,354
Grants Received		938,294	696,057
Non Government Funding		51,582	-
Membership Fees		619	2,261
		990,495	699,672
OTHER INCOME			
Interest Received		19,109	9,115
Other Revenue		3,640	2,570
Gross profit from trading		-	8
		22,749	11,693
		1,013,244	711,365

The accompanying notes form part of these financial statements.

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

INCOME STATEMENT
FOR THE YEAR ENDED 30 JUNE 2009

	Note	2009 \$	2008 \$
EXPENDITURE			
Accountancy Fees		8,850	-
Advertising		9,017	4,820
Auditor's Remuneration		-	8,000
Bad Debts Written Off		-	514
Bank Charges		1,841	1,295
Bookkeeping Fees		35,280	40,356
Cleaning		3,772	2,205
Computer Consumables		5,685	9,005
Conference Expenses		6,432	2,026
Consultancy Fees		7,561	31,461
Depreciation		18,679	7,948
Electricity & Gas		1,149	1,855
Events & Workshops		32,080	-
Filing Fees		226	635
Fringe Benefits		2,114	1,073
General Expenses		54	932
Holiday Pay		25,552	-
Insurance		11,212	9,982
Leasing Charges		2,790	-
Postage		3,169	983
Printing & Stationery		31,167	26,060
Program Resources		1,428	7,830
Rent		15,536	13,085
Repairs & Maintenance		8,914	1,443
Salaries & Wages		510,693	402,187
Staff Recruitment		12,694	16,429
Staff Training & Welfare		28,701	15,809
Storage Fees		217	-
Subscriptions		1,910	2,069
Superannuation Contributions		44,700	35,843
Telephone		35,076	31,246
Travelling Expenses		29,849	19,477
		<u>896,348</u>	<u>694,568</u>
Profit before income tax		<u>116,896</u>	<u>16,797</u>
Profit for the year		<u>116,896</u>	<u>16,797</u>
Accumulated losses at the beginning of the financial year		(14,206)	(31,004)
Transfer To Reserves		33,239	-

The accompanying notes form part of these financial statements.

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

INCOME STATEMENT
FOR THE YEAR ENDED 30 JUNE 2009

	Note	2009 \$	2008 \$
Retained earnings (Accumulated losses) at the end of the financial year		69,451	(14,207)

The accompanying notes form part of these financial statements.

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

BALANCE SHEET
AS AT 30 JUNE 2009

	Note	2009 \$	2008 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents		265,474	278,241
Trade and other receivables	2	108,556	16,738
Prepayments		769	100
TOTAL CURRENT ASSETS		<u>374,799</u>	<u>295,079</u>
NON-CURRENT ASSETS			
Property, plant and equipment	3	120,707	55,314
TOTAL NON-CURRENT ASSETS		<u>120,707</u>	<u>55,314</u>
TOTAL ASSETS		<u>495,506</u>	<u>350,393</u>
LIABILITIES			
CURRENT LIABILITIES			
Sundry Creditors		35,916	9,904
Other Creditors		7,973	-
GST Payable		-	11,555
Amounts Withheld		22,252	13,367
Superannuation Payable		16,326	509
Employee benefits	4	43,240	17,688
Accrued Charges		6,940	8,000
Grant in Advance		70,596	64,004
Grants Unexpended		189,573	239,573
TOTAL CURRENT LIABILITIES		<u>392,816</u>	<u>364,600</u>
TOTAL LIABILITIES		<u>392,816</u>	<u>364,600</u>
NET ASSETS (LIABILITIES)		<u>102,690</u>	<u>(14,207)</u>
MEMBERS' FUNDS			
Reserves	5	33,239	-
Retained earnings (Accumulated losses)	6	69,451	(14,207)
TOTAL MEMBERS' FUNDS		<u>102,690</u>	<u>(14,207)</u>

The accompanying notes form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2009

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 in accordance with the requirements of the Associations Incorporation Act NSW and the following Australian Accounting Standards:

AASB 110:	Events after the Balance Sheet Date
AASB 116:	Property, Plant and Equipment
AASB 117:	Leases
AASB 119:	Employee Benefits
AASB 1031:	Materiality

No other applicable Accounting Standards, Australian Accounting Interpretations or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

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.

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

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2009

Leases

Leases of fixed assets 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.

Leased assets are depreciated on a straight-line basis over their estimated useful lives where it is likely that the association will obtain ownership of the asset or ownership over the term of the lease.

Lease payments for operating leases, where substantially all the risks and benefits remain with the lessor, are charged as expenses in the periods in which they are incurred.

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

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.

Employee benefits payable later than one year have been measured at the present value of the estimated future cash outflows to be made for those benefits. Those cashflows are discounted using market yields on national government bonds with terms to maturity that match the expected timing of cashflows.

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.

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

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2009

	2009 \$	2008 \$
2 Trade and Other Receivables		
Current		
Other Debtors	-	70
Rental Bond	200	100
GST Payable	12,385	-
Sundry Debtors	95,971	16,568
	<u>108,556</u>	<u>16,738</u>
3 Property, Plant and Equipment		
Land and Buildings		
Leasehold - Property Improvements	14,880	14,880
Less: Accumulated Depreciation	(383)	(11)
	<u>14,497</u>	<u>14,869</u>
Total Land and Buildings	<u>14,497</u>	<u>14,869</u>
Motor Vehicles	45,103	20,014
Less: Accumulated Depreciation	(4,684)	(1,131)
	<u>40,419</u>	<u>18,883</u>
Office Furniture & Equipment	109,975	50,992
Less: Accumulated Depreciation	(44,184)	(29,430)
	<u>65,791</u>	<u>21,562</u>
Total Plant and Equipment	<u>106,210</u>	<u>40,445</u>
Total Property, Plant and Equipment	<u>120,707</u>	<u>55,314</u>
4 Employee Benefits		
Current		
Provision for Holiday Pay & Sick Leave	<u>43,240</u>	<u>17,688</u>
5 Reserves		
General Reserve		
Transfer from Retained Earnings	<u>33,239</u>	<u>-</u>

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

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2009

	2009 \$	2008 \$
6 Retained Earnings (Accumulated Losses)		
Accumulated losses at the beginning of the financial year	(14,206)	(31,004)
Net profit attributable to the association	116,896	16,797
Transfer To Reserves	(33,239)	-
Retained earnings (Accumulated losses) at the end of the financial year	69,451	(14,207)

7 Related Party Transactions

During the year ended 30 June 2009, ARAFMI (NSW) Inc engaged Mr Kieran Booth who is the Associations President, to provide training services. During the year \$4,661 was paid to Mr Booth.

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 9:


1. Presents a true and fair view of the financial position of ARAFMI (NSW) INC. as at 30 June 2009 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:


Kieran Booth

**Committee
Member:**


Douglas Holmes

Dated this 26 Day of SEPTEMBER 2009

**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 balance sheet as at 30 June 2009, income 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 responsibilities also include establishing 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 1984. 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.

Independence

Liability limited a scheme approved under
Professional Standards Legislation.

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

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 2009 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 Incorporation Act NSW 1984.

Name of Firm: GOSS & CLARKE
Chartered Accountants

Name of Partner: 
Ronald George Goss

Address: Level 8, 10 Spring Street
Sydney, NSW, 2000

Dated this 29th **Day of** September **2009**

Liability limited a scheme approved under
Professional Standards Legislation.

ARAFMI NSW Incorporated Consolidated Accounts 30/06/2009

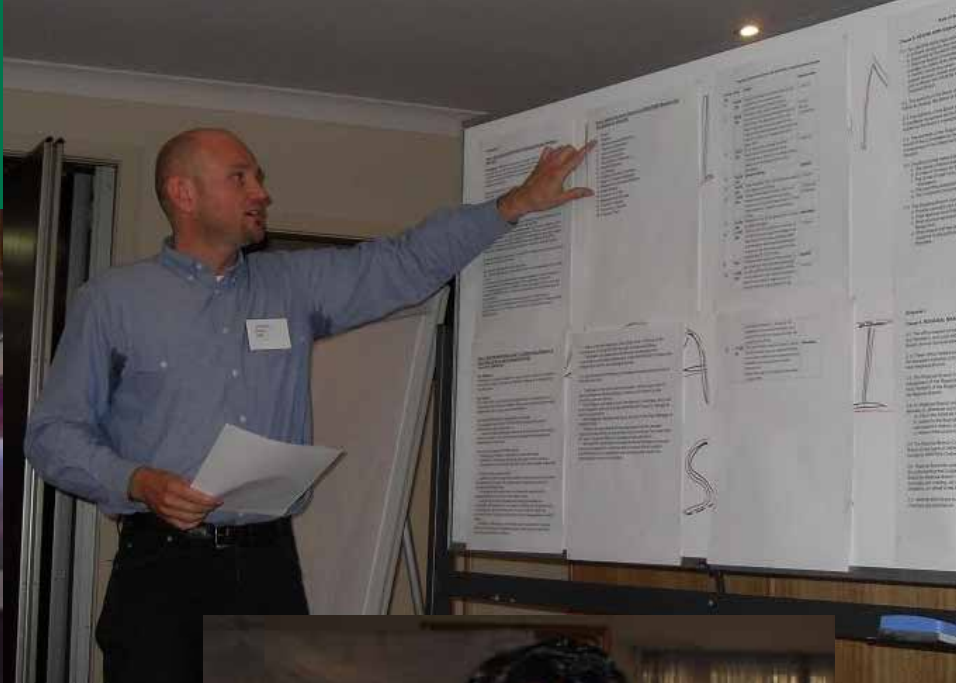
Statement of Financial Position			By Branch							
			Head Office		Illawarra		Hunter		Central Coast	
	2009	2008	2009	2008	2009	2008	2009	2008	2009	2008
Current Assets										
Cash Assets	637,129	567,964	265,474	278,239	9,128	21,611	52,990	60,154	309,537	207,960
Receivables	109,325	16,840	109,325	16,840	-	-	-	-	-	-
Total Current Assets	746,454	584,804	374,799	295,079	9,128	21,611	52,990	60,154	309,537	207,960
Non Current Assets										
Property Plant & Equipment	353,657	289,940	120,707	55,314	3,507	4,384	3,920	4,719	225,523	225,523
Total Non Current Assets	353,657	289,940	120,707	55,314	3,507	4,384	3,920	4,719	225,523	225,523
Total Assets	1,100,111	874,744	495,506	350,393	12,635	25,995	56,910	64,873	535,060	433,483
Current Liabilities										
Payables	109,658	49,492	82,467	35,335	6,353	2,283	8,490	9,385	12,348	2,489
Provisions	51,718	26,036	43,240	17,688	6,057	4,306	-	-	2,421	4,042
Other Loans	267,109	319,429	267,109	311,577	-	7,852	-	-	-	-
Total Current Liabilities	428,485	394,957	392,816	364,600	12,410	14,441	8,490	9,385	14,769	6,531
Non Current Liabilities										
Provisions	14,252	6,019	-	-	-	-	12,185	3,171	2,067	2,848
Total Non Current Liabilities	14,252	6,019	-	-	-	-	12,185	3,171	2,067	2,848
Total Liabilities	442,737	400,976	392,816	364,600	12,410	14,441	20,675	12,556	16,836	9,379
Net Assets	657,374	473,768	102,690	(14,207)	225	11,554	36,235	52,317	518,224	424,104
Equity										
Reserves	33,239	-	33,239	-	-	-	-	-	-	-
Retained Profits	624,135	473,768	69,451	(14,207)	225	11,554	36,235	52,317	518,224	424,104
Total Equity	657,374	473,768	102,690	(14,207)	225	11,554	36,235	52,317	518,224	424,104

ARAFMI NSW Incorporated Consolidated Accounts 30/06/2009

Statement of Financial Performance			By Branch							
			Head Office		Illawarra		Hunter		Central Coast	
	2009	2008	2009	2008	2009	2008	2009	2008	2009	2008
Income										
Donations Received	18,979	25,026	-	1,354	6,796	3,114	11,753	3,608	430	16,950
Grants Received	1,451,758	1,269,813	938,294	696,057	59,880	68,270	119,811	144,529	333,773	360,957
Fund Raising	92,417	69,752	-	-	3,753	6,319	7,751	9,502	80,913	53,931
Non Government funding	51,582	-	51,582	-	-	-	-	-	-	-
Education Programs	612	2,055	-	-	-	-	612	2,055	-	-
Membership Fees	2,062	3,685	619	2,261	170	385	1,064	810	209	230
Conference/Consultancy Fees	2,000	-	-	-	-	-	2,000	-	-	-
	1,619,410	1,370,332	990,495	699,672	70,599	78,088	142,991	160,504	415,325	432,068
Other Income										
Interest Received	20,860	13,162	19,109	9,115	62	172	1,162	1,716	527	2,159
Other Revenue	7,860	13,577	3,640	2,570	775	-	762	839	2,683	10,168
Gross Profit/(Loss) from Trading	-	8	-	8	-	-	-	-	-	-
Unexpended Grants	7,852	6,153	-	-	7,852	6,153	-	-	-	-
	36,572	32,900	22,749	11,693	8,689	6,325	1,924	2,555	3,210	12,327
	1,655,982	1,403,232	1,013,244	711,365	79,288	84,413	144,915	163,059	418,535	444,395
Expenditure										
Accountancy Fees	14,618	6,670	8,850	3,080	5,015	3,590	-	-	753	-
Activities & Outings	1,757	679	-	-	-	-	-	-	1,757	679
Admin Fees Re Projects	373	614	-	-	-	-	373	614	-	-
Advertising & Promotion	11,386	7,518	9,017	4,820	1,699	605	663	1,458	7	635
Auditors' Remuneration	4,195	8,720	-	4,920	1,250	1,400	1,445	900	1,500	1,500
Bad Debts written Off	-	514	-	514	-	-	-	-	-	-
Bank Charges	3,033	2,273	1,841	1,295	343	200	177	106	672	672
Bookkeeping Fees	35,280	40,356	35,280	40,356	-	-	-	-	-	-
Cleaning	7,461	7,108	3,772	2,205	-	-	23	42	3,666	4,861
Computer Expenses	7,646	10,572	5,685	9,005	-	-	-	-	1,961	1,567
Conference & Meeting Expenses	9,350	7,175	6,432	2,026	-	1,201	-	-	2,918	3,948
Consultancy Fees	7,561	31,461	7,561	31,461	-	-	-	-	-	-
Costume	466	900	-	-	-	-	-	-	466	900
Depreciation	20,355	9,131	18,679	7,948	877	24	799	1,159	3,290	1,580
Drama	3,290	1,580	-	-	-	-	-	-	3,153	2,783
Electricity & Gas	4,302	4,638	1,149	1,855	-	-	-	-	-	-
Events & Workshops	32,080	-	32,080	-	-	-	-	-	-	-
Filing Fees	226	635	226	635	-	-	-	-	-	-
Fringe Benefits	2,114	1,073	2,114	1,073	-	-	-	-	-	-
Fund Raising Expenses	22,486	5,075	-	-	6,270	2,385	16,216	2,690	-	-
General Expenses	9,744	12,594	54	932	2,069	134	6,300	10,791	1,321	737
Holiday Pay	34,372	2,570	25,552	-	1,751	1,809	2,581	(6,129)	4,488	6,890
Insurance	31,063	25,024	11,212	9,982	1,825	2,621	5,874	6,038	12,152	6,383
Internet Expenses	1,227	1,291	-	-	-	-	-	-	1,227	1,291
Leasing Charges	2,790	-	2,790	-	-	-	-	-	-	-
Long Service Leave	6,433	-	-	-	-	-	6,433	-	-	-
Meal & MV Allowances	19,079	17,746	-	-	-	-	-	-	19,079	17,746
Meetings	1,872	3,623	-	-	1,872	3,623	-	-	-	-
Motor Vehicle Expenses	-	-	-	-	-	-	-	-	-	-
Office Supplies	3,159	10,719	-	-	1,942	991	-	-	1,217	9,728
Office & Other Equipment	7,765	29,672	-	-	-	-	1,065	19,580	6,700	10,092
Performance rights	150	1,108	-	-	-	-	-	-	150	1,108
Photography	-	200	-	-	-	-	-	-	-	200
Postage	4,281	2,788	3,169	983	446	509	666	1,296	-	-
Printing & Stationery	44,687	37,586	31,167	26,060	1,651	1,402	4,275	2,742	7,394	7,382
Program Resources	6,177	12,291	1,428	7,830	1,730	1,422	-	-	3,019	3,039
Rates	4,764	4,650	-	-	-	-	-	-	4,764	4,650
Reference Materials	1,927	3,149	-	-	-	-	1,927	3,149	-	-
Rent	15,536	13,085	15,536	13,085	-	-	-	-	-	-
Repairs & Maintenance	11,439	7,125	8,914	1,443	367	3,168	-	-	2,158	2,514
Salaries & Wages	853,590	752,881	510,693	402,187	47,590	46,976	95,051	95,777	200,256	207,941
Security	2,005	1,938	-	-	-	-	-	-	2,005	1,938
Staff Recruitment	12,694	16,429	12,694	16,429	-	-	-	-	-	-
Staff Training & Welfare	48,147	21,328	28,701	15,809	3,903	869	3,891	3,701	11,652	949
Storage Fees	217	-	217	-	-	-	-	-	-	-
Subscriptions & Memberships	3,122	3,671	1,910	2,069	126	369	228	260	858	973
Superannuation Contributions	75,910	65,626	44,700	35,843	5,058	2,609	7,920	7,893	18,232	19,281
Supervision	407	-	407	-	-	-	-	-	-	-
Telephone	48,722	44,902	35,076	31,246	2,114	1,128	3,932	4,282	7,600	8,246
Travelling Expenses	32,472	20,842	29,849	19,477	2,067	503	556	862	-	-
Volunteer Training	645	5,194	-	-	45	5,063	600	131	-	-
Total Expenses	1,472,377	1,264,725	896,348	694,568	90,617	82,601	160,997	157,343	324,415	330,213
Profit/(Loss) from Ordinary Activities	183,605	138,506	116,896	16,797	(11,329)	1,812	(16,082)	5,715	94,120	114,182
Retained Profits/(Accumulated Losses) at beginning of financial year	473,769	335,262	(14,206)	(31,004)	11,554	9,742	52,317	46,802	424,104	309,922
Total Available for Appropriation	657,374	473,768	102,690	(14,207)	225	11,554	36,235	52,317	518,224	424,104
Transfer to Reserves	(33,239)	-	(33,239)	-	-	-	-	-	-	-
Retained Profits/(Accumulated Losses) at end of financial year	657,374	473,768	69,451	(14,207)	225	11,554	36,235	52,317	518,224	424,104

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.



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