

2010-2011

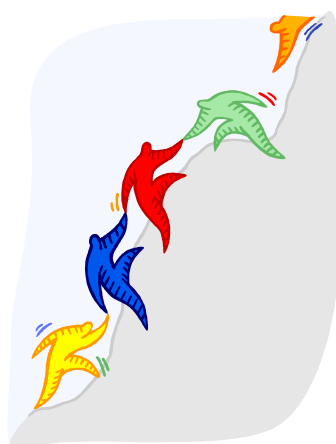
Annual

Report



Content

◇	Vision and Mission	3
◇	Tribute to Margaret Lukes	4
◇	Report from the President	6
◇	Report from Treasurer	7
◇	Report from the CEO	8
◇	NSW and Regional Committees	11
◇	Regional Office Reports	13
	- Central Coast	13
	- Hunter New England	15
	- Illawarra	17
	- ACT	20
◇	Financial Report	21



Vision Mission & Values

Mission

Mental Health Carers ARAFMI NSW Inc. is a community organisation of families, carers and friends of people living with a mental illness which encourages an active membership from among all of the diverse communities of NSW, which is informed by their experiences and provides support, education and advocacy in order to help them effectively fulfill their caring role.

Vision:

Our vision is for a community that understands and responds to the impact of mental illness on families and carers and the many people who are living with a mental illness.

Tribute to Margaret Lukes, ARAFMI Founder

ARAFMI NSW

Mental Health Carers ARAFMI NSW was saddened to learn of the passing of our Founder and Patron on June 29 2011. Margaret's passion for mental health has provided a legacy for all families, relatives, friends and carers of people with a mental illness throughout the country.

Margaret was a committed and dedicated individual who is remembered with great fondness by many in the ARAFMI family across Australia. On behalf of the many families, relatives, friends and carers of those with a mental illness and the management, staff, members and volunteers from ARAFMI across Australia we offer our sincere condolences on the passing of such a wonderful lady.



From: ARAFMI Queensland

The Management Committee and members of Arafmi Queensland would also like to acknowledge the significant contribution that Margaret Lukes OAM has made to developing support for carers, families and people with mental health issues.

During a visit to Queensland Margaret challenged and encouraged the Brisbane group to organise a seminar.

During 1980 this came to fruition and

laid the foundation for what the organisation has achieved today. In recognition of Margaret's work and support of families, Queensland acknowledged her achievements inviting her to be Patron of the organisation.

Despite the tyranny of distance Margaret maintained regular contact with and encouragement of Queensland's efforts to continue to make a positive difference to the lives of families and people living with mental illness.

Thanks to Margaret's support of those founding members we can say that progress is now being made.

Tribute to Margaret Lukes, ARAFMI Founder

From: Tony Fowke

President World Federation for Mental Health

National President Mental Health Carers Arafmi Australia

I first met Margaret Lukes over twenty five years ago at an Australian National Association of Mental Health meeting. She and I were for several years volunteers on various mental health committees and we met frequently at conferences. We became great friends.



Margaret held very strong views concerning mental health and the importance of the involvement and support of mental health carers which led to the establishment some thirty five or so years ago of

Arafmi in NSW. The need and benefit for such an organisation spread to other states and the Northern Territory. I can recollect several occasions when Margaret

was very forceful in putting her views not for the benefit of herself but on behalf of carers.

Another attribute that Margaret had was her ability to identify flaws in documents and to get them corrected without fear nor favour no matter who they had been prepared by or for. This did not however inhibit her in any way from enjoying social interaction and she had many friends throughout Australia. She was a friend in time of need and supported me and my family as we experienced difficult times. She was a good example of what it means to be a carer.

I was privileged to be able to visit Margaret several times in the Unit she once enjoyed overlooking Pittwater Bay when she extended great hospitality to me and my wife.

It is of course sad that Margaret is no longer with us but her memory continues on as a great inspiration for us to continue the work she began.

ARAFMI NSW President's Report

It is with great pleasure I submit the 2011 ARAFMI NSW Annual Report. We enter into our third year as peak body and with this come many changes within the mental health sector. One of these being the move towards Social Enterprise as the way forward for NGO's to have more stability with funds rather than relying on government handouts, this is seen as self sustaining providing a consistent cash flow enabling services to provide programs which will benefit the clients long term. We as a board are very interested in working collaboratively with our branch committees in pursuing this endeavor for ARAFMI NSW.

ARAFMI NSW President : Kristine Havron



As peak body we continue to sit on a number of government committees and consultations this has allowed us to maintain a voice for mental health carers and families.

We the board would like to take this opportunity to thank all of our branch committees, the CEO and staff of the NSW office also our individual branch managers along with staff and volunteers with whom our dearly loved founders' vision is continuing to be worked out.

Along with my colleagues who sit on the NSW Board I would like to formally acknowledge the unwavering support of our treasurer Brian Reeves who at the beginning of this year stepped aside due to personal commitments. We wish you Brian and your family well.

As always I am looking forward with much enthusiasm to what this year will bring, and as it unfolds before us I look forward to our co-operation as like minded people working together to accomplish that which has been placed in our hands by our dear founder Margaret Lukes and to run the race set before us as a united force for mental health carers working with local service providers to gather information and deliver information to our members. And in doing this providing a service which holds on to its grass roots and moves into the future ensuring good governance and effective management at a state wide level to guarantee the delivery of ARAFMI's mission and strategic objectives.

Treasurer's report

Year ended 30 June 2011

I am pleased to present the treasurer's report for the year ended 30 June 2011. The net profit is a great result but, before I get too excited, it should be considered a one off year. Control of costs together with some income timing has generated the result. The net asset position of just under \$306,000 puts the organisation in a good financial position to pursue its future objectives. Notwithstanding this, I will be promoting issues that should maintain our good trading and financial position. We have already moved the bookkeeping in-house which will save a substantial amount. The cost is that we will not get a whizz-bang pretty report but the reports we now get are more than sufficient for an organisation of our complexity and size.

I am compelled to comment on the financial status of the branches. I can report that Hunter and Central coast are solvent and at the time of writing this I have not seen the audited financial statement for the Illawarra so I cannot comment on their status, however, from previous reports during the year they appear to be solvent.

Finally, as an accountant I like to pursue profits and build our net asset position, however, I have to keep reminding myself that this should not be at the cost of achieving of what the organisation is in existence for.

Robert H Hunter CPA

Honorary Treasurer

12 February 2012



Chief Executive Officer's Report



ARAFMI NSW CEO: Keiran Booth

It's hard to believe that another year has rolled around and what a year it has been. We have seen some interesting and exciting reforms in mental health over the last 12 months at both the state and federal level. Mental Health Carers ARAFMI NSW are pleased to say that we have been involved in many of the discussions and planning and have been able to provide a family and carer perspective to those processes.

As you will read elsewhere in this report we have been involved in an extraordinary number of committees, roundtables and forums. It has been extremely refreshing to see our state and federal governments, their departments and their staff taking a real and detailed interest in the needs of families and carers of people with a mental illness.

Over the last 12 months the NSW Office has looked at increasing our generation of income so that we are not as reliant on government funding. We have increased our training operations and to the end of the year have been able to provide Mental Health First Aid training to over 200 participants. As well as providing income for us it also has enabled us to increase the community literacy of mental health and support individuals in the understanding of and the support to people with a mental illness.

As I mentioned earlier we have seen a big increase in the support of families and carers of people with a mental illness from both state and federal governments and their departments and staff. Whilst acknowledging that there is still some way to go we are truly grateful for the support from a variety of places. Mental Health Carers ARAFMI NSW would particularly like to thank the NSW Minister for Mental Health, the Hon. Kevin Humphries and his staff for their ongoing support and interest in the wellbeing of families and carers. We would also like to acknowledge the NSW Ministry for Health and in particular the Director, Mr. David McGrath and the NSW Chief Psychiatrist, Associate Prof John Allen. Both Mr. McGrath and Associate Prof Allen have been strong and passionate supporters of the needs and inclusion of families and carers of people with a mental illness. To them and their staff we say thank you and we look forward to maintaining a close relationship with them as we continue to support mental health reform in NSW.

Chief Executive Officer's Report

The past 12 months have been a very busy time for me in respect of travel to a variety of events and meetings. As I have travelled across the state and the country I have been extremely proud to hear of the very high regard we are held in by governments, clinicians and the community at large. This is completely as a result of the very hard working and professional staff we have working on behalf of our organisation. Our Regional Managers, Jo Sinclair (Hunter), Rhonda Wilson (Central Coast) and Kelly Parrish (Illawarra) and their dedicated and committed staff are one of the main reasons that we have such a valued reputation. Their daily commitment to supporting their local communities has resulted in more and more families and carers of people with a mental illness receiving the much needed support and encouragement to maintain their own mental health and well being. Of course the Regional staff are also supported by a large team of volunteers and local committees. It goes without saying that we are all truly indebted to them for their time and invaluable contributions.

I have been extremely lucky that whilst traveling for ARAFMI the NSW Office has continued to run smoothly through the devotion and loyalty of a whole team of great people. I would like to thank Jonathan Harms, Gerard Newham, Snow Li, Sunny Hemraj, Zoie Morgan, Michelle Beards and our many, many volunteers (too many to mention here) for the way in which they have carried out their tasks to ensure that families and carers are able to access the support they need.

In these current times it is so important to be able to maintain contact with people across a wide area and through a large variety of media. We are indebted to Jackie Neville and her partner David Harris (www.magiccaterpillar.com) who have designed, built, maintained and donated our new website for us. Our new look website is a very exciting step for us and has enabled us to maintain contact with a wide variety of families and carers. We have even had contact from carers in Ireland, the UK, the USA and China seeking information or support for loved ones in Australia. Thank you Jackie and David.

We have also moved into the social media with accounts on Facebook and Twitter. I am most grateful to our staffer Gerard Newham for his knowledge and management of these areas. Again the use of the mediums allows us to promote the particular needs of families and carers of people with a mental illness to a wider circle and to help raise the organisation's profile.

Chief Executive Officer's Report

Whilst it has been a year of great work and exciting initiatives and reform it has also been a year of great sadness for the whole ARAFMI family around the country. We were saddened to learn of the death of our founder, Mrs. Margaret Lukes OAM on 29 June 2011. Margaret was a remarkable woman who not only founded the organisation in 1975 but continued to show a very keen interest in the organisation. Margaret was honoured by ARAFMI at our conference to celebrate our 35th anniversary and a portrait presented to Margaret at the conference now hangs proudly in our office. The portrait also featured as our cover page for last years' annual report. Elsewhere in this report is a tribute to Margaret with comments from other ARAFMI state and territory members.

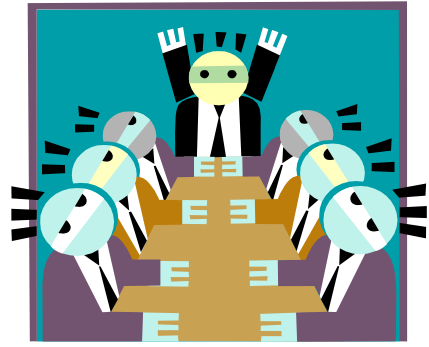
Whilst saddened by Margaret's death we were also very pleased to expand the membership of Mental Health Carers ARAFMI NSW by welcoming the formation of a new branch in the Australian Capital Territory. The new ACT Branch has added a positive dimension to our statewide body and enables us to provide greater support to people in that region where cross border issues for families and carers has had a significant impact. We were also pleased to reconnect with our branch in Cowra and re-establish contact with former members in Broken Hill and other regions. The continued growth of the organisation has been a key objective for us and our continued growth will ensure that the organisation remains strong and well represented across the state and across the country.

I would like to thank our dedicated and supportive NSW Board members for their ongoing contribution. Our President Kristine Havron has worked extremely hard to maintain contact with staff and volunteers and has shown exceptional leadership to the board. Our other board members, Col Levy, Anne Steadman, Bob Hunter, Carol Wooley, Reg Lacey, David Allen and Maryanne Housham have also been heavily involved and are a great set of ambassadors for our organization.

Finally, and perhaps most importantly, I would like to thank all of our volunteers, members, donors, supporters and friends. Our organisation is only as strong as those who would support it. We have seen some remarkable and wonderful contributions from all of our volunteers and without their support I am not sure how we would survive.

It has been an honour and a privilege to be involved in the organisation of the past year, and I am pleased to report to you all that, given the commitment demonstrated by so many, we have a great future ahead of us.

NSW Board and Regional Branch Committees



NSW Board of Management MHCA NSW

President:	Ms. Kristine Havron
Vice President:	Mr. Colin Levy
Treasurer:	Mr. Robert (Bob) Hunter
Secretary:	Ms. Anne Stedman

Branch Committee Members

Mr. David Allen, Mr. Reg Lacey, Ms. Carol Woolley, Ms. Maryanne Housham

CEO

Mr. Keiran Booth

Illawarra Management Committee MHCA NSW

Patron

Mr. Alex Darling

President:	Colin Levy
Secretary:	Carol Woolley
Treasurer:	Peter Hutten
Fundraising Officer:	Carol Woolley
Promotions & Publicity:	Carol Woolley

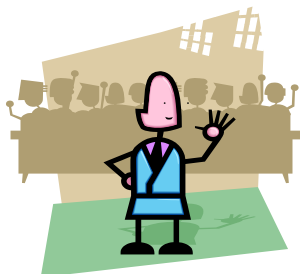
Branch Committee Members

Taina Levy; Alice Scott; Sandra Lacey

SESIAHS Representative:	Christine Kulyk
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Regional Manager

Kelly Parrish



NSW Board and Regional Branch Committees

Central Coast Management Committee MHCA NSW

Patron

Lord Gosford

President:

Karen O'Neill

Treasurer:

Christine Marsh

Secretary:

Maree Richards

Branch Committee Members:

Helen Wotherspoon, Conette Wheatley, Helen Rodney, Kris Bowen & Trish Griffin

Regional Manager

Rhonda Wilson

ACT Branch Management Committee MHCA NSW

President:

Phillip Bell

Vice President:

John Tucker

Treasurer:

David Allen

Secretary:

Denise Allen

Branch Committee Members

Leigh Toop and Denis Strangman

Hunter Management Committee MHCA NSW

President:

Robert (Bob) Hunter

Treasurer:

David Farley

Secretary:

Julie Castle

Committee Members

Jack Kelly, Bryan Aberly, Shirley Finney, Janet Mundie

Regional Manager

Joanne Sinclair

ARAFMI CENTRAL COAST BRANCH



2010-2011 saw Mental Health Carers ARAFMI Central Coast Committee and staff put together ideas and plans to refocus on what needs to happen to strengthen our resolve and fill gaps in specialist service provision to family and carers.

FAMILY SUPPORT

Family support is our core business and we continue to work along side carers to provide a range of support services for those who care for, and care about people experiencing mental health problems. Our ongoing support and education groups provide an opportunity for family, friends and carers to connect with those with similar experiences and to learn current ideas and practices in the field of mental illness. Group members gain strength and support from each other and learn new ways of coping through each other's experiences.

Support services include, telephone counselling, centre based appointments, drop in and outreach home visits. These referrals have come from a wide range of services including mental health, GP's, police, lifeline and word of mouth. These referrals may also benefit from a range of resources available for use and the monthly support groups on offer.

COMMUNITY EDUCATION

Another strong focus of our organisation in 2010/11 included; presenting papers at conferences, attending and chairing committee meetings, facilitating education sessions, distributing information and promoting innovative initiatives. Students from a variety of disciplines have come through our doors and remain part of our network of connections across the community. Open days, Walk of Pride and involvement in a number of community seminars and events continue to highlight aims and objectives of ARAFMI

PROFESSIONAL DEVELOPMENT

ARAFMI Central Coast branch has developed a number of workshops for mental health workers and service providers. This professional development focuses on the lived experience of carers of people with mental health issues and how services can best respond to supporting carers and families. "Hitchhikers guide to mental health", developed by Linda Weedon is a great starting place for staff who want to understand mental illness and respond appropriately to carers and families by exploring where they are at and their needs.

ARAFMI CENTRAL COAST BRANCH

YOUNG ARAFMI (Child & Adolescent support)

The high need for services for the children in our target group has lead to eighty two referrals to our service during the past twelve months. Many of the referrals have come from schools, the Brighter Futures Program, Mental Health Centre and Youth Connections.

Each of the children requires individual contact that is specifically shaped to meet their individual needs and the weekly Kids Connecting group continues to evolve according to the service users needs. These contacts allow the children the opportunity to 'practice' social skills and build relationships with other children who are living similar experiences.

YAKKALLA (Social and recreational program)

Yakkalla Recreation program is a community Partnership between Mental Health Carers ARAFMI/Central Coast Local Health District and is funded by ADHC to support Mental Health Recovery. Yakkalla aims to *empower* consumers to not just be passive recipients, but to be *active* and *involved* co-contributors in the delivery of the service, how it looks and the programs provided.

At Bateau Bay the ARAFMI Yakkalla program offers consumers up to 20 different activities either conducted in house or, within the community. Yakkalla has endeavoured to and embraced community/community partners as a major player in sustainability that promotes inclusiveness and ongoing connections.

BRIDGING PROGRAM

Taking the necessary actions we were successful in receiving an increase in funding from ADHC to provide an additional worker for the Yakkalla Bridging program. This increased funding from ADHC will see us expand our social and recreation program at Yakkalla and the bridging program will increase accessibility and programs provided. The Bridging program will also give us the ability to go into homes and form partnership with families and encourage those stifled by their illness to gain access to support services. The bridging project will provide information and resources to back up families and build into the future an innovative, strength based program.

LOOKING AHEAD

Another objective is being achieved through a grant from Gosford City Council to conduct a dual diagnosis symposium to be held in 2012 and include partnerships with Family Drug Service and Central Coast Community Council.

A rather more optimistic challenge ahead will be a *well being* centre. This idea highlights the obvious gaps in services to families and their loved ones. As an early intervention model it will focus on family collaboration with health outcomes for all and will work with people and families who may be living in the community and starting to show early signs of becoming unwell and/or have been in the inpatient ward, but require additional support before returning home.

Getting our marketing plan underway is a priority, documentation and evaluation of the Bridging program and supporting the needs of families where young people and adults with a mental illness are at risk of contact with the criminal justice system will also be explored further.

ARAFMI HUNTER BRANCH



Dear members,

We have had a very productive 2010~2011. With strong partnerships, new workshops, new fact sheets for the Navigator guide and the 'Walk of Pride' which is gaining momentum every year.

I have attended various meetings with Hunter New England Health keeping our partnership strong. Attending the family and carer reference group meetings monthly with service providers and Hunter New England staff which keeps carers very much in the forefront of hospital agenda. ARAFMI are still involved in psychiatry training at various times and locations throughout the year, we see this as truly invaluable work as it informs clinical staff on the needs of families and carers.

Our Partnership with Samaritans Headspace is going strong. I sit on the Executive Committee and Coralie our family counsellor supports families at Maitland fortnightly. Building these strong partnerships is the way of the future integration is so important! We are hoping to offer our workshops on Borderline and Boundaries to Headspace next year which will offer carers in the Maitland and Upper Hunter regions extra information, awareness and support

The Navigator guide is our partnership with Hunter New England Health which began back in 2002. The guide was first produced for families and carers to help them navigate their way through the system offering practical help and service location availability. The new fact sheets for the last 12 months are on Multicultural information & services, Smoke Free Policy, Safe Start (perinatal services), Stigma, Useful Websites, Child & Adolescent Mental Health Services, Preventing Mental Illness, Healthy Living-Sleep-Nutrition & Exercise, these fact sheets will be provided electronically on the Hunter New England website and the ARAFMI Hunter website.

The Public Awareness Walk of Pride last year was a great success, we had a variety of excellent speakers and great support from the community. The advertisement on local television with Patrick McGorry and Jacob was a great way to inform the public of the event. In the last few months Patrick McGorry AO (Australian of the year for 2010) has kindly agreed to be ARAFMI Hunter's patron also patron for the 'Walk of Pride'. The Walk is growing nationally now being held in Brisbane, Perth and Central Coast, next year there is talk of it being held in Broken Hill. We are so excited to see the community taking action and making it their responsibility to challenge Stigma.

ARAFMI HUNTER BRANCH

Coralie (Hunters Family counsellor) has been doing a fantastic job counselling and facilitating programs and workshops for carers. This process allows carers and family members to address personal issues and to connect with others working through similar experiences. I would like to thank the team of volunteers Kay, Helen, Julia, Vicki and Julie also our student placements Shaun, Aldas, Zorica, Kristie and Febien Sarah and Jared who have supported the organisation throughout the last twelve months. They have shown a high level of commitment to the cause which is through administration, promotion, telephone support and the 'Walk of Pride'.

A big thank you goes to Betty and Neville who offer telephone support and attend the magistrate hearings regularly. Many carers who access our service are very grateful to you both for all your knowledge, wisdom and commitment. Jack and Brenda Kelly a very big thank you! You have been facilitating the Maitland carer support group for the last 16 years and Jack your commitment to ARAFMI on so many levels has won you a honorary lifetime membership well done Jack!! On behalf of ARAFMI we thank you all for your work in helping Carers and family members, without the help you give we would not be able to offer such a grass roots service.

A big thank you to Bob and Helen Hunter, Shirley Finney, Julie Castle and Jack Kelly for selling raffle tickets at local shopping centres, behind the scenes is where steady progress is made. Thank you to our committee members for all the decision making and support which is so invaluable when running a non-government organisation, It keeps us on track and offers a strong foundation for this invaluable service

Thank you all for your continued support, referrals and acknowledgement of the work we do here. It is a true gift of spirit to see the many carers find happiness and a sense of worth, here's hoping for an excellent 2011-2012.

Kind regards
Joanne Sinclair
Regional Manager
Hunter Branch



ARAFMI ILLAWARRA BRANCH



All of ARAFMI Illawarra's goals and objectives were met in the 2010 – 2011 periods. The main areas of our service delivery were;

- o Information & support for carers
- o Promote coping skills in carers and families.

Partnerships

Information and support that were given to carers through our service were in areas of

- ⇒ One-on-one support
- ⇒ Telephone support
- ⇒ Mental Health and Carer resources
- ⇒ Carer Support Groups and activities
- ⇒ Referrals to other relevant services

We are very fortunate to have a great volunteer base within our service to that assist in different areas of support. Mainly being telephone support for carers. Having trained and competent volunteers that have knowledge on carer issues, illnesses and local services assist our carers over the phone and within the office environment with information for either themselves or their loved ones and can refer to appropriate services if needed.

Trained and competent volunteers, with knowledge of local mental health services, consumer and carer issues enables us to provide appropriate information or referrals to carers either in person or by phone.

We hold a broad range of resources in the office and these have recently been updated by a volunteer and a *community services student* who recently completed her placement with us. As well as ARAFMI's own resources we carry fact sheets and information of other Mental Health Service Providers.

The broad range of carer resources include:

- ⇒ Fact sheets on Mental Illness
- ⇒ Coping skills for carers
- ⇒ Respite services available
- ⇒ Legal information
- ⇒ Information for young carers
- ⇒ Information for consumers

ARAFMI ILLAWARRA BRANCH

ARAFMI has also participated in community events to raise awareness, educate the community and help eliminate stigma associated with mental illness. These events include ARAFMI holding its 2nd annual trivia night in the year ending June 2011. This event along with raising much-needed funds for our service, also provided information on our service and general information to assist with breaking down stigma associated with mental illness.

Mental Health Week at the 1.98 FM booth in the Wollongong Mall ARAFMI provided information and resources to the general community on Mental Illness and Carer information. This also included information on other local services.

Stress less day: ARAFMI hosted a stall in the I98 booth in the Wollongong mall in conjunction with stress less day and Mental Health Association resources.

Vorn Expo – Services that come together to promote services.

Volunteers Luncheon – This was in conjunction with Volunteers week which recognized all of ARAFMI's Volunteers and achievements.

Volunteers Expo – This was also in conjunction with Volunteers week and was held at the Master Builders Club. This was an opportunity to display our service to other services and the general public.

A Partnership was developed between South Coast Beauty Academy and ARAFMI in Mental Health Month this gave us an opportunity to host pampering days for carers to promote their health and wellbeing Exploring Friendships Workshop Mental Health Month which was in conjunction with the theme "Friendships help us bounce back" along with other activities such as a Laughter Workshop and a Exploring Friendships Workshop, talking about how important friendships are to the carer and also consumers and how these friendships can help them bounce back from episodes of illnesses.

Carer Luncheon At Wollongong Golf Club held by the Family and Carer Program which ARAFMI attended.

Committees and network meetings that ARAFMI has been involved with have included, Coalition, IHMRI (Illawarra Health and Medical Research Institute), Suicide Prevention meetings, partnership meetings.

A Mental Health Library continue to be maintained by volunteers. A data base records the gathering and purchase of new books and resources for these writing to know what is available?

Newsletters are distributed bi-monthly and between the period of 2010/ 2011 we have published 6 newsletters. We have given other services an opportunity to advertise their programs or services within these newsletters to help get information out to the wider community about what services our available and what they offer.

Carer Groups and activities have been a great success with carers and families attending regularly and carers having the choice to come either for support or for the education and information aspect of the group. This comes down to what the carer is actually in need of, either peer support from ARAFMI and our regular carers, information and/or education around particular topics and the caring role, or it could be the social aspect of reducing carer isolation due to their role.

ARAFMI ILLAWARRA BRANCH

Carers feel the group is delivered in a non- threatening and non- judgmental environment and feel very comfortable within our group settings. Our carers have developed some great friendships through these groups and continue these friendships and support for each other outside the group, which breaks the isolation when ARAFMI is unavailable. A comment that carers make regularly after attending our groups and service is that they do not feel as alone in their role as a carer as they did before contacting our service or groups.

We have started a carers' craft group which is held between two carers' homes. This group is held twice a month with likeminded carers who enjoy craft and activities.

We have started a regular music group for our carers where carers can learn to play an instrument and have some fun through music. A local choir also attends to perform for our carers.

We have invited other services to deliver programs to our carers. These include:

Blackdog Institute (Navigating teenage depression)

Wesley Mental Health Training Unit (Suicide Safe Talk)

In addition with the assistance of ARAFMI NSW, we have been able to run the ARAFMI workshop in dealing with Borderline Personality Disorder and Mental Health First Aid.

Referrals are common within our services and we are reliant on other services and programs to assist with support. Once carer's needs are identified, a referral to another appropriate service is made either by the manager or family support worker. The majority of the time the carer is supported by both services and communication is present between the two services for appropriate care and ongoing support.

ARAFMI Illawarra has worked closely with other relevant services that meet the needs of carers and their families mainly relying on their programs and services through referrals and partnerships. These services include Schizophrenia Respite Service, Commonwealth Respite Service, Headspace, Family Drug Support, SESIAHS, Black Dog Institute, ARAFMI NSW, local Tafe's and the UOW, IMRHI to name a few in different areas which also 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 Tafe with presentations on our service and awareness on carer's issues. ARAFMI has hosted student placements during this time in areas of local projects.

ARAFMI ACT BRANCH



The Mental Health Carers Network became the ACT Branch of Mental Health Carers ARAFMI NSW in June 2011. A management committee was elected with Phillip Bell president, John Tucker vice president, David Allen Treasurer, Denise Allen secretary and Leigh Toop and Denis Strangman ordinary members.

The Mental Health Carers Network/ Mental Health Carers ARAFMI NSW ACT Branch had 11 network meetings From Feb to Dec 2011. These meetings were well attended. Speakers on issues relevant to Mental Health Carers were organised for the meetings through the year. Finishing in December with our meeting held as a Christmas meal at a local restaurant.

In May 2011 the MH Carers Network received a response to the grant application applied for from ACT Health Promotions grants for financial support for the Mental Health Carer Peer Support program in Calvary hospital. This application was not successful.

The funds for the MH carers peer support program at Calvary hospital which was auspiced by ACTCOSS finished on 30th June 2011. The Final report was sent to ACT Health Promotions in August 2011, with the final audited report sent in by ACTCOSS in November.

The Mental Health Peer Support Program continues to operate at Calvary Hospital with the support of 4 volunteer carers, Karen Noble from Skills for Carers and Chrissy English the coordinator of volunteers at Calvary hospital. The program is available twice a week on each Monday and Thursday afternoon/evening.

A grant from Act Health Promotions was applied for in Dec 2011. This grant would be to cover the period 2012 to 2014 for the peer support program. We are awaiting reply. The Strategic planning meeting was held over 2 days in November 2011. Keiran Booth Jonathan Harms and Gerard Newham from ARAFMI NSW flew down from Sydney to facilitate this meeting. This was an extremely useful meeting.

Our Mental Health First Aid course was held in November 2011. Keiran from ARAFMI NSW flew done to facilitate this course which was well attended by a variety of organisations employees and carers and raised \$800.

John Tucker is looking into the possibilities of setting up supported accommodation on the South side of Canberra similar to the home in Queanbeyan.

Financial Report 2010-2011

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

**FINANCIAL REPORT
FOR THE PERIOD ENDED
30 JUNE 2011**

**Liability limited by a scheme approved under
Professional Standards Legislation**

Financial Report 2011

**Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650**

CONTENTS

Committee's Report

Income Statement

Balance Sheet

Notes to the Financial Statements

Statement by Members of the Committee

Auditors' Report

Certificate by Members of the Committee

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650

COMMITTEE'S REPORT

Your committee members submit the financial report of the Mental Health Carers ARAFMI (NSW) Inc. for the financial period ended 30 June 2011.

Committee Members

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

Kris Havron (President)
Robert Hunter (Treasurer) (appointed 19.02.2011)
Reg Lacey
Carol Woolley
Colin Levy
Jack Kelly (resigned 19.02.2011)
Brian Reeves (resigned 19.02.2011)
Anne Steadman (appointed 19.02.2011)
Maryanne Housham (appointed 19.02.2011)
David Allen (appointed 19.02.2011)

Principal Activities

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

to provide support and advocacy for families with mental illness or disorder. Mental Health Carers ARAFMI (NSW) Inc. 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 period.

Operating Result

The profit for the financial year amounted to \$212,024.

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

Committee Member:


Kris Havron (President)

Committee Member:


Robert Hunter (Treasurer)

Dated: 17/2/2012

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc. A.B.N.70 653 824 650

INCOME STATEMENT FOR THE PERIOD ENDED 30 JUNE 2011

	Note	2011 \$	2010 \$
INCOME			
Donations Received		20,000	-
Grants Received		735,119	934,200
Non Government Funding		70	1,750
Membership Fees		3,705	1,510
Conference/Consultancy Fees		22,048	-
		<u>780,942</u>	<u>937,460</u>
OTHER INCOME			
Interest Received		17,672	15,534
Other Revenue		6,747	29,842
Loss on Sale of Non-current Assets		(636)	-
		<u>23,783</u>	<u>45,376</u>
		<u>804,725</u>	<u>982,836</u>
EXPENDITURE			
Auditor's Remuneration		6,952	5,750
Advertising		-	3,140
Bank Charges		1,364	1,291
Bookkeeping Fees		29,068	36,589
Central Coast allocation		62,822	94,000
Cleaning		407	510
Computer Consumables		8,306	4,757
Conference Expenses		40,868	3,455
Consultancy Fees		447	1,998
Depreciation		20,006	30,011
Education & Training		4,113	17,071
Electricity & Gas		2,568	3,970
Events & Workshops		3,760	-
Filing Fees		109	182
Fringe Benefits		2,675	211
Holiday Pay		(43,190)	(10,319)
Insurance		18,245	15,243
Leasing Charges		2,093	2,790
Postage		3,119	5,246
Printing & Stationery		17,168	30,873
Program Resources		3,824	430
Rent		3,264	14,619
Repairs & Maintenance		3,859	1,624
Salaries & Wages		287,864	602,982
Staff Recruitment		5,276	856
Staff Training & Welfare		7,731	13,490
Storage Fees		9,888	-

The accompanying notes form part of these financial statements.

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650

INCOME STATEMENT
FOR THE PERIOD ENDED 30 JUNE 2011

	Note	2011 \$	2010 \$
Subscriptions		5,038	2,328
Superannuation Contributions		23,896	49,758
Telephone		22,168	32,120
Travelling Expenses		38,993	26,578
		<u>592,701</u>	<u>991,553</u>
Profit (Loss) before income tax		<u>212,024</u>	<u>(8,717)</u>
Profit (Loss) for the period		212,024	(8,717)
Retained earnings at the beginning of the financial period		68,497	69,451
Transfer From Reserves		<u>(5,733)</u>	<u>(7,763)</u>
Retained earnings at the end of the financial period		286,254	68,497

The accompanying notes form part of these financial statements.

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650

BALANCE SHEET
AS AT 30 JUNE 2011

	Note	2011 \$	2010 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents		256,286	312,825
Trade and other receivables	2	7,358	23,542
Prepayments		2,835	23,978
TOTAL CURRENT ASSETS		266,479	360,345
NON-CURRENT ASSETS			
Property, plant and equipment	3	69,773	91,915
TOTAL NON-CURRENT ASSETS		69,773	91,915
TOTAL ASSETS		336,252	452,260
LIABILITIES			
CURRENT LIABILITIES			
Sundry Creditors		6,963	24,132
Other Creditors		-	7,973
Amounts Withheld		2,761	8,064
Superannuation Payable		5,439	5,275
Employee benefits	4	10,092	32,921
Accrued Charges		5,000	5,000
Income in advance		-	14,753
Grants Unexpended		-	260,169
TOTAL CURRENT LIABILITIES		30,255	358,287
TOTAL LIABILITIES		30,255	358,287
NET ASSETS		305,997	93,973
MEMBERS' FUNDS			
Reserves	5	19,743	25,476
Retained earnings	6	286,254	68,497
TOTAL MEMBERS' FUNDS		305,997	93,973

The accompanying notes form part of these financial statements.

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 JUNE 2011

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 significant 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.

Property, Plant and Equipment (PPE)

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

The depreciable amount of all PPE is depreciated over the useful lives of the assets to the association commencing from the time the asset is held ready for use.

Leasehold improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

Employee Benefits

Provision is made for the company's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits have been measured at the amounts expected to be paid when the liability is settled, plus related on-costs.

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 recognised represent the best estimate of the amounts required to settle the obligation at the end of the reporting period.

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 JUNE 2011

Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at-call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities on the balance sheet.

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. Any consideration deferred is treated as the provision of finance and is discounted at a rate of interest that is generally accepted in the market for similar arrangements. The difference between the amount initially recognised and the amount ultimately received is interest revenue.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

Grant and donation revenue 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).

Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc. A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 JUNE 2011

	2011 \$	2010 \$
2 Trade and Other Receivables		
Current		
Rental Bond	-	300
GST Payable	4,574	5,037
Sundry Debtors	2,784	18,205
	<u>7,358</u>	<u>23,542</u>
The association does not hold any financial assets whose terms have been renegotiated, but which would otherwise be past due or impaired.		
3 Property, Plant and Equipment		
Land and Buildings		
Leasehold - Property Improvements	16,099	16,099
Less: Accumulated Depreciation	(1,183)	(781)
	<u>14,916</u>	<u>15,318</u>
Total Land and Buildings	<u>14,916</u>	<u>15,318</u>
Motor Vehicles	45,103	45,103
Less: Accumulated Depreciation	(18,420)	(12,263)
	<u>26,683</u>	<u>32,840</u>
Office Furniture & Equipment	82,157	88,181
Less: Accumulated Depreciation	(53,983)	(44,424)
	<u>28,174</u>	<u>43,757</u>
Total Plant and Equipment	<u>54,857</u>	<u>76,597</u>
Total Property, Plant and Equipment	<u>69,773</u>	<u>91,915</u>
4 Employee Benefits		
Current		
Provision for Holiday Pay & Sick Leave	<u>10,092</u>	<u>32,921</u>

Financial Report 2011

Mental Health Carers ARAFMI (NSW) Inc.
A.B.N.70 653 824 650

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 JUNE 2011

	2011 \$	2010 \$
5 Reserves		
General Reserve		
Opening Balance for the year	25,476	33,239
Transfer from (to) Retained Earnings	(5,733)	(7,763)
	<u>19,743</u>	<u>25,476</u>
6 Retained Earnings		
Retained earnings at the beginning of the financial period	68,497	69,451
Net profit (Net loss) attributable to the association	212,024	(8,717)
Transfer From Reserves	5,733	7,763
Retained earnings at the end of the financial period	<u>286,254</u>	<u>68,497</u>

Financial Report 2011

Mental Health Carers 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 statements as set out on pages 1 to 9:

1. Presents a true and fair view of the financial position of Mental Health Carers ARAFMI (NSW) Inc. as at 30 June 2011 and its performance for the period ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that Mental Health Carers 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: Kris Havron
Kris Havron

Treasurer: Robert Hunter
Robert Hunter

Dated: 13/2/2012

Financial Report 2011

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF Mental Health Carers 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 Mental Health Carers ARAFMI (NSW) Inc. (the association), which comprises the balance sheet as at 30 June 2011, profit and loss statement, a summary of significant accounting policies, 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 Incorporation 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 obligations 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.

Liability limited a scheme approved under
Professional Standards Legislation.

Financial Report 2011

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
Mental Health Carers 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 Mental Health Carers ARAFMI (NSW) Inc. presents fairly, in all material respects the financial position of Mental Health Carers ARAFMI (NSW) Inc. as of 30 June 2011 and of its financial performance for the period 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:



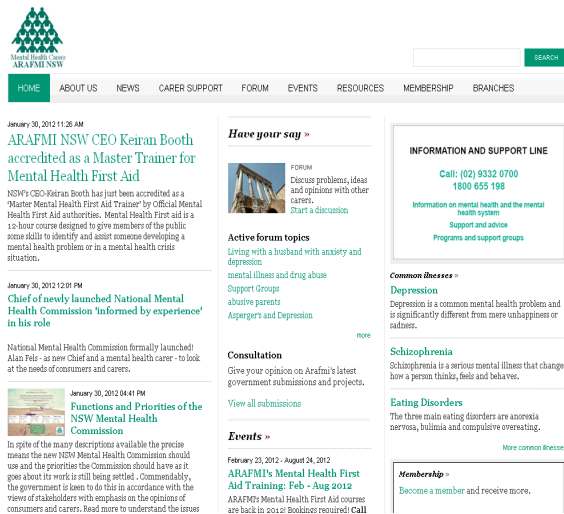
Address: Level 6, 10 Spring Street, Sydney.

Dated :



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Professional Standards Legislation.

ARAFMI 2011



ARAFMI WEBSITE



The mind reader E-news letter



'Walk of pride' at Hunter Branch 2011



Monthly Mental Health First Aid is held at ARAFMI NSW Office



Article from Brokenhill Newspaper

www.arafmi.org

ARAFMI 2011



Planning day 2011



Planning Day 2011



Wellbeing festival 2011



Walk of pride 2011

[Www.arafmi.org](http://www.arafmi.org)