Mental Health Carers NSW

ANNUAL REPORT 2020 - 21





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About MHCN, Vision & Mission

MHCN is the peak advocacy body for mental health carers in NSW. We were founded as ARAFMI in 1974 by social worker Margaret Lukes. She believed there needed to be more support for families, friends and carers of people living with a mental illness in NSW.

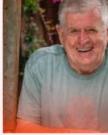
Mental health carers are people who support friends, partners, members of their family, kinship groups or communities, when they experience mental illness.

MHCN's Vision is to advovate for safe and competent mental health services and systems that recognise and respect carers as partners in care planning and delivery, to achieve recovery.

MHCN's Mission is to support, empower, capacity build, and advocate with mental health carers to ensure their voices and experiences are heard.







MHCN ANNUAL REPORT 2021

MHCN Strategic Plan 21 - 23



1.Influence Policy Leadership & Reform

1.1 Maintain and develop new strategic relationships with service providers, policy makers and community partners, and advocate for increased engagement of carer experience and representation in reform and governance processes.
1.2 Support mental health carer advocacy, participation, and leadership in policy, co-design and service delivery processes.

1.3 Draw attention to the importance of mental health carer voices and lived experience.

1.4 Advocate for a mental health system that is accessible and inclusive, providing a safe partner in care to mental health carers.

2. Community, Mental Health & Carer Services Development

2.1 Raise awareness of the value of increased capacity in the mental health and carer support sector.

2.2 Promote, recognise, respect and engage carer lived experience in policy, systemic and service reform.

2.3 Reduce stigma and improve social inclusion of mental health carers by informing and educating the sector and community.

2.4 Promote the role and voice of mental health carers in mutual support, carer peer workers and lived experience workers.

3. Promote Mental Health Carer Capacity in Care, Advocacy & Governance

3.1 Enhance the capacity and knowledge of mental health carers to navigate the system through information, resources, training and peer support.3.2 Foster innovation in research by collaborating with and facilitating relationships between mental health carers, researchers, and sectors.

3.3 Lead by example through engaging with mental health carers as partners in mutual support, advocacy and governance.

3.4 Develop new ways for carers to engage and participate in MHCN and sector activities, to increase awareness and recognition of carer experiences and expertise.

4. Continuous Organisational Development & Improvement

4.1 Create a Mental Health Carer Advocacy Network supported by a diverse stakeholder engagement strategy to reflect the diversity of mental health carers in the NSW and provide opportunities for them to share their stories and experiences.

4.2 Foster co-design within MHCN through a Co-design Committee and Governance Committee to support the promotion of MHCN, its programs, advocacy, training and resources.

4.3 Identify sustainable funding resources to remove cost as a barrier to carer engagement and participation and to achieve organisational sustainability.4.4 Review MHCN's engagement, advocacy, programs and systems for continuous improvement and accreditation.



Mental Health Carers NSW General Line 02 9332 0777 Carer Connections Helpline 1300 554 660 Building C, Suite 2.02, 33 Saunders St, Pyrmont NSW 2009 funded by the NSW Ministry of Health

Message from MHCN Board President, Jenny Learmont



When I was writing my 2019 report our thoughts were turning to Christmas festivities and our hope and plans for 2020. In stark contrast, when I was preparing the 2020 report a pandemic had brought the world to its knees causing a dreadful mental health and financial toll across the world, making planning for 2021 challenging. The pandemic caused for many, social isolation, fear, loss of family contact, loss of jobs and businesses, home schooling, international borders closure, state borders closed, masks, social distancing and finally lockdowns - a totally different world that had not been experienced in 100 years.

As 2021 draws to its end we can look forward as we did in 2019 to a Christmas to be enjoyed with families and friends again. For this we must thank the extraordinary speed of scientists around the world who developed vaccines to protect us from contracting COVID 19. And to the frontline workers, medical staff, nurses, ambulance workers, who worked so tirelessly in caring for those with COVID and the contact tracers who worked around the clock to stop further community transmission. We can now at a steady and safe pace emerge from our cocoons and start to live in a COVID normal world.

At MHCN our dedicated CEO, Jonathan Harms, and his equally dedicated staff, has in 2021 again embraced working in an online environment. By the use of ZOOM, MHCN has managed to support many carers and their families throughout NSW, holding information workshops, training sessions, and forums. Though challenging, staff found working online worked well for them, as they connected from their individual domains and managed to remain a tightknit team, achieving excellent productivity as can be seen in this years' Annual Report.



MHCN Boards' governance role could not operate at the high level it does without the CEO and his staff, with their commitment for the wellbeing and support for each other and for carers' families and friends.

On behalf of the Board I would like to express our heartfelt thanks to Jonathan and his team, and our congratulations to Andrew Pryor who recently was awarded a 2021 Commonwealth Bank Certificate of Appreciation "Recognising the contribution he made to the Australian community as the valued Treasurer of MHCN". Our thanks also to Chris Avent, our Secretary, who is a real treasure, keeping us "up to the mark" as well as being a meticulous minute keeper.

Finally, I wish to thank our funding body, the Ministry for Health and The NSW Mental Health Commission, for their congoing support and recognition of the important role MHCN plays as the peak advocacy body for mental health carers in NSW. I will conclude with a saying a friend sent me the other day, that resonates for me and I am sure with many carers:

"When I'm sad, I don't want someone to tell me how "it gets better" or how I need to "move on." I need someone to tell me that it's okay to be sad and that my feelings are validated. I don't need someone to tell me about how much happier I could be. I need someone to hold me and tell me that I've been strong and that it's okay to sometimes not to be okay".

Yours sincerely, Jenny Learmont AM Hon MD

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1. Influence Policy, Leadership & Reform



The Policy and Advocacy (PAT) team at MHCN have been busy this year! The PAT team consists of Senior Policy Officer Richard Baldwin, and Policy Officers Peta Smit-Colbran and Prasheela Karan. COVID19 restrictions provided the opportunity to work on advocacy around the Mental Health Act (MHA). Carers are passionate about how the Mental Health Act works, in particular, their rights as a carer e.g., being notified about Mental Health Review Tribunal (MHRT) hearings. In response to the COVID pandemic, the NSW Government introduced several emergency changes to the MHA during 2020, enabling assessments by audio visual link and the MHRT changed practice guidelines to extend time between review hearings, to accommodate hearings over audio visual link.

MHCN raised concerns about the impact on carer's contributions to assessments and suggested the Ministry collect data on the use of these provisions and outcomes achieved. In September 2020 we also held a webinar on carers' rights, roles and responsibilities in hearings of the MHRT with representatives from the NSW Ministry of Health and the MHRT. Throughout the year we were in correspondence with the Ministry and MHRT. Subsequently, the Ministry funded MHCN nearly \$30,000 for a co-design project to improve information resources for carers.

Key advocacy highlights throughout the year were numerous.

In December we hosted a Forum on the many projects across NSW funded under the Premier's Towards Zero Suicides Initiatives, including a message from the Minister Bronnie Taylor, and presentations from the Mental Health Branch to inform carers and promote participation in co-design processes. In February 2021 we hosted a 'Workshop for Families with Young People' to promote the Family Focused Recovery Framework and stimulated significant interest in this initiative.

We participated in the Family and Carer Mental Health Program State Wide Committee including supporting the review of the program by external consultants from UoW.

We provided several submissions to the NDIA and state and federal parliaments, rejecting Independent Functional Assessments and expressing grave concerns about proposed laws enabling private providers to use seclusion and restraint on NDIS participants.

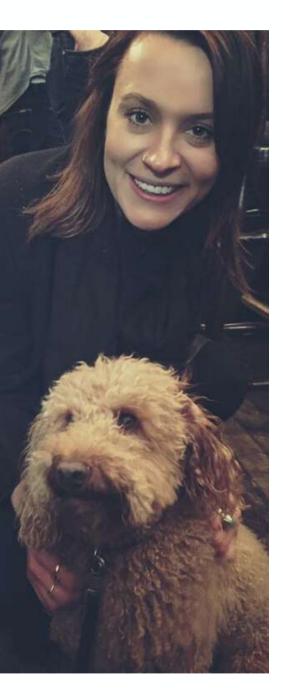
We provided a submission to the National Safety and Quality Mental Health Standards for Community Managed Organisations, arguing that the standards did not recognise or require adequate support for the contribution of family and carers to recovery.

Our continuing committee work includes the following activities in the 2020-21 year:

- Carers NSW Carer Respite Alliance
- Child and Adolescent Mental Health Steering Committee
- Family Focussed Recovery Framework Implementation Committee
- CESPHN Regional Mental Health and Suicide Prevention Implementation Committee
- Health Literacy Initiative by the NSW Mental Health Commission
- Mental Health Living Longer Program Steering
 Committee
- NSW Mental Health Program Council
- Older Persons Inpatient Unit Model of Care Working
 Party
- Older Persons Mental Health Advisory Committee & Working Group
- Physical Health Mental Health Expert Reference Group
- Intellectual Disability and Mental Health Advisory Group
- Family and Carer Mental Health Program State Wide Committee.



2. Community, Mental Health & Carer Services Development



The Mental Health Carer Advocacy Network (MHCAN) has grown massively this year! The MHCAN team consists of Program Manager, Alyce Cannon and Peer Network Facilitator, Douglas Holmes. We have achieved a Network membership number of 160 individuals and organisations. Members come from all different backgrounds. We have members from every local health district, Aboriginal and Torres Strait Islander members, culturally and linguistically diverse members, young people, older people, LGBTIQA+ people, and people from regional and rural areas. This is exactly what we were aiming for because, in order to provide nuance and depth to our research, events, policy work, and training, we need to be able to draw on lots of different experiences.

Our goal for the rest of this financial year (to June 30, 2022) is 350 members and with all the new meetings, activities, and events we are putting on, we are sure to reach that number! Our program was funded for another year by the NSW Mental Health Commission, so we can continue to grow and make the Network project a sustainable part of MHCN's approach to carer engagement and consultation. From this funding, we have been fortunate to engage a digital media and marketing mentor to help us come up with different ways to meet new people and create content and research that reflects the diversity of caring in NSW.

Not only did we increase in membership, but we also added new members to the team. We recruited a Carer Peer Network Facilitator, Douglas Holmes, and a Carer Peer Trainer, Jodie Roberts – both are carers who bring so much experience, passion, and integrity to our programs. Jodie will be working closely with our Co-Design Committee to co-design 3 training modules for people on different ways to advocate and to support your wellbeing along the way. These training modules will be available mid-2022. Douglas hosts our monthly Carer Connections Meeting, where we meet with carers and to discuss what issues they are passionate about, what they want to advocate for, and get to know each other to build connections for mutual support. We have also started running a regular webinar series called Peak Speak. Identifying and delivering ways to inform and connect with carers on a range of subject matters was identified in our MHCAN research and engagement strategy as a key issue. The Peak Speak webinar helps us identify what topics carers are interested in, to find speakers and services who want to raise awareness and talk about the issues and bring them all together in an informative and engaging space. Our aim is to have this program as an ongoing part of MHCN's engagement strategy so stay tuned for more webinars throughout 2021 and 2022.

It has been such a privilege to meet so many carers, families, and friends through this program and get a deeper understanding of what's happening for carers on the ground in different areas. A special thank you to the members of the Co-Design Committee and Governance Committee, whose insight and commitment to our program development has underpinned our work and kept us motivated!

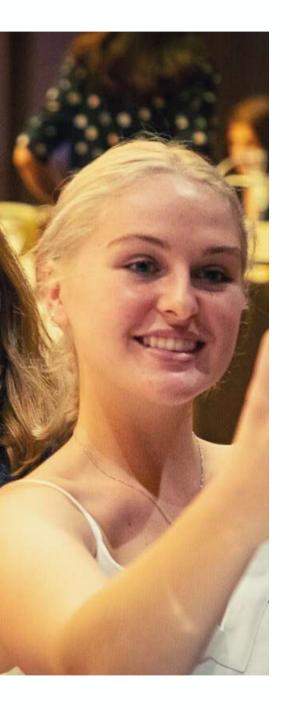
The Stakeholder Engagement team (SET) consists of Laura Knight and Stakeholder Engagement Officer, Akanksha Bhatia. The team organised a range of events, such as the Mental Health Review Tribunal Webinar, Towards Zero Suicides Initiative Webinar, Workshop for Families and Young People, the Innovations Forum, Forensic Carer Webinar, and the Mental Health Advocates Showcase, all in conjunction with the Policy and Advocacy team (PAT).

The SET team were excited to develop a 'Carer Advocacy Toolkit', funded by the NSW Mental Health Commission, which was launched at the Mental Health Carers Advocacy Showcase during Carers Week in October 2021. The Toolkit aims to help inform and empower carers to get involved with advocacy whether that be individually or on a systemic level. In the new year, MHCN ran a co-review consultation with 11 mental health carers to provide feedback on the Carer Advocacy Toolkit.

The SET team are looking forward to continuing to develop ways in which we can engage with mental health carers through the MHCAN in future, and listen to carers stories, experiences and feedback to continue to co-review and codesign informational and educational resources and activities in 2022.



3. Promote Mental Health Carer Capacity in Care, Advocacy & Governance



The Capacity Development Team (CDT) consists of Katie Jones, Capacity Development Project Officer, Anne Stedman, Senior Carer Peer Trainer, and Jodie Roberts, Carer Peer Trainer & Project Officer. The main project that we work on is the Information, Linkages and Capacity (ILC) project. The ILC project is funded by the Department of Social Services (DSS) under the Individual Capacity Building Program (ICBP) to deliver a project which aims to support the inclusion of people with disability.

MHCN is using this funding to develop 'Peer Led Psychoeducation and Training for Mental Health Carers', that has a direct benefit for the people they provide care for. To do this, we put together a Co-Design Committee of 6 members with experience of caring for someone with a lived experience of psychosocial disability, and/or have personal experience of a psychosocial disability.

For this project, the members have co-reviewed our existing training courses - 'User's Guide to the NSW Mental Health System', 'Recovery Oriented Practice' and 'Inclusive Care Planning'. User's Guide provides a basic overview of the complex mental health system, Recovery Oriented Practice introduces participants to the recovery model of mental health care, and Inclusive Care Planning discusses how to work collaboratively with professionals. The members also evaluated the amended co-reviewed materials and the co-review process. The members also co-designed two new courses – one which discusses theories relevant to mental health caring and the other which discusses the main systems which carers may engage with e.g., the NDIS, ICSS, and the challenges they may face. The members also evaluated the newly created co-designed materials and the co-design process. The members finished their work on this project at the beginning of the 21-22 financial year. MHCN would like to thank them again for their contributions!

MHCN has been delivering the co-reviewed courses live online as unfortunately COVID19 interrupted in person delivery. These sessions have been incredibly popular; from January to June we delivered a total of 9 training sessions, with more to be delivered. Other things to look forward to in the 21-22 financial year include the live delivery of our 2, new co-designed courses, all 5 courses being produced in the format of online, on demand modules, and more! All 5 courses are being delivered for free.

Additionally, Katie is MHCN's Field Educator, and has supervised 6 social work and social research and policy students on their university work placements. MHCN would like to thank the following ex-students for their contributions: Dharma Ghimire, Daniella Giunta, Thomas Stirk, Susan Pym, Gina Baez and Amalie Heggemsnes.

The main goal of the Capacity Development Team for the 21-22 financial year is to expand on our training program in terms of the topics and formats available. More diversity in our training courses will ensure that we are meeting the complex needs of carers. We are determined to address barriers to access by exploring other online, flexible formats, so that we are able to reach and capacity build more carers than ever before!



4. Continous Organisational Development & Improvement

Despite the impacts of COVID19, MHCN made good progress in 2020-2021. Staff seamlessly transitioned to online work working in newly formed teams including the Mental Health Carer Advocacy Network (MHCAN), the Stakeholder Engagement Team (carer engagement), Policy and Advocacy Team (systemic policy and advocacy), the Capacity Development Team (training and research), and the Business and Organisational Support Services team (all the admin work behind the scenes!)

MHCN received funds in addition to its core grant from the NSW Government's Social Sector Transformation Fund to assist the transition to remote work with the purchase of laptops, technological equipment, and infrastructure. MHCN also received funding from the NSW Mental Health Commission to continue the co-development of the MHCAN project. MHCN's core grant was also changed from an annual to a three yearly contract, and MHCN thanks the Mental Health Branch, NSW Health and the Mental Health Minister, Bronnie Taylor for this vote of confidence.

Organisational process improvement allowed MHCN to achieve accreditation against the QIC Health and Community Services Standards by Quality Innovation Performance (QIP) in February 2021. Business and Organisational Support Services Manager Laura Knight coordinated this long-term project with detailed and efficient planning, with assistance from Senior Policy Officer Richard Baldwin and Capacity Development Project Officer Katie Jones. This culminated in a 2-day interview process with staff, Board, stakeholders, and members of our Co-Design Committees, with MHCN receiving excellent feedback. Achieving accreditation during the pandemic was something for the whole team to be proud of. MHCN will continue to implement continuous improvement across its operations, and looks forward to continuing to improve our work amplifying the voices of mental health carers in NSW.





MHCN were excited to add some new members to the team. We welcomed HR Administrator Nita Ha and MHCAN Project (and now Program) Manager Alyce Cannon. We created interim roles or consultancies for carers Eileen McDonald, Douglas Holmes, Brian Haisman, Jodie Roberts, Peter Heggie, Satu Beverley, and Policy Officers Michelle Bleicher and Prasheela Karan to assist with advocacy and the MHCAN Project or other organisational development. All made an excellent contribution, and after stepping down from the Board, Jodie, along with Douglas and Prasheela, will undertake new roles with MHCN on an ongoing basis. MHCN now consists of 12 staff members.

MHCN also recruited 11 carer co-designers to assist with the review and improvement of our training and programs. MHCN spent over \$20,000 on carer sitting fees to recognise the contribution of carers sharing their lived experience with us on a variety of projects.

MHCN welcomed newcomer Amanda Simons to the Board after being elected at MHCN's AGM in 2020. Amanda brings a wealth of carer lived experience to the role, as well as also being a social worker. Jenny Learmont continued on as Board President, Lynda Walton as Vice President, Andrew Pryor as Treasurer, and Chris Avent as Secretary. MHCN's Ordinary Board Members are Madeleine Fabian, Catherine Wendell, Robert Wellman, and Amanda Simons.

MHCN would like to thank our Co-Design and Governance Committee members, stakeholders, our funders, Board, staff, students, volunteers and donors for a successful 2020-2021 Financial Year!

FINANCIAL REPORT

For the year ended

30TH JUNE 2021

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COMMITTEE'S REPORT

Your committee members submit the financial report of the Mental Health Carers ARAFMI NSW Inc. (Non-reporting) for the financial year ended 30 June 2021.

Committee Members

The name of each member of the committee who held office at anytime during the year and up to the date of the report;

Jenny Learmont (President) - re-elected President 19 November 2020 Andrew Pryor (Treasurer) - re-elected Treasurer 19 November 2020 Lynda Walton (Vice-President) - re-elected Vice-President 19 November 2020 Chris Avent (Secretary) - re-elected Secretary 21 November 2019 Madeleine Fabian - re-elected 21 November 2019 Rob Wellman - re-elected 19 November 2020 Catherine Wendell - elected 21 November 2019 Jodie Roberts - elected 21 November 2019 Amanda Simons - elected 19 November 2020 Lyn Anderson - elected 27 November 2018 / retired at AGM 19 November 2020

Principal Activities

The principal activities of the association during the financial year were to provide support and advocacy for the 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 changes in the nature of these activities occurred during the year.

Operating Result

The surplus for the association amounted to \$62,783. This included the inflow of Government COVID-19 related funding support available to Not-for-profit organisations.

1

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

President:	Jenny Learner
C Treasurer:	

28/10/21

Dated:

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30TH JUNE 2021

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Computer and IT expenses12,133Depreciation107,844Events and workshops7,547Filing fees201General expenses2,371Insurances9,982Interest expense13,937Postage551Printing, stationery and copier467Programs, resources and training1,440Wages and fringe benefits465,011Shared services and HUB charges-Staff training and welfare13,684Subscriptions and memberships10,872Superannuation contributions41,636Telephone and internet5,179Travelling and accommodation-Profit / (loss) before income tax62,783Other comprehensive income-Other comprehensive income-	994	24.240		•
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General expenses2,371Insurances9,982Interest expense13,937Postage551Printing, stationery and copier467Programs, resources and training1,440Wages and fringe benefits465,011Shared services and HUB charges-Staff training and welfare13,684Subscriptions and memberships10,872Superannuation contributions41,636Telephone and internet5,179Travelling and accommodation-Profit / (loss) before income tax62,783Income tax expense1(h)-Profit / (loss) after income tax62,783Other comprehensive income-	4,988 197			•
Insurances9,982Interest expense13,937Postage551Printing, stationery and copier467Programs, resources and training1,440Wages and fringe benefits465,011Shared services and HUB charges-Staff training and welfare13,684Subscriptions and memberships10,872Superannuation contributions41,636Telephone and internet5,179Travelling and accommodation-Profit / (loss) before income tax62,783Income tax expense1(h)-Profit / (loss) after income tax62,783Other comprehensive income-				-
Interest expense13,937Postage551Printing, stationery and copier467Programs, resources and training1,440Wages and fringe benefits465,011Shared services and HUB charges-Staff training and welfare13,684Subscriptions and memberships10,872Superannuation contributions41,636Telephone and internet5,179Travelling and accommodation-Profit / (loss) before income tax62,783Income tax expense1(h)-Profit / (loss) after income tax62,783Other comprehensive income-	1,592			•
Postage551Printing, stationery and copier467Programs, resources and training1,440Wages and fringe benefits465,011Shared services and HUB charges-Staff training and welfare13,684Subscriptions and memberships10,872Superannuation contributions41,636Telephone and internet5,179Travelling and accommodation-Profit / (loss) before income tax62,783Income tax expense1(h)-Profit / (loss) after income tax62,783Other comprehensive income-	9,482			
Printing, stationery and copier 467 Programs, resources and training 1,440 Wages and fringe benefits 465,011 Shared services and HUB charges - Staff training and welfare 13,684 Subscriptions and memberships 10,872 Superannuation contributions 41,636 Telephone and internet 5,179 Travelling and accommodation - Profit / (loss) before income tax 62,783 Income tax expense 1(h) - Profit / (loss) after income tax 62,783 Other comprehensive income - -	6,946 420			•
Programs, resources and training 1,440 Wages and fringe benefits 465,011 Shared services and HUB charges - Staff training and welfare 13,684 Subscriptions and memberships 10,872 Superannuation contributions 41,636 Telephone and internet 5,179 Travelling and accommodation - Profit / (loss) before income tax 62,783 Income tax expense 1(h) Profit / (loss) after income tax 62,783 Other comprehensive income -	1,692			•
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Shared services and HUB charges	341,660			
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Subscriptions and memberships 10,872 Superannuation contributions 41,636 Telephone and internet 5,179 Travelling and accommodation - Profit / (loss) before income tax 62,783 Income tax expense 1(h) Profit / (loss) after income tax 62,783 Other comprehensive income -	1,670			
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Travelling and accommodation - Profit / (loss) before income tax 62,783 Income tax expense 1(h) Profit / (loss) after income tax 62,783 Other comprehensive income -	30,277 6,876			
Profit / (loss) before income tax Profit / (loss) before income tax Profit / (loss) after income tax Other comprehensive income	4,231	-		
Profit / (loss) before income tax 62,783 Income tax expense 1(h)	561,920	782 170		
Income tax expense 1(h) Profit / (loss) after income tax 62,783 Other comprehensive income -	28,673			Profit / (loss) before income tax
Profit / (loss) after income tax 62,783 Other comprehensive income -	20,070		1(b)	
Other comprehensive income	28,673	62,783		•
	20,010			
Total comprehensive income for the year 62,783	28,673	62,783		Total comprehensive income for the year

The statement of profit or loss and other comprehensive income should be read in conjunction with the notes to the financial statements.

STATEMENT OF FINANCIAL POSITION AS AT 30TH JUNE 2021

		0004	
	Notes	2021 \$	2020 \$
Current assets	NOTES	Φ	Ð
Cash and cash equivalents	3	870,553	791,207
Trade and other receivables	4	38,322	28,807
Other	5	27,555	41,554
Total current assets	v	936,430	861,568
Non-current assets			
Property, plant and equipment	6	1,358	1,080
Right-of-use assets	7	230,678	317,182
Total non-current assets		232,036	318,262
Total assets		1,168,466	1,179,830
Current liabilities			
Trade and other payables	8	96,302	57,844
Contract liabilities	9	596,021	647,297
Employee provisions	10	55,124	37,660
Lease liabilities		85,422	78,989
Total current liabilities		832,869	821,790
Non-current liabilities			
Employee provisions	10	7,379	7,183
Lease liabilities		157,986	243,408
Total non-current liabilities		165,365	250,591
Total liabilities		998,234	1,072,381
Net assets		170,232	107,449
Equity			
Retained funds		170,232	107,449
Total equity		170,232	107,449

The statement of financial position should be read in conjunction with the notes to the financial statements.

STATEMENT OF CHANGES IN EQUITY AS AT 30TH JUNE 2021

	Retained earnings	Total equity
Changes in equity	\$	\$
Balance at 1 July 2019	78,776	78,776
Profit/(loss) for the year	28,673	28,673
Other comprehensive income	<u> </u>	<u> </u>
Balance at 30 June 2020	107,449	107,449
Profit/(loss) for the year	62,783	62,783
Other comprehensive income	<u> </u>	<u> </u>
Balance at 30 June 2021	170,232	170,232

The statement of changes in equity should be read in conjunction with the notes to the financial statements.

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30TH JUNE 2021

	Notes	2021 \$ Inflows (Outflows)	2020 \$ Inflows (Outflows)
Cash flows from operating activities Cash receipts from customers Cash payments to suppliers and employees Interest received Interest paid Net cash provided by / (used in) operating activities	12(b)	780,632 (586,850) 108 (13,937) 179,953	1,244,740 (524,695) 226 (6,946) 713,325
Cash flow from investing activities Payments for property, plant and equipment Net cash provided by / (used in) investing activities		(21,618) (21,618)	(1,947) (1,947)
Cash flow from financing activities Repayment of leases Net cash provided by / (used in) financing activities		(78,989) (78,989)	(30,829) (30,829)
Net increase / (decrease) in cash held Cash at the beginning of the financial year Cash at the end of the financial year	12(a)	79,346 791,207 870,553	680,549 110,658 791,207

The Statement of Cash Flows should be read in conjunction with the notes to the financial statements.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

Note 1 - Statement of significant accounting policies

Financial Reporting Framework

The financial statements are special purpose financial statements prepared for use by the committee of the association. The committee members have determined that the association is not a reporting entity.

The financial report has been prepared with the mandatory Australian Accounting Standards applicable to entities reporting under the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act), in accordance with the Associations Incorporations Act (NSW) 2009 and the significant accounting policies discussed below, which the committee have determined are appropriate to meet the needs of the members.

Statement of Compliance

The financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the Australian Charities and Not-for-profits Commission Act 2012, the basis of accounting specified by all Australian Accounting Standards and Interpretations, and the disclosure requirements of Accounting Standards AASB 101: Presentation of Financial Statements, AASB 107: Cash Flow Statements, AASB 108: Accounting Policies, Changes in Accounting Estimates and Errors, AASB 1031: Materiality and AASB 1054: Australian Additional Disclosures,

The association has concluded that the requirements set out in AASB 10 and AASB 128 are not applicable as the initial assessment on its interests in other entities indicate that it does not have any subsidiaries, associates or joint ventures. Hence, the financial statements comply with all the recognition and measurement requirements in Australian Accounting Standards.

Basis of Preparation

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

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

Accounting Policies

(a) Property, plant and equipment

Leasehold improvements, plant and equipment is brought to account at cost less, where applicable, any accumulated depreciation and provision for impairment.

The depreciable amount of all plant and equipment is depreciated over the useful lives of the assets of 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.

(b) Leases

Leases are recognised under Accounting Standard AASB 16: Leases. Applicable leases whether finance or operating in nature are to be recognised on the statement of financial position as liabilities with corresponding right-of-use assets. These leases are measured at their net present values and include future lease payments under an option where that option is reasonably expected to be taken up. The leases are amortised on a straight-line basis over the term of the lease. For operating leases that do not need to meet the requirements under this standard being leases that are less than 12 months or of minor values, and where substantially all the risks and benefits remain with the lessor, these are recognised as expenses over the term of the lease.

The lease liabilities are measured at the present value of the remaining lease payment. The association's incremental borrowing rate as at 1 July 2019 was used to discount the lease payments.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

Note 1 - Statement of significant accounting policies (continued)

(c) Revenue recognition

Revenue is measured at the fair value of the consideration received or receivable. The company recognises revenue when the amount of revenue can be reliably measured, it is probable that future economic benefits will flow to the entity and specific criteria have been met for each of the company's activities as described below. All revenue is stated net of the amount of goods and services tax (GST).

Grants, donations and bequests

Contributed assets

If the association receives assets from the government and other parties for nil or nominal consideration in order to further its objectives, these assets would be recognised in accordance with the recognition requirement of other applicable standards (AASB 9, AASB 16, AASB 116 and AASB 138).

On initial recognition of an asset, the association recognises related amounts (being contribution from owners, lease liabilities, financial instruments, revenue or contract (iabilities arising from a contract with a customer).

The association recognises income immediately in profit and loss and the difference between the initial carrying amount and the asset and the related amount.

Operating grants and donations

When the association receives operating grant revenue or donations, it assesses whether the contract is enforceable and has sufficient specific performance obligations in accordance with AASB 15. When both these conditions are satisfied the association identifies each performance obligation relating to the grant, recognises a contract liability for these obligations and recognises revenue as it satisfies its performance obligations.

Where the contract is not enforceable or does not have sufficiently specific performance obligations the association either recognises the asset received in accordance with the requirements of other applicable accounting standards, recognises related amounts or recognises income immediately in profit and loss as the difference between the initial carrying amount of the asset and the related amount.

If a contract liability is recognised as a related amount above, the association recognises income in profit and loss when or as it satisfies its obligations under the contract.

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

Other revenue is recognised when the right to receive the revenue has been established.

(d) Impairment of non-financial assets

At the end of each reporting period, the committee reviews the carrying amounts of assets to determine whether there is an indication that those assets have been impaired. If such an indication exists, an impairment test is carried out by comparing the recoverable amount of the asset, being the higher of the asset's fair value less costs of disposal and value in use, to the asset's carrying amount. Any excess of the asset's carrying amount over its recoverable amount is recognised as an impairment in the profit or loss and other comprehensive income statement.

(e) Employee provisions

Provision is made for the association's liability for employee entitlements arising from services rendered by employees to balance date. Employee entitlements expected to be settled within one year, together with entitlements arising from wages and salaries, annual leave and long service leave which will be settled after one year, have been measured at their nominal amount.

Contributions are made by the association to employee superannuation funds and are charged as expenses when incurred.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

Note 1 - Statement of significant accounting policies (continued)

(f) Provisions

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

(g) Trade and other payables

Trade and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the association during the reporting period that remain unpaid. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability.

(h) Income tax

The association is exempt from income tax under section 50-50 of the Income Tax Assessment Act 1997.

(i) Cash and cash equivalents

Cash includes cash on hand, deposits held at call with banks, and other short-term highly liquid investments with short-term maturities.

(j) Good 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 Taxation Office (ATO). Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

(k) Trade and other receivables

Trade receivables and other debtors include amounts due from customers and donors. Receivables expected to be collected within 12 months of the end of the reporting period are classified as current assets. All other receivables are classified as non-current.

(I) Economic dependency

The association's continuing operations are dependent on the receipt of government grants for financial support.

(m) Financial Instruments

Initial recognition and measurement

Financial assets and financial liabilities are recognised when the entity becomes party to the contractual provisions to the instrument. For financial assets, this is equivalent to the date that the association commits itself either purchase or sell the asset (trade date accounting is adopted).

Financial instruments are initially measured at fair value plus transaction costs except where the instrument is classified "at fair value through profit or loss", in which case transaction costs are expensed to profit or loss immediately.

Trade receivables are initially measured at transaction price if the trade receivables do not contain significant financing components.

Classification and subsequent measurement

Financial instruments are subsequently measured at fair value, amortised cost using the effective interest method, or cost. Where available, quoted prices in an active market are used to determine fair value. In other circumstances, valuation techniques are adopted.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

Note 1 - Statement of significant accounting policies (continued)

(m) Financial instruments (continued)

Amortised cost is calculated as the amount at which the financial asset or financial liability is measured at initial recognition less principal repayments and any reduction for impairment, and adjusted for any cumulative amortisation of the difference between the initial amount and the maturity amount calculated using the effective interest method.

The effective interest method is used to allocate interest income or interest expense over the relevant period and is equivalent to the rate that exactly discounts estimated future cash payments or receipts (including fees, transaction costs and other premiums or discounts) through the expected life (or when this cannot be reliably predicted, the contractual term) of the financial instrument to the net carrying amount of the financial asset or financial liability. Revisions to expected future net cash flows will necessitate an adjustment to the carrying amount with a consequential recognition of an income or expense item in profit or loss.

Fair value is determined based on current bid prices for all quoted investments. Valuation techniques are applied to determine the fair value for all unlisted securities, including recent arm's length transactions, reference to similar instruments and option pricing models.

As per AASB 9 an expected credit loss model is applied, and not an incurred credit loss model as per the previous applicable standard (AASB 139). To reflect changes in credit risk, this expected credit loss model requires the association to account for expected credit losses since initial recognition.

AASB 9 also determines that a loss allowance for expected credit loss be recognised on debt investments subsequently measured at amortised cost or at fair value through other comprehensive income, lease receivables, contract assets, loan commitments and financial guarantee contracts as the impairment provision would apply to them.

In the case of financial assets carried at amortised cost, loss events may include: indications that the debtors or a group of debtors are experiencing financial difficulty default or delinquency in interest or principal payments; indications that they will enter bankruptcy or other financial reorganisation; and changes in arrears or economic conditions that correlate with defaults.

If the credit risk on a financial instrument did not show significant change since initial recognition, an expected credit loss amount equal to the 12 month expected credit loss is used. However, a loss allowance is recognised at an amount equal to the lifetime expected credit loss if the credit risk on that financial instrument has increased significantly since initial recognition, or if the instrument is an acquired credit-impaired financial asset.

The association has adopted the simple approach under AASB 9 in relation to trade receivables, as the loss allowance is measured at the lifetime expected credit loss.

The association reviewed and assessed the existing financial assets on 1 July 2020. It was determined that there was no significant change in credit risk from the date they were initially recognised and no adjustment was required.

Derecognition

Financial assets are derecognised where the contractual rights to receipt of cash flows expire or the asset is transferred to another party whereby the entity no longer has any significant continuing involvement in the risks and benefits associated with the asset. Financial liabilities are derecognised where the related obligations are discharged, cancelled or have expired. The difference between the carrying amount of the financial liability, which is extinguished or transferred to another party, and the fair value of consideration paid, including the transfer of non-cash assets or liabilities assumed, is recognised in profit or loss.

(n) New and Amended Accounting Policies

The company has considered all new and amended accounting standards effective from 1 July, 2020, none of which are expected to have a material impact in the future.

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

	2021 \$	2020 \$
Note 2 - Revenue		
Donations received Grants received Other grants Interest received Government stimulus COVID-19 support Other revenue	23,100 500,658 236,911 108 79,446 4,730 844,953	24,430 439,162 80,734 226 38,496 7,545 590,593
Note 3 - Cash and cash equivalents		
Cash on hand Bendigo bank Bendigo bank - operating account Bendigo bank - account (bequest) Bendigo bank - term deposit (bequest)	268 1,104 322,187 40,259 506,735 870,553	268 2,600 248,091 40,248 500,000 791,207
Note 4 - Trade and other receivables		
GST receivable Trade debtors Other debtors	10,247 28,075 	11,877 15,138 1,792 28,807
Note 5 - Other		
Deposits Prepayments	23,490 4,065 27,555	23,560 17,994 41,554
Note 6 - Property, plant and equipment		
Office furniture and equipment - at cost Less: accumulated depreciation	23,565 (22,207) 1,358	1,947 (867) 1,080
Total property, plant and equipment	1,358	1,080

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

	2021 \$	2020 \$
Note 7 - Non-current assets - Right-of-use assets		
The association's lease relates to leased premises which is recognised under AASB 16 in the statement of financial position.		
Leased buildings Accumulated amortisation Net carrying amount	353,226 (122,548) 230,678	353,226 (36,044) 317,182
	Leased buildings \$	Total \$
Balance at the beginning of the period Additions	317,182	317,182
Depreciation charge Closing net book amount	(86,504) 230,678	(86,504) 230,678
AASB 16 related amounts recognised in the statement of profit or loss		
Amortisation charge on right-of-use assets Interest expense on lease liabilities	86,504 13,937	36,044 6,946
Note 8 - Trade and other payables		
Trade creditors Other creditors and accruals GST Payable PAYG Withheld Superannuation payable	45,920 26,066 10,421 13,895 96,302	13,840 13,975 30,029 - - - 57,844
Note 9 - Contract liabilities		
Grants in Advance Bequests in trust	49,034 546,987 596,021	107,049 540,248 647,297
A bequest was received in the 2020 period from the Estate of Eunice Lonergan a held in trust by MHCN and the funds and interest earned are to be applied for the balance of the bequest funds at year end was \$546,987.		

Note 10 - Employee provisions

Current		
Provision for annual leave	32,374	17,579
Provision for long service leave	22,750	20,081
	55,124	37,660
Non-current		
Provision for long service leave	7,379	7,183
	7,379	7,183

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2021

Note 11 - Related party transactions

The Association engaged the services of Jodie Roberts who is one of the committee members who provided consultancy services during the year. The amount of \$4,500 (2020 - \$Nil) was paid to her for these services.

Note 12 - Cash flow statement

(a) Reconciliation of cash

Cash at the end of the financial year as shown in the statement of cash flow is reconciled to the related items in the statement of financial

	2021 \$	2020 \$
Cash on hand	268	268
Cash at bank and on deposit	870,285	790,939
	870,553	791,207
(b) Reconciliation of cash provided by / (used) in operating activities		
Profit / (loss) for the year	62,783	28,673
Non-cash flows in operating surplus		
Depreciation and amortisation	107,844	37,742
Changes in assets and liabililies		
(Increase) / decrease in trade debtors	(12,937)	57,076
(Increase) / decrease in other receivables and deposits	17,421	(41,633)
Increase / (decrease) in trade and other payables	38,458	13,135
Increase / (decrease) in contract liabilities	(51,276)	597,297
Increase / (decrease) in employee provisions	17,660	21,035
	179,953	713,325

Note 13 - Collective purpose agreement

Mental Health Carers AMFMI NSW Inc entered into the "Collective Purpose Agreement" in 2016 with Mental Health Association NSW Limited and New South Wales Consumer Advisory Group - Mental Health Inc. This agreement involved the sharing of facilities and contributing to the net operating income and expenses as set out in the agreement.

The "Collective Purpose Agreement" ceased between the parties effective 30 June 2019. Commercial agreement has now been reached between the parties on the finalisation of this "Collective Purpose Agreement". No amount has been recognised in the financial statements in relation to the ceasing of this agreement.

Note 14 - Events subsequent to balance date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the association in financial years subsequent to the financial year ended 30 June 2021.

ANNUAL STATEMENTS GIVE TRUE AND FAIR VIEW OF FINANCIAL POSITION AND PERFORMANCE OF INCORPORATED ASSOCIATION

We, Jenny Learmont and Andrew Pryor, being members of the committee of Mental Health Carers ARAFMI NSW Inc. (Non-reporting) certify that:

The statements attached to this certificate give a true and fair view of the financial position and performance of Mental Health Carers ARAFMI NSW Inc. (Non-reporting) during and at the end of the financial year of the association ending 30 June 2021.

Jong Leemot President:

Treasurer:

Andrew

28/10/21

Dated:

STATEMENT BY MEMBERS OF THE COMMITTEE

The committee members have 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 members;

- 1. The financial statements and notes satisfy the requirements of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act).
- 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 declaration is made in accordance with a resolution of the committee and is signed in accordance with subsection 60.15(2) of the Australian Charities and Not-for-profits Commission Regulation 2013.

President; nny Learmont Treasurer: Andrew

28/10/21 Dated:



AUDITOR'S INDEPENDENCE DECLARATION

Auditor's Independence Declaration to the Committee Members of Mental Health Carers ARAFMI NSW Inc., under section 60-40 of the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act)

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2021 there have been:

- (a) no contraventions of the auditor independence requirements of section 60-40 of the ACNC Act in relation to the audit; and,
- (b) no contraventions of any applicable code of professional conduct in relation to the audit.

Thomas Dains a tes

THOMAS DAVIS & CO.

J.G. RYAN PARTNER

Chartered Accountants

Sydney

Date: 28 October 2021



GPO Box 492 Sydney 200¹⁵ L13, 56 Pitt St Sydney 2000

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INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF MENTAL HEALTH CARERS ARAFMI NSW INC.

Opinion

We have audited the financial report of Mental Health Carers ARAFMI NSW Inc, which comprises the statement of financial position as at 30 June 2021, the statement of profit or loss and other comprehensive income, statement of changes in equity and the statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the committee members certification.

In our opinion, the financial report of Mental Health Carers ARAFMI NSW Inc, has been prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012 and the Associations Incorporations Act 2009 (NSW), including;

- (a) giving a true and fair view of the entity's financial position as at 30 June, 2021 and of its financial performance for the year then ended; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1 and the Australian Charities and Not-for-profits Commission Regulation 2013 and the Association Incorporations Regulations 2016.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Committee's APES 110: Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

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

Emphasis of Matter - Basis of Accounting and Restriction on Distribution and Use

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the entity's financial reporting responsibilities under the Australian Charities and Not-for-profits Commission Act 2012 and the Associations Incorporations Act (NSW) 2009. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Committee Members for the Financial Report

The committee members of the entity are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the needs of the requirements of the Australian Charities and Not-for-profits Commission Act 2012, the Associations Incorporations Act 2009 (NSW) and is appropriate to meet the needs of the members. The committee members' responsibility also includes such internal control as the committee members determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the committee members are responsible for assessing the entity's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the committee members either intend to liquidate the entity or to cease operations, or have no realistic alternative but to do so.



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Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to audit 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.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee members.
- Conclude on the appropriateness of the committee members' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the committee members regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Trames Dars

THOMAS DAVIS & CO.

Partner

J G Ryan

Chartered Accountants

SYDNEY, Date: 18 October 2021

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