



ANNUAL REPORT

2009/2010



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Introduction

The Year in Review – President John L Jones OAM

It gives me great pride and pleasure to present the 1st President's Report for Rural Alive & Well Inc for the year 2009/2010.

Funded primarily from the Department of Health and Ageing, secondly funded by Government of Tasmania, namely Department of Primary Industry, Department of Health and Human Services, then supported by Southern Midlands, Central Highlands, Glamorgan Spring Bay municipal councils, Anglican Church, Tas Farmers & Graziers, Roberts Ltd, Gunns Ltd, WesFarmers Insurance and generous donations and friends.

The Board has carried out its fiduciary duties and has been fiscally responsible of public money through out all transactions as per expectations and standards of Law. Contracts with the Department of Health and Ageing and the Department of Health and Human Services have been carried out and in both cases have exceeded standards of performance and contracts.

ACHIEVEMENTS

Core:

1. Reduction in the number of suicides with anecdotal evidence suggesting no recorded suicides in the last 12 months in all three municipalities.
2. Sustained increase in the number of contacts with men and families in all three municipalities.
3. Increase in the number of partnerships formed with other Programs / Organisations for the benefit of the community.
4. Increase in the number of community events facilitated or attended.
5. Building inclusive communities and supporting life affirming choices and resilience.



Secondly:

1. Certificate of Commendation, Red Herring Surf Social Inclusion Aware 2009.
2. Rural Health Community Award won by President John Jones OAM.
3. House of Representatives Committee on Primary Industries and Resources attendance at our Melton Mowbray office and our Presentation. Result Farming the Future Report. The report's No. 1 Recommendation: Australian Government support rural counselling and support groups such as Rural Alive & Well and place funding for such groups on a permanent and regular basis.
4. Department of Health and Ageing supplied funding for three new vehicles in May 2010 previous second hand vehicles supplied by Tasmanian Farmers and Graziers Association, Roberts Ltd and Gunns Ltd.
5. Wide spread knowledge about a programme that works and makes a difference and lives saved. None of these things could have been achieved without the dedication, commitment and hard work of the Board, the Executive Members and Staff. I thank you and your families for your time voluntary given to Rural Alive & Well Inc without any financial report, makes your gift to our fellow man invaluable.

THE STAFF

To the Executive Officer - Vyv Alomes, Outreach Workers - Wayne Turale and Garry Sharp, the office staff, Susan and Kristy. Your commitment, dedication and hard work above and beyond have been well recognised. On behalf of the Board, thank you for a job well done.

Thank you to the Commonwealth Government, State Government, sponsors and friends. Your contribution has saved lives and enhanced resilience across the three municipalities; I hope your support will continue.

CHALLENGES AHEAD

With programme funding till 30th June 2011 the challenge for the Board is to secure funding for an ongoing program in the three areas currently served and preferable for the whole state. All this means hard work and commitment with the resolve and benefit of humanity.

At this time in Australia 1 person commits suicide every 4 hours and, someone contemplates suicide every 15 minutes. Tasmania's statistics indicate per population we have 39% greater incidents. By positive action and commitment we can potentially expand the program across the state and by changing the attitudes and developing support systems can save 1 to 2 lives per week.

This will not be done in the short term. Long term funding is required, and failure to secure funding will be a regrettable step which could result in losing communities confidence and loss of life.

My goal as President is to work to save lives, develop our communities and our state and I commit to this task for the sake of Humanity.

Thank you one and all for your support over the last year.

I recommend this report.

John Jones OAM.

President.



Overview

Executive Officer – Vyv Alomes

Our Greatest Achievement of the past year is anecdotal evidence suggesting an absence of completed suicides in the Southern Midlands and Central Highlands and a significant reduction in rates for Glamorgan Spring Bay.

Other achievements this year:

- Responded to 7 high risk / potential suicides
- Conducted a total of 470 farm/home visits
- Provided ongoing counselling for 160 clients
- Facilitated or attended 121 community events
- Received over 47 calls for assistance from other areas of the state
- Made over 200 referrals to other services / organisations
- Promoted the program 57 times via TV, radio and print media
- Facilitated a Rural Youth Leadership Academy
- Provided a guest speaker at 9 conferences, forums and community events
- Attended 18 service network meetings
- Provided a community representative on the Tasmanian Suicide Prevention Committee
- Promoted 7 CORES and 2 StandBy suicide prevention programs
- Promoted and attended the lifeline/LifeForce Memorial service for people bereaved by suicide
- Winner of the LIFE Awards, Red Herring Social Inclusion Award 2009
- The RAW Model has been adopted in Victoria to support the rural communities across the Wimmera and based in Horsham. To be called RARE, (Rural & Remote Engagement)
- The Model has also attracted interest from South Australia Men's Health with SA representative Rick Hinge spending a week with RAW.

HIGHLIGHTS

We welcomed Garry Sharp aboard as Outreach Worker when the program was expanded to include Glamorgan Spring Bay in September with funding from The Department of Health & Human Services.



Working with the School Principals we have successfully established mentoring programs in the Oatlands, Bothwell, Campania and Kempton schools.



Designed and facilitated a Rural Youth Leadership Academy in partnership Rural Development Services and WHK funded by The Department of Agriculture, Fisheries and Forestry.





Other Highlights Include:

Youth events



Bush talent & poetry events

Ute musters



Men's health BBQ's

Bush buddies program

Men's shed



VISION

Maintain a focus on service delivery to ensure our current strategies are effective and timely for reducing suicide and promoting help seeking avenues for individuals, families and communities experiencing mental health issues.

Expand outreach services to other areas of need in the state in a sustainable manner.

Identify opportunities to develop partnerships with other agencies / service providers to facilitate multi level services to communities and identify any service gaps.

Promote the RAW model to other rural communities across the country where high levels of suicide and mental health issues are identified, or where requested by communities.



Expand the promotion of mental health and suicide awareness / prevention through the media and at community events and forums.

We are unable to provide the high level of service to families and the community without the support and generosity of individuals and organisations. I would like to extend my thanks and gratitude to all our supporters and I recall a quote from Margaret Mead which sums it up nicely.

“Never doubt that a small group of thoughtful and committed people can change the world. Indeed, it's the only thing that ever has”



GEORGE TOWN
ROTARY CLUB



BRONTE PARK
CHARITY BALL



The combined goodwill of government, industry, community and individuals coupled with the dedication and passion of the RAW team has contributed to the program's success and acceptance across the rural sector.

The RAW non clinical approach to outreach work underpinned by professional practice breaks down barriers and connects with individuals, families and community groups to establish and maintain safe and healthy communities for all.

We will carry the learning's from the past year forward as we focus on playing a continued role in reducing suicide, promoting mental health awareness and wellbeing for all rural Tasmanians.



Vyv Alomes

Executive Officer

Rural Alive & Well Inc

Funded by:

The Department of Health & Ageing

&

The Department of Health & Human Services



WHO ARE WE?

Rural Alive & Well Inc is a not for profit organisation formed to raise awareness of men's wellbeing. The program was originally a committee consisting of community representatives including the TFGA, Southern Midland and Central Highlands Councils, public health, church groups, 8X5 wool program, Department of Primary Industries & Water, Salvation Army and other interested community persons. The program was initially auspiced by the Southern Midlands Council and was managed by a Special Committee of Council. The Committee evolved to become an incorporated body in April 2009 and has operated as Rural Alive & Well Inc. since the 1st July 2009.

OUR VISION

To help build the resilience and capacity of men, their families and the community to react to challenging life experiences including mental health issues with a specific focus on suicide through:

- Providing support and assistance to communities to assist them to respond to crisis and to cope or recover after adversity
- Establishing structures and networks to assist men, their families and communities to deal with suicide
- Providing counselling for men and their families at risk of mental health problems and suicide.
- Developing and implementing strategies in communities to reduce the stigma associated with mental health issues and suicide for men and families seeking help.
- Harnessing the cooperation and good will of key leaders in the community, local community services and support groups to respond to suicidality.



HOW WE DO IT

- By respecting every person's right to confidentiality.
- By being "real" and demonstrating a genuine caring approach.
- By building and fostering support networks to meet the needs of individuals and families.
- By going where people live and work in times of need.
- By promoting activities and events which encourage healthy and inclusive communities.
- By responding to the needs of individuals and families and linking them to ongoing support services in their community.

- **COLD CALLING:**

We simply drop in and chat to people with a confidential and friendly approach.

- **BE AVAILABLE:**

We are available 24/7 for suicide response or urgent assistance.

- **CONNECT PEOPLE:**

We are able to connect people with all the services in their area and usually able to make appointments on the spot.

- **PROVIDE SUPPORT:**

We provide ongoing support for individuals and families to help manage challenging problems or simply to get through tough times.

- **SUICIDE PREVENTION:**

We respond to those at risk of suicide at any time and provide supportive strategies to help keep people safe.

- **PROVIDE COUNSELLING:**

We provide personal counselling for individuals.

Staff Profile

Executive Officer
Rural Outreach Worker – Southern Midlands
Vyv Alomes



Vyv grew up at Bushy Park in Tasmania and spent many years helping out on the family dairy farm at Bream Creek and has a life long passion for motorcycles boats and family life, which he shares with his wife Connie.

Vyv has a background in Counselling, Mediation & Training and holds a Graduate Diploma of Couple Therapy from the University of NSW. He has worked as a Suicide Intervention / Crisis Counsellor and Couple Therapist for over 20 years.

When he has spare time Vyv likes to create and build projects such as a boat, motor home and furniture, as well as write and play guitar.

Vyv maintains a strong commitment to improving the opportunities for people to understand and cope with life's adversities.

**Rural Outreach Worker – Central Highlands****Wayne Turale**

Wayne is originally from the North West Coast having spent his youth on the family farm at Wynyard. He served in the Tasmanian Police force for almost 20 years, working in Uniform and Criminal Investigation Branches; he also worked as Officer in Charge of rural police stations, and retired in 1995 at the rank of Detective Sergeant.

He and his wife Tracey purchased the Bronte Park General Store as a modest business and over the next 13 years rebuilt and expanded the business. They purchased property and built their home at Bronte Park where they both currently reside.

Having lived and built a business in the Highlands, Wayne is well versed in the challenges facing rural communities. Tracey and Wayne spend most of their recreational time in the Central Highlands bushwalking, hunting and fly fishing. Wayne has travelled extensively through North America and Canada following these recreational pursuits. Wayne has been working as a fly fishing guide/instructor for Ken Orrs Trout Expeditions for 2 years and is very passionate about our unique Central Highlands environment and the people who make it their home. He is committed to advancing and accessing services for our rural community to assist with the serious challenges that face us in rural Tasmania.

**Rural Outreach Worker – Glamorgan Spring Bay****Garry Sharp****Personal Profile: Garry Sharp**

Garry Sharp began working with Rural Alive & Well in October 2009. Garry was born in Hobart and educated at Dominic College in Glenorchy where he was involved with many aspects of school life. The eldest son of four children he grew up in a happy and safe home where his parents worked hard and were very active in their children's lives.

Garry left school in 1975 where he took up an apprenticeship in carpentry. He then spent 2 years working in a family business where he launched a career in the hospitality industry which only in hindsight he realized was a good grounding for his future in Counselling and providing support and care for others. After 15 years in hotel and restaurant work he decided to take a change in direction. This decision has seen Garry work at the Salvation Army, drug & alcohol centre in New Town for 14 years, enjoying roles as a case worker through to Senior Team leader of the AOD & Corrections Team. Needing a change again he internally transferred when the drought hit Tasmania working as a rural outreach worker for the next 18 months, and now working with RAW.

Garry is married to Anne and lives on Hobart's Eastern Shore. They have a holiday home at Orford and spend many weekends and holidays enjoying the area. Garry enjoys his free time working and enjoying life whether it be at home or at their holiday home. Garry is keen on water sports and enjoys sea kayaking, fishing and walks along the beach. They have a new addition to their pets with the acquisition of a beautiful sheltie pup named Buddy, after Garry's AFL team's champion, Buddy Franklin. They also have two cats; Dennis and Yoda who keep everyone under control.

Over his 35 years of employment he has seen the affect of hardship and appreciates the difficulties that people through. He has learnt to be patient and work with people at a pace they are comfortable with.



Reporting on Community Involvement : 2009/2010 - Sponsors / Donations

GOLD (over \$5,000)

Bronte Park Charity Ball
Central Highlands Council
Department of Primary Industries and Water
Glamorgan Spring Bay Council
Gunns Ltd
Roberts Ltd
Southern Midlands Council
TFGA
The Dick Family
Wesfarmers Insurance Federation

SILVER (\$1000 - \$4999)

Agricultural Resource Management
ANZ Bank
Australian Society of Animal Production Tasmania Branch
Butler McIntyre & Butler
Old Scotch Collegians

BRONZE (less than \$1000)

Bronte Park General Store
Hutchins School
Melton Mowbray Rodeo Committee
Parish Council of Southern Midlands
Tasmanian Forest Contractors Association
Tasmanian Quality Assured Inc.

Board Structure / Membership

EXECUTIVE

<p>Clr John Leslie Jones OAM (Southern Midlands Council Rep.) President "Grangeside House" 27 Main Road Kempton TAS 7030</p>	<p>Ph: 62 591 223 Fax: 62591 223 Mobile: 0418 121 163 Email: jones.ent1@bigpond.com</p>
<p>Dianne Fowler (TFGA Rep.) Vice President High Street Bothwell TAS 7030</p>	<p>Ph: Fax: Mobile: Email: fowlerbendeveryon@bigpond.com</p>
<p>Clr Ian McMichael -(Central Highlands Council Rep.) Deputy Vice President PO Box 13 Ouse TAS 7140</p>	<p>Ph: (03) 62871207 Fax: Mobile: Email: ian.v.mcm@gmail.com</p>
<p>Andy Tchappat Treasurer 65 Alford Street Howrah TAS 7018</p>	<p>Ph: (03) 62722899 Fax: (03) 62721017 Mobile: 0438 559 000 Email: andyt@state-wide.com.au</p>
<p>Ms Tracey Turale - (Rural Primary Health Services Program) Secretary/Public Officer Ash Cottage Lyell Highway Ouse TAS 7140</p>	<p>Ph: 62 872 001 Fax: 6287 2002 Mobile: 0429 433 664 Email: tracey.turale@dhhs.tas.gov.au</p>



BOARD MEMBERS

<p>Clr Mark James Jones OAM - (Proxy Southern Midlands Council Rep.) 74 Esplanade Oatlands TAS 7120</p>	<p>Ph: 6254 0074 Fax: 6254 0074 Mobile: 0408 298 347 Email:</p>
<p>Larry Gibson Community Representative Glamorgan Spring Bay</p>	<p>Ph: 0362575231 Email: larrygibson@skymesh.com.au</p>
<p>Rev. Meg Evans Midlands Patrol Oatlands Tas 7120</p>	<p>Ph: 6254 1177 Fax: 6254 1177 Mobile: 0428 100 983 Email: midlandspatrol@bigpond.com</p>
<p>Mr Robin Thompson DPIPWE 167 Westbury Rd Prospect TAS 7250</p>	<p>Ph: 63365291 Fax: Mobile: Email: robin.thompson@dpipwe.tas.gov.au</p>
<p>Bernie Harrington 9 Heskett Court Rosny TAS 7018</p>	<p>Hm Ph: 62445923 Work Ph: 62118542 Mobile: 0429 581 773 Email: berniemh@netspace.net.au or Bernie.harrington@dpac.tas.gov.au</p>
<p>Clr Jenny Woods Glamorgan Spring Bay Council PO Box 76 Triabunna TAS 7190</p>	<p>Ph: 6257 3404 Fax: 6257 3414 Mobile: 0419 885 479 Email: jennywoods1@hotmail.com</p>
<p>Julie Cooper Primary Health Care Coordinator Midlands Multi-Purpose Health Centre 13 Church Street, OATLANDS 7120</p>	<p>Ph: : (03) 6254 5023 Fax: Mobile: 0419 008 466 Email: julie.cooper@dhhs.tas.gov.au</p>
<p>Sarah Kitchin Acting Director of Nursing MMPHC 13 Church Street Oatlands TAS 7120</p>	<p>Ph: Fax: Mobile: Email: sarah.kitchin@dhhs.tas.gov.au</p>
<p>Warren Hunt Coordinator SheepConnect Tasmania Tasmanian Institute of Agricultural Research PO Box 46 Kings Meadows TAS 7249</p>	<p>Ph: 63365464 Fax: 63365395 Mobile: 0437170670 Email: warren.hunt@utas.edu.au</p>

**Financial Report**

Rural Alive & Well Inc.
 9 Blackwell Road
 Melton Mowbray TAS 7030

Balance Sheet

As of June 2010

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Assets			
Current Assets			
Cash On Hand			
DOHA and DHHS Grant - CHQ	\$31,370		
DOHA and DHHS Grant - SAVER	\$249,730		
Peoples Grant - RFA	\$4,964		
Community Donations	\$29,029		
Total Cash On Hand		\$315,093	
Pledges Receivable		\$3,436	
Total Current Assets		\$318,529	
Total Assets			\$318,529
Liabilities			
Current Liabilities			
Trade Creditors		\$7,632	
GST Liabilities			
GST Collected	\$15,938		
GST Paid	-\$4,039		
GST Rounding	\$1		
Total GST Liabilities		\$11,900	
Payroll Liabilities			
PAYG Withholding Payable	\$10,276		
Total Payroll Liabilities		\$10,276	
Total Current Liabilities		\$29,808	
Total Liabilities			\$29,808
Net Assets			\$288,721
Equity			
Current Year Surplus/Deficit		\$288,721	
Total Equity			\$288,721



Rural Alive & Well Inc.

9 Blackwell Road
Melton Mowbray TAS 7030

Profit & Loss Statement

July 2009 through June 2010

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Income	
Donations	
Fund Income	\$70,312
Fund - DAFF Academy	\$51,724
Fund - DHHS	\$195,000
Fund - DoHA	\$335,300
Total Income	<u>\$652,336</u>
Cost of Sales	
Gross Profit	<u>\$652,336</u>
Expenses	
Advertising	\$2,577
Bank Fees and Charges	\$693
Board Catering	\$1,135
Board Expenses	\$3,817
DAFF Academy Expenses	\$62,778
Dues & Subscriptions	\$521
Electricity	\$1,708
External Consultants	\$1,333
Insurance	\$3,659
Internet	\$4,387
IT	
IT - Maintenance	\$2,384
IT - Software	\$651
Misc Expenses	
Postage & Shipping	\$10,753
Printing	\$286
Rates and Charges	\$3,047
Rent/Building Maintenance	\$530
Referrals	\$11,842
Stationery	\$180
Staff Expenses	\$4,471
Staff - Debriefing	\$289
Staff - Other Employer Expense	\$16,572
Staff - Training	\$1,013
Staff - Wages & Salaries	\$179,352
Telephone	\$8,208
Travel & Accommodation	\$1,683
Vehicles & Maintenance	\$31,194
Workshop Information Sessions	\$5,898
Workshop Seminars / Conference	\$10,923
Total Expenses	<u>\$371,884</u>
Operating Profit	<u>\$280,452</u>
Other Income	
Interest Income	\$8,303
Total Other Income	<u>\$8,303</u>
Other Expenses	
Interest Expense	\$34
Total Other Expenses	<u>\$34</u>
Net Surplus / (Deficit)	<u>\$288,721</u>