



women's health

G R A M P I A N S

ANNUAL REPORT

2005





MISSION

To provide a quality multi-purpose women's health service in the Grampians Region.

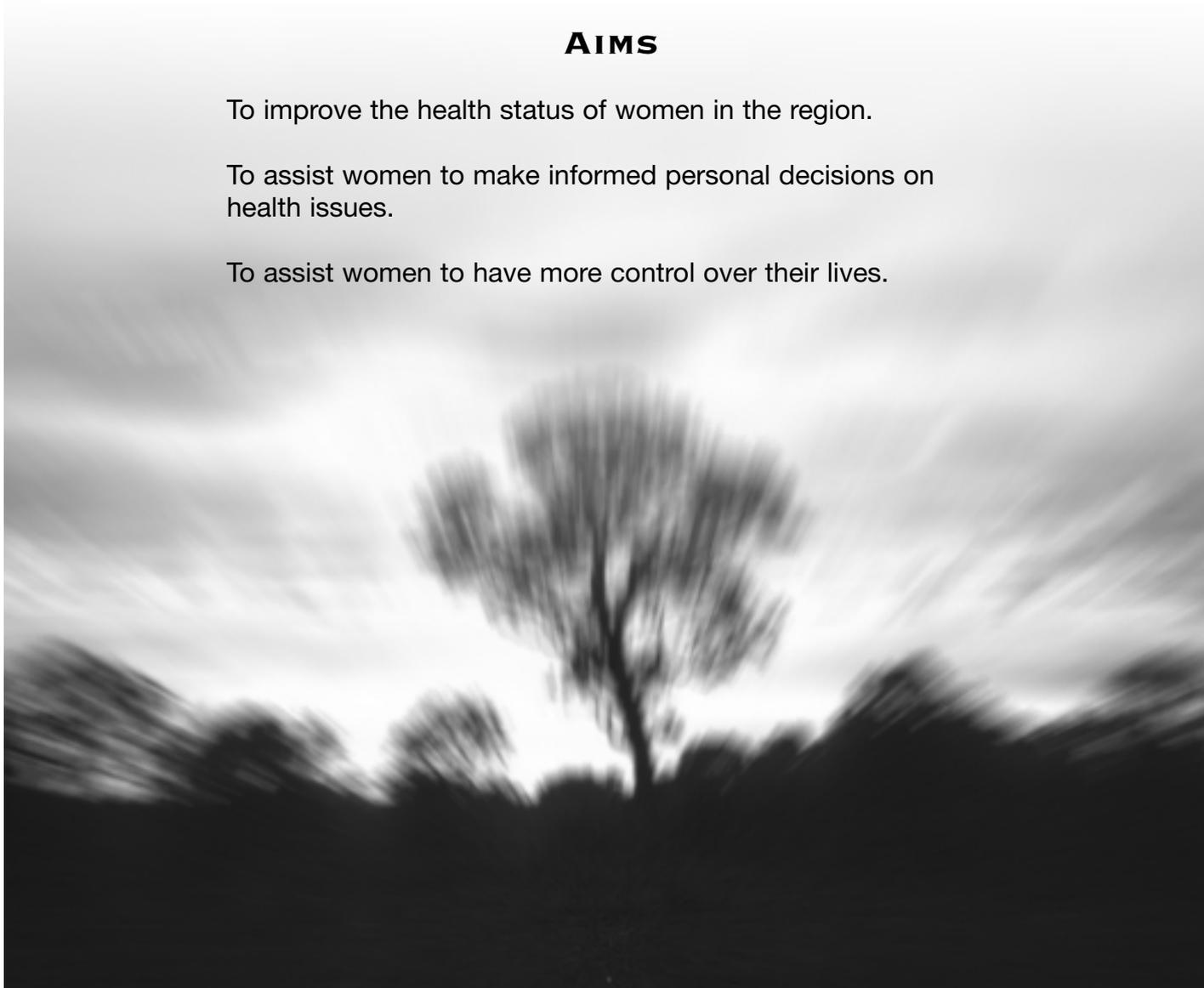
We are committed to promoting and advancing the health and well being of women in our region, in all their diversity, throughout the journey of life.

AIMS

To improve the health status of women in the region.

To assist women to make informed personal decisions on health issues.

To assist women to have more control over their lives.



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The cover of the this year's report reflects the vision of women in the grampians region, their warmth, vibrancy and global philosophy.

ANNUAL GENERAL MEETING

The 14th Annual General Meeting of Women's Health Grampians

Will be held on the 14th November 2005 at 11.30am at 2 Drummond St. South, Ballarat 3350

Guest speaker:
Beth Wilson, Health Services Commissioner for Victoria

THE ANNUAL REPORT

The Annual Report is an opportunity for Women's Health Grampians to share with its members and key stakeholders the events, highlights and challenges that have shaped the year.

MEMBERSHIP

Membership of Women's Health Grampians is free and should be renewed each year. A membership form is sent to current members each year. If you are interested in becoming a member please contact Women's Health Grampians on 5322 4100 or by email: adminb@whg.org.au

DONATIONS

Women's Health Grampians has been granted Health Promotion Charity Tax Concession Status Endorsement. All donations over \$2 are tax deductible

HIGHLIGHTS AT A GLANCE

- Purchase of new premises
- Tax Concession Status Endorsement
- Accreditation External Review April 2006
- Six Key Action Plans established for Strategic Directions
- International Women's Day
- The Golden Loos News Project well received by SunSmart and QUIT and accepted as an Integrated Health Promotion Project with paper presented at 5th National Women's Health Conference.
- BreaCan Project, of which Women's Health Grampians was member of the Steering Committee, receives recurrent funding for three years
- 16 forums held throughout the region
- 294 participants attended forums throughout the region
- 1,802 resources on a range of health issues accessed by women in the community
- Sound financial outcome for the year



C O N V E N O R ' S R E P O R T

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With the approach of spring, it is an excellent time for the Board of Women's Health Grampians to reflect on the year 2004-2005 and to look forward to the challenges ahead.

Spring brings with it thoughts of renewal, regrowth and regeneration. This is echoed in the achievements of Women's Health Grampians during the past year. Through judicious planning and efficient resource management, I am pleased to announce that Women's Health Grampians has relocated to its own premises in Drummond Street South, Ballarat. This is no mean feat and I would like to recognise Annie Reeve, Chief Executive Officer for her diligence in achieving this successful outcome.

I would like to take this opportunity to invite all members and friends to visit the new offices at 2 Drummond Street South.

While spring is an optimistic time in the cycle of life, where we can celebrate new and wonderful gifts of nature, it can also be a time of uncertainty and fear as the global community continues to face adverse events, both natural and of human intervention. Let us take time to think of the many women of the world who have had to face extraordinary tragedies in their lives in recent times and hope that the global community can join together to assist them in their time of need.

In July 2004 The Board and the CEO participated in a Strategic Planning Day, facilitated by Kathy Wilson. We explored ways in which Women's Health Grampians will respond to the needs of the women in the Grampians Region until 2008. I was really pleased with the outcome of the day, and the Key Action Areas are reported elsewhere in the report. The Board, along with the CEO, will be setting targets towards achieving these goals. We have also undertaken a positive review of internal appraisal processes for the CEO, the Board and its members.



We have extended the scope of our core business and, I believe, during the year Women's Health Grampians achieved praiseworthy outcomes for women in the region. These achievements are highlighted elsewhere in the report.

Ingrid Bode, who has been on the Board since May 2003 resigned during the year, and I would like to take this opportunity to thank her for her input as Treasurer.

The Board continues to meet 6-weekly in Ararat, or by teleconference and functions with less than a full complement of members. Recruitment and successor planning present us with ongoing challenges and concerns. We understand that it is a considerable commitment to be a member of the Board, but the rewards are knowing that Board members can make a difference to the lives of women in the Grampians Region. Our commitment is to provide Board members with education and training opportunities to enable them to participate fully and with confidence in the establishment of policies for Women's Health Grampians. This year members will be participating in a workshop for Governance Development for Boards of Women's Health Services. This will strengthen the good foundation already established in the previous year.

I would like to take this opportunity to acknowledge the support, hard work and dedication of the members of the Board. And finally, to Annie Reeve; thank you for your unwavering support and commitment, your leadership and good humour. Together, we have achieved some remarkable outcomes this year for women in the Grampians Region.

Gabrielle Boermans - Convenor

Creating Choices for women to lead healthier lives

Key Action Areas

1. Influencing/Partnerships

Goal:

To continue to develop and maintain relevant links/partnerships with our stakeholders, to ensure equity, in the provision of services to women in our region.

2. Health Promotion Focus

Goal:

To implement current government health priority issues and provide ongoing health promotion activities that meet the needs of women in our region.

3. Quality

Goal:

To ensure appropriate processes are established within the organisation to provide a framework for best practice.

4. Knowledge

Goal:

To develop and improve knowledge and expertise regarding evidence based data to ensure effective service responses.

5. Financial

Goal:

To ensure appropriate processes are in place to maintain and strengthen the financial viability of the organisation.

6. Organisation Development/Structure

Goal:

To ensure appropriate skill base in place, at both governance and operational levels, to promote a well managed, efficient and sustainable organisation.

C H I E F E X E C U T I V E ' S R E P O R T

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What a year! There is a sense of real achievement and the knowledge that Women's Health Grampians has come a long way since the last report. Journeys are rarely taken alone and with the Board, members and staff remarkable progress has been made to ensure that Women's Health Grampians continues to create choices for women in the Grampians Region to lead healthier lives.

To achieve our goals it has been important to set sound strategic principles and directions. A Planning Day for the Board and the CEO, facilitated by Kathy Wilson, looked at where Women's Health Grampians was heading until the year 2008 and how it would respond to the needs of women within the region. We took into account demographic trends, Women's Health Grampians' advocacy role, utilisation of diminishing resources and recognition of key stakeholders. These included women in the Grampians Region, other health agencies, Local Government Authorities, Federal and State Governments, especially the Department of Human Services. The Planning Day culminated in the setting of six Key Action Areas with related goals. We are confident that these key areas reflect our organisation's aims for the future and are fully achievable.

Another important milestone has been the purchase of our own premises in Drummond Street South. This purchase is more than just about prudent use of resources. It is about establishing and providing a permanent location that provides our members with a focal hub for all their health and well being requirements. We will continue to work closely with all health agencies in the region in the provision of best health options for women.

The tyranny of distance which, on occasions, has presented us with a few challenges as we commute between Ballarat and the Horsham office, has dissipated somewhat since Women's Health Grampians has become a member of GRHANET, the Grampians Region IT network. We have upgraded both our IT and telephone system capabilities. This has given us increased capacity to network internally, reduced our running costs

and provided us with technical support.

Another major achievement for Women's Health Grampians has been the granting of Health Promotion Charity Tax Concession Status Endorsement from the Australian Taxation Office. This has been a long process over a period of almost two years, including the review of Women's Health Grampians' Constitution that was completed in May 2004. We received successful notification in June 2005. The Status has the benefit of ensuring a place for Women's Health Grampians into the future.

Women's Health Grampians has initiated a number of innovative projects during the year, which will be reported in full in the body of the report. They include:

- The Golden Loos News Project
- Well Women's Service
- Grampians On The Go

It is easy to say we do things well, that we are the best at meeting the needs of our community. But how can we be confident that that is in fact the case? The Quality process is a means by which our organisation can be assessed against established criteria and standards. It is an important process, and we have been working towards having protocols, policies and procedures up to date and relevant in readiness for a review in April by Quality Improvement and Community Services Accreditation (QICSA). We feel confident that our service will meet these quality requirements.

The Women's Health Association of Victoria represents nine rural/regional and two state wide Women's Health Services. As part of its responsibilities to provide support as the peak body, WHAV has run a series of workshops and forums during the year, which I have attended, along with Board member and other staff. Staff gained useful information from these forums, especially in the areas of improving relationships with key stakeholders, developing advocacy strategies and techniques for lobbying influential decision makers.

C H I E F E X E C U T I V E ' S R E P O R T

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As a region wide service Women's Health Grampians is a member of three Primary Care Partnerships (PCP) in the Grampians Region: Central Highlands PCP, Grampians Pyrenees PCP and Wimmera PCP. Women's Health Grampians was represented on the following committees: Full Alliance, Executive and Integrated Health Promotion. PCPs are an initiative of the Department of Human Services (DHS). Our involvement on such a broad level gives us an ideal opportunity to have input into strategic planning of relevant services across the region. I would like to take the opportunity to thank Allison Doodt from the Department of Human Services (DHS) for her support to Women's Health Grampians during the year and to acknowledge Alex Tascas who, as Manager Primary and Community Health, generously gave Women's Health Grampians encouragement and much appreciated advice. I look forward to continuing to build on the positive relationship with DHS staff.



We have achieved another sound financial year, coming within budget. This is an excellent achievement, given that we have extended the scope of our programs. Staff are to be commended for the way in which they have accepted the challenge to involve community partnerships to create best outcomes for the women in the region. The purchase of our new premises will allow us to consolidate our revenue, with a reduction to annual outgoings and an increase in our asset base.

While we plan programs and develop strategies perhaps some of our most rewarding work is when we welcome unplanned visits and calls from women seeking our help. I want to thank my staff for the capable way they respond to the many unplanned needs of women. I am particularly fortunate to work with women who are committed to the principles of caring for the health and well being of women, who share their skills enthusiastically and who are prepared to accept new challenges. Thank you for making this a really positive year for me. And finally, thank you to Gabrielle Boermans who continues to provide me with the support and encouragement I need to perform my role as CEO of Women's Health Grampians.

Annie Reeve, Chief Executive Officer

GOLDEN LOOS NEWS

The 'Golden Loos News', was an innovative project involving many young women aged between 12-18 years in the Golden Plains Shire, which addressed the issues of sun exposure and smoking. This creative project saw Women's Health Grampians project worker Amanda Jakiel and the team working with young women from the Golden Plains Shire parades in partnership with Target using fashion as the medium. Three fashion parades were held across the Shire in



Dereel fashion parade

Bannockburn, Dereel and Linton and they provided an ideal venue and opportunity for young women to be involved as models, presenters, backstage workers and promoters while, at the same time, giving some important health messages which were integrated into conversational presentations. Some of the young women then went on to be involved in the 'convenience door' poster design and production which were then displayed in public toilets, community halls and bus shelters in the Shire, as well as secondary schools in Ballarat (there being none in the Golden Plains Shire). The project was not just about delivering important



Linton presenters

messages on being sun smart and not smoking, but also about making community connections. The involvement of women from the community in this project has been a valuable resource as role models for younger members. As an adjunct to the core principles of the project, the students gained self esteem, self confidence and experience in public speaking. The project was supported by Sun Smart and QUIT and was widely recognised as a successful integrated health promotion project. Sandy Anderson presented a paper written by Amanda Jakiel and herself at the 5th National Women's Health Conference.

Project Outcomes:

- 70% increase in knowledge and awareness of risk behaviours related to smoking cessation and sun protection.
- Of those young women smokers, 67% are more likely to want to stop smoking after the project.
- Of those who are non smokers, 94% are less likely to take it up after the project.
- Before the project 89% of young women would wear sunscreen, but after the project 96% said that the information in the presentation from the fashion parades has definitely made them more aware of sun exposure.
- The project also identified a 7% increase in the participants comfort about using sunscreen in front of their peers.

Outcomes related to social connectedness, self-esteem and leadership qualities:

- 100% of the girls stated that relationships between family and friends are better as a result of the project.
- 93% stated that being part of the project has encouraged them to participate in other voluntary work.
- Young women who want to be involved in leadership activities increased by 45% following the project.
- 94% of the young women involved in the project recorded that they have made friends during that time.



The Poster

- There was a 33% increase in the intention to be involved in local groups.

Feedback from Golden Plains community members:

- Well done everyone. Great models, smart fashion, clothes and good information
- Great presentation from all the girls and Women's Health Grampians. My husband and I felt it was a great way of educating old and young women of the hazards of smoking and sun damage to the sun. Thank you!
- The girls did a wonderful job of presenting, it is so great to see young girls being involved in what the sun and smoking can do to their young bodies
- Locals reuniting

Feedback from the young women:

- We had great fun, doing something with the community
- I made friends, it was lots of fun
- Amazing
- Before the parades I had an argument with a friend, we weren't talking, after the parades we talked for the first time and worked it out
- Yeah, it was organised well, it was grouse



Poster launch December 2004 from left Amanda Jakiel Women's Health Grampians Project Worker, Emma Clarkson SunSmart and Eloise Southby-Halbish Co-captain of Melbourne Phoenix Netball team and Australian Squad.

BREACAN GOES WEST



Contact database members Karen George, Colleen McKay and Rhonda Keating who are ready to support other women living with breast cancer.

Women's Health Grampians has developed a peer support project to provide women living with breast cancer with access to support and an opportunity to share experiences with other women who live in the Grampians region. Two consultation forums were held in Ballarat and Horsham in December 2004 attracting over eighty five women who advised the project development. From these forums women identified the need for additional rural forums and to establish a contact database managed by Women's Health Grampians to enable women to seek telephone support. Our work with women with cancer has finished the year positively with the BreaCan Steering Committee receiving recurrent funding for the next three years. The contact database for women with cancer to link in with other women who can provide support is now up and running and this new program will be evaluated in six months time.

BreaCan Goes West has been developed in collaboration with Breast Cancer Support Groups, Breast Care Nurses, Community Health workers and health promotion workers, BreaCan Breast Cancer Support Service and BreastScreen.

“Great to share experiences with others”

“Encouraging to see women who have ‘come through’”

“Wonderful day, great to meet many other women who have also had breast cancer”

“So glad I made the effort to come”

“Very informative and gained some great ideas for establishing a support group”

“Easy to understand, a real eye opener, very brave women”

Women’s Health Grampians provided two additional forums for women living with breast cancer the first being held in Ararat in May 2005 and the second in Warracknabeal in June 2005. The forums provided networking opportunities and informed women about the connecting database.

Women who attended the forums had experienced breast cancer from 3 weeks ago to 31 years ago and were aged from in their 20s to 70 plus. The contact database enables women living with breast cancer to seek phone support from women who have experienced breast cancer and matches specific experiences that are relevant such as types of surgery, hormone therapy, reconstruction, rural location etc. Currently thirty one women are registered on the database from across the Grampians region ready to provide support.

WELL WOMEN’S SERVICE

Ballarat - 124 attended throughout the year. This service provides a weekly clinic with long appointments times to all women, but it specifically targets unscreened and underscreened women. The service provides cervical screening, clinical breast examination, breast health awareness, continence advice and information on a range of other women’s health issues.

The women of Central Highlands region who access the service provide valuable information and feedback on service design during the consultation process.

The clinic is an extremely valued service with high demand. While community health workers are a key source of referral it is mainly the women who have attended the service who are our major advocates with 43% of women accessing the service after hearing about it by ‘word of mouth’.

The service provides outreach clinics as part of its regular service or through additional funding such as from PapScreen Victoria’s clinic extension grants.

- Six women attended a clinic that was held in Bannockburn on 28 July 2004 as the fourth clinic provided in the Primary care Partnership funded project “Women Knowing How”.
- PapScreen Victoria clinic extension grants funded the following clinics: Blackwood 17 August where 7 women attended, Lal Lal clinic 31 August where 9 women attended, Warracknabeal 9 September where 15 women attended, Dimboola 28 September where 11 women attended, Dimboola 1 October where 14 women attended, Mt Wallace 5 October where 9 women attended, Elaine 19 October where 7 women attended and Warracknabeal 11 May where 14 women attended.

“Wonderful, informative, comfortable and courteous. An unpleasant situation made bearable”

“Very friendly, staff put you at ease - thank you”

“Great - very respectful, welcoming, informative!”

“Thanks you for making me feel so comfortable!!”

“Thank you for providing a service which is so desperately needed”

“Fantastic service for women!”

“I am pleased to have this service run in my town”

Formal written evaluation was completed by over 80% of the participants:

- 98% increased their knowledge from the health issues discussed in the clinic;
- 73% stated the physical examination was very comfortable and 25% stated they were comfortable;
- 100% of women stated the service was respectful of their privacy;
- 36% of women were aged 50-69 years who are the target group most under screened and unscreened;
- 100% of women were under screened (that is had not had a Pap test for more than two years).

GRAMPIANS ON THE GO (GOTG)

GOTG is an innovative project which aims to encourage participants to start or increase their physical activity level, promote healthy eating and weight reduction. GOTG is the major cardiovascular project for Women’s Health Grampians and will be an integrated health promotion project that will be conducted over the two years of our current Health Promotion Plan.

During the initial year Women’s Health Grampians developed partnerships with stakeholders in the 11 LGAs within the Grampians region. Women’s Health Grampians developed and trialled participant information packs and evaluation tools, planned and implemented a marketing strategy that included print media, radio and television as well as coordinated the launch of GOTG project.

The partners are Wimmera Health Care Group, Goroke Community Health Centre, Dunmunkle Health Services, Dimboola CHC, Ballan and District Health Care, Skipton/Beaufort Health Services, Golden Plains Shire, East Grampians Health Service, Hepburn Health Services and Wendouree West Community Renewal.

Stage one of the project involved each LGA identifying one town in which to implement the project. They include:

- Moorabool Shire - Ballan
- Golden Plains Shire - Dereel/Rokewood
- Hepburn Shire - Trentham
- Pyrenees Shire - Beaufort
- Ballarat City Council - Wendouree West
- Ararat Rural City - Ararat
- West Wimmera Shire - Goroke
- Yarriambiack Shire - Dunmunkle
- Hindmarsh Shire - Dimboola
- Northern Grampians Shire - Stawell
- Horsham Rural City - Horsham

Each participant was given an information pack to support their involvement in the project which aims to encourage participants to track their physical activity over the month. Not only can participants

see their own physical activity increase but their tally will contribute to the town's tally as well. Each town can then enter into friendly competition to keep the participants' interest and motivation going.

The project design is such that it complements any existing local programs rather than works in competition and in fact may encourage participation in local programs. Relationships with key stakeholders have been strengthened and others developed and strengthened due to this process.

In the last year Women's Health Grampians has developed participant information packs and evaluation tools. The information pack has been trialled with Women's Health Grampians staff and GOTG partners and implementation has begun via our partners. Angela Murphy and John McDonald from the University of Ballarat have also been consulted to ensure the evaluation processes capture relevant, usable information. The planned marketing strategy includes a diverse range of media including a television advertisement, a launch in Wendouree West and promotion via print media.

INTERNATIONAL WOMEN'S DAY

International Women's Day is, of course, of particular importance to us at Women's Health Grampians. Our Horsham office held a morning tea for members, the community and interested organisations. It was an excellent opportunity to promote Women's Health Grampians, our service, programs, staff and resource library. The theme this year was 'Women's Words' and in Ballarat we were delighted that author Helen Morris shared her words from a book she is writing about her life. At the conclusion of her presentation she revealed that the encouragement she had received from those present had given her the motivation to finish the book. As we were all enthralled by her words we eagerly await its completion.

QUALITY

Womens Health Grampians is undertaking 'self reflection within the organisation' in the form of continuous quality improvement. Put simply, this is WHG's desire to ensure that the organisation is 'endorsed' by QICSA, the Quality Improvement & Community Services Accreditation by June 2006.

This entails the detailed description of:

- Saying what we do
- Doing what we say
- And showing how we do it by description or actions

All members of staff and Board are involved in the journey of 'self reflection'.

It is our ability to demonstrate that we have systems and 'checks and balances' in place for all staff and Board that ensure all areas of our work are described, supported and accountable. The result will be accurate, current policies and procedures and a heightened knowledge of these by staff and Board.

This is a considerable commitment of both time and energy by the organization but we wish to ensure that continuous quality improvement remains embedded in 'the way we go about our business' in the absolute interest of our consumers.

SEXUAL AND REPRODUCTIVE HEALTH

Breast Health Training

18th March 2004

Horsham - 7 attended

The Cancer Council of Victoria Breast Health training was for community health nurses and workers. The course provided participants with resources to raise awareness about breast health and to enable them to conduct breast health community education sessions. The day was attended by workers from Edenhope, Nhill, Horsham, Inglewood and Maryborough who agreed that the day was a great success as they all gained skills and knowledge.

Menopause Information Evening

22nd October 2004

Murtoa - 12 attended

Women's Health Grampians, in partnership with Dunmunkle Health Services, Jean Hailes Foundation and Kerri Nichols Naturopathic Service, presented an evening on menopause for rural women. The range of information was extensive and the women who attended enjoyed the opportunity to meet with representatives from the Jean Hailes Foundation and other local health agencies.

"Good range of topics, thanks for a great night."

SEX! All questions answered...

22nd June 2005

Horsham - 6 attended

A forum to promote increased communication for mothers and daughters provided the opportunity to hear updated information related to contraception and sexually transmitted infections. Genevieve Lilley, Family Planning Nurse with the Wimmera Health Care Group provided mothers with an excellent insight into STI's, Contraception and effective communication techniques for talking

to daughters about these issues. The informal workshop was an excellent forum to deliver an important message and everyone who attended gained an increased knowledge from the presentation.

Breast Screen and Cervical Health Issues

15 June 2004

Ballarat - 34 attended

A responsive program was entered into with UFS and Central Highlands Breast Screen to address breast and cervical health issues. Presentations were made by BreastScreen and Women's Health Grampians on breast screening and breast and cervical health. Women's Health Grampians also provided many resources on a range of women's health issues and these were very well utilised on the night.

Women who attended gave very positive feedback about the knowledge they gained and the way in which the information was presented.

"Well organised, informative, sensitive presentation"

"Excellent presentation with pamphlets to take home and read"

"I was pleased I could bring my 14 year old daughter and have it explained in terms she could understand"

"I found the information very interesting and feel that it is important to increase my knowledge in this area of health - thank you"

Menopause Forum

2 December 2004

Beaufort - 12 attended

Dr Philip Hall and Dr Paul Ghaie presented at a Beaufort Women's Health Evening on Menopause event, organised in partnership with Beaufort and Skipton Health Service and local women's organisations from the district. All participants identified an increase in knowledge related to menopause.

"Learnt a lot and learnt pelvic floor exercises - hadn't had it explained before"

"Excellent presentations by both speakers. I did pick up on several points that I was previously not informed about"

Women's Health Night

3 September 2004

Ballarat - 16 attended

An evening forum held at the Ballarat Family Church of Christ provided information update related to cervical screening, breast health, menopause and sexually transmitted infections. Although the event primarily focused on sexual and reproductive health, some aspects of the evening related to mental well being and social connectedness, physical activity and maintaining a healthy weight range.

Ninety four percent of the participants identified an increase in knowledge on the topics presented.

"Most informative - thank you for your time"

"I've just migrated from the UK and I found this evening an excellent introduction to the Australian system"

CANCERS IN WOMEN

For reports on Cancers in Women refer to the reports in New Initiatives.

MENTAL HEALTH AND WELL BEING

Healthy Minds, Healthy Bodies (Mental Health & Cardio-Vascular Health)

6th September 2004

Goroke - 14 attended

The session focussed on anxiety and depression and guest speakers discussed coping strategies. Women's Health Grampians worked collaboratively with Goroke Community Health Centre, Michelle Compton, local social worker, Kerri Nichols Naturopathic Service and local physical activity groups. The day also included a relaxation exercise, Tai Chi session and participants enjoyed a healthy lunch.

"Most enjoyable day, look forward to the next one."

"It was very enjoyable, great to hear how different people cope in certain circumstances"

Lesbians & Gay Men in Victoria - the Current Status of the Law

23 June 2004

Ballarat - 16 attended

Working within the mental wellbeing and social connectedness priority, Women's Health Grampians worked with the Victorian Gay Rights Lobby, Fertility Access Rights Lobby, bBent Ballarat, Zaque Same Sex Attracted Youth Group to provide a forum aimed at improving knowledge of the current status in the law of lesbians and gay men. The target population groups were lesbian women and health professionals. Welfare,

education and legal professionals were also invited to the forum.

The forum involved mostly community members rather than professionals from local services. All present reported an increase in knowledge related to the current status of the law for lesbians and gay men in Victoria. It is hard to gauge the full impact but evaluation feedback was very positive.

Understanding Koori Health from Past to Present and Beyond

16 March 2005

Ballarat - 10 attended

This Koori Health session was conducted to increase participants understanding of the impact of Koori health issues both past and present. The event was held in collaboration with Ballarat and District Aboriginal Cooperative, Victorian Aboriginal Health Service, Goolum Goolum and Child and Family Service Ballarat.

The half day forum was well received and the participants found it valuable to understanding issues that impact on Koori health in their areas of work. A critical issue to the success of the event was that it was facilitated by our own Koori health worker, Amanda Jakiel.

CARDIOVASCULAR HEALTH

CWA Regional Presentation (Physical activity, nutrition & Women's Health Grampians service)

30th August 2004

Natimuk - 25 attended

Women's Health Grampians was invited to present to the regional CWA group. The presentation included details of Women's Health Grampians service and membership as well as information on physical activity and nutrition, especially in relation to diabetes, stroke and heart health.

Resource Stands

Resource material has again been an important aspect of our service. One thousand, eight hundred and two resources on a range of health issues were taken from the Women's Health Grampians resource stands this year. This figure does not account for the many people who were observed to use the resources and replace them. It's also not possible to measure the scope of how this information is distributed when taken into family homes.

Women's Health Grampians resource stands continue to be a popular means of health information in the many LGAs serviced by Women's Health Grampians. In the year 2004-2005 these resource stands were placed in:

- Lake Bolac, Bush Nursing Centre
- Wendouree, Library
- Haddon, Northern Community Centre
- Daylesford, Library
- Jeparit, West Wimmera Health Service
- Ballan, Pre-school
- Stawell, Grampians Community Health Centre
- Lexton, Rural Transaction Centre
- Goroke, Community Centre
- Minyip, Dunmunkle Health Services.

The most popular resources appear to have been those on cardio-vascular health - brochures with information on stroke, blood pressure and cholesterol were amongst the resources most

commonly used. Other issues relevant to sexual and reproductive health, mental health and cancers were also well utilised.

The resource stands have not only been a great way of getting health information out into the communities in which women live, but are also a significant means to building relationships with community based agencies.

We have received positive feedback from our agency partners on the usefulness of resource stands for their communities. A number reported that women often read the brochures before replacing them, therefore making it difficult to ascertain how many women had used the resources available. Women have commented to the agencies that the stands were informative, with an extensive range of interesting information and were a great community resource.

Resource Library

Both the Ballarat and Horsham offices have a comprehensive library, which provide a free service to members.

The library has been extensively used by women, tertiary and secondary students as well as health professionals who all require specific information for assignments and resource.

Staff Professional Development / Conferences / Forums / Consultations

WHA V Gender Forum - Melbourne - 2 staff, 1 Board member
 Board Strategic Planning - Ararat - 7 attended
 Library training - Ballarat - 2 staff
 Rural Women's Network DHS pilot project - Hall's Gap - 1 staff
 DHS Partnership Consultation workshop - Ballarat - 1 staff
 NOUS Board Governance Training - Horsham - 2 Board members

Rural Women's Conference - Melbourne - 1 staff
 Computer Training - Horsham - 1 staff
 Breast Health Training - Horsham - 2 staff
 Women's Conference - Melbourne - 2 staff
 5th Australian Women's Health Conference - Melbourne - 3 staff
 CHPCP Planning - Ballarat - 2 staff
 WHAV Violence against Women Forum - Melbourne - 2 staff

**Women's Health Grampians Incorporated
Statement of Financial Performance
For the year ended 30 June, 2005**

	2005	2004
	\$	\$
Revenue		
Government Grants	461,195	442,658
Sundry refunds	11,221	950
Interest received	15,094	13,651
Donations received	920	874
Profit on sale of fixed assets	-	3,333
Loss disposal of assets	(1,353)	(69)
Sundry refunds	671	2,022
Telephone refunds	70	425
Rent received	4,623	4,489
	<hr/>	<hr/>
Revenue from ordinary activities	492,442	468,332
	<hr/>	<hr/>
Expenditure		
Accountancy	37,098	33,332
Advertising and promotion	102	267
Audit fees	1,900	1,930
Annual General Meeting Expenses	604	637
Brochures	159	1,577
Bank Fees And Charges	1,531	1,061
Board of management expenses	697	777
Cleaning and gardening	176	446
Computer expenses	5,144	1,135
Constitution expenses	-	60
CEO expenses	505	309
Depreciation	20,529	17,563
Donations	-	50
Seminar & Workshops	10,622	4,069
Heat, light & power	4,487	4,856
Insurance - General	1,675	1,635
Legal fees	227	-
Motor Vehicle - Fuel, oil & maintenance	4,467	3,744
Motor vehicle - Registration & Insurance	1,878	2,188
Newsletter	1,559	2,462
Postage	1,061	1,135
Printing & stationery	1,604	3,616
Professional Development	7,367	2,813
Rates & taxes	708	599
Rent	38,294	36,165
Repairs & maintenance	1,086	341
Replacements	73	227
Salary packaging	60,861	48,207
Salary packaging fees	1,592	1,216
Sundry expenses	202	1,211
Security	-	14
Staff expenses	8,912	334
Staff amenities	2,546	2,319

The accompanying notes form part of these financial statements.

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Subscriptions & Newspapers	2,000	1,888
Superannuation	29,430	27,093
Telephone	6,694	6,619
Travel and accommodation - local	886	750
Wages	213,817	229,942
Wage administration	3,246	3,221
Workcover	9,137	2,427
	<hr/>	<hr/>
Total expenditure	482,878	448,235
Surplus from ordinary activities	9,564	20,097
	-	-
	<hr/>	<hr/>
Net surplus	9,564	20,097
	-	-
Increase (decrease) in retained surplus due to:		
- Retained surplus b/fwd beginning year	335,754	315,657
	<hr/>	<hr/>
Total Equity B/Fwd	335,754	315,657
	<hr/>	<hr/>
Total Equity	345,318	335,754

Women's Health Grampians Incorporated Balance Sheet As At 30 June, 2005

	Note	2005 \$	2004 \$
Current Assets			
Cash assets	2	410,081	358,955
		<hr/>	<hr/>
Total Current Assets		410,081	358,955
Non-Current Assets			
Property, plant and equipment	3	100,600	93,914
		<hr/>	<hr/>
Total Non-Current Assets		100,600	93,914
		<hr/>	<hr/>
Total Assets		510,681	452,869
Current Liabilities			
Payables	4	140,254	93,481
Current tax liabilities	5	800	2,425
Provisions	6	24,308	21,208
		<hr/>	<hr/>
Total Current Liabilities		165,363	117,115

The accompanying notes form part of these financial statements.

Total Liabilities	<u>165,363</u>	<u>117,115</u>
Net Assets	<u>345,318</u>	<u>335,754</u>
 Equity		
Retained Funds	<u>345,318</u>	<u>335,754</u>
Total Equity	<u>345,318</u>	<u>335,754</u>

**Women's Health Grampians Incorporated
Statement of Cashflows
30 June 2005**

	Note	2005 \$ Inflows (Outflows)	2004 \$ Inflows (Outflows)
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from Government & Community		473,787	448,117
Payments to Suppliers & Employees		(411,867)	(436,330)
Rental Received		4,623	4,489
Interest Received		<u>15,094</u>	<u>31,214</u>
	7(b)	<u>81,637</u>	<u>47,490</u>
 CASH FLOWS FROM INVESTMENT ACTIVITIES			
Purchase of Fixed Assets		(85,046)	(24,831)
Proceeds from Sale of Fixed Assets		<u>15,909</u>	<u>8,818</u>
		<u>(69,137)</u>	<u>(16,013)</u>
 Net Increase in Cash Held		 12,500	 31,477
Cash at Beginning of Year		<u>352,024</u>	<u>320,547</u>
Cash at End of Year	7(a)	<u>364,524</u>	<u>352,024</u>

The accompanying notes form part of these financial statements.

**Women's Health Grampians Incorporated
Notes to the Financial Statements For the year ended 30 June, 2005**

Note 1: Statement of Accounting Policies

a) Basis of Accounting

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporations Act (Vic). The Board of Management has determined that the association is a non-reporting entity.

The financial report has been prepared in accordance with the requirements of the Associations Incorporation Act (Vic) and the following accounting standards:

AASB 1018:	Statement of Financial Performance
AAS 4:	Depreciation
AAS 5:	Materiality
AAS 6:	Accounting Policies
AAS 7:	Events Occurring After Reporting Date
AAS 15:	Revenue
AAS 28:	Statement of Cashflows
AAS 36:	Statement of Financial Position
AASB 1041:	Revaluation of Non-Current Assets

No other Australian Accounting Standards, Urgent Issues Group Consensus Views or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

The financial report has been prepared on an accrual basis and is based on historical costs and does not take into account changing money values, or except where specifically stated, current valuations of non-current assets. Cost is based on fair values of the consideration given in exchange for assets.

The accounting policies have been consistently applied, unless otherwise stated.

b) Employee Entitlements

Long Service Leave

As at the 30th June 2005 no employee was entitled to Long Service Leave. Entitlements are in accordance with Women's Health Grampians Incorporated Long Service Leave Policy, which is based upon an employee attaining 10 years of service.

Annual Leave

A provision for annual leave is made for all employees as at 30th June 2005. The provision is included as a current liability. An allowance for annual leave loading of 17.5% is included within the provision.

c) Depreciation

Fixed assets are depreciated over their estimated useful lives of the assets using straight line method or diminishing value method. Leasehold improvements are amortised over their estimated useful lives using straight line or diminishing value method.

The depreciation rates used for each class of depreciable assets are:

Class of Fixed Assets	Depreciation Rate
Leasehold Improvements	2.5% - 10%
Furniture & Fittings	10% - 40%
Motor Vehicles	18.75% - 22.5%

d) Property, Plant and Equipment

Each class of property, plant and equipment are carried at cost or fair value, less where applicable, any accumulated depreciate.

e) Income tax

The entity is exempt from paying tax on its income.

f) Capital and Specific Purpose Receipts

All capital and specific purpose receipts are brought to account as revenue when expended.

g) Grant Income in Advance

Grant income in advance represents grants received for which the programs have not commenced or have not been completed.

h) Comparatives

Comparatives figures have been adjusted where the Board of Management believes it will result in a better presentation.

i) Leases

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

Non- Cancelable Operating leases contracted but not capitalized in the accounts payable:

	2005	2004
- not longer than one year	0	3400
- not longer than on year but not longer than two years	0	0
	0	3400

j) Cash

For the purposes of the Statement of Cash Flows, cash includes cash on hand at bank and short term deposits and bank bills.

k) Revenue

Interest revenue is recognised on a proportional basis taking into account the interest rates applicable to the financial assets.

Women's Health Grampians Incorporated
 Notes to the Financial Statements
 For the year ended 30 June, 2005
 2005 2004

Note 2: Cash assets

Other cash items:

- Cash on hand	285	285
- Commonwealth Bank Acc No 1	5,353	10,890
- Commonwealth Bank Acc No 2	41,551	10,405
- Commonwealth Bank Acc No 3	316,938	327,057
- Commonwealth Bank Acc No 4	338	(7)
- Commonwealth Bank Acc No 5	59	3,393
- Security Deposit	1,916	1,916
- Prepayments	3,071	5,015
- Deposit - Freehold & Buildings	40,570	-
	410,081	358,955

Note 3: Property, Plant and Equipment

Leasehold improvements:

- At cost	2,711	2,711
- Less: Accumulated depreciation	(279)	(172)
	2,432	2,539

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Plant and equipment:		
- At cost	67,861	48,010
- Less: Accumulated depreciation	<u>(36,625)</u>	<u>(29,836)</u>
	<u>31,236</u>	<u>18,174</u>
Leased plant and equipment:		
- At cost	35,835	35,835
- Less: Accumulated amortisation	<u>(26,310)</u>	<u>(24,439)</u>
	<u>9,525</u>	<u>11,396</u>
Other plant and equipment:		
- At cost	141,863	141,863
- Less: Accumulated depreciation	<u>(122,447)</u>	<u>(118,145)</u>
	<u>19,416</u>	<u>23,718</u>
Motor vehicles:		
- At cost	43,651	43,496
- Less: Accumulated depreciation	<u>(5,661)</u>	<u>(5,410)</u>
	<u>37,990</u>	<u>38,086</u>
	<u>100,600</u>	<u>93,914</u>

Note 4: Payables

Unsecured:		
- Creditors & Income In Advance	140,254	93,481
	<u>140,254</u>	<u>93,481</u>
	<u>140,254</u>	<u>93,481</u>

Note 5: Tax Liabilities

Current		
GST payable control account	5,001	4,393
Input tax credit control account	<u>(4,201)</u>	<u>(1,968)</u>
	<u>800</u>	<u>2,425</u>

Note 6: Provisions

Current		
Provision for Annual leave	24,308	21,208
	<u>24,308</u>	<u>21,208</u>

Women's Health Grampians Incorporated
Notes to and Forming Part of the Accounts for the year ended 30 June, 2005

Note 7 - Cash Flow Information

(a) Reconciliation of Cash

Cash at the end of the financial year as shown in the Statement of Cash Flows is reconciled to the related items in the statement of financial position are as follows:

Cash on hand	285	285
Cash at bank	<u>364,239</u>	<u>351,739</u>
	<u>364,524</u>	<u>352,024</u>

(b) Reconciliation of operating deficit to net cash flows from operations as follows:

Operating surplus for year	9,564	20,097
Adjustment for non-cash items		
Depreciation	20,529	17,563
(Decrease)/increase in Provisions for Staff Entitlements	3,100	2,268
(Decrease)/increase in Creditors	20,254	(7,509)
(Decrease)/increase in Income in Advance	27,126	17,146
(Decrease)/increase in debtors and Prepayments	(289)	1,189
(Profit)/loss on Sale of Assets	<u>1,343</u>	<u>(3,264)</u>
Cash flows from operations	<u>81,637</u>	<u>47,490</u>

STATEMENT BY MEMBERS OF THE BOARD OF MANAGEMENT

The Board of Management have determined that the association is not a reporting entity.

The Board of Management have determined that this special purpose financial report should be prepared in accordance with the accounting policies outline in Note 1 to the financial statements.

In the opinion of the Board of Management the financial report as set out in the Statement of Financial Performance, Statement of Financial Position, Statement of Cashflows and the accompanying Notes:

- i. Presents a true and fair view of the position of Women's Health Grampians Inc. as at 30 June 2005 and its performance for the year on that date.
- ii. At the date of this statement, there are reasonable grounds to believe that Women's Health Grampians 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 Board of Management and is signed for and on behalf of the board by:



Gabrielle Boermans
Signed at Ballarat this 19th day of October, 2005



Fayth Andrews

TO THE MEMBERS OF WOMEN'S HEALTH GRAMPIANS INC.**Scope**

We have audited the financial report, being a special purpose financial report, of Women's Health Grampians Inc. for the year ended 30 June 2005. The Association's Committee of Management is responsible for the preparation and presentation of the financial report and the information contained therein, and have determined that the basis of accounting used and described in Note 1 to the financial statements which form part of the financial report are appropriate to meet the requirements of the Associations Incorporation Act (Vic) and are appropriate to meet the needs of the members. We have conducted an independent audit of the financial report in order to express an opinion to the members of Women's Health Grampians Inc. No opinion is expressed as to whether the accounting policies used are appropriate to the needs of the members.

The financial report has been prepared for distribution to members for the purpose of fulfilling the Committee of Management's accountability requirements under the Association's rules and the requirements of the Associations Incorporation Act (Vic). 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 for which it was prepared.

Our audit has been conducted in accordance with Australian Auditing Standards. Our procedures included examination, on a test basis of evidence supporting the amounts and other disclosures in the financial report and the valuation of significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial report is presented fairly in accordance with the accounting policies described in Note 1 so as to present a view which is consistent with our understanding of the Association's financial position, and performance as represented by the results of its operations and its cash flows. These policies do not require the application of all Accounting Standards and other mandatory professional reporting requirements in Australia.

The audit opinion expressed in this report has been formed on the above basis.

Audit Opinion

In our opinion, the financial report gives a true and fair view in accordance with the policies described in Note 1 to the financial statements, the financial position of Women's Health Grampians Inc., as at 30 June 2005 and the results of its operations for the year then ended.

Signed at Ballarat this 20th day of October, 2005
PROWSE, PERRIN & TWOMEY
Certified Practising Accountants



T.S. Bunning (CPA)

Governance

The Board, consisting of a minimum of eight community members, aims to ensure that Women's Health Grampians provides a service that is responsive, accessible, accountable and effective.

The Board is responsible for the governance of Women's Health Grampians through establishing policies, setting the organisation's strategic direction and providing leadership. The management of the organisation has been delegated to the Chief Executive Officer.

Current Board 30 June 2005

- Gabrielle Boermans, Convenor
- Margaret Ryan, Deputy Chair
- Anne Matthews, Treasurer
- Angela Feery-Richards
- Dianne Hadden
- Fayth Andrews

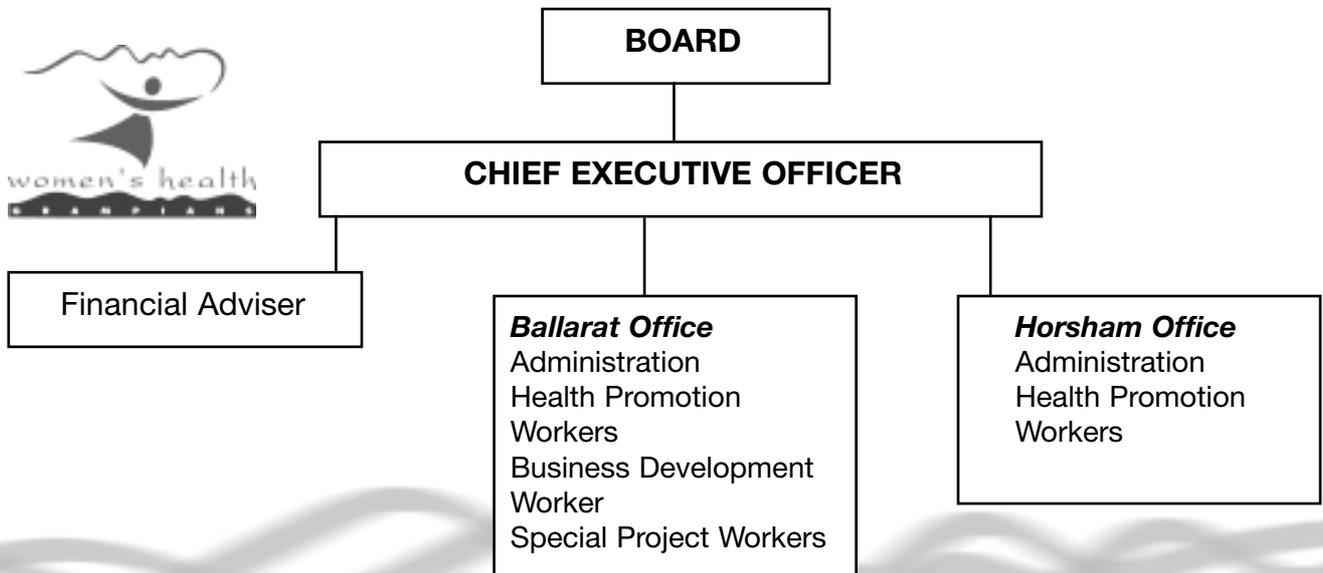
Current Staff 30 June 2005

- Annie Reeve - Chief Executive Officer
- Pat Loughnan - Business Development Worker
- Sandy Anderson - Health Promotion Worker Women's Health and Nurse
- Chantal Price - Health Promotion Worker - Women's Health
- Joy Dubberley - Reception/Admin Worker
- Leanne Murphy - Library Worker, casual
- Dianna Heard - Reception/Admin Worker
- Val Ryan - Data Input / Reception worker, casual
- Deb Hopwood - Organisational Development Project Worker, casual
- Brooke Turner - Health Promotion Worker - Women's Health
- Kim Boyd - Health Promotion Worker - Women's Health
- Carole Meade - Health Promotion Worker - Women's Health

Well Women's Clinics - Outreach

- Sharyn Cook - Nurse, casual
- Genevieve Lilley - Nurse, casual
- Therese Florence - Nurse, casual

Organisational Structure





Ballarat

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Ballarat 3350
1800 013 432 or 5322 4100

Horsham

5a Firebrace Street
Horsham 3400
5362 1400

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