

Gurriny Yealamucka Health Services Aboriginal Corporation

Annual Report 2015-16



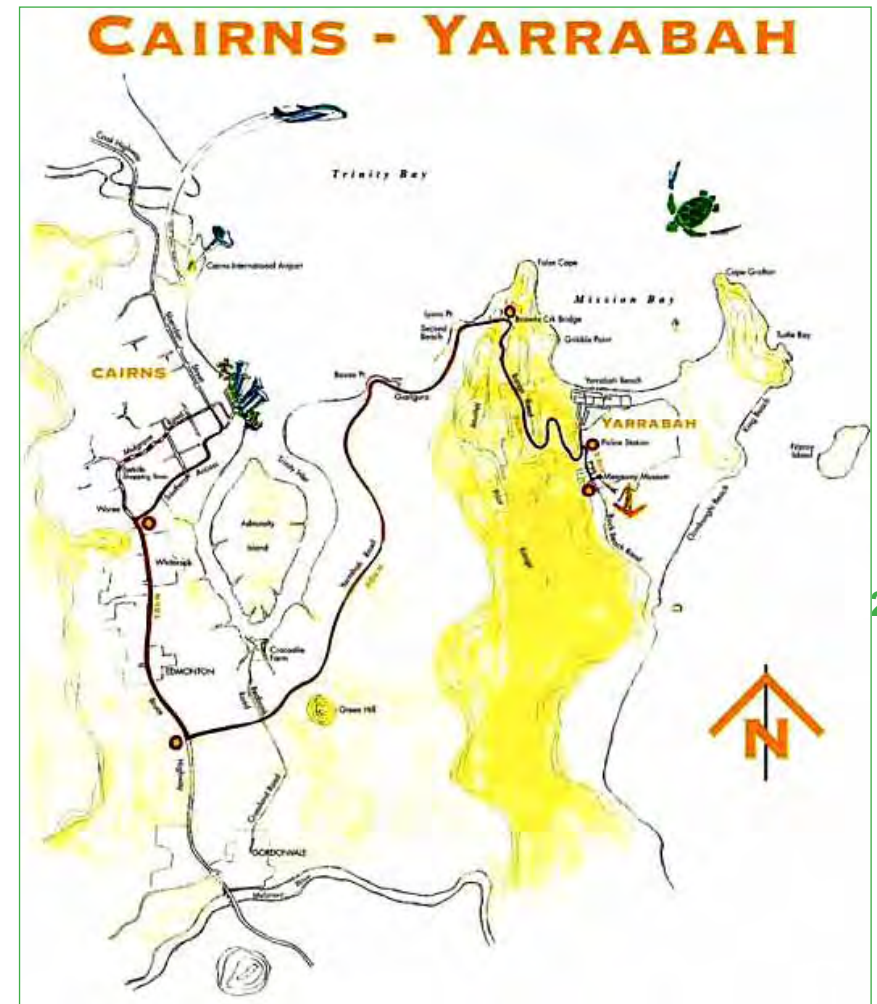
Celebrating 25 years of service to our community...

Yarrabah Community Profile

The Yarrabah Shire is situated along about 60km of coastline to the south east of Cairns between False Cape in the north, around Cape Grafton and down to Palmer Point in the south.

The Community lies about 12km to the south east of Cairns in and around Mission Bay. By road it is a 53km drive from Cairns CBD which takes about 45 minutes to travel. Geographically, our land area could generally be described as a long slender shape bounded in the west by the Murray Prior Range and the coast on the east. It has an overall length of about 30km and is about 2.5km wide in the south, but broadens out to almost 8km across the northern part. It has an area of about 154 square klm. Initially European influence began in earnest with the establishment of an Anglican Mission on this same location on the 17th of June 1892. Over the years, subsequent state government administrations forcibly relocated Aboriginal and some South Sea Islander peoples from far and wide to Yarrabah. As a consequence most local residents can claim both traditional and historical ties to the area. The first Aboriginal Council in Yarrabah was established in the mid-1960's, principally as an advisory body. Community Council status was first granted in 1986

through the Community Service (Aborigines) Act in 1984. Under the Community Services Act tenure known as DOGIT - Deeds of Grant in Trust - were established where the land was held in trust by the Council of the day. In 2004 the Queensland Government passed new legislation - the Local Government (Community Government Areas) Act 2004, which transitioned Community Councils to Aboriginal Shire Councils by the year 2008. Yarrabah is now governed by an elected Aboriginal Shire Council under the Local Government Act of Queensland and remains under the DOGIT system of land tenure. The community has an official population of 2722 people according to the 2010 census and unofficially - due to a known deficit in accuracy in census reporting - of more than 3,000 people. A health profile of the community indicates chronic disease is the main reason people get sick in Yarrabah. Hypertension (high blood pressure), hyperlipidaemia (cholesterol), diabetes and asthma are the most prevalent.



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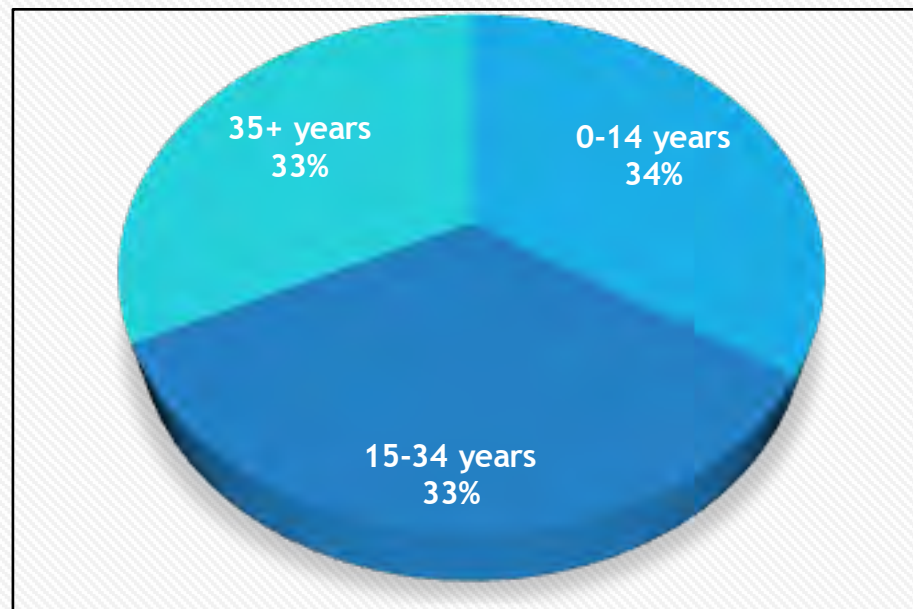
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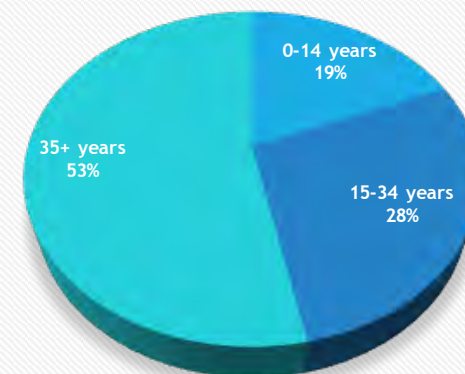
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Yarrabah



Yarrabah is
the youngest
community in
Australia

Australia





From Health Council to Primary Health Care Services: a short history of 'Gurriny'

The Yarrabah Health Committee was incorporated in 1991 after its formation in 1989 by the Yarrabah Community Council because the community felt the health needs of residents were not being met by state government-run health services.

The role of the Yarrabah Health Committee was to provide a community voice for health care and deliver a rheumatic heart program.

It was later expanded to include a Life Promotion program.

Funding to establish the Committee was initially received from the Aboriginal and Torres Strait Islander Commission (ATSIC).

In 1991 the Committee conducted a formal review and incorporated after a community decision to formalise its operations.

In 2000 the community made a decision to

change the name to Gurriny Yealamucka Health Services Aboriginal Corporation (GYHSAC).

The words 'Gurriny Yealamucka' are from the Gunggandji language and means 'Good Healing Water'.

GYHSAC is an Incorporated Aboriginal Association under the Aboriginal Councils and Associations Act 1976 (hereinafter called "the Act").

Since its inception the Board of Directors have actively developed the organisation to become the lead health agency in Yarrabah.

The core business of GYHSAC is to provide a culturally sensitive, multipurpose Primary Health Care Service, and to ensure effective coordination of health services in Yarrabah in partnership with Cairns Hospital, Hinterland⁴ and Health Service, Queensland Health, Yarrabah Aboriginal Shire Council and the Commonwealth Department of Health and Ageing.

The primary focus is on preventative health care including strategies that target early intervention.

Vision

Gurriny, as the Community Controlled Health Service, will lead the advancement of equitable health outcomes for the people of Yarrabah.

Mission

Gurriny Yealamucka Health Services will "Close the Gap" through progressing quality health care services that are underpinned by gold standard governance business practices.

Goals

To increase and maintain the Health standards of people in Yarrabah and surrounding areas by delivering a service through the governance and management of an Aboriginal Community Controlled Health Service. In partnership with Cairns Hospital Hinterland & Health Service develop a capacity building infrastructure that supports Gurriny Yealamucka Health Services to incorporate Primary Health Care as the major foundation to service a multi-purpose community controlled health service.



Objectives

1. To improve and maintain the health and wellbeing of all people in the community of Yarrabah and surrounding areas, through community participation and by providing a community-based and community-controlled Aboriginal Health Service, in a culturally sensitive manner;
2. To increase and maintain the health standards of the people in Yarrabah and surrounding areas by establishing an Aboriginal Community Controlled Health Service;
3. Incorporate Primary Health Care as the major foundation to serve multi-purpose community controlled Health Services;
4. Identify the priority requirements for improving the health standards and delivery of health services and programs to the people of Yarrabah;
5. To develop policies and strategies to promote and improve the health status of Yarrabah people;
6. To collect, coordinate and manage data and conduct research into matters relating to the health of the people of Yarrabah and surrounding areas;
7. To raise the awareness of priority health areas affecting the health and well-being of Yarrabah people before the public and to the attention of the appropriate authorities;
8. To network and coordinate health information with all other community-controlled health services in Queensland, Australia and overseas;
9. To be able to participate in social research studies in any other Indigenous Health Service in Australia, or other parts of the world;
10. To lobby local, state and federal governments and international organisations for financial aid;
11. To develop and implement education and training programs in all health areas on a needs-based service criteria.

Chairperson's Report: Sandra Houghton

I am proud to lead this organisation as it continues to go from strength to strength.

As the Chair of the Board it is our diligence to ensure our key priorities are met and that our community have access to all components of health which will in turn demonstrate our commitment to the health and well-being of the people of Yarrabah.

I would like to take this opportunity to acknowledge the motivation, vision and energy of our staff who continue to play a critical role in the advancement of Gurriny.

The Board kicked off with its annual planning day with the Management team to ensure the five key priority areas are met as well as re-focusing on core service delivery.

Some key strategic discussions included:

- Extended hours clinic / outreach service delivery;
- Efficiencies around the model of care/ patient pathway;
- Positioning Gurriny and understanding State and Commonwealth Government policies;
- Social media – Facebook, Twitter updated webpage, access for client feedback;
- Rebranding/redesign of Gurriny logo; and,
- IT infrastructure.

Over the year the Board continue to monitor the organisation through Board meetings & meetings with the CEO.

This year saw our first bi-annual members meeting as part of community engagement and community reciprocal accountability to inform the community and the members how Gurriny is travelling. The Gurriny team showcased all the programs they deliver as well as feedback from community of their expectations.

Although the bi-annual meeting was not attended by many it still was an opportunity for Gurriny staff to present to community. Going forward Gurriny will continue to have bi-annual meetings each year in June.

Gurriny finances continue to go from strength to strength, we want to ensure, Gurriny is in a position to sustain growth and any bumps along the way.

Some of the Board members attended the QAIHC members meeting in Brisbane of which QAIHC also celebrated their 25 year anniversary of which The Board nominated Rev Les Baird into the Hall of Fame for his early year's contribution to community control health in Yarrabah.

I would like to thank my fellow Board of Directors for their knowledge, expertise and leadership to ensure Gurriny remains a strong and effective organisation in the interest of the health and well-being of our people.



CEO's Report: Sue Andrews

Gurriny Yealamucka is a local Gunggandji name which means "Good Healing".

Gurriny Yealamucka Health Service is located on the lands of Traditional Owners, the Gunggandji people of Yarrabah & pays its respect to the elders past & present. It is because of the vision of the Elders to

see a community control health service that is responsive to the desires of the Yarrabah people that Gurriny is now here today delivering a full suite of health services that meets the needs of our people.

As Chief Executive of Gurriny Yealamucka Health Service I am pleased to report 2015/16 was another very busy and challenging but successful one.

Gurriny continues to set its priorities within five strategic areas:

- Achieving sustainable and accountable wellbeing outcomes for our community;
- Gurriny taking a leadership role in developing a healthy community;
- Ensure that Gurriny continues to build an appropriate and effective workforce, infrastructure and systems to meet our objective;
- Gurriny will grow and promote, nationally and internationally, its reputation for our world class innovated solutions and outcomes; and,
- Gurriny is a community-led organisation that will engage and communicate in a way that is guided by the principles of the declaration of the rights of Indigenous people.



Growing client population

Current active
clients 3,472
(1,000 more
than census)

Since 2012-13
20% increase in
active clients
25% increase in
client contacts
per year

Growing Gurriny staff

GYHSAC has recruited new employees for the following positions for the last reporting period Nov 15 to Nov 2016

- 2 x Indigenous Health Worker's
- 2 x Trainees in Business Administration
- 1 x Director of Operations
- 1 x Registered Nurse
- 3 x General Practitioners
- 1 x Senior Medical Officer

We have seen four employees celebrate their 10 years of service with GYHSAC

We have seen several staff undertake upskilling in different areas of GYHSAC, from Business Admin to Cert 4 in Health.

GYHSAC continues to support and encourage work placement to the people of the community who are undertaking study in the health industry.

GYHSAC HR department continue to support and encourage the local youth with career advice and resumes as required. The HR department also works closely with the unemployed via QITE of GYHSAC to assist in workforce needs and guidance, i.e. Blue card and police clearance applications and submissions.

This year has seen Gurriny meet and/or exceed national health KPI's at both state and national levels, although met with many challenges we continue to increase efficiency and effectiveness in order to meet our priorities laid by the Board and members of Gurriny, not to mention also the funding bodies.

As a health service provider we want to ensure consistency and quality in the prevention, screening and management of chronic illness for our community, by making sure our service is accessible, responsive and of high quality to the needs of our people.

We played host to a number of people from around the country, Senator Nigel Scullion, the Board of the Australian Indigenous Doctors

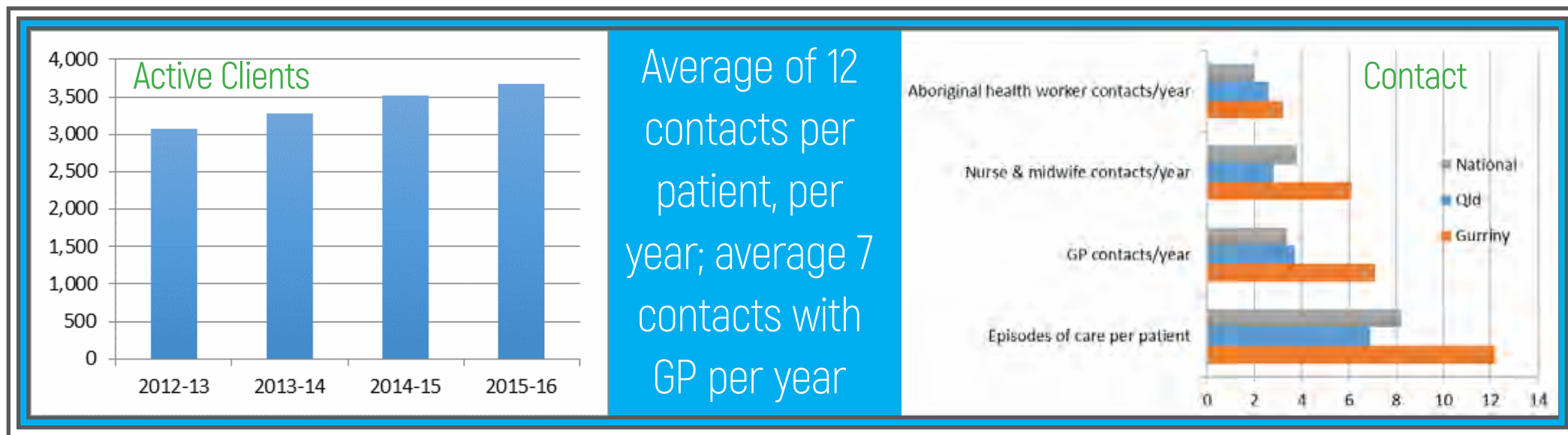
Association, The Board of NACCHO as well as Gurriny presenting at a number of forums around the country to showcase the great work we do here at Gurriny.

Gurriny also changed its PIR's system from medical director (MD) to a more robust software Communicare. This system allows us to report our activities to funders and produce reports. We can now see what types of activities we have undertaken, what we can improve on and what are the key health concerns that people are coming into the clinic for. We can better target the priorities based on the needs of the community.

This year is Gurriny's 25-year anniversary, we will be celebrating with community at

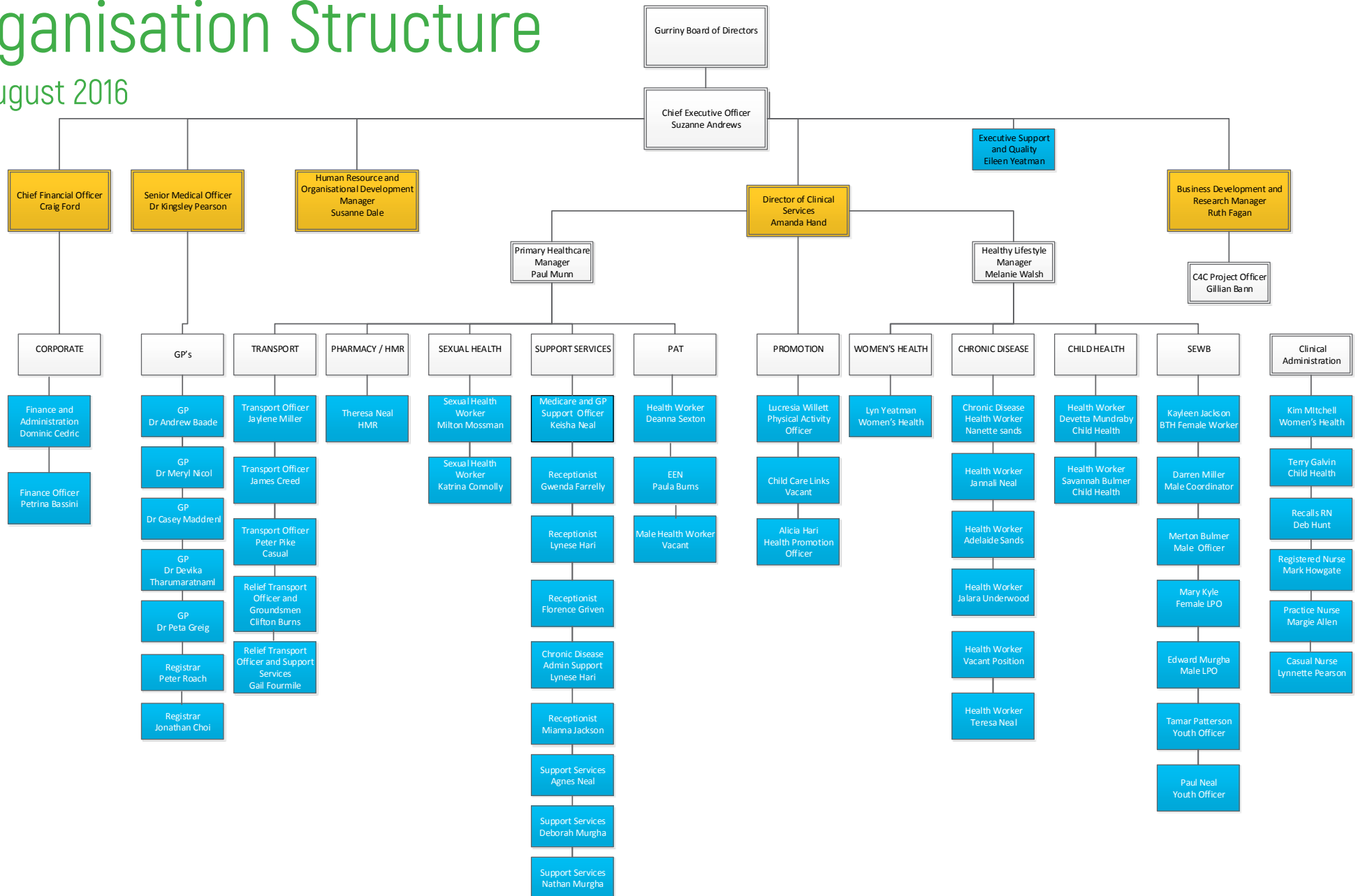
a community day celebration on the 15th December at Malcolm Park and a black tie dinner next year in March. We congratulate & thank a number of long term employees who celebrate their 10 years with Gurriny, Alicia Hari, Jaylene Miller, Eileen Yeatman, Kayleen Jackson & Petrina Bassani.

I would like to take this opportunity to recognise the quality and commitment of our Chairperson Mrs Sandra Houghton, the Gurriny Board of Directors, Senior Management & Staff whose efforts continue to result in a range of demonstrated positive outcomes for Yarrabah and the wider community. It is the dedication and commitment of our staff that we continue to provide a top quality service for our people.



Organisation Structure

29 August 2016





Clinical Data

Youngest Community in Australia

The 2011 census had Yarrabah's population at 2,407. This is thought to underestimate the true number of residents but we can still use the figures to have an idea of the distribution of age and sex.

The Australian Bureau of Statistics reports that Yarrabah is the youngest community in Australia with an average age of 22.9.

To put this in perspective, the average age for Australia is 37.3.

Yarrabah's age structure is much different from the rest of Australia with the population split evenly between three groups: 0-14, 15-34 and 35+. The rest of Australia is much older with most people over 35.

There are an equal number of men and women in the community.

Growing client population

Gurriny has made a rapid increase in the total number of patients and the episodes of care per year. Since 2012 there has been a 20% increase

in patients and a 30% increase in episodes of care per year.

As of the end of June 2016, Gurriny had 4,171 people that had ever attended the clinic and 3,472 (83%) are active clients who have visited the clinic at least 3 times in the past 2 years. The client population of Yarrabah is very similar to the population measured by the census with over a third of active clients less than 15. There are slightly more females than males with 106 women to every 100 men

Frequent access to Clinic

Gurriny has made big increases in the total number of patients and the total episodes of care in the past four years.

Compared to 2012-13, Gurriny now sees an additional 608 patients per year and provides an extra 8,886 episodes of care. This is a 20% increase in patient numbers and 25% increase in episodes of care over four years.

However, when we restrict an episode of care to when a patient sees a GP, the average number of visits is 7.5 visits per year.

This would mean that on average each client is having an additional 4.5 visits from nurses and Aboriginal health workers in the community that does not involve the GP's.

This number of episodes of care per patient at Gurriny is much higher than the national average.

This is due to a higher average contacts per patient with every type of health professional. In particular our patients see a doctor seven times a year, which is double the average seen in other health services.

Gurriny see's their patient's very regularly. On average a patient has contact with one of the health staff every month.

Increasing with age

The age group with the highest number of visits per year are those 35+ with over 18 visits a year with women having slightly more visits than men.

Overall, it is surprising to see such similar numbers of visits between men and women. The only ages where there are big differences

between sexes are in the 15 – 34 year old where women have twice the number of episodes of care as the men.

The population seen the most is those 35 and over with an average of 19 episodes of care per person, per year.

For most age groups men are seen as often as women.

If we look at it in more detail we can see that the difference in visits between the sexes begins properly in the 20-24 year old age group.

Among all the good news, this is clearly an area where Gurriny needs to work on engagement as this is an important time for preventative health around cardiovascular disease, diabetes and sexual health.

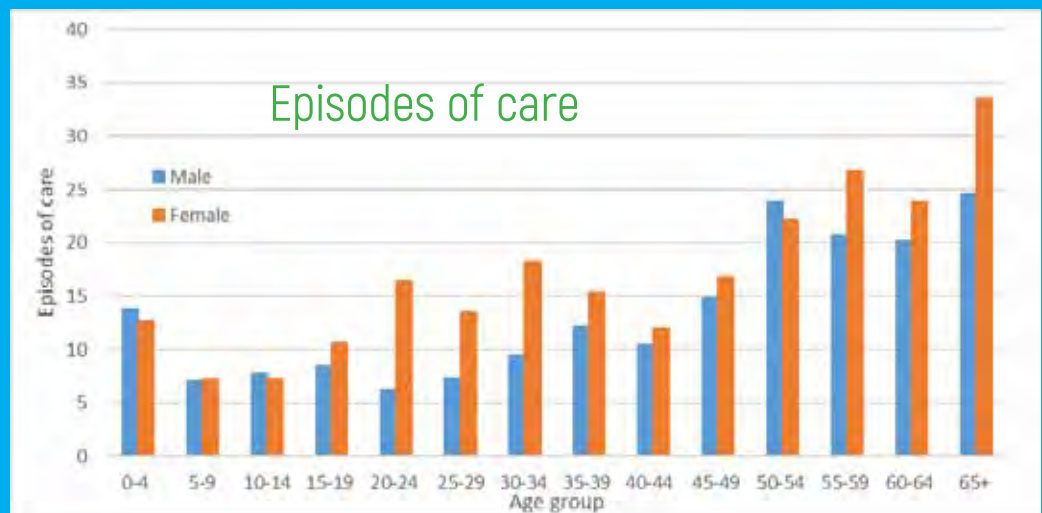
Health checks

Gurriny has had a rapid increase in the number of health checks performed and the percentage of patients covered since reporting of the national Key Performance Indicators began in 2012.

In both groups, the number of health checks billed has doubled with a big improvement in 2015.

Since Gurriny began using Communicare in November 2015, there have been 1,500 health checks performed and 3,818 follow-ups – that is, on average, every person who has a health check is having more than two follow-ups.

From these health checks, Medicare allows Gurriny to deliver up to ten follow-ups, performed by a health worker or a nurse each year.



Annual Young Persons (15-25) Check

- Detection of STIs
- Detection of early chronic disease
- Linked with JCU research



Changing patterns of growth

The challenges we are seeing with our kids under the age of 15 include healthy weight - particularly an emerging number of children with obesity.

We are now seeing an improvement in underweight children aged from 0 to 4 years. However we are also seeing an increase in obesity in children aged 5 to 14 years of age. This is concerning given the number of people in Yarrabah with a Chronic Disease and the younger ages that they are being diagnosed. To this end the previous

Young Person Health Check Model is currently being considered in a more age-appropriate way for children aged 12-14 years.

Diabetes

Within Yarrabah we have a high prevalence of diabetes among our adult population. In September 2016 there were 335 active clients with diabetes (excluding gestational diabetes). Among these active client's diabetes starts young and affects a higher percentage of people compared to the non-Indigenous population and even other Aboriginal and Torres Strait Islander communities.

By 54 years of age, 1 in 4 active clients of Gurriny have diabetes and amongst

active clients over 55 years of age, almost 1 in 2 clients have diabetes.

Gurriny is detecting diabetes in our patients from a young age. This suggests health checks and screening are picking up the condition early.

Diabetes cycle of care

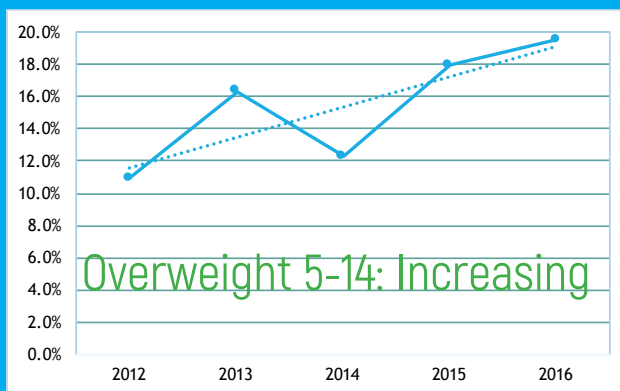
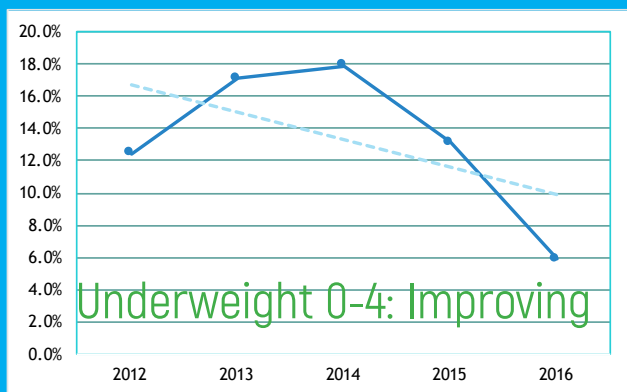
The vast majority of Gurriny's diabetic clients are seen regularly and often.

Gurriny is improving its process of care with over 75% having an active GP management plan and their blood pressure and renal function recorded recently.

The care of patients with diabetes requires a number of regular tests and coordination of care among health care practitioners.

A number of aspects of care are reported through the national key performance indicators.

There has been a rapid increase in both the percentage of diabetic clients with a current GPMP and HbA1c recorded in the past 6 months. The percentage with a GPMP has more than doubled from 2012 to 2016 (35% – 77%) while over same period the percentage with a HbA1c recorded has risen from 37% to 90%. The recording of BP has always been



quite high and has been around 80% since 2012.

We have recently begun reporting on screening for renal disease amongst our active diabetic clients and coverage is high with 77% having the screen done in the past year.

Among our diabetics it is of even greater importance that they have regular health checks, cease smoking and drink to recommendations (or preferably abstain).

Within our diabetic clients 58% have had a health check in the past year and 55% no longer drink alcohol.

Smoking levels are still a concern.

While 17% have quit smoking, 39% remain smokers, markedly increasing their risk of cardiovascular disease.

Coverage of interventions

As well as doing the right investigations it is important that patients receive the right treatment.

All of our diabetic clients are encouraged to receive an annual influenza vaccines.

In 2016 55% of active diabetic clients have been recorded as receiving a fluvax.

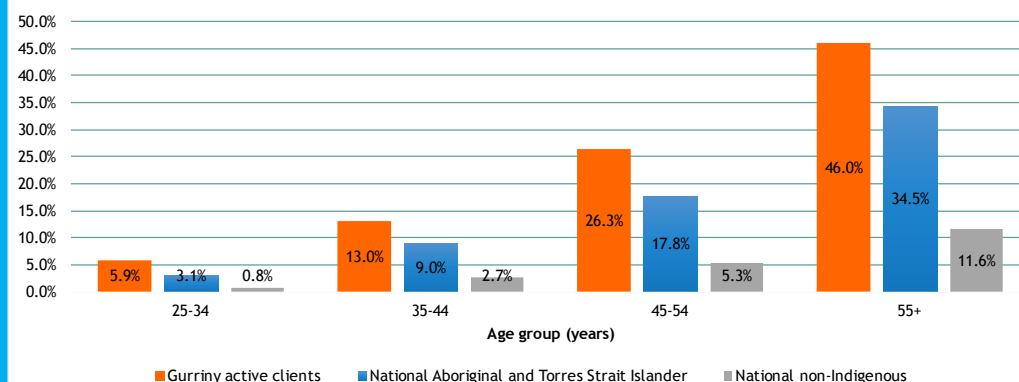
Only 16% are recorded as never having received the vaccine.

Our highest coverage was in 2015 where 65% of active diabetics were immunised.

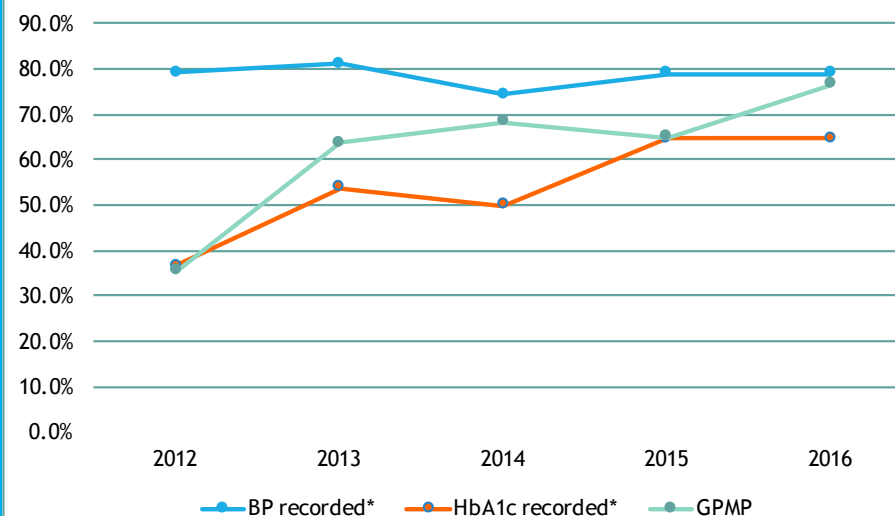
If a diabetic patient has microalbuminuria (leaky kidneys) there is good evidence to show that they should be on a blood pressure medication to protect their renal function.

In October 2016 there were 128 clients with diabetes with microalbuminuria and 84% were on appropriate medication to help protect their kidneys.

Prevalence of diabetes



Process of care indicators



Regular attendance

- 91% seen in the past 6 months
- 78% have had 5 or more visits in this time

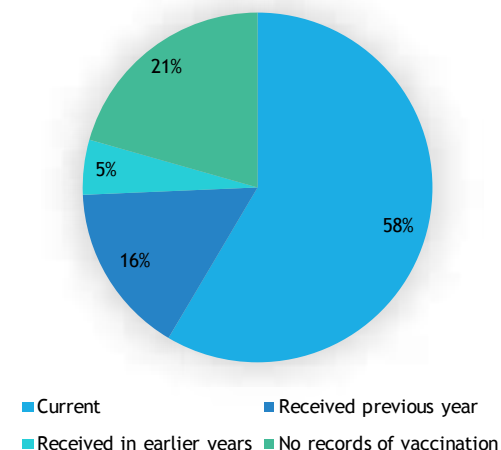
Systems in place to ensure cycle of care completed

Common problems birth to 4-years-old over the past 12 months:

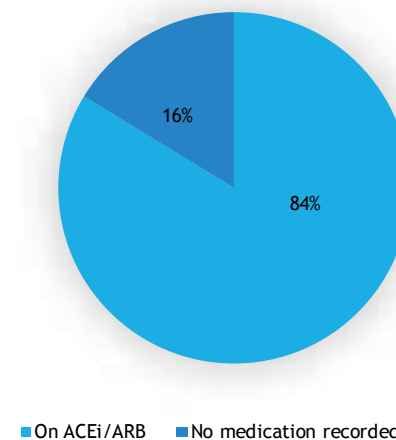
- 1 in 2 had boils/skin infection
- 2 in 5 had acute otitis media
- 1 in 4 had scabies
- 1 in 10 had chronic supportive otitis media
- 1 in 25 had fungal skin infection

The social issues faced by our community such as overcrowding, poverty and access to good food could all make a significant difference to our children's health if we could overcome these challenges.

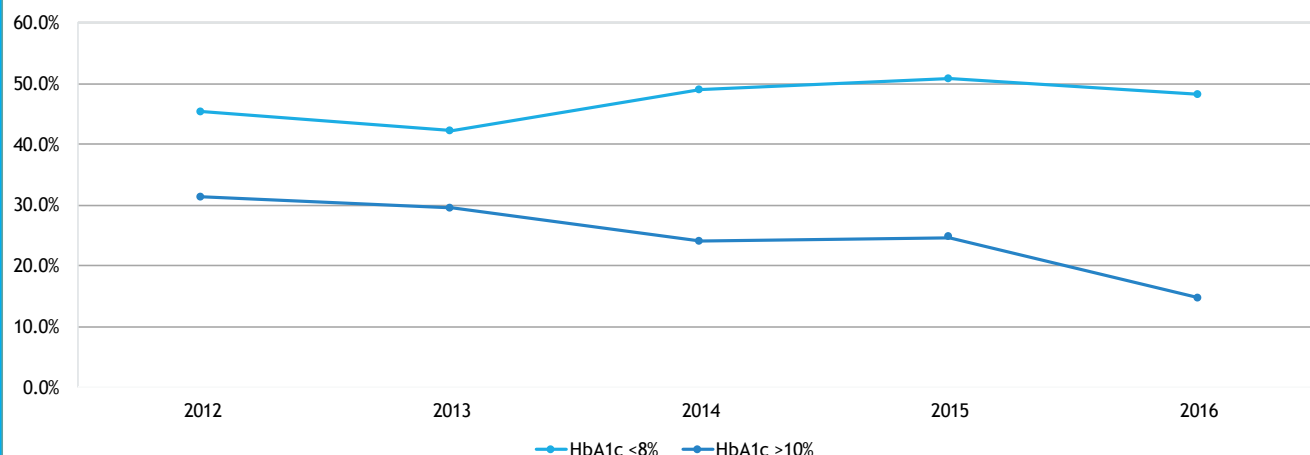
Influenza vaccination



Medication for renal disease



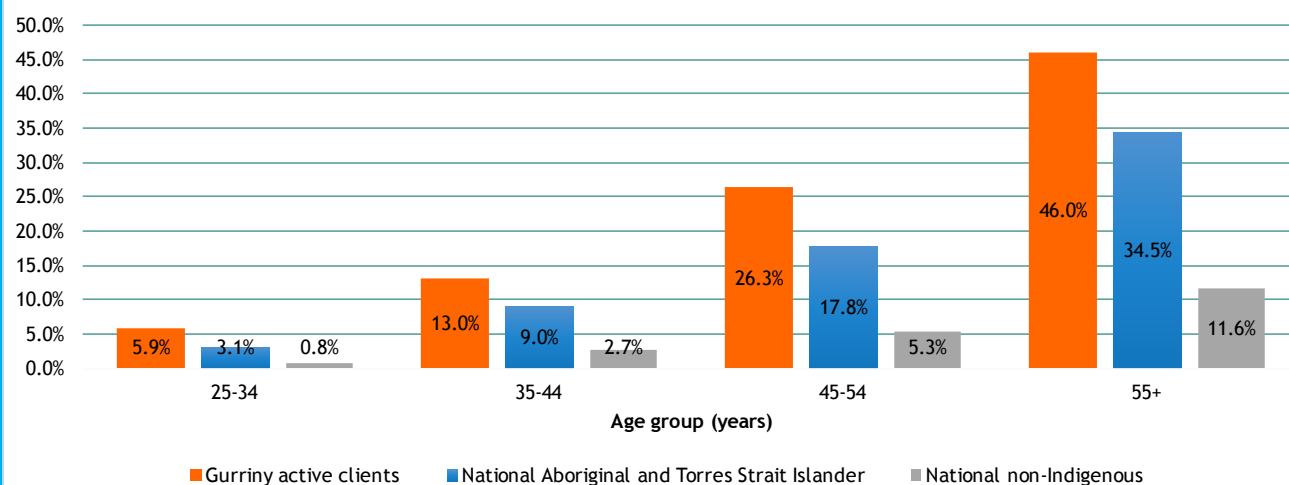
Changes to HbA1c levels 2012 - 2016



Since 2012 the percentage of active diabetic clients with BP controlled has been around 30% and this has shown no change.

Gurriny is detecting diabetes in our patients from a young age. This suggests health checks and screening are picking up the condition early.

Prevalence of diabetes



Improved outcomes

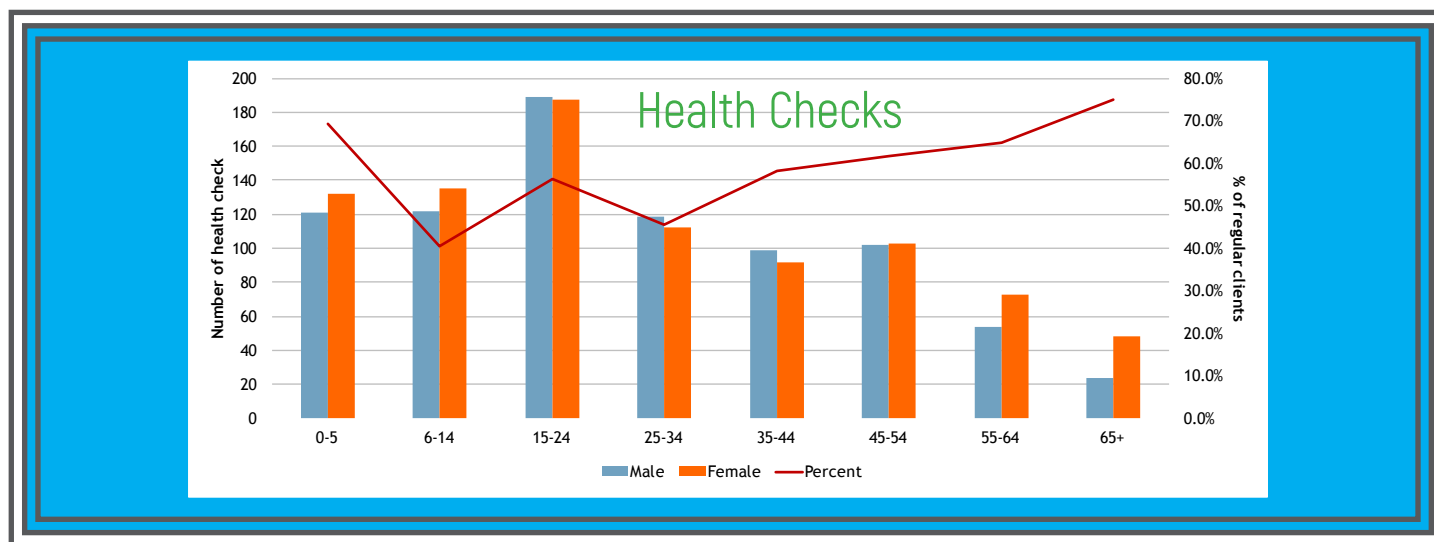
Two important measurements in the management of diabetes are HbA1c and blood pressure. While high quality care influences whether these are on target, the social determinants of health and other factors outside of the control of the clinic also impact results.

Amongst active clients there has been an improvement blood sugar control with the percentage of patients with poor control (HbA1c > 10%) halving from 31% in 2012 to 15% in 2016. At the same time, the percentage with good control has improved to around 50%. This improved control will mean less progression towards renal failure and diabetic eye disease.

Blood pressure control has not had the same improvements. Since 2012 the percentage of active diabetic clients with BP controlled has been around 30% and this has shown no change.

A number of factors may be affecting this result:

- Blood pressure may be often recorded when the patient is unwell or in pain making the reading higher;
- Blood pressure may be recorded with an inappropriately tight cuff, making the reading higher;
- Doctors may not be prescribing appropriate medications; and,
- Patients may not be taking medications they are prescribed.



State and National comparisons

Based on the National and State nKPI data reported, Gurriny is performing very well with our process of care indicators.

We do not perform as well for outcome indicators (BP and HbA1c on target) but this may reflect the impact of the social determinants of health on these results.

CHALLENGES

- Decreasing smoking rates including during pregnancy
- Improving nutrition throughout the life course
- Improving blood pressure control in diabetics
- Getting surgery for hearing health - reducing waiting time for ear surgery

Immunisations are higher than 95% in all age groups. Gurriny has already achieved the 2022 targets of national Aboriginal and Torres Strait Islander Health Implementation Plan

- 1-2 y.o. 99% (70/71)
- 2-3 y.o. 98% (79/81)
- 5-6 y.o. 95% (96/101)

In July 2014 Gurriny took over responsibility of vaccinations and since then we have delivered a very successful program and have now met the 2022 targets from the National Aboriginal and Torres Strait Islander Health Implementation Plan

Social & Emotional Wellbeing Data

Gurriny's Social and Emotional Wellbeing work is an essential element to providing a holistic model of care in the short and long term. Here is a snapshot of just some of the programs and activities incorporated into what we do.

- 811 BBQ & pre-packed meals provided to youth - this was an opportunity to stay connected to this group and promote access to support.
- 1070 home visits including recalls, appointment notices and checking in - 'how are you?'
- 450 participants in events and activities including excursions, forums and workshops.
- 36 networking engagements and service provision to improve coordination.
- 53 connections with parents.
- 500 follow ups relating to health checks, support services, grief and loss, leadership and fitness.
- 100 attendees to the Young Person's Check.
- 60 participants in the GYHSAC Fitness Program.
- 80 participants in the Adult Health Check promotion.

- 95 participants in the Men's Group's 18 Family Wellbeing, Yarn Up & Share sessions.
- 28 Dads and their Kids participated in local activities including excursions to Green Island (21 Dads + 30 kids), Tjapakai (23 Dads + 31 kids) and Ten Pin Bowling (7 Dads + 7 kids).
- 246 home visits by the Men's Group.

Men's Health Program

Gurriny Yealamucka Health Services, Social and Emotional Wellbeing, Men's Health Program is currently staffed by a Men's Health Coordinator and an Assistant. The Men's Health program offers a number of activities throughout the year, to the men of Yarrabah to enhance and support their physical, social and emotional health and wellbeing. We are pleased to note in this report, that men from all age groups, from the youth to elders took part in the activities offered throughout the year. Throughout the year the Men's Health Programs received support by, as well as worked with the other program areas of Gurriny Yealamucka Health to develop and implement a number of the activities, to Yarrabah men, families and community members. A primary example of this is the Adult Health Checks where the Social and Emotional Wellbeing Team works with all of the relevant Clinic Staff to offer Adult Health Checks in the community throughout the year. The Men's Health Program also works closely with other Staff within the Social and Wellbeing program and where appropriate and relevant with other internal and external service providers, both government and non-government.



Yarrabah
Dads and
their Kids
Activities:
Family fun
day at the
PCYC and on
Green Island

Men's Group

Men living in Yarrabah are invited to Men's Group, which is offered on Wednesdays at the SEWB Building in Workshop Street. Each session varies and they are: -

- Yarn Up and Share
- Family Wellbeing Program. Topics covered include, Leadership, Basic Human Needs and Relationships.

This particular program numbered 18 sessions, with 95 men attending the sessions.

It is noted that when Men's Group is mentioned at a community level, it also refers to other activities or initiatives offered by the Men's Health Program.

During the year and again, activities are held to support significant dates in the Men's Health calendar. A Big Breakfast and presentation were held at the Social and Emotional Wellbeing building in support of Men's Health Week and at the same address a BBQ and presentation was held in support of White Ribbon Day, 25th November 2015.

Adult Health Checks

During the year the Social and Emotional Wellbeing program, Men's Health Program worked with the Clinic Staff to organise and

offer Adult Health Checks at its Workshop Street premises. It also enabled the Social and emotional Wellbeing team to talk with attending community members about the Social and Emotional Wellbeing Program over refreshments, as well as offer take home health resources.

Yarrabah Dads and Their Kids Activities

Gurriny Yealamucka Health Services received a grant from Mission Australia to conduct a Yarrabah Dads and Their Kids Project, one of its primary aims, to engage Dads with their Kids through a number of enjoyable and positive activities.

- On the 15th of March 2016, the Men's Health program and the Childcare Links Program conducted a Yarrabah Dads and Their Kids at Playgroup Day at the Yarrabah PCYC, with a number of engaging and fun activities offered for all of the participant. A total of seven (7) Dads took part in the activity.
- A Fun Day for Dads and their Kids. This activity was conducted at the Yarrabah PCYC and with assistance of Childcare Links Program Staff provided a lot of fun activities for all participants, including animal farm, jumping castle, face painting and balloons and many more. Healthy food and refreshments were offered to participants during the day.

Whilst 3 Dads attended the activity, a total of 12 adults and 23 children attended the day, which involved face painting and balloons, animal farm, jumping castle and a number of engaging and fun activities.

- Dads and their Kids at the Beach Day
Apart from being supported by other program areas, 6 Dads supported this activity held at one of the well-known and beautiful beaches in the Community. A number of local and external support services were also present on the day.
- Talking and Demonstrating Health by Dads, which involved a presentation on nutrition and a cooking demonstration, using the kitchen at Gurriny Yealamucka Health Services. A total of eight (8) Dads attended two sessions of this particular activity during the reporting period.
- A Tree Planting by Dads and their Kids
activity was held at Gurriny Yealamucka Health Services, with 6 Dads doing their bit to beautify the grounds of the Centre.

Gurriny's Men's Health program organised and supervised a number of excursions outside of the community for the Dads and Their Kids to take part in.

1. Green Island 21 Dads 30 Children
2. Tjapukai 23 Dads 31 Children
3. Ten Pin Bowling 7 Dad 7 Children

Community Engagement & Networking

The Social Emotional Wellbeing program communicate with other community based and external service providers for the purpose of assisting and supporting them in their endeavours to make a positive contribution to individual, family and community social and emotional health and wellbeing. This included acquiring approval from the Yarrabah Seahawks Senior Rugby League Football Club to do a presentation to the players at Jilara Oval. The evening session then ended with sharing of a nutritious meal.

From the beginning of the reporting period, the Social and Emotional Wellbeing Program implemented a Community Engagement Day, every Monday at the SEWB Building in Workshop Street from 10 am to 12pm. A time for community members to come in and have a yarn about some of the initiatives offered by Gurriny's Social and Emotional Wellbeing program over a cup of tea with Staff.

The Men's Health Staff conducts home visits as part of its program to ensure consistent social and emotional health and wellbeing support for the men. According to monthly report a total of 246 home visits or contacts were made by the Men's Health Program during the reporting period.

Staff Training & Professional Development

Training and Development opportunities are provided by Gurriny Yealamucka Health Services to support and progress the work of the Social Emotional Wellbeing Program. The SEWB Team also is required to present to a number of visiting organisations such as Students and Staff from James Cook University. SEWB Program Staff also attend program staff meetings, held each Monday morning to inform of program area plans for the week.

Yarrabah Dads and their kids



Grief & Loss Program

The grief and loss program at Gurriny Yealamucka has been in operation since June 2014. This program was launched as a response to the number of deaths individuals, family and the Yarrabah community as a whole, face each year.

This program is based on the premise that all of us are teachers and learners. Mental health social worker, Dr Greta Galloway comes to Yarrabah one day a week (48 days in 2016) and works with Social Emotional Wellbeing (SEWB) Staff, Kayleen Jackson, Mary Kyle and Fr Eddie Murgha. These SEWB staff broker all of Greta's relationships in the community and teach her proper way to engage First Nations Australians

in Yarrabah. Through Greta, it is hoped that Kayleen, Mary and Eddie learn things additional to what they already know, about counselling processes and practices. This year, Mary, Kayleen and Greta presented a paper at an international mental health conference in Cairns, on the emergent Gurriny Yealamucka Grief and Loss model. This presentation was well received and we are hoping to write the framework up more fully in the future. Most of all, Kayleen, Mary, Eddie and Greta work together to help people honour a person who has died and help those left behind, restore meaning for their own life. Greta is deeply humbled by the faith, trust and resilience of

people in Yarrabah. People still get out of bed every day. They laugh. They share. They care. They look after their kids. They cry. They work. The grief and loss program is deeply touched by the trust of the Yarrabah community. This year, the grief and loss program worked with 67 clients, 15 men and 52 women, over 165 individual sessions. There were 4 family group sessions and one critical incident debrief community event. The grief and loss program spans both the medical services and the SEWB programs. We are indebted to all of its SEWB colleagues and the community it serves. We look forward to continuing our work in Yarrabah in 2017.



Program Area Profiles

Child Health

The Child Health program plays a major role in delivering health promotion, harm prevention, risk reduction and early intervention programs for Aboriginal and Torres Strait Islander children and their families within Yarrabah.

Health workers, Nurses, Dentists, Doctors, Social Health Workers and other relevant Allied Health professionals contribute to the program which caters for the 0 -12 year old group.

Our Child Health Programs offers activities and clinics throughout the year for children and their families to participate in and/or attend. They include:

- Dressing clinic at the school
- School Dental clinic
- Nephritis program
- Child dental program
- Child Health Checks
- GECHO screening (getting Every Child's Heart Okay) for early detection of Rheumatic Heart disease
- ENT clinics (Ear, Nose, Throat)
- Immunization
- Special events such as NAIDOC week, Foundation Day, Survival Day, Child protection week, under 8's Day Child Expo, White Balloon Day, Youth Week, National ATSI Children's Day

These are delivered in partnership with sectors of Gurriny Yealamucka Health Services, and other government and non-government organisations both internal and external to the Yarrabah Community.

Chronic Disease

The Chronic Disease program plays a major role in delivering care to Aboriginal and Torres Strait Islander people in Yarrabah. Indigenous Health Workers, Nurses, Doctors, Specialists, Social Health Workers and other relevant Allied Health professionals contribute to the program.

Our Programs offers activities and clinics throughout the year for our clients to participate in and/or attend.

They include:

- Renal Clinic
- Dermatology Clinic
- Dr Boyd's Clinic
- Outreach Care & Palliative Care
- Eye Clinic
- Podiatrist Clinic
- Home Medicine Review Program
- Dr Malcolm Clinic
- Diabetes Education, Physiotherapy, Exercise Physiologist
- Adult Health Check Program
- Recall & Follow Up
- Rheumatic Health Program
- Special events such as NAIDOC week, Foundation Day, Survival Day, Daffodil Day , Diabetes Week, Heart Week, and others

These are delivered in partnership with sectors of Gurriny Yealamucka Health Services, and other government and non-government organisations both internal and external to the Yarrabah Community.

Health Promotion

Through the delivery of innovative and culturally appropriate health promotion and prevention programs we aim to 'Close the Gap' for Aboriginal and Torres Strait Islander peoples living in Yarrabah. Our health promotion unit delivers and networks with various service providers to offer a range of programs to tackle chronic diseases, social and emotional health problems, the usage of alcohol, tobacco and other drugs, infectious diseases, and in some cases, environmental health related problems. We deliver a number of programs, activities and events throughout the year within Yarrabah which target a wide variety of ages and groups. Improving the health and wellbeing of Yarrabah people is our priority.

Healthy Lifestyle and Activities

Our Healthy Lifestyle and Activities Officer delivers a physical activity/exercise program which aims to promote, increase awareness of, and encourage participation in physical activities thus improving and maintaining physical health outcomes of Yarrabah people. The activities are developed to engage with people on individual, family, and group levels. The program focuses on early intervention, prevention, awareness, participation and patient management which are delivered through the following activities throughout the year:

- Exercise circuits and walking group
- Community Sports and Recreation programs
- Special events such as NAIDOC week, Foundation Day, Survival Day, Child Expo, and Youth Week

These are delivered in partnership with sectors of Gurriny Yealamucka Health Services, and other government and non-government organisations both internal and external to the Yarrabah Community.

Life Promotion

Social and emotional health is part of every person's wellbeing. It's about how we feel about ourselves and how we deal with conflict, anxiety, stress and depression.

Grief and loss arising from the past act of the Stolen Generations is believed also to be a contributing factor for many of the social issues, mental health problems and high rates of suicide Indigenous people encounter today.

The Family Life Promotion program provides counselling and referral support for Yarrabah clients who are dealing anxiety, depression, mental health problems and/or who are risk of suicide/self harm.

We respond to assist and provide ongoing support to individuals and families in a suicide crisis.

We also strive to increase awareness and prevention around suicide and social and emotional wellbeing for individuals, families, groups and the wider community.

Clients can be referred by health professionals, the police, or concerned family, friends and community members.

We work closely with the social and emotional health team within Gurriny Yealamucka Health Services, local Priests and Pastors, Yarrabah Police, as well as the Mental Health unit within Yarrabah Health Service and are part of the Cairns Suicide Committee.

There is a Yarrabah Community Flow Chart which is a guide to assisting people in a crisis situation, and who to contact in the event of an emergency.

A Community Contact List of volunteers is also available.

Life Promotion Officers are on call 24 hours, 7 days a week on 0400 063 990.

In an emergency call 000.

Maternal Health

The Women's Health and Antenatal Care Program plays a major role in delivering care to women during and after giving birth and other gynecology health care including pap smear and breast screening for Aboriginal and Torres Strait Islander Women and their babies within Yarrabah. Nurses, Doctors, Social Health Workers and other relevant Allied Health professionals contribute to the program. Our Programs offers activities and clinics throughout the year for women and their families to participate in and/or attend.

- ANC clinic
- Post-Natal Clinic
- Pepi-Pods Program
- Diabetes in Pregnancy Project
- CBH Labour Ward Tours
- Baby Bags Program
- Women's Health Clinic (Pap Smear & Breast Screening)
- Special events such as NAIDOC week, Foundation Day, Survival Day, Daffodil Day and others

These are delivered in partnership with sectors of Gurriny Yealamucka Health Services, and other government and non-government organizations both internal and external to the Yarrabah Community.



Men's Health

The Men's Health program within Gurriny Yealamucka Health Services Social Emotional Wellbeing unit offers a number of activities throughout the year for men to participate in to support their social emotional health and wellbeing.



The program offered the following initiatives throughout the year:

- Men's Group
- Father Son Camps, Days Out
- Adult Health Checks
- Family Wellbeing program
- SEWB Health Engagement / Resources
- Yarrabah Dads and Their Kids Activities
- Activities in support of significant Men's Health initiatives and dates: Men's Health Week, Child Expo, Domestic and Family Violence Prevention Month, Health Promotion activities

Men's Health Engagement

Every Monday: 10 am to 12pm, 1 pm to 3pm, Yarn Up and Share, SEWB Health Resource Information. Cup of Tea

Venue: Men's Space, Noble Drive (formerly Workshop St) and other locations around the community

Men's Group

Wednesday: Family Wellbeing

Time: 11am to 1pm – Topics include Leadership, Basic Human Needs, Relationships.

Wednesday: Yarn Up and Share

Time: 4.30 pm – 6.30pm

Art (Painting), Physical Activity (Gym / Walking Group)

Thursday: Health & Lifestyle activity (e.g. Cooking Demonstration, Day Out Activity)
Venue (For all of the above): Men's Space, Noble Drive, Yarrabah

The Men's Group is a core and integral part of Gurriny Yealamucka Health Services Men's Health program. Apart from the above support it offer, it also provides men with an opportunity to inform the Men's Health Program of the kinds of initiatives it should consider developing and implementing to support their social emotional health and wellbeing.

The Men's Health Program also work with other program areas within Gurriny Yealamucka Health Services to support the health and wellbeing of men in Yarrabah.

An important initiative the Men's Health Program assists Gurriny's Clinical Services with is Adult Health Checks, which are regularly offered at the Workshop Street premises in the Community.

Another important part of Men's Health program is networking with other services to discuss opportunities to develop and implement activities to support the social emotional health and wellbeing of individuals and families within Yarrabah.

Primary Health Clinic

The Primary Health Care Clinic is our daily GP clinic and plays a major role in delivering care to for Aboriginal and Torres Strait Islander people in Yarrabah.

Indigenous Health Workers, Nurses, Doctors, Specialists, Social Health Workers and other relevant Allied Health professionals contribute to the program.

Our Programs offers activities and clinics throughout the year for our clients to participate in and/or attend.

- GP Consultations
- Referrals & follow ups
- Adult/Child Health Checks
- Dressings
- Adult Vaccinations
- Transport
- Clinic appointments & bookings
- Tele-health

These are delivered in partnership with sectors of Gurriny Yealamucka Health Services, and other government and non-government organisations both internal and external to the Yarrabah Community.

Sexual Health

Gurriny's Sexual Health Unit consists of two Indigenous sexual health workers, male and female.

They provide individual case management and care and networks with the dynamic teams within Gurriny to deliver health promotion initiatives for individuals, groups and the wider community.

Awareness and promotion, education and prevention, screening and treatment of sexually transmitted infections (STIs) and blood borne viruses (BBV) are reflected throughout the health promotion initiatives and clinical practice. Our target group ranges from 15-25 year olds, however our services have extended beyond these ages.

The Sexual Health Unit offers the following promotional/clinical activities throughout the year for the Aboriginal and Torres Strait Islander people of Yarrabah to participate in.

- Hepatitis Program
- World Aids Day
- Young Person Check
- Sexual Health Check up
- Women's Health Clinic
- Men's Health Check
- Health promotion
- Secondary School health checks

The team strives to deliver a service that is appropriate and accessible for the community. They do home visits as well as refer clients to doctors if necessary.

Free condoms are available from a dispensers located at our Workshop Street site, as well as from the Sexual Health workers.

The sexual health workers have developed networks with internal and external service providers and are members on committees that support ongoing delivery of sexual health services to this region.

The unit works very closely with other units within Gurriny Yealamucka Health Services, Cairns Sexual Health Service, Indigenous Sexual Health Promotion Network Coordinator of Cairns Public Health Service, the 2 Spirits Health Promotion Unit of QAHG Cairns (Queensland Association for Healthy Communities), the Mobile Women's Health Service, and the Royal Flying Doctors Service.

Transport

The Transport service plays a major role in helping people to access the health service in Yarrabah, Cairns and the Dialysis Units.

Indigenous Health Workers, Nurses, Admin staff and the transport officers all contribute to the program.

Transport is provided to our local clinic and to appointments in Cairns. The reception team at Gurriny will make bus bookings for local trips and trips to Cairns. There may be times when a Health Worker, administration staff member or nurse will provide transport as appropriate

These are delivered in partnership with sectors of Gurriny Yealamucka Health Services, and other government and non-government organizations both internal and external to the Yarrabah Community.

Women's Health

The Women's Health Program (Women's Group) has been part of Gurriny Yealamucka Health Service for over 10 years. Our main core business is the Family Wellbeing Program, a social health program, which focuses on empowerment, personal development and leadership. It teaches participants life skills to be used daily within family, work and community life. In the Family Wellbeing sessions we facilitate the sharing and discussions of stories, relationships and goal setting.

Alongside the Family Wellbeing Program, Women's Group offers the following activities and services throughout the year for young and old women to engage in to enhance their overall health and wellbeing:

- Cultural activities- camps, fishing, outings at the beach, connecting to country
- Arts and craft classes
- Cooking classes
- Educational programs
- Grooming and deportment sessions
- One on one yarn ups
- Home visits
- Drop in and morning tea
- Participation in community events such as NAIDOC Week, Foundation Day, Child Protection Week, International Women's Day and National Youth Week.

Women's Group is part of a wide network of women's services available to Aboriginal and Torres Strait Islander women within Yarrabah.

Our approach to bringing services to our women is delivered in a culturally appropriate and respectful manner to our clients.

Our home visiting technique has proven success in engaging with women and supporting them on their journey to improved health.



Youth Wellbeing

The Culture Rebound – Connected Yarrabah Youth project targets youth of Yarrabah aged 12-25yrs and aims to increase the communities capacity by introducing a range of appropriate suicide prevention strategies to support the youth to cope with peer related risk factors.

The Project intends to use the model and guiding principles of the evaluated Family Wellbeing Program to develop a Youth focused response and collectively promote and develop appropriate strategies to identify and prevent risky behaviours affecting their physical and social and emotional health and wellbeing.

It also focuses on developing a strong sense of personal identity and purpose through cultural empowerment and deliver activities outside normal working hours to establish alternatives to parties, drugs and risk taking behaviours including a focus on

culture and tradition in everyday life.

The Youth Wellbeing Cultural Rebound Project will be delivering programs, an annual Youth Forum, attend bi-monthly Youth Services network meetings and work collaboratively in partnership with the Youth Services Coordinator, Traditional Owners, various stakeholders and Gurriny Staff in general.

Our programs include:

- Youth Forum
- Cultural Connection Programs
- Youth Health and Wellbeing Programs
- Weekly Youth Group
- Celebrating community Events
- NAIDOC Week

Importantly, the core focus on this youth wellbeing program is developing a model based on community resilience rather than directed efforts on deficiencies.



Events

Gurriny News: February 2016

A five-year partnership between Yarrabah's community-owned health service and an Edmonton chemist has resulted in what was a much celebrated opening of a new pharmacy in the community late last month.

CEO Sue Andrews said they had been working with Pharmacist and part owner of the Edmonton pharmacy Leo Maltam to deliver services to Yarrabah for the past five years.

"The Edmonton pharmacy has provided good service and delivered medication to many people who were not able to go to Cairns or Gordonvale," Mrs Andrews said.

"However, the pharmacy staff needed approximately four hours a day to prepare the medication and time to travel to and from Yarrabah. This meant that some people in Yarrabah would not get their medication on the same day, as the deadline for people to submit their scripts was 12pm."

Mr Maltam said it was essential that Queensland's largest Aboriginal community of around 3,000 residents should have access to such a service.

"For a community this size to not have timely and affordable access to essential and lifesaving medications was something we wanted to help address," he said.

"We have two pharmacists running the new Yarrabah Pharmacy, and we are very excited about working with Sue and her team.

"We would also like to thank Mayor Errol Neal for all of the support he has provided over the past couple of years."

Senior Medical Officer (SMO) Dr Adam Brownhill said the new

Pharmacy open for everyday business



pharmacy was an excellent example of two organisations striving to close the gap through collaboratively working towards improving access to services for a disadvantaged community.

"For the past two years, as part of Gurriny's commitment to safety in medication use, local pharmacist Pippa Travers-Mason has been working with Gurriny's Pharmacy Assistant Teresa Neal to home visit clients on Webster packs, and any regular medications, to

assist in their understanding and use of their long-term medications," he said.

"From the perspective of the clinic the on-site pharmacy will improve patient care as there will be no delay in patients accessing their medications.

"This will improve recovery times for acute illnesses and ensure that clients with chronic conditions do not miss out on their regular medications.

"This has been a very successful program and will be ongoing."



Putting the 'healing' into health

Creating a trauma-informed, healing-aware service and the positive impacts that can have on staff working at Gurriny, as well as how the community overall can participate in this new approach, was the focus of Victorian consultant Karen Milward's series of workshops held here in Yarrabah last month.

"Over five days we worked through a series of workshops which discussed the four stages of trauma with real life examples," Ms Milward said. "Then we talked about The Healing Foundation report on becoming a trauma informed, healing aware organisation. Lots of stories and examples were shared about what that actually means and how that can be put in place in Yarrabah."

Over the five days staff were introduced to a set of skills aimed at improving their understanding of healing as well as looking at areas such as mindfulness, the cultural loads, lateral violence, cultural safety, etc in an organisational context.

"We looked at what makes up a healthy and unhealthy organisation,

how to become a healthy organisation and how Gurriny might also respond to these challenges," she said. "It was great to see staff, board and management working creatively together over the five days to identify values and values statements."

"We also identified and agreed on the healing approaches that need to be considered for future policies and processes for self-care as individuals, teams and the organisation when working towards becoming a trauma-informed, healing aware organisation."

"It was a real pleasure and honour to be invited to work with wonderful people who have this incredible insight to want to try a different

approach to how business is done and, most importantly, to look after the health and wellbeing of board, management and staff as individuals, employees and community members."

"I wish Gurriny all the best on its journey to becoming a trauma-informed, healing-aware organisation."

Gurriny CEO Sue Andrews said there was more to be done.

"There are more steps to take internally to support this type of approach and with the commitment of the Board over time I am confident we will become a service that reflects an understanding of how trauma impacts on lives and how we can better care for ourselves and our community," she said.

Gurriny News: March 2016 Close the Gap Day

The best possible outcome for a delayed Close the Gap Day in Yarrabah was several people starting to ask questions about their own health, Health Promotion Team member Alicia (Dixie) Hari says.

"Closing the Gap Day is all about healthy lifestyle choices, and we were encouraging people to have their health checked out," she said.

"We also had a handful of chronic disease clients come through for their three-monthly review, so people are starting to take control of their health.

"They're coming back for results and it shows that they actually care about their health and wellbeing, I think it's a positive thing that they are asking questions." Health Check Worker Nanette Sands agreed it was encouraging to have people asking questions.

"Some of them came in wanting to know about their blood pressure, why it was high, so we explained the systolic and well as the diastolic.

"It was good when we started to get questions like that because it indicates people are starting to take an interest in their own health and care for themselves."

Dixie said they also had Playgroup there during the day as well as Easter activities for the kids including a jumping castle.





Our outstanding young people

'Be the Future. Be the Success', was the theme to a youth forum held last month, hosted by young people for young people and supported by Gurriny.

Moirin Smith, Bernice Yeatman and Paul Bounghi along with youth program coordinators Tamar Patterson and Paul Neal have worked on the idea for the past six months or more.

"Every Monday we've been attending this meeting for the Youth Forum; and we've planned trips to movies and to Fitzroy Island," Moirin, 17, said.

"We've been going around encouraging the youth to come along and to come to our programs and all that."

Bernice, 22, said she was hopeful her peers would come out "with a positive attitude towards themselves and their future".

"Our youth committee has been running now for about a year," she said. "It's important to get youths and kids involved in the community. It keeps them out of trouble so they can have a future. Hopefully they've come out of tonight with a bit of knowledge and understanding for

them to be happy and succeed."

MC for the event, Trevor Tim, said he was excited to be there.

"I gave a motivational talk to inspire the youth about their future and about the future of our mob and the future of the community of Yarrabah," he said. "So I was very excited to be here delivering positivity and motivation, and very excited about the opportunity."

The forum was an informative and fun-filled evening.

Gurriny CEO Sue Andrews urged youth to spend time building a vision of their desired future and then working towards making it a reality.

Discussion from young people themselves recognised that this would happen through forging interdependent relationships between themselves, nature (land and sea), and culture.

Darren Miller encouraged young people to recognise their immediate past and present elders and encouraged young people to build

relationships with adults in the present who could mentor and help them.

Young people put forward ideas of what they wanted for the youth of Yarrabah which included: a youth (5-11pm) drop-in centre with someone employed there on Friday evenings; 18-year-olds being appointed to Boards; a youth forum convened where all organisations serving the youth of Yarrabah were present; and having careers counselling with clear career pathways outlined.

The serious business was followed by a paper plane making and flying competition and a skit by Katrina Connolly and Milton Mossman, which demonstrated how young people could encourage each other to have health checks.

Youth Wellbeing Officer Paul Neal, 32, said they wanted youth to tell them what they wanted.

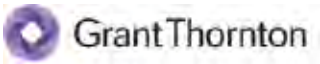
"We don't want to tell the youths what the youths want, we want them to tell us what they want," he said.

MORE PICS INSIDE...



Our Staff





Auditor’s independence declaration

Auditor’s independence declaration to the directors of
Gurriny Yealamucka (Good Healing) Health Services
Aboriginal Corporation

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In accordance with the requirements of section 339-50 of the *Corporations (Aboriginal and Torres Strait Islander) Act 2006*, as lead auditor for the audit of Gurriny Yealamucka (Good Healing) Health Services Aboriginal Corporation for the year ended 30 June 2016, I declare that, to the best of my knowledge and belief, there have been:

- No contraventions of the auditor independence requirements as set out in the *Corporations (Aboriginal and Torres Strait Islander) Act 2006* in relation to the audit; and
- No contraventions of any applicable code of professional conduct in relation to the audit.

Grant Thornton
GRANT THORNTON AUDIT PTY LTD
Chartered Accountants

Helen Wilkes
Principal – Audit & Assurance

Cairns, 26 September 2016

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ABBREVIATIONS

FNQ Far North Queensland

GST Goods and Services Tax

GYHSAC Gurriny Yealamucka (Good Healing) Health Services Aboriginal Corporation

PAYG Pay As You Go withholding tax

QUMAX Quality Use of Medicines Maximised for Aboriginal and Torres Strait Islander People

Statement of changes in equity

For the year ended 30 June 2016

| | 2016 | | 2015 |
|---|------------------|---|------------------|
| | \$ | | \$ |
| Retained surplus | | | |
| Balance at 1 July | <u>1,441,523</u> | - | <u>739,987</u> |
| Total comprehensive income for the year | | | |
| Net surplus/(deficit) for the year | <u>(5,603)</u> | - | <u>701,536</u> |
| Total comprehensive income/(deficit) for the year | <u>(5,603)</u> | - | <u>701,536</u> |
| Balance at 30 June | <u>1,435,920</u> | - | <u>1,441,523</u> |



Statement of financial position

As at 30 June 2016

| | 2016 \$ | 2015 \$ |
|--------------------------------------|-------------|-------------|
| Assets | | |
| Cash and cash equivalents | 1,536,049 | 1,503,435 |
| Trade and other receivables | - 66,222 | - 170,302 |
| Total current assets | - 1,602,271 | - 1,673,737 |
| Property, plant and equipment | 765,012 | 853,116 |
| Work in progress | - 188,110 | - 110,289 |
| Total non-current assets | - 953,122 | - 963,405 |
| Total assets | - 2,555,393 | - 2,637,142 |
| Liabilities | | |
| Trade and other payables | 920,724 | 957,283 |
| Loans and borrowings | 39,830 | 37,239 |
| Employee benefits | - 48,002 | - 45,718 |
| Total current liabilities | - 1,008,556 | - 1,040,240 |
| Loans and borrowings | 49,984 | 89,813 |
| Employee benefits | - 60,933 | - 65,566 |
| Total non-current liabilities | - 110,917 | - 155,379 |
| Total liabilities | - 1,119,473 | - 1,195,619 |
| Net assets | - 1,435,920 | - 1,441,523 |
| Equity | | |
| Retained surplus | - 1,435,920 | - 1,441,523 |
| Total equity | - 1,435,920 | - 1,441,523 |

Statement of cash flows

For the year ended 30 June 2016

| | 2016 \$ | 2015 \$ |
|--|------------------|------------------|
| Cash flows from operating activities | | |
| Grants received | 5,634,340 | 5,956,445 |
| Cash receipts from customers | 1,876,044 | 2,159,946 |
| Cash paid to suppliers and employees | - (7,365,814) | - (7,526,012) |
| Cash generated from operating activities | 144,570 | 590,379 |
| Interest received | 19,156 | 22,460 |
| Interest paid | - (7,436) | - (8,051) |
| Net cash from/(used in) operating activities | - 156,290 | - 604,788 |
| Cash flows from investing activities | | |
| Acquisition of property, plant and equipment | - (86,438) | - (305,986) |
| Net cash from/(used in) investing activities | - (86,438) | - (305,986) |
| Cash flows from financing activities | | |
| Proceeds from borrowings | - | 156,227 |
| Payment of hire purchase liabilities and loans | - (37,238) | - (29,175) |
| Net cash from/(used in) financing activities | - (37,238) | - 127,052 |
| Net increase (decrease) in cash and cash equivalents | 32,614 | 425,854 |
| Cash and cash equivalents at 1 July | - 1,503,435 | - 1,077,581 |
| Cash and cash equivalents at 30 June | <u>1,536,049</u> | <u>1,503,435</u> |

This statement should be read in conjunction with the notes to the financial statements.

Our Staff: Celebrating 25 years of health service to our community





