

Hub4Health

5 PORTLAND CRT, ST HELENS 7216

ANNUAL REPORT 2018



Contact Us

We are now an outreach organisation. Contact us via:

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Message from our Chair



It really gives me great pleasure to present my report as the Hub4Health Chair of the Board of Management. This year I report as the Chair after being elected at the AGM last year. Hub4Health is now a self-funded outreach organisation and a very different organisation from when I first started serving on the Board.

I would like to acknowledge everyone who has served on the Board in the last 12 months. This Board have worked diligently and tirelessly to make the organisation both sustainable into the future and to consolidate our financial situation. I truly believe that Hub4Health has been transformed into an organisation that uses limited resources efficiently and effectively and one which continues, despite all the challenges, to facilitate quality health care outcomes in the Break O'Day area and greater East Coast.

In line with the Hub4Health Vision the organisation continues to promote, advocate and facilitate sustainable quality health care and services. We have active partnerships with local organisations which provide direct services. This is despite having to severely cut back on the administrative arm of the agency, with Somkid Wongvattanakij now working just one day a week, on a Tuesday, out of the Portland Court rooms. In taking the drastic step of reducing admin staffing, we did not wish to inconvenience the community, however, we did need to demonstrate good fiscal responsibility.

We have been successful in obtaining a number of grants this year which have allowed us to offer direct services and also to add to the Community Gym in St Marys and the Tennis Club based gym in St Helens. Building Blocks, under the direction of Tanya Greenwood, continues to provide an extensive range of professional services to young families throughout Break O'Day, Dorset and Glamorgan Spring Bay.

The outreach office in St Marys goes from strength to strength with more visiting services utilising the private counselling/meeting rooms, and the general meeting room being used by many community groups and consultations being held there by agencies such as TasCOSS.

As Chair, I wish to extend my most sincere thanks to ALL of the staff at Hub4Health, both past and present, staff who have continued to give their best. These are exciting times, being self-funded gives a freedom in choosing the activities in which we engage, but we must never lose sight of our main aim which is about advocating for and facilitating the provision of health services to the Break O'Day Community.

Janet Drummond - Chair Hub4Health Board of Management

Message from our Treasurer

The 2017-18 year has seen the Board continuing its work to consolidated the financial position of Hub 4 Health and return the organisation to a financially sustainable footing. Whilst we have incurred a loss of \$33,363 for the year, it is a vast improvement on the 2016-17 year and it is projected that this position will improve further during the 2018-19 year.

A significant change during the year was Ochre Medical ceasing their Lease arrangements for the Portland Court property which in some ways was a blessing as the costs of the service were greater than the fee we were receiving when a detailed analysis was undertaken. The gym activities at St Marys and St Helens continue to go from strength to strength and during the year a membership fee was introduced which will partly offset the cost of operating these services. Unfortunately we are not able to access recurrent funding for these services.

H4H staff, Tanya and Somkid have been extremely diligent in examining and questioning each item of expenditure during the year and this resulted in a number of ongoing savings occurring which helps greatly. During the year we have also switched accounting services to Natacha Bennett at Cense Consulting Group and our auditing to Luke Salmon at Auditing & Accounting Solutions. Preparations also occurred during the last part of the year to switch our accounting package to XERO which will greatly improve the generation of Financial Reports.

John Brown
Treasurer Hub4Health Board of Management



The Hub4Health Vision

We aim to promote, advocate and facilitate sustainable quality primary health care and community development services across the Break O'Day Municipality and greater East Coast region.

Our Mission:

- ◆ Through a flexible approach based on teamwork, collaborations and partnerships we strive to achieve quality services and programs in our community

Our Values:

- ◆ Leadership
- ◆ Commitment to quality service delivery
- ◆ Advocacy and support

Our Behaviours:

- ◆ Confidentiality, sensitivity and respect
- ◆ Commitment to continuous improvement
- ◆ Reflective of community needs, interests and cultural diversity

Our Strategies:

- ◆ To support local people to deliver local services appropriate to ever-changing local needs
- ◆ Develop strong and positive relationships with clients and stakeholders both from within and outside our community

Our Aspirations:

- ◆ Work respectfully in the community
- ◆ Meet the needs of the entire region
- ◆ Work in genuine collaboration with our service partners and community groups
- ◆ Excellence in service delivery



Message from our Co-ordinator

Over the last year at Hub4Health we have focused our efforts on two key areas—sustainability and consolidation. We have worked hard to ensure that our programs and funding model is more efficient and effective in the use of resources and is able to continue to deliver quality outcomes. Thank you to Somkid for all her work during the many changes and challenges of this year, and to our board of management who offer significant support in the operation of Hub4Health.

Hub4Health facilitates the Break O’Day Health and Community Services meetings, which are held each quarter across St Helens, St Marys and Fingal. In 2017-2018 guest speakers have included; Helen Bridgman from the Suicide Trial Project, Annette Fuller from the B4 Coalition, the Royal Flying Doctor and Primary Health Tasmania. It is an opportunity for local services and staff to meet and share the successes and challenges as they work in Break O’Day.



We also have an extensive mailing list and contact list which is helpful for new and existing services in promoting program and activities in the area. We have used our regular newsletter and Facebook page to ensure that information on programs are current.

Our premises at Portland Crt in St Helens and the Outreach Office, Main Rd St Marys are accessed by many allied health and community organisations including; Tess Crawley Rural Psychology, Blue Tier Chiropractor, Dynamic

Osteopathy, Active Healthy Company (Exercise Physiology), Counselling and Consulting Services and others. The St Marys space was upgraded in 2017 with new cupboards and is about to be registered as a parent friendly space. We are always looking for new partnerships and connections to share our rooms and invite enquiries from organisations working in Break O’Day.

Our support for Leanne McMurtie’s counselling service continues as we auspice funding for her Bicheno service and provide a space for her to meet clients in both St Marys and St Helens. We would welcome any funding opportunities to support such a key community service and continue to advocate for improved access to counselling in our area.

In an effort to enhance connections in the community, Hub4Health are looking to promote The Right Place project. The Right Place was developed in the Huon Valley and is spreading across Tasmania. It aims to better connect people with health and community services. It is based on the philosophy that no door is the wrong door, and people seeking services are always in ‘the right place’. It’s an initiative that helps people find out what services are available, gives them easy-to-understand information, offers choices, and helps them get to the right services. Hub4Health has helped develop local information packs and we plan to undertake facilitation training and roll out the program in selected areas in 2018-2019.

Tanya Greenwood, Hub4Health Coordinator



Building Blocks



2017-2018 has been another busy year for the Building Blocks Early Childhood Education and Parenting Support Program.

Building Blocks is funded as a Child and Parenting Support program under the Families and Children Program, within the Australian Government Department of Social Services.

Our program areas include Dorset and Flinders Island, Break O'Day, Bicheno and Coles Bay areas. Funding has been secured for all areas until June 2020, and we are part of the new 'partnership approach' model of reporting and measuring outcomes.

Our program is designed to provide a universal service aimed at improving children's development and wellbeing and supporting the capacity of those in a parenting role.

In the 2017-2018 period Building Blocks had

- 329 individual clients registered (this includes both adults and children)
- 209 clients are in Break O'Day, 75 in Bicheno/Coles Bay and 45 in Dorset—an increase on previous years.
- 7.3% of clients identify as indigenous
- 257 sessions were delivered
- Each client attended an average of 7.6 sessions and we had a high satisfaction rate from all clients.

Our DSS Work Activity Plan outlines our service delivery model for the following sessions:

- Parenting Skills and Support (with programs such as Bringing up Great Kids and 123 Magic)
- School Readiness Programmes (in partnership with St Marys District School and Bicheno Primary)

- Supported Playgroups (across all communities)
- Intensive Family Support
- Child Development and Wellbeing (including a new program of Occasional Child Care at the Fingal Valley Neighbourhood House)

In 2018 we were also very pleased to partner with the Bay of Fires Festival to present the Bay of Fires Youth Art Prize. This event raised awareness of the importance of creative expression in the lives of young children and saw a positive connection between the participants and community members. Over 300 entries were received on the theme of "Wild Tasmanian Animals", and more than 500 people attend the exhibition on the long weekend in June at St Helens.

Thank you to our wonderful team of Building Blocks educators—Mariah Terry, Natasha Lowe and Natasha Speers, and also to those who support us in our regional areas - Vicki Davis at Scottsdale Child Care and Sabrina Spencer at Little Penguins in Coles Bay. It is your commitment and support that makes this such an amazing program!

Tanya Greenwood

Building Blocks Program Manager.



Physical Health and Wellbeing Programs

Active4Life Community Gym

Local communities are an important setting for participation in physical activity. The creation of physical activity opportunities and interest groups that encourage friendship, motivation and support are important in initiating and maintaining participation in physical activity at all stages of life. Hub4Health have a trained facilitator, Jason Johnston who coordinates programs at the Active4Life Gym at St Mary and sessions at the St Helens Tennis Club.

Hub4Health Programs run on a Tuesday at St Marys and offers; Circuit training and Fitness Recovery. Other groups such as boxercise and Women's Pump classes run with the support of volunteers. We have had over 316 community members undertake an induction of the gym space at St Marys since its inception in March 2016 and it continues to grow week to week. Currently we have had 77 households take up paid membership of the gym since its inception in January 2018. Membership allows for free access to programmed sessions and increased access 6am-10pm /7 days a week.

We have community partnerships with the Royal Flying Doctor exercise physiologist and Storm Disability, who are able to access the gym with their clients. Hub4Health are keen to expand programs and partnerships to fully utilize this facility.

At St Helens there are currently 3 Fitness Recovery Programs running on Thursdays with 36 regular participants plus a fitness group on Mondays with 12 members. We are partnering with Storm Disability to being a new youth fitness circuit in September for students aged 10+. We have extended our lease on the St Helens Tennis Club rooms for a further year and look forward to developing more programs in this space.

We received some grant funding for gym programs in 2017/2018 including State Government Health Innovation funding from the state government for

the electronic access instillation and equipment and \$1 000 from Bendigo Bank towards a new treadmill at St Marys. We have receive donations from the St Marys Hotel Social Club and many community members, as we work towards our \$3,000 goal to purchase this popular gym resource.

A huge thank you to all our participants, volunteer facilitators and especially to Jason—who has supported so many people on their path back to health and to Sophia our fabulous volunteer — there week in and week out to assist and help.



Health and Wellbeing Programs

At Hub4 Health we support a range of other health and wellbeing programs including the St Helens Walkers who meet regularly to undertake a variety of walks ranging in length and difficulty. Currently there are 80 people on the mailing list with around 20 people walking each week. There is always flexibility in each walk to cater for all ages, abilities and level of fitness. New walkers are always welcome and information is available on our website .

We are also supporting Yoga classes in St Marys with Katrin Alexander, in partnership with St Marys District School. In 2018 we increased classes to 2 sessions per week with an average attendance of 6-8 per class.

Somkid continues to Tai Chi classes in St Helens on a Tuesday morning with 6-7 regular attendees. They are seeing improvement in their flexibility, balance and movement.