

ANNUAL REPORT





OUR VISION

To contribute to creating a community where women, regardless of their social and cultural background, age and sexual orientation, will have knowledge and control over their bodies and their lives, living freely and safely, with access to the support they need to enhance their health and well-being.

OUR PURPOSE

Using a feminist approach, we will provide a range of activities that redress women's disadvantage and promote women's health and well-being.

We will do this through the provision of services to women as individuals, in groups and as part of communities.

We will be guided by principles of social justice and equality. We will actively work in partnership with others to build social structures that promote women's rights and dignity.

The Blue Mountains Women's Health and Resource Centre is a member of Women's Health NSW, the peak body for 20 non-government community based women's health and specialist centres in NSW.

ABOUT US

The Blue Mountains Women's Health and Resource Centre is committed to all women having control over their bodies and lives. We work to achieve this through redressing women's disadvantage by promoting women's health, well-being, rights and dignity. We have culturally appropriate and trauma sensitive services and programs, health promotion and community development activities.

We provide assessment, information, advocacy and referrals.

We involve women in the community in deciding what the Centre will do. We lobby decision-makers and work with other organisations and networks. We have effective governance, policies, systems, staff, training, planning, evaluation and financial controls. We are open, ethical and accountable.

During this reporting period BMWHRC was an ASES accredited organisation.

The Blue Mountains Women's Health & Resource Centre is a feminist, communitybased organisation run by women for women. We are committed to enhancing women's power to decide on their own health needs and to take action about them. We offer traditional and complementary treatment to all women. Clients using our health services see qualified, experienced practitioners.

We offer groups to enable women to explore emotional and health issues in a safe and supportive environment.

OUR FUNDING

The Blue Mountains Women's Health and Resource Centre is a community based and not for profit organisation funded by a mix of government and other sources including donations.

Blue Mountains Women's Health Centre receives funding from NSW Ministry of Health via the Nepean Blue Mountains Local Health District.

Funding for the Mountains Women's Resource Centre is from Department of Communities and Justice, and this financial year Blue Mountains Women's Health & Resource Centre has also received a 12 month grant from Department of Social Services.



S E R V I C E EXCELLENCE CERTIFICATE

AUSTRALIAN SERVICE EXCELLENCE STANDARDS

Blue Mountains Women's Health and Resource Centre is committed to maintaining high quality standards across all our services and programs. Part of this commitment is engagement in external quality accreditation and continuous quality improvement.

The Australian Service Excellence Standards are quality standards for community service organisations developed for the sector by the sector.

The Australian Service Excellence Standards (ASES) star is a nationally recognised accreditation symbol that marks achievement in quality improvement in service outcomes and offers verification of quality and credibility as an organisation.

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ACKNOWLEDGEMENT

We acknowledge the Gundungurra and Darug people as the Traditional Custodians of the land on which we live and work. We acknowledge the Elders, both past and present.

Our centre is working hard to be inclusive & safe for our Trans & Non-binary communities.

CHAIRWOMAN'S REPORT

It is with great pleasure and pride that I commend to you the BMWHRC Annual Report for 2022/2023. A careful reading of this well prepared and comprehensive report will demonstrate this year's many achievements.

The year has been both a positive and challenging year for the Centre.

Above all, despite the challenges, the Centre has continued to provide a broad range of high calibre services to women and young girls in the Blue Mountains and beyond. These services are well regarded, sought after, highly valued and appreciated. Staff are to be congratulated for their commitment to continuing service provision -both to individual women and in the group programme as well as health promotion and community advocacy initiatives.

One key challenge for the Management Committee and staff, has been the impact of funding constraints on service delivery. While we seemed to be moving on from the many constraints on our service caused by the pandemic, our lack of appropriate funding was becoming more and more apparent. For example, during this time we could not afford to back fill particular positions when staff were on extended leave or had resigned. At the same time we had to meet our KPI's embedded in funding contracts. Frankly sometimes it has been a struggle to do so.

Another challenge has been organisational. There has been a period of some months, during which time the Centre has been without a permanent manager. I would like to acknowledge and thank two staff members, Cherie Brandon and Ursula Scott who stepped up taking on some of the manager tasks in a job share acting manager role.

Service delivery in all its forms cannot take place without administration, reception and finance support. Therefore I would like to acknowledge the key roles played by reception and administration/finance staff. Reception staff are the first point of contact for many clients and set the welcoming tone of the Centre. Without good systems, budgeting and financial guidance, the Centre would not remain viable.

Coming back to the Management Committee, all of us work as unpaid volunteers. While the staff concern themselves with the health and wellbeing of women and girls, it could be said that the management committee concerns itself with the health and well- being of the Centre as a community organisation.

Management Committee members through their unstinting hard work and strategic thinking, have promoted and overseen the health of the Centre itself. The members are: Kerry Mumford (Vice Chair and Policy-Sub Committee Coordinator), Helen Gillam (Treasurer), Liz Smith (Secretary and Public Officer), Jane Mc Queen (Staffing Sub-Committee Coordinator), Lesley Sammon, Anita Cox, Megan Thomas and Jennifer



op row L-R: Megan Thomas, Helen Gillam, Anita Cox , Jennifer Brown. Bottom row L-R: Maree Cairns, Lesley Sammon, Julie Martin, Jane McQueen, Kerry Mumford.

Brown, with Maree Cairns joining us towards the end of the financial year.

Thanks also to Dr Suzanne Jamieson, who had been co-opted onto the Health and Safety Sub-Committee.

As well as the manager, a staff representative attends Management Committee meetings and I thank Kirsty Graham for presenting a staff perspective on various issues and other staff who attended on a rotating basis.

Another woman I want to thank, even though she spent only a brief time with us as Interim Manager, is Adrienne Murphy. Adrienne brought finely honed management and communication skills and provided a steadying hand.

On behalf of the Management Committee, I want to comment on the enormous contribution made to the Centre's wellbeing and advancement, by the previous Centre Manager, Gina Vizza.

Gina Vizza resigned in Jan 2023 after 18 months in the position. During her tenure she improved the Centre's relationship with funders and has been a staunch and active advocate for funding improvements. In particular she was one of the a key drivers of getting a Business Case for extra funds, onto the Minister's desk.

Under Gina's leadership the Centre has been modernised in many ways including moving from paper records to electronic and more efficient data collection.

In addition, Gina brought home the imperative of reviewing priority groups, fees policy and the number and type of appointments available to clients, given the significant funding constraints. Thank you Gina.

Now turning to a quick overview of some the Centre's achievements, but again I refer you to the full report for the detail and much more.

ACHIEVEMENTS

- 1. Providing a welcoming and safe space for women, young women and girls where they are listened to and time is taken to understand their needs and concerns.
- 2. Maintenance of service delivery and advocacy work as usual at Centre despite a period of some months without a permanent manager. Staff are to be congratulated for their commitment to continuing service provision both one to one and in the group programme as well as community advocacy initiatives.
- 3. Commencement of the GP accreditation process with AGPAL. Accreditation of General Practice at the Centre will bring a range of benefits including financial incentives and increased GP recruitment opportunities.
- 4. Increase in GP hours with Dr Sam Critchley returning to the Centre 's clinical team.
- 5. Continuing the extension of work with young women, including the Artspace Program and free Young Women's Clinic which has again grown in last 12 months.
- 6. Consolidation of outreach work in Lithgow with both a nurse available to see Dianella Cottage for their support in this work.
- 7. Maintenance of a strong social media information and advocacy presence via Instagram, Facebook and website.
- 8. Major review of Centre policies including those relating to Governance, Human **Resources, Service Delivery and Operations.**
- 9. Presentation of the very successful Inaugural Fashion Show Fundraiser in collaboration with the team from Zoe Clare, Leura. Funds raised contributed to BMWHRC Women's Health and Safety programs
- 10. Consolidation of collaboration with First Nations, Disability and Young Women's Advisory Groups. These groups provide much needed grassroots information and suggestions in regard to both the Centre's service delivery and advocacy work.

Please refer to the following sections for more information on the Centre achievements.

Julie Martin

Chairwomen on behalf of the Management Committee

clients every Monday and a Senior Counsellor available on a weekly basis. We thank



Adrienne Murphy, interim Acting Manager and BMWHRC staff

Adrienne Murphy, interim Acting Manager

MANAGER'S REPORT

I write this report as a newcomer to Blue Mountains Women's Health & Resource Centre and in familiarising myself with the diverse range of quality programs and services the team have provided over the past year, I feel it a privilege to share a brief summary of 2022-2023's achievements and information.

A major challenge this year saw the service without a permanent manager for an extended period of time following the resignation of Gina Vizza in January 2023. The BMWHRC team stepped up to ensure quality services for women in the Blue Mountains and Lithgow communities continued, and particular thanks should be extended to Cherie Brandon, Ursula Scott and Devina Fraser who job-shared priority Manager's tasks throughout this period. I would also like to acknowledge Adrienne Murphy who achieved a lot by providing leadership and knowledge to staff and committee in the short period she was employed in the role of Interim Manager.

BMWHRC STAFF

I feel it necessary to name every staff member whose continuing hard work and enthusiasm ensured that focus was maintained on the improvement and safety of women, and was always present in activities and programs of the service. Recognition and thanks to:

- Devina Fraser Cherie Brandon Ailie Banks Kirsty Graham Penny Dawes
- Jenny Gill Ursula Scott Stephanie Roper Dr Miriam Books Dr Alison Lyon

Dr Samantha Critchley Salicia Davies Mia Rose Ellie Ashfield Also thanks to departing staff Xanthi Dafnis, Larysa Ryzak, Vashti D'Vyne, Jude Dawson, Rachael Rae, Sian Doko, Emma Fitzgerald, Monika Hammerle, and Anne Ringrose who made valuable contributions to the Centre throughout 2022-2023. We wish them well for their future endeavours. Thank you to the students who contributed to the work of the Centre this year; Hope Aman-Hickey, Miette Hoekstra and the UTS design team; Sheree, Emily, Stella and Suzanne. Thank you to our invaluable support team; AJ our Centre Cleaner and to Karen our Gardener.

MANAGEMENT COMMITTEE

Throughout this demanding period the Management Committee provided additional oversight of BMWHRC, and as volunteers in these governance roles showed their commitment and diligence supporting staff and ensuring centre operations continued throughout the year. Acknowledgement and thanks are extended to the committee members:

Julie Martin (Chairperson)	
Kerry Mumford (Vice-Chair)	
Helen Gillam (Treasurer)	
Liz Smith (Secretary & Public Officer)	
Jane McQueen	
Lesley Sammon	

PROGRAMS AND FUNDING

NSW Health Funding

This funding is used to the core functions of the centre including specialist women's health clinics; complementary therapies; assessment & referral services; health promotion programs; trauma specialist counselling; group work; and information.

NSW Department of Communities & Justice

DC&J's Targeted Earlier Intervention (TEI) program services funding has seen us building meaningful programs and partnerships across the Blue Mountains and Lithgow areas. TEI also funds community engagement and capacity-building activities including the Coalition Against Violence & Abuse (CAVA), information & referral, groupwork, counselling and programs with Lithgow and Katoomba High Schools.

Department of Social Services

DSS funding allows us to run domestic and sexual violence prevention programs, additional counselling and group programs. Our DSS funded 'EViE' program is

Anita Cox

- **Megan Thomas**
- **Jennifer Brown**
- **Maree Cairns**
- Thanks also to co-opted member
- Dr Suzanne Jaimeson.

a successful strategy that works and engages young women through a range of activities to provide clear messaging and targeted information to prevent & respond to domestic and sexual violence.

Other Grants

- Strong And Resilient Communities (SARC) funding
- Local Domestic & Family Violence Committee Grant for CAVA

Thank you to our Contract Managers across all programs for their support and knowledge. Acknowledgement is extended to: DCJ Belinda Pauline, NSW Health Tristan Chapman & Paul van den Dolder and to DSS Nadine Cowling

We recognise the generous community donation from the inaugural Fashion Show Fundraiser. The show raised \$15,000.00 to support women and children who have experienced Family & Domestic Violence. Thank you to Jen Whitehouse and the Team from Zoe Clare Leura for this exceptional contribution to Centre funds.

MOVING FORWARD

There are a great number of information & valuable reports throughout this Annual Report that share more details about activities of the service, and I know they will provide a more comprehensive insight to the amazing work of BMWHRC.

I feel very fortunate to have joined the centre as their Manager at a positive time of change, as I have always been impressed by its programs, services and workers having previously been associated with BMWHRC through numerous partnerships, activities and community events.

This collective activism saw the development of a business case for increased and more realistic funding of services. I'm excited by the recognition of this and the commitment of the NSW government for this to occur.

This collective activism saw the development of a Business Case for increased and more realistic funding of services, and I'm excited by the commitment of NSW government for this to happen women's health services across NSW.

Looking to the future I am reassured in the knowledge that the BMWHRC team and committee will be working together to ensure the continuation of existing programs and anticipate expansion & further growth of respectful & responsible support activities for women across the Blue Mountains and Lithgow in the future.

Angelique Sasagi MANAGER



OCCASIONS OF SERVICE:

Clinical	
Counselling	
Chronic Pain / C	hronic Illness

NUMBER OF CLIENT CONTACTS PER PRESENTING ISSUE:

(Main issues for attending the centre)

CLINIC:

Gynaecological	211
Contraception	332
Vulva - Vaginal other	183
Menstruation	185

ALLIED HEALTH:

Chronic Pain	87
Tiredness/Fatigue	55
Injury - Chronic	14

 0
 0
 2

COUNSELLING:

Anxiety	162
Depression	162
DV (Family)	82
Violence (Adult CSA)	. 51
Stress	145
Mental Health	141
Complex Trauma	125

CLINICAL SERVICE

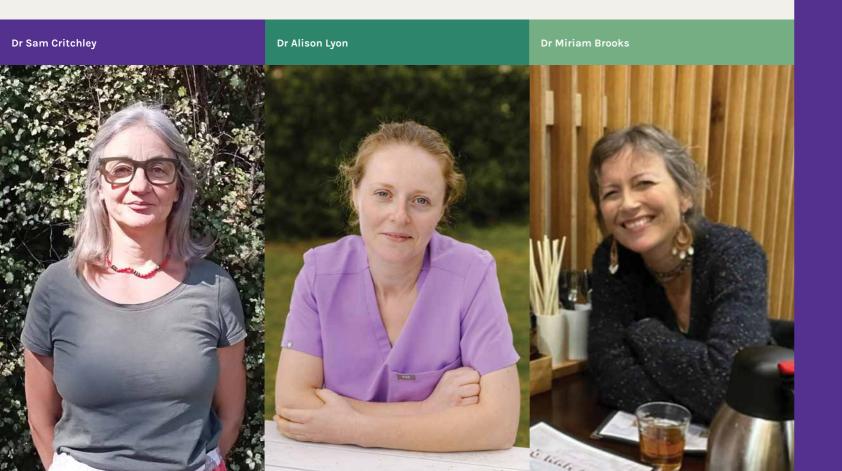
Occasions of Service: 1260

The Centre is incredibly fortunate to have a Clinical Team with such a depth of expertise and experience. This year we were thrilled to welcome back Dr Sam Critchley who re-joins the team alongside Dr Miriam Brooks and Dr Alison Lyon. Our team of GP's provide exceptional services within a unique trauma informed and holistic model of care.

Salicia Davies our Registered Nurse continues to provide clinical services in Lithgow every Monday. Salicia's skills in and knowledge of sexual health is highly regarded and we are again, extremely pleased to have her professionalism at the Centre.

This formidable team has performed above and beyond with an outstanding 1260 client contacts for the Financial Year. The team is busy, with clients having to book several weeks in advance. The Young Women's Drop in Clinic continues to be a tremendous success with between 8 and 10 young women accessing services each week.

A major focus this year has been working towards AGPAL accreditation. Our clinical team have been collaboratively developing and reviewing our clinical policies to ensure the Centre is functioning within a policy framework which is aligned with current standards in healthcare.





Salicia Davies - Women's Health Nurse

Reception Staff

ADMINISTRATION, INFORMATION, SUPPORT & REFERRAL SERVICES

BMWHRC would like to acknowledge the work and dedication of Receptionists Xanthi Dafnis and Jude Dawson along with relief receptionist Emma Fitzgerald who ceased working at the Centre. Kirsty Graham remains in Reception and Administration and Relief Receptionist Penny Dawes has joined the team.

In the previous financial year, a new IT system was installed in the Centre, this has meant almost all administrative tasks have been moved from paper to a digital system. Reception and Administrative staff overcame many challenges and have settled into using the new system well.

With BMWHRC in the process of applying for Medical Accreditation staff have been completing ongoing training and many processes have been updated to run more smoothly and enable staff to provide improved services and quality care to clients.

Reception staff strive towards providing a welcoming atmosphere to existing and new clients and continue to provide referrals to other services where further assistance is required. We also recognise the work of Ellie Ashfield in keeping our Website and other Centre Communications up to date.



INTAKE AND COUNSELLING SERVICES

Intake forms a vital element in the provision of a quality counselling service for our community, and is the first port of call for women seeking counselling. In a reflection of the number of issues women in our community are experiencing it is fully booked for weeks. But in good news this does not also translate to a months long waiting list for counselling. Being able to offer a comprehensive intake assessment prior to accessing counselling ensures that women are actually getting the service that best meets their needs. For some women the intake session alone is enough for them to get some tools and resources to move forward. Some feedback received is that "it was the most helpful conversation I've had at this time" or "thank you for hearing me. I feel heard and that is enough". For others it is the recognition that "talk therapy" might not be the most suitable or appropriate modality for them at this time. These women have benefited from a direct referral to massage therapy or groups. They express gratitude, often with tears, for these services that can support them physically, socially and emotionally.

Other women have been given referrals to external agencies as these might be better placed to deliver the services that they need long term or for immediate case management services eg DV crisis and safety planning.

Intake provides an opportunity to hear the wider themes emerging in our community and how we might address those via advocacy, community development and health promotion activities. This has included the increase in adult diagnosis of ADHD and ASD and higher presentation numbers of Neuro Divergent women.

This led to establishing a support group for these women to access.

Counselling services have broadened this year to now include Ursula being able to provide Victims of Crime Counselling via the Centre. This ensures that women needing long term counselling are able to access the Centre, and enables the Centre to access the funding available to support them. This has generated some additional funds that will be put towards therapeutic groups later in 2023. The therapeutic groups will also be based upon the themes being witnessed in intake and counselling including working with shame, impacts of child sexual assault and domestic violence support groups. Counselling has been able to offer a regular placement experience for Social Work students and they have greatly benefited from their time at the Centre as have we. We acknowledge and thank Counsellor Monica Hammerle for once again taking on a short-term position and supporting the work of the Centre.

Women who access Intake and counselling have reported that they have felt "held" "safe" "seen" and "supported" by the entire process. They also greatly appreciate being able to access a variety of supports in the one beautiful building. The internal referrals are working well to provide a wrap around approach to meeting the holistic needs of our women. Intake and counselling offers support for women in our community and allows the witnessing of their stories around grief, loss, impacts of violence, carers issues, chronic health issues and many more. It is always an honour to listen and to work with them.

ALLIED HEALTH

Remedial Massage continued to be an integral part of the service through 2022-2023. Following the departure of Massage Therapist Larysa Ryzak after three years with the Centre, the excellent work was continued by Vashti D'Vyne until the end of the financial year. We recognise the excellent work of both Larysa and Vashti in providing this critical service.

There was a period without appointments during the recruitment process which further highlighted the demand for the service and how essential Remedial Massage is for clients in addressing chronic health issues and the effects of complex trauma. Remedial Massage has proved to be complementary to the counselling service provided by the Centre with feedback received from clients indicating the unique benefits in accessing both modalities under the one roof.

A boost to ongoing funding for Allied Health will guarantee future service provision and allow the Centre to explore ways to further enhance the therapeutic benefits of wholistic and integrated care in the social model of health.



Artspace continued operations as part of the Young Women's Drop-in clinic with support and resourcing from Belong Blue Mountains and their Pick 'n' Mix team as part of the SARC partnership. The partnership with Belong Blue Mountains has allowed for 3 workers to be resourced to the program offering weekly creative activities, afternoon snacks and the ability for participants to be driven home in the Belong mini-bus where necessary.

Ailie Banks, the centres Gender Equity Coordinator continues to facilitate Artspace sessions during YWC alongside the Belong Pick n' Mix staff, Sian Doko and Rachael Rae. Together the three coordinate regular sessions on a Thursday afternoon 3:30pm – 5:30pm with a rotating activity schedule. Artspace continues to promote on social media, using Instagram as the primary tool for online engagement and program updates. The @artspace_bmwhrc Instagram has 186 people following the page with the majority (56.5%) being Women aged 13-34 in the Sydney & Blue Mountains areas.

All three Artspace workers take lead in particular aspects of the program. Ailie is the Artspace activity planner, workshop facilitator and BMWHRC rep drawing from her experience as a professional Illustrator and her ongoing work with BMWHRC's EViE Project. Sian draws upon her Bachelor of Social Science Degree to coordinate the data collection, statistics, analytics and project reports for the SARC partnership. Rachael Rae acts as the psycho-social support in the space, coordinating closely with YWC counselling team to support young people with complex mental health needs, undertaking one on one counselling and is currently completing a Bachelor of Social Work at Western Sydney University.





ARTSPACE FINDINGS FROM JULY 2022 - JUNE 2023

During this financial year Artspace registered 43 new participants to the program and saw an increase in clients self-reporting as Non-Binary or gender-fluid, from the LBTQIA+ community at large, neurodivergent and/or living with mental illness.

There was a decrease in returning clients from the previous period, with many of the older participants engaging with the Centre in alternate spaces such as the EViE Youth Advisory Group, Study Hub and individual clinic sessions.

The average number of participants attending Artspace sessions was 12 clients per week with the number of clients requiring transport increasing by 79.03% between 2022 and 2023.

There was a total of 146 internal referrals made during Artspace sessions across this year, with a 39.56% decrease in internal referrals between 2022 and 2023.

A total of 36 Artspace sessions where held in Centre during Young Women's Drop-in Clinic hours between July 2022 and June 2023 featuring a new activity each week.

EVIE – ENDING VIOLENCE, IMPROVING EQUALITY



'Slice with a Solicitor' in centre with Blue

Legal Centre to learn all about the new

Affirmative Consent legislation.

Mountains & Central tablelands Community

2022-2023 **ACTIONS & EVENTS**

JUL 2022

AUG 2022

EViE social media 'Housing & Homelessness' Survey Results are compiled & distributed.

EViE marches for Reclaim

the Night with Richmond

Women's Cottage

SEP 2022

National Day of Action Against Sexual Assault, 'Crushed But Okay 'campaign is distributed EViE co-ordinates a stall for 'KHS Big Day In' event.

OCT 2022

16 Days of Activism Against Gender Based Violence - EViE Launches a 6 week gender-equity workshop program at Katoomba High School.

NOV 2022



FEB 2023

EVIE Celebrates LGBTQIA+ Pride & is invited to host info staff at the MYST Mardi-Gras event

DEC 2022

APR 2023

EViE is invited to speak on a panel during the Zonta District conference. Youth Advisory members Tessa and Zoe speak alongside EViE worker Ailie to issues impacting local young women.



EVIE (ENDING VIOLENCE, IMPROVING EQUALITY) IS A VIOLENCE PREVENTION PROJECT LED BY THE BLUE MOUNTAINS WOMEN'S HEALTH & RESOURCE CENTRE.

EVIE IS GOVERNMENT FUNDED AS PART OF THE NATIONAL PLAN TO END VIOLENCE AGAINST WOMEN AND CHILDREN.

The "EViE" project had funding extended into the 2022-2023 period as part of the governments National Plan to End Violence against Women and Children 2022-2032 (National Plan).

This year the project took a multifaceted approach to violence prevention driven by activism, fostering positive online engagement & networking, establishing strong ties with local high schools, and successfully coordinating an active and engaged Youth Advisory Group.

In our mission to combat violence and violent attitudes, EViE focused on three main issues throughout the year: Affirmative Consent, Coercive Control, and the Gendered Drivers of Violence. These critical topics formed the foundation of the project's efforts to create a safer community for Women of The Blue Mountains and their children.

EViE conducted a series of informative and engaging workshop sessions to widely distribute information and promote a more nuanced understanding of the relationship between gender and violence. There were five sessions on Coercive Control, which drew the participation of 42 individuals. Additionally, two sessions on Affirmative Consent attracted 29 participants. To extend its reach, EViE organised two high school sessions on The Gendered Drivers of Violence, involving 50 high school students in total.

In line with The Blue Mountains Women's Health & Resource Centre's commitment to community engagement, EViE actively participated in five community events, providing valuable violence prevention information, referral pathways and resources to the public. These efforts ensured that the project's message reached a wider audience, fostering a collective effort to prevent violence and promote a safer, more respectful community for us all.









EVIE VIOLENCE PREVENTION





JAN 2023

EViE Youth Advisory Group for 2023 is established EViE sits on the Blue Mountains City Council IDAHOBIT committee



MAR 2023

On International Womran's Day (March 8th) EViE hosts morning tea & gender equity info session for senior students at Lithgov High School

EVIE Youth Advisory speaks at IWD Springwood Community Event and manages BMWHRC info & fundraising stall.



MAY 2023

IDAHOBIT activations take place across Katoomba High with EViE team attending creative sessions in school,

EViE Youth Advisory Group members perform and speak at The Blue Mountains City Council IDAHOBIT community event at the Council Chambers

JUNE 2023

EViE Youth Advisory Group meet to discuss public safety for young people in the Blue Mountains and collaborate on a grant application.









@EVIE_EQUALITY



GROUPS AND EVENTS

Groups and events were back in full swing in 2022-2023 after a long period of COVID restrictions. Participation in groups was high with more than 2000 individual contacts across the programs. New groups were launched including Queer and Trans Yoga and Move & Groove. We were pleased to partner with Gateway Family Services to deliver a Therapeutic Weaving program in addition to our Yoga Nidra and Mum's and Bubs Social Group. Yoga in Chair and Tai Chi continued to be popular and the Walking Group clocked a mighty 648 individual walks.

Health and Community Education sessions were fun and creative. We worked with Breast Health NSW and the Blue Mountains Women's Shed educating about Breast Health with an Arty Bra session. We talked Sexual Health and STI prevention with Young People at Mardi Gras. We partnered with Central Tablelands and Blue Mountains Community Legal Centre to support women with medico-legal information and Planning Ahead.

The peer led programs which includes Arts Table and Craft & Knitting are particularly important. These groups are free and ongoing and create an invaluable opportunity for community connection.

FEEDBACK FROM PARTICIPANTS

"This group is so important for my mental wellbeing. It's helping me rediscover my creativity" - SHARYN

"I really enjoy coming to the groups, being with people and trying new activities." - SARAH

"I rely on these groups. I get out of the house and meet people" - JULIE.





GROUPS & EVENTS ATTENDANCE 2022-23

GROUP / EVENT NAME	Q1	Q2	Q3	Q4	TOTAL
Screening - Actually Autistic				17	17
Arts Table	19	21	15	21	76
Arty Bra		7			7
Craft & Knitting	77	90	69	83	319
Screenings - Ethics Centre			20		20
International Women's Day			119		119
Move & Groove			9		9
Mums and Bubs Social	38	29	18	6	91
Mums and Bubs Yoga	38	29	18	6	91
Planning ahead workshop		10			10
Q&T Yoga		21			21
Relax Body & Mind	17	11	10		38
Tai Chi	63	73	67	46	249
Screening - Unrest		13			13
Walking Group	157	140	166	185	648
Weaving		32			32
Yoga in Chair	48	58	35	40	181
Mardi Gras - Youth Sexual Health			23		23
Naidoc Week Event Screening & Lunch	40				40
Occasions of Service 2022 - 2023					2004



Above: Mia achieving RACGP medical accreditation milestone



IN CONVERSATION

WITH TFFI A



ACCREDITATION

2023 has been a productive year in pursuit of achieving RACGP Medical Accreditation through AGPAL. This is the first time the centre has sought this type of accreditation but once achieved it will see the centre well placed to receive possible new funding sources as well as provide a clear signal that we are meeting nationally recognised standards in delivering quality health care to our clients. Whilst RACGP Accreditation is focused on the clinical component of our services provided it has whole-of-centre benefits in keeping our governance, risk management, IT, quality improvement, and communication processes robust and up to date. The centre is on track to achieve RACGP Accreditation in early 2024. Thanks go to all staff for their participation in this process and engagement in ongoing quality improvement activities.

LET'S TALK **ABOUT ETHICS**

In 2023 BMWHRC introduced a program of live streams from the Ethics Centre to encourage community connection and conversation about important issues. In recognition of World Pride we streamed the "Ethics of Protest". We were delighted to be joined by our very own Lesley Sammon, MC member and 78er, who generously shared her memories and reflections from the First Mardi Gras.

In April 2023 we hosted "Reckoning, not Reconciliation" in conversation with Teela Reid. The session covered the Uluru Statement from the Heart along with discussions on the upcoming referendum on the Voice to Parliament. People participating in the session signed up to receiving more information about the referendum and opportunities to become involved in the campaign. A number of attendee's went on to join the "Walking Together" training as well connecting with other community action groups.

COALITION AGAINST VIOLENCE & ABUSE (CAVA)



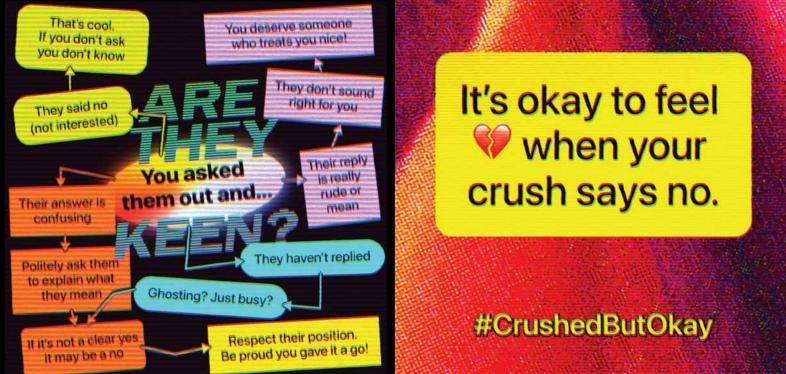
Blue Mountains Women's Health & Resource Centre convened CAVA through 2022-2023. The Centre partnered with other members to support the CAVA program of activities.

The Integrated Violence Prevention and Response Team (IVPRS), Mountains Youths Services Team (MYST) and Blue Mountains Women's Health and Resource Centre collaborated with the Alannah and Madeline Foundation to implement the "Crushed but Okay" Program locally. 'Crushed but Okay' is a campaign advocating for healthier online intimate relationships, where rejection can be talked about without stigma.

It has been co-designed with young people aged 15 to 20 from schools, sporting clubs and gaming groups, and aims to help young men (mainly aged 15 to 17) feel okay about rejection, to help make it easier to spot, and to get everyone talking about familiar experiences, in respectful and authentic ways.

The local program launched on the National Day of Action Against Sexual Assault at Winmalee High School where close to 40 young men took part. BMWHRC ran the program again later in the year with Katoomba High School Students and also with our Young Women's Advisory reaching another 30 plus young people.

Young people reported the program was relevant, carried a clear message and that it supported and encouraged better online behaviour.



INTERNATIONAL WOMEN'S DAY 2023

BMWHRC partnered with Blue Mountains Theatre & Community Hub, Springwood Neighbourhood Centre Cooperative and the Sydney Opera House to host a satellite live stream from the "All About Women Festival".

A highlight of the event was a thought-provoking live panel conversation featuring local High School Principal **Emma La Marquand**, activist and disability advocate **Sophie Van der Velden** and women's rights activist **Hava Rezaei**. The action also featured a Rummage & Roam second hand clothing bazaar and performances from **Hands, Heart and Feet**. More than 100 members of community attended.

International Women's Day 2023 also marked the launch of our sought after **"Smashing the Patriarchy"** T-Shirts. Team **EVIE** coordinated selling the T-Shirts, Tote Bags as well as MC'ing the day.



WAGANA WALANMARRA

A weekend of dance, weaving and cultural connection with the Wagana Dancers and the Walanmarra Artists for First Nations women living in the Mountains.

MID MOUNTAINS CENTRE LAWSON 12TH AND 13TH NOV 10.30AM-3.30PM

Email cherie@bmwhrc.org for more information

ADVISORY GROUPS

Our First Nations Women's Advisory Group, Women with Disability Advisory Group and Young Women's/EVIE Advisory supported the work of the Centre and shaped programming through 2022-2023. Our First Nations Women's Group led in developing a partnership with Gateway, Wagana Dance and Walanmarra Women's for a successful Cultural Connections Weekend facilitated by First Nations Community.

Our **Women with Disability Advisory** Group focused on health education and the impacts of gender on diagnosis and access to treatment.

The group hosted a session on Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and screened the award winning documentary **Unrest**. It is estimated that 8 out 10 people who experience ME/CFS are female and the diagnosis process is often lengthy.

The Disability Advisory hosted a screening of **Actually Autistic** from the Sydney Opera House All About Women Festival. Neurodivergence is also under diagnosed in women with an estimated 80% of women with autism either undiagnosed or misdiagnosed. Some ongoing groups were formed as a result of the screenings.



ZOE CLARE - FASHION SHOW FUNDRAISER

What a fabulous community we live in!

BMWHRC was proud to work with Jen Whitehouse and the team from Zoe Clare Leura on the inaugural Fashion Show Fundraiser. The night was an outstanding success. Fashions were modelled by real women across the age spectrum celebrating diversity and body positivity. Along with raising an incredible \$15,000.00 for the Centre, the team increased community awareness about Family and Domestic Violence and the importance of well-funded women's health services.

In addition to the generous fundraising the event also highlighted the impact of the housing crisis on women and invited community to consider more ethical use of their property. This event enabled the Centre to launch our Ethical Housing Project and resulted in people from the event offering their property. We look forward to continuing to work with Zoe Clare Leura.



STUDENT **CONTRIBUTIONS TO THE CENTRE**

Student placements contribute significantly to the work of the Centre. In 2022-2023 we welcomed Master of Social work Student Hope Aman-Hickey, Year 10 EVIE activist Miette Hoekstra and Sheree, Emily, Suzanne and Stella from UTS. Hope worked with Ursula in the counselling team, supported Art space and co-led the implementation of our Ethics Centre Program. Miette worked with Cherie and supported the group program including Artspace. Sheree, Emily, Suzanne and Stella formed the SSES Design Team and developed a proto-type format and graphics for an Affirmative Consent Education Tool.

The Centre is continuing development of the tool with an emphasis on supporting young people with disability. We thank our student colleagues for their contributions to the work of the Centre.

COMMUNITY **SUPPORTERS**

Thank you to the many individuals and community groups who regularly donate to the Centre. Along with the Fashion Show Fundraiser by Zoe Clare Leura we are also grateful to the ongoing efforts of many others in the community. These donations provide practical assistance to women and widen the scope of supports available in Centre. Thank you!

And we couldn't do it all without...

Special thanks to our support team AJ our cleaner who keeps the Centre spick and span and is endlessly patient. Thanks also to our gardener Karen who ensures the Centre is always fresh, fragrant and welcoming. We recognise and appreciate their work and its importance in creating a safe and trauma informed space.





Above: Leura Belly Dance Below: Our cleaner AJ, BMWHRC gardens



TREASURER'S REPORT

I am pleased to present the financial accounts for the Blue Mountains Women's Health and Resource Centre for the year ended 30th June, 2023.

The accounts show a small surplus of just over \$3,000. We have operated this year in an environment of rising prices whilst funding has been constrained, so it is pleasing that the Centre has managed to maintain our projects and not fall into a deficit position. This has been done with \$130,000 less in funding than in the 2022 financial year.

We continue to take advantage of any efficiencies we find and to, wherever possible, generate more of our own income than in the past. Covid had impacted a lot of our fee generation, but this is now building back, as evidenced by the 50% growth in fee income in the 2023 financial year.

Once again, the Centre received an unqualified report from our auditors, stating that the accounts do give a true and fair view of the financial position and performance of the Centre. I thank the auditors, William Tomiczek and Associates, for their professionalism and support during the audit. Finally, I wish to thank the Management Committee and the staff of the Centre who have all made continued improvement in financial efficiency and compliance a priority.

Helen Gillam Treasurer

Blue Mountains Women's Health & Resource Centre Inc.

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2023

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- Committee's Report
- Income and Expenditure Statement
 Statement by Members
- Detailed Balance Sheet
- Statement of Cash Flows

- Notes to the Financial Statements
- of the Committee
- Independent Auditor's Report to the Members

BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC.

Committee's Report

For the year ended 30 June 2023

Your committee members submit the financial accounts of the BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC. for the financial year ended 30 June 2023.

Committee Members

The names of committee members at the date of this report are:

Julie Martin Helen Gillam Kerry Mumford Jennifer Brown Jane McQueen Elizabeth Smith Lesley Sammon Anita Cox

Maree Cairns (June 2023)

Principal Activities

The principal activities of the association during the financial year were: provision of women's health and resources ..

Significant Changes

No significant change in the nature of these activities occurred during the year.

Operating Result

The profit from ordinary activities after providing for income tax amounted to

Signed in accordance with a resolution of the Members of the Committee on: 15th August 2023

Wie Martin

Julie Martin

felew Gillow

The accompanying notes form part of these financial statements.

Year ended 30 June 2023 \$ 3.038

Year ended 30 June 2022 \$ 4.987

Created: 16/08/2023 11:21 AM BM Women's Health & Resource Centre Inc 124 Lurline St Profit & Loss [Last Year Analysis] Katoomba NSW 2780 July 2022 To June 2023 ABN: 18 334 739 140 This Year Last Year

Income		
Prior Year Project Funds	\$112,924.47	\$80,823.77
Grants & Funding		
Nepean BM Local Health Distric	\$565,800.00	\$541,400.01
Dept Community & Justice RC	\$151,734.27	\$143,823.94
Dept Social Services (DV)	\$137,304.38	\$125,000.00
Cava	\$1,800.00	\$1,800.00
Other Project Grants	\$5,000.00	\$93,209.49
CoVid Counselling Grant	\$0.00	\$101,208.20
SARC Funding	\$14,691.29	\$0.00
Total Grants & Funding	\$876,329.94	\$1,006,441.64
Other Income		
Donations	\$18,376.77	\$1,260.00
Interest	\$3,302.44	\$578.49
Miscellaneous	\$0.00	\$15,037.10
Membership	\$34.58	\$54.59
BMWHRC Contribution	\$0.00	\$8,313.00
Total Other Income	\$21,713.79	\$25,243.18
Sales		
Sales - Herbs & Vitamins	\$0.00	\$114.99
Sales - BMWHC prod & services	\$18.18	\$0.00
Partner Organisation Contibutions	\$4,332.55	\$1,600.00
Total Sales	\$4,350.73	\$1,714.99
Fees Charged		
Fees - Acupuncture	\$0.00	\$5,830.00
Fees - Counselling	\$340.00	\$595.00
Fees - Victims Counselling	\$5,700.00	\$0.00
Fees - Massage	\$3,520.00	\$10,129.00
Fees - Group	\$7,945.00	\$3,100.00
Fees - Doctors	\$310.35	\$39.10
Medicare Receipts	\$66,234.30	\$35,542.55
Total Fees Charged	\$84,049.65	\$55,235.65
Jobkeeper subsidy	\$0.00	\$98,459.40
Total Income	\$1,099,368.58	\$1,267,918.63
Gross Profit	\$1,099,368.58	\$1,267,918.63

Expenses

entre Expenses		
Centre Admin Expenses		
Accreditation	\$1,885.76	\$0.00
Audit fees	\$3,536.36	\$3,000.00
Bank Fees	\$545.85	\$1,258.13
Computer supplies & service	\$26,767.48	\$72,394.32
Consultancy	\$0.00	\$300.00
Database	\$14,363.00	\$0.00
Employers Assoc	\$1,075.45	\$0.00
Equipment / Furnishings	\$6,596.72	\$6,034.89
Fundraising Expenses	\$1,290.30	\$0.00
Insurance	\$10,548.00	\$9,766.00
Legal Expenses	\$0.00	\$1,414.25

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Profit & Loss [Last Year Analysis]

July 2022 To June 2023

	This Year	Last Yea
Management Expenses	\$11,886.82	\$5,074.0
Planning & Policy	\$11,000.02 \$2,777.50	\$5,074.0 \$13,945.5
Total Centre Admin Expenses	\$81,273.24	\$113,187.2
Occupancy Expenses	\$01,213.24	ψ113,107.L
Electricity	\$2,379.20	\$1,204.2
Gas	\$9,807.28	\$7,331.4
Garbage / Cleaning	\$14,942.01	\$10,059.1
Rent	\$24,000.00	\$24,000.0
Security	\$1,120.00	\$1,105.5
Repairs/Maintenance	\$11,193.15	\$14,582.4
Water	\$220.87	\$361.0
Total Occupancy Expenses	\$63,662.51	\$58,643.8
Total Centre Expenses	\$144,935.75	\$171,831.0
Project and Event Expenses		
Admin Expenses Project		
Advertising/Publicity	\$0.00	\$2,095.7
Books/Resources/Subs	\$8,185.79	\$4,961.8
Membership WHNSW	\$0.00	\$3,688.0
Office Supplies	\$6,942.96	\$4,590.4
Telecommunications	\$4,083.18	\$6,898.7
Total Admin Expenses Project	\$19,211.93	\$22,234.7
Direct Services Costs	¢0.00	¢ 40.4
Acupuncture Supplies	\$0.00 \$1.077.27	\$40.8 ¢4.250.2
Laundry Massage Supplies	\$1,977.27	\$4,358.1 \$815.4
Massage Supplies Surgery Supplies	\$692.00 \$6,894.23	4-15.2 4,5,028
Total Direct Services Costs	\$9,563.50	\$10,242.8
Group Costs	\$9,505.50	¢10,242.0
Group - Advisory (Honorariums)	\$3,010.00	\$0.0
Group - Catering	\$3,010.00	\$0.0 \$2,020.0
Group - Facilitators/Presenter	\$18,235.35	\$6,308.7
Group - Materials & Other exp	\$2,406.99	\$2,547.8
Group - Venue Hire	\$2,498.08	\$1,078.7
Total Group Costs	\$30,763.01	\$11,955.5
Other Project & Event Costs		
Womens Support	\$5,797.14	\$15,885.8
Project - Program Costs	\$5,826.69	\$8,202.2
Total Other Project & Event Costs	\$11,623.83	\$24,088.1
Total Project and Event Expenses	\$71,162.27	\$68,521.2
Staff Related Expenses		
Wages		
Admin Management Wages	\$112,255.55	\$160,539.3
Allied Health Wages	\$17,121.69	\$50,354.0
Counsellors	\$151,260.01	\$181,833.
Doctors	\$91,155.38	\$44,120. ¢70.056
Health Promotion/Comm Dev	\$83,569.11 \$52,644,18	\$70,956.
Nurse Broject Worker	\$52,644.18 \$71,678,02	\$35,063.
Project Worker Reception /Information Officers	\$71,678.03 \$145 872 61	\$90,144.6 \$120.621.9
Reception/Information Officers Childcare Wages	\$145,872.61 \$0.00	\$120,621.5 \$1,083.0
Cimulare Wayes	\$0.00	\$1,083.

This report includes Year-End Adjustments.

This report includes Year-End Adjustments.

Page 2 of 3

BM Women's Health & Resource Centre Inc 124 Lurline St Katoomba NSW 2780 ABN: 18 334 739 140

Profit & Loss [Last Year Analysis]

This report includes Year-End Adjustments.

Page 3 of 3

July 2022 To June 2023

BM Women's Health & Resource Centre Inc
124 Lurline St
Katoomba NSW 2780
ABN: 18 334 739 140

	This Year	Last Year
Cleaner	\$0.00	\$4,475.60
Temporary Contract Health Workers	\$0.00	\$12,372.26
Relief Wages	\$4,508.57	\$39,004.07
AL & LSL Paid on Termination	\$24,262.73	\$24,229.40
Eligible Termination Payment	\$12,264.00	\$0.00
Travel Vehicle	\$3,671.76	\$3,505.76
Total Wages	\$770,263.62	\$838,304.07
Oncosts		
AL & PL Provisions	-\$19,413.51	\$32,053.23
LSL Provisions	-\$16,400.56	-\$7,159.33
Superannuation	\$77,009.40	\$81,320.29
Workers' Compensation	\$13,020.86	\$20,379.68
Total Oncosts	\$54,216.19	\$126,593.87
Other staff expenses		
Staff Amenities	\$5,345.77	\$3,889.71
Supervision - Counsellor	\$4,190.00	\$4,820.00
Supervision - Other	\$3,780.00	\$1,650.00
Training/Conferences	\$3,772.94	\$11,385.20
Travel Public	\$666.39	\$936.54
Total Other staff expenses	\$17,755.10	\$22,681.45
Total Staff Related Expenses	\$842,234.91	\$987,579.39
Grant monies unspent but alloc	\$37,951.77	\$35,000.00
Total Expenses	\$1,096,284.70	\$1,262,931.71
Operating Profit	\$3,083.88	\$4,986.92

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Balance Sheet [Last Year Analysis]

June 2023

	This Year	Last Yea
Assets		
Current Assets		
BM Womens Health RC	\$103,562.64	\$41,294.8
Cash Invest 28020273	\$274,092.64	\$572,308.1
Term Deposit	\$187,537.47	\$185,993.4
Debit Card	\$1,122.51	\$7,786.0
Cash Float	\$35.09	\$92.6
Prepayments	\$629.70	\$0.0
Stock on Hand	\$815.80	\$815.8
Total Current Assets	\$567,795.85	\$808,290.9
Non Current Assets		
Plant & Equipment		
Plant & Equipment at Cost	\$143,124.16	\$143,124.
Plant & Equip Accum Dep	-\$143,124.16	-\$143,124.
Total Plant & Equipment	\$0.00	\$0.
Leasehold Improvements		
Leasehold Improvements at Cost	\$68,587.74	\$68,587.
Leasehold Imp Accum Dep	-\$68,587.74	-\$68,587.
Total Leasehold Improvements	\$0.00	\$0.
Total Non Current Assets	\$0.00	\$0.
otal Assets	\$567,795.85	\$808,290.
iabilities		
Current Liabilities		
Accrued Expenses	\$3,246.72	\$0.
Grants in Advance		
Nepean BM Local Health District	\$18,300.00	\$135,350.
Wentworth Healthcare	\$25,000.00	\$5,000.
Dragonfly Grant	\$4,000.00	\$0.
Total Grants in Advance	\$47,300.00	\$140,350.
Quality Accreditation	\$2,000.00	\$2,000.
Unexpended Project Funds	\$75,688.04	\$162,312.
Provision - Group work	\$4,400.00	\$4,400.
Holding of Funds for Upcoming Projects	\$15,451.77	\$0.
Victim Support Services	\$5,700.00	\$0.
Staff Monies Held		
Donation	\$455.00	\$890.
Total Staff Monies Held	\$455.00	\$890.
Payroll Liabilities		
PAYG Tax Payable	\$12,962.00	\$18,578.
Superannuation Payable	\$0.00	\$9,722.
Total Payroll Liabilities	\$12,962.00	\$28,300.
GST Liabilities		
GST Collected on Income	\$6,645.36	\$18,474.
GST Paid on Supplies	-\$3,401.12	-\$4,816.
Total GST Liabilities	\$3,244.24	\$13,658.
Employee Provisions	<i>t</i> 10 700 07	#F 4 - - -
Provision for Annual Leave	\$46,720.97	\$54,173.
Provision for Personal Leave	\$14,493.00	\$23,141.
Provision for TIL Accrued	\$3,454.30	\$6,766.
Total Employee Provisions	\$64,668.27	\$84,081.

This report includes Year-End Adjustments.

Page 1 of 2

BM Women's Health & Resource Centre Inc 124 Lurline St Katoomba NSW 2780 ABN: 18 334 739 140

Created: 16/08/2023 11:20 AM Balance Sheet [Last Year Analysis]	Katoomba	Lurline St NSW 2780		BLUE MOUNTAIN	
June 2023	ABN: 18 334 739 140			STATEMENT OF CASH FLOWS	
	This Year	Last Year	OPERATING CASHFLOWS		
Total Current Liabilities	\$235,116.04	\$435,994.46	Income from prior year	112,924	
Non Current Liabilities Provision for Long Service Leave Provision for Redundancy	\$11,999.08 \$94,199.40	\$16,135.64 \$106,463.40	Grants Sales Other fees & services Sundry income	763,405 0 0	
Provision for Equipment Rplcmnt Total Non Current Liabilities	\$70,507.45 \$176,705.93	\$96,807.40 \$219,406.44	Job Keeper susidy	0	876,329
Total Liabilities	\$411,821.97	\$655,400.90			670,525
Net Assets	\$155,973.88	\$152,890.00	Decrease Grants in Advance		-93,050
Equity Retained Earnings			Operating expenses Cash		-1,027,076
Retained Earnings Centre Current Year Surplus/Deficit	\$152,890.00 \$3,083.88	\$147,903.08 \$4,986.92	Net cash flows from operating		-243,797
Total Equity	\$155,973.88	\$152,890.00	Interest received		3,302

Net cash flows for the year	-240,495
Cash at Barnk 1 July 2022	808,290
Cash at Baı nk 30 June 2023	567,795

This report includes Year-End Adjustments.

IOUNTAINS WOMENS HEALTH & RESOURCE CENTRE INC.

2023

OPERATING CASHFLOWS

Income from prior year Grants Sales Other fees & services Sundry income	80,823 1,006,441 1,715 64,863 15,037	
Job Keeper susidy	98,459	
		1,267,338
Decrease Grants in Advance		-199,324
Operating expenses Cash		-1,296,897
Net cash flows from operating		-228,883
Interest received		578
Net cash flows for the year		-228,305

Net cash flows for the year	-228,305
Cash at Baank 30 June 2021	1,036,595
Cash at Bank 30 June 2022	808,290

Notes to the Financial Statements

For the year ended 30 June 2023

Note 1: Summary of Significant Accounting Policies

Basis of Preparation

This financial report is a special purpose financial report prepared in order to satisfy the financial reporting requirements of the Associations Incorporations Act of New South Wales. In the opinion of the committee the association is not a reporting entity because it is not reasonable to expect the existence of users who rely on the association's general purpose financial statements for information useful to them for making and evaluating decisions about the allocation of resources.

The financial report has been prepared in accordance with the Associations Incorporations Act of New South Wales, the basis of accounting specified by all Australian Accounting Standards and Interpretations, and the disclosure requirements of Accounting Standards AASB 101: Presentation of Financial Statements, AASB 107: Cash Flow Statements, AASB 108: Accounting Policies, Changes in Accounting Estimates and Errors, AASB 1031: Materiality and AASB 1054: Australian Additional Disclosures.

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

The association has not assessed whether these special purpose financial statements comply with all the recognition and measurement requirements in Australian Accounting Standards.

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

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

BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC. Statement by Members of the Committee For the year ended 30 June 2023

The Committee has determined that the association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the Committee the Income and Expenditure Statement, Statement of Financial Position, and Notes to the Financial Statements:

- 1. Presents fairly the financial position of BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC. as at 30 June 2023 and its performance for the year ended on that date.
- 2. At the date of this statement, there are reasonable grounds to believe that the association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

Julie Martin President

rllam

Helen Gillam Treasurer

15 August, 2023

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Independent Auditor's Report to the Members

Report on the Audit of the Financial Report

Opinion

We have audited the financial report of BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC. (the association), which comprises the Statement by Members of the Committee, the Income and Expenditure Statement, Balance Sheet as at 30 June 2023, a summary of significant accounting policies and the certification by members of the committee on the annual statements giving a true and fair view of the financial position and performance of the association.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the association as at 30 June 2023 and [of] its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the Associations Incorporation Act 2009.

Basis for Opinion

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

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

Emphasis of Matter – Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the association to meet the requirements of Associations Incorporation Act 2009. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Committee for the Financial Report

The committee is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the Associations Incorporation Act 2009 and for such internal control as the committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the committee is responsible for assessing the association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the committee either intends to liquidate the association or to cease operations, or has no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Report

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

Independent Auditor's Report to the Members

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

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the association's internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee.

- Conclude on the appropriateness of the committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

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

Signed on 15 August, 2023:

William Tomiczek F.I.P.A., Registered Company Auditor 1425 William Tomiczek & Associates 66 Emu Plains Rd Mt Riverview 2774





www.bmwhrc.org

☑ reception@bmwhrc.org

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