



BLUE MOUNTAINS WOMEN'S
HEALTH & RESOURCE CENTRE

ANNUAL REPORT



2021 - 2022

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.

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.

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.

BMWHR is an ASES quality accredited organisation (see below).

The Blue Mountains Women's Health & Resource Centre is a feminist, community-based 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.



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 pride that I present and commend to you this 2021/2022 Annual Report of the Blue Mountains Women's Health and Resource Centre (BMWHRC). This year the Centre has continued to provide a sensitive, responsive and high calibre service for women and young women in the community. We could not continue to provide our services without the dedication and expertise of our staff. Alongside staff, there is also the commitment of an excellent Management Committee (MC) of local women who have diligently contributed to considered and effective strategic decision making.

BMWHRC could not provide these services without funds and I thank NSW Health and the Department of Communities & Justice (DCJ) for our core funding. I also thank the Department of Social Services (DSS) for their 12month grant for our violence prevention work and for the discrete grants provided during COVID.

Staff are to be acknowledged for their flexibility and willingness to adapt their roles and service in these difficult & stressful times. Although getting less prominence in government policy and the media, COVID is still with us and impacts on the day to day operations of the Centre. At the same time, we have seen an increase in women's homelessness and impoverishment which has presented a new set of challenges to staff and Committee.

At this point I also wish to acknowledge the exceptional leadership of the Centre Manager Gina Vizza, a bundle of enthusiasm and energy, who hit the ground running when she commenced with the Centre in July 2021. Gina brought to us a fresh & strategic vision, both for improvements we could make in Centre operations and ideas for new initiatives. Gina is successfully progressing the Centre through an organisational change process. Some of the improvements and new initiatives have already been implemented and will be outlined later in this Report.

This year also saw the departure of some longer term staff, Sue Wildman Art Therapist and Intake worker and Ruth Mayroz, Acupuncturist. I also want to thank Monika Hammerle who joined us temporarily as a counsellor due to some additional COVID DV funding, Jade Bell who helped the Centre establish its First Nations Advisory Group and Olivia Parrott, who with Sian Doko established the Study Hub and worked with Artspace and the EViE group. On behalf of the MC I thank these women for the excellent service they have provided to women in the community.

The MC has also had some departures and additions. First, I wish to acknowledge the departure of the former Vice Chair, Suzanne Jamieson whose wonderful sense of humour brought some light relief to the MC during discussion of serious and complex issues. At the same time, she showed a sharp mind and common sense. Suzanne continues to contribute to the Centre in her capacity as a member of the WHS sub-committee to which she brings her considerable legal expertise in occupational health. Julie Howes, also left the Committee and we thank her for her contribution as



The Blue Mountains Women's Health & Resource Centre Management Committee

Secretary and her legal expertise. The Committee welcomed Kerry Mumford who has taken over from Suzanne as Vice Chair and Anita Cox. Kerry brings to the Committee, among other things, skills in communication, funding processes and experience in the youth sector. Anita adds to the mix with her specialist knowledge of DV issues and service provision plus knowledge of networks in the greater Blue Mountains region.

Later in this Report the Manager and other staff will present some detailed information of their achievements and challenges. Here I would like to simply give an overview of some highlights.

Apart from Covid and all its permutations, funding shortages have been an enormous challenge to the Centre. The NSW WH sector has been underfunded for many years but we have now arrived at the pointy end. As a result, the Manager and MC have conducted a review of what we could continue to do and what we could not afford to do any longer. This has included a review of staff positions, priority groups for the Centre services plus examination of other funding sources. It has also included joining forces with other Womens' Health Centres to advocate for increased funding. Gina in collaboration, with some other WHC managers, has been one of the driving forces in this advocacy process.

Despite all the challenges the manager, staff and MC have faced together, there is much of which we can be proud. Last year's Annual Report foreshadowed some new projects and development for the Centre. I am pleased to report that those have now been achieved.

ACHIEVEMENTS

1. After 6 months without a GP, successful recruitment of GP's. Dr Miriam Brooks returned to the centre in July 2021 and was subsequently joined by Dr Alison Lyons some months later.
 2. Continuing extension of work with young women, including the Artspace program which has again grown in last 12 months and which is Inclusive of sexual diversity.
 3. Extension and consolidation of outreach work in Lithgow with both a nurse available to see clients every Monday and a Senior Counsellor available on a weekly basis. We thank Dianella Cottage for their partnership in this work.
 4. Successful application for SARC funding in partnership with Belong BM which will facilitate services to young women in Lithgow, Katoomba and Springwood.
 5. Upgrade of our telephone system to allow for more efficient and timely responses to women calling the Centre for advice and appointments.
 6. The upgrade of our new look and user friendly website with capacity for women to book appointments online and register for groups. While there is still work to be done, a great deal of work has gone into creating resources and relevant links to essential information and services.
 7. Recommencement of the Centre's highly valued and popular group programme following the pivot to online programs during Covid.
 8. Upgrade of our IT equipment and systems to allow for more reliable, efficient and secure systems.
 9. Implementation of electronic record keeping and commencement of converting hard copy records to electronic versions.
 10. Liaison with the landlord (Blue Mountains Land Foundation) for Improvements to the building safety, comfort and utility.
 11. Improvements to our policies and work practices to ensure that the Centre is an inclusive and safe space.
 12. Continuation of our strong advocacy for Womens' health needs in the Blue Mountains and NSW.
- All of these achievements and more are reported on in detail in the following sections.**

Julie Martin

CHAIRWOMAN ON BEHALF OF THE BMWHRC MANAGEMENT COMMITTEE

MANAGER'S REPORT

My first day at the Centre was the 19th July 2021 and I think either that day or the day after we entered a COVID lock down. Despite the challenges presented by COVID, staff rose to the challenge (as they always do) and delivered services as and when possible. We all became drivers (some, better than others – I personally got lost in Meadow Bath – but that's a story for another time), as we delivered food and art packs so that programs could still be delivered, virtually.

In the last 12 months the Centre has tried to build on all the terrific and powerful work of previous Managers and Staff. Staff have, as the Chairperson, Julie Martin has said, been flexible - they have continually put the needs of their clients first. I thank them for that commitment.

It was also a big year of renewal for the Centre. There were the obvious changes to the building itself (painting, some new furniture etc)...but there has also been a reinvigoration of the Centre's commitment to working across the Mountains and Lithgow. A renewed commitment to partnership working has seen new funding opportunities as well as new opportunities for service delivery in the lower mountains and Lithgow. We particularly want to thank Belong Blue Mountains, Mountains Outreach Community Services (MOCS), Thrive, Dianella Cottage (Lives Lived Well) and Central Tablelands & Blue Mountains CLC for their engagement and as always, our thanks to all the CAVA members for their continued commitment to addressing gender equity and the gendered drivers of violence.

As a result of a brief but necessary injection of funds via the Social Sector Transformation Fund from DCJ, the Centre was able to spend some money on upgrading its IT infrastructure and Cyber Security. We thank Belong Blue Mountains for taking the Centre out of the IT Dark Ages and into the 21st Century. This work continues and it has been hard work. The upgrade included a considerable amount of expertise, time and patience from Dale Reardon and Jordan Fiddling from Belong BM, while we all grappled with the significant requirements of a Medical Practice and a Resource Centre. Again, I thank all involved in this ongoing and essential process. For too long, the community sector has struggled with substandard equipment, software and processes. It is a great example of how much as a sector, we are prepared to work and commit to when we are provided with the necessary funding.

Julie Martin has set out many of the Centre's specific achievements for the last year and staff will speak to their programs. I want to thank the Management Committee, particularly Julie Martin, Jane McQueen and Lesley Sammon for their continued support. My thanks also to the whole MC -they have demonstrated their commitment to staff, clients and health justice and have been a pleasure to work with.

I equally want to thank Staff. They have been cleaners, painters, delivery drivers, artists, cooks – while all the time also being incredible professionals who help clients to change their own lives.

I too want to acknowledge the staff who have left, namely Sue Wildman, Monika Hammerle, Ruth Mayroz, Jade Bell and Olivia Parrott. I thank them for their energy, work and commitment to service delivery.

PROGRAMS AND FUNDING

NSW Health Funding

BMWHR has received NSW Health funding since 1984 to run its core functions which includes specialist women's health clinics; complementary therapies including acupuncture and massage; trauma specialist counselling; information, assessment and referral services; health promotion programs, group work, community action and community development. Further in this report you will find service statistics and client feedback which tell the story of the range of services provided, the number of women assisted and the impact our staff and services have on their lives.

NSW Department of Communities and Justice (DCJ)

DCJ funds part of our service through its Targeted Earlier Intervention (TEI). Partnerships are a key part of this program and BMWHR has built strong partnerships across the Blue Mountains and Lithgow Local Government Areas. This grant covers community engagement and capacity-building activities including the Blue Mountains Coalition Against Violence and Abuse (CAVA). It also funds information and referral activities and participation in local Inter agencies. As part of our early intervention activities TEI helps us to provide groupwork and counselling activities in local high schools including Lithgow and Katoomba High Schools. The Young Women's ArtSpace is also part of this funding stream which enables us to engage young women with our centre-based physical and mental health services. The specific outcomes of this program will be reported elsewhere in this report.

COVID-19 Funding

In recognition of the impacts of COVID-19 on vulnerable populations and the increased incidence of domestic violence, BMWHR had been successful in obtaining COVID-funding to increase counselling hours and provide group work and support programs. This funding was sourced from the NSW Department of Communities and Justice and while it ended in November 2021, more information will be provided about activities within this funding strand later in Team Reports.

The National Plan to reduce violence against women and their children

We were fortunate to receive a Federal grant from the Department of Social Services to run domestic and sexual violence prevention and early intervention programs. As part of this program, funding was provided for additional counselling and group programs. A highlight is the EViE program which has built on the centre's success with engaging young women as a violence prevention strategy. EViE uses a range of activities and media to work with young women in the creation of clear messaging and targeted information to prevent and respond to domestic and sexual violence.

Contract Managers

I also want to acknowledge our Contract managers. With DCJ, Belinda Pauline has been patient, supportive and very generous with her knowledge and expertise.

My equal thanks to Susan Crosbie and Paul Van Den Dolder from NSW Health who have been incredibly helpful and knowledgeable and again, have been generous with resources and guidance.

Finally, while the contract managers have changed, my thanks to those who support us with the DSS National Plan to reduce violence.

Advocacy

What has struck me about working in a Community is that the sense of history, connectedness and ownership is strong. Women want the Women's Health Centre to exist. They want it to be strong, vibrant and inclusive. Importantly, they will advocate for it to be properly funded.

MAYA ANGELOU ONCE SAID:

'I'm interested in women's health because I'm a woman. I'd be a darn fool not to be on my own side.'

We need everyone to be on the right 'side' of this advocacy now. Once again, we need to convince government, that investing in the wellbeing of women is good for everyone.

Blue Mountains Women's Health Centre has been working closely with its sister organisations to amplify the voice of women experiencing health inequity. To that end, we have been unapologetic about our focus on pursuing the recognition of the cost benefit to the State and the community, of the interventions offered by the professional, trauma informed work of Women's Health Centres.

We are fighting for the existence of Women's Health Centres and for Women's Health to be recognised as essential – not just for our economic participation – but for the social fabric we create and strengthen.

We will continue to advocate for sustainable funding and for recognition of the substantial contribution that properly funded, community based organisations can make to their respective communities.

Gina Vizza

MANAGER



The Blue Mountains Women's Health & Resource Centre Staff

NUMBER OF CLIENT CONTACTS PER PRESENTING ISSUE:

(Main issues for attending the centre)

CLINIC:

Gynaecological	195
Contraception	163
Vulva - Vaginal other	113
Menstruation	103

ALLIED HEALTH:

Chronic Pain	263
Tiredness/Fatigue	164
Injury - Chronic	43

COUNSELLING:

Anxiety	207
Depression	167
DV (Family)	132
Violence (Adult CSA)	118
Stress	117
Mental Health	91
Complex Trauma	72

CLINICAL SERVICE

Occasions of Service: 698

The Centre is incredibly fortunate to have been able to welcome back Dr Miriam Brooks this year. Miriam's expertise in trauma informed work is invaluable for clients and staff alike. Just when we thought it couldn't get any better, we were able to secure an additional doctor, namely Dr Alison Lyon.

Salicia Davies continues as our excellent Registered Nurse and has also commenced providing clinical services in Lithgow every Monday. Salicia works one Monday from Lithgow High School and the other Monday, from Dianella Cottage. 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 (which for a short time included Alison's baby boy Leo) has allowed the Centre to focus on its priority population and its particularly disadvantaged, marginalised clients and, through their valuable advice, ensured that as a Centre, we have been able to provide services, relatively uninterrupted despite COVID.

The team is busy, with clients having to book 4-6 weeks in advance. The Young Women's clinic continues to be a tremendous success with between 6-10 women dropping in to the service.



ADMINISTRATION, INFORMATION, SUPPORT & REFERRAL SERVICES

The last financial year has seen significant changes to the Administration, Information, Support and Referral Services provided by the Centre. We thank Xanthi Dafnis, Jude Dawson, Mia Rose and Kirsty Graham for their continued commitment to clients and staff throughout this period of change. As new reporting and digital systems were introduced, the Reception team had to quickly learn new processes, while simultaneously, still offering trauma informed services to clients accessing the service. They did, all while dealing with the spectre of COVID and its various strains... and a new manager!

The last year has seen significant changes to Best Practice usage, digitalising of client files, new reporting and data collection processes as well as new equipment – including a new phone and computer system. The changes and challenges have been significant. We hope that as these changes have time to be properly imbedded and reviewed, the improvements to processes and systems will be felt by both staff and clients alike.

COMMUNICATIONS STRATEGY

The last year has seen a significant amount of work directed at the branding of the Centre and a focus on improving access to resources and information. We want to acknowledge the work done by Anne O'Grady in setting up and maintaining – voluntarily – the previous website. We thank her for her long time work and dedication.

In 2021 the Centre worked with Students from the UTS Shopfront project undertaking a project in Socially Responsive Design to develop the look and feel of our new website. The students were exceptional to work with and came up with the design we now have for our Website. The designs were terrific – but we needed to build the website. The Centre wishes to specifically acknowledge Ailie Banks for her work on building the new website. This has been both a monumental, and a truly excellent piece of work. While we are not yet done – clients can now register and pay for groups online; engage with the programs offered at the Centre and as we continue to build resource hubs, will have access to essential information for their health and wellbeing. We hope soon that clients will also be able to book appointments online...watch this space – or rather... www.bmwhrc.org

The Centre would also like to acknowledge Ellie Ashfield who has worked with us to create our logo, develop social media assets and continues to develop with us, a range of Centre resources. Her work has been transformative for us and we want to thank her for her creativity, talent and hard work.

ALLIED HEALTH

Occasions of Service: 313 for Massage and 187 for Acupuncture

Acupuncture had been significantly impacted by COVID restrictions, but demand for the service did not abate. As a result, the service was busy as soon as restrictions began to relax. Unfortunately our long time Acupuncturist, Ruth Mayroz left the Centre. She has been and continues to be missed by clients and staff alike and we wish her well for her future endeavours.

With Ruth's departure, Remedial Massage became even busier, if that were possible. Remedial Massage is available to clients who are trying to manage chronic pain and/or complex mental health issues. The key development with this modality has been the increase in referrals from the counsellors and the work done by Larysa and her colleagues, to really gain an insight into the benefits of 'integrated health'. The Centre will be able in the next Annual Report to identify the progress of this initiative and the essential benefits to clients.

COUNSELLING TEAM ACHIEVEMENTS

Occasions of Service: 859

In the second half of 2021 with the long COVID lockdown extending into October, the Counselling Team attempted to address the ongoing impact that social isolation was having on the mental health and well-being of some of the more vulnerable women in our community.

Sue Wildman and Monika Hammerle co facilitated 'Go with the Flow. Women connecting together to gain insights and strategies for challenging times'. This 8 week evidence based mindfulness/CBT combined Art Therapy Group was conducted online via zoom from August through to October 2021. Participants were sent art material packs to their homes prior to commencement of the group.

'I felt so special and cared for with such beautiful art materials.'
- Group participant.

The group made a huge difference to the participants who reported feeling more socially connected and improved mental health.

INTAKE

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.

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"

"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.

This has been particularly true of women who can get the long term counselling that they need via Victims of Crime. Intake has then offered practical support in the completion of the forms that can be confronting to complete alone and in isolation.

This is also true of women needing support with housing issues. In light of the housing crisis facing the Blue Mountains the request for housing support has increased. Obviously we are unable to provide housing, but we can try and smooth the pathway to the services that can.

Women who access the Intake for 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.

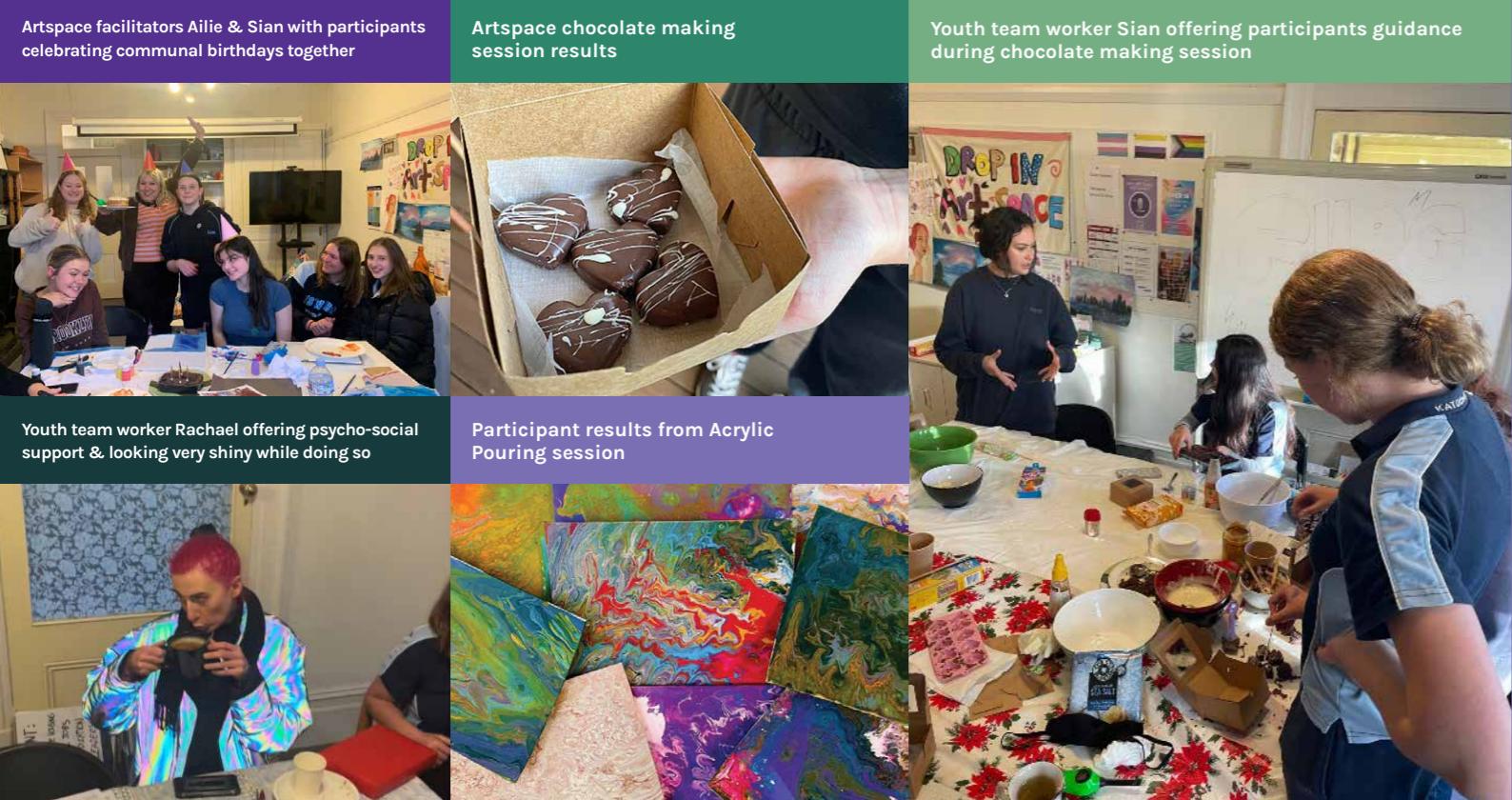
Intake provides an opportunity to hear the wider themes emerging in our community and how we might address those via advocacy, community development and health promotion activities. Intake allows for the opportunity for women to tell their stories, and it is an honour to listen.

ARTSPACE

Art Space continues to run on Thursdays during the school term, and is open to young women & non-binary folk under the age of 25. Ailie Banks facilitates the Art Space program and has been in this role since February 2021. Due to growing demand, Sian Doko and Rachael Rae were onboarded to assist with Art Space in March 2022. Sian previously assisted Art Space with Olivia Parrott from October 2021. Both individuals were regular participants of the EViE Project and Art Space group. Due to Olivia's departure, Rachael was brought onto the team after finishing her student placement with the Centre. Together, these facilitators are known as the Youth Team.

The Youth Team's primary duties are to promote, roll-out and facilitate Art Space. Ailie continues to deliver the workshop element of Art Space as well as plan, prepare and distribute the resources for each session. Ailie also provides transport to and from the Centre if necessary. Rachael is currently a student of Western Sydney University studying a Bachelor of Social Work. Due to her extensive experience in the youth sector and social work background, Rachael's primary role is to provide psycho-social support during Art Space and provide necessary follow ups with participants. Sian graduated with a Bachelor of Social Science with Distinction in April 2022. Sian's role has developed into a co-facilitator capacity, and her primary duties include social media content creation and roll out, data collection and distribution and ongoing assistance with Art Space sessions.

Each member of the Youth Team has strengths in different areas, which has been key to delivering a collaborative and successful service.



STATS

In July 2021, Art Space was forced to shift online during the COVID-19 pandemic. Supplies were dropped to participants' homes by Ailie, Rachael and Cherie and three sessions were conducted over zoom. An unprecedented 26+ young people attended these sessions, with an average of 13+ young people per session. The Youth Team hypothesize that ease of access over zoom contributed to greater numbers in Art Space.

Art Space resumed in person during Term 4 of the 2021 school year. Approximately 12 new young people joined Art Space in person at the end of 2021, with an average of 8 participants attending each of the five sessions.

These numbers increased during the first half of the 2022 school year. In Term 1 of Art Space, nine sessions were organized and 10 new participants joined throughout the Term. An average of 8 participants attended Art Space sessions in Term 1. In Term 2 of Art Space, nine sessions were organized and 15 new participants joined during this period, with an average of 10 participants per session. The most amount of young people in one session occurred during this term, which was 14 participants.

Overall, the Youth Team have seen an increase in young people who attend in-person sessions. The average increased from about 8 participants per session at the end of 2021 to now 9-10 participants in Term 2 of 2022. In total, 52 young people have attended an Art Space session throughout the July 2021-June 2022 period. On average, that is just over 1 new participant per week and approximately 9-10 participants in total per session.

The Youth Team have facilitated an array of Art Space activities, including candle making, mosaics, acrylic paint pouring and DIY fairy wing creation. The Youth Team work collaboratively to promote, set-up, facilitate and pack-down after each session.

The main focus of facilitation is to build rapport with participants and provide any necessary referrals. In Term 2, the Youth Team made 39 individual internal referrals. The majority of these were to counselling (14 referrals), in line with increasing mental health need from the cohort.

The Youth Team have also referred participants to our Study Hub (11 referrals), Young Women's Clinic (10 referrals) and other members of staff- such as the manager for work experience with the Centre (4 referrals). The Youth Team have made a limited number of external referrals, as most external services refer young people to the Centre due to extensive waiting lists.

In addition, Ailie provides transportation for participants on a regular basis. During Term 2, Ailie provided transport on 33 occasions and consistent transportation to 9 participants over the whole term. The Youth Team are aiming to procure a mini bus and reduce risks associated with driving participants in a personal vehicle.

ART SPACE HIGHLIGHTS

Art Space is Making a Difference

The role of Art Space has shifted substantially over the past year. The group began as a means of engaging young women with the Centre, and act as a soft entry point to services such as the Young Women's Clinic.

Now, Art Space has grown into a service of its own- a result of successful relationship and rapport building with participants and collaboration by the Youth Team. The team provide mentorship, resources, opportunities and crisis support which has been vital to the success of the program.

The effectiveness of Art Space can be measured by positive changes displayed from attendees. For example, one attendee joined Art Space in Term 2 needing significant mental health support. They were disengaged from the session, and opened up to the Youth Team after some rapport building. They were referred to counselling, and provided with appropriate interventions and support from the team. By the end of the term, this young person was engaged with the session. They expressed a desire to become better friends with other members of Art Space, and bonded well with other participants.

This case is not unique. Across the board, the Youth Team have seen an increase in wellbeing for attendees. Young people have become more informed, more confident and are doing better emotionally and socially from attending Art Space.

The case above highlights how important Art Space is for overall wellbeing, mentorship, connection to services and engagement with peers.

Art Space has grown into a critical service for the Centre and is making positive changes amongst the cohort.



Art Space is Diverse

The Art Space cohort is becoming more inclusive and diverse as new participants join the group. The age range of participants spans between 12-23 years of age, however the majority of the cohort fall between the 14-16 age range. Although there are challenges balancing different needs for each age group, the Youth Team recognize the importance of appealing to young people from different ages.

In terms of gender, the majority of participants are young women. However, there are 6 non-binary participants and 1 trans young man who have joined Art Space since July 2021. The Youth Team have undertaken LGBTQIA+ training in order to make Art Space safe and gender inclusive. Pronoun pins have become a useful tool for both staff and participants, as well as a focus on respecting pronouns within each session.

There are many Art Space attendants who are from a CALD (Culturally & Linguistically Diverse) background. At least nine members are culturally diverse, and four speak a language other than English. Artspace participants come from a range of cultural backgrounds, including Maltese, Greek, Chinese, French, Russian/Ukrainian, Dutch & Maori.



The issue of Mental Health amongst young people

An important issue to address is the ongoing mental health struggles displayed by young people coming through Centre. Mental health struggles are extremely high within the younger demographic, which is consistent amongst participants in Art Space. In total, six young people were internally referred to counselling from Art Space in Term 2 of 2022.

EViE ACTIVITIES

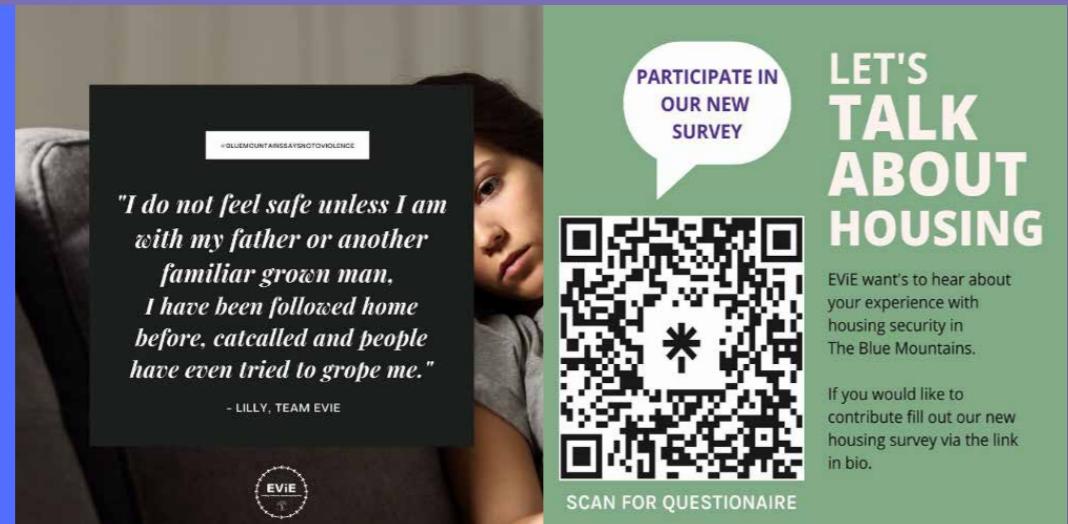
The EViE Youth Activist team have made some strong actions in the July 2021-June 2022 period. Ailie Banks and Cherie Brandon continue to facilitate the project, with the help of Sian Doko and Rachael Rae since October 2021 and March 2022 respectively.

The team's primary role is to plan, promote, facilitate engagement and distribute resources around the primary prevention of violence against women & their children.

Social tiles created from the EViE survey responses.

'Despite being young people, we are an intelligent and informed cohort who are ready to have real conversations about the topic of consent.'

SIAN, TEAM EViE



ONLINE ACTIVISM & UTILISING SOCIAL MEDIA FOR CHANGE

In July 2021, much of the EViE Youth Activist Project continued online due to the COVID-19 pandemic. During lockdown & restriction periods, Ailie Banks continued to generate content and facilitate engagement online.

To date, the EViE Instagram and EViE Facebook profiles have a combined following of over 550 accounts with 64 custom social tiles posted regarding local activism, gender equity & Violence prevention.

Ailie also created and distributed a series of online surveys that came out of collaboration with the EViE young activists. Local people engaging with the project were invited to contribute their voices which were shared as social posts to raise awareness about particular issues contributing to safety, community & violence.

A survey of particular interest was one pertaining to the effects of the lockdown for young people. The EViE Youth Activist members responded to the survey with comments such as:

"I have a toolbox of coping strategies that I've accumulated over a decade of therapy. But nothing could have prepared me for lockdown. This period has forced me to adjust and learn new strategies, which is honestly exhausting." - **Sian, aged 21.**

"The stress from online school, being away from the people I love, is affecting me a lot mentally and I can only imagine others feel the same." - **Alice, aged 15.**

"As a healthcare worker, it's been pretty rough. 12-hour days with no breaks, due to no staff and lockdown." - **Gaby, aged 22.**

"Discrimination and sexism move even more online during lockdowns. People may also experience more sexism and discrimination within their families as they stay home more." - **Olivia, aged 21.**

"Yeah, there are times when I wonder if this virus will last throughout my whole life. It's hard not to be pessimistic about our future." - **Sienna, aged 19.**

These responses were collated and posted onto social media, each post reaching over 100 different accounts each, raising community awareness about the need for more mental health resources for young people in the area.

INTERNATIONAL WOMEN'S DAY 2022

BMWHRc partnered with Springwood Neighborhood Centre Cooperative to Live stream the Sydney Opera House's "All About Women Festival". Blue Mountains Community Theatre and Hub hosted the screenings which included "First Nation's Women Look to the Future" with Professor Aileen Moreton-Robinson, Professor Chelsea Watego, Distinguished Professor Larissa Behrendt OA, Amy McQuire and "Protecting the Outspoken" with Grace Tame and Rosie Battie. 80 women participated in the event over the 2 sessions. One participant commented "It is so nice to have access to the All About Women Festival locally and not have to travel to the City".

Promotional Artwork from First Nations Women look to the future



Aunty Carol Cooper speaking at IWD event



BMWHRc Manager Gina Vizza speaking at IWD event



16 DAYS OF ACTIVISM AGAINST GENDER- BASED VIOLENCE

WHNSW CAMPAIGN

Throughout 2021 BMWHRC worked collaboratively with the Women's Health NSW Network to run a shared campaign using resources created by the EVIE Project. These resources were launched across the State during the 16 Days of Activism Against Gender Based Violence. The resources included the EVIE Zine, Coercive Control Posters along with templates to create stickers, tote bags and T-Shirts. All resources were able to be adapted by individual WH Centres to add their logo, contact details etc.

The resources were shared widely across the State during the 16 days, including outside the WHNSW network, along with other organization in Victoria and other states.

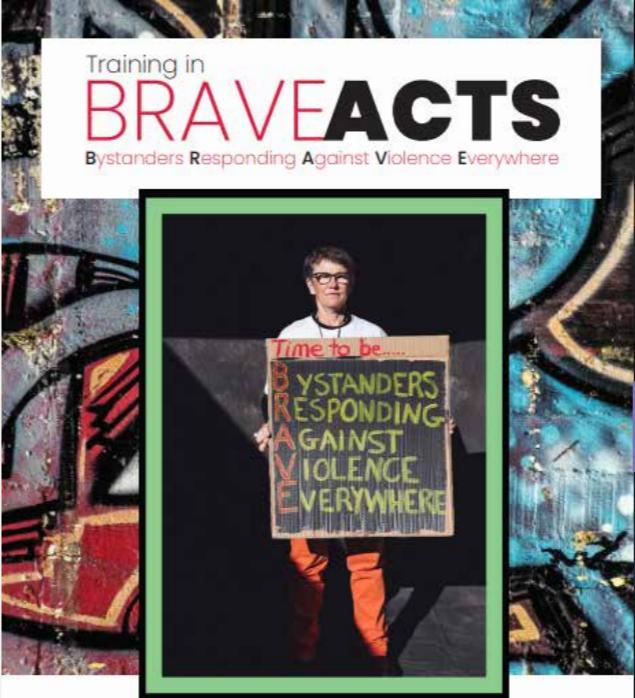
COERCIVE CONTROL COMMUNITY EDUCATION RESOURCES

The EVIE project worked with artist Lotte Smith to develop a set of resources to educate about the signs of coercive control. In recent years there has been increasing community awareness of both the term coercive control and the dangers of the behavior but there remains a lack of comprehensive community education campaigns around how to identify it. The EVIE project took a local approach by developing the resources in consultation with artist Lotte Smith and the young women, of EVIE and Artspace.

The resources were launched during the 16 days of Activism. Along with featuring in the WHNSW campaign, they formed part of the Blue Mountains say NO to Violence Illumination and were featured in Pubs in Springwood during the 16 Days Campaign.

Coercive Control posters created by artist Lotte Smith commissioned by BMWHRC's EVIE Project

Social tiles created from the EVIE Zine for the 16 Days of Activism online campaign



DATE: Thursday 9 December 2021
TIME: 12:30pm-02:30pm
LOCATION: Theatrrette/Seminar Room, Blue Mountains Cultural Centre
afternoon tea provided
TO REGISTER: www.lifelinecentralwest.org.au/brave01



Bystander Training flyer featuring local activist & rally coordinator Anne McKenzie



Team EviE Youth Activist group after speaking/attending the illumination event.

BLUE MOUNTAINS SAYS NO TO VIOLENCE ILLUMINATION PROJECT

With COVID restriction continuing to limit planning for face to face events, the EVIE project partnered with Illuminart to create an anti-violence illumination installation on Blue Mountains Community Theatre and Hub. The illumination featured images of community members taken as part of the 2021 Community Portrait Project at the Enough is Enough Rally. In addition to the community portraits the illumination featured the Coercive Control community education illustrations. The launch event was well attended with the young women of the EVIE project delivering a powerful call to action to end gendered violence. The project was also supported by the Zonta Club of the Blue Mountains and BMCC.

BYSTANDER TRAINING

The EVIE project partnered with Lifeline to develop bystander training to support community members feel more confident in calling out acts of disrespect. The project was in response to expressed community need which emerged during the 2021 Enough is Enough Rally. Two sessions were held, one in Springwood and one in Katoomba with 10 registrations for each. One participant said "I now have a toolkit of what I might be able to do as a bystander. I wish other people in the community would do this as it's good knowledge to have."



TEAM EVIE 2022 ACTION PLAN

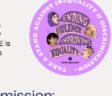
EViE is the acronym for "Ending Violence, Improving Equality" and operates as a Primary Prevention of Domestic Violence Project facilitated & led by The Blue Mountains Women's Health and Resource Centre.

Who is Team EVIE?

Team EVIE is a group of passionate Blue Mountains teens & young adults. Ages range from 13–24, with both women & transgender people represented. The group is open to all genders & gender identities & has multiple gender expression options. The group is facilitated & led by the youth team from BMWHRC, Katoomba.



Older members assisting younger members through mentorship. May 2022.



Our mission:

EViE aims to promote gender equality by providing accessible resources & education, along with peer support, mentor relationships through social media, community partnerships & local actions.

 [@team_eviematters](#)

 [@team_eviematters](#)

What we know:



More than four in five (85%) women 15 years and older in Australia have been sexually harassed at some point in their lives.

Data from Australian Human Rights Commission (AHRC) 2018 survey of the Australian public. www.ahrc.gov.au/reports/2018

Violence is impacting women in our community.



108 out of 173 reported instances of community violence related assault in the Blue Mountains in 2019, were against women.

<https://www.bmwhrc.org.au/blue-mountains-violence-report-2019/>

Our young people don't feel safe.

When surveyed in 2022 by our EVIE facilitators, 6 out of 7 participants aged 14–22 reported that they currently do not feel safe as a young person in the Blue Mountains. Participants also stated that they did not feel safe because they thought they would avoid going out at night if they were in a group or accompanied by a male.

Do you feel you are represented fairly in community conversations & planning?

"I believe we aren't. As the future generations, I believe we should

What are some issues you've found while navigating public spaces as a young person in the Blue Mountains?

"Young people are constantly told they're 'welcome' in public spaces

Vie 2022 Action Plan infographic



EVIE Youth activists rallying and speaking at The School Strike 4 Climate in Kirribilli, Sydney on March 25, 2022

part of the mural commissioned for
the Study Hub space

STUDY HUB

In response to the lockdown survey, Ailie followed up with EViE Youth Activist members to discuss actions they would like to pursue. BWHRC Study Hub was created to address the need identified by EViE participants for better access to technology during periods of mandatory online study. As such, Sian Doko and Olivia Parrott were onboarded to set up Study Hub, which also included commissioning a local 16-year-old artist experiencing homelessness to paint a mural inside the space. Both members were previously EViE Youth Activist participants, and both were studying University degrees within the community sector. After Olivia's departure in February 2022, Ailie and Sian reorganised the Wendy Kerr room and opened Study Hub to the public in May of 2022. To date, Study Hub has been used weekly by people accessing the Centre, one 15-year-old used it to create and print her resume which she then used to get her first job, others to write poetry and Study Hub has also been used by vulnerable women within community who cannot afford regular internet connection or printing costs.

EVIE 2022 PLANNING DAY & BBQ

On the 17th of December 2021, the EViE Youth Action team held a BBQ and planning session for the upcoming new year. Approximately eleven young people participated on the day. The team discussed what actions were achievable in 2022, and outlined their shared objectives, vision and strategies. Information collected on the day was then transformed into a flyer and infographic that were distributed amongst community members and agencies both on and off line.

SCHOOL STRIKE 4 CLIMATE

School Strike 4 Climate occurred on the 25th of March outside Kirribilli House in North Sydney. Event participants demanded that politicians prioritize climate action, and include women and non-binary people in leading the movement towards climate justice and gender equity. In line with the Team EViE Youth Action Plan 2022, EViE facilitators escorted eleven young people to the event, including two young men. A mini bus was hired for pick up from the Centre in the morning, dropping the team off in North Sydney an hour before the event.

The rally commenced at 12:30pm, and the team stayed for about 2 hours. One young EViE member spoke briefly at the rally, in front of a crowd of thousands. Multiple news outlets photographed the EViE Youth Action crew in the crowd, and the team were featured on the official School Strike 4 Climate Instagram pages alongside The Guardian & Sydney Morning Herald. The day was incredibly successful, and participants expressed positive feedback. There was a desire to attend more events such as this in future, as EViE values align closely with the climate movement.

DAHOBIT

ViE facilitators attended the IDAHOBIT (International Day Against Homophobia, Transphobia, Intersex-phobia and Transphobia) event at Civic Place, Katoomba on the 7th May 2022. The event recognises the importance of community solidarity to end GBTQIA+ discrimination, and aims to create a safer and more inclusive community for LGBTQIA+ people. A rich selection of speakers and a Q&A panel spoke at the event. Many EViE Youth Action members attended with their high school. The Centre's table was one of the most popular on the day, with around 30 young people getting glitter makeup and more partaking in some beading. The day was successful for promoting MWHRC and EViE, as young people have since come into the Centre after recognising the Team from the IDAHOBIT event.

iE Staff attend the IDAHOBIT event at Civic Place, Atoomba on May 17, 2022.

International Day Against Homophobia, Biphobia, Intersex-phobia and Transphobia



COALITION AGAINST VIOLENCE & ABUSE (CAVA)



Blue Mountains Women's Health & Resource Centre convened CAVA throughout 2021-2022 via ZOOM and continued to actively lead the annual program of events.

NATIONAL DAY OF ACTION AGAINST SEXUAL ASSAULT

The 2021 National Day of Action Against Sexual Assault was impacted by COVID restrictions. BWHRC's EVIE project led by creating an online exhibition of community portraits titled "Blue Mountains says No to Violence" so as to continue to hold a public action in spite of restrictions. The images in the gallery were taken at the 2021 Enough is Enough Rally and featured community members and their personal antiviolence messages.



RECLAIM THE NIGHT

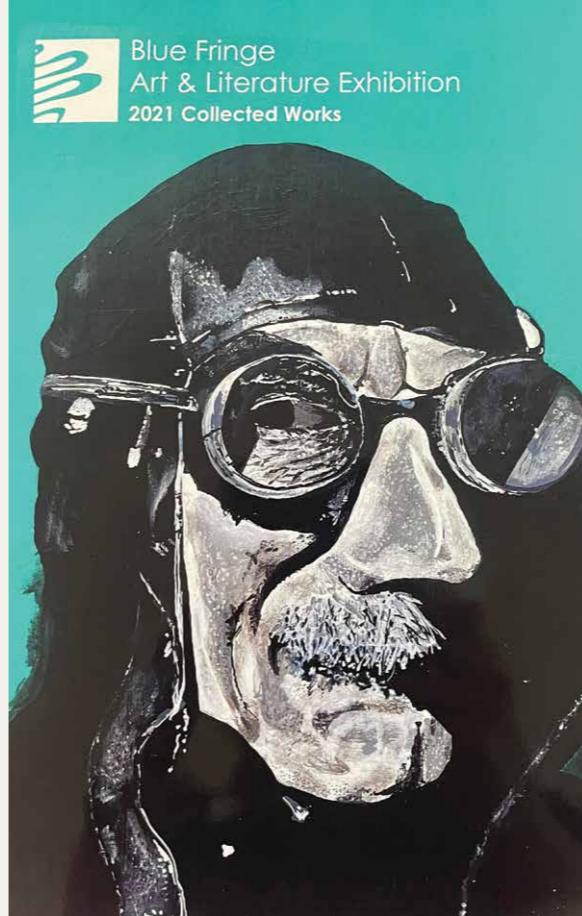
COVID restrictions limited public gathering for RTN for yet another year but we pressed on regardless! BWHRC and the EVIE team partnered with our CAVA colleagues DV West, the Integrated Violence Prevention and Response Team and the Blue Mountains Zonta Club to hold two public actions in Springwood and Katoomba. The actions featured community education material on the gendered drivers of violence with the key message "It doesn't start with a punch". Community were invited to join a collaborative arts project and chalk gender equity and anti-violence messages onto public space.

Chalk gender equity and anti-violence messages in public spaces

Reclaim The Night advertising on social media

Handing out community education material

BLUE FRINGE ARTS & LITERATURE FESTIVAL



BWHRC supported the Blue Fringe Arts & Literature Festival which is led by Belong Blue Mountains and Springwood Neighbourhood Centre Cooperative by participation in the organising committee.

The 2021 festival, exhibition and awards ceremony were held online. The Festival received substantial recognition for maintaining operations throughout two COVID lockdowns and in 2021 was awarded the BMCC Community Event of the Year and The WayAhead Mental Health Award for the 2020 online innovation.

BWHRC hosted a Blue Fringe online Arts Workshop in the lead up to the Festival which focussed on the use of Art and Creativity for Mental Wellbeing.

Fifteen people joined the workshop with more than half submitting entries into the Festival.

LITHGOW

BMWHR continues to support the Lithgow community through its work at Lithgow High School. After 5 years of regular counselling delivered by BMWHR to students within the school our partnerships with the staff and students continue to strengthen.

Senior counsellor Ursula has continued to provide individual support to young women at the school and this year she was joined by our social work student, Rachael, who began providing psychosocial mentoring.

As the Lithgow community continues to feel the flow on effects of bushfire, floods and the COVID-19 pandemic, the needs of the community are increasing in both volume and complexity. Difficulty accessing community and health services is an ongoing issue for many of our Lithgow clients and as a result BMWHR has begun making more of our services available in the Lithgow LGA.

Salicia (registered nurse) has begun providing health services both within the High School and offsite. Following a request from the Deputy Principle, Brett Jeffers, Salicia (registered nurse) and Ursula (senior counsellor) provided two health workshops to the young women in the school's support unit. A selected group of students from the school's Wellbeing Hub were also welcomed into the Katoomba centre for an excursion.

There have been a number of exciting developments from the Counselling Team.

Firstly, after a successful social work placement, Rachael Rae began working in Lithgow High School in February, one day a week, providing psycho-social support. Rachael has been very well received by students and is well respected by staff. Rachael is supported by our Senior Counsellor, Ursula Scott.

From the beginning of 2022 Ursula began coordinating the expansion of our services in Lithgow and in February we began offering counselling from Dianella Cottage one day a week, and a Women's Health clinic fortnightly. Steph Roper, Intake Counsellor has been instrumental in managing inquiries in such a way as to prevent people remaining on the waitlist for long periods of time.

During 2022 the Counselling Team and our massage therapist trialed a combined, holistic approach to treatment for trauma. We prioritised internal referrals between the two modalities, for clients with complex trauma, and at times clients were offered both modalities at Intake. Both clients and practitioners have found this approach very successful and have reported a depth of healing that is difficult access when offering only one modality.

Other developments in the pipeline are the commencement of a Parenting Young Support Group in Lithgow in partnership with MOCS. This will begin in Term 4. And the beginning of the PICK 'N' MIX program in Lithgow High School which is an extension of our work in the school and funded by SARC.

GROUPS

The 2021-2022 groups were a mix of Zoom and Face to Face in accordance with restrictions. Term 3 and 4 of 2021 were largely on Zoom with most groups not coming back face to face until late in 2021 or early 2022. Facilitators and participants proved themselves to be amazingly adaptable and we received positive feedback about continuing to make groups available through lockdown. Some people remained on Zoom, even using the new remote options to continuing to participate while on holiday. The group program was expanded over Q4 as restrictions eased and conditions became relatively more predictable.

GROUPS & EVENTS 2021-22 (*on Zoom or partially on Zoom)

GROUP / EVENT NAME	Q1	Q2	Q3	Q4	TOTAL
Yoga in a Chair	*21	*50	67	66	204
Tai Chi	*25	*14	10	81	130
Walking Group	0	163	133	123	419
Craft and Knitting		15	40	75	130
Go with the Flow Therapeutic Group		*34			34
Carers Caring for each other			4	2	6
Mums and Bubs Yoga					32
Mums and Bubs Social Group					32
Arts Table					17
Multi-Cultural Women's Morning Tea			5		5
International Women's Day			80		80
Blue Fringe Arts Workshop		*15			15
Occurrences of Service 2021 - 2022					1104

Craft at Blue Mountains Women's Health & Resource Centre



Yoga at Blue Mountains Women's Health & Resource Centre



Weaving at Blue Mountains Women's Health & Resource Centre





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, 2022.

The accounts show a small surplus of almost \$5,000. This is a pleasing result as every dollar has been stretched to its capacity and spent where most needed. The year has been another one of financial uncertainty as Covid 19 continued to impact service delivery, increasing some costs and demands while decreasing some of the income we would normally rely on. We thank both the Federal and State Governments for the assistance provided in Covid related payments, these made it possible to keep the Centre operational.

Efficiencies in financial management, such as the use of Job Costing for projects, have streamlined all grant acquittal processes. In all areas financial risks are being well managed and improved where necessary.

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, especially Gina and Devina, who have all made continued improvement in financial efficiency and compliance a priority.

It has been a pleasure to be associated with such a terrific team.

Helen Gillam

Treasurer

BLUE MOUNTAINS WOMEN'S HEALTH & RESOURCE CENTRE INC.

FINANCIAL STATEMENTS

For the year ended 30 June 2022

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Independent Auditor's Report to the Members

BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC.
 Committee's Report
 For the year ended 30 June 2022

Your committee members submit the financial accounts of the BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC. for the financial year ended 30 June 2022.

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

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

Year ended	Year ended
30 June 2022	30 June 2021
\$	\$
4,986.92	30,783.26

Signed in accordance with a resolution of the Members of the Committee on: 28 September 2022

Julie Martin

Helen Gillam

The accompanying notes form part of these financial statements.

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

Profit & Loss [Last Year Analysis]

July 2021 To June 2022

	This Year	Last Year
Income		
Prior Year Project Funds	\$80,823.77	\$120,101.00
Grants & Funding		
Nepean BM Local Health District	\$541,400.01	\$526,900.00
Dept Community & Justice RC	\$143,823.94	\$139,495.17
Dept Social Services (DV)	\$125,000.00	\$100,000.00
Cava	\$1,800.00	\$1,800.00
Other Project Grants	\$93,209.49	\$43,090.91
CoVid Counselling Grant	\$101,208.20	\$150,000.00
Total Grants & Funding	\$1,006,441.64	\$961,286.08
Other Income		
Donations	\$1,260.00	\$3,964.40
Interest	\$578.49	\$2,961.75
Management Fees	\$0.00	\$85,636.68
Miscellaneous	\$15,037.10	\$0.00
Membership	\$54.59	\$145.90
Room Rental	\$0.00	\$155.72
BMWHR Contribution	\$8,313.00	\$0.00
Total Other Income	\$25,243.18	\$92,864.45
Sales		
Sales - Herbs & Vitamins	\$114.99	\$492.73
Sales - BMWHC prod & services	\$0.00	\$78.18
Health Promotion Contributions	\$1,600.00	\$0.00
Total Sales	\$1,714.99	\$570.91
Fees Charged		
Fees - Acupuncture	\$5,830.00	\$11,948.50
Fees - Counselling	\$595.00	\$1,277.00
Fees - Massage	\$10,129.00	\$11,106.00
Fees - Group	\$3,100.00	\$5,455.46
Fees - Doctors	\$39.10	\$0.00
Medicare Receipts	\$35,542.55	\$37,678.00
Total Fees Charged	\$55,235.65	\$67,464.96
Workers Comp Payment	\$0.00	\$5,080.95
Jobkeeper subsidy	\$98,459.40	\$274,200.00
ATO Boost payment	\$0.00	\$50,650.00
Total Income	\$1,267,918.63	\$1,572,218.35
Gross Profit	\$1,267,918.63	\$1,572,218.35
Expenses		
Centre Expenses		
Centre Admin Expenses		
Accreditation	\$0.00	\$2,000.00
Audit fees	\$3,000.00	\$2,045.45
Bank Fees	\$1,258.13	\$530.66
Bookkeeping	\$0.00	\$2,400.00
Computer supplies & service	\$72,394.32	\$3,359.52
Consultancy	\$300.00	\$15,184.46
Employers Assoc	\$0.00	\$1,605.45
Equipment / Furnishings	\$6,034.89	\$3,909.89
Insurance	\$9,766.00	\$8,379.00

This report includes Year-End Adjustments.

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

Profit & Loss [Last Year Analysis]

July 2021 To June 2022

	This Year	Last Year
Legal Expenses	\$1,414.25	\$6,296.50
Management Expenses	\$5,074.09	\$8,444.66
Planning & Policy	\$13,945.57	\$2,488.18
Total Centre Admin Expenses	\$113,187.25	\$56,643.77
Occupancy Expenses		
Electricity	\$1,204.21	\$2,424.23
Gas	\$7,331.44	\$4,378.24
Garbage / Cleaning	\$10,059.14	\$2,571.99
Rent	\$24,000.00	\$24,000.00
Security	\$1,105.50	\$450.00
Repairs/Maintenance	\$14,582.47	\$7,143.07
Water	\$361.06	\$0.00
Total Occupancy Expenses	\$58,643.82	\$40,967.53
Total Centre Expenses	\$171,831.07	\$97,611.30
Project and Event Expenses		
Admin Expenses Project		
Advertising/Publicity	\$2,095.73	\$676.75
Books/Resources/Subs	\$4,961.81	\$2,691.38
Consumables	\$0.00	\$2,088.39
Management Fees	\$0.00	\$85,636.68
Membership WHNSW	\$3,688.04	\$3,624.60
Office Supplies	\$4,590.40	\$9,089.04
Postage	\$0.00	\$608.15
Telephone	\$6,898.74	\$5,435.51
Total Admin Expenses Project	\$22,234.72	\$109,850.50
Direct Services Costs		
Acupuncture Supplies	\$40.88	\$1,150.99
Laundry	\$4,358.17	\$5,890.91
Massage Supplies	\$815.41	\$175.66
Surgery Supplies	\$5,028.42	\$1,021.08
Total Direct Services Costs	\$10,242.88	\$8,238.64
Group Costs.		
Group - Catering	\$2,020.09	\$1,405.81
Group - Facilitators/Presenter	\$6,308.76	\$5,798.00
Group - Materials & Other exp	\$2,547.88	\$1,095.40
Group - Venue Hire	\$1,078.77	\$2,255.47
Total Group Costs	\$11,955.50	\$10,554.68
Other Project & Event Costs		
Womens Support	\$15,885.87	\$590.55
Project - Program Costs	\$8,202.28	\$58,304.29
Project - Special event costs	\$0.00	\$1,750.00
Total Other Project & Event Costs	\$24,088.15	\$60,644.84
Total Project and Event Expenses	\$68,521.25	\$189,288.66
Staff Related Expenses		
Wages		
Admin Management Wages	\$160,539.36	\$222,481.82
Allied Health Wages	\$50,354.05	\$65,623.44
Counsellors	\$181,833.77	\$180,385.07
Doctors	\$44,120.00	\$28,459.39
Health Promotion/Comm Dev	\$70,956.87	\$44,733.09

This report includes Year-End Adjustments.

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

Profit & Loss [Last Year Analysis]
 July 2021 To June 2022

	This Year	Last Year
Nurse	\$35,063.71	\$27,651.49
Project Worker	\$90,144.62	\$63,316.35
Reception/Information Officers	\$120,621.56	\$103,530.92
Childcare Wages	\$1,083.04	\$0.00
Cleaner	\$4,475.60	\$7,332.28
Temporary Contract Health Workers	\$12,372.26	\$0.00
Relief Wages	\$39,004.07	\$9,743.63
AL & LSL Paid on Termination	\$24,229.40	\$19,107.18
Eligible Termination Payment	\$0.00	\$31,451.59
Job Keeper Top-up	\$0.00	\$43,697.58
Workers Comp Payments	\$0.00	\$7,256.60
Travel Vehicle	\$3,505.76	\$3,303.00
Total Wages	\$838,304.07	\$858,073.43
Oncosts		
AL & PL Provisions	\$32,053.23	-\$29,071.52
LSL Provisions	-\$7,159.33	-\$43,661.49
Superannuation	\$81,320.29	\$68,930.27
Workers' Compensation	\$20,379.68	\$8,548.27
Total Oncosts	\$126,593.87	\$4,745.53
Other staff expenses		
Staff Amenities	\$3,889.71	\$5,730.75
Supervision - Counsellor	\$4,820.00	\$3,830.00
Supervision - Other	\$1,650.00	\$6,033.84
Training-Conferences	\$11,385.20	\$15,441.46
Travel Public	\$936.54	\$12.00
Total Other staff expenses	\$22,681.45	\$31,048.05
Total Staff Related Expenses	\$987,579.39	\$893,867.01
Grant monies unspent but alloc	\$35,000.00	\$312,668.12
Equipment Provision	\$0.00	\$48,000.00
Total Expenses	\$1,262,931.71	\$1,541,435.09
Operating Profit	\$4,986.92	\$30,783.26

This report includes Year-End Adjustments.

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

Balance Sheet [Last Year Analysis]
 June 2022

	This Year	Last Year
Assets		
Current Assets		
BM Womens Health RC	\$41,294.83	\$52,454.82
Cash Invest 28020273	\$572,308.12	\$742,414.43
Term Deposit	\$185,993.43	\$185,839.31
Debit Card	\$7,786.07	\$54,770.93
Cash Float	\$92.65	\$300.00
Stock on Hand	\$815.80	\$815.80
Total Current Assets	\$808,290.90	\$1,036,595.29
Non Current Assets		
Plant & Equipment		
Plant & Equipment at Cost	\$143,124.16	\$143,124.16
Plant & Equip Accum Dep	-\$143,124.16	-\$143,124.16
Total Plant & Equipment	\$0.00	\$0.00
Leasehold Improvements		
Leasehold Improvements at Cost	\$68,587.74	\$68,587.74
Leasehold Imp Accum Dep	-\$68,587.74	-\$68,587.74
Total Leasehold Improvements	\$0.00	\$0.00
Total Non Current Assets	\$0.00	\$0.00
Total Assets	\$808,290.90	\$1,036,595.29
Liabilities		
Current Liabilities		
Grants in Advance		
Nepean BM Local Health District	\$135,350.00	\$181,725.00
Wentworth Healthcare	\$5,000.00	\$0.00
Total Grants in Advance	\$140,350.00	\$181,725.00
Accrued Expenses	\$0.00	\$15,621.71
Quality Accreditation	\$2,000.00	\$2,000.00
Unexpended Project Funds	\$162,312.56	\$162,210.60
Provision - Group work	\$4,400.00	\$4,400.00
Holding of Project funds	\$0.00	\$184,065.51
Maurice Brady Memorial Fund	\$0.00	\$15,360.59
Staff Monies Held		
Donation	\$890.89	\$507.00
Cake donation	\$0.00	\$165.57
Total Staff Monies Held	\$890.89	\$672.57
Payroll Liabilities		
PAYG Tax Payable	\$18,578.00	\$14,382.00
Superannuation Payable	\$9,722.98	\$10,543.16
Total Payroll Liabilities	\$28,300.98	\$24,925.16
GST Liabilities		
GST Collected on Income	\$18,474.93	\$25,296.92
GST Paid on Supplies	-\$4,816.68	-\$6,180.17
Total GST Liabilities	\$13,658.25	\$19,116.75
Employee Provisions		
Provision for Annual Leave	\$54,173.67	\$33,985.01
Provision for Personal Leave	\$23,141.77	\$16,512.14
Provision for TIL Accrued	\$6,766.34	\$1,531.40
Total Employee Provisions	\$84,081.78	\$52,028.55

This report includes Year-End Adjustments.

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

June 2022

	This Year	Last Year
Total Current Liabilities	\$435,994.46	\$662,126.44
Non Current Liabilities		
Provision for Long Service Leave	\$16,135.64	\$23,294.97
Provision for Redundancy	\$106,463.40	\$106,463.40
Provision for Equipment Rplcmnt	\$96,807.40	\$96,807.40
Total Non Current Liabilities	\$219,406.44	\$226,565.77
Total Liabilities	\$655,400.90	\$888,692.21
Net Assets	\$152,890.00	\$147,903.08
Equity		
Retained Earnings		
Retained Earnings Centre	\$147,903.08	\$117,119.82
Current Year Surplus/Deficit	\$4,986.92	\$30,783.26
Total Equity	\$152,890.00	\$147,903.08

This report includes Year-End Adjustments.

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Note 1: Summary of Significant Accounting Policies

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 and the requirements of the Australian Charities and Not-for-profits Commission Act 2012. The committee has determined that the association is not a reporting entity.

The financial report has been prepared on an accruals 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.

(a) Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, and other short-term highly liquid investments with original maturities of three months or less.

(b) Leases

Leases of PPE, where substantially all the risks and benefits incidental to the ownership of the asset, but not the legal ownership, are transferred to the association, are classified as finance leases.

Finance leases are capitalised by recording an asset and a liability at the lower of the amounts equal to the fair value of the leased property or the present value of the minimum lease payments, including any guaranteed residual values. Lease payments are allocated between the reduction of the lease liability and the lease interest expense for that period.

Leased assets are depreciated on a straight line basis over the shorter of their estimated useful lives or the lease term. Lease payments for operating leases, where substantially all the risks and benefits remain with the lessor, are charged as expenses in the period in which they are incurred.

(c) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Tax Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the assets and liabilities statement are shown inclusive of GST.

Note 2: Leases

BMWHR has a lease agreement for their Katoomba premises with the Blue Mountains Land Foundation Limited fixed for 5 years from 2 November 2016 with option to renew.

Lease expense during the period amount to \$24,000 (2021: \$24,000) representing the minimum lease payments.

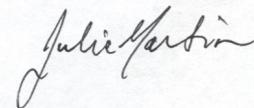
Statement by Members of the Committee
For the year ended 30 June 2022

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.

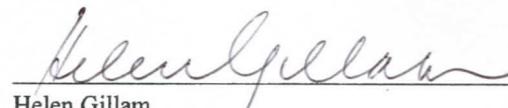
In the opinion of the Committee the Income and Expenditure Statement, Statement of Financial Position, and Notes to the Financial Statements:

1. **Presents fairly the financial position of BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE INC. as at 30 June 2022 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



Helen Gillam
Treasurer

3 August, 2022

2 August 2022

The Directors
Blue Mountains Women's Health and Resource Centre Inc
124 Lurline St
Katoomba 2780

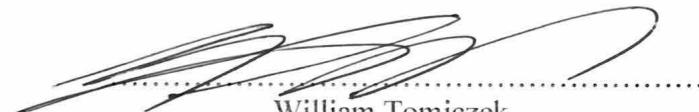
Dear Directors,

Auditor's Independence Declaration

In accordance with Section 60-40 of the Australian Charities and Not -for – profits Act 2001, I am pleased to provide the following declaration of independence to Blue Mountains Women's Health and Resource Centre Inc

to I declare that to the best of my knowledge there have been no contraventions of
(1) the auditor independence requirements Section 60-40, in relation to the audit; and
(2) any applicable code of professional conduct in relation to the audit.

Yours truly,



.....
William Tomiczek
Registered Company Auditor 1425

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 2022, 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 2022 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.

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 3 August, 2022:



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

