



*National Apology
Abortion Law Reform
centenary of (non Aboriginal)
Victorian Women's Suffrage*

Women's Health East

ANNUAL REPORT
2007 - 2008

*National Apology
Abortion Law Reform
centenary of (non Aboriginal)
Victorian Women's Suffrage*

'Days of Significance' for Women

24th February-2nd March
National Ovarian Cancer Awareness Week

8th March
International Women's Day
and
United Nations Day for Women's Rights
and International Peace

25th November
International Day for the Elimination of
Violence Against Women

10th December
Human Rights Day



Report from the Chair

A year of changes...

This year has been a very busy one for WHE as you can see through this report.

Maggie Palmer and her team implemented the Health Promotion Plan with an excellent and diverse set of programs that were innovative and successful.

Maggie, Nicole and Maria left us this year and we wish them well.

Thanks to the good work of all at WHE, we achieved our QICSA accreditation, receiving notification just after the Christmas break.

Our Board has changed as our terms have drawn to an end.

I would like to thank Donna McDine, Tania Grogorosis and Samantha Ryan for their generous support and the work they have done for the Board. Robyn Murray and Lisa Gray remain on the Board and Larissa Seymour, Jill Faulkner, Maryclare Machen and Marg D'Arcy are the new members.

The loss of Helen Mayer was particularly difficult for those of us who knew her well and I would like to thank Lisa Gray for stepping in as Deputy Chair over the last six months.

May I wish the new Board of Women's Health East all the best for this coming year in the new directions and challenges that they face.

Goodbye and good luck.



Jenny Beaumont
Chair

Vale Helen Mayer

Women's Health East was lucky to have a board member such as Helen.

An Educator, an advocate for women's rights, a parliamentarian, an intellectual with a great gift of humour and generosity of spirit, Helen enlivened our board meetings for a number of years, serving as Deputy Chair for most of that time.

Helen provided leadership, commitment and foresight. Her achievements for her community - working as a board member, committee member, faculty member of organizations such

as Box Hill Hospital and Swinburne University, and for her constituents - are too numerous to mention.

Students, friends and family came together to celebrate Helen's life on February 13. Given her work toward reconciliation, Helen would have welcomed the National Apology on that day from the Prime Minister.

Helen worked hard as a board member to enhance the programs and opportunities for Women's Health East. We will miss her.

Schedule of Staff Movements July 2007- June 2008

Staff at 30th June 2008

Lesley Walsh, *Chief Executive Officer*
Mavis Chessell, *Finance Officer*
Colleen Russell, *Administrative Project Officer*
Sarah Turner, *Receptionist, Training & Administration Project Officer*
Elizabeth Day, *Education & Advocacy Manager*
Fiona Read, *Health Promotion Officer*
Barb Harling, *Health Promotion Officer*
Rachel Lennon, *Health Promotion Officer*
Suellen Peak, *Health Promotion Officer*

Staff who have contributed to the work of WHE for part of the year

Lorraine Dupuy
Barb Harling
Maggie Palmer
Maria Nicolaou
Nicole Meinig
Sian Rouse-Watson
Grace Gard

Board of Governance

Jenny Beaumont, *Chair*
Robyn Murray, *Acting Treasurer*
Lisa Gray, *Acting Deputy Chair*
Tania Grogorosis
Marg D'Arcy
Jill Faulkner
Maryclare Machen
Larissa Seymour

WHE in brief

Health Promotion Plan

The Health Promotion Plan represents Women's Health East's organisational health promotion priority action areas. The plan is based on a three-year 2006-2009 cycle with annual reporting requirements to the Department of Human Services. Organisational Priority Action areas include:

- Violence against Women
- Sexual and Reproductive Health
- Mental Health and Wellbeing

The health promotion action areas are determined by consultations with key stakeholders within the Eastern Metropolitan Region. These include Outer East Primary Care Partnerships (OEPCP), Inner East Primary Care Partnership (IEPCP), Eastern Access Community Health (EACH), Knox Community Health Services, Manningham Community Health Service, Ranges Community Health Service and Yarra Valley Community Health Service. Stakeholder input has contributed to the continuing growth and development of Women's Health East.

Advocacy

Women's Health East continued to work as a member within the peak body Women's Health Association of Victoria (WHA). Some of Women's Health East's work in the last year has been framed by the association's 10-Point Plan for Women's Health. The 10-Point Plan outlines a vision for women's health in Victoria over five years from 2006 - 2010. It recognises the impact of gender in health inequalities and seeks to address these. To this end Women's Health East has been a participant in the Women's Health Services' campaign in support of the State Government Bill to decriminalise abortion. Crossing each of Women's Health East's priority areas, Violence against Women, Sexual and Reproductive Health, Mental Health and Wellbeing, the campaign continues our work to support the health and wellbeing of women in the Eastern Metropolitan Region.

QICSA Accreditation

Women's Health East achieved QICSA accreditation in 2007, and we continue to focus on maintaining and improving our organisational systems and procedures. The next QICSA review is due May 2010.

Funding and Legislative Requirements

Women's Health East is a not-for-profit non-government organisation receiving the majority of its funding through the Department of Human Services and is subject to the terms and conditions of the Department's 3 yearly Service Agreement. Women's Health East is also bound by the provisions of the Associations Incorporation Act 1997, Information Privacy Act 2000 (Vic), Health Records Act 2001 (Vic), Accident Compensation Act 1996, Equal Opportunity Act 2005, Drugs and Poisons & Controlled Substances Act 1981, Therapeutic Goods Act 1989, Health Records Act 2001, Occupational Health and Safety Act 1996 and the Commonwealth Insurance Act 1973.

Welcome to New Staff

The following staff joined Women's Health East in the past year:

Barb Harling	Health Promotion Officer
Elizabeth Day	Education and Advocacy Manager
Rachel Lennon	Health Promotion Officer
Suellen Peak	Health Promotion Officer

Acknowledgements

Women's Health East thanks all staff for their dedicated work to support the organisation and its aims. We thank Maggie Palmer, Health Promotion Manager, for her contribution to the consolidation of our Health Promotion work. Maggie left in March 2008 after two years at Women's Health East. We thank Maria Nicolau and Nicole Meinig for their contribution to the work of the Health Promotion Team in their time here as Health Promotion Officers. Maria and Nicole left Women's Health East early in 2008. We wish them all well.

The Board of Governance has offered a depth of professional experience to support the direction of the organisation. We acknowledge their work with gratitude.

We also thank the Department of Human Services, Eastern Metropolitan Region, and the partners who have worked with Women's Health East to ensure effective Health Promotion initiatives for women in the Eastern Metropolitan Region.

Health Promotion Report

The Sudanese Women's Sexual Health Information and Screening Project

The barriers to preventative health care are multiple and varied within migrant communities, but are particularly evident amongst migrant women populations with higher risk of poor sexual and reproductive health.

This project aimed to target the health education needs of Sudanese women living within the Eastern Metropolitan Region (EMR), with a primary focus on capacity building. The objective of the program was to increase the women's knowledge of preventative sexual health issues and increase their awareness of medical clinics, enabling them to participate in prevention practices. Participant women were sourced from the Sudanese women's group who meet at the Migrant Information Centre (MIC).

The project was formulated from a series of informal and formal discussions with the Sudanese women who attend the MIC. The MIC conducted semi-structured focus groups to draw out key themes and health related issues. This led to a process of identifying needs, gaps and barriers to consumer participation and contributed to the development of a workshop format.

A series of preventative health care workshops were developed. Key areas of sexual health screening, contraception, oral health, hygiene and healthy diet and exercise provided the core of the workshop content.

Initial estimated impacts of the project were to include 12 women from the Sudanese community. During the course of the term up to 18 women attended individual workshops. Process evaluations, completed after each workshop, indicated the following key results:

- 4 bookings made by participants at the EACH Well Women's Clinic to participate in cervical screening
- 1 participant discussing and receiving contraceptive access with the GP at the Well Women's Clinic
- 1 participant linking with the Dental Clinic in Ringwood and subsequent referral options provided.

Impact evaluations are in progress. A report is yet to be finalised.

For more information about this program contact Barb Harling on (03) 9845 8000 or bharling@whe.org.au

EMR Sexual Assault Collaborative

Women's Health East, working in partnership with key stakeholders within the EMR, has undertaken a lead role in the secretariat of the sexual assault collaborative. Utilising a partnership framework to develop a multifaceted approach to the prevention, local research and response to sexual assault of young people, the alliance aims to address the social determinants of violence against young people and to develop strategies to increase the capacity of health prevention professionals to work along side young women in reducing the prevalence of sexual assault.

The Sexual Assault Collaborative objectives were:

1. To raise the community's awareness of sexual assault in young people through advocacy and lobbying in the local media and community.
2. To improve the local data profile of sexual assault for this population group.
3. To increase knowledge of preventative strategies for professionals who work with young people in the region

Key stakeholders on the Sexual Assault Collaborative include: Women's Health East (WHE), Eastern Centre Against Sexual Assault (ECASA), Department of Education & Early Childhood Development (DEECD), Victoria Police, Connections, Eastern Access Community Health (EACH), Aquinas College, ANCHOR, Whitehorse Council, City of Boroondara, Family Planning Victoria, Yarra Ranges Youth Service, Migrant Information Centre, Eastern Health, Eastern Domestic Violence Outreach Service (EDVOS), Department of Human Services (DHS), Anglicare Victoria, Outer Eastern Primary Care Partnership (OEPCCP), Yarra Ranges Community Health Service, Knox City Council, Monash City Council and Monash Link.

Women's Health East has maintained the role as lead agency, as well as undertaking the secretariat and evaluation function of the Collaborative.

Formed in 2006, the Collaborative has met regularly to discuss issues relating to sexual assault amongst young people. Evolving out of key discussions about family violence, the Collaborative planned to advocate for the need to address issues around sexual assault and young people through a multifaceted approach. This was achieved through the development of a regional conference titled "The Hidden Issues". Delivered in May 2008 and coordinated by Women's Health East, the forum targeted community health practitioners and members of the education sector. Fifty-seven people attended.

The collaboration drew on the expertise, knowledge and skill of key stakeholders participating in the Collaborative as well as seeking input from leading agencies and professionals from within the sector to contribute to the forum. The forum consisted of a series of concurrent workshops, with keynote speakers to open and close proceedings.

The forum successfully stimulated ideas, knowledge and interest in issues relating to sexual assault within the EMR.

The "Hidden Issues" Conference has provided an important platform to raise the issue of sexual assault and to commence a dialogue with professionals about prevention strategies targeted at young people. While the sector has a number of professionals and services that individually address this issue, prior to the forum there had been limited attempts to collectively address sexual assault issues and to place this within a prevention and health promotion framework.

The conference evaluations provide a foundation for ongoing work within this area and contribute to the building of evidence to support the evolution of the Collaborative over the coming years.

Health Promotion Report

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The Safe, Happy and Responsible Education Project

The Safe, Happy and Responsible (SHARE) initiative is a whole of school project designed to pilot a multifaceted approach to implementing Sexuality Primary Prevention Initiatives in the secondary school setting. Designed to engage with young people and the communities they live in, the program focuses on delivering good quality sexual health information and training to the whole of school community. Using an inclusive practice model, based on a client centred practice, the program aims to work with young people to actively engage them in the planning and delivery of the project. The program's objective is to increase young people's self worth, participation and knowledge.

Stakeholders involved in the project included Women's Health East, Knox Community Health Services, Bayswater Secondary College, Boronia Secondary College, Adolescent Health Nurses Department of Education and early Childhood Development and Parent and Carer community.

An extensive consultation process was undertaken with key stakeholders and schools within the EMR. As a year long initiative, the project commenced through active dialogue with Department of Education and Early Childhood Development to secure funding to support schools to participate in a pilot. Funding was received through SCADE in early 2008. This enabled a classroom group consultation process with young people to determine their health and well being needs and issues relating to drug use and sexuality.

SCOPE Victoria Secondment Project

The project aimed to improve sexual health and mental health and well being of women and girls in the EMR. Women's Health East in collaboration with SCOPE endeavoured to develop knowledge, skill, understanding and capacity to meet the needs of women with disabilities and to utilize a partnership framework to enhance the internal capacity of the organization by working with and along side specialists within the sector. The main focus of the project was to explore the determinants of health and issues affecting women with disabilities and to identify key stakeholders in the disability sector to form networking relationships with them.

The framework agreed to achieve this was a 12-month secondment over one day per week. The rationale for this framework was to provide an adequately complex placement and to expose the WHE Health Promotion practitioner to the range of issues impacting on women with disabilities. The project sought to consult women with disabilities and to capture their lived experience in the community through consumer consultation forums.

The secondment enhanced WHE's experience in the disability sector and the capacity to develop strategies with key organisations regarding issues faced by women with disabilities. It also provided access to resources through the development of a project reference group of key stakeholders.

The 2007-2008 Health Promotion Plan aimed to evolve the mutual benefit of the secondment and to seek opportunities to include ongoing workforce development strategies within Scope Victoria. This led to the development, implementation and evaluation of two health promotion forums for people with disabilities: "Making Health Choices" and "Overcoming the Barriers – supporting Women with Disabilities to access Cancer Screening". WHE was involved in the latter forum.

Overcoming the Barriers to accessing screening services for women with disabilities

Together with Pap Screen Victoria the aim of this project was to facilitate a regional pilot professional development training session for people working with women with disabilities- "Overcoming the Barriers" (Training Manual of Pap Screen Victoria)

The key objectives of the project were to enable workers and carers to:

1. Establish the importance of breast and cervical cancer screening for women with disabilities
2. Identify the barriers to accessing breast and cervical screening for women with disabilities
3. Determine strategies to overcome those barriers
4. Locate organisations that can provide access to cervical screening for women with disabilities

The "Overcoming the Barriers" Forum arose out of the secondment between WHE and Scope Victoria. The content of the forum resulted from findings of a literature review and focused on a key document developed by Pap Screen Victoria title "Screened Out". Several recommendations had been advanced by this document including a training manual for exploring the barriers and challenges experienced by women with disabilities in accessing screening services. The training manual targeted those people who support women with disabilities in the Eastern Region and who had as a minimum qualification a Certificate IV in Disability Studies. The forum took place in February 2008 with 25 participants attending.

Process and impact evaluations have been completed and have been disseminated via a report in August 2008. The "Overcoming the Barriers" forum provided an opportunity to build the capacity of WHE to address obstacles for women with disabilities in accessing screening services.

Eastern Region Same Sex Attracted Action Group

The impact of homophobia, discrimination and abuse continues to be felt acutely amongst school populations. For young people who are still discovering their sexuality, the impact of these experiences can lead to higher rates of mental illness, substance use, sexual risk taking and teenage pregnancy. In extreme cases, this may also manifest itself in self-harming behaviour and increased suicidal ideation. The aim of this project was to revise the Celebrating Diversity Resource and to develop and launch the Celebrating Diversity website as a tool to assist young same sex attracted youth and their schools and communities, to seek support, credible information and shared understanding.

Key stakeholders in the development of this project were Boroondara Youth Services, Knox Youth Services, Monash Youth & Family Services, Maroondah Youth Services, Manningham YMCA Youth Services, Whitehorse Youth Services - Youth Connexions, Shire of Yarra Ranges - Youth Services, School Focused Youth Service, Women's Health East, The Workshop, Department of Education & Early Childhood, Family Access Network, Salvation Army EASTCARE, Swinburne TAFE - Croydon Campus and Victoria Police.

The project commenced with research into the health and wellbeing of the GLBTI community within the EMR. Women's Health East allocated a Health Promotion Officer to the position of project officer and developed key documentation including the Memorandum of Understanding as a guiding tool for the ongoing function of the action group. This role also required regular attendance at monthly meetings and providing update reports as required.

Women's Health East's Health Promotion Officer undertook website design training in late 2007 to act as a key resource to lead and coordinate the web design process. The committee collectively reviewed and updated the Celebrating Diversity Resource, with key website planning and layout undertaken by the project officer at Women's Health East.

The Celebrating Diversity website was scheduled to be launched on 3rd September 2008. Evaluation of the website will be undertaken in the next reporting cycle.

The project officer has provided training to the Same Sex Attracted Eastern Action group to build capacity to manage the site into the future. It is envisaged that the website will be utilized as a resource by schools, young people, carers and parents to access credible and reliable information pertaining to issues impacting on and affecting same sex attracted young people.

The Young Women Talking Newsletter is a new and innovative project that utilizes school-based interventions to address issues affecting young people. The project draws on existing evidence that supportive environments provide opportunities for young people to develop coping skills, improved attitudes and emotions, which leads to decreased suicidal ideation and improved mental health and wellbeing. The project aimed to utilize the media as a way of engaging young people and to

create opportunities for young women to critically examine existing media trends that are transfixed on appearance and perfectionist ideals. Critically, the project aimed to provide young women residing in the EMR with an alternative voice, to express issues relevant to them and to do this without relying on advertising, consumerism and sexualisation that are ever present within the mainstream media.

Through partnerships formed with two schools within the EMR, the Health Promotion Officer from Women's Health East provided a coordinating role to assist with implementation of the project within the schools. Key secondary college staff were selected and included the adolescent school nurse and student welfare coordinator from Maroondah Secondary College and the youth worker, in conjunction with school staff from Croydon Community School. The project targeted young women between the ages of 14-18 (year 9 – 10 year level), as teacher feedback had revealed particular concerns relating to sexualisation, self-appearance, mental health and wellbeing within that age group.

A School Focused Youth Service grant was approved in early February 2008 and provided funding for the schools to undertake the project. A series of 8 sessions were undertaken with each school in collaboration with the WHE worker and relevant school staff.

The final phase of the project resulted in each school producing a newsletter that was printed on hard copy and published on-line within their respective schools. The staff and participants of the project participated in a launch of their newsletters.

Young Women's Antenatal Project

Women's Health East has been an active member of the Antenatal Working Group in the Shire of Yarra Ranges, which acts as a sub committee of the Antenatal Outreach Service Advisory Group. The aim of this group has been to focus on the needs of young mothers and to increase health information relating to pregnancy, antenatal and post natal care and to improve the health and social development outcomes of young women aged 17-25 years living in Shire of Yarra Ranges

The Project was implemented through:

- the setting up of a multi agency partnership to steer the project.
- a consultation event with twenty young women living in the Shire of Yarra Ranges.
- a consultation event with nine service provider agencies in the Shire of Yarra Ranges.
- successful submission to the Shire of Yarra Ranges for a Community Development grant.
- setting up of Phase Two of the project –
 - (i) development of the resource consisting of an interactive CD with fact sheets and flip cards for the young women to carry with them; and the development and display of posters in schools, medical surgeries, youth centres and a variety of community locations across the Shire of Yarra Ranges.

Health Promotion Report

continued

- (ii) training for agencies and service providers to deliver the resource.

Stakeholders involved in delivering these activities were Women's Health East, Eastern Health, Shire of Yarra Ranges (Family Services, Maternal Child and Health Services, Youth Services), Department of Human Services, Yarra Valley Community Health Services, Eastern Ranges GP Association, Young Women living in the Shire of Yarra Ranges (antenatal or postnatal).

This was a two year project due for completion in 2008.

Women's Health East congratulates the stakeholders involved in this project, which has won the National Award for Local Government.

Manningham Pram Walking Group

The Pram Walking Initiative evolved from a joint application between Manningham LGA and Womens Health East, to develop a pilot study to improve the mental health and wellbeing of women within the Manningham locality through physical exercise. The program aim was to set up an affordable and accessible pram walking program, that would provide participants with access to relevant service information within their local area such as neighbourhood houses and playgroups.

The key objectives of the project were:

- To improve the overall mental and physical health and wellbeing of mothers within Manningham
- To assess the relationship between mental health and physical activity through a comprehensive and staged survey process.
- To develop a framework to promote sustainable pram walking for mothers in Manningham.

and to further evolve the project to:

- Improve mental health promotion literacy – to demonstrate an improvement in mental health promotion related knowledge, attitudes, motivation, confidence and skills, and an increase in knowledge of how to access mental health services.
- To play a key role in participating in and building partnerships that address women's mental health and well-being as priority issues.

Participant agencies were:

Women's Health East

Donvale Living and Learning Centre

Manningham Community Health Services

Manningham LGA

Ranges Community Health Service

Knox Community Health Services

Eastern Health

Planning began in September 2006 to pilot a small-scale locally based health promotion project that would demonstrate the mental health benefits of physical activity. The project

specifically targeted women in the first postnatal year. The project plan involved setting up a partnership based project team with a lead agency assuming responsibility for administration of funds, coordination of communication and leading the evidence and evaluation process. Women's Health East assumed the role of lead agency, to drive and implement the project.

The project aimed to work with women to develop a self sustaining program that would increase participation in physical activity and result in improved mental health and increased social connectedness. The project framework was multi-disciplinary in its approach and application, drawing on aspects of community development, social inclusion and health promotion.

The "Mums on the Move" project was launched in March 2007 to coincide with Manningham's healthy lifestyle week. Eighteen women attended the launch with seventeen expressing an interest in joining a pram-walking group. Donvale Living and Learning Centre, in partnership with Women's Health East, launched their pram walking in April 2007. Twenty-one women and their children attended this event.

Currently the Donvale Living and Learning Centre walking group averages eight participating mothers and their children. Manningham Maternal Child and Health staff continue to refer post-natal women to the Donvale Living and Learning centre pram-walking group.

A total of forty women attended the launch days, with eight continuing to walk together regularly and other women self reporting that they continue to walk independently of the group. The women reported feeling refreshed and relaxed, with some reporting having felt tired and anxious prior to the group walk.

Evaluation of this project has been completed by Eastern Health (Health Promotion team), with dissemination of outcomes to follow.

For further information please contact Barb Harling on Phone: (03) 9845 8000 or bharling@whe.org.au

Women's Health East Workforce Capacity Building

Workforce development is a core component of capacity building in the Women's Health East's Health Promotion plan. Over the last operational year Women's Health East has continued to build internal and external capacity for health promotion through the following range of initiatives:

The Women's Health East Website

Women's Health East continues to develop its website as a resource for women and health professionals in the Eastern region to access:

- gender specific health promotion information
- current research and reports
- frameworks and tools for Health Promotion work
- regional, national and international website links

The website is maintained and updated monthly with relevant and up-to-date gender-specific information contributing to the knowledge base of health professionals working with women in the Eastern Metropolitan Region.

The website is a vehicle for disseminating training information and continues to provide monthly e-updates for health professionals and service providers.

The website provides opportunity for women to become members of Women's Health East and maintain contact with the organisation.

Membership is open to any woman who lives, works or studies in Melbourne's Eastern Metropolitan Region, comprising the municipalities of Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges. Organisational membership is available to agencies providing services within the region. Membership is free and entitles members to vote in Board elections and to nominate for a position on the Board of Management. Members receive invitations for Women's Health East events and launches.

For membership or other website enquiries please contact Amanda Geshev on (03) 9845 8000

Graduate Health Promotion Assistant Position

The Health Promotion Officer Assistant position was created in 2006. The 12-month position is available for a recent graduate without work experience. Following the year and satisfactory appraisal the position becomes a permanent Health Promotion Officer position.

The Health Promotion Officer Assistant works closely with the health Promotion Officers and does not have complete program responsibilities. The Assistant is supported in developing skills and competencies including:

- Knowledge of regional networks and networking skills
- Group work and presentation skills
- Research and evaluation skills
- Planning skills including setting and writing aims and objectives

Fiona Read commenced in this role in 2007 and has been invited to continue on at Women's Health East as a Health Promotion Officer.

Internal Workforce Training and Professional Development

WHE staff participated in a wide range of professional development opportunities during the past operational year. These include:

- Consumer and Community Participation
- Catching on Early
- No Means No show
- Evaluation and Objective Writing
- Intermediate Microsoft Excel
- Social Inclusion Series – First Stop Indigenous Program
- Sex relationship Education in Primary Schools
- Global Gender Inequalities and women's mental health
- Leadership Forum
- Eating Disorders
- Cancer education Seminar
- Planning and Running Groups
- Building Capacity for the Future
- Grant Writing
- Public Health Evaluation Forum
- Knowing her better
- Unpacking the Suitcase
- Safe from Harm Forum
- Sexual Education and Disability in Primary Schools
- Australian health Promotion Conference
- Advocacy Workshop in Health Promotion
- Cultural Awareness Training
- Cross Cultural Awareness and communication Forum
- Media Skills Workshop (WHGNE)

External Capacity Building

During 2007-2008 Women's Health East delivered seven training sessions:

- School Coming Out Forum
- Refugee Health Forum
- Celebrating Diversity
- Introduction to Health Promotion Short Course
- Overcoming the Barriers
- "The Hidden Issues" – Sexual Assault Conference

These workshops drew attendance from various service providers such as Primary and secondary school teachers and principals, councillors, police, youth workers, psychologists, project officers, students, nurses, lecturers and Health Promotion professionals. Women's Health East is remodelling the training calendar for 2008-2009.

Auditors Report

Scope

We have audited the financial report of Women's Health East Inc, comprising the Detailed Balance Sheet, Detailed Income Statement, Statement of Changes in Equity, Cash Flow Statement and Notes to Financial Statements for the financial year ended 30 June 2008. The Committee is responsible for the financial report. We have conducted an independent audit of the financial report in order to express an opinion on it to the members.

Our audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance whether the financial report is free of material misstatement. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion whether, in all material respects, the financial report is presented fairly in accordance with the requirements of the Associations Incorporation Act 1981 (Vic) and its prescribed Accounting Standards and other mandatory professional reporting requirements in Australia applicable to "Prescribed Associations" so as to present a view which is consistent with our understanding of the association's financial position and performance as represented by the results of its operations and its cash flows.

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

Audit opinion

In our opinion, the financial report presents a true and fair view in accordance with the requirements of the Associations Incorporation Act 1981 (Vic) and its prescribed Accounting Standards and other mandatory professional reporting requirements in Australia applicable to "Prescribed Associations" of the financial position of Women's Health East Inc as at 30 June 2008, and the results of its operations and its cash flows for the year then ended.

Signed on September 2008:



VINCENT ROBERT CROWE, CERTIFIED PRACTICING ACCOUNTANT

VIN CROWE & ASSOCIATES

REAR 88 MAROONDAH HIGHWAY, RINGWOOD, VIC, 3134

VINCENT ROBERT CROWE, CERTIFIED PRACTICING ACCOUNTANT

VIN CROWE & ASSOCIATES

REAR 88 MAROONDAH HIGHWAY, RINGWOOD, VIC, 3134

Financial Statements

DETAILED BALANCE SHEET AS AT 30TH JUNE 2008

			THIS YEAR	LAST YEAR
ASSETS	Current Assets	Cash And Cash Equivalents		
		General Cheque Account	\$ 23,574	\$ 11,932
		Cash Management Account	\$ 73,738	\$ 139,024
		Cash On Hand	\$ 350	\$ 350
			\$ 97,662	\$ 151,306
		Trade And Other Receivables		
		Trade Debtors	\$ 15,745	\$ 16,488
		Accrued Income	-	-
		Prov. For Doubtful Debts	-	-
			\$ 15,745	\$ 16,488
	Other Current Assets			
	Prepayments	\$ 1,402	\$ 3,026	
		\$ 114,809	\$ 170,820	
	Non-current Assets	Property, Plant & Equipment		
		Furniture & Equipment	\$ 103,754	\$ 102,581
		Furn & Equip Accum Deprn	\$ (93,374)	\$ (88,731)
			\$ 10,380	\$ 13,850
		Motor Vehicles	\$ 45,073	\$ 49,021
		Vehicles Accum Deprn	\$ (6,613)	\$ (1,838)
			\$ 38,840	\$ 47,183
(Refer Note 3)		\$ 48,840	\$ 61,032	
	\$ 163,649	\$ 231,852		
LIABILITIES	Current Liabilities	Trade And Other Payables		
		Trade Creditors	\$ 14,662	\$ 17,116
		Other Creditors & Accruals	\$ 5,963	\$ 4,195
		Income In Advance	-	\$ 5,958
		Net GST - June 2006 Quarter	\$ 13,620	\$ 13,659
		GST - Prior Periods	\$ 7,766	\$ 7,766
		DHS Clinic Fund	-	\$ 54,383
		SEA Group Fund	\$ 5,650	\$ 6,000
		Payg Tax	\$ 3,185	\$ 5,273
			\$ 50,846	\$ 114,350
	Short-term Provisions			
	Provision For Redundancy	\$ -	\$ -	
	Provn Employee Entitlements	\$ 14,736	\$ 17,366	
		\$ 14,736	\$ 17,366	
		\$ 65,582	\$ 131,716	
	Non Current Liabilities	Long-term Provisions		
		Provn Employee Entitlements	\$ 23,546	\$ 26,049
		\$ 23,546	\$ 26,049	
		Total Liabilities	\$ 89,128	\$ 157,766
		Net Assets	\$ 74,521	\$ 74,086
EQUITY	Accumulated Surplus	\$ 74,086	\$ 103,263	
	Current (Deficit) /Earnings	\$ 435	\$ (29,177)	
	Total Equity	\$ 74,521	\$ 74,086	

Financial Statements

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WOMEN'S HEALTH EAST INC DETAILED INCOME STATEMENT FOR THE YEAR ENDED 30TH JUNE 2008

REVENUE:	THIS YEAR	LAST YEAR
Operating Activities:		
CLIENT DONATIONS	-	\$ -
MEDICARE RECEIPTS	-	\$ 16,188
RENTAL	\$ 15,140	\$ 7,350
FUNDING AND GRANTS	\$ 493,635	\$ 465,469
REIMBURSEMENTS	\$ 61,889	\$ 62,119
SALES	\$ 64	\$ 1,593
SUNDRY	\$ 6,687	\$ 14,318
	\$ 577,414	\$ 567,037
Non-operating Activities:		
INTEREST	\$ 5,832	\$ 7,596
PROCEEDS ON DISPOSAL OF ASSETS	\$ 15,909	\$ 30,910
	\$ 21,741	\$ 38,506
TOTAL REVENUE	\$ 599,155	\$ 605,544
EXPENSES CLASSIFIED BY NATURE:		
EMPLOYMENT	\$ 433,435	\$ 456,521
ADMINISTRATION	\$ 48,813	\$ 57,796
DEPRECIATION	\$ 15,644	\$ 16,943
PROJECTS	\$ 13,970	\$ 2,967
MOTOR VEHICLE	\$ 12,008	\$ 12,748
OCCUPANCY	\$ 56,566	\$ 51,592
CLINICAL SERVICES	\$ -	\$ 225
WRITTEN DOWN VALUE OF ASSETS DISPOSED	\$ 18,283	\$ 35,929
TOTAL EXPENSES	\$ 598,719	\$ 634,720
Net Surplus from ordinary activities attributable to the association.	\$ 435	\$ (29,177)
NOTES:		
Included in expenses:		
Rental expense on operating leases		
- minimum lease payments	\$ 16,841	\$ 20,476
Auditor's remuneration for audit services	\$ 2,450	\$ 3,850
Net surplus/(deficit) on disposal of fixed assets	\$ (2,374)	\$ (5,019)

WOMEN'S HEALTH EAST INC STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30TH JUNE 2008

ACCUMULATED SURPLUS	THIS YEAR	LAST YEAR
Opening Balance	\$ 74,086	\$ 101,913
Add: Net (Deficit)/ Surplus for the year	\$ 435	\$ (29,177)
Closing Balance	\$ 74,521	\$ 74,086

CASH FLOW STATEMENT FOR THE YEAR ENDED 30 JUNE 2008

	THIS YEAR	LAST YEAR
Cash Flows from Operating Activities		
Receipts from Operating Activities	\$ 579,781	\$ 629,951
Payments to Suppliers and Employees	\$ (633,431)	\$ (632,454)
Interest Received	\$ 5,832	\$ 7,596
Net Cash Provided by (Used in) Operating Activities	\$ (47,818)	\$ 5,093
Cash Flows from Investing Activities		
Purchases of Fixed Assets	\$ (21,735)	\$ (50,791)
Proceeds from Disposal of Fixed Assets	\$ 15,909	\$ 30,910
Net Cash Used in Investing Activities	\$ (5,826)	\$ (19,881)
Net Increase (Decrease) in Cash Held	\$ (53,644)	\$ (14,788)
Cash at Beginning of Year	\$ 151,306	\$ 166,094
Cash at End of Year	\$ 97,662	\$ 151,306
Reconciliation of Cash		
General Cheque Account	\$ 23,574	\$ 11,932
Cash Management Account	\$ 73,738	\$ 139,024
Cash on Hand	\$ 350	\$ 350
	\$ 97,662	\$ 151,306
Reconciliation of Net Cash provided by/(used in) Operating Activities to Net Surplus from Ordinary Activities		
Net Surplus from Ordinary Activities	\$ 435	\$ (29,177)
Non-cash flows in surplus from ordinary activities:		
Depreciation	\$ 15,644	\$ 16,943
(Surplus) Deficit on Sale of Fixed Assets	\$ 2,375	\$ 5,019
Changes in assets and liabilities:		
Decrease (Increase) in Trade and Other Receivables	\$ 743	\$ (1,999)
Decrease (Increase) in Other Current Assets	\$ 1,624	\$ (1,922)
Increase (Decrease) in Trade and Other Payables	\$ (63,505)	\$ 39,423
Increase (Decrease) in Provisions	\$ (5,134)	\$ (23,194)
	\$ (47,818)	\$ 5,093

Notes to financial statements

Note 1: Statement of Significant Accounting Policies

The financial report is a general purpose financial report that has been prepared in accordance with the requirements of the Associations Incorporation Act 1981 (Vic) and its prescribed Accounting Standards, Urgent Issues Group Interpretations and other authoritative pronouncements of the Australian Accounting Standards Board applicable to "Prescribed Associations".

The financial report covers Women's Health East Inc as an individual entity. Women's Health East Inc is an association incorporated in Victoria under the Associations Incorporation Act 1981.

The financial report of Women's Health East Inc as an individual entity complies with only those Australian equivalents to International Financial Reporting Standards (IFRS) specifically prescribed by the Associations Incorporation Act 1981 (Vic) applicable to "Prescribed Associations".

The following is a summary of the material accounting policies adopted by the association in the preparation of the financial report. The accounting policies have been consistently applied, unless otherwise stated.

(A) Basis of Preparation

Reporting Basis and Conventions

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

(B) Accounting Policies

Income tax

The association is exempt from income tax.

Property, Plant and Equipment

Each class of property, plant and equipment is carried at cost less, where applicable, any accumulated depreciation and impairment losses.

The carrying amount of each class of property, plant and equipment is reviewed annually to ensure it is not in excess of the recoverable amount from those assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets' employment and subsequent disposal. The expected net cash flows have not been discounted to present values in determining the recoverable amounts.

Subsequent costs are included in the asset's carrying amount recognised as a separate asset, as appropriate, only when it is probable that the future economic benefits associated with the item will flow to the association and the cost of the item can be measured reliably. All other repairs and maintenance are charged to the income statement during the financial period in which they are incurred.

Depreciation

The depreciable amount of all property, plant & equipment, excluding leasehold improvements, is depreciated using the diminishing value method over their useful lives to the association commencing from the time the asset is held ready for use. Leasehold improvements are depreciated on a straight-line basis over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

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

Class of Asset	Depreciation Rate %
Furniture and Equipment	30.0 to 50.0%

Motor Vehicles 22.5%

The assets' residual values and useful lives are reviewed, and adjusted if appropriate, at each balance date.

An assets' carrying amount is written down immediately to its recoverable amount if the asset's carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains and losses are included in the Income Statement. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.

Leases & Hire Purchases

Leases of fixed assets, where substantially all the risks and benefits incidental to the ownership of the asset, but not 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 amount 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 the period. Hire purchases are treated in the same way.

Leased assets are depreciated on a straight-line basis over their estimated useful lives where it is likely that the association will obtain ownership of the asset or ownership over the term of the lease.

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

Lease incentives under operating leases are recognised as a liability and amortised on a straight - line basis over the life of the lease term.

Impairment of Assets

At each reporting date, the committee members review the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value-in-use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the income statement.

Where it is not possible to estimate the recoverable amount of an individual asset, the association estimates the recoverable amount of the cash-generating unit to which the asset belongs.

Employee Benefits

Provision is made for the liability for employee benefits arising from services rendered by employees to balance date. Employee benefits that are expected to be settled within one year have been measured at the amount expected to be paid when the liability is settled, plus related on-costs. Employee entitlements payable later than one year have been measured at the present value of the estimated future cash out flows to be made for those benefits.

Cash and Cash Equivalents

Cash and Cash Equivalents include cash on hand, deposits held at call with banks or financial institutions, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within short-term borrowings in current liabilities on the Balance Sheet.

Cash for the purposes of the Cash Flow Statement has the same

Notes to financial statements

continued

meaning as cash and cash equivalents.

Revenue

All items of revenue, excluding funding revenue and interest revenue is recognised in full in the income year in which it is invoiced or received, which ever is the earlier.

Funding revenue is recognised when the right to receive the funding has been established.

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

All revenue is stated net of the amount of goods and services tax (GST).

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 Australian 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 balance sheet are shown inclusive of GST.

Cash flows are presented in the Cash Flow statement on a gross basis, except for the GST component of investing and financing activities, which are disclosed as operating cash flows.

Comparative Figures

When required by Accounting Standards comparative figures have been adjusted to conform to changes in presentation for the current financial year.

(C) Critical Accounting Estimates and Judgements

The committee members evaluate estimates and judgments incorporated into the financial report based on historical knowledge and best available current information. Estimates assume a reasonable expectation of future events and are based on current trends and economic data, obtained both externally and within the association.

Key estimates - Impairment

The association assesses impairment at each reporting date by evaluating conditions specific to the group that may lead to impairment of assets. Where an impairment trigger exists, the recoverable amount of the asset is determined. Value-in-use calculations performed in assessing recoverable amounts incorporate a number of key estimates.

Key judgments - Doubtful debts provision

A provision for doubtful debts has been raised for all debts where some doubt as to collection exists and in any event, when the debt is more than 6 months old.

Note 2: Operating Lease Commitments

	THIS YEAR	LAST YEAR
Being for rent of office and photocopier machine payable:		
~ not later than 1 year	\$ 4,560	\$ 22,675
~ later than 1 year but not later than 5 years	\$ -	\$ 4,560
	\$ 4,560	\$ 27,235

Contingent rental provisions within the office lease agreement require that the minimum lease payments shall be increased by the CPI per annum.

Note 3: Property, Plant & Equipment

Movement in the carrying amounts for each class of property, plant and equipment between the beginning and the end of the current financial year:		
FURNITURE AND EQUIPMENT		
Balance at the beginning of the year	\$ 13,850	\$ 17,850
Additions	\$ 1,173	\$ 1,770
Disposals	\$ -	\$ -
Depreciation Expense	\$ (4,643)	\$ (5,770)
Carrying Amount at the End of Year	\$ 10,380	\$ 13,850
MOTOR VEHICLES		
Balance at the beginning of the year	\$ 47,182	\$ 45,263
Additions	\$ 20,562	\$ 49,021
Disposals	\$ (18,284)	\$ (35,929)
Depreciation Expense	\$ (11,000)	\$ (11,173)
Carrying Amount at the End of Year	\$ 38,460	\$ 47,182
TOTAL PROPERTY, PLANT & EQUIPMENT		
Balance at the beginning of the year	\$ 61,032	\$ 63,113
Additions	\$ 21,735	\$ 50,791
Disposals	\$ (18,284)	\$ (35,929)
Depreciation Expense	\$ (15,643)	\$ (16,943)
Carrying Amount at the End of Year	\$ 48,840	\$ 61,032



Women's Health East

28 Warrandyte Road,
Ringwood, Vic. 3134

Phone: 9845 8000

Fax: 9879 6519

email: health@whe.org.au

www.whe.org.au

Women's Health East is a community-based women's health service funded by the State Government. Located in Ringwood, its outreach covers all women who live, work or study in the eastern region of Melbourne.

