



ANNUAL REPORT

FOR THE
YEAR
E N D E D

31 MAY
2017



ANNUAL REPORT 2016/17

At Western Sydney Suicide Prevention and Support Network we continue to provide grassroots support to our local community in line with our vision. This vision, which was adopted by our foundation Network members, is still relevant some nine years later. It is worth stating these goals as we continue to embrace our community.

- Raising public awareness of services to assist suicide prevention
- Providing a voice for those affected by suicide
- Supporting bereaved families

MEETINGS

The Network continued to meet on the third Wednesday night of each month at the Penrith Bowling and Recreation Club. We changed the starting time this year to 5.30pm with meetings concluding at 7.00pm. The change was made to work better with our volunteers other commitments and also to allow us to enjoy the Club's dining facilities afterwards. We wish to express our gratitude to the Directors and Management of the Club for continuing their long standing commitment to provide our meeting room at no cost to the Network.

MEMBERSHIP

Network membership has remained steady at 14 members throughout the year. Most members remained active with good attendance at our meetings. We now have an excellent range of skills and talents in our group of passionate volunteers that will help us to expand our activities in the future. Our Committee for the year was:

Chair	Genean Beetson
Vice Chair	Barbara Kent
Secretary	Peter Webb
Treasurer	Anthony Fleetwood

Anthony Fleetwood is our Public Officer and Bart Bassett continues to be our Patron.

GOVERNANCE

During the year the Network renewed its NSW Government Charitable Fundraising Number CFN/22413. Our endorsement as a deductible gift recipient under Subdivision 30-BA of the Income Tax Assessment Act 1997 also remains in place.

Our 2016/17 financial result was audited by Mary Kinnon and we continue to hold all necessary insurances as required to operate our activities.

OPERATIONS

At the start of the year we again revisited the question....**which local communities should we work in?** We have Western Sydney in our name and that is a very large geographical area, which has in the past sometimes confused and fragmented our efforts. This year, we decided to focus our efforts in the four Local Government Areas (LGAs) of Blue Mountains, Hawkesbury, Lithgow and Penrith. This strategy aligns well with the Wentworth Primary Health Network (PHN) operational area of the same four LGAs.

As a working trial, we formed a Hawkesbury Group with Peter Webb as the initial Co-ordinator with Dianne Russell taking over recently. Sharon Clifford volunteered to be the Penrith Co-ordinator later in the year.

The role of each Co-ordinator is to seek opportunities, at the grassroot level, in our local communities to better deliver on the Network's objectives. Early signs are that this is a positive improvement to our Network's activities.

	Hawkesbury	Penrith	Blue Mountains	Lithgow
Population	66,136	201,400	78,705	21,524
Area (km ²)	2,776	405	1,432	4,567
Density ¹	0.24	4.98	0.55	0.05
Local Businesses	6,530	12,888	5,367	1,329

1. People per hectare

FUNDRAISING

Network fundraising activities for the year included the tradition of selling raffle tickets in the Rotary Club of Kurrajong North Richmond Christmas Trailer Raffle. This is the fifth year we have done this and again it was good opportunity for us to engage with those in our community who have been touched by suicide.

Bendigo Bank provided funding for us to promote RUOK Day in the Hawkesbury.

We also received a considerable donation from Fairview Park Stud when they entered a team in the City to Surf Race and we continue to have a number of Donation Boxes located in various businesses that raised funds.

SUPPORT GROUPS

We continue to run the Penrith Suicide Bereavement Support Group on the 2nd Wednesday night of the month at the Penrith Bowling Club.

In October 2016, we engaged with Hawkesbury House to run a Surviving Suicide Support group every second Wednesday morning at their premises in Windsor. This was undertaken as a 12 month trial with Michelle, the group facilitator, providing the following feedback;

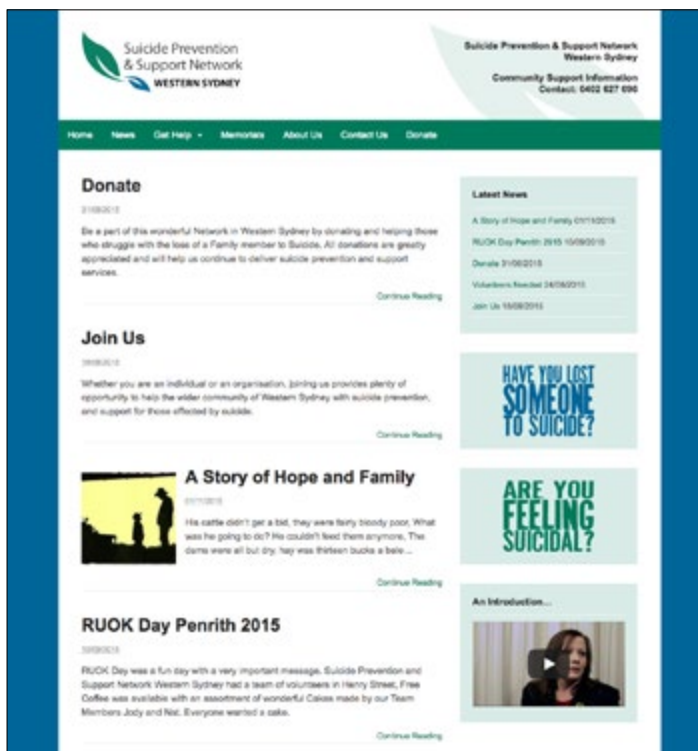
Since inception, there have been regular participants in the group and a steady flow of new participants in various stages of bereavement, as well as people with active suicidal ideation and people with a history of attempted suicide. Several people have attended soon after the loss of their loved one to suicide, from as early as seven weeks, whilst for other people it has been more than a year. The range of loved ones lost includes child, parent, sibling or partner. People report that they heard about the group via print media – local newspapers and funeral service information.

We will continue with these groups next year and look at opportunities to run similar groups in the other two LGAs.

SOCIAL MEDIA

We have continued with our website and Facebook pages. We monitor traffic numbers and items of visitor interest and both sites attract large overseas traffic. We will be undertaking an assessment of how we can remodel the sites to attract more local traffic.

Social Media is an important function for our Network as it allows us to achieve progress in each of the three aims of our Vision.



OTHER ACTIVITIES

This year we expanded our participation in the community by becoming a member of Wentworth PHN Regional Working Group on Suicide Prevention. The PHN has selected the Black Dog Institute LifeSpan program to implement in the region with training and education programs being delivered in 2017/18. This is an important national initiative that relies on a local community delivery model. The Working Group meets monthly to build connections within the PHN and to assist with the delivery and review of the LifeSpan program.

We are also represented on Hawkesbury Council's Human Services Advisory Committee where we are advocating to create a mental health working group to survey, connect and establish new mental health services in the Hawkesbury.

The Hawkesbury Hope Walk, planned for February 2018, will be a significant activity for the Hawkesbury.

We attended the Lithgow Mental Health Summit in December and the Lithgow Out of the Shadows walk in May.

We assisted with the planning of the Hawkesbury Mental Health Forum in March with Dianne Russell being one of the speakers.

Some of our members also presented at various social or work gatherings during the year on support services available in our communities.

FINANCIAL POSITION

The financial position of the Network remained positive during the year, with a surplus achieved as a result of fundraising activities and donations.

Our intention for 2017/18 is to expand our fundraising activities further to provide greater scope for us to support suitable community programs.

Our detailed financial information is provided on the following pages of the report.

WESTERN SYDNEY SUICIDE PREVENTION AND SUPPORT NETWORK
INCOME STATEMENT
FOR THE YEAR ENDED 31 MAY 2017

	2017 \$	2016 \$
Income		
Bank Interest	35	5
Donations	11,607	2,577
Membership Fees	20	26
Total Income	11,662	2,608
Expenses		
Bank Fees	24	135
Donations	98	101
Campaign Costs - RUO K Day	1,041	492
Program Costs - Hawkesbury House	1,650	-
Training	- 295	1,150
Entertainment	463	518
Insurance	1,500	1,500
Printing, Postage and Stationary	196	1,106
Mobile Phone	365	390
Website	279	174
Other	-	79
Total Expenses	5,321	5,645
Operating Surplus (Deficit)	6,342	- 3,037

WESTERN SYDNEY SUICIDE PREVENTION AND SUPPORT NETWORK

BALANCE SHEET


AS AT 31 MAY 2017

	2017 \$	2016 \$
Current Assets		
Cash on Hand	25	-
Cash at Bank	10,973	4,656
Total Current Assets	10,998	4,656
Liabilities		
Nil	-	-
Total Liabilities	-	-
Net Assets	10,998	4,656
Equity		
Opening	4,656	7,693
Retained Earnings	6,342	(3,037)
Total Equity	10,998	4,656

CONTACT US

 supportaftersuicide.com.au

 Western Sydney Suicide Prevention and Support Network

 0402 627 696