



flourish

Mental Health Action In Our hands Inc.

Annual Report

2019

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**The Honourable Minister,
Michael Ferguson,
addressing Course in
Consumer Leadership
Graduates.**

About Flourish

Flourish Mental Health Action in Our Hands Inc. (or 'Flourish') is an independent not-for-profit organisation established to provide a strong voice for Tasmania's mental health consumers; people with a lived experience of mental ill health challenges or mental illness.

Flourish works with consumers, government, service providers and families to ensure that the delivery of mental health services is of good standard, continuously improving, accountable and meets the dynamic and changing needs and expectations of individuals and the community.

The Flourish Team

The main Flourish team is made up of individuals with a lived experience of mental health challenges or mental ill health who work in a range of roles, as volunteers or paid staff. They work in the office, on projects, participate in meetings and events, facilitate groups or presentations or find their way onto the Consumer Representative Program

Flourish has just under two full-time equivalent funded positions (1.8 FTE) providing a state-wide mental health consumer service. Flourish continues to have a significant reach and achieve so much due to the commitment of volunteers.



Consumer Representatives Joanna and Rosemary at work in the Flourish office.

Chairperson Report

It is with pleasure that I write the Chairs Report for Flourish. It is inspiring to meet with and work with so many people who are so passionate and committed to the vision and purpose of Flourish.

VISION

A future where mental illness is understood and embraced, unconditionally.

CORE PURPOSE

To coordinate, promote and support the diversity of Consumer voices within mental health services and the wider community.

As always Flourish has been able to achieve so much with the input of people prepared to volunteer their time, energy and skills. I would like to formally thank the inspiring efforts of our members who are actively achieving the objectives of our organisation by doing things such as; taking on Consumer Representative roles, attending and or coordinating FLAG meetings, setting up stalls at events, providing commentary and recommendations on key pieces of legislation, putting together Newsletters, setting up the AGM, writing tenders and grant applications, advising policy makers, sharing learnings from national committees and forums and what is the real stand out for me – supporting each other through the process.

NOTE: Italicised text in this article is from the Flourish Constitution.

OBJECTIVES

- *To promote the rights and responsibilities of mental health consumers;*
- *To provide independent representation and an informed voice for Tasmania's mental health consumers in policy development, including implementation and evaluation of services;*
- *To develop relationships and work in partnership with other stakeholders with a view to achieving the best possible outcomes for people with mental illness in Tasmania; and*
- *To develop the capacity of mental health consumers to enable them to effectively participate at a level they determine appropriate to their own experience, skills and capacity at a particular point in time.*

Demonstrations of ways we have carried out our objectives are as follows;

- 1 The Minister's Southern Tasmanian Mental Health Integration Taskforce (chaired by the Chief Psychiatrist); and flowing on from the work of the taskforce and its recommendations;
- 2 The Peacock Centre and St Johns Park Re-development Project Users Group (two key elements in what is now called the 'Hospital Avoidance Program');
- 3 Regional Mental Health and Suicide Prevention Planning Steering Group – Rethink has reached a mid-point, five-year milestone and intends, based on strong collaboration between State and Federal Government representatives, to link in the PHT's work (next point); and
- 4 Primary Health Tasmania's Regional Mental Health and Suicide Prevention Planning Steering Group – a group that assists in developing a 10-year plan for each PHN region across Australia
- 5 The 'Hospital in the Home' initiative was another, innovative and positive project (aligning Tasmania with good practice) and aiming to offer options, a wider service range and divert people away from the hospital and the ED.

STRATEGIC PLAN

A key component of our Strategic Plan that was developed with members (due to be reviewed in 2020) was to secure funding that would ensure our sustainability and our ability to influence change both now and into the future. As such there has been significant effort by the CEO in relation to grants and tenders over the last year and we were notified of successful outcomes towards the end of the year. While this year has set us on track to increase our service offerings and build a stronger organisation we will need to be vigilant in meeting the new challenges this will ensure that we remain focused on our core purpose and objectives. I am confident that we can do so and that we will continue to flourish.

THE BOARD

From a Board perspective the year was particularly challenging with a number of Board positions becoming vacant towards the end of the financial year. The Board took some time to reflect on what has been a fairly high turnover over recent years in order to ensure there is some increased stability into the future. For this reason, the decision was taken to not fill casual vacancies in an ad-hoc manner but to take a planned approach to finding the right people who were fully briefed on the Board role prior to commencing.

This also allows for comprehensive induction and training allowing the Board to swing into action quickly and maintain momentum. In addition to this decision, one of the sub-committees was ceased, and the frequency of meetings was increased to monthly with face to face meetings where possible. The decision was also taken that additional Board training needed to be given priority for Directors with limited Board experience in order to increase confidence and to ensure a full understanding of the role. We have had reason to question whether this approach is the right one but as we come into the AGM with a new highly skilled team with the majority having a lived experience we are feeling very excited.

Board Members for the year:

Rhonda McLaughlin

Paris Shacklock

Sandra Hayes

Lisa Coppe

Richard Scaife

Jason Mahne (resigned Jan 2019)

Yolanda Prenc (resigned June 2019)

Julia Westland (resigned June 2019)

I would like to take this opportunity to thank the CEO and staff for their belief in Flourish and what can be achieved when a group of people are committed to the same vision.

Rhonda McLaughlin

Chair of the Board

rhondam@flourishtas.org.au

CEO Report

The year 2018/2019 was eventful, productive and positive. Feedback from members, stakeholders and staff has been encouraging in terms of our team focus, internal consultations and our work with a growing number of external stakeholder and partner organisations.

Volunteers from around the state, our Board members, staff in the Hobart office and our growing number of members make up the Flourish team, who are to be congratulated on the work accomplished during the year. It is focus on teamwork that made an increasing number of sector contributions and internal growth possible.

I would like to acknowledge the work of Nathan and Thomas who moved onto other employment during the year. Thank you for your work and commitment to the ideals of Flourish.

It has been a pleasure to work with the dedicated team of Board members who take on the legal responsibilities of running a community organisation. Everyone contributes in important and positive ways, beyond the call of duty, and I thank you for your support over the year.



At the Northern FLAG Group – Mark Davies and Jan West discussing the 'Trieste Community Mental Health Model' with Dr Surinder Johl.

A heartfelt thank you also to our funders and main supporters, the Directorate of Mental Health and Drug and Alcohol, for your continued support of the work of the Tasmanian consumers, the Office of the Chief Psychiatrist, Tasmania Health Service staff and Primary Health Tasmania. Your encouragement, visionary and generous support for our various project teams and the entire organisation throughout the year has been exceptional.

The support from our funders is mirrored by continuing and critically important support from our friends in Community Sector Organisations and Private Mental Health providers and is greatly appreciated. A growing service and team like Flourish required this spectrum of engagement and assistance. Thank you!

Our core functions of the Flourish Local Action Groups (FLAGs) and the Consumer Representative Service continued to be a key focus of attention.

In summary: we were part of 22 high-level planning or strategic committees such the Health Minister's Southern Mental Health Integration Taskforce and the Mental Health Council's Peer Workforce Steering Committee.

These progressive initiatives both aimed at aligning Tasmania's service system with best-practice state and international mental health service provision. In addition, the Flourish team engaged in 35 projects adding the valuable and important lived experience voice to discussions, service or sector-enhancing work programs; not counting the work of the consumer representatives.

In November 2018, 10 Flourish members attended the Towards Elimination of Restrictive Practice (TERP) Conference. Danni Lane, a long-time member of Flourish was a keynote speaker. Dr Aaron Groves, on behalf of the organising Committee, thanked the Flourish members as participants or for their role as conference peer support persons.

The take-away message from almost all conference presenters was that the lived experience contributions are a key ingredient to improving services.

One of the strategic goals of Flourish is the strengthening of its financial position. We were able to obtain additional funding or grants for:

- State-wide consultations for Primary Health Tasmania;
- A Primary Health Tasmania (PHT) grant for our consumer representatives to run a Flourish-developed 'Short Course in Consumer Leadership' for potential consumer representatives;
- Funding for a second 'Course in Consumer Leadership' through PHT; and
- A three-year 'Peer Worker Program' funded by the Tasmania Community Fund.

2019 also saw Flourish engaged in the delivery of two fee-for-service, consumer-led projects. The projects were the coordination of workshops for Primary Health Tasmania and the facilitation of consultations and the writing of a report for the Mental Health Council. The branching out into another service stream in the form of consumer led project work, will strengthen Flourish strategically and bring an even stronger voice and influence to planning bodies and health services in Tasmania.

This financial year the Flourish team produced a Budget Priority Statement (BPS) as a clearly emerging need to increase core funding for the valued and important work of Flourish consumers is apparent. The statement was positively received by the Directorate, senior SMHS team members, and other key stakeholders, however, no funding increases have been realised at this stage.

I wish to use this opportunity to express a very heartfelt thank you all our members, volunteers and office staff for the considerable work, incredible outcomes achieved and often very joyful time designing, working and exploring together.

Klaus Baur
Chief Executive Officer
 klausb@flourishtas.org.au

The Flourish 'FLAGS'

What is a 'FLAG'

Flourish Local Action Groups or 'FLAGS' embody and progress the Flourish vision, purpose and aims in the three main regions of Tasmania. FLAG groups meet regularly to discuss local and Statewide progress in the field of mental health, with input from members, staff and speakers.

FLAG groups have regular guest speakers to inform the groups and in turn promote Flourish's work to a wider audience. Since early 2018 these groups hold social events and incorporate a wellbeing focus into their meeting program.

Report from the North West, North and Southern FLAGS

Each region has an active FLAG group which meets monthly to share experiences and discuss developments in the mental health sector. Over the year the FLAGS have fluctuated in terms of membership, work program and attendance as members move on to work opportunities and study. However, each region has a core group of members who maintain the integrity of the group and welcome new members.

It is very pleasing to see our members growing in confidence and taking on new challenges. Some members who work in the Consumer Representative Service report regularly on the projects they are involved with such as the redevelopment of the Peacock centre in the south, the new wing of the Royal Hobart Hospital and the state mental health reform agenda.

All FLAGS have had guest speakers to inform the members and encourage debate around State and Commonwealth mental health issues, funding changes to services and opportunities for consumers.

'It has been an amazing opportunity, as a FLAG member to attend an interstate mental health conference and several interstate meetings in the past months.'

Lisa Coppe, Northern FLAG

FLAG members also attend workshops and training events, such as the Course in Consumer Leadership, and participated in Mental Health Week activities where they have furthered Flourish aims and presence. There have also been opportunities to meet with State Mental Health services in forums focusing on particular interests.

Social interaction is an important part of being a FLAG member, so we make sure we have time to talk and enjoy being together at each meeting. This year all groups have had special social events which have been enjoyed by all and have added to the feeling of belonging.

Each FLAG group has embraced a wellbeing focus in their own way. The northern group for example says:

'We had some amazing, simple and helpful short wellness activities introduced by the members. Members take turn in introducing a new practice, only for a few minutes, before each meeting.'

FLAG Participant

One long-term attendee shared *'the FLAG allows us to work together, share creatively, learn and enjoy, and improve our wellbeing.'*

Consumer Representative Service

The Consumer Representative Service (CRS) has grown and strengthened its operation.

In 2019, Thomas Croger grew positive, strong and caring relationships with the Consumer Representatives and with contacts in the sector. During his time Thomas made significant procedural and practice improvements to the operation of the service.

Flourish's contractual obligation is to meet 75% of all requests for a consumer representative from state mental health services. The service achieved 97% for the second part of the year and also met the requirement in the preceding six months with a figure of 87%.

'Consumer provided a critical perspective to the development and funding of psychological services and raised specific concerns in relation to the delivery of services that would have been missed if not for the consumer focus.'

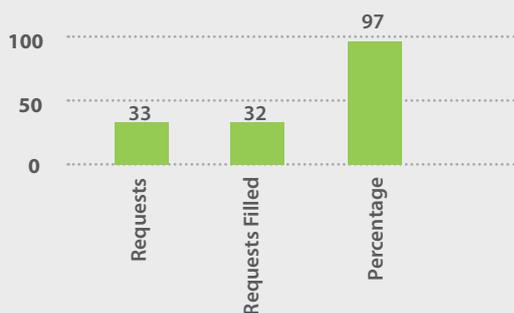
Organisational Client



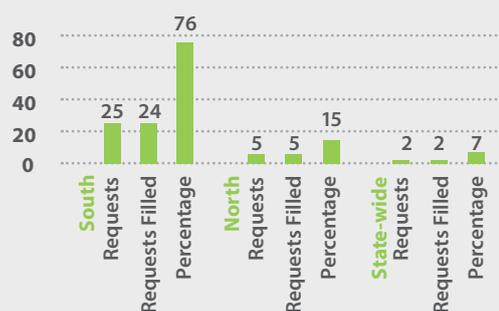
A consumer representative and (Northern) FLAG Group initiated meeting with senior DHHS Staff to discuss the 'Trieste Community Mental Health Model'.

Snapshot of CRS Requests Received and Filled (January to June 2019)

ALL CRS REQUESTS - RECEIVED AND FILLED



REQUESTS BY REGION



The majority of requests for Consumer Representatives are in the South. Whilst this shows a positive recognition of the value and importance of the lived experience, Flourish recognises that there is more work to be done in the North and North West. Flourish will be working with more focus in these areas in the next financial year to increase participation in these regions.

The CR role is growing in credibility and as I engage in more roles and process with DOP and MHS state-wide I feel more of a partner and co-designer of policy, services and new innovations.

Renate Hughes, Consumer Representative (CR)

Consumer Representatives have been requested from private mental health organisations, community mental health and community groups and the feedback from these groups has been very positive.

The first Tasmanian Course in Consumer Leadership (CCL), brought by Flourish to the state, was celebrated in February 2019

with the Minister, Michael Ferguson and the CEO of Primary Health Tasmania, Phil Edmondson, being the main presenters.

Flourish was congratulated on bringing this course to Tasmania and offering consumers the opportunity to increase their advocacy, personal and professional skills.

A second course is planned for Launceston continuing the provision of valuable and important consumer training to members in the North and North West.

What Flourish Means to Me

FLOURISH

F is for Friends for life.

L is for Long time ago I met you all.

O is for Our friendships are what make you feel better when you are down.

U is for Usually when we get together we have a lot of fun.

R is for Rich or poor it doesn't matter everyone welcome.

I is for Incredible or not we all bring something different to Flourish.

S is for Showing people that we are not always well is not a problem we are still loved by all.

H is for Here is hoping that we will always be loved by all.

Patty Howard - North West Regional FLAG Group Member

Flourish, to me, is a vehicle that supports myself and others with a lived experience to provide the important consumer voice to the mental health discussions and decisions that impact me and my community.

Brigid Thomson – Southern Volunteer, Consumer Representative, Project Leader and FLAG Group Member

Being a member of Flourish has been pivotal in transforming my outlook associated with using Mental Health Services in Tasmania into proactive communication. Flourish is a place where I can be myself among like-minded people, and am not criticised by them or by myself if I am unprepared, slow or vague., which has the effect of bringing out the best in me and others.

Learning about other people's experiences is really touching, and the skills and knowledge we share formally at meetings, or while working on projects, as well as informally as our friendships grow is invaluable.

Flourish has helped me verbalise clearer boundaries, such as the ability to say no to increasing workloads, and consequently I am more self-assured because of Flourish. When I make mistakes at Flourish, and currently I am addressing several of them, I address them in my unique way supported by the Flourish team. I am finding this process therapeutic far beyond the issue at hand; so much so that I feel Mental Health Services particularly psychiatry needs to adjust its structures in order to accommodate the healing impact of consumer organisations such as Flourish.

Susan Lipscombe – Southern Volunteer, Consumer Representative, Project Leader and FLAG Group Member

Flourish is a safe support base from which I venture out into the workplace to represent my peers and Flourish.

Flourish supports, encourages and informs me on my recovery journey.

Flourish increases my sense of self-worth by giving me training to help myself and others. Flourish enriches my social life by facilitating social contact with my peers.

Flourish revitalizes my recovery journey with giving me the opportunity to participate in projects for the future.

Timothy Jones – Southern Volunteer, Consumer Representative, Project Leader and FLAG Group Member

Highlight Projects

Participation in the Toward Elimination of Restrictive Practice ('TERP') Conference

In November 2018 the annual Towards Elimination of Restrictive Practice (TERP) conference took place in Hobart. This was attended by mental health workers, academics, consumers and managers interested in reducing or eliminating the often-traumatising impact seclusion and restraint practices in mental health hospitals or service have on patients/consumers, including their families.

TERP was significant for Flourish as 10 team members managed to attend, including from the North and North West teams. Predominately the attendees from Flourish were individuals with a lived experience.

A long-standing Flourish member and consumer representative, Dannii Lane, was selected as a feature presenter at the conference.

While the topic was heavy in some ways, it assisted a wider group of members and consumer representatives to understand seclusion and restraint practices and to improve their work on committees and projects, including on MHS/THS Restrictive and Restraint Practice groups.

A group of carefully selected Flourish staff, members and consumer representatives were engaged as support persons for vulnerable individuals who were negatively affected by the topics presented and discussed.

The overall presence of the Flourish team was commented on during the closing of the event:

'The Flourish (consumer) team did a wonderful job as supporters (of other attending consumers). I thought it really lifted the conference.'

Dr Aaron Groves, Chief Psychiatrist, Tasmania.



**Julia Westland,
Flourish Consumer
Representative.**

Continuation of the Best Practice 'Trieste' Model and Community Mental Health Focus

In the last annual report we detailed some of our members' early work with the World Health Organisation recognised Trieste model and the launch of a Flourish report.

This more community mental health centred approach continued to feature in the Southern Mental Health Task Force work and report. Flourish consumer representatives were on the task force and further on the steering group for the re-development of the Peacock Centre and the development of a new facility at St. John's Park. These centres will have Trieste-like or similar service elements built into their model of practice.

Further, similar community mental health hubs are planned for other locations around Hobart.

Flourish initiated discussions and a first workshop with senior North and North West Mental Health staff and hosted, at the North FLAG meeting location, discussing a northern community mental health hub, not wanting to wait for 'years of operation' of a southern centre before a local centre could be planned for and opened.

Flourish is aware of early plans for a commonwealth funded centre in Launceston. However, detailed plans or approaches have not been revealed as yet. It is hoped that a centre of this nature aligns with plans and service models of the already in progress southern centres.

We applaud the strong focus on the integration of peer workers in these centres and all new state mental health initiatives.

The year also saw Flourish seek funding for members to visit similar innovative centres in Queensland and New South Wales, as part of our continuing research and commitment to this positive direction.



A Flourish team visits the Peacock Centre site (from left to right, Tim Jones, Susan Lipscombe, Joanna Butchart and Amber Smith, the DHHS Project Manager).

Other Projects or Initiatives

Flourish members and/or office volunteer/staff were active on a wide range of projects and programs to ensure the lived experience voice, expertise and contribution to reduce stigma and discrimination equally works beyond the valuable consumer representative work.

Mental Health Access & Quality in Emergency Departments ('EDs') Conference, Sydney

In February two Flourish members and the CEO went to an insightful and important conference. The challenge of admitting mental health patients through a hospital emergency department has been a regular media event in Tasmania. Sadly, we were the only consumer organisation present and the only representatives from Tasmania.

It was inspiring to hear of peer workers in EDs and of a multitude of other innovations that take the pressure off staff working in EDs and improve the patient experience.

Lived Experience Workforce 'Dialogue' Conference, Brisbane

The conference showed that Tasmania's Peer workforce is underdeveloped compared to other Australian States. Several hundred peer workers were at the conference whereas in Tasmania only a small number of individuals are employed specifically as peers. These roles all are newly established.

Happy Heart Peaceful Mind Program, State-wide

This innovative wellbeing program was funded by the Tasmanian Community Fund.

The content was based on research and approaches predominately from positive psychology and meditation. It was also peer delivered by one of our members who has a passion and business about organisational wellbeing.

Tim Jones in action, after being ad hoc added to one of the two panel discussions. There is still a growing awareness about the value of co-design, consumer engagement.



NDIS Psycho-Social Support Focus Group project, State-wide (Fee for service – PHT funded)

PHT contracted a local consultancy to facilitate regional forums to:

- Increase awareness and understanding of changes in the delivery of psychosocial support services in Tasmania; and
- Reassure consumers, carers and providers that there will be continuity of care where needed for people currently receiving psychosocial support services, plus services available for people not eligible for the NDIS.

Flourish was approached to assist with event planning, promotion and overall liaison and to ensure community members, attending Flourish members were welcomed, engaged and looked after.

Brigid Thomson, member, volunteer, past Youth Engagement Officer and consumer representative at the UTAS Wellbeing Expo stall.



Wall of Compassion Mosaic, Penguin

This Care Beyond Cure Inc project, planned for Penguin as part of the Groundswell Project's Compassionate Communities program invited the Flourish North West FLAG and the Friends of the Penguin General Cemetery to collaborate on a mosaic mural.

People with a lived experience of mental illness, family members of those living with an advanced progressive life limiting illness and their carers were invited to participate and to guide local artists; people in the community to contribute to the tiling process too. (Care Beyond Cure Facebook page)

Mental Health Hospital in the Home (short 'HITH') consultations, Hobart

We want to highlight this project even though it is part of our more routine work with the Health Department. Flourish was part of the project steering group establishing this additional service, similar to the Trieste-like centres planned, offering non-hospital-based choices of assistance or treatment.

We would like to thank our members, in all three regions, who met and often as unpaid volunteers, gave viewed and commented on the 'model of practice' and other key processes that saw this initiative established in early 2019.

Early feedback we hear is very positive and HITH is an exciting example showing how peer workers add value to service delivery. Visit the HITH page for more details.

Community Sector Organisation Peer Worker Trial Program

Initially Flourish was a sole member of the Reference Group for this trial program. The program, and Mental Health Peer Workers employed by five Community Sector Organisations, were to work within the Psychosocial Disability Peer Education and Support Model Project to provide open, appropriate and effective support to consumers accessing or considering access to the NDIS and mainstream support services.

Further, and when the trial had just started, we were asked if we could provide Peer Workers to three of the five organisations. We were successful in doing so. Two of the three Peer Workers have gained ongoing employment with their organisations following the end of the trial period.

Flourish members were active at a range of information sharing, wellbeing events: UTAS Wellbeing Week (Sandy Bay), Health & Wellbeing Expo (Huonville), Mentallett Expo (Devonport)

Our members are very passionate about community education. The direct feedback given to us, when at a stall is often very encouraging. People say it is helpful to find out a service like us exists.

Course in Consumer Leadership Graduation

The graduation of this first Tasmanian Course in Consumer Leadership (CCL) brought together funding bodies, mental health service managers, politicians, members and our volunteers and staff.

The event was entirely run by members, with speaking spots for the Health Minister Michael Ferguson, the General Manager from PHT, Phil Edmondson and Adrienne 'Adie' Gibbons the Executive Clinical Director of State Mental Health Services. The most significant success was that 15 of the 16 participants passed the course, a much higher percentage compared to the national average. Everyone had a lot of appreciation and praise for the graduates and for Flourish bringing this training to Tasmania.



Susan Lipscombe
announcing winners
of the 'networking
competition' conducted
in parallel to the
graduation. We wanted
to ensure everyone
engaged with everyone.

Our Funders

We would like to acknowledge and thank our funding partners for their ongoing support.



Treasurer's Report

On behalf of the Directors of the Board, I present to the members of Flourish Mental Health Action in Our Hands Inc. (Flourish) the Treasurer's Report for the financial year ended 30 June 2019, including:

- 1 Audited Profit and Loss Statement;
- 2 Audited Balance Sheet;
- 3 Audited Statement of Changes in Equity;
- 4 Audited Statement of Cash Flows;
- 5 Notes to the Financial Statements;
- 6 Board Statement;
- 7 Auditor's independence declaration dated 7 October 2019; and
- 8 Independent Auditor's report dated 7 October 2019.

I have examined the audited financial statements as presented by Accru+ Hobart and agree that they represent the financial performance for the year ending 30 June 2019 and the financial position as at 30 June 2019.

Overall, the financial position of Flourish remains sound. The financial statements indicate a modest increase in total equity. This was roughly in line with expectations which reflects prudent and effective fiscal management.



Phil Edmondson from PHT (one of our funders) speaking at the Course in Consumer Leadership graduation. The MC for the event was Dr Ivan Zwart, a Flourish Member and Consumer Representative.

I believe this strengthening of the financial position is evidence of the Board delivering on its commitment toward ensuring the ongoing financial sustainability of Flourish. This is due to the tremendous efforts of the Chief Executive Officer and the wonderful team that supports him, both paid and unpaid, in securing additional grant funding.

Pleasingly, this position provides a solid foundation upon which Flourish can seek to further the objects of the organisation and drive exciting new initiatives with the support of new sources of funding during the 2020 financial year.

Flourish Mental Health Action in Our Hands Inc

Profit and Loss Statement

For year ending 30th June 2019

	2018/2019	2017/2018
GRANTS & OTHER INCOME		
Grants - State Govt Recurrent	225,738	212,237
Grants - State Govt Non Recurrent	-	2,054
Interest Received	792	655
Profit (Loss) on Sale of Motor Vehicle	-	14,358
Other Grants	36,520	58,320
Other income	12,095	7,372
TOTAL INCOME	275,145	294,996
EXPENSES		
Advertising and Promotion	663	586
Assets Purchased <\$1000	-	-
Audit Fees	1,519	1,021
Bank Charges	144	535
Board/Governance Expenses	2,096	2,201
Cleaning and Pest Control	12	662
Client - events	56,945	70,972
Computer & Equip Expenses	1,511	1,853
Grant Submissions	1,567	250
Consultancy Fees	2,497	-
Depreciation Expense (V & E)	5,358	5,993
Loss on Disposal of P & E	-	1,401
Insurance General	5,499	4,422
Meeting Expenses	1,446	2,266
Membership Fees	1,600	1,458
Motor Vehicle Expenses	3,656	3,829
Postage & Freight	329	296
Printing & Stationery	2,167	3,226
Rent	11,815	6,815
Security Expenses	68	85
Staff Amenities	204	353
Sundry	494	565
Telephone Fax & Internet	2,444	2,989
Training & Staff Development	1,496	2,754
Travel & Accommodation	1,594	322
S&W Recruitment	375	1,014
S&W Superannuation	10,875	13,098
S&W Workers' Compensation	2,000	1,956
S&W Salaries & Wages	148,061	143,159
TOTAL OPERATING EXPENSES	266,435	274,081
NET PROFIT / (LOSS)	8,710	20,915



Flourish Mental Health Action in Our Hands Inc

Balance Sheet

For year ending 30th June 2019

	2018/2019	2017/2018
ASSETS		
CURRENT ASSETS		
CBA Debit Card A/C 1883	6,060	3,313
CBA Cheque A/C 3642	1,148	1,000
CBA Business Online Saver A/C 1285	100,954	84,619
Petty Cash	105	125
Trade Debtors	18,505	6,053
Sundry Debtors	160	678
Pre-paid Expenses	4,055	2,311
TOTAL	130,987	98,099
NON-CURRENT ASSETS		
Plant & Equipment		
Furniture & Equipment at Cost	9,446	8,420
Furn & Equip Accum Dep'n	(4,647)	(3,265)
TOTAL Plant and Equipment	4,799	5,155
Motor Vehicles		
Motor Vehicles at Cost	20,044	-
Motor Vehicles Accum Dep'n	(3,976)	-
TOTAL Motor Vehicles	16,068	-
TOTAL PROPERTY AND EQUIPMENT	20,867	5,155
TOTAL ASSETS	151,854	103,254
LIABILITIES		
CURRENT LIABILITIES		
Accrued Expenses	2,353	1,727
Grants in Advance	-	972
Grants (external)	42,271	6,169
GST Liabilities	8,163	3,272
Provision for Annual Leave	11,272	11,313
Payroll Liabilities - Payroll, ATO & Super	10,080	10,796
TOTAL	74,139	34,249
NET ASSETS	77,715	69,005
EQUITY		
Retained Earnings	69,005	48,090
Current Year Earnings	8,710	20,915
TOTAL EQUITY	77,715	69,005

Flourish Mental Health Action in Our Hands Inc
Statement of Changes in Equity
For year ending 30th June 2019

	Retained Earnings \$
Balance 1 July 2017	48,090
Comprehensive Income	
Deficit for the year attributable to members of the entity	20,915
Other comprehensive income for the year	-
Total comprehensive income attributable to members of the entity	20,915
Balance at 30 June 2018	69,005
Comprehensive Income	
Surplus for the year attributable to members of the entity	8,710
Other comprehensive income for the year	-
Total comprehensive income attributable to members of the entity	8,710
Balance at 30 June 2019	77,715



Flourish Mental Health Action in Our Hands Inc
Statement of Cash Flows
For year ending 30th June 2019

	2019 \$	2018 \$
CASH FLOWS FROM OPERATING ACTIVITIES		
Receipts from donations, bequests and raffles	12,095	7,372
Commonwealth Government & other grants	285,454	223,754
Payments to suppliers and employees	(258,061)	(259,753)
Interest received	792	655
Net cash (used in)/generated from operating activities	40,280	(27,972)
CASH FLOWS FROM INVESTING ACTIVITIES		
Proceeds from sale of assets	-	24,717
Payment for assets	(21,070)	3,955
Net cash used in investing activities	(21,070)	20,762
Net increase/(decrease) in cash held	19,210	(7,210)
Cash on hand at the beginning of the financial year	89,057	96,267
Cash on hand at the end of the financial year	108,267	89,057

Flourish – Mental Health Action in our Hands Inc

Notes to the Financial Statements

For the Year Ended 30 June 2019

Note 1: Statement of Significant Accounting Policies

The financial statements have been prepared on the basis that the association is a non-reporting entity because there are no users dependent on general purpose financial statements. These financial statements are therefore special purpose financial statements that have been prepared in order to meet the requirements of the *Australian Charities and Not-for-profits Commission Act 2012*. The association is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards.

The financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the *Australian Charities and Not-for-profits Commission Act 2012* and the significant accounting policies disclosed below, which the Board has determined are appropriate to meet the needs of members. Such accounting policies are consistent with those of previous periods unless stated otherwise.

The financial statements, except for the cash flow information, have been prepared on an accrual basis and are based on historical costs unless otherwise stated in the notes. Material accounting policies adopted in the preparation of these financial statements are presented below and have been consistently applied unless stated otherwise. The amounts presented in the financial statements have been rounded to the nearest dollar.

Significant Accounting Policies:

a) Property, Plant & Equipment

Plant & equipment are capitalised when the costs exceed \$1,000 and are included at cost or, where indicated, at independent or owners valuation. All items of plant & equipment are depreciated over their useful lives commencing from the time the asset is held ready for use.

Flourish – Mental Health Action in our Hands Inc

Board Statement

For the Year Ended 30 June 2019

The Board 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 Board, the attached financial report:

1. Presents a true and fair view of the financial position of the Flourish – Mental Health Action in our Hands Inc, as at 30 June 2019 and its performance for the period 1 July 2018 to 30 June 2019;
2. At the date of this statement, there are reasonable grounds to believe that the Flourish – Mental Health Action in our Hands Inc will be able to pay its debts as and when they fall due.

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


.....
President

Dated: 2 / 10 / 2019


.....
Treasurer

Dated: 27 / 09 / 2019

Flourish – Mental Health Action in our Hands Inc Auditor's Independence Declaration

For the Year Ended 30 June 2019

Dear Members

As auditor for the Flourish – Mental Health Action in our Hands Inc for the year ended 30 June 2019, I declare that to the best of my knowledge and belief, there have been:

- 1) No contraventions of the auditor independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- 2) No contraventions of any applicable code of professional conduct in relation to the audit.

This declaration is in respect of the above-mentioned association.

Yours sincerely



.....
Michael Burnett B.Com.F.C.A.
Registered Company Auditor: 281
Partner
Level 1/18 Ross Avenue, Rosny Park TAS 7018

Dated 7 / 10 / 19

Independent Auditor's Report

To the members of Flourish – Mental Health Action in our Hands Inc

Opinion

We have audited the financial report of Flourish – Mental Health Action in our Hands Inc (the Entity), which comprises the Balance Sheet as at 30 June 2019, the Profit and Loss Statement, Statement of Changes in Equity and Statement of Cash Flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies and other explanatory information, and the declaration by those charged with governance.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Entity as at 30 June 2019 and of its financial performance and its cash flows for the year then ended in accordance with *Australian Charities and Not-for-profits Commission Act 2012*.

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 Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standard 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 other 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 Flourish – Mental Health Action in our Hands Inc to meet the requirements of the *Australian Charities and Not-for-profits Commission Act 2012*. As a result, the financial report may not be suitable for another purpose.

Responsibilities of the Board and Those Charged with Governance for the Financial Report

The Board are responsible for the preparation of the financial report in accordance with the *Australian Charities and Not-for-profits Commission Act 2012*, and for such internal control as the Board determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Board are responsible for assessing the Entity'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 Board either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Entity's financial reporting process.

Auditor's Responsibility 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 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 the financial report.

A further description of our responsibilities for the audit of the financial report is located at the Auditing and Assurance Standards Board website at: <http://www.auasb.gov.au/Home.aspx>. This description forms part of our auditor's report.



.....
Michael Burnett B.Com.F.C.A.
Registered Company Auditor: 281
Partner
Level 1/18 Ross Avenue, Rosny Park TAS 7018

Dated 7 / 10 / 19

Contact Flourish

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Notes

