



Southern  
Community  
Welfare Inc.

Care  
Equip  
Empower  
Hope

Annual Report  
Jan - Dec 2015

OUR VISION

OUR MISSION

WELCOME & ACKNOWLEDGEMENT

CHAIRMAN'S REPORT 2015

BOARD OF DIRECTORS 2015

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# Vision

Empowered individuals,  
equipped families,  
enhanced communities

A hand is shown holding a dandelion seed head against a bright, golden background. The dandelion is in sharp focus, while the background is a soft, out-of-focus bokeh of light. The overall mood is warm and hopeful.

# Mission

SCW is a community based Christ centred organisation, that provides holistic professional services, inspiring hope and transforming lives.

# WELCOME & ACKNOWLEDGEMENT



Welcome to Southern Community Welfare's (SCW) Annual Report. I trust this report will provide an overview of our services and the direction of SCW as it completes 20 years of service in the local community and beyond.

On behalf of the Board and Staff of SCW, I would like to extend my sincerest gratitude to our sponsors, supporters and volunteers. Each of these organisations and individuals, contribute enormously to the sustainability of SCW. Their generosity enables the work of SCW to continue to reach those who are marginalised and vulnerable across our community ... and for this, we are sincerely grateful.

**Vicki Sherry**  
CEO – Southern Community Welfare

## DID YOU KNOW?

**850**  
people identified  
with experiencing  
homelessness

### HOMELESSNESS

- ❖ The St George-Sutherland Subdivision had 850 people experiencing homelessness identified, with a homeless rate of 20 per 10,000.
- ❖ Sutherland Shire Population is 224,000 – that equates to approximately 450 homeless people in our community.

# CHAIRMAN'S REPORT 2015

The appointment of Vicki Sherry, firstly as our interim General Manager at the beginning of the year and then subsequently endorsed as our permanent General Manager / C.E.O., saw Southern Community Welfare (SCW) move forward in a significant way.



The adoption by the Board of Vicki's excellently developed strategic plan for the future sustainability of SCW was a significant decision and the ongoing development and execution of the plan over the remainder of year has already seen very positive results. This has placed SCW now in a strong position as we move into the year ahead. Needless to say the Board is greatly pleased with the progress Vicki has made and we thank God for his provision of her 'at such a time as this'.

We are excited to see the long term future of SCW looking secure and operating closely to its core values. We sincerely thank the entire team for their dedication and loyalty to SCW over the year. With your combined efforts we are now in a great place to move forward under God's leading.

Once again, the Board is very aware and thankful for the ongoing financial contribution SCW has received throughout the year from our supporters, without whom none of this work would be possible. Please know you are highly valued and please accept our very sincere thanks.

**Russell Foxe**  
Chairman

## DID YOU KNOW?

# 23%

of women who had ever been married or in a de-facto relationship experienced violence at some point in the relationship.

## DOMESTIC VIOLENCE

Domestic violence is a major health issue in Australia. The Women's Safety Survey undertaken by the Australian Bureau of Statistics (1996) found that 23% of women who had ever been married or in a de-facto relationship experienced violence at some point in the relationship.

# BOARD OF DIRECTORS 2015



**Russell Foxe**

**Chair**

Russell has over 25 years of business management experience gained from running his own company in the manufacturing / importing / wholesale distribution sector. Also, he is actively involved with the governance of other organisations as Chairman of The Kogarah Storehouse, which is a public benevolent institution reaching the needy in the St George area. He is Deputy Chair of the National board of Youth for Christ Australia (YFCA), and he has recently retired from the position of Chairman of MLC School Council at Burwood. Russell's passion is to see the God given potential of people unleashed within them, so they become the extraordinary people God planned for them to be.



**Helen Dwyer**

**Vice Chair**

Helen has over 30 years of business experience. She has worked for HopeStreet, a faith based not for profit organisation, since February 2010. Prior to her role at HopeStreet, Helen had an extensive career at St. George Bank and managed the St. George Foundation from 2005-2009.

Helen is a keen supporter and advocate for social justice and seeks to make a real and tangible difference for those who are marginalised in our society. She is passionate about building and deepening relationships and is a firm believer in collaboration; working together provides more opportunities to educate; raise awareness and instigate change across all sectors of our community.



**Nicole Jones**

**Treasurer**

Nicole is a Chartered Accountant, who has over 20 years' experience in audit and business advisory services. She has worked in a Big Four firm, small business and the not-for-profit sector. Her other passions are education, the village in which a child is raised, and support - either individually or through groups - for those in need.



**Jason Ezzy**

**Secretary**

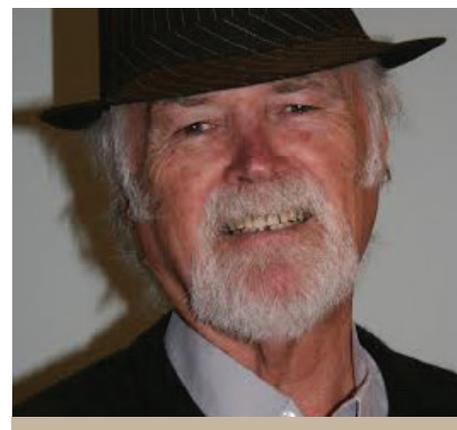
Jason has worked as a primary school Principal in public education for over 15 years. Jason has a passion for student welfare, ensuring that students are provided a safe and happy environment to reach their full potential. Jason has worked closely with welfare agencies, both in government and private sector, to negotiate support for students in need.



**Marc Rader**

**Member**

Marc is the Senior Pastor at Gynea Baptist Church and has been on staff at Gynea since 1997. He is also a faculty member at Morling College, the Baptist theological college of NSW & ACT where he teaches in Biblical Studies and Preaching. Originally from Canada, Marc is married to Nicole (an Aussie) and they have three daughters, Amaris, Amelia and Lucy.



**Dr. Graham Barker**

**Member**

Rev. Dr. Graham Barker is a Clinical Psychologist with additional qualifications in Education, Theology and Counselling. During his lifetime he has been a teacher, a pastor, a youth worker, an academic and the Director of The Shiloh Centre. Today he focuses on the supervision of clinicians, the delivery of supervision seminars and directs the Member Care programme for Youth For Christ International.

He completed his doctoral studies in Clinical Psychology at George Fox University in the USA and his psychological internship and residency at the Minirth-Meier Clinic in Texas prior to returning to Australia in 1990. He has co-authored several books with Dr Cliff Powell and a children's book with his daughter Rebecca.

Graham is married to Alexis. They have three married children and six grandchildren and attend Narrabeen Baptist Church.

# OUR 2015 TEAM

Vicki Sherry  
CEO

Janet Hayes  
Intakes & Administration

Jenny Beckman  
Bookkeeper

Susan Foyle  
Programs Manager

Larissa Rossen  
SFG Program Manager

## CLINICAL TEAM

Grace Versace  
Clinical Manager

Karlyn Johns  
Case Manager

Linda Salem  
Child & Family Clinical Psychologist

Stephanie Penny  
Psychologist

Connie Easterbrook  
Counsellor

Nigel Jones  
Counsellor

Kate Brown  
Speech & Communications Therapist



### DID YOU KNOW?

Sutherland Shire has  
over the last

**10yrs**

been regularly rated amongst  
the highest youth suicide rates  
in the nation.

### SUICIDE

While such deaths can occur for many reasons, and many complex factors might influence a person's decision to suicide, these preventable deaths point to individuals who may be less connected to support networks.

# CEO's Report

After spending over 20 years working for a global multi-national organisation in the corporate world, the move to SCW was a significant shift, to say the least. It became apparent after only a very short time that whilst many of my experiences and skills were transferable, there was still much to learn about the not for profit, community and mental health sector.



It has been a privilege to steer this organisation over 2015, I trust you find the annual report informative.

The not for profit, community, mental health sector as a whole was (and continues) to experience significant change and is in a state of transition. Competition for funding and resources has intensified. In parallel, the need for welfare services is growing exponentially as rates of divorce, separation, suicide, deliberate self injury, and depression create unprecedented levels of demand for psychological, counselling and support services.

As an organisation, we spent time ensuring we understood this shift in the market, that we had clarity on our core strengths and that our vision and mission statements were clear. This led to the development of a new organisational strategy to transition SCW from a traditional grant funded business to a social enterprise business model, that is intended to go a long way toward financial sustainability. Furthermore, twenty years of experience in delivering high quality mental health services, positions SCW well to meet this growth in demand.

None of this would have been possible without the dedication and support of a great team. I am so fortunate to have both a supportive and encouraging Board as well as a tenacious and resilient team of professionals. I also would like to acknowledge that for the last 20 years the organisation has been steered by many dedicated professionals and in particular thanks to Susan Foyle for her tenure as General Manager through to 2014.

## DID YOU KNOW?

ABS statistics report

# 2,864

deaths from intentional self harm  
(suicide) in 2014.

## SUICIDE

The median age at death for intentional self-harm in 2014 was 44.4 years for males, 43.6 years for females and 44.2 years overall. In comparison, the median age for deaths from all causes in 2014 was 78.5 years for males, 84.8 years for females and 81.8 years overall.

# Service Delivery Overview



## MENTAL & ALLIED HEALTH SERVICES

- ❖ A total of 505 client sessions were conducted over the course of 2015
- ❖ 52% of these were either partially or fully subsidised. Three years ago, this was only 22% of our total client base and has consistently increased each year. Introducing Medicare funded services in 2016 will begin to make access to therapeutic services more affordable for this client set.
- ❖ 10% of clients were through the Employee Assistance Program (EAP)
- ❖ 26% of our counselling clients came to SCW for Child & Family therapy
- ❖ 25% for relationship support
- ❖ 12% for grief & loss
- ❖ Speech Pathology Services were introduced under SCW's broader allied health services. Although in its infancy, it is anticipated that this service will grow and complement the existing child and family services as well as supporting disability clients.

### Type of Counselling



# Service Delivery Overview

In 2015 we continued to deliver our most popular support group, Season for Growth (SFG), but also expanded into much needed areas such as re-introducing the suicide bereavement support group (the only group of its kind in the area) as well as the Circle of Security parenting program.

## 2. SUPPORT GROUPS

### A. MENTION MY NAME \*\* NEW IN 2015

We were delighted to receive funding from Taren Point Bowling Club through the Clubs Grants program which enabled us to re-introduce the suicide bereavement support group. The program was then further supported with a second facilitator through Catholic Cemeteries and Crematoria (CCC) who came alongside the SCW program. There remains a strong need for a group like this across our community. Unfortunately the social stigma and the often disenfranchised grief process associated with a suicide death means that there continue to remain few easily available support programs for those bereaved. The groups aim is to provide a safe, supportive, non-judgmental, welcoming and consistent environment in which to share through story, the dual burdens of loss and restoration held by the survivor of suicide. The group ran four times across 2015 and over this time, the group coordinators developed a strong set of supporting systems and processes to facilitate easy replication of this program by other support services.

### B. CIRCLE OF SECURITY \*\* NEW IN 2015

For the first time in a number of years, SCW ran a dedicated parenting program. Nigel Jones joined the practice in 2015 and was qualified to deliver the Circle of Security parenting program. This is an internationally recognised, evidence based parenting program that is designed to provide secure attachment between parent and child. The program is suitable for all family types and can be adapted to meet children's needs across a broad age spectrum. A pilot program ran in October with great attendance and feedback. Given the positive results of this program and strong alignment to our organisational expertise, we plan to continue it in 2016.

*“inspired & positive about being a parent”*



# Service Delivery Overview

## 2. SUPPORT GROUPS - Continued

### C. SEASONS FOR GROWTH – CHILDREN

2015 was a big year for the Seasons for Growth (SFG) Children's program. Not only did the program owners (Good Grief) update and revise the program to produce the third edition of Seasons for Growth, but the program was run a record number of times from SCW. The new edition incorporates stunning new artwork in the updated manuals and journals, has a wider music choice and encourages the use of new technologies. In 2015, we also secured funding to equip and train six new SFG adult 'Companions' for our children's program. The 'Companions' facilitate the small group program, where participants support and learn from each other in age appropriate and engaging activities. We were also delighted to receive funding to begin deployment of the SFG program into schools. The schools program provides an opportunity to reach children in our community, who may otherwise find it difficult to participate in after school programs. Two pilot school programs were conducted across Yarrawarra and Oyster Bay Public schools in the second half of 2015. The schools program has had great feedback, a growing pipeline of interested schools and it is anticipated that this will continue into 2016.

### D. SEASONS FOR GROWTH - ADULTS

This continues to remain a flagship grief and loss program. It is an evidence based model that is delivered by a professional therapist over four weeks. The program is based on Worden's four tasks of grief and each task is linked to a season. The SFG – Adults program ran three times across 2015, with strong attendance and feedback.



*“thank you I really enjoyed the program. There is a great need for these type of education sessions”*

# Service Delivery Overview

## 3. CASE MANAGEMENT

2015 was the busiest year to date for the SCW Case management program since it began in 2013.

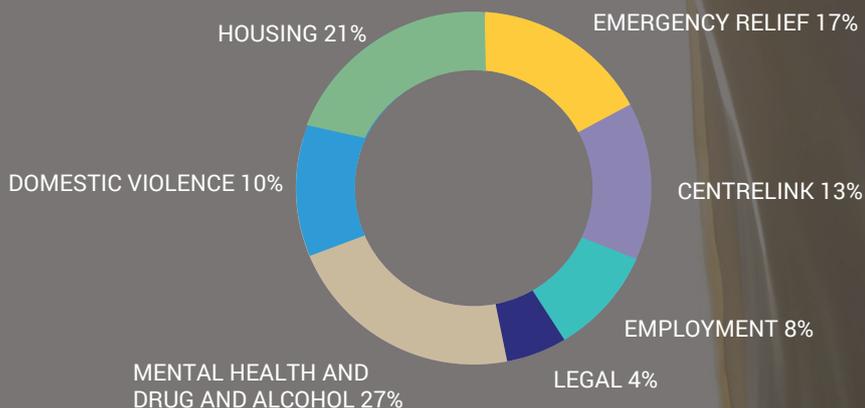
Clients in the case management program range from the long term homeless, to women and children escaping domestic and family violence, to those who are so overcome by grief that they desperately need short term help to cope.

Due to the demand for case management, the service has increased its capacity - growing from to 10-15 clients concurrently. Despite this, there remains a wait list of clients wishing to access the service.

Many of our clients were high needs and long term, 76% of whom were with the program for 8-10 months or longer, this was primarily due to a high incidence of significant housing issues. The clients were referred from a range of community services such as Sutherland Mental Health Team, Family and Community Services, Wesley mission, Wesley Gambling, Partners in Recovery, St George Youth Services, Housing NSW and Centrelink as well as local GP's, psychiatrists and psychologists.



### Intakes



# Service Delivery Overview

## 3. CASE MANAGEMENT - continued

There were a total of 62 clients through the case management program in 2015. This included 305 face to face sessions with 100% of clients being unable to pay for the service. 2015 also saw an increase of 25% in women being referred to the program with 65% of our overall client base being female. Alongside this, there was also a 10% increase in women referred to the service due to domestic and family violence.

The case management service also provides emergency relief in the form of food hampers, and expanded this to include furniture and household goods as well as toys for children in 2015, through the partnership arrangement that the service has with Gynea Baptist Church and Sylvania Waterways Limited. The case management service also worked in partnership with the State Debt Recovery Office on a new program called the Work for Development Scheme. Under this scheme, we were able to link clients using case management as a tool to help alleviate their state debt.

The new additions and expansions of the program are becoming a vital part of the case management program for many clients and we anticipate growth of these areas in 2016.



# Service Delivery Overview

## 4. COMMUNITY EDUCATION

There is on-going demand to deliver Community education and awareness. In particular parenting and addressing childhood anxiety appear to be the most popular topics. The Library seminars were in collaboration with other providers including NSW Health as part of Mental Health month. The ADHD and Out of the Shadows walk was in collaboration with GyMEA Community Aid and we also had the opportunity to present to the Tradies staff at their annual well being day. Attendance at these event was very strong with very positive feedback.

- ❖ Parenting education - Heathcote Public School
- ❖ Anxiety in Children - Como Pre-school
- ❖ Anxiety in Children public presentations at Sutherland Library & Cronulla Library
- ❖ Out of the Shadows - Mention my Name – Suicide Awareness Walk
- ❖ Managing ADHD in Children – Bangor Public School
- ❖ Tradies Well-Being Day



# OTHER

SCW was extremely fortunate in 2015 to be the recipients of the annual Christmas toy donation from Sylvania Waters waterfront residents from their Santa boat.

These toys have been distributed to SCW welfare and case managed clients as well as other charities including Southern Cross Kids Camp, Dandelion Foundation and the children at Sutherland Hospital via Sharks Football Club.

The 2015 Garage Sale Fundraiser was a great community event as well as a great fundraising activity. Approximately 2000 people attended the day and enjoyed grabbing a bargain. The day was a huge success and could not have been made possible without the enormous support from Gymea Baptist Church. To the many volunteers that participated leading up to and on the day – we say a big THANK YOU.

**SYLVANIA WATERS**  
Australia's Premier Waterfront Development

 **gymea baptist**  
empower / love / engage



# TREASURER'S REPORT

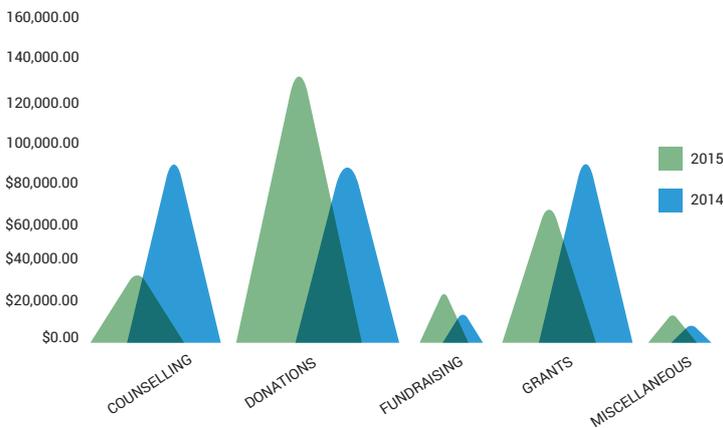


	2015	2014	2013
<b>Total Income</b>	\$270,518	\$269,504	\$263,213
<b>Net Surplus/(Deficit)</b>	\$6,051	\$7,235	\$(34,567)

**Result Summary** - Southern Community Welfare ended its financial year on 31st December 2015. Total income equated to \$270,518 and a net surplus of \$6,051 was recorded.

**Income** - Donations and grants made up 77% of our total income this year (compared to 63% last year). Counselling income was another 13% of total income (compared with 32% last year), with the remainder coming from program income, interest and fundraising. This result shows 2015 was another year in which we were dependent on the generous support of our donors and major funding partners to be able to provide the services and support we offer, to an even larger degree than previously.

The graph below shows the income in each category compared to the prior year level of income. Donations increased in comparison to the prior year while grants and counselling income decreased.



**Expenses** - 85% of our cost base (88% in 2014) is made up of our staff and consultant employment costs and we continue to benefit from a fantastic team of volunteers who provide their time and skills free of charge. We also acknowledge Gynea Baptist Church who continue to house our operations rent-free.

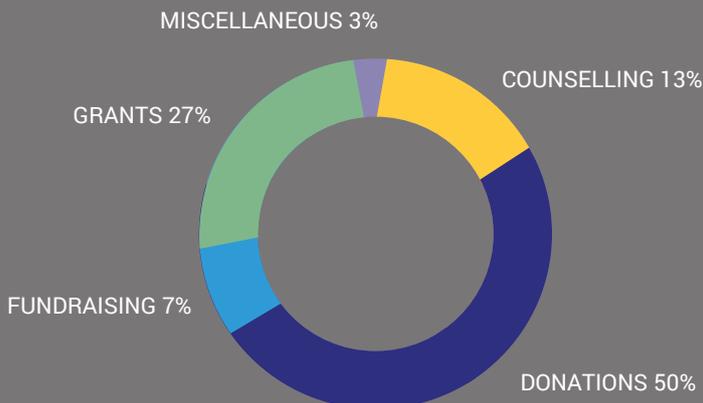
**2016 Budget** - The 2016 budget estimates income at \$286,500 and runs at a deficit of approximately \$15,000. To achieve this result and reduce the size of the deficit as the year goes on, we hope to continue fundraising efforts and look for additional grant opportunities, as well as implement a number of other structural efficiencies and increase sales of our supplies and services.

	2015
<b>Total Assets</b>	\$136,387
<b>Total Liabilities</b>	\$61,937
<b>Net Assets</b>	\$74,449

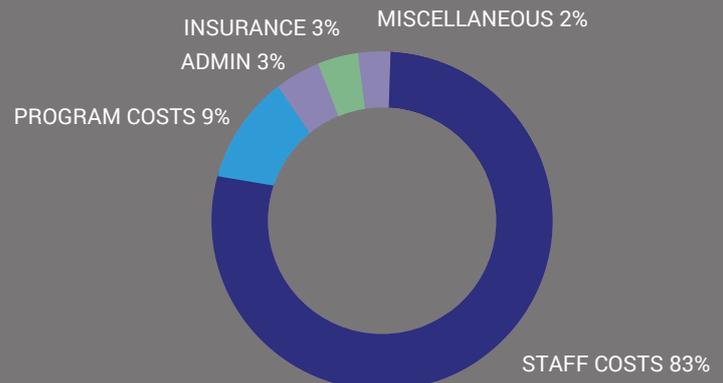
**Balance sheet** - With our continued reliance on donations and grants, which can be lumpy in terms of the timing of funds received, we believe it prudent to carry a "funding buffer" in our balance sheet at all times. At year end current assets exceeded current liabilities by \$72,952 (\$68,398 in the prior year); with total assets exceeding total liabilities by \$74,449 (\$61,459 in the prior year).

The financial and prayerful support this organisation receives is much appreciated, and essential to our ability to reach the community and provide support and offer hope in the coming year.

## 2015 INCOME



## 2015 EXPENSES



# THANK YOU FOR YOUR SUPPORT

SCW relied on the support of many volunteers - whilst the list is numerous, we specifically acknowledge ....

Sue McCubben – SFG  
David McCubben – SFG  
Diane Romberg – SFG  
Larissa Rossen – SFG  
Leanne Carter – SFG  
Jacqui Rometti – SFG  
Robyn Chapman – SFG  
Les Biczok – SFG  
Nicole Saba – SFG  
Lionel Myers – SFG  
Kate Brown – WH & S training  
Leeanne Smith – Manna groceries and hampers  
Janelle Drake – Christmas hampers  
Friday mums group – Christmas hampers, meals and groceries  
Martin Johnson – GBC Communciations  
Lawrie Green – Shedden & Green  
Jo Jobling – Communications  
Geoff Nourse – Database  
Hilary Nourse – Newsletter  
Stan Kirkman – All things IT  
The Friday Boys Bruce, Wally, Roy & Brian – For handiwork and anything we ask.  
Dietmar Falk – Window decals  
Angelo Giovas, Rhonda Montgomery, Sandra Beavis – prayer and support,  
Robyn Southworth, Sonia Beresford, Anne Giovas, Wendy Winton, Bruce Neilson and Joanne Neilson – Garage Sale Leaders  
Stan Kirkman – Everything IT  
Chris Neilson – Case Management Support

## Key Sponsors & Supporters

GyMEA Baptist Church - Volunteers for Monster Garage Sale  
Big Sister Foundation  
Sylvania Waterways  
Tradies  
Taren Point Bowling Club  
Commonwealth Bank  
The Kingsley Foundation  
Storage King - Kurnell  
Catholic Cemeteries & Crematoria  
Sutherland Shire Council

