

ANNUAL REPORT

July 2017 – June 2018

Background

New Mornings is a Christian, not-for-profit mental health support organisation based in Ulverstone.

Vision Statement

To see thriving, productive northwest Tasmanian communities with excellent mental health.

Mission Statement

Reaching out with the love of Jesus Christ to increase community capacity in mental health.

Values

New Mornings has a Christian Worldview. The Bible encourages us to care for others by:

- practically supporting those in need
- encouraging the disheartened
- helping children to thrive
- practising generosity through humble service

New Mornings applies these principles to increase the capacity of communities to have good mental health.

Mental Health Support Goals

1. To prevent mental illness by equipping individuals to grow in resilience and by increasing their community connections
2. To encourage and equip people who support others with mental illness
3. To support and equip individuals with mental illness to maximise recovery and help prevent relapse

Incorporation

Operating as New Mornings, New Mornings Ministries Inc was incorporated as in August 2006 and endorsed as a Deductible Gift Recipient (DGR) in October 2009.

Basic Objects of the Association: "Relief from the suffering and distress associated with depression, anxiety and related mental illness by means of support groups, counselling, psycho-education, suicide prevention strategies and development of interpersonal skills, in order to fulfil needs not able to be catered for by other mental health providers within the community. We aim to make our services available to all members of the community without discrimination."

The New Mornings Board provides active oversight of New Mornings' services.

Board Members

Anne Brewer: Board member (July 2017- May 2018)

Ken Collyer: Board member & Treasurer (July 2017-June 2018), Deputy Chairman (July 2017-August 2017)

John de Jong: Board member (July 2017-June 2018), Deputy Chairman (August 2017-January 2018), Acting Chairman (February 2018 -June 2018)
Christine de Ruyter: Board member (April 2018-June 2018)
Jennie Muller: Board member & Secretary (July 2017-June 2018)
Mike Vos: Board member (February 2018-June 2018)
John Wishaw: Board member & Chairman (July 2017- February 2018)

Public Officer

Jennie Muller (September 2017 – July 2018)

Alison Wishaw (July 2017 – August 2017)

School Programs

A Memorandum of Understanding (MOU) was established between New Mornings and each of the following four schools in relation to student mentoring. Financial contribution of schools to the New Mornings mentoring program is \$125/term/mentor.

1. *West Ulverstone Primary School (WUPS) Mentoring Program*

a. Staff involved

- School principal, acting principals, school mentor coordinators and New Mornings mentor coordinators

b. Volunteer mentors

- Seven active mentors for students in grades 3, 4, 5 and 6 during July-December 2017; one of these students transitioned to Ulverstone High School in 2018, with the remainder continuing at WUPS in grades 4, 5 and 6

2. *Ulverstone Primary School (UPS) Mentoring Program*

a. Staff Involved

- School principal, school mentor coordinator and New Mornings mentor coordinator

b. Volunteer mentors

- Nine active mentors for students in grades 4, 5 and 6 during July-December 2017; four students transitioned to Ulverstone High School in 2018, with the remainder continuing at WUPS in grades 5 and 6

3. *Ulverstone High School (UHS) Mentoring Program*

a. Staff involved

- School principal, school mentor coordinators and New Mornings mentor coordinator

b. Volunteer mentors

- Two active mentors for students in grade 7 during July-December 2017; both continued during January-June 2018 with their mentees in grade 8
- Five mentored students transitioned from Ulverstone and West Ulverstone Primary Schools to grade 7 at Ulverstone High School in 2018:
 - One discontinued mentoring
 - Two students continued with their mentors at UHS
 - Two mentors discontinued with mentoring due to change in circumstances, two suitable new mentors were found towards the end of term 2

4. **Romaine Park Primary School (RPPS) Mentoring Program (Burnie)**
 - a. Staff involved
 - School principal, school mentor coordinators and New Mornings mentor coordinator
 - b. Volunteer mentors
 - Four active mentors commenced in Term 2, 2018 for students in grades 3, 4 and 5
5. **Mentoring for Home School Students**
 - a. The Board approved ongoing mentoring through New Morning for one student who transitioned from West Ulverstone Primary School to home schooling in Term 1 2018, with provisos that mentoring occurred on New Mornings premises at 14 Amherst St, West Ulverstone and parents organised transport to and from mentoring. Parents were unwilling to provide transport, therefore the formal mentoring relationship was discontinued. The mentor has discontinued their formal volunteering role with New Mornings, but has maintained some informal contact with the mentee.
6. **Student Support Group Programs**
 - a. No student support group programs were run for high school students

Volunteer Training Courses

1. **Training for new mentors** (6 modules over 2 days)
 - a. September-October 2017 in Ulverstone
 - Attended by 4 potential mentors and 3 active mentors doing refresher training
 - b. March-April 2018 in Burnie
 - Attended by 7 potential mentors
2. **Ongoing training for active mentors**
 - a. February 2018 in Ulverstone
 - The mentoring coordinators provided training on risk management – attended by 9 mentors
 - b. August 2018 in Burnie
 - A newly developed advanced mentor training module on Learning Difficulties and Family Stress was run for the first time in May 2018 – attended by 7 mentors

Grief and Loss Programs

1. **Grief & Loss seminar**
 - a. Run in partnership with Ulverstone Baptist Church on Saturday 28th April
 - Community stream was attended by 31 participants
 - Professional stream was attended by 12 participants
2. **Grief & Loss support groups** (Taster session, then nine 2-hour weekly sessions)
 - a. October-December 2017
 - Initially attended by 9 participants, but 2 participants were unable to finish the program due to unrelated issues

- Participants from this group have continued to meet informally since the group program finished
- b. April-June 2018
 - Attended by 6 participants

Other Activities

1. ***First Steps Lounge***

- a. First Steps Lounge is designed to provide a safe meeting place for women with mental illness, including those transitioning to home and community life after hospital admission
- b. The Lounge was ready for opening in July 2018 at the New Mornings offices, 14 Amherst St, West Ulverstone

2. ***Chooks and Garden Project***

- a. The back area of the property at 14 Amherst St was redeveloped to provide a chook area and a garden area to be used for educational purposes by West Ulverstone Primary School (WUPS) students under supervision by school staff or approved New Mornings volunteers
- b. WUPS installed a gate in the fence between the school and New Mornings
- c. The chook area was completed in readiness for school visits to commence in Term 3, 2018
- d. Redevelopment of the garden area was not completed, but will be ready for students in late 2018 or early 2019

3. ***Supporting Wellness in Family Trauma (SWIFT) – West Ulverstone***

- a. SWIFT is a family-focussed, community-based trauma recovery program for families affected by family violence, child abuse and neglect in West Ulverstone.
- b. New Mornings has established a partnership with West Ulverstone Primary School and Ulverstone Neighbourhood House to run this project. The project is supported by the Central Coast Council and will be evaluated by the University of Tasmania Centre for Rural Health.
- c. A pilot project in West Ulverstone is supported by community services organisations across Northwest Tasmania in light of current needs within this community, and the wide-reaching implications for subsequent replication in other similar communities.
- d. SWIFT is planned to commence in 2019 if project funding is secured.

Staff

1. ***Program Manager*** (volunteer position, 0.8 FTE)
 - a. July 2017-June 2018: This position was filled by Dr Alison Whishaw
2. ***Mentoring Coordinator*** (paid position, 0.4 FTE)
 - a. July 2017-February 2018: Ruth Crawford (0.2 FTE) & Penny Clark (0.2 FTE)
 - b. March-June 2018: Penny Clark (0.3 FTE) supported by volunteer Annie King (0.1 FTE)

Volunteers

1. **Volunteer Roles & numbers**

- a. Mentors: 24
- b. Seminar organisation: 10
- c. Support Group facilitators: 6
- d. Pastoral Support: 2
- e. Administration & Information technology: 13
- f. Fundraising: 5
- g. Office & property maintenance: 9
- h. Total active volunteers: 50*

*Some volunteers fill multiple roles

2. **Volunteer Events**

- a. Welcome Barbeque (February 2018)
- b. Morning Teas:
 - Christmas (December 2017)
 - National Volunteer Week (May 2018)
- c. Prayer Meetings - weekly during school terms
- d. Fundraising Events:
 - Trivia Night (July 2017)
 - High Tea (November 2017)

Community Involvement

1. **Community Participation**

New Mornings volunteers participated in the following community programs:

- a. *Rotary Health Expo* (Ulverstone, October 2017)
- b. *Beyond Blue dinner* (Ulverstone, October 2017)
- c. *Combined Churches of Burnie meeting* (Burnie, February 2018)
- d. *Mental Health Professionals Network* (Ulverstone, February 2017)
- e. *Australian Rotary Health - Muster for Mental Health* (Deloraine & Ulverstone, February 2018)
- f. *Lifespan Suicide Prevention Forum* (Ulverstone, February 2018)
- g. *Northwest Suicide Prevention Working Group* (Ulverstone, 2018)
- h. *Ulverstone Neighbourhood House Round Table Discussion* (June 2018)

2. **Community Recognition**

- a. Southern Cross Television 2018 Tasmanian Volunteering Awards - New Mornings' "Connecting Kids with a Caring Community" student mentoring program was nominated for the CatholicCare Tasmania volunteer program or group of the year award and received a certificate in recognition of outstanding contribution to the community through volunteering
- b. Central Coast Business Awards - New Mornings was nominated for two awards:

- Community Service Award
- Enhancing Regional Culture

Report by: Dr Alison Whishaw (Program Manager)

19th September 2018