

# New Mornings

2018-2019

## ANNUAL REPORT



New Mornings  
Healthy minds. Thriving communities.

## Table of Contents

Background .....	3
New Mornings Highlights 2018-2019 .....	4
Staff and Volunteers .....	5
Training Courses run by New Mornings.....	5
Training Courses attended by New Mornings Staff and Volunteers .....	5
New Mornings Outreach Programs .....	6
<i>School Mentoring Programs</i> .....	6
<i>Supporting Wellness in Families Together (SWIFT) – Pilot Program</i> .....	6
<i>Grief &amp; Loss Support Groups</i> .....	7
<i>First Steps Lounge</i> .....	7
<i>Garden Project</i> .....	7
Community Liaison and Participation .....	8
Social and Fundraising Events.....	9



### New Mornings

Ph: 03 6411 6212

Email: [admin@newmornings.org.au](mailto:admin@newmornings.org.au)

14 Amherst Street, West Ulverstone, Tasmania

[www.newmornings.org.au](http://www.newmornings.org.au)

## 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 and follows Biblical principles:

- 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.

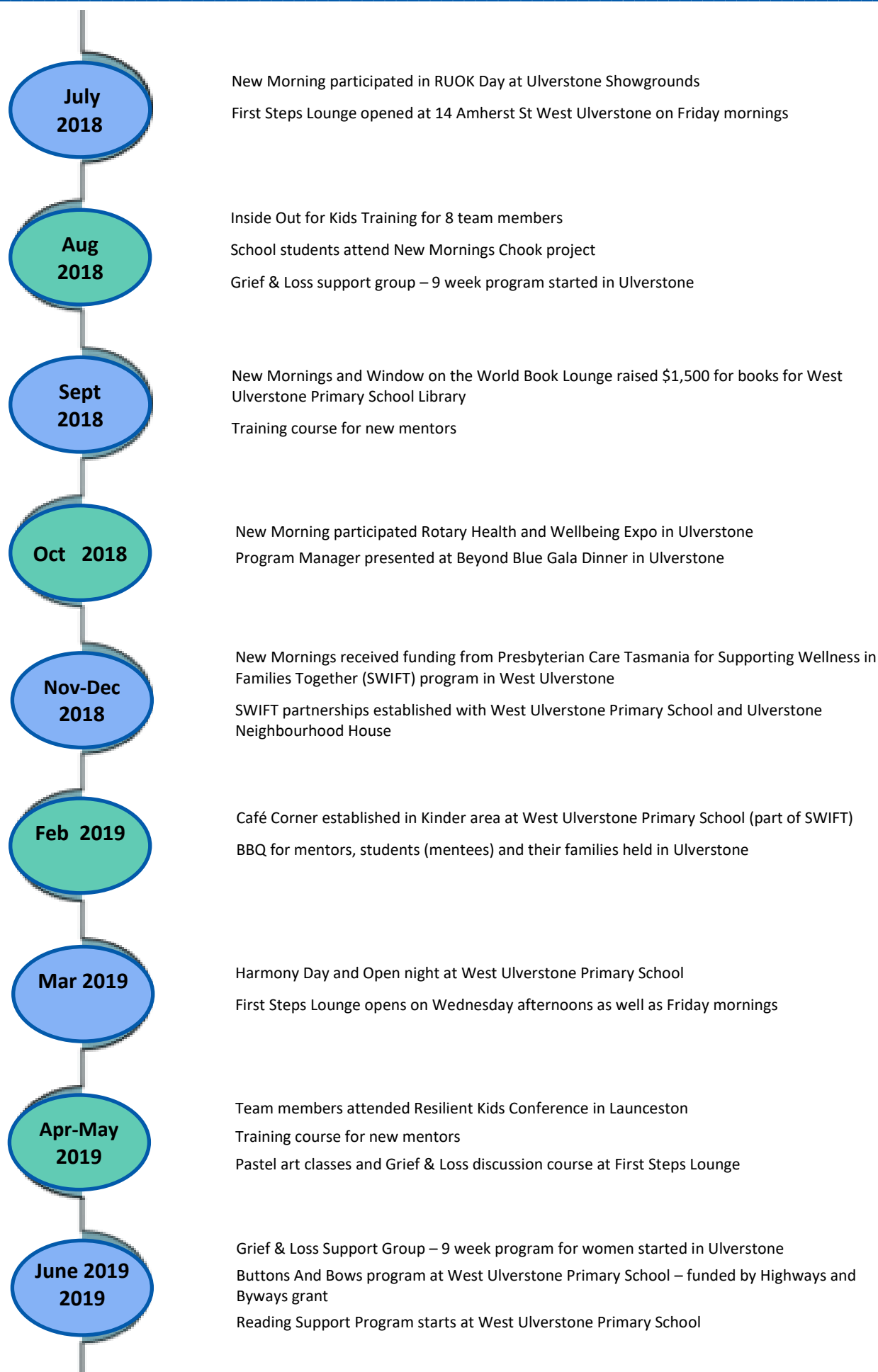
Basic Objects of the Association: "Relief from the suffering and distress associated with depression, anxiety and related mental illness by means of support groups, counselling, psycho-education, suicide prevention strategies and development of interpersonal skills, in order to fulfil needs not able 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."

### **Board of Management**

The New Mornings Board provides active oversight of New Mornings' services. The list of Board members and the public officer for 2018-2019 are found on the final page of the attached Independent Auditors Report.

## New Mornings Highlights 2018-2019

---



## Staff and Volunteers

---

### Employed Staff

July-December 2018: 0.4 full time equivalent employed staff

January-June 2019: 1.0 full time equivalent employed staff

### Volunteer Staff

New Volunteers in 2018-19: 25

Total volunteers in 2018-19: 60

## Training Courses run by New Mornings

---

### 1. Information Sessions:

Sessions in Ulverstone in November/December 2018 and February 2019 were attended by 12 potential new volunteers interested in mentoring or SWIFT

### 2. Introductory Training

(a new training course for front-line volunteers):

The first training session in March 2019 was attended by 6 new volunteers

### 3. Initial Mentor Training (for volunteers planning to mentor school students):

Courses run in Ulverstone in September 2018 and April-May 2019 were attended by 12 new mentors and 12 mentors doing refresher training

### 4. Mentor Update Training (for Active Mentors):

Courses run in Burnie in August 2018 and Ulverstone in November 2018 were attended by 18 active mentors



## Training Courses attended by New Mornings Staff and Volunteers

---

### 1. Inside Out for Kids

- A grief, loss and trauma support program for young people run by City Mission in Launceston and surrounding areas
- A training course run by City Mission staff in Penguin in August 2018 was attended by 10 New Mornings staff members and volunteers

### 2. Resilient Kids Conference

- 5 staff & volunteers attended this conference in Launceston in March 2019

### 3. safeTALK

- 6 volunteers attended Choose Life Services safeTALK suicide prevention training

## New Mornings Outreach Programs

---

### School Mentoring Programs

New Mornings had a Memorandum of Understanding (MOU) with each of the following schools for student mentoring. Schools made a financial contribution of \$125/ mentor/term.

1. **West Ulverstone Primary School:** Mentors were provided for 10 students in grades 4-6
2. **Ulverstone Primary School:** Mentors were provided for 6 students in grades 5-6
3. **Romaine Park Primary School:** Mentors were provided for 5 students in grades 3-6
4. **Ulverstone Secondary College** (renamed form Ulverstone High School in 2019): Mentors were provided for 11 students in grades 7-8

### Supporting Wellness in Families Together (SWIFT) – Pilot Program

New Mornings worked in partnership with West Ulverstone Primary School (WUPS) and Ulverstone Neighbourhood House (UNH) to run a family-focussed trauma recovery pilot program for families affected by family violence, child abuse and neglect in West Ulverstone between November 2018-June 2019. The focus for this pilot project was community engagement through participation in community activities and provision of opportunities for supporting and learning new skills.

**New Mornings (NM) staff and volunteers connected with 64 parents and 140+ students** in the West Ulverstone community through the following activities and events:

#### 1. Activities or Programs run by NM at West Ulverstone Primary School

- Café corner = support for kindergarten students and parents (one morning/week)
- Harmony Day activities in partnership with TasTAFE (March 2019)
- Buttons and Bows handcrafts program for students and parents/guardians - funded by Highways and Byways grant (Term 2, 2019)
- Reading support for students in prep and grades 1-2 (commenced in June 2019)



#### 2. Assistance provided by NM at the following West Ulverstone Primary School events:

- Book Sales day and 'Welcome to kinder' days (February 2019)
- Open Night (March 2019)
- School Association Fundraiser BBQ (May 2019)
- Kindergarten Winter Breakfast (June 2019)

#### 3. Assistance provided by NM at Ulverstone Neighbourhood House events and activities:



- Christmas event (December 2018)
- Launch into Learning Playgroup (fortnightly during school term)

We are grateful for additional funding awarded by Presbyterian Care Tasmania to continue SWIFT during 2019-2022.



## Grief & Loss Support Groups

New Mornings grief and loss support groups are aimed at adults struggling to work through grief after the death or disappearance of a loved one, breakdown of a long-term relationship or any other significant loss.

Two groups for adults were run in Ulverstone during 2018-2019:

- One group during August-October 2018 and the other in June-August 2019
- Each group had 7 registrants
- 9 participants completed the 9-week courses

## First Steps Lounge

First Steps Lounge opened at the New Mornings offices in West Ulverstone in July 2018. It is a coffee lounge for women who are isolated by or living with mental ill health, or struggling through grief of some kind. It provides a drop-in opportunity to a safe meeting place for registered participants:

- It is open on Wednesday afternoons and Friday mornings during school terms
- Average number of guests per week = 8
- Total guests on database = 22
- Activities at the lounge have included:
  - Card making for Christmas (Term 4, 2018)
  - Pastel art class (Term 1, 2019)
  - Grief and loss discussion group (Term 2, 2109)



## Garden Project

This project aims to provide low cost nutritious food and improve the physical & mental health of people helping with the chickens and garden. In partnership with West Ulverstone Primary School (WUPS), students will be exposed to range of garden activities to inspire home food production and increase their awareness of the environment and sustainability.

During 2018-2019:

- Garden development has decreased weeds and markedly improved in soil quality
- Vegetables have been grown, harvested and distributed to New Mornings volunteers and others
- Small groups of WUPS students visited the garden to learn some basics about care for chickens - a very positive experience for some of the children
- Garden development is ongoing, with plans to expand the garden as capacity permits

## Community Liaison and Participation

---

### Community Project Committees

1. **Northwest Suicide Prevention Trial Working Group**
  - The New Mornings program manager was an active member of the working group from July 2018 to February 2019 and represented the committee in Primary Health Tasmania publications (Primary Health Tasmania biannual magazine and *General Practice Matters*)
  - 6 volunteers attended safeTALK suicide prevention training funded by the trial
2. **Anticipatory Care Project**
  - The New Mornings program manager was an active member of the Community Reference Group for the “Connecting Care: A GP Led Health Initiative For Ulverstone” anticipatory care project funded by the Tasmanian Health Service.

### Community Events

New Mornings staff and volunteers participated in the following community events:

1. **RUOK Day event** (Ulverstone Showgrounds, July 2018)
  - New Mornings volunteers ran a stall with free mental health resources for Ulverstone High School students and other community members
2. **Rotary Health and Wellbeing Expo** (Ulverstone, October 2018)
  - New Mornings volunteers ran a stall to promote New Mornings services

### Community Liaison

1. **Cocktail Party with the Premier** (Ulverstone, November 2018)
  - The New Mornings program manager attended this event to discuss funding opportunities available through the Department of Education’s *2018–2021 Child and Student Wellbeing Strategy* with the Education Minister, Jeremy Rockliff
2. **West Ulverstone Primary School external review meeting** (March 2019)
  - The New Mornings program manager attended an external review meeting for parents & community members run by the Education Department
3. **Central Coast Community Shed** (Term 1, 2019)
  - The New Mornings program manager fulfilled a liaison role between West Ulverstone Primary School and the Ulverstone Men’s Shed team to establish a structured 8-week woodwork skills program for grade 5 & 6 boys

### Community Presentations

New Mornings staff and volunteers gave presentations at the following community events and community services meetings:

1. **Rivendell Team meeting** (North West Private Hospital, Burnie, September 2018)
2. **Beyond Blue Gala Dinner** (Ulverstone, October 2018)
3. **Ulverstone Ministers Association** (Ulverstone, November 2018)
4. **Centrelink Team meetings** (Devonport, January 2019)
5. **Adult Mental Health Services** (Devonport, February 2019)



6. **Rotary Club of Ulverstone** (Ulverstone, February 2019)
7. **Support Group for Motor Neuron Disease** (Ulverstone, May 2019)
8. **Central Coast Chamber of Commerce and Industry Office Professionals Breakfast** (Turners Beach, May 2019)
9. **Ulverstone Presbyterian Church** (Ulverstone, May 2019)
10. **Mental Health Professionals Network** (Ulverstone, June 2019)

## Social and Fundraising Events

---

The following events were held for social and fundraising purposes during 2018-2019:

1. **Trivia Night** - fundraiser (Ulverstone, July 2018)
2. **Bunnings Barbeque** - fundraiser (Burnie, September 2018)
3. **High Tea** - fundraiser (Ulverstone, September 2018)
4. **Thanksgiving Service and Garden party** - for volunteers and community members (Ulverstone, December 2018)
5. **Mentoring BBQ** - for staff, mentors and mentees with family & friends (Ulverstone, January 2019)
6. **Welcome Barbeque** - for volunteers (Ulverstone, February 2019)
7. **Volunteer Morning Tea** - for National Volunteer Week (Ulverstone, May 2019)