

AMITY HEALTH LTD

Annual Report

2018 - 2019

Our Mission

Providing country people with the best possible access to health services

Our Purpose

To work in partnership with others to provide services, support, advocacy, leadership and coordination in the development and promotion of primary health care in regional, rural and remote WA

Our Values

Fairness
Integrity
Responsibility
Enjoyment

Table of Contents

Chairperson’s report	3
Membership and Board	4
Overview	5
Activities	6
Program Delivery	12

Chairperson's Report

Dear Members

As Chairman of the Board of Amity Health, I would like to respectfully acknowledge the past and present traditional custodians of the lands on which we work and deliver our health and community services and pay my respects to Elders past present and emerging. I also acknowledge the contributions of Aboriginal Australians and non-Aboriginal Australians to the health and wellbeing of all people in this country that we all live in and share together – Australia.

This past year has seen our organisation settle into a comfortable rhythm after a period of rapid growth in the preceding year and although there are still some staffing positions to be filled Amity Health is currently operating to near ideal capacity.

Our staff teams are now well established with over 70 team members across the lower part of Western Australia. Without these fantastic people our work would not be possible and the organisation would not be held in such high regard. Team managers are regularly visiting service sites and using internet technology to maintain staff connections and provide client services. The Board thanks all staff for their diligence and action orientated attitude which has ensured that services are working and thriving.

Given our current team size, Amity Health is also in the process of looking at introducing a second tier of management to effectively deal with the increasing workload of our thriving organization. This in itself is a testimony to our success and something achieved only through the selfless dedication of an excellent group of people who work at Amity Health.

Amity Health are now providing services to not only the Great Southern but also to the Wheatbelt, and Southern coastal area of the Goldfields. The Mental Health Services, Chronic Disease Care programs and community based initiatives are all providing much needed services in all the regions in which we work and provide services from clinical hubs in Albany, Denmark, Katanning, Northam, Merredin, Narrogin, Southern Cross and the Coastal Wheatbelt amongst others.

Our finances continue to be positive, providing us with the stability and assurance to plan for the future, look at new opportunities and deliver what we are contracted to provide. We continue to be a strong, progressive and well-respected community services provider providing professional health, community and social services within a large area of southern Western Australia.

I would like to thank the executive team, program coordinators, clinicians and support staff for their continued professionalism and dedication to teamwork that ensures Amity Health is an employer of choice for many allied health care providers and administration personnel. I look forward to another exciting year in 2019-2020. I also thank my fellow directors for their support and guidance during the past year

Mark Victor

Membership and Board

Membership

Amity Health has two categories of membership

1. Primary members
2. Special members

A Primary Member is a Registered Primary Health Provider and a Special Member is a Community Member.

Board

Directors



Dr Mark Victor



Mr Richard Keeler



Ms Trish
Ryans-Taylor



Dr Ligia Galvez



Mr Carl Heslop

Ex-Officio

Ms Robyn Marchesi – Company Secretary

Ms Robin Surridge – Chief Executive Officer

Overview

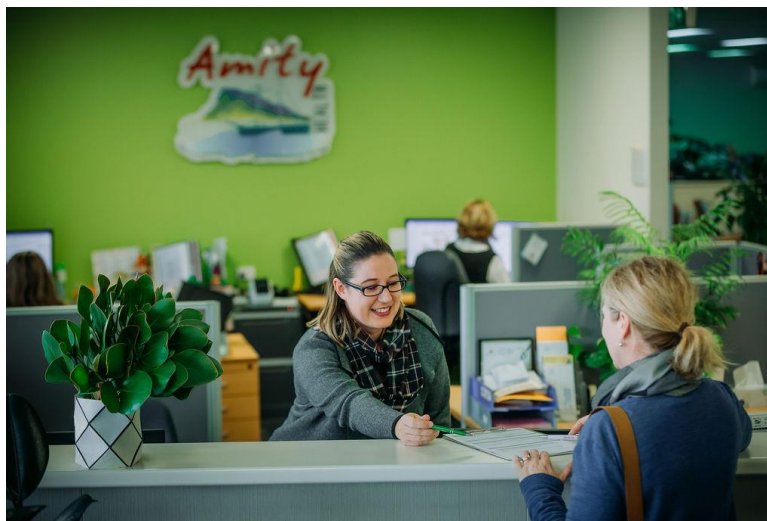
Amity Health is a not for profit organisation providing a range of programs and services to help adults, children and families. Through these services we work to achieve our mission of providing country people with the best possible access to health services.

We work hand-in-hand with doctors, nurses and other health professionals to ensure a holistic approach to meet complete health care needs. We work collaboratively and in partnership with other organizations to secure service provision for improved health outcomes in our communities across the Great Southern, Wheatbelt and South Coastal Goldfields. Partnership relationships extend from federal, state and local government agencies to GP practices, other not-for-profit organizations, other allied health service providers, schools and community groups.

Our team of allied health professionals work to provide health and wellbeing solutions using a partnership approach and provides early intervention and prevention strategies for mental health and physical health, and chronic disease management. This team includes dietitians, diabetes educators, occupational therapists, physiotherapist, psychologists, an allied health child mental health provider, social workers, speech pathologists, nurse practitioners and nurses. Members of staff are located and work across the three regions from bases in Albany, Narrogin, Northam, Merredin, Moora, Esperance and Kalgoorlie.

Amity Health also provides a range of programs to help adults, families and children and their communities. Amity Health is able to respond flexibly and adaptably to the needs of its rural and remote communities, and as such the scope and number of programs change and develop as needs arise.

At its purpose-built Albany location at 136 Lockyer Avenue, a site providing clinic rooms and a child therapy wing, Amity Health continues to attract an increasing range and number of specialists who provide a visiting consulting service for our communities in the Great Southern.



One of our welcoming front office team members

Activities

Partnerships

Amity Health's ongoing partnerships approach has resulted in the establishment of positive working relationships with a range of community agencies, including state and federal government, other not for profits and service provision agencies. This approach is a key factor to ensure available resources are well-utilised, and outcomes maximised where possible.

Amity Health's list of partnerships crosses government and sectoral boundaries and includes the WA Primary Health Alliance (WAPHA), the planning and commissioning body focussed on the delivery of patient centred primary health and social care systems. WAPHA has commissioned Amity Health to deliver mental health, chronic disease, and Aboriginal specific health programs since July 2015.

With the WA Country Health Service (WACHS), Amity Health continues delivery of a Healthy Country Kids (formerly Kids Health Link) program in Merredin, a program commenced in May 2013, as well, the ongoing rheumatology services in Albany and provision of a specialist Rheumatology Nurse has ensured patients continue to receive these much-needed services.

A well-established and successful partnership with the Department of Social Services marks 13 years of Communities for Children, a program that aims to support and facilitate early intervention and prevention programs to achieve positive outcomes for children aged between 0-12 years and their families. The Child and Parent Support program in Narrogin enters its fifth year, seeing close inter-agency collaboration achieve positive outcomes for parents and children in that community.

A long-standing relationship with Rural Health West sees specialists supported to travel to regional areas providing much needed services. Amity Health has been pleased this year to expand this partnership to include paediatric outreach from Albany to Katanning. Amity Health as ever welcomes the support Rural Health West continues to provide with incentives to attract and retain allied health clinicians who elect to move to a rural area.

Amity Health is pleased to continue ongoing effective partnering relationships, welcoming new partnerships this year with Juniper and Medibank Health Solutions.

Allied Health Services

Early Intervention Services

For over 5 years Amity Health's early intervention team have been providing speech pathology and occupational therapy services to the Great Southern community, and Walpole.

Occupational Therapy and Speech Pathology

School screenings for Kindy and older children continue to be a key feature of Amity Health's early intervention service. Where a number of children have been identified as requiring a specific service, the occupational therapist or speech pathologist has been able to offer both group and individual sessions at the school.

Amity Health continues to be a registered provider of speech pathology and occupational therapy services for children with autism spectrum disorder and complex disability. Families eligible for funding under the federal programs Helping Children with Autism and Better Start for Children with Disability are assessed and managed by our clinicians. These programs have until June 2020 before transitioning to the NDIS. Amity Health is now a registered NDIS provider of general therapy services and we have begun to manage our first NDIS clients.



Our Occupational Therapists



Our Speech Pathologists

Child and Adolescent Mental Health

Our child and adolescent mental health occupational therapist and art therapist has had another busy and productive year. She provides a much-needed service for families in Albany, where mental health early intervention services are limited.

Diabetes Education

Amity Health's Albany based diabetes educator has been busily developing skills in managing Type 1 diabetes. She is now a Certified Product Trainer with 2 insulin pump providers. This has allowed at least 20 clients living with Type 1 diabetes to be managed effectively in their own region. A strong relationship with the visiting Perth Children's Hospital (PCH) team has led to many more children and adolescents being managed by Amity Health's diabetes educator and dietitian.

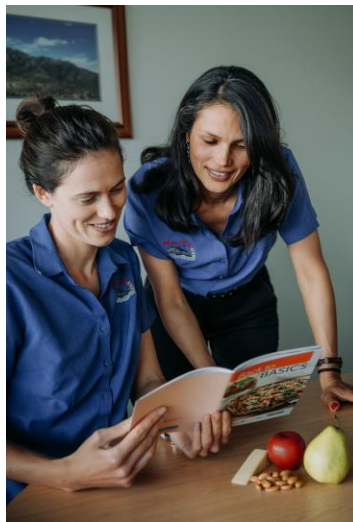
This close liaison and support from PCH has also led to greater support for diabetic children in the school setting. Specific and general support has been provided to school staff to assist them to manage students living with Type 1 diabetes.

The diabetes educator's attendance at Teen Camp in Perth has fully rounded out the development of this much need service resulting in positive networking opportunities with Type 1 Diabetes Family Centre, Perth.

Group intervention activities

Allied health staff continue to be involved providing group management in Albany and other Great Southern towns:

- Our diabetes educators and dietitians have presented 11 DESMOND (Diabetes Education and Self-Management for Newly Diagnosed) group sessions in the Great Southern region, an average of one per month. We currently have 4 trained DESMOND facilitators at Amity Health.
- Amity Health dietitian has collaborated with Diabetes WA to present the SMART program and DAFNE (Dose Adjustment for Normal Eating).
- Our early intervention occupational therapist provided school readiness sessions to 4-6-year old's and Frankland Primary School.



Our Dietitians

Adult and Aged Care Services

Amity Health provides therapy services for adults referred by their GP as well as to aged care facilities in Albany and the region. Dietetics, diabetes education, speech pathology and occupational therapy services are also available to home-based recipients of home care packages.

Education is also provided to care staff in aged care facilities and to adults at home.

Amity Health's weekly Stroke Communication Group continues to support people living with long-term communication impairment resulting from stroke and degenerative conditions such as Parkinson's. The group draws a consistent attendance, while new referrals continue to be received.

Community Participation, training and promotion

Amity Health's allied health team has always contributed to community events and training for community members and a range of organisations including aged care facilities, care agencies, schools and the disability sector. Some of this year's highlights include:

- Attendance at various City of Albany events
- Attendance at the Katanning High School Health Expo stall
- NAIDOC week events
- Mad Hatter's Tea Party for Mental Health week
- Diabetes educators provided:
 - Regular DESMOND groups throughout the Great Southern community
 - Library education sessions in Albany on connecting to diabetes and living with insulin
- Dietitians provided:
 - Regular DESMOND groups throughout the Great Southern community
 - A presentation in Denmark on healthy eating for Seniors Week.
 - At St.Ives a presentation on senior's mental health
 - A presentation to Main Roads Albany under the HBF corporate wellbeing program
 - Input into the HBF exercise group
 - Two healthy cooking activities to the Aboriginal and Torres Strait Islander Resilience and Wellbeing program in Gnowangerup
 - A presentation at the Hawthorn House Open Day on Healthy Eating and Dementia
 - Support to the Food Sensations presentation at the Denmark CRC
- Mental Health Clinicians provided:
 - Participation in the Great Southern Mental Health Network and the Mental Health Professional's Network
- Speech Pathologists provided:
 - Training to aged care facilities in new international diet modification regime



One of our Diabetes Educators

Amity Health Visiting Specialists

Approximately 4000 patients accessed a range of specialist clinics hosted by Amity Health. These clinics included:

Anaesthesiology	Pacemaker Checks
Audiology	Podiatric Surgeon
Cardiology	Podiatrist
Clinical Psychology	Paediatric Endocrinology
Continence Management	Rehabilitation Physician
Dermatology	Rheumatology
Electroencephalogram (EEG) testing	Respiratory Physician & Lung function testing
Nephrology	Spinal Surgeon
Neurology	Urology
Orthopaedic Surgeon	Vascular Surgeon

Wound Care – WA Grow your own skin champions

Funded by the WA Primary Health Alliance a study to review, scope and design wound care within Great Southern primary health and provide a background to help create a collaborative and integrated model of skin care and wound management in the region was undertaken utilising in house expertise. In developing the model, the aim was to augment and integrate current services thereby utilising existing strengths and promoting best practice in wound management. The report was submitted and will inform future decisions around wound care management in the Great Southern.

Primary Health Care and General Practice Support

General Practice and Primary Health Care Support

Amity Health has maintained a strong presence in regional health networks. Representation in local forums, visits to General Practice and convening professional development events in areas where Amity Health programs are delivered, has supported uptake of the programs. This engagement has also contributed to regional health education and interagency networking.

Visits to General Practice and other primary health providers, including those in remote areas, were undertaken over the year to provide face to face information about the Amity Health programs relevant to each area.

Mental Health Professionals Network

Amity Health has continued to convene the Great Southern Mental Health Professionals' Network (MHPN) and has now commenced establishment of a Wheatbelt network in collaboration with the national office for the MHPN.

MHPN events presented in the Great Southern

- Senior Consultant Psychologist Mariette Visser and Psychologist Judith Wolters from MindLink Psychology presented 'Clearing up the air around AD/HD' - the neuroscience of AD/HD and the brain-behaviour connection.
- Clinical Director WACHS Great Southern Mental Health Service, Psychiatrist Dr Noel Collins presented 'Clinical considerations in managing the impact of change with ageing
- Mental Health OT Miranda Miller presented 'Hakomi – mindfulness and somatics in experiential psychotherapy' and Alan Williams presented – 'Conditioned Response Therapy'.

Other Activities and Achievements:

Moora

- Clinical Psychologist Dr Tracy Westerman presented a 2-day Aboriginal Mental Health and Cultural Competency Training in Moora, 25 health professionals attended.

Merredin

- Psychiatrist, Professor Geoff Riley AM presented 'Recognition and Management of Depression and Suicidality' for GPs and Mental Health Professionals

Albany

- Visiting dermatologist Dr Robert Granger presented a lunch time education session at Amity Health on allergic contact dermatitis
- CPR and Anaphylaxis update at Amity Health with Nurse Practitioner Leanne Laurie
- Dr Jasmine Wong presented 'Managing Menopause' at Amity Health

Narrogin

- Respiratory Physician A/Professor Peter Kendall & Respiratory Scientist Bill Smith presented 'New medications for Asthma, COPD and Lung Fibrosis. & Spirometry and respiratory management for primary care health professionals. 15 GPs, Nurses and Allied Health Professionals attended on site at Narrogin and a further 12 attended via video conferencing (VC) across 3 VC sites in the Southern Wheatbelt

Albany Chat and Chomp

Amity Health continues to convene the bi-monthly Albany 'Çhat and Chomp' networking group. This lunch time get together is held at a different agency each meeting and offers the host agency an opportunity to present their programs and activities. Those who attend are also encouraged to provide updates on their services and establish interagency links that will assist service delivery.

Program Delivery

Healthy Country Kids – Merredin

The Healthy Country Kids Program is being delivered in partnership within the WA Country Health Service (WACHS) and Merredin College. The program aims to deliver a school based social work, family support program as well as linking with the community to provide services to achieve positive health and wellbeing outcomes for vulnerable children aged 0-12 years and their families.

Two family support workers are based at the Merredin College and operate a successful 0-4 year playgroup twice a week, providing an environment for children to participate in a variety of activities to further develop social and emotional skills in the years prior to entering school. Parents and carers have the ability to positively influence their children's health and knowledge of the importance of supportive parenting relationships is increased.

Key Achievements:

- Provision of a safe environment for parents and children through Playgroup, focusing on school readiness skills and building children's confidence in socialising with their peers.
- Engagement with the community through collaboration with local organisations, providing activities to children and parents during dedicated community outreach events.
- Face to face counselling and engagement with primary school children on the school grounds.
- Addressing issues early and supporting the needs of primary school children. The social worker provides one on one counselling for children who may have been experiencing trauma, bullying, abuse, had behavioural and/or school attendance issues.



Colourful fun at playgroup

Community Child Health Services – Kalgoorlie & Esperance

Integrated partnership, West Australian Country Health Service

Amity Health through this partnership established an Occupational Therapist and Speech Pathologist in the Esperance WACHS Population Health Service team and a speech pathologist in Kalgoorlie based at the Child Development Team. These two teams provide paediatric services for clients presenting with developmental concerns.

This project has created a collaborative model of child development services provided through the engagement not for profit organisation, Amity Health. Early identification of development issues, vulnerable at-risk children and provision of appropriate allied health interventions are the primary goals. This five-year partnership ended in December 2018. The Occupational Therapist and Speech Pathologist were offered employment within the WACHS teams ensuring continued valued services within these respective communities.

Key Activities and Achievements:

- Reduced waitlist for child development referrals
- Continuation of the Occupational Therapist led Peggy Lego Pre-writing program in local schools
- Establishment of an Occupational Therapist led New Parent's Group
- Increase in Speech Pathology and Occupational Therapy school screenings
- Increased Speech Pathology and Occupational Therapy clinics in regional towns
- An increase in the implementation of multidisciplinary Allied health related patient care



Think Feel Do Sensory Bears

Aboriginal Health Program

This program supports Aboriginal people to improved access to mainstream services provided through general practice, resulting in better management of chronic disease. The program specifically promotes chronic disease screening and care planning. This is achieved by providing access to bulk billed drop in style GP led health clinics, provided in a culturally appropriate manner and in partnership with general practices around the Great Southern. Clinics are held in Albany, Mt Barker, Gnowangerup, Tambellup and Katanning. Amity Health partners with Great Southern Aboriginal Health through this program, linking in with the team to provide services and venues outside mainstream practices in Albany, Katanning and Tambellup.

Key Activities and Achievements:

- 515 clients seen
- 963 Occasions of chronic disease screening
- 323 clients received health checks
- Community events held in Albany, Katanning, Mt Barker and Tambellup

Integrated Team Care

The Integrated Team Care activity supports Aboriginal and Torres Strait Islander people with complex chronic care needs to improve self-management of their condition in partnership with their GP.

Amity Health delivers this program in the Great Southern and Southern Wheatbelt.

The roles of Care Coordinator, Indigenous Health Project Officer and Indigenous Outreach Worker are all aligned under this program and fully funded in the Great Southern. Amity Health continues to provide outreach services to the community. Strong links with general practice continue to grow as GPs recognise the PIP incentives for providing care to Aboriginal clients. The Care Coordinator provides clients accepted onto the program with Supplementary Services and aids, for example, footwear for diabetes clients, or access to specialist appointments.

Strong relationships with Great Southern Aboriginal Health, general practices, allied health providers and specialists, ensure the program is widely promoted and well utilised.

Key Activities and Achievements:

- 119 clients supported in the Great Southern
- 92 clients supported in the Southern Wheatbelt

Aboriginal & Torres Strait Islander Wellbeing and Resiliency

This program has strongly progressed into its second year this year of delivery, funded by the Western Australia Primary Health Alliance (WAPHA) to support Aboriginal Communities in the towns of Merredin, Moora, Gnowangerup, Tambellup, Mt Barker and currently recruiting for Narrogin. The program supports the community by assisting them to access services and programs that are relevant to their needs and interests. We have three Wellbeing and Resilience Coordinators working in the program and they respond to the local needs of the community, working with Elders and the community to establish a way forward and the types of support to be provided.

We work in partnership with Palmerston Association Inc. to support Mt Barker, Tambellup and Gnowangerup communities alongside Amity Health's Wellbeing and Resiliency Coordinator. The program aims are to support the five dimensions of Aboriginal health and wellbeing; being Physical Health, Psychological Health, Social Health and Wellbeing Spirituality and Cultural Integrity.

Promoting a strength-based view of these five dimensions acknowledges that a strong connection to culture and country builds resilience in individuals and the community.

In all communities associated with the program a weekly/regular group has been established by bringing together the community to support each other, build new skills and develop resiliency amongst their peers. Art and craft, therapeutic activities are supported and agencies are invited to attend to support engagement of services and build knowledge of services available to the community. Palmerston are delivering "Bush Classrooms" for the male community which focuses on reconnecting with culture, land and their peers, promoting healthy messages and promoting good mental health. As well, community members are supported to access services relevant to their needs with a strong focus on access to mental health support through the Integrated Primary Mental Health Care Program or other mental health services.

The Coordinators have a strong relationship with community and Elders and the activities that are developed and delivered are in support of and in consultation with Elders in each community.

Rural Health Outreach Fund – Allied Health Intervention to Walpole

This very successful early intervention program funded by Rural Health West enters its 5th year. The program continues to provide speech pathology and occupational therapy services to children and families of Walpole, who would otherwise miss out. Amity Health continues to work closely with the Walpole Primary School, GPs from Denmark Medical Centre, Silver Chain remote area nurses and WACHS South West to support children and families. Our regular term visits provide a fully integrated program offering assessment, home practice and schoolroom activities for those children with development delays.

Integrated Chronic Disease Care

Amity Health's Integrated Chronic Disease Care program has services in the Great Southern, Southern and Eastern Wheatbelt, and South coastal area of the Goldfields. The program is based on a Care Coordinator led approach, designed to encourage clients to better self-manage their conditions. Clients are referred into allied health services including podiatry, exercise physiology, dietetics, diabetes education or respiratory physiotherapy. Services are based in Albany, Katanning, Merredin, Narrogin, Southern Cross and Esperance and cover surrounding communities. Integrated Chronic Disease Care referrals are made via GP.

This service is tailored to identify needs in each region, but clients with diabetes, cardiac, or respiratory conditions are eligible in all locations. In addition, clients must also fall under one of the following:

- be vulnerable and disadvantaged, including Aboriginal people and culturally and linguistically diverse populations; or
- be in an area of disadvantage (SEIFA scores) and/or areas which are not adequately serviced by regional health services; or
- hold a Health Care Card

Key activities and achievements:

- 724 clients registered in the Great Southern
- 187 clients registered in the Southern and Eastern Wheatbelt
- 547 clients registered in the Southern Coastal Goldfields

Integrated Primary Mental Health Care Program

Amity Health continues to implement the Integrated Primary Mental Health Care Program across the Wheatbelt and the Great Southern from their clinical hubs in Albany, Denmark, Katanning, Northam, Merredin, Narrogin and the Coastal Wheatbelt. Referral rates remain high at over 600 for both regions.

Apart from providing one-on-one services for clients referred into the program, staff have been active in providing community education and participating in community events to promote awareness of mental health issues.

In keeping with the needs of remote communities, a variety of service options are being made available to clients including telehealth. In the coming year we hope to be providing more group-based interventions.

Communities for Children

The Communities for Children programme has operated in the Great Southern since 2006. The programme is funded through the Department of Social Services and continues to assist children 0-12 years and their families across the Great Southern through collaborative services and community-based partnerships. This program is guided by the Communities for Children Committee which meets monthly, consisting of parent, health, local and state government representatives.

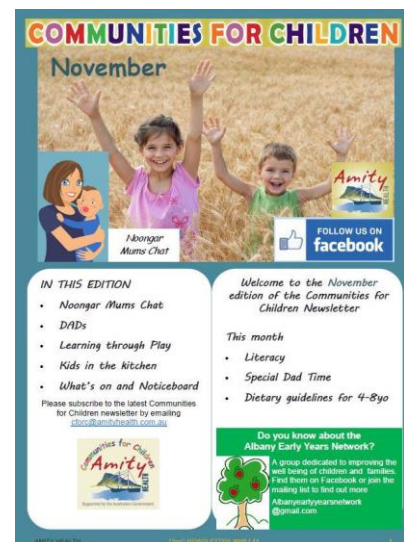
The strategies of the program are:

- Healthy young families
- Supporting families and parents to provide an environment for children that is stable, positive, stimulating, safe and secure
- Early learning - assist parents with ways they can stimulate and promote child development and learning
- School transition and engagement
- Create strong child-friendly communities

To achieve this, four priority areas have been formed for the Communities for Children Great Southern site: Early Years in the Great Southern, Out of School Activities, Parent Support and Community Capacity Building. This year the program supported 20 Community Partners to deliver family engagement activities and supports across the Great Southern. Other key achievements have been the successful delivery of regularly held Place Based Meetings in Katanning, Mt Barker and Kojonup which bring together family support agencies, local and state government services to network and share information and developments in their activities, families and communities. The meetings initiate community collaboration, bringing services to work together on events and activities as well as provide opportunities for guest speakers, bring news or issues to the table for discussions as well as new developments and initiatives in the area.



Children's play areas



Communities for Children Newsletter

STEM Workshops for the Early Years (Science Technology Engineering and Maths)

This year has welcomed a new project delivered by the Communities for Children team in collaboration with the WA Museum Great Southern to support the Community Capacity Building Stream. STEM focuses on science, technology, engineering and maths aimed at children in the early years, before they attend formal school. The partnership with the WA Museum was born through the interest and popularity of their MiniMuse Program, a school holiday engagement activity at the Museum in Albany which is science based, engaging and educational. The team have been working with the WA Museum to extend the service into the region through the form of MiniMuse STEM Workshops. Due to the time and distance required for travel for regional families to attend the WA Museum, the partnership has developed a suite of MiniMuse STEM activities that regional centres and playgroups can utilise in their own community setting. These tool kits have eight STEM activities and provide a one-off community capacity building session to show parents and local educators how to use the tool kit. The program has been delivered in two pilot sites of Ongerup and Jerramungup Community Resource Centres. Parents report the kits are easy to use and understand and are finding they are extending their own enquiry language with their children to develop their learning and development.

Rainbow Coast Neighbourhood Centre “The Nest” – Promising Program Status

Long-term Community Partner, Rainbow Coast Neighbourhood Centre was supported to be recognised on a national level with their own program deemed an Evidence Based Promising Program by the Dept of Social Services and the Australian Institute of Family Studies.

The Nest Program was developed through the need of mothers requiring more support for their mental health and other parenting issues and Rainbow Coast Neighbourhood Centre developed a 10-week program to support this. The Communities for Children team supported Rainbow Coast Neighbourhood Centre with their in-house expertise by providing an external evaluator to gather evidence, extend their knowledge with clinical reporting tools, boost their practices and capacity, data collection and evaluation. The program has been delivered in Albany at Family House, Rainbow Coast Neighbourhood Centre and will be trialled regionally in Katanning in March next year. The program engages guest speakers on a weekly basis from agencies such as Child Health, Domestic Violence and Mental Health. Referrals for the program are received through General Practice, interagency collaboration, Bouncing Back program and self-referrals.

Communities for Children Newsletter

The Communities for Children team actively promote services and activities for families across the Great Southern, the use of Social Media is an increasingly active engagement strategy. Our team design a newsletter on a monthly basis which is sent out to over 400 people on the distribution list, and further promoted on both the Amity Health and the Albany Early Years Network Pages.

Children and Parent Support in Narrogin

This Families and Communities Programme is funded by the Department of Social Services and provides support to families to improve the wellbeing of children and young people to enhance family and community functioning, as well as increasing the participation of vulnerable people in community life.

Amity Health provides prevention and early intervention activities under the Child and Parent Support Program in Narrogin. Two weekly 'Kids Hub' playgroups are provided, with the aim of supporting vulnerable 'hard to reach' families who would not normally engage with playgroup services. The program has also run several community family friendly events, in partnership with other agencies engaged in the pro-active Narrogin Early Years' Network.



Hands on fun at the Narrogin Kids Hub

Key Activities and Achievements:

- Two playgroups providing early intervention and referral support for disadvantaged families in Narrogin
- Partnerships with East Narrogin and Narrogin Primary School
- Membership of Narrogin Early Years' Network
- Parent education sessions including:
 - Protective Behaviours
 - Bringing up Great Kids
 - Self-Care
 - Circle of Security
 - Triple P
- Community events including:
 - Children's Week
 - NAIDOC Week
 - Easter Party
 - Christmas Party
 - Mental Health Week activities



Some of our Albany team members

In concluding, the last reporting period of 2018/2019 has been one of ongoing growth. Amity Health continues to provide much needed programs and services within our regional areas, while identifying gaps, addressing challenges, adapting to change and listening to the needs of our communities.

Moving into 2020, Amity Health has a clear vision of Healthy Communities – Healthy People.

Robin Surridge

Chief Executive Officer