





A STRONG, vibrant, COMPASSIONATE COMMUNITY.

### ANNUAL REPORT 2015-2016







### **TABLE OF CONTENTS**

Vision, Mission, Values	1
Chair Report	2
GM Report	4
Financials	6
Programs	7
Publicity Collage	18
Funding Partners	19







#### **OUR VISION**

A STRONG, Wibrant, COMPASSIONATE COMMUNITY.

#### **OUR MISSION**

Assisting people through:

**Providing homes** 

Strengthening families

Supportive pathways for young people

#### **OUR VALUES**

The core values of Roseberry Community Services Limited are:

Professionalism

**Self Determination** 

**People Centred** 

Flexibility

Community Connection

1





#### **FROM OUR CHAIR**

The year has been highlighted by our 30th year anniversary of delivering services in Gladstone and surrounding regions. From humble beginnings fuelled by spirit of community and helping others, our determination remains un-wavering, in continuing the work started in 1986, in a small house in Roseberry Street.

Our services have been extended during the past year with our facilitation of two new service programs in the region – headspace in Gladstone and ParentsNext, in Rockhampton.

We have delivered an estimated 5,600 occasions of service across our service programs, an increase of 20% from previous year, with an expectation of similar growth in the 2016/2017 period.

Our service has increased against a backdrop of federal and state government uncertainty and ongoing fiscal pressures to the community services sector, as markets continue to be unstable and, domestically, economic growth remains slow.

#### Growth and expansion

A high point in 2015/16 was the opening of the headspace facility in Gladstone, and our role as lead agency, a culmination of years of outstanding work from bid to build. The mental health support offered through headspace further compliments our services to holistically support those in vulnerable and isolated situations. Another highlight has been the commencement of our ParentsNext program in Rockhampton, offering support and pathway to parents with the challenges of parental care seeking education and workforce re-engagement.

Our existing service areas have all continued to demonstrate improved results for clients. Housing, YFS, TIL and Crisis Accommodation continue highly regarded and requested services in the region, with an overall increase of 12% in occasions of service. Our direction going forward is to pursue the current trajectory of building our accommodation portfolio and improving our facilities to deliver TIL and YFS services.

Throughout the year we have undertaken a stocktake of our needs in respect to infrastructure, and the facilities necessary to deliver our services. We have secured finance to pursue a new headquarters, to integrate our service centres. Our plans are tempered by ensuring we adopt the most efficient and effective solution, and will take the necessary time during 2016/2017 to ensure community need is at the forefront.

Our goal remains to play a bigger role in the provision of community services and meeting community need.





#### Year ahead

The focus for the next twelve months will be on overseeing the consolidation and strengthening of our newly opened services, overseeing the proposed new facility and merging of our service centres.

We are continuing to look to the future in terms of ensuring the organisation is responding to the growing role of technology in care and meeting the highest standards of social and clinical excellence.

As the steady squeeze on community care funding continues, a decline in short term employment prospects in our region, increasing demand for services and low growth, the RCS Board and Management will continue to oversee financial stewardship and ensure costs are well-managed.

Our focus continues to be on the people for whom we provide care – to clients, to their families and loved ones - and on the communities in which we operate. While we look to meet the challenges of 2017 with twenty-first century solutions, we will make sure that we don't lose sight of the human response that we have become renowned for.

#### Acknowledgements

I would like to acknowledge and thank the team at Roseberry Community Services, for their professionalism and care in the work they do. Role descriptions can never capture the way in which our team has embellished and shared their human spirit, I cannot be prouder of their efforts. A generous thank you to the Board of Directors who so selflessly volunteer their time, passion and knowledge to guide our prospects. Our volunteer team deserves a very special mention, for their personnel commitment and strive to make a difference, without reward – thank you.

We do not take for granted the support we receive from Government, Community and Partners, our sincere thank you again for allowing, and supporting us to make a difference in the region.

Finally, and most importantly, to our clients, while faced with some of the most challenging situations, you provide us with inspiration through your development and ignite us to action through your vulnerability. Thank you for inviting us to assist you.

Craig Walker

Chairman







#### FROM OUR GENERAL MANAGER

The 2015/16 financial year has been an exciting year of program growth for Roseberry Community Services. RCS has continued at maximum pace, adding two programmes, to meet the needs of our local community. Our headspace Gladstone program opened business to our clients on 29 March, with ParentsNEXT commencing on 11 April.

The process of continuous improvement in service provision, has been a high priority for staff and Board of RCS. We have been driven to anticipate gaps within the sector, for our local community, and provide a robust suite of programs, that will not only meet community needs, but help reduce social disadvantage.

headspace Gladstone has been a great addition to our portfolio of programmes, working with early intervention strategies for young people aged between 12 and 25 years. The waitlist for RCS Youth and Family Service has been eased, and has allowed this program to concentrate on the more complex case load – consolidating the two programs complementary service.

ParentsNEXT was a very welcome addition to our suite of Rockhampton Services; and as participation increases, so does case collaboration. Our evidence of self-referred participants, demonstrates the quality of the program.

This year, we have delivered services to:

- 127 young homeless people at Roseberry House and Jack's House, with young people being helped to finish school, find independent living and reconnecting back to their families
- We have housed 261 people in 2015/16 year in our 165 properties of those we had 56 new tenancies.
- Our Transition to Independent Living workers, both Gladstone and Rockhampton, have helped a combined 145 households for the year
- The total service delivered to youth and families is 1314 occasions, through our YFS programs –
   Reconnect, Family Services and Branchout
- headspace Gladstone has had more than 1000 occasions of service since opening to clients in March

The Homeless Connect event was held once again this year, for which RCS was the lead agency. We helped approximately 50 local homeless people, at the Homeless Connect event. RCS will continue with this very worthwhile annual event both here and in Rockhampton, and will continue to take the lead.





RCS Youth and Family Services programs have gained pace this year. The Alternative Learning Space has increased capacity to meet demand with an average of 14 young people attending each day. We are expecting the program to continue this increase, and aspire to expand our partnerships, to gain maximum capacity and support.

RCS has been beneficiary to some significant community events this year – The Rotaract Oktoberfest and the Gladstone Ports Corporation Botanic to Bridge. Both events have further strengthened our profile and brand, within our community. Donations from industry and community members have also continued.

RCS celebrated a huge milestone this year, achieving 30 years serving the Central Queensland region. We have covered this milestone by social, print, radio and television media. Community Engagement was supported, with many invitations to speak at service clubs and schools. A celebratory stakeholder event was held in September, and was well attended, by representatives from the 3 levels of government, funding partners, industry, RCS members, Board and staff. We are looking forward to the next 30 years of serving our Central Qld region.

As you read through this report, you will understand the wonderful work and many outcomes, yet again, achieved by the dedicated staff of Roseberry. Our purpose is to create a strong, vibrant and compassionate community – I thank our Board, Management and Staff, who are the key workers in the community and encapsulate our vision.

I commend this report to you.

Colleen Tribe
General Manager







#### **FINANCIALS**

The 2015/2016 financial year has seen Roseberry Community Services Limited significantly grow its presence within the community with the ParentsNext and headspace programs commencing operations. These additional programs contributed to the company recording a surplus of \$358,392, after adding \$60,670 to sinking funds for the future maintenance of the properties under the management of Roseberry. This was further reflected in the improvement in the cash position of the company, and the net assets of the company increasing by \$419,063. Again, a special note of thanks is extended to the community for its continued support through financial donations and donations of other resources to aid Roseberry in its ongoing service to the community.

The past year saw Roseberry achieve a turnover of \$4.4 million, up \$1.1million on the previous year, with expenditure of \$4.0 million, an increase of \$1.02 million compared to the previous year. It should be noted that both the turnover and expenditure include a one off amount of \$499,307 capital funding for the establishment of headspace.

Roseberry Community Services Limited is financially sound at the end of the 2016 financial year and is in a position to take advantage of appropriate opportunities which arise and to meet the ongoing challenges, whilst ensuring Roseberry continues its service to the community.

Summary Statement of Financial Performance	2015/2016 \$	2014/2015 \$
Grants	2,778,482	1,932,999
Rental and Associated Fees	703,814	683,626
Donations and Fundraising	207,287	16,090
Other	746,492	678,765
Total Revenue	4,436,076	3,311,480
Total Expenses	4,017,014	2,992,658
Transfers to Reserves	60,670	141,513
Net Surplus/(Loss)	358,392	177,249
Cash and Cash equivalents	1,463,805	1,279,205
Total Assets	3,228,354	2,624,793
Total Liabilities	537,058	352,560
Total Equity	2,691,296	2,272,233

Phillip Webb

Treasurer





#### **ROSEBERRY HOUSE and TIL**

Roseberry House has been working on becoming selfsufficient with growing herbs, fruit & vegetables and baking our own bread. Clients and staff have been sowing, growing and harvesting their own vegetables, whilst using them in the kitchen to assist with their nutrition, daily living skills, and learning a lot about how to bake bread. Money raised by selling produce, was invested in the purchase of a bread making machine & sports goods, to stay fit and active. Roseberry House staff have been kept extremely busy ensuring client outcomes, and intensive case management; the results are significant: 28 young people returned to family and 13 obtained long term sustainable housing. When we look at these figures we keep in mind, it is not just about "going home" "getting a house/unit" Staff work hard finding biological family, reconnecting a client with family after a breakdown or simply just sitting with both and talking things

## Total Residents 80

15 years old and under 6

Exited to Independent Living 4

Exited to sustainable housing

17.5%
Aboriginal
& Torres
Strait
Islander

3.75%

Cultural

Linguistic

Background

28
Reconnected with Family

out with the client and family. There is a huge amount of advocacy on behalf of the client for community housing, private and public housing. Staff work with the client on independent living skills so they can sustain a tenancy. At the end of the day it is the client's plans and the effort they want to put in that gets them where they want to be. "Empowering the Clients" is what staff do.







#### **Hip Hop Poetry Slam 2016**

Roseberry House clients and school students from around the Gladstone region had the opportunity to express themselves, through spoken word at The Live Room. The event was held, to raise awareness, for youth homelessness. It was a fun packed entertaining night with sausage sizzle, guest speakers, and judges. Our major sponsor Anthony Breed Music and Jam Bar crew were amazing as well and are looking forward to assisting with next year's event.







#### **NAIDOC WEEK 2016**

Roseberry House clients and staff were more than excited to be nominated to paint the RCS NAIDOC week mural. Clients and staff spent many dedicated hours bringing the art work to life.

The mural was displayed on the front of RCS head office.

Clients and staff gathered to pay respects. Clients & Staff of

Roseberry House and Branchout enjoyed community activities such as painting, dance, street march, ceremonies and displaying the art work.



The 3<sup>rd</sup> Gladstone Homeless Connect Event was once again lead by RCS RH and YFS, despite the rain, the event was a great success.

Clients and staff from Roseberry House volunteered their time supporting this amazing event.

It is so great to see so many organisations and local business working together, to help our most vulnerable community

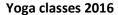
members.











Anita from Railway Shala Yoga has been dedicating her time, over the past few months, teaching yoga to

Roseberry House clients. Anita spends time teaching Vinyasa- challenging the mind and body with strength, posture, flexibility and meditation. Thank you Anita for teaching our young people relaxation, self-love and clarity, all to help focus on life goals. The donations of sports clothing by CrossFit Gladstone, enabled clients to feel comfortable and look the part!



#### Pregnant and young mummies support group

Every fortnight (Thursdays), we have our pregnant mums and young mummies support group. This support group is driven by the young mummies – participants organise an agenda To cover information they require. The young mummies also use the time, to catch up, in a safe environment, where they share common normalities. We celebrated three new babies births, and have held a baby shower.





#### **Botanic to Bridge 2016**

Staff and clients from Roseberry House all joined in. Some in the run, and others assisted volunteering. Clients had a fantastic morning achieving goals and being

a part of an amazing community event.



#### My Shelter Rules July 2016

Roseberry House and Jack's House inaugural MY SHELTER RULES was held at RCS Jack's House. The

cuisine cooked, was Mexican- young people from both Roseberry and Jacks House did such a good job....the winner this round is....Roseberry House. Big thanks you to our judges: Chef Mel from Project Mex, Chef Linda from The Edge, Ch7 Reporter Luke and RCS GM. We are all looking forward to the next round, later this year. Definitely some budding chefs residing at the shelters.

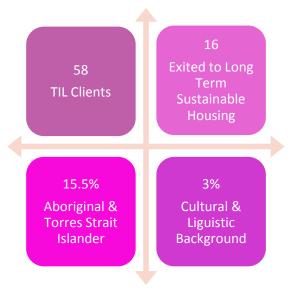








#### **Transition to Independent Living - Gladstone**



TIL clients have been busy in the kitchen building their independent living skills, through fortnightly workshops focused on budget, meal planning and preparation. At each workshop clients have been given grocery items valued at approximately \$20 and set the challenge of preparing as many meals as possible from these items (generally around 7 meals). The group share their meal creations together around the dinner table whilst developing a weekly meal plan within their budget, creating their shopping list and sharing tips for helping stay on

10

#### budget.

Not letting a hard day in the kitchen stop them our TIL Clients referred to the PCYC run Triple L program have been busy gaining their Learner Drivers Licences and also engaging in the 'Break the Cycle' mentor driving program, assisting them to gain the 100 hours necessary for their log book







#### **HOUSING SERVICES**

Our ever increasing housing protfolio is made up of crisis accommodation units, community managed studio units, multi-unit complexes, 8 houses of various bedroom size, 7 houses and 2 units supporting the Employment and Education Housing (EEH) Indigenous employment and acommodation program, 16 properties with Emu Park Housing Collective, National Rent Affordablility Scheme (NRAS) - Multi-unit complex and Affordable housing – multi-unit complex.

Focusing on assisting tenants maintian their tenancies has been our main focus this year. RCS housing staff have done this through open and honest communication and with the support of the Transition into Independent Living support workers.

Community Housing is about ensuring that eligible people are provided with safe, secure, affodable and suitable accommodation. RCS housing staff encourage tenant participation and community enagement.

We have worked closely with the Department of Housing and Public Works to transfer clients in to more suitable properties assisting the tenants in family unity, mental stability and physical empowerment.

"The ERAP housing has given us stability in a very unstable rental market and the opportunity to start working for ourselves." (Wife and Mother of six, one on the way)

"The ERAP program gave me the time to find myself. Having that time and a safe roof over my head gave me the drive to go ahead with my studies and to gain employment."
(Single Mother)

### **RCS TENANT DIVERSITY**

20% affected by Drug & Alcohol Abuse

10% Cultural & Linguistic Background 10%
Aboriginal
& Torres
Strait
Islander

20% Aged over 65 years

60% Living with a Mental Health Condition



RCS Managed Properties

50% have experienced Domestic & Family Violence



261 Residents





#### YOUTH AND FAMILY SERVICE

#### Biopsychosocial factors at presentation

The Youth and Family Service's (YFS) consumer base often have very complex needs upon presentation; however there are many correlating factors that may lead a young person to RCS. Some of these factors include: young people being homeless or being at risk of homelessness, low levels of family communication, living with mental health concerns (diagnosed and not), experiencing verbal, physical and emotional harm from multiple sources (i.e.- family of origin, partners, peers), parental misunderstanding of adolescent brain development and youth justice or police involvement.



#### Support provided

YFS Case Workers utilise both practical and therapeutical support techniques to ensure the clients are working towards the best possible outcomes. YFS Workers focus on priority areas such as reconnecting with family, minimising conflict and returning to employment and/or education.

Consumers of the service receive ongoing one on one goal setting

assistance, to ensure that they have direct involvement and decision making during their period of support. Often service users are in need of practical support such as assistance with: finding employment, obtaining/maintaining Centrelink payments, obtaining identification and Medicare cards, finding suitable housing and enrolling in education.



Case workers within the YFS team utilise therapeutic techniques such as Cognitive Behavioural Therapy, Mindfulness, Acceptance and Commitment Therapy, Art therapy, Narrative therapy and self-awareness and esteem raising strategies to name a few. YFS workers spend any nonclient time developing programs to support the need of the Central Queensland community. Within this financial year, YFS has developed programs for in-depth parenting solutions and a self-harming group for parents and young people.

The YFS team have been involved in a number of community

collaboration projects, such as: the Gladstone Homeless Connect event, National Families Week, School Holiday programs, facilitating the Love Bites program, the Headspace 4 Gladstone committee and the development of Emotional Intelligence camps.

The Youth and Family Support team have facilitated holiday programs, to assist vulnerable young people within the community.





The program is designed to work on adventure based learning format, with young people learning about culture, history, science and practical requirements.

Within the year, excursions have taken place to: Capricorn Dreamtime Centre, Agnes Waters, Awoonga Dam, Art museums, Botanical Gardens and Cooberrie Park.

The Youth and Family Service's team, along with the Roseberry House team, were an integral component of the third Gladstone Homeless Connect Event that was held on the 2<sup>nd</sup> August. Roseberry Community Services was involved in the preparation and facilitation of the event, which showcased numerous local

organisations and their ability to assist people who are homeless, or at risk of homelessness. The event also assisted the Gladstone community to gain a better understanding of homelessness and its causal factors.

The Homeless Connect Event assisted in raising community awareness of homelessness within the Gladstone region via media campaigning and awareness raising days. The event itself saw over 50 people attend, with a high percentage of those within the top three categories of homelessness. As a direct result of the event, people have been assisted by RCS and assisted with the necessary support to maintain tenancy.













#### **ROCKHAMPTON SERVICES**

#### **JACK'S HOUSE ACTIVITIES**

Having fun is an important part of the young people's therapy while they stay at Jack's House Youth Shelter. A keen favourite is fishing at the Causeway on the Capricorn Coast and Rock Climbing.





# AVERAGE OF 4.5 YOUNG PEOPLE HOUSED EACH WEEK

48

Young People Housed

54%

sleeping rough immediately before support

Jack's House

27%

Aboriginal & Torres
Strait Islander

29

housed in secure, sustainable housing







#### **PARENTSNEXT**

The ParentsNext is a program that helps parents identify their education and employment goals, and to develop a pathway to achieve those goals.

Staff assist parents to combine preparing for work with their parenting responsibilities, access services in the local community, increase their educational qualifications, identify and address barriers to employment, develop practical skills to get a job and access child care assistance.

179 participants Job Seeker Instruments Completed

137
Participation
Plans
Approved

Workstar Assessments completed

38

Bianca worked with Participation Plan Officer, to create a resume and cover letter. Bianca has gone on to apply for jobs and has sought support to address selection criteria for specific positions.

Although not successful yet, Bianca's application skills, motivation and confidence are improving all the time. This photo was taken on completion of addressing selection criteria for an application. Bianca's enthusiasm for self-improvement is inspiring.



#### **PARENTSNEXT ACTIVITIES include:**

- Work Preparation
- Household Management
- Education/training
- Parental responsibilities
- Numeracy/literacy
- Computer skills



#### TRANSITION TO INDEPENDENT LIVING PROGRAM

74
Young People Supported

oused in secure sustainable independent housing

TIL Rockhampton

44.5% identified as Indigenous

3502 nights of accommodation provided

The needs of young people who are homeless and those at risk of homelessness are complex. They often need access to accommodation, money, food, health care, education and training, employment and support in maintaining, building or rebuilding relationships, including with family. It is important that support is provided in all areas of need.

Providing opportunities for young people to connect with their community is an important part of the work we do. Here, young people and staff of Jack's House Youth Shelter participated in the 'Walk out of the Shadows' to highlight the prevention of suicide.



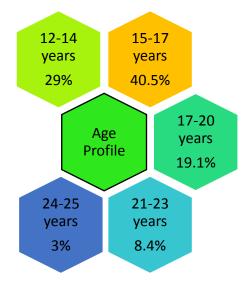




#### **HEADSPACE GLADSTONE**

This National Youth Mental Health Foundation service opened in March 2016 and it provides early intervention mental health services for 12-25 year olds. There are four streams of service across mental health, physical health, alcohol and other drugs and vocational support.

The state of the art facility can be found at 93 Goondoon Street, with 8 employees and 10 consortium partners. As part of establishment, a robust Clinical Governance Framework and Friends and Family Engagement Strategy is operational and reviewed for continuous improvement.



7.6%

**ATSI** 

3.1%

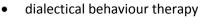
CALD

18.2%

**LGBTIQ** 

Our care pathways offer stepped care via: groups, brief intervention and longer therapy.

We have clinical group programs which include:



 resilience building and emotional regulation

We also offer non-clinical groups:

- boxing class
- music jam
- arts and craft
- · homework help
- social group 'Step Wise' is run by volunteers from the community in areas such as; interior design, yoga, eyebrow sculpture, budgeting, fitness and nutrition.

2.3%

Other

382

Occasions

of Service

A Youth Participation Strategy has been developed which has enabled our youth reference group to:

- participate in events
- program review
- document development
- program development





- running of meetings
- share their stories at community presentations
- they also created a virtual tour of headspace Gladstone:
   https://www.youtube.com/watch?v=ksKfHvEpmiA

Collaboration within the community has been a priority, having presented to over 15,000 community members. This has resulted in strong referral pathways, with the numbers of clients attending Gladstone headspace, exceeding national average figures.

A campaign called 'The Big Stigma' was run at RCS Head Office, which reached over 21,000 people via social media, promoting the message that the more we share, the more we talk, the more we tear down the stigma around getting help for mental health issues.

Generous donations have also been received from various community groups and organisations. Funding and donors are so important and their charitable giving makes this important work possible.

Thank you to those who have contributed to a strong and positive start for headspace Gladstone.





SEBERRY COMMUNITY SERVICES YEARS SERVICING THE CO. REGION EVENT





GLADSTON GLADSTONE

### ommunity reclaims night with vigil



MMUNITY MOMENTS

195938581111111

piece develop morning
— the tone
— the
— the
— the

- the

-



The Observer

7th September 2016





## **Youth service** opens today

## ecades of dedication

hirty years helping the community? Now that's a reason to celebrate

THAT'S MY TEAM: The Roseberry Co

Roseberry Community Services (RCS) As the saying goes..."It takes a village to raise a child."

This ancient African proverb has often been used to signify that no man, woman, or family is an island; sometimes we all need support. We'd all like to think we live in a place where people care about others - where people pitch in to help when things get rough - where it's safe and we could look to each other for support.

Roseberry Community Services (RCS) fills the gaps, when our community is overloaded – RCS works with the most socially and financially

especially our youth and their families, by providing affordable accommodation, youth shelters, youth and family counselling and pathways to education training and employment for youth.

A woman is the full circle.

Lyn, Wendy, Shannara, Lisa, Sherrie and Lois Lyn, Wendy, Shannara, Lisa, Sherrie and Lois are the managers of RCS '19 operational programmes to meet the needs of our community. These six women uphold the vision, mission and values of RCS and together with their strong teams, get the job done, RCS' General Manager, Colleen Tribe, says "I have a wonderful staff of woru dedicated worpen. of building a strong, vibrant compassionate community. I appreciate all of them but am so grateful to have these strong women ensuring RCS success is achieved through the empowerment and capabilities."







#### **GOVERNMENT FUNDING PARTNERS**



### Department of Housing and Public Works

Department of Communities, Child Safety and Disability Services







headspace Gladstone is funded by the Australian Government Department of Health under the Youth Mental Health Initiative Program through headspace National Youth Mental Health Foundation Ltd