



2024 ANNUAL REPORT



Sept 2024

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About Us



Acknowledgment of Country

Mindful Margaret River acknowledges the traditional custodians of the land on which we work and live, the Wadandi people of the Noongar Nation. We honour their deep spiritual connection to this land and pay our respects to their Elders, past and present.

We recognize the continuing contribution of First Nations people to our community and their enduring cultural heritage, beliefs, and relationships with the land, waters, and skies.

We are committed to supporting and promoting a future where we can all share in the knowledge and care of this beautiful region, standing together in the spirit of reconciliation.

Our mission is to foster a resilient and connected community by building social capital around mental health. We believe that strong social networks, trust, and collaboration are essential for wellbeing. Through education, local agency, and support, we aim to empower individuals, families, and communities to create a web of support that promotes mental health, reduces stigma, and ensures that no one faces mental health challenges alone.

Our Volunteers



Mindful Margaret River is made possible by a dedicated team of local volunteers. These volunteers guide, support, and develop the work of MMR through their expertise and local knowledge. Mindful Margaret River supports and fosters a sustainable effective and valued volunteer taskforce, essential for long term sustainability of MMR. Over the coming year our focus will be improving volunteer engagement. Specifically, that volunteers will engage in meaningful roles that contribute to the wellbeing of the community and the volunteers themselves.

Volunteers

5 new community members
4 new board members
8 new professional liaison members

Impact

20 wellbeing events with local community and 1350 attending

Future

Improved opportunities for community connection and contribution

Chairs Report



Marilyn Hopkins

I present this annual report to you with a great deal of optimism. This past year has been both an exciting and, often, nail biting time. Last November, the LotteryWest grant finally ran out and we left the security of the Shire auspicing our funds. Since then, we have been standing on our own two feet, working hard to secure our future.

We also became a bona fide employer, not just of Erin Statz, our formerly named Project Implementation Officer, now our Chief Executive Officer, but we also welcomed two new part time members of staff, Danielle and Tom. Danielle and Tom have been busy this past six months, Tom upgrading our website and Danielle working to ensure the community knows all about our services, programs, workshops and presentations. You will have seen more of us in the media and our website has become more user friendly.

Whilst we had to say goodbye to some Board members due to their work commitments, we welcomed Mike Rumble, Kellie Tannock, Colin Fox and Aloha Fritsch to the Board. Each of them has already given valuable input to the direction Mindful Margaret River is taking and I am pleased to say that Mike, Kellie and Colin are all prepared to nominate as directors for the 2024/2025 year. As Shire youth trainee, Aloha will move on and we will be inviting the 2025 youth trainee to join Board meetings.

When I say above the funding journey has sometimes been nail biting, that is truly the case. We seem to have lodged many expressions of interest and submitted many grant applications to many different organisations. With the benefit of Erin's vast experience and the assistance and a certain amount of perseverance on the part of Martin Ringer and Brian Middleton, we have been successful in securing funding for the future from the Foundation for Rural and Regional Renewal, the Mental Health Commission, the Shire and Rotary Margaret River. In addition, we benefited from a generous private donation which gave us the confidence, and the breathing space, to take a step back and review our vision for the future.

The Board is now looking forward to the next five years with the firm intention that Mindful Margaret River will be an integral part of our community, giving everyone the confidence that it is there and will be into the future.

I will take this opportunity to thank the Board for all their input and hard work. In particular, we are proud of Martin Ringer who presented at a Regions Rising Conference in November of last year, which led us to a strong association with the South West Development Commission and ultimately to financial assistance from the Mental Health Commission. I also thank my deputy, Dr Peter Durey who always gives sound counsel, our treasurer, Brian Middleton, our secretary Sadie Breslin and the remaining Board members who have contributed so much, Judith Maechler a long standing and hard working Board member and our newer members, Mike, Kellie, Colin and Aloha.

We thank the Shire once again for their support. Whilst we now stand apart from the Shire, they have continued their generous support and our Shire President, Julia Meldrum, has put the lack of services in this community to the forefront with the State and Commonwealth Governments.

As most of you would be aware, and they are all named later in this Report, Mindful Margaret River works with what we call our Professional Liaison Team (PLT). Representatives of the PLT join the Board on a quarterly basis and give the Board their input into our Community Wellbeing Plan and into anything which may be relevant to the direction we are taking or planning to take. This relationship

is, without doubt, unique and helps ensure we are not getting off track. We thank them for working with us.

As with all other years, we thank our members for being there and for offering the help they can. This year, we plan to engage our members to a far greater extent, so you will see and will have seen functions coming up which give you an opportunity to become more involved.

Finally, of course, I cannot go past thanking our Chief Executive Officer, Erin. Her work ethic is exceptional and her understanding of the ways in which Mindful Margaret River can make a difference to the mental wellbeing of our community is invaluable. She is a constant guide to the Board and I can honestly say that our organisation would not be where it is today without her.

Chief Executive Officer



Erin Statz

The past year has been one of challenge and change for Mindful Margaret River. We concluded our Lotterywest grant with the Shire of Augusta Margaret River and our MOU. This transition has moved us from a co-located community organisation to a standalone entity, and we have thrived in this new capacity. Our efforts this year have concentrated on establishing our footing, strengthening our governance systems, and clarifying our strategic goals, positioning us positively as a community-based not-for-profit serving our local community.

While volunteer engagement has been less active during this time, we remain committed to connecting with our dedicated members. We have restructured our approach and are focused on sustainability, with our volunteers and stakeholders being essential sources of support, information, connection, and empowerment moving forward.

I extend my thanks to our community, stakeholders, volunteers, Professional Liaison Team, and the remarkable volunteer Board of Mindful Margaret River for their dedication. Their efforts are crucial to the growth and success of our organisation. I look forward to expanding our social and volunteer connections in the coming year.

Our Board

Marilyn Hopkins – Chair
 Mike Rumble – Board Member
 Dr. Peter Durey – Deputy Chair
 Sadie Breslin – Secretary
 Brian Middleton – Treasurer

Martin Ringer – Board Member
 Colin Fox – Board Member
 Kellie Tannock – Board Member
 Aloha Fritsch – Youth Board Member
 Judith Maechler – Board Member



Our board members play a pivotal role in shaping the direction and future of Mindful Margaret River. Each board member brings unique expertise, passion, and dedication to the table, contributing significantly to the organisation's growth and impact. Their collective decision-making drives our strategic initiatives, ensuring that our mission aligns with the needs of the community. Through their leadership, the board has fostered a collaborative environment, guiding the development of programs, securing vital resources, and championing mental health advocacy. Their unwavering commitment is instrumental in advancing Mindful Margaret River's vision of a resilient, connected, and mentally healthy community.



Professional Liaison Team



PLT Team Mindful Margaret River

The Professional Liaison Team collaborates with local, state, and federal services to advance Mindful Margaret River's objectives by communicating in four directions:

1. Supporting the Board to achieve strategic goals.
2. Collaborating with PLT members to coordinate efforts between agencies.
3. Providing communication links with members' organizations to build shared understanding.
4. Engaging with the Taskforce and community to enhance mental health and well-being.

Andrew Host, Principal, Margaret River Senior High School, Department of Education

Angela Delaney, Acting Executive Manager, South West, Department of Communities

Brendan Mooney, Regional Executive Director South West, Department of Communities

Colin Penter, Projects & Policy, Western Australian Association for Mental Health

Dylan Lewis, Clinical Supervisor, Headspace

Hayley Harris, South West Coordinator, Standby Support After Suicide

Jacque Tarrant, Suicide Prevention Coordinator, South West Community Alcohol and Drug Service, St John of God Social Outreach

Jan de Groot, Clinical Manager, Mental Health Programs, GP Down South

Jesse Malseed, Area Manager, LAMP

Jenette Loud, AOD Prevention Coordinator, South West Community Alcohol and Drug Service, St John of God Social Outreach

Dr Jonika Mosedale General Practitioner Margaret River Medical Centre

Kendall Galbraith Chief Executive Officer The Rural Regional Remote Women's Network WA

Lydell Huntly Manager Margaret River Community Centre

Marie Tweedie Director of Nursing, Health Services Manager Leeuwin Hospitals WA Country Health Services

Marina Johns Regional Integration Manager, South West WA Primary Health Alliance

Michala McMahon Director of Practice and Improvement WA Alliance to End Homelessness

Nick Byrne Director Sustainable Economy and Communities Shire of Augusta Margaret River

Robert Kimmel Clinical Coordinator Lower South West Community Mental Health WA Country Health Service South West

Simone Taplin Officer In Charge, Margaret River WA Police

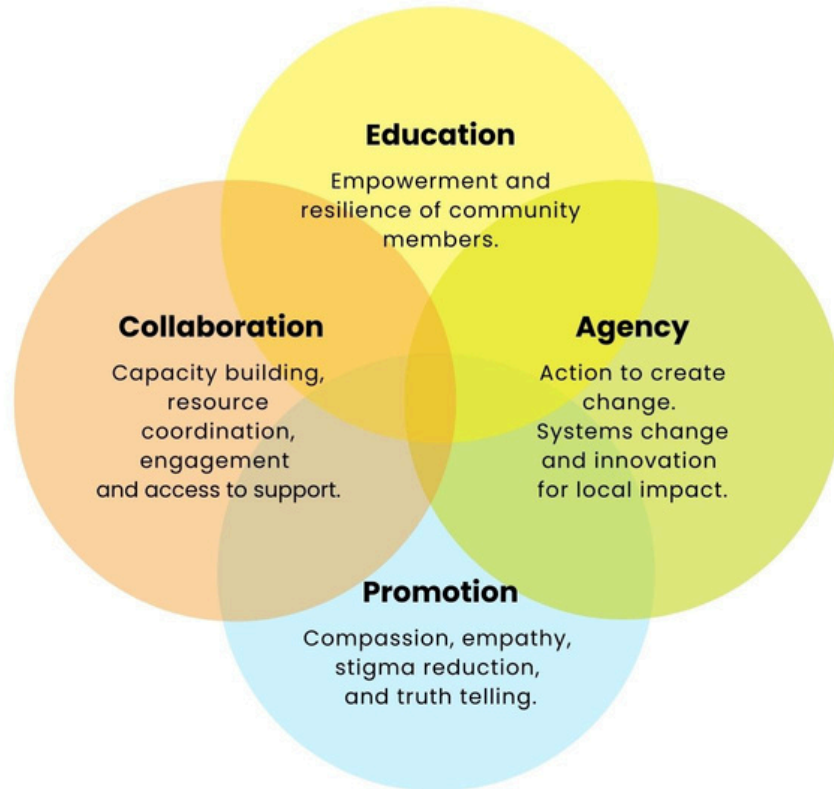
Our Purpose

Mindful Margaret River, Our Mission

Our mission is to foster a resilient and connected community by building social capital around mental health.

We believe that strong social networks, trust, and collaboration are essential for wellbeing.

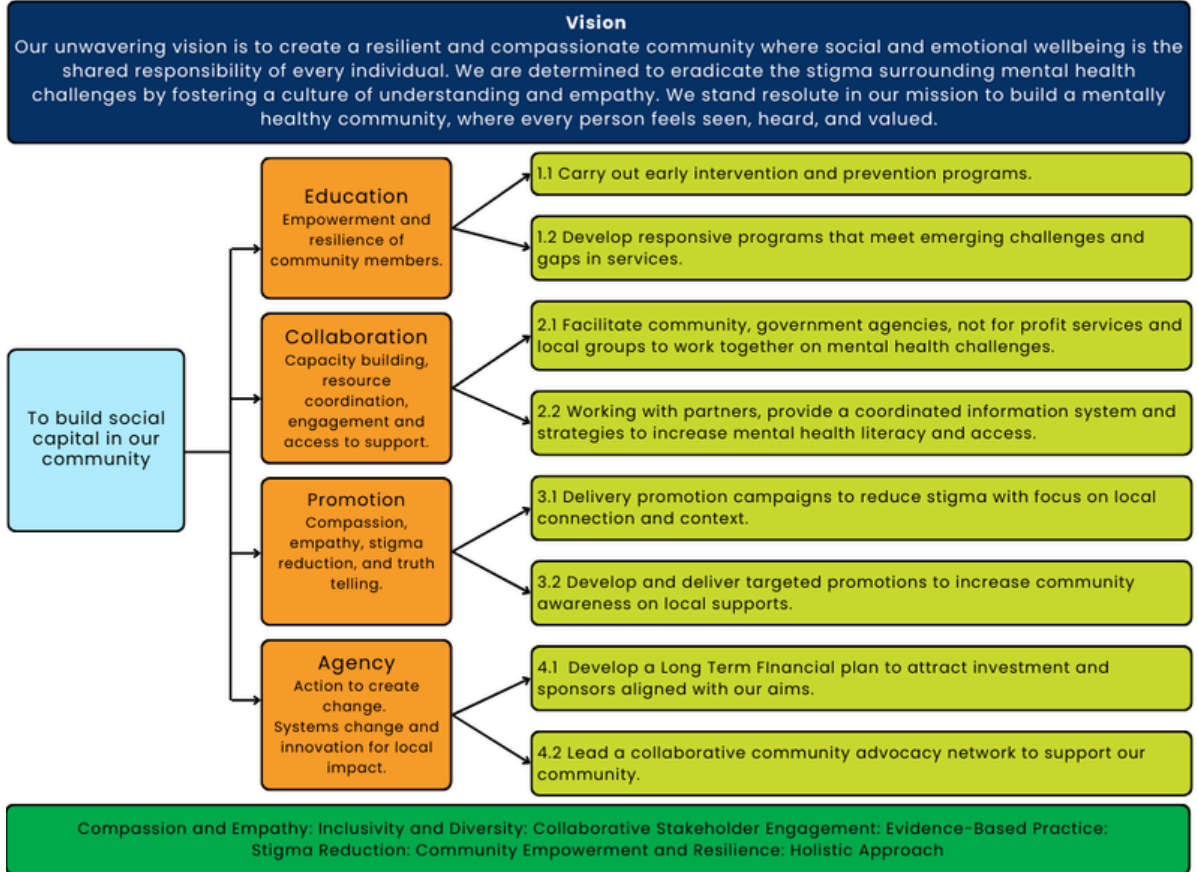
Through education, local agency, and support, we aim to empower individuals, families, and communities to create a web of support that promotes mental health, reduces stigma, and ensures that no one faces mental health challenges alone.



Our success is a result of the collective efforts of our members, volunteers, and partners, creating a compassionate and supportive community where mental health thrives.

Our Future

Mindful Margaret River – Strategic Plan 2025–2030



Mindful Margaret River is dedicated to fostering a resilient and compassionate community, where social and emotional well-being is a shared responsibility. Our strategic plan emphasises four key pillars: Education, Collaboration, Promotion, and Agency. These pillars guide our efforts to empower community members, build capacity, reduce stigma, and create lasting change.

By carrying out early intervention programs, facilitating partnerships, and delivering targeted campaigns, we aim to build social capital and ensure that every person in our community feels seen, heard, and valued.



Our Stories

The Men's Table

Connecting Local Men in the South West

The Men's Table offers a unique space where men can build genuine, meaningful connections, something often overlooked in today's fast-paced world. By creating a setting where men can share a meal and engage in real conversations, the initiative fosters a deeper sense of belonging and identity. The simple act of talking and listening, without the pressure to fix or solve, creates a supportive environment that is both therapeutic and empowering. Research shows that men who participate in these groups experience significant positive impacts, not just for themselves but also for their families, friends, and broader communities. This ripple effect is a testament to the power of connection and how it can transform lives, one conversation at a time. The Men's Table embodies the belief that relationships are among our most valuable assets, and investing in them leads to a more contented and connected life.



Self Seen

Sunday Meet ups and Mental Health

The launch of this new men's group in Margaret River marks a significant step in fostering mental health and well-being within the community. Mindful Margaret River is proud to support initiatives like this that create safe, supportive spaces for honest conversations about mental health. By encouraging local men to connect and share their experiences, this group aligns with our mission to strengthen community ties and promote mental wellness across all demographics. The impact of such grassroots movements cannot be understated, as they play a crucial role in breaking down stigmas and empowering individuals to seek support and build resilience.



Taming The Angry Ant

Brad Robbins AMR Football Club

Brad's engaging and heartfelt presentation captivated the audience, leaving a lasting impact. He shared his journey with mental health, offering insights into managing emotions and fostering resilience. His work with the Stitch in Time team was particularly highlighted, showcasing how sports and mental well-being intersect. The event was free to the public, reflecting Mindful Margaret River's commitment to making mental health education accessible. Overall the feedback was successful and a second session was booked in for the future due to attendance.



Our Impact

Advocacy and Education: Our educational initiatives aim to reduce stigma by providing accurate information about mental health conditions, coping strategies, and available resources. For example, our Youth Mental Health First Aid course educates participants on supporting young people in mental health crises, enhancing their ability to provide effective assistance.

Community Engagement: We organized the Accidental Counsellor course, empowering community members to offer immediate, compassionate support. The course has had a profound impact, with 95% of participants reporting increased confidence in handling difficult conversations.

Social and Relationship Capacity Building: Our Youth Directory supports young people by providing access to essential services and resources, helping them navigate challenges and opportunities.

Resource Coordination: Our communication efforts, including social media campaigns, play a crucial role in raising awareness and fostering community engagement. These efforts have increased participation in local programs and sparked important conversations about mental health.

Empowerment and Resilience: We support suicide bereavement through initiatives like the Suicide Bereavement Forum, which raises awareness and provides support for those affected by suicide.

Advancing Policy and Systems Change: Our collaboration with the Professional Liaison Team and advocacy efforts, such as meetings with the Mental Health Commission, aim to improve mental health services and address local concerns.



Our Highlights

- Improved partnerships with MHC, Shire AMR, and SJoG**
- Extended promotions and resource collaborations**
- Increased local advocacy with support from partners**
- Leading community engagement practices**
- Strengthened organisational strategy and financial planning**
- Enhanced recognition by local and state agencies**

Financial Statements

Income Statements

Receipts Grants and Donations

Community

FRRR

\$50,000

Rotary

\$2,500

Community Donations

\$52,022

Mental Health Commission

\$120,000

Shire AMR

\$20,000

Cash Flow Statement

Payments

\$76,118

IT, Office, Meetings, Workers Comp, Public Liability, Mobile Phone, Branding Costs

\$18,306

Employee Costs

\$57,812

Surplus

\$169,047

Balance Sheet

Assets

\$200,241

Liabilities ATO PAYG

\$9,230

Net Assets

\$179,189

Liabilities ATO GST Liabilities

\$11,822

Total

\$21,052

Thank You

Thank You to Our Sponsors & Partners

Mindful Margaret River extends our deepest gratitude to our sponsors. Your generous support has been instrumental in helping us continue our work in promoting mental health and well-being in our community.

Thank you to our partners, through working together we are able to build social capital in our community.

Sponsors

Rotary
 Foundation for Rural and Regional Renewal
 Shire of Augusta Margaret River
 South West Development Commission
 Mental Health Commission



FRRR
 Foundation for Rural
 Regional Renewal

Rotary

 Margaret River



GOVERNMENT OF
 WESTERN AUSTRALIA



SOUTH WEST
 DEVELOPMENT COMMISSION



Partners

A Stitch in Time
 Aboriginal Medical Services
 Arts Margaret River
 Barbarians Group
 Circle Green
 Concrete Club
 Department of Communities WA
 Edith Cowan University
 Flowstate
 GP Down South
 Headspace
 Josh Langley
 Just Home
 Margaret River Busselton Tourism
 Association
 Margaret River Community Centre
 Margaret River Medical Centre
 Margaret River Senior High School
 Margi Pride
 Men's Table
 Radiance
 Roses in the Ocean
 Self Seen
 Shire of Augusta Margaret River
 Community Development Team
 South West Community Alcohol and Drug
 Services
 South West Mental Health Services
 StandBy Support After Suicide
 St Thomas More Primary School
 Suicide Prevention Margaret River
 The Rural Regional Remote Women's
 Network WA
 WA Alliance to End Homelessness
 WA Country Health Services
 WA Police
 WA Primary Health Alliance
 Western Australian Association for Mental
 Health

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Instagram

[@mindful_margaret_river](https://www.instagram.com/mindful_margaret_river)

