



pathways
southwest
Towards better mental health

Caring for the
community for 30 years



ANNUAL REPORT
2022/23

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Happy
30th
Birthday

Caring for the community for 30 years

President's Report

As my second term as President of Pathways SouthWest draws to end it is with a great deal of pride that I reflect on the organisation's achievements over the past few years.

In 2021 the Board of Management and Management Team developed the current five-year operational plan 2021-2026 which was endorsed in late 2021. We have made some outstanding progress towards the desired outcomes of this plan and in the past 12 months the organisation has experienced an extraordinary growth in programs offered, assets and staff numbers to deliver increased services.

When an organisation undergoes a period of rapid expansion it is easy to lose sight of its fundamental underlying principles. When the Board of Management endorsed our current five-year plan, we also agreed on continuing to follow our underpinning philosophies as part of our values.

As I report on the past year's activities, I am proud that even with the expansion we have achieved it has not been to the detriment of our underlying principles.

The **Pathways SouthWest brand** is recognised widely in our region and beyond. The current branding was adopted in 2015 and has been integrated across our service delivery areas. During the past 12 months we have been revisiting our website and other promotional collateral to ensure a consistent approach to how Pathways SouthWest is presented.

It is acknowledged that we are a **good partner and work collaboratively**. We have delivered programs in conjunction with many other providers and offered our facilities at no charge for non-Bunbury service providers when needed.

We continue to **deliver integrated and responsive services** providing mental health recovery to those that need it, support and education to carers and families, psychoeducation programs as well as housing which is a fundamental necessity for good mental health.

Pathways SouthWest retains a Certified Practising Accountant on its staff and financial expertise on its Board of Management to ensure **sound financial management** as recommended by our auditors.

During the past 12 months we have actively pursued funding opportunities and we have been successful on several fronts as we **expand our revenue streams**. I would like to acknowledge the support of the City of Bunbury, Department of Communities, Lotterywest, Mental Health Commission, the WA Primary Health Alliance and others who support the work we do.

In June 2023 we undertook the mid term assessment against

the National Standards for Mental Health Services by independent auditors HDAA as part of our **ongoing quality evaluations**. The auditor's report concluded there were no "Major or Minor non-conformance" issues.

Our **good governance** was evidenced in the auditor's conclusion "*Pathways Southwest Inc. has established organisational systems, processes, and practices that promote effective service provision and services are provided in accordance with the criteria for each assessed standard and consequently, this assessment has determined that Pathways Southwest Inc. should maintain Certification to the National Standards for Mental Health Services. The above conclusion has been determined through a review of evidence obtained from a sample of documents and records as well as discussions with management, staff and people who access the service and a review of service delivery sites.*"

When we look back over the past 12 months, we have seen our budget increase by 14% and our staff numbers increase by 23%. It is reassuring to note that we have not lost sight of the most fundamental guiding principles.

My thanks to the team, the volunteers, my fellow members of the Board of Management and our funders. It is amazing what a dedicated team working together can achieve on behalf of our consumers, their carers, families and community.

This will be my final report as President of the Board of Pathways SouthWest. It has been a pleasure to hold this position but as I am now relocated interstate, I feel it is prudent to hand the reigns over to someone closer geographically to Bunbury. Thanks to the amazing technology now available I am delighted that I can remain an active Board member from afar and look forward to working with and supporting my successor.

Thank you all.

Lyn Bluett
President

Cheque presentation of Lotterywest funding by the Hon Don Punch MLA.



Chief Executive Officer's Report

I am pleased to report that the team at Pathways SouthWest has achieved some significant goals during 2022/23 and has built on our successes over the preceding years. The focus of operations during the year has been building on what we have and do well.

An opportunity to have our own dedicated space by way of a Clubhouse has gone from strength to strength.

Whilst the venue was newish to us the programs we offer were tried and tested. On the basis of having a new venue with building works funded primarily through a grant from the City of Bunbury the previous year we were successful in obtaining funding from Lotterywest. This was for equipment and to furnish our new home as well as technologies to provide a wraparound service to consumers. New tables and chairs for our craft and sewing groups, a pool table and other sporting equipment for activities. Heaters for comfort on those days when its to cold and windy for outdoor activities. We had the programs in place and have been able to build and increase our capacity to deliver.

Building on this success we were able to confidently respond to an opportunity for funding from the Mental Health Commission to provide group support activities services for people with mental health and co-occurring alcohol and other drug issues and their families and carers which we applied for and was successful. This allowed us to recruit additional staff and from April to open the Clubhouse Monday to Friday increasing the range of options available to consumers and carers to use the facility.

At the same time, we maintained and built on our other programs. Our Dialectical Behaviour Therapy (DBT) informed COPE program was updated and revised, and four programs held over the year. The ongoing success of this program is recognised that at any given time we have in excess of 100 referrals on our books to attend. We continued our partnerships with Consumers of Mental Health WA hosting their Life Launch Pad program at our premises and the WA Recovery College as an Associate to bring their courses to the Bunbury community.

Our other long-standing support and education groups such as Family Connections, Share and Care Groups in Bunbury and Collie along with our Aboriginal Moort Waangkiny group continue to offer support and networking to our Carers.

Our Taste of Life program received a boost when we received funding from the Lions Club of Boyanup that allowed us to treat our consumers to some great days out in the community in a safe and supported way.

The Business unit was kept busy supporting the team, onboarding new staff, administering funding and grants and

introducing new technologies. A new telephone system was implemented allowing staff to be connected no matter where they were with an integrated mobile network. Combined with this, our IT systems were moved to cloud based technology applications allowing staff to access consumer information and other work programs remotely as required.

Whilst this was happening the Business Unit were also managing four properties under our management to be refurbished under the Social Housing Economic Recovery Package (SHERP) funding at a time when trades people and building supplies were at record levels of demand.

We maintained our role as Chair for the Bunbury Mental Health Week Consortium providing the Bunbury community with a full program of events in Bunbury during Mental Health Week 2022. This week shines a light on mental health bringing service providers together and hopefully decreasing the social stigma associated with mental health issues.

Whilst we focussed on building our existing services, we still managed to introduce some new initiatives. Our partnership with Second Bite, supported by Coles, sees us providing a range of food stuffs to consumers and carers at a time when the cost of living is affecting us all.

At the beginning of 2023 we commissioned an Aboriginal Culturally Safe and Trauma Informed Care Audit of the organisation funded by the WA Primary Health Alliance. As an outcome of this review we contracted Red Dust Healing to provide staff training founded on a cultural belief that we are one people, one mob who do not own but belong to this land and Keipa Boodja Aboriginal Corporation to provide a more local cultural sensitivity program identifying social policy and its impact on our local Aboriginal community.

I must acknowledge and thank the staff, both new and old, the volunteers including our Board of Management who have worked tirelessly throughout the year. We have had our ups and downs with the introduction of new technologies (no surprises there) but the end result has been worth it. We have seen change which we have embraced, new spaces which we have created, revisited what we do and improved on it if we can. A remarkable year and I look forward to the next.

Thank you one and all for your support.

Steve Blackwell

Chief Executive Officer

Purpose, Vision and Values

Purpose

Providing access to responsive, holistic services for consumers, carers, families and the community to reduce the negative impact of mental health issues.

Vision

Let mental health be seen ... as any door is the right door for access and client-centred care.

Values

Hope: Belief in the potential of individuals affected by mental illness to live life to the full

Courage: Ensuring mental health be seen

Respect: Acknowledging other opinions as having value

Humility: Willing to appreciate others

Responsibility: Everyone is responsible to commit to action towards our Purpose

We would like to recognise those with lived or living experience of mental health issues and the people who care for, and support them, in the south west.

We acknowledge that we can only provide appropriate high-quality services through,

- Valuing
- Respecting, and

Drawing upon the lived experience and expert knowledge of,

- consumers,
- their families ,
- carers,
- and their communities.

About Us

Pathways SouthWest is an independent community based mental health service located in the south west of Western Australia. We provide support, education and advocacy to people with lived or living experience of mental issues, their families and carers in our region.

We support our local communities to embrace the concept of mental health wellbeing via community consultation, education and advocacy.

Pathways SouthWest acknowledges the traditional owners of the lands on which we meet and where we provide our services, the Wardandi People.

We pay our respects to their Elders, past, present and emerging and acknowledge the important role Noongar people continue to play within our community.

Board of Management

Lyn Bluett (President)



Lyn is a passionate HR professional with an extensive background in strategic management and HR gained over 20 years. Experience in manufacturing, oil & gas; government services (training & education services), mining & resources sector with national & multinational companies including green and brown field projects. Lyn has qualifications in Juris Prudence; MBA and Bachelor of Business (HRM and IR). Lyn has been a Board Member of Pathways SouthWest since July 2018.

Ian Telfer (Vice President)



Ian has been on the Board of Pathways SouthWest since 2013. He is currently CEO of WAPRES (Forrest Industries). Ian's other Community roles include Chair, Investing in our Youth, Chair & Volunteer Ambulance Officer with St John Ambulance Donnybrook. Ian is also an active member of the Rotary Club of Bunbury, Leschenault.

Zona Richards (Secretary/Carers' Representative)



Zona was elected as the Carers' Representative to the Pathways SouthWest Board at the 2018 AGM and Secretary since 2019. Zona has been a resident of Bunbury for over 10 years, and spent most of her life in business and farming. Zona's is also a volunteer at Solaris.

Cheryl Stiles (Treasurer)



Cheryl has been involved with Pathways SouthWest as a carer for over 20 years and has been a member of the Board and Treasurer since 2011. Cheryl worked in private enterprise for 50 years in financial management. Cheryl's other community involvement includes the Bunbury Meal on Wheels & Senior Citizens, local fundraising Treasurer for 40 years for Silver Chain Nursing Association and volunteering at the Leschenault Community Garden.

Annette Garlett



Pathways SouthWest Board Member since 2018. Annette's other community involvement includes Aboriginal cultural heritage, being a member of Gnarla Kaala Booja Native Title Working Group, the local Elders Group and the Heritage Advisory Group and holds a Cert IV in Mental Health.

Mark Pigott



As a Board member, Mark brings a lived experience perspective of mental health challenges, as a result of being a consumer of Mental Health services for over 20 years. Mark was appointed to the position of Peer Worker, delivering peer support within both the APU (Acute Psychiatric Unit) and the Bunbury Community Mental Health Clinic in 2019 and joined the Pathway SouthWest Board in 2020.

Board of Management

Heather Foster



Heather Foster is married, with two adult children and a granddaughter. For five years of her childhood her family lived in Northern British Columbia. This was a real adventure and she still keeps in contact with special friends. Heather has a great love of travelling and adventuring, at this point has visited 29 countries. A retired Primary School teacher from a job that she absolutely loved. At home, Heather really enjoys sewing, gardening and a variety of other crafts. Volunteering at Pathways is something that she relishes *“it is so rewarding to be able to help those who help me”*.

Adolf Palandri



Adolf was born in Bunbury and had a career in accountancy and taxation. Apart from two years working in Perth, the rest of the time was in country towns around the state for lifestyle reasons. He spent several years working with indigenous groups and also in the aged care industry. Currently, post retirement, Adolf is involved with the South West Italian Club, playing pool and enjoying the good life

Gary Brennan (Patron)



Gary has a long and distinguished career with many years of service to the community including Board member of the South West Development Commission, CEO, and later Mayor of the City of Bunbury, as well as a number of years in various areas of regional development. Gary is now retired and assists as a JP and with other community interests. Gary has been Patron of Pathways SouthWest since 2019.

Stephen Blackwell (CEO/Ex officio)



Stephen has a long career as a registered nurse, counsellor and has been working in senior management or executive positions in both government and non-government agencies for the past 30 years. Stephen’s clinical work involved many years working at Graylands Hospital in Perth and was for several years the Clinical Nurse Specialist of the Admission’s Unit at Graylands.

After moving on from clinical mental health Stephen worked at Next Step (drugs and alcohol), taught at Curtin University in nursing and Aboriginal health and then moved into sexual and reproductive health at Family Planning WA (FPWA). Stephen held the position of Chief Executive Officer at FPWA from January 2008 until September 2014. Stephen joined Pathways SouthWest as Manager Service Delivery, Quality and NDIS in 2017.

Bachelor of Applied Science (Nursing) Graduate Diploma of Arts (Counselling)

Postgraduate Diploma in Social Research and Evaluation Master of Human Resource Management.

HDAA
for the better

CERTIFICATE of REGISTRATION

This is to certify that

Pathways SouthWest Inc

ABN 91 709 457 186
1/14 Rose Street, Bunbury WA 6230, AUSTRALIA

Operates a service delivery system that complies with the requirements of

National Standards for Mental Health Services

For the following scope

Community Mental Health Services

Certificate number **1542NSM1**

Originally issued 4 January 2022
Current issue 4 January 2022
Expires 3 January 2025

Andrew Mortimore
Andrew Mortimore
Vice President I&F Pacific Region

HDAA ACCREDITED ORGANISATION

Registered by: HDAA Australia Pty Ltd (ACN 131 082 828) 3439 Williams River Road, Park Melbourne, Victoria 3007 and related to the HDAA Service Agreement and Guidelines for Accreditation. This certificate remains the property of HDAA Australia Pty Ltd and must be returned to HDAA upon its expiry. Refer to Certificate Schedule that accompanies this certificate for full scope details. To verify that this certificate is current please contact HDAA on 0816250000000000.

South West Aboriginal and Torres Strait Island Cultural Safety Project

Pathways SouthWest Aboriginal and Torres Strait Island Cultural Safety Project 2022-23 with WA Primary Health Alliance .

Feedback from our Aboriginal carer group was that many Aboriginal people with lived or living experience of mental health issues will present with alcohol and drug problems rather than anxiety, depression or other common mental health diagnoses.

In addition Pathways SouthWest does not have many consumers who identify as Aboriginal and we want to get a better understanding of why. Is it because Aboriginal consumers do not feel safe here, or is it because we do not have a program that works for them as part of a culturally appropriate services?

When we talk about culturally appropriate and safe we are talking about for our local Aboriginal people, so we need to understand their requirements.

The key objectives of the project were to;

- understand what a culturally safe and trauma informed practice looks like,
- develop an auditing tool for Pathways SouthWest to use to measure itself against identified standards for culturally safe and trauma informed care, and finally
- develop an in-house staff training program to ensure that Pathways SouthWest staff are culturally safe and trauma informed.

Our Moort Waangkiny group, a monthly support group for carers within the Indigenous community, has been operating for 11 years and has a regular cohort of seven participants. Members of this group includes local indigenous Elders who have been encouraging Pathways SouthWest to expand the services we offer to the indigenous community in Bunbury and surrounds.

Through our existing Recovery and Support programs we have identified a gap in that most Aboriginal people presenting for mental health support are experiencing alcohol and other drug issues and are referred to specialist AOD services. Our Moort Waangkiny members however are telling us that their family members have significant mental health issues such as anxiety and depression which are often associated with trauma and that their loved ones then self-medicate with alcohol and other drugs. In consultation with our Moort Waangkiny group we believe that services provided to the community would be enhanced with greatly improved outcomes if staff are trained to deliver Aboriginal and Torres Straight trauma informed programs specifically for recovery and support. Culturally safe and trauma informed mental health care refers to the capacity for health care professionals to effectually provide trauma-informed assessment and intervention that acknowledges, respects and integrates patients' and families' cultural values, beliefs, and practices.

The goals of this funding application was to;

- Develop a stand-alone staff development program to inform frontline employees (Pathways SouthWest, other agencies and also possibly TAFE and other trainees) in culturally safe and trauma informed care
- Audit and incorporate culturally safe and trauma informed care into the values and existing programs offered by Pathways SouthWest

To inform the development of training the first step in the project was to conduct a desktop audit of what is best practice in a trauma informed cultural safety program. Initial enquiries reveal there has been some work done in the eastern states however it is our understanding that New Zealand is leading the way in the area of culturally safe practices. As part of the audit process Pathways SouthWest and its staff were audited against best practice so that policies and procedures can be implemented to support the program. It was hoped that during the development and rollout of the Culturally Safe and Trauma Informed Program delivery would be in the first instance to Pathways SouthWest employees, individuals that have assisted in the community consultation and gap analysis.

Long term Pathways SouthWest would offer this training to Support and Recovery service workers, eventually online and with eLearning modules available on a fee for service model to make the program sustainable and support appropriately trained and resourced staff to deliver it on a state-wide basis.

At the conclusion of the project it is envisaged that the values of Trauma Informed and Culturally Safe Practices will be embedded into the culture, polices & procedures of Pathways SouthWest and its programs informing future developments and programs of the organisation. The development of staff training modules, via in person delivery, video conferencing and at some stage when funding permits, eLearning, will be made available on a fee for service basis to cover costs to frontline service delivery staff and the rollout of the staff training program to organisations invested in providing mental health recovery services to the Aboriginal and Torres Straight Island community.

South West Aboriginal and Torres Strait Island Cultural Safety Project

Once the foundation program is established and embedded into existing values and culture of our organisation it should be self-sustaining. On an ongoing basis program delivery to external organisation on a fee for service basis to cover costs will allow Pathways SouthWest to keep the program content updated and current as new learnings are discovered and the program evolves. This may include the development of stand-alone training packages and eLearning modules for access by other organisations in the state including those rural and remote regions.

Identified Major Deliverables and Timelines

- Literature review
- Internal auditing tool - to measure organisational cultural safety
- Internal auditing tool - to measure organisational capacity to deliver trauma informed care
- Internal staff development program to upskill staff in cultural safety and trauma informed care

Outcome

The literature review was completed, the internal audit tool (Staff Survey) was completed and a summary of results provided and in addition a report compiled by the Project Coordinator on her personal reflections and journey during the project was completed and submitted with these documents.

Our Coordinator of Psychoeducation in partnership with our Moort Waangkiny (Aboriginal Carer) Group discussed the training needs of the organisation and it was recommended that we consult with Keipa Boodja Aboriginal Corporation and get them to deliver two of their already developed Cultural Awareness Modules. Module 1 was the history of Aboriginal people in WA and Module 2 was Policies and the effects on Aboriginal people. Keipa Boodja are based in Bunbury and they provide cultural sensitivity training. In total they have 8 modules that they can deliver to organisations and groups. The objectives of this training include,

- to assist people build positive relationships between Aboriginal staff, families and communities,
- to provide people with a better understanding and appreciation of Aboriginal culture, assisting them to engage appropriately and sensitively with the local culture,
- to provide a “true” history of Aboriginal Australians, and
- to provide a safe platform to ask questions.

In addition to this training Pathways SouthWest engaged Red Dust Healing Pty Ltd to deliver a 1 day Red Dust Healing Workshop for staff and volunteers of Pathways SouthWest.

We have reviewed our capacity to deliver trauma informed care and we believe that we can demonstrate by internal audit and our recent external quality audit that we deliver a service that is safe, transparent and trustworthy, is collaborative, responsive and endeavours to empower our people including offering peer support. We use the Recovery Star as a framework to work collaboratively with our consumers. Our desire to engage and complete this project is also evidence that we are culturally safe and trauma informed.

Going forward Pathways SouthWest plans to continue our close engagement with Keipa Boodja Aboriginal Corporation to deliver more of their existing modules to our staff and to ensure that, as a minimum, we deliver this training annually to staff and volunteers. We plan to do more including having regular yarning sessions with our Moort Waangkiny Group. We have identified that with Keipa Boodja Aboriginal Corporation now delivering these cultural safety modules Pathways SouthWest does not need to develop its own staff development training and that partnering with Keipa Boodja Aboriginal Corporation we are demonstrating our commitment to reconciliation and cultural engagement.



*When the dust is settled on our lives, all we get to keep
and take with us is our dignity, our integrity
and the love and respect we shared with people.*

Red Dust Healing Moto

Clubhouse and Service Delivery

In 2022 we commenced activities on the new Pathways SouthWest Clubhouse at Turkey Point. During that first-year we made do with what was onsite and what we could take with us from Rose Street. Funding from the City of Bunbury allowed us to make improvements to the building such as flooring, putting in a kitchen, panelling the walls and getting the building weather proofed and secure.

In September 2022 we were pleased to announce we received funding from Lotterywest to complete works, upgrade our technologies and purchase equipment for the Clubhouse.

The funding received allowed us to significantly upgrade our IT and telephone systems and to integrate our technologies linking to our Rose Street administration office providing a wrap round service for our consumers. Included in this project was a monitored security system for the Clubhouse and Wi-Fi. We were able to source some refurbished computer processing units and the Wi-Fi enabled us to provide computer access to consumers to access essential services such as Services Australia, prepare documents or just surf the net and game for entertainment.

As part of the upgrade our client manager system (SMS) and file server were shifted to the “cloud” which allowed our Recovery and Support Workers to access consumer information at the Clubhouse or wherever information to support our consumers was required.

We were able to purchase new sturdy tables and chairs and to return the plastic outdoor furniture we have been using to the outdoors. The furniture purchased included bariatric seating which provides greater comfort and stability. Signage was installed at the Clubhouse and at the road entrance making it easier for visitors to find.

Although we had been running groups at the Clubhouse for many months our consumers were greatly missing the pool tables we had access to at the Italian Club. We must confess that this was the first thing on our shopping list and it has been in use everyday since it was installed.

The Clubhouse provides a structured program to support recovery by providing social connection with peers and access to staff dedicated to working alongside consumers to provide practical support and connection to other services or inclusive opportunities as required. The Clubhouse provides a safe and accepting activity centre for anyone with a psychosocial disability in need of support or social connection in a supportive setting. The location is removed from the day-to-day stresses of the City bordered by the inlet and in a bushland setting. We believe that the peaceful situation of the Clubhouse at Turkey Point provides a unique opportunity for provision of a restorative mental health service in Western Australia – and be available to all those in need throughout our South West region.

Activities available at the Clubhouse at June 30 2023 are;

- Walking & talking groups
- Sewing
- Seed, sow and grow (gardening)
- Cooking
- Games – a selection of board games as well as Wii
- Bingo binge
- Puzzles
- Community connect activities
- Pool & snooker
- Creative creations (craft)
- 10 Pin bowling
- Lunch
- Movies, computing, reading
- Tea, coffee & conversations

**As at 30 June 2023
we have 38 active
consumers
attending the
Clubhouse on a
regular basis**



Clubhouse and Service Delivery

Shifting Gears

An informal social activity available weekly (Fridays), where those experiencing mental illness can mix, play games, engage in artwork, and social interactions. At the Clubhouse consumers will be encouraged to take part in the lunch preparations and develop kitchen and cooking skills as part of the group.

Sewing

Our sewing groups are based around learning new skills while enjoying good company and being productive. Originally conducted at Rose Street on Tuesdays and Thursdays between 10am and 12 noon. The groups make practical products, stuffed toys, embroidery, clothing repairs and alterations as well as other craft activities. Previously these groups used the meeting rooms at our administration offices with materials stored in the garage at the back of the building which took a lot of time dismantling and setting up each week. In the new Clubhouse they have a dedicated area for their machines and to store their supplies.

Taste of Life

Conducted regularly at approximately six-week intervals we offer our consumers an outing-selected from a variety of venues and places of interest within our community and surrounding areas. This activity includes outings to the beach or bush with a shared lunch, either bought or taken with us as a BBQ or picnic, cinema and gallery excursions, op-shopping outings and scavenger hunts to mention a few.

Ten– Pin Bowling and Pool

Conducted Wednesday afternoons at the Bunbury Ten Pin Bowl and Family Fun Centre as a social outing continues whilst pool and snooker are available daily at the Clubhouse as well as giant Jenga, table tennis and WII games using the entertainment system along with movies, TV or reading in the upstairs media room. We also include a variety of outdoor activities including fishing, canoeing and supervised sailing.

Gardening

Held at the Bunbury Community Garden every Tuesday morning, this healthy activity provides many benefits for consumers: enjoyment from exercise improving endurance, strength, mobility and flexibility, meeting people, socialising and relaxation reducing stress levels. Fresh food used to maintain a healthy eating plan. A calming and restful experience which can be incorporated into the Clubhouse to use in a garden to plate program including making relishes and pickles with excess produce for our consumers to take home.

Walking Group

Conducted Monday and Wednesday mornings at various locations around Bunbury - which will now commence at the Clubhouse and include nature walks around the inlet and reserves trekking up to the cut at the mouth of the inlet to Koombana Bay as well as continuing with other locations around the City.

Shopping

Transport is provided Thursdays for Pathways SouthWest consumers on regular routes to shopping centres around Bunbury and the Clubhouse will be added as a pick up drop off point for shopping transport. It has also been proposed that the Clubhouse will be a place for people to donate/swap clothes, books and other pre-loved items.

Op Swap Shop

Free Op Swap Shop. Take what you need, leave something if you can. There is a range of clothing, household goods, furniture book and even bric-a-brac with new donations arriving regularly.

The Pathways SouthWest commuter bus operates transport from Bunbury and surrounds to and from the Clubhouse supported by individual transport for specific activities for those that require it.

Pictured Left: Service Delivery manager Robyn and Support Worker Sian off to deliver SecondBite produce to consumers

Bunbury Mental Health Week 2022

Mental Health Week is a national week celebrated each year in October scheduled around World Mental Health Day on 10 October.

Coordinated by the Western Australian Association for Mental Health, with support from the WA Mental Health Commission, Mental Health Week (MHW) provides a prime opportunity to address and highlight the important connection between social determinants and mental health; and promote effective prevention strategies to keep people mentally healthy.

In 2022, Mental Health Week in WA was held over 8-15 October with the theme: 'Where we live. How we live. What we've lived.'

Understanding how the body, mind and environment intersect is essential to overall wellbeing. Physical health – both inside of us and in the world around us – has a major impact on mental health. The nutrition we consume, movement of our bodies, the health of the planet and quality of our housing and neighbourhoods all play a part in building health communities and individuals.

Our bodies keep physical score of what we experience – it's important to encourage a trauma-informed lens in trying to understand challenging behaviours, intrusive thoughts and reactions. Learning how to process, heal and grow from negative experiences shapes our resilience, access to new opportunities, coping skills, strong connections and relationships, and quality of life.

Pathways SouthWest Chairs the Bunbury Mental Health Week Consortium and participated in the following events.

2022 Bunbury Mental Health Week Art and Exhibition

Coordinated by BRAG & Pathways SouthWest

Daily commencing Saturday 9 October until 23 October 2022

Location: Bunbury Regional Art Gallery (BRAG)

Activity: A total of 40 pieces were received for the exhibition which ran from 9 October until 23 October and was open to the public from 10am-4pm daily. Art works ranged from paint on canvas, tapestry, textile, and collaborative works from Richmond Wellbeing and the APU.

During the exhibition dates 614 people attended the gallery.



Bunbury Mental Health Week 2022 Program Launch and relaunch of the WA My Community Directory

Coordinated by WA Primary Health Alliance & Pathways SouthWest, My Community Directory

Monday 10 October, 4pm – 6pm

Location: Quality Lighthouse Hotel Bunbury

Activity: The official launch of the Bunbury 2022 program of events was held at the Quality Lighthouse Hotel commencing at 4 p.m.

Sponsored by the WA Primary Health Alliance. A Welcome to Country was performed by Noongar Elder, Annette Garlett followed by an acknowledgement of Lived Experience by Mark Piggott. The Hon. Don Punch MLA spoke about mental health and its impact on the community and acknowledged the consumers and service providers in attendance.

Sponsorship was provided by the WA Primary Health Alliance and My Community Directory and Attended by approximately 30 people.



Coffee & Muffins at APU (Acute Psychiatric Unit)

Coordinated by Pathways SouthWest, Monday 10 October, 10:30am-11:30am



Activity: The New Beaut Coffee Ute was stationed in the carpark outside the APU at Bunbury Regional Hospital and free coffee and muffins were available to APU and Bunbury Regional staff and patients at the facility.

Attended by about 60 people

Bunbury Mental Health Week 2022

Open Day at the Pathways SouthWest Clubhouse – Turkey Point

Coordinated by Pathways SouthWest and the SouthWest Water Based Activity Centre

Tuesday 11 October, 10am-2pm

Location: South West Water Based Activity Centre, Turkey Point

Activity: Open day at the South West Water Based Activity Centre located on the banks of the Leschenault Inlet, Vittoria. A sausage sizzle and a range of activities including Jenga, sewing, boule were available for all who attended. Coffee from the You Beaut Coffee Ute and muffins were provided for morning tea to the first 50 attendees. ABC South West Radio broadcast its morning program live from the event between 10am and 11am with interviews conducted with Investing in our Youth, headspace Bunbury, Pathways SouthWest and the South West Water Based Activity Centre.



2022 Mental Health Week Ball

Coordinated by Pathways SouthWest

Friday 14 October, 6pm-10pm

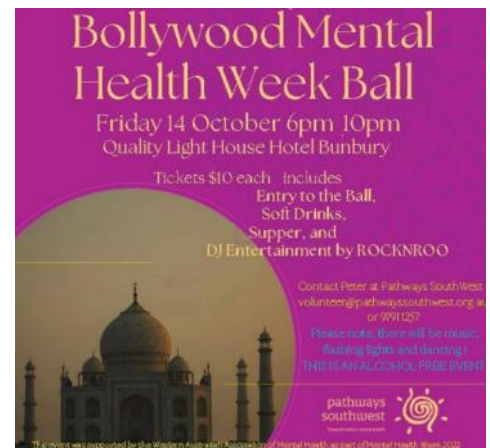
Location: Quality Lighthouse Hotel

Activity: Open to all people with lived experience of a mental health issue, their families and carers. The theme of the Ball in 2022 was “Bollywood”.

Tickets were \$10 per person including soft drinks, entertainment, supper and door prizes. The Ball Room was themed with free seating, a DJ and dance area. A selection of finger food was served and a cake decorated with the 2022 Mental Health Week logo was served for dessert.

Sponsorship from WAAMH, Pathways SouthWest

Attended by 80 people



For all the 2022 Bunbury Mental Health Week activities click or scan the QR code



Quality and Service Improvement

Pathways SouthWest completed the midterm assessment against the National Standards for Mental Health Services in June, 2022.

The mid-term assessment is conducted as an on-site assessment at the mid-point of a three-year accreditation cycle. It is planned so that confidence can be maintained that Pathways SouthWest is continuing to fulfil its requirements of accreditation.

The maintenance assessment included a review of: a) NSMHS standards 1, 2 and 3 b) a review of actions taken on Observation identified during the previous assessment c) treatment of complaints d) progress of planned activities aimed at continual improvement e) internal audits and management reviews undertaken since previous assessment visit and f) review of any changes to service delivery that have occurred. Pathways SouthWest passed this assessment with no recommendations made

There is a proposal that the Mental Health Sector adopt a new set of Standards that are measurable and more specific to Mental Health Services and would provide a more comprehensive, measurable and comparable set of standards in which organisations are assessed by.

The proposal has come from the Office of the Chief Psychiatrist whom has recommended we adopt the National Safety and Quality Mental Health Standards for Community Managed Organisations

(NSQMHCMO Standards) which was developed by Australian Commission on Safety and Quality in Health Care (the Commission) and prepared in consultation with consumers, families and carers; community managed organisations; peak and professional bodies; healthcare providers; Primary Health Networks; funders; and other representatives of the sector.

What is exciting is that the organisation understands that the goal of continuous improvement is 'operational excellence' – and so we are continually looking at establishing a way of working which delivers improvements in care quality and safety by the everyday use of continuous improvement techniques. This is seen in our increased attendance at our Turkey Point Clubrooms and Psychoeducational programs

Continuous improvement is being driven and owned by our staff, and supported by our funding bodies.

Our culture shift towards a new philosophy of being a self-analytical, self-critical, and the increased learning opportunities (like Hearing Voices, Buried in Treasure) within our organisation has empowered our staff to identify the causes of problems in our services, systems and processes and to work towards the solutions with great enthusiasm.



Staff celebrating Pathways SouthWest's 30th Anniversary in March 2022

Carers Week 2022

Pathways SouthWest were fortunate enough to secure a \$550 grant from Carers WA in conjunction with Lotterywest to fund a Carers' Week activity. The state-wide theme suggested by Carers WA for this year's events was to be "coloured blue" and to host a picnic or similar for Carers in our area.

We chose to host a Mindfulness Day Retreat for our carers at our newly opened Clubhouse at Turkey Point. We were fortunate enough to enjoy a sunny and warm spring day so able to host activities outside and under the trees.

The day began with morning tea – barista coffee with Carer Week cupcakes and biscuits (cooked and decorated by Marie, our Manager Business Services).

Several activities were then available for carers to join, including painting and mug decorating. Carers who did not wish to participate in those activities were able to take time-out for themselves, have a walk outside and just chill out, have a chat or just mingle with others.

Before lunch many of the carers attending then participated in a session of Mindfulness Movement & Yoga under the trees by the waterside which was hosted by Nicky Smith from True Equanimity Yoga.

Lunch was delicious and plentiful and prepared by two of our Support Workers (Nadja and Amanda), one of them being a chef.

The feedback from the 20 Carers who were able to attend was that it was a great day out for them and they went home very calm and relaxed. Most also had a token from the day to keep to remind them of Carers' Week 2022.



In the 12 months 1st July 2022 until 30th June 2022 Pathways SouthWest provided in excess of 1300 hours of Family and Carer Support in Bunbury, Busselton and Collie.



Psychoeducation Programs

Family Connections – two programs were completed in this year. Participants were able to choose to attend the program in person or via Zoom. 31 carers started the programs and there was an average of 11 participants per session in attendance. As one of few organisations offering the program on Zoom, we attracted Carers from our local southwest areas of Bunbury, Busselton, Margaret River, Manjimup and Collie, and also further afield from South Perth, South Fremantle, Halls Head, Huntingdale and Hocking. Pre and post participant surveys show the value of this program for Carers.

COPE for Carers – is an adaption of the COPE program. This program is available to all Carers and runs a session once per month (depending on public holidays). Over the year a total of 7 sessions were completed. A total of 31 Carers participated over the year with an average attendance of 9 participants per session.

Building a Future – one program was delivered for Carers during the year with 12 Carers commencing the 12 week program. The average attendance was 10 participants per session.

Consumer Programs

Challenging Our Problematic Emotions (COPE) – We continue to offer a daytime and an evening program twice per year for people who experience emotion dysregulation. The waitlist for the program continues to have over 120 potential participants. Although all people on the waitlist are invited to attend an interview, less than half respond. Attrition is high in the first couple of weeks and then settles to about 7-10 participants per group. The evening program is entirely on Zoom and the daytime program is face to face (with an option to Zoom occasionally). Each group is closed and participants are not able to swap between groups after Week 2. Strict attendance and behaviour guidelines apply. During this year the program was made available for Carers experiencing emotion dysregulation with 2 Carers completing the course. Pre and post course participant evaluations continue to show the value of the program.

Life Launchpad – In conjunction with CoMMHA (Consumers of Mental Health WA) we offered an 8 week program to our consumers. Life Launchpad aims to support people with mental health concerns to live a happy and meaningful life. An average of 6 participants attended each session which included sessions on Self Awareness, Wellbeing, Goals, Supports, Communication, Overcoming Barriers, Speaking up for Yourself and Recovery Planning.

Combined

safeTALK – 6 Carers and 1 Consumer attended a safeTALK presentation hosted by Pathways Southwest. Staff members were also in attendance to fill the program.

Red Dust Healing – 7 Carers and 3 Consumers attended the Red Dust Healing presentation as part of the Cultural Safety learning for staff and volunteers at Pathways SouthWest. They included most members of the Moort Waangkiny group as well as Carer and Consumer Facilitators for other programs.

Carer Support Programs 2022 -2023

Support groups continued during 2022-23. As the number of participants attending face to face groups in Bunbury increased and because of the nature of the group, the Zoom option for attendance was discontinued. An option to attend a daytime Share and Care group was made available for those unable to travel in the evenings.

Bunbury Share and Care evening group is held monthly at the office at Pathways Southwest. An average of 7 participants attended each session over the 12 months. The daytime Share & Care group meets monthly at the office a fortnight after the evening group. Numbers are steadily growing since it commenced in August 2022.

Collie Share and Care group is run at the Collie Family Centre. The group meets once per month with Pathways Southwest Carer Support Worker and once per month without a support worker. There are currently 9 participants who are members of the group with an average of 5-6 attending the monthly facilitated session.

Moort Waangkiny is our Aboriginal Support Group which is held monthly at the office at Pathways Southwest. Over the past 12 months 9 individual participants attended sessions. In addition to this the group participated in consultation sessions regarding Cultural Safety.

Business Unit

The Business Unit incorporates finance, property & purchasing, fleet management, IT & telecommunications, business management such as governance, contracts & insurances as well as human resources and housing. 2022/23 has seen a significant growth for the organisation and an increased workload across all areas of our portfolios.

The 2023 financial turnover increased to \$1,833,815 this period, an increase of 20.9%. At June 2023 Pathways SouthWest employed 32 staff members consisting of 7 full time, 11 part time, 11 casuals (includes facilitators), 3 staff on extended unpaid leave. We managed and reported \$1,111,686 on funding contracts and \$304,384 (SHERP, WAPHA and Lotteries commission) grant monies including the acquittals. We manage a fleet of seven vehicles, two of which were replaced this period.

On property maintenance and improvements, including the 39 residential properties under our management, the Social Housing Economic Recovery Package refurbishments, and improvements at the Clubhouse we spent \$273,016 supporting around 33 local trades people and retailers.

During 2021/22 we introduced Xero as our new accounting software package. This year we have been refining our financial reporting and developing individual cost centres for each of our business units to assist managers and coordinators better manage their budgets to plan and monitor their expenditure against programs.

Whilst the above is core business for the organisation in 2022/23 the Business Unit engaged in two other significant projects for the business thanks to the support of our Lotterywest grant.

- A new telephone system
- Migrating our IT to a cloud-based platform.

Our new telephone system 3CX allows us to manage the day-to-day operations of the network. It offers caller ID so we can identify our consumers when they call and flexibility to transfer callers to our staff's mobile phones, so they are contactable when not physically in the office. Staff can choose not to be disturbed as required, retrieve messages and make calls through our main telephone number even when away from the office.

It was established some time ago that our main server was nearing capacity and reaching the end of its useful life in IT terms. Safe and secure IT and record keeping is an integral part of our organisations business. With the additional location of the Clubhouse coming online and attended by our consumers much more frequently it was imperative that we secured a new IT platform. In consultation with our main IT provider BTS and client management Service Management System (SMS) Alchemy Technologies we moved our IT to a cloud-based server. This has given us the ability to access consumers files and histories wherever a staff member is working from including the Clubhouse, Rose Street or even on a home visit. A large amount of time and staff resources were involved setting up the systems so that the systems were integrated, and staff trained in the new processes.

In 2022/2023
Pathways
SouthWest staff
provided over 6,000
hours of
personalised
support to our
Consumers.



Transport is provided to and from the venues and activities by Pathways SouthWest staff for those who require it. The Business Unit manages a fleet of seven vehicles including one commuter bus.

Additionally, the Business Unit keeps our IT and telephone systems up to date and secure in partnership with an external service provider maximising their expertise in this specialist area.

Community Housing

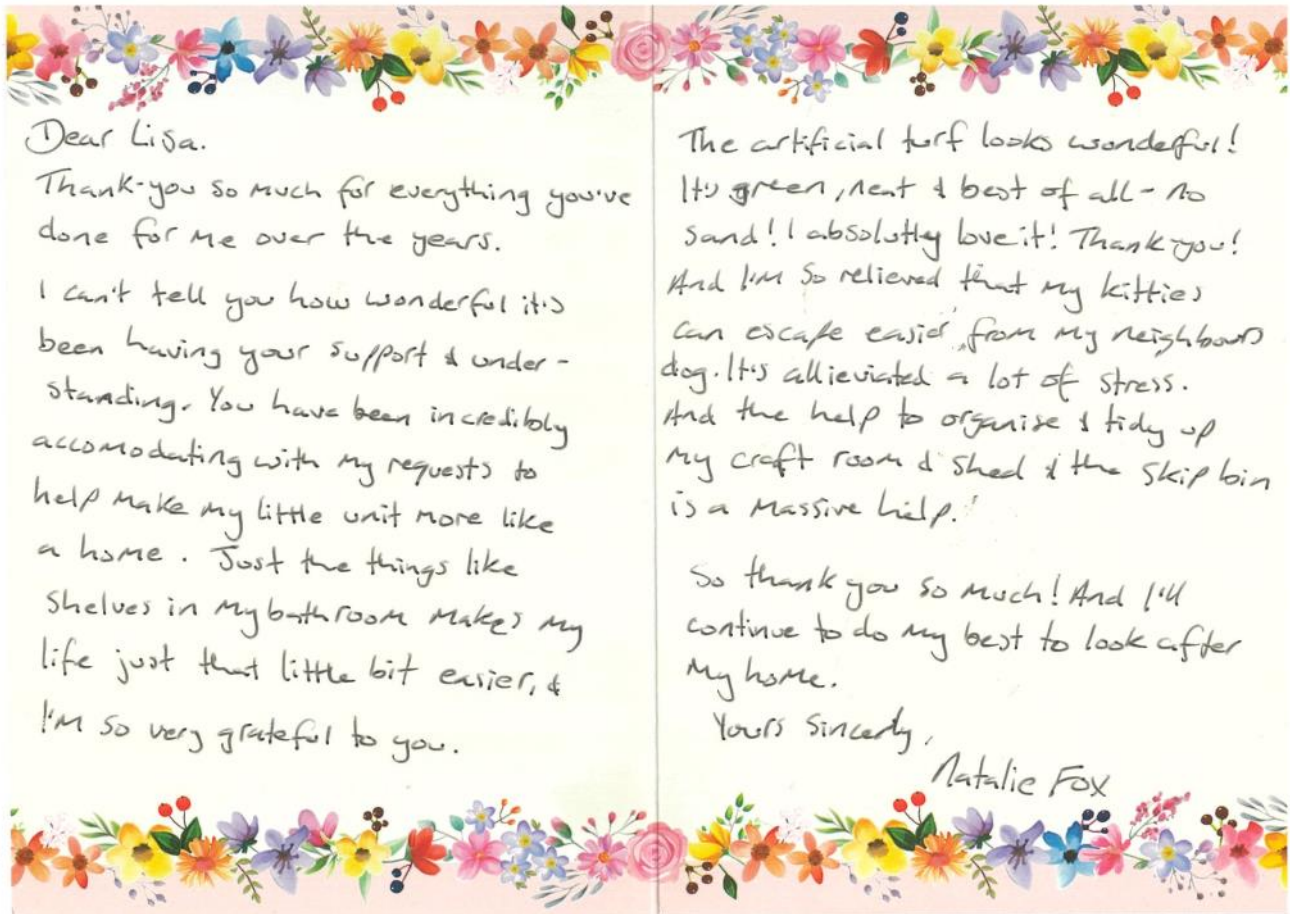
Pathways SouthWest is a community housing provider; we maintain 39 properties dedicated to those with a lived or living experience of mental health issues. As a landlord, we focus on reducing many of the tensions created by difficulties in finding accommodation and maintaining properties in good order. We assist our tenants in managing their utilities payments with flexible arrangements for billings and payment schedules tailored for the individual tenant's capacities.

Over a quarter of our Social Housing Economic Recovery Package (SHERP) Grant activities have been completed. This involved assisting current consumers to pack up their home ready for the renovations to be completed and now that the work has been completed we are assisting the tenants re-establish their homes. During this project there were issues with the discovery of asbestos in one of the properties that slowed the whole process down significantly and required additional support for the tenant through this process. In addition to this both the tenant and the contractors in one project contracted COVID resulting in a quarantine period and therefore slowing the process down considerably. Pathways SouthWest staff were required to provide additional emotional support. To manage the SHERP Project we increased the Housing Officer's hours to Project Manage the

process. The project management costed and other increases in administration, such as an increase in hours for administration and finances to maintain accounts payable and check work orders and cost are according to quotes and in line with the SHERP Grant application, all being funded out of the SHERP Grant and not the MHC Support Linked to Housing Grant. This said however, the support linked to housing workload increased as we provided the one to one assistance

to our consumer/tenant with packing and unpacking.

Di in her new kitchen pictured right and a note of appreciation from a housing client below.



Testimonials

I don't have a lot of friends. I feel a bit isolated at times. I class Pathways staff as my close friends.

Pathways invite us consumers into their so-called home at Turkey Point where we can relax and chat which helps immensely with my debilitating anxiety.

I get very nervous and I also worry and stress a lot. I am always comforted and my mind put at ease every time I go to Turkey Point (Pathways).

Pathways staff are always very friendly and love chatting with us consumers which makes me feel very cared for and not alone.

At Turkey Point we have a craft morning every Tuesday morning which I love. I am not a very crafty person but I really enjoy sitting with everyone chatting and catching up and doing puzzles and having a coffee and home made cakes and biscuits and having a laugh.

Then of a Wednesday we get driven around in the bus to different locations where we go for a lovely walk. I am very unfit but enjoy breathing in the fresh air and getting some exercise. Pathways staff are great motivators.

Pathways staff are always urging us consumers to visit them at Turkey Point for a cuppa and a chat anytime we want. They make us feel very welcome.

And I always look forward to Turkey Point lunches every Friday. Where we all sit around and chat and play games and some of us go for a walk down by the waters edge. And we get a lovely meal which is always delicious. Compliments to the chefs.

I will finish off my testimonial by saying Pathways you really are a life saver. Not so much physically, of course, but definitely mentally. You help keep me sane and busy and cared about. Love you all.

Leah Q Consumer

I'm 53 years old and 6 months ago I was at an all-time low in my life. While I sought hope from multiple avenues, doing the Family Connections Program has been an important part of my journey from that dark place back to feeling normal again. I have restored relationship with my son (BPD) and, while not ideal, it is better than it has been for 10 years or more. A bonus for me in doing this course has been learning skills which are helping with my other relationships (both work and family) as well and, as a teacher, I have learned new skills to use in the class room. A massive "thank you".

Family Connections Participant

A huge thank you to the Pathways team and all involved putting these courses on.

COPE Participant

I'd love to do the program again but I was hoping to do it start of next year to give me time to develop and practise my skills further then reviewing/reiterating it all again after some time. Thanks heaps you're all legends and have saved my life

COPE Participant

My journey with Pathways SouthWest began around February 2022, when my husband was admitted to the APU in Bunbury hospital, the social worker asked me if I had any supports around me, I have only one friend that understands and that I feel they don't judge me, that's when they told me to get in contact with Maria at Pathways Southwest.

I had expected to only be there for about an hour but that was not the case, Maria took the time to listen to me in that meeting, since that very first meeting with Maria I knew that she would always be there any time I needed to talk to her.

I also have attended their share and care nights for carers, I have learnt so much from these nights, I now know that I am not alone when it comes to being a carer for a loved one struggling with a mental health illness. I do enjoy going to these as I feel comfortable to be myself and show my emotions when I struggle with being a carer.

I have loved programs that pathways southwest provides to educate carers, I have done building a future, cope for carers, and there is many more, these programs have been very valuable to me as it has taught me more about mental health illnesses, and how I can take this information home to help support my husband.

I never thought my fun loving, carefree husband would ever been diagnosed with a mental illness, it has been a huge adjustment, but with the support and kindness from the staff at Pathways southwest has given me, I still hold HOPE that maybe I will get that fun loving carefree husband back one day.

Pathways Southwest has also helped my husband by teaching him strategies on how to cope with his illness.

So over all Pathways Southwest in my eyes is a bloody fantastic organisation that cares about people who struggle with mental illness and their carers.

I don't know where I would be without them.

*Tash
(carer)*



pathways
southwest

Towards better mental health



INDEPENDENT AUDITOR'S REPORT TO PATHWAYS SOUTHWEST INC.

Opinion

We have audited the financial report of Pathways Southwest Inc. which comprises the statement of financial position as at 30 June 2023, the statement of profit and loss, the statement of changes in equity and the statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the declaration by those charged with governance.

In our opinion, the accompanying financial report has been prepared in accordance with the *Associations Incorporation Act (WA) 2015* and Division 60 of the *Australian Charities and Not-for-profits Commissions Act 2012*, including:

- i) giving a true and fair view, in all material respects, of the financial position of Pathways Southwest Inc. as at 30 June 2023, and of its financial performance and its cash flows for the year then ended; and
- ii) complying with the accounting policies described in Note 1, the *Associations Incorporation Act (WA) 2015* and Division 60 of the *Australian Charities and Not-for-profits Commission Regulations 2022*.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of Pathways Southwest Inc. in accordance with the *Associations Incorporation Act (WA) 2015*, the *Australian Charities and Not-for-profits Commission Act 2012* and the ethical requirements of the Accounting Professional and Ethical Standards Board's *APES 110 Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter- Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Pathways Southwest Inc. to meet the requirements of the *Associations Incorporation Act (WA) 2015* and *Australian Charities and Not-for-profits Commissions Act 2012*. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Emphasis of Matter- Other

We draw attention to Note 13 to the financial statements which outlines the ongoing operation of Pathways Southwest Inc. is dependent upon continued receipt of funding from the Mental Health Commission to continue operating as a going concern. Our opinion is not modified in respect of this matter.

Other Information

Those charged with governance are responsible for the other information. The other information comprises the information included in the Pathways Southwest Inc. annual report for the year ended 30 June 2023, but does not include the financial report and our auditor's report thereon.

Our opinion on the financial report does not cover the other information and accordingly we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial report or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the *Associations Incorporation Act (WA) 2015*, the *Australian Charities and Not-for-profits Commissions Act 2012* and for such internal control as management determine is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management are responsible for assessing Pathways Southwest Inc.'s ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless management either intend to liquidate Pathways Southwest Inc. or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing Pathways Southwest Inc.'s financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made.
- Conclude on the appropriateness of the use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the registered entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the registered entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

AMD Chartered Accountants



MARIA CAVALLO FCA
Director

Level 1, 53 Victoria Street, Bunbury, Western Australia

Dated this 31st day of October 2023



Fun fact about the Pathways SouthWest logo.

If you take a pen and follow the purple line from either end of the logo you will come out on the other side.

The logo depicts a **pathway** to a new beginning.

(Thanks to our corporate historian Jenny for bringing this snippet of information to our attention).

Thank you to our partners and donors

- Bunbury Community Garden
- Bunbury Farmers Market
- Bunbury Regional Art Gallery (BRAG)
- Bunnings Bunbury
- Carers Association of WA
- Choose Respect
- City of Bunbury
- City of Bunbury Libraries
- Department of Communities - Disability Services (Act, Belong, Commit)
- Department of Communities - Housing
- Dolphin Discovery Centre
- Good 360
- Grand Cinemas
- Harrisons SW Ltd.
- Lions Club of Dardenup
- Lotterywest
- Mental Illness Fellowship of WA Inc.
- RockNRoo (DJ)
- SecondBite
- South Regional TAFE
- South West Water Based Activity Centre
- St John's Community, Alcohol, Drug Services

In the last 12 months Pathways SouthWest has;

- Provided secretariat support to the Bunbury Local Area Group (LAG) of the WA Recovery College Alliance (WARCA)
- Providing support to the local South West Consumer and Carer Advisory Group (SWCACG)
- Continuing to chair and provide support to the Bunbury Mental Health Week Consortium
- Partnered with the Busselton Dunsborough Alliance Against Depression (bdaad), the South West Suicide Prevention Project and the WA Primary Health Alliance to provide safeTALKs in the local area
- Continuing to partner with Consumers of Mental Health WA (CoMHWa) to provide Life Launchpad in Bunbury
- Ongoing relationship with South Regional TAFE to present to their Certificate IV Mental Health students and to provide work placements for their students
- Complete the WA Primary Health Alliance funded Cultural Safety and Trauma Informed Project
- Commenced the delivery of MHC funded group activities at our Clubhouse at Turkey Point
- Partnered with Coles Supermarkets and SecondBite to distribute food items to our consumers and community

Over the past year many more individuals, businesses and groups have volunteered time and donated goods and services to support the work of Pathways SouthWest.

Thank you for your contributions.

pathways
southwest

Towards better mental health





Let go of the expectations of others and focus on what matters to you



ACTION FOR HAPPINESS

Thank yourself for achieving the things you often take for granted



ACTION FOR HAPPINESS

Do something constructive to improve a difficult situation



ACTION FOR HAPPINESS

Ask for help to overcome an obstacle you are facing



ACTION FOR HAPPINESS

Take time to reflect on what you have accomplished recently



ACTION FOR HAPPINESS

Find joy in tackling a task you've put off for some time



ACTION FOR HAPPINESS

Avoid blaming yourself or others. Find a helpful way forward



ACTION FOR HAPPINESS

Look out for positive news and reasons to be cheerful today



ACTION FOR HAPPINESS

Set hopeful but realistic goals for the days ahead



ACTION FOR HAPPINESS

Make some progress on a project or task you have been avoiding



ACTION FOR HAPPINESS

Remind yourself that things can change for the better



ACTION FOR HAPPINESS

Start your day with the most important thing on your to-do list



ACTION FOR HAPPINESS

Put down your to-do list and do something fun or uplifting



ACTION FOR HAPPINESS

Look for the good in people around you today



ACTION FOR HAPPINESS

Take a small step towards a goal that really matters to you



ACTION FOR HAPPINESS

Write down three things you appreciate about yourself



ACTION FOR HAPPINESS

Pathway SouthWest Inc.

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