



Leichhardt Women's
COMMUNITY HEALTH CENTRE

ANNUAL REPORT 2021-2022



LEICHHARDT WOMEN'S COMMUNITY HEALTH CENTRE

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Funded by NSW Health



Leichhardt Women's Community Health Centre (LWCHC) acknowledges and pays respect to the Gadigal and Wangal people of the Eora Nation as the Traditional Custodians of the land on which we work. We acknowledge the continuation of cultural and spiritual practices of Aboriginal and Torres Strait Islander peoples. LWCHC supports The Uluru Statement From the Heart.

LWCHC is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. LWCHC welcomes all women irrespective of ethnicity, mental health, history of suicidality, drug use, faith, sexual orientation, or gender identity.

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OUR VISION

Every woman has the right to affordable and effective health care.

OUR MISSION

Leichhardt Women's Community Health Centre is a leader and innovator in the delivery of evidence informed health services. We partner with other organisations to meet the needs of women who are at risk of poorer health or do not access the mainstream health system.

OUR VALUES

- Collaborative
- Accessible
- Safe
- Empowering

Underpinned by NSW Health's Core values:
Collaboration, Openness, Respect, Empowerment



ABOUT US

Leichhardt Women's Community Health Centre (LWCHC) is an accredited service operated by women for women. Its gender and trauma-informed primary health care model provides wrap-around health services, support and education to marginalised and financially disadvantaged women inclusive of those experiencing both transgenerational trauma and systemic racism (both First Nations and Culturally and Linguistically Diverse women). All cis and trans women are welcome.

The centre is funded by Sydney Local Health District (SLHD) and is a registered Public Benevolent Institution Charity with the Australian Charities and Not-for-profits Commission (ACNC) and has been endorsed as a Deductible Gift Recipient (DGR) since 2001.

Leichhardt Women's Community Health Centre is a multidisciplinary health centre with over 15 staff speaking several community languages, who provide health care, support and education across the inner city, inner west and southwest suburbs of Sydney. We emphasise preventative health and empower women to participate in their own informed health care and related life decisions. Services comprise bulk-billed medical clinics with highly skilled and experienced general practitioners specialising in women's health, women's health nurse clinics, acupuncture and naturopathy clinics, generalist and drug & alcohol counselling, on-site and outreach health education

programs, dance movement therapy groups and, community support and health education programs specific for Vietnamese women.

Our specialised state-wide service called Women Partners of Men who Have Sex with Men offers counselling and group support for Women Partners. This service also provides capacity building and training for other health professionals and is funded by Population Health, SLHD.

LWCHC specifically focuses on NSW Health Women's Health Indicators (2019). This critical framework places women at the centre of decision making for their own health. While the framework is for all women, priority groups including Culturally and Linguistically Diverse Communities and First Nations Women are identified to improve health outcomes and social impact by guiding targeted service delivery and increased performance measurements.

LWCHC promotes collaboration with government, non-government and business, health, welfare, education, and housing sectors to assist women to thrive and have meaningful fulfilling lives.

WE PROVIDE:

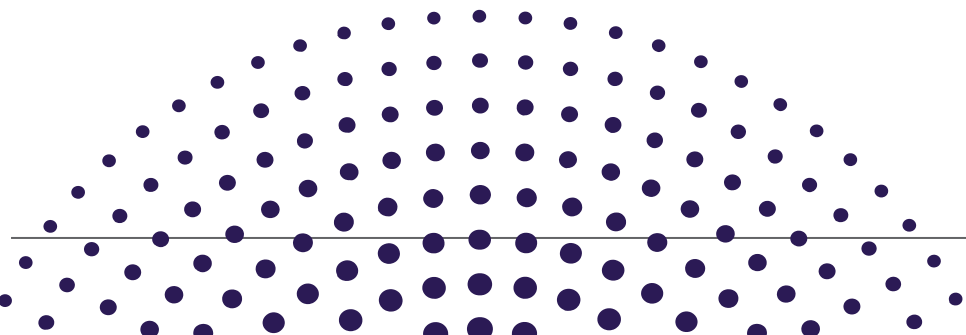
- General Practitioner Clinics
- Women's Health Nurse Clinics
- Acupuncture and Naturopathy Clinics
- Drug & Alcohol Counselling – including tobacco and women affected by the drug or alcohol use of someone close to them
- Counselling – relationship issues, family and domestic violence, grief, self-esteem, and counselling for adult survivors of childhood sexual assault
- Counselling for women partners of same sex attracted men
- Health Education groups – including relaxation, yoga, meditation, art therapy, dance and movement
- Health Education Sessions - Menopause, Osteoporosis, Nutrition, Depression, COVID-19, Healthy Eating on a Budget, Goal Setting
- We are also able to run a variety of groups with the Vietnamese community in language.

OUR FOCUS:

- Sexual and reproductive health – cervical screening, breast checks, contraception, safe sex, sexually transmitted infections, all options pregnancy counselling and referrals, menstruation, menopause, polycystic ovary syndrome, thrush, fibroids and continence.
- Mental and emotional health – depression, anxiety, social isolation, domestic and family violence, relationships, trauma and complex trauma including intergenerational trauma.
- Other health matters including - sexuality, LGBTQIA+ community health concerns and complex chronic health needs.

Wrap-around care for clients is also supported by our solid external pathways to community GPs, medical specialists, hospital outpatient clinics, affordable allied health providers, counsellors and psychologists, BreastScreen NSW, sexual health clinics, other women's health centres, supported housing services, family support services, women's drug and alcohol residential services, refuges and support services for financial, legal, employment and education assistance.

Our in-house partnerships include a registered psychologist and counselling for adult survivors of child sexual assault in partnership with Full Stop Australia and free legal advice provided by Gowland Legal.



CHAIRPERSON'S REPORT

This year has been a time for consolidation at Leichhardt Women's Community Health Centre. The long-standing Board member and Chairperson, Lyn Lormer, retired from her role at the AGM in December 2021. Tara Czinner also resigned in August 2021. We welcomed a new member, Lyn Bearlin at the AGM. Other members continued in their roles and my thanks goes to these women for their time, commitment and expertise. The Board met 11 times during the financial year including some joint training with the staff. They appreciated the opportunity to work more closely with staff on trauma informed practices. The Board continues to have a representative on the Board of the Women's Health Resources Foundation Board which manages our building.

- Chairperson: Judy Tonkin
- Vice Chairperson: Lyn Bearlin
- Treasurer: Victoria Thompson
- Secretary: Rochelle Gould
- Ordinary member: Julie McLean Murray
- Manager: Ses Salmond

Over the last year the Board has worked on the Strategic Planning process for our next five year plan. In order to support the organisation, a skills audit was conducted of the Board members and we identified those skills which are needed to take the organisation forward. We have started an active recruitment process through the organisation Women on Boards to identify new members with the skills we require.

We completed the Australian Charities and Not-for-profit Commission (ACNC) self evaluation tool which supports Boards to assess if we are meeting our

obligations and have the correct skills and experience to support the work of the organisation. We have identified the risks that the organisation needs to manage through a Risk Appetite Statement and have worked in consultation with staff to identify strategies to manage the risks we face.

Decisions were made to change our accreditation process to the Australian General Practice Accreditation Limited (AGPAL) accreditation in 2022/23 through Quality Innovation & Performance (QIP).

On the 8th March 2022 we received advice that Inner West Community Energy was successful in securing \$10,000 from the Local Member, Anthony Albanese through a Stronger Communities Program grant to enable the installation of rooftop solar panels at the Centre, resulting in savings on energy costs which the centre will then direct towards the support and services they offer to women in the Inner West. Further to this a \$20,000 donation has been agreed by fjmtstudio to fully fund the solar panels project and take the Centre off the grid with a battery and heat pump hot water system.

Our long-standing Business Administrator resigned in December 2021 and thanks goes to her for nearly 20 years of service with the organisation. Our Manager also resigned in January 2022 and thanks to her for guiding the organisation through the challenges of COVID-19 and a cyber-attack in February 2021. Our not-for-profit accounting specialists, Accounting for Good, have continued to run our financial functions with skills and efficiency. We have reviewed our administration and IT systems and the Best Practice

Case Management System and Medicare billing, and reconciliation have improved thanks to the support from Berkley Health Care Consulting.

The staff are the backbone of the Centre and must be thanked for their incredible commitment to providing services to all clients during the difficult times of COVID-19 and various lockdowns over the last year. The cyber-attack in February 2021 put an enormous strain on everyone and continues to have repercussions. We have however emerged as a stronger, smarter service to meet the needs of the women who use the Centre. The staff have also rallied to improve our online and social media presence and further developed their technology skills.

Special thanks must go to Ses Salmond who stepped into the Acting Manager's role from December 2021 until her recruitment to the position in June 2022. She has been flexible, thorough and creative in her approach to the role and we look forward to working with her in the coming years.

Thanks to our funders, the NSW Ministry of Health and staff of the Sydney Local Health District (SLHD) and Primary Health Network (PHN) for their invaluable assistance through the year. Thanks also to the Population Health Unit, HIV and Related Programs (HARP) team who fund the Women Partners Service and have helped with its revitalisation. Thanks also to Richard Francis-Jones of fjmtstudio who continues to provide donations to the Lisa Macdonald Learning Fund which supports learning for both staff and clients.

Judith Tonkin
Chairperson



MANAGER'S REPORT

Newly minted in the role on 6 June 2022, after acting in the role since 7 December 2021, I am delighted to be the new manager of Leichhardt Women's Community Health Centre (LWCHC).

I look forward to ensuring the centre continues to deliver high quality, affordable and accessible health care and support to clients aligned with the social determinants of health. The work we do is made possible by the funding we receive from NSW Health, the exceptional staff, the dedicated Board of Management, and partnerships in the community we serve.

The Centre has prioritised the safety of staff and clients alike during COVID-19 and has been able to stay open throughout COVID-19 by pivoting service delivery to ensure we are reaching clients most in need. The adaptability of our team was instrumental in LWCHC being able to deliver services during this period.

Steering our way through COVID-19 was a team effort and the staff have been a cohesive unit assisting clients to navigate the difficulties and isolation associated with hard lockdowns. COVID-19 has been particularly difficult for women, some of whom have been trapped in domestically violent relationships during lockdown periods and others whose mental health declined due to extensive social isolation. Our successful Women's Wellness Day on 28 June 2022

was a small way to reach out to those women and we remain grateful to the Inner West Council's COVID-19 grant which made it happen. (See Inner West Council COVID-19 grant page).

With rising electricity prices and wishing to reduce our carbon footprint, LWCHC was delighted to receive a Stronger Communities Grant of \$10,000 for solar panel installation from the Honourable Anthony Albanese MP, Grayndler Electorate Office on 8 March 2022 - International Women's Day no less! Our gratitude also goes to Inner West Community Energy who assisted in securing this grant on LWCHC's behalf. (See Stronger Communities Grant - Solar Panels page).

Our sincere thanks to Richard Francis-Jones and Elizabeth Carpenter from fjmtstudio who generously support the Lisa Macdonald Learning Fund to assist professional development for staff and educational and well-being opportunities for clients. This year, fjmtstudio have generously assisted LWCHC to go green (see Lisa Macdonald Learning Fund and Stronger Communities Grant pages).

Our gender and trauma-informed primary health care model underpins our ethos and service delivery throughout the organisation. LWCHC staff and Board attended a Trauma-informed practice training facilitated by Margherita Basile from Sydney Women's Counselling Centre. LWCHC thanks her enormously for her expertise at guiding our organisation through this process on 30 March 2022.

In the last financial year, we saw numerous staff changes.

The below staff left the organisation and we thank them for their dedicated years of service, warmth and assistance to clients/centre.

- Carmen Couceiro Vicos, our Drug and Alcohol Counsellor (17 years)
- Amanda Penel, Counsellor for the Women Partners Service (16 years)
- Lauren Jennings, Business Administrator (20 years)
- Nexhmije Shala, our previous Manager, left the service in January 2022 after 18 months in the position. We thank her for her enthusiasm and commitment to inclusiveness and community.
- Tusanee Jierasak, Physiotherapist; Georgia Valis, Administration; Kaitlin Edin, Acupuncturist and Women Partners Specialist Trainer, and Natasha Lawrence, Counsellor also left the organisation, and we wish them well.

New staff that joined the organisation included:

- Vanessa Hingston, Generalist and Women Partners Counsellor
- Comfort Danquah, Women's Health Nurse
- Dr Frances Chen, General Practitioner
- Ashleigh Fleming, Social Media/Receptionist
- Donna Theodoridis, Administration
- Ida Cheng, Acupuncturist
- Linda Bates and Sonya Bryon as the naturopathic locums

The volunteer Board have worked tirelessly for the good of the organisation and I would like to extend my deep thanks and gratitude for their service. Judy Tonkin, as Chairperson, and Vicki Thompson, as Treasurer have both been a great source of support and guidance this year.

Thanks to Denele Crozier, CEO, Women's Health NSW, the peak body for our sector, for her guidance, leadership, mentoring and advocacy for the whole Women's Health Sector. Thanks also to Claire Allen, National Program Manager, Pride in Health and Wellbeing who assisted the centre with inclusiveness to better support the health and wellbeing of the LGBTQIA+ community.

We are grateful for the Inner West Council's COVID-19 grant, Department of Communities and Justice Social Sector Transformation Fund grants, and corporate support from Blackmores, Vital.ly, and BioMedica.

Over the past 12 months, Central and Eastern Sydney Primary Health Network (CESPHN) has provided exceptional support and education for our staff in the areas of digital health processes, services and systems, accreditation, and quality Improvement (QI).

I would like to record my gratitude and appreciation to Sydney Local Health District (SLHD) NGO Program Managers, Kim Armstrong and Chanelle Lim, for assisting a new Manager to understand the processes, reporting requirements and procedures of a service receiving a Ministerially Approved Grant

through NSW Health. I would also like to thank Shih-Chi Kao, Director, Priority Populations Programs, Population Health who has gone out of his way to provide direction, inform, guide and connect our State-wide Women Partners of Men who Have Sex with Men Service with referral pathways and networks to expand and publicise the service.

We are ever grateful to all our clients for choosing to attend our service as a safe place to access health, counselling, community education and support.

Dr Ses Salmond PhD
LWCHC Manager

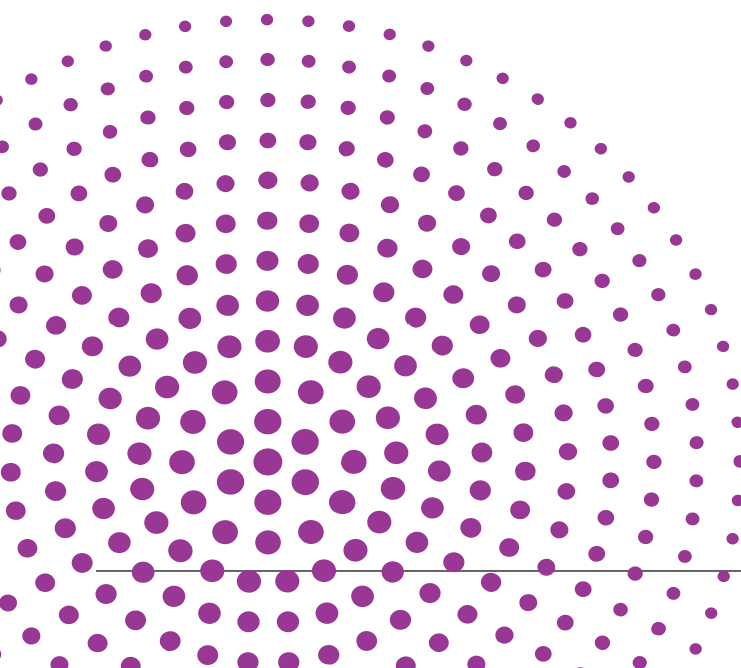


OUR FUNDING

SYDNEY LOCAL HEALTH DISTRICT

In the 2021-22 financial year our funding was provided by Sydney Local Health District (SLHD), under the NSW Ministry of Health NGO Grants Program: Women's Health, Alcohol and Other Drugs, and Population Health (HIV/AIDS). In addition, Leichhardt Women's Community Health Centre (LWCHC) runs GP clinics funded through Medicare bulk-billing.

Independent income received from donations, and one-off grants support enhanced service delivery through brokerage and continuing education and training for staff and clients, as well as directly subsidising some of the group programs and women's health-specific physiotherapy clinics.



WOMEN'S HEALTH PROGRAM

In 2021-2022 there were 4,231 occasions of service and community health education provided to a total of 971 clients in the Women's Health (WH) program.

Client demographics:

- 45% of all women attending WH funded services were from CALD backgrounds, and 4% identified as Aboriginal and/or Torres Strait Islander people.
- 71% of women attending WH services were on pension/benefits.
- 88% of clients are currently residing in the SLHD.
- 54% of our clients are over 55 years and among this percentage the highest proportion are aged 65-69 years (17%). In the younger cohorts 8% are aged 25-29 years.
- 96% of our clients have complex chronic health care needs

Practitioners in the WH funded clinical and counselling services recorded 8,048 presenting issues in the WHNSW Database. The highest presenting issues in WH sessions was emotional/mental health (36%), followed by physical health (31%), relationships (10%), social/cultural issues (9%), gynaecological/urogenital (4%) and violence/abuse (3%).

The Centre maintained service delivery in most areas during COVID-19 and was able to stay open throughout this period. There were 1,213 individual nursing, GP, health promotion activities and case management episodes of care. Acupuncture services were suspended for several months as physical

distancing regulations could not be maintained. Naturopathy consultations were conducted by phone during strict lockdown of areas of concern as certain staff members were unable to travel outside their 5km. Social support was provided by the Vietnamese Health Educator and zoom group sessions continued. In June 2022, face to face groups returned, however some clients have indicated that with the current surge in COVID-19 numbers they are reluctant to attend F2F groups.

DRUG AND ALCOHOL PROGRAM

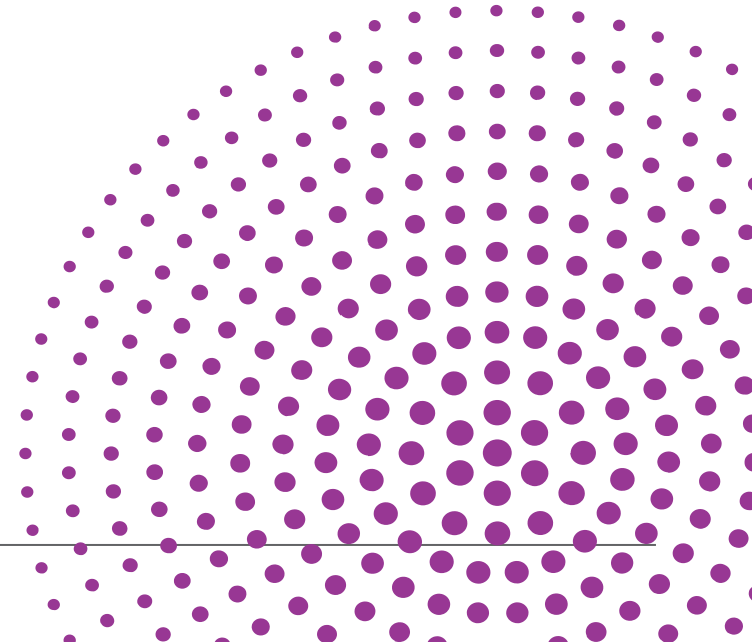
The Drug and Alcohol Counsellor delivers counselling, health education and case management/referrals from a harm minimisation perspective to individuals and group settings. This work is carried out both at the centre and in residential refuges/rehabilitation services and other NGO organisations. Some outreach work was suspended due to COVID-19 lockdowns during 2021/22, however work continued by the end of the financial year.

The demographics of those attending the drug and alcohol service in the past year are as follows:

- 18% of women were from CALD backgrounds, and 2% identified as Aboriginal and/or Torres Strait Islander people. Most of the clients seeking Drug and Alcohol counselling services were born in Australia at 70%, followed by UK and Ireland, Southern Europe and India all at 5% each.
- 64% of women were on pension/benefits.
- 82% of clients were residing in the SLHD.

- 56% of our clients were over 55 years and among this percentage the highest proportion are aged 60-64 years (33%). In the younger cohorts 4% are aged 25-29 years. Of note, 30% of those presenting for drug and alcohol counselling commenced their drug use between the ages of 35-44 years, followed by those aged 25-34 years (22%) followed by older cohorts 45-54 years and 55-64 years (both at 18%). Those over 64 years was double that of the youngest cohort 18-24 years (8%, 4% respectively).

The two principal drugs of concern used by clients attending the service in the 2021-2022 financial year were alcohol (52%) and nicotine (14%). Alcohol remained consistent (50%) from the 2020-2021 financial year. It is interesting to note that nicotine intake has doubled (previously 7% in 2020-2021 year).



POPULATION HEALTH (HIV/AIDS) – WOMEN PARTNERS OF MEN WHO HAVE SEX WITH MEN SERVICE

The Women Partners of Men who Have Sex with Men Service (WPMSM) is a state-wide service to NSW residents and has been successfully running for over 20 years. The Service has provided face-to-face counselling, support groups, training and resources for many women and health professionals throughout the years and will endeavour to continue providing this much needed service in NSW.

Women Partners in the past year has been redesigning the Women Partners website to provide new and improved resources and training opportunities for both clients and professionals. To help reach and support a wider audience, preliminary work on delivering five educational webinars which will be accessible through the new website has begun. There will be a webinar for GP's (with CPD points), counsellors & social workers, other health professionals, working with youth and importantly learning about the lived experiences of different women who have accessed the service.

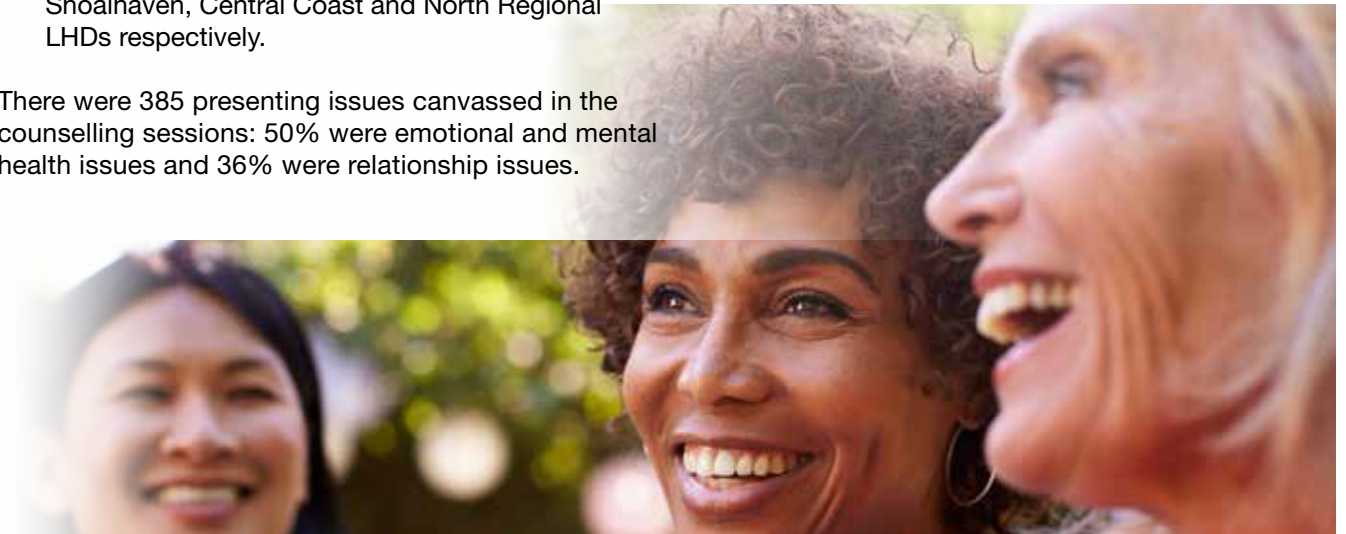
Client demographics:

- The age range of clients attending the WPMSM service has the majority (63%) in the following three age groups 40-44 years, 55-59 years and 60-64 years, 14% in 35-39 years, and 7% each in the age ranges 25-29 years, 45-49 years and 70-74 years.
- The majority of the counselling clients were born in Australia, with 14% from Southeast Asia and 7% from Central and South America. The country of birth recorded were Peru, Philippines, and India. 14% ethnicity was not recorded.
- The majority of clients resided in the Sydney LHD and Hunter/New England LHD (both at 21% each), followed by 14% in West Metro LHD, and 7% in North Metro, Nepean/Blue Mountains, Illawarra/Shoalhaven, Central Coast and North Regional LHDs respectively.

There were 385 presenting issues canvassed in the counselling sessions: 50% were emotional and mental health issues and 36% were relationship issues.

“I feel incredibly blessed that this service exists and I can’t imagine going through my experience without it”

— Client quote



WOMEN'S HEALTH PROGRAM



Over
4,231
occasions of
service to at least
971 clients

PRESENTING ISSUES



8,048
presenting issues
in the centre's
statistical database

COUNSELLING



355
counselling
episodes of care

ALLIED HEALTH

511



naturopathic
and acupuncture
appointments

FINANCIAL POSITION



71% of clients were on
pension/benefits



7% were casual or part
time employed



6% had no personal
income

EPISODES OF CARE

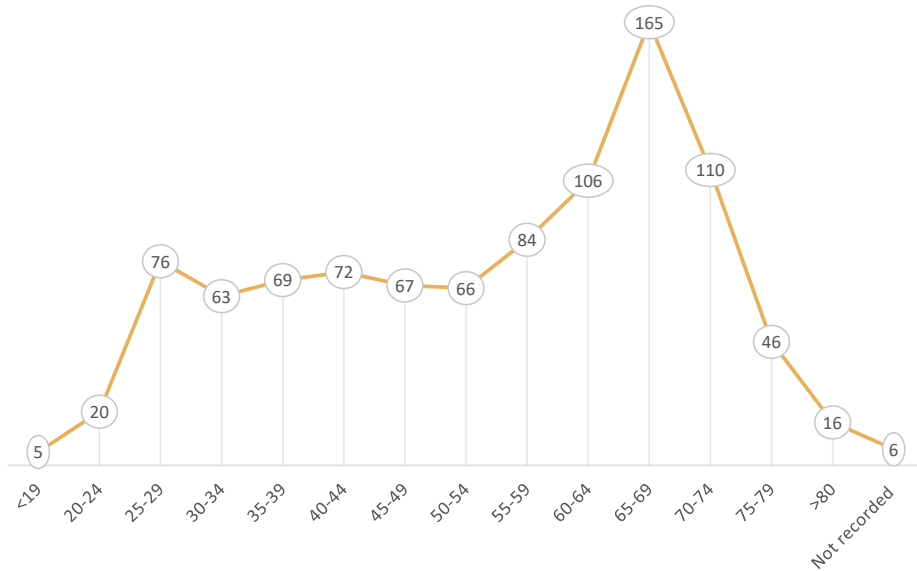


1,213

there were
1,213 (individual
nursing, GP,
health promotion
activities and case
management)
episodes of care

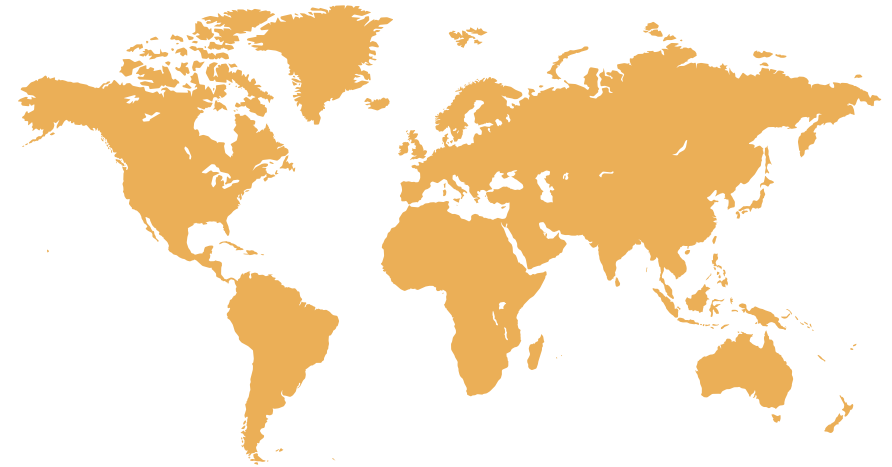
WOMEN'S HEALTH PROGRAM

WOMEN'S HEALTH CLIENTS BY AGE GROUP



ETHNICITY OF WOMEN'S HEALTH CLIENTS

UK + Ireland	4%
Northern Europe	1%
Southern Europe	4%
Eastern Europe + Russia	1%
North America	3%
Central + South America	1%



India, Nepal, etc.	3%	Australia	41%
Asia, South Central Asia, Tibet	3%	Aboriginal and/or Torres Strait Islander people	4%
Southeast Asia	27%	NZ	3%
Middle East	3%		
Africa	2%		

DRUG AND ALCOHOL PROGRAM



A total of

103

clients attended

330

occasions of service



Most of the women accessing services were in recovery

FINANCIAL POSITION



64% of clients were on pension/benefits



10% were casual or part time employed



7% had no personal income



3% of clients were students

EDUCATION



community education occasions of service provided

326

PRESENTING ISSUES



presenting issues in the centre's statistical database

2,714

PRINCIPAL DRUG OF CHOICE



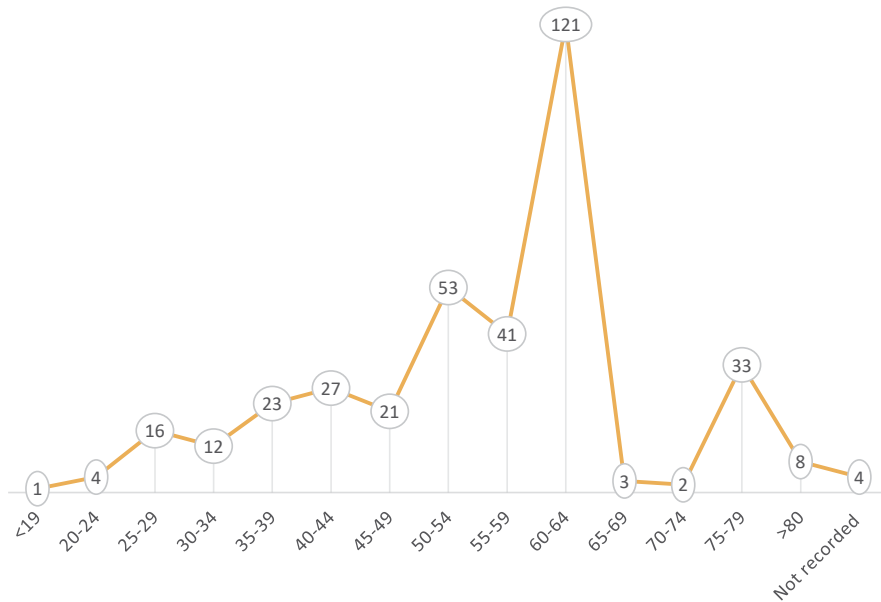
52% alcohol



14% nicotine

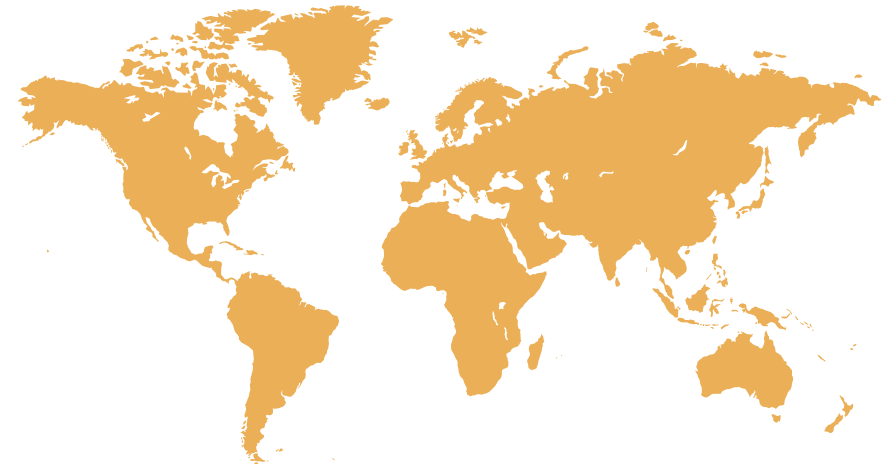
DRUG AND ALCOHOL PROGRAM

DRUG AND ALCOHOL PROGRAM CLIENTS BY AGE GROUP



ETHNICITY OF DRUG AND ALCOHOL PROGRAM CLIENTS

UK + Ireland	5%
Northern Europe	1%
Southern Europe	5%
Eastern Europe + Russia	3%
North America	2%
Central + South America	1%



India, Nepal, etc.	5%
Asia, S. central Asia, Tibet	1%
Middle East	1%
Africa	1%
Australia	70%
Aboriginal and/or Torres Strait Islander people	2%

WOMEN PARTNERS OF MEN WHO HAVE SEX WITH MEN SERVICE

COUNSELLING



51
individual
counselling
occasions of
service

NEW CLIENTS



116
new women
accessed the
service

SEXUAL HEALTH / HIV SCREENING



52% of clients were assessed



98% of clients reported
increased awareness around safe
sex

SUPPORT GROUPS



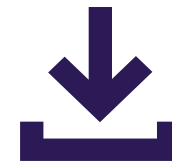
48
occasions of
attendance at
support groups

WEBSITE



8,124
website unique
visitors

RESOURCES



3,720
resources
distributed or
accessed via the
website

INNER WEST COUNCIL COVID-19 GRANT

Leichhardt Women's Community Health Centre (LWCHC) is enormously grateful for the generous donation of \$22,723.53 (ex gst) from Inner West Council which has allowed our Centre to deliver our wrap around services to our vulnerable clients with additional COVID-19 safe measures through the purchase of Rapid Antigen Tests, HepaAir filters, PPE, masks, gowns, wipes and sanitisers, portable massage table for outreach clinics and food vouchers to address food scarcity. In addition, Essential Nutrition Packs with protein powders for nutritional support and essentials to sustain healthy nutrition and immune support have been purchased to assist 100 clients.

LWCHC is proud of the fact that due to the support of the Inner West Council COVID-19 grant monies, the Centre was able to stay open to provide services for vulnerable clients throughout the past two years. LWCHC needed to reposition its services to telehealth medical appointments, zoom and online groups and workshops to ensure that services were maintained to the most vulnerable.

The Centre held a Women's Wellness Day on 28 June 2022 which was well attended by 111 women.

- LWCHC was so grateful for the Welcome to Country performed by Aunty Rhonda Dixon-Grovenor, Opening of the Women's Wellness Day

by Mayor Darcy Byrne, as funds from the Grant were used to finance the day so women could have all aspects of their mental and physical wellbeing attended to on this day. Elizabeth Carpenter from *fjmtstudio* and Ms Denele Crozier, CEO, Women's Health NSW were additional speakers.

- All 111 women received a Winter Wellness Kit with herbal teas, vitamins, lavender massage oils, stress balls and Centre services information.
- Winter soups and recipes were the order of the day as well as yoga, massage, Qi Gong, breast awareness talks and elderberry syrups. Mental health, trauma and social isolation and lack of connection have had an enormous toll on all, so having an opportunity to be pampered and nurtured and cared for in a safe and welcoming setting was gold.
- The LWCHC Vietnamese Support Group (n=20) which meets offsite enjoyed coming to the Centre and participating in the calendula lip balm making workshop. The Vietnamese Support group appreciated the welcoming atmosphere, generosity of information and the food. There has been a 20% increase in Vietnamese women using the Centre services because of their attendance at the Women's Wellness Day as they now know how to get themselves to the Centre.

The Courtyard is a central meeting place for clients and staff. Our previous setting was small and in disrepair. The Inner West Council COVID-19 grant monies were used to purchase an outdoor setting that comfortably, and with social distancing requirements, seats up to 15 people.

LWCHC cannot thank the Inner West Council enough for their ongoing partnership with LWCHC and their absolute commitment to helping their local community at a time when the local community is struggling. Inner West Council has made such a difference in the lives of the vulnerable women we service through their generous donation.



Women's Wellness Day, 28 June 2022: Sonya Byron, LWCHC Naturopath – Winter Home Remedies Workshop with Vietnamese Women's Group

LISA MACDONALD LEARNING FUND

HISTORY

Dr Lisa Macdonald worked as a General Practitioner at Leichhardt Women's Community Health Centre (LWCHC) for five years from 1998 to 2002 and was distinguished by her high-level skills and enthusiasm for holistic, integrative health care and her passion for learning. Her gentleness, kindness, compassion and dedication to the clients of LWCHC was phenomenal.

Lisa believed in empowering clients and was very passionate about self-care and education particularly for younger women, Aboriginal and/or Torres Strait Islander women and disadvantaged/marginalised women. She was at her happiest working at LWCHC.

Lisa's legacy lives on in the generous donation that LWCHC attracts from Francis-Jones Morehen Thorp (fjmtstudio) called the **Lisa Macdonald Learning Fund** (LMLF).

DISTRIBUTION OF FUNDS

Funds from the LMLF has focussed on education opportunities, empowering women's lives, professional development, mentoring and how the clients can best be supported directly and by the staff.

LWCHC has been able to expand the reach and diversity of services offered to women in the community due to assistance received from fjmtstudio. Fjmtstudio has allowed LWCHC to deliver better

health outcomes to marginalised and vulnerable women in the community including those living below the poverty line, First Nations women and those escaping domestic and family violence.

Direct client support includes client education, laptops, meditation retreats, course fees, textbooks. Direct service provision includes physiotherapist wages and workshops, art therapist wages, yoga teacher wages.

The Lisa Macdonald Learning Fund has paid for the Women's Health Nurse, Comfort Danquah to complete the Family Planning NSW Reproductive and Sexual Health – Clinical Accreditation Program, and for her clinical supervision with our two GPs, Dr Shyamala Hiriyanna and Dr Frances Chen.



Comfort Danquah, LWCHC Women's Health Nurse



Lisa Macdonald – previous LWCHC GP

STRONGER COMMUNITIES GRANT – SOLAR PANELS

Leichhardt Women's Community Health Centre (LWCHC) was successful in securing a \$10,000 Stronger Communities Grant from the Honourable Anthony Albanese MP for the installation of solar panels. The Centre received notification on 8 March 2022 (International Women's Day).

Thanks to Inner West Community Energy (Gavin Gilchrist and Barb Matchett) who were instrumental in LWCHC receiving this grant through the Honourable Anthony Albanese MP Grayndler electorate office.

To allow LWCHC to Go Green, we needed to secure additional funds for the heat pump and the batteries. Fjmtstudio contributed the additional \$20,000 from the Lisa Macdonald Learning Fund to allow LWCHC to complete the installation and to reduce our carbon footprint.

We are grateful to all our contributors to the installation of solar panels for their generosity as this is an essential environmental and sustainable measure that will assist the Centre in reducing electrical costs.



FOOD SCARCITY – OZHARVEST FOOD DISTRIBUTION

An essential part of our mission is to improve the physical health and emotional wellbeing of our clients. OzHarvest food deliveries are one of the ways we achieve this.

Food scarcity and poverty lead to ill-health and malnutrition. The old saying you are what you eat, means if you cannot eat well, you cannot be well and thrive.

Poverty and malnutrition are directly attributable to poorer health outcomes, morbidity and mortality. Through the generous support of OzHarvest we are able to distribute food to our most vulnerable populations.

Women have been doing it tough during COVID-19 and with compounded cost-of-living pressures, the family budget will only get tighter, and we know that women often go without food to ensure that their families are being fed.



Pictured from left to right: Sonya Byron, LWCHC Naturopath; Reuben Thompson, OzHarvest; and Comfort Danquah, LWCHC Women's Health Nurse.

In the past year there's been an increase in women specifically requesting assistance in the form of food relief. Each week, through the generous support of OzHarvest food deliveries to Leichhardt Women's Community Health Centre, we can provide food to 11 women and their families. Three of the food crates each week are taken to Liverpool Women's Health Centre to be distributed to the First Nations Community.

"The food hamper my family gets each week feeds us all and I can budget the money I save from groceries to pay for bills, medication, nappies and No Interest loan"

— Client quote

FINANCIAL SUMMARY

The financial records for LWCHC have been prepared as at 30 June 2022.

The special purpose financial statements have been prepared to meet the reporting requirements of the Australian Charities and Not-for-profits Commission Act 2012.

The financial statements have been Audited by Moore Stephens and reviewed by the Board. No unadjusted audit issues are noted by Moore Stephens.

The 2021 Other Income related to government stimulus in relation to the COVID-19 pandemic. Similar stimulus was not available in the financial year 2022.



Victoria Thompson, Treasurer

Leichhardt Women's Community Health Centre Incorporated Financial report for the year ended 30 June 2022

Statement of Profit or Loss and Other Comprehensive Income

Figures in Australian Dollars	Notes	2022	2021
Income			
Grants received	2	1,003,314	1,043,227
Services income	2	92,434	122,016
Other income	2	8,168	207,594
Interest income		133	227
		<u>1,104,049</u>	<u>1,373,064</u>
Expenses			
Employee benefits expense	3	814,677	989,062
Administrative expenses	3	164,539	158,835
Depreciation	3	46,425	40,504
Insurance		25,304	21,341
Medical/Clinical Supplies		10,126	10,740
IT cost		43,648	59,403
Low value equipment		15,814	3,903
Repairs and maintenance		9,189	30,009
		<u>1,129,722</u>	<u>1,313,797</u>
(Deficit)/Surplus before tax		<u>(25,673)</u>	<u>59,267</u>
Tax expense		-	-
(Deficit)/Surplus for the year		<u>(25,673)</u>	<u>59,267</u>





Leichhardt Women's Community Health Centre

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Funded by NSW Health | We are a Public Benevolent Institution and donations are tax deductible

