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Recovery Rocks Community Incorporated

OUR VALUES
Recovery, Community, Peer Support, Well Being, Reciprocity, Compassion, Hope

OUR VISION
To foster a Peer Led and Peer Run Mental Health Recovery Community.

OUR PURPOSE
To strengthen our diverse community through peer support and lived experience of mental health recovery.

OUR MOTTO
Peers Standing Stronger

OUR OBJECTIVES
1. The establishment and maintenance of a Western Australian Peer led/run Recovery Community to actively support assist and equip people through peer support, with knowledge, understanding and skills in mental health recovery.

2. To provide peer led recovery awareness and education to members, the general community, mental health services and professionals.

3. To promote peer support and recovery through networking and exploring partnership opportunities to build collaborative relationships with existing government and non-government mental health services.

4. To provide avenues and opportunities for intentional peer support and assistance to individuals and family members of the community by the community, when living with mental distress and challenges as a complementary support to existing government and non-government mental health services.

5. The sourcing, establishment and maintenance of a venue or venues for permanent community use for office premises and the administration of the association, training and education, and regular educational support groups and regular social groups to assist in delivery of the associations objectives.

6. The establishment of a program and accommodation facility for short-term peer run crisis support.

7. To source grants and other funding opportunities and/or donations from individuals; Government or Non-Government entities; or agencies to assist in these objects.
Personal Reflections from our Chairperson
Daniel Habermann

Warm Greetings to all who are taking the time to read this report. I have held my position as Chairperson of the Recovery Rocks Community since January of 2017 when I filled a casual vacancy on the committee. This was during a time of some concerning departures of talented, dedicated and creative people from the Committee and I personally became quite alarmed; it is a good thing that my philosophy of “everything in moderation” does extend to pessimism, which in this case can be a productive trait to have.

A certain amount of pessimism may have its place because it jolts one into a realisation that unless something is done NOW, high ideals and best of intention and motive go crashing, and I have seen too many good ideas come to nothing as a result of losing sight of the vision with a resulting loss of momentum to the extent that progress grinds to a halt and the whole concept languishes for want of commitment. Such pessimism is a sound motivation to step back a bit and to reflect on what is working well and what needs to be done to improve a situation.

“As an organisation, we have tried hard to find a healthy balance of moderation between an organic growth of the organisation and being tied up with a range of policies and procedures”

I first became involved with Recovery Rocks Community when Amanda Waegeli became a part of my life in 2013 and I was not taking an interest in Recovery Rocks just for the sake of being seen as a good bloke. The values dreams, goals aspirations of the Community resounded very strongly with me. I have been no stranger to so-called mental illness myself; I could tell you a tale or two about depression and it is not a whole lot of fun. It is illogical, it is irrational, it is irritating in the extreme, but clings like a tangled vine. It steals joy; it stifles creativity and is miserly and an unreasonably demanding task master.

One of my old uncles spent the best part of the last 50 years of his life in a mental hospital; he was a very significant character in my life for about 35 years. How ironic it is that I am describing it as the best part, when it would have been the absolute worst, given the path that his life took. I always felt empathy for his sad predicament, and often pondered what can be done to assist unfortunate people whose lives are burdened by mental distress, and when I was introduced to Recovery Rocks Community, a light came on in my psyche and I thought “Here is a compassionate and creative answer to my long held unanswered question”. It resonated!

I felt a little uncomfortable about accepting the role of Chair; I really felt that there were other people better than I, had more experience and had better knowledge and understanding of the jurisdiction. Even though I am a lawyer the role of chair wasn’t
something that came second nature to me. A large part of my attraction to Recovery Rocks Community has always been due to it being a grass roots organisation which focuses on being peer lead and run by people with a lived experience of mental health issues, whom may have been tarred with the cruel stigma cast upon them by a judgmental and misinformed society.

My observance of the buffeting Recovery Rocks had taken since our last AGM with the loss of some valuable Committee members, the knowledge of the passion from the remaining Founding Mothers and members had swayed me to ‘take the plunge’. I was determined to contribute my time and energy and lend my talent to our Community in a collaborative endeavor, to operate in a community of peer support and recovery, in a world where some angels fear to tread, which at times can be dark and unfathomably deep. Not the sort of jolly topic that most people would be discussing over tea and pikelets at the tennis club.

Since being gingerly guided to the role of Chair, I have diligently worked within my personal (and Recovery Rocks Community) value that we are all equals and to apply the “everything in moderation rule”. This in particular was somewhat challenging for me, as I was never one for bureaucracy and governance, and this perhaps tarnished view was shared by many of the original members of the community. It was what we were all trying to get away from. But, having said that, I have been; albeit begrudgingly persuaded to the view that a certain amount of efficient governance is absolutely essential. There, I have said it!

“**A large part of my attraction to Recovery Rocks Community has always been due to it being a grass roots organisation which focuses on being peer lead and run by people with a lived experience of mental health issues***

2017 has reluctantly become the year of governance for Recovery Rocks Community. As an organisation, we have tried hard to find a healthy balance of moderation between an organic growth of the organisation and being tied up with a range of policies and procedures which both protect members within our Community and meet the organisations legal requirements. Part of this governance included the Management Committee working hard in 2017 to consult with our members and develop our new Constitution which was accepted by the Department of Commerce. A large range of policies, procedures and forms were developed for our Management Committee and our new Volunteer program, which we shall be constantly reviewed to ensure that we have the right balance between governance and organic growth and that we don’t lose sight of being a grass-roots, lived experience of peers supporting each other in all areas of the community.
Whilst there has been a lot of work in governance, our usual supports, services and activities haven’t been lost in the process. The weekly Support Group has been a constant source of support for our members and some of those members have even done some facilitating training to improve their skills as group facilitators and have used these skills to facilitate a few of the weekly groups. We have also had positive feedback from all participants at our 2017 Recovery Respite Retreat and our monthly gatherings are still bringing in a constant crowd, which ended 2017 with the Christmas Lunch.

A Creative Arts group also provided a new opportunity for peers to explore their own journey of recovery through personal expression within arts and crafts. 2017 also saw the development of a pilot Fundraising Sub-Committee, to help our Community become more sustainable. Recovery Rocks Community Inc. has also been actively networking with a range of other organisations such as the Ottey Centre, Foodbank, Crossways, CoMHWA and MIFWA; which should be acknowledged that without their support some of our activities may have been harder to realize.

The year may have begun with a few challenges, but it should be noted that in the end we were able to bring together a range of volunteer members whom had their own unique skills which helped us to achieve our goals for 2017. It re-assures me that Recovery Rocks already have a number of pillars in place, we have also grown a lot as an organisation with the knowledge that all people who have been in the “system”, have been there, done it, and got through to the other side, where there is hope, and optimism. I don’t need to name names of all the productive, skilled and valuable members whom have contributed to our community this year, because all of you know who I am talking about, and the problem with naming names is that there is always someone’s name missing, who ends up feeling invalidated and unappreciated.

I am still not so sure that I am the right person for the job, as far as being the Chair, and I would love to see a passionate, capable person step forward to take the Dream into a manifest reality. The vision of Recovery Rocks is far too profound, visionary, and achievable just to let us all go begging again.

Best wishes & Good luck
Daniel

(Our Chair; Daniel Habermann, chilling with members at his recent visit to Perth)
Management Committee- Nov 2016- Feb 2018
The Ebb and Flow

The most recent AGM of Recovery Rocks Community Inc was convened in November 2016, and since that time we have achieved many important milestones in the building of a strong platform upon which RRCI will be structured in order to support us all as Peers Standing Stronger.

Five management committee members were elected at our November 2016 AGM, Mauz Kay, Donna Murray, Lindsay Harlow, Phoebe Kingston, and Amanda Waegeli. Mauz, Donna, Lindsay and Phoebe were on the 2015-2016 year’s management committee and Amanda was on the 2014-2015 committee.

Within a short timeframe after the AGM, Mauz’ was successful in finding her dream full time job and we were all very happy for her achievement. Her decision to resign from the management committee was not an easy one, it bought with it great sadness, both for her and our community. Her level of commitment and dedication during her tenure as chair, administrator, recovery group lead and community leader was admirable. Her happy, friendly, kind, compassionate nature has been greatly missed. She had devoted many hours to virtually single-handedly carrying out the role of administrator and I am sure that because this is done behind-the-scenes, many of our members will not be aware of the vast number of hours which she selflessly dedicated to this vital aspect of the ongoing life of our community.

The role of Administrator is virtually a full-time position, and the fact that all of this work is done on a voluntary basis, unpaid further illustrates the significance of Mauz’ contribution. Despite her geographical limitations (as she now lives in Queensland) Amanda attempted to step up to temporarily fill the gap of administrator, and Donna stepped up on the ground in WA to take lead in facilitating our weekly support group and hosting our monthly gatherings.

However, on top of all that, there were two other committee members who also had to step back from their involvement. Phoebe went on maternity leave and after a challenging pregnancy, gave birth to a beautiful healthy baby boy, Tobi. Lindsay stepped back to prioritise her own personal and work commitments. This left us without a Chairperson, a Secretary, and an Admin Assistant, and Recovery Group Lead creating a dire situation which was stressful, and concerning, for those of us who remained. The future of our community, without a management committee, was uncertain. It was a low ebb for us and it was necessary for us to draw on our reserves of strength and tenacity. Needless-to-say, this left us with many casual vacancies on our management committee.

Despite calling for help to our members and wider community through our newsletter, word of mouth proved to be the best way to fill these casual vacancies and move on with our aspirations.
We needed people who were willing to join the management committee to help keep us going. A number of people stepped forward but did not have significant recent experience of committee membership, nor sufficient knowledge and resources to equip them with necessary skills required to effectively fill these positions. Consequently, a number of them quickly found the commitment overwhelming, and unsustainable. This led to yet another frustrating period of uncertainty with several people saying yes to filing casual vacancies then withdrawing. Our learning from this period is that we need to develop a recruitment process, including succession planning to help sustain our management committee.

By and by, we again reached a place of stability with significant new faces on the committee, which included Helen Cobb, Maranda Ali, and Lyn Mahboub who have since made monumental contributions to Recovery Rocks Community Governance.

This leads us to now, and we are in serious need of new faces on the committee; the casual vacancy positions expire at the AGM. What we need more than anything else is a number of skilled, dedicated, committed, capable and enthusiastic new members. It would be ideal if the persons who occupied the casual vacancies could stay on as committee members, because in spite of the prevailing uncertainty, very significant achievements have been made during their membership, albeit temporary, on the committee.

Membership

Recovery Rocks Community is a member-based community that relies on memberships to assist us in fulfilling our goals and objectives and to plan for the future.

Memberships help us build a strong community of like-minded people and demonstrate there are a people who believe in the value of peer support, have hope and are willing to support those living lives of mental health recovery.

To be a member you don’t have to be a person of lived experience of mental distress (sometimes called a consumer) or a family member of someone who has experienced mental distress (sometimes called a carer) We welcome all new members over the age of 18 years, from diverse backgrounds, beliefs and experiences who have an interest in peer support and mental health recovery and support our values, mission and objectives.

We value and appreciate the support of all our members. Thank You.
Membership Benefits include:

- Monthly newsletter via Post or Email
- Access to Recovery Rocks Community Peer Support Groups
- Access to Recovery Rocks Community Monthly Social Gatherings
- Reduced Membership rates at Recovery Rocks Community Events
- Connection with a Peer Led and Peer Run Mental Health Recovery Community
- Opportunities to vote at General Meetings
- Opportunities to join the Management Committee
- Opportunities to Volunteer and get involved

Our Membership Secretary Donna Murray, with the support of the management committee has ensured our membership data base has been kept up to date. As of January 2018, (the time of writing this report), we have 52 financial members.

- 51 Individual Members
- 1 Organisational Member

There has been an increase in memberships from the previous annual report. We have grown from 29 to 50 individual memberships and gained one Organisational membership.

Recent changes to membership subscription

In accordance with our constitutional rules, memberships are now based on a financial (not calendar year).

Our membership rates have also changed to help keep Recovery Rocks Community Inc. sustainable, and to help cover the ongoing costs which are require to provide information and services to our members.

We now offer either yearly or three yearly individual memberships and the fees are:

Concession holders – $5 per year (or $12 for 3 years)

Waged – $20 per year (or $50 for 3 years)
Newsletter

Since our monthly Newsletter “Exchange” begun circulation in 2013 we have regularly written and distributed widely a total of 48 newsletters. Member Lizzie provides words of wisdom in a quote she sources for each edition, contributions come from members, allies and supporters and are welcome anytime. We are grateful for the efforts of our all our contributors and the work our current editor Amanda puts into pulling it all together.

Feedback has always been positive, with some members commenting that it helps them feel connected even if they can’t attend events in person.

Our Email Newsletter Data Base has decreased and increased again over the last financial year, and currently sits at 180 individuals, mental health and community workers, businesses and organisations. Our newsletter is also regularly distributed electronically through the CoMHWA and WA Mental Health Commission consumer, carer engagement E-Newsletters. Our newsletter data base also includes several regional, interstate and overseas allies who support our community. People can subscribe and unsubscribe at any time by letting us know by phone, email or website.

We also have a Postal Newsletter Data Base of 35 people who don’t have emails or access to regular internet. We are only able to provide this service through the generosity and support of Mental Illness Fellowship of WA, who for several years now, regularly print and mail our monthly newsletter to our Postal Newsletter Data Base.

(Picture of our December newsletter)
Recovery Respite Retreat

(Pictured is the house we stayed in at Fairbridge Village Pinjarra)

The 2017 Recovery Respite Retreat was another successful event. Ten (10) participants registered to attend the retreat at Fairbridge Village in Pinjara, with most staying for the full three (3) days.

Whilst the forecast was for heavy during the three days, it was mostly favourable and enabled the fellow Rockers to embark on some great explorative hikes amongst the surrounding bush and to visit some of the resident farm animals such as the horses.

Plenty of food was offered and many of the participants were lost for choice, one evening the participants were even treated to a traditional Arabic menu which was quite a treat.

There were a range of crafts for participants to join in with; or work on in their own leisure. The evenings were generally quite relaxing where everyone chose to either sit back and do their own thing or join in with some of the group discussions. In the end, some would have loved the Retreat to last longer or to have another one soon in the near future.

A full evaluation was conducted of the event, which included feedback obtained from the participants and a review from the coordinators; which was compiled into a 2017 report and historical evaluation (to compare outcomes from previous years), which includes a number of recommendations which shall be reviewed when planning the 2018 retreat.

(Pictured is Agneta a regular recovery rocks community retreat participant and supporter. She is holding her art piece that she started on last years retreat and finally got finished this retreat. Congratulations Agneta)
Recovery Peer Support Groups

WEEKLY RECOVERY PEER SUPPORT GROUP

In 2017 we facilitated 49 Peer Recovery Education and Support Groups. Fifteen individuals both members and non-members attended with an average group containing six participants. Eight community members participated in the Peer Support Group Facilitator training provided by CoMHWA and begun their learning journeys as group facilitators by going on a roster to co facilitate each of our weekly recovery groups. During the year the group took the opportunity to change venue’s to better accommodate the needs of group participants and moved from the Dome in Cockburn to the Ottey Community Center in Southlake’s. We would like to thank the board and staff of the Ottey Community Center for valuing our Peer Support Group and Community and providing the venue free of charge.

CREATIVE ART GROUP

(Pictured left to right Group Facilitators Toni Avis and Donna Murray. Representing Crossways Wendy Hankins Director Crossways Community Services and group participant Angela who said she was thrilled that Recovery Rocks Community had the group in Kelmscott which was closer to where she lived, making it easier to participate.)

This year we were excited to be able to offer a Creative Arts Recovery Support Group. We secured some capacity building financial support from DSO funding through CoMHWA which enabled us to buy art supplies for the group and to pay for our two group facilitators to attend a creative art therapy workshop. Recovery Rocks Community supporter and Director of Crossways Community Services, Wendy Hankins arranged for Recovery Rocks Community to use their venue in Kelmscott at minimal costs. We successfully run fortnightly an eight-week group with ten participants.
The group was a peer support group with the aims of supporting participants in building their own creative tools to better deal with their own mental distress. Participants were encouraged to then put these tools into practice and share the learning with each other.

(Pictured Art piece created by Toni. This is her creative expression of her safe place, which is in a bath, feeling supported and relaxed like a leaf)

MONTHLY SOCIAL GATHERINGS

On the fourth Sunday of every month Recovery Rocks Community has a social gathering, where anyone is welcome, members, non-members, family members and supporters. Over the last year we have had 23 individuals attend with an average of ten participants at each gathering. Each person is asked to bring a plate of food to contribute to the shared lunch. We have no shortage of food, interesting conversations, information sharing and lots of community spirit. Occasional we have a guest speaker but most of the time we just enjoy each other’s company. Members say the best part, they all love about our gatherings is the safe, welcoming, non-judgmental, accepting, peer environment that we create, as that allows people to just come as they are and be themselves with each other.

REGULAR COMMUNITY SPECIAL EVENTS AND CELEBRATIONS

Each year Recovery Rocks Community puts on a Christmas Lunch in December, where we as a community come together to share a special meal with all the trimmings, exchange small gifts, and connected with peers. Many people find this time of the year challenging, and some members who attend this event regularly, who struggle and are isolated say this is the only Christmas lunch they will get invited to, and they come because Recovery Rocks Community is their family.

In January we celebrate the anniversary of the birth of our community with a Birthday Party. The last few years we have celebrated with a BBQ, and swim at Coogee Beach.

(We welcome everyone to our events! Here we have a unique visitor to our Birthday Party, a Bandicoot, who joined in on our celebrations)
EVENTS IN THE WIDER COMMUNITY THAT RECOVERY ROCKS COMMUNITY HAS PARTICIPATED IN

- Joint Games Day Event with the Perth Active Depression Support Group
- Group Facilitator Training with CoMHWA
- Presentation and participation at the WA Mental Health Conference 2017
- Stall at ConnectGroups National Awareness Day for Self Help and Support Groups 2016 and 2017
- Representation at Volunteering WA AGM
- Representation at CoMHWA AGM
- Representation at ConnectGroups Breakfast & AGM

MAJOR ACTIVITY FOR 2017: PAY IT FORWARD GRANT

The grant from ConnectGroups has been instrumental in solidifying our Volunteer Program. In June of 2017, I was invited to fill a casual vacancy to step in as Project Lead. Whilst there had been some work already undertaken, it felt like I was starting anew. My role was to liaise with Kerry and work the RRCi team to get the work done. I have to say I did not realise just how much was to be ahead of us. And while it was a huge amount of work, it is thanks to the grace and flexibility of our consultant Kerry Hawkins and the foundational support of Amanda and Maranda (of the RRCi PIF Grant Sub-Committee) that we have lift off! Some of the outcomes of the grant are that we now have a significant number of policies related to bolstering our burgeoning Volunteer Program and are poised to engage a Volunteer Coordinator (as soon as we locate someone willing to volunteer in the role). Many of our Community have a deeper knowledge about policies and governance and are better placed to soon be formalized in specific RRCi volunteer roles.

We also have a clearer vision of the way forward which has led us to develop our Strategic Plan and Organisational Chart as well as our new Volunteer Program Onboarding process which offers training and education over a 6-month period. This project also saw our current Management Committee rise to the occasion and meet our consultant step for step as we developed and proofed position descriptions, policies and procedures, recruitment processes, interview questions and much, much more at a rate of knots.

Our thanks to Christine and Antonella from ConnectGroups, Kerry Hawkins and the RRCi team.

Warm regards
Lyn Mahboub
Volunteer Program

Our Volunteer Program is made up of peers offering services via our monthly gatherings, annual and ad-hoc events and weekly Recovery Support Groups. Currently we are focusing on developing our infrastructure, governance and training modules so as to keep building our volunteers capacity and professional development.

(Some of our volunteer members pictured left to right: Donna, Chris, Agneta, Julienne and Lizzie)

Pilot Fundraising Sub-Committee

Recovery Rocks Community Inc. obtained feedback from the community during the 2017 Questionnaire about what is working, what needs to improve and the future ‘visions’ of what our association could provide for members including some new services and programs. Some of the feedback we received relating to those visions included a number of quite long-term goals like a Community Respite/Crisis House and Peer-Run Drop-in Centre, whilst others related to more short-term goals such as Education and Training, Social Club or Peer Advocacy. These visions were valuable to guide the Management Committee towards developing a strategic plan and to begin working towards fulfilling some these goals for our members.

One of the most pressing issues relating to achieving these goals; maintaining our current support services and the general governance of Recovery Rocks Community Inc, was the limited income we currently receive and the reliance on members to donate their own funds to maintain these services and manage the association. Whilst obtaining grants is one option to obtain funds for services, it’s not uncommon for some grant applications to require evidence of how our organisation may help towards contributing to some of the costs; especially relating to larger grant applications. With the feedback of interest received from members, the Management Committee approved the establishment of a Pilot Fundraising Sub-Committee, to help us address these financial issues.
The Pilot Fundraising Sub-Committee was established in April 2017 with around six (6) members. Currently the Fundraising Sub-Committee is working closely with the Management Committee to identify and develop suitable policies and government license’s to ensure fundraising events and governance are done in a transparent manner for all members and to begin the hard work of bringing the members together, to help raise funds for our current needs and future goals. Our Fundraising activity goals for 2018 include Quiz Nights, Sausage Sizzles, Raffles and Swap Meets.

Please keep an eye out in our future newsletters for upcoming fundraising events, which you may like to support by volunteering or promoting within your networks. Alternatively, if you would like to be actively involved in the Fundraising Sub-Committee, please contact the Management Committee whom can advise you if there are places available and the process involved to become a sub-committee member.

Online Presence and Website Development

We have indeed been fortunate to have secured the volunteer services of Celine Lai who has been amazingly magnanimous in her generosity. Celine has patiently worked with us to develop our new Website. The countless hours behind the scenes by Amanda and more recently Maranda have been instrumental in this success. Do check us out at https://recoveryrockscommunity.org/

(A screenshot of our updated website. Keep checking in regularly to be updated with our community events)

Members Survey

In March of 2017 we surveyed our members for ideas and had a great response with some fabulous input and ideas. We wish to thank those who took the time to share with us and now feel better connected to you all.
The Future

In our January 2018 meeting, our new 2018-2019 Strategic Plan was ratified. This is based on the learnings from the work undertaken in the PIF Grant project, the RRCi survey of members and the new constitution’s objects.

We will deliver our strategic plan through four interdependent Key Result Areas as shown below:

<table>
<thead>
<tr>
<th>Our Key Result Areas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peer Support Via Recovery Group</td>
</tr>
<tr>
<td>Fundraising</td>
</tr>
<tr>
<td>Peer Support via Networking, Events and Gatherings</td>
</tr>
<tr>
<td>Capacity Building: Developing infrastructure &amp; governance</td>
</tr>
</tbody>
</table>
  1) within the management committee
  2) For volunteers & community members via training and education |

For a copy of our Strategic Plan please email us or look on our website
Associated with our Strategic Plan is our Organisational Chart depicting the reporting relationships below.

![Organisational Chart]

## Management Committee

Chairperson – Daniel Habermann (January 2017 – February 2018)

Vice Chairperson – Amanda Waegeli (Nov 2016-February 2018)

Treasurer/Memberships – Donna Murray (Nov 2016-February 2018)

Secretary – Phoebe Kingston (Nov 2016-February 2018)

Project Lead (Pay it Forward Grant) - Lyn Mahboub (March 2017-February 2018)

Ordinary Committee Members:

- Helen Cobb (January 2017 – February 2018)
- Maranda Ali (April 2017-February 2018)
- Mauz Kay (November 2016- January 2017)
- Lindsay Harlow (November 2016-January 2017)

Our sincere thanks to our outgoing Management Committee Members -Mauz Kay, Lindsay Harlow and Kerrie Julian-Vincent all of whom dedicated time, effort and expertise to supporting our growth and development. It is thanks to their efforts that we learn and grow stronger. We wish them only good things wherever they find their next adventure.
Consultants

Consultants (Pay it Forward Grant)

- Kerry Hawkins (April 2017 -January 2018)
- Kathryn Day (October 2016 -February 2017)

Helpers

We also wish to acknowledge the commitment and hours of help and support that has been given so freely by our team of dedicated helpers;

Toni Avis
Christine Elderidge
Lizzie Lange
Agneta Hyland

Financial Report

Amendment from previous financial report as stated in the annual report 2015-2016

“It has come to the Management Committee notice that the 2015-2016 Annual Report and the 2016 AGM minutes that there is a slight error of calculation of the TOTAL EXPENSES. The total expenses show a figure of $4,093.61. This figure should be $4,294.51. This miscalculation has also impacted the NET SURPLUS FIGURE which says $551.94 but should be $351.04. These errors are now accurately reflected in this 2016-2017 AGM Financial Report”

The financial report below has been prepared by Recovery Rocks Community Treasurer Donna Murray with thanks and support from Rahul Seth, Mauz Kay, Maranda Ali and Amanda Waegeli, all figures were correct as of the 30/7/2017.
## Trial Balance For the year ended 30 June 2017

<table>
<thead>
<tr>
<th>Category</th>
<th>Account</th>
<th>Gross</th>
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<td>Grants received</td>
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<td>Retreat Income</td>
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<td><strong>Income Total</strong></td>
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<td><strong>Expense Total</strong></td>
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<td>6,195.66</td>
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</tbody>
</table>

| Current Assets    |                                |           |
| Cash at Bank      |                               | 2,098.23  |
| Prepayments       |                               | 500.00    |
| **Current Assets Total** |                          | 2,598.23  |

| Equity            |                                |           |
| Retained Profits - Beginning of Year |                      | (2,663.49)|
| **Equity Total**  |                                | (2,663.49)|

| Grand Total       |                                | -         |
## PROFIT & LOSS Comparison

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donation Tin income</td>
<td>$ 71.40</td>
<td>$ 42.55</td>
<td>$ 60.00</td>
</tr>
<tr>
<td>Donations Receipted</td>
<td>$55.00</td>
<td>$610.00</td>
<td>$1,474.55</td>
</tr>
<tr>
<td>Fundraising</td>
<td>$ -</td>
<td>$ 37.00</td>
<td>$ 82.00</td>
</tr>
<tr>
<td>Grants received</td>
<td>$ 4,250.00</td>
<td>$ 2,000.00</td>
<td>$ -</td>
</tr>
<tr>
<td>Memberships Individual</td>
<td>$ 219.00</td>
<td>$ 226.00</td>
<td>$ 172.00</td>
</tr>
<tr>
<td>Memberships Group</td>
<td>$ 50.00</td>
<td>$ -</td>
<td>$ 50.00</td>
</tr>
<tr>
<td>Retreat Income</td>
<td>$ 1,485.00</td>
<td>$ 1,730.00</td>
<td>$ 589.00</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$ 6,130.40</strong></td>
<td><strong>$ 4,645.55</strong></td>
<td><strong>$2,427.55</strong></td>
</tr>
<tr>
<td>Advertising</td>
<td>$ -</td>
<td>$ 200.90</td>
<td>$ -</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>$ -</td>
<td>$ 20.00</td>
<td>$ -</td>
</tr>
<tr>
<td>Grant Expenditure</td>
<td>$ 749.99</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>Insurance</td>
<td>$ 1,430.00</td>
<td>$ 1,430.00</td>
<td>$ -</td>
</tr>
<tr>
<td>Postage</td>
<td>$ 124.00</td>
<td>$ 121.00</td>
<td>$ 115.00</td>
</tr>
<tr>
<td>Printing and stationery</td>
<td>$ 95.45</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>Retreat Expenses</td>
<td>$ 2,015.00</td>
<td>$ 2,120.00</td>
<td>$ -</td>
</tr>
<tr>
<td>Subscriptions</td>
<td>$ 87.92</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td>Telephone</td>
<td>$ 600.00</td>
<td>$ 402.61</td>
<td>$ -</td>
</tr>
<tr>
<td>Venue Hire</td>
<td>$ 1,093.30</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td><strong>Total Expense</strong></td>
<td><strong>$ 6,195.66</strong></td>
<td><strong>$ 4,294.51</strong></td>
<td><strong>$ 115.00</strong></td>
</tr>
</tbody>
</table>

### Net Surplus/Deficit

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Net Surplus/Deficit</strong></td>
<td><strong>$(65.26)</strong></td>
<td><strong>$351.04</strong></td>
<td><strong>$2,312.55</strong></td>
</tr>
</tbody>
</table>

### Current Asset

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash at bank</td>
<td>$ 2,098.23</td>
<td>$ 2,663.49</td>
<td>$ 2,312.45</td>
</tr>
<tr>
<td>Prepayments</td>
<td>$ 500.00</td>
<td>$ -</td>
<td>$ -</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>$ 2,598.23</strong></td>
<td><strong>$ 2,663.49</strong></td>
<td><strong>$ 2,312.45</strong></td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$ 2,598.23</strong></td>
<td><strong>$ 2,663.49</strong></td>
<td><strong>$ 2,312.45</strong></td>
</tr>
</tbody>
</table>

### Equity

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening retained earning</td>
<td>$ 2,663.49</td>
<td>$ 2,312.45</td>
<td>$ -</td>
</tr>
<tr>
<td>Current year surplus</td>
<td>$(65.26)</td>
<td>$ 351.04</td>
<td>$ 2,312.45</td>
</tr>
<tr>
<td><strong>Total equity</strong></td>
<td><strong>$ 2,598.23</strong></td>
<td><strong>$ 2,663.49</strong></td>
<td><strong>$ 2,312.45</strong></td>
</tr>
<tr>
<td><strong>Budget 2017 /2018</strong></td>
<td>Notes</td>
<td>Expense</td>
<td>Income</td>
</tr>
<tr>
<td>------------------------</td>
<td>-------</td>
<td>---------</td>
<td>--------</td>
</tr>
<tr>
<td><strong>EXPENSES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone Bill @ $40/month</td>
<td></td>
<td>$480</td>
<td></td>
</tr>
<tr>
<td>Insurance</td>
<td></td>
<td>$1500</td>
<td></td>
</tr>
<tr>
<td>Admin/Printing &amp; Postage</td>
<td>Also sourcing MP office and organisation donations for printing and posting – Includes PO Box Service Charges</td>
<td>$600</td>
<td></td>
</tr>
<tr>
<td>Group/Gathering Allowance (approx. $25/month)</td>
<td>For tea/coffee &amp; milk at activities</td>
<td>$300</td>
<td></td>
</tr>
<tr>
<td>Promotional Material</td>
<td></td>
<td>$350</td>
<td></td>
</tr>
<tr>
<td>Membership to other organisations (e.g. CoMHWA)</td>
<td></td>
<td>$100</td>
<td></td>
</tr>
<tr>
<td>Venue Hire</td>
<td>Currently we have been fortunate to be offered free venue hire</td>
<td>$ -</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td></td>
<td>$3330</td>
<td></td>
</tr>
<tr>
<td><strong>INCOME</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Membership Fees</td>
<td>For both individual and organisational</td>
<td>$250</td>
<td></td>
</tr>
<tr>
<td>Average yearly donations</td>
<td>Average calculated from past 3 financial years</td>
<td>$580</td>
<td></td>
</tr>
<tr>
<td>Target Fundraising income</td>
<td>To balance budgeted expenses</td>
<td>$2500</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL INCOME</strong></td>
<td></td>
<td>$3330</td>
<td></td>
</tr>
</tbody>
</table>