

Gunnedah Family Support
Inc

Annual Report

2022 - 2023



Confidentiality, Empathy, Respect, Professionalism, Inclusion.

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation,
Gunnedah Family Support acknowledges the
Kamilaroi Aboriginal Nation as the Traditional
Custodians of the land on which we work and live.
We recognise their continued, unique cultural and
spiritual relationship to the land and waters.

We pay our respect to the Elders past, present and
emerging and extend that respect to all Aboriginal
and Torres Strait Islander people today.



CHAIRPERSON'S REPORT

The community has now been released from the confines of COVID-19 and along with this new range of issues face the community. We have seen significant rises in the cost of living which has shifted some of the needs of our community.

The devastation of 2022 flooding saw the organisation become a central point for the community. Whilst this was not a key part of our funding arrangements, we were relied upon to help provide the community with direction to other agencies who could assist with the recovery. This is highlighted our open-door policy where everyone is welcomed and we provide support and assistance.

During the past year we have seen significant increases of domestic violence. The ongoing shifts that we see in our clients' needs are continuously facilitated by our team and the resilience of our staff should not only be noted but applauded. Due to the focus of the Board and the staff of Gunnedah Family Support, the organisation has demonstrated an ongoing focus on training and staffing levels that has allowed us to provide a service that is mindful and conscious of each of our clients needs and providing them with the best outcomes.

This year we were very pleased to open our Transitions house. This accommodation provides short to medium term leases that allow families affected by domestic violence a house to reside in whilst on their journey to find more permanent accommodation. It is a 4 bedroom house nestled in Gunnedah where the families can reside as part of the community.

This year staff and Board undertook the development of a new Strategic Plan. It was a fantastic opportunity for everyone to understand each other's priorities and needs. This allowed the Board and staff the opportunity to understand their roles and responsibilities and also provided a road map for Gunnedah Family Support to continue to service the community.

The Board welcomed a new member, Rachel Woods. Rachel adds a wide range of experience and knowledge and quickly provided significant input into Gunnedah Family Support. Also, I would like to thank all of the Board for their contribution over the year and look forward to their involvement moving forward.

As this is my fourth year as Chairperson I will be stepping down from the role and remaining on the Board. I would like to thank all the staff and board members for their support throughout this time and wish the new Chairperson well and look forward to supporting them in the future.

Scott Davies
CHAIRPERSON

MANAGER'S REPORT

It is probably not hard to believe that it feels like just last week that I wrote last year's report! Working to provide continued flood support, ameliorating the impact of increasing living and housing costs and the amplified complexity of the needs of our community have all contributed to a year that has felt a bit like a whirl wind!

Whilst an increase in appetite for funding social housing has been an item on the Federal agenda and some helpful policy changes have been made at a State level, such as, a transition to five-year contract periods, down at the grass roots level, the obstacles have still felt significant. The housing landscape is challenging not just here in Gunnedah - 'The Brutal Reality - The human cost of Australia's Housing Crisis' report paints a vivid picture of homelessness and its impact across the country. There are no easy answers, but we as an organisation should be proud of the way we have used our resources to creatively respond to the complex face of homelessness in our community.

The release of the landmark 'Australian Child Maltreatment Study' this year has shone a spotlight on the importance of early intervention support for families. Although this is the smaller of our contracts with the Department of Communities and Justice, Targeted Early Intervention is important work which has a lasting and significant impact on the wellbeing of children and families in our community. The Australian Child Maltreatment Study generated the first nationally representative data on the prevalence of each of the five types of child maltreatment, and their associated health impacts through life. Unfortunately, the findings are deeply sobering, with 62.2% of the Australian population reporting that they had experienced at least one type of child maltreatment with exposure to domestic violence the most common form of maltreatment. These findings are not surprising to those at the coal face. The impact of child maltreatment is reflected in the daily interactions we have with those we assist and there are numerous points of intersection where it is clear that mental health and homelessness are the result of deeper wounds. The provision of evidence-based parenting education programs, the delivery of supported playgroups and skilled family support work are all contributions made by our skilled team to support families and carers to better meet the needs of their children.

Gunnedah Family Support has consciously continued to show up for the flood impacted community this year as evidenced by our participation in the Flood Wellbeing and Recovery working group, hosting flood information stalls at the community markets, hosting mental health and flood recovery pop-ups at the office, providing material aid to the Evacuation Centres, working with Reconstruction Authority and Newcastle University to survey the community and launch the research findings in the report - "Gauging Community resilience - an analysis of the lived experiences of community members before, during, and after the November 2021 flood event in Gunnedah". Whilst there is currently a hive of activity around bush fire prevention and preparation, the impact of devastating flooding in our region continues to be evident in our community.

Rebuilding resilience has been a focus of our work this year and with the assistance of a Primary Health Network (PHN) grant, we have been able to facilitate weekly walking groups and other activities to support wellbeing and build resilience in community members most impacted by flooding. Project Worker, Bec Thomson has joined us this year and has been fantastic in forming this project from the ground up.

We have continued to facilitate the Round Table meetings this year – an important monthly opportunity for agencies to network with each other. Thank you to Wil Houlcroft for his work Chairing and to the Salvation Army for providing a welcoming space to host the meetings which have, at times, included over thirty participants. Building on trusted and collaborative relationships with community partners has continued to be a key part of our purpose. Throughout this year we have partnered with Winanga-li to deliver tenancy education to young people, Gunnedah High and St Marys Catholic College to deliver evidence-based relationship education to young people, Mullaley and Curlewis PS to deliver pop up family support services to isolated families, the Gunnedah Community Action Team to deliver Homeless Connect Day and other events and the Multicultural Women's Association to celebrate diversity in our community.

In yet another reference to an intersection – perhaps due to fact that my eldest son is currently learning to drive! – the work done this year in preparing for ASES accreditation and framing our strategic planning goals for the organisation into 2025 have all provided opportunities to line up the 'big' and 'little' pictures – that is the 'what we do' with 'what we want to do better' and the way we plan to do this. Rebecca Reading joining us as Systems and Intake Officer this year has assisted with getting this work done.

I have personally had the opportunity to participate in some excellent professional development this year and in particular enjoyed a leadership workshop that provided an opportunity for me to reflect on the vision I have for the team and for the work we do. The outcomes achieved this year demonstrate that we are a team with over 60 years' worth of combined experience and commitment to this organisation. We are a team that works collaboratively supporting each other to continue to deliver high quality services despite navigating personal and family challenges. We are a team that continues to turn up every day committed to looking for flexible and meaningful options for our clients. We are a team that is skilled and is committed to professional development and in the last twelve months has participated in training in Challenging Conversations, Love Bites and Leadership to name a few. We are a team deeply rooted in the community we support.

We could not be the team we are without the support of the Board. I would like to thank Lyn Pengilly for her ongoing financial stewardship, Joe Newbery for his expertise in supporting with the ASES process and Scott Davis for another year of managing Chairperson responsibilities. I don't need to look forward to another year as it will, no doubt, be here before I know it! But I do look forward to reporting in the 2023-24 Annual report that we are successfully ASES accredited, have made head way into our strategic plan goals and have worked hard supporting our community for another year.

Vanessa Hodges Schembri
MANAGER

STRATEGIC PLAN SNAP SHOT (2022-25)

Our Purpose -
to provide services to strengthen the wellbeing of all individuals and families in our community.

Our Vision -
a resilient, empowered, connected and safe community where everyone can thrive.

Our Values -
Confidentiality, Empathy, Respect, Professionalism, Inclusion.

Working on the following key areas:



Service Excellence



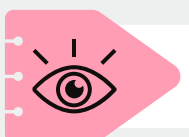
Organisational Culture



Networks and Partnerships



Resourcing



Awareness and Understanding

With the aim of achieving the following:

An industry leading organisation demonstrating best practice services that deliver positive, measurable results.

A flexible, transparent, collaborative and safe culture that underpins a high performing and productive organisation.

Collaborative relationships with partners and stakeholders that strengthens the wellbeing of our community.

Diverse and sustainable funding and infrastructure and a skilled team to achieve our purpose.

Acknowledged as a trusted and professional service embedded in our community.

SPECIALIST HOMELESSNESS SERVICE

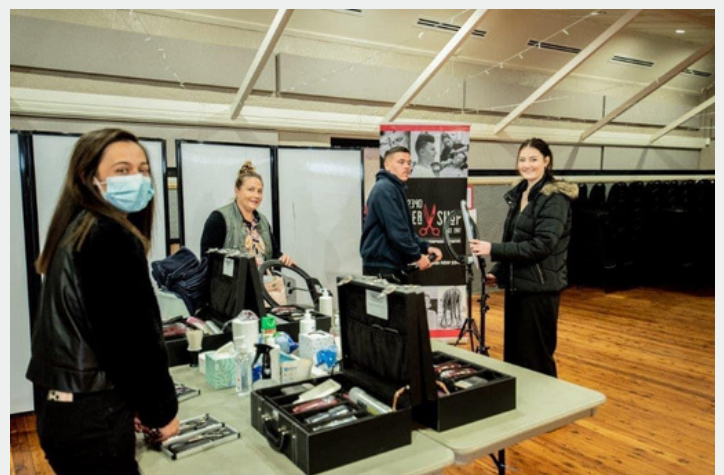
The Everybody's Home report has shed light on the challenges of homelessness in Australia. Gunnedah is not unique in the pattern that has emerged across the country. More households are in housing stress, and severe housing stress, than at any other time in our history. And the shortfall in social housing has peaked at record-highs as waiting lists stretch longer than anyone thought possible.

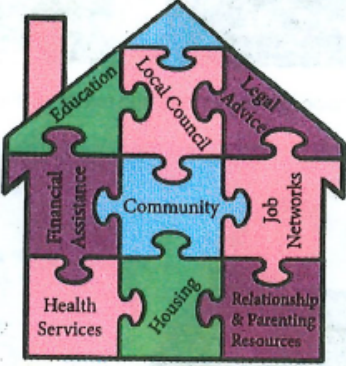
<https://everybodyshome.com.au/resources/brutal-reality/>



HOMELESS CONNECT DAY 2022

Over 100 community members attended the 2022 Homeless Connect Day. Supported by over 20 agencies, community members were able to access a wide range of services and material aid. Thanks to Lenelle Ritter and the team for the work done in pulling this significant event together.



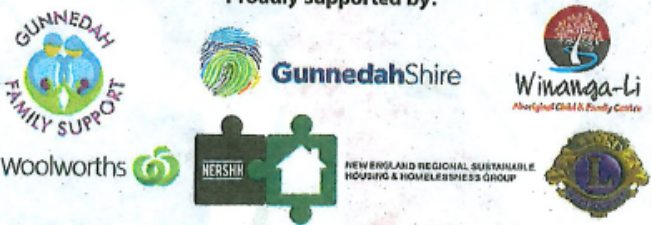


Gunnedah Homeless Connect Day
 Wednesday, July 20, 2022
 10am-2pm
 Gunnedah Town Hall

"A day when the community comes together to support those in need and who are homeless or at risk of homelessness"

Anyone that is in need or doing it tough is encouraged to attend the day

Proudly supported by:



The day will feature 20+ service providers, free haircuts, kids activities, hot meals, clothing, personal care products, blankets, information bags and more!

For further information please contact Lenelle on 02 6742 1515 or lenelle@gfsi.org.au



Support network ready to assist at Gunnedah Homeless Connect Day

MARKETPLACE

Gunnedah Family Support is holding a Gunnedah Homeless Connect day on Wednesday, July 20, at the Gunnedah Town Hall and is encouraging anyone who needs an extra helping hand, to attend.

The event, which starts at 10am, is a not-for-profit event dedicated to providing much needed services such as accommodation and housing, health, wellbeing, financial assistance, employment and general support to people who are doing it tough, homeless or at risk of homelessness.

There will be more than 20 service providers on the day, linking individuals to services which will improve their day-to-day experience, meaning people will get a shortcut to help in one location.

Homeless Connect Day will feature free haircuts, hot meals, clothing, blankets, personal care packages, gift bags, food hampers, resume writing and free health checks, just to name

some of the services provided.

The services will be delivered in an environment which maintains dignity, privacy, fosters a culture of connectiveness and encourages a sense of being a valued member of the Gunnedah community.

Gunnedah Family Support case worker Lenelle Ritter said she hopes the event can play a role in breaking the stigma of homelessness that still exists within the community.

"When people think of homelessness, they imagine someone sleeping on the street and that is just not accurate, although that does happen," she said.

"There are many faces to homelessness."

"If the event can convey just one message to the Gunnedah community, it would be homelessness is not what you think it is."

"Homelessness consists of couch surfing, rental properties being sold, mothers and children escaping family and domestic violence, relationship

 Homelessness consists of couch surfing, rental properties being sold, mothers and children escaping family and domestic violence and relationship breakdown.

breakdown, natural disaster displacement, unaffordable and limited housing and the impacts of the COVID-19 pandemic.

"Homelessness does not discriminate."

Anyone who is struggling and doing it tough is welcome to attend, whether they need help with basic necessities or just to have a chat with someone and be heard.

TARGETED EARLY INTERVENTION

This year the organisation has maintained our commitment to growing our capacity to deliver specialist parenting education and support in response to the increasingly complex needs of the community. This has resulted in our Family Work team planning for and delivering a calendar of specialised parenting programs including Shark Cage, a program for women who have experienced violence.

We have continued to provide specialised support to communities in outlying villages, including to Mullaley and Curlewis. We look forward to promoting this program and exploring other opportunities to provide an outreach service to our community.



Tenancy Literacy at Gunnedah Youth Expo, April 2023.

FROM PETER RABBIT

Thanks to Kurtis from Bubbles and Bones Dog Grooming, Gunnedah Family Support became my proud custodians this year. For no reason other than to spread some joy, Lenelle, Wil and the team created a FB page to follow me around Gunnedah in the weeks leading up to Easter. Local businesses jumped on board and hosted me, whilst children enjoyed trying to spot me while they were out and about with their families. I visited over 15 locations including a visit to a day care centre where I helped with story time, I helped with health checks, enjoyed morning tea at a local aged care residence and hid in lots of window displays along Conadilly street.

All of this fun culminated with a picnic and egg hunt at Livy's Place and there was a lot of excitement. I am resting now and looking forward to doing it all again next year!



Peter Rabbit
Chief Officer In Charge Of Joy

CURLEWIS SUPPORTED PLAYGROUP

I returned to my role at Curlewis Playgroup in February after six months of travelling. It was great to come back and see our families and hear about the wonderful activities they got up to with Lisanty while I was away.

We started this year's Term 1 off celebrating some events such as Valentine's and St Patrick's Day. GFS Family Worker Kate Locke delivered a parenting program called Thoughtful Parenting and we had a visit from Joanne Lord (Gunnedah Women's Health Nurse) who educated our Mum's on various women's health issues.

In Term 2 we celebrated National Families Week with the Multicultural Support and Wellbeing Playgroup in Gunnedah where we had morning tea and a range of activities to celebrate our families. We have continued to have fun doing a range of activities and crafts while also delivering initiatives to help educate and support our families.



Valentines Day Craft



Sarah Mapperson Supported Playgroup
Coordinator



Visit to Curlewis Park



We're going on a bear hunt activity



National Families Week

MULTICULTURAL SUPPORT AND WELL-BEING PLAYGROUP

Our Multicultural Support and Well-Being Playgroup has had an exciting year as we have been implementing new ways to improve our Playgroup by integrating all activities into one theme. Art and craft, songs, and sensory plays are integrated to match the theme of the storytelling so as to enforce the whole concept that we want to deliver in our Playgroup day. We have also included literacy and numeracy initiatives as well as fun educational activities.

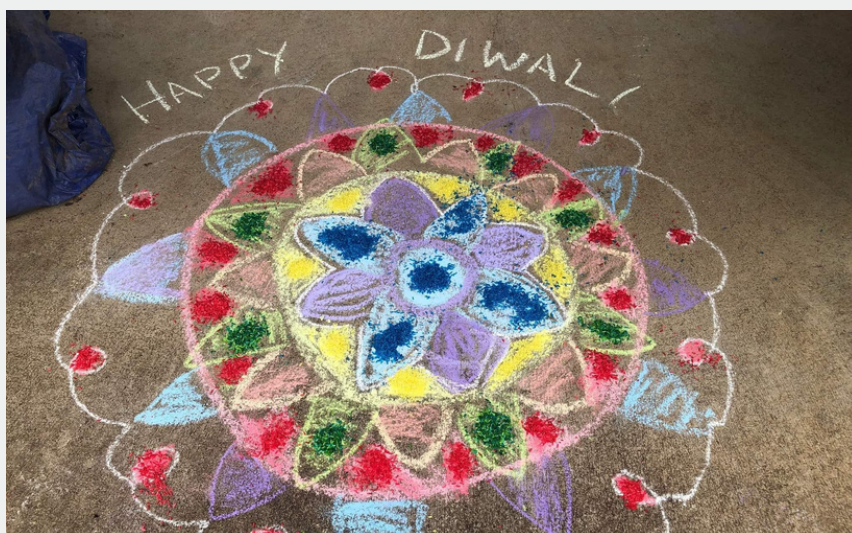
We have enriched the children and adults with lots of cultural education that is made possible with the help of the members of Multicultural Women's Association, including myself, Lisanty Evans as the Playgroup Coordinator as well as Agnes Thurston, my co-worker.

We have also delivered our Safety Initiative by inviting police officers to our Playgroup and educated the children about safety on the road. Highlights of the year were Christmas time when we invited Santa Claus to our playgroup and Easter Egg Hunt in Wolseley Park and spent time with Peter Rabbit.

Between the months of April and May 2023, Agnes had taken over the playgroup temporarily. The number of adults and children who attend this playgroup have been increasing in number, almost every week we meet new and old playgroup mothers/grandmothers/ father with their little ones, especially newcomers from different countries like Japan, Africa, Philippines, and Indonesia. We may have more than 25 adults and children on a Playgroup day, we have also had less than 10 especially during the winter.

We have had testimonies from adults (no matter what cultural background) expressing how they feel welcomed and accepted, which is the goal of this playgroup; to make people feel included and supported, thus; improving their well-being as our Playgroup name entails. For our future steps, we are looking into a more planned content of Playgroup by determining ONE big theme every term, for example: Family, Occupation, Transportation, etc and infuse all our 4 initiatives into the weekly program. We also want to develop more of a sense of ownership in the playgroup by involving the adults in storytelling from time to time. This Playgroup has also been generously supported by Woolworths through their weekly donation for morning tea. We look forward to being a better playgroup!

Lisanty Evans
Supported Playgroup Coordinator



FLOOD WELLBEING PROJECT

Gunnedah Family Support was excited to launch the Flood Recovery Support Group on May 2nd, 2023. This project is possible due to funding from the Hunter New England Central Coast Primary Health Network.

Since May the group has met weekly to participate in sessions to recover and support the social, emotional and mental well-being of residents of Gunnedah & surrounds who have been affected by the flood events of 2021 and 2022.

Twelve residents have registered for the group, and on average 5 attend activities each week. Upon registration, group members had the opportunity to identify the types of activities, information and other support that would help their flood recovery process. As a result, the group has participated in 20 sessions, offering a variety of activities and information. Activities have included community gardening, yoga, Pilates, walks, pottery and morning teas. The group has connected with a range of local services such as Centacare, GoCo, Carers NSW, Rural Adversity Mental Health program and Gunnedah Shire Council. These service providers have shared information about the support they can provide to group members.

A mid-way evaluation demonstrates that the activities and information provided to the group is contributing to positive recovery from the flood events. Respondents have also indicated that they plan to keep coming along to the weekly group sessions and are happy to continue to participate in the types of activities that have previously been provided. We look forward to continuing to roll the project out into the new financial year.



Rebecca Thomson
Project Worker





Night market pop up Recovery Assistance Point



Launch of Flood Wellbeing Group



Mental Health Pop Up at Gunnedah family Support, Vanessa Hodges Schembri, Inspector, Kate Arnell (RHAMP) and Cath Spora (Farm Gate)



COFFEE AND A CHAT CAMPAIGN

Gunnedah Family Support worked with the Gunnedah Community Action Team using funding from the Department of Communities and Justice to raise awareness about intimate partner and family violence.

Students at Gunnedah High produced art works promoting a message about safe and healthy relationships. The art works were voted on by young people and the winning artwork was printed on coffee cups. The cups were distributed throughout Gunnedah during the “16 Days of Activism” campaign. Thank you to Gunnedah High School, Campgrounds, The Verdict and PaperWare for supporting this event.



INTERNATIONAL CHILDRENS DAY, NOVEMBER 2022



OUR TEAM

I was born in Gunnedah and finished my higher school education in Sydney and my university education in Canberra before re-locating back to Gunnedah in 2000. I started my first role as a Caseworker with Gunnedah Family Support in 2001 under the management of the wonderful Sabine Altmann. It was working with Sabine that my passion for the Community Services Industry, particularly issues that affect young mothers and families, flourished. Sabine was an incredible role model where her enthusiasm for helping others was infectious. I went on to start my own family and worked casually for Gunnedah Family Support and Gunnedah Children's services facilitating the supported playgroup while my children were young. I am passionate about the entire Community Services industry and enjoy helping others. When working with clients I never give up on assisting them to achieve their goals through strength-based approaches. I love cooking for my family and friends and in my spare time I dabble in triathlons, water skiing and horse riding.



Sophie
Case
Worker



Vicki
Case
Worker

I am not going to say when I started my career in Nursing at Lithgow hospital except to say it was many, many years ago. Since that time I have always worked in Human Services positions that align with my strong values of social justice especially in relation to women and children, Aboriginal health, chronic disease and preventative health care & planning. My other great love, apart from the family of course, is my beautiful home and garden and beef cattle property overlooking Lake Keepit. As I approach the end of my working career and look back I feel that I have personally learned and gained so much from all the positions I have worked in. I continue to feel blessed and privileged to work in a position that I love and with a team of like-minded people at Gunnedah Family Support.

I was born in the Central West of NSW then finished school and started my working life in Newcastle and the Hunter. After retraining in community services in 2016, I relocated to Gunnedah in 2018 with my girlfriend to further both our careers in the sector and hoping to join a vibrant community. Shortly after marrying in late 2020, I commenced my role as a Case Worker with Gunnedah Family support. In 2021 we purchased our first home in the area and are now excited to put down further roots in Gunnedah. I am passionate about working with youth, mental health and diverse peoples in a trauma informed framework. For self-care, I build things, listen to records and spend time with my family and rescue greyhound, Peanuts



Wil
Case
Worker

Proudly, I was born and raised in the North West region of NSW. In 1988 I attained a Bachelor of Financial Administration and I took up a graduate position in Dubbo working in Agricultural Banking. After marrying, we moved to Gunnedah, continuing my career in Banking until leaving to begin our family. After 10 years raising our two daughters, I rejoined the workforce as Administration Assistant for Gunnedah Family Support in 2010. My position has changed and evolved over the years due to the increasing accountability within the sector. The one constant throughout my time with GFS has been the satisfaction I have gained in being able to work within the Community Sector. Over the years I have served as a committee member of numerous sporting and school associations, supporting my girls and the youth of our local community. When not at work you are likely to find me at any number of local sporting grounds, once actively participating but now as an avid supporter



Lisa
Chief Administration
Officer

OUR TEAM



Vanessa
Manager

My family and I have lived in Gunnedah for the last five years after making a path here from the Northern Rivers and Sydney before that. I have worked in the Community Services industry since 1994. My career has included the delivery of employment and advocacy services to people with disabilities, specialist parenting education, family support and restorative justice facilitation. I am a qualified Counselor, Breastfeeding Counselor and completed a BA (Social Science) in 2019. I am particularly passionate about social justice and issues that affect women, mothers and families.

I have 3 beautiful kids and have been married for 5 years. Before moving to Gunnedah to be with my husband and little family I worked in Fiji at various NGO's advocating for women and children's rights. I completed a degree in Psychology and minor in Sociology at the University of the South Pacific in 2012 before working at the Fiji Women's Crisis Centre. My passion lies in advocating for human rights as I believe we all deserve to be heard and not suppressed if our intentions are just and not imposing harm to others. I am so honored to be a part of this amazing team of extraordinary individuals.



Agnes
Case Worker



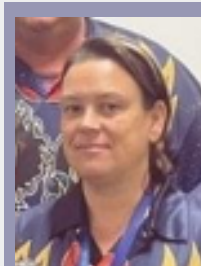
Samantha
Admin Support
Officer

I have reached my two year anniversary here at Gunnedah Family Support. With owning my own home, raising three beautiful children and working in the hospitality industry I decided to make a change. The hospitality industry taught me a lot about building quick rapport with customers and learning to think on my feet with complex and difficult customers.

I have learnt to be assertive but friendly. Since coming to the GFS team I have extended on those skills. I love learning about community services and hope to commence study in the near future to better enhance my skills and knowledge.

I have seen a lot of positive changes in the staffing and structure of GFS in the past year, but also a lot of positive changes in myself. As someone who is born and bred in Gunnedah, working with Gunnedah Family Support creates a sense pride in the work we do and I am grateful to be a part of it.

My name is Cassandra Aldridge, I like to be called Cas or Cassie. I am a proud Gomerioi woman who was born in Gunnedah. I lived in Melbourne in my younger years and moved back to Gunnedah in 2001 to be closer to family. I have 3 girls and 1 boy, who I absolutely love and adore. One of my hobbies is playing Darts, I have been playing darts for over 35 years and have represented Victoria at both junior and senior state levels. I am passionate about Aboriginal issues and strive to help our Indigenous people in any way that I can. I have been lucky enough to work in the Aboriginal sector for 7 years and hope to bring knowledge and experience to my role at Gunnedah Family Support.



Cassie
Case Worker

OUR TEAM

I was born in Gunnedah but spent time living on the Central Coast until I came back to Gunnedah to start a family. I worked in various roles across the Early Childhood sector for about 12 years which also included teaching Children's Services at TAFE in between having my own children. I started at Gunnedah Family Support at the beginning of 2018 where my role has slowly changed from Playgroup Co-Ordinator to Case Worker. Over the last 3 years I have completed a large amount of training and upskilling to assist me in adapting to my changing role within Gunnedah Family Support. I am extremely passionate about helping families and young people and thoroughly enjoy every aspect of my job. I could not ask for a more supportive and co-operative team of work colleagues to be a part of. We each bring a wide range of knowledge and experience to Gunnedah Family Support to support both our clients and each other



Kate
Family
Worker

I am an Indonesian Chinese born in Jakarta, Indonesia. I am a mother of two, married to a Gunnedah local. From the age of 14, I pursued international education in a few countries, including America for my Bachelor's degree in Fashion Merchandising and China for a diploma in Mandarin. After working for a while in the fashion industry, I switched career to education in which I found my true passion while obtaining a certification in Early Childhood and a Master's degree in Counseling. During my 8 years as a schoolteacher, I met my Australian husband in a school event and moved to Australia. Here, I am one of the founding members of Multicultural Women's Association and am grateful that this led me to becoming a part of Gunnedah Family Support team. I enjoy the positive atmosphere in our workplace and admire my colleagues for their true passion to help people. This aligns with my passion for education and making a difference in students' lives. Besides my work and active involvement in MWA for Gunnedah community, my other interest is volunteering actively in my church where I can channel my talent in singing in the music team. I also enjoy watching Korean dramas for my personal entertainment.



Lisanty

Multicultural
Playgroup
Coordinator

After living in the Hunter Valley for a number of years, my little family has recently moved back to Gunnedah to be closer to family and raise our son. In 2020 I completed my Certificate IV in Community Services, which I thought would complement the Psychology degree I am currently studying, and also supply me with the necessary skills to work in this sector. I am passionate about sharing the knowledge I have received from my education, training, and personal experiences to empower individuals to create change and meet their goals. As the new kid on the block at GFS, I am keen to learn as much as I can from the wealth of knowledge that comes from the existing team. I could not have asked for a better work family to join this early on in my career. In my free time I enjoy going to the gym, yoga and camping.



Sarah
Family
Worker



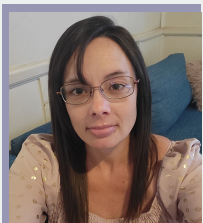
Cheryl

Case
Worker

I started in the Community Service Sector as a volunteer in 2008 which quickly evolved into full-time employment in early 2009. I stayed in my role as a Housing Officer/Manager for 7 years. It was time for a change and I started working for Gunnedah Family Support in March 2017 which has been the highlight of my Career. I enjoy working closely with clients and assisting them to achieve their goals or just help them out of a bad situation and empower them to move forward towards their chosen outcomes. I am proud to say it has been a pleasure working with such a great team here. I have such an appreciation for the knowledge and experience the staff have to offer, and I am constantly learning from others' experiences. As all my work colleagues know I love going on Cruises and I am hoping to go on another Cruise holiday in the very near future (one can only hope). My other interests include dabbling in Crypto Currencies. During the 2020 and 2021 lockdowns, I learnt how to latch hook and now I make fun wall hangings and floor rugs as gifts.

OUR TEAM

I was born in Glen Innes where most of my family reside, the place I still call home. After completing my secondary schooling, I obtained my Diploma in Community Service Case Management and Diploma in Endorsed Enrolled Nursing. After the completion of these qualifications, I moved to the Gunnedah area and obtained employment at Gunnedah Family Support. I have been a part of the GFS team for a period of 8 years. In 2018 I was the successful recipient of the Australia Day Citizen of the Year 21-40 years category for my work and involvement in the Gunnedah community and have received an additional two nominations. I have facilitated many events during the duration of my employment including Homeless Connect Day and Teddy Bears Picnic. I have a passion for helping others in need and believe that no act of kindness, no matter how small is ever wasted.



I was born in Sydney however migrated to Tamworth when I was 7 and was raised in the Tamworth area. I began work in the community service industry at age 21 and have worked in the industry for the past 16 years. 15 of those in Tamworth and for the past 12 months at Gunnedah Family Support. I love Gunnedah and the small town it is, it is such a thriving community. I live with my partner and our cat and run a small business. I love working in the community service industry and helping people is my passion. I have a certificate 4 in business administration and a certificate 4 in community services. The team at Gunnedah Family Support is small but passionate about the work we do and how we can help the Gunnedah community. I enjoy working with my team and love the passion they all bring.

I grew up on a farm near Mullaley and after finishing all my schooling in the local area, I completed a Bachelor of Health Sciences (Nutrition & Dietetics - Hons) at the University of Newcastle in 2009. I have worked in clinical and community dietetics in QLD & NSW, however my main area of expertise is in primary preventive health programs in community settings in NSW. I am currently studying a Master of Public Health through Flinders University. I joined GFS at the beginning of 2023 and have thoroughly enjoyed leading the flood recovery project funded by the HNECC PHN.



(L-R) Ingrid Kaineder, Lisa Sumpter, Lyn Pengilly, Trudy Davies, Cheryl Edwards, Vanessa Hodges Schembri, Vicki Snow and Scott Davies
(December 2022)

OUR BOARD



Scott Davies
Chairperson

Scott is a passionate member of the Gunnedah community and sees Gunnedah Family Support as a critical service to the area. Scott runs a family business processing agricultural products and employs 45 staff in peak production.

Joe moved to Gunnedah with his family in 2009 and joined the GFS Board in 2019. Separate to his support of GFS, Joe is the Managing Director of Newbery Consulting a widely respected consulting firm that specialises in vocational education and training design, compliance and training management systems. In his earlier years, Joe completed a long career in the Australian Army and since 2005 has built a very successful business with team members located in Sydney, Brisbane and Melbourne. Joe is a nationally recognised compliance auditor in training compliance and has provided contract audit services for State and Commonwealth agencies and regularly speaks at national forums in the training sector. Joe is married to his lovely wife Sue who has had a long career in public service and health care and more recently with NSW Ambulance.



Joe Newbery

Deputy
Chairperson



Lyn Pengilly
Treasurer

Lyn moved to Gunnedah from Gosford in 1985, after marrying a handsome farmer with whom she went on to have four sons and eight grandchildren. She worked in the NAB bank until her first son was born in 1986. After her last son was born in 1992 Lyn went back to work part time in administration with Gunnedah Women's Crisis Agency and later Gunnedah Family Support Service. After 21 years Lyn retired from TAFE NSW. Lyn has always believed in the need to give back to the local community and has been on the Board of various community based organisations for the past 32 years. She has been the Treasurer of Gunnedah Family Support since 2009.

OUR BOARD

Trudy is a founding member of a range of fundraising and awareness raising committees in the Gunnedah community. She joined the Board of Gunnedah Family Support in 2008 and is passionate about supporting families and vulnerable members of our community. Trudy's has an extensive background in communications. She is currently works along side her husband, Scott, running one of the largest family owned and operated agricultural business in our region.



Trudy Davies
Secretary



Rachel Woods
Board Member

Rachel moved to Gunnedah in 2013 with her husband. Since settling down in Gunnedah their family has grown and she is the proud mother of two boys. Rachel has worked in the community services sector since 2010, working in the areas of child protection, domestic violence, homelessness and mental health. Currently she is working as counsellor in Gunnedah and the Liverpool Plains, specialising in young people experiencing mental health struggles. Rachel's passion is working with youth as she has a strong belief that with the right, support and guidance all children should be provided with the opportunity to reach their goals. This belief is supported by her husband as they have opened their home to other children through becoming respite foster carers and recently supported her to complete her Masters in Social Work.

Ingrid moved to Gunnedah in 2017 and joined the GFS Board in 2021. Separate from her support of GFS, Ingrid is the People Manager for Trans4M, a joint venture (SEE CIVIL and John Holland) who are currently constructing the 176km section of Rail between Narrabri and Northstar for the Inland Rail Project Moree, one of the largest Infrastructure projects in Australia. Ingrid has worked on various resource and infrastructure projects across both WA and NSW for the past 15 years. Ingrid has both a gorgeous son, Andrew and grandson Lou. When not working, Ingrid spends time with family, pottering around her home (an "interior styling junkie") or hanging out in the bush or by the beach. Ingrid is also a respite Foster carer (when time allows) and is very passionate about supporting young vulnerable members of our community and surrounds.



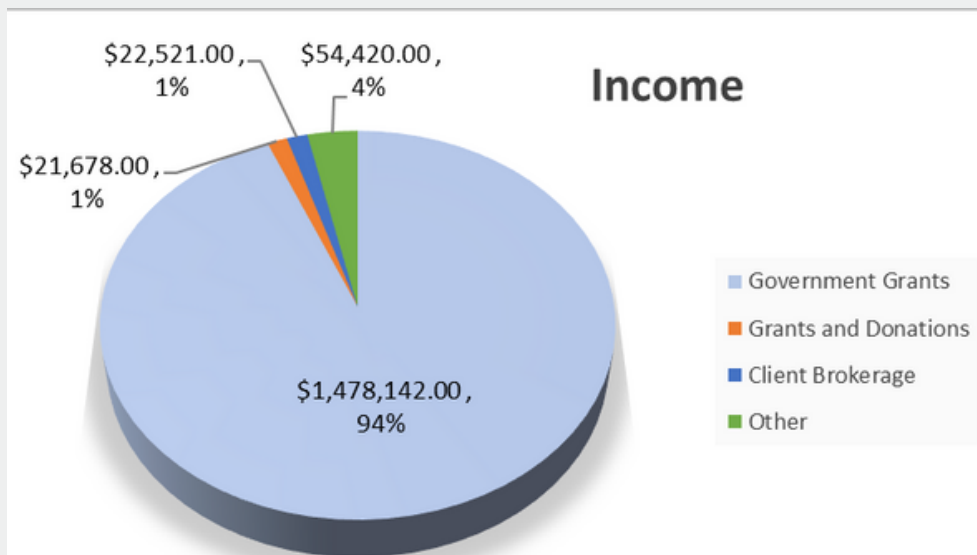
Ingrid Kainerder
Board Member



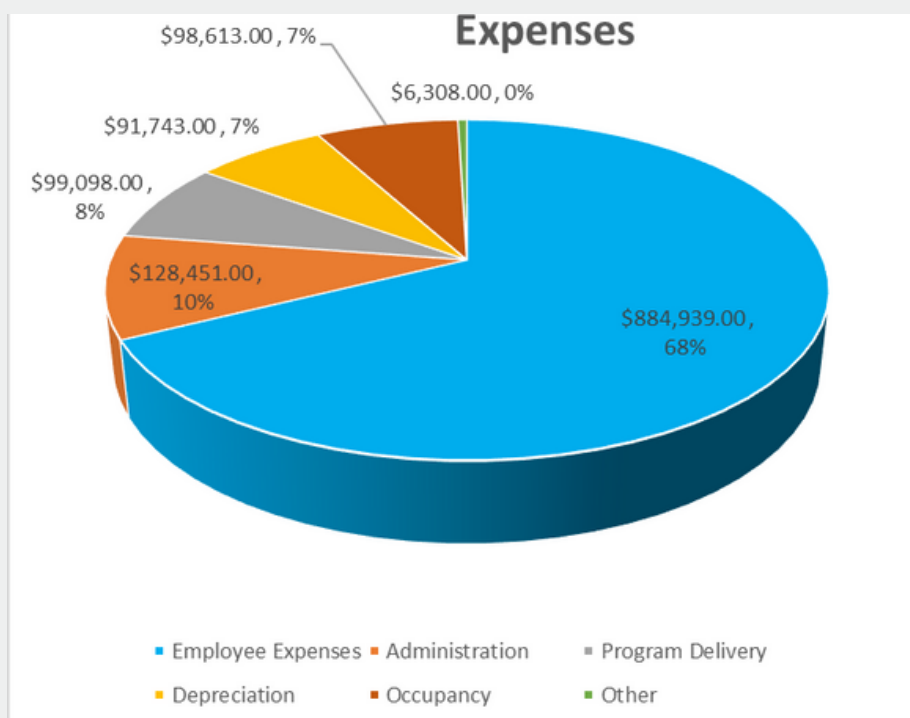
Lisa Davis
Board Member

Lisa has built a successful career spanning over 18 years in strategic planning and business development, communications, and stakeholder engagement in both public and private sectors. Most recently, Lisa has applied her skills to the legal industry as Operations Manager for Stacey McAllan Legal. Lisa also consults for businesses (including not-for-profit organisations) in the space of business development and special project management. Lisa is a Nationally Accredited Mediator with an interest in workplace dispute resolution.

FINANCIAL REPORT



Total Income \$1,576,761



Total Expenses \$1,309,152

Thank you to our generous community for their donations this year.



Emerald Hill CWA



Beyond Bank, Gunnedah



Lil Achievers Childcare, Christmas Party, Gunnedah



Forsyths



GS Kidd School



AgQuip, 2022

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