



Mental Health Carers Australia

Annual Report 2016 - 2017



Contents

Mental Health Carers Australia – MHCA	2
Our Strategic Portrait	3
President’s Report	4
Executive Officer Report	6
Delegates Reports	7
Projects	8
Member Reports	12
Our Board	18
Financial Statements	19



Mental Health Carers Australia – MHCA

Mental Health Carers Australia is the only national advocacy group solely concerned with the well-being and promotion of the needs of people who care for someone with a mental illness.

Mental Health Carers Australia has grown out of the national grassroots movement of ARAFMI (*Association of Relatives And Friends of the Mentally Ill*). The first ARAFMI group was formed in Sydney in 1975 by a concerned group of carers who identified the need for a service that would specifically address the concerns of carers, relatives and friends. The movement quickly spread to other States Territories. Mental Health Carers Arafmi Australia was incorporated in October 1998.

Mental Health Carers Australia seeks to:

- advocate on behalf of carers
- explore and strengthen the mental health caring role
- develop knowledge, improve skills and offer support to enhance the caring journey
- reduce stigma associated with mental illness.

We do this by bringing together mental health carer expertise at a national level through a network of state and territory member organisations.

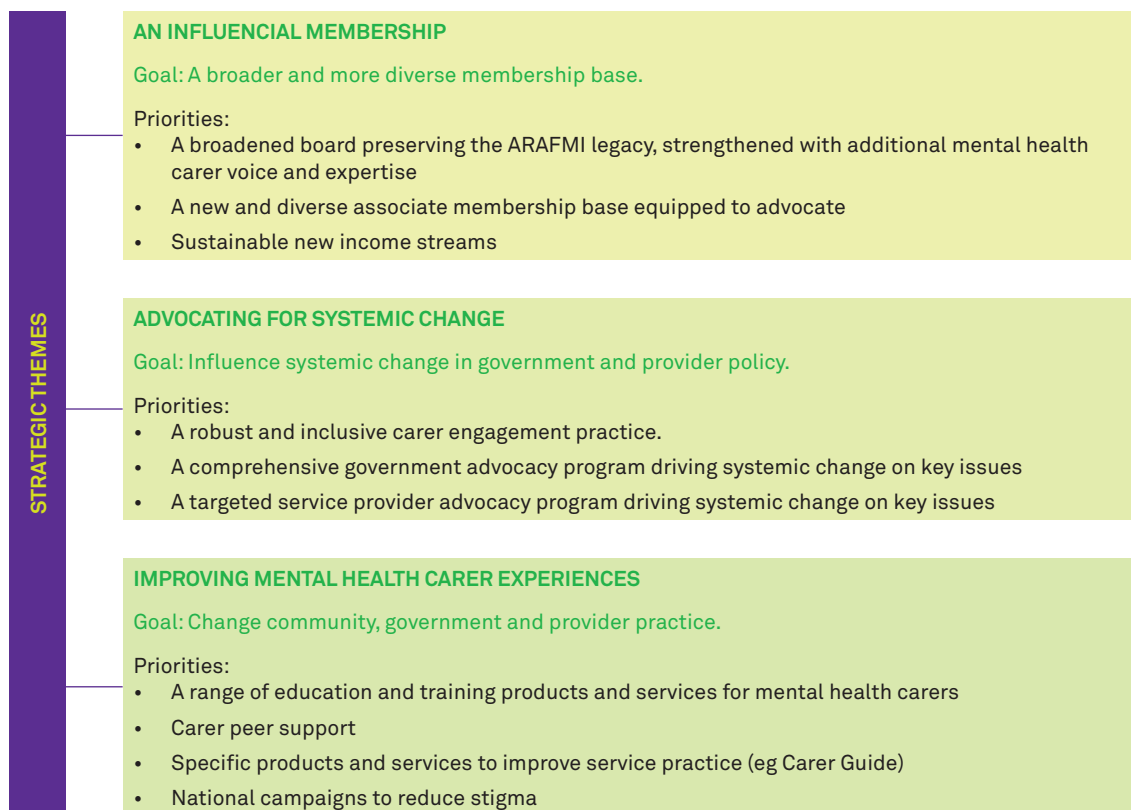
Our Strategic Portrait

OUR MISSION

Be the voice of mental health carers to enable the best life possible

OUR VISION

The leading national voice





President's Report

Mental Health Carers Australia (MHCA) is on the cusp of a very exciting period of development. Having grown from the grass roots Arafmi legacy, a strength we want to build on, we are now ready to broaden our scope to more vigorously represent mental health carers across Australia. Much hard work has been done over the past year to develop a new strategic direction to enable MHCA to be the go-to organisation for all matters pertaining to Mental Health Carers.

The MHCA Board has resolved to expand our full (voting) membership from the current six state and territory members to eleven, including three national members. Once established we will introduce an associate (non-voting) member category.

Mind Australia Limited has already accepted an invitation to be the first national member. The board intends to invite a further five organisations, one from South Australia, Victoria and the ACT and a further two national organisations to join.

International research has established that most people with mental illness experience better health outcomes when they are supported by family and/or informal carers.

Keeping up to date with the torrent of state, territory and national issues and events in the mental health sector can be difficult and expensive for individual organisation. The collective approach of a peak generates expert information, advice and capacity using a shared resource. This allows organisations to participate in national debate and initiatives that they otherwise would not have been able to and to redirect resources to other priorities. The 'think tank' approach to collective analysis and decision making facilitates a synergy of ideas, expertise and knowledge, resulting in stronger and more authoritative arguments and influence.

Now is the right time to ramp up a national mental health carer peak because now is a time of major national reform in the mental health sector (NDIS, PHNs, Integrated Carer Support Model, carer payments). These reforms are being led by different departments, or parts of departments, meaning there is a lack of big picture view on what the implications are for mental carers and a serious concern that they will not be supported sufficiently to continue in their caring role. We know that informal mental health carers in Australia contribute \$13.2 billion annually, 1.7 times the amount contributed through formal care. We also know they face mental ill health as a direct consequence of their caring role and experience higher rates of mental ill health than the general population. If an unintended outcome of the current national reform agenda is reduced support for carers and their capacity to continue in their caring role (which we fear will be the case), the impact on carers, the consumers they care for and the broader mental health sector will be enormous. Now is the time to be taking action to prevent this from happening.

An extended reach, connection and engagement with mental health carers and families across Australia, delivers a greater diversity of experiences and voices than organisations can manage on their own. This provides greater legitimacy and leverage in the national arena, including specific case studies and evidence, to what can otherwise be empty advocacy statements.

There is potential for collaboration and joint ventures between MHCA and member organisations and MHCA's national partners, which provide scope and opportunity to grow financially and to grow influence and reputation.

It is an exciting time to be part of MHCA with major work focussing on creating a new 5 year strategy, facilitating implementation of our core product, *A Practical Guide to Working with Carers of People with a Mental Illness*, and designing a major national mental health carer advocacy campaign.

I would like to welcome new board members Sonia Cook and Jeremy Coggin. Long serving board member Jean Humphrey is leaving the board. I would like to thank her for her work and commitment and to wish her well as she moves on to new endeavours.

I want to thank the Board and the CEOs who have worked so hard to realign the work of MHCA so that it's achievements over the next few years will be considerable. Special thanks to new board member, Jeremy Coggin who has provided invaluable assistance in his skilful facilitation at our planning meetings. Particular thanks to our hard working Executive Officer, Jenny Branton, who joined us and hit the ground running around 12 months ago and has been instrumental in providing direction and encouragement to the board to consider MHCA future direction.

Patrick Hardwick

President



Executive Officer Report

My first year in the Executive Officers seat has certainly provided me with some wonderful opportunities to learn, to explore and to meet a wide range of interesting and passionate people. Being new to working in the mental health sector I needed to learn a great deal very quickly and did a lot of this on my first national 'tour of enlightenment'. On this tour I met so many people around the nation from services, governments, networks and peak bodies, many leaders in the sector, all of whom welcomed me and helped me to understand the mental health environment, their place in the system and the issues relevant to carers.

One of the things I have learnt is that while Australia has a quite strong policy and legislative framework requiring service providers to respect and engage with carers, this frequently does not translate into practice. Carers continue to tell us that they are often excluded from support and treatment planning and delivery. This is an issue of major concern because we know that when family and carers are involved the health of the carer and the person they care for is improved. Concerns about confidentiality and self determination are often cited as reasons for this exclusion, however, neither of those important principles need be compromised when carers are engaged as partners in care.

Much of our effort this year has been directed to establishing a strong strategic base to focus our activities on where we can affect the greatest influence and change. The result is a clear purpose to influence systemic change in government policy and service provider practice, improve carer support and reduce stigma.

We have a very exciting year ahead with many important projects and initiatives in the pipeline. With the prospect of our expanded membership and our new strategic plan we are well placed to realise our mission and goals.

I would like to thank the Mental Health Carers Australia board and our member CEOs for the advice and support they have provided me. I would also like to thank Mind, particularly the finance and personnel teams for their ongoing support.

Jenny Branton
Executive Officer

Delegates Reports

Mental Health Australia Board

PATRICK HARDWICK

I was very pleased to be nominated by Mental Health Carers Australia (MHCA) last year which allowed me to continue as a Director on the Board of Mental Health Australia (MHA), representing Mental Health Carers. MHA is the peak mental health organisation in Australia and MHCA is proud to be a member organisation. In late 2016, I had the opportunity to take part in the Parliamentary Advocacy Day organised by MHA, where the Prime Minister gave a talk to us and I was also able to ask questions of the Health Minister, the Hon Greg Hunt MP and of the Opposition Leader, the Hon Bill Shorten MP in relation to the gaps opening up for carer support in relation to the transition of certain programs into the NDIS. I also had the opportunity to meet with other MPs and Senators in their offices.

National Mental Health Consumer Carer Forum

KRISTINE HAVRON

Kris Havron represents MHCA on the National Mental Health Consumer and Carer Forum (NMHCC) and is a member of the Consumer and Carer Participation Working Group, one of several working groups established by the NMHCCF to progress the work detailed in their business plan. The work of the NMHCCF is invaluable in progressing consumer and carer issues and other working groups include the Psychotropic Iatrogenic Disorders Advocacy and Working Group, Advocacy Brief Editorial Working Group and Rights, Disability & Mental Health Working Group.



Projects

A Practical Guide to Working with Carers of People with a Mental Illness

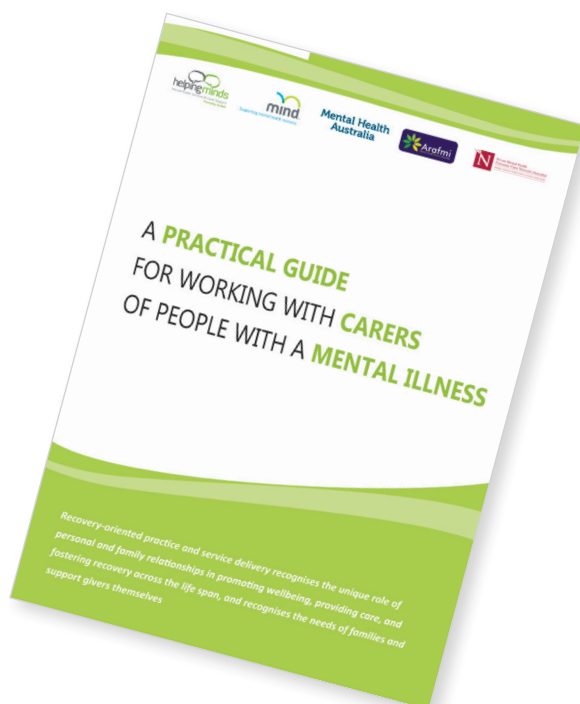
A major focus of our activities this year has been on the implementation of *A Practical Guide to Working with Carers of People with a Mental Illness* (The Guide). The Guide is based on the Triangle of Care model and outlines six partnership standards that are designed to improve outcomes for consumers by combining the knowledge and skills of staff and consumers with the knowledge and lived experience of family and other carers in a partnership approach to service planning and delivery.

We have established a national reference group to coordinate and monitor implementation strategies and activities. The working group has representation from carers, Mental Health Carers Australia, Mind, HelpingMinds, Private Mental Health Consumer Carer Network, Mental Health Australia and the National Mental Health Commission.

Mental Health Carers Australia presented a paper about the Guide to the 6th Australian Mental Health Outcomes and Education conference in Brisbane in June.

Projects to support the implementation are well underway including:

- The development of a free online library containing resources including articles, research, fact Sheets, how to guides, professional learning resources, training manuals and modules, toolkits and templates to support mental health professionals to implement the guide in their workplace. The library will go live in September.
- Four demonstration projects to showcase how the guide can be implemented, to develop new tools to support implementation and to document the barriers and enablers to implementation.



Mental Health Carers Tasmania are partnering with **headspace** Hobart, a free youth-focused health service for young people and using a strength based action research approach to strengthen existing practice in relation to the 6 standards. An audit of current **headspace** Hobart practice will be completed and resources, such as training material, policy and practice templates, protocols and processes will be developed to strengthen that practice.

HelpingMinds in Western Australia are working with four public mental health services, Joondalup Mental Health Unit, Joondalup Mental Health Support Services, Sir Charles Gardiner Hospital Mental Health Unit and Rockingham Mental Health Unit. This project is trialling the method successfully used for the implementation of the Triangle of Care in the UK. In this model carer champions are identified with a service to work with a project coordinator to improve their practice against the 6 standards and embed a carer engagement culture within the organisation. The project will develop toolkits to assist the specific needs of each service provider.

Private Mental Health Consumer Carer Network are working with Ramsey Mental Health Services, the only private provider of mental health inpatient, day program and community services in South Australia. Base line data will be established at the beginning of this project via a survey of carers and a self-assessment by clinical staff against the six partnership standards. Clinical staff will then undertake an e-learning module about the Guide and strategies for complying with the standards. Following this a second carer survey and clinician self-assessment will be completed to compare with the base line data.

Tandem Carers in Victoria are collaborating with Waioira Clinic which is a part of the Alfred Hospital's Adult Community Mental Health Service which provides comprehensive mental health assessment, treatment and support to adult clients aged 25-64. They will be working closely with Waioira's nurse educator to complete a self-assessment of current practice against the 6 standards to establish current practice. Using that information a suite of tools and resources will be developed and combined with clinician coaching enhance practice.

Results of the demonstration projects will be published in the on-line Guide library.

The Economic Value of Mental Health Caring in Australia

In March, Mental Health Carers Australia collaborated with Mind to launch *The economic value of informal mental health caring in Australia*. A national first, the report commissioned by Mind and completed by Queensland University, reveals for the first time the contribution that informal mental health carers make to the Australian economy. Detailing both the amount and types of work these carers do, the report clearly shows the value they provide to the country.

The report was launched nationally by our patron Allan Fels at a parliamentary breakfast, which was very well attended and received significant media attention. Concurrently MHCA member organisations conducted launches in each state and territory.



National Help line 1300 554 660

National Carer Helpline was established in late 2015. The helpline provides carers with free and confidential information, support and referral for families, carers and friends of people with a mental illness.

NDIS Carer Education Modules

This project is investigating the needs of carers for support through the NDIS. The initial literature review is determining what education and training tools already exist, and what methods of engagement with education and training have proved effective in assisting carers to sustain their caring role in a manner that benefits the person they support.

Feedback will be gained from carers through forums and a survey to determine their needs and preferences. Once the investigation is completed and gaps and opportunities have been identified, education modules will be developed which can be included within a participant's NDIS funded plan. These modules are likely to be available in different formats including online and face to face depending on the findings of the literature review and the preferences expressed by carers.

Advocacy

Mental Health Carers Australia is the only national advocacy organisation solely concerned with the well-being and promotion of the needs of mental health carers. Our advocacy agenda is to unashamedly put the concerns of carers front and centre on the national agenda.

MHCA has produced submissions collaboratively with member organisations to the following:

- DSS Integrated Carer Support System
- Draft Fifth National Mental Health Plan
- Joint Standing Committee on the NDIS and Psychosocial Disability
- Productivity Commission Inquiry into NDIS Costs.

We were also invited to provide evidence to the Victorian Coroners Court regarding mental illness and family violence following two separate incidents which resulted in the deaths of two mental carers at the hands of the people they cared for.

Further we:

- participated in the National Mental Health Commission consultation to provide a carer perspective about Housing, Homelessness and Mental Illness.
- provided evidence to the Joint Standing Committee on the NDIS and Psychosocial Disability public hearing.

The newly formed Advocacy Working Group is currently designing a national advocacy campaign in response to concerns about the current national reform agenda (NDIS, PHNs, Integrated Carer Support Model, carer payments). MHCA fears that an unintended result of the reforms will be reduced support for carers and their capacity to continue in their caring role. The impact, should this happen, will be poorer health for carers and the people they care for which will result in enormous pressure on the broader mental health and social support sectors.



Member Reports

Mental Health Carers Tasmania

Mental Health Carers Tas is the Peak Mental Health Carers body providing systemic advocacy for and with mental health carers.

During the past 12 months MHCTas has developed a strategic plan which takes us through to 2020. Along with the strategic plan we have devised an Engagement Framework which guides the organisation in the why and how we engage with mental health carers.

We are utilising the skills and energy of Social Work students from the University of Tas to undertake 2 key pieces of research in *Engaging with Young Carers* and *Developing Peer Support Models for Mental Health Carers*.

We have re-designed our website which is now more user friendly and has a new and invigorated look and feel. Our monthly newsletter has a new look and has a reach of over 200 mental health carers and a further 300 service organisations. We have also improved our online engagement strategies e.g.: 3 year Online Carer Survey.

Our Carer Representative Service continues to provide carer reps to State Government and Community Sector organisations on committees, working groups, advisory bodies and selection panels.

The organisation is also represented on the Re Think Mental Health Plan Implementation Advisory Committee, the NDIS Advocacy Network, PHT Mental Health Commissioning Advisory Group, as well as active participation in our peak body for community managed mental health services, Mental Health Council of Tasmania.

Another major achievement is our partnership with **headspace** Hobart in the roll out of a demonstration project to implement *A Practical Guide for Working with Families and Carers of People with a Mental Illness*.

Our training and education arm has been busy with offering free training in Mental Health 1stAid and Suicide Prevention to mental health carers across the state. We are also involved with Mind, ARAFMI Queensland and Helping Minds WA in a research project on Education Modules and the NDIS for carers.

We continue to engage with our statewide mental health services through regular regional *Conversations with Carers* sessions.

We have strengthened our relationship with MHCA and hope to serve mental health carers from a State and National platform in ways that meet carer needs and support carers to maintain their valuable and critical role.



Mental Health Carers Arafmi Queensland

MHCA Arafmi Queensland continues to be recognised as the peak body in Queensland for mental health carers. They represent carers and consumers at a number of Queensland Government advisory, policy, consultative and program implementation committees. Arafmi Queensland, in partnership with Aftercare, was proud to be the joint recipient of the 2016 Queensland Mental Health Week Achievement Award for a medium to large not for profit for their 2016 carers retreat. Since 2014, Aftercare and Arafmi Inc. have partnered to deliver support services to family, friends and carers of people experiencing mental illness. The retreat provided carers with an opportunity to connect with other carers, receive a range of information, and participate in many self-care activities.

The 2nd annual 'Standing Beside You' carers forum was held at the Brisbane Exhibition and Convention Centre during Carers Week, with over 150 people attending for a day of information and fun.

The long serving Arafmi Qld Chief Executive Officer, Marj Bloor retired in July 2017, after 18 years of dedicated service to the organisation. Marj's legacy will be long remembered as Arafmi moves into navigating the complex challenges of the NDIS, and can only benefit from the exceptionally strong foundation she has laid for the organisation.



HelpingMinds - WA

HELPINGMINDS CELEBRATES ITS 40TH ANNIVERSARY

In recognition of 40 years of service to the community, HelpingMinds hosted a gala dinner in November 2016 to recognise the efforts of carers who look after family or friends with a mental illness in the community. Stakeholders involved in the organisation over the past 40 years, including members of the Board who have given so much of their time to help govern the association were in attendance along with many important guests; the carers who look after their loved ones each day.

NEW WEBSITE

Following on from the HelpingMinds rebrand, the refreshed website was launched at the end of January to appeal to a much wider audience.

SPIRIT PROJECT

There has been a terrific connection with our HelpingMinds Spirit project program.

This program is helping us embed our organisational values in our daily work.

EXHIBITIONS, CONFERENCES AND PRESENTATIONS

Throughout the year HelpingMinds has raised its profile by exhibiting and presenting a number of conferences including the TheMHS conference in New Zealand, Mental Health Conference in Perth, Suicide Prevention Conference in Canberra and a wide range of mental health conventions in Sydney. HelpingMinds also hosted their own event in March launching *The economic value of informal mental health caring in Australia*, which has resulted in strengthened partnerships with a number of key organisations and politicians.

MEDIA COVERAGE

A number of radio interviews have taken place across Western Australia, all highlighting the value of carers and raising HelpingMinds profile.

ONLINE SUPPORT / EDUCATION

An innovative online support program called 'Recovering our families' designed to support the recovery from mental health challenges was launched. The program is specifically designed to aid families struggling with emotional pain, whether that is a result of psychiatric diagnosis, undiagnosed extreme emotional distress, or addiction issues. Feedback from users has been positive and we are exploring the possibilities of making other HelpingMinds programs.



Mental Illness Fellowship of Australia (MIFA) - NT

Throughout the year MIFA(NT)'s has been further developing our Early Intervention Children and Youth programs and together with our Carer Support and Consumer programs, we now have the ability to support people across their lifespan. This allows us to provide intervention's from an early age to prevent mental illness occurring, as well as support for carers and those living with a mental illness.

A highlight for MIFA(NT) this year has been the opening of our Tennant Creek site which has also enabled us to provide services within Barkly (Central Australia) at Elliot and Ali Curung, which together with our Alice Springs and Darwin regional sites enables MIFA(NT) to provide support to people living across much of the NT.

Our Carer programs this year have provided help, support, advocacy, education and respite and in doing so we have seen a positive increase in the health and wellbeing of participants who access our service.

Mental Health Carers Australia have been at the forefront of advocating on behalf of people caring for someone with a mental illness to ensure that the NDIS will be responsive to Carers needs. As the last state/territory to roll out the NDIS, the NT is hoping for a positive outcome for Carers brought about by this advocacy, prior to the NDIS roll out in July 2018.

Our partnership with Mental Health Carers Australia allows us to utilise support and share information at a national level. The national launch of *The economic value of informal mental health caring in Australia* was launched in the NT at Parliament House and hosted by Hon Kezia Purick MLA. This report highlights the non paid work that people caring for someone with a mental illness do and the reasons that people continue to need support. The report acts as a valuable advocacy tool both nationally and in the Territory.



Mental Health Carers NSW

This year Mental Health Carers NSW Inc. (MHCN) has continued to develop its internal capacity as a peak advocacy body for mental health carers in NSW.

Mental Health Commission NSW funded a review of MHCN and our partner organisations, *Being* (NSW consumer peak) and *Way Ahead* (Mental Health Association of NSW). It found that we had been undertaking our role well through our advisory committees and policy work and that the Collective Purpose collaboration had enhanced the capacity and efficiency of all three organisations and identified some areas for further development. Our 'Older Persons', 'Younger Persons', general 'Carer' and 'Alcohol and Other Drug Peak Advisory Committees', were found to be effective in gaining lived experience advice from carers and carer support workers. These committees were instrumental in informing policy positions and advising on projects over the course of the year.

We continued to support the Family and Carer Mental Health Program Steering Committee and helped play a key role in the review of the program Framework, the revised version of which is now being approved by the NSW Ministry of Health. We also supported the Elder Suicide Prevention Network, the Australian Campaign to End Loneliness collaboration project, as well as continuing to support the Inner City Recovery Network and the CADRE training they support.

Our Carer Support Worker Forum trialed a different format with questions being posed to the presenters by carers prior to the event and the whole thing being filmed (except for the Young Carer Panel at their request) and posted on the website. The presentations focused on practical issues for carers and carer support workers.

We also hosted very useful NDIS Carer Forum in February and helped key carer volunteer Peter Heggie develop the a template for the carer's statement to record the carers needs and those of the person they care for. This proved to be very popular and been widely adopted.

Our own 'Users Guide to the NSW Mental Health System' has also proved popular as has our delivery of Youth Mental Health First Aid and other carer oriented training.

Our website and various resources including informative pamphlets and position statements continue to be developed and updated with advice from our Peak Advisory Committees, and we look forward to another productive year in 2017-2018.



Mind Australia Limited

Over the last year, Mind has continued to work to implement its Family and Carer Strategy, introducing a carer warmline, a carer brief assessment and carer champions into many of our services. The warmline and brief assessment offer people who are caring for someone who is a client of a Mind service the opportunity to consider their own needs, and find ways of getting their own support. These build on our existing platform of activities to engage with and support carers, as well as the funded carer services we offer.

In March this year, we launched a major report that we commissioned from the University of Queensland, *The economic value of informal mental health caring in Australia*. For the first time ever, we are now able to attach a monetary value to the contribution that mental health carers make to the Australian economy. The report finds that the replacement of care provided by families and friends would cost the government \$13.2 billion, demonstrating beyond doubt the enormous value that carers give. The report has attracted considerable attention from policy-makers and other stakeholders in the mental health system. We have an ongoing strategy, including collaboration with MHCA, to advocate for continued services and supports for carers.

Our Strategy Plan 2016-2020 included the goal, 'Influence for social change'. Families and carers are one of the two priorities for our advocacy. To help achieve this goal, the Mind Board agreed to fund a five-year dedicated advocacy program. Led by Dr Sarah Pollock, this program builds on our existing advocacy on the value of care and is focusing on paid work and unpaid care.

The third component of Mind's commitment to families and carers comprises the projects funded by the Mind Carer Development Fund. The Fund is an important source of financial support for projects and activities to further the implementation of the *Practical Guide to Working with Families and Carers of People with a Mental Illness*. In the last year, the fund gave out over \$300,000 to various organisations to: undertake demonstration projects on Guide implementation in different mental health service settings; develop online library (website) for materials to support Guide implementation; and, develop a suite of training modules aimed at families and carers for use in the NDIS. All these projects are well underway and due for completion this year.



Our Board



Patrick Hardwick, Western Australia, President

Patrick is passionate about enhancing services for carers and families and advocating their rights and needs. He wants to see a cultural change where services and other take a more family centred approach to treatment, discharge and support. Patrick is Deputy Chair of the Private Mental Health Consumer Carer Network (Australia), Director of Mental Health Australia, President of HelpingMinds and a member of the National Mental Health Consumer and Carer Forum.



Bronwyn Russell, Northern Territory, Vice President

Bronwyn has degrees in Psychology and Biology, and a Graduate Diploma in Management. She is mostly retired and works as a counsellor in Reproductive Medicine and casually as a tour guide for cruise ships in Darwin. She is President of Mental Illness Fellowship Australia (NT), Treasurer of MIFA, Trustee of Psychosis Australia and an ordinary member of Mental Health Carers Australia.



Kristine Havron, New South Wales, Secretary

Kristine is the Secretary of Mental Health Carers Australia and a member of Mental Health Carers NSW. Kristine has been a carer for 20 years and has a long association with Mental Health Carers NSW as President for 2 years, Secretary for 2 years and ordinary member for 2 years and is now again an ordinary member. She currently represents MHCAA on the National Mental Health Consumer and Carers Forum.



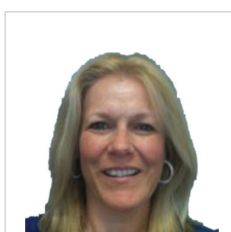
Jeremy Coggin, Victoria, Treasurer

Jeremy is a business strategist passionate about leading and delivering change which grows businesses. He is a multidisciplinary professional with expertise and qualifications in business, digital design and facilitation. He has over 17 years of corporate experience in both agency and in-house management consulting roles leading and managing transformation across multi-channel value chains supported by an Executive MBA. Jeremy is currently Business Planning Manager at CPA Australia and a Non-Executive Director of Mind Australia Limited.



Jean Humphrey, Queensland

Jean has been a Board member of Arafmi Queensland since 1999 and held positions of Treasurer and Vice President. She has previously been the Qld carer representative on the National Mental Health Consumer & Carer Forum and has held the positions of Deputy Co Chair and Ordinary Executive member.



Sonia Cook, Tasmania

Sonia holds several Board positions and memberships across the mental health and community service sectors. She has extensive management and leadership experience within both private and public organisations. She holds a Masters degree in Business along with qualifications in Counselling, Community Sector Management and is a qualified teacher. Sonia has a particular interest in supporting and advocating on behalf of mental health consumers and carers.

Financial Statements

PROFIT AND LOSS

1 July 2016-30 June 2017

TOTAL			
Income	Actual	Budget	Var \$
Nat Project Funds	90,500.00	89,000.00	1,500.00 ↑
Membership Fees	4,292.00	5,000.00	708.00 ↓
Bank Interest	631.55	400.00	231.55 ↑
Total Income	95,423.55	94,400.00	1,023.55 ↑
Less Expenses			
Face to Face Meeting	13,871.49	12,000.00	1,871.49 ↑
Bank charges	37.27	-	37.27 ↑
Misc MHCAA Costs	2,082.86	1,200.00	882.86 ↑
Insurance	2,264.00	2,250.00	14.00 ↑
Consultancies	-	4,000.00	4,000.00 ↓
Travel & Accommodation	12,078.00	13,000.00	922.00 ↓
Teleconference Cost	962.68	-	962.68 ↑
Employment Expenses	63,851.83	63,880.00	28.17 ↓
Printing & stationery	396.23	-	396.23 ↑
Helpline	1,010.92	-	1,010.92 ↑
Website	368.24	-	368.24 ↑
Total Expenses	96,923.52	96,330.00	593.52 ↑
Operating Profit	-1,499.97	-1,930.00	430.03 ↑
Net Profit	-1,499.97	-1,930.00	430.03 ↑
			22.3% ↑



BALANCE SHEET

1 July 2016-30 June 2017

Assets	TOTAL
Current Assets	
Cheque account	104,750.95
Total Current Assets	104,750.95

Liabilities

Current Liabilities	
Accrued Expenses	20,546.96
Income in advance	43,000.00
Suspense Account	-18.00
Total Current Liabilities	63,528.96

Total Liabilities	63,528.96
--------------------------	------------------

Net Assets	41,221.99
-------------------	------------------

Equity

Retained earnings	41,221.99
Total Equity	41,221.99

