



Royal Far West
Children's health, country-wide

Annual Report **2017/18**

Our Timeline



- 1924

Reverend Stanley Drummond from Cobar conceives the idea for the Far West Children's Health Scheme while recuperating on the beach at Manly.
- 1925

58 children attend the first Far West seaside camp. Dr George Moncrieff Barron offers medical help free of charge and Far West evolves into a health care provider.
- 1931

The first Rail Clinic Car is established as a mobile baby health clinic on the Bourke, Cobar and Brewarrina lines.
- 1932

The first aerial baby clinic flight takes off to Bourke, Louth, Wanaaring, Yantabulla and Fords Bridge.
- 1934

The Port Macquarie Op Shop opens and raises funds to bring children to Far West in Manly.
- 1935

Aviatrix Nancy Bird flies clinic sisters to remote outstations in her Gipsy Moth.
- 1935

The first mobile Dental Clinic attends to 500 children and travels 2,500 miles at a time.
- 1935

100 Branches in outback NSW are raising funds for the Far West Children's Health Scheme.
- 1938

The Far West School opens 3 August 1938.
- 1945

The outbreak of polio leads to the establishment of an in-house Splint and Surgical Boot-Making Department.
- 1948

Announcer Betty Muzyczuk becomes Radio Station 2PK Parkes Sunshine Club's familiar voice and face, raising significant funds for Far West.
- 1965

Services expand as Mobile Car Clinics are introduced to support the Rail Car Clinics.
- 1970

Queen Elizabeth II and Princess Anne visit, resulting in the granting of the official prefix 'Royal'.
- 1987

The introduction of Medicare leads to the beginning of aged health care alongside our children's health services.
- 2010

After 20+ years as an aged-care provider the focus returns to children.
- 2011

New service programs are launched, including enhanced clinical services for children with complex needs.
- 2011

The Royal Far West / Ronald McDonald Health Care Mobile takes to the bush for early childhood screenings.
- 2013

The 'Telecare for Kids' program begins, providing video-conferencing health services into remote communities.
- 2015

Our work extends into remote Queensland and Fitzroy Crossing in Western Australia. Our new Windmill disability program is launched.



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Parents, Health Professionals,
School Principals & Teachers

If you believe a child in your care or in your community needs our help, please go to the 'Programs' section on our website or call our Client Services team.

External Audit
Conducted by Stewart Brown & Co.

ABN:
37 821 970 819

This Annual Report covers the period 1 July 2017 until 30 June 2018.

Cover photo © Michael Amendolia 2018

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Our Story

The need

Geography should not be a barrier to services or a cause for disadvantage, yet children living in rural and remote areas of Australia are up to five times as likely as children living in urban areas to have challenges with their developmental health, and greater difficulty getting the services and support they need.

*Right now up to
300,000
children across rural
and remote Australia
have health and
developmental needs
that can't be met
because of where
they live.*

NSW Health reports that 32% of rural children can't access the services they need.

Lack of access to services creates systemic barriers to optimising health and wellbeing outcomes, so children and families affected by health and learning challenges who live in rural areas are doubly disadvantaged, with life long implications.

Despite its critical importance, childhood development does not get the attention or investment it deserves.

The physical, emotional and social development attained in childhood sets a trajectory for long-term outcomes in health, education and wellbeing. Delays or vulnerabilities in development are linked with poor educational outcomes, disability, chronic mental health problems and a higher risk of unemployment, personal relationship difficulties, contact with the criminal justice system, and homelessness.

With more than 1 in 5 children across Australia starting school with a significant developmental vulnerability and 1 in 7 children and adolescents experiencing a recent mental health condition, it is clear that too many children are falling through the cracks of our national health and education systems.

Access to the right supports at the right time can reset the trajectory for children living in rural and remote areas with developmental challenges. This is where Royal Far West comes in.

1 in 3
children in country areas
cannot access
the
health support
and services they need

1 in 5
children in Australia are
developmentally
vulnerable*
on one or more domains in their
first year of school

42%
of
Indigenous children
are
developmentally
vulnerable*
on one or more domains

**Allied health
workers
in rural and remote areas
serve a
population
of at least
5 times greater
than their metropolitan
counterparts**

*Children who score in the bottom 10% of the Australian Early Development Census (AEDC) are developmentally vulnerable. Australian children living in rural and remote areas are more likely to be developmentally vulnerable, and the gap between urban and rural children is widening.

Highlights



Last
year we
supported
8,258

children, parents and carers, educators and health professionals through our multidisciplinary services provided in our dedicated centre in Manly, via Telecare into schools and homes, and through community-based programs.

45% 
increase in
services & support
since 2016/17



Partnering with
NSW Department of Education to

trial

Royal Far West's

Virtual School Counselling

*The Invisible
Children*




Launch of
**'The Invisible Children'
report** 
on the state of children's
developmental health in Australia

Quality 
and Safety
- renewal of four year ACHS accreditation against
EQIP National Standards
- Capacity Building NESA accredited for NSW teachers

Growth 
in Telecare

in partnership with Primary Health Networks (PHNs)
and Catholic schools to enhance mental health and
other allied health services for children

7.5m 
**people
reached**
through earned media

Strategic
partnership
with
Charles Sturt 
University

\$1.3m 
grant
awarded from
NSW Department of Industry
to upscale our disability services



Launch

of
**new
brand**

Children's health, country-wide



2018
Ride for Country Kids
Lightning Ridge to Bourke
Best Ever
voted by riders



Who we are

Royal Far West connects Australian country kids to the developmental care they need.

We are one of Australia's oldest and most respected charities, established in 1924. We consistently adapt to meet the changing health needs of children and families living in rural and remote communities. We work in partnership with families, schools, healthcare providers, local government and community groups to create services and solutions that respond to the complexities of country life. We offer health, education and disability services for country children and their families:

- through our Centre for Country Kids in Manly,
- virtually via Telecare,
- in local communities through our Healthy Kids Bus Stop.

We help country children overcome developmental challenges by delivering truly integrative solutions that are tailored specifically to their needs. We firmly believe that every Australian child has the right to the health, education and developmental care that will help them unlock their potential, wherever they live, and give a strong voice to this message. We boldly go where 'the system stops', to wherever we are needed, and use technology to ensure that no community is beyond our reach.

Our mission is to improve the health and wellbeing of children and young people who live in rural and remote communities.

Sharon Walsh - St Augustine's Narromine:

"The Telecare sessions have been a great addition to the children's therapy. They love that they can do it at school. As teachers and school staff we have learnt so much through being involved in Telecare, we are so appreciative."

We help children with health and developmental challenges including:

Autism

Attention deficit and hyperactivity disorders

Anxiety & major depressive conditions

Behavioural & conduct disorders

Speech & language delays

Intellectual Disability & Global Developmental Delay

Early life trauma

Foetal Alcohol Spectrum Disorder (FASD)

We also work with parents, carers, health and education professionals to build their capacity in managing children with complex challenges, and empower teachers to better support preschool or school-aged children experiencing developmental challenges.



Looking to the future

In 2017/18 we continued our growth and evolution to address the ever-increasing need for specialist services for country children. Since 2012, Royal Far West's services have increased tenfold, with plans to grow the reach and depth of our programs even further over the next few years.

This year we supported over 8,000 people across rural and remote New South Wales, Queensland and Western Australia through our specialist multidisciplinary health, education and disability services. We provided services directly to over 3,000 children and strengthened the skills of thousands of parents, educators and health professionals to better support the children in their care.

Our role as a champion and advocate for country kids was lifted this year with the launch of the 'The Invisible Children' Report and our Town Hall Series which allowed us to engage with communities across country NSW around the factors impacting their children's development.

With the opening of the Royal Far West Centre for Country Kids in Manly on track for December 2018, we will be able to offer our country families a state of the art, truly integrated health, learning and wellbeing experience like no other. The new Centre will double our Telecare and consultation facilities and allow us to expand our workforce. This is a major step change for Royal Far West and positions us well to reach our 2020 strategic goals.



We will continue to support children with complex needs through the Paediatric Developmental Program at the Centre For Country Kids, remotely through Telecare, in community with the Healthy Kids Bus Stop, and at camps.

With the support of the NSW Department of Industry, we are planning major growth in our unique and award-winning disability service, Windmill. We will offer a combination of face to face services in Manly, remote services via technology and in community services tailored to the needs of our NDIS clients.

Royal Far West generates precious funding from a combination of sources – Government grants, private donations, corporate partnerships and philanthropy, that helps us achieve outcomes for children and families living in rural and remote areas across Australia. To continue to expand our reach and meet the unrelenting demand, continued and growing support from our existing and new friends will be key to our success.

Donate now at
www.royalfarwest.org.au



Message from

His Excellency General The Honourable David Hurley AC DSC (Ret'd)
Governor of New South Wales

In my fifth year as Patron of Royal Far West, I admire more than ever the strength and determination of this 94-year-old charity to improve the health and wellbeing of country children and their families.

In September 2017, it was my honour to launch *The Invisible Children, The State of Country Children's Health & Development in Australia*. This ground breaking report, authored by Royal Far West and based on research from the Centre for Community Child Health, recorded that 1 in 3 Australian children in rural areas are not receiving the healthcare they need, impacting their education, their social skills, their families and their futures.

Clearly, the work of Royal Far West is vital to the wellbeing of the regional and remote communities of New South Wales.

Today, Royal Far West is our State's only charity that specifically delivers services for country kids and families with complex health and developmental needs, through a combination of residential, remote and collaborative programs, and the resources of the specialist paediatric staff at the centre in Manly.

In addition to these programs, delivering integrated health, education and disability services through technology is opening up new avenues to reach remote Australian families. In December 2017, I announced the Royal Far West Partnership with Charles Sturt University marking the beginning of a 12 month research and development project that will build a business case for a National Paediatric Telecare Service.

On behalf of the people of New South Wales, I thank Royal Far West for continuing to look out for the health and wellbeing of children and young people living in the rural and remote areas of our State.

General The Honourable David Hurley AC DSC (Ret'd)
Governor of New South Wales

Government House, Macquarie Street, Sydney NSW 2000
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From our Chairman & CEO



Chairman
Joan H Trewееke OAM

The 2017/18 year was a truly transformative one for Royal Far West, consolidating our position as a unique and expert provider of integrated health and education services for Australian country children and families. We supported more people than ever before thanks to the unrelenting generosity of the Australian people. More than 8,000 children, parents, carers, educators and health professionals received our support - through our multidisciplinary services at Manly, via our Telecare and through our community-based programs such as the Healthy Kids Bus Stop.

- We went once again to some faraway places, including Yiyili Aboriginal Community School in the West Kimberley region of Western Australia to deliver Telecare for Kids.
- We greatly improved awareness and understanding of the state of children's developmental health through the launch of our publication *'The Invisible Children'* Report in September 2017, based on commissioned research undertaken for us by The Murdoch Children's Research Institute.
- We excitedly watched our \$41m Centre for Country Kids take shape, confident that this purpose-built Centre, combining our specialist paediatric health services with the Royal Far West School, will enhance our ability to improve the lifetime trajectory of future generations of country children.
- We welcomed two new Board members, Ms Sheridan Dudley and Mr Steven Grundy, and farewelled Mr Richard Hattersley, whose prudent stewardship of our investments over his five year tenure was deeply appreciated. The implementation of a Board Governance Charter and Manual to support our Constitution was also a major achievement

in seeking to strengthen our governance practices.

- We achieved EQUIP National accreditation against the National Health Standards for another four year period.
- We became a fully accredited provider for our 14 Royal Far West specialist training programs under the NSW Education Standards Authority.

We enjoyed valuable time with our good friends and partners in the NSW Government. Special thanks must go to Ministers Brad Hazzard, Rob Stokes, Sarah Mitchell and Melinda Pavey; our Parliamentary friends Stephen Bromley, Thomas George and Leslie Williams; and the Deputy Premier John Barilaro.

Despite the great strides forward and the significant increase in 2017 in the services we delivered deep into rural and remote communities, the demand for our services grew exponentially. We noticed an increase in the complexity of conditions of many of the children seeking our support. This demand has put significant pressure on our psychiatry and mental health services. We are looking for ways to be able to invest more heavily in our mental health workforce in the coming year with the help of our supporters.

More needs to be done, and we can't do it alone.

We're working hard to shine the light on children's developmental health nationally and the compelling reasons for investing in early childhood. We are giving voice to the nationally important issue of reducing childhood vulnerability, especially for people living in rural Australia. The inequity for country families continues. Corporate, government and philanthropic partnerships are key to enhancing that voice and ensuring it is heard.



CEO
Lindsay Cane

We thank our friends in State and National Governments who have recognised the critical regional infrastructure that Royal Far West represents, despite being located in urban Manly. Our business model allows us to be a critical part of all regional communities, working to strengthen the resilience and wellbeing of country kids and communities.

A significant portion of our work is made possible through generous and targeted funding from foundations and philanthropists, and we wish to warmly thank our friends at the CAGES Foundation, Thyne Reid Foundation and Findex Community Fund for their special contributions to the work we do for country children and families.

It is our delight to thank so many wonderful people, including our Patron, His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of NSW and the inspirational and effervescent Mrs Hurley, who are strong supporters of our cause and whose voices loudly resonate for country kids and rural communities.

Together, we warmly thank our Directors and staff for their collective drive, passion and relentless pursuit of great solutions for country children. We thank our committed volunteers and our generous supporters for their constancy and their belief in being able to make a difference in the lives of many Australians.

Royal Far West has a rich history and an exciting future, breaking new barriers, entering new markets and reaching across the nation to give every country child the best chance in life. No distance is too far to help make the lives of country kids and families more enriched, resilient and joyful.

Joan H Trewееke OAM, Chairman

"In my first year as Board Chairman, working closely with our trusted CEO of seven years, Lindsay Cane, I was pleased to lead a Board that proudly and bravely supported significant and deliberate investments of capital to increase our fundraising capacity and our clinical workforce to ensure future growth, sustainability and quality improvement of our organisation."

Lindsay Cane, CEO

"The children we help don't have a chronic illness as their primary problem. They are children with potentially correctable developmental disorders; problems that if untreated, can progress into a lifelong disorder."

"I want to put a name and a number to this problem, because while it is invisible, society doesn't have to do anything. But when we name it and shape it and put a measure to it, we can address it and find solutions for our valuable but vulnerable children."

Excerpt from 'The Invisible Children' Report 2017

Our core programs

Paediatric Developmental Program (PDP)

The PDP is a benevolent multidisciplinary health service for children with complex developmental concerns and their families from rural and remote NSW who cannot access the local services they need.

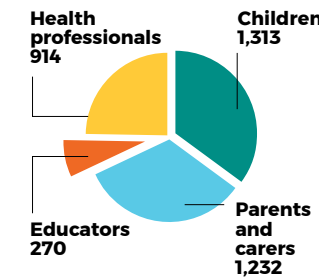
The PDP is a specialist service with expertise in supporting complex families, providing trauma-informed care and family-centred practice. This program is a proud partnership between NSW Health and Royal Far West.

This year the focus has been on responding to the increased demand for this service and the increased complexity of children and families needing our help. Waiting lists are increasing, triggering a redesign of this critical program.

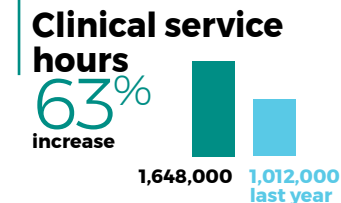


A typical PDP child is a 9 year old male with mental health needs, who has had 3 visits to Manly

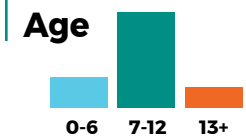
People supported
3,729



Client Sessions
7% increase
11,410
10,703 last year



175 Postcodes



Male
75%

Telecare for Kids

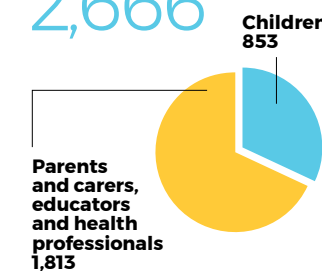
This award-winning program connects country children with specialist assessment, therapy and local capacity-building via videolink from their schools, homes and clinics.

Telecare for Kids is growing rapidly, expanding into more schools and homes. This year we delivered our first sessions in WA and overall supported more than 100 schools and preschools with an increased emphasis on building the capacity of parents, teachers and early educators.

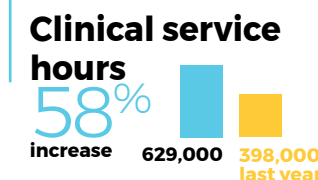


A typical Telecare child is a 9 year old male accessing weekly Speech Therapy blocks at school

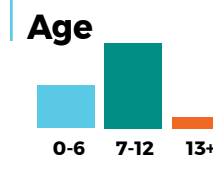
People supported
2,666



Client Sessions
38% increase
6,964
5,036 last year



126 Postcodes



Most growth
Mental Health
106% increase
now 33% of services

Male
58%

102 Schools
75 last year

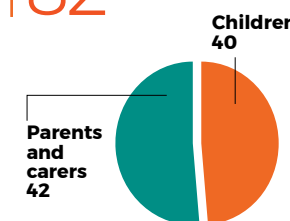
Windmill

Windmill is our innovative disability service dedicated to children aged 2-12 from rural and remote communities. In addition to our intensive early intervention therapy blocks provided in Manly, the program utilises Telecare to reach children in their homes and schools.



A typical Windmill child is a 5 year old male with Autism Spectrum Disorder

People supported
82



59,000 Service hours

505 Client Sessions

Male
85%

31 Postcodes



A typical child receiving oral health care is a 6 year old girl accessing for comprehensive examination, scale and fluoride.

Oral Health

Our oral health service includes dental check-ups, oral health education and minor treatment.

Our philanthropic Orthodontic program continues to operate for children with malocclusions and other significant challenges.

People supported
310

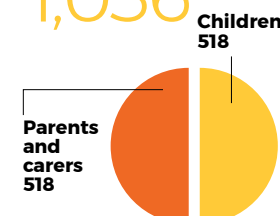
Healthy Kids Bus Stop

Delivered in collaboration with Ronald McDonald House Charities, Local Health Districts (LHDs) and schools, our Healthy Kids Bus Stop provides a unique developmental screening service to children aged 3 to 5 years across rural and remote NSW, enabling early identification of issues and a pathway to care so they can start school ready to learn.



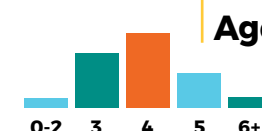
A typical child visiting a HKBS is a 4 year old male with two referrals - Audio and Speech Therapy

People supported
1,036



Bus Stops
10

Assessments
2,647
2,365 last year



80% Referrals given last year 74%

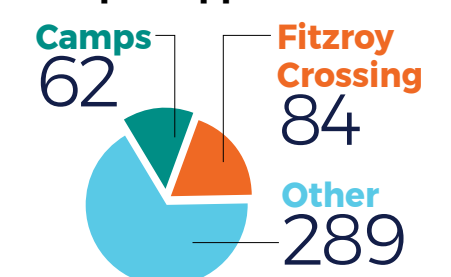
24% ATSI

43 Communities

Male
56%

Other Programs

People supported



Family Study

Andrew's Story

Working with Royal Far West has had a wonderfully positive impact on nine year old Andrew*, who lives with his father Peter and brothers in country NSW.

Referred to Royal Far West by his paediatrician for a multidisciplinary assessment due to possible Autism Spectrum Disorder (ASD), Andrew had a significant language delay, learning difficulties and fine and gross motor skill difficulties. He also had a high level of anxiety, and was struggling to make friends and participate in class. His school reported his language delay was impacting on his learning, on his interactions with staff and students, and on his self-esteem.

Following his assessment at Royal Far West, an ASD diagnosis was ruled out, however Attention Deficit Hyperactivity Disorder (ADHD) was confirmed. Medication was prescribed to support Andrew's concentration, and his father was supported by our expert social work team to access local services to support his son's language development and anxiety, and to enrol Andrew in sport or a recreation activity to increase his social engagement. Peter was also inspired to attend our parenting course 'Tuning into Kids'.

On the family's return visit to Manly, Andrew's father reported that the medication had helped with Andrew's concentration, however they were unable to access local services due to ineligibility and cost. At this point Andrew was provided with a 12-month Royal Far

West Telecare scholarship courtesy of the generosity of the Stephen Dixon Keir Memorial Fund to support his speech, communication and anxiety.

Andrew accessed Occupational Therapy and Speech Therapy. His outcomes included greater engagement within cognitive-based tasks, improved attention levels, more confidence and openness in social settings, and overall he is a happier boy.

Occupational Therapy (OT) with Emily

"Andrew was a shy and timid young boy when he arrived for his assessment in May 2017. He had a tendency to shut down, especially if tasks were too challenging, or in overwhelming environments such as his classroom. This was observed within Andrew's classroom, during a Telecare observation, and also reported by his class teacher."

"In addition to his emotional regulation, other foundation skills were identified as being difficult including core strength and fine motor skills."

"In his weekly Telecare OT sessions, body-based strategies including deep pressure, heavy work and breathing activities were completed to support regulation and additional foundational skills."

"Such activities were also completed at home and recommended for the classroom."

Speech Therapy with Emma

Andrew attended two terms of Telecare Speech Therapy with his father, learning strategies to help him effectively understand and use language.

His 'Speechie' Emma comments, *"I believe his Dad's hard work and Andrew's perseverance with the homework I gave him really helped improve his language skills. It was fantastic to see his progress each week, observing his confidence to engage in conversation, and witnessing his resilience and ability to complete tricky tasks."*

From Andrew's Dad:

"Last year Andrew was in Year 4 but he was working at a Year 2 level... that's how bad it was, that's why we had to put things in place."

"Three quarters of the way through last year everything changed, all due to Royal Far West, especially Andrew's OT. There was a massive, massive difference."

"He enjoys going to school, before it was the complete opposite. Before he had no understanding of what you were saying to him, but now you can see he has understanding of what you are saying. And with the Psychologist he is starting to understand about his anxiety."

"Before he was flying under the radar with his head in his hands on the desk, and now he's up and talking and part of it all."

"Andrew has started soccer ... and there's NO WAY in the world he would have been involved in outdoor sport. It's amazing how things have changed."

*This story has been de-identified to protect the privacy of the family



Spotlight:

Windmill

Disability Services

Windmill is our innovative disability service, offering intensive programs to children aged 2-12 with autism, intellectual and psychosocial disability.

This program offers families the choice of therapies that they can access during a week long visit at our Manly site or via Telecare. Each visit or package is designed by the family and clinical team to meet each child's individual needs.

In 2018 Royal Far West was awarded a significant grant under the Disability Sector Scale Up (DSSU) Business Acceleration Grant Program from the NSW Department of Industry (DOI). The grant will be used to fund the scale up of Windmill, including infrastructure and staff recruitment, enabling increased access for NDIS participants. The scale up will focus on remote communities and Aboriginal families across NSW.

The Windmill program will use our allied health, Telecare expertise and community partners to bring specialist disability services to homes and schools in rural and remote areas.

Building on our intensive service at Manly, we will pilot an extension of our 'Immersion Week' into communities, where our Speech and Occupational Therapists, Psychologists and Special Education staff travel to communities to deliver therapy services, close to home.

Case Study

Diagnosed with Autism, James* and his family had limited therapy near their home in Cobar.

Every fortnight Mum took James out of preschool and her other children out of school to drive for two hours each way for a one hour therapy appointment.

On arrival, James would be exhausted and unsettled, and unable to engage in therapy activities.

Mum said, "By the time I got back I couldn't remember what had been said or recommended; all I could do was dread the next visit".

The family booked into the Windmill Program at Royal Far West in Manly. At the end of the week James had made huge advances in his communication. He was able to use pictures to ask for food items and to play a game. He could also sign "more" and "finished".

James' mum says:

"We were so lost, we felt that the rug had been pulled from under us, and we didn't know where we were going. In just a week we have learnt to communicate with our little boy and found our joy in him again - we will never be able to thank you enough".

*This story has been de-identified to protect the privacy of the family



Spotlight:

Fitzroy Crossing

Marurra_U Partnership

Royal Far West has been working with the Marninwarntikura Women's Resource Centre (MWRC) in the Fitzroy Valley in Western Australia under the Marurra_U partnership since 2016.

Marurra_U is a Bunuba word meaning to embrace and adopt with love and care. The partnership was established to enable a community-led response to the high levels of Foetal Alcohol Syndrome Disorder, Early Life Trauma and other complex needs amongst children and young people in the Fitzroy Valley. It aims to improve support for families from within the community, and connect and enhance services with a focus on a therapeutic response.

In 2017/18, 31 children, 29 caregivers and 20 professionals from across the community were supported through this unique partnership.

Three models were piloted to enhance services and support: a Camp, a Telecare model, and a specialist pathway to Royal Far West in Manly for complex therapy and respite, including trauma intervention.

Fitzroy
Valley core
population
2,800

Kimberly Region
suicide rates
7 times higher
than national average

Yiyili School Telecare

At the beginning of 2018, Royal Far West, MWRC, and Yiyili Aboriginal Community School launched a pilot Telecare model to test the use of technology based services to enhance learning and developmental outcomes for children in school.

Yiyili is a remote Aboriginal community. The School has around 65 students from K - 10, with strong leadership but very limited access to services for study and professional development opportunities for staff.

The pilot involved webinars and interactive professional learning sessions with teachers and Aboriginal educators, aiming to increase knowledge and give access to strategies to support students' developmental needs.

Mid-term evaluation indicates positive outcomes. The next phase of the pilot involves direct therapy sessions with individual children.

The model has been planned and coordinated with the regional Western Australia Country Health Services (WACHS) team.

1 in 5 born in 2001/02 have
Foetal Alcohol
Spectrum Disorder (FASD)
the highest known prevalence globally

1/2 of children aged 5 in Fitzroy
Valley are thought to be
developmentally
vulnerable

Broome Camp

In October 2017, the Marurra_U team hosted a camp for eight families of children with complex needs. A big part of the camp was the opportunity for families to be in a safe space for a week without the presence of violence, drug or alcohol use or humbugging (family members asking for food or money). They were given access to a Speech Pathologist, looking at language development through play, and an Occupational Therapist, focused on motor skills, emotions and self-regulation.

Yarning circles with parents and carers were used to discuss parenting strategies and resilience.

Feedback was very positive. The most significant outcomes included "quality time and connection between parents/carers and children", and "giving strength to the mothers".

Achievements

Trust and positive relationships built between the Marurra_U partners and community

Increased understanding of trauma, child development and therapeutic/support strategies in community

New pathways for families to access services and support

Feedback from families about increased confidence and feeling supported for the first time

Inter-agency engagement supporting children and their families

Research & Evaluation

Royal Far West's long history belies a modern approach to service delivery, capacity building and advocacy. Our research unit is helping continuously improve our services and propel us to the forefront of digital health and innovative service models, providing a foundation for greater impact.

In 2017/18 our research focus has included a number of exciting partnerships:

- A partnership with Southern NSW LHD and Murrumbidgee LHD, funded by the NSW Health Translational Research Grants Scheme, aims to test the feasibility of early intervention for Conduct Disorders via telehealth in rural and remote schools.
- The conclusion of a five-year NHMRC funded project led by Professor Mark Dadds at the University of Sydney testing the efficacy of an online early intervention tool, and a two-year NHMRC funded Translating Research into Practice (TRIP) fellowship, led by Associate Professor Alexandra Martiniuk from the University of Sydney, focusing on the sustainability and value of Telecare.
- Six University of Sydney Masters of Public Health students have undertaken Capstone research placements at Royal Far West, helping us to stay on the cutting edge of research and evidence in our key focus areas, as well as providing an opportunity for real world experience for students.

Key Research Themes

Royal Far West's current research priorities focus on:

- ✦ **Evidence-based services which demonstrate improved outcomes, including Telecare and early intervention for child mental health**
- ✦ **Capacity building of parents**
- ✦ **The impact of trauma on childhood development and developing trauma informed approaches to care**

Royal Far West is determined to continue to explore and ask the hard questions in order to create evidence-based solutions for rural and remote children and communities, who all deserve the same quality service access as urban Australians.



Advocacy

Royal Far West has a critical role to play in connecting country children to the standard of health and wellbeing they're entitled to, regardless of where they live.

At Royal Far West, we believe that all children have the fundamental human right to a high standard of health and wellbeing. We recognise the important role we can play in giving country children a voice, and our aim is to build a strong evidence base on children's developmental health, particularly in rural and remote areas, and demonstrate the impact of targeted interventions in community settings. Our intention is to raise the level of conversation around childhood developmental vulnerability in Australia, to positively influence policy and to inform system-wide direction in rural and remote child health and wellbeing.

In September 2017 we proudly launched 'The Invisible Children' Report, based on research we commissioned from the Murdoch Children's Research Institute. The report highlights the complexity and challenges facing country children and families, the gaps in and fragmentation of services, and the growing disparity in outcomes between children in urban versus rural and remote areas. It also identifies the importance of united government leadership across health, education, disability and social services to reduce childhood developmental vulnerability. Coverage of the launch by our media partner Fairfax Australian Community Media resulted in nation-wide coverage of the report.

To learn more about the state of young children's developmental health in rural and remote New South Wales, we initiated a series of 'Town Hall' community consultations with our partners Fairfax



and Charles Sturt University, inviting community members to contribute to the debate around childhood developmental vulnerability, and to share their particular challenges and opportunities. Hundreds of parents, teachers, health workers, and other community members have participated in these conversations.

Each Town Hall has been very different, but all have provided invaluable insight into their own community's needs, and given us a strong foundation for future advocacy and engagement.

Royal Far West believes that new funded partnerships and service models are urgently required, including sustainable models for private practice providers, collaborative partnerships and a focus on integrated care.

This must be supported by improvements in workforce, infrastructure and connectivity, whilst building and sharing evidence to drive a step change nationally in the use of telehealth models to improve outcomes for children with developmental issues.

'Town Hall' Gunnedah outcome:

The Gunnedah community is working towards bringing our early intervention Healthy Kids Bus Stop program to town, with the target of screening all local children who will be commencing Kindergarten in 2019.

Fundraising year in review

In 2017/18, Royal Far West provided service and support to more than 8,000 rural and remote children, carers, teachers and health professionals across the nation. We plan to support 15,000 people by 2020.

The need for Royal Far West to continue our charitable purpose and specialist work is as vital today as it was in 1924 when we started gifting healthcare. Our ultimate goal is to ensure that all children living in rural, regional and remote communities across Australia are given opportunities to be as healthy and well as they can be to achieve their full potential.

Royal Far West receives funding from a combination of sources – Government, donations, corporate partners and philanthropy – that helps us achieve outcomes for children and families living in rural and remote areas across Australia. To continue to expand our reach and meet the unrelenting demand for our services, continued and growing support from our existing friends and support from new friends will be key to our success.

Being far from help does not mean you are far from hope

In order to achieve our target of supporting 15,000 children, families, teachers and others around a child, it is important for us to diversify and increase our funding in reliable and sustainable ways.

In the last year we successfully grew our fundraising capacity and outcomes across a range of areas.

“Royal Far West is a children’s charity, and like all charities, we rely on the warm and generous financial gifts of donors.”

Chairman Joan H Treweweke OAM

Individual Giving

Demand for our services has grown and continues to grow exponentially. To ensure that we can match that growth we have had to increase our focus and invest in our Individual Giving program by implementing new systems, a new website, growing our fundraising team; and building greater awareness of our brand to grow our donor base.

The early results have been very positive with significant growth of our supporter base across all channels. Website users increased by 93% on the previous six months, social followers increased by 58% and our regular givers grew by an average of 20 per week.

Individual Giving has been an untapped source of revenue for Royal Far West, and over the coming years will be a central focus for us to build our donor and supporter bases so we can help more country kids.

Regular donor Deborah says,

“I’m aware that many Australian country families are doing it tough. I can only imagine how difficult and frustrating it would be when distance and lack of services are just some of the obstacles to your child getting the help they need. That’s why I give a monthly donation to Royal Far West – I feel like I’m helping country kids get a better chance in life, and it makes me feel good too.”

Community Fundraising

The Royal Far West Branches and Op shops have always played a significant role in our fundraising efforts. The long term dedication of our Branch members and volunteers have enabled us to reach out and support so many communities across country NSW throughout our rich history. We are also supported by other wonderful friends in community that aim to help Royal Far West deliver more services to more country kids in need.

This year was no different. Of particular note:

- The incredibly dedicated Port Macquarie Branch, which started raising funds for Royal Far West in 1934, was our top Branch earner this year.
- Quirindi Branch was not far behind. Our long-time friends Liverpool Ranges Harness Club ran their amazing Sulky Drive, attracting 35 sulkies and 45 participants, raising an incredible \$10,239 for our country kids.
- Our tireless Forbes Op Shop was again our top revenue earner, making \$72,000 this year for country kids. They will be celebrating their 80th anniversary next year. Their contribution to helping us gift healthcare in country communities across the Central West is truly remarkable.
- We were fortunate to receive proceeds from the sale of The Australian Firefighters Calendar in The Coffee Club stores across NSW as well as a generous donation from our friends at the Goodwill Op Shop in Brookvale.

Ride For Country Kids 2018



\$627,958
revenue
raised for kids

\$489,147
total
rider fundraising



\$34,600
in
sponsorship



28%
decrease in expenditure
from 2017 RFCK



11.6%
increase in net return
from 2017 RFCK



Community Engagement highlights

Opening night in the Lightning Ridge Opal Fields with a showing of Spark, a cinematic celebration of Lightning Ridge and a talk by Royal Far West parent Belinda Butler and her daughter Victoria.

Sleeping under the stars at Merriman Station, Brewarrina. The camp sites with fires and swags were set up by Clontarf Academy students, eight of whom then rode with the group from Brewarrina to Bourke. An amazing experience for the Clontarf students and riders.

The finale at Bourke Public School with all the riders welcomed by the school children and sharing their bikes to the delight of both the children and the riders.

"Any engagement with the local community is special and valued, but meeting the families who benefit from Royal Far West drives home the reason we need to raise the money."

Rider, 2018

Government, Business & Philanthropy

This year we have experienced another step change in the level of support from the NSW Government, business and philanthropy. These funding streams are critical to our growing footprint and support the depth of our evidence base around outcomes and impact in rural and remote communities.

Highlights

- Securing a \$1.3m Disability Service Scale Up grant from the NSW Department of Industry to support growth in infrastructure and workforce for our Windmill disability program
- A \$5.1m capital contribution from the NSW Department of Industry for completion of the Centre for Country Kids and our vehicle fleet for outreach and client transport services
- A strategic partnership with Charles Sturt University to support the creation of a business case for a National Paediatric Telecare Service
- A strategic partnership with Fairfax Media to support building awareness around the state of country children's developmental health through our Town Hall series and support for our Brand Campaign - 'Tin Can Telephone'
- Funding from the CAGES Foundation for our work in Bourke as part of the Marangnuka Justice Reinvestment project
- Funding from the Thyne Reid Foundation to support the delivery of clinical psychology services using technology
- A significant capital contribution from Sargents Charitable Foundation to support the Oral Health Unit in the Centre for Country Kids
- Growth in Telecare in partnership with Primary Health Networks (PHNs) and Catholic schools to enhance mental health and other allied health services for children

CAGES Foundation's grant provided funding for two Healthy Kids Bus Stops this year.

Tanya Jackson, General Manager of the NSW Division of General Practice and a key provider of staff for the HKBS, commented, "It was a pleasure to work with the Royal Far West team, the Bourke and District Children's Services and other Health providers to assist in the roll-out and screening of the Bourke Healthy Kids Bus Stop."

"All feedback received has been of a very positive nature and further reinforces the need for our small rural and remote communities to have equitable access to Allied Health, Audiometry and Nursing services on the ground. The participation in this event by local clinicians was very pleasing and further promotes opportunities for collaboration and partnerships between services as well as forming trusted relationships with children and their families."

Corporate Governance

Our Board

Directors



Mrs Joan H Treweeke OAM, LLB (Melb)
Chairman (elected October 2017)



Mr Michael Gill MAICD
Vice Chairman (elected October 2017)
Chair Nomination, Governance & Remuneration Committee
Investment Committee Member



Mr Mark S Drummond
Treasurer (elected December 2017)
Chair Audit, Risk & Compliance Committee
Company Secretary (January 2018 to April 2018)



Mr Richard H Hattersley
Chair Investment Committee until resignation
(30 June 2018)



Mr G Richard Barron
Dip. Technology (Building), AIPM
Immediate Past Chairman 2005 to October 2017



Mr Ted Waters BSc (Math), BA (Economics),
Teaching Certificate, MBA
Investment Committee Member



Mr Peter J Veenstra OAM, B.A. (UNE) MAICD
Nomination, Governance & Remuneration Committee Member



Ms Sheridan H Dudley BA, LLB, DipCrim (Melb),
MAdmin (Monash)
Audit, Risk & Compliance Committee Member
(since February 2018)
Nomination, Governance & Remuneration Committee Member (since February 2018)



Mr Steven Grundy FAIM, MAICD
Audit, Risk & Compliance Committee Member (since February 2018)

Royal Far West (ABN 378 219 708 19) is registered as a company limited by guarantee and not having a share capital under the provisions of the Australian Charities and Not-for-Profits Commission Act 2012. All Directors are Non-Executive Directors who receive no remuneration for their services.

The Board of Directors is responsible for setting the short and long-term strategy for Royal Far West. The powers and duties of the Directors are set out in the Constitution of Royal Far West.

The implementation of the strategy and the day-to-day management of the organisation is formally delegated by the Board to the Chief Executive Officer and her Executive Team.

The Board has established committees to allow detailed consideration of complex issues. In addition to Directors, membership of these committees includes non-Directors with relevant skills. The outcomes of committee meetings are presented at the next Board meeting.

The financial summary is an extract from the annual financial report as prepared by our auditors Stewart Brown & Co.

Directors' Meetings

Number of meetings held:		7
	Number of meetings attended	Number of meetings eligible to attend
Director's Name		
Mrs Joan Treweeke OAM (Chair)	7	7
Mr Michael Gill (Vice Chair)	5	7
Mr Mark S Drummond (Treasurer)	6	7
Mr G Richard Barron	7	7
Mr Ted Waters	4	7
Mr Peter J Veenstra OAM	7	7
Mr Richard Hattersley	7	7
Ms Sheridan Dudley*	2	3
Mr Steven Grundy*	3	3

*Appointed to Board February 12, 2018

Executive Team



Lindsay Cane
Chief Executive Officer



Katherine Burchfield
Health Director



Jacqui Emery
Business Director



Lisa Richardson
Operations Director and Company Secretary

Financial summary

In 2017/18 the Royal Far West business operations had a strong growth focus, with the Board approving a significant investment in delivering more services to a greater number of children and families in need. This meant we went into the year knowing we would generate a deficit at year-end, but knowing also that this decision sits within our larger plan to grow our reach and grow our funding, such that we are able to serve 15,000 people and return to surplus beyond 2020.

Of the final year \$3.8m deficit, \$2.1m was for our planned investment in people and infrastructure to deliver services and a further \$0.4m was non-cash depreciation. \$1.3m was unplanned as a result of reduced investment income following the mid-year transfer of Royal Far West's investment portfolio, combined with the loss of a substantial bequest due to a legal challenge.

The investment in people and services continues to increase Royal Far West's impact in terms of growing the number of children and families we are able to support, while the investment in our brand and fundraising capability is driving Royal Far West towards a financially sustainable future.

The 2017/18 year had a high degree of extraordinary financial activity due to the construction of the new Centre for Country Kids (CCK) in Manly. After all extraordinary transactions were accounted for, including the sale of our tightly held Royal Far West House on South Steyne to part-fund the new Centre, a net surplus of \$27.8m was recorded for the financial year. This surplus was derived from \$31.6m in exceptional revenue and expenses, largely being from contributions to the CCK construction, which were offset by a planned operating deficit of \$3.8m for the year.

Of the \$31.6m in exceptional revenue and expenses, \$24.3m was for CCK construction funding and \$8.3m was the realised gain in the book value of Royal Far West's financial investments crystallised by the transfer of the investment portfolio to a new investment manager mid-year. These capital gains were offset by a one-off \$1m increase in depreciation to write-down the residual value of the assets relating to the existing Medical Centre in Manly to \$nil.

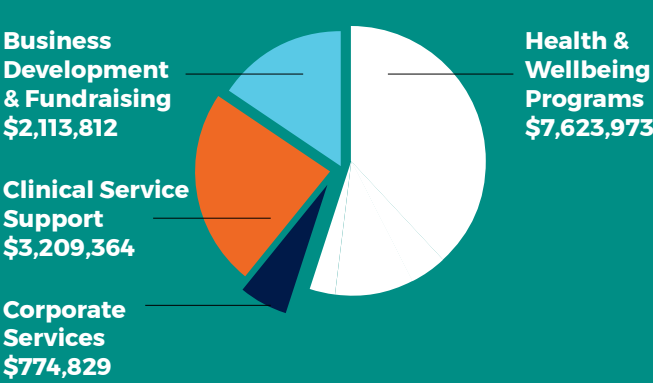
Construction of the new Centre has been funded through a combination of State and Federal Government grants, philanthropic donations and Royal Far West contributions, including the proceeds from the sale of Royal Far West House. These generous contributions have meant that no debt funding has been required for the new building.

The capital investment in the CCK is now almost complete. In the coming year and beyond, the Board and Executive's focus will now return in full, to delivering, growing and funding our services and the people who deliver those services. We will strengthen our own fundraising capabilities and will engage more friends and partners to help us address the seemingly irrepressible challenge of supporting country children with complex needs and their families, no matter where they live.

How our funds are sourced



How our funds are invested



Statement of Recurrent Revenue

	2018	2017	2016
	\$	\$	\$
Grant from NSW Department of Health	3,802,098	3,709,400	3,618,870
Fundraising - Legacies & Bequests	384,144	772,511	325,509
Fundraising - Donations received from public	149,713	279,109	358,751
Fundraising - Contributions from Branches	313,255	308,425	362,171
Fundraising - Special purpose legacies	579,504	459,821	327,636
Fundraising - Other fundraising activities	998,895	782,248	697,468
Rebatable services	514,047	632,684	622,610
Service contracts	1,237,497	819,882	1,419,346
Income from investments/rentals	1,235,371	2,681,576	2,772,617
Sundry - Accommodation revenue	740,529	416,903	266,806
TOTAL	9,955,053	10,862,559	10,771,784

Statement of Recurrent Expenses

	2018	2017	2016
	\$	\$	\$
Employee costs	9,751,916	8,819,823	8,507,283
Sessional fees	417,956	446,844	394,338
Administration expenses (includes audit fees, consultants, insurance, legal, travel & accommodation)	1,274,088	1,139,004	910,629
Fundraising expenses	571,422	266,565	256,842
Repairs & maintenance expenses	178,306	180,623	186,907
Supplies, food & catering for families	251,342	206,531	222,793
Utilities	161,036	178,908	163,271
Other expenses (includes cleaning, equipment, IT, housekeeping, fleet management, marketing & comms)	731,715	750,367	829,820
Depreciation & amortisation	384,197	981,668	515,300
TOTAL	13,721,978	12,970,331	11,987,183

Surplus / (Deficit) for the year (normalised)

	2018	2017	2016
	(3,766,924)	(2,107,772)	(1,215,399)
	\$		
Normalised net result for the year	(3,766,924)		
Add / (Deduct):			
Non-recurrent revenue items			
Non-recurrent grants and other capital campaign contributions	14,800,676		
Net gain on disposal of property, plant and equipment	9,449,739		
Net gain on disposal of financial assets	8,354,685		
Non-recurrent expense items			
Accelerated depreciation - Manly Medical Centre	(1,026,337)		
Accounting net result for the year	27,811,839		



Thank you



Strategic Partners Benefactors

NSW Health
HP PPS Australia Pty Ltd
Cisco Systems Australia Pty Limited
Charles Sturt University
Fairfax Media Limited
Prime7
FDC Construction & Fitout Ltd
Sargents Charitable Foundation
Marninwarntikura Women's Resource Centre
Catholic Education Diocese of Wagga Wagga
Wilcannia Forbes Catholic Education Office
NSW Department of Education
Ronald McDonald House Charities Pty Ltd
University of Sydney
NSW Department of Industry
Country Women's Association

The Schwartz Foundation
Thyne Reid Foundation
CAGES Foundation
Mary Alice Foundation
Zonta International Australia
Vincent Fairfax Family Foundation
Campbell Edwards Trust
Morgans Foundation
Restore Hope Foundation Esperance Ltd
PSI Managers
ERE Resch Trust
Darin Cooper Foundation
Knappick Foundation
Estate of Bob Henry De Groote
Estate of Norman Thomas Brien
The John Barnes Foundation
The Yorke Family Foundation
Ginda Gunvah Aboriginal Foundation
James N Kirby Foundation
Stephen Dixon Keir Memorial Fund

Partners

Akubra Hats Pty Ltd
Glencore Coal Assets Australia Pty Ltd
Findex
The Mercure Hotel, Sydney Central
Laing O'Rourke
Sydney Business Park
PSC Insurance Brokers (Aust)
ThinkingWorks
Dual Australia Pty Ltd
Nexia Australia Pty Ltd
Inspire Management Consulting
Columbus Agency
Isolated Children's Parents' Association
NSW Parliamentary Lions Club
Rotary Manly
Manly Fast Ferries
Country Mayors Association of NSW
Manly Sea Eagles
Hotel Steyne
Manly Pizza and Wine
Manly Business Chamber
Angel Flight Australia
Clontarf Foundation
Moorambilla Voices Choir
Bold & Beautiful Swim Squad Manly
The Fusion Point Bar & Restaurant Manly
Avondale Golf Club
Oz Harvest
Thread Together
Clubs NSW Pty Ltd
Good360
Goodwill Op Shops
The Sebel Manly Beach
Littlescribe
Be Centre
National Rural Health Alliance
Far West LHD
Mid North Coast LHD
Hunter New England LHD
Southern NSW LHD
Western NSW LHD
Northern NSW LHD
Murrumbidgee LHD
Hunter New England Central Coast PHN
South Eastern NSW PHN
Central Queensland, Wide Bay, Sunshine Coast PHN
Murrumbidgee PHN
Black Dog Institute
Perpetual Limited
The Hallway
Walgett Group Aboriginal Medical Service
APP Corporation Pty Limited
Super Retail Group Limited
RFW Branches
RFW Op Shops
RFW Consumer Advisory Committee
City Tattersalls Club
Sydney Children's Hospital Network
The Coffee Club
Goodwill Op Shop Brookvale

Board and Scheme Members

Royal Far West has an impressive alumni of Scheme and Board members, many of whom have served the organisation for 25 years or more. This ongoing commitment is testament to the strong and safe governance of the organisation and key to its sustainability and longevity.

Staff and volunteers

Royal Far West has always been fortunate to attract incredibly dedicated and talented people who generously give their time, knowledge and expertise to advance the health and wellbeing of country children. This contribution is core to everything we do.

Families

Our brave, resilient and determined children and families are our reason for being. They regularly demonstrate the qualities and values we aspire to as an organisation and help us remember it is all about the kids.



Royal Far West
Children's health, country-wide

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RoyalFarWest