

ANNUAL REPORT

2023/24





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About MOMENTUM

Our Vision

Mental Health and Wellbeing for everyone, every single day.

Our Ten Year Moonshot Goal

By 2034, we would have informed, transformed or improved the mental health and wellbeing of over 100,000 people*

Our Values



Positivity



Actions













Diversity & Inclusion



15

Headcount of staff

5

Locations in the Darling Downs

100+

Combined years of formal academic study (Board and staff)

866

Number of program sessions offered





Our **PURPOSE**

Momentum Mental Health is a not-for-profit organisation dedicated to transforming the mental health and wellbeing of the community. Our purpose is to make mental health and wellbeing accessible to everyone, every day, focusing on prevention and innovative, contemporary support programs.

Our small but dedicated team of fifteen, including eleven Wellbeing Coaches, provides free, non-clinical 1:1 and group coaching across the mental health continuum—from severe and persistent challenges to general wellbeing support. We serve the Toowoomba, Southern Downs, and Western Downs regions, with locations in Toowoomba, Warwick, Chinchilla, Miles, and Tara.

In 2023, we were honored with two Toowoomba Business Excellence Awards in recognition of our impact:

- Excellence in Not-for-profit/Community Award
- Excellence in Health and Wellbeing.

From the **BOARD CHAIR**

Report from Chris Black

As Board Chair, I am immensely proud of what Momentum has achieved over the past year. Our team's dedication and passion for mental health and wellbeing are evident in everything we do, from our award-winning programs to the meaningful impact we make in the lives of our members. Receiving two Business Excellence Awards—Excellence in Not-for-profit/Community and Excellence in Health and Wellbeing—was a highlight, and a testament to the hard work and commitment of everyone at Momentum.

Our dedicated Board have been remarkably committed as a volunteer board. Monthly meetings are held to ensure strong governance and provide strategic oversight. So a huge thanks to Dr Raelene Ward, Jane Range, Dr Clive Williams, Dr Warren Midgley (wow, Dr overload within our amazing board) and in particular, our longest serving director and my deputy chair Don Carlson as my trusted sounding board and voice of reason.

I'm particularly proud of our approach and leadership approach to 'doing what's right'. This guarantees the betterment of our members and our community. We lead without fear or favour, even if it's unfunded work which we then have to fundraise to cover any gaps. Whilst this is a challenging business model, the lifechanging impact on our people gives us clarity to continue, do that hard work and then bring in the money.

We are privileged to now support individuals across the entire mental health and wellbeing continuum. Our team has also been actively engaged in numerous community events, building connections and raising awareness of mental health needs throughout the region. This community engagement is at the core of who we are and reinforces our mission to make mental health support accessible for all.

Next year, I am excited to continue this journey with a fundraising effort: a Kokoda Trek. Building on the success of last year's Mount Everest climb, which raised over \$105,000 for Momentum, I'm optimistic that this trek will inspire even more support. Thank you to our community, whose ongoing generosity and support enable us to keep making a difference. Together, we are transforming mental health and wellbeing in our region.



From THE CEO

Report from Shirley-Anne Gardiner

As CEO of Momentum Mental Health, I'm honoured to lead such an impactful team, joining at the end of June 2023. Momentum is truly a remarkable not-for-profit that's dedicated to making a real difference in people's lives. With a focus on serving community members aged 16 and older, we also provide wellbeing talks open to all ages, extending our support to every corner of our community.

Empowering others is central to my inclusive leadership approach. I am passionate about diversity and inclusion, and I draw inspiration from the saying by Abraham Lincoln "whatever you are, be a good one". This philosophy is embedded in everything we do. Over the past year, I've had the privilege of adding "diversity" to our core values and establishing over 60 partnerships with local community groups and not-for-profits to support those facing mental health and wellbeing challenges. We've also expanded our student placements, including work experience for disadvantaged youth.

Momentum has seen substantial growth this year, with improved systems, processes, and data collection resulting in a 24% increase in activity and a 47% rise in individual engagement. Our monthly Open House BBQs continue to break down barriers between corporate and community sectors, welcoming over 220 attendees from more than 50 local businesses.

Momentum Mental Health is driven by a shared purpose and strengthened by the diverse and passionate individuals who contribute to it every day. I look forward to building on this momentum in the year ahead as we continue to make a positive impact on the wellbeing of our community.





Our **STRATEGIC PLAN**



Strategic Plan | 2024

Mental Health and Wellbeing for everyone, every single day

Our Vision

To transform the mental health and wellbeing of our community

Our Purpose

Our Moonshot

By 2034, we would have informed, transformed or improved the mental health and wellbeing of over 100,000 people*

Our Values







Accountable Actions



Contagious Courage



Kindness



Evidence and Innovation



Diversity & Inclusion

3 Year Winning Moves

- Improved staff culture and transparency/ clarity (who we are and what we do)
- 2. Ambassador/volunteer program developed and implemented
- 3. Expansion of prevention strategies and programs
- 4. Increase funds (grants and fundraising) to offer more support to more people
- 5. Fit for purpose premises

*Attendees and connections
© eNPS = Employer Net Promoter Score (NPS)

- \$10m in funding by 2034
- •>10,000 attendances* per annum
 - NPS and eNPS > 75 @

Critical Numbers

Strengths

- Strong brand name
- No other service like Momentum
- Innovative (service and staff), willing to be different.
- Diverse, passionate and committed team (committed to service and each other)
- Can attract staff

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Weaknesses

- Finances- inadequate,, not always fit for purpose
- Short-term contracts
- Premises Not fit for purpose (both from a staff perspective and the lens of how we want to deliver service)

Threats

- Artificial intelligence
- Government change in focus or funding approach
- Community confusion regarding what we do or offer.
- · Competing with other organisations for funding
- National/Statewide MH services taking all the work, bigger and cover larger regions

Opportunities

- Our innovative approach to group service delivery.
- Wellbeing conversations in community
- · Expandinto regions.
- Online (Especially for regional customers)
- Artificial intelligence
- Partnering with other organisations
- Increase in mental health as a focus in the media and government priorities

Our **BOARD**



Chris holds a double Bachelor's Degree in Business and Commerce, as well as a Graduate of the AICD. He represents other boards and was the former Vice President of the Toowoomba Chamber of Commerce. He started and then sold a financial services business to a Fortune 500 American Company in 2019 and was noted as one of the most influential advisers in Australia according to the Financial Standard.

In his spare time, Chris enjoys giving back to the community and keeping fit doing triathlons, park-runs and riding his bike. He also loves cricket, football and racing cars with his brother. He is a father to 3 boys, married to a clinical psychologist and is passionate about changing the conversation with, and removing any stigma around mental health. He believes in proactive mental fitness and believes in a 'whole of community responsibility' approach to helping people.

CHRIS BLACK

Board Chair



Don joined the Board in 2021, bringing deep financial and business expertise. A former financial planner with 26 years' experience, Don has also served on the Board of Ability Enterprises since 2011, where he has been Treasurer. He values Momentum Mental Health's impact on people facing mental health challenges and supports its purpose-driven model, which he finds especially meaningful given his adult son has Asperger's Syndrome.

Outside Momentum, Don co-founded the Toowoomba Business Networkers and has served on various committees, including the Toowoomba Jazz Society, Toowoomba Bushwalking Club, and Renew Toowoomba. He holds a Bachelor of Science in Psychology and Environmental Science, with a background in rural production, research, marketing, and financial planning.

DON CARLSON

Deputy Chair

Our **Board Continued...**



Clive is a psychologist with 40 years' experience across clinical, hospital, and organisational settings, working with individuals, couples, families, and organisations.

He authored A Mudmap for Living, which guides navigating change, and has published numerous articles and presented globally on this process. As a Director of Blokepedia, he now focuses on men's mental health, addressing barriers to change in personal and professional contexts. Based in Toowoomba, Clive works with clients and organizations nationally and internationally.

Outside of work, Clive enjoys singing to the horses he and his husband breed on the Darling Downs. A third-generation racing family member, he embraces horses as part of his heritage—though betting isn't his forte. He also secretly believes he could be an X Factor champion.

DR CLIVE WILLIAMS

Board Member



Jane became Chief Finance Officer in August 2016, overseeing Finance, Commercial Management, Procurement, Health Information Services, and Business Analysis for Darling Downs Health. With senior-level experience across banking, hospitality, public transport, manufacturing, building, and both public and private healthcare, Jane brings a wealth of knowledge to her role.

She holds a Bachelor of Business from Griffith University, where she graduated as dux, became a CPA in 2002, and was awarded a Fellowship in 2019. She is also a Graduate of the Australian Institute of Company Directors and completed the Queensland Health Change Leadership Program with KPMG and Harvard University.

In her spare time, Jane enjoys her family farm near Toowoomba and has a strong interest in rural mental health issues.

JANE RANGER

Treasurer

Our Board Continued...



Warren has an MA in cross cultural studies, a PhD in Sociolinguistics and is a Graduate of the Australian Institute of Company Directors. He has extensive experience in governance, strategic planning and leadership coaching. His 20+ years leadership experience, combined with a string of impressive qualifications and unwavering commitment to help people identify their strengths and be their best selves, has seen him teach, coach and facilitate around the world.

Warren is a strong advocate for community mental health initiatives and is delighted to have the opportunity to use his governance and leadership skills and experience as a member of the board of Momentum Mental Health.

In his spare time Warren loves to hang out with his little "mini me" his beloved grandson. They enjoy playing with alpacas on their family property just outside of Toowoomba.

DR WARREN MIDGLEY

Board Member



Raelene, a proud Aboriginal woman from Cunnamulla, is a Kunja descendant on her grandfather's side and Kooma on her grandmother's. She has been a clinical nurse for 30 years, focusing on Suicide Prevention, Aboriginal health, Social and Emotional Wellbeing, and broader Social Justice issues.

She received the Suicide Prevention Australia LIFE Award (Indigenous Category) for her holistic, community-focused health program promoting suicide prevention in Darling Downs and South West Queensland. Raelene completed a Master's in Health in 2010, researching crisis services for Aboriginal communities affected by suicide, and earned her PhD in 2016, exploring Aboriginal perspectives on suicide within a Social and Emotional Wellbeing Framework.

DR RAELENE WARD

Board Member

Member

TESTIMONIALS

Momentum Mental Health collects member satisfaction information monthly. Below is a summary of the feedback and thoughts from members over the 2023/24 financial year.

"The programs and services are helpful, and staff are friendly and good guides"

"I look forward to having some time out to enjoy my time at momentum soon"

"I need this service"

"Fantastic people. Really needed this!"

"Sarah W provides exceptional 1:1 support. While I talk about the issues going on in my life, we also have a laugh, and I feel so supported. Sarah is incredibly empathetic, and I am increasingly coping with more in my life as a result"

"Leaning into what makes me uncomfortable is what builds my resilience.

Not a word or a moment but a process.

Resilience is ever moving like the ebb and flow of the ocean tide.

A choice to retreat, stay standing or move forward is ever before us.

Seeing the light or staying entrenched in the darkness lies before us with every sunrise and setting of the sun. Resilience is an action before us but first within us.

Resilience involves diving deep and confronting the shadows within.

There is still someone within us waiting to be met with great compassion and to be held.

It takes courage to meet ourselves kindly and without blame: That for me builds resilience more than surviving every obstacle"

- Member Hannah from her journaling class session



Our

PERFORMANCE

Analysis of our performance in 2023/24

In 2023/24, Momentum Mental Health has consistently supported the wellbeing of our members and community. Our moonshot goal by 2034, is to have informed, transformed or improved the mental health and wellbeing of 100,000 people. We provide monthly reports to our Board on member satisfaction results, and we monitor our impact through preand post-attendance wellbeing data. In 2023/24, 77% of members showed an improvement or maintained their wellbeing (K10) scores, underscoring the positive effect of our services.

Our achievements for the year include:

- Participation in 137 events, reaching 16,247 individuals.
- Delivery of 2,217 individual coaching sessions.
- Offering 866 group sessions with a total attendance of 3,133.
- Providing 30 free wellbeing talks, attended by 596 people.
- Hosting a total of 5,350 visits to Momentum.

Key Metric Analysis

Attendees and Individuals

Attendees to Momentum

Individuals supported in their mental 434 health journey

Number of community connections made



Number of people connected with at events and attendances

16,247

5,350

Engagement Metrics



Number of individual couching sessions provided

2,217



Number of group sessions offered

866



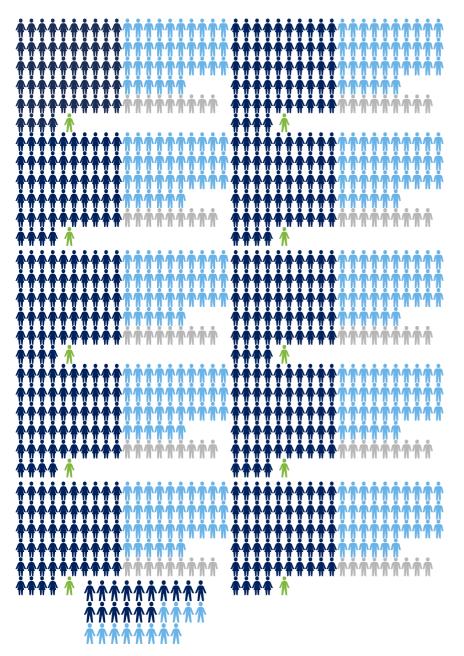
Number of group session attendees

3.133

Our **GROWTH**



24% increase in activity 5.350 total attendances (Extra 1,028 attendances)





47% increase in individual engagement (433 total people)
(Extra 138 people) 47% increase in individual (Extra 138 people)



OUR MEMBERS

Our members remain at the heart of everything we do. Each month, they receive our Mind Matters newsletter, which keeps them informed and engaged. This year, our Wellbeing Coaches organised several memorable day trips, including an exciting "Big Day Out" to the Summerland Camel Farm near Ipswich. Members also had the opportunity to visit the solar farm just outside Warwick, adding to a diverse array of enriching experiences.

Since April, Momentum Mental Health has produced a monthly newsletter specifically for its members, designed to spotlight the many activities and creative expressions that members engage in. This publication includes a variety of content, such as articles, poetry, journal entries, and photos contributed by members, creating a vibrant showcase of their voices and talents. Each edition seeks to reflect the diverse experiences and perspectives within the community, fostering a deeper sense of connection and belonging.

Initially titled "Member Mumbles," the newsletter underwent a transformation after members expressed a desire to name it themselves. This feedback inspired the rebranding to "Mind Matters," with the empowering subheading "Everyone is entitled to their say." The new name reflects Momentum's commitment to inclusivity and respect for all voices, reinforcing the newsletter's purpose as a platform for members to share their thoughts, insights, and creative works openly.













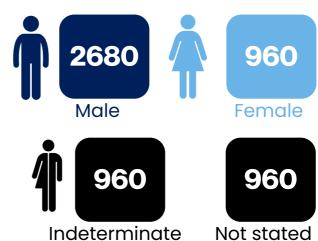




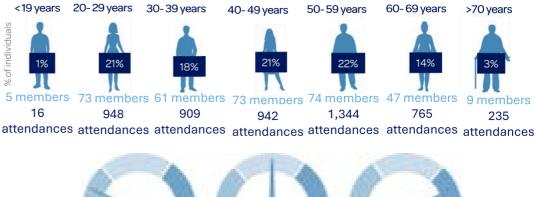


Our Member DEMOGRAPHICS

Gender



Age ranges (Excluding "Not stated")







Our Member IMPACT

Momentum assesses its impact on members' wellbeing using tools such as the Kessler Psychological Wellbeing Scale (K10). The K10 is a valuable tool for Momentum in assessing and supporting members' mental wellbeing. This simple, 10-item questionnaire is quick and accessible, allowing members to easily complete it while providing practitioners with reliable, accurate insights. Its sensitivity to varying levels of psychological distress enables Momentum to track changes over time, supporting early intervention when members may need additional support. Broadly applicable across diverse populations, the K10 helps Momentum gather quantitative data to inform program improvements and measure impact. Together, these advantages make the K10 an effective and essential tool for understanding and enhancing members' wellbeing.

A sample of 53 member K10s from December 2023 to June 2024 showed 64% of members had a significant improvement (34%) or improvement (30%) in their K10 score (18 members).

64%

of members had a significant improvement (34%) or improvement (30%) in their K10 score (18 members). -4.0

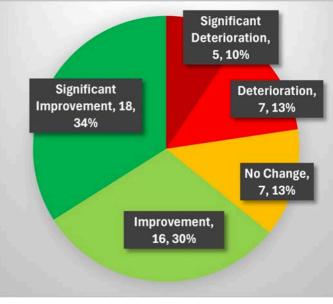
average improvement in K10 score. From 32.5 to 28.4 points.

13%

improvement in average K10 scores 36%

 of members had little of no distress or mild distress at their last K10.

Level of Improvement on last K10





Our STAFF

Momentum is powered by a dedicated team of 15 staff members and 6 volunteer Board members, many of whom bring personal experience with mental health, domestic violence, or childhood trauma. Our commitment to staff wellbeing is a priority: each team member is gifted one prorata day off per fortnight for personal health and wellness, working 68 hours and receiving pay for 76.

Our staff are the heart of Momentum, bringing expertise, compassion, and dedication to their roles, and their impact is truly transformative. Our wellbeing coaches, in particular, make a profound difference across the entire mental health continuum, supporting individuals with diverse needs, whether or not they have a formal diagnosis. With a strengths-based approach, these coaches provide personalized support that addresses each person's unique challenges and goals, offering essential tools for managing mental health, fostering resilience, and promoting a sense of purpose. By building trust and rapport, they help members navigate personal hardships, access community resources, and strengthen connections, ultimately empowering people to lead more fulfilling lives.

Our team and Board deeply embrace our values of diversity and inclusion:

- Four members (19%) identify as LGBTQ+ or have family who do.
- Four (19%) were born outside of Australia or are from culturally and linguistically diverse backgrounds.
- We represent an age range from 22 to 65.
- Together, we speak six languages fluently and have conversational skills in an additional three.
- Two individuals (10%) in leadership identify as First Nations.

Our team can speak six languages and converse in a further three including Nepali, Tibetan, Hindi, Japanese, Spanish and Arabic. This assists with creating culturally appropriate documentation and a more welcoming environment.

Our **TEAM**

AS AT 30 JUNE 2024

Our CORPORATE TEAM



SHIRLEY-ANNE GARDINER



ANG LATHAM



ELLEN BALDWIN Services and



Bookkeeper 01 FTE.

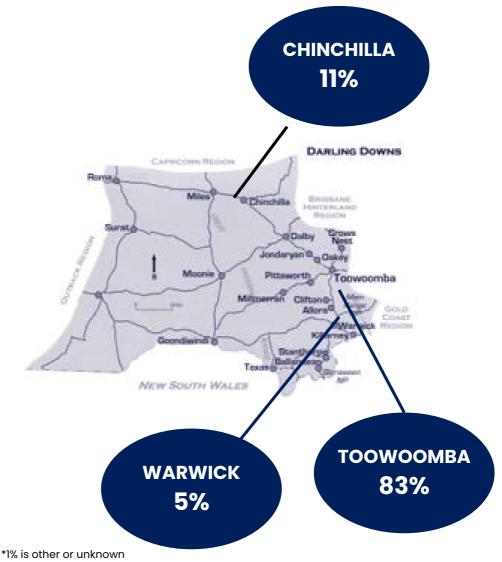


OUR LOCATIONS

Momentum operates across five locations in the Darling Downs region, with main hubs in Toowoomba, Warwick, and Chinchilla, bringing essential mental health and wellbeing support to rural and regional communities. Mental health resources can often be scarce in these areas, making local access to services especially important.

As a community-focused not-for-profit, Momentum is committed to delivering 100% free support, ensuring that financial barriers do not prevent individuals from seeking help. By offering accessible, nonclinical support across the mental health continuum, Momentum empowers individuals to build resilience and connect with resources tailored to their needs. This approach strengthens community wellbeing, helping foster a healthier, more connected Darling Downs.

IOCATION AND SHARF OF ACTIVITY*



Our SOUTHERN DOWNS Report

Momentum Mental Health has seen increased engagement over the past financial year in Warwick, with 13 dedicated members attending regularly, resulting in a total of 261 attendances. This growth reflects a strengthened connection with the local community, especially following our relocation to the SDEIA Building at 163 Palmerin Street, a move from our former venue at the Baptist Church. The new location has enabled us to expand our offerings to twice a week, holding sessions on both Wednesdays and Fridays from 10 am to 2 pm. This shift not only accommodates more members but also fosters a richer community presence, aligning with Warwick's unique culture of collaboration and care.

Our expanded program in Warwick is a result of close collaboration with our members, who have helped shape activities that resonate with the town's community spirit. By listening to members' insights and valuing their input, we've tailored our sessions to be both impactful and meaningful. This co-design approach ensures that our activities not only support individual growth but also contribute to the broader wellbeing of the community.

During these sessions, we blend theory-based learning with creative workshops, providing a holistic approach to mental health support. Members explore practical tools for managing emotions, which are essential for personal resilience. The inclusion of creative workshops allows for self-expression, giving members a chance to engage in art, writing, and other creative outlets that support emotional wellbeing. These varied sessions offer members a safe space to connect, share experiences, and develop skills, creating a strong support network where they can feel understood and valued.

Through our efforts in Warwick, Momentum Mental Health is dedicated to fostering a sense of belonging and empowerment, allowing each member to take steps towards improved mental health while building meaningful connections within their community. This expansion represents our commitment to offering accessible



Key Sats 13 members (69% male, 31% female) attended 261 times during the year

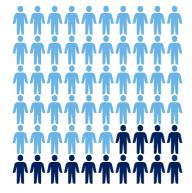


Our WESTERN DOWNS Report

Since early 2024, Momentum Mental Health has been able to expand its presence in the Western Downs region, placing two dedicated wellbeing coaches, Davida and Jake, full-time in Chinchilla with outreach to surrounding communities like Miles, Kogan, and Tara. Their work has significantly broadened Momentum's impact in these rural areas, where mental health support is often less accessible. By establishing a consistent presence in Chinchilla, Davida and Jake have been able to provide vital mental health and wellbeing services tailored to the needs of these communities.

In the past year, Jake and Davida have directly supported 62 members in Chinchilla, with a remarkable 616 attendances recorded. This consistent engagement highlights the value members find in the services provided, as they return regularly for support, connection, and personal development. To ensure we are meeting members' needs effectively, Momentum offers a satisfaction survey, giving members the opportunity to share feedback about their experiences.

Key Sats



62 members (23% male, 77% female) attended 616 times during the year



The feedback from Chinchilla has been overwhelmingly positive, with Western Downs members rating the service a perfect 10 out of 10. This high rating reflects the dedication and impact Jake and Davida have in delivering compassionate, high-quality mental health support. Their commitment to building trust and adapting services to meet the unique needs of the Western Downs region has created a supportive environment that members appreciate. This feedback not only affirms the value of the work being done but also encourages continuous improvement, as Momentum strives to maintain and build upon these high standards of care in rural communities.

Jake's role extends even further, as he is funded one day a week by a grant from the Community Enterprise Charitable Foundation to provide outreach services to Miles, Kogan, and Tara. This funding allows him to reach more remote areas, ensuring that individuals in these towns can access much-needed support. Both Jake and Davida are also highly active in the Western Downs Suicide Prevention Network, with Jake serving as secretary and Davida as treasurer. Their involvement highlights their dedication not only to individual support but also to broader community initiatives aimed at preventing suicide and building resilience in the Western Downs region.

n addition to their local support work, Davida and Jake have attended 22 events, reaching and engaging with 308 individuals. These events have included several Hope Brewed Here morning teas, fostering connections and offering a supportive environment for conversations around mental health. These morning teas, kindly funded by an Australia Post grant, have become valuable touchpoints for people to gather, connect, and share. The events have created a safe space for individuals to speak openly about mental health issues and to feel supported by their community.

Together, Davida and Jake have become invaluable members of the Momentum team, making a profound difference in the lives of those they serve. Their compassion, leadership, and commitment to mental health have left a lasting positive impact, strengthening community bonds and ensuring that individuals in rural areas receive the mental health support they need. Their work exemplifies Momentum's mission to provide accessible, personalized mental health services that resonate with each unique community.



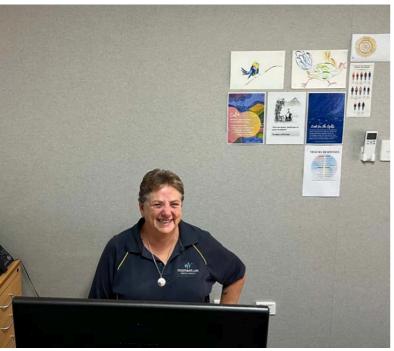
















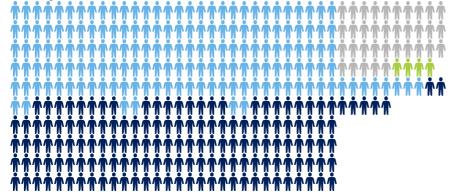


Our TOOWOOMBA Report

Momentum Mental Health's main site, located at 112 Russell Street in Toowoomba, has experienced a notable surge in engagement and participation over the past financial year. With a steady increase in both membership and attendance, the Toowoomba site recorded an 18% rise in attendances compared to the previous year, adding 678 additional attendances. This growth has been driven by the efforts of Momentum's team and the welcoming environment that fosters a strong sense of belonging among members. In total, 353 members utilized the Toowoomba site's services, finding support, resources, and connections essential to their mental health and wellbeing.

Beyond direct support for members, the Toowoomba team has been actively engaged in building relationships across the community. Over the year, Momentum connected with 16,115 locals through 107 events, showcasing a commitment to reaching out and promoting mental health awareness. These events often involved collaborations with local organizations, including Civic Assist, Sunrise Way, the Toowoomba Regional Council's CHANGE project, Drug Arm, and Manna House (a women's refuge). Through these partnerships, Momentum has been able to extend its impact, supporting broader initiatives that address complex social issues affecting the mental health of individuals in the community.

Key Sats



353 members (37% male, 52% female, 1% Indeterminate & 10% not stated) attended 4,456 times during the year



Momentum's outreach extends into the educational sector, where strong connections have been forged with local universities and schools. Partnering with institutions such as Toowoomba Flexischool, the University of Southern Queensland (UniSQ), the University of Queensland (UQ), and TAFE, Momentum has created opportunities for young people to access mental health resources and participate in conversations around wellbeing. These collaborations with educational institutions not only broaden Momentum's reach but also encourage mental health awareness and resilience among students and faculty.

This multifaceted approach at the Toowoomba site embodies Momentum's vision to offer accessible, community-centered mental health support. By connecting with a diverse range of local organisations and institutions, Momentum is creating an integrated support network that empowers individuals and strengthens the overall community. The growth in member attendance and community engagement underscores the effectiveness of these initiatives and Momentum's commitment to fostering a resilient, supportive environment for all.

Momentum Mental Health's reach in Toowoomba is strengthened by over 60 community partnerships that span the social determinants of health, allowing for a comprehensive approach to mental wellbeing. These partnerships extend across sectors such as housing, employment, education, and social services, providing a holistic network of support for Momentum's members. By collaborating with diverse organizations, Momentum addresses the various factors that impact mental health, including economic stability, social support, and access to healthcare. This collaborative framework amplifies Momentum's impact in Toowoomba, helping create a more supportive community environment that uplifts members on multiple levels. Details on these partnerships and their specific contributions are highlighted further in the Partnerships section of this report, illustrating the depth and breadth of Momentum's community connections.



Our ARTWORK

By Shandell Washington

Momentum Mental Health is honored to have commissioned a unique artwork from Shandell Washington, an artist whose work celebrates and elevates First Nations culture. This artwork, titled Momentum's Light, was thoughtfully created to pay tribute to the rich, enduring heritage of Australia's Indigenous communities. In line with Momentum's values of diversity and inclusion, the piece represents a deep respect for Aboriginal culture, the world's oldest continuous living culture, which has endured for over 65,000 years. The resilience, strength, and wisdom of Aboriginal heritage are at the heart of this piece, serving as an inspiration and a reminder of the depth of our shared history.

In Momentum's Light, Shandell captures the essence of this culture, inviting viewers to reflect on the beauty and strength of the traditions, stories, and customs passed down through This work is a physical manifestation generations. Momentum's commitment to honoring and embedding inclusivity into our daily practices. We are incredibly proud of what Shandell has created—a work that not only celebrates Indigenous culture but also connects us more deeply to the roots of our community. Shandell's insight into the piece, shared on the following page, provides valuable perspective on how Indigenous art can serve as a beacon of connection, understanding, and respect.

At Momentum, we recognize that engaging meaningfully with First Nations culture involves more than words; it requires acknowledgment, understanding, and a genuine commitment to inclusivity. This artwork symbolizes that commitment. We see Momentum's Light as a testament to the resilience of Aboriginal culture, a culture that has thrived against centuries of adversity. With this piece, we aim to foster greater awareness and appreciation for the cultural richness that shapes our community, connecting our members to a deeper appreciation of the land's first custodians. Through Momentum's Light, we hope to inspire others to engage with and celebrate the culture that is at the heart of our national identity.





"MOMENTUM'S LIGHT" BY SHANDELL WASHINGTON

This story represents the people of MomentumMental Health participants and workers together. Over the years the organisation expanded to meet the community needs in Western Downs and Southern Downs region and would like to share their story through this artwork. The large circle in the top left-hand corner represents the workers of momentum, in the middle of the workers is a person who participates within the programs. I have made this circle look like the sun shining down on someone's journey, because we know people come to you in the time of darkness whether it's just a shade of dark or they cannot see at all. Then as the workers you are shining the light into the life of many just like the morning sun and walking alongside them to support them on their journey.

Momentum is passionate about mental health and wellbeing, particularly prevention and are leading the way in contemporary mental health and wellbeing programs, this is show cased through the 6 circles placed around the painting representing some of the group activities, Art, Cooking, Tai Chi, Yoga, Gardening and 'HAACK your wellbeing' providing practical tools and resources so people can discover how to make the 5 Ways part of their ways to wellbeing through connecting, being active, keeping on learning, being aware and helping others.

The dark blue people are the workers, and the light blue represents the participants which you all help to support. The main activity is one-on-one Wellbeing sessions with your Wellbeing coaches based on the 5 Ways to Wellbeing which is very vital in their journey's. The large line running through the middle of the circle represents connection to the waterways which links us all together, just above the waterways there are 3 symbols representing Toowoomba, Warwick and Chinchilla offices. At the end of the Momentum M there are a lot of smaller symbols which represent breaking the cycle because what you are doing now for your participants is going to have a flow on effect in the years to come and make a change for our children. Embedded throughout the painting are kangaroo tracks, a kangaroo can only move in one direction and that is forward never back, so empowering them to be strong and keep moving forward. This symbol is also a strong connection to me, my little brothers totem is the red kangaroo so to me it is his spirit guiding and walking alongside others who might be struggling. Family connection is very important there are 3 symbols to represent connection to family at the top of the painting and above the water connection on both sides. So together let's make Mental Health and Wellbeing a way of life, not a condition.

This painting is to say a big thank you to the workers of Momentum for doing what you do to help our families in time of need, you are much appreciated.

Our Programs

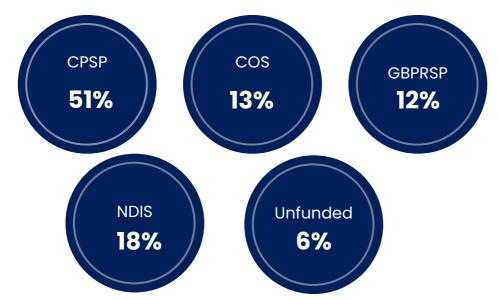
FUNDED AND UNFUNDED

Momentum Mental Health provides a range of programs designed to support individuals across the full mental health and wellbeing continuum, from those managing acute and persistent mental health challenges to individuals looking to enhance their overall wellbeing. Our four main funding streams—COS (Continuation of Support), CPSP (Commonwealth Psychosocial Support Program), GBPRSP (Group Based Peer-Recovery Support Program), NDIS (National Disability Insurance Scheme), and unfunded programs—allow us to offer diverse services to meet the unique needs of our community.

Through these programs, we remain committed to accessible mental health care, offering free, non-clinical support to all who seek it, regardless of their level of need or financial situation.

Our funding comes from three primary sources: fundraising efforts, Queensland Health, and the Darling Downs and West Moreton Primary Healthcare Network (DD&WM PHN). These partnerships enable us to provide vital support across the Darling Downs, focusing on both urban and rural areas where mental health resources may be limited. Momentum's commitment to being a fully inclusive organization means that we use funds from our community fundraising to serve individuals who may not meet eligibility criteria for our funded programs, ensuring that no one is turned away.

SHARE OF ACTIVITY*







COS

Continuation of support

The Continuity of Support (CoS) program provides psychosocial support for individuals who were previously part of Commonwealth mental health initiatives—Partners in Recovery (PIR), Personal Helpers and Mentors (PHaMs), and Day to Day Living (D2DL)—but are ineligible for the National Disability Insurance Scheme (NDIS).

Momentum currently supports 18 members through the CoS program, with members attending 696 times over the past financial year. Through the program, members can access personalized support and group activities focused on building social connections, employment readiness, self-management, and physical health. Services are tailored to individual needs and follow a flexible, stepped care model, adapting support levels based on intensity and urgency.

Delivered by a team of mental health and peer support workers, the program's activities focus on key objectives:

- Enhancing personal capacity, confidence, and selfreliance;
- Increasing social engagement and participation;
- Improving access to appropriate services; and
- Providing adaptable, responsive support during times of heightened need.

Key Sats



18 members (50% male, 50% female) attended 696 times during the year



CPSP

The Commonwealth Psychosocial Support Program (CPSP)

The Commonwealth Psychosocial Support Program is designed to assist individuals with severe mental illness who need additional support in daily life. This program focuses on connecting people to community resources and enhancing their social, educational, and vocational skills. It provides short-term support to help individuals:

- Access the clinical and other services they require,
- Build skills for managing daily activities,
- Strengthen social connections and relationships with family, and
- Develop educational, vocational, and training abilities.

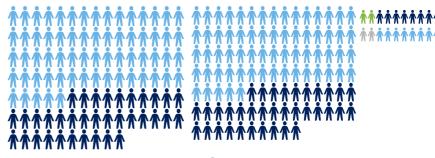
The program is specifically for individuals who do not receive similar assistance from the National Disability Insurance Scheme (NDIS) or other state or territory-funded services.

The goals of the program are to:

- Support individuals with severe mental illness in living independently and safely within their communities,
- Reduce reliance on more intensive healthcare services, and
- Maximize the effectiveness of our healthcare system.

To achieve these objectives, Momentum delivers both one-on-one and group-based services tailored to the needs of our community and members. In the past financial year, Momentum provided 866 group sessions with 220 people attending a total of 2,745 times. Of the participants, 65% were female, 33% male, 1% were indeterminate, and an additional 1% did not specify their gender.

Key Sats



220 members (33% male, 65% female, 1% indeterminate)

attended 2,745 times during the year

GBPRSP

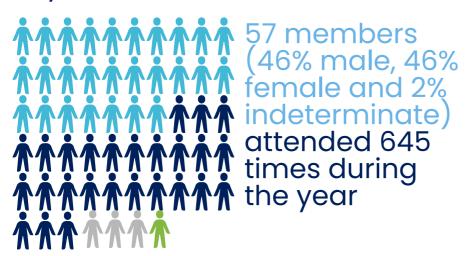
The Group Based Peer Recovery Support Program (GBPRSP)

Funded by Queensland Health, the Group Based Peer Recovery Support Program (GBPRSP) empowers participants to build a positive, connected, and purposeful life through short courses that enhance knowledge, skills, and self-awareness. GBPRSP serves as a bridge between mental health services and education, supporting individuals in developing tools they can use in their mental health recovery journey.

Participants identify their own learning needs and choose from a variety of courses led by facilitators who draw on their own lived experiences with mental health recovery to guide their teaching. Offered face-to-face in Warwick and Toowoomba, the program provides group-based social and recreational activities across diverse topics and interests. Course offerings are regularly reviewed and adapted to reflect participants' evolving needs and preferences.

This program is available to individuals aged 18 and over from the Darling Downs region who are experiencing mental health and wellbeing challenges. Participants must have been discharged from an acute care setting within the past three months, with all referrals for the program coming through Richmond Fellowship Queensland. In 2023/24, 57 members attended 645 times.

Key Sats







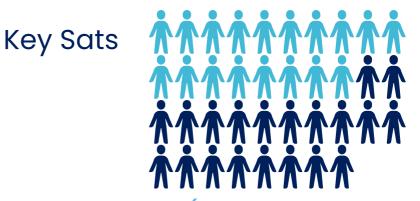
NDIS

National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) offers psychosocial support to individuals with significant and enduring mental health challenges, providing them with tailored assistance to help manage daily life and work towards recovery goals. Psychosocial support through the NDIS is designed to build participants' capacity and resilience, assisting with areas such as social engagement, skill development, and access to necessary community and health services.

For those with severe and persistent mental health conditions, psychosocial support can be essential in maintaining independence and stability. The support might include individual coaching, assistance with daily activities, developing social connections, and improving employment or educational outcomes. By offering a personalized approach, the NDIS empowers individuals to identify their own recovery goals and work on skills that foster selfconfidence and self-reliance.

This support is particularly beneficial for individuals who need structured, ongoing assistance as they navigate mental health recovery. It complements clinical treatments by addressing broader life areas and reducing reliance on acute healthcare services, ultimately contributing to a more inclusive and supportive community for those with mental health conditions.



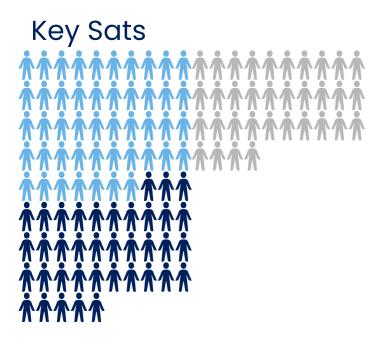
38 members (53% male, 47% female) attended 961 times during the year

UNFUNDED SUPPORT

Summary of our unfunded activites during the year

Momentum relies on fundraising to ensure support is available for members who do not qualify for funded programs, allowing us to uphold our commitment that no one seeking help is ever turned away.

In 2023/24, these fundraising efforts enabled us to provide support to 119 unfunded individuals, who attended a total of 301 times. This vital support bridges gaps in mental health resources, ensuring that everyone in our community has access to the help they need, regardless of funding eligibility.



38 members (53% male, 47% female and 34 not stated) attended 961 times during the year



ART THERAPY

Led by Wellbeing Coach Sarah H.

Art therapy has proven to be an invaluable resource for our members, providing a creative outlet for expression, healing, and personal growth.

Over the past financial year, we offered:

- 131 art therapy sessions.
- 67 individuals collectively attended an impressive 773 times. Led by Sarah H., an exceptional art therapist, the program has become Momentum's most popular group offering. Sarah's expertise and supportive approach allow members to explore their emotions and build resilience in a safe, welcoming space.

their emotions and build resilience in a safe, welcoming space. Art therapy remains a cornerstone of our commitment to holistic wellbeing, fostering positive mental health through creativity and connection.

Benefits of Art Therapy

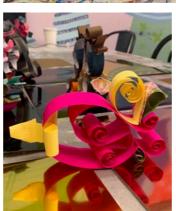
- 1.Emotional Expression: Art therapy provides a safe, non-verbal way for individuals to express complex emotions, which can be especially valuable for those who struggle to communicate feelings through words.
- 2.Stress Relief: Engaging in creative activities like drawing, painting, or sculpting reduces stress and helps members relax, promoting overall wellbeing.
- 3.Self-Discovery and Reflection: Art therapy encourages selfexploration and helps participants gain insight into their thoughts, behaviors, and emotions, supporting personal growth and self-awareness.
- 4.Enhanced Self-Esteem: Creating art helps individuals build confidence, allowing them to see the results of their efforts and appreciate their abilities.
- 5.Improved Coping Skills: Art therapy offers a constructive outlet for processing and managing negative emotions, which helps individuals develop healthier coping mechanisms.
- 6. Social Connection: Group art therapy fosters a sense of community and connection, reducing feelings of isolation and allowing members to support each other in a shared experience.
- 7.Cognitive Functioning: The process of creating art can improve focus, memory, and problem-solving skills, contributing to overall cognitive health.

These benefits make art therapy a valuable component of holistic mental health and wellbeing support, helping individuals in their journey toward improved wellbeing and resilience.



































JOURNALING & STORYTELLING

Journaling and storytelling are transformative practices for mental health and wellbeing. In 2023/24, Momentum Mental Health held 124 journaling and storytelling sessions, with 43 individuals attending a total of 435 times!

Benefits of Journalling

- 1.Emotional Release: Writing down thoughts and feelings provides a constructive outlet for emotions, reducing stress and offering relief from bottled-up feelings.
- 2.Self-Awareness and Reflection: Journaling and storytelling allow individuals to explore their thoughts and behaviors, helping them gain deeper self-insight and recognize patterns, strengths, and areas for growth.
- 3.Clarity and Perspective: Putting experiences into words helps people make sense of challenging or complex situations, often leading to a clearer perspective on issues and aiding in decision-making.
- 4. Processing Trauma: Storytelling in a supportive setting can help individuals work through past traumas, providing a path toward healing by reframing experiences and reducing emotional distress.
- 5.Improved Coping Skills: Regular journaling helps develop effective coping mechanisms, encouraging individuals to identify positive strategies for managing stress and challenges.
- 6.Increased Resilience: Reflecting on life events and personal growth fosters resilience, empowering individuals to handle future obstacles more effectively.
- 7.Enhanced Memory and Focus: Journaling improves cognitive functioning by organizing thoughts, which can boost memory retention, focus, and attention to detail.
- 8. Sense of Accomplishment: Looking back on past entries allows people to see their progress, fostering a sense of accomplishment and a deeper understanding of their journey.
- 9.Social Connection and Empathy: Storytelling in group settings promotes connection, builds empathy among participants, and reduces feelings of isolation as individuals realize they aren't alone in their experiences.



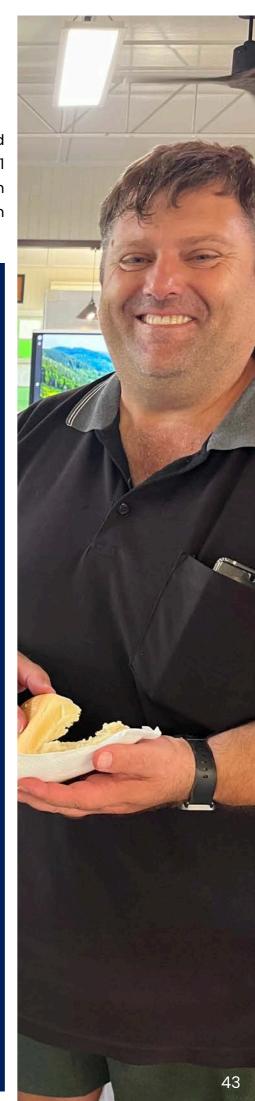
COOKING AND BAKING

Iln 2023/24, Momentum Mental Health organized 208 cooking and baking sessions, with 50 participants attending a combined total of 481 times! Incorporating baking and cooking into daily routines can significantly contribute to overall wellbeing, promoting physical health and enhancing mental and emotional resilience.

Benefits of Cooking and Baking

Baking and cooking offer numerous benefits for mental and physical wellbeing, including:

- 1. Stress Relief: Engaging in cooking or baking can be a calming and meditative experience, helping to reduce stress and anxiety levels through the focus required in the process.
- 2.Creativity and Self-Expression: The kitchen serves as a creative outlet, allowing individuals to experiment with flavors, techniques, and presentations, fostering a sense of accomplishment and personal expression.
- 3. Mindfulness: The act of preparing food encourages mindfulness, as individuals become fully present in the moment, which can help alleviate racing thoughts and promote relaxation.
- 4. Nutritional Awareness: Cooking at home allows individuals to make healthier choices by controlling ingredients, portion sizes, and overall nutrition, leading to better physical health and wellbeing.
- 5. Social Connection: Cooking and baking can be a communal activity, bringing people together and fostering connections with family and friends, which enhances feelings of belonging and support.
- 6.Enhanced Mood: The sensory experiences involved in cooking—such as the aroma of baked goods or the satisfaction of creating a meal—can boost mood and contribute to feelings of joy and satisfaction.
- 7. Sense of Accomplishment: Completing a recipe or baking project provides a tangible sense of achievement, which can improve self-esteem and confidence.
- 8. Routine and Structure: Regularly engaging in cooking or baking can establish a comforting routine, providing structure to daily life that can be particularly beneficial during stressful times.
- 9.Cognitive Stimulation: Following recipes requires focus, organization, and problem-solving skills, which can enhance cognitive functioning and memory.
- 10. Therapeutic Effects: The repetitive motions involved in baking, such as mixing, kneading, and decorating, can have a therapeutic effect, similar to other mindful practices.



























GARDENING

Gardening is quickly becoming a beloved group activity among Momentum members. Our wellbeing coaches, Ashi and Cheryl, enjoy gardening alongside our members. Thanks to generous donations of seedlings and plants, our garden has truly flourished. In 2023/24, Momentum hosted 26 formal group gardening sessions, attracting a total of 44 attendances from 17 members. The beautiful flowers from our garden were even featured at our Paint and Sip fundraiser in May 2024.

Overall, gardening serves as a holistic approach to enhancing mental health and wellbeing, providing both physical and emotional benefits that contribute to a healthier, happier life.

Benefits of Gardening

Gardening offers a wide range of benefits for mental health and wellbeing, including:

- 1.Stress Reduction: Spending time in nature and engaging in gardening activities can significantly lower stress levels, promoting relaxation and a sense of peace.
- 2. Mood Enhancement: Gardening can boost mood by increasing exposure to sunlight, which helps produce vitamin D and improve serotonin levels, leading to feelings of happiness and contentment.
- 3. Mindfulness and Presence: The act of gardening encourages mindfulness, as individuals focus on the present moment while tending to plants, which can help reduce anxiety and negative thoughts.
- 4. Physical Activity: Gardening involves physical movement, which contributes to overall fitness and can improve mood through the release of endorphins, often referred to as "feel-good" hormones.
- 5. Connection to Nature: Engaging with the natural environment fosters a sense of connection and belonging, which can enhance overall wellbeing and promote a deeper appreciation for nature.
- 6.Creativity and Self-Expression: Gardening allows individuals to express their creativity through design, color choices, and plant selections, fostering a sense of accomplishment and individuality.
- 7. Social Interaction: Group gardening activities can promote social connections, reduce feelings of isolation, and provide opportunities for building relationships with others.
- 8. Sense of Purpose: Caring for plants and watching them grow gives individuals a sense of purpose and achievement, which can boost self-esteem and motivation.
- 9. Therapeutic Benefits: The repetitive actions involved in gardening, such as digging, planting, and weeding, can have a calming effect, similar to practices like meditation.
- 10. Enhanced Cognitive Functioning: Gardening requires planning, problem-solving, and decision-making skills, which stimulate cognitive functioning and keep the mind active.













TAI CHI, YOGA & MEDITATION

Thanks to our friends at Heartfulness, Amy volunteers at Momentum every two weeks to offer meditation sessions. Additionally, Wellbeing Coach Ashi provides Tai Chi sessions for our members.

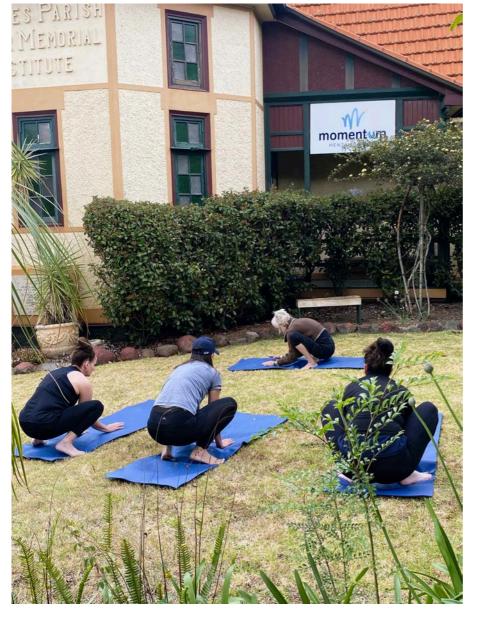
In 2023/24, we collectively hosted 132 sessions of Tai Chi, yoga, and meditation, with a total of 89 individuals participating.

Benefits of Tai Chi, Yoga and Meditation

- 1. Stress Reduction: The slow, flowing movements of Tai Chi help to calm the mind and reduce stress, promoting relaxation and tranquility.
- 2.Improved Mood: Regular practice can lead to enhanced mood and feelings of wellbeing, often reducing symptoms of anxiety and depression.
- 3. Mind-Body Connection: Tai Chi encourages awareness of body movements and breathing, fostering a stronger connection between the mind and body.
- 4.Enhanced Focus and Concentration: The practice requires concentration and focus, which can improve cognitive function and mental clarity.
- 5. Social Connection: Participating in group Tai Chi classes can enhance social interaction, fostering a sense of community and support.
- 6.Emotional Regulation: Tai chi and yoga encourages selfawareness and emotional regulation, helping individuals manage their emotions and responses more effectively.
- 7.Improved Sleep: Regular yoga practice has been linked to better sleep quality, which is essential for overall mental health.
- 8.Reduced Anxiety and Depression: Meditation can decrease symptoms of anxiety and depression by promoting relaxation and reducing negative thought patterns.
- 9.Enhanced Mindfulness: Regular meditation practice cultivates mindfulness, allowing individuals to become more aware of their thoughts, feelings, and sensations in the present moment.
- 10.Emotional Wellbeing: It fosters emotional resilience and improves overall emotional health, leading to increased feelings of happiness and contentment.
- 11. Physical Health Benefits: Meditation has been associated with lower blood pressure, improved immune function, and reduced levels of stress hormones, contributing to better overall health.











HACCK YOUR WELLBEING

Momentum Mental Health adheres to the evidence-based framework known as the 5 Ways to Wellbeing, which encompasses five key components: Connection, Being Active, Keeping Learning, Being Aware, and Giving Back (helping others). We conduct regular group sessions focused on the 5 Ways to Wellbeing at the library. In 2023/24, we held a total of 76 sessions, attended by 475 individuals (114 unique participants).

By integrating these five components into daily life, individuals can enhance their mental health, build resilience, and promote overall wellbeing.

Benefits of the 5 Ways to Wellbeing

The 5 Ways to Wellbeing—Connection, Being Active, Keeping Learning, Being Aware, and Giving Back—offer a holistic approach to enhancing mental health and overall wellbeing. Here are the benefits of each component:

1. Connection

- Strengthens Relationships: Fosters a sense of belonging and support.
- Provides Emotional Support: Reduces feelings of Ioneliness and isolation.
- Enhances Communication Skills: Improves interpersonal interactions.

2. Being Active

- Boosts Physical Health: Improves fitness and cardiovascular health.
- Enhances Mood: Increases endorphin production, reducing anxiety and depression.
- Increases Energy Levels: Makes daily tasks feel more manageable.

3. Keeping Learning

- Stimulates Cognitive Growth: Enhances memory and brain function.
- Fosters Personal Development: Builds new skills and confidence.
- Promotes Adaptability: Prepares individuals to handle change.

4. Being Aware

- Cultivates Mindfulness: Reduces stress and anxiety by promoting presence.
- Improves Emotional Regulation: Helps manage emotions effectively.
- Enhances Focus: Encourages clearer decision-making.

Giving Back

- Provides Sense of Purpose: Increases fulfillment and wellbeing.
- Boosts Happiness: Acts of kindness enhance positive outlooks.
- Strengthens Community: Builds social ties and fosters belonging.





Our SOCIAL MEDIA Highlights

FACEBOOK FOLLOWERS:

2,194

UP 14%

POST REACH

130,867

UP 41% (30,444 MORE REACH)

FACEBOOK VISITS

12,128

UP 43% (3,626 MORE VISITS)

INSTAGRAM FOLLOWERS

899

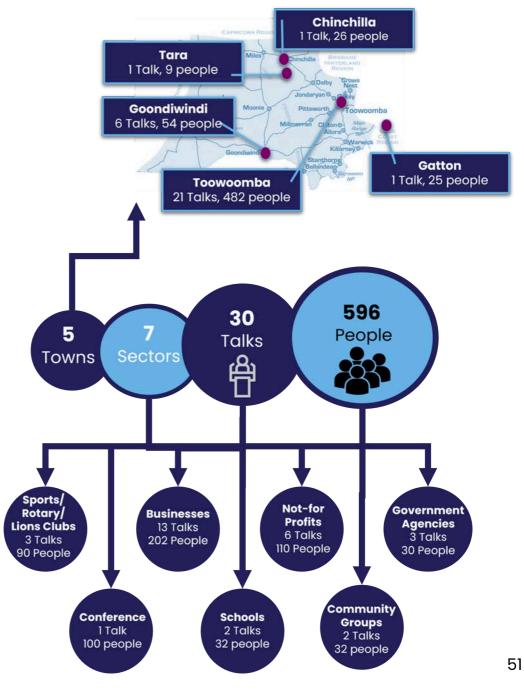
UP 15%



Our

WELLBEING TALKS

In 2023/24, Momentum delivered 30 wellbeing talks to 596 people, covering key topics like the 5 Ways to Wellbeing, setting healthy boundaries, and navigating difficult conversations with someone in distress. These talks provided attendees with practical strategies to enhance their mental wellbeing, such as staying connected, being active, and practicing mindfulness as part of the 5 Ways to Wellbeing. By addressing how to establish healthy boundaries, participants learned tools for maintaining balance in their lives, while sessions on handling tough conversations equipped them to offer compassionate support to others. Through these talks, Momentum has empowered individuals to prioritize and support mental wellbeing in themselves and their communities.

































Our Student PLACEMENTS

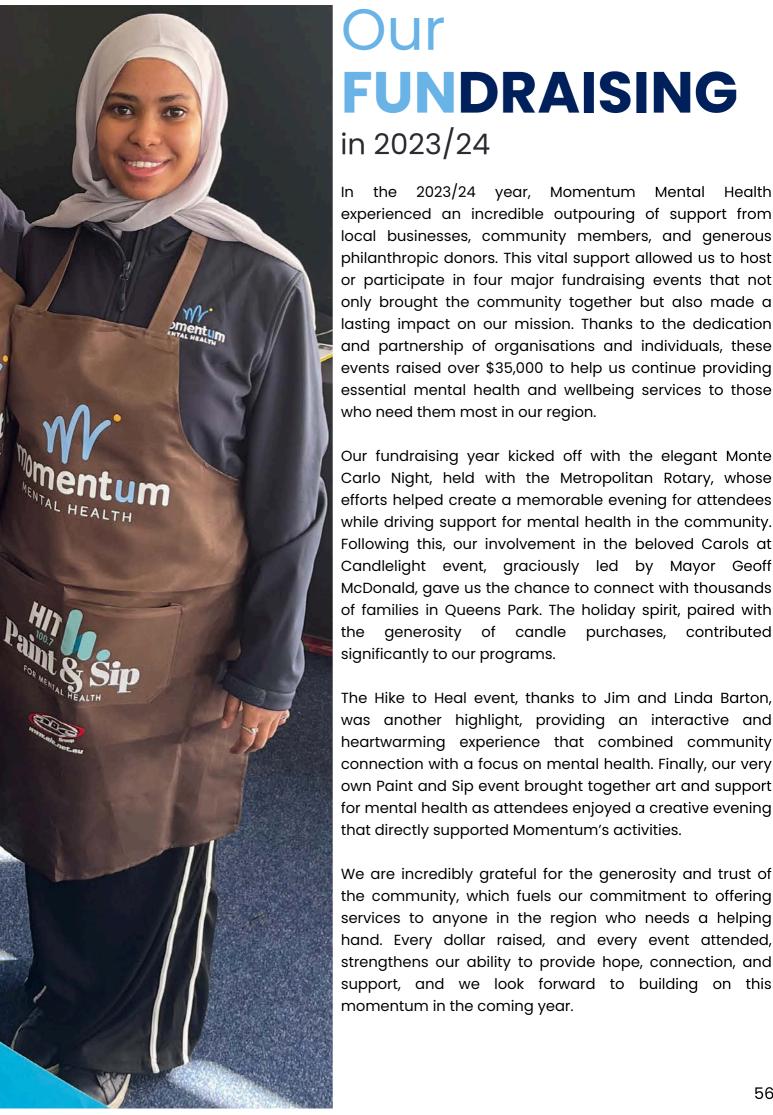
Momentum Mental Health has cultivated valuable partnerships with numerous educational institutions, including TAFE, UniSQ, UQ, and local high schools, creating a strong foundation for student placements and workforce development in the mental health sector. These connections enable Momentum to play an active role in shaping the next generation of mental health professionals, offering students an environment where they can gain practical skills while making a meaningful contribution to the wellbeing of community members. Momentum's commitment to providing quality placement opportunities ensures that students receive hands-on training, allowing them to deepen their understanding of mental health support while honing skills they will carry into their future careers. In the 2023/24 year, Momentum hosted four work placement students, each bringing unique skills and fresh perspectives to the team. Two of these students came through Catholic Care's Certificate I program, part of the Upskilling Queenslanders for Work initiative. This program aims to provide young Queenslanders with foundational skills, supporting their entry into the workforce and encouraging professional growth. These placements gave students early exposure to the mental health sector, fostering an understanding of the support available to individuals facing complex challenges, while also enhancing Momentum's capacity to support members with diverse needs.

Additionally, Momentum welcomed a Masters in Art Therapy student from MieCat University. The involvement of an art therapy trainee enabled members to experience this form of support firsthand, enriching Momentum's program offerings while allowing the student to apply theoretical knowledge in a real-world context.

A Bachelor of Human Services trainee from UniSQ also completed their placement at Momentum, where they gained valuable insights into the intersection of mental health, community services, and case management. This placement allowed the student to witness the impact of integrated mental health support and the importance of building strong community connections. For Momentum, this partnership provided additional support for members and further reinforced the value of collaboration with educational institutions.

By hosting these placements, Momentum is actively contributing to workforce development within the mental health sector. These partnerships not only provide essential training and experience for students but also strengthen Momentum's intent to foster a more inclusive, well-rounded mental health workforce for the future.





FUNDRAISING

2023/24 year, Momentum Mental Health experienced an incredible outpouring of support from local businesses, community members, and generous philanthropic donors. This vital support allowed us to host or participate in four major fundraising events that not only brought the community together but also made a lasting impact on our mission. Thanks to the dedication and partnership of organisations and individuals, these events raised over \$35,000 to help us continue providing

Our fundraising year kicked off with the elegant Monte Carlo Night, held with the Metropolitan Rotary, whose efforts helped create a memorable evening for attendees while driving support for mental health in the community. Following this, our involvement in the beloved Carols at Candlelight event, graciously led by Mayor Geoff McDonald, gave us the chance to connect with thousands of families in Queens Park. The holiday spirit, paired with the generosity of candle purchases, contributed significantly to our programs.

The Hike to Heal event, thanks to Jim and Linda Barton, was another highlight, providing an interactive and heartwarming experience that combined community connection with a focus on mental health. Finally, our very own Paint and Sip event brought together art and support for mental health as attendees enjoyed a creative evening that directly supported Momentum's activities.

We are incredibly grateful for the generosity and trust of the community, which fuels our commitment to offering services to anyone in the region who needs a helping hand. Every dollar raised, and every event attended, strengthens our ability to provide hope, connection, and support, and we look forward to building on this momentum in the coming year.





Monte Carlo FUNRAISER

SEPTEMBER 2023

In September 2023, Momentum Mental Health was honored to be selected by Toowoomba's Metropolitan Rotary as the charity of choice for their fundraising event, a vibrant Monte Carlo-themed casino night. Set against the historical backdrop of the Cobb and Co Museum, this memorable evening transported guests to a glamorous world of games, excitement, and camaraderie, all in support of a meaningful cause. Attendees, many of whom dressed to the theme, enjoyed an array of classic casino games, entertainment, and a festive atmosphere that fostered both enjoyment and generosity.

By the night's end, an impressive \$6,097 was raised for Momentum, demonstrating the community's dedication to supporting mental health and wellness initiatives in Toowoomba and beyond. This invaluable contribution has directly funded resources for our Art Therapy sessions, a program that holds transformative potential for those experiencing mental health challenges. Art Therapy offers members a creative and therapeutic outlet for expressing their feelings and working through trauma, stress, and other emotional barriers. Through the power of art, members gain tools to explore self-awareness, process difficult emotions, and build resilience in a safe, supportive environment.

The support from Rotary's Monte Carlo event has strengthened our ability to offer Art Therapy, extending opportunities to those who may not otherwise have access to therapeutic art practices. With this backing, Momentum can provide a consistent space for members to explore and express themselves artistically, enriching their personal growth journeys and promoting positive mental health. The generosity of Metropolitan Rotary and the wider community not only funds these critical resources but also sends a powerful message of solidarity, letting members know that their community stands beside them.



Carols at CANDLELIGHT

DECEMBER 2023

In December 2023, Momentum Mental Health had the privilege of being chosen by the mayor as the charity of choice for the annual Carols at Candlelight event held at Queens Park. This beloved family gathering brought together around 10,000 people, filling the park with the warmth of holiday spirit and shared joy. Thanks to the generosity of attendees, proceeds from candle sales went directly to Momentum, supporting our mission to enhance mental health and wellbeing across the community. The opportunity to participate in such a large, cherished event was truly a gift, allowing us to connect with families and individuals while raising awareness about the critical need for mental health resources.

Momentum is thrilled to announce that we have been selected once again as the event's chosen charity for December 2024. This continuity affirms the community's trust in our work and gives us another incredible opportunity to raise essential funds. Every candle purchased will support our programs, which offer mental health support to those in need, aiming to bring hope, connection, and wellbeing to people who face mental health challenges.

Being part of Carols at Candlelight allows us not only to fundraise but to share our mission with thousands, fostering a collective understanding of the importance of mental health support. We are deeply grateful to the mayor, the event organizers, and the attendees for their generosity and support, and we look forward to a beautiful night of community celebration, unity, and giving.





















Hike to Heal SAVENGER HUNT

FEBRUARY 2024

Momentum Mental Health extends heartfelt thanks to Jim and Linda Barton, whose charity, Hike to Heal Australia, has generously supported us through their fundraising efforts. In February, Momentum participated in Hike to Heal's Scavenger Hike Team Challenge at Mount Peel. The event brought together our members and staff, promoting teamwork, resilience, and community spirit as we followed clues and searched for hidden treasures along the beautiful trails. Hike to Heal Australia's mission aligns closely with our own, reinforcing the importance of wellbeing, hope, and connection as essential components of mental health care.

Hike to Heal Australia was established by the Burton family following a personal tragedy—the loss of their son, Nick Pope, to suicide on November 2, 2016. Nick was known for his kindness and humor, making his unexpected passing a profound loss to those who knew him. Out of this sorrow, Jim and Linda created Hike to Heal to support individuals facing mental health challenges and foster a sense of hope and healing.

The Scavenger Hike, held at Mt Peel Nature Reserve, is Hike to Heal's flagship event and is unique to the Toowoomba area. With clues to solve and natural treasures to find, it's an engaging, inclusive event open to all fitness levels, encouraging participants to connect with nature and each other.

This year the event raised \$2,500.





















Our Paint AND SIP EVENT

JUNE 2024

Momentum Mental Health hosted a lively Paint and Sip fundraising event that brought together 185 supporters for an afternoon of art, fun, and community spirit. Guided by our talented Art Therapist, Sarah Hazelhurst, attendees painted their own interpretations of a tree, symbolizing growth, resilience, and community strength—values core to Momentum's purpose.

The afternoon was filled with laughter, creativity, and camaraderie as participants sipped, socialised, and immersed themselves in the art process. The event raised approximately \$20,000, which will fund crucial mental health and wellbeing activities at Momentum, supporting individuals in our community who need it most. In a delightful twist, we also unofficially broke a world record for the most people painting and sipping together at once, making the evening memorable and setting a high standard for future events. This event highlighted not only the community's enthusiasm for art and mental health but also the powerful impact of coming together for a shared cause.

The day would not have been a success without the amazing efforts of the team. In particular our Communications and Events guru Wendy Green.









































Our

OPEN HOUSES

Summary of our monthly open houses in 2023/24

Momentum Mental Health's monthly Open Houses have become essential for building connections within the Toowoomba community. Held on the first Thursday of each month, these gatherings create a welcoming space where people from various sectors—local businesses, nonprofits, healthcare providers, educational institutions, and individuals interested in mental health—come together to learn, engage, and collaborate. Over the past year, more than **340 people have joined, including 10-15 members at each event and representatives from 34 businesses** throughout the year. This consistent attendance reflects growing support for mental health initiatives and a shared commitment to community wellbeing.

Designed as immersive experiences, Open Houses offer visitors a chance to explore Momentum's programs, services, and impact firsthand. These events foster a community of allies, as local organizations witness the positive outcomes of Momentum's member-centered mental health support. Each month, a local business or community group volunteers to prepare a BBQ or meal, creating an opportunity to give back, which aligns with one of Momentum's core '5 ways to wellbeing.'

Momentum's Open Houses are more than networking events—they are catalysts for lasting community engagement. By building a strong support network, Momentum is becoming both a valuable resource and a key partner in creating a healthier, more supportive Toowoomba.































Our AWARDS

Awards and Recognition in 2023/24

In 2023/24, Momentum Mental Health achieved a significant milestone by winning two prestigious Toowoomba Chamber of Commerce Business Excellence Awards: Excellence in Health and Wellbeing and Excellence in Community and Not-for-Profit. These awards celebrate outstanding local organisations that make impactful contributions to their sectors, and Momentum's dual recognition is a testament to the commitment, resilience, and innovation of its team. Winning in both categories underscores Momentum's role as a trusted leader in mental health support and a vital community resource, reinforcing its dedication to transforming lives and building a stronger, more resilient Toowoomba.

The Excellence in Health and Wellbeing Award highlights Momentum's unwavering commitment to delivering high-quality mental health services that are accessible, compassionate, and tailored to meet the needs of diverse communities. Momentum has consistently developed programs that address not only immediate mental health needs but also promote long-term wellbeing by fostering community connections, personal growth, and self-empowerment. This award acknowledges the organisation's holistic approach to health, which considers the broader social, economic, and cultural factors that influence mental wellbeing. It reflects the success of Momentum's person-centered programs that support members in overcoming challenges and achieving their goals.

Equally significant is the Excellence in Community and Not-for-Profit Award, which recognizes Momentum's impact as a dedicated non-profit organization focused on community-building and collaboration. Through its partnerships, Momentum has embedded itself deeply within the community, actively working to reduce stigma around mental health and create supportive spaces where individuals feel valued and understood. This award affirms Momentum's role as a cornerstone in the Toowoomba community, where it collaborates with businesses, educational institutions, healthcare providers, and other nonprofits to foster a culture of support and understanding.

These accolades are a testament to the hard work of the entire Momentum team, whose dedication to mental health and community wellbeing drives the organization forward. From staff members to board volunteers, everyone at Momentum has contributed to making these achievements possible.













Our RESEARCH

Research opportunities and Partnerships in 2023/24

Momentum Mental Health has engaged in several impactful research collaborations, broadening its support for community mental health and social innovation. A major partnership involves the Better Futures Grant, led by UNSW and QUT, which explores using virtual reality to support trauma-responsive and culturally informed practices in Chinchilla and the Western Downs. This research provides first-hand insights into how VR can assist in processing trauma, supporting the expression and sharing of complex lived experiences in creative ways, and identifying pathways for personal transformation.

Momentum also contributed to a UniSQ social enterprise research project, providing in-kind support through knowledge-sharing and networking, with CEO Shirley-Anne Gardiner contributing her insights in an interview. This project focuses on enhancing wellbeing and resilience among social enterprise leaders and teams in rural, remote, and regional Queensland.

Additionally, Momentum participated in a QUT co-design workshop focused on equipping employers to create inclusive workplaces for individuals with disabilities. This initiative led to the development of a toolkit for disability providers, aimed at fostering meaningful employment opportunities and promoting inclusive practices within organizations. Each of these partnerships reinforces Momentum's commitment to innovation in mental health and social support, ensuring a wide-reaching, positive impact across Queensland.

Momentum Mental Health also partnered with UniSQ's Master of Information Technology program as a live case study, exploring how digital health solutions can enhance mental health service delivery. This collaboration allowed students to assess barriers and facilitators for digital health implementation through a client-centered approach. They also identified types of digital services that would best support Momentum's care models, addressing both member needs and industry requirements.

At the semester's end, the top student projects were presented, providing innovative pathways to inform Momentum's digital strategy for donations and marketing. This partnership marks a significant step forward in enhancing Momentum's digital approach to mental health services, ensuring accessibility while supporting our mission and future growth.



Our CONFERENCES

Specking and Engagement opportunities in 2023/24

In the past year, Shirley-Anne Gardiner, the CEO of Health, Momentum Mental has had remarkable opportunities to represent Momentum and share its impactful work with broader audiences. In November 2023, she served as a guest speaker at the national Peace Conference, where she addressed an audience of over 100 individuals. Her presentation centred on Momentum's "5 Ways to Wellbeing," emphasising the essential role that mental and emotional wellness plays in fostering healthier communities. Her talk highlighted Momentum's commitment to holistic support and provided a framework that resonated strongly with attendees, illustrating how mental health and peace intersect on personal and community levels.

Shirley-Anne's influence extended internationally as she presented at the Asia-Pacific Society for Physical Activity (ASPA) Conference in Wellington, New Zealand, a prestigious event attended by over 200 participants from around the world. Here, she showcased a poster presentation on Momentum's innovative street art project, a collaborative effort involving the Toowoomba CHANGE project and the Safer Toowoomba Regional Partnership's Obesity Prevention Focus Group. This project, which combines creative expression with public health goals, reflects Momentum's dedication to enhancing physical activity and wellness through accessible, community-based initiatives.

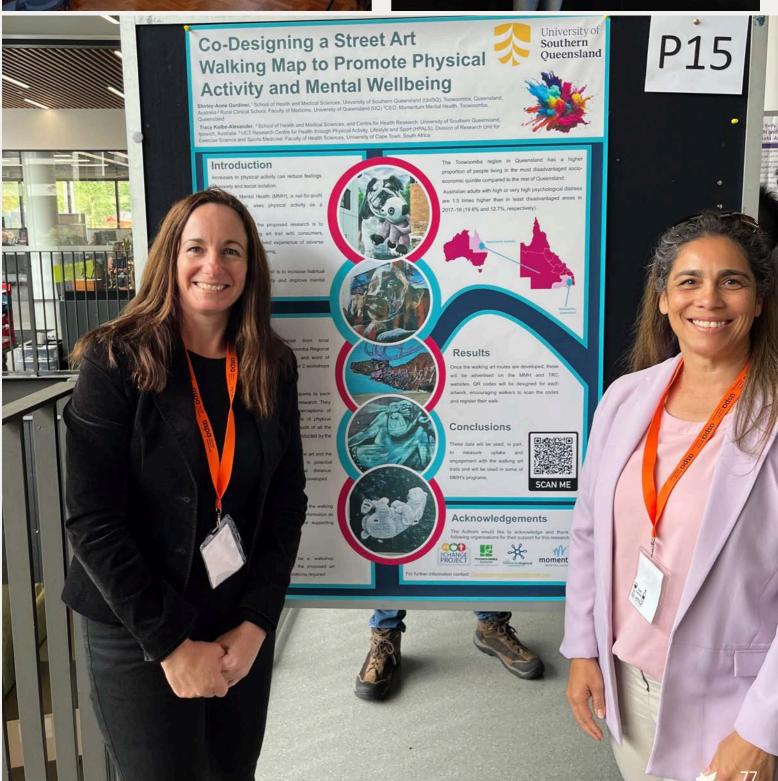
By participating in these conferences, Shirley-Anne not only underscored the importance of mental health but also demonstrated how creative community partnerships can drive impactful change.

These speaking engagements further cement Momentum's reputation as a leader in mental and physical wellbeing. They provided Shirley-Anne with platforms to advocate for comprehensive wellness strategies and to inspire other organisations to explore similar initiatives. Her involvement at both the national and international levels represents a significant step for Momentum as it continues to expand its outreach and advocate for mental health awareness and preventive wellbeing practices.











Our

PARTNERSHIPS

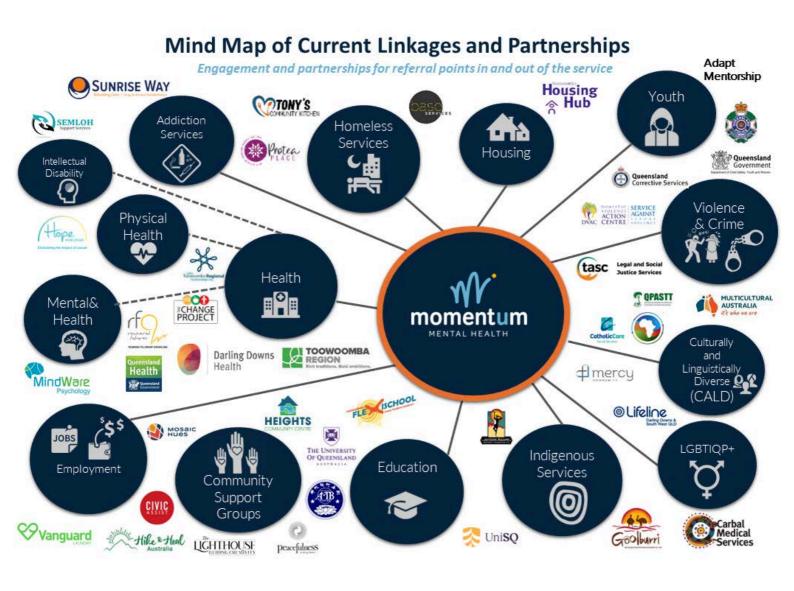
Connections for members in 2023/24

Momentum Mental Health has developed a robust network of partnerships with community organizations to support individuals affected by various social determinants of health. With sixty collaborative over partnerships, Momentum connects with services that address critical issues like homelessness, domestic violence, drug and alcohol challenges, legal rights, and support for culturally and linguistically diverse (CALD) communities. These partnerships enable Momentum to create streamlined referral pathways, offering members a comprehensive support system that extends beyond mental health, addressing the broader factors impacting wellbeing. By collaborating with these specialized groups, Momentum strengthens its commitment to addressing the needs of priority populations, ensuring holistic support for those most affected by socioeconomic hardships.

One of the key partnerships Momentum has fostered is with TASC National, which provides in-reach services every fortnight. TASC is recognized for its expertise in mental health advocacy, especially through a Human Rights perspective. Their services are highly collaborative, with lawyers and advocates who work closely with regional providers to support individuals facing complex mental health challenges. Through this partnership, Momentum's members gain critical access to TASC's Mind My Legals program, a Health Justice initiative that combines social work and legal support to empower individuals over 18 who are navigating both mental health challenges and legal concerns within the Darling Downs area. TASC's Individual Advocacy Support Program further extends this support, offering advocacy that helps members address systemic challenges like discrimination while promoting mental wellbeing.

In addition, Momentum has formed an in-reach partnership with ADA Link to provide guidance to older members as they navigate the aged care sector. This collaboration ensures that elderly members receive specialized support tailored to their unique needs within the aged care system. Momentum's weekly outreach to Sunrise Way Drug and Alcohol Service and the St Vincent De Paul Men's Shelter similarly reflects its commitment to connecting with members facing substance-related challenges or housing insecurity. These partnerships allow Momentum to reach vulnerable community members directly, offering them tailored, impactful support.

Through these relationships, Momentum ensures that members have access to a broader, more comprehensive network of support, meeting individual needs with specialized resources. These partnerships are not merely referral systems; they embody a commitment to an integrated approach to mental health care, acknowledging that factors like legal rights, social justice, and stable living conditions are essential for long-term mental wellbeing. Momentum's collaborations with community organizations underscore its mission to provide a multi-dimensional support system that addresses the complex, interconnected challenges faced by individuals across the region.



OUR ENGAGEMENT

Number of Events and Connections

Content Piece	Total number of events	Total Connections Made
Wellbeing Talks	30	596
Fundraising events	7	10,350
Conferences	2	200
Community Engagement	57	2,501
Business engagement	11	1,129
Member engagement	4	240
Media engagement	2	1,144
Government agencies	3	31
Schools and universities	8	310
Warwick events	2	41
Western Downs Events	21	301
TOTAL ENGAGEMENT	147	16,843





Our monthly **ACTIVITES**

Number of Events and Connections by month (including wellbeing talks)

Month	Total number of events	Total Connections Made
July	Not recorded	Not recorded
August	18	1,107
September	17	1,153
October	30	2,676
November	13	560
December	3	10,025
January	-	-
February	16	105
March	13	166
April	7	104
Мау	22	523
June	23	424
TOTAL ENGAGEMENT	167	16,843













Journey of an Art Therapist Exhibition













1,100 Connections













1,153 Connections













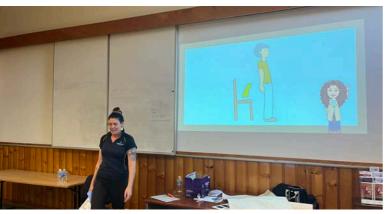
2,676 Connections



















560 Connections

13 Events













10,025 Connections 3 EVENTS

















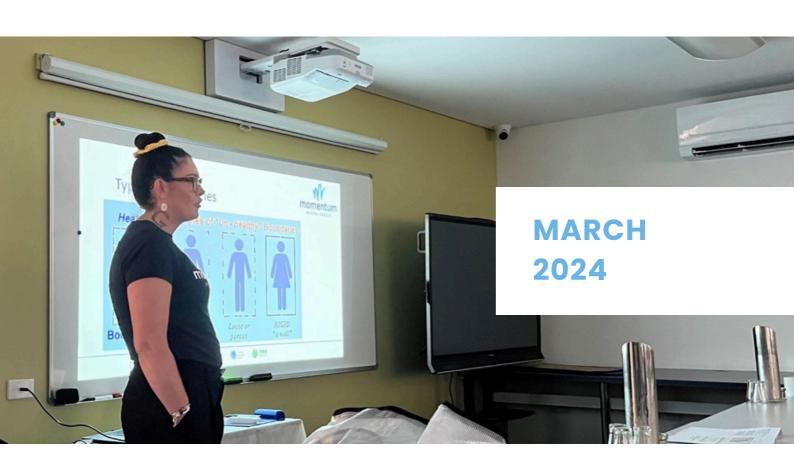








105 Connections 16 EVENTS













166 Connections 13 EVENTS













104 Connections













523 Connections22 EVENTS













424 Connections 23 EVENTS

What the

NEXT YEAR HOLDS

Momentum Mental Health is steadfast in its commitment to growing and evolving to meet the increasing needs of the communities it serves. A core focus in the future will be to expand our reach by increasing membership across all programs. By welcoming more members into our services, we can positively impact the lives of more individuals in Warwick, Chinchilla, Toowoomba, and surrounding areas. Our programs are designed to foster personal resilience and wellbeing, and by expanding our membership, we aim to create a ripple effect, nurturing stronger, more supportive communities that prioritise mental health.

Momentum also plans to continue delivering wellbeing talks throughout the Darling Downs region. These talks are not only educational but also crucial in reducing the stigma surrounding mental health and wellbeing, positioning Momentum as a trusted voice and leader in the field. By providing accessible, informative sessions on mental wellness, we aim to empower community members to openly discuss and prioritise their mental health. This ongoing dialogue will help shift public perceptions and cultivate a culture of support, empathy, and understanding, which is essential to breaking down barriers to mental health care.

In the years ahead, strengthening and expanding our partnerships with community organisations will remain a priority. Through both in-reach and outreach efforts, we aim to create a more cohesive support network that ensures no one falls through the gaps. Our work with partners across the social determinants of healthincluding housing, social justice, and addiction—will play a vital role in addressing the underlying factors that often contribute to mental health challenges. By collaborating with these partners, we can offer members a comprehensive support system, empowering them to address life's obstacles while fostering a stable foundation for their social, spiritual, physical, and mental wellbeing.

Momentum is also committed to deepening its collaboration with local schools, universities, and research institutions. These partnerships not only provide practical training opportunities for students but also open doors for meaningful research that can drive innovation in mental health care. Working closely with educational institutions will enable us to stay at the forefront of evidence-based practices and ensure our programs remain effective, responsive, and relevant. We aim to foster an environment of learning and growth where new ideas can flourish, benefiting both our members and the wider mental health sector. Looking to the future, Momentum will remain a cornerstone of mental health support in our communities. By expanding our

deliver

stigma-reducing

to

programs,

mental health care.

continuing

