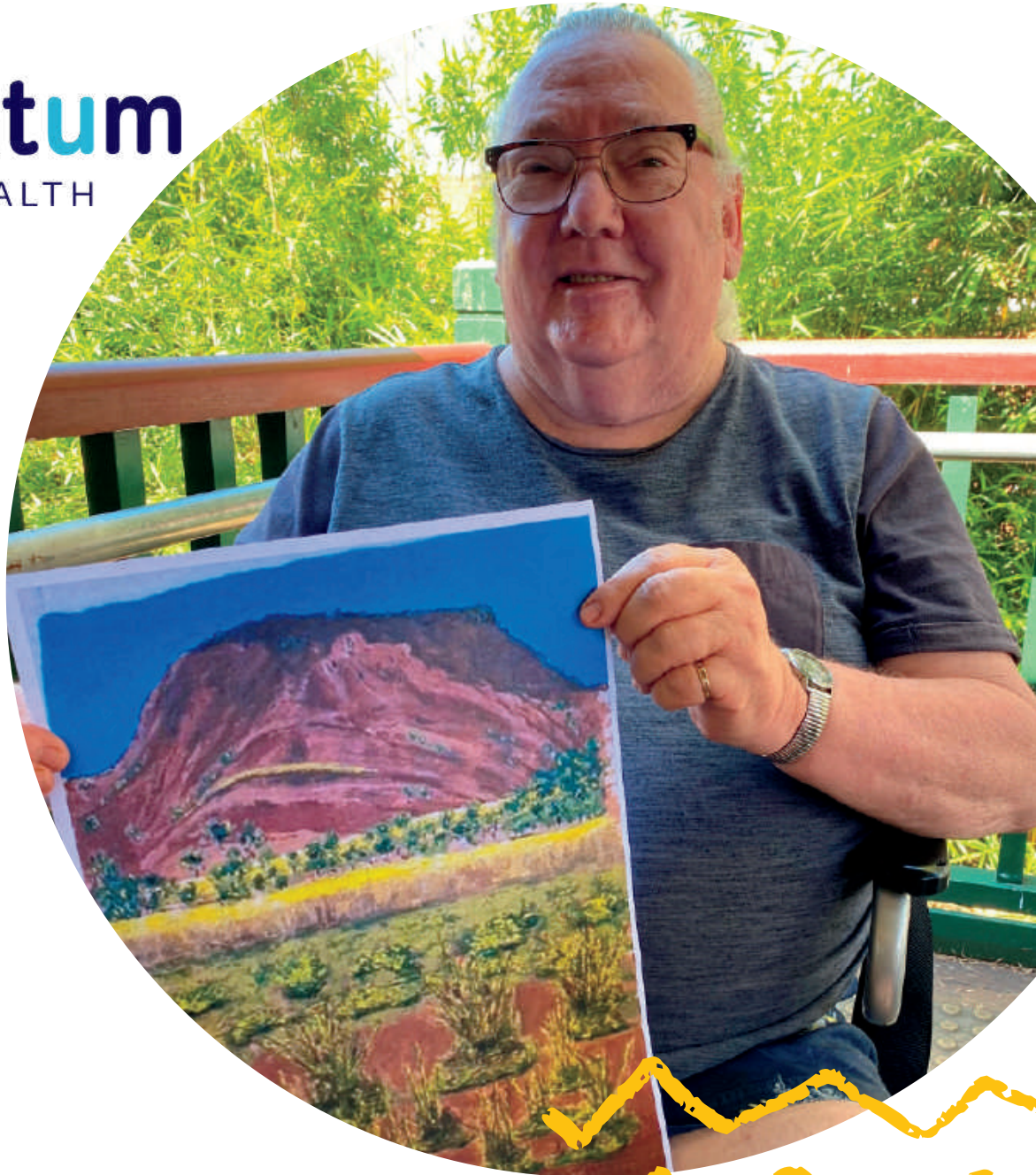




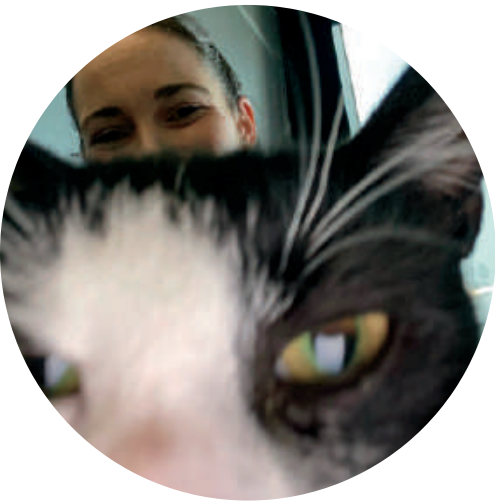
momentum

MENTAL HEALTH



Annual Report 2021 / 2022

ACN 638 285 117



Contents

Our Vision and Values	4
About the Organisation	6
Who we serve	8
Chairman's Report	9
CEO Report	10
Member Report	11
Highlights	14
Board of Directors	15
Big Wins	16
Our Partners	20
Becoming a member	22
Contact Us	23
Financial Summary and Statements	24



Vision

Our Vision.

Toward full and flourishing mental health.

Our Mission.

Challenge and influence the mental health system and show there is a better way.

Our Purpose.

To provide high quality services that inspire and enable self-led journeys of discovery and recovery, improving the mental health and quality of life for people everywhere.



Values



We Value.

Inclusion

We meet people where they're at and strive to create a sense of belonging and connection for our members, partners and stakeholders.

High Expectations

We expect the best: the best support, the best opportunities and the best outcomes.

Positivity

We strive to be authentically optimistic, instill hope, encourage and support each other in everything we do.

Action and accountability

We take action to improve mental health and wellbeing communities and take personal responsibility to get stuff done.

Respectful Relationships

As partners in each other's journey, we commit to treating each other with respect and dignity, enjoying a culture that is safe and supportive where everyone has the best chance of flourishing.

About the organisation

Momentum Mental Health is a community mental wellbeing organisation based in Toowoomba, Queensland. We provide one-to-one and group coaching support to people in the Toowoomba and Warwick regions who want to work on their mental health and wellbeing.

Momentum Mental Health was established in 1996 under the name of Toowoomba Clubhouse. Over the years, the service has evolved and is now leading the way in contemporary mental health and wellbeing programs. Our coaching style uses a strength-based approach to help you build capacity, confidence and get you back in the driver's seat of your own wellbeing and recovery.



About the organisation

We partner with evidence based programs, which provide members with access to employment, training, life skills and other supports they may need.

We have partnered with The Royal Melbourne Hospital to introduce 5 Ways to Wellbeing in our work and community. 5 Ways to Wellbeing' explains five simple and effective ways to improve your psychological and emotional health. These ways are based on extensive international research.

A healthy mind is just as important as a healthy body for your overall wellbeing. Like physical fitness, you can strengthen your psychological health in lots of small day-to-day ways. This will help you live a happier and a longer life as well as help you to cope with stress. Our monthly program of activities is colour coded to align with 5 Ways to Wellbeing categories.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What's On March 2022 Call our office on (07) 4632 4688 for more information</p>				
<p>Join us online by looking out for this symbol  email us for program zoom links: admin@momentummentalhealth.com.au</p>	<p>1 Gardening 9:30am - 11:30am  Creative Writing 10am - 12noon  Job Club 12:30pm - 2:30pm  Art Therapy 1pm - 3 pm </p>	<p>2 Eco Group 9:30am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Dungeons and Dragons 12:30pm - 3:30pm </p>	<p>3 Art, Image & Creativity 10am - 12noon  Feedback 2 Action Meeting & OPEN HOUSE BBQ Lunch 12noon - 12:30pm  Tai Chi 12:30 - 1pm  Coffee & Convo 1p - 3pm </p>	<p>4 Warwick: April Planning Session / Wellbeing session Kinross  Yoga 11am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Social Rec: Trivia 1pm - 3 pm </p>
<p>7 HAACK Your Wellbeing Cultural Diversity & Understanding Privilege 10am - 12noon  Cooking for Tony's Kitchen 10am - 12noon </p>	<p>8 Gardening 9:30am - 11:30am  Creative Writing 10am - 12noon  Financial Counsellor Visit 10:30am  Job Club 12:30pm - 2:30pm  Art Therapy 1pm - 3 pm </p>	<p>9 Eco Group 9:30am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Wellbeing Walk 1pm - 3 pm </p>	<p>10 Art, Image & Creativity 10am - 12noon  Tai Chi 12:30 - 1pm  Community In Focus 1p - 3pm </p>	<p>11 Warwick: Movie Day Casablanca  Yoga 11am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Social Rec: Street Art Tour 1pm - 3 pm </p>
<p>14 HAACK Your Wellbeing Nutrition & Mental Health 10am - 12noon  Cooking for Tony's Kitchen 10am - 12noon </p>	<p>15 Gardening 9:30am - 11:30am  Creative Writing 10am - 12noon  Centrelink Visit (TBA)  Job Club 12:30pm - 2:30pm  Art Therapy 1pm - 3 pm </p>	<p>16 Eco Group 9:30am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  TASC Visit 9:30am  Dungeons and Dragons 12:30pm - 3:30pm </p>	<p>17 Art, Image & Creativity 10am - 12noon  Tai Chi 12:30 - 1pm  Coffee & Convo 1p - 3pm </p>	<p>18 Warwick: Social Outings Croquet / Garden Salons  Yoga 11am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Social Rec: Classic Movie Afternoon 1pm - 3 pm </p>
<p>21 HAACK Your Wellbeing The 5 Ways to Wellbeing 10am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  HARMONY DAY 21 MARCH</p>	<p>22 Gardening 9:30am - 11:30am  Creative Writing 10am - 12noon  Job Club 12:30pm - 2:30pm  Art Therapy 1pm - 3 pm </p>	<p>23 Eco Group 9:30am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Wellbeing Walk 1pm - 3 pm </p>	<p>24 Art, Image & Creativity 10am - 12noon  Tai Chi 12:30 - 1pm  Community In Focus 1p - 3pm </p>	<p>25 MMH Warwick CLOSED  Momentum Closed Toowoomba Show Day Holiday</p>
<p>28 HAACK Your Wellbeing Building Resilience 10am - 12noon  Cooking for Tony's Kitchen 10am - 12noon </p>	<p>29 Gardening 9:30am - 11:30am  Creative Writing 10am - 12noon  Job Club 12:30pm - 2:30pm  Art Therapy 1pm - 3 pm </p>	<p>30 Eco Group 9:30am - 12noon  Cooking for Tony's Kitchen 10am - 12noon  Dungeons and Dragons 12:30pm - 3:30pm </p>	<p>31 Art, Image & Creativity 10am - 12noon  Tai Chi 12:30 - 1pm  Coffee & Convo 1p - 3pm </p>	<p>5 Ways to Wellbeing CONNECT BE ACTIVE KEEP LEARNING BE AWARE HELP OTHERS  </p>

Who we serve

Individual & Group Coaching

We provide a range of evidence based preventative and recovery services that improve the mental health and wellbeing of individuals, carers and community groups.

Advocacy & Education

We work collaboratively to reduce the incidence of mental illness, stigma, improve understanding and create opportunities for people living with mental health challenges.



Chairman's Report

2022 has been a year of change for our organisation. Significant change, but also significant achievement. I'm extremely proud and privileged to represent our organisation and be an ambassador for the way that we deal with and discuss mental health challenges in our society.

This opening paragraph has been copied exactly from my 2021 report, and reminds us that change is constant and the only constant continues to be change.

2022 continued to be significantly influenced by external variables such as COVID-19. Whilst this physical health crisis continued to affect the lives and livelihood of people around the world, the mental health crisis that it has accelerated, will be here with us for much longer. Unfortunately the demand for our services and allied mental health services in general continues to surge and shows no sign of slowing. We are pleased and humbled to be trusted with part of peoples' mental wellbeing journey, as well as that of the wider community. We acknowledge the traditional mental health system is very much overwhelmed. That's why we are doing things differently, to respectfully challenge the traditional system and find better ways to help people. We are proud of our journey starting as Toowoomba Clubhouse in 1996 to our current point.

Whilst we are traditionally funded to help to people with a diagnosis, we are honoured to support and care for those in our community who come with no formal diagnosis. Those who are here to work on their mental health without fear or favour, without labelling nor stigma. The problem is that traditional funding doesn't cover these people, but we want to prove that investment into these people is proactive and overwhelmingly beneficial. We will strive to continue our leadership on mental health issues within our community. We are proud of our staff, led by our CEO Debbie Bailey. Their commitment to our members, as well as broader mental health advocacy is admirable.

We greatly value our partnerships and the generous companies and people who believe in us and invest their time and money into our organisation. Companies such as NRG Services have not only provided funding, but also given their time and resources to fix and maintain our buildings, and then go above and beyond to cook our monthly members BBQ's. CBA in Toowoomba have supported us through community donations. Alpine Refrigeration through the Heritage Bank Charitable Foundation have believed in our mission and vision and supported us financially. Aurizon has supported us with two new dishwashers which in turn help member build skills, and make our commercial kitchen a more comfortable space to cook meals for Toowoomba's increasing homeless population through Tony's Community Kitchen. This shows that EVERYONE at times will need help, but a 'hand up' is more valuable than a 'hand out'.

Whilst I am proud, I acknowledge that we have learnt some valuable lessons this year. As Chairman, I concede that change can invoke significant anxiety and uncertainty. I want to reassure our members and broader stakeholders that we are committed to walk along side them in this journey. I appreciate and learn that this change has been challenging for our members and staff who have led this journey. I want to publicly thank my fellow board members who are extremely generous with their time and individually inspiring with their leadership and passion for our bigger purpose. I also want to thank our members for your loyalty and trust in our organisation.



Chris Black
Chairman of
the Board

So what's next?

The next 12 months is about continuing to innovate and challenge the system through community-minded leadership. We will focus on executing our current strategy and doing things with a bigger and more scalable approach as we keep helping others.

Watch out for more community focused events and education that will inspire others to walk with us...

CEO Report

The 2021-22 year has been full of activity, movement and resetting for the organisation as we've settled into our new name and how we want to position ourselves in community mental health.

The year has had a major focus of communicating our name change and the reasons why. Our messages around our change in the way we practice – we have moved to a coaching framework – has helped build understanding around the differences in our group and 1:1 services as compared to our former Clubhouse model. These explanations and our renewed connections have been well received.

The relationship building and connections we've focused on in the community over the last 12 months include our key referral partners ie GP practices, Queensland Health Acute Mental Health Unit and local PHN funded services in Mental Health and Alcohol and other Drugs (AODs).

Our regular engagement with these referrers has been fruitful with our membership numbers sitting around 80% capacity as at 30 June 2022. It is expected that the strong flow of referrals from our key partners will continue and we will be working on increasing our funding to match the consistently growing demand.

During the year we have also had the opportunity to contribute to research regarding the efficacy of our State funded program. We took the opportunity to deliver the findings and results to the Executive Mental Health team at Darling Downs Health – both the findings and our change in practice and approach were well received. Our Group Coaching programs have continued to be refined based on member feedback and the coaching framework. Our Coaches now focus on looking for the “stretch” for all members when accessing these groups. Members have responded to this focus with consistent take up of our art, creative writing, and wellbeing focused programs.

Our 1:1 Coaching has grown significantly in the last 12 months with over 50% of our members taking the opportunity to work with a coach over a series of sessions to conquer or work through their barrier or boulder. Coaches and Members report that the 1:1 coaching opportunity can really boost a member's ability to create and practice change. Some of our member success stories include: Moving out into their own home, decluttering their home, making friends and establishing a social circle outside of health services, find employment and maintaining it.

One of the extra projects featured in the year was the ACDC (Assisting Communities through Direct Connection) Project. The ACDC project was a partnership with Community Mental Health Australia and is one of 24 projects being delivered across the country. The aim of this project was to door knock 1500 houses in a neighbourhood over 12 weeks, sharing information around mental health and wellbeing services and gathering survey responses to form part of a national data project on community mental health and wellbeing.

The findings of this project highlighted the challenges community members have in navigating where to access help and also the lack of connection across communities and local neighbourhoods. We will use the findings during 2022-23 to try and address some of the issues highlighted in the year.

Finally, from a staffing perspective, we have had a number of changes in staff as we transitioned to our new model under the Momentum Mental Health name. Some of our longer term staff moved onto furthering their study or new roles, and we welcomed a number of new Wellbeing Coaches who were attracted to our coaching style and contemporary approach. Every person in our team - staff, Board Members and Volunteers have made a valuable contribution to our transition and helped build and position the organisation to where we are today.

I look forward to continuing to work with our team to grow the service in 2022-23 and find new wellbeing opportunities for us to positively impact the broader Darling Downs community.



Debbie
Bailey
CEO

Member Report



In the past 12 months,
members have accessed
our services with

3509

attendances,
and a total of

10,112

hours.



Group Coaching Sessions: 678 sessions delivered

1 to 1 Coaching Sessions: 1912 sessions held

Connect



100% of our programs
promote connectedness

Be Active



35% of our programs promote
physical activity

Keep Learning



60% of our programs promote
learning

Be Aware



57% of our programs
promote awareness

Help Others



32% of our programs
promote helping

**255
mental health
recovery
journeys
supported**

**1560
healthy
homemade
meals serviced
from our kitchen**

**81.8% of
members rate our
programs as
being EXCELLENT**

Member Report

Momentum has inspired me to use my lived experience to help others.

I now have direction.

I have turned my struggles into my strength.

This place has given me inspiration, purpose and friendships.

~ Hannah

Thank you so much. Great support provided during a challenging time.

~ Anon

Before I was a member at Momentum I was unstable. I had no routine. I was routinely hospitalised with agoraphobia and panic attacks. I had such a lack of confidence which resulted in transient employment and many failed study attempts. I now am getting back to the old me. I create my own standards, set my own routines. I am confident and accountable.

It feels great.

~ Jason

Awesome day today. I love coming here to Momentum

~ Anon

Healthy cooking and social recreation were exceptional.

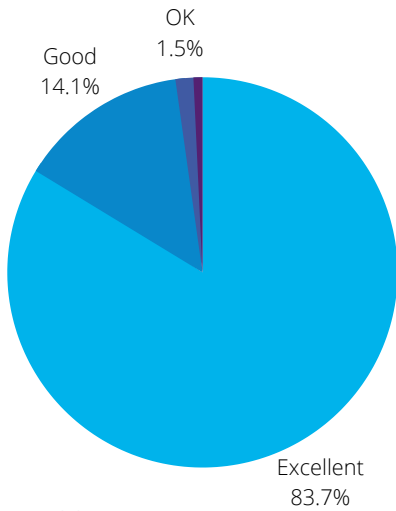
~ Anon



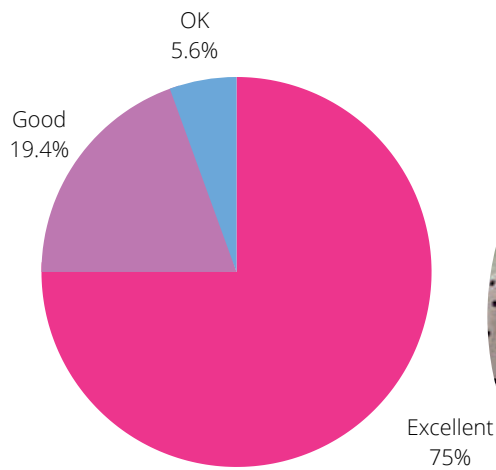
Member Report

Customer Thermometer Insights

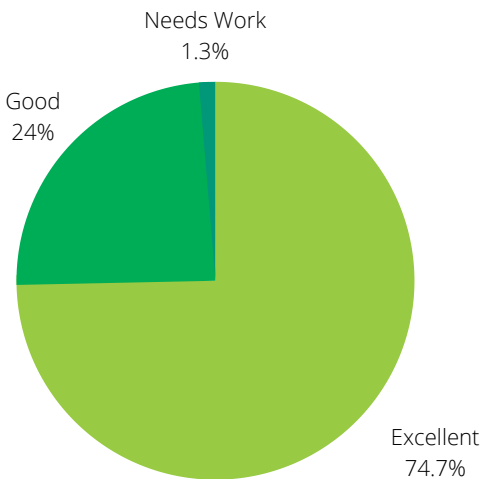
Overall Feeling



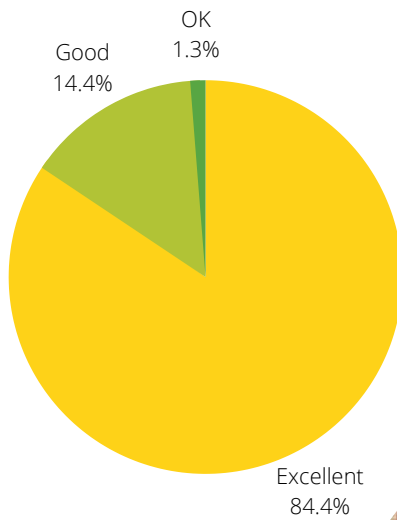
Member Interactions



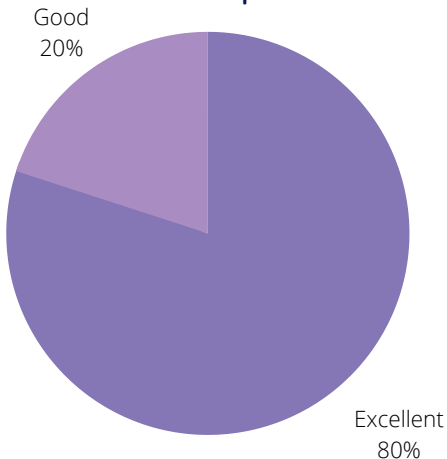
Staff Interactions



Program Activities



1:1 Session Experience



Highlights



Board of Directors



Chris Black ~ Chairman



Dr. Warren Midgley



Bianca Rice



Jane Ranger



Dr. Clive Williams



Don Carlson

The Momentum Mental Health Board of Directors is responsible for the long-term success and sustainability of MMH for the benefit of our members, now and in the future. This is achieved through impactful leadership, strategy development, risk management and oversight of strategic implementation, with intentional and supportive governance. It is key that the organisational culture remains aligned to our vision, mission and purpose.

The Board meets monthly and ad hoc as required. Each Director on our board brings a special set of skills to the table, ranging from financial expertise, education, governance, human resources, psychology and health backgrounds.

Big Wins & Thank you's

Community Mental Health Australia:

The ACDC project offers an innovative, proactive outreach approach to linking people with services and assessing community needs.



Rather than waiting for people to present to services and ask for help, the ACDC project reaches people by knocking on the doors of householders and offering information about supports and services.

A total of 1865 doors were knocked on by the Momentum Mental Health People Connectors and 774 people engaged with a People Connector. In addition, 151 householders responded to a survey about mental health needs and access to services in their community.

Here is what they found...



ACDC PROJECT - TOOWOOMBA REPORT



Biggest concerns for people in the Toowoomba community:

Housing (52%)

Financial stress (47%)

Safety (40%)



A third of surveyed people experiencing high or very high psychological distress. Of these, 60% said they need more support.

More than 50% of householders indicated they wanted to seek help for their mental health. 37% of them did not receive the care they needed.



Foundation for Rural Regional Renewal:

This \$50K project funded by FRRR generated



awareness around everyday practices to promote positive mental health and wellbeing in the Darling Downs. The workshops taught clear steps on how people can support their colleagues and customers who are impacted by drought, whilst also maintaining their own wellbeing. These important steps gave the participants tangible tools to support members of our community, ideally before they find themselves needing clinical assistance. Employees from 57 different businesses in the Darling Downs attended workshops which addressed building resilience and adopting positive wellbeing practices in the workplace as well as at home. The three topics included: 1. Building and maintaining positive personal wellbeing, 2. Using boundaries to manage stress, and 3. Knowing the signs someone is struggling and how to have a difficult conversation.



PROUD GRANT RECIPIENTS
Networks to Build Drought Resilience

Big Wins

Alpine Refrigeration: Ivan Wall and his team at Alpine Refrigeration heard about the work that Momentum is doing in ill mental health prevention, and awarded us as their first recipient of the Alpine Community Fund.



KP Protection Services: Ari and Amanda Kucuku, directors of KP Protection chose Momentum as a charity partner after Ari's own experience with depression lead him to zero in on his health goals.



Ari worked towards competing in the International Federation of Body Building QLD State Championship, and raised much needed funds for Momentum during his 16 week training journey.



Commonwealth Bank: Momentum were grateful recipients of \$10,000 from the CommBank Staff Foundation in 2021. These funds have been dedicated to producing easy read versions of our most frequently required documents for new members. This offering makes joining our service even easier for people with low literacy levels, or who have English as a second language. The Toowoomba CBA Team have also given some of their volunteer time to us, spoiling us with a garden tidy blitz session and a kitchen deep clean.



Big Wins

Aurizon Community: 156 cooking sessions are held in the Momentum kitchen each year. Each Monday, Wednesday and Friday, our members select a recipe, plan and shop for ingredients, and then make the meal in our commercial kitchen space. Prepared meals are then packaged and delivered to Tony's Community Kitchen, feeding the homeless 365 days a year. The team at Aurizon Community gave us funds to install two industrial dishwashers in our commercial kitchen, increasing our capacity to cook upwards of 1000 meals each year. Since 2011, Aurizon's Community Giving Fund has supported over 500 charities and community organisations from across their areas of operation in the broad areas of Community Safety, Education, Environment, and Health and Wellbeing.

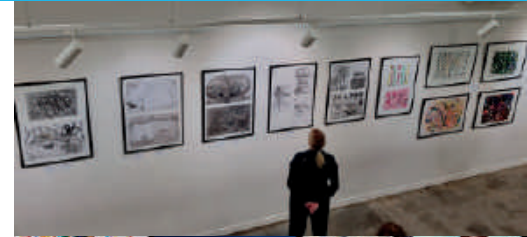


Toowoomba Chamber of Commerce: In March Momentum hosted 180+ business people from the Toowoomba Region at the first Business @ Dusk event for 2022. Providing a unique walk through experience, meet and greet with our wellbeing coaches and fabulous food prepared in our own kitchen by staff and members, guests were afforded a true glimpse into our service. The Toowoomba Chamber of Commerce has championed the cause of mental health in the workplace, and supported Momentum to receive funding from FRRR for Wellness in the Workplace training for Toowoomba small businesses.



Big Wins

The Lighthouse Toowoomba: Art therapy is an evidence based treatment approach that integrates psychotherapeutic techniques with the creative process to improve wellbeing. Upwards of 120 people have attended and created works in our Art Therapy sessions at Momentum this year. An exhibition was just a natural progression, and, with friends in artistic places, this possibility has become reality. Emma Mactaggart and her team are committed to creating social change in our community through art, literacy and education, and we felt privileged to show our pieces in their beautiful space "The Write Gallery" in June 2022.



NRG Services: The NRG Services Team make BBQing look fun each month at our Open House event, and even better, the meal always tastes great!



This wonderful organisation is passionate about mental health for their employees, but also for the wider community, and they prioritise this by helping out a number of not-for-profits. The team also ensure that our staff and members are kept warm or cool depending on the season, and generally powered up with their super friendly and highly professional service and repair team maintaining our facility.

Bunnings: The garden at Momentum is a truly beautiful space which is lovingly tended by our staff and members. Great things can happen in green spaces when you're working on awareness.



The Bowly family donated funds to Momentum to construct a greenhouse in our space in memory of Andrew their son / brother and nephew who especially enjoyed sharing his gardening skills with other members in our gardens. Bunnings Toowoomba West were kind enough to supply a voucher for plants to fill the greenhouse on its opening day, and we've been planting and propagating ever since.



Our Partners

Each fortnight student doctors from the UQ Rural Clinical School attend our service to connect with members and immerse themselves in our programs. The future doctors learn about the mental health needs of our community through these real world connections. Members are always happy to share their personal positive and negative experiences with the medical system.



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



"Our students always give very positive feedback about their time at Momentum. They really enjoy coming for a visit. It's great that we can continue our partnership with wonderful community organisations like yours". UQ Rural Clinical School

Our Partners



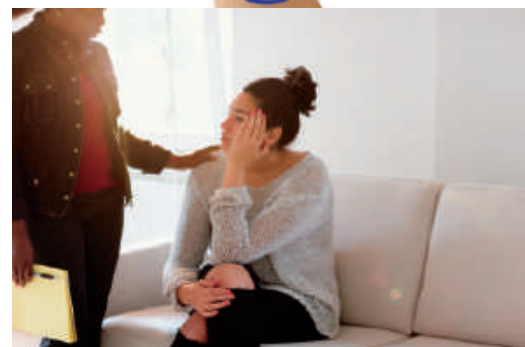
Vanguard Laundry : Vanguard Laundry is a social enterprise commercial laundry service that focusses on providing employment opportunities for people who have experienced mental illness and who have struggled to get back into the workforce. Vanguard Laundry was created by Toowoomba Clubhouse in 2016. Since then, over 50 members have found employment through Vanguard.

TASC : TASC is a federally and state-funded not for profit organisation that provides legal assistance to the vulnerable and marginalised members of our Toowoomba community. TASC Advocacy visits MMH each fortnight to provide free advocacy services to members.

CatholicCare: As the social services agency of the Catholic Diocese of Toowoomba, CatholicCare provides a range of services to promote individual, family and community wellbeing. CatholicCare provides support for Momentum staff via their employee assistance program.

Lifeline: Each month Lifeline provides assistance through sessions delivered at MMH for members in financial difficulty. The sessions help with addressing financial problems, making informed choices and building longer term capacity to budget and manage money.

Centrelink: Each month Centrelink provides assistance through sessions delivered at MMH for members who need advice on payments and services, setting up online accounts and claiming.



**Legal and Social
Justice Services**



centrelink



Becoming a member - never easier

At Momentum Mental Health, we work with each person to discover what they want to achieve.

Our service has no charge and there is no diagnosis required.

We don't work with "Jack who has bi-polar", we work with "Jack who wants to build his social skills!"

There are four basic criteria for someone to access our service:

- Need to be over 16 years
- Need to want to work on your mental health and wellbeing
- Need to be prepared to work toward a wellbeing goal and to work with a coach on this goal
- Need to be able to use the programs the way they are intended

Access is open to anyone who meets our four basic criteria – if they do and they don't meet the government funding program

criteria, we use our donations and philanthropic funds to provide support.

Toward Full and Flourishing Mental Health.

LEARN MORE >



Name: _____

Are you above 16 years of age?

Would you like to improve your mental wellbeing?

With support of a Wellbeing Coach are you willing to set and work toward your wellbeing goals?

Toward Full and Flourishing Mental Health.

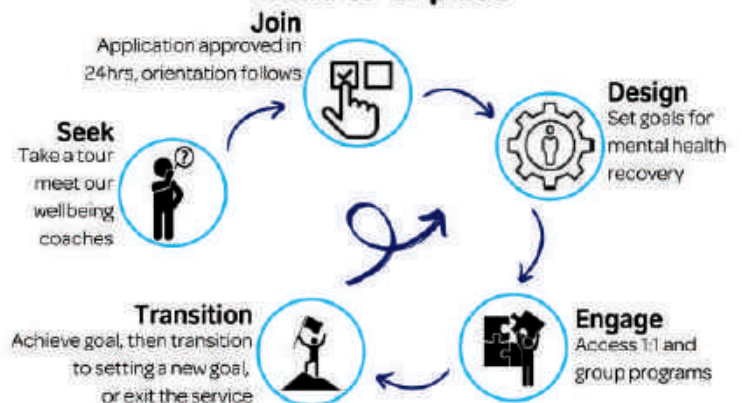
Momentum is a mental health service focused on helping you improve your wellbeing.



- GP referrals welcome
- No diagnosis needed
- No cost to access service*
- Group programs and 1:1 goal focussed coaching available Mon-Fri
- Wellbeing focus, programs suitable for people experiencing mild to severe and persistent mental illness
- Drop in 9am-4pm for a tour

*with the exception of NDIS participants

What to expect



112 Russell Street, Toowoomba | 07 4632 4688 | 9am-4pm Monday to Friday
This service is funded by DDWMPHN, Queensland Health and private donations

Contact Us

Toowoomba

112 Russell Street,
Toowoomba

Monday to Thursday

9:00am - 4:30pm

Friday 9:00am - 4:00pm

Warwick

Warwick Baptist Church Hall
Cnr Guy and Percy Streets

Warwick

Friday 10:30am - 2:30pm

Phone

07 4632 4688

Parking

Limited parking is available at the rear of our premisses with access via Baty Lane. However, there is a council carpark on the corner of Russell and Clifford Streets and plenty of paid parking spaces in the streets around Momentum.

We are also just a 5 minute walk from the Grand Central Shopping Centre bus stop.



Financial Summary

2022 was a year of vigilance as we continued to navigate cautiously through Covid. The board and management were extremely focused on prudent management, looking after our people and members and ensuring that we remained compliant and healthy through the midst of the health crisis. In addition, the funding we gratefully receive from our Health partners fell slightly, along with NDIS revenue as members stayed home following the advice of our Government and health directives. This meant that it was a challenge to engage new programs and tenders and as a result, our total revenue fell 9.9% (not including the one off Government stimulus measures from 2021).

To manage this drop in revenue, the team managed expenses tighter saving \$138,405. The drop in expenses is also the result of building on the prior years' investment in branding, processes, staff structures, service delivery and coaching methodology which will allow us to 'scale up' in a repeatable way for future projects and grant funding as they arrive. The year has also seen a significant investment and shift towards community leadership within the mental health space. I am proud of the advocacy and goodwill built within the community which will not be shown in these figures, but is felt and will return significantly into the future as we continue with our mission.

In saying that, we have made a loss of \$64,932 this year. We are mindful and focused on creating a sustainable 'profit for purpose' business model and will focus on turning this around in the medium to long term. The positive takeaway is our cash position and liquidity remains strong with significant current assets and sound current ratio.

The next years we will continue to position ourselves as an innovative partner who is willing to get their 'hands dirty' within our community, build on our services to our members and the broader community and always prioritise a long term view to decision making. For 2023, we have forecast another net loss, however plan to address this through a number of strategies, including corporate partnerships, sponsorships, engaging with research partners, as well as focusing on creating new value to our health partners including the PHN. Solving the mental health crisis is not a sprint, rather a marathon, and we feel well placed to continue to challenge the system with the resources we continue to build. 2022 has also been significant as we brought on the expertise and wisdom of Jane Ranger as a board member who is the CFO of the Darling Downs Health. Her skills will be utilised as we continue our journey.

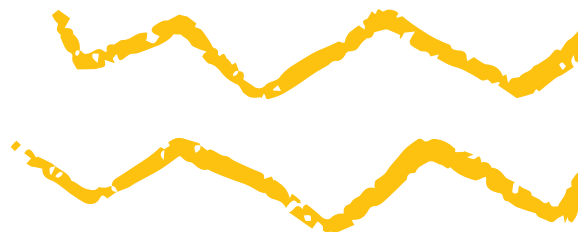
I am pleased to present to you the 2022 financials for Momentum Mental Health and encourage you to read the detail attached and engage us into the future.

BUDGET BREAKDOWN IN 2021/2022



BIGGEST CHALLENGES IN 2022/2023

- Increasing philanthropic funding to deliver new whole of community focussed wellbeing programs.
- Welcoming people to access service without government funding to support.



Momentum Mental Health Limited

ABN 56 556 874 963

Financial Statements for the Year Ended

30 June 2022

Momentum Mental Health Limited

Directors Report

30 June 2022

The directors present their report, together with the financial statements, on the company limited by guarantee for the year ended 30 June 2022.

Directors

The following persons were directors of the company limited by guarantee during the whole of the financial year and up to the date of this report, unless otherwise stated:

Michael Rose-Miller - retired 12 August 2021

Jane Ranger - appointed 12 August 2021

Dr Clive Williams - appointed 12 August 2021

Donald Carlson

Philomena Rice

Warren Midgley

Christopher Black

Operating Result

The deficit of the company for the financial year ended 30 June 2022 was \$64,932 (2021 surplus \$271,204).

Review of Operations

During the financial year, the organisation changed its branding from Toowoomba Clubhouse to Momentum Mental health. This is in line with the legal name change in the previous financial year. The organisational details such as ABN, ACNC number and DGR status were retained.

NDIS "fee for service" income continued in this year. The NDIS income was in addition to traditional contracts to deliver services on behalf of Queensland Health and the Darling Downs West Moreton PHN.

The organisation continued to deliver services one day a week in Warwick.

Significant Changes in State of Affairs

Other than rebranding of the service as noted above, there were no significant changes in the company's state of affairs during the financial year.

Principal Activities

The company provides contemporary mental health and wellbeing programs. There were no significant changes in the company's state of affairs during the financial year.

After Balance Date Events

No matters or circumstances have arisen since the end of the financial year which significantly affected, or may significantly affect, the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Likely developments in the operations of the company, and the expected results of those operations in future financial years, have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the company.

Momentum Mental Health Limited

Directors Report (continued)

30 June 2022

Qualifications and Experience of Board Members

Michael Rose-Miller

Michael was invited to join the Toowoomba Clubhouse Management Committee in 2001 and soon took on the role of Treasurer. For Michael, his long association with Clubhouse is strongly linked to the value he sees in the model and the way the Clubhouse work is all built around respect for members.

Michael brings with him a background of Accounting, Auditing and before retiring, held the role of Chief Financial Officer for a major private transport company.

Philomena (Bianca) Rice

Bianca's qualifications include a Bachelor of Arts - Psychology; Graduate Diploma in HRM and IR; Graduate Diploma in Management (Mentoring & Coaching); and she is currently completing a Master of Strategic Organisational Development and HRM (one unit to completion) and has a Certificate IV Training and She has had over 24 years' experience in senior human resource management, capability building and teaching/education roles. Bianca is very aligned to the vision & mission of Momentum Mental Health and has joined the Board to contribute towards the much needed change in our society in this area.

Don Carlson

Don joined Toowoomba Clubhouse in 2018 as a Committee Member and brings with him a depth of financial and business knowledge. Before retiring, Don spent 26 years as a financial planner – working at all levels from being a sole operator through to being a Director of a business employing up to 60 people.

Don has also been a Director on the Board of Ability Enterprises since just after its inception in 2012 and has held the role of Treasurer for that organisation.

Warren Midgley

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. 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

Christopher Black

Chris holds a double Bachelor's Degree in Business and Commerce, as well as a Graduate of the AICD. He represents other boards and is the Vice President of the Toowoomba Chamber of Commerce. He is also a qualified financial adviser and noted as on the most influential advisers in Australia according to the Financial Standard. He is father to 3 boys, married to a clinical psychologist and is passionate about changing the conversation with, and removing any stigma around mental health.

Jane Ranger

Jane is Chief Finance Officer for Darling Downs Health with a focus on Financial Control, Commercial Management, Procurement, Business Analysis and Development and Health Information Services. Jane is a CPA and holds a Bachelor of Business and is also a Graduate of the Australian Institute of Company Directors. She also has senior level experience in both public and private health care and also the banking, hospitality, manufacturing and building industries.

Momentum Mental Health Limited

Directors Report (continued)

30 June 2022

Dr Clive Williams

Clive is a practicing psychologist with 40 years experience in clinical, hospital and organisational settings. Clive is an author of the book *A Mudmap for Living* (how to navigate change), has been published in various psychological journals and has also presented nationally and internationally around change. Clive has a private practice in Toowoomba and works with clients and organisations both nationally and internationally.

Environmental Issues

The company's operations are not regulated by any significant environmental regulation under a law of the Australian Commonwealth or of a State or Territory.

Liability of Members on Winding Up

Should the company wind up operations the liability of members is limited to an amount not exceeding \$10. As at 30 June 2022 there were 6 members.

Covid impact

The impact of COVID-19 has been felt across the community services sector however the staff and programs at Momentum Mental Health have remained agile with services being maintained throughout the period. There has been no loss of staff or service hours and the programs have continued to be delivered in person with a selection of programs continuing to be offered online to help service users maintain access and connectivity while in isolation.

Indemnifying Office or Auditor

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

Proceedings on Behalf of the Company

No person has applied for leave of Court to bring proceedings on behalf of the company, or intervene in any proceedings to which the company is a party for the purpose of taking responsibility on behalf of the company for all or any part of those proceedings.

The company was not a party to any such proceedings during the year.

Auditors Independence

The auditors independence declaration is set out on the page immediately following and forms part of the directors report for the financial year ended 30 June 2022.

Signed in accordance with a resolution of the Directors

Director

Dated 23/8/2022

25/8/2022

Momentum Mental Health Limited

Auditors Independence Declaration

30 June 2022

As the auditor for the Momentum Mental Health Limited for the year ended 30 June 2022, I declare to the best of my knowledge and belief, there have been:

a) no contraventions of the auditors independence requirements of the *Corporations Act 2001* in relation to the audit; and

b) no contraventions of any applicable code of professional conduct in relation to the audit.

This declaration is in respect to Momentum Mental Health Limited.



Jessica Galvin

Registered Company Auditor 476815

Dated 25 August 2022

Momentum Mental Health Limited

For the year ended 30 June 2022

CONTENTS

Statement of Profit or Loss and Other Comprehensive Income	6
Statement of Financial Position	7
Statement of Changes in Equity	8
Statement of Cash Flows	9
Notes to the Financial Statements	10
Directors Declaration	17
Audit Report	18

Momentum Mental Health Limited

For the year ended 30 June 2022

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

	2022	2021
	\$	\$
Revenue		
Grants	1,078,243	1,124,501
NDIS	138,847	193,036
Australian Government Stimulus	-	334,100
Donations	55,969	91,154
Other income	6,993	11,801
Total revenue	1,280,053	1,754,593
Expenses		
Office expenses	131,080	208,320
Kitchen expenses	17,710	14,552
Insurance	20,873	19,700
Depreciation	18,373	31,968
Rent	77,630	77,197
Employee expenses	1,028,393	1,091,162
Operating expenses	22,603	26,062
Other expenses	28,322	14,429
Total expenses	1,344,984	1,483,389
Surplus/ (deficit) before income tax expenses	(64,932)	271,204
Income tax expense	-	-
Surplus/ (deficit) after income tax expense for the year ended attributable to the members of Momentum Mental Health Limited	(64,932)	271,204
Other comprehensive income for the year	-	-
Total comprehensive income/ (loss) for the year ended attributable to the members of Momentum Mental Health Limited	(64,932)	271,204

The above statement of profit or loss and other comprehensive income should be read in conjunction with the accompanying notes

Momentum Mental Health Limited

As at 30 June 2022

STATEMENT OF FINANCIAL POSITION

	Notes	2022 \$	2021 \$
Current Assets			
Cash and cash equivalents	3	678,093	682,223
Trade and other receivables		22,868	3,421
Total current assets		700,961	685,643
Non-current Assets			
Property, plant and equipment	4	39,641	77,498
Total non-current assets		39,641	77,498
Total assets		740,602	763,142
Current Liabilities			
Trade and other payables	5	59,393	44,367
Accrued wages and superannuation		29,625	21,398
Employee annual leave provision		50,840	52,183
Lease liability		18,629	19,483
Income received in advance		53,909	3,600
Total current liabilities		212,396	141,031
Non-Current Liabilities			
Employee long service leave provision		16,623	26,967
Lease liability		-	18,629
Total non-current liabilities		16,623	45,596
Total liabilities		229,019	186,627
Net assets		511,583	576,515
Equity			
Retained surplus		511,583	576,515
Total equity		511,583	576,515

The above statement of financial position should be read in conjunction with the accompanying notes

Momentum Mental Health Limited

For the year ended 30 June 2022

STATEMENT OF CHANGES IN EQUITY

	Retained Surplus \$
Balance as at 1 July 2020	305,311
Surplus after income tax expense for the year	271,204
Other comprehensive income for the year, net of tax	-
Total comprehensive income for the year	<u>271,204</u>
Balance as at 30 June 2021	576,515
	Retained Surplus \$
Balance as at 1 July 2021	576,515
(Deficit) after income tax expense for the year	(64,932)
Other comprehensive income for the year, net of tax	-
Total comprehensive loss for the year	<u>(64,932)</u>
Balance as at 30 June 2022	511,583

The above statement of changes in equity should be read in conjunction with the accompanying notes

Momentum Mental Health Limited

For the year ended 30 June 2022

STATEMENT OF CASH FLOWS

	Note	2022 \$	2021 \$
Cash flows from operating activities			
Receipts from customers		1,310,862	1,732,863
Payments to suppliers		(1,315,045)	(1,496,564)
Interest received		51	97
Net cash provided by/ (used in) operating activities	6	(4,131)	236,396
Cash flows from financing activities			
Payment for property plant and equipment		-	-
Payment of finance lease		-	(10,798)
Net cash provided by/ (used in) financing activities		-	(10,798)
Net increase/ (decrease) in cash and cash equivalents		(4,131)	225,598
Cash and cash equivalents at the beginning of the financial year		682,224	456,626
Cash and cash equivalents at the end of the financial year	3	678,093	682,224

The above statement of cash flows should be read in conjunction with the accompanying notes

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 1. Significant Accounting Policies

These financial statements cover Momentum Mental Health Limited as an individual entity. The financial statements are presented in Australian dollars, which is the Momentum Mental Health Limited's functional and presentation currency.

Momentum Mental Health Limited is a not-for-profit company limited by guarantee, incorporated and domiciled in Australia.

The principal accounting policies adopted in the preparation of the financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

New or amended Accounting Standards and Interpretations Adopted

The company has adopted all of the new or amended Accounting Standards and Interpretations issued by the Australian Accounting Standards Board ('AASB') that are mandatory for the current reporting period. Any new or amended Accounting Standards or Interpretations that are not yet mandatory have not been early adopted.

Basis of Preparation

In the directors opinion, the company is not a reporting entity because there are no users dependent on a general purpose financial report. The financial report is therefore a special purpose financial statement that has been prepared in order to satisfy the financial reporting requirements of the Australian Charities and Not-for-profits Commission Act 2012. The directors have determined that the accounting policies adopted are appropriate to meet the needs of the members of the Momentum Mental Health Limited.

These financial statement have been prepared in accordance with the disclosure requirements of AASB 101 *Presentation of Financial Statements*, AASB 107 *Statement of Cash Flows*, AASB 108 *Accounting Policies, Changes in Accounting Estimates and Errors*, AASB 1048 *Interpretation of Standards* and AASB 1054 *Australian Additional Disclosures, as appropriate for not-for-profit oriented entities*.

Historical cost convention

The financial statements have been prepared under the historical cost convention.

Critical accounting estimates

The preparation of the financial statements requires the use of certain critical accounting estimates. It also requires management to exercise its judgement in the process of applying the company's accounting policies. The areas involving a higher degree of judgment or complexity, or areas where assumptions and estimates are significant to the financial statements, are disclosed in note 2.

Current/ Non-Current Classification

Assets and liabilities are presented in the statement of financial position based on current and non-current classification.

An asset is classified as current when: it is either expected to be realised or intended to be sold or consumed in the company's normal operating cycle; it is held primarily for the purpose of trading; it is expected to be realised within 12 months after the reporting period; or the asset is cash or cash equivalent unless restricted from being exchanged or used to settle a liability for at least 12 months after the reporting period. All other assets are classified as non-current.

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 1. Significant Accounting Policies (continued)

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and demand deposits. Cash equivalents are short-term, highly liquid investments that are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

Income tax

As the company is a charitable institution in terms of subsection 50-5 of the Income Tax Assessment Act 1997, as amended, it is exempt from paying income tax.

Property, plant and equipment

Each class of property, plant and equipment is carried at cost, less where applicable, any accumulated depreciation and impairment losses.

The cost of fixed assets constructions within the company includes the cost of materials, direct labour, and an appropriate proportion of fixed and variable overheads.

Subsequent costs are included in the assets carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the company and the cost of the item can be measured reliably. All other repairs and maintenance are charged to the statement of profit or loss and other comprehensive income during the financial period in which they are incurred.

Depreciation

The depreciable amount of all fixed assets including building and capitalised leased assets, is depreciated on a straight line basis over their useful lives to the company commencing from the time the asset is held ready for use. Leased assets and leasehold improvements are depreciated over the shorter or either the unexpired period of the lease or the estimated useful lives of the assets.

The depreciation rates used for each class of depreciable assets are:

<i>Class of Asset</i>	<i>Depreciation Rate</i>
Leasehold improvements	10%
Motor vehicles	25%
Plant and equipment	10-15%
Leased property - St James Parish	33%

The assets residual values and useful lives are reviewed, and adjusted if appropriate, at each reporting period date.

An assets carrying amount is written down immediately to its recoverable amount if the assets carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are included in the statement of profit or loss and other comprehensive income.

Contract assets

Contract assets are recognised when the company has transferred goods or services to the customer but where the company is yet to establish an unconditional right to consideration. Contract assets are treated as financial assets for impairment purposes.

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 1. Significant Accounting Policies (continued)

Trade and other payables

These amounts represent liabilities for goods and services provided to the company prior to the end of the financial year and which are unpaid. Due to their short-term nature they are measured at amortised cost and are not discounted. The amounts are unsecured and are usually paid within 30 days of recognition.

Contract liabilities

Contract liabilities represent the company's obligation to transfer goods or services to a customer and are recognised when a customer pays consideration, or when the company recognises a receivable to reflect its unconditional right to consideration (whichever is earlier) before the company has transferred the goods or services to the customer.

Employee Benefits

Short term employee benefits

Liabilities for wages and salaries, including non-monetary benefits, annual leave and long service leave expected to be settled wholly within 12 months of the reporting date are measured at the amounts expected to be paid when the liabilities are settled.

Other long term employee benefits

The liability for annual leave and long service leave not expected to be settled within 12 months of the reporting date are measured at cost without factoring in future wage and salary levels, experience of employee departures and periods of service. Expected future payments are not discounted using market yields at the reporting date on national government bonds with terms to maturity and currency to calculate the

Defined contribution superannuation expense

Contributions to defined contribution superannuation plans are expensed in the period in which they are incurred.

Fair value measurement

When an asset or liability, financial or non-financial, is measured at fair value for recognition or disclosure purposes, the fair value is based on the price that would be received to sell an asset or paid to transfer a liability in an orderly transaction between market participants at the measurement date; and assumes that the transaction will take place either: in the principal market; or in the absence of a principal market, in the most advantageous market.

Fair value is measured using the assumptions that market participants would use when pricing the asset or liability, assuming they act in their economic best interests. For non-financial assets, the fair value measurement is based on its highest and best use. Valuation techniques that are appropriate in the circumstances and for which sufficient data are available to measure fair value, are used, maximising the use of relevant observable inputs and minimising the use of unobservable inputs.

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 1. Significant Accounting Policies (continued)

Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the statement of financial position are shown inclusive of GST.

Cash flows are presented in the statement of cash flows on a gross basis, except for the GST component of investing and financing activities, which are disclosed as operating cash flows.

Commitments and contingencies are disclosed net of the amount of GST recoverable from, or payable to, the tax authority.

Economic Dependence

The company is dependent upon the ongoing receipt of Federal and State Government grants to ensure the ongoing continuance of its programs. At the date of this report, management has no reason to believe that this financial support will not continue.

Revenue

The company recognises revenue as follows:

Revenue from contracts with customers

Revenue is recognised at an amount that reflects the consideration to which the company is expected to be entitled in exchange for transferring goods or services to a customer. For each contract with a customer, the company: identifies the contract with a customer; identifies the performance obligations in the contract; determines the transaction price which takes into account estimates of variable consideration and the time value of money; allocates the transaction price to the separate performance obligations on the basis of the relative stand-alone selling price of each distinct good or service to be delivered; and recognises revenue when or as each performance obligation is satisfied in a manner that depicts the transfer to the customer of the goods or services promised.

Variable consideration within the transaction price, if any, reflects concessions provided to the customer such as discounts, rebates and refunds, any potential bonuses receivable from the customer and any other contingent events. Such estimates are determined using either the 'expected value' or 'most likely amount' method. The measurement of variable consideration is subject to a constraining principle whereby revenue will only be recognised to the extent that it is highly probable that a significant reversal in the amount of cumulative revenue recognised will not occur. The measurement constraint continues until the uncertainty associated with the variable consideration is subsequently resolved. Amounts received that are subject to the constraining principle are recognised as a refund liability.

Donations

Donations are recognised at the time the pledge is made.

Grants

Grant revenue is recognised in profit or loss when the company satisfies the performance obligations stated within the funding agreements.

If conditions are attached to the grant which must be satisfied before the company is eligible to retain the contribution, the grant will be recognised in the statement of financial position as a liability until those conditions are satisfied.

Sales revenue

Events and fundraising are recognised when received or receivable.

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 1. Significant Accounting Policies (continued)

Revenue (continued)

Interest

Interest revenue is recognised as interest accrues using the effective interest method. This is a method of calculating the amortised cost of a financial asset and allocating the interest income over the relevant period using the effective interest rate, which is the rate that exactly discounts estimated future cash receipts through the expected life of the financial asset to the net carrying amount of the financial asset.

Other revenue

Other revenue is recognised when it is received or when the right to receive payment is established.

Volunteer services

The company has elected not to recognise the volunteer services as either revenue or other from of contribution received. As such, any related consumption or capitalisation of such resources received is also not

Note 2. Critical Accounting Judgements, Estimates and Assumptions

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the reported amounts in the financial statements. Management continually evaluates its judgements and estimates in relation to assets, liabilities, contingent liabilities, revenue and expenses. Management bases its judgements, estimates and assumptions on historical experience and on other various factors, including expectations of future events, management believes to be reasonable under the circumstances. The resulting accounting judgements and estimates will seldom equal the related actual results. The judgements, estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities (refer to the respective notes) within the next financial year are discussed below.

Estimation of useful lives of assets

The company determines the estimated useful lives and related depreciation and amortisation charges for its plant and equipment. The useful lives could change significantly as a result of technical innovations or some other event. The depreciation and amortisation charge will increase where the useful lives are less than previously estimated lives, or technically obsolete or non-strategic assets that have been abandoned or sold will be written off or written down.

Note 3. Cash and cash equivalents

	Note	2022	2021
		\$	\$
Cash at bank		677,988	681,712
Cash on hand		6	411
Pay Pal		99	99
		<u>678,093</u>	<u>682,223</u>

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 4. Property, plant and equipment	Note	2022 \$	2021 \$
<i>Buildings</i>			
Right to use asset at cost		18,629	38,113
<i>Leasehold improvements</i>			
Leasehold improvements at cost		244,395	244,395
Accumulated depreciation		<u>(235,650)</u>	<u>(228,906)</u>
		8,745	15,489
<i>Motor vehicles</i>			
Motor vehicle sat cost		95,122	95,122
Accumulated depreciation		<u>(95,122)</u>	<u>(88,955)</u>
		-	6,167
<i>Plant and equipment</i>			
Plant and equipment at cost		107,902	107,902
Accumulated depreciation		<u>(95,634)</u>	<u>(90,172)</u>
		12,267	17,729
Total property, plant and equipment	a	39,641	77,498

a. Detailed property, plant and equipment movement reconciliation

	<i>Buildings - Right to Use</i>	<i>Leasehold Improve.</i>	<i>Motor Vehicles</i>	<i>Plant & Equip.</i>	<i>Total</i>
Balance at 1 July 2021	38,113	15,489	6,167	17,729	77,498
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
Rent amortisation	(19,484)	-	-	-	(19,484)
Depreciation	-	(6,744)	(6,167)	(5,462)	(18,373)
Balance at 30 June 2022	<u>18,629</u>	<u>8,745</u>	<u>-</u>	<u>12,267</u>	<u>39,641</u>

Note 5. Trade and Other Payables	2022 \$	2021 \$
Trade creditors	20,755	16,188
GST payable	29,431	14,976
PAYG withholding payable	9,090	13,203
Credit card	<u>117</u>	<u>-</u>
	59,393	44,367

Momentum Mental Health Limited

For the year ended 30 June 2022

NOTES TO THE FINANCIAL STATEMENTS

Note 6. Cash Flow Information

	2022	2021
	\$	\$
<i>Reconciliation of surplus after income tax to net cash from operating activities</i>		
(Deficit)/ Surplus after income tax	(64,932)	271,204
Non-cash flows in profit:		
- depreciation	18,373	31,970
Changes in assets and liabilities:		
- (increase) in trade and other receivables	(19,447)	(1,654)
- increase in trade and other creditors	23,253	2,409
- (decrease) in employee provisions	(11,686)	(47,553)
- increase in grants received in advance	50,309	(19,980)
Net cash provided by operating activities	(4,130)	236,396

Note 7. Remuneration of Auditors

	2022	2020
	\$	\$
<i>Audit services - JG Audit & Assurance Pty Ltd</i>		
Audit of the financial statements	3,300	3,000

Note 8. Contingent Liabilities

The company had no contingent liabilities as at 30 June 2022 and 30 June 2021.

Note 9. Commitments

The company had no commitments for expenditure as at 30 June 2022 and 30 June 2021.

Note 10. Events After the Reporting Period

No matter or circumstance has arisen since 30 June 2022 that has significantly affected, or may significantly affect the company's operations, the results of those operations, or the company's state of affairs in future financial years.

Note 11. Company's Details

Principal place of business and registered office is:
Momentum Mental Health Limited
112 Russell Street
Toowoomba QLD 4350

Momentum Mental Health Limited

30 June 2022

DIRECTORS DECLARATION

In the opinion of the directors:

- a) The company is not a reporting entity because there are no users dependent on general purpose financial statements. Accordingly, as described in note 1 to the financial statements, the attached special purpose financial statements have been prepared for the purposes of complying with the Australian Charities and Not-for-profit Commission Act 2012 and associated regulations to prepare and distribute financial statements to the members of the Momentum Mental Health Limited;
- b) The attached financial statements and notes comply with the accounting standards as described in note 1 to the financial statements and other mandatory professional reporting requirements;
- c) The financial statements and notes present a true and fair view the company's financial position at 30 June 2022 and of its performance for the financial year ended; and
- d) There are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Signed in accordance with a resolution of the directors

On behalf of the directors



Director

Dated 23/8/2022



Director

25/8/2022

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF MOMENTUM MENTAL HEALTH LIMITED

Opinion

I have audited the financial report of Momentum Mental Health Limited (the Company), which comprises the statement of financial position as at 30 June 2022, the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In my opinion, the accompanying financial report of Momentum Mental Health Limited, is in accordance with Division 60 of the *Australian Charities and Not-for-Profit Commission Act 2012*, including:

- Giving a true and fair view of the registered entity's financial position as at 30 June 2022 and of its financial performance for the year then ended; and
- Complying with the Australian Accounting Standards to the extent described in Note 1, and Division 60 of the *Australian Charities and Not-for-Profit Commission Regulation 2013*.

Basis for Opinion

I conducted my audit in accordance with Australian Auditing Standards. My responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of my report. I am independent of the Entity in accordance with the ethical requirements of the *Corporations Act 2001* and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants* (the Code) that are relevant to my audit of the financial report in Australia. I have also fulfilled my other ethical responsibilities in accordance with the Code.

I confirm that the independence declaration required by the *Corporation Act 2001*, which has been given to the directors of the Company, would be in the same terms if given to the directors as at the time of this auditors report.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my opinion.

Emphasis of matter – basis of accounting

I draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Momentum Mental Health Limited to meet the requirements of the applicable legislation. As a result, the financial report may not be suitable for another purpose. My opinion is not modified in respect of this matter.

Emphasis of matter – economic dependence

I draw attention to Note 1 to the financial report, which notes that the company is dependent on the ongoing receipt of Federal and State Government grants to ensure the ongoing continuance of its programs.

Responsibilities of the directors for the financial report

The directors of the Company are responsible for the preparation of the financial report that gives a true and fair view in accordance with the financial reporting requirements of the *Australian Charities and Not-for-Profit Commission Act 2012* and for such internal control as the directors determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless management either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial report

My objective is to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes my

opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, I exercise professional judgement and maintain professional scepticism throughout the audit. I also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedure that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the registered entity's internal control.
- Evaluate the appropriateness of accounting polices used and the reasonableness of accounting estimates and related disclosures made by the Company.
- Conclude on the appropriateness of the Company's use of the going concern basis or accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Company's ability to continue as a going concern. If I conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the Company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves a true and fair view.

I communicate with the Company regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identify during my audit.



Jessica Galvin

RCA Number: 476815

Dated: 25 August 2022

Greenmount