



momentum
MENTAL HEALTH



Annual Report 2022 / 2023

ACN 638 285 117



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Vision

Our Vision.

Mental health and wellbeing for everyone, every single day.

Our Purpose.

Let's make mental health and wellbeing a way of life, not a condition.



Values



Inclusion

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

Positivity

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

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.

Action and accountability

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

Understand the role we play (and we play it)

We know the things that we are good at and the skills that our team possess.

Do our best until we know better, and then we do better

We passionately promote our wellbeing based practice principals and enjoy hearing about breakthroughs in the mental health and wellbeing space, especially when they relate to ill mental health prevention.

Team Charter

1. “We’ve got your back” – we are a caring and respectful team, always.

Through good & bad times, we look out for each other & are incredibly loyal & protective. You’re one of us, so we look after you!

2. We will fiercely protect our culture.

We love working here because we value, respect & deeply care for each other. We are unique, adaptable & innovative. These are gifts we guard fiercely – it’s who we are so it’s worth protecting.

3. Never a dull day #littlewins.

The relentless pace of each day, week, month can overtake everything else. Frequently acknowledging & celebrating the little achievements boosts our self-esteem, reminds us that we are doing good work & creates closer bonds with our team members. And it’s fun to celebrate!

4. Remember to do the little things – every bit counts.

From little things, big things grow. It’s the little things done well and done consistently that add up to big results. Wash your coffee cup, cross the t’s and dot the i’s.

5. No triangles rule – we go direct.

No Triangles is the practice of only having direct conversations with someone. It’s a simple rule that means ‘I don’t speak to you about him, or you don’t speak to me about her.’ This builds respect in a team. It’s a powerful tool that reduces conflict and clarifies accountability.

6. Seek help, communicate, don’t isolate.

Open & honest discussion helps all situations. If you’re struggling with anything personally, talk to someone you trust in the team. Withdrawing from the group can make the issue worse so reach out! Don’t bottle it!

7. We run as a pack – no lone wolves.

A lone wolf is a person who prefers to work & act alone. Running as a pack means we embrace our culture & chase our goals together, supporting each other & embodying our mission & values.

8. Be brave: to communicate openly and honestly with each other and be brave to challenge the system.

Speak up & speak openly; we’re a safe space & value everyone’s thoughts. It’s OK to ask why – or why not?

9. Don’t sweat the small stuff - mistakes happen; things go wrong; learn, amend, and move on.

Let it go! Move on, rather than letting small mistakes bother you. The time and energy spent worrying about minor things is usually disproportionate to the importance of them. Acknowledge what happened, fix it, learn from it & put it behind you!

About the organisation

Momentum Mental Health is a community mental wellbeing organisation in Toowoomba, Queensland. We are a team of fifteen individuals passionate about helping people. We service specifically the Toowoomba region, Southern Downs and Western Downs. We have eight dedicated Wellbeing Coaches who provide one-to-one as well as group coaching support to people with their mental health and wellbeing.

Momentum Mental Health was established in 1996 under the name "Toowoomba Clubhouse." Over the years, our 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, and 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 enable you to cope with stress. Our monthly program of activities all align with one or more of the 5 Ways to Wellbeing categories.

Momentum Mental Health - What's On **MAY 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  MMH Closed: Labour Day	2 Journaling & Storytelling 10am - 12noon Tai Chi 12:15pm - 12:45pm Art Therapy 1pm - 3 pm	3 Cooking for Tony's Kitchen 10am - 12:30pm HAACK Online Boundaries 5:30pm - 7:00pm	4 Art Therapy Basics 10am - 11:30am Feedback 2 Action Meeting 11:30am - 12noon Open House BBQ 12noon - 1:00pm HAACK Chat 1pm - 2:30pm	5 MMH Warwick: Self-Esteem Session Cooking for Tony's Kitchen 10am - 12:30pm Yoga 11am - 12noon Trivia! 1pm - 2:30pm
8 HAACK Your Wellbeing DBT Skills 10am - 12noon Cooking for Tony's Kitchen 10am - 12:30pm	9 Journaling & Storytelling 10am - 12noon Tai Chi 12:15pm - 12:45pm Art Therapy 1pm - 3 pm	10 Cooking for Tony's Kitchen 10am - 12:30pm Dungeons and Dragons 1:00pm - 4:00pm	11 Gardening 10am - 12noon Art Therapy Basics 10am - 12noon HAACK Chat 1pm - 2:30pm	12 MMH Warwick: Addressing Anxiety Session Cooking for Tony's Kitchen 10am - 12:30pm Yoga 11am - 12noon
15 HAACK Your Wellbeing Exercise 10am - 12noon Cooking for Tony's Kitchen 10am - 12:30pm	16 Journaling & Storytelling 10am - 12noon Tai Chi 12:15pm - 12:45pm Art Therapy 1pm - 3 pm	17 Cooking for Tony's Kitchen 10am - 12:30pm HAACK Online Resilience 5:30pm - 7:00pm	18 Gardening 10am - 12noon Art Therapy Basics 10am - 12noon HAACK Chat 1pm - 2:30pm	19 MMH Warwick: Day at Queen Mary Falls Cooking for Tony's Kitchen 10am - 12:30pm Yoga 11am - 12noon Coffee @ 1pm - 2:30pm
22 HAACK Your Wellbeing Sleep 10am - 12noon Cooking for Tony's Kitchen 10am - 12:30pm	23 Journaling & Storytelling 10am - 12noon Tai Chi 12:15pm - 12:45pm Art Therapy 1pm - 3 pm	24 Cooking for Tony's Kitchen 10am - 12:30pm Dungeons and Dragons 1:00pm - 4:00pm	25 Gardening 10am - 12noon Art Therapy Basics 10am - 12noon HAACK Chat 1pm - 2:30pm	26 MMH Warwick: Unpacking Resilience Session Cooking for Tony's Kitchen 10am - 12:30pm Yoga 11am - 12noon
29 HAACK Your Wellbeing Feedback and Coffee Session 10am - 12noon Cooking for Tony's Kitchen 10am - 12:30pm	30 Journaling & Storytelling 10am - 12noon Tai Chi 12:15pm - 12:45pm Art Therapy 1pm - 3 pm	31 Cooking for Tony's Kitchen 10am - 12:30pm HAACK Online Self-Compassion 5:30pm - 7:00pm	Can't join onsite? Join us online by looking out for this symbol  email: admin@momentummentalhealth.com.au to join	

Connect Be Active Keep Learning Be Aware Help Others

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.



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 and governance to human resources, psychology and health backgrounds.

Chairman's Report

A Grateful Chairman's Report.

2023 has been a milestone year for Momentum Mental Health. One that I am extremely privileged to witness as Chairman of this passionate and purposeful organisation. Like 2021 and 2022, I am extremely proud of the dedication and courage of not only our staff, but also those who engage with us at many different levels including members, corporate partners, community leaders, generous locals, businesses, and our volunteer board. As a biased leader, I feel we can now confidently say that we lead and act with focused intent on 'doing what's right for our members and the wider community'.

Mental Health and wellbeing matters... It doesn't discriminate by race, religion, title, or social status.

I am grateful that our organisation's purpose is to ensure mental health and wellbeing is a way of life, not a condition. Our actions and intent were demonstrated after the horrific Wieambilla shootings which killed police constables Matthew Arnold and Rachel McCrow, and local neighbour Alan Dare. We reacted with compassion and mobilised one of our wellbeing coaches Davida to support that grieving community. Almost 12 months later, Davida has become an integral part of the emotional wellbeing of the Chinchilla community and has been welcomed to "the fold" that embodies rural Queensland towns.

I am proud of Davida and the rest of our staff for the way you have genuinely cared for our community through Momentum.

Another example is closer to home. We understand that working in mental health and wellbeing industry can be challenging and holding space for those members we support. Looking after our community is core, but we need to look after our people, and this year we have implemented a trial of the 4 Day Work Week which gives staff a fully paid gift day each week. Essentially offering staff 100% pay for working 80% of normal time IF we achieve 100% productivity. This a bold offering but one backed with academic research and undertaken around the world. Our former CEO Debbie Bailey was even asked to give evidence to a Senate Enquiry on the topic which was reported through National Media including ABC TV and The Financial Review.

I am grateful that we now have the platform to improve the mental health and wellbeing of the community I love, and invest in our own people.

I can't let this report pass without thanking the 15 mental health ambassadors who climbed to Mount Everest Base Camp in May this year raising \$105,000 for Momentum. Don't let the pictures on social media fool you... this was a true test of physical and emotional endurance. These role models inspired me with their tenacity, courage, and selflessness to bootstrap the fundraising at a grassroots level and promote positive mental wellbeing. I will never forget the spirit and teamwork within our group and the moment we made it to the top. So I am grateful to our generous community and in particular Alistair, Alex, Megan, Dave, Craig, Shelley, Heather, Allison, Jeff, Josh, Pat, Sam, Nat, Miriam and Jacob.

In 2023 we also had a change of leadership at Momentum after 6 significant years with Debbie Bailey at the helm.

Debbie has been instrumental in laying the solid foundation on which we can help more people, so I want to publicly thank Debbie again. We are also excited to welcome Shirley-Anne Gardiner as our new CEO, who epitomises our values around community focus and leadership.

I appreciate our leaders – especially those without a formal management or leadership 'title' who lead with passion and purpose.

I want to acknowledge fellow board members Jane Ranger, Don Carlson, Dr Warren Midgley, Bianca Rice and Dr Clive Williams. Your stewardship, experience, and generosity of time and resources is valued. We quite simply cannot operate Momentum without you.

I am grateful to the leaders who surround me every day and continue to inspire and improve us.

So, what's next? Over the next 12 months is about unlocking more opportunities to help more people within our community. We can't fail if we lead with 'doing what's right'. So, bring on 2024!!!



Chris Black
Chairman of
the Board

Team Member Diaries

UPDATE

As the Team leader of our exceptional Momentum Mental Health coaching team, I am thrilled to share our collective achievements, challenges, and future aspirations.

The year 2022/2023 has been marked by resilience and dedication. Our team has consistently demonstrated its commitment to excellence, achieving remarkable results in the face of adversity. We have met and often reached our targets, demonstrating our ability to adapt to changing circumstances and innovate in response to new challenges. Our monthly reporting process shows that the current customer metrics, using the Customer Thermometer tool, which has a score of 95.9% scoring their experience as "good " or "excellent".

Challenges have undoubtedly arisen, but we have confronted them with resilience and determination. Through effective communication, problem-solving, and a shared commitment to our goals, we have navigated these obstacles with grace, and we have increased our productivity by 20% compared to our last financial year.

We are committed to the well-being and development of our team members. This year, we invested in training and development and our staff are trained in industry best practices, and our coaches possess valuable skills and experience. our team participated in a global 4-day Week trial. We adopted the "100:80:100" model, wherein employees receive full pay while working 80% of their contracted hours, in exchange for maintaining at least 100% productivity.

I want to express my heartfelt gratitude to each team member and board of directors for their outstanding contributions and enthusiasm to reach the organization's goals. We are excited about the opportunities that lie ahead and are confident that our team's unwavering dedication will continue to drive our success.

In conclusion, as your Team Leader, I am proud of what we have achieved together and excited about the future that awaits us. With our collective strength and determination, I have no doubt that the coming year will be filled with even greater accomplishments. ~ Team Leader Asif



I was fortunate enough to be welcomed to the Momentum Mental Health team after completing placement with them while studying for my Bachelor of Science (Psychology) degree at USQ in 2022. I chose to study a psychology degree as I have a strong passion for mental health, particularly that of young men and working at Momentum has provided me with an amazing opportunity to get in the community and help people uniquely and innovatively that clinical practice doesn't. The coaching style we utilise is so different from what I expected of the mental health field, and I love it. As a believer of the humanistic approach, I love how down-to-earth and real my role is with the freedom to tailor my approach to the member and how they want to improve themselves. And I think the less 'buttoned up' style makes mental health and wellbeing so much more approachable than the clinical sector.

Oh, the places I am... ~ Wellbeing Coach Coby



What an incredible year our amazing forward-thinking organisation has had.

From a branding point of view, our name is out there in lights for all to see, and I feel immense gratitude that this is where I get to work each day. We are walking the talk around ill-mental health prevention and that gives me great pride when working in the community. Being proactive rather than reactive is always going to offer a better result, and we provide a place for anyone to come to when they want to work on themselves. Our list of business and community partners continues to grow, and this is a testament to the work we have put into this new way of practicing since July 2021.

I look forward to our organisational mission becoming a reality, where mental health and wellbeing are a way of life, not a condition ~ Communications and Partnerships Manager Wendy

Team Member Diaries

UPDATE

Momentum Mental Health Chinchilla opened on 3rd January, 2023. Intake has been consistent and we arrived at the expected KPI 2 months ahead of schedule having 22 members before the end of April. Currently have 19 members (3 exits due to lack of engagement, 1 exit as goals had been attained and 1 new intake for May).

Geographically members are from Chinchilla, Kogan and Jandowae.

Partnerships have been established with:

Chinchilla Community Centre (Centrelink, Youth Workers and Community Connect), Anglicare, Lives Lived Well, Youth In Search, Western Downs Consumers and Carers Advisory Group, Parents Next, Western Downs Speech Pathology, Darling Downs Health Midwives and AODS team, Chinchilla Chamber of Commerce & Industry, Drought Angels, ACTS for Kids, Rural Aid, Western Downs Regional Council, Qld Police Service, St Vincents, Kup of Kindness, Chinchilla Business Advisory Group, Murilla Community Centre, Lifeline, Chinchilla Arts Centre and Chinchilla State High School who are also referral pathways.

Intake has a different demographic in Chinchilla. Working more with victims of Domestic Violence, Childhood Trauma and Professional Boundaries in the workplace rather than diagnosed mental illness. I have had requests to attend Miles one day per fortnight from Murilla Community Centre. Potential clients either don't have transport or the fuel to travel to Chinchilla. There appears to be a higher low socio-economic demographic in the region. A distinct need exists for a long-term service in the Western Downs region however stigma around mental health is a prominent barrier.

Momentum Mental Health has recently been successful in being awarded a grant from Australia Post through its "People of Post" program. This grant will be used to fund two community morning teas, one in Miles and one in Tara for resilience for bushfire victims. The theme will be "Hope Brewed Here". We are excited to be able to connect with locals and give back to this wonderful community ~ Senior Wellbeing Coach Davida



Momentum's 2022/23 year has been a busy and productive one. My role as Corporate Services Team Leader has given me the opportunity to observe the Momentum team successfully navigate some big changes and challenges this year while maintaining focus on providing excellent support to our members.

We put strategic planning front and centre this year. A series of workshops throughout the year involving board members, the leadership team and key staff members gave us the opportunity to learn about our strengths and weaknesses and identify our opportunities and threats. We explored what our vision and values really mean to us, and how we implement and express them. We built a Team Charter that embodies our uniqueness and amazing culture. We set ambitious short- & and long-term goals that will challenge us, but provide the opportunity to build a truly innovative, dynamic service that inspires & and transforms the mental health and wellbeing space.

I am proud of how our team dealt with a year full of change by supporting each other and working hard. We had some amazing highlights to celebrate, and we learned more about ourselves while facing challenges. We've built up strong recognition and respect in our community - and for a small but mighty team, that's something to be immensely proud of ~ Corporate Services Team Leader Ang

A note from our incoming CEO

It has been my absolute honour and privilege to take over the reins as Momentum's Chief Executive Officer (CEO).

The previous CEO, Debbie Bailey did a fantastic job for many years getting Momentum to where it is now, and I have very big shoes to fill. I would personally like to thank Debbie and wish her all the best for her next adventure.

Momentum is an organisation I have known for several years. I had the opportunity to work with Debbie Bailey when Momentum was transitioning from Toowoomba Clubhouse. Debbie and I had a meeting where she talked me through the vision and values of Momentum, and I fell in love with the place.

Everything about Momentum's philosophy and model of service delivery aligns with my own personal values, particularly the values of positivity and inclusion.

The thing that sold me about Momentum and made me change my career path to work for the organisation, was how Momentum operates based on the 5 Ways to Wellbeing. I have been living these every day for many years, as the components align with a model in New Zealand that was the basis for my work in health, known as Te Whare Tapa Wha (Four Walls of the House) by Sir Mason Durie. Essentially, both the 5 Ways to Wellbeing and the Te Whare Tapa Wha model are based on the concept that everything you do in life is related to multiple aspects of your wellbeing, operating in alignment – Physical Wellbeing, Mental and Emotional Wellbeing, Spiritual Wellbeing (sense of self), and Connections. These things need to all be worked on together to achieve optimal wellbeing. So, to have good mental wellbeing, you need to stay connected, show gratitude, keep learning, be active and help others (the 5 Ways).

The 2022-23 financial year was a huge one for Momentum and the results speak for themselves. We achieved great connections with community members and 2023-24 is off to a flying start. I can't wait to report back this time next year on all of the fantastic work the team have achieved.

When I think about what Momentum Mental Health does to support the wellbeing of all members of society, it reminds me of one of my favourite role models, social anthropologist Margaret Mead who said:

"If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place".

Thanks to the community and our members for all your support. But, most importantly, thank you to the wonderful staff who make a real difference to people's lives!

**Shirley-Anne
Gardiner**
Chief Executive
Officer



Member Report



206 on-site members
and a further
89
online /phone support
members



Members had...

4,319 On-site attendances
(that's 12 every day)

1,712 Online or phone support instances
(that's 5 every day)

A total of **10,739** on-site hours
and a further **529** hours of online/phone support

345
Mental Health
Recovery
Journeys
Supported

247



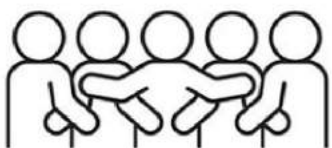
Enquiries/
Referrals

131



New Members
Approved

Group Coaching
Sessions



578 sessions
delivered

1 to 1 Coaching
Sessions



1,178 sessions
held



Member Report



How are we doing?



Excellent



Good



Could be better



Awful



rated their MMH Service as
"Good" or "Excellent"

Our Social Media Presence



8,178 Facebook page views



18,210 Facebook page likes



1.9k Facebook Followers

29,907

Instagram impressions*

796

Instagram Followers



* Instagram Impressions (the total number of times that our posts have been seen)

What Our Members Say About Us...

"Everyone has a great sense of humour too!"

"Thanks heaps for letting me get things off my chest the other day. You did a fantastic job listening, supporting and giving me advice"

"Great support during a challenging time"

"The HAACK program is very rewarding. Amazing program"

"Art Therapy with Coach Sarah was excellent"

"Being here with friendly staff keeps me well"

"A welcoming and supportive service"

"Momentum have helped greatly with my goals and direction"

"We are very lucky to have such caring staff working within our community"

"I love coming to Momentum"



Highlights



Hike to Heal



Mort & Co. Golf Day



Fitzzy's Karma Keg



Leisel Jones Long Lunch



Hike to Heal



Rotary Run the Range



Everest Base Camp Challenge

Highlights - Long Lunch Event



Leisel Jones

JOIN US FOR A LONG LUNCH WITH LEISEL

Date: 18 November 2022

Time: 1pm-3.30pm

Venue: The Oaks Hotel

25 Annand Street, Toowoomba

Tickets: \$160 per person or

\$1500 per table - secure tickets here:

<https://long-lunch-series-leisel-jones.raisely.com/>

WITH THANKS TO OUR PARTNER



Australian Icon, Leisel Jones, OAM is regarded as one of the world's greatest ever female swimmers, winning seven World Championships titles, nine Olympic medals, 10 Commonwealth Games gold medals, 14 individual world records and 23 National titles.

But if you think these are the most interesting things about her, think again...

Together with Colliers Toowoomba, we brought Olympian Leisel Jones to town to share her story with 163 people over lunch at Oaks Hotel Toowoomba.

The event was designed to:

- Establish MMH as a known brand with an influential voice.
- Qualify MMH as candidates for future corporate donations and partnerships.
- Raise funds and awareness.

We achieved all three of these objectives, and raised \$22,127.00 in fundraising thanks to our sponsorship agreement with Colliers Toowoomba.

Feedback from our guests emphasised their gratitude about going to event where there wasn't constant raffles and auctions. Once the meal ticket was purchased, there was no more to outlay.

Tables were decorated with zen gardens and origami kits for each person, to encourage mindfulness and create opportunities for people to connect.



Dan Dwan, Leisel Jones, Dominic Ryan

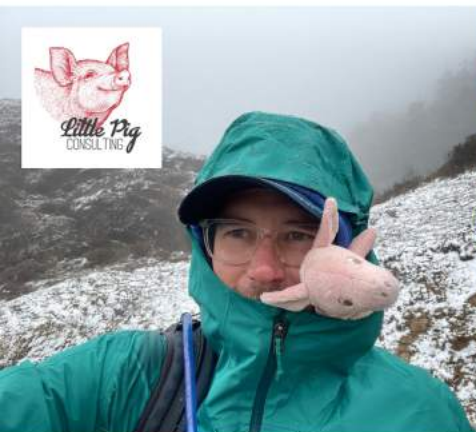
Highlights - Major Fundraiser



Have you ever dreamed about climbing to Everest Base Camp? In April 2023, our Chairman Chris Black and a group of 15 others took on the Everest Base Camp Challenge. The climb tested their endurance, raised awareness of the valuable mental health and wellbeing services Momentum delivers in the Toowoomba, Warwick and Chinchilla regions, and brought in an extraordinary \$105K in fundraising!! Enough to fund a full time wellbeing coach for 1 year.

We garnered some amazing community support during the project, including formal partnerships with Mort & Co. and Colliers Toowoomba, and in-kind donations for things like branded t-shirts, promotional videos, venues for holding events and media time to promote our cause.

As a result of this trip we have gained 15 new ambassadors who authentically spread the word about the importance of mental health and wellbeing in every day life, and Momentum has become a household name.



Some of our trekkers

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



Miriam Spina



The problem isn't that you are struggling, it's that you believe you shouldn't be. The problem isn't that your problems exist, it's that you believe they shouldn't. We all fight battles on a daily basis. It's the severity of these that changes amongst us. I've seen family and friends fight their battles. I've lost friends and family, and I myself have fought a few battles too!

You don't have to be 'struggling' to ask for help, and more importantly, asking for help doesn't make you less than. Help me continue the conversation and make mole hills out of mountains!

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



Allison Goldman



After growing significantly over the last couple of years on my mental health journey, I now wish to grow through physical action. The idea of climbing to the basecamp of Mount Everest will be symbolic and an achievement that is cemented into my reality through action. I believe this will be a symbol in my life to look back on when times become tough, as a focus point to return to.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



David Brander



I feel so fortunate in life that I have the means to be able to undertake this adventure. There are many people out there who struggle just to find the right help. Mental health should not have a 'wait-list' in order to get support, and it's places like Momentum who are active in the space who are truly valuable in our community. Mental health has been an important focus in my life in recent years, through community engagement, volunteering, and sitting on the board of local community groups who's whole mission is to support those doing it tougher than most. Having the ability to continue supporting this great cause, and also impact my own life in a positive way, is to me a win-win. I love any and all support, no matter how great or small, monetary or even just encouragement.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



SPONSOR A TREKKER!



FATHER AND SON TEAM FOR THE WIN!!
We are fundraising to support our local mental health service, Momentum Mental Health, together we can not only raise money but also awareness and reduce stigma around mental health. Patrick and I are excited to be able to do this in a way that is not only supporting the community but to also push our own limits and have a great adventure together.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



Jacob Howard



There are so many things in life that people struggle with, one of those things for me is taking a leap and doing something out of my comfort zone. In the past year I have made the decision to take the time to look after myself and my mental health and focus on what makes me happy. When I heard about the opportunity to do the Everest Base Camp Challenge I knew this is the kind of adventure I want to have in my life and that I can take this amazing challenge to test myself both mentally and physically. It doesn't always matter what other people think, as long as you do the things in life that make you healthy and happy.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



SPONSOR A TREKKER!



For those that know me, you will know my journey to be healthy mentally, so this challenge is for a cause very close to my heart. For people who don't know me so well, in 2020, everything became a little too much for me. But with the help of family, friends and most importantly health professionals, I've been able to get well. I hope that this challenge can get people talking about their mental health in real ways. I'll start, I have a mental health plan and see a psychologist. Remember, you'll never walk alone.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



SPONSOR A TREKKER!



I'm doing this trip to live my best life, demonstrate to my 3 boys anything is possible, tick off a bucket list adventure and importantly remove any stigma around mental health conversations. I firmly believe that everyone should proactively 'work on' their mental fitness in the same way that people go to the gym. I'm also very proud of the team at Momentum Mental Health and want to do my part in continuing their leadership in the community's wellbeing.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



Alex Taylor



The Everest Trek commences on my 35th Birthday which initially caught my attention - why not tick off a massive achievement! I'm also completing this journey for my own health - no better motivation to make some small lifestyle changes than to prepare for this Trip. Most importantly it will prioritise more quality time with my family in preparation - walks, swims, hikes etc. Hopefully I can inspire my family, friends & colleagues along the way to pursue their own dreams and that anything is possible!

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



SPONSOR A TREKKER!



Mental Health is important to me and those around me, from family and friends to work mates. I'm going to climb to Everest Base Camp in May 2023 and would love your support to help me reach my fundraising goal of \$5.5K. All funds raised go straight to Momentum Mental Health a service which offers mental health and wellbeing support to anyone who wants to work on their mental health and wellbeing. No diagnosis needed. No referral needed. No cost to come. This is exactly what people need when they're not travelling well. Easy access to a service that wants to help, with no waiting lists. Thanks for your support!

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



SPONSOR A TREKKER!



For those who don't know me, I tackle life with the philosophy of: Of course, "Yes" and work out how along the way. I have been privileged to meet people from all walks of life and experience some crazy and amazing adventures along the way. I strive to demonstrate to my two daughters that anything in life is possible, highs, lows and all in-between. Life is one big adventure. I have made it my purpose, that my adventures will always have a "give back" component to support others in some way. If you could find it in your adventurous spirit, to give someone a "hand up" please give what you can in raising the much-needed funds and awareness to continue the great work of Momentum Mental Health Services.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



Megan O'Hara Sullivan



I've decided to join the Momentum Mental Health crew and climb to Everest Base Camp in May 2023. The reason? To raise much needed funds to enable Momentum to continue doing the vital work they do. Momentum believes: "If someone has the courage to put their hand up and ask for help with their mental health and wellbeing, we will wholeheartedly welcome them to the service, partner with them to set goals, celebrate when they achieve them and help them move from languishing to flourishing wellbeing". I would be so grateful if you would consider donating to my fundraising efforts. Even a small amount can change the lives of so many.

EVEREST BASE CAMP CHALLENGE

Mind over Mountains



SPONSOR A TREKKER!



I'm going to trek to Everest Base Camp in May 2023 in support of Momentum Mental Health Toowoomba - a mental health and wellbeing service who support everyday people in our community to reach their goals and improve their wellbeing. Would you support me in my goal to fundraise \$5.5K for Momentum? All funds raised go straight to helping them provide free access to the service. No diagnosis needed. No referral needed. Thanks for your support!

Big Wins & Thank you's

Southern Cross Austereo Embrace Partnership

As part of SCA's commitment to corporate social responsibility, SCA Embrace partnered with Momentum to provide 12 months of in-kind advertising campaigns, strategic support and consumer insights, as well as content and promotional support across the company's media assets. The partnership generated awareness around the valuable mental health and wellbeing services Momentum deliver, promoting positive conversations around mental health, and how everyone can work on their wellbeing. Listeners heard about how fostering connection, having social awareness, helping others, learning and keeping active are five simple ways people can improve their wellbeing and build resilience. This partnership was valued at \$100K+.



Mort & Co. Partnership

Each year Mort & Co. facilitate a Golf Day at the stunning Middle Ridge Golf Club with about 100 of their mates. The group chased the ball around 18 holes whilst enjoying delicious food and drink put on by the Mort & Co. crew, and then came together at the day's end for a lively auction and other activities, including a putting competition. The generosity of our community is simply astounding, with \$32K raised at this event to go toward Momentum and our programs.



Big Wins

Alpine Refrigeration:

The Alpine Community Project continues its annual support for Momentum Mental Health!

We were privileged to receive a \$3,000 boost through the Alpine Community Project, facilitated by the Heritage Bank Charitable Foundation.



Check UP: Qld Mental Health Week

Check Up awarded Momentum \$3000 to run various activities during the annual Qld Mental Health Week. Together with fellow not-for-profit The Lighthouse, we hosted a week of immersive wellbeing related events facilitated by local experts, including Seedpod Art, Rock Painting, Tapping, Meditation and Breathwork, and of course our own very popular Art Therapy sessions. Out on the streets, we hired an actor to pop into various cafe locations all week to perform "pop-up poems". Tristen, our actor, drew lots of attention and got people talking about the importance of good mental health.



As a not-for-profit, we know that partnerships with local businesses, clubs and services are integral to achieving our vision. We have been fortunate to partner with local businesses in various events and projects across the year.

We've also been the very lucky recipients of generous fundraising benefits run by our local Rotary clubs and Fitzzy's, Toowoomba's favourite family owned and operated iconic hotel.

Every little bit counts, and we are grateful!



Our Partners

This year we were privileged to be chosen as the partner and recipient of funds raised in the annual Hike to Heal Scavenger Hike.

Linda and Jim Barton founded the week-long Hike to Heal event to raise awareness about and destigmatise conversations concerning mental health and suicide. The event was born from the tragic loss of their son Nick, who took his own life in 2016. The event took place between the 18th and 26th of February and encouraged participants to get outside and walk, ride, or hike either at Mount Peel or in an outdoor area of their choice.

Hike to Heal raised \$5000 for Momentum Mental Health, supporting our mission to remove barriers to accessing mental health and wellbeing services in the community.



Our Partners

Each fortnight student doctors from the UQ Rural Clinical School attend our HAACK program 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

Each year Momentum welcomes UniSQ students for their in-service placement, a necessity before graduating from their studies in various human services bachelor degrees. These interns gain knowledge and skills through real-world interactions with our members, and the placement creates an opportunity for students to experience our programs and see real outcomes.

In 2022, our organisation partnered with a class of UniSQ theatre students to undertake a series of interviews with selected members from Momentum.



University of
**Southern
Queensland**

The students held engagement sessions with various members to chat about all things mental health. Life stories were shared and connections were made. The students left with pages full of happy, sad, hilarious and heartbreaking moments, ready to be moulded into performance pieces which were then showcased at the end of the semester for Momentum staff and some of the members who had taken part.

This experience was enriching for both our members and the students who created stunning end-of-year performances, highlighting unique and interesting tidbits from their interviews.

Partnerships like this ensure that real conversations about mental illness happen, and we know that this paves the way toward ill mental health destigmatisation.



Image courtesy of UniSQ

Our Partners



Momentum Mental Health participated in a fantastic initiative aiming to help people from a refugee or migrant background find work in our community.

CatholicCare hosted the Step Up to Work Program, which was funded under the Skilling Queenslanders for Work initiative by the Queensland Government. A group of young adults from refugee and migrant backgrounds were given the opportunity to sign up as trainees with non-profit organisations to receive training and on-the-job



experience, while getting fully paid.

Momentum was invited to host one of the participants, and were excited to welcome Yassmin for a 6-month placement. Yassmin worked 4 days a week at Momentum to gain practical experience in a real work situation. She then spent one day a week at Aurora Training, to undertake a Cert I level qualification in Business.

Yassmin settled in very quickly and was willing to take on all types of tasks related to administration. She worked on our reception desk, greeting our visitors & members,

answering phone queries and providing valuable admin support to the Momentum team. Yassmin developed a great variety of skills and progressed to assisting with social media post design, document preparation & event planning tasks.

At the end of her placement, Yassmin had proved to become such an integral part of the Momentum team that she was able to join us as an ongoing employee. A great result for Yassmin & Momentum thanks to this partnership and program.

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 our 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.

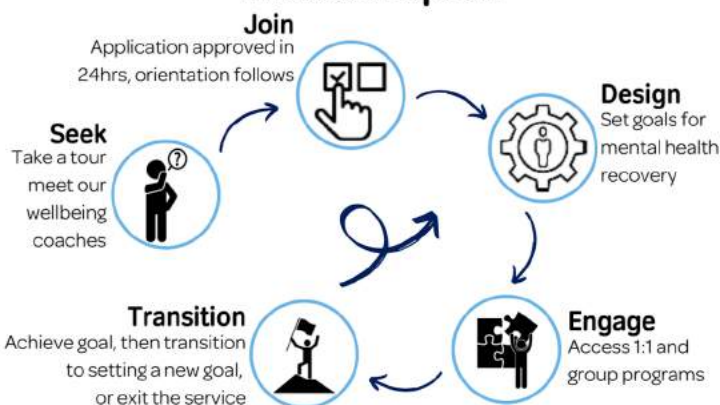
Momentum is a mental health service focused on helping you improve your wellbeing.



- 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 Friday

9:30am - 4pm

Warwick

Warwick Baptist Church Hall

cnr Guy and Percy Streets

Warwick

Friday 10:30am - 2:30pm

Chinchilla

67/71 Middle Street

Chinchilla

Monday to Friday

9.30am - 4pm

Phone

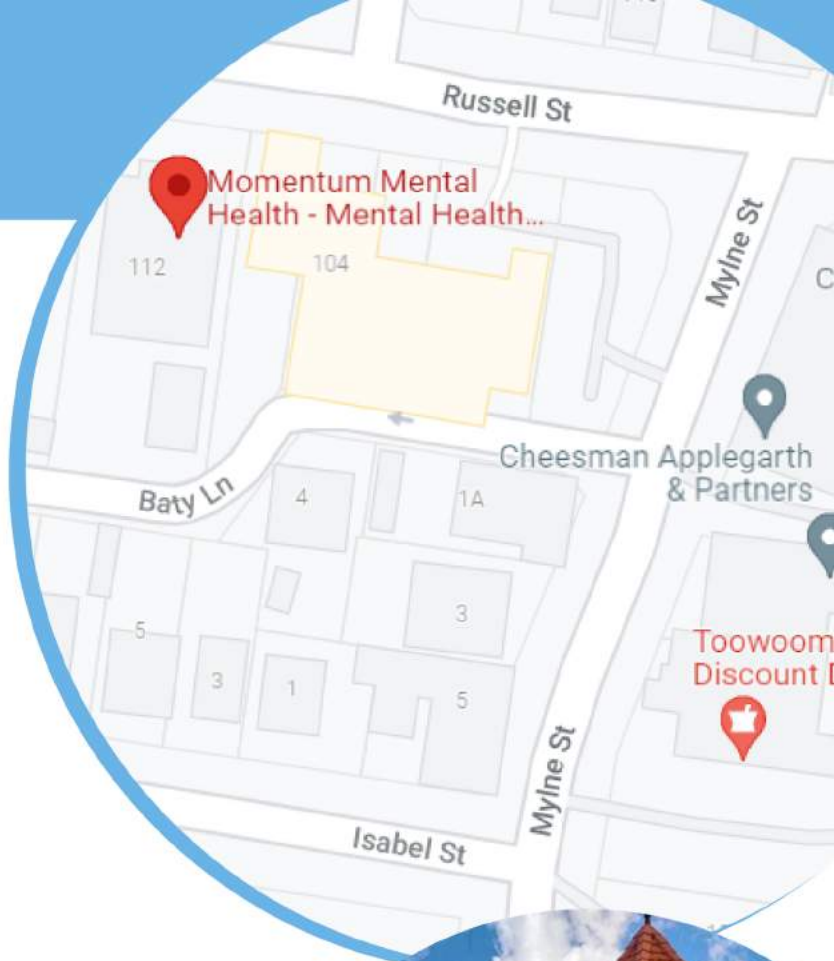
07 4632 4688

Parking

Limited parking is available at the rear of our Toowoomba premises with access via Baty Lane.

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

www.momentummentalhealth.com.au



Financial Summary

2023 was an exciting year for Momentum and our performance has certainly reflected this.

Revenue was 7.7% above budget, with grant funding 10% above last year. Another major contributing factor to our increased revenue was the wonderful fundraising events occurring during the year. Examples of these were the Everest Base Camp Challenge which raised \$105K, the Mort & Co Gold Day which raised \$32K and the long lunch with Leisel Jones, which also raised \$32K.

With this additional funding, Momentum was able to recruit an additional 2 coaches to assist with providing valuable services to our members. We are extremely grateful to everyone that has supported us with their time, money and goods and services throughout the year.

Expenses continued to be managed diligently, coming in at 7.65% below budget. We did spend \$169K more than last year, however, this was mainly due to our additional staffing.

Although Momentum budgeted for a loss, this year's financial result was significantly better with a \$57K profit. This was also a significant improvement on the \$64K loss last year.

The cash position also remained stable, with very small increase from last year. Our Balance sheet shows a very strong liquidity ratio (current assets / current liabilities) of 4.2.

For the coming year we will continue to build on our commitment to our members and the broader community to position ourselves as an innovative partner in the mental health sector. We have forecasted a small loss, however, plan to address this through strategies including corporate partnerships, sponsorships, and engaging with our health partners such as the PHN to ensure we add value in the sector.

We are looking forward to more exciting fund-raising events in 2024, including being the sponsored organisation for the Majors Carols by Candlelight on 10th December 2023.

We are well placed to continue our journey in challenging the system and improving mental health for our community.

Jane Ranger ~ Treasurer

BUDGET BREAKDOWN IN 2022/2023



BIGGEST CHALLENGES IN 2023/2024

- Increasing philanthropic funding to deliver new whole of community focussed wellbeing programs.
- Attracting funding to secure purpose built premises.
- 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 2023

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Directors Report

The directors present their report, together with the financial statements, on the company limited by guarantee for the year ended 30 June 2023.

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:

Jane Ranger
Dr Clive Williams
Donald Carlson
Philomena Rice
Warren Midgley
Christopher Black

Operating Result

The surplus of the company for the financial year ended 30 June 2023 was \$57,573 (2022 deficit \$64,932).

Review of Operations

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

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.

Directors Report

Qualifications and Experience of Board Members

Christopher Black

Chris is the Vice President of the Toowoomba Chamber, Chairman of Momentum Mental Health, founder of Darling Downs Angel Investors and Fortress Financial Solutions. The latter was successfully acquired by a Fortune 500 American Company. He was noted as one of the most influential advisers in Australia according to the Financial Standard. Now he advises and coaches business owners to help them achieve their own success.

His most important roles however are at home; being married to his wife Alisha who is a clinical psychologist and father to his 3 young boys. Chris is passionate about changing the conversation with and removing any stigma around mental health. He believes in proactive mental fitness and believes the 'whole of community' is responsible for helping people.

Donald (Don) Carlson

Don joined Toowoomba Clubhouse in 2018 as a Committee Member and brings with him a depth of financial and business knowledge, as well as a BSc in Psychology and Ecology. 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 until May 2023. He is currently President of the Darling Downs Environment Council and the Toowoomba Bushwalkers Club.

Don has been involved with all the changes to the new name and direction for Momentum Mental Health and is excited by the opportunity to focus on changing lives and the narrative around mental health.

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 Momentum 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 FCPA 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.

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 Assessment.

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.

Directors Report

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 of 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 2023 there were 6 members.

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 2023.

Signed in accordance with a resolution of the Directors

Chris Black

Director
Dated
1/9/23

Jane Ranger

Auditors Independence Declaration

As the auditor for the Momentum Mental Health Limited for the year ended 30 June 2023, I declare to the best of my knowledge and belief, there have been:

- a) no contraventions of the auditors independence requirements set out in the *Australian Charities and Not-for-profits Commission Act 2012* 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: 1 September 2023

Statement of Profit and Loss and Other Comprehensive income
For the year ended 30 June 2023

	2023	2022
	\$	\$
Revenue		
Grants	1,190,210	1,078,243
NDIS	120,665	138,847
Donations	60,610	55,969
External session income	7,200	-
Fundraising	182,312	-
Other income	11,264	6,992
	<hr/>	<hr/>
Total revenue	1,572,262	1,280,052
Expenses		
Office expenses	128,109	131,080
Kitchen expenses	28,300	17,710
Insurance	27,199	20,873
Depreciation	6,705	18,372
Rent	96,470	77,630
Employee expenses	1,189,737	1,028,393
Operating expenses	31,107	22,603
Other expenses	7,062	28,322
	<hr/>	<hr/>
Total expenses	1,514,688	1,344,983
Surplus/ (deficit) before income tax expenses	57,573	(64,932)
Income tax expense	-	-
Surplus/ (deficit) after income tax expense for the year	57,573	(64,932)
Other comprehensive income for the year	-	-
	<hr/>	<hr/>
Total comprehensive income/ (loss) for the year	57,573	(64,932)

The accompanying notes form part of these financial statements.

Statement of Financial Position
 As at 30 June 2023

	Notes	2023 \$	2022 \$
Current Assets			
Cash and cash equivalents	3	680,707	678,093
Trade and other receivables		24,840	22,868
Total current assets		705,546	700,961
Non-current Assets			
Property, plant and equipment	4	39,175	39,641
Total non-current assets		39,175	39,641
Total assets		744,721	740,602
Current Liabilities			
Trade and other payables	5	67,381	59,393
Accrued wages and superannuation		40,925	29,625
Employee annual leave provision		50,524	50,840
Lease liability		-	18,629
Income received in advance		9,000	53,909
Total current liabilities		167,830	212,396
Non-Current Liabilities			
Employee long service leave provision		7,735	16,624
Total non-current liabilities		7,735	16,624
Total liabilities		175,565	229,020
Net assets		569,156	511,582
Equity			
Retained surplus		569,156	511,582
Total equity		569,156	511,582

The accompanying notes form part of these financial statements.

Statement of Changes in Equity

For the Year Ended 30 June 2023

Retained Surplus
\$

Balance as at 1 July 2021	576,514
(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	(64,932)
Balance as at 30 June 2022	511,582

Retained Surplus
\$

Balance as at 1 July 2022	511,582
Surplus after income tax expense for the year	57,573
Other comprehensive income for the year, net of tax	-
Total comprehensive income for the year	57,573
Balance as at 30 June 2023	569,156

The accompanying notes form part of these financial statements.

Statement of Cash Flows
For the Year Ended 30 June 2023

	Note	2023 \$	2022 \$
<i>Cash flows from operating activities</i>			
Receipts from customers		1,520,744	1,310,913
Payments to suppliers		(1,497,901)	(1,315,045)
Interest received		4,639	-
Net cash provided by/ (used in) operating activities	6	<u>27,482</u>	<u>(4,131)</u>
<i>Cash flows from financing activities</i>			
Payment for property plant and equipment		(24,867)	-
Net cash provided by/ (used in) financing activities		<u>(24,867)</u>	<u>-</u>
Net increase/ (decrease) in cash and cash equivalents		2,614	(4,131)
Cash and cash equivalents at the beginning of the financial year		678,093	682,224
Cash and cash equivalents at the end of the financial year		680,707	678,093

The accompanying notes form part of these financial statements.

Notes to the Financial Statements

For the Year Ended 30 June 2023

Note 1. Statement of 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 director's 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 statements 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 124 Related Party Disclosures*, *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.

Current/ Non-Current Classification (continued)

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.

Notes to the Financial Statements

For the Year Ended 30 June 2023

Note 1. Statement of 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:

Class of Asset	Depreciation Rate
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 asset's 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.

Notes to the Financial Statements

For the Year Ended 30 June 2023

Note 1. Statement of 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 estimated future cash outflows.

Defined contribution superannuation expense

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

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.

Notes to the Financial Statements

For the Year Ended 30 June 2023

Note 1. Statement of Significant Accounting Policies (continued)

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.

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.

Sales revenue

Events and fundraising are recognised when received or receivable.

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.

Notes to the Financial Statements

For the Year Ended 30 June 2023

Note 1. Statement of 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 recognised.

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

	2023	2022
	\$	\$
Cash at bank	680,502	677,988
Cash on hand	106	6
Pay Pal	99	99
	<u>680,707</u>	<u>678,093</u>

Notes to the Financial Statements
 For the Year Ended 30 June 2023

Note 4. Property, plant and equipment	Note	2023	2022
		\$	\$
<i>Buildings</i>			
Right to use asset at cost		-	18,629
<i>Leasehold improvements</i>			
Leasehold improvements at cost		232,419	244,395
Accumulated depreciation		<u>(217,818)</u>	<u>(235,650)</u>
		14,601	8,745
<i>Motor vehicles</i>			
Motor vehicle sat cost		95,122	95,122
Accumulated depreciation		<u>(95,122)</u>	<u>(95,122)</u>
		-	-
<i>Plant and equipment</i>			
Plant and equipment at cost		124,654	107,902
Accumulated depreciation		<u>(100,080)</u>	<u>(95,634)</u>
		24,574	12,267
Total property, plant and equipment	a	39,175	39,641

a. Detailed property, plant and equipment movement reconciliation

	<i>Buildings</i> <i>- Right to Use</i>	<i>Leasehold Improve.</i>	<i>Motor Vehicles</i>	<i>Plant & Equip.</i>	<i>Total</i>
Balance at 1 July 2022	18,629	8,745	-	12,267	39,641
Additions		8,115		16,753	24,867
Disposals					-
Rent amortisation	(18,629)				-
Depreciation	-	(2,259)	-	(4,446)	(6,705)
Balance at 30 June 2023	-	14,601	-	24,574	39,175

Note 5. Trade and Other Payables	2023	2022
	\$	\$
Accrued expenses	1,951	-
Trade creditors	18,442	20,755
GST payable	25,633	29,431
PAYG withholding payable	11,734	9,090
Superannuation payable	9,356	-
Credit card	265	117
	<u>67,381</u>	<u>59,393</u>

Notes to the Financial Statements

For the Year Ended 30 June 2023

	2023	2022
	\$	\$
Note 6. Cash Flow Information		
Reconciliation of surplus after income tax to net cash from operating activities		
(Deficit)/ Surplus after income tax	57,573	(64,932)
Non-cash flows in profit:		
- depreciation	6,705	18,373
Changes in assets and liabilities:		
- (increase) in trade and other receivables	(1,970)	(19,447)
- increase in trade and other creditors	19,093	23,253
- (decrease) in employee provisions	(9,206)	(11,686)
- increase in grants received in advance	(44,909)	50,309
Net cash provided by operating activities	27,482	(4,131)

Note 7. Remuneration of Auditors

Audit services - JG Audit & Assurance Pty Ltd

Audit of the financial statements	3,000	3,000
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Note 8. Contingent Liabilities

The company had no contingent liabilities as at 30 June 2023 and 30 June 2022.

Note 9. Commitments

The company had no commitments for expenditure as at 30 June 2023 and 30 June 2022.

Note 10. Events After the Reporting Period

No matter or circumstance has arisen since 30 June 2023 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. Related Party Transactions

Transactions with related parties

There were no transactions with related parties during the current and previous year.

Receivable from and payable to related parties

There were no trade receivables from or trade payables to related parties at the current and previous reporting date.

Loans to/from related parties

There were no loans to or from related parties at the current or previous reporting date.

Note 12. Company's Details

Principal place of business and registered office is:

Momentum Mental Health Limited
112 Russell Street
Toowoomba QLD 4350

Directors' Declaration
For the Year Ended 30 June 2023

In the opinion of the Director's:

- 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 Moment 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 2023 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

Chris Black

Director
Dated
1/9/23

Director
Dated

**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 2023, 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 2023 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.

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 policies 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: 5 September 2023

Greenmount