



Annual Report 2021-22

MAKING A BIGGER SPLASH

(SMALL IN SIZE, BIG IN IMPACT)



ABOUT ROSEBANK

The past year Rosebank grew to meet the expanded needs of our community during the worst of the COVID pandemic and its ongoing impact. This enabled us to not only expand our services for our clients but also to support other services working with families in our area.

Here at Rosebank, we know children and young people who have experienced trauma, abuse and hardship need specialised support.

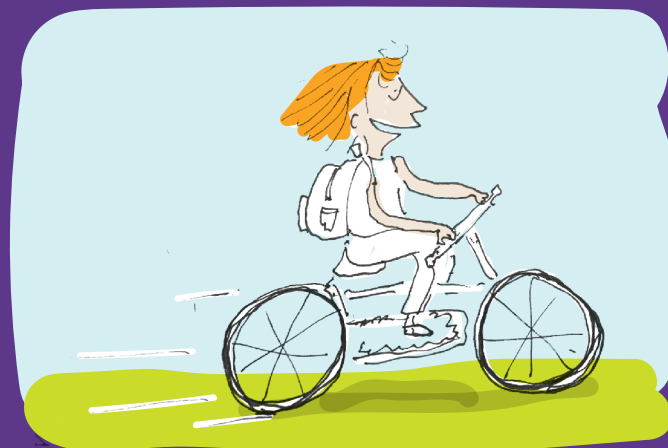
They deserve to access support when they are ready and want it. That's why we create a safe and non-judgemental space where they can shape for themselves, the way they are supported in their healing process.

Rosebank offers counselling, advocacy and support and works closely with other services to aid the wellbeing of Sydney's children, young people and the families who love them. We actively work to raise awareness about child sexual abuse and the vision of a community free of harm.

We work with schools, Health, Child Protection and Out of Home care agencies and services such as Bonnie Support Services, Bravehearts and Headspace.

We are a small service with big ideas and heart.

We actively seek opportunities to bring safety and new possibilities to our community. Working together we can build new networks, partnerships and connect with new funds.



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Chairperson's Report



Last year (and the year before) I began my report with , 'It is hard to imagine a more complicated time'. Well, this past financial year has been complicated too but it is with great relief that I can now report, it's been less so.

In the last few months we have experienced a gradual return to a more familiar way of working. The community health concerns have not gone away completely, and there are still many challenges, but we have been able to see some real and new possibilities for our wonderful service. Amid all the uncertainties, there has been some interesting opportunities for review, inspiration and enhancement.

This year has seen positive changes and improvements in the workplace physical environment. Upgrades for the office including improvements in remote access, data systems, cyber security, office space and equipment are all making a big difference. These changes have meant that the team has better resources and can use their office time more efficiently.

The general building improvements have included upgrades to counselling rooms, floors, window furnishing, lighting and security. They make working in this lovely heritage building much more comfortable and convenient, not just for the team but for clients and visitors, as well. This has all been achieved with supplementary funding through community and government grants. It has been possible thanks to the excellent planning and successful submission of funding applications by the indefatigable efforts of Amanda and Heike.

Successful applications also made possible service enhancements. In particular, allowing for a new endeavour in the Sing & Grow Music Therapy program. This was conducted remotely with a dedicated worker and was received very well (Rona explains more on page 9). We have also been able to welcome an additional counsellor, Monika, allowing Rosebank to increase the number of clients for counselling. Whilst this is not ongoing beyond this year, it has enabled Rosebank to reduce waiting times for many clients and has shown us how impactful we can be with greater capacity.

As always, counsellors Nicole, Melissa, Ruth and Monika work creatively and tirelessly to provide the best possible outcomes for our clients.

Work continues on the Strategic Plan. This process has involved the team and committee members and also input from the Western Sydney Community Forum. This will ensure Rosebank moves into the future with an outward and progressive vision.

It remains to say thank you to the team for a positive year of achievements. Your work continues to inspire. Thanks to Amanda and Heike, to Melissa, Nicole, Monika, Rona and Ruth. Thanks also for the continued support of all on the Management Committee. Thanks to Tracy, Debra, Jemma and Lena for your time, ideas and always thoughtful contribution.

I look forward to another year of teamwork.

Alison Huggan

Chairperson, Rosebank

(Senior Counsellor South West Sydney Local Health District Sexual Assault Service, NSW Primary and Community Health)

The need to focus on present tasks has not obscured our imagination as we consider enhancements to Rosebank's place in the community.

Our splashy Management Committee



Tracy Phillips

Role: Secretary
(Executive Officer, Bonnie Support Services)



Debra Venables

Role: Treasurer
(Manager, Women's Homelessness Support Service, Women's Housing Company Ltd)



Lena Tooma

Role: Ordinary Member
(Service Support Team Leader, Headspace Liverpool)



Jemma Milloy

Role: Ordinary Member
(Team Leader, Aboriginal Got It! Program, Infant Child Adolescent Mental Health Service, NSW Health, South Western Sydney Local Health District)



Rosebank provides an invaluable service to some of the most vulnerable children in our community. At South West Joint Child Protection Response Program, providing therapeutic follow up within the community following our involvement is paramount to commencing the healing journey and in preventing any further re-traumatisation. Rosebank always go above and beyond to accommodate seeing the families we refer with very limited resources, and leave us knowing the families we are sending over are in safe hands.

Cherridian Cox, Health Clinician, South West Metropolitan Joint Child Protection Response Program

A TASTE OF WHAT'S POSSIBLE

Amanda Pardy, Coordinator



I have loved watching the energy build in Rosebank this year!

Once everyone returned to our office after the COVID restrictions eased, the passion was back in full force. Our focus was bringing support

back to our families face to face again. And bringing with the team together again too.

We've welcomed new staff and grown our Rosebank team and programs. Monika has brought her amazing commitment and vitality as a counsellor on a 12 month contract and Rona has joined us to present our Sing & Grow program. Their passion and positivity for our work energises us and I know it absolutely encourages the children, young people and families we work with.

To be able to introduce new therapy models, skills and experience has been incredible. The building buzzed with full workstations, busy hallways and occupied counselling rooms. It's been a dream come true for us – to fill these halls, rooms and grounds making new connections, partnerships and knowing we're making a difference.

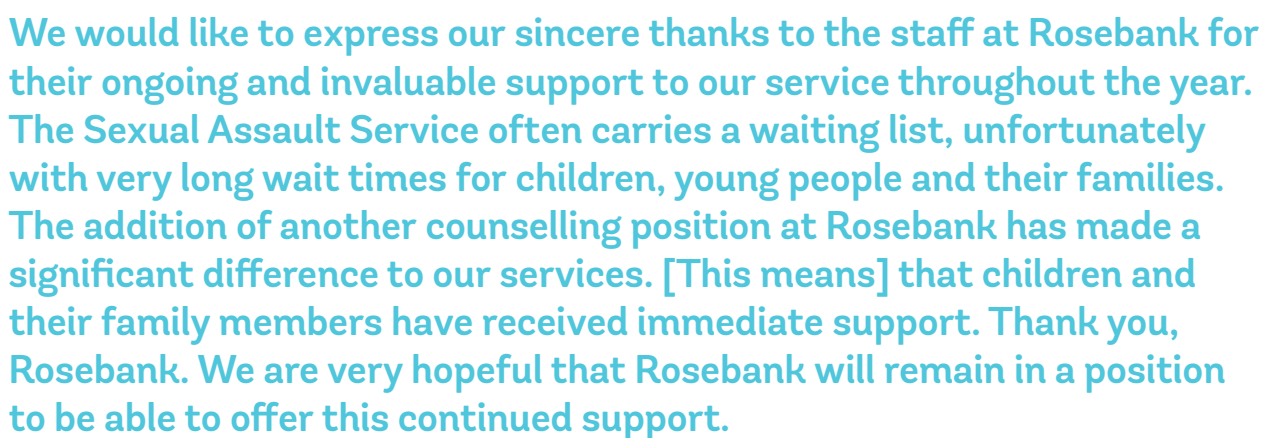
Often I am just about to leave the office for the day and the Bravehearts team are returning to the building. Rosebank thrives on the additional energy Bravehearts brings. They travel from school to school every day providing vital education for young children around body ownership and the right to be safe. They're based in our building and in the afternoons, as they pile out of their van into the carpark, they're still full of vibrancy and stories. I love hearing the responses they get from the children who may need the encouragement of the program to give them a voice to feel safe. And it may be these very same children that need Rosebank's support into the future. Our teams are a great support for each other.

This year we've strengthened the group programs Kidz Space and Creative Space and our partnership with Bonnie's Support Services, and so have been able to offer more to our community. And while our additional counsellor Monika and Rosebank's Sing & Grow program with Rona were funded short term, they've definitely given a taste of what opportunities are possible with the right support. With ongoing sponsorship, Rosebank could continue to offer so much more. More support for more families when they need it, alternative therapy models to best suit the needs of the individual and we could continue to support the services around us as well.

I am really proud of Rosebank and what we have achieved this year. We will use this to inspire us into the next.

Thank you for the commitment and hard work from our wonderful team and Management Committee.





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BIGGER TEAM, BIGGER SPLASH



Amanda Pardy
Coordinator



Melissa MacLean
Counsellor/Advocate



Nicole Soto
Counsellor/Advocate



Ruth Ellem
Group Facilitator



Heike Obermayr
Finance Manager



Monika Hammerle
Counsellor/Advocate

Welcome Monika Hammerle

I came from Germany in my 20s and I've been living in Australia and loving being a social worker for over 25 years now. I've worked in so

many different services for women: sexual assault, DV, women's health but coming to Rosebank has been just amazing.

I thought after all these years working as a social worker and therapist, you know, I'd just jump straight in. But in these months at Rosebank, I've learnt so much.

I think when you come into an organisation, you bring new eyes. You notice things – things that others might take for granted. I keep telling Amanda and Nicole and Melissa, 'This is an incredible service. It's so specialised and unique.'

I've watched the way they advocate for young people, for example. And really give other people an understanding, a really thorough understanding, of what's happening for the kids.

I've been surprised by how much is involved, behind the scenes, to hold and support the families. There's the counselling itself and then there's all the ways the support continues. There's talking with schools, with teachers, with carers, with case workers. Talking with lawyers, victim services, providing psychosocial education to school counsellors, supporting the mums and other family members with reassurance and encouragement.

That sort of reassurance for the carers is just so crucial. When I first arrived and we were still in lockdown, my job was to connect with the families by phone, you know, to let them know we're still here and they still have a place with us. And to check in to see how they're doing and give mums, and carers, reassurance. That's probably one of the most important things in the beginning of any counselling relationship: making the connection and the space for talk.

They might share their story about their own or intergenerational trauma. For me, it's incredibly valuable work to be able to connect them to their own support, their own therapy, to legal services. You're serving the child so much in this way too.

For so many families, what's happened to the children is such a shock. They need reassurance that they're doing a good job, that they can trust themselves, that they are the experts. Since I've been seeing families face to face I have such admiration for them. And particularly for the grandmothers who are now looking out for the kids. They never cease to amaze me with their love and commitment. We've been working with quite a few Aboriginal families and it's a huge privilege. Those aunties and grandmothers aren't just taking on the responsibility of loving and bringing up one child but often, a whole bunch of kids.

They're nothing short of angels. And to have been here to help, at Rosebank, has been a blessing. A real blessing, on so many levels.

The Sing & Grow Program



Rona Zare-Saison
Program Facilitator

This year Rosebank was proud to be able to offer a national, evidence-based music therapy program called Sing & Grow. Aimed at young children (0-5) and their families, the program uses music to strengthen family relationship and, increase confidence in supporting a child's development. It was led

by a Sing & Grow music therapist and co-facilitated by Rona Zare-Saison.

Rona shares her experience of the program

I was a little nervous (but excited too). I'm in my final year of studies and I've never done any sort of group therapy before or creative music therapy either. And though I love music, singing in the shower is about the extent of my musical expertise! My background is with Lifeline – I've been working on the phones there since my first year at Uni and now I'm a supervisor.

We had originally offered it to just Rosebank families and originally hoped it would be face to face. But with the pandemic, we ended up using Zoom and extending the invitation to children in general. This was fantastic because I was able to reach out and build relationships with a lot of different services in the community, some who weren't familiar with Rosebank at all. And the mix of families enhanced the experience for all the children, I think.

The hour-long sessions were very dynamic and fast moving. And with each session I could really see the family relationships strengthen. I loved the way the songs encouraged the kids to think about their feelings and share them – the families were learning new ways to discuss emotions in a less serious way.

The music therapist led the sessions and I was able to stay tuned to how the individuals were going. If a child was becoming distracted I could try and bring them back; or if a Mum was getting distressed, I was there to help.

There was one mum who'd been experiencing significant distress because she felt she couldn't bond with her daughter properly. In that case, I was able to focus on building my relationship with the mum and talk to her about these things both before and after the sessions. I could share things that I'd noticed, check in with how she was doing and offer some supportive counselling with tips for participating in the next session. It was so satisfying to see her and her daughter relax and get closer. She was finding new ways to break old patterns of parenting with new and creative ways to bond with her child.

I loved the program and I found myself getting into the swing of it. My sister's a musician and I borrowed a bunch of her instruments like her tambourine and shakers so I could be playing along too.

Flying Free – The Creative Space

Ruth Ellem, Group Facilitator and
Alison David, Group Facilitator, Bonnie's

After two difficult years, it was our absolute pleasure to finally reunite with women face-to-face in the Creative Space group. Many told us how much they missed the other women and this quiet space to relax and connect. It's incredible the healing power that comes from women sitting together, in a safe space, to create beautiful artworks and explore new ways to express ourselves.

One of the theme's this year was "Birds of Hope". Our group produced a book, full of wisdom and beautiful artwork that were printed, so that every woman could take a copy home.

Birds symbolise hope and healing across all cultures and spiritualities. Some of our craft and artworks looked at the idea of a bird's nests, as a symbolic way of understanding home and the rebuilding of a family home after perhaps being fractured due to family violence.

The women also drew on a bird's ability to fly and soar through the sky, to represent freedom, independence and a 'letting go'. To be a bird is to be lighter and freer, like families who are now safe from abuse.

Ruth Ellen

Many of us know the experience of being caged and having our voices silenced, our wings clipped, and our nests broken. We made this book to tell the story of how we have been lovingly rebuilding our nests and learning to fly, sing and soar again.

The Creative space has been running for 7 years, as a collaboration between Rosebank and Bonnie Support Services.



Acknowledgements and thanks

Rosebank acknowledges the original inhabitants of the Liverpool Local Government Area, as the Dharug, Gandangara and Tharawal Aboriginal people.

We thank the Department of Communities and Justice (DCJ) for providing the recurrent core funding which enables Rosebank to continue providing a free and confidential counselling and support service for children and young people who have experienced child sexual abuse.

We acknowledge Council's continued effort to maintain Rosebank Cottage, a State Heritage listed building of high significance and thank you for providing us with affordable premises. Rosebank continues to seek opportunities to improve our premises and can report noteworthy achievements in securing funding during the reporting period. A grant of \$8,182 for air conditioning was received under the State Government Community Building Partnership Program 2021.

Rosebank was successful in gaining \$89,135 in funding through the Social Sector Support Fund administered by DCJ to support increased demand for services during COVID-19. The funding has enabled the employment of an additional specialised counsellor, an invaluable resource in dealing with our waiting list and providing support to families when needed.

A further grant of \$7,000 was received through the Social Sector Transformation Fund, in addition to \$70,000 received the previous financial year. The funding allowed us to upgrade computers, improve data and cyber security, purchase a new client management software system and involve consultants in organisational capacity building initiatives such as a new strategic plan.

A \$5,000 grant received from Moorebank Sports Club (Sporties) under the Clubs Grants Scheme 2021 allowed us to provide Sing & Grow, a national, evidence-based music therapy program that enhances the protective factor of a secure relationship between children and a safe parent/carer.

Our goal to support the safety and wellbeing of children and young people would not be achievable without partners. Our robust relationship with Bonnie Support Services, a service who provides support and/or accommodation to women and their children, who are homeless, at risk of homelessness or escaping domestic violence has remained strong during these challenging times. Both our services are essential, and in spite of the disruptions brought by the pandemic, we have found new ways to continue to deliver the therapeutic groups Creative Space and Kidz Space.

Lastly, we would like to acknowledge and thank our various individual supporters and donors throughout the year. For example, this year we have received donations from the Paypal Giving Fund and a donation from Officeworks helped us improve our workstation set up. These simple acts of kindness mean the world to us.

Heike Obermayr

A complete copy of Rosebank's Financial Report 2022 including our audited financial statements, accompanying notes and Auditor's Report can be downloaded from our website www.rosebank.org.au or the ACNC register.

Meet our clients

Kids age 6 and up / Young people 18 and under / Families supporting kids of all ages



www.rosebank.org.au email: info@rosebank.org.au