



COUNTRY & OUTBACK HEALTH
ANNUAL REVIEW 2022 - 2023

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Board of Directors



Leah Trotta - Chair of the Board

Experienced and specialising in developing approaches to governance, strategic and operational management, Leah is qualified to Masters level, (BHSc, MEdS) a Graduate of the Institute of Company Directors (GAICD) and a member of the Institute of Community Directors Australia (AMICDA). Leah provides safe, reliable and operationally focused approaches to the complex problems of complex services.

Leah is known for her strategic thinking, direction and innovation, effective financial management, and politically impartial and industrially sound leadership. Leah has expertise in the efficient delivery of change initiatives, in line with board intent and informed by consumer desire.



Craig Farrow - Board Member

A Chartered Accountant with a background in economics, Craig also has qualifications in Business Management and Financial Services. With over 35 years professional practice experience, Craig established significant experience in the medical, allied health and not for profit sectors, whilst building a broad portfolio of directorship in agribusiness, technology and professional services.

In 2020 he began a career transition to focus on directorships and business activities, and since January 2023 has been Group Chief Executive Officer, Raven/Cavity Sliders Group of Companies.

Past chairperson of Doctors Health SA and General Practice SA, and a current director of Ardrossan Community Hospital, Craig has a deep affinity for the sector which has been built on his substantial experience in the disability sector (housing, employment and training).



Dr Scott Lewis - Board Member

Dr Scott Lewis MBBS MPH JCCA DRANZCOG FACRRM GAICD.

Scott is a Rural Generalist, based in the Adelaide Hills and working throughout rural South Australia as a GP and sessional anaesthetist. He is Treasurer and past-President of the Rural Doctors Association of South Australia. He has significant experience in the establishment and governance of incorporated bodies and is Secretary of charity Sandpiper Australia.

He is a qualified pilot and is involved in motor sports, particularly land speed racing.



Lee Martinez - Board Member

Lee has lived and worked in country SA for most of her life, providing life-long experience and understanding of those residing in rural and remote areas, Lee's life experiences, living and working in rural South Australia and her nursing career from a very young age are what inform her current practice.

Lee currently works for the University of SA with the Department of Rural Health as a mental health academic. She is committed to involving people with a lived experience of health services in rural areas in all levels of decision-making. Lee has a commitment to working with and including people with a Lived Experience of Mental Health and General Health at all levels of service provision. Lee currently chairs COBH's Lived Experience Advisory Panel (LEAP).

Lee is involved in several networks including the Upper Eyre Local Health Cluster, Country SA Primary Health Network, and the Whyalla Suicide Prevention Network since its inception. Lee is passionate about ensuring people in rural and remote areas receive equitable access to quality services to meet their needs.



Jeremy Stones - Board Member

Jeremy is a healthcare executive with wide-ranging experience in both domestic and international markets. He has served as CEO of three multi-site healthcare groups.

The importance of maintaining the highest quality and safety standards is Jeremy's top priority. Jeremy places a significant emphasis on creating positive workplace cultures that attract and retain people, whilst maintaining an environment where providers can continue to deliver exceptional outcomes to their clients.

Jeremy is a trusted leader in the healthcare industry and continues to drive positive change and innovation in this field.

Chair of the Board Report

I am delighted to present the annual report for Country & Outback Health (COBH) for the year 2023.

This year has been filled with significant progress and achievements, and I am profoundly proud of the exceptional work accomplished by our team.

I extend my sincere gratitude to all for placing trust in me as the Chairperson of the Board. In this role, I have focused on maintaining our commitment to strategic thinking, direction, and innovation, which are at the core of COBH's values.

Over the past year, our organisation has made substantial advancements in enhancing the health and well-being of individuals in rural and remote areas. Our steadfast commitment to narrowing the healthcare divide between urban and regional communities has been the cornerstone of our success.

These achievements would not have been possible without the dedication and tireless efforts of our remarkable team.

I extend my heartfelt appreciation to each staff member for contributing their time, expertise, and resources to further the mission of Country & Outback Health.

As we look to the future, our dedication to ensuring equitable healthcare access for every individual, regardless of their location, remains unwavering. With the continued support and collaboration of our stakeholders, I am optimistic about Country & Outback Health's ongoing impact on the health outcomes of rural and remote communities.

It's a pleasure to lead an organisation that is making a meaningful impact in the lives of those in rural and remote areas. The accomplishments of Country & Outback Health in 2023 are a reflection of our collective efforts and steadfast commitment to our mission.

I would also like to express my gratitude and congratulations to our CEO, Zieco Skeldon, and our passionate COBH staff. Your dedication has positioned us as a leader in many domains and especially in rural primary mental health care and service delivery, a feat that the Board is immensely proud of.

I look forward to the continued success and growth of Country & Outback Health in the upcoming year.



Leah Trotta,
Chair of the Board

COBH Leadership Team



Zieco Skeldon -
Chief Executive Officer

Zieco has been CEO of Country & Outback Health for over 10 years. With over 15 years of Managerial experience in both the disability and mental health sectors, Zieco is passionate about working collaboratively and utilising resources to provide the best services for rural South Australians.



Johanne Robinson -
Executive Manager,
People & Culture

Johanne is a proactive and experienced Human Resources professional with a solution-focused approach. With over 15 years at several global and significant organisations, Johanne believes that building effective and impactful working relationships are the key to success.



Aapo Hakala -
Chief Financial Officer

Aapo is a commercially minded leader with over 20 years of experience in large global corporations and smaller entities, in both private and public sectors. As an Executive Manager Aapo is responsible for the strategic, tactical, and operational activities for Finance and Business Services.



Shaun Rieck -
Executive Manager, Operations

With over 15 years of management and leadership experience in both government and private enterprise, Shaun is eager to connect local communities to individuals and teams that will contribute to achieving better health outcomes in rural South Australia.



Rebecca Braendler -
Operations Manager General Health

Rebecca is passionate about safe and quality service provision resulting in better health outcomes for our all communities and workforce development to support and sustain this. Rebecca has a background in Program management, along with extensive leadership and management experience and 13 years in Community and Allied Health services within SA Health.



Liz Hillier -
Operations Manager - Mental Health

Liz has worked across Community services sector for over 25 years and held management and leadership positions for the past 15 years. Liz has been the Chair of the South Australian Youth Strategic Homelessness round table for 3 years and member of the States Domestic Violence Coalition.

Recently moving to regional area Liz is passionate about ensuring regional people have access to high quality services



Frank Massara -
Manager, ICT

Frank brings more than 25 years of expertise in the Information Communication Technology Field, coupled with 5 years of proficient management experience.

His background spans across IT Infrastructure, Security, and Support. Frank is dedicated to delivering secure, adaptable solutions, and robust support services.



Kylie Gibbons -
Manager, Finance

Kylie Gibbons joins Country & Outback Health as Finance Manager after nearly 30 years' experience in finance roles across a range of industries. She is a Fellow of CPA Australia, and holds a Masters of Business Administration.

She is passionate about maintaining vibrant country communities within our state, which begins with quality health care in our regions.

CEO's Report

I am pleased to provide you with an update on our progress since the last year's CEO Report for Country & Outback Health. We have been actively working on various aspects of our organisation, focusing on new service delivery, office upgrades, staff training, and internal operational improvements.

I continue to be proud and humbled by how dedicated and professional our staff are, and their ability to maintain care for our clients as paramount priority. Together, we will continue to achieve new milestones and drive the growth of our organisation to better serve our communities.

Our newly-released Care Finder Service for Older People has officially launched across the state, with high initial uptake throughout our regions, including our partner organisations in the Adelaide Hills, Murray Mallee and Riverland.



We have also been reviewing and expanding our NDIS services as a Registered NDIS Provider. This expansion is not only exciting for COBH but also highly beneficial for our communities. We are committed to providing quality services to individuals under the NDIS, and our efforts in this area continue to thrive.

In line with our growth and expansion, we have relocated our Whyalla office to a larger, more suitable building. Situated between the Whyalla Secondary College and TAFE, the new office location will help us effectively promote our services to the community and enhance our operations.

We have taken over the Quorn Medical Practice, streamlining its operations with new staff, improved signage, updated record-keeping systems, and updated processes. Although we are facing some delays in having permanent GPs on board, we have arranged for Locum Doctors to serve the Quorn community until our full-time, local GPs are available.

Zieco Skeldon,
Chief Executive Officer

Additionally, to improve our service reach into regional communities, we have established a Metro Hub in Port Adelaide. This office serves as a working environment for our metro-based staff to deliver tele-health services to traditionally underserved regions. By leveraging technology, we aim to provide better access to healthcare services for individuals in remote areas.

Embracing Excellence: Upholding Our Organisational Values

Across the far-reaching footprint of Country & Outback Health, there are five fundamental words that reflect what makes COBH and its people special: **PASSION, RESPECT, QUALITY, INTEGRITY, and INNOVATION.**

Developed in 2021, our organisational values were not imposed but rather cultivated through collaboration with our dedicated staff. Each value reflects the collective aspirations and principles of our diverse team. They serve as the pillars upon which Country & Outback Health stands firm, ensuring that our organisation is not just a workplace but a place of choice to work.

In embracing these values, we do more than just uphold a set of principles. We shape a culture that

fosters personal and professional growth, nurtures creativity, and encourages a sense of belonging. As we move forward, these values will continue to guide us, inspiring us to reach greater heights and make a meaningful difference in the lives of the people we serve.

At Country & Outback Health, our values are not just what we believe in; they are who we are. They are the soul of our organisation, the driving force behind our actions, and the promise we make to our community. With passion, respect, quality, integrity, and innovation lighting our way, we embark on a journey of excellence, compassion, and positive change.

Passion: Love what you do, and do what you love

Passion is more than just a word; it's a driving force that fuels our actions and commitments. It's the fervor that propels us to deliver our best, even in the face of challenges. Whether it's providing services or engaging with our community, passion is the heartbeat that makes our efforts meaningful and impactful.

Respect: Everyone feeling valued

Respect is the cornerstone upon which our organisation stands tall. We believe in the inherent worth and dignity of every individual. It is not just about showing respect to our clients but also to our colleagues, partners, and the communities we serve. By fostering an environment of mutual respect, we build strong, enduring relationships and earn the trust of those we interact with.

Quality: Always strive for excellence

Quality is not an act; it is a habit at Country & Outback Health. We are unwavering in our commitment to delivering services and solutions of the highest quality. From healthcare provisions to administrative tasks, every aspect of our work is marked by precision and excellence. Our dedication to quality ensures that the care and services we provide meet the highest standards, ensuring the best outcomes for our community.

Integrity: Being honest, open & accountable

Integrity is our moral compass. It guides our actions, decisions, and interactions. Upholding the highest ethical standards, we are transparent, honest, and accountable in everything we do. We believe in doing the right thing, even when no one is watching. Integrity builds trust, and trust is the foundation of our relationships, both within our organisation and with the wider community.

Innovation: Turning ideas into reality

Innovation is our response to an ever-changing world. We embrace creativity, curiosity, and the courage to challenge the status quo. By fostering an innovative mindset, we continually seek new and better ways to serve our community. We adapt, evolve, and explore uncharted territories to make a positive impact. Innovation is not just a buzzword; it's a mindset that propels us forward.



Flying headspace

Our services

Mental health services

- **My Resilience**
Guided therapeutic self help for people who need support to manage their mental health during stressful and challenging periods
- **My Wellbeing**
Therapeutic support and help to connect with social mental health supports for people with severe mental illness
- **Understanding Me**
Therapeutic support for adults experiencing symptoms of mental illness
- **Discovering Me**
Therapeutic support for children to help them better understand and manage their feelings
- **Country Wellness Connections**
Practical support with connecting to services and exploring NDIS eligibility for people with complex mental health needs
- **Flipside**
Free and confidential health service for youth aged 12-20 dealing with stress, bullying, counselling, sexual health information, general health problems in Roxby Downs

Allied health services

- **Dietetics**
Specialists in nutrition information, dietary advice and plans to help people improve their health.
- **Podiatry**
Our focus is to deliver quality podiatry service to the communities to ensure a positive experience and an individualised person-centred care.
- **Respiratory Care**
Supporting individuals in treatment and self-management of their respiratory care, effectively and to optimise outcomes.
- **Diabetes Education**
Our focus is on supporting individuals in self-managing their diabetes effectively and optimise outcomes.

NDIS services

- **Support Coordination**
Support for participants in connecting to the right services and understanding the NDIS
- **Plan Management**
Specialists in guiding our clients through the entire NDIS plan management process
- **Understanding Me**
Therapeutic support for adults experiencing symptoms of mental illness
- **Discovering Me**
Therapeutic support for children to help them better understand and manage their feelings

Alcohol & other drugs

- **My Steps**
Therapeutic and social support for people who are misusing alcohol or other drugs and their families/support people
- **SMART Recovery**
Group support for people (16+) with problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet and others

Older persons

- **Care Finder**
Care Finder is available to older persons who do not have a support person to help them and are finding it difficult to access My Aged Care and other community supports.

Aboriginal health

- **Wellness Our Way**
Practical support for Aboriginal and Torres Strait Islander people with chronic conditions to better manage their condition

- FAR WEST**
- Care Finder
 - Country Wellness Connections
 - Dietetics
 - Discovering Me
 - Podiatry
 - Support Coordination
 - Understanding Me

- FLINDERS & OUTBACK**
- Care Finder
 - Discovering Me
 - My Wellbeing
 - Support Coordination
 - Understanding Me
 - Wellness Our Way
 - headspace Port Augusta

● **QUORN MEDICAL PRACTICE**

- UPPER EYRE**
- Country Wellness Connections
 - Discovering Me
 - headspace Whyalla
 - My Resilience
 - Plan Management
 - Support Coordination
 - Understanding Me
 - Wellness Our Way

- MID NORTH**
- Care Finder
 - Discovering Me
 - My Steps
 - My Wellbeing
 - SMART Recovery
 - Support Coordination
 - Understanding Me

- EYRE**
- Dietetics
 - Podiatry
 - Respiratory Nursing

- LOWER EYRE**
- Care Finder
 - Country Wellness Connections
 - Dietetics
 - headspace Port Lincoln
 - headspace IPS
 - Plan Management
 - Understanding Me
 - Dietetics
 - Podiatry

- YORKE PENINSULA**
- My Resilience
 - My Steps
 - My Wellbeing
 - SMART Recovery
 - Understanding Me

- LOWER NORTH**
- Care Finder
 - Discovering Me
 - Support Coordination
 - Understanding Me

- BAROSSA**
- Care Finder
 - Country Wellness Connections

- ADELAIDE HILLS & FLEURIEU**
- Country Wellness Connections

● **YORKETOWN MEDICAL PRACTICE**

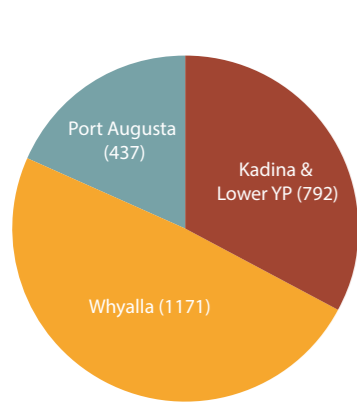
● Country & Outback Health Office

● headspace Centre

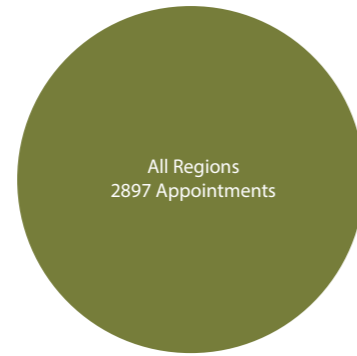
headspace

- **Mental Health Services**
Mental health workers – which may include psychologists, psychiatrists, counsellors and other workers
- **Sexual Health Services**
Sexual health screenings on site or links to local services
- **Work & Study Services**
Workers either on site or linked to the centre who can assist with work or study opportunities
- **Youth Programs**
A range of programs and activities for young people
- **Alcohol & Drug Services**
Workers either on site or linked to the centre who can assist with any alcohol or other drug issue
- **Youth Reference Group**
A group of young people who help with events and some decision making at a centre

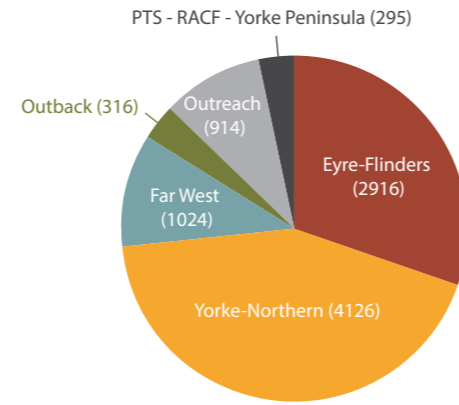
Our year in numbers



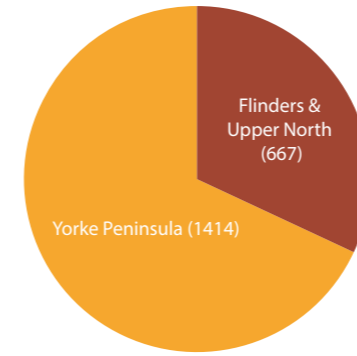
MENTAL HEALTH SHARED CARE
2400 Service Contacts



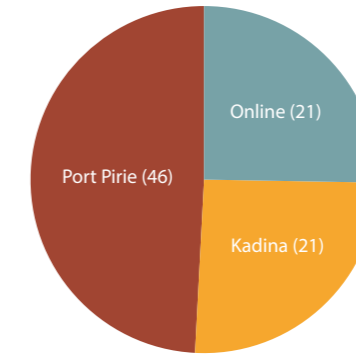
LICBT
2897 Service Contacts



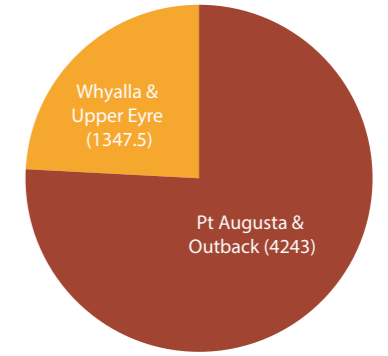
PSYCHOLOGICAL THERAPIES
9591 Service Contacts



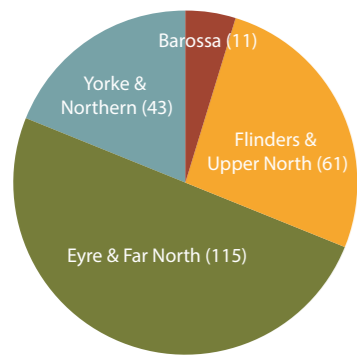
MY STEPS
2081 Service Contacts



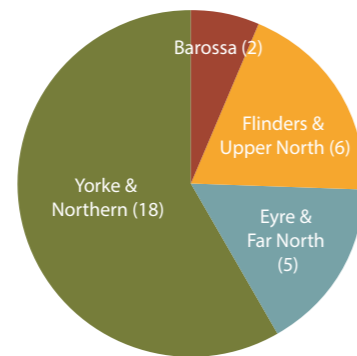
SMART RECOVERY
88 Group Sessions



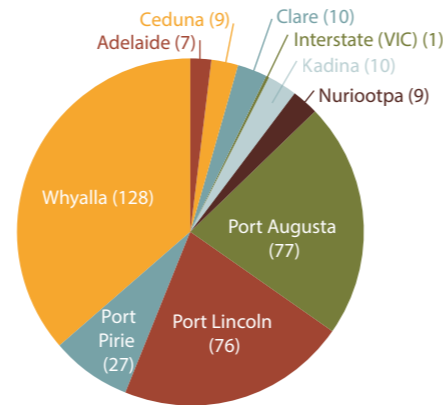
WELLNESS OUR WAY
5590.5 Service Appointments



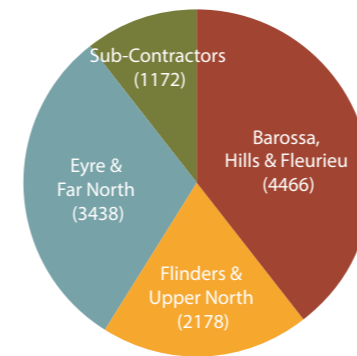
MY SUPPORT COORDINATION NDIS
230 Participants



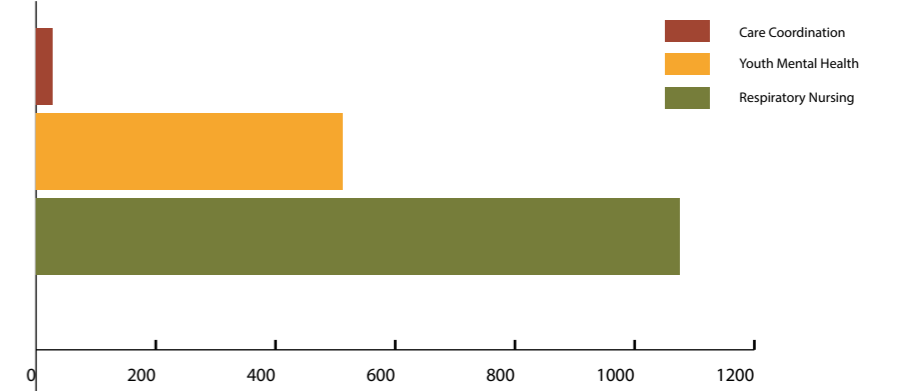
NDIS THERAPEUTIC
31 Participants



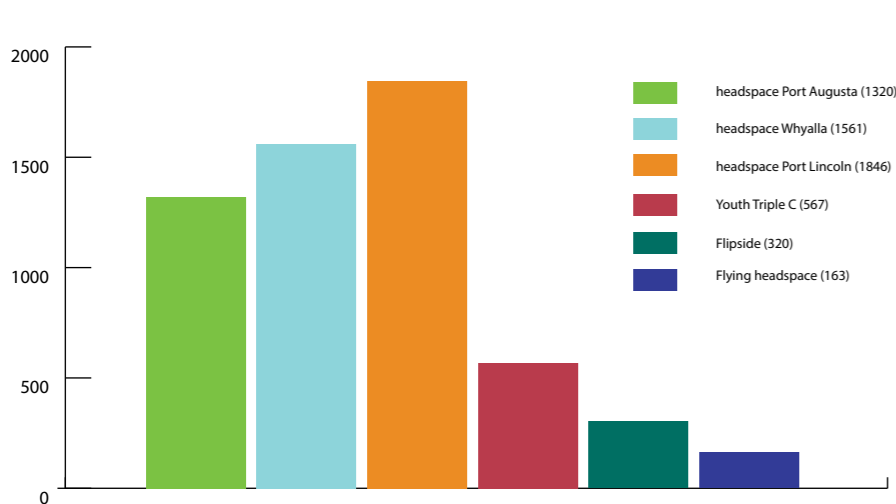
NDIS PLAN MANAGEMENT
354 Plans



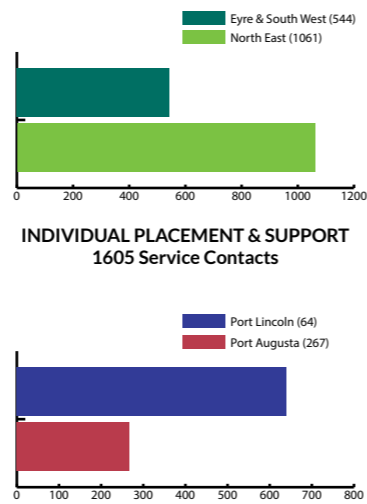
COUNTRY WELLNESS CONNECTIONS
10082 Service Contacts



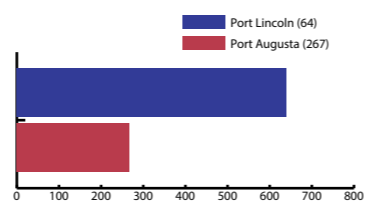
INTEGRATED PRIMARY HEALTH CARE - MID NORTH REGION 6 - 1614 Service Contacts



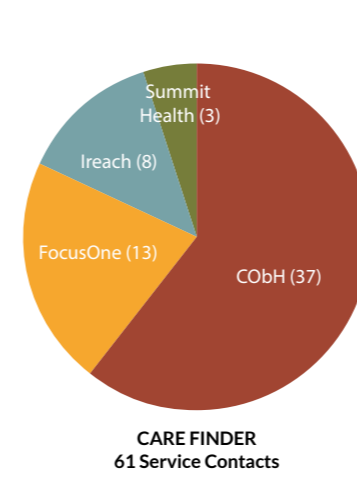
YOUTH SERVICES - 5759 Service Contacts



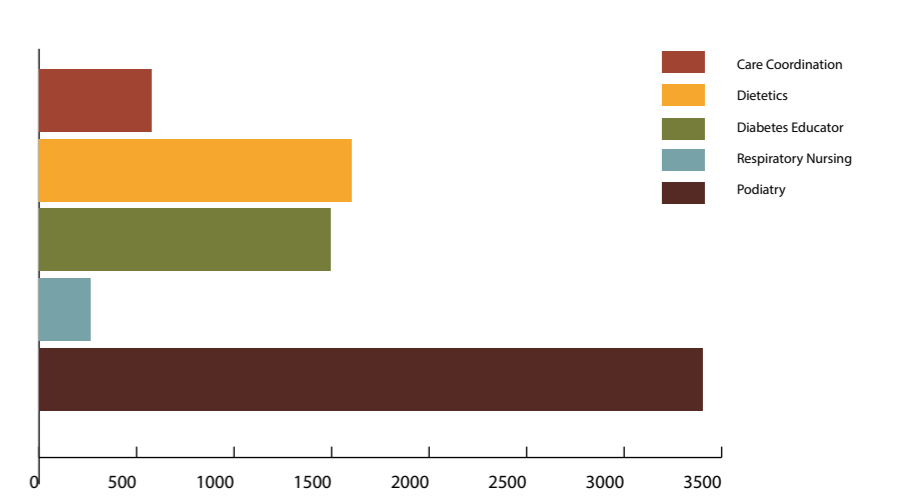
INDIVIDUAL PLACEMENT & SUPPORT
1605 Service Contacts



headspace DME
907 Service Contacts



CARE FINDER
61 Service Contacts



INTEGRATED PRIMARY HEALTH CARE - EYRE PENINSULA REGIONS 1-4 - 7481 Service Contacts



Quorn Medical Practice

In late 2022, Country & Outback Health assumed the operational ownership of the Quorn Medical Practice (formerly Kanyaka Surgery), following the retirement of long-serving GP Tony Lian-Lloyd from the Practice and ushering in a new era for the local community.

Access to quality healthcare is the bedrock of any thriving community. It's not merely about treating ailments; it's about fostering a sense of security, trust, and overall well-being among residents. With the operational reins passing over to Country & Outback Health, the Quorn community found assurance in the continuation of this essential service.

One of the significant concerns during any change in healthcare management is the potential disruption

of services. However, Country & Outback Health, in collaboration with the Rural Doctors Workforce Agency (RDWA) and the Flinders and Upper North Local Health Network (FUNLHN), ensured a seamless transition of service and placement of Locum GPs until permanent local GPs could commence practicing.

The continuation of healthcare services at Quorn Medical Practice under the stewardship of Country & Outback Health is not just a matter of administrative transition; it's a lifeline that ensures the Quorn community has the assurance that its well-being is in caring, capable hands, where the legacy of good health and community support will endure for generations to come.

Yorketown Medical Practice

Our Yorketown Medical Practice stands as a beacon of high-quality, community-based healthcare services for the rural community of Yorketown and its surrounding districts.

Renowned as a well-established and highly respected mixed billing practice, our mission is to uphold the highest standard of care for our community.

Yorketown Medical Practice provides a comprehensive array of services, and our dedicated and caring team of professionals work to ensure that patients receive the most suitable and effective healthcare available.

The recruitment and retention of permanent GPs at the Practice marks a significant positive shift for the communities of the lower Yorke Peninsula. This

development allows individuals to cultivate enduring relationships with their healthcare providers, fostering trust and confidence in the knowledge that their health needs will be met right within the comfort of their local practice.



Our Year in Review

COBH L.E.A.P. Update



In April 2020, Country & Outback Health called for expressions of interest from our communities to form our Lived Experience Advisory Panel (LEAP)

A person with a lived experience has gained the knowledge and understanding of a health issue or used the system to get assistance and / or support. This includes experience of living with a mental health illness, living with a disability, caring for a family member or friend with either of these.

The purpose of our LEAP group is to provide a forum for people with lived experience to be a voice for the community on things such as quality of care & service delivery.

One of our members, Harold Flam, shared their knowledge and experience of Pronouns with our staff; what are they, why are they important and how to use them. This forms part of our organisational commitment for inclusivity and welcoming all people.

Our LEAP group have been meeting regularly via ZOOM and met in person last November discussing many items including appropriate and respectful terminology on our website and client forms, input on tenders from a consumer experience using their unique perspective and understanding to provide support, guidance and provide practical advice by drawing on their own experiences.

Whyalla Office Relocation



Country & Outback Health Whyalla successfully transitioned into our more spacious and convenient location at 127 Nicolson Avenue in August 2023.

This significant step came in response to continued growth within our organisation and to meet the increasing demand for our services, leading us to outgrow our previous office on Moran Street. Relocating was not just necessary but a vital step to accommodate our growing staff numbers and ensure we could effectively deliver our services to the Whyalla community.

Our dedicated team worked hard to ensure a seamless transition with minimal disruptions to our clients or our ability to deliver essential services.

This move represents a new chapter in our commitment to serving the Whyalla community. It allows for continued growth and expansion of services, and we are excited to see our valued clients in our new establishment.

Metro Hub Launch



The COVID-19 pandemic had a profound impact on our traditional face-to-face service delivery. However, it also provided us with a significant opportunity to explore the use of technology to continue and expand service delivery into our communities.

This opportunity developed into a strategic goal within our COBH strategic business plan. Initially, we scoped and developed a business plan for a virtual hub, enabling diverse health services and providing telehealth services via virtual-based positions.

The second phase of this strategic goal involved developing this virtual hub into a physical location based in Adelaide, where we could provide a professional and secure site for our telehealth workers to conduct their appointments.

In late 2022 we secured a location in Port Adelaide, and our metro-based staff commenced working from the location in early 2023 to deliver services into regional South Australian communities.

This Metro Hub represents a massive achievement for COBH, granting us the flexibility and expansion opportunities to enhance our regional service delivery through the use of technology. It also plays a crucial role in reducing wait times for those in remote areas who do not have easy access to mental health services.

Harmony Week



In recognition and support for Harmony Week, Country & Outback Health developed and shared a series of staff profiles that celebrated the rich tapestry of cultures within our organisation. Our dedicated staff members were encouraged to share their unique cultural backgrounds with both our internal team and the wider communities we serve.

Our celebration of Harmony Week was not just a recognition of our differences but a joyous acknowledgment of the myriad ways in which our diverse backgrounds enrich our shared experiences. By understanding and appreciating each other's cultures, we foster an environment of unity, acceptance, and mutual respect within our organisation and the communities we touch.

Embracing the essence of Harmony Week, we acknowledge and cherish the diverse cultural backgrounds of our team. We not only strengthened our bonds but also created an inclusive atmosphere where everyone's unique heritage was valued and celebrated. In doing so, we laid the foundation for a harmonious and culturally enriched environment where every staff member's story contributes to the vibrant narrative of our organisation.

Our Year in Review

CUBE Training



During 2023, all COBH and headspace staff actively participated in the Cultural Understanding for Better Engagement (CUBE) training sessions conducted at various locations across South Australia.

Led by the experienced facilitators from KWY, these training sessions have been meticulously designed to initiate meaningful conversations and promote positive changes in how we engage with and understand the First Nations communities we serve. The focus of the training extended to enhancing our awareness about Aboriginal culture, history, and participation in modern Australia, shedding light on all aspects of Aboriginal culture.

These new-found insights enable us to identify and comprehend specific cultural factors within the Aboriginal community that may influence participation rates and program outcomes.

These training sessions have laid a solid foundation for Cultural Understanding within our organisation. We are committed to furthering our efforts in this area, ensuring that our staff continually enhance their understanding of diverse cultures, particularly those of the Aboriginal communities we serve. By fostering this knowledge and awareness, we are dedicated to creating an environment where cultural recognition and understanding are at the heart of our interactions and initiatives.

Social Worker Grant Uni SA



Country & Outback Health had the privilege of attending the Uni SA Student Acknowledgement Evening. During the event, Myles, Liz, and Courtney had the honour of presenting this year's Country & Outback Health Social Worker Grant.

In recent years, COBH has established a meaningful partnership with Uni SA to create opportunities for young individuals in regional areas. Through grants, placements, and pathways, we aim to help retain essential skills within these communities.

This year, the Social Worker Grant was awarded to Charlotte Roberts, who joined the event remotely via ZOOM from her station near Roxby Downs. Liz and our wider PMH team are excited about collaborating closely with Charlotte to ensure her placement becomes a valuable and enriching experience.

Regrettably, the COBH Nursing Grant for 2023 was left unfulfilled. However, Uni SA Regional Manager Paul Havelberg has plans to open the application process for the 2024 grant later this year. This extended timeline will provide ample opportunity to promote the grant to second-year Nursing students, encouraging them to consider placements with COBH in 2024.

Uni SA Student Placements



We were delighted to welcome two cohorts of Podiatry students from the University of South Australia, embarking on enriching placements with Country & Outback Health.

The first group, consisting of Andy, Eleni, Jedd, and Savanna, commenced their training under the expert guidance of our senior Podiatrist, Julie Yap, in Whyalla. During the four week placement, these students engaged in detailed biomechanical assessments, focusing on the feet, ankles, and lower legs of volunteer staff members. As part of their hands-on experience, they also crafted simple orthotic devices tailored to the specific needs of the volunteers.

The second group of fourth-year Podiatry students from UniSA also joined us for a 4-week placement under the mentorship of Senior Podiatrist Julie Yap and with valuable support from Loc and Chi of the IPHCS team. Hien, Husein, Samvedna, and Yaseen embarked on a journey across the Eyre Peninsula during their placement, connecting with our community members, exploring the local landscapes, and gaining invaluable practical experience.

At Country & Outback Health, we are dedicated to providing a supportive and hands-on learning environment for the next generation of podiatrists. These placements not only enrich the education of the students but also contribute to the overall well-being of the communities we are privileged to be a part of.

Port Lincoln Mental Health Expo



The inaugural Port Lincoln Mental Health Expo, held on October 12th as part of Mental Health Month, was a vibrant celebration of our community, raising awareness of the need to look after our mental health, physical health, nutrition and overall well-being.

Hosted in collaboration with headspace Port Lincoln and Country & Outback Health at the Port Lincoln Foreshore, the day was hugely popular and attended by people of all ages, enjoying fun-filled activities, delicious food, local musical acts and taking away some insightful information.

In coming together for the Port Lincoln Mental Health Expo, we wanted to raise awareness of the importance of looking after our mental and physical health and seeking help.

We sincerely thank all of our supporters, contributors and services for your donations, getting involved and supporting Mental Health in our community. Your participation and enthusiasm made this day a resounding success, and we greatly appreciate your support!



All Staff Day 2022



Find the GEM in you!

Our annual All Staff Day is an important event for our organisation. An opportunity to gather together and reflect on our amazing work within our communities. Our offices are spread far and wide throughout country South Australia, and we are seldom able to meet up with our co-workers and peers, meet new staff members, and catch up with old friends.

This year's event at the Port Pirie Sporting Complex kicked off with a well-

needed coffee and Welcome to Country ceremony. We then ventured inside to hear from our Executive Team, which included Morning Tea. Next on the agenda - arguably the highlight of the day - was the office video presentations! A chance for each site to showcase their creativity and humour with some brilliantly funny performances!

With spirits high in the room, the theme for the day, "Find the GEM in you", was demonstrated with an inspiring and uplifting video presentation from

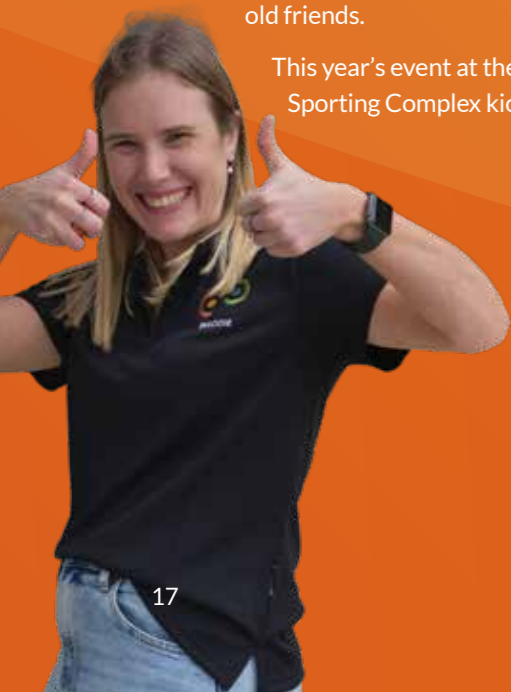


the Resilience Project. This organisation promotes mental health and well-being through Gratitude, Empathy and Mindfulness.

After lunch, it was time to head back outside for an afternoon of activities with plenty of games and space for socialising. Our staff challenged the executive team members at their chosen game station and collected stamps on their game cards to go in the draw for a huge prize!



It was a hugely successful day. Congratulations to our COBH Culture Club for organising the event and working towards a supportive, inclusive and positive culture at Country & Outback Health.





NAIDOC Week stands as a vibrant celebration of the rich histories, cultures, and accomplishments of Aboriginal and Torres Strait Islander people. In 2023, the theme “For Our Elders” took centre stage, offering a poignant opportunity for everyone to acknowledge the immense contributions and significance of Elders within our communities.

Throughout the week, the dedicated staff members of Country & Outback Health and headspace enthusiastically embraced the festivities, art, entertainment, and ceremonies in their respective regions.

Members of COBH in Whyalla participated in the lively NAIDOC March, showcasing their support and respect for the indigenous community. Meanwhile, in Port Pirie, team members attended a flag-raising ceremony, marking the commencement of NAIDOC Week with a Welcome to Country and music, fostering a sense of unity and respect.

In Port Augusta, several staff took part in the popular Colour Run on the foreshore, while others joined The Salvation Army Yarning Circle, relishing captivating dance performances and savouring organic bush tea sourced from Wadna, near Blinman.



Furthermore, special recognition was accorded to Michelle Joslyn, Country & Outback Health’s Aboriginal Outreach Worker, who was acknowledged for her exceptional contributions, receiving an Achievements and Service Certificate.

Additionally, members from headspace Port Augusta’s Work & Study Team showed their support by attending the Army vs Indigenous All Stars football match at Central Oval, contributing to the spirited NAIDOC Week celebrations.

Country & Outback Health and headspace Port Lincoln actively participated in the Port Lincoln Aboriginal Health Service Cookout & Community Expo, joining numerous other services at Mallee Park Oval.

The Elders Lunch in Ceduna drew an outstanding turnout, highlighting the community’s deep respect and appreciation for the wisdom and experience of the Elders.

In embracing the NAIDOC Week festivities, our dedicated teams demonstrated not only their commitment to celebrating indigenous cultures but also their heartfelt gratitude for the wisdom and heritage passed down by the Elders, fostering unity, respect, and understanding within our communities.



Ceduna Yabaardu Festival



Country & Outback Health were proud to be in attendance and sponsoring this year’s Yabaardu Festival at the Far West Aboriginal Sporting Complex in Ceduna.

The event was presented in partnership by Balya Productions and the Ceduna Aboriginal Corporation, with support from local community and businesses, celebrating the region’s Indigenous culture during NAIDOC Week 2023.

The bumper crowd of more than 2000 people jammed into the Sporting Complex, enjoying the rides, entertainment, food and world-class artists, all under perfect winter skies.

While there were many local performers entertaining the crowd throughout the day, it was King Stingray - the award-winning Aboriginal rock band from Arnhem Land who stole the show after dark, with a stirring performance melding Indigenous song, dance and language with indie surf rock!

The event was a raging success and couldn’t have been more perfect. With such great patronage and feedback for this year’s event, here’s looking forward to an even bigger and better event in 2024!



Commissioned artwork



We have been incredibly fortunate to have 2 unique and significant pieces of artwork for our Eyre Peninsula offices.

Kingsley Ware, our Indigenous Health Project Officer, worked on creating culturally appropriate office spaces. In Ceduna, he collaborated with local artist Jaylene Ware to commission a painting. The colours represent our organisation, with circles depicting our sites, medical practices, and headspace centres. Arches symbolise Board Members and employees. This artwork will be digitised for staff uniforms and lanyards.

In Port Lincoln, a piece by Wirangu woman Mia Speed celebrates the unity of Elders and youth. The art portrays dream time stories, ‘The Seven Sisters,’ and local traditions. Blues and greens honour the sea, and the central circle represents people, uniting Elders and youth. The artwork emphasises the importance of sharing knowledge across generations. Mia Speed, a 17-year-old Wirangu woman from Ceduna, created this meaningful piece, showcasing her pride and passion for her cultural heritage.



headspace

Meet our new headspace Centre Managers

We are thrilled to announce the appointment of our newly-created headspace Centre Manager positions: Holly Gill in Port Lincoln, Courtney Beer in Whyalla, and Abby Walker in Port Augusta.

This strategic move is part of our ongoing efforts to enhance support for our workers and provide greater organisational structure that allows us to grow and develop our service delivery.



Courtney Beer - Whyalla



Holly Gill - Port Lincoln



Abby Walker - Port Augusta

headspace Port Lincoln Commendation Award



Congratulations to our exceptional headspace Port Lincoln team for earning the well-deserved Commendation Award at the Business Excellence Awards 2022!

We also extend our congratulations to Yarredi Services for their Community Excellence Award and the Port Lincoln RSL for winning the People's Choice Award on the night. Well done to all!

headspace Port Augusta turns 10!



July 2023 marked a decade of support for young people at headspace Port Augusta with an epic 'Old School Party'!

A massive thank you to everyone who made this journey possible - our dedicated team, brave youth, supporters, and the whole Port Augusta community. Here's to a decade of making a positive impact and many more years to come!



Headspace CEO tours our region

headspace National CEO Jason Trethowan and headspace National Manager of Cultural Practice & Engagement Daniel Knapp toured our region late last year, visiting our headspace centres to witness our staff's impactful work for young people in our communities.

During their visit, Mr Trethowan and Mr Knapp spent valuable time engaging with our dedicated staff, listening to their experiences with young people and their engagement challenges. They discussed the significant value of the IPS program and delved into conversations about the new Cultural Practice and Safety report, emphasizing its potential to shape community engagement strategies.

Their tour kicked off in Port Lincoln on September 12th, where they explored the headspace office and its recent improvements, including the new consultation rooms within the Country & Outback Health office.

The following day, they visited the Port Augusta RFDS base, interacting with the crew and gaining insights from flying headspace staff member Jack Pointon about the exceptional service provided to remote areas.

Their visit concluded in Whyalla, where they engaged in constructive discussions with Country & Outback Health CEO Zieco Skeldon and met the dedicated team at headspace Whyalla, reaffirming their commitment to supporting youth mental health services in our region.





Youth Week 2023

Youth Week 2023 in Port Augusta kicked off with a thrilling free movie night at Cinema Augusta, featuring the premiere of the new Dungeons & Dragons movie.

The event was a huge success, drawing in over 150 enthusiastic young attendees, marking a fantastic start to the week.

Meanwhile, the Port Lincoln Foreshore was buzzing with outdoor excitement. Archery tag, a sausage sizzle, local youth services, and various activities offered a delightful day out for the young people of the lower Eyre Peninsula.

In Whyalla, our centre collaborated with other youth organisations to host a free two-day skateboarding workshop at Risk It Skate Park, Civic Park. The Build Up Skateboarding team led the engaging sessions, bringing vibrant energy to Risk It Park and providing meaningful interactions for our youth community.

We wrapped up Youth Week 2023 with another fantastic free event - Splash Day at the Ryan Mitchell Swim Centre in Port Augusta. Over 90 young people enjoyed a warm day, making the most of the final day the pool was open for the season. The week was filled with exciting activities, fostering a sense of community and joy among our local youth.



IDAHOBIT DAY

Our offices were once again awash with a sea of rainbow colours in recognition and support of IDAHOBIT Day!

Staff members were encouraged to wear rainbow attire and have lunch together in solidarity to stand against LGBTQIA+ discrimination.



headspace Day 2023!

Port Augusta buzzed with excitement during headspace Day 2023 at the Barracks, thanks to the vibrant crowd and the incredible talents of the young people getting involved in the Day's activities.

There was no shortage of entertainment and excitement with a giant inflatable maze, art workshops, dance presentations, games, and a recycled fashion design competition!

This event celebrated the community's spirit and creative potential, emphasising the need to continue supporting and nurturing young talents for a future filled with creativity and innovation!

A fantastic event put on by the headspace Port Augusta crew, along with support from the Youth Reference Group, PRISM, Ignite Cheer and Dance teams, Port Augusta City Council, and Benevolent Society, for making the event a success.

Despite the unexpected change in venue due to the weather forecast, Whyalla's headspace Day transformed into an indoor extravaganza, with the atmosphere inside the Rec Centre filled with laughter, music, food and fun!

The event featured an exciting array of activities tailored for the young people of Whyalla, ensuring everyone found something they enjoyed. The Dunk Tank was a highlight, where young people relished the chance to dunk headspace workers in the cold water!

The silent disco reverberated with the energetic beats, providing a unique and immersive musical experience. Creativity flowed at the arts & crafts workshops, where budding artists expressed themselves, showcasing their talents and imagination.

Amidst the festivities, the unmistakable aromas of the BBQ, fresh popcorn and the sweetness of fairy floss added to the carnival-like festivities!

Another fantastic event was organised by the headspace Whyalla crew, along with all community services and organisations who helped with the Day.





Country & Outback Health

cobh.com.au



Country & Outback Health acknowledges the Australian Aboriginal & Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

Funded by



Many of the Country & Outback Health services have been made possible by funding and support from Country SA PHN (CSAPHN).