

Annual Report

2021/2022



Indigo North
Health inc



Mission Statement

Vision

Indigo North Health will play a pivotal role in assisting communities and individuals in our catchment to achieve the best possible health outcomes

Mission Statement

To promote the health and well being of communities and individuals within our catchment

Key Strategic Priorities

1. Service Delivery to Individual Clients

That the health of the community is enhanced through the principles of equity, person centred care and community engagement

2. Partnership and Community Engagement

Indigo North Health will strengthen external relationships in order to better respond to community need

3. Learning, Best Practice and Research

Indigo North Health will promote a culture of learning and research

4. Governance

Indigo North Health will conduct all business in accordance with relevant best practice principles.

Front Page Photo Credit

Residents: Freda Bartel and Joan Smith

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Board of Management

President

Mrs Jo Slattery

Vice President

Mr Steve McIntosh

Treasurer

Ms Kristy Davies

Board Members

Mr Tony Jones

Mrs Jan Farrell

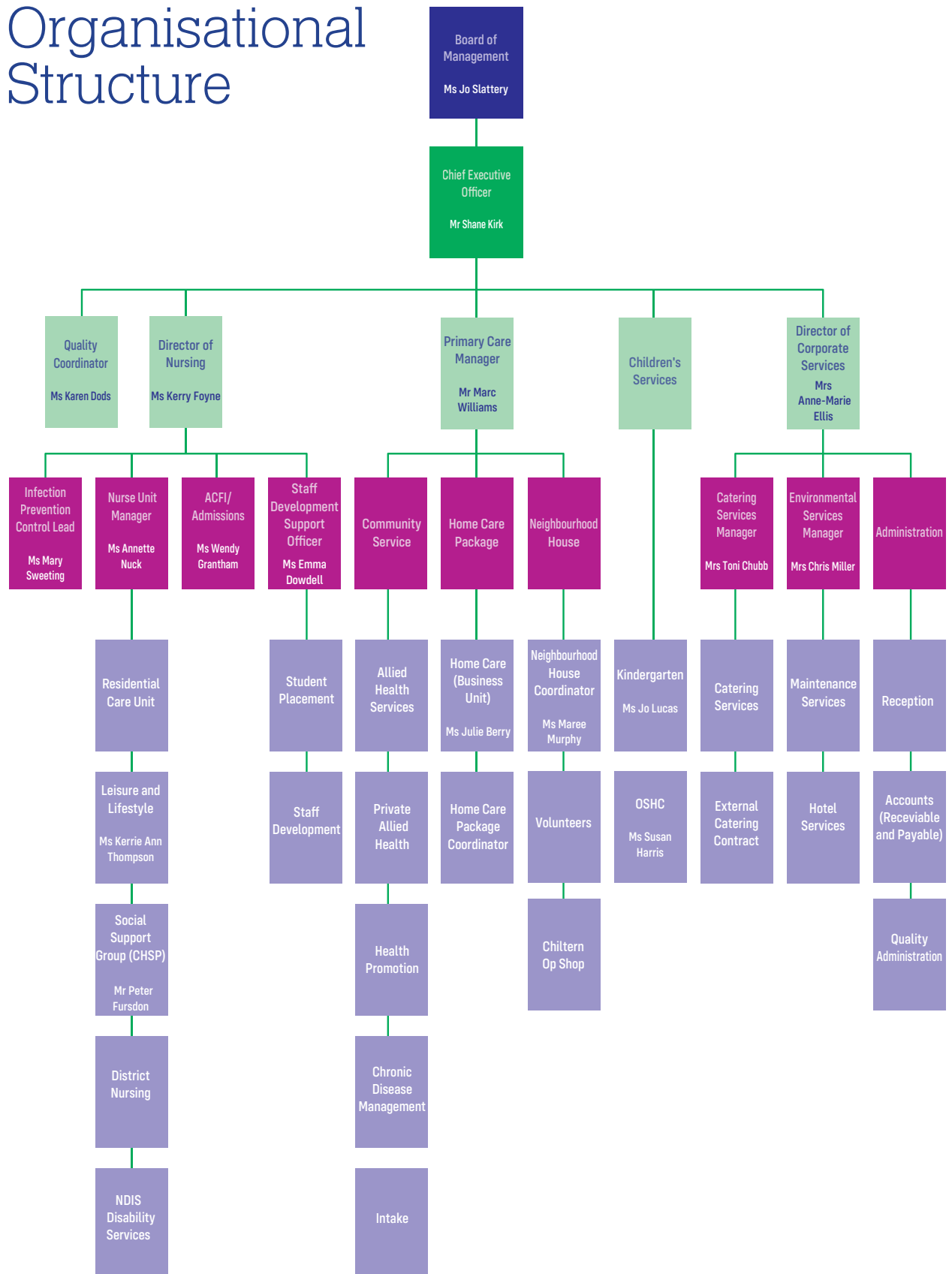
Mrs Erica Anderson

Mrs Glenda Burke

Mr Anthony Murnane



Organisational Structure



Strategic Plan

Our Vision:

Assisting individuals and communities to achieve the best possible health outcomes.

We will deliver fair, equitable and person-centred care that responds to the health needs of the community through listening and empowering individuals and their carers to be involved in their own care.

- Develop new programs based on evidence and engagement, including home-based care, social support and short-term restorative care
- Expand the delivery of Neighbourhood House services to Rutherglen
- Reassess the delivery of early childhood services
- Develop options for how the current site can support services following the transition to the new greenfield development
- Help the community be more empowered about their own health care
- Improve awareness of all services delivered by Indigo North Health

We will build and maintain partnerships to deliver services that respond to the health and wellbeing needs of our communities.

- Maintain positive relationships with all levels of government including regulators, funders and service delivery partners
- Continue to work collaboratively with peer health care providers, both public and private
- Foster and grow innovative partnerships with key stakeholders and individuals to further enable INH to respond to the health and wellbeing needs of its communities
- Develop partnerships to enable INH to become a referral centre for specific types of care e.g. dementia care
- Establish service agreements to broker the delivery of specialist services e.g. mental health, diabetes education to address community needs

Our Mission:

Deliver a range of services that improve the health and wellbeing of individuals and families in our communities.

We will support our team and community by promoting a culture of learning and development.

- Develop workforce strategy
- Identify key roles and skillsets required to meet current and future workforce needs to respond to community health needs
- Develop partnerships to train, share and attract a skilled workforce
- Explore partnerships with Registered Training Organisations to build and maintain a skilled workforce
- Develop infrastructure to support training and development of the workforce and provide a community learning space
- Engage with schools and training institutions to offer opportunities for work-based placements and teaching opportunities for current staff

We will be a sustainable, compliant and well-governed service provider through the adoption of contemporary business practices.

- Continue to comply with all accreditation, safety, quality and governance requirements
- Maintain awareness of regulatory and funding reforms
- Adopt environmentally sustainable practices to minimise the organisation's impact on the environment
- Adopt contemporary best practice and explore opportunities to trial new and emerging technologies to support both health care and business operations
- Investigate the implementation of My Health Record

Committee Structure



Board of Management / CEO's Report

Indigo North Health Incorporated has continued to provide a comprehensive range of aged and primary care services to the communities of Rutherglen, Chiltern, Wahgunyah, Barnawartha, and surrounding communities. The organisation continues in its pursuit of excellence in the delivery of inclusive services to its communities.

As with other healthcare organisations, Indigo North Health continued with another extremely challenging year of COVID-19, staffing issues and the changes in structure to enable the organisation to meet the new aged care legislative requirements. Commonwealth Government's Business Improvement Fund (BIF).

The Board of Management has completed a number of activities under the Business Improvement Fund, provided by the Commonwealth Government.

The activities completed are :

- Total refresh of Information Technology platforms and equipment .
- Upgrade to software utilised by the organisation.

Review and updated Strategic Plan has been endorsed. The Board and Management Team have continued to develop the plans for the new building through the Victorian Government funding of \$57.11 million.

In partnership with the Victorian Health Building Authority and architects Clark Hopkins Clarke, a significant amount of work has been undertaken to ensure the new 50 bed Residential Aged Care facility and Community Health precinct located within Main Street, Nott Street and Hunter Street, Rutherglen, will meet the current and future needs of all within our catchment.

With the release of the Royal Commission into Aged Care, Indigo North Health has embarked on a journey to ensure that the organisation implements the recommendations of the Royal Commission and the Aged Care Quality and Safety Commission.

Indigo North Health continues to report to the Commonwealth the required Key Performance Indicators, has employed an Infection Prevention Control Lead and is developing processes to meet all the impending reporting requirements. We have prepared and are ready for the new funding model AN – ACC, which will apply to all residents in the Residential Aged Care Unit. Staff have undertaken education and training to ensure we are ready to implement the AN-ACC funding model as of the 1 October 2022, including the development of new reporting to the Board of Management.

Of course ensuring the COVID Safe measures implemented through the Victorian and Commonwealth Governments were adhered to, to ensure the safety of residents, clients, volunteers and staff members have remained a priority for the Board and Management Team. Indigo North Health continues with appropriate and mandated COVID strategies that will ensure we continue to keep our communities safe.

We would like to thank everyone for their understanding during these difficult and challenging times. We acknowledge the continual changes to visiting the residential aged care facility and to accessing our services has disrupted the 'norm.' We are very proud of how the staff of Indigo North Health, have maintained all services to the community, have changed their methods of work to enable clients and residents to continue to receive services during the most challenging pandemic of our time.

The impact of COVID-19 has seen a fundamental shift in how we deliver services, the development of strict infection control processes and with a plethora of information from multiple sources, how all staff have continued to adapt through this once in a lifetime event.

As a strong organisation, Indigo North Health is supported by a cohesive eight member Board of Management, who have diverse professional backgrounds, enabling clear and well structured governance processes for the organisation. Indigo North Health will have another challenging year ahead with significant changes in Governance standards; however, the organisation will continue to strive for excellence in the provision of Children's Services, Primary Care and Residential Aged Care.

Finally, the organisation would like to acknowledge the significant contribution made by all of our dedicated volunteers, who support the programs operated by Indigo North Health. These programs include Community Transport, Men's Shed (Chiltern and Rutherglen) Residential Aged Care, Chiltern Op Shop and Social Support Groups. While our volunteers have not been able to work with us during COVID-19, we remain hopeful that we will be able to welcome everyone back as soon as possible.

Ms Jo Slattery
President of the Board of Management

Mr Shane Kirk
CEO/DON



Residential Aged Care

Glenview Aged Care facility is here to provide support for residents and families as they transition from the familiar to the unknown. Glenview provides 24/7 access to highly trained and qualified staff which ensures the level of support received caters to the residents changing needs over time. We want to show residents and families that aging can be a positive experience by encouraging independence, showing dignity and that the individual's autonomy is promoted and respected.

It has been another trying 12 months with the ever changing restrictions and legislative requirements due to the ongoing management of COVID in aged care. It is continually changing the way we operate within Glenview and outside in the community. The management of outbreaks and the quick response from all Indigo North Health staff is commendable. The professionalism and adaptability displayed by staff ensures we can continue providing excellent holistic care even in the most restrictive setting.

Supporting our family members through these tough times when they cannot see their loved ones has been one of the toughest challenges. Technology and the use of virtual calls have softened this separation. When in lockdown, families have embraced it and continue to have face time call in-between normal visits. Our residents are more connected to community and loved ones now than pre COVID due to the use of this technology which is a positive outcome from the restrictions.

We are all excited about our new facility and all that comes with it. Staff and residents have been kept up to date on the progress of the build and have been able to contribute to the set up of the new facility. Residents, families and the wider community are happy to hear that work has started on our new site and building will soon commence. This state of the art facility will enable our continued commitment to providing compassionate and competent care to every person that uses our services.

Nursing staff have worked above and beyond this year supporting the team and maintaining a safe work environment and we are grateful for their continued commitment to providing excellent care to our residents and families. Leisure and Lifestyle team have continually supported the nursing staff and have ensured our residents have remained active and entertained and are continually reviewing and changing their programme to ensure every residents needs are catered for.

My sincere gratitude and appreciation goes to all the staff and management at Indigo North Health for their dedication professionalism and commitment to excellent care and support to every person that uses our services.

Kerry Foyne
Director of Nursing





Primary Care

Community Health at Indigo North Health offer a suit of allied health and clinical support services including; Occupational Therapy, Physiotherapy, Podiatry, Counseling, Chronic and Complex Care Coordination, Intake and Allied Health Assistants. We offer a range of individual and group based interventions. These are further complimented by district nursing, home/personal care and health promotion activities. Despite ongoing challenges, we met or exceeded our clinical targets for the year. We continue to provide four to five thousand individual contacts annually; an outstanding effort for a relatively small rural health service. We have continued to offer these services flexibly and creatively; on campus, in people's homes, over the phone and in the community.

COVID-19 has continued to challenge. With the opening up of our society and the easing of restrictions; the presence of COVID within our local community became a reality. Despite our robust policies and procedures, extra hygiene efforts, personal protective equipment and social distancing measures; COVID found its way! For all of our clients whose appointments were disrupted, groups cancelled or services delayed; we thank you for your support, understanding and patience.

As all of our Community Health staff are fully vaccinated against COVID and the flu, and continue to follow high standard infection control measures, interruptions to services have remained at a minimum.

Thank you too, to all of our clients who have informed us of any symptoms or increased risk factors. You have played your part in keeping us all safe and community health services operational.

We said farewell to two wonderful women this year; Sandie O'Toole (District Nursing ANUM) and Mary Macqueen (Intake Officer), both of whom announced their retirement. They were key members of the Indigo North Health Team, and we acknowledge and celebrate over 100 years of combined service to nursing and health care in the local community. We also said farewell to Anna Bull (OT), and two of our podiatrists, Courtney Perrett and Kirsty Van Grinsven.

We acknowledge their contributions to our community and wish them every success. All will be missed.

We were very pleased to welcome Linda Styles (Intake Officer), Georgia Whitehead (Occupational Therapy) and Emily Rodd (Podiatrist), who joined another new team member Zoe Gephart (Health Promotion) who started in 2021. All bring energy, enthusiasm, new ideas and their unique experiences to our team.

The next 12 months are sure to present its own set of challenges, and more importantly, opportunity. We are planning to continue to evolve our services, and seek dynamic ways to achieve this. We are planning a greater focus on group based interventions, social connections and health promotion; all embedded in best practice principals, and reflective of community needs and expectations.

Marc Williams
Primary Care Manager



Social Support Group

At the Indigo North Health Social Support Group our aim is to keep our clients living independently in the community as long as we can, to improve functional independence, quality of life and increase social participation.

Some clients are socially isolated, have health issues and no family living close by, our aim is to get these people back into the community by meeting new people and sharing activities, trips and meals, we are very fortunate to have 43 clients who are involved in four groups over four days, recently we added Barnawatha to the Chiltern group on Wednesdays, most towns in this area do not have access to bus outings like we have, we are very fortunate to have Indigo North Health kitchen supplying us with Gourmet meals which the clients thoroughly enjoy, I am fortunate to have Georgie McCluskey joining me in assisting with the program, Bernadette Parker retired this year as is sadly missed by everyone.

I look forward to seeing more people in need who wish to join our Social Support Group.

Peter Fursdon
Social Support Group



Volunteers

Indigo North Health is so very lucky to have wonderful volunteers who contribute their time and care in different capacities to our clients and our communities. We really appreciate their dedication.

Both Rutherglen and Chiltern Men's Sheds are back in full swing and working on some great projects. It has been nice for both groups to be able re-connect and get into doing what they love.

Community transport continues to be busy as people require transport both locally and for greater distances. We have a pool of volunteers who are happy to be of service, however are always on the lookout for more.

Our volunteers in Glenview are such an important part of life in residential aged care, and they are a group of really happy and enthusiastic people. The Leisure and Lifestyle team are running some great programs and many of these would not be possible if it weren't for the assistance of our volunteers.

We welcomed a new Tai Chi instructor, Elaine, to work alongside our very long time instructor Val. The numbers are constant and participants really enjoy both the physical and social aspects of this lovely activity.

The Chiltern Op shop is currently recruiting new volunteers as business is booming! One of our volunteers is now managing the staffing and goings on so there is a nice feeling about the shop. We are also installing an EFTPOS machine so that will be of benefit to both customers and Indigo North Health. Proceeds of sales go the Chiltern Neighbourhood House and the expenses of running programs etc.

If you know of anyone looking at volunteering, please let them know that there are always things to do in both Rutherglen and Chiltern that are very rewarding.

Maree Murphy
Volunteer Coordinator

Human Resources

Number of Staff Members employed:

Indigo North Health Inc. employs, at 30 June 2022, 131 staff members:

Full time	7
Part time	77
Casual	47
	131

This represents an average EFT (equivalent full time position) of 67

Snap shot of Staffing Costs:

Employee Expenses (wages, superannuation, workcover, staff entitlements) amount to \$6,747,676.

This represents 83.64% of our total expenses.

Our WorkCover premium is for 2021/22 \$151,580, and we paid \$598,607 in superannuation payments.

Anne-Marie Ellis
Director of Corporate Services

Administration / Reception

Rutherglen & Chiltern

Like for many other departments at Indigo North Health, COVID-19 hasn't made life easy for our five administrative Officers. They kept smiling, they kept working hard and things got done!

Staff members got paid fortnightly, invoices got raised, bills got paid, communication happened, phone calls got answered, visitors got welcomed, policies and procedures got reviewed... and many, many other tasks!

So a very big 'thank you' to the following people for their professionalism and dedication.

- Tanya Backhouse
- Cate Baker
- Liz Curran
- Karen Williams
- Gwen Harris

Anne-Marie Ellis
Director Corporate Services





Staff Service Awards

Indigo North Health
recognises the following staff
members for their respective
years of continuous service
in Indigo North Health
Incorporated.

10 Years

Kerry Foyne
Josephine McGrath
Jason Matser
(Combined Service)

15 Years

Sharon Nikolic
Diana Seymour
Karen Williams

20 Years

Peter Fursdon
Michele McLean

25 Years

Shane Kirk
(Combined Service)

30 Years

Glenda Johnstone

Catering Services

The aged care sector has endured another challenging year, as we continue to face the ever present threat of Covid-19, and learning how to cope with the unpredictable nature of the new norm.

I would like to acknowledge the resilience and perseverance of our hard working teams. We are proud of the unwavering commitment of our staff and volunteers to ensuring our clients and residents remain safe and happy in our care.

The Catering team continue to provide meals of the highest quality, which are designed to suit all tastes, while also catering to specific nutritional and care needs.

We believe good recipes have an intrinsic value. Creating and sharing them reflects our core values care, pride, and community.

Improving Nutrition Coordination with Clinical and Lifestyle

However busy we may be in our respective areas, the trifecta of clinical, lifestyle and catering have been managing to catch up with each other on a regular basis, mainly to communicate and coordinate changes which have flow on effects from one department to the other. It allows us to understand and find solutions to any issues that may arise.

New standards

The new standards for hospitals and aged care in Victoria recognise the important role food plays supporting physical and emotional wellbeing. Good food is crucial in supporting healthy aging and optimal recovery.

Our operating systems and processes have been developed through years of experience to ensure all aspects of our food service meet stringent aged care industry accreditation standards.

Kitchen garden

In 2021, Indigo North Health received a grant to provide a kitchen garden within our establishment.

Gardens can be used to soothe or stimulate; as a lifestyle activity; a place to meet; to reflect; to pick produce; make and or cook a meal and so much more which can benefit the quality of life, mental and physical health.

We have focused on accessible garden beds for wheelchairs and walking aids, as well as gardening equipment designed for people with mobility issues. The residents are very excited to grow their own produce, to pick it, and to plate it.

We look forward to a bumper year of fruit and veggies.

Tony Chubb
Catering Services Manager





Chiltern Neighbourhood House



The Chiltern Neighbourhood House is continuing to go from strength to strength with more new opportunities for socialization and education becoming available for the community.

We had a fantastic Open Day which was very well attended by various Indigo Shire councilors, representatives of DFFH, staff, management and community members. It was great to get together and give people the opportunity to have a look around and enjoy a delicious morning tea prepared by volunteers.

We have been very busy with helping community members access the Victorian Government Power Saving Bonus (PSB). We are an outreach provider and it is great to be able to offer this service.

Sadly our Food Share stores are being accessed almost daily so we are fortunate to have the ability to support our community members as well as our local schools and kinder.

Our rooms are being very well utilized with many community groups using the spaces for meetings and social gatherings. Groups such as St Vincent de Paul and Red Cross can meet comfortably on a regular basis, and we also have had the local theatre group CLAP using the room twice weekly for rehearsals.

We recently had a demonstration Umbrella Dementia Café. This was absolutely amazing and is very much needed in our local communities, and work is continuing on our Dementia Friendly Garden. This will be a wonderful asset to Chiltern and surrounds.

We are really enjoying having Playgroup every Friday using our multipurpose room, and look forward to what their weekly activities are. We are also hosting a Supported Playgroup run by ISC for a period of short term sessions.

Ambulance Victoria has now moved into our building and this should prove to foster good relationships in regards to client support and care.

There have been some great suggestions from our community as to different groups and classes we may run in the future, and there is such a broad range of interest. We look forward to offering as much variety as we can.

Maree Murphy
Chiltern Neighbourhood House Coordinator



Health Promotion

It has been wonderful to join the Community Health team at Indigo North Health. Despite interruptions due to COVID-19, we have managed to undertake some successful community engagement and health promotion activities this year. It has been great getting to know the local community and support initiatives to encourage participation in healthy activities across all age groups.

We were again successful in obtaining a 'Get Active' grant from Indigo Shire Council. This allowed us to subsidise another Aqua Aerobics season and a ten week gym class at the Chiltern Neighbourhood house. More recently we have been using grant money to run a very popular Zumba program in Chiltern and will continue to coordinate Aqua Aerobics over the 2022/23 pool season.

In my role as Health Promotion Officer I work closely with other health services, schools, early childhood centres and council. To ensure alignment with the Indigo Shire Municipal Public Health and Wellbeing plan we contribute to and review this plan to ensure health and wellbeing activities for the community are appropriately planned and actioned at a shire wide level.

Over the past year I have been working closely with Beechworth Health Service, Gateway Health, and Deakin University to deliver the RESPOND and INFANT Program. RESPOND is a community based systems response to childhood obesity. In September we ran a successful community workshop to identify and prioritise community actions. Watch this space!

INFANT is an evidence based program designed to help parents and families with healthy eating and active play from the start of their baby's life. Our role is to facilitate these sessions alongside the Maternal and child health nurses. These sessions are held in Rutherglen and Chiltern and available to all new parents and their children. I am looking forward to a busy year ahead supporting the community to participate in activities that keep them connected, healthy, happy and well.

Zoë Gephart
Health Promotion Officer



Environmental / Maintenance Services

Thanks again to all Indigo North Health Staff, this year have been another tough one for all of us. Special acknowledgement to the Environmental Services staff for their service throughout the year: Cleaning and Laundry, Maintenance and Gardening staff have once again excelled in maintaining the Aged Care Quality Standards set down by the Aged Care Quality and Safety Commission.

Thanks also to Indigo North Health maintenance contractors. This year we lost one of our longest serving Painting contractors, who will be missed by all of our team

– Vale Greg Smith

The Environmental Services team is committed to ensuring residents 'feel they belong and are safe and comfortable in the organisation's service environment'

Chris Miller
Environmental Services Manager



Environmental / Maintenance Services Timeline

July 2021

- Unit 2 St Mary's new carpet and bathroom renovation due to flooding from a faulty hose in the hot water service
- Permit for Kitchen Garden balcony was accepted by the Indigo Shire after the plans were amended
- A new stove was a welcoming addition to the Kindergarten
- Neighbourhood House building had all sliding doors replaced in the Activity Room

August 2021

- New Pan Flusher installed in Glenview

September 2021

- New dishwasher installed in Community Health
- Builders for Kitchen Garden balcony were contracted
- The daily count for Covid cases in Albury was 19
- Lake, Young and Associates to complete the Fire Safety Audit, which is undertaken every 5 years
- Civil Engineers on site at Main Street for the new INH building
- RAT testing began for all at INH

October 2021

- A cargo barrier was installed in the MG vehicle for the safety of staff
- INH air conditioning contractors changed the air conditioners so fresh air was circulating throughout all rooms for Covid protection and compliance
- Unit 2 St Mary's renovations complete

November 2021

- Department of Health began the supply of our PPE of masks, gloves, gowns, face shields and goggles

December 2021

- Global Factory Maintenance installed security panels on the Kitchen Garden balcony
- 13/12/21 Borders were open again after the Covid lockdown
- Unit 1 St Mary's village new resident was welcomed
- 40ml in 30mins was too much rain for our gutters, the box gutter overflowed and staff cleaned flood waters to the Nurses station and parts of Garden View, however, professional cleaners were needed to clean saturated carpets
- Height Safety Certification was obtained for next 12 months

January 2022

- All contractors required to DON PPE and have RAT before entering Residential Aged Care and DOFF PPE before leaving the area of work undertaken in the building
- Once in 100 years flood of Rutherglen and surrounding townships, devastation to many areas

February 2022

- INH storing donated furniture for flood victims in large shed
- Pest Control contractor sprayed the Kindergarten for mosquitoes due to the excessive amount of water lying around

March 2022

- INH Fire Contractor held an in-service for the Rutherglen CFA to demonstrate the use of the Fire Panel followed by a walk through the Residential Aged Care section to familiarise CFA staff of the layout of the building
- The INH Fob system entry to the Kitchen Garden balcony was installed on the large exiting gate
- Shade sails on the Kitchen Garden balcony were installed
- A green push button was installed on the automatic door leading onto the Kitchen Garden balcony which finalised the building process

Children's Services

Rutherglen Kindergarten

At the Kinder this year we continue to run 2 funded mixed age groups: the GREEN group and the RED group. Crystal and Irene teach the GREEN group and have 22 children and Jo, Bec, Sandra and Erin teach the RED group and have 31 children. We are very fortunate to offer 15 hours of funded Kinder to both 3 and 4/5yr old children.

Both groups engage in a variety of learning experiences tailored to meet the needs of the group. On Thursdays the children are all at Kinder on the same day and love crossing paths when we have special days such as dress-up days so they can see each other and show the other group their outfit. We have been merging together on Thursdays more this year which has been wonderful as the children have gotten to know each other and form new friendships.

We have had a very busy year this year as covid restrictions ease allowing us to gradually get back to our usual fun and exciting activities. We were very excited to be able to go ahead with some of our favourite incursions: visits from Declan the Music man, The Flying Bookworm and Responsible Pet Education. We are also looking forward to having new incursions this year from Mr Ants and the Great Recycling adventure. We have also been very fortunate to go on our school transition visits: we take the children going to school in 2023 to St. Mary's Primary School and Rutherglen Primary School for 2 visits, this year we were lucky to attend Springhurst Primary School as well. The children engage in some fun activities in the classroom planned by the teachers and get an idea of what school is like. We love seeing the different schools and getting to spend time with the school students. It feels great to get out in the community again and to see familiar faces.

This year we have been lucky to use our School Readiness Funding money to purchase items to help further the learning of our teachers. We were all very excited to attend Rhythm and Movement for Self-Regulation (RAMSR) training where we learnt

how to support children's attentional and emotional regulation skills, as well as mental flexibility, inhibition, and working memory (the executive functions). We were also very lucky to have a workshop at the Kinder 'Using puppets for Social and Emotional learning' as our children respond to puppets and this is an area we are very much interested in to help support our children to manage their emotions and to express themselves.

The committee have worked hard to plan fundraising activities that work in with our current families and with the challenges of covid, they have raised some amazing funds through raffles etc. to help us create a fairy garden outside which the children have enjoyed helping to create as well. The children helped to open the fairy garden by cutting the tape that fenced it off to make it officially open.

As we reach the end of the year we are excited to start planning our Christmas concerts with the children as we have not been able to go ahead with these in previous years due to covid. We have really enjoyed getting to know the children and families and watching them grow over the year, we look forward to teaching some of them again next year and wish those that are leaving us to go to school all the best on their next adventure.

Joanne Lucas
Director
Rutherglen Kindergarten



Rutherglen Outside School Hours Care

Every year is a new beginning for our Service, new kids enter our family and our Grade 6's leave to begin their High School Journey.

Our program planning was on target with keeping the children engaged, excited and keen to know more. Then we had a hurdle that we needed to climb over with Covid entering our families lives uninvited. Our program continued with children still excited but each day conversations went around concerns on which family was next.

We began working on our Zoo and have learnt some new facts about different animals. We extended their learning by visiting Red Stag farm and Billabong Ranch.

We followed and supported the Olympic Games and the Paralympics as well, the children were fascinated with the blind skiers and had learnt how they can compete without crashing into obstacles.

We would like to thank our fantastic sponsor Darryl Floyd from Terry Floyd Foundation for their terrific support of donations of fresh fruit and Easter Eggs.

Darryl and Louise assisted with our Easter Egg Hunt and not only learnt about hidden secrets around the school via clues but also got to know our children.

Tie Dying, Marbling, Solar vehicles, glass art, bubble fun, milk carton creatures and homes are just some of the activities that had us making beautiful mess during the holidays.

Our annual CPR First Aid course for the children has the children learning what to do with confidence in an emergency.

We travel the streets of Rutherglen discovering many interesting facts about our Town. Fascinating treasures in small windows were discovered by the children when they were searching for something totally different. The walk around the Lake had the children in amazement with the history and more hidden treasures.

Our celebrations this year have included special 10 year anniversary for Jo McGrath and 5 years for Lilly Holt, along with every birthday or special child milestone. We love reasons to celebrate.

Susan Harris
Lead Educator
Rutherglen OSHC



Leisure and Lifestyle

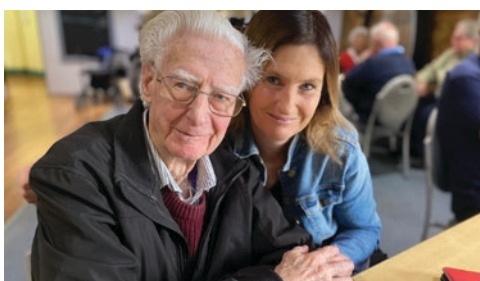
The Leisure and lifestyle team offers a wide variety of activities to each resident to support their emotional, physical, spiritual and psychological wellbeing. Our activities are tailored to individual preferences and resident suggestions. In addition, we also offer group activities to maintain socialization.

Over the past year, we have introduced several new activities and seen the return of the Chiltern Men's Shed program which provided welcome distractions to the Covid restrictions that we continued to again face throughout the year. Keeping people connected was a priority for the Leisure and Lifestyle team, offering video calls to family members and providing community engagement. Community engagement is a very important factor in maintaining personal and social relationships within the local community, but we also wanted to show our support to our local businesses who were in need. We chose to support our local community by dining out for lunch at numerous venues throughout the year which included the Boorahman Pub, RSL Corowa, Corowa Golf Club (seeing a movie at the cinema thereafter), Star Hotel Rutherglen, Poachers Hotel Rutherglen and Bird and Bike Café Chiltern. The photos of our outings are placed on our INH Facebook page with the community comments and engagements shared directly with residents. This often evokes joy and residents are fascinated with how social media works as this gives

them the chance to read family member's comments, even those who may reside outside our local area or even old friends.

Leisure and Lifestyle received several donations over the year and extend our sincere gratitude to each contributor. These funds are used to support residents by purchasing items to ensure the Leisure and Lifestyle program runs as per the residents' suggestions. One major donation was provided by SS&A Albury who donated a Carpet Bowls set after residents all voted to have this activity added to our program. Without this donation, we would not be able to engage so many residents who have all joined the weekly bowling competition!

The new resident and community garden area is coming along and with assistance from our resident Gardening Club members. Our gardening enthusiasts have worked throughout the year planting seedlings and maintaining them in readiness to be transferred to the new garden. Many are very excited to be able to grow their own produce again and the pride that is witnessed when the vegetables and herbs are provided to our Catering Team for use in the meals is second to none. In addition, this garden area also provides residents with a quiet, relaxing place to sit in the warm sunshine over winter. Residents also opting to hold the Social Club in this space (weather



permitting), enjoyed the fresh air during the Carpet Bowls Competition and share wonderful memories together with our Stroll Down Memory Lane activity.

The Leisure and Lifestyle Team would like to extend our sincere gratitude to the following volunteers, whose assistance is not only valued but some outings that we provide would not be able to proceed without this amazing help. Thank-you to Janice Davies and Joan Bowdren who spend 1:1 time with residents and assist Leisure and Lifestyle and Catering with lunches; Penny Bingham for your continued support in all facets; to Wendy McMahon, Glenda Simmonds and Peter Lister for your amazing efforts and support on our outings; Bill Kelly for volunteering to drive our bus; Maggie Lawson for your assistance with our successful resident gardening program and fundraising efforts; Daniel and Jan and Alex at the Chiltern Men's Shed; each of our amazing nurses and our placement students!

Finally, I would like to thank the Leisure and Lifestyle team members Belinda Suffern, Eva Pettersson and Yvonne Park who are always willing to go above and beyond in their role making a positive difference in each resident's life.

Kerrie Thompson
Leisure and Lifestyle Coordinator



Home Care Program

We have had another busy year within the Homecare Service

The service continues to grow. Strong partnerships with existing Health agencies remain as well as new formed partnerships and this has ensured constant new referrals.

Demand for domestic assistance has increased within the twelve months. Other services offered are Personal care, Home respite and Community access services. Each of these services is aimed at assisting clients to remain living independently in their own homes.

Indigo North Health commenced the management of Home Care Packages in January this year with Christine Mullavey coordinating this program.

A Home Care Package assists older people to remain independent in their own home whilst maintaining their participation within the local community. The Homecare Package Program and Homecare business work closely with each other providing services to local clients.

We have a fantastic and highly skilled team of Home Care staff that provide a high quality service to our clients and local community .

We look forward to the next twelve months and aim to continue to grow so the Homecare business can support the local community

Julie Berry
Home Care Coordinator



Please support Indigo North Health

Notwithstanding the amount of Government subsidy received during the year, Indigo North Health is still dependent upon the financial support of the public to enable us to continue to develop its services.

Indigo North Health has a continuing need for facilities and equipment of the highest modern standards, to serve the needs of the communities that we serve.

To ensure this high standard of care can continue, we seek your financial support to purchase new and improved equipment, and to assist in the improvement of facilities.

You can assist by:

- **A donation towards a special item**
- **Remembering Indigo North Health in your will**
- **Assisting as a volunteer.**

Your help is much needed and will be appreciated

The Chief Executive Officer
Indigo North Health
168 High Street
RUTHERGLEN VICTORIA 3685

I am pleased to donate the some of:

\$

which should be used towards the purchase of:

*

*

For the _____
site of Indigo North Health

*(insert equipment or area preferred or alternatively write, 'Equipment for general use').

Name _____

Address _____

Phone _____

Email _____

Signature

For payments directly into Indigo North Health's account, the NAB bank account details are:

BSB: 083 820 Account No: 03 966 3792

Please identify the payment as a donation and the donor's name for receipting and identification purposes.

Contact Indigo North Health if you require assistance with making a donation or payment method. Please state if you wish to remain anonymous as donors will be recognised in the Annual Report.

All Donations are Tax Deductable



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