

Annual *Report*





Introduction

At Tresillian, one of our guiding principles is to improve clinical outcomes for families with an infant or toddler by providing greater access to breastfeeding and nutritional support, infant settling and sleep issues, and peri-natal anxiety and depression assistance.

Despite the difficult conditions created by the COVID-19 pandemic, our team of clinicians have successfully continued to innovate, developing new technologies such as telehealth and a Virtual Residential Parenting Service, connecting with families regardless of where they live.

With over 104 years of experience, we are proud to be a nationally recognised leader in early parenting, working in partnership with parents to support them throughout their parenting journey delivering safe and appropriate care.

This Annual Report outlines the operational and financial performance for Tresillian Family Care Centres from 1st July, 2021 to 30th June, 2022.

Dr Nick Kowalenko
Tresillian President

Mr Robert Mills
Tresillian CEO



A Tribute

*It was with great sadness that we learnt of the death of
Her Majesty Queen Elizabeth II
on 8th September 2022.*

*The Queen was Patron of
The Royal Society for the Welfare of Mothers & Babies
(Now Tresillian)
from
1954 to 2022*



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.



Our Social Impact

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Our People

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Incorporated by an Act of NSW Parliament

The Royal Society for the Welfare of Mothers & Babies (known as Tresillian) was incorporated by an Act of Parliament in NSW Australia, in 1919.

Royal Patron

Queen Elizabeth II
(Died on 8th September, 2022)

Tresillian Ambassadors

Erin Molan
Yvonne Weldon

2022 Tresillian Annual General Meeting

The 2022 Tresillian Annual Report was presented at 3pm on Thursday, 24th November 2022 at the Tresillian Annual General Meeting at the Royal Automobile Club of Australia, Sydney.

Thank You

On behalf of the families who use Tresillian's services, we thank the many companies and individuals who have supported our organisation with financial sponsorship, in-kind or cash donations.

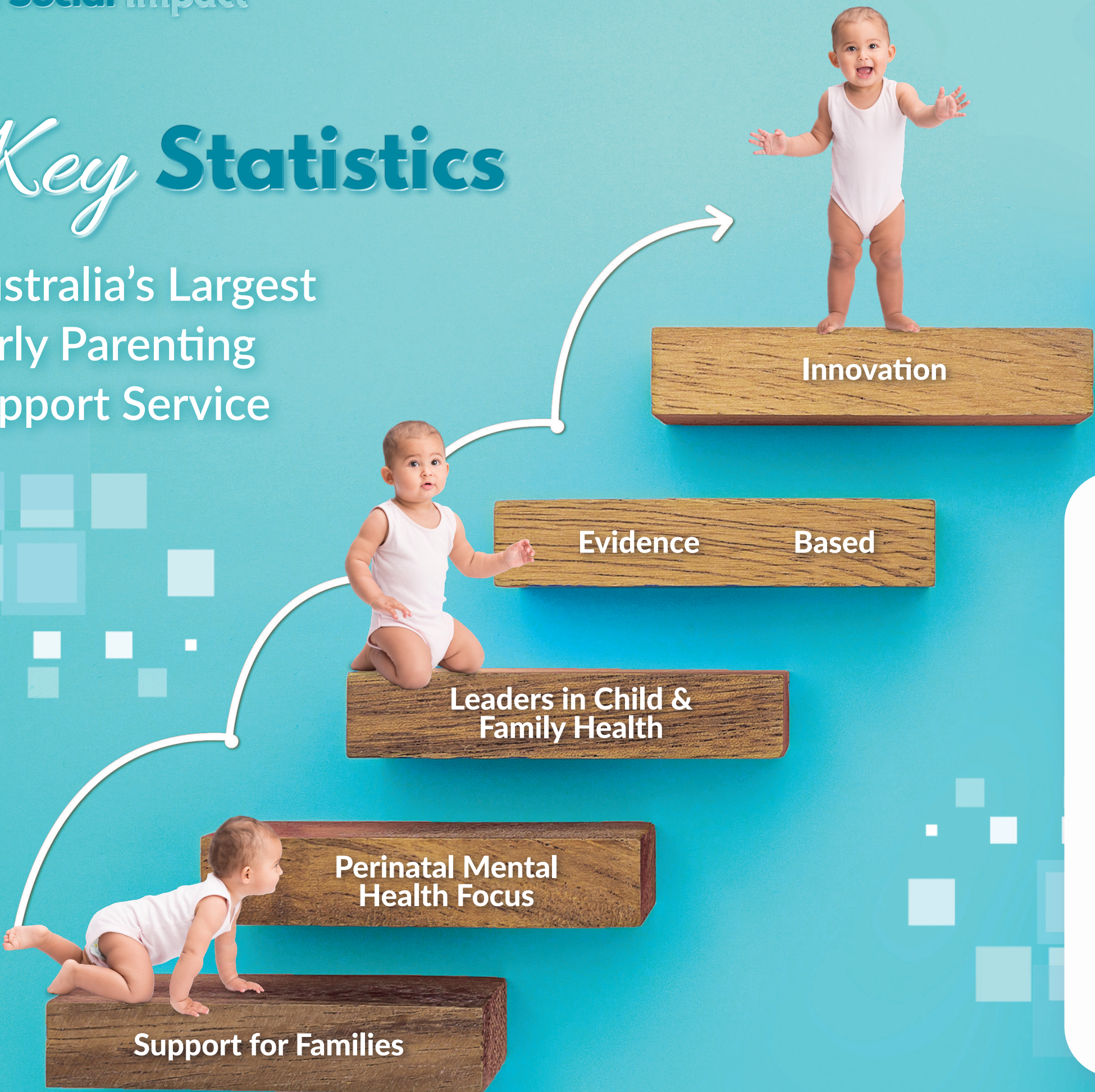
We especially thank our major sponsors, Church & Dwight.

We also warmly acknowledge the ongoing support received from Bayer, Explore & Develop Early Learning Centres, Havenhall, Lindt Sprungli and Vixen.



Key Statistics

Australia's Largest
Early Parenting
Support Service



Total contacts
63,191


Telehealth
Consultations
5,423


Allied Health
Services
3,411


Nursing
Contacts
53,296


Parent's Help
Line Calls
31,070


Residential
Admissions
6,484


Regional
Services
13,065

Our Social Impact

Tresillian provides primary, secondary and tertiary child and family health support services to families with a child aged up to 36 months.

Primary Services

Our services provide several accessible 'first stop' options for parents who have general concerns over their baby or toddler.

These include:

- The **Tresillian Parent's Help Line** which operates 7 days a week from 7am to 11pm where parents can 'Self refer' or ask advice on their baby. **(FREECALL: 1300 272 736)**
- The Tresillian website (www.tresillian.org.au) which is well resourced with evidence-based parenting information. Parents can also self refer via an online contact form on the Tresillian website.
- **The SleepWellBaby App** - a downloadable application for families with newborns through to children aged up to 5 years providing broad parenting support via a mobile device.
- **Parenting resources** are promoted on Tresillian's social media channels.
- **Health promotion** through a presence at community events such as Parents Expos.

Tertiary & Secondary Level Services

These services are based in Tresillian Centres and require a referral. Parents can obtain a referral from a health professional or 'self-refer' by calling Tresillian's Parent's Help Line and discussing their concerns with a Tresillian Nurse.

Day Services

During COVID-19, Tresillian has continued to deliver a combination of face-to-face Centre-based appointments, Telehealth individual consultations and parenting groups facilitated by Tresillian Doctors, Nurses and Psychologists/Social workers. For new parents struggling with feelings of isolation during the pandemic, it's meant they have been able to seek practical advice on their baby from the safety and comfort of their own home.

Residential Services

Tresillian's Residential 4-night/5-day inpatient services are available to families across NSW experiencing significant parenting challenges that require intensive intervention. In most cases, parents have usually had a Day Service before admission to Residential. A referral is required to access a Residential Service where Psychology support is also available.

Specialist Programs

Telehealth Virtual Consultations/ Parent Groups

Many parents have reached out to Tresillian for help during the COVID-19 pandemic. As a result, Tresillian's Telehealth program was expanded to include a Virtual Residential Parenting Service.

Extended Home Visiting

This service provides intensive support to families with vulnerabilities impacting their parenting capacity.

Tresillian's Education Professional Practice and Innovation Centre (EPPIC)

The EPPIC has continued to provide a range of professional development initiatives to build the capacity of Tresillian's internal staff team and deliver Virtual e-learning Courses to health professionals working in child and family health services.

Guthrie Early Learning Centre

Guthrie is a child care facility with a capacity for 42 children aged under six years.



Our Vision

Every child has the best possible start in life.

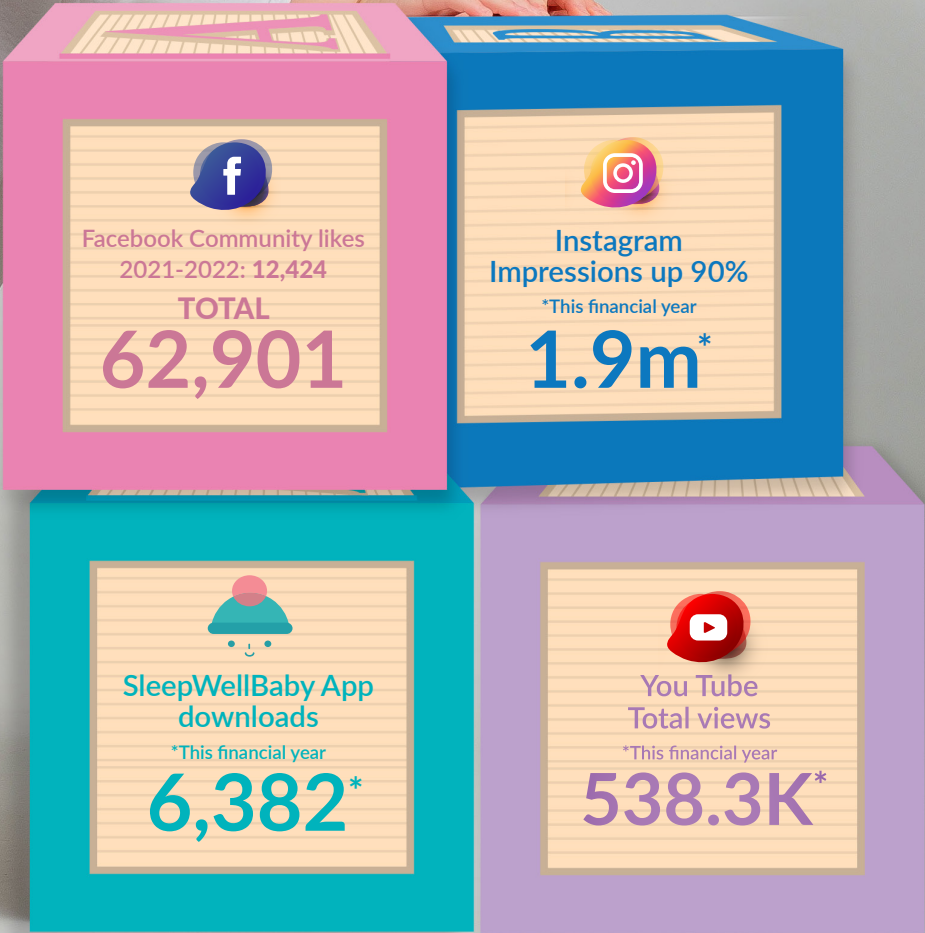
Our Locations



Digital Services

Visits to tresillian.org.au
550,000* 

*This financial year



“

WHAT OUR Parent's Say

I went to Tresillian with my baby boy for support with breastfeeding. The nurses were absolutely lovely and made us feel at home from the moment we arrived. They were understanding, non judgmental and so helpful. I would recommend Tresillian to any parent.



President's Report

Dr Nick Kowalenko
Tresillian President



Pictured at the 2022 Tresillian Mother's Day Tea Party; Erin Molan, (a Tresillian Ambassador) with some local mums and bubs.

On behalf of Tresillian's Board of Directors, I'm pleased to present our 2021/2022 Tresillian Annual Report.

Once again, during COVID-19, there was a surge in demand for Tresillian's Residential and Day Services with over 60,000 contacts made. New parents, especially those with a newborn or very young baby, were profoundly impacted by the government-mandated lockdowns & often isolated from their traditional networks. It was a privilege to support Tresillian's dedicated management and multidisciplinary staff teams during this challenging time & support their tireless efforts.

Tresillian has a great history of innovation, which has positively changed the lives of hundreds of thousands of families over the last 104 years. Continuing this tradition, the Board addressed the critical elements of our 2021-2024 Strategic Plan, which include focusing on mental health, accessibility to services and building new facilities and digital pathways.

After extensive reviews by the Board and senior management into how Tresillian can continue to provide the best services and facilities for families across the state, a decision was made to sell Tresillian's Willoughby Centre at 2 Second Avenue and direct the proceeds into the new Tresillian Wollstonecraft Centre and new regional Centres. The Royal Society for the Welfare of Mothers and Babies initially purchased the Centre in 1927



The sale of Tresillian Willoughby (pictured above) will provide much-needed funds that will be invested into the expansion of Tresillian services and enhancement of existing facilities, across the state.

to serve families living on the lower North Shore, naming it 'Tresillian North'. We're planning an official farewell before we leave the premises next year.

In December, construction commenced at Tresillian Wollstonecraft. The new state-of-the-art Centre will deliver specialist family-centred care, dramatically increasing the number of families able to access the service by 90%. The impressive features include a 14-bed Residential unit operating seven days a week, extra Day Services, Education and Counselling Programs, and a rooftop Education and Conference Centre. The project also includes a full restoration to the existing historic building (known as Carpenter House).

We are incredibly grateful to have commitments from the NSW Government, generous donors, and community partners. The project is being funded partly by funds raised from the sale of Tresillian Willoughby and savings.

As a result of funding received in the 2021 NSW State Government budget, Tresillian's expansion plans this year included opening another seven Tresillian Family Care Centres in regional areas and another five Tresillian 2U Mobile early Parenting Vans, allowing families to seek specialist help much closer to home in their local communities.

The Tresillian Wollstonecraft Capital Appeal remains the focus of our fundraising campaigns.

Over 100 Years of Supporting Families

1918

On 4th November 1918 the Society for the Welfare of Mothers & Babies was established at the Sydney Town Hall to coordinate the efforts of many charitable and government agencies working in infant welfare.

1918-19

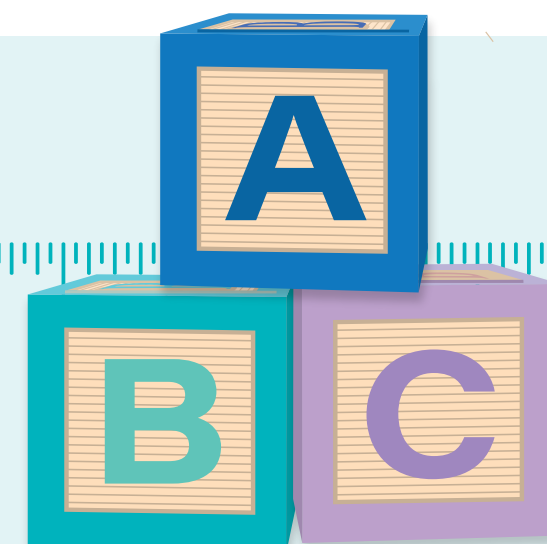
The first President shared his vision: 'Our babies are our best asset; for the tiny fingers grasping thin air today, will shape the destinies of tomorrow. No sacrifice can therefore be too great to promote the well-being and happiness of mothers and their little ones'.

1919

The Society was incorporated by an Act of Parliament in NSW. Royal Patronage was granted by Queen Mary, with Queen Elizabeth II becoming Patron in 1954 after Queen Mary's death in 1953. Tresillian's official name today remains The Royal Society for the Welfare of Mothers & Babies.

1920's

The Society purchased 2 Shaw Street Petersham, setting up Australia's first Infant Mothercraft training School and 'Tresillian' was the name bestowed on the building by the previous owner. From then on The Society affectionately became known as 'Tresillian'.



Our Directions

On Thursday, 5th May 2022, Tresillian's marketing team and Friends of Tresillian staged the Mother's Day Tea Party at Doltone House, Hyde Park, our signature annual event and the first since the onset of the pandemic. Tresillian's Ambassador Erin Molan was highly engaging in speaking on the challenges of being a single mum and working in the media. We are grateful for her ongoing support. The event attracted all ages, from mother's groups to a 100-year-old great-grandmother! Former Wallabies Rugby legend, Warwick Waugh, shared his experiences as a Dad and cabaret singer Grace Rizzo finished the day with an uplifting performance.

Our sincere thanks to Paula Screnci and the Friends of Tresillian, who made the event a success. We are very grateful for the support of our event sponsors, Lindt Sprungli and Explore and Develop Early Learning and all those who donated to the raffles. The event raised over \$15,000.

We continue to collaborate with our partners, including Gidget Foundation Australia (GFA), whose specialist perinatal mental health clinics are now an integral part of Tresillian's regional Centres. In another initiative, in September 2021, the NSW Government funded the *Family Project*, an online collaboration between Tresillian, GFA and Nine Cares. Tresillian's partnership with GFA extends to an annual Scholarship



Tresillian had a presence at the inaugural NSW Women's Health Expo on 7th March, 2022 at The Calyx. Pictured is The Hon. Bronnie Taylor MLC, NSW Minister for Women, Minister for Regional Health and Minister for Mental Health with Tresillian CEO, Rob Mills and Nurse Educator, Kelly Stone.

for a Tresillian Nurse to complete a certificate course in mental health. Congratulations to Rosa Maidment RN from Tresillian Queanbeyan who was awarded the 2021 Scholarship.

Speaking of partners, we were pleased to partner with the Australasian Marce Society and The Royal Australian and New Zealand College of Obstetricians and Gynecologists (RANZCOG) to present our first ever virtual Conference on the 9th and

10th of September 2021 focusing on perinatal mental health. We decided to host this as a virtual event, instead of a physical Conference due to the ongoing unpredictability of the pandemic. There were definite advantages with over 350 delegates registering to attend. I was privileged to present a keynote on *Fathering*.

In September 2021, in a partnership with other leading early parenting services across Australia, Tresillian



Pictured L to R: at the newly opened Tresillian in Murrumbidgee, Griffith, Tresillian Nurse, Karen Garzoli with mum Kiri and her two children Alfie and Emilia and Nurse Unit Manager, Lynne Shelton.

helped launch 'ForWhen', a new and free Parent Mental Health Line, connecting parents to their local service and providing guidance and support.

In health promotion, our staff represented Tresillian at several Parent Baby Expos, offering tips and advice to thousands of new and expectant parents. We also had a presence at two GP Expos and many other regional community Expos throughout the year.

Funds from sponsorship benefit the families utilising our services, and we are incredibly grateful to the companies who have chosen to sponsor Tresillian, many of them over a long period. Our sincere thanks to Curash Baby Products (Church & Dwight), major sponsors of Tresillian

and the Parent's Help Line. We also thank Bayer, Explore & Develop Learning Centres, Havenhall and Lindt Sprungli for their ongoing support.

During the year, we received considerable funds from Club Grants, including Canterbury Leagues, to refurbish Tresillian's Canterbury Centre and Chatswood RSL Club to renovate the toddler playground at Tresillian Willoughby's Residential Unit. Our thanks to both Clubs for their generosity.

Volunteers are integral to the care provided at Tresillian's North Shore Centres. Unfortunately, our volunteers could not work in the Centres at various times due to the pandemic. However, they have resumed their regular roles assisting staff and families at Tresillian

Willoughby, Wollstonecraft and Guthrie Early Learning Centre. Our thanks to these individuals who selflessly give up their time to help staff and families.

Thank you

Special thanks to Tresillian's exceptional staff, who have helped families maintain a sense of normality despite the stresses brought on by the pandemic. They've been both physically & virtually by their side offering gentle guidance and support. Congratulations to each one of you on your hard work and dedication.

Our thanks also to Tresillian's loyal Ambassadors, Erin Molan and Yvonne Weldon. Both have supported Tresillian throughout the year in various ways.

Finally, thank you to Tresillian's Board of Directors, who have given up considerable time to serve on the Board over the last 12 months and whose leadership has been a massive support to management. The focus on overseeing the Wollstonecraft development has been intense and the skills of Board members Mick O'Driscoll and Natalie Boyd have been critical to ensuring value for money for this substantial new build and keeping the local community informed. Along with all our staff, the dedication of Board members and the Tresillian Executive team has been critical in successfully negotiating the challenges of the pandemic and planning for our future.

Over 100 Years of Supporting Families

1921

Nurse education has been a cornerstone of Tresillian's educational activities. The first Medical Director, Dr Margaret Harper was an innovator and pioneer who introduced nurse training programs at Tresillian for general nurses and untrained girls, adapted for Australia based on models used overseas.

1927

To serve the growing needs of Sydney's North Shore, in 1927 Tresillian purchased 2 Second Avenue, Willoughby for £4,200. It was known as 'Tresillian North'. The Centre sold in December 2021 for considerably more than the purchase price with the plan being to re-locate all services to Tresillian Wollstonecraft in 2023.

1930

Tresillian opened a second training hospital at Greycliffe House, Vaucluse in 1934, formerly the Lady Edeline Hospital for babies. The opening by President, Lady Street coincided with the 16th Annual General Meeting. Guest speaker was the Town Clerk of Sydney with hundreds attending.

1940

Sir Walter and Lady Carpenter donated their beautiful heritage house and grounds to Tresillian in 25 Shirley Road, Wollstonecraft. The property was known as Carpenter House and is currently being fully restored and updated to accommodate the needs of future families.





CEO's Report

Adjunct Associate Professor Robert Mills
CEO - Tresillian

Year In Review 2021-2022

In no uncertain terms, 2021 was a memorable year for Tresillian. Whilst the COVID-19 pandemic continued to cause significant disruption to our services, on a positive note and in line with our 2021-2024 Strategic Plan, Tresillian opened seven newly funded Family Care Centres in regional New South Wales (NSW). In addition, we launched a second Tresillian 2U Mobile Early Parenting Van in northern NSW; construction commenced on a major redevelopment to the Tresillian Wollstonecraft facility, and then in December 2021, the historic Tresillian Willoughby site was sold.

My thanks to our extraordinary team of nurses, midwives, medical specialists, allied health staff, management, client services assistants and administration staff. They demonstrated tenacity, leadership and importantly, kindness, delivering the highest possible care to parents and babies whilst continuing to evolve and expand our services.

As part of our commitment to supporting new parents, Tresillian's Residential Units at Willoughby, Nepean, Canterbury, and Macksville remained open with strict COVID-19 protocols, such as screening, mask-wearing and social distancing in place. Demand was high with many parents impacted by the pandemic experiencing perinatal mental health



Progress at the Tresillian Wollstonecraft construction site.

issues. During the government mandated lockdown period, Day Services moved from face-to-face to virtual telehealth consultations enabling families to access care from Tresillian's Nurses, Psychologists and Social Workers. In addition, online education groups for mothers and fathers, flourished.

During the pandemic, when many community-based services closed, a significant number of parents chose to self-refer to Tresillian. The most common child-related reason for referral was for infant sleep difficulties, with the most frequent parental reason referral being parental anxiety, depression, emotional and/or physical exhaustion.

In what can only be described as perfect timing, NSW Health provided

funding in July 2021 for Tresillian to commence the Virtual Residential Parenting Service (VRPS). The new VRPS service was established to complement the current face to face residential beds for those families unable to attend due to extreme distance or COVID related reasons; and also offer an alternative for families that are discharged early from face-to-face residential services because of illness.

Aside from the challenges brought on by the pandemic, we achieved some incredible milestones during the last 12 months.

Thanks to a \$12.2M support package from the NSW Government, Tresillian was able to further expand services for regional families. In partnership with



Pictured from L to R: Dr Nick Kowalenko, Tresillian President, Felicity Wilson MP, Member for North Shore, The Hon. Bronnie Taylor, MLC, Minister for Mental Health, Regional Youth and Women and The Hon. Brad Hazzard, MP, Minister for Health and Medical Research together with Rob Mills, Tresillian's CEO at the Turning of the Sod ceremony at Tresillian's Wollstonecraft Centre.

Over 100 Years of Supporting Families

1960

With many young families moving to Sydney's outer suburbs, Tresillian's Mothercraft home, in Vacluse closed its doors in 1969 and all services moved to Tresillian Wollstonecraft. Miss Brightfield was Matron in Charge. Passionate about her work with families, she was renowned for her dynamic leadership.

1970

Baroness Sear of Paddington, London was invited to open the new 'Kathleen Winning' Unit at Tresillian Petersham in recognition of the dedicated service by Dr Winning as Medical Director over several decades. The Baroness was a strong advocate for women's rights and the event attracted widespread publicity.

1980's

Tresillian became truly 'family friendly' encouraging fathers to participate in their baby's care with double beds introduced into Residential Units. Guthrie Child Care opened in 1982, named after Tresillian President, Mr Frank Guthrie OAM. The Tresillian Parent's Help Line launched in 1989. Tresillian first Conference was held in 1988.

1982

The Residential Unit at Tresillian Wollstonecraft was converted to Day Services enabling more families to access help. Named 'The Margaret Harper Clinic' after Tresillian's first Medical Director, it was officially opened by His Excellency Air Marshal Sir James Rowland, Governor of NSW.



Our Directions



Pictured below from L to R: Tresillian Nurse, Tamara Montgomery, Tresillian's Director of Clinical Service Integration, Deborah Stockton, NSW Minister for Mental Health, Regional Youth and Women The Hon. Bronnie Taylor, MLC, Member for Tweed, Geoff Provest MP and Tresillian CEO Rob Mills.

Local Health Districts new Tresillian Family Care Centres opened in the regional towns of Goulburn, Grafton, Armidale, Griffith, Cowra, Moruya and Muswellbrook. These are in addition to existing services at Queanbeyan, Coffs Harbour, Dubbo, Taree and Broken Hill. The expansion of Tresillian's regional Family Care Centres delivers key strategic objectives articulated in the NSW Health First 2000 Days Framework (NSW Health

2019) highlighting that services work 'in partnership to promote health, wellbeing, capacity, and resilience in the first 2000 days'. These established services are now trusted and much valued by the local communities, providing integrated and effective support for rural, regional, and remote families.

To complement the regional Centres, the NSW Government has funded

another five specialist Tresillian 2U Early Parenting Mobile Vans to be rolled out across the state. These mobile vans work in collaboration with local key community stakeholders, travelling to more remote areas including Aboriginal communities, providing specialist child and family health support with the support of an Aboriginal Health Worker. On 12th April 2022, the Minister for Mental Health and Regional Youth and

Women, The Hon. Bronnie Taylor MLC and Member for Tweed Heads, Geoff Provest MP launched the Tresillian 2U Tweed Van which was able to help in many of the flood affected areas. Additional vans will be launched later this year at Bathurst, Queanbeyan Inverell and in the Eurobodalla region. The Tresillian 2U van currently operating on the NSW Mid North Coast continues to be well received by remote communities in that area.

On 27th June, 2022 in Armidale, it was a pleasure to welcome Member for the Northern Tablelands, Adam Marshall MP, to our newly established Tresillian

Armidale Centre. The facility will serve one of the highest populations of young families in the state.

The vision for a newly transformed facility at Tresillian's Wollstonecraft Centre came one step closer to being realised with the official 'sod turning' ceremony held on 1st December 2021. The celebration heralded the commencement of the facility's \$16.4M redevelopment. Joining us for this special occasion was NSW Minister for Health and Medical Research, The Hon. Brad Hazzard MP and the Minister for Mental Health and Regional Youth and Women, The

Hon. Bronnie Taylor MLC, Member for North Shore Felicity Wilson MP, and Dr Teresa Anderson AM Chief Executive, Sydney Local Health District. Sustainability and outstanding contemporary design are key features of the Masterplan. Construction is progressing well, despite significant rain. All staff and services from Tresillian Willoughby will re-locate to the new Centre, which is on track to open in July 2023.

With Tresillian's official name being the Royal Society for the Welfare of Mothers and Babies, and our Patron, Queen Elizabeth II, we held a very special celebration with staff and friends at Tresillian's QEII Family Centre in the ACT on the 22nd June 2022 to celebrate the Queen's Platinum Jubilee. We were honoured to have the ACT Health Minister, Rachel Stephen-Smith MLA join us, along with the ACT Chief Nursing and Midwifery Officer, Anthony Dombkins.

Significant work went into preparing Tresillian's Reflect Reconciliation Action Plan (RAP), which Reconciliation Australia endorsed. Our journey continues to progress with a partnership with the Burbangana Aboriginal Group and Aboriginal Artist Kristina McKinlay, resulting in some beautiful artwork that now features on staff apparel and Tresillian collateral.

On 23rd December 2021, Tresillian's Virtual Team Building and Planning Day was held, with staff from all Tresillian



Pictured from L to R: at the Tresillian QEII High Tea celebration marking Queen Elizabeth II's Platinum Jubilee year. Sharlene Sheehan, Tresillian QEII Nurse, Tresillian's CEO Rob Mills, local mum Sarah Brookman and baby Mia, ACT Minister for Health, Rachel Stephen Smith, and Marie Dickinson, Executive Director, Governance, Risk & Performance Tresillian.

Over 100 Years of Supporting Families

1990's

Tresillian Wentworth (Tresillian Nepean) opened in 1992 to support the thousands of families in Sydney's western suburbs, while in 1998 Tresillian's flagship Centre at Petersham sold for \$1.3M with all services re-locating to a purpose-built facility in Belmore known as Tresillian Canterbury.

2000

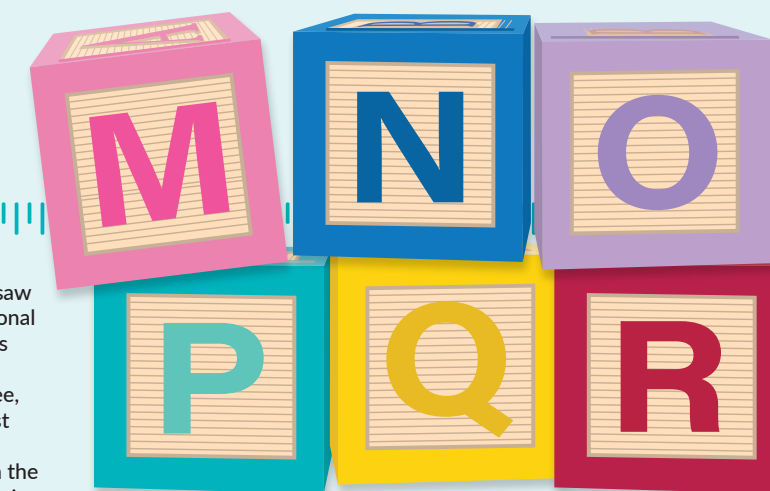
Former Presidents Bob Elmslie OAM and Alison Cox OAM retired. Tresillian's Education Manager, Dr Cathrine Fowler was appointed Chair of Child & Family Health in partnership with the Faculty of Nursing, Midwifery and Family Health, University of Technology, Sydney. In 2006, Tresillian's first website was launched.

2010

In 2015 the Tresillian Parents and Babies service in Albury Wodonga was established, the first Tresillian facility located outside NSW. Tresillian also opened a Centre in Lismore. In 2016, Tresillian in Murrumbidgee launched in Wagga Wagga enabling many regional families to access specialist help locally.

2018

Tresillian's Centenary Year saw further expansion into regional NSW with Tresillian Centres opening at Queanbeyan, Coffs Harbour, Dubbo, Taree, and Broken Hill and the first Tresillian 2U Mobile Early Parenting Van launching on the NSW Mid North Coast. Services also opened in Chengdu, China.





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WHAT OUR Parent's Say

Anything new is not easy or painless but if you have support and someone by your side, you're not alone. All the staff at Tresillian were incredibly caring. I feel so lucky to live in a country that cares about mums mental health. Thank you Tresillian. I had my first full night of sleep in 20 months.

Centres coming together online to share ideas. A highly successful component included a virtual choir where our staff team put forward their suggestions on a song. 'Que Sera Sera' was aptly chosen as the song of choice!

Congratulations to our 2021 Staff Award recipients: Employee of the Year was Erica Rae, Administration Officer and Managers of the Year were, Jeanette Dries, Nurse Unit Manager, Parenting Access Service and Lisiane La Touche, Director of Allied Health. In May 2022, Lisiane resigned from Tresillian after 29 years' service. She made an outstanding contribution to allied health programs during that period, and we wish her well.

In other staff news, on 3rd May 2022, Tresillian engaged facilitator and psychologist, Dr Leanne Wall to hold a Core Leadership Workshop to support Tresillian's 60-strong management team, many of whom travelled long distances to Sydney to participate. There was great excitement as, for many, this was the first time they had met face to face. Building resilience and leadership skills were among the topics covered.

To provide extra support during the pandemic, in 2021 the NSW Government provided free access to the SleepWellBaby (SWB) App, developed in partnership with Tresillian by Sleepfit. The App has now had over 67,000 downloads. Tresillian

and SleepFit are currently working on a project to provide additional integration between SWB and Tresillian's clinical services so parents can share their saved SWB data with clinicians, to help with assessment and meet goals identified by parents.

Congratulations to all staff who received Awards! At the 2022 Mid North Coast Local Health District Health Innovation Awards Tresillian's Macksville Residential Unit won the *Transforming the Patient Experience* category. At the 2021 SLHD Child Protection and Wellbeing Awards, the 'Rainbow Circle of Security Parenting Group (COSP)' received a 'Highly Commended Finalists Award' and the 'Dads COSP Group', an 'Outstanding Finalist Award'. In addition, Guthrie Early Learning won two places at

the North Sydney Council's 'Garden Competition', including winner for the Best Children's Garden Category and runner-up for the Best Edible Garden Community Category. Well done!

Underpinning the extraordinary care delivered in our Centres are the efforts of the Tresillian Board who give up their time to provide counsel and advice to management. Thank you to all Board Members for your ongoing support. We are also grateful to the team of volunteers who work in our North Shore Centres with families and staff and to the Friends of Tresillian for their efforts in assisting with events to raise funds for Tresillian Wollstonecraft. To our donors, and sponsors, thank you for your contribution.

We work closely with our partners at all Local health Districts where Tresillian services are located across NSW, ACT and Victoria. Special thanks to Dr Teresa Anderson AM, the Executive and Board of Sydney Local Health District, and the Chief Executives of Local Health Districts where Tresillian Centres are located.

Finally, to our wonderful team of Tresillian staff, thank you for making Tresillian such an outstanding place to work. Our parents often share with us that the care they received changed their lives for the better, helping them enjoy being a family and that their Tresillian experience was life changing! Thank you for making a difference.

Over 100 Years of Supporting Families

2020

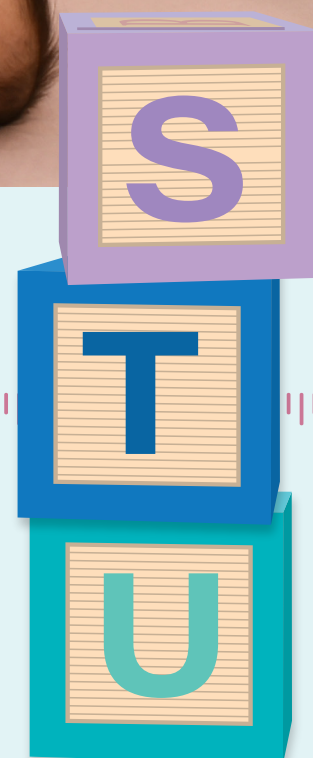
During the COVID-19 pandemic Tresillian modified how services were delivered to families. Self-referral was introduced, and the option of virtual consultations was offered. All Residential Units remained opened to cope with the surge in perinatal mental health issues identified during this time.

2021

Tresillian Macksville opened, the first parents and babies Residential unit located in a regional area. Gidget House counselling services opened in many Tresillian regional services. Tresillian was instrumental in the development of the SleepWellBaby App, a tool for parents tracking baby's sleep and feeds.

2021-22

Tresillian received \$12.2M from the NSW Government to further expand regional services. Centres opened in Armidale, Goulburn, Cowra, Griffith, Muswellbrook and Grafton. With a Tresillian 2U Mobile van launched in the Tweed region. Tresillian 2U services in Inverell, Bathurst, Queanbeyan and the Eurobodalla region will open soon.



Pictured from L to R: Luke Sloane, Coordinator General Regional Health, Janelle Goodall (MNCLHD), Carol Donnelly Acting Nurse Unit Manager, Tresillian Macksville Residential Unit and Deborah Stockton Tresillian's Director of Clinical Service Integration.

Clinical Services Report



Adjunct
Associate Professor
Jenny Smit
Executive Director of
Clinical Services

If I was to find words that describe our work this past year it would be *steadfast* and *courageous* and deeply committed to our *values* of Access, Respect, Partnership, Integrity and Excellence despite this being our third year of the pandemic.

Having reshaped ourselves to provide services under pandemic conditions and disastrous flood events striving always to keep our doors open for the families of NSW, Victoria and ACT; we opened seven new Tresillian

Regional Family Care Centres and a second Tresillian 2U Mobile Van at Tweed Heads, with several more in the pipeline this year. Right there are our values in action; and we truly can be very proud.

The first tranche of Family Care Centres that were established some five years ago were evaluated through two studies, and complemented by a robust health economic analysis by Ernst & Young which generated a *Social Return on*

Investment Report. The key findings of the studies included the significant role the regional Family Care Centre's play in delivering the key strategic objectives of the NSW Health First 2000 Days Framework; the importance of providing local services within local communities; how to establish and maintain effective partnerships with local health services including taking the time to understand the local community context; and the value of a flexible suite of delivery modes. While we know we do such good work because our families tell us so, it's wonderful to have it actually evidence based. Amazing work under the banner of our values Access, Respect, Partnership and Excellence.

It has been such a year of acknowledgements starting with our Guthrie Early Learning Centre in July 2021. The accreditors stated they were 'very impressed with the child safety culture in place at Guthrie' and ending with Guthrie being awarded "Exceeding the National Quality Standard" in June 2022. Of the fifteen elements in the seven standards, Guthrie exceeded the standard on *TWELVE* of them. The Tresillian Macksville Residential Unit was the winner of the Mid North Coast Local Health District Innovations Award in the category *Transforming Patient Experience*; and has now been submitted for the NSW Premiers Awards as well as the NSW Health Awards 2022. In addition, we were acknowledged with Child Protection Awards by the Mid North Coast Local Health District and Sydney Local Health District. Real showcasing of our value Excellence.

It has also been a year of brand new services such as the Virtual Residential Parenting Service (VRPS), the 'Care and Connect' project in collaboration with UNSW and the Australasian Association of Parenting & Child Health (AAPCH), and the implementation of Day Services at Tresillian's QEII Family Centre for families living in the ACT.



The Virtual Residential Parenting Service (VRPS) commenced service provision through a soft launch on 5th July 2021 as a new and innovative service model delivered over 4-nights/5-days by a multidisciplinary team, providing intensive intervention and support to families who may otherwise have not been able to attend a residential unit. This fits so well with our value of Access.

The 'Care and Connect' project was re-branded 'ForWhen'. It's a transformative care and navigation

system with place-based navigators to triage and coordinate referrals from within the ACT and provide a comprehensive, stepped continuum of care for parents experiencing moderate/severe perinatal mental health concerns.

The QEII Day Services Model of Care had a soft launch of a pilot on 27th June 2022 which will change the options available for the families of the ACT and surrounding NSW health services.

Two wonderful examples of our value of Access.

WHAT OUR Parent's Say

I get emotional speaking about Tresillian and the staff at Tresillian Belmore. I arrived completely overwhelmed and feeling helpless. During my stay I was encouraged, nurtured and left feeling empowered. My son and I will be forever grateful.



Our allied health workforce and service delivery has also grown supporting the value of Access with the establishment of two new Social Worker positions to provide care coordination consultation and support for the Registered Nurses working with families with complex needs in Regional Family Care Centre Day Services. We now have a significant regional presence with a Northern, Southern, Grafton Child and Family Wellbeing Hub and Macksville Residential Unit allied health service; and if we add in the 'ForWhen' Navigator and the VRPS clinician, we have a critical mass sufficient for a regional Community of Practice.

What's next is as exciting as the year past. We will have a major focus on the implications of the *Framework for the adaptation of specialist child and family health services for rural and other diverse settings*. This is the doctoral research undertaken by PhD Candidate Deborah Stockton, Director Clinical Service Integration and will include the review of the Tresillian Standardised Service Model. This framework and its cascade of options will take our hearts and minds to places not travelled before to build and innovate on the best of the Tresillian offerings for even better access for our families.

The other major focus will be to develop further the pathways between the SLHD Naamuru Parent Baby Unit (launched May 2022) and Tresillian; as well as expand psychiatry led options to improve access to families with mild to intermediate mental illness as part of the PIEC-MH© (Parent Infant Early Childhood Mental Health©) Service Model under the auspices of the new Medical Director Perinatal and Infant Mental Health.

Lastly, what we've experienced through the work of Dr Leanne Wall and the work of conscious leadership

I consider to be the *getting of wisdom* as it has relevance for our total selves, not just the workplace. These learnings are a wonderful gift that gives us tools to be the best versions of ourselves. Dr Wall was engaged to work firstly with the Tresillian QELI team through the delivery of a *Resilience and Self-leadership Program* based on a tool called R@W (Resilience at Work) which started early July 2021; and continued with additional workshops in NSW for all the managers. I believe that my leadership and abilities to support myself and those I work with, and for, were definitely enhanced by actively seeking to work *above the line*.....a much better place to be.

I cannot end my report without an acknowledgement of the nurturing I've experienced from so many of you at Tresillian that has sustained me during my personal tragedy to return to work as a way of 'paying it forward'. Together with my wonderful extended family and network of friends, Tresillian is my trusted community while I adjust to this altered-forever life of mine.

There are no words enough for all the work achieved this year and the support provided to myself and the Tresillian families.... from the bottom of my heart, Thank You!



Our
Purpose Statement
'It's in our nature to nurture'
is at the heart of our services
for families.



Governance Risk & Performance Report



Marie Dickinson
Executive Director
Governance Risk & Performance

Workforce changes

There have been some minor staffing changes within the portfolio during a very busy year. Dr Jessica Appleton returned from maternity leave to continue her work increasing Tresillian's research capacity and driving Tresillian's research agenda in line with strategic directions.

Nicola Brown, Director of EPPIC resigned, in September 2021, to take up a role at the Australian Catholic University: we wished her well in this new role, supporting the development of the future nursing workforce. Fran Chavasse has been acting in the director position while recruitment to the role was underway.

Our Willoughby Nurse Educator, Natalie Cameron went on maternity leave in December 2021 (she will return in 2023) – Judy Kotowski has stepped into the role as Nurse Educator, during Natalie's absence, assisting at Willoughby and other Centres as needed. Hayley Briggs is undertaking a secondment to the Nurse Educator position in the Canterbury Residential Unit following the appointment of Kelly Stone to the Sustaining NSW Families Coordinator role; both are continuing in these roles following an extension to the Sustaining NSW Families contract with NSW Ministry of Health. We also welcomed a new regional Nurse Educator to the team, Rosa Maidment, to support the increasing number of regional services. Seren Pearsall, stepped up and joined the team in September to provided education support to the QEII team.

Quality and Safety

Accreditation

Tresillian underwent assessment with the Australian Council on Healthcare Standards against the National Safety and Quality Standards 2nd edition in November,

2021. Tresillian has been awarded 3 years ongoing accreditation. There were no not met actions or met with recommendations, which reflects the incredible work staff do in ensuring high quality and safe care is delivered to clients. Some suggestions for improvement activities were received within the report and these have been developed into an action plan for implementation and evaluation over the next 3 years.

World Class Net Promotor Score

Net Promotor Scores (NPS®) are held up as the gold standard customer experience metric: a NPS above 75 is considered world class by the creators of the score.

NPS scores are reported from -100 to +100. Tresillian undertakes this measures across all services. NPS scores for Tresillian Residential Services were reported at 90.3; and Tresillian Day Services reported at 93.8 for the 2021-2022 year.

Reconciliation Action Plan - REFLECT

Staff have welcomed the introduction of the RAP and are assisting with implementation organisation wide to support better engagement and partnership with first nations peoples. Some actions which have been taken to date include:

- Increased focus and awareness of significant cultural events and their meaning,
- Greater staff involvement in NAIDOC week events across the state,
- Improving Centre environments to be more culturally appropriate,
- Membership of Supply Nation to increase awareness and involvement of indigenous business and incorporation of indigenous businesses as suppliers to Tresillian.

Incidents

There was a decrease in reported incidents for the 2021-22 year of 21.6% when compared with 2020-21. Incident rates dropped 35.7% over the same period. The complaint rate has remained steady over the last few years, with staff actively managing client concerns or suggestions at point of generation.

Our Mission

Tresillian is an early parenting service offering families guidance in the early years of their child's life; supporting parents with breastfeeding, nutrition & settling baby, as well as screening & supporting parents with their own mental health.

Our Reports

There were no Harm score 1 or Harm score 2 incidents reported at any Tresillian Centre.

QEII

Tresillian QEII saw a decrease in total incidents reported of 28.6% when compared with 2020-21, with no significant incident reported at the centre. Clinical incidents decreased by 19% when compared with 2020-21. There was also a decrease of 36.4% for staff incidents when compared with 2020-21.

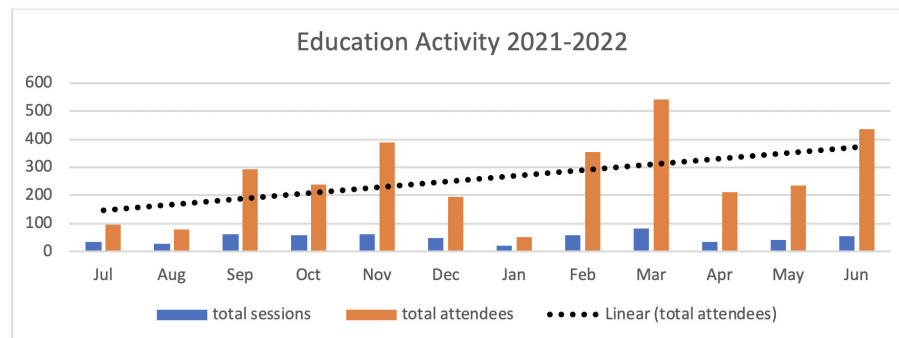
Client Satisfaction

Client satisfaction remains high across all areas of the service. Tresillian reported overall satisfaction rates of 91.6% for the period July 2021 - June 2022. Residential services reported overall satisfaction rates of 90.3% for the period, an increase from the previous year. Day Services clients also reported high levels of overall satisfaction for the same period, reporting overall satisfaction rates of 93%. Tresillian's regional services reported satisfaction rates remain high with a satisfaction rating of 96.6%.

QEII client satisfaction remains high at 93% for the 2021-22 year.

Health Information

A busy year for the health information service, as they undertook the establishment of health information services in the new regional services and supporting the expanding Virtual Residential Parenting Service. Ongoing privacy and medicolegal training continued to be provided for staff with additional education and guidance for new staff, specifically in the areas of child protection, documentation, and confidentiality. Work continues to support the redesign of clinical forms and changes in eMR as the move to a fully digital record continues.



The Health Information Manager has also provided support to QEII clinical services as they moved to a new model of care. New forms and assessment tools complement the behind the scenes work in preparing for the transition to a new eMR as part of the digital transformation occurring in partnership with ACT Health.

Education Professional Practice and Innovation Centre (EPPIC)

Education activity steadily increased over the year with 575 education sessions provided across the state, to over 3,000 attendees, despite the

significant impact that COVID-19 and other illness had on the unit during this period. This level of activity is a credit to staff who were also mentoring new members of their team. This education activity does not include the support provided to our new graduate nurses, who commenced in February, our *Transition to Practice* nurses or the orientation support provided to staff commencing at Tresillian.

Tresillian successfully partnered with the Australasian Marce Society and RANZCOG to deliver a virtual perinatal mental health conference in September 2021, supporting the sharing of research and best practice solutions in perinatal mental health and early parenting support.

Research

Key Achievements

Development and Evaluation of SleepWellBaby App

Tresillian partnered with Sleepfit, with funding from HCF, to develop SleepWellBaby a digital application (app) based infant sleep program for parents and carers. The program provides parents with a 7-day program, with content based on the longstanding evidence-based Tresillian early parenting 4-night/5-day residential programs, supporting parents to understand and respond to infant cues and behaviours. In partnership with researchers from the Sydney Local Health District, the University of Sydney and the University of Wollongong we are now evaluating the efficacy and acceptability of the SleepWellBaby program.

Tresillian Regional Centres Evaluation

We have partnered with researchers from the University of Technology Sydney to evaluate the formation and integration of five of the new Tresillian Regional Family Care Centres in regional NSW. This project has surveyed and interviewed key

stakeholders and Tresillian clients in these five regional areas. Data analysis has been completed and the final report will be presented to the NSW Ministry of Health in August 2022.

The Evaluation of the Tresillian Postnatal Depression and anxiety (PNDA) group

The Evaluation of the Tresillian Postnatal Depression (PNDA) group and a comparison of the PND therapy group and sequential Circle of Security group has now completed data collection. This evaluation has been a collaboration between Tresillian and the Sydney Local Health District Nursing Executive Unit. Final analysis and reporting on this project is underway. This research was critical in supporting an application to have the Tresillian PNDA group registered as a Promising program by the Australian Institute of Family Studies.

Partnering with researchers at Macquarie University

The following research projects are being undertaken in partnership with Macquarie University:

1) Tresillian is currently involved in the research project: Circle of

Security Intervention: Building Parenting Capacity in New Parents with Moderate to Severe Mental Health Problems.

2) Enhancing Resilience in the Early Parenting Workforce & Harnessing Expertise for Intervention Redesign



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WHAT OUR Parent's Say

I had been having trouble getting my little man to nap for longer than 10 minutes. I called the Parent's Help Line and the Tresillian nurse gave me one piece of advice and it worked immediately! We've had 3 days of a completely different baby. Thank you for your help, you've made our lives so much easier.



Higher Degree Research Students

Tresillian currently has four staff who are undertaking their PhD, and two undertaking a Masters degree where a Treatise is included, which is adding to the collective research capacity. In addition, two Tresillian staff submitted their PhD's in the last year:

Nicola Brown, PhD - Nursing submitted her research 'Enhancing access to parenting service through the use of digital technology supported practices'

Fran Chavasse, PhD - Nursing submitted her research 'How is the working alliance affected by the

attachment state of mind of a mother and the Child and Family Health Nurses assigned to her care?'

Tresillian Staff undertaking PHD Studies

Marie Dickinson, PhD - Health Services Management
Judith Kotowski, PhD - Nursing
Deborah Stockton, PhD - Nursing
Leah Crawford, PhD - Social work

Staff undertaking a Masters Degree where a Treatise is included:

Hayley Briggs - Masters of Advanced Nursing - Health Research major
Joanne Robinson - Masters of Clinical Psychology

Work Health & Safety

Covid-19 Restrictions continue as NSW Hospitals remain in amber alert. Surgical masks, physical distancing, limitations on the amount of people that can be in a room at any given time and of course a very great emphasis on hand hygiene for both staff and clients.

All Tresillian Centres are operating in lockdown mode so that access is limited to our clients, staff and authorized visitors.

Covid-19 screening questions continue for all staff and clients and are regularly reviewed to ensure our practice is current.

All clients and their families are assessed at the time of:

- booking appointments
- confirmation of appointments
- and attendance at the Centre.

Research, Publications, and Conference Presentations

Research

1. Appleton J., Denney-Wilson E., Reilly N., Elliot D., Taki S., Mills R., Stockton D., Webster M., McGregor, A. & Butt D. Evaluation of the Tresillian SleepWellBaby (SWB) app for impact, acceptability and efficacy of screening, digital support and stepped-care.
2. Bailey S., Hutchinson M., Stockton D. & Cormick J., Tresillian 2U - The early years parenting service longitudinal study. (PhD)
3. Booker M., Fowler C., Fairbrother G., LaTouche L., Smit J., Appleton J. Evaluation of a post-natal depression group intervention.
4. Brown N., DiGiamomo M., Luckett T., & Davidson P. Family Based interventions for a smoke-free home. (PhD)
5. Chavasse F., Fowler C., Dawson A. & Mclean L. How is the working alliance affected by the attachment state of mind of a mother and the child and family health nurse assigned to her care? (PhD)
6. Dickinson M., Duffield C., Travaglia J. & Bichel-Finlay J. Acceptability and Responsibility for Quality in Healthcare. (PhD)
7. Hawthorne J., Yu N., Fairbrother G., Azar M., Ryan L., Ozbek S. Effectiveness of a mindfulness

meditation-based intervention among post-natal mothers attending an early parenting service.

8. Kotowski J., Fowler C. & Orr F. The infant feeding Modality of bottle-feeding. (PhD)
9. Maxwell A-M., Crane C.M., McMahon C., Lao J. Enhancing Resilience in the Early Parenting Workforce & Harnessing Expertise for Intervention Redesign.
10. Stockton D., Travaglia J., Fowler C. & Debono D. An exploration of the extent to which existing metropolitan Level 2 child and family health service models can be implemented in diverse settings. (PhD)
11. Stockton D., Dickinson M., Appleton J., Travaglia J., Debono D. Tresillian Regional Family Care Centres: Building Stronger Families and Communities.
12. Russell C., Fowler C., Appleton J., Rossiter C., Denney-Wilson E., & Jansen E. Does parental sensitivity to infant cues relate to maternal responsiveness in feeding, infant eating behaviour and infant weight?
13. Fowler C., Elliot D., Crome E., Anderson M. & Clerke T. Informing and validating a user-friendly assessment for a digital program to improve sleep outcomes for infants and young children.

Publications

Green J., Petty J., Staff L., Bromley P., Orr F., Brown N., . . . Jones L. (2021). Developing nursing knowledge on COVID-19 in children and adolescents: An integrative review. *Pediatric Nursing*, 47(4), 163-174.

Kotowski J., Fowler C., & Orr F. (2021). Bottle-feeding, a neglected area of learning and support for nurses working in child health: An exploratory qualitative study. *Journal of child health care : for professionals working with children in the hospital and community*, 13674935211007321. Advance online publication. <https://doi.org/10.1177/13674935211007321>

Russell C.G., Appleton J., Burnett A.J. et al. Infant Appetitive Phenotypes: A Group-Based Multi-Trajectory Analysis. *Front Nutr*. 2021;8:749918. Published 2021 Dec 24. doi:10.3389/fnut.2021.749918

Rossiter C., Cheng H., Appleton J., Campbell KJ., Denney-Wilson E. Addressing obesity in the first 1000 days in high risk infants: Systematic review. *Matern Child Nutr*. 2021 Jul;17(3):e13178. doi: 10.1111/mcn.13178. Epub 2021 Mar 29. PMID: 33780128; PMCID: PMC8189222.

Conference Presentations

Carlton M. Tresillian Postnatal Depression and Anxiety Therapy group in a regional context: reflections on the challenges and benefits of the virtual group space. Child and Adolescent Mental Health Conference: The Australian and New Zealand Mental Health Association, 2022.

Carlton M., Smith D. & Stockton D. (2022), From a seed of an idea: Tresillian2U mobile van - bringing child and family support to community, 13th Closing The Gap Indigenous Health Conference, Gold Coast QLD, May 2022.



Handover at Canterbury Residential Unit

Chavasse F. and Mclean L. Interlocking attachment, fear, and trauma systems: How dove-tailing Adult Attachment Interviews help us understand the clinical relationship between nurse and mother. ANZAP October 2021.

DeBelin A. Tresillian's Perinatal, Infant, Early Childhood Mental Health (PIEC-MH) Response: A Clinical Re-Design & Pilot Project, Australian and New Zealand Mental Health Association Child and Adolescent Mental Health Conference March 28-30, 2022.

Lawrence S. The COSP Program through a lens of Autism Spectrum Disorder and Trauma, World Association for Infant Mental Health, World Congress, 2021.

Lawrence S. The COSP program through a lens of Autism Spectrum Disorder trauma: two in depth case studies from a recent group. World Association for Infant Mental Health, World Congress, 2021.

McLean L., Szasz A., and Chavasse F. Deep listening to the story and the strategy: using the adult attachment interview in health research in conversations with qualitative data and analysis. Westmead Psychotherapy Program Grand Rounds May 2022.

Mills R., Webster M., Anderson M., Fowler C., and Chrome R. Informing and validating a user-friendly assessment for a digital program to improve sleep outcomes for infants and their parents. World Association for Infant Mental Health, World Congress, 2021.

Smit J., Brown N., Fowler C., and Appleton J. The Implementation of a Parent Child Interaction Assessment Tool within Residential Early Parenting Units. World Association for Infant Mental Health, World Congress, 2021.

Stockton D. & DeBelin A. (2021), Reducing Stigma in Perinatal Mental Health: An Integrated Family Friendly Model for Rural Families, The Australasian Marcé Society and Tresillian Conference: New Paradigms in Parenting, Perinatal Mental Health and Wellbeing, Virtual Conference, September 2021

Stockton D. & Webster M. The SleepWellBaby™ app: a stepped care approach to supporting parents in the early parenting period, World Association for Infant Mental Health, World Congress, 2021. Deborah Stockton & Melissa Webster.

Ryan L. and LaTouche L. Creating Stories in Infant Mental Health: Research, Recovery and Regeneration, World Association for Infant Mental Health, World Congress, 2021. Lynne Ryan & Lisiane Latouche.

West J. Postnatal Depression and Anxiety Therapy Group through a Clinical Lens, Tresillian-Marce Conference, 2021.



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WHAT OUR Parent's Say

Since the pandemic it has been a godsend to be able to self refer. Myself and my 8 month old bub did a residential stay. Our experience has been so rewarding, getting practical advice with the balance of hands-on settling, allowing myself and partner to understand how to settle our baby.

Financial Report



Peter Quinn
Chair: Tresillian Finance, Audit and Performance Committee

Operations

For the year ended 30 June, 2022, Tresillian Family Care Centres reported an operating surplus of \$1,138,410. This is an increase of \$233,648 on the previous year. Total income increased by \$4,605,119 and total expenditure increased by \$4,371,471 on the previous year. Noting, included in the surplus for the year are Capital Grants totalling \$480,000 for the purchase of two Tresillian 2U Mobile Early Parenting Vans. The vans will be depreciated in future years.

The 2021-22 year has again been a challenging albeit exciting one. The COVID-19 pandemic continued to produce ongoing challenges affecting the ability of families to access our services in some areas. Staff levels were also impacted. All Tresillian Centres remained open and operating during the year and we thank the Ministry of Health and Sydney Local Health District for their ongoing financial support in this area.

A highlight of the year was the rollout and opening of seven new Day Service Centres throughout regional NSW and the provision of capital and recurrent funding to purchase and operate five new Tresillian 2U Mobile Early Parenting services also in regional NSW to complement and support our new and existing regional Centres. Funding was also received to set-up and commence the Virtual Residential Parenting Service (VRPS). Tresillian again thanks the Ministry of Health for supporting our vision to provide Tresillian services to families throughout NSW.

Following on from last years Report, work is now well underway on the redevelopment of Tresillian Wollstonecraft. The Centre includes the construction of a 14-bed residential unit operating 7-days a week, along with a Day Services Unit and the refurbishment of Carpenter House.

State of Resources

The balance of current assets, being cash at bank, current receivables, investments and the re-classification

of our Willoughby property pending final settlement of contract for sale has increased by \$1,893,096 during the year. Total liabilities including creditor's provision for future staff entitlements, deferred income and lease liabilities increased by \$4,356,704. Non-current assets, being property, plant and equipment and right of use leased assets increased by \$3,602,018. The net effect is reflected by a surplus of \$1,138,410.

As the largest provider of early parenting services in Australia, Tresillian continues to rely on the generous support of NSW Health, ACT Health, our corporate partners, and donations from members of the general public. The funding and support plays a major role in helping Tresillian continue to deliver outstanding services to families.

I would also like to thank my colleagues on the Tresillian Board including the Finance, Audit and Performance Committee along with the contractors working with the Board on the upgrade and development of our Wollstonecraft facility.

Financial Performance & Position

Financial Performance and Position

The table below is a summary of our Income, Expenditure and Financial Position for the Year Ended 2022 with comparative.

	2022	2021	Increase/(Decrease)
	\$	\$	\$
Total Revenue	33,164,104	28,558,985	4,605,119
Total Expenses	32,025,694	27,654,223	4,371,471
Net Surplus /(Deficit)	1,138,410	904,762	233,648
Current Assets	17,428,033	15,534,937	1,893,096
Non - Current Assets	7,330,099	3,728,081	3,602,018
Total Assets	24,758,132	19,263,018	5,495,114
Current Liabilities	14,054,292	9,969,885	4,084,407
Non-Current Liabilities	534,951	262,654	272,297
Total Liabilities	14,589,243	10,232,539	4,356,704
Net Assets	10,168,889	9,030,479	1,138,410

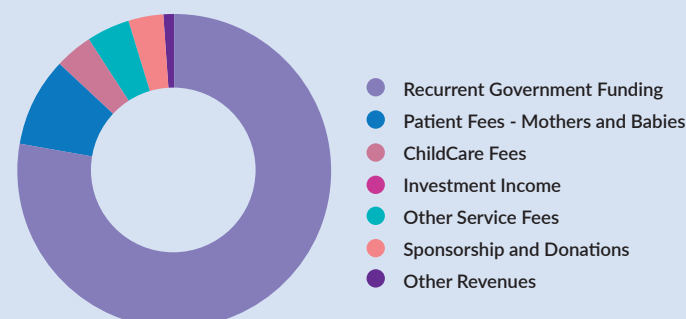
Revenue over last 6 years

2022	2021	2020	2019	2018	2017
33,164,104	28,558,985	28,158,437	22,116,574	19,622,415	19,439,602

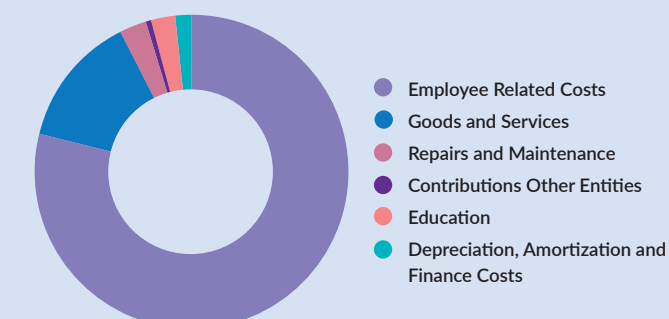
Net assets over the last 6 years

2022	2021	2020	2019	2018	2017
10,168,889	9,030,479	8,125,717	7,247,017	6,856,286	6,666,286

Where our Money came from (\$33.164 million) -



How our money was used (\$32.025 million) -



Tresillian Family Care Centres financial records for the year ended 30 June 2022 were audited by Grant Thornton Australia in accordance with Australian Accounting Standards and the Australian Charities and Not for Profits Commission (ACNC) Regulation 2013. A full copy of Tresillian Family Care Centres Annual Financial Report is available free of charge by writing to The Chief Executive Officer, Tresillian, Locked Bag 1003, Campsie, NSW, 2194 or direct from the ACNC website www.acnc.gov.au

Executive Team



Chief Executive Officer
Adjunct Associate Professor Robert Mills

MPH & FAICD

Robert is a Registered Nurse and Midwife with over 30 years' experience working in the specialised field of maternal and child health. He holds a Masters of Public Health and has been the CEO at Tresillian since 2013. Robert was the former President of the Australasian Association of Parenting and Child Health Inc, and currently Treasurer of the NSW Health Services Association. He is also a Fellow of the Australian Institute of Company Directors.



Executive Director Clinical Services
Adjunct Associate Professor Jenny Smit

B.Sc (Nursing), MPH, MBT, MFMH

Jenny has 16 years experience in the management of hospital, nursing and corporate services with particular expertise in project management, safety and quality accreditation systems. Projects such as the implementation of the National Quality Framework within the early childhood sector have prepared her well for her current position where she is responsible for the planning and development needs of the nursing, medical, social work, psychology and childcare services at Tresillian.



Executive Director Finance Business Enterprise
Jeffrey Taylor

MComm, FIPA

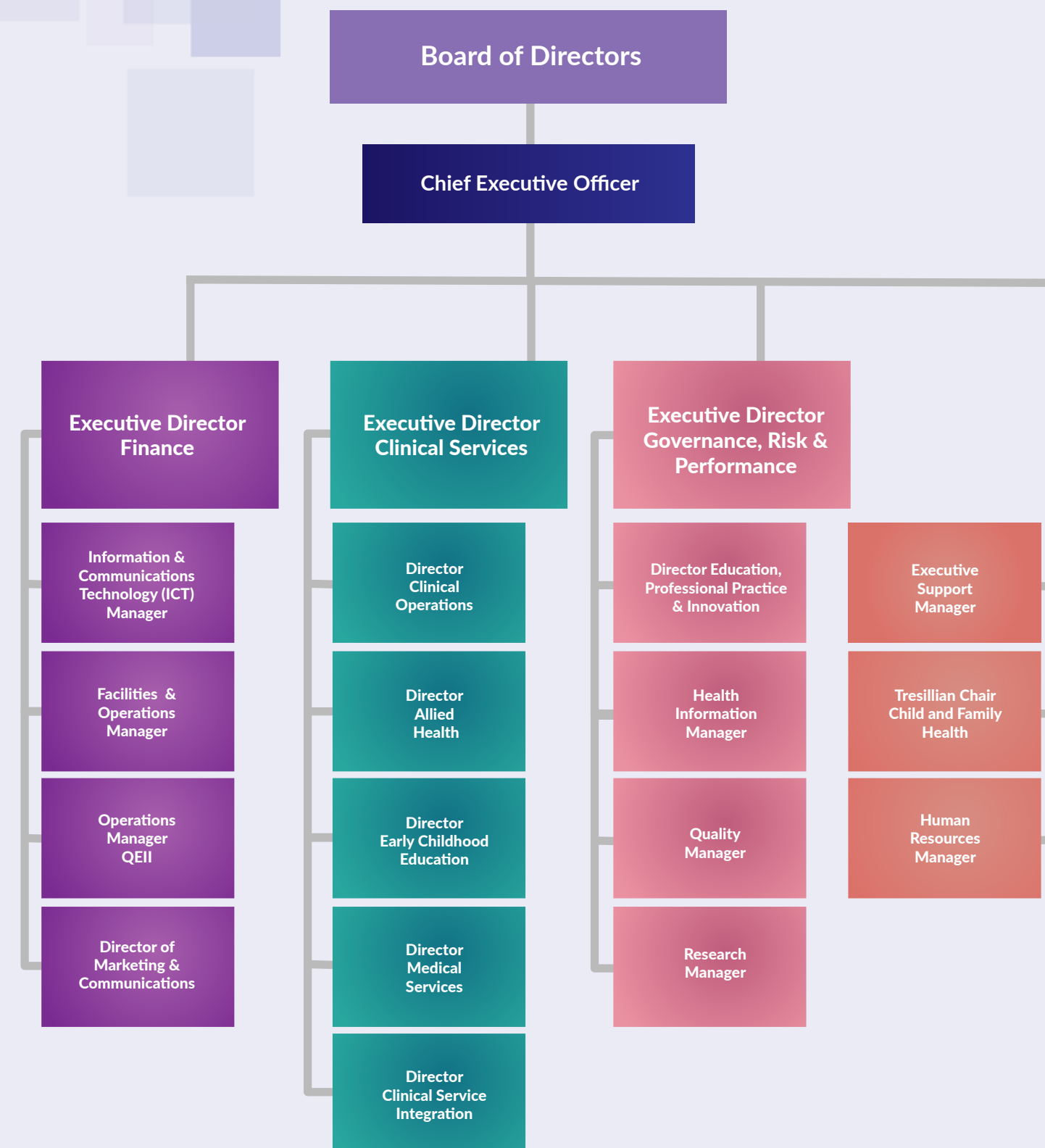
Jeff has over 25 years' experience in the finance/accounting sector, the last 20 in various senior financial management roles. During this time he has worked in and developed an extensive all round knowledge of all operational aspects of a large not for profit organisation. Jeff holds a Masters of Commerce and is also a Fellow of the Institute of Public Accountants. He has managed and controlled all financial operations at Tresillian for the past six years.



Executive Director Governance, Risk & Performance
Marie Dickinson

B.App.Sc (Biomedical), MIHM

Marie Dickinson has a background in the biomedical sciences with additional qualifications in International Health Service Management and has undertaken roles in corporate management and quality management in the acute, non-acute and mental health services. She is the current chair of the Quality and Safety Committee of the Australasian Association of Parenting and Child Health and has worked with Australia's largest provider of Child and Family Health services, Tresillian. Marie also currently oversees the Governance, Risk and Performance portfolio for Tresillian. In addition, she is an assessor against Australia's National Safety and Quality Health Service standards for the Australian Council on Healthcare Standards. Marie is currently undertaking a PhD at the University of Technology Sydney.



Tresillian Board



Tresillian President - Dr Nick Kowalenko

MB, BS, FRANZP, MAICD

Elected President November 2013-current

Member: Tresillian Governance, Audit & Risk Committee 2014-current

Dr Nick Kowalenko is a *child and youth Psychiatrist* with senior clinical leadership, research and education roles, and is committed to promoting the emotional health and well-being of families. He's advised governments, consumer organisations and health service leaders about the most effective early intervention strategies to support parenting under stress. Nick is also the *Deputy Chair of Emerging Minds*, an international Faculty member of Zero to Three (USA) and provides multidisciplinary education and training internationally.



Tresillian Vice President - Natalie Boyd

BA (Mass Comm)

Elected Vice-President November 2015-current

Chair: Tresillian Marketing, Advocacy & Fundraising Committee 2018-current

Chair: Tresillian Strategy & Performance Committee 2014-2018

Member: Tresillian Marketing, Advocacy & Fundraising Committee 2006-2018

Natalie Boyd is a management consultant working across a range of sectors and geographies. Before establishing her own business, Natalie was the Managing Partner in a leading Australian consultancy. With more than 20 years' experience, Natalie is a respected specialist in communications and engagement, with clients including commercial and government entities. Natalie is passionate about building resilience in individuals, families and communities and keenly supports Tresillian to make a significant contribution to thousands of Australian families every day through its range of services. As well as contributing to the Tresillian Board, Natalie has chaired the Strategy & Performance Committee and was an active member of the Centenary Ball Committee. As current Chair of the Marketing, Advocacy & Fundraising Committee, and Board representative to the Willoughby and Wollstonecraft Redevelopment projects, Natalie's expertise continues to support the growing footprint of Tresillian services.



Tresillian Board Directors - Peter Quinn

B.Bus CA, ACIM, FAICD, CFP

Board Director 2008-current

Chair: Tresillian Finance, Audit & Performance Committee 2008-current

Peter Quinn is director and principal of Quinn Financial Planning, and director and co-founder of The Quinn Group, an integrated accounting, legal and financial planning practice. Peter is a qualified chartered accountant and a specialist financial adviser. With more than 30 years experience Peter is considered an expert in a number of areas including Business Management, Asset Management and Strategic Advice. As well as contributing to the Tresillian Board, Peter is also the Chair of the Finance, Audit and Performance Committee. Peter is committed to ensuring young families are aware of the help that organisations such as Tresillian, can provide to young families.



Mick O'Driscoll

Project Management (P.Grad.Dip)

Dip Arch Tech, GAICD

Board Director: 2019-current

Member: Tresillian Finance, Audit & Performance Committee 2020-current

Mick O'Driscoll is a Senior Development Manager at Calvary HealthCare. He has over 25 years' experience in development in the construction industry across a range of sectors. He has specialised in the health sector over the last 13 years. His expertise in this area are assisting Tresillian in consolidation, growth and creating integrated solutions that enhance the care services provided by Tresillian.



Troy Trgetaric

B.App.Sc (HIM), M.P.H, Juris Doctor, GAICD

Board Director: 2020-current

Chair: Tresillian Governance & Risk Committee 2020-current

Member: Tresillian Marketing, Advocacy & Fundraising Committee 2021-current

Troy Trgetaric is currently employed as the General Manager of Wagga Wagga Base Hospital, a major rural referral hospital in the Murrumbidgee Local Health District. Previous to this appointment, Troy was employed as the Director of Corporate Services at Tresillian Family Care Centres for 5 years.

Troy is an admitted Solicitor in NSW and has spent several years working at the Attorney General's Department (NSW) and also NSW Crown Solicitor's Office. Previously, Troy has worked in large metropolitan hospitals in and around Sydney as an Assistant Director for Community and Allied Health, Business Manager and Health Information Manager. In addition to Troy's corporate services and information management background, he has well developed skills in budgetary management, change and project management, provision of legal advice, strategic workplace relations and hospital redevelopments.



Pamela Longstaff

BEc, LLB, Exec MBA, GAICD

Board Director: 2020-current

Member: Tresillian Finance, Audit & Performance Committee 2020-current

Pamela Longstaff is a commercial lawyer and executive leader with 20+ years' experience in roles spanning legal advisory, governance and management, policy and strategy, regulatory affairs and government relations. She is a Fellow of the Governance Institute of Australia, a graduate of the Australian Institute of Company Directors, and currently Head Sustainability (former Head Corporate Governance and Company Secretary), Australian Broadcasting Corporation.

Pam has served in leadership roles in health focussed not-for-profit organisations, including Juvenile Diabetes Research Foundation and Glycemic Index Foundation. She received the NSW Premier's North Shore Woman of the Year Award in 2020 recognising her community and fundraising leadership. Pam is thrilled to contribute to Tresillian's valuable work supporting new parents.

Our Staff

1st July, 2021 - 30th June, 2022

CHIEF EXECUTIVE OFFICER

Adjunct Associate Professor Robert Mills

EXECUTIVE DIRECTOR CLINICAL SERVICES

Adjunct Associate Professor Jeanette Smit

EXECUTIVE DIRECTOR FINANCE BUSINESS ENTERPRISE

Jeffrey Taylor

EXECUTIVE DIRECTOR GOVERNANCE, RISK & PERFORMANCE

Marie Dickinson

DIRECTOR MEDICAL SERVICES

Dr Joyce Leong

DIRECTOR CLINICAL OPERATIONS

Leanne Daggar

DIRECTOR CLINICAL SERVICE INTEGRATION

Deborah Stockton

DIRECTOR ALLIED HEALTH

Lisiane La Touche (resigned July 2022)

Leah Crawford, Acting Director

DIRECTOR EDUCATION, PROFESSIONAL PRACTICE & INNOVATION

Nicola Brown (resigned September 2021)

Fran Chavasse, Acting Director

DIRECTOR MARKETING & COMMUNICATIONS

Ann Paton

DIRECTOR GUTHRIE CHILD CARE CENTRE

Jaclyn Stewart

Meet our Metropolitan Staff

NURSE UNIT MANAGERS

(Metropolitan sites)

Glenda Goodwin, Canterbury Residential

Kate Mejaha, Canterbury Day Services

Sue Bruhm, Nepean Residential

Angela Drummond, Nepean Day Services

Jeanette Dries, Tresillian Parenting Access Services

Frances Kenna, Tresillian Willoughby

Kylie Choi, Tresillian Wollstonecraft

(commenced March 2021)

Wendy Collins, Virtual Residential Parenting Service

MANAGERS

Rachael McLean, Operational Nurse Manager

Rita Fenech, Executive Support Manager

Victoria Hardin, Quality Manager

Pina Filippone, Human Resources Manager

Rachel Plumbe, Health Information Manager

Barbara John, Work, Health & Safety/Infection

Control Coordinator

Jessica Appleton, Research Manager (resigned

August 2022)

Rebecca Love, Governance Risk & Business

Enterprise Support Manager

Alex Caruana, Facilities & Operations Manager

Kate McNamara, MyTime Group Coordinator

EDUCATION, PROFESSIONAL PRACTICE & INNOVATION

Fran Chavasse, Acting Director/Senior Nurse Educator

Hayley Briggs, Nurse Educator (Canterbury)

Janice Wright, Nurse Educator (Regional)

Judy Kotowski, Nurse Educator (Willoughby)

Kelly Stone, Nurse Educator (SNF Program)

Mary McDonald, Nurse Educator (Nepean)

Natalie Cameron, Nurse Educator (Willoughby) (maternity leave)

Rosa Maidment, Nurse Educator (Regional)

Seren Pearsall, Nurse Educator (QEII)

CLINICAL NURSE CONSULTANTS

Alison Wallbank, CNC Child & Family Health

Ann DeBelin, CNC Perinatal & Infant Mental Health

CLINICAL

Allison Buckley, Endorsed Enrolled Nurse

Allison Weatherall, Registered Nurse

Amanda Bamford, Endorsed Registered Nurse

Anita Trimboli, Registered Nurse

Anne Kennedy, Registered Nurse (casual)

Anne Partridge, Registered Nurse

Anne-Louise Young, Clinical Nurse Specialist

Bernadette Vinson, Registered Nurse (resigned July 2022)

Brenda Coates, Registered Nurse

Brenda Jones, Registered Nurse

Brodie Elliot, Registered Nurse

Brodie English Smith, Registered Nurse

(maternity leave)

Carina Olivos, Endorsed Enrolled Nurse

Carol Davidson, Registered Nurse

Catherine Beer, Endorsed Enrolled Nurse

Catherine Grinbergs, Registered Nurse

Catherine O'Brien, Registered Nurse

Catherine Pearson, Registered Nurse

Cheryl Madden, Endorsed Enrolled Nurse

Christine Simpson, Registered Nurse

Clare Saw, Registered Nurse

Claudia Caceres, Registered Nurse

Daniella Pandzic, Registered Nurse

Danu Wilson, Registered Nurse

Deborah Brittain, Endorsed Enrolled Nurse

Deborah Franklin, Registered Nurse

Deborah Moore, Registered Nurse

Deborah Webb, Registered Nurse

Debra Ross, Registered Nurse

Debra Savage, Registered Nurse

Denise McCann, Registered Nurse

Donna Carr, Registered Nurse

Eleisha O'Connor, Enrolled Nurse

Elizabeth Coster, Endorsed Enrolled Nurse

Elizabeth Hand, Endorsed Registered Nurse

Elizabeth Moore, Registered Nurse

Elizabeth Shields, Clinical Nurse Specialist

Emily Blackall, Registered Nurse

Emily Masson, Registered Nurse

Emily Robertson, Registered Nurse (casual)

Emma Lane, Registered Nurse

Erin Fisher, Enrolled Nurse

Fiona Cave, Registered Nurse

Fiona Kelly, Registered Nurse

Frances Kenna, Acting NUM/ Registered Nurse

Gabrielle McGloin, Registered Nurse

Gail Day, Registered Nurse

Gillian Ross, Registered Nurse

Gina Furniss, Enrolled Nurse

Gina Kentzopoulos, Mothercraft Nurse

Hannah Sanday, Clinical Nurse Specialist

Heather Johns, Registered Nurse

Heather Kerrigan, Registered Nurse

Helen Smith, Registered Nurse

Hilary Wolfe, Registered Nurse

Jade Cataldo, Registered Nurse

Jane Kabanoff, Registered Nurse

Jane Williams, Registered Nurse

Janelle Daley, Registered Nurse

Janelle Wright, Registered Nurse

Jazmyn Cunningham, Enrolled Nurse

Jenni Leece, Clinical Nurse Specialist

Jennifer Hartmann, Registered Nurse

Jennifer O'Neil, Registered Nurse

Jennifer Smith, Registered Nurse

Jenny Hulls, Registered Nurse

Jenny Rankine, Registered Nurse

Jessica Funda, Registered Nurse

Joanne Battin, Enrolled Nurse

Judy Tripodi, Registered Nurse

Julie Apps, Mothercraft Nurse

Juliette Heafey, Registered Nurse (casual)

Katharine Findlay, Registered Nurse

Katherine Chapuis, Registered Nurse

Katherine Cramery, Clinical Nurse Specialist

Katherine McGovern, Mothercraft Nurse

Kathleen Campbell, Enrolled Nurse (resigned June 2022)

Kathleen Yarwood, Registered Nurse

Kathryn Wotton, Registered Nurse

Kay Watts, Registered Nurse

Kerry, Gemmill, Registered Nurse

Kerry Harley, Clinical Nurse Specialist

Kim Everson, Registered Nurse

Kimberley Lyes, Registered Nurse

Kristie Dominguez, Registered Nurse

Kylie Bending, Registered Nurse

Leesa Heslop, Registered Nurse

Lisa Bentley, Endorsed Enrolled Nurse

Lorelle Roberts, Endorsed Enrolled Nurse

Louise Baker, Registered Nurse

Lynn Pickersgill, Registered Nurse

Majella O'Brien, Clinical Nurse Specialist

Mary Pollard, Enrolled Nurse

Megan Sena, Clinical Nurse Specialist

Melinda McCarthy, Enrolled Nurse

Melissa Richardson, Enrolled Nurse

Meredith Grant, Registered Nurse

Michelle Dowling, Mothercraft Nurse

Michelle Leto, Registered Nurse

Ming Ji, Registered Nurse

Nadica Gannon, Clinical Nurse Specialist

Nalini O'Brien, Registered Nurse

Naomi Blacker, Registered Nurse

Natasha Chamberla, Registered Nurse

Nicola Bresnahan, Registered Nurse (resigned

September 2021)

Nicola Penn, Registered Nurse

Nicole Newham, Registered Nurse

Nisha Wilson, Transition to Specialty Practice

Noeleen Horswell, Registered Nurse

Pam Burne, Registered Nurse

Patsy Quealy, Registered Nurse

Pauline McKeown, Registered Nurse

Philip Dimech, Registered Nurse

Robyn Murray, Registered Nurse

Rosemary McCowage, Registered Nurse

Sally-Mae Mullane, Endorsed Enrolled Nurse

Sarah Espley, Registered Nurse

Sarah Hurley, Registered Nurse

Sarah Smith, Registered Nurse

Seoyeon Park, Registered Nurse

Sharon Donaldson, Registered Nurse

Sharon Sinclair, Endorsed Enrolled Nurse

Shelley Foster, Registered Nurse

Sherrian Price, Registered Nurse (casual)

Sonja Griggs, Clinical Nurse Specialist

Stacey Thompson, Registered Nurse

Sue Adams, Endorsed Enrolled Nurse

Sue Bemmer, Registered Nurse

Sue Mansfield, Registered Nurse

Sue Priestley, Endorsed Enrolled Nurse

Susan Rebolledo, Registered Nurse

Susan Barabas, Registered Nurse

Susan Portors, Registered Nurse

Susan Quinn, Registered Nurse

Suzanne Bullen, Clinical Nurse Specialist

Suzie Murphy, Mothercraft Nurse

Tameka Wade, Registered Nurse

Tania Campanale, Registered Nurse

Tania Young, Endorsed Enrolled Nurse

Tracey Bryan, Registered Nurse

Tracy Day, Endorsed Enrolled Nurse

Tracye Hughes, Mothercraft Nurse

Trudy Kelly, Registered Nurse

Wilma Simmons, Endorsed Enrolled Nurse

Zuzana Gray, Registered Nurse

ALLIED HEALTH

Claudie Larose, Psychologist

Joanne Robinson, Psychologist

Leah Crawford, Psychologist

Lynne Ryan, Clinical Psychologist

Mary Attard, Psychologist

Radmila Vucic, Psychologist

Rowena Hong, Psychologist

Selin Ozbek, Psychologist

Yvette Aiello, Psychologist

Angelina Trajkova, Social Worker (resigned June 2022)

Debbie Leishman, Social Worker

Jamille Abou Raad, Social Worker

Jane West, Social Worker

Joanne Hawthorne, Social Worker

Kirsten Gridley, Social Worker

Kylie Chappell, Social Worker

Lindy Gemmell, Social Worker

Lisa Knight, Social Worker

Margaret Booker, Social Worker

Melissa Azar, Social Worker

Sarah Wood, Social Worker

MEDICAL STAFF

Dr Joyce Leong, Paediatrician (VMO) Director Medical Services

Dr Penny Field, Paediatrician (VMO) Canterbury

Dr Sue Messner, Psychiatrist (VMO) Canterbury

Dr Shereena Sinnayah, General Practitioner

(VMO) Canterbury, Nepean, Willoughby

Dr Anthony Epstein, Paediatrician (VMO)

Willoughby

Dr Wendy Allen, Paediatrician (VMO)

Willoughby

Dr Anthony Whelan, Paediatrician (VMO),

Willoughby

Dr Phoebe Holdenson Kimura, General

Practitioner (VMO), Willoughby

Dr David Hartshorn, Paediatrician (VMO)

Nepean

Dr Vicki Phan, General Practitioner (VMO)

Nepean

Dr Kerry Brown, Paediatrician (Staff Specialist)

Nepean

Dr Ashutosh Aggarwal, Paediatrician (Staff

Specialist) Nepean

Dr Anju Aggarwal, General Practitioner (VMO)

Nepean, Canterbury

Dr Daniel Ryan, General Practitioner (VMO),

Macksville

Dr Kristen Pigram, General Practitioner (VMO),

Macksville

Dr Samuel Bright, General Practitioner (VMO)

Macksville (resigned May 2022)

Dr Carrie Yang, General Practitioner (VMO),

Virtual Residential Parenting Services

Dr Anne Trang, General Practitioner (VMO),

Nepean (locum March-June 2022)

Dr Cathy Ngo, General Practitioner (VMO),

Sydney metro sites (locum)

Dr Vivienne Tedeschi, General Practitioner

(VMO) Macksville (locum)

Dr Kate Molinari, General Practitioner (CMO)

QEII ACT

TRESILLIAN IN WESTERN - COWRA , NSW

Rochelle Longhurst, Nurse Unit Manager
Eleanor Wills, Registered Nurse
Kiara Wilson, Administration Officer
Kylie French, Registered Nurse

TRESILLIAN 2U BATHURST EARLY PARENTING MOBILE SERVICE

Tina Scott, Aboriginal Health Worker

TRESILLIAN IN SOUTHERN - GOULBURN, NSW

Kerry Ennis, Nurse Unit Manager
Julie Wigmore, Registered Nurse

TRESILLIAN IN MURRUMBIDGEE - GRIFFITH, NSW

Lynne Shelton, Nurse Unit Manager
Karen Garzoli, Registered Nurse

TRESILLIAN IN CLARENCE (GRAFTON), NSW

Katie Dobbin, Nurse Unit Manager
Bettina Almond, Registered Nurse
Michelle O'Neill, Administration Officer

TRESILLIAN 2U MID NORTH COAST (KEMPSEY), NSW EARLY PARENTING MOBILE SERVICE

Delya Smith, Aboriginal Health Worker
Jane McRae, Registered Nurse
Lesley Mackenzie, Registered Nurse

TRESILLIAN IN WESTERN - DUBBO, NSW

Marsha McBroom, Nurse Unit Manager
Catherine Rogers, Registered Nurse
Jacy Richards – Administration Officer
Sally Swan, Registered Nurse

TRESILLIAN IN FAR WEST - BROKEN HILL, NSW

Briony Campbell, Registered Nurse

TRESILLIAN LISMORE, NSW

Christine Fyson, Acting NUM/Registered Nurse
Tamara Montgomery, Registered Nurse
Sandra Neal, Administration Officer

TRESILLIAN 2U TWEED EARLY PARENTING MOBILE SERVICE

Narelle O'Connor, Registered Nurse
Tamara Montgomery, Registered Nurse

CHILD AND FAMILY WELLBEING HUB (GRAFTON), NSW

Caitlin Starkey, Manager
Jacqueline Wilks, First 2000 Days Service Coordinator
Paul Dutton, First 2000 Days Service Coordinator

TRESILLIAN MACKSVILLE RESIDENTIAL UNIT, NSW

Melissa Tait, Nurse Unit Manager (extended leave since October 2021)
Carol Donnelly, Acting NUM/Registered Nurse
Alan Lackey, Psychiatric Registrar
Anne Thomas, Administration Officer
Carolyn Healey, Registered Nurse
Debbie Leishman, Social Worker
Deborah Becker, Endorsed Enrolled Nurse
Juliette Heafey, Registered Nurse
Kristen Potter, Registered Nurse
Lisa Fisher, Registered Nurse

Megan Carroll, Registered Nurse
Rachael Clancy Brown, Registered Nurse
Shelley Foster, Registered Nurse
Susan Brown, Registered Nurse

TRESILLIAN IN SOUTHERN - QUEANBEYAN, NSW

Nicola Williams, Nurse Unit Manager (resigned June 2022)
Rosa Maidment, Acting NUM/ Registered Nurse
Vanessa Long, Registered Nurse (maternity leave)
Chloe Mayer, Administration Officer
Bronwyn Kemp, Administration Officer (casual)

TRESILLIAN IN MANNING (TAREE), NSW

Rachel Starrett, Nurse Unit Manager
Belinda Matthews, Aboriginal Health Worker
Cassie Callinan, Registered Nurse
Michaela Crossland, Administration Officer
Michelle Lewers, Registered Nurse
Jasmine Williams, Administration Officer
Simmy Coronel, Registered Nurse

TRESILLIAN IN SOUTHERN - MORUYA & TRESILLIAN 2U EUROBODALLA EARLY PARENTING MOBILE SERVICE

Kylie Murgatroyd, Nurse Unit Manager
Alison Thomas, Administration Officer
Emma Gooden, Registered Nurse
Kate Tiller, Registered Nurse
Nicola Vukasin, Child & Family Health Nurse

TRESILLIAN IN MURRUMBIDGEE - WAGGA WAGGA, NSW

Karen Griffin, Nurse Unit Manager
Ann Falepau, Administration Officer

TRESILLIAN MUSWELLBROOK, NSW

Tanya Simpson, Nurse Unit Manager
Monika Hood, Administration Officer
Ruth Rauber, Registered Nurse

ALBURY WODONGA HEALTH TRESILLIAN PARENTS AND BABIES SERVICE, VIC

Angela James, Nurse Unit Manager
Amanda Foster, Registered Nurse
Chantel East, Registered Nurse
Robyn Corser, Registered Nurse
Sharyn Brown, Administration Officer

Meet our Staff in Canberra, ACT

TRESILLIAN QEII FAMILY CENTRE, ACT MANAGEMENT & ADMINISTRATION STAFF

Trudy Wynne, Centre Manager
Janette Baker, Corporate Support Services Supervisor
Norma Taylor, Payroll Officer
Carol Ann Kyle, Administration Officer
Debbie Tibbles, Administration Officer
Isabella Robinson, Administration Officer
Seren Pearsall, Acting Staff Development Officer

MEDICAL STAFF

Dr Kate Molinari, General Practitioner (CMO)
Dr Libby Goodchild, General Practitioner (CMO)
Dr Gillian Riley, General Practitioner (CMO) (locum)

ALLIED HEALTH STAFF

Lisa Knight, Social Worker

CLINICAL STAFF

Annette Cole, Registered Nurse/ Registered Midwife
Annie Schofield, Registered Nurse/ Registered Midwife
Carolyn Pettit, Registered Nurse/ Registered Midwife (resigned June 2022)
Christine Patterson, Registered Nurse/ Registered Midwife
Edwina Smith, Registered Nurse/ Registered Midwife
Georgine Parmeter-Hartney, Registered Nurse/ Registered Midwife
Heather Krause, Registered Nurse/ Registered Midwife (resigned June 2022)
Jane Barnett, Registered Nurse/ Registered Midwife
Jennifer Bushby, Registered Nurse/ Registered Midwife (resigned November 2022)
Jennifer Cairncross, Registered Nurse/ Registered Midwife
Jennifer McLoughlin, Registered Nurse/ Registered Midwife (retired June 2022)
Karen Ashleigh, Registered Nurse/ Registered Midwife (resigned February 2022)
Kerry Harley, Registered Nurse/ Registered Midwife
Mary-Ellen Hirst, Registered Nurse/ Registered Midwife
Natalie Flegg, Registered Nurse/ Registered Midwife
Sally Muddiman, Registered Nurse/ Registered Midwife
Sharlene Sheehan, Registered Nurse/ Registered Midwife
Ebony Barnes, Registered Nurse
Emma Monagle, Registered Nurse
Gina Essuman, Registered Nurse
Jade Cataldo, Registered Nurse
Madeleine Hornby, Registered Nurse
Marguarita Van Oosten, Registered Nurse (retired October 2021)
Melodie Elliott, Registered Nurse
Nicole Fleming, Registered Nurse
Paddy Winslade, Registered Nurse
Rebecca Hallam, Registered Nurse
Roxana Munnings, Registered Nurse (resigned January 2022)
Alexandra Ball, Registered Midwife
Catherine Pearson, Registered Midwife
Denise Rebel, Registered Midwife
Jane Fitzgerald, Registered Midwife (resigned May 2022)
Kerri Godkin, Registered Midwife (resigned June 2022)
Lauren Burnley, Registered Midwife
Pierina Lucchesi, Registered Midwife
Sue Travis, Registered Midwife
Bernadette Reardon, Enrolled Nurse
Dimple Jina, Enrolled Nurse
Ellie Webber, Enrolled Nurse
Josephine Green, Enrolled Nurse

HEALTH SERVICES OFFICERS

Alexandria Smith
Amelia Holly
Anna Kotini
Brian Jones (resigned October 2021)
Carla Bellamy-Kyle (resigned November 2021)
Daria Sorokina
Elizabeth Holly
Frosso Papadogiannis
Julie Cassimatis
Mieke-Mari Rebel
Pema Choden
Ruby Shrestha
Sarah Pilgrim



Yes,

I want to help provide more early parenting services and support families for generations to come.



I'LL HELP WITH A GIFT OF:

Below are some examples of how your donation can help. (✓)

- ☐ \$125 can provide a consultation for a new mum to help them through breastfeeding difficulties
- ☐ \$250 can provide a counselling sessions for those experiencing peri-natal anxiety and depression
- ☐ \$500 can give specialist support at home to a family with a new baby
- ☐ My choice of \$ _____

YES, COUNT ON ME AS A FRIEND OF TRESILLIAN!

- ☐ I want to provide ongoing monthly support to Tresillian's life-changing programs for families
- ☐ \$12 per month ☐ \$26 per month ☐ \$52 per month ☐ My choice of \$ _____

MY PAYMENT DETAILS

Preferred method of payment: (✓)

- ☐ Credit Card ☐ Cheque ☐ EFT ☐ QR



Card Number: _____ Expiry: _____

CVV: _____ Name on Card: _____

Signature : _____

Cheque - Please make payable to **Tresillian Family Care Centres**

EFT - BSB: 082 330 Account No: 509 399 480 Ref (Donation – Surname)

MY CONTACT DETAILS

Full Name: _____

Address: _____

City: _____ Post Code: _____

Email: _____

Mobile: _____



1. Complete this form and send it to
Tresillian Family Care Centres, Locked Bag 1003, Campsie NSW 2194



2. Call us at **02 9123 8803**



3. Donate online at **tresillian.org.au/donate**

- ☐ I'd like to receive news and updates from Tresillian.
- ☐ I'd like to receive information about leaving a Gift in my Will to Tresillian



Tresillian®

It's in our nature to nurture

Head Office

Tresillian Canterbury

McKenzie Street

Belmore 2192

t: (02) 9123 8800

e: tresillian.marketing@health.nsw.gov.au



Tresillian 2U Mobile Early Parenting Services:

Bathurst, Inverell, Mid North Coast,
Eurobodalla, Tweed, Queanbeyan.

Tresillian Family Care Centres are located in:

NSW: Armidale, Broken Hill, Canterbury, Coffs Harbour, Cowra, Dubbo, Grafton, Griffith, Goulburn, Lismore, Macksville, Moruya, Muswellbrook, Nepean, Queanbeyan, Taree, Wagga Wagga, Willoughby, Wollstonecraft.

VIC: Albury Wodonga Health Tresillian Parents and Babies Service

ACT: Tresillian QEII Family Centre, Curtin

Tresillian Parent's Help Line

1300 272 736

tresillian.org.au