



ANNUAL REPORT 2015-16

WITH YOUR GENEROUS
SUPPORT, WE ARE IMPROVING
THE HEALTH AND WELLBEING
OF VETERANS, EMERGENCY
FIRST RESPONDERS AND THEIR
FAMILIES ACROSS AUSTRALIA.



helping veterans
and emergency first
responders on their
road home.

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CHAIR REPORT, AIR VICE-MARSHAL BRENT ESPELAND AM (RETD)

It is my great pleasure as Chair of the Board of Governors for The Repat Foundation – The Road Home to present the Annual Report for the 2015/16 financial year. It has been a remarkable year for the Foundation with the formation of new allegiances and partnerships and the official launch of our new brand, The Road Home, in November 2015. It has also been a year to momentarily reflect on the Foundation's past success, supporting medical research for veterans and providing support to the services and staff at the Repatriation General Hospital.

Now in partnership with The Hospital Research Foundation (THRF), The Repat Foundation – The Road Home is continuing to raise community awareness and funds to support health and wellbeing research and projects into conditions such as Post-Traumatic Stress that affect our nation's heroes – the men and women who put themselves in harm's way to protect us. This partnership allows us to reduce administrative costs ensuring donations can be used in the way the donor intended. In the 2015/16 year we raised \$169,000 to support these critically important research projects.

Since its launch, The Road Home has continued to build on the strong relationships The Repat Foundation prides itself upon, with the many veteran organisations around the country, the Australian Defence Force and now incorporating Emergency Services. We also continue our focus to advocate for the delivery of optimal health outcomes and improved models of care for veterans and their families.

The Repat Foundation – The Road Home has an experienced Board of Governors who I and, The Road Home Executive General Manager Karen May, work with closely as we grow our impact. I'd like to thank the Board of Governors for their commitment to ensuring the work for our veterans and those who protect us continues. I would also like to thank Karen May for her dedication to our cause – working hard to establish new relationships and position The Repat Foundation – The Road Home as one of Australia's leading charities in this area.

A special thank you to our previous Chair, Susan

Neuhaus CSC, who led the Foundation through an important period of transition, ensuring we would continue to support the needs of our donors moving forward. Thanks are also due to our previous Deputy Chair Jim Whalley and audit member Tim Murton for their efforts over this critical period. In a period of growth, I am thrilled to welcome new members to the Board of Governors in the 2015/16 year – Dr Samantha Cromptvoets, Nina Craven and John Godwin.

Funding \$292,000 in grants in the 2015/16 year, we were able to announce the outcome of our inaugural grant round as The Repat Foundation – The Road Home. Open to researchers within SA Health and any of our South Australian Universities, the Foundation were very pleased to award grants to Dr Miranda Van Hooff from the Centre for Traumatic Stress Studies, University of Adelaide and Dr Ganessan Kichenadasse, based at the Repatriation General Hospital.

We are excited about these new research projects now underway to support health and wellbeing for veterans and emergency services personnel and their families. This research is a vital part of understanding the incidence, the causes and the best treatment models for our wounded veterans and service men and women to ensure we start to tackle suicide rates and improve health outcomes for those who serve our community. Importantly, I would also like to acknowledge the support of SA Health, which enabled the provision of this important research grant round.

Medical research breakthroughs often take years to reach a point where they are proven safe and effective for patients. Because of this it is an investment that requires dedicated financial support to be able to improve treatments and even find cures for devastating conditions that touch the lives of our veterans and emergency first responders. We have recently learned Dr Erin Symonds, who was awarded the Prabha Seshadri grant in the 2014/15 year has had immense success thanks to the support of this grant through the Foundation, recently securing funding from the National Health and Medical Research Council to take her bowel cancer screening research to the next phase. This is why donor funds are so important, providing seed funding for researchers to

enable them to have a better chance at securing these types of large, national grants.

In 2015/16, it has been a privilege to take on a leadership role as Chair of The Repat Foundation – The Road Home and I have been overwhelmed by the dedication of our ongoing supporters, particularly during this period of change. I must also thank the hardworking staff and volunteers of both The Repat Foundation – The Road Home and senior affiliate THRF, including Chair, Melinda O'Leary and CEO Paul Flynn.

Thank you once again for your support to The Repat Foundation - The Road Home as we strive to protect those who protect us. These men and women and their families have supported us in times of conflict or danger; now it is our turn to show that we support them in their hour of need.



"Now in partnership with The Hospital Research Foundation, The Repat Foundation – The Road Home is continuing to raise community awareness and funds to support health and wellbeing research and projects into conditions such as Post-Traumatic Stress that affect our nation's heroes – the men and women that put themselves in harm's way to protect us."

supporting research for australia's
veterans and emergency first
responders.



PAVING THE ROAD HOME – EXECUTIVE GENERAL MANAGER, KAREN MAY



The 2015/16 financial year has been a time of change, growth and opportunity. Now as a formal affiliate of The Hospital Research Foundation, our new brand, The Road Home has provided our team with a vehicle to raise awareness and fundraise for vital research into injuries of service such as

Post-Traumatic Stress to support the health and wellbeing of veterans, emergency first responders and their families. The Road Home is helping to build and deliver appropriate and quality healthcare and improved outcomes for those who sacrifice so much to serve our community and our country and we are very lucky that our Board of Governors has broadened nationally with defence, research and emergency first responder stakeholders. I would like to thank our new Chair, Air-Vice Marshal Brent Espeland AM (retd) for his ability to lead the team through this exciting period of growth.

Earlier in 2016 I was fortunate enough to be able to accompany my partner who is a veteran to the US to witness men and women participating at the Invictus Games in Orlando, Florida – an international sporting event for wounded, injured and sick service personnel and I also attended the aligned symposium on invisible wounds. Using the power of sport to inspire recovery and support rehabilitation, it was touching to see the incredible spirit of more than 500 people from over 15 countries around the world. With this spirit in mind, The Repat Foundation – The Road Home is in full steam ahead, consolidating new relationships and expanding its reach on a national scale.

In 2015/16 The Repat Foundation – The Road Home has been successful in securing external grant funding to sustain the Veteran's Health and Wellbeing Art Program through 2015-16 and is now actively seeking funding to embed and extend the program in coming years. This program has now been extended into Ward 17 at the Repatriation General Hospital, providing a much-needed therapy to patients living with Post-Traumatic Stress. The Foundation appreciates the financial support of the Thyne Reid Foundation, Ian Potter Foundation, The Sisters of Charity and The

Friends of The Repat. A highlight in late 2015 was the development and installation of an impressive mural honouring service people over the ages in the Ward 17 garden in partnership with a Volunteer Veteran Artist. Art Therapies in a repatriation setting is particularly effective where people are healing from life-changing traumatic events and we are so proud to be able to continue and grow this very important program, which is an area our donors are extremely passionate about.

In 2015/16, The Repat Foundation – The Road Home also hosted many successful events including its annual Remembrance Business Breakfast, this year with guest speaker Lieutenant General David Morrison AO, as well as an ANZAC Cocktail Evening to commemorate our national day of remembrance and recognise those who fought for our freedom.

During its period of transition, The Repat Foundation – The Road Home has been active in the new veterans' mental health precinct oversight committees and consultation, supporting the development of a world class centre of excellence for veteran's mental health at Glenside. The Repat Foundation – The Road Home has also developed close working relationships with ex-service organisations and emergency first responder associations to work together to advocate for and improve the outcomes for those suffering injuries of service. This will be possible through further research into new areas and by using research findings to advocate for reducing stigma, early intervention and better patient care and treatment pathways for our nation's heroes.

Thank you to our dedicated Board of Governors, staff, supporters and partner organisations. I hope you all feel proud seeing how you are helping to improve the lives of those who selflessly put themselves in harm's way to protect our freedoms and our way of life.

MAKING A LASTING IMPACT

Thank you to the generous individuals who made the decision to leave a gift to The Repat Foundation – The Road Home in their Will this year. For many people, giving their estate, or part of their estate, is an opportunity to give a significant contribution to an organisation they care about and respect. A gift in your Will, no matter what value, is an effective way of making a lasting impact. We thank the following people for leaving a gift to enable The Repat Foundation – The Road Home to support research into the health and wellbeing of our nation's heroes in the 2015/16 year:

- Estate of the late Bruce Neilson
- Estate of the late Leslie Thompson

MAJOR DONATIONS

We would like to acknowledge and gratefully thank the individuals and organisations who have supported us and our mission in 2015/16.

A special thanks goes to our major donors:

- Jean Matthews
- Tassanee O'Brien
- Ian Stafford
- Geoff and Mary Thomas
- Helen Bowden
- Gordan Edwards
- Travel Associates Lewis and Turner
- Graham Goodwin, South Australia Police

A special thanks to our kind group of regular givers who gave automatic monthly donations during the 2015/16 year. Regular giving allows us to reduce our administration costs, supporting more research for the men and women who put themselves in harm's way to protect us. Thank you to the following people for your support in the 2015/16 year:

- | | |
|----------------------------------|----------------------------------|
| • Judith Duval | • Joan Godwin |
| • Sharon Mackintosh | • Edward Gasson |
| • Monica Schnieder | • Jeanette Linn |
| • Grahame Booth | • Judy Cornish |
| • Lorraine Baillie | • Immanuel College - Bernie Dean |
| • Ellan Hyman | • John Woodward |
| • Rosemary MacKrell | • Michael Stanbridge |
| • Douglas Magarey | |
| • Murray Monteleone | |
| • Everglades Fund - Frank Seeley | |
| • Peter Turner | |
| • Soterios Liotso | |

remembering and
honouring our veterans
with a gift in your Will is a
truly wonderful gift.





healthy veterans,
healthy communities.

BOARD OF GOVERNORS

The Repat Foundation – The Road Home's Board of Governors in 2015/16 have helped us through an exciting period of growth and change.

- Chair: Air Vice-Marshal Brent Espeland AM (retd)
- Deputy Chair: Brigadier Alison Creagh CSC (retd)
- Mr Christian Hamilton
- Mr Andrew Mannix
- Dr Samantha Cromptoets
- Mr John Godwin
- Ms Nina Craven
- Mr Paul Flynn
- Ms Karen May
- Ms Fiona Smithson

The following members resigned from our Board of Governors following the 2015/16 year, we thank them for their support.

- Associate Professor Susan Neuhaus CSC
- Alan (Jim) Whalley
- Tim Murton

A special thank you to the people that represent our organisation throughout the year, supporting our mission to protect the health and wellbeing of our nation's heroes and their families.

Patrons

- His Excellency Hieu Van Le AO – Governor of South Australia
- Mr Graham Cornes OAM

Ambassadors

- Dr Gill Hicks, MBE FRSA
- Major John Cantwell (retd) AO DSC

Champions

- Chris Jenner
- Ron Read
- Bob and Sharyn Walter



"We want to support continued research into veteran's health. The question is what we can do at the front end to reduce the effect on young veterans when they return from war?" – Bob & Sharyn Walter

every donation
makes a
difference.



FINANCIALS

Statement of Profit or Loss and Other Comprehensive Income for the Year Ended 30 June 2016

	2016 \$	2015 \$
Revenue		
Revenue from operating and non operating activities	556,536	1,245,895
Expenses		
Depreciation and amortisation expense	3,158	624
Employee expenses	191,508	412,104
Finance expenses	8,694	2,335
Grant expenses	190,594	534,427
Supplies and services	163,780	709,536
Total expenses	557,734	1,659,026
Surplus/(loss) for the year	(1,198)	(413,131)
Other comprehensive income	3,134	1,394
Total comprehensive income for the year	(4,332)	(411,737)

Statement of Financial Position As At 30 June 2016

	2016 \$	2015 \$
CURRENT ASSETS		
Cash and cash equivalents	230,725	88,350
Trade and other receivables	29,875	100,251
Inventories	-	354
Other current assets	2,481	3,000
Total Current Assets	263,081	191,955
NON CURRENT ASSETS		
Financial assets	401,813	392,411
Property, plant and equipment	822	1,102
Intangibles	7,913	3,200
Total Non Current Assets	410,548	396,713
TOTAL ASSETS	673,629	588,668
CURRENT LIABILITIES		
Trade and other payables	228,735	140,711
Short term provision	6,657	5,388
Total Current Liabilities	235,392	146,099
TOTAL LIABILITIES	235,392	146,099
NET ASSETS	438,237	442,569
EQUITY		
Accumulated surplus	380,554	381,752
Financial asset reserve	57,683	60,817
TOTAL EQUITY	438,237	442,569

Statement of Cash Flows For the Year Ended 30 June 2016

	2016 \$	2015 \$
CASH FLOWS FROM OPERATING ACTIVITIES		
Receipts from customers and clients	642,531	1,382,937
Payments to suppliers and employees	(487,120)	(1,896,457)
Interest received	190	9,248
Invested Income	18,794	76,720
Interest and bank charges	(8,694)	(2,335)
Net cash provided by (used in) operating activities	165,701	(429,887)
CASH FLOW FROM INVESTING ACTIVITIES		
Payment for intangible assets	(10,790)	(3,200)
Proceeds from sale of (payments for) investments (net)	(12,536)	421,960
Payment for plant & equipment	-	(124)
Net cash provided by (used in) investing activities	(23,326)	418,636
CASH FLOW FROM FINANCING ACTIVITIES		
Net cash provided by (used in) financing activities	-	-
Net increase (decrease) in cash held	142,375	(11,251)
Cash at the beginning of the year	88,350	99,601
Cash at the end of the year	230,725	88,350

Statement of Changes of Equity For The Year Ended 30 June 2016

	Financial Asset Reserve	Retained Earnings \$	Total Equity \$
Balance at 1 July 2014	59,423	794,883	854,306
Surplus/ (loss) for the year	-	(413,131)	(413,131)
<i>Other comprehensive income</i>			
Revaluation adjustment of financials assets	1,394	-	1,394
Balance at 30 June 2015	60,817	381,752	442,569
Surplus/ (loss) for the year	-	(1,198)	(1,198)
<i>Other comprehensive income</i>			
Revaluation adjustment of financials asset	(3,134)	-	(3,134)
Balance at 30 June 2016	57,683	380,554	438,237

protecting those
who protect us.



2015/16 GRANTS

In the 2015/16 year, the following grants were awarded to fund vital medical research to support the health and wellbeing of veterans, emergency first responders and their families as well as support patient care at the Repatriation General Hospital:

- Dr Miranda Van Hooff, Centre for Traumatic Stress Studies, The University of Adelaide: Understanding the health and wellbeing of Australia’s first responders, \$50,000
- Dr Ganessan Kichenadasse, Flinders University: Novel neoadjuvant therapy for high risk localised prostate cancer (Prabha Seshadri Grant – \$50,000, undertaken at the Repatriation General Hospital)
- Sustaining the Arts in Veterans’ Health Program, \$30,000 (Thyne Reid)
- Snowdrops for Hope PTSD, \$27,030 (Independent fundraisers: This PhD scholarship grant is being provided through The Australian Medical Women’s Memorial Research Fund)
- The Independent Gaming Commission – Special Purpose Chair – ‘Otto Bock’ Chair for Orthotics & Prosthetics South Australia (OPSA) RGH
- Sleep Therapy Research, \$15,000
- Music in the Wards, \$9,000 (Friends of the Repat)

2015/16 EVENTS

2015/16 was a busy year on the events calendar for The Repat Foundation – The Road Home. Thank you to everyone who attended and supported us!

- Donor Morning Tea, Wednesday 22 July 2015 SPF Hall, Repatriation General Hospital
- Veteran and Defence Personnel Morning Tea, Wednesday 23 September 2015 RSLSA Memorial Hall, Torrens Training Depot
- Ward 17 Mural Dedication Ceremony, Wednesday 7 October 2015 Ward 17 Garden, Repatriation General Hospital
- ABC Gardeners Market, Saturday 10 October 2015 ABC Collinswood
- Supporter Thank You Reception, Wednesday 14 October 2015 Government House
- Remembrance Business Breakfast, Friday 6 November 2015 Adelaide Convention Centre
- Alf Gard Race Day, Saturday 21 November 2015 Morphettville Racecourse
- Spirit of ANZAC, Thursday 17 March 2016 Adelaide Showgrounds
- Anzac Commemorative Cocktail Evening, Friday 29 April 2016 Hilton Adelaide
- Road Home Donor Thank You High Tea, Wednesday 25 May 2016 Naval, Military & Air Force Club of South Australia

Image: The Australian Army Band at the Anzac Commemorative Cocktail Evening.



Image: Dianè Ranck, Dianne Korare and Irene Jones supporting research into the health and wellbeing of our nations heroes by attending The ANZAC Commemorative Cocktail Evening in 2016.



thank you for
your support!

PARTNERS

Thank you to our supportive partners for contributing to the 2015/16 year.

- Lockheed Martin
- Flinders University

2015/16 Sponsorships

Thank you to our sponsors for contributing to our events in the 2015/16 year.

GOLD Sponsors

- Flinders University, Remembrance Business Breakfast
- South Australian Defence Industry Leadership Program (SADILP)
- Lockheed Martin, Anzac Commemorative Cocktail Evening

SILVER Sponsors

- BAE Systems, Remembrance Business Breakfast
- Lockheed Martin, Remembrance Business Breakfast
- NOVA Systems, Remembrance Business Breakfast

BRONZE Sponsors

- Haigh's Chocolates, Alf Gard Race Day
- Orange Spot Bakery, Alf Gard Race Day
- Defence Bank, Alf Gard Race Day
- Realty SA, Alf Gard Race Day
- Charlesworth Nuts, Alf Gard Race Day
- Chugg Entertainment, Alf Gard Race Day
- World Tennis Challenge – Tennis SA, Alf Gard Race Day
- Adelaide Festival Centre, Alf Gard Race Day
- Glenelg Art Gallery & DK Wood, Alf Gard Race Day
- Perfect Blend Tours, Alf Gard Race Day
- Jet Flight Simulator Adelaide, Alf Gard Race Day
- Defence Teaming Centre, Alf Gard Race Day
- Tailors of Distinction, Alf Gard Race Day
- Posh & Feri Jewellery, Alf Gard Race Day
- Veterans' Heart Clinic, Remembrance Business Breakfast
- Defence Teaming Centre, Remembrance Business Breakfast



HOW YOU ARE HELPING OUR NATION'S HEROES

Uncovering the Health and Wellbeing of Our Ambulance Workforce

An Australian first research project describing the mental health and wellbeing of our nation's ambulance workforce has been enabled thanks to support from The Repat Foundation – The Road Home.

Successfully securing funding in The Road Home's 2016 grant round, Dr Miranda Van Hooff from the Centre of Traumatic Stress Studies (CTSS) at the University of Adelaide will lead the project, aimed at informing policies and procedures within the ambulance services with the opportunity to extend to other emergency responder organisations.

"Our plan is to establish a footprint of the mental, physical and social health of all South Australian first responders, beginning with SA Ambulance Service and St John Ambulance and later extending this research to include the South Australian Police," Dr Van Hooff said.

"We know from our previous research with both Australian Defence Force personnel and the South Australian Metropolitan Fire Service that it is the repeated exposure to traumatic events that places the greatest risk on mental health."

"Ambulance personnel, by the nature of their work are exposed to traumatic events, such as witnessing human trauma on almost a daily basis. These exposures, combined with occupational specific stressors such as night shifts and irregular work hours potentially place these workers at a greater risk of mental health concerns," she said.

According to Dr Van Hooff, there has been a recent "explosion of interest" both within the workforce and the general community regarding the health and wellbeing of Australia's first responders.

"While there are currently a number of studies underway that are examining the occupational experiences and health and wellbeing of Australian ambulance personnel in other states, our project will use population level data," she said.

"This means although it is conducted in South Australia, the research will be able to comment on the overall health and wellbeing of the entire ambulance workforce, which is very important."

Dr Van Hooff explained findings from the project will contribute to the development of policies and procedures within the ambulance services in a number of areas.

"Our findings will help inform policies around recruitment, allowing the identification of individual factors that may predict mental health and wellbeing over time," she said.

"It will also assist in the area of Occupational Health and Safety, allowing the employer to examine environmental and occupational factors such as promotion, sick leave, workers compensation and flexibility in working arrangements as contributory factors to psychological and physical health."

The project team will be surveying all SA Ambulance and St John Ambulance workers within South Australia for this project and Dr Van Hooff says these partnerships have been critical.

"Research of this type, where results are representative of an entire workforce, are critically dependant on the input, engagement and support from the organisation of interest," Dr Van Hooff said.

"This type of research partnership ensures that we as the researchers have the best understanding of the issues which are relevant to the organisation, and the organisation has the best understanding and confidence in the findings that emerge."

Extremely grateful for the support of The Repat Foundation – The Road Home, Dr Van Hooff says the project would not be possible without the recent grant, announced formally at the ANZAC Commemorative Cocktail party.

"This funding will enable the development of the collaborative partnerships that underpin this ambitious program of work and will serve as a springboard for us to apply for more extensive funding to support an expanded program of work into the future."

Image courtesy SA Ambulance Service.

“

Our plan is to establish a footprint of the mental, physical and social health of all South Australian first responders.

”





“

You get so absorbed in painting, it takes away every thought. I find it extremely calming and therapeutic.

”

THE POWER OF ART THERAPY – A YOUNG VETERAN’S STORY

Over six months ago 23-year-old Cameron Hapgood could not have imagined he would become a pillar of support for contemporary veterans like himself.

Thanks to the art workshops offered by Russell Pick in Ward 17 through The Repat Foundation – The Road Home, Cameron has found a release from living with Post-Traumatic Stress.

Cameron was 17 years old and had just completed year 10 when he joined the Australian Army. At 19 he was deployed to Afghanistan for six months as a Counter-Rocket Artillery and Mortar Operator where his job was to operate and maintain radar systems for incoming rockets and artillery.

For Cameron it proved harder than expected to detach from his time in Afghanistan, leading him to Ward 17, as a patient at the Repatriation General Hospital.

“I was on a downward spiral at the start of 2015 and my friends and family were worried about me,” Cameron said.

Despite only being at the beginning of his journey with Post-Traumatic Stress, through Russell’s canvas painting classes, Cameron has reconnected with a love of art he had left behind at high school.

“It’s still very soon in my therapy and I have a long way to go, but my time in Ward 17 and art classes with Russell have really helped me,” Cameron said.

“At first the classes were a bit daunting because I hadn’t participated in art since high school. It was a subject I loved at school but I disconnected from it since joining the defence force.”

The weekly canvas painting classes have been able to create an escape for Cameron and his fellow veterans.

“You get so absorbed in painting, it takes away every thought. I find it extremely calming and therapeutic,” Cameron said.

Having come a long way, last month Cameron joined the Carer and Consumer Advisory Group at the Repat Hospital and as the youngest member has become a voice for contemporary veterans and an advocate for art therapy.

***“I am able to give a lot of insight into younger veterans and our perspective, what our needs are and how we can be better managed and helped.*”**

“I will continue to push the benefits of art therapy, as well as the importance of research in this area for current and future generations of veterans.”

As for the future, Cameron is following in the footsteps of his mentor Russell and has been accepted into a Bachelor of Architectural design at The University of South Australia, which he started in March 2016.

Cameron will continue contributing to the Carer and Consumer Advisory Group and assisting with the view of the contemporary veterans.

“Russell boosted my confidence in my artistic abilities. He has been a wealth of knowledge for me, as he pursued a different lifestyle after the Vietnam War, which is exactly what I want to do.”

The Repat Foundation – The Road Home would like to thank Cameron for sharing his story with us and wish him the best of luck in what is no doubt a bright future ahead!



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