



HOPE
BEREAVEMENT
CARE

2020
ANNUAL REPORT



Hope Bereavement Care

hope@bereavement.org.au

www.bereavement.org.au

CHAIRMAN'S REPORT



It is with great pleasure that I present to you the 2020 Hope Bereavement Care Annual Report, as we enter 36 years of existence during a devastating Global Pandemic. We are passionate to serve those in the community so vulnerable following the sudden and unexpected death of a loved one, individually and per support groups. We have embraced digital technology to continue our work including video interviews, website, virtual meetings and events, social media, givenow.com.au.

Our existence had a critical moment this year of probable extinction till the generosity, leadership and literal saviour financial gesture of Keith Fagg OAM and family, that triggered other generous contributions from the Freemasons and Geelong Community Foundation. In spite of numerous tragic local youth suicides, bi-partisan political lobbying has been supportive of us but not substantive financially or able to recognise the preventative work our organisation enhances; a lot more work needs to be done in this domain.

I would like to sincerely thank all the Board Members for their unwavering support and commitment. The hours and planning that our Executive Officer Salli Hickford has put in has been outstanding and a driving force to setting us up for future sustainability. We all applaud you and are indebted for the legacy that your time and compassion has offered to the organisation and allowed it to consider making a huge leap to a more professionalised structure with the development of the Hope for the Future Campaign and review of our Business Model.

I would like to affirm and trumpet enormous appreciation for the amount of time and skillset put in by Treasurer extraordinaire Peter Norrish, Keith Fagg Vice President, the wisdom of Pam Virgona, Danny Keating, Tara Iacovella,

Kate Barlow, Chris Bitmead, Mark Harris and Secretary Peter Beresford to assist to bring all this together; a leap of faith by all.

Our bereavement support counsellors Tracey Paech, Christine Rawson, Annie Norrish, are wonderful people of extraordinary compassion and integrity, highly regarded within our community and making a huge difference to the mental health and welfare of so many. We are also indebted to their professionalism and hard work and on behalf of the Board I would like to sincerely thank them once again. In the background Maree Burn and Wendy Leigh are our silent achiever's office managers doing amazing multiskilled background activities – uncomplaining, caring, understanding, supportive and hard working on multiple projects over and above running the office. How lucky we are to have such amazing people as part of this incredibly special organisation.

We remain with ongoing partnerships within our grassroots from Jesuit Social Services Support After Suicide organisation, Barwon Health, and Red Nose (formerly SIDS and Kids), which remain strong and appreciated. We also thank the new strong links that we have created with the Bellarine Otway District Freemasons and Freemasons Foundation Victoria (to work together towards raising the profile of suicide prevention) and the Fagg, Tuckers and APCO Foundations, Give Where You Live and Geelong Community Foundation. We appreciate all of these organisations and partners very much, sharing our Mission and Vision.

We remain on an ever-evolving trajectory as an organisation, though never swaying from our Purpose. I wish you well for the year ahead.

Regards, Dr BM Jenner OAM

EXECUTIVE OFFICER'S REPORT



Hope Bereavement Care, albeit in several forms, is coming into its 36th year. With no ongoing funding, Hope has existed due to its dedicated board, strong partnerships and the amazing generosity of the Geelong community

I arrived at Hope just over a year ago, knowing a lot less than I thought about the service but committed to ensuring we remained sustainable. Last year in the annual report I reflected on Hope, as an organisation and its people, the amazing board and staff team. But over 12 months, I now have a much greater appreciation of what this means. Our people, our community is so much more.

I would never be able to thank and mention everyone who has supported Hope over this 12-month period, so this report is dedicated to all those who are a part of the Hope Community. From the ever-dedicated Board members, the passionate and committed staff team, and the myriad of volunteers including peer supporters, fundraisers and those providing practical assistance. In this annual report we highlight just a few of the organisations and individuals that have provided us with Hope.

THIS REPORT IS DEDICATED TO ALL THOSE WHO ARE A PART OF THE HOPE COMMUNITY.

So, as we embark on our 36 years of operation, and into a new Business Plan, we know that although we still do not receive government funding, we place ourselves in the hands of our supporters. For the 2019-2020 period this includes Bisinella Developments, APCO Foundation, Geelong Community Foundation, Freemasons Foundation Victoria, Freemasons of the Bellarine Otway District, Geelong Cemeteries Trust, Villawood Properties, Barwon Health, Rotary Club of Ocean Grove Inc., Drysdale Football Netball Club, Kardinia Rotary Club, NASHOS Geelong, Geelong Connected Communities, Pixeld and our partners The Compassionate Friends Victoria Inc., Tuckers Funeral

& Bereavement Service, Jesuit Social Services and Red Nose Australia.

For me personally, I need to thank the Board, in particular Pam Virgona, who has made me feel so welcome and provided so much of her time to hand over the essence of Hope. I also want to thank Vici Funnell who provided me with coaching and strategic planning sessions and Jess Gabites who has written many of the words in this report over the past year. I also want to thank the people who have used Hope's services who have shared their stories, provided advice, fundraised and supported others.

I do not have the words to describe my thanks and admiration to the staff team, so at the risk of reducing this to the words of others, I wanted to share with you an insight from one of the amazing team at Hope.

When I asked Christine to provide a program highlight for the annual report, she did so but she also included her thoughts about working at Hope. *'The biggest highlight is how it feels to wake up every work day especially currently in Covid times, but equally so pre Covid, attending, not just a job, but a vocation, knowing I have an extraordinary team of people alongside me with such skill, strength and passion for what Hope Bereavement Care continues to be. As grief counsellors we are constantly confronted by people's enormous pain, hurt, fragility, anger, regret and vulnerability where, and even as trained and qualified and comfortable in what we do, we become unhinged at times. Having a team, such as we have at this organisation, where anybody can be approached and provide the right support and words of advice, comfort and acknowledgment and validation is exceptional.'*
Christine Rawson

Salli Hickford, Executive Officer

HIGHLIGHTING HOPE



Hope Bereavement Care (Hope) is a Geelong based not for profit offering free information, support and counselling when grieving the death of a child, the sudden and unexpected death of an adult and those experiencing the loss after suicide

Our Vision

'...no-one should be alone in grief.'

Our History

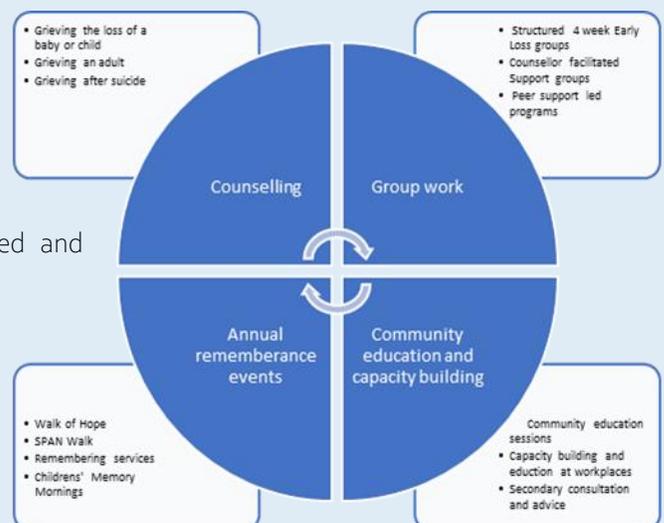
Hope was established in 1985 following concerns about the lack of Geelong region bereavement services supporting families following the death of a child. The organisation was incorporated in 1993 and consolidated its reputation as a well-regarded service provider for the local community. From its origins, the service evolved and strategically partnered to respond to families, work colleagues and emergency services personnel experiencing grief arising from infant death or a sudden and unexpected death resulting from, for example, road trauma or suicide.

In January 2017, a group of concerned people, involved with and affected by suicide, identified a gap in the support of people bereaved by suicide. They worked with other services to develop a partnership model resulting in the establishment of Hope Support After Suicide (SAS) delivered in partnership with Jesuit Social Services.

Our Model

Hope Bereavement Care is a community driven partnership model. Specialised bereavement support is offered by staff employed by both Hope and partner organisations (Red Nose and Jesuit Social Services), trained peer mentors and contractors with offices and administration systems managed by Hope Bereavement Care.

The Hope model provides evidence-based free bereavement support and counselling delivered by highly qualified bereavement counsellors that is focussed on the person with no time limits on support. Grief interventions are more likely to have positive outcomes when initiated and maintained by the person that is bereaved.



HIGHLIGHTING OUR ACHIEVEMENTS

- ❖ Responded to 250 new referrals for those reeling from the recent loss of a loved one.
- ❖ Provided individual support to over 450 individuals and families.
- ❖ Provided Bereavement Counselling to over 400 individuals
 - 246 grieving the death of a baby or child
 - 151 grieving after a suicide death
 - 50 children or young people grieving the death of their parent, sibling or friend
- ❖ Delivered over 2000 separate occasions of service.



- ❖ Hope delivered over 65 separate groups including a Men's Program for those grieving the suicide death of a loved one, Learning to Live with Loss for women recently widowed and Empty Arms for those parents who lost their child. 70 people attended over 400 sessions.
- ❖ Joined with hundreds of families and friends (over 650 people) for the Walk of Hope and SPAN Suicide Awareness Walk to remember their loved ones gone too soon.

Feedback

"The support from Hope and its Empty Arms Parent Support Group lets them realise they aren't alone. There are other people out there (who have also had a stillborn baby) and it gives us Hope. We get to see people through their journeys". Janet

"They are pretty amazing people. I find it very important. I had no idea what this would feel like (losing a husband). You can lose a mother, a father but it's not the same. I just felt really lost and I find it (the support offered by Hope) really helps me." Catherine

"(Hope) saved my life and gave me an outlet and understanding ear for my grief. The pain that I was able to disclose, pain that I tried to hide from friends and family, and the ability of my counsellor to sit with me in the depths of my grief, is what enabled me to start the long, slow process of dealing with my loss. I will be forever grateful". Anon

"We are incredibly grateful to Hope for helping us navigate this most painful loss. They specifically understand the responses and reactions that are unique to suicide loss." Lisa

HIGHLIGHTING OUR FUNDING PARTNERS

Hope has been supported by numerous Philanthropic Trusts and Organisations over the past 35 years. This year we want to highlight 2 of our major funders.

Geelong Community Foundation

Supported by the Geelong Community Foundation, the Hope Adult Counselling Service offers information, support and counselling for people who have experienced the sudden and unexpected death of a loved one over 18 yrs of age.. Services provided include one-on-one counselling, a four-week 'Learning to Live with Loss' grief education program for women, and group programs co-facilitated with Tuckers Funeral & Bereavement Service.



Hope Bereavement Counsellor, Christine Rawson, who runs the Hope Adult Counselling Service said the program played a critical role in the Geelong community and its purpose came back to Hope's mission statement. "No one should be alone in their grief," she said. "For some people they really do feel so isolated in their grief," Christine explained. "They truly feel they are the only ones going through it and they feel like their whole world has unravelled and they can't contain it. They are often desperate to have reassurance they are going to be ok." "We contribute to minimising that isolation and lack of connection and belonging and fear that is there," she said.

"We play a role in easing that and reassuring people it is going to be ok, you will get through this. You aren't going to get over it because you don't get over grief, but it changes, and we can reassure them that they will get through it."



Shirley McDonald attended Hope's 'Learning to Live with Loss' program in early 2018, after her husband Allan passed away in 2017. "It was a lifesaver for me," she said. "I don't know what I would have done without it." "It was a place of confidence where you felt you could speak of the death of your loved one without feeling guilty, because there is a lot of guilt sometimes. Amongst all of the tears you are able to discuss these issues and hear someone else say 'that's exactly how I felt' or 'that's what I did'. And you felt that you weren't alone." *"If I didn't have someone like that I don't know where I would be."*

Written by Jess Gabites.

Freemasons



Hope Bereavement Care (Hope) would like to acknowledge and thank the Freemasons Foundation of Victoria and the Freemasons of the Bellarine and Otway District, for their ongoing and generous support of our Support After Suicide (SAS) program.

Since it was launched in 2017, Support after Suicide, delivered in partnership with Jesuit Social Services, has provided vital support to more than 200 people in the Geelong region. We know that just like people of different cultures and ages have different ways to grieve, men may also have a different experience when they are bereaved. The Freemasons Foundation of Victoria, an organisation of men supporting their communities, has seen the impact.

Following an initial grant of \$15,000 it has, for the past three years, supported Hope with \$75,000 funding to assist Support after Suicide in Geelong. A further grant of \$50,000 was received in May/June this year to help with the current pressures.

In addition, over that time donations and the proceeds from the SAS annual charity luncheon hosted by Freemasons from the Geelong Bellarine District, has contributed approximately \$75,000 in critical funds for Hope.

Each year, SAS supports over 100 individuals and facilitates over 30 group support sessions. In 2019, Hope launched a new Support After Suicide support group, specifically for men.

The Men's Group provides an opportunity for men to meet and discuss their suicide bereavement experiences, feelings and coping strategies in an all-male environment.

More than 40 men have attended the monthly Men's Program since it started last year.

The Men's Group is facilitated by Adam Green and Danny Keating who both have lost loved ones to suicide. Behind the scenes they are supported and guided by Hope's senior bereavement counsellor, Annie Norrish. The group is totally non-judgmental. Attendees range from men who have lost loved ones recently, to those that have lost loved ones many years ago.

This group is essentially for bereaved men to meet other men who have lost a loved one to suicide. Each month the meeting commences with a guest speaker who shares his own thoughts and experiences in life. This provides points for discussion and an opportunity for questions during the remainder of the evening.

Danny says there is an emphasis on stressing to the Men's Group attendees that grief following a suicide can be complex and overwhelming and as a bereaved person they may experience a broad range of thoughts and feelings such as sadness, anger, guilt and confusion.

"Suicide grief can be an intense and difficult experience and the group discussions revolve around open dialogue regarding these varied emotions," he says.

"Men are often reluctant to discuss their inner feelings in mixed company environments and are more likely to be open and frank in all-male forums."

"It is apparent from the Men's Group meetings that some men experiencing grief after suicide feel well supported by family and friends while others feel isolated and misunderstood," Danny says.

"Reactions can be many and varied and may seem difficult to understand. In these circumstances the group can assist attendees to feel not only supported, but also understood."

By Jess Gabites



STAFF HIGHLIGHTS

An unexpected COVID-19 Benefit

Bill, a client in his late 70's attended sessions at Kitchener House for many months after the death of his wife Patty, whom he'd been married to for 50 years.

When COVID-19 changed our world, Hope moved to telehealth and eventually Bill found the confidence to use WhatsApp video on his phone. What ensued was our sessions became almost like a show and share of his life with his Patty, as we virtually toured every corner of his home discussing the stories from the many possessions and trinkets from their life together. We continue to follow this pattern; however, he still talks of the day when he can physically leave his house and drive to Geelong for a face-to-face.

The opportunity to see deeper into Bill's world around him at home adds another layer in me truly understanding the enormous weight of his grief and the meaning his wife gave and still gives to his life.

Christine Rawson

From us to you

One of my favourite jobs is to put "Teddy Tags" on. These beautiful teddies are donated by families who have lost a child and want to let other families know that they are being thought about in the saddest times in their lives. *It is a small gesture to let them know that they are not alone.* It is my privilege to place a name on the donated teddy from the family in memory of the little one they have lost.

Wendy Leigh



It's sometimes the little things

So many meaningful connections occur on a daily basis through this work. Here is one very sweet one that has stayed with me. Jane (not her real name) was recently referred to Hope by a family member shortly after receiving news that the baby she was carrying had multiple abnormalities that meant they would not be compatible with life. This family member stated that Jane wasn't really talking to anyone and was probably still in shock and disbelief. I said that I would send an information pack with a cover letter explaining the support Hope could offer during this awful, uncertain time. If they are available, I often tuck a little felt teddy bear inside the pack also. A couple of weeks went by before sending the pack as the family member wanted to take care not to further upset her by forcing unwanted 'help' on her. I finally rang Jane when she was ready to talk about how she was approaching this experience no-one would want to find themselves in. She and her husband wanted to savour the baby's life for as long as possible, as long as the baby wasn't experiencing any distress. Jane had weekly scans to monitor their little baby's well-being inside the womb until at the last scan showed that baby's heart had stopped beating. Baby was born at 27½ weeks and was a daughter. There was a little ceremony with burial. Baby's dad Evan (not his real name) carried his daughter's tiny casket which was very meaningful for him. I was quite moved when Jane mentioned the little felt teddy bear was buried with their baby daughter. Jane said that she and her husband had begun looking for a little teddy bear in preparation for their baby's birth and death, but they were all too big and not quite right. When the one arrived in the pack, they couldn't believe it, it was perfect for them!



It was lovely to be reminded that sometimes the very simplest of gestures can demonstrate care and community connection in bereaved families' darkest times.

Tracey Paech

HIGHLIGHTING OUR COMMUNITY

Hope has so many wonderful volunteers and we can't thank them enough.

Betty

I had a conversation with one of my clients, whose her son took his life four years ago and she is now one of our volunteers. We talked about the possibility of her doing some paintings that we could use to make cards to send to our clients on the first anniversary of their loved one's death.

Betty is a beautiful artist, creative in many other ways and was more than willing to do some paintings and also to volunteer to send the cards to our clients.

The cards are really beautiful, and we are so pleased to have these partnerships and more than ever, provide this opportunity for our clients to give back and help support others through their difficult time for grief. Annie Norrish



Barb

Today we want to acknowledge a wonderful Geelong community member Barb Kasic, who alongside Lisa Castle was one of the founders of the SPAN (Suicide Prevention Awareness Network) Walk. Over 10 years, Barb has volunteered her time to organise the SPAN Walk where family, friends and the community can walk together and show support for those bereaved by suicide and increase suicide awareness. Barb has also volunteered at Hope's Walk of Hope, facilitated groups for others who are bereaved and painted memory boxes for the treasured baby program. And this is just highlighting some of her support for Hope, there is much more. Thanks Barb



STANDING TOGETHER: Bereavement counsellor Annie Norrish with Barbara Kasic and Jennifer Wilkinson, who both lost children to suicide. Picture: Rebecca Hosking 196691

HIGHLIGHTING OUR PARTNERS

Hope Bereavement care has many partners in the delivery of support to bereaved people across Geelong. In this report we highlight some of the history of how we came together.

Jesuit Social Services

A partnership to deliver Support After Suicide – Geelong Region

Danny Keating lost his youngest son (Sam) to suicide in July 2014. Sam's death had a profound effect on Danny his wife Robyn and three adult children – Hayley, Shaun and Edwina. A consequence of this was that Danny and Robyn received bereavement

'I have a great admiration for the partnership that exists between Jesuit Social Services Support After Suicide and Hope Bereavement Care. It is a great working relationship and helps sustain me in the work I do. I feel held by both the organisations.' - Annie Norrish

counselling and were invited by their counsellor to attend a meeting to discuss the need for a specific suicide bereavement support service to be established in Geelong.

Through much hard work by a small number of dedicated people including Danny, the 'Support After Suicide' (SAS) Geelong Region Service commenced operations in January 2017 after entering a

memorandum of agreement with Hope Bereavement Services Inc. and **Jesuit Social Services (JSS)**, who deliver Support After Suicide across Victoria. This was only made possible through the generous provision of seed funding by the Bellarine Otway District Freemasons and their continued financial support as well as additional financial support from the Freemasons Foundation Victoria Ltd.

Danny was the inaugural Chair of the SAS management committee, a position he still holds and through this involvement was invited to join the Board of Hope Bereavement Care. SAS has effectively evolved to become a fully integrated service delivered in partnership with Jesuit Social Services, where staff are employed by both JSS and Hope, an outcome of which Danny is proud.



Red Nose



The story of Geelong bereavement support for those grieving a baby or child is one of an enormous struggle for existence, at a time of limitations and other priorities for Health and Welfare resources. It is a story of a commitment by a community to fulfil a vision and a dream. It is also a story of how two professional organisations with a similar will and philosophy, through sharing expertise, mutual respect and goodwill, can create something special in partnership, Red Nose (SIDS and Kids) and Hope (Barwon Pediatric Bereavement Service). After some opportunities in joining up supports offered in the region as far back as 1987, the

partnership was fully realised into an integrated service model from 1991 and has been evolving ever since.

Currently the Children and Baby program is jointly funded by Red Nose and Hope, with Red Nose providing employment and additional supports for families grieving a baby or child with Hope providing the operational management and environment.

HIGHLIGHTING THE GEELONG COMMUNITY

Drysdale Football and Netball Club

You only need to scroll through the Facebook page of the Drysdale Football and Netball Club to see the incredible sense of community they have within their club, their community and the wider Geelong community. Podcasts, virtual events, fundraising for local charities and promoting RU OK day?

On May 9th 2020, Hope Bereavement Care was the recipient for one such event, the '30 for 30' a 2300km walk or run to Uluru, in memory of their loved former junior coach, dual premiership team member and friend Ryan Gatgens, who died in 2019.



Luke Mathews, Senior co-coach, wanted to bring together the whole club: juniors, women's football, netballers, but then also supporters, sponsors and town. 'We would do it in memory of Ryan Gatgens, who sadly passed away last year, and also try to raise some money and awareness towards mental health.'" Luke told the Bellarine Times.

"We partnered up with Hope Bereavement as well to raise some money for them, they were really good with the family and the

club and community with those who needed it," Drysdale Football Manager Ben Reymont explained to AFL Barwon. "Whether people are doing it for their own fitness or a mental health exercise or whether they knew Ryan or not, it's a good way to engage with the club."

Reymont said senior football co-coach Luke Mathews approached the Gatgens for the club to honour Ryan's memory, and the seed for '30 for 30' was born.

The Event was set up as a Give Now Crowd Raiser and the Geelong Advertiser estimated 500 people, including former teammates, work colleagues, family, friends and other members from the club took part in the day, walking or running for 30 mins or 30km's and donating \$30 in recognition of Ryan's playing number 30. On the day the club not only made it to Uluru but also back again, club president stated on Facebook after the event.

The event raised over \$9,000 for Hope Bereavement Care, an amount that creates a massive difference in being able to offer free bereavement services across the region. Its these community Crowd Raisers that sustain Hope. It's just the generosity of spirit, the sense of community and the enduring relationship with Ryan that make

these events so special, and so meaningful for Hope.'



From everyone at Hope and our community to everyone at the Drysdale Football and Netball Club and your community, we thank you.

APCO Foundation



When Salli Hickford, Executive Officer and Pam Virgona, Board Member contacted the APCO Foundation to talk about Hope, the Chairperson, Sharon Gleeson, invited them to speak to the Board members about our work. Within 24 hours, APCO had provided Hope with an incredibly generous \$20,000 donation to continue our work. We cannot thank them enough.

Sharon and Jill from APCO Foundation handing the cheque to Board member extraordinaire Pam Virgona.

Individual Efforts

Ed Miller:

Every year the Barwon Health's Medical Staff Group award the Hassan Al-Khayyat Memorial Prize to a Barwon Health staff member who exemplifies the qualities of the late Dr Al-Khayyat. The prize includes a \$1,000 donation to the charity of the winner's choice. The 2019 winner, Ed Miller, nominated Hope Bereavement Care as his chosen charity. Congratulations and thank you so much Dr Miller.



Karen and Natalie

You might remember that Karyn Peacock, Natalie Stanley and some of the other wonderful staff at [Bunnings Leopold](#) had a cake stall to raise money for Hope. Co-workers also helped out, as well as many of you that popped down to donate and they raised over \$1000. Amazing! Thank you so much Karyn and Natalie.



Geelong's Massive Murray Paddle adventurer kayaks 400km for Hope

Before he started training for the Massive Murray Paddle, John Hoiles had never set foot in a kayak. After training along the Barwon River for almost a year, John and friend Tony Martin embarked on an epic 400km journey in a two-man kayak, along the Murray River from Yarrawonga to Swan Hill. The friends joined about 500 people for the marathon five-day paddle last month, raising vital funds along the way to assist local charities or community-driven programs.

Before he left, John set up a Crowd Raiser and raised \$3500 for Hope.

John's wife Debbie raised more than \$600 of the total donation for Hope, by knitting babies' beanies and selling them to family and friends as gifts.

John and Tony's partner Mandy supported the pair on their Murray River adventure.

"They did a fantastic job supporting us through the paddle, navigating the back-country roads to supply us with food, water and morale, meeting us at checkpoints and at the end of the day," John said.

"I changed jobs at the start of this year and wanted a challenge, so I took it on," John said. "I'm getting older, I'm nearly 60 so I just wanted a challenge to see if I could do it. And it was a charity fundraiser so that worked out well," John said.

Mr Hoiles admitted the event was "certainly a big step out of your comfort zone".

"We trained for about 10 months getting ready for it. It was tough. The first day was 95km, 11 hours. The second day was pretty much the same. It was very tiring but a good thing to do."

"We were up at 5am to be on the river at 6.30am, to start at 7am. It was tiring but it was a good bunch of people and it's really good to have completed it."

John hasn't ruled out participating in a future Massive Murray Paddles, albeit as part of a relay.

"It's a good thing to do once," he said.

John said Hope was a charity close to his heart. He said he decided to raise funds for Hope after he and Debbie's grandson Tully, their first grandchild, passed away in 2016.

"Hope provided support, counselling and photos and stepped in when we didn't know what to do. This was an opportunity to give back," he said.

"It's one of those organisations I think that in times in need, when you need support or help, they are there.

"John's Crowd Raiser has also inspired other people to approach Hope to fundraise for the organisation.



HIGHLIGHTING THE PEOPLE, WE ARE HERE FOR

Kim's Story

There are some people who, in the telling of their story, illicit change. Kim Edgar is one such person. Kim spoke about her hopes for mental health support and ongoing postvention support at Sarah Henderson's Women's Lunch in March of 2020.

My name is Kim Edgar. Twenty months ago, my son Daniel took his own life. It was the day my heart broke, the day my world fell apart. It's become my life's point of reference because I will never be the same from that moment in time. And that makes me both angry and sad for my other two sons, for my partner, for Dan's best friend Jack, for me and for everyone else in my life and in Dan's. The Centre of Suicide Prevention in the US has data that shows up to 135 people are affected by one suicide.

I'm passionate about ensuring that there is appropriate and effective support for people who are left behind. For members of my grief club this is a very big deal because we have all floundered. We are not the people we used to be. We put masks on to get through every day. And we have other children who are suffering too. So, it shouldn't really surprise you that we are also at a much higher risk of suicide ourselves.

I was lucky in that there's good postvention support in Geelong, which involved counselling, peer support groups and ongoing therapy groups. In our region Hope Bereavement delivers the Support After Suicide program in partnership with Jesuit Social Services with financial support from Freemasons Victoria. Recent announcements concerning federal funding for postvention support services is very encouraging, however I am still concerned about what the future landscape looks like in bereavement support and how this will enable Hope to provide an ongoing service in Geelong. And that's just not good enough for a population of our size.

Steph's story

I am a mum of 4 beautiful children - 2 boys and a girl in my arms and one son in my heart - Finnegan. On April Fool's Day, 2015, I knew something wasn't right with my baby. At the time, I kept telling myself everything would be ok, but deep down, I knew something was wrong. I went to see my obstetrician, and the midwife did a scan.

My baby had no heartbeat. At almost 29 weeks.. It is impossible to describe the feeling - being told my baby had died. Gut-wrenching, utterly heartbreaking, in such shock, numb. It was decided I would be induced on Good Friday - 2 days later. How can you prepare yourself for giving birth to a baby you so desperately wanted, but who you know has died and you won't be able to keep him?

Good Friday arrived and to the birthing suite we went. How could this be happening? The hours spent waiting for the induction to "work" and finally, at 10:15pm, I delivered my son, into my own hands. Finn was so perfect.

The Obstetrician we had took some lovely photos for us, which we treasure. We invited our family in to meet Finn. We then spent another 36 hours or so with him with the help of a cuddle cot. I held him, but my arms will always long to hold him one more time.

We had to let him go on Easter Sunday. Watching him be carried out of our room was one of the hardest things I have ever had to do. Finnegan is part of our family and talked about most days. My rainbow babies will know he is their big brother.

Having the support of Hope and families who have been through this too has helped me immensely. It has shown me that there is no right way to grieve. I truly do not know what I would have done if I did not have Hope.

HIGHLIGHTING OUR EVENTS



Annual Remembering Service

Hope Bereavement Care hosted its Annual Remembering Service on Monday evening 2nd December 2019 and much positive feedback was received from those who attended. People seemed most impacted by the personal stories that were shared and moved by the opportunity to light a candle in memory of their baby/child who had died.

We were very privileged to have so many bereaved parents and siblings contribute to the evening. Bruce (Liam's dad) was the MC for the evening, poems were read by Mark (Maya & Anthony's dad), Indigo 12yrs (Ariel's sister), Julie (Benji's mum) & Mercedes 16yrs (Ariel's sister). A segment involved the children highlighting the activities and creations from the Children's Memory Mornings

Personal stories were a highlight for many – these being shared by Lisa (Edward's mum), Lisa (Jake & Jonathan's mum), Brent Lehmann (Asha's dad) and Tracey reflected on 10 years working as a bereavement counsellor at Hope in light of being a bereaved parent (Ariel's mum). Christine read out the names of the babies / children / young people who were being remembered as families made their way to the sand trays to light candles in their honour.

The service was made possible with the support of Red Nose Australia, The Compassionate Friends, Kings Funerals, Tuckers Funeral and Bereavement Service, Wathaurong Aboriginal Co-Operative and the With One Voice Choir.



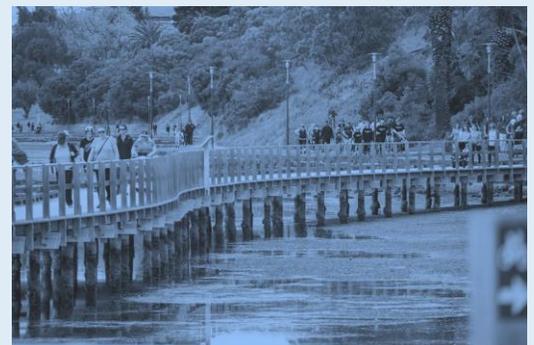
Walk of Hope

What a wonderful day at the Walk of Hope.

Over 150 mums and dads, grandparents, uncles and aunties, siblings and friends came out to remember and pay tribute to children gone to soon.



Thanks to Freemasons Victoria (Geelong Lodge of Unity & Prudence), Kardinia Rotary Club, Leopold and Geelong Bendigo Bank, Endless Dove, Tennille Welsh Marriage Celebrant, Bellarine Party Shop and many more.



Suicide Prevention Awareness Network (SPAN)

SPAN has been holding its Suicide Awareness Walk annually since 2010, and this year was its 10th anniversary Walk! The walk is a positive, active community event



HOPE IS PROUD TO AUSPICE THE SPAN NETWORKS ANNUAL SUICIDE AWARENESS WALK AND WANTS TO ACKNOWLEDGE THE HARD WORK AND DEDICATION OF THE 2019 COMMITTEE: KATE, SEAN, BARB, AND BENNIE

where people can come together and pay tribute to lost loved ones, offer support to those hurting and ultimately embrace the gift of life. The walk has evolved into a positive, family and community event which allows everyone directly or indirectly affected by suicide to offer their support to others.

members believe suicide awareness is everyone's responsibility and is a subject that must be talked about

openly and sensitively.



SPAN



The 2019 SPAN Walk

brought together hundreds of people across all walks of life, with one thing in common, suicide loss.

Acknowledging Endless Dove



Each year, at the Walk of Hope and the SPAN walk, Endless Dove donate their time and Doves, to the Geelong Community of Bereaved families. The release of the doves has become such a significant part of the days, that it is hard to imagine these events without Endless Dove. From the hundreds who attend the events each year, we thank you.



OUR PEOPLE

Our Board

Dr. Bernie Jenner OAM, Chairman
Keith Fagg, Vice Chairman
Peter Berrisford, Secretary
Peter Norrish, Treasurer
Chris Bitmead
Danny Keating
Kate Barlow
Mark Harris
Pam Virgona
Tara Iacovella

Our Staff

Annie Norrish (employed in partnership with JSS)
Caroline Gubb
Christine Rawson
Maree Burn
Rachel Penn
Salli Hickford
Tracey Paech (employed in partnership with Red Nose)
Wendy Leigh

FINANCIAL REPORT

HOPE BEREAVEMENT SERVICES INC
A0027598B
STATEMENT OF RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 30 JUNE 2020

	Note	2020 \$	2019 \$
RECEIPTS			
Donations		117,067	26,268
Donation - SAS		17,266	560
Fundraising – Sports Breakfast and other		4,659	23,961
Fundraising – Luncheon		16,189	44,386
Give Now and Everyday Hero		27,129	1,572
Interest – ING Direct and Bendigo Bank		456	1,351
Professional services		-	1,143
Subscriptions		245	336
SPAN		3,625	4,809
Government Grant – Commonwealth DSS		5,000	-
Freemason Grant		77,100	29,700
Geelong Community Foundation contributions		25,000	10,000
Give Where You Live contributions		30,000	10,000
Job Keeper		24,000	-
CashFlow Boost		10,000	-
		<u>357,736</u>	<u>154,086</u>
PAYMENTS			
Administration expenses		5,520	3,436
Bank fees		192	180
Filing fee		85	84
Fundraising expenses		6,640	3,725
Fundraising web host		324	680
Insurance		7,561	4,110
Library and resources		263	275
Memorial service		1,492	1,667
Group and workshop expenses		3,917	3,408
Postage		-	190
Printing		2,352	6,551
Salaries and wages		206,178	128,958
Seminars and workshops		1,612	2,441
Stationery and office supplies		4,256	1,924
Subscriptions		697	377
Supervision		825	1,785
Superannuation		16,121	10,084
SPAN		1,806	1,940
Telephone		2,141	627
Web development and hosting		385	4,498
WorkCover		2,873	2,088
		<u>265,240</u>	<u>179,028</u>
NET SURPLUS/(DEFICIT)		<u>92,496</u>	<u>-24,942</u>
ACCUMULATED SURPLUS AT BEGINNING OF YEAR		<u>142,180</u>	<u>167,122</u>
ACCUMULATED SURPLUS AT END OF YEAR		<u><u>234,676</u></u>	<u><u>142,180</u></u>

HOPE BEREAVEMENT SERVICES INC
A0027598B
STATEMENT OF FINANCIAL POSITION
FOR THE YEAR ENDED 30 JUNE 2020

	Note	2020 \$	2019 \$
CURRENT ASSETS			
Petty cash		1,374	373
Cash at bank – Bendigo Bank		239,899	71,720
Cash at bank – ING Direct		-	78,218
Total Assets		<u>241,273</u>	<u>150,311</u>
CURRENT LIABILITIES			
Superannuation payable		3,602	3,225
GST and PAYG payable		<u>2,995</u>	<u>4,906</u>
Total Liabilities		<u>6,597</u>	<u>8,131</u>
NET ASSETS		<u>234,676</u>	<u>142,180</u>
ACCUMULATED FUNDS			
Accumulated surplus		<u>234,676</u>	<u>142,180</u>
TOTAL ACCUMULATED FUNDS	2	<u>234,676</u>	<u>142,180</u>

HOPE BEREAVEMENT SERVICES INC
A0027598B
NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2020

NOTE 1 – ACCOUNTING POLICIES

This special purpose financial report has been prepared for distributions to the members to fulfil the Committee of Management's financial reporting requirements under the Hope Bereavement Services' constitution. The accounting policies used in the preparation of this report, as described below, are consistent with the financial reporting requirements of the Hope Bereavement Services' constitution and with previous years, and are, in the opinion of the Committee of Management, appropriate to meet the needs of members.

- (a) The financial report has been prepared on the modified accruals basis of accounting including the historical cost convention and the going concern assumption.
- (b) The requirement of Australian Accounting Standards and other professional reporting requirements (UIG Consensus Views), do not have mandatory applicability to Hope Bereavement Services because it is not a "reporting entity".

NOTE 2 - ACCUMULATED FUNDS

Accumulated Funds total \$234,676 as at 30 June 2020 and can be broken into six categories –

- (a) Funds held on behalf of SBS - \$116,801 – see note below
 (b) Funds for adult service counsellor - \$50,000
 (c) Funds for 6 to 18 years of age - service counsellor – \$24,000
 (d) Funds for office administration - \$168,500
 (e) Balance of funds (shortfall) – (\$124,625) that will need to be raised for the 2020-2021 financial year.

Calculations related to SBS Funds

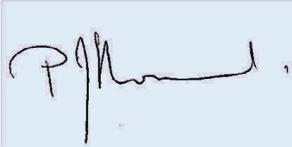
	2020	2019
	\$	\$
Opening balance	73,528	37,309
Contributions	93,289	75,639
Sub total	<u>166,817</u>	<u>112,948</u>
Wages and on costs	42,009	31,562
Program expenses	8,007	7,858
Total costs	<u>50,016</u>	<u>39,420</u>
Closing balance	<u><u>116,801</u></u>	<u><u>73,528</u></u>

**HOPE BEREAVEMENT SERVICES INC
A0027598B**

TREASURER'S REPORT

In the opinion of the Treasurer of the Hope Bereavement Services Inc, the financial statements present fairly the financial position of the Hope Bereavement Services Inc as at 30 June 2020 and the results of its operations for the year then ended in accordance with Australian Accounting Standards.

Signed at Geelong this 16th November 2020



TREASURER