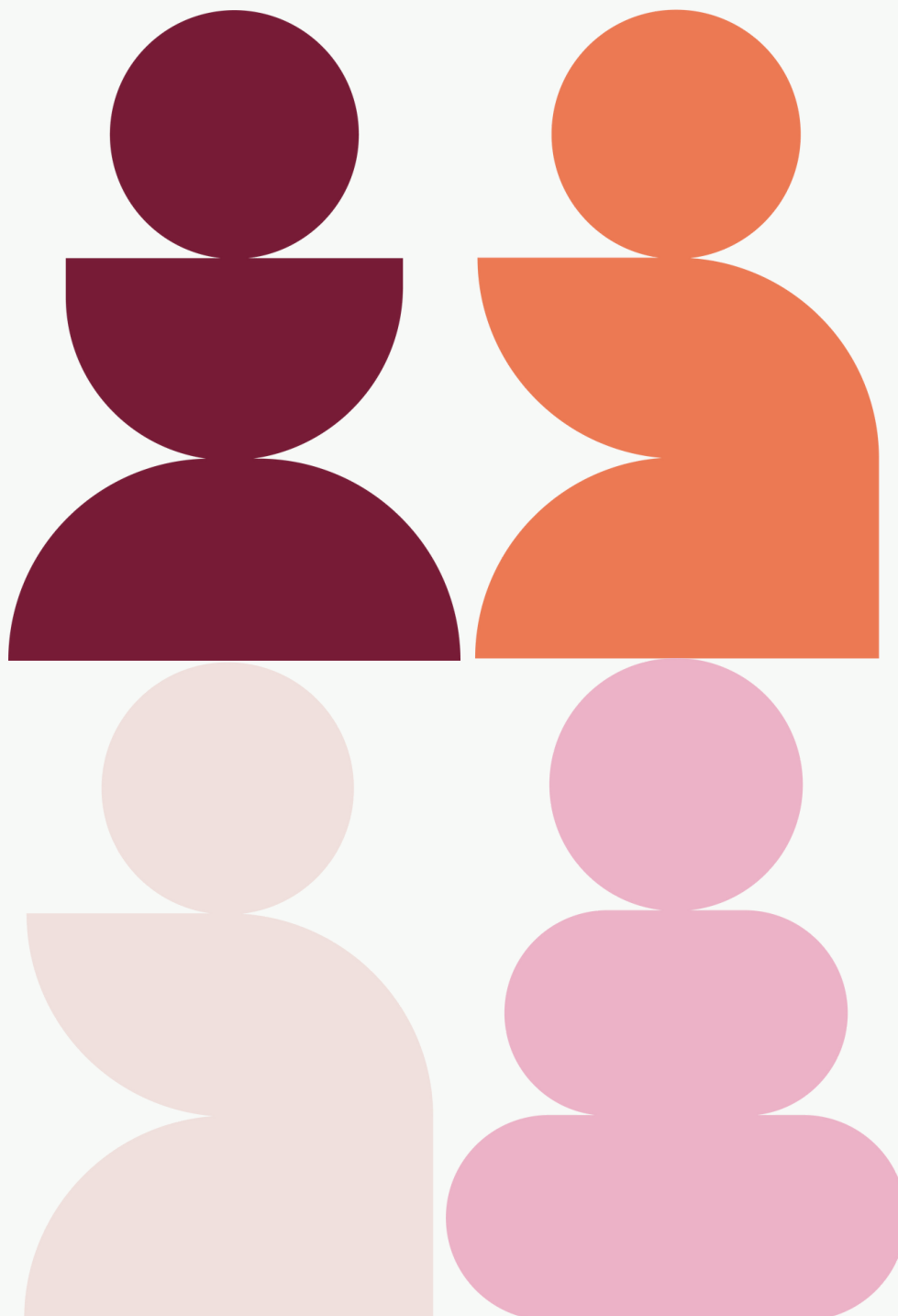


2024/25

WOMEN'S HEALTH NORTHERN RIVERS ANNUAL REPORT

whnr
WOMEN'S HEALTH
NORTHERN RIVERS





Women's Health Northern Rivers Inc.
acknowledges the people of the Bundjalung Jugun
as the Traditional Custodians of the lands, waters
and communities on which we live and work.

Women's Health Northern Rivers Inc.
acknowledges the continuing connection of
Aboriginal and Torres Strait Islander people to their
law, land, waters, community, language and
culture.

We pay our respects to those who have paved the
way for change. We acknowledge those who
continue to lead with strength and courage.

We welcome Truth and Treaty.

TABLE OF CONTENTS

Our Story: A Legacy of Care, A Year of Change	1
A Message from the Chair	2
Our Impact in Numbers	3-6
Women's Voices	7
Women's Health Service Manager Report	8
Women's Outreach Trauma Health Service	9-10
Women's Health Nurse Report	11
Shark Cage Report	12
Health Promotions Report	13
Counselling Report	14
Events with Impact	15
A Year in Pictures	16
Our Organisation and Structure	17
Our People	18
Treasurer's Report	19
Acknowledgements	20
Financial Report for the year ended 30 June 2025	21

Our Story: A Legacy of Care, A Year of Change

The 2024-2025 financial year was a momentous year for Women's Health Northern Rivers (WHNR). After decades of evolution, we rebranded and restructured to strengthen our impact and sustainability. This change reflects not only who we are today but the journey that brought us here.

From Grassroots Beginnings

Our roots trace back to 1979, when local women opened the Richmond Women's Emergency Centre, later the Lismore Women and Children's Refuge, in response to domestic violence. From a rented house offering emergency accommodation, the service grew to include childcare, outreach, and short-term housing. By 1992, we were formally incorporated as Lismore Women's and Children's Refuge Inc.

Expanding Horizons

In the early 2000s, we rebranded as Northern Rivers Women and Children's Services (NORWACS), marking a shift beyond residential support into outreach, group work, and advocacy. Over the years, we opened the Lismore Women's Resource Centre, auspiced Bugalma Bihyn for Aboriginal women and children, and merged with Lismore District Women's Health Service in 2014, creating a hub for holistic health and wellbeing. In 2021, Heartfelt House joined us, ensuring therapeutic support for adult survivors of childhood sexual abuse continued in the region.

Why This year Matters

After many years as NORWACS encompassing Lismore Women's Health & Resource Centre, WISE, Heartfelt House, and WORTH we introduced our new name: Women's Health Northern Rivers Inc. (WHNR). This rebrand and restructure were driven by:

- Community needs for integrated, trauma-informed services.
- Sector changes requiring stronger governance and compliance.
- Our vision for inclusive, accessible, and holistic health care.

Looking Ahead

While our name has changed, our mission remains the same: empowering women through compassionate care, advocacy, and education. Today, WHNR champions wellbeing through services spanning reproductive health, mental wellness, nutrition, and social connection.

We honour the legacy of those who built this space and embrace innovation to ensure health justice becomes a lived reality. Herstory is still being written by every person who walks through our doors and helps shape a future of equity and care.



A Message from the Chair

Peta Yaxley

It has been a big year for Women's Health Northern Rivers, including a rebrand and change of name. With a new brand, WHNR, continues to expand to meet the needs of our clients and all women in the Northern Rivers. We consolidated our premises so that all services are run from Uralba Street, in a renovated space that welcomes all women to access services and referrals. Another achievement was the winding up of the hugely successful WORTH program.

I thank both past and present board members for their dedication and for their extensive volunteer work. I extend my thanks to the management and staff who ensure the growth and sustainability of WHNR. Your commitment to WHNR is very much appreciated.

The WHNR Board look forward to working together with staff to undertake strategic planning to continue the development of services and supporting clients, the future of Women's Health Northern Rivers looks bright.

Our Impact in Numbers

Women's Health Northern Rivers (WHNR) supported 729 different women and delivered 4,790 separate occasions across the year – a **record-breaking year** for service delivery.

This significant growth can be attributed to:

- Increased funding, including funding through DCJ to deliver the WORTH program and delivery of the first instalment of the Women's Health Enhancement Funds
- Improved internal processes, enhancing service efficiency and accessibility
- Greater brand awareness within the Northern Rivers community
- Enhanced reporting systems, ensuring more accurate capture of service activity

These factors combined have strengthened WHNR's capacity to meet rising community needs and deliver trauma-informed, holistic care to more women than ever before.

In 2025, WHNR supported 729 women — each with unique stories and intersecting needs.



72

Aboriginal
women
(≈ 10 %)



76

Born on
overseas
(≈ 10 %)



120

Living with
disability
(≈ 17 %)



122

Managing
chronic illness
(≈ 17 %)



50

Identifying as
LGBTQIA+
(≈ 7 %)



50

Identifying as
LGBTQIA+
(≈ 7 %)



5

Identifying as
trans/non-binary
(≈ 1 %)

62% were new to WHNR this year—a clear sign of growing reach and relevance

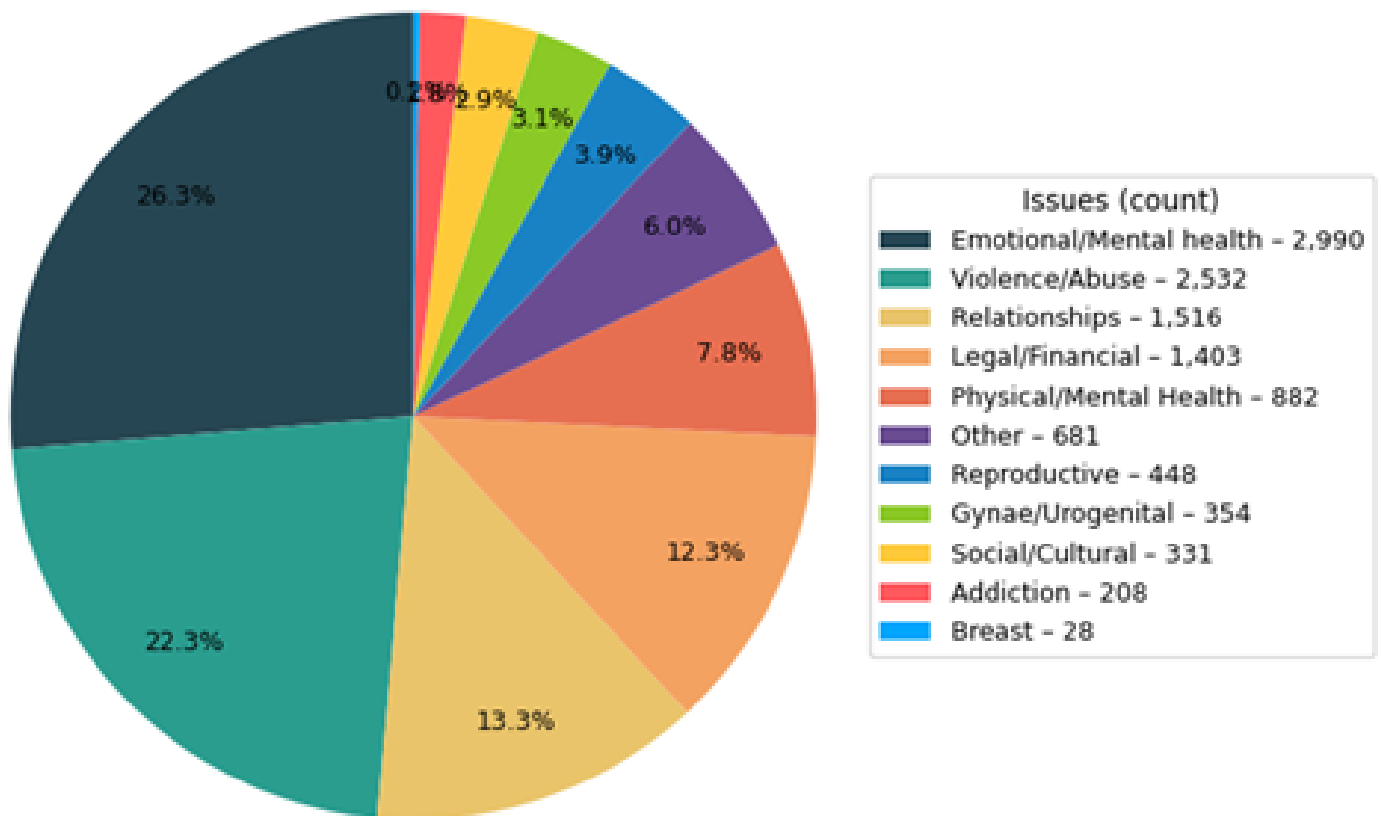
Our Impact in Numbers

Why women came to see us

Behind every contact is a story and often more than one. In 2025, women reached out to WHNR on 4790 separate occasions, bringing with them 11,373 presenting issues. This means most women weren't facing a single challenge, but a web of interconnected concerns.

The most common reasons for seeking support were:

- Mental health concerns – 26%
- Violence or abuse – 22%
- Relationship issues – 13%



These figures tell a bigger story: **women's health needs are complex and overlapping**, shaped by experiences of trauma, social pressures, and systemic barriers. Every interaction required a holistic, trauma-informed response — because no issue exists in isolation.

Our Impact in Numbers

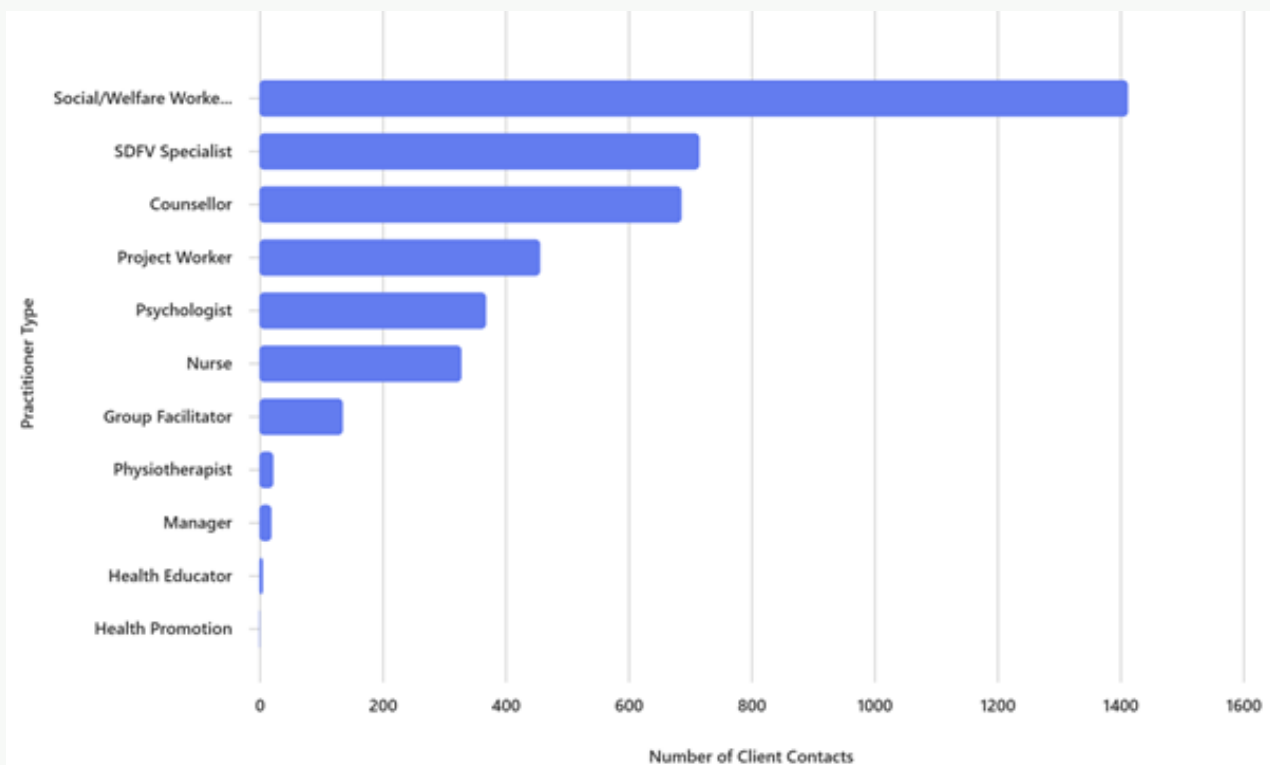
Who Provided the Care

To meet these complex needs, WHNR delivered services through a multidisciplinary team. The largest share of client contacts was provided by Social/Welfare Workers (1,413 contacts) and Information/Referral Workers (1,083), reflecting the importance of advocacy, casework, and navigation support.

Specialist roles also played a critical part:

- Counsellors delivered 687 contacts, addressing mental health and trauma.
- Domestic and Family Violence Specialists provided 716 contacts, ensuring safety and crisis response.
- Nurses contributed 329 contacts, supporting sexual and reproductive health and chronic condition management.
- Project Workers and Psychologists added targeted interventions, including therapeutic programs and mental health care.

This integrated model ensures women receive wrap-around support, combining clinical care, psychosocial assistance, and prevention programs.



This visual highlights the multidisciplinary nature of WHNR's service delivery, with Social/Welfare Workers and Information/Referral Workers accounting for the largest share of contacts, followed by DfV Specialists, Counsellors, and Nurses.

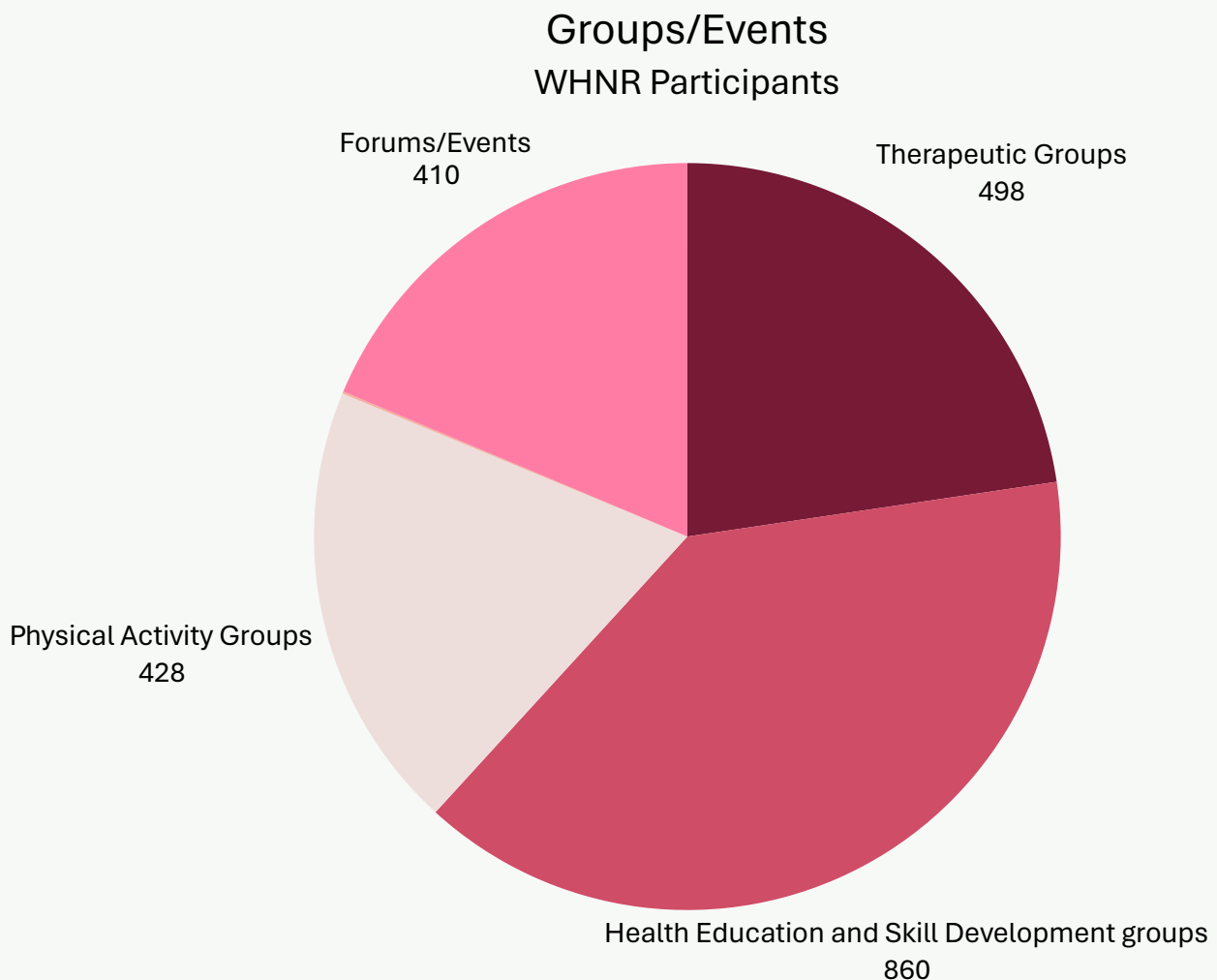
Our Impact in Numbers

Groups: Connection, Learning, and a Pathway to Care

In 2025, WHNR delivered 191 group sessions, workshops, and events, attracting 2,198 attendances. These spaces are more than gatherings - they are safe, welcoming entry points where women can connect, build confidence, and access support.

- Health education groups sparked strong engagement, averaging 17 participants per session, empowering women with knowledge and confidence.
- Therapeutic groups offered smaller, sustained cohorts (≈6 per session), creating trust and continuity for those navigating complex challenges.
- Community forums and events reached broader audiences (≈68 per session), amplifying awareness and fostering collective strength.

Groups often serve as a soft entry point, allowing women to engage without pressure and build trust. Many participants go on to access individual services, making group programs a critical bridge to deeper support.



Women's Voices

"I enjoy the venue, the opportunity to GROW & LEARN about healthy and unhealthy boundaries."

"Kind, caring presenters, extremely valuable information and skills."

"Through the guidance of the facilitators, I gained deeper insights into self, patterns, coping and ways of being in the world."

"I've had pretty well 10 years of isolation... so that's a really big change."

"It was way beyond my expectations. I have learnt so much."

"I was extremely anxious about attending but became less anxious and started feeling a connection to everyone in the group. Hearing other women talk about their experiences made me feel like I'm not the only one who has similar struggles."



Women's Health Service Manager Report

by Emma Siegel

This year has been one of transformation, growth, and change for Women's Health Northern Rivers. We began by farewelling our outgoing CEO, Kelly Banister, with deep appreciation for her years of dedicated leadership and the legacy she leaves behind. We were pleased to welcome Kim Boyd as our new CEO, whose fresh energy and vision helped open our doors to more women and strengthen our connection with the community.

A major milestone was the completion of our centre renovation, which has revitalised the space. Fresh paint, new carpet, and a much-needed clear-out have made the centre more welcoming, functional, and reflective of the care we offer. During this time, we also farewelled some valued team members, women who helped shape the service over the years and whose contributions continue to be appreciated. At the same time, we welcomed several new staff and have already benefited from the energy, enthusiasm, and diverse experiences they bring.

Among them was our new Clinical Lead, Julijana Vranic, whose leadership has significantly strengthened clinical governance and built capacity across the team. Her support has been instrumental in enhancing the quality and consistency of our services.

We were fortunate to receive additional funding from the Ministry of Health, allowing us to continue and expand our work in the area of non-fatal strangulation and acquired brain injury. This funding supported the development of the Pathways Program, a pioneering initiative that provides coordinated care from a multidisciplinary team to women impacted by violence and possible brain injury.

Our community engagement remained strong, with successful events such as Reclaim the Night and a powerful talk by advocate Jess Hill, which sparked important conversations around gendered violence and systemic change.

We established an exciting new partnership with the Medicare Mental Health Centre to deliver the Shark Cage program for adult women and extended this program to young women in local high schools through a short-term Community Resilience Grant from the PHN.

We were also thrilled to receive a Community Grant through Northern Rivers Community Foundation (NRCF) for the Nourish Northern Rivers project, which has enabled our health promotion team to partner with local food pantries and support women in preparing healthy meals from pantry staples, an initiative that has already proven to be both practical and empowering.

Operationally, we made significant improvements to our referral, intake and assessment processes this year, which helped us connect with more women and respond more effectively to their needs.

It's been a big year for WHNR, full of change, growth, and at times, real challenges. Through it all, the team's resilience, cohesion, and commitment to supporting each other and the women who access our service has really stood out. I want to sincerely thank each member of the team for continuing to show up with care and professionalism, even when things were tough.

I also want to thank our Board for their ongoing support and governance, as well as the women who access our service for the trust they place in us. I'm proud of what we've achieved together.



Women's Outreach Trauma Health Service

Emma Siegel - Women's Health Service Manager

The WORTH Program (Women's Outreach Trauma Health Service) was delivered by Women's Health Northern Rivers as a gender-responsive disaster recovery initiative following the 2022 Northern Rivers floods. In its third and final year, WORTH consolidated its role as a trauma-informed, community-embedded model of care, providing holistic support to women navigating complex recovery needs.

Reach and Engagement

- Total women engaged through individual counselling, psychology, and health services: 318.
- Group sessions delivered: 49
- Group participations: 500
- Popular workshops included Green Flags, Consent & Healthy Relationships and Mindful Healing, reflecting strong demand for psychosocial and empowerment-focused content.

Impact Highlights

- 91% of participants rated their experience 8/10 or higher; nearly half (49.9%) gave a perfect score of 10.
- Participants reported increased confidence, emotional resilience, and reduced isolation, with many forming lasting peer networks beyond the program.
- Practitioners noted improved service integration and
- strong alignment with trauma-informed principles.

Strategic Value

WORTH addressed critical gaps identified in post-disaster recovery:

- Delivered accessible, mobile, and affordable services, reducing barriers for women in flood-affected communities.
- Embedded multi-disciplinary care, including social work, counselling, psychology, and health outreach.
- Leveraged lived experience practitioners, enhancing empathy and engagement.
- Strengthened community partnerships and referral pathways, ensuring continuity of care.



Advocacy and Funding Efforts

In 2024–2025, significant effort was invested to secure the continuation of the WORTH Program beyond its initial funding term. Project Manager Alyse, alongside successive CEO Kelly Banister and subsequently Kim Boyd, led a strong advocacy campaign that included drafting a comprehensive business case for ongoing funding, clearly demonstrating the program's impact and the unmet need for trauma-informed recovery services in the Northern Rivers.

Local MPs Janelle Saffin and Justine Elliot also championed WORTH, advocating at state and federal levels for its extension. These combined efforts reflected the program's proven success and the widespread recognition of its value to the community.

Despite this robust advocacy, funding was not renewed. As a result, WHNR had to farewell a highly skilled and dedicated team whose contributions shaped the program's success. While this outcome was disappointing, the experience provided critical insights. WHNR has since integrated key elements of WORTH into its core service model, ensuring that the program's legacy of trauma-informed practice, flexible outreach, and group-based engagement continues to benefit women across the region.

Partnerships and Collaboration

WORTH forged 20+ partnerships with local organisations, referral networks, and community groups, strengthening service integration and expanding reach. These collaborations were vital for engaging isolated women and ensuring continuity of care. WHNR also worked closely with Gender and Disaster Australia (GADAus) to finalise the program's independent evaluation, which will be published in early 2026. This evaluation will provide a robust evidence base for future disaster recovery models.

Legacy and Integration

We learned a great deal from WORTH and have updated WHNR's service model to incorporate key elements of this successful program, including trauma-informed group engagement, flexible outreach, and integrated pathways for psychosocial and health support. These principles will continue to shape our work across the Northern Rivers.

The WORTH model also offers a blueprint for gender-responsive disaster recovery, ready for replication in other regions. Its success demonstrates the value of programs designed with empathy, flexibility, and community voice at their core.

Women's Health Nurse Report

Kath O'Driscoll

The Women's Health Nurse (WHN) provides a trauma-informed, compassionate, and evidence-based service. Over the past year, the WHN has supported women through comprehensive health assessments, education, and care for sexual and reproductive health concerns.

A key aspect of the role is coordinating the Crisis Fund, which offers no-interest loans to women seeking essential reproductive healthcare. With no publicly funded surgical abortion service in the region, women must travel around 200km one way to access private care — highlighting the stark inequity faced by rural communities. The WHN supports pregnancy options through non-directive counselling and post-abortion care. This year, 4 women accessed the Crisis Fund, down from 11 the previous year, with an increase in requests for medical terminations noted.

Over the year, 91 women accessed the WHN service, including 12 via the WORTH program. There were 334 client contacts, mostly by phone, with 34 clinic appointments, 4 drop-ins, and 4 WORTH outreach visits. The majority of contacts related to pregnancy options, termination, and post-termination care (119), followed by menopause (45) and antenatal/postnatal care (27). The WHN made 98 referrals, including 31 for abortion services, and received 12 referrals for menopause support and pregnancy counselling.

Health promotion and outreach remain central to the WHN role. In collaboration with WHNR colleagues, twilight menopause sessions were held, covering nutrition, complementary therapies, pharmaceuticals, and self-care. Sessions hosted 9–14 women and featured guest speakers from Lismore Base Hospital Pharmacy, a naturopath, and WHNR staff.

In alignment with the National Women's Health Strategy, the WHN developed a Sexual & Reproductive Health and Healthy Relationships Consent workshop. Six workshops were held, engaging 235 students, and this remains a priority for 2025–2026 in collaboration with WHNR colleagues.

The WHN also contributed to the Non-Fatal Strangulation and Sexual Choking Pathways Program, attending multidisciplinary meetings, supporting staff, and providing outreach education across the Northern Rivers.

Outreach through the WORTH project included community events and playgroups in Evans Head, Wardell, and Rappville. During Women's Health Week at Lismore Base Hospital, the WHN connected with over 50 women and collaborated with staff and services.

To maintain registration and ensure safe, evidence-based care, the WHN undertook professional development including Love Bites facilitation, Cervical Screening training (Family Planning NSW), and a Graduate Certificate in Midwifery Diagnostics and Prescribing (completion due November 2025), which will expand the scope of practice.

Collaboration has been a highlight, with co-facilitation of Love Bites at Casino High School, a menstrual health workshop for Year 7 students at Evans Head High, and meetings with services including Choices Clinic, Aboriginal Maternal Infant Health Service, Rekindling the Spirit, Women's Health Nurse consultants, and the Multicultural Community Engagement officer.

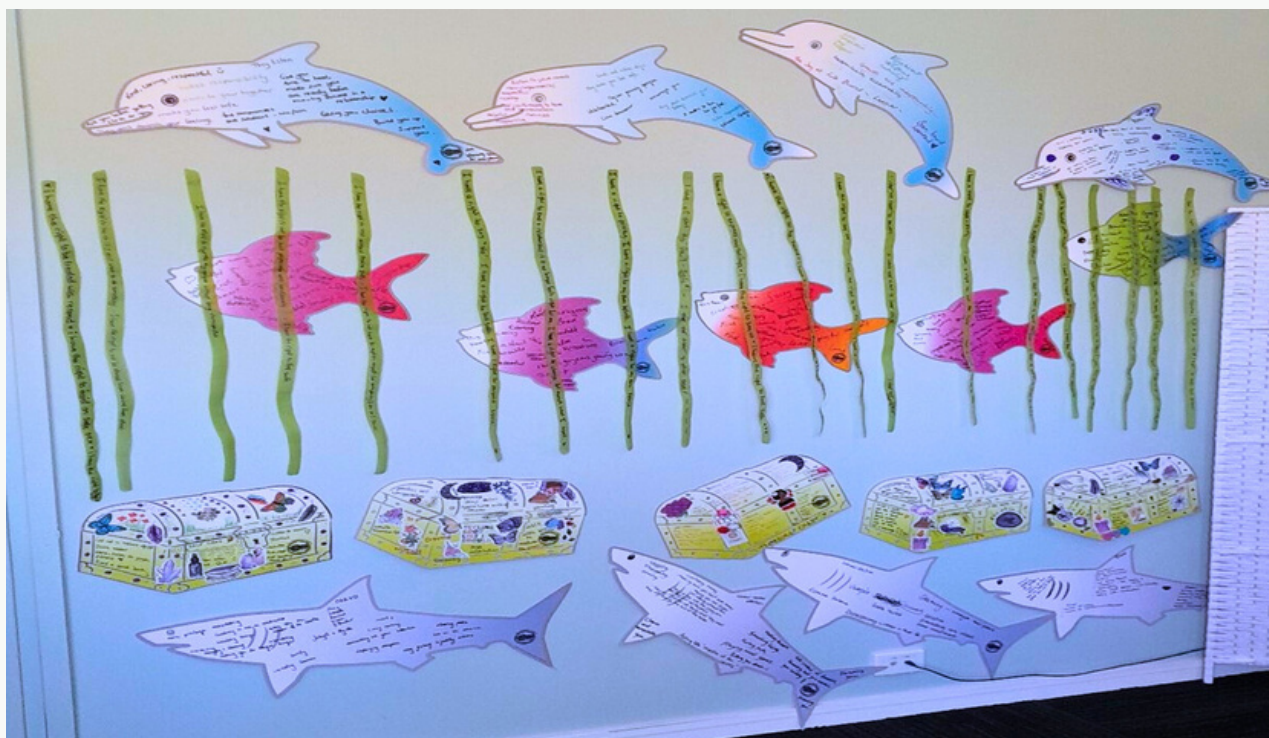
It is an honour to work with a team that centres women and feminist values, and to provide meaningful care to women across the Northern Rivers region.

Shark Cage Report

Kristin Alexander

The Shark Cage group program for women has completed its second year at WHNR and it has been a privilege to continue as the lead facilitator. June 30th, 2025 marked the completion of the 2 yrs funding grant received from the Paul Ramsey Foundation that allowed WHNR to launch the initial eight-week Shark Cage program for women. The grant allowed WHNR to offer the Shark Cage program at no cost to women across the Northern Rivers. Four 8-week Shark Cage groups have been run over the last year, scheduled in line with the NSW school term to make it accessible for women with school age children to attend. The cohort of women have been of diverse backgrounds, ages and all abilities, inclusive of physical, psychosocial disability and neurodiversity were supported to attend the group program.

This 8-week feminist, trauma informed, and evidence-based group program was designed by Australian psychologist Ursula Benstead for women who have experienced Domestic/Family violence and/or sexual abuse in their lives. With the aim to take away self-blame, support healing and empower women. The groups content is focused on exploring a specific metaphor that we are the fish living in the ocean filled with dolphins, turtles, whales and there lots of sharks, hence the need to have a strong Shark Cage built on our Human Rights. The final session 8 ends with a visual representation of the Shark Cage metaphor as a mural on the wall.



Health Promotions Report

Nerida Colley

The Health Promotion team have had a busy and productive year with a multi-strategy approach to health knowledge and behaviour change to help reduce the burden of health inequity in our community. We have built partnerships with many organisations and increased knowledge of our service and the supports provided within the community.

The Nourish Northern Rivers project secured a grant from Northern Rivers Community Foundation to continue and expand upon the work from the past two years. The project focuses on providing resources and education about healthy budget friendly recipes post disaster and in financial crisis. These recipes can be prepared without heat or refrigeration using long storage pantry produce. As well as this, the project raises awareness around emotional health, wellbeing and supportive strategies. A spiral resource was produced and distributed that includes information on all of the above as well as where to access services. We have provided pop-up workshops across the region in emergency food hubs, community centres and pantry's including Lismore, Nimbin, Evans Head, Murwillumbah and Byron with plans to head to the Clarence and other communities. We gave out eskies, emergency food kits and resource booklets to these services as well as Emergency Housing Villages (Pods). A particular highlight was coverage by the Sunrise program and the Echo during a large multi-organisational event at the Murwillumbah Community Centre Food Hub. "The Nourish book and recipe kits have been so useful to give out to our clients who have been flood effected. It is a great way to show how to use the tinned food we give out. The beetroot and potato salad is a standout" (Woodburn Hub Volunteers).

The Strong Foundation Women's Yoga Group continues to provide a safe space for women to support their physical and emotional wellbeing through gentle and safe movement and mindfulness. The Lismore Yoga Studio partnership allows us to provide a fully equipped studio that supports all women regardless of age, experience and ability. The connection opportunity at morning tea post yoga facilitates sharing and support of those newer to the group or finding community when isolated. The Health Promotion presence supports women to access other services and provide wrap around support. There has been a large cohort of disaster impacted women attending the group in this past year. "The yoga group has been a lifeline for me. I am stronger, have less pain and my mental health has improved. I now know I need to put this before all the other priorities in my life, so I have the strength to carry on with rebuilding" (Lismore flood effected resident).

The Menopause Strategy has been a collaboration with various external partners along with Health Promotion, Women's Health Nurse and Counselling services to provide Menopause evening education sessions. Topics included Nutrition during Menopause, Emotional and Physiological changes and supports, Natural Therapies and Pharmacological approaches present by a Pharmacist from Lismore Base Hospital. These sessions were well attended and identified the need for future strategies to connect women to services and support.

Other events coordinated by Health Promotion included NAIDOC Day, Women's Health week events, No Empty Shoes DV awareness strategy as well as Health Promotion Campaigns on social media and in the Women's Health Centre focusing on prevention of chronic disease.

Counselling Report

Karin McLennan and Daniela Battaglia

WHNR provides trauma-informed counselling services to a diverse caseload of women across the Northern Rivers region, many of whom are experiencing mental health challenges or navigating complex life circumstances.

Commitment to continuous improvement

The counselling team has demonstrated a strong commitment to continuous improvement through implementation of updated policy frameworks, procedures, and practices designed to enhance the quality and consistency of service delivery. A key development has been the strengthening of referral management processes, to ensure individuals are assessed promptly and appropriately. This includes the introduction of a dedicated Mental Health Clinician who triages high-risk cases, enabling more timely and targeted support for those with complex needs. A wrap-around model of care continues to be delivered through the collaborative efforts of counsellors, social workers, and domestic violence specialists. This includes undertaking intake and assessment processes, gaining informed consent, and conducting comprehensive risk screening measures for victimised women, and undertaking safety planning where appropriate. Social workers often provide immediate support for women's urgent needs prior to clients receive counselling support, ensuring timely and tailored care pathways.

To further support effective service delivery, counsellors administer a range of psychometric measures at the outset of the therapeutic journey to better understand client presentations, inform treatment planning, and monitor progress over time. Ongoing professional development remains a priority, with staff receiving training in areas such as child protection, suicide prevention, cultural competency. Professional growth is further supported through monthly external supervision and ongoing in-house supervision and case management.

Supporting a diverse caseload of clients

Over the past year, the counselling team has supported an increasingly complex and high-risk caseload, with a notable rise in referrals involving significant trauma, and experiences of family, domestic, and intimate partner violence, as well

as childhood sexual abuse. In response to this complexity, counsellors draw on evidence-based therapeutic modalities such as Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), and Acceptance and Commitment Therapy (ACT) to address the diverse needs of clients. A range of psychotherapeutic interventions are also utilised to support clients, including use of somatic and body-based techniques, symbols and sand tray therapy, art therapy, and role play - to create a responsive and empowering therapeutic environment. Eye Movement Desensitisation and Reprocessing therapy continues to be an important component of trauma recovery work, assisting women to process traumatic memories while facilitating recovery from deeply impactful events.

Group work remains a key component of service delivery, with counsellors facilitating programs across multiple Northern Rivers locations. Creative Compassion provided safe, supportive spaces to explore self-compassion and emotional regulation, while Mindful Healing offered trauma-informed psychoeducation and skills-based learning drawing upon mindfulness-based techniques. The Menopause Group focused on managing menopausal symptoms through a self-compassionate lens.

New initiatives

This year saw the launch of key initiatives aimed at increasing accessibility and strengthening service impact. An outreach counselling service was introduced through placement of a counsellor at the Mullumbimby & District Neighbourhood Centre, an important step in extending support to clients in Mullumbimby and surrounding areas. Additionally, a new five-week, skills-based group program was developed and delivered, to help women better manage difficult thoughts, emotions, and behaviours. Program modules included mindfulness, emotion regulation, distress tolerance, cognitive restructuring, and nervous system regulation, providing participants with practical tools for everyday wellbeing.

EVENTS with IMPACT

At WHNR, events play a vital role in:

- Raising awareness about health, wellbeing, and social issues.
- Creating entry points for women who may be hesitant to seek individual support.
- Fostering community connection, reducing isolation, and building confidence.
- Driving referrals into our broader services, including counselling, health programs, and advocacy.

This year's events have been both meaningful and deeply rewarding, leaving a lasting impact on our community.

Lismore Women's Festival

The event **was to be held** on International Women's Day – 8 March, 2025 at the Quad in Lismore utilising surrounding buildings as follows: Art Gallery, Library and Conservatorium. Based on forecast of cyclonic conditions and large amounts of rainfall it was decided to cancel the Festival on Monday, 3 March. The region was declared a natural disaster zone on Thursday, 6 March.

We had an overwhelming response from individuals, small business owners and local community organisations to be a part of the Lismore Women's Festival.

An Evening with Jess Hill

An Evening with Jess Hill was held at the Star Court Theatre on Thursday, 26 June. We sold 248 tickets. Thank you Board Member Amy Colli for being the WHNR representative on the night. We launched our new name and brand identity which was displayed on the big screen throughout Jess Hill's delivery. Jess Hill was an absolute delight. Mel Bampton was MC and the event was supported by Byron Bay Singing.

WHNR was part of the organising committee for the Reclaim the Night rally and march which was held at the Lismore Quad on 24 October 2024.

WHNR hosted a Domestic Violence Vigil at the Lismore Regional Gallery forecourt on 24 May 2025.





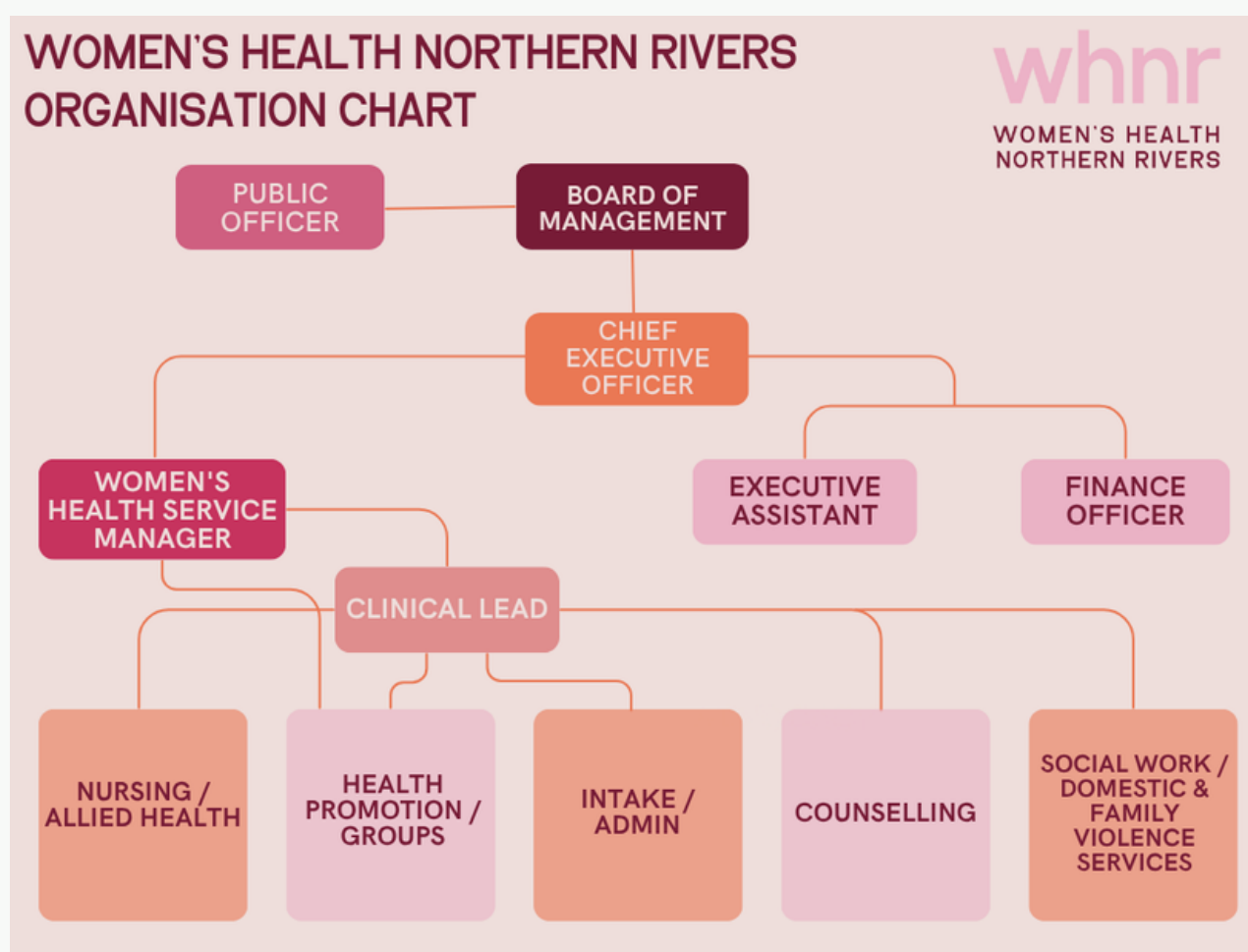
Our year in pictures



Our Organisation and Structure

Women's Health Northern Rivers (WHNR) is governed by an elected Board of Management, ensuring strong leadership, accountability, and alignment with our mission. The Board provides strategic oversight while our dedicated staff deliver services that empower women and gender-diverse people across the Northern Rivers.

As part of our 2025 rebrand and restructure, we reimagined our organisational design to strengthen governance, improve service integration, and enhance responsiveness to community needs. This new structure reflects our commitment to a social model of health, trauma-informed practice, and collaborative care.



Our People

Board of Management

Members as at 30 June 2025

Peta Yaxley - Acting Chair, Treasurer
Jane Gold - Secretary
Gabrielle Lavis - Ordinary Member
Amy Colli - Ordinary Member
Pauline Tawhara - Ordinary Member

Finishing Members

Tricia McKay - 28/9/2024
Justine Dorrell - 27/11/2024
Jenna Fletcher - 27/12/2024

WHNR Staff

Kim Boyd - Chief Executive Officer
Jacqueline Alinaitwe - Operations Manager
Sandra Denison - Finance Officer
Madeleine Smith - Executive Assistant / Communications Officer
Emma Siegel - Women's Health Service Manager
Katrina Cheval - Intake and Referral Officer
Julijana Vranic - Clinical Lead
Krsna Mayshack-Mendero - Case Worker
Emma Pearse - Intake and Referral Officer
Kath O'Driscoll - Women's Health Nurse
Nerida Colley - Health Promotions Officer
Rhannon Hill - Dietician, Health Promotions Assistant
Daniela Battaglia - Counsellor
Karin McLennan - Counsellor
Alyse Parham - Project Manager Women's Outreach Trauma Health Service
Micaela Martin - Social Worker
Jess Barrett - Social Worker
Sonja Habenicht - Psychologist
Alice White - DV Specialist

Treasurer's Report

Sandra Denison (Finance Officer)

WHNR Inc has recorded a net deficit of \$70,054 for the year ended 30 June 2025. This compares to last year's deficit of \$144,257.

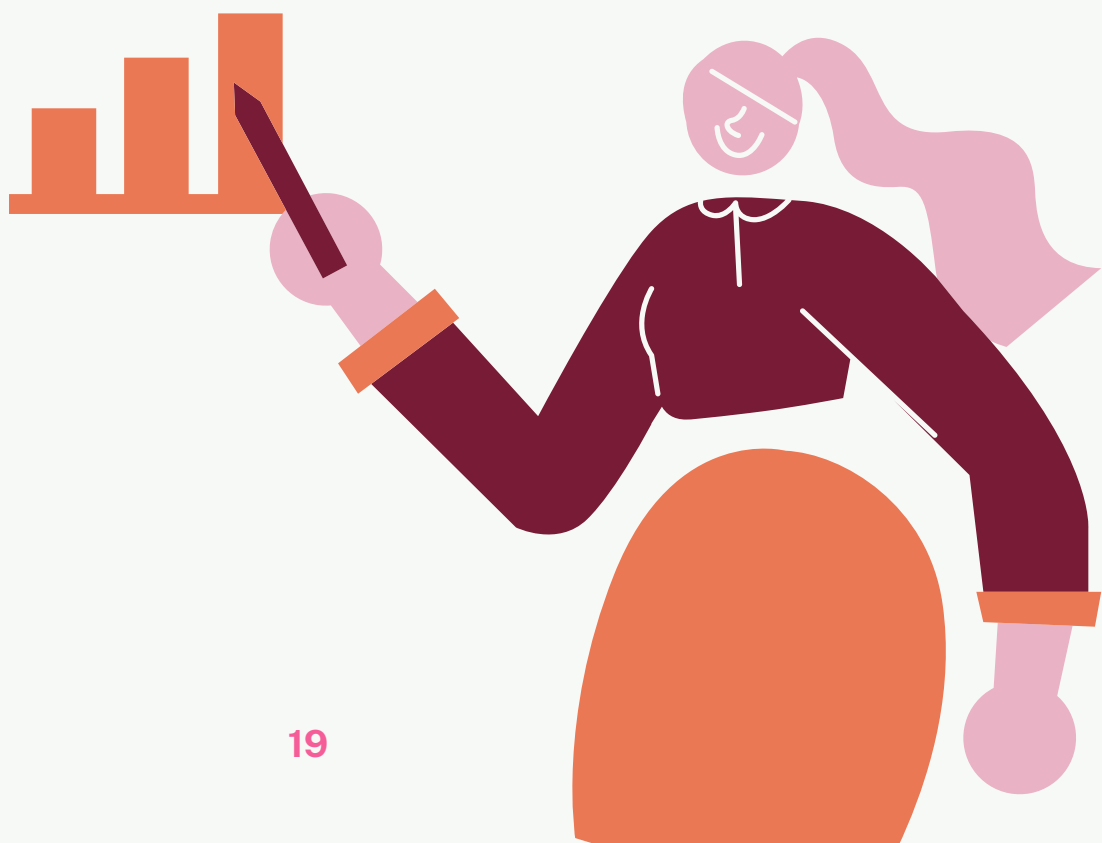
There were grant acquittals during the financial year of the following longer-term projects:

- Worth project, funded by DCJ, running from 2022 to 2025.
- Shark Cage project, funded by the Paul Ramsay Foundation, running from 2024 to 2025
- Shark Cage for Young Women, funded by Healthy North Coast, running from 2024 to 2025.

The renovations at 60 Uralba St Lismore were also completed during 2025. The total cost of the updates over the past two years was \$81,541 and this was fully funded by the State Government. There has been a significant improvement in functionality with the service now having three counselling rooms (previously one). The premises are now more professional and welcoming to all clients.

Salaries and on-costs remain a significant expense, totalling \$1,463,981. As a service organisation, it is essential that dedicated and experienced staff are employed, who can deliver on funding requirements while providing a professional, friendly service to all clients.

WHNR Inc remains in a strong financial position with net assets of \$1,113,489 (2024: \$1,160,494). However, future sustainable income streams require attention with the conclusion of funding for some key projects during 2025.



Acknowledgements

We acknowledge the following for their contributions to this Report:

- Contributing Board and Staff Members for submissions
- Executive Assistant for co-ordination and design
- Clients for their testimonials

We give thanks for the financial support we've received throughout the year to the following:

- Northern NSW Local Health District
- NSW Ministry of Health
- Paul Ramsey Foundation
- Northern Rivers Community Foundation
- Department of Communities and Justice



We thank you for your unwavering support which enables us to continue to provide a safe, inclusive, and confidential space where women can access a wide range of health and wellbeing services

Women's Health Northern Rivers Inc. 2024/25 Financial Report for the year ended 30 June 2025

REPORT by MF Partners Chartered Accountants

