



Families Tasmania Board Information Pack July 2022

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BACKGROUND

The Child Welfare Association (CWA) was formed on the 19th September 1917 in Tasmania with the primary objective of reducing the high infant mortality rate with education and support for mothers. At the time 11.6% of babies died in their first year of life.

The CWA committee lobbied the Government to hire the very first Child Health Nurse to visit the homes of new mothers and offer parenting support. Through fundraising they also established the very first Child Health Clinics in Hobart and Launceston. Throughout the following decades, additional Child Health Clinics were established in areas of need with the CWA responsible for establishing, fitting out and maintaining the clinics.

By 1954 the association had established 92 clinics across the State and the Child Welfare Association (CWA) was a widely recognised and valued advocacy organisation that sought to improve child health through the promotion of contemporary scientific knowledge about child care and home hygiene. Every clinic had its own CWA committee, whose primary purpose was to raise funds for ongoing operational costs and maintenance. In the 20-year period attendances at clinics grew from 8,659 in 1920 to 23,078 in 1940.

It was not until the early 1990s that the Child Health Association (CHA) was freed of covering all the running costs of Child Health Clinics enabling the Association to spend more time on health promotion and advocacy; running several state-wide campaigns on health issues, including the use of infant and child restraints in cars, immunisation and safety.

In 2002-2003 there was a change of name to Child Health Association Tasmania with the acronym CHAT. Programs such as a playgroup, pram walking groups and new parents' groups were introduced and facilitated by the Association.

In 2021 the Association's name was changed to Families Tasmania, following a comprehensive stakeholder audit and community consultation period. The name intends to cement the Association's position as a support, advocacy and wellbeing service for Families and to stop any confusion with the Child Health and Parenting Service

PURPOSE

Families Tasmania is a universally accessible organisation that focuses on providing a range of evidenced based services that support and empower families. Our mission is to empower Tasmanian families to build their health and wellbeing through advocacy, education, community connections and support programs. This is done via:

CAPACITY BUILDING AND COMMUNITY ACTIVATION:

- Family Food Patch program – training for parents/carers/community workers with children 0-12yrs as peer educators. Topics including introducing solids, lunchboxes, fussy eating, getting children involved, family meals and physical activity.
- Virtual Havens - Social engagement opportunities for isolated families

- The Havens – Family friendly drop-in and events spaces in the Hobart CBD
- Community connectors – various multi agency community activation events, connecting and supporting rural and regional families
- Building and supporting fundamental parenting skills – information sessions, education and support. Multi-agency partnerships for delivery
- Tasmanian Healthy Families Food Coalition co-founder: shifting emergency food relief to food security
- Dynamic and innovative social media content, engagement and connection with a reach of over 16,000 across platforms including moderated, safe groups for positive engagement and support.

RESOURCES AND INNOVATION

Responsive and adaptive to community need through grassroots engagement. Evidenced based resources developed with an accessible, plain language and health literate lens:

- Well Fed Tasmania food truck
- Kitchen ABC123 food literacy toolkit
- Food skills: activity sheets, 2minutes 'how to' recipe videos and postcards
- Being Active Matters 0-5yrs active play guide, posters and FFP activity postcards
- Building Healthy Smiles instructional flip chart and oral health 'key message' postcards

For a comprehensive list of our programs and services, please visit our website:

www.familiestasmania.org.au



Our Vision

Tasmanian Families are connected, supported and empowered to build their health and wellbeing.

Our Mission

Empowering Tasmanian families to build healthy lives through advocacy, education, community connections and support programs.

Our Values

Integrity



Advocacy, authenticity, strive for continuous improvement, evidence based, best practice

Playful



Engaging, creative, innovative, fun, curious, family friendly and informal provision of support, relatable

Inclusive



Accepting, non-judgmental, fully accessible, respect, collaborative, adaptable, plain language communication

Supportive



Openness, kindness, compassion, empathy, flexibility, responsive, responsive to needs and anticipated needs

Connections



Focus on positive partnerships, fostering connections (parent to parent, parent to child, family to community), family pathways, beneficial collaborations, focus on capacity building

Areas of Strategic Focus



Support

- Community Activation Events
- Transfer from online engagement to accessing programs and events
- Parent groups (6-18 months) – building fundamental parenting skills and confidence
- Family Food Patch – building fundamental food skills to community food security.



Advocacy

- Peak body status
- Family advocates
- Building awareness
- Developing an advocacy strategy
- Being a voice from families to government
- Educating and advocating on the importance of the early years



Wellbeing

- Capacity building
- Mindfulness/yoga/food skills (up to 12yo)
- Family Food patch
- Healthy start expo
- Family Christmas Festival – state-wide
- Mental health and wellness for families
- Food truck – healthy catering for events



Sustainable Organisation

- Funding diversification
- Core funding: 0-5yrs (0-12?)
- Food patch: 0-12yrs
- Membership activation and retention
- Communication and marketing strategy
- New partnerships/strategies to deliver new initiatives
- Succession planning for board and CEO
- Staff capability and capacity

THE BOARD

THE CONSTITUTION

Families Tasmania Inc. (formerly Child Health Association Inc.) was established as an Incorporated Association on the 16th, October 2005 under the Association Incorporation Act 1964. *The Constitution* outlines the functions and powers of the Association, and establishes a framework for the good governance and management of its activities. The Constitution can be found [here](#).

THE BOARD

The Association's principal governing body is the Board. The powers of the Board are detailed in the Constitution and include:

- To oversee the business and affairs of the Association;
- May exercise all the powers and perform all the functions of the Association, other than those powers and functions that are required by these rules to be exercised by general meetings of members of the Association; and
- Has power to do anything that appears to the Board to be essential for the proper management of the business and affairs of the Association.
- The Board operates as a Board of Governance, at a strategic level, with operational management being the responsibility of the CEO

THE ROLE OF BOARD MEMBERS:

- Strategically promote the role, programs and activities of Families Tasmania Inc;
- Support the achievement of Families Tasmania Inc. vision, mission and values; and
- Comply with all relevant legislation, financial requirements, regulations, standards, codes and Families Tasmania Inc. policies and procedures.

BOARD STRUCTURE

The Constitution stipulates that the Association will have an Executive as follows: President, Vice President, Secretary, Treasurer and two to four elected committee members. The normal term of membership of the Board will be two years from the Board member's election at the Annual General Meeting. Board members are limited to not more than three consecutive terms.

MEETINGS

The Board meets not less than six times annually. These may be online or in person.

EXPRESSION OF INTEREST

Expressions of Interest are sought from persons who believe that they can add value to the activities of Families Tasmania and its purpose. Member recruitment will be based upon the individual having an appropriate mix and balance of skills, knowledge and experience as set out in the selection process below.

SELECTION PROCESS

Members are appointed on the basis achieving a Board that has an appropriate mix and balance of skills, knowledge and experience required for it to fulfil its functions.

Complete the prescribed Application form; and must:

- *be committed to the “objects” of the organisation;*
- *have no conflict of interest, as deemed by the majority of the Board;*
- *provide a resume detailing skills and interests that would benefit the Objects of the Association;*
- *Provide a Statement of Interest detailing commitment and suitability to the Board position;*
- *provide two professional referees; and*
- *hold, or be willing to obtain, a working with vulnerable people registration.*

Nominations of candidates for election as directors of the Association are to be –

- (a) made in writing signed by 2 members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the nomination); and
- (b) delivered to the public officer of the Association at least 10 days before the date fixed for the holding of the annual general meeting
- (c) elected at the annual general meeting of the Association each year

Completed EOI to be sent to board@famielstasmania.org.au