



Board Information Pack 2020

A large, stylized green flower graphic with five petals, each containing a lighter green circular center, serves as a background for the text.

Child Health Association Tasmania
McDougall Building, Ellerslie Rd, Battery Point, 7004

Contacts:

Liz Crane
Chief Executive Officer
e: seo@chatas.com.au
p: 0428 221 886

Andrea Porte
Board President
e: president@chatas.com.au
p: 0418 114 313

HISTORY

The Child Welfare Association grew out of the early twentieth-century movement to improve the health and welfare of the nation. It was formed in 1917 after a public meeting called by the Women's Health Association, its members united by a common aim to reduce the high infant death rate. The Association sought to do this by education and intervention. By 1918 it had established the first child health clinic in Hobart, where mothers and babies could receive health and mothercraft advice from a government-employed nurse, volunteers and doctors. By the 1930s more clinics had been established round the state.

Through fundraising, work circles, education and deputations to government, the Association was able to extend its work to projects ranging from the supply of pure milk to the organisation of school classes in mothercraft and infant hygiene. With government assistance, it opened a Mothercraft Home in New Town in 1925 as an adjunct to home and clinic visits. The Home was modelled on the New Zealand Karitane hospitals established through the work of Dr. Truby King and offered special treatment for mothers and babies and the training of child welfare nurses. The Association ran the home until 1947 when the government assumed responsibility.

The strong growth of the infant and maternal welfare movement was reflected in the formation of a State Council in 1950 which co-ordinated the efforts of the Association across Tasmania. In 1956, it changed its name to the Child Health Association to avoid confusion with the government Child Welfare Department. Today it continues to provide valuable support to the work of the government's family, child and youth health strategies.

FUNCTIONS AND SERVICES

The Child Health Association Tasmania is a 103yr old organisation that continually reappraises purpose and evolves to meet community need.

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

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 and Launceston 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 for all.
- 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 lense.

- 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

EVIDENCE BASED

Accredited parenting programs using current best practice;

- Bringing Up Great Kids
- 123 Magic Emotional Coaching

All content shared and resources developed align with national guidelines:

- Australian Guide to Healthy Eating
- Australian Infant Feeding Guidelines
- 24hr Movement Guidelines

PARTNERSHIPS AND COLLABORATIONS

- Local councils - family support and events
- Neighbourhood Houses and Community Centres
- Child and Family Centres
- Women's Health Tasmania – Parenting Wellbeing sessions
- Mission Australia/Dressed for Success – Employment Skills Workshops for Women
- Move Well Eat Well program – school and childcare centre activities
- Tasmanian School Canteen Association – Well Fed Tasmania partners, Tasmanian Healthy Families Food Coalition co-founders
- Playgroup Tasmania – community picnic and play hubs
- Migrant Resource Centre - developing culturally appropriate co-designed workshops and support networks
- Eat Well Tasmania – What's in Season campaign and Tasty Tasmania YouTube channel steering committee members; Tasmanian Healthy Families
- Food Coalition co-founders
- 26TEN; Supporting literacy and numeracy through Kitchen ABC123 tools and workshops
- B4 Coalition and other early years networks such as Families and Children Tasmania (FACT), Northern Early Years Network; accessing data and resources.

STRATEGIC PLAN 2018 – 2021

Vision

Tasmanian families are connected, supported and empowered to build healthy lives.

Mission

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

Health

Tasmanians are engaged in positive, purposeful and supportive health related activities and encouraged towards lifelong participation.

Values

Relationships

We achieve growth and strength through partnerships and connections with our members, their communities and stakeholders.

Excellence

We have high expectations for our families and a strong commitment to the pursuit of excellence and innovation in our staff, in our programs and in our resources.

Respect

Positive and effective interactions, with each other that are inclusive and honest.

Equity

We all have the right to access and engage with CHAT programs in a supportive environment.

Our Three Key Areas of Strategic Focus



Financial stability and growth

- Fundraising
- Raising capital for increased service provision
- Monetizing assets and resources



Increasing positive partnerships

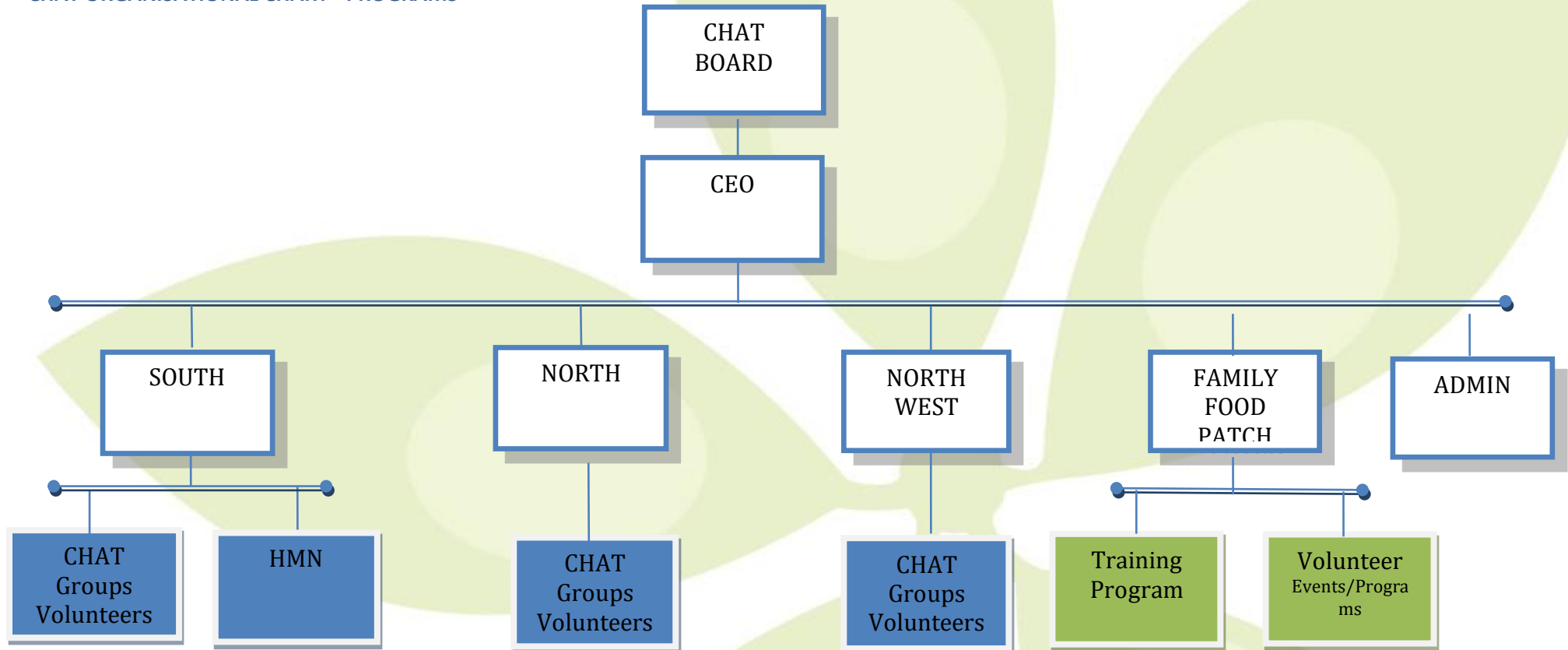
- Strengthening our relationship with the Child Health and Parenting Service (CHaPS) to support new parents
- Partnering with new organisations in dynamic ways
- Supporting and growing our volunteer base



Creating relevant services, resources and education

- Using technology and resources in dynamic and innovative ways
- Launching and developing the app and other online resources
- Supporting working families
- Being involved in our community

CHAT ORGANISATIONAL CHART - PROGRAMS



- **CHAT Core Funding**
- Funded by Communities Tasmania



- **Family Food Patch**
- Partnership program between CHAT and Population Health (DHHS)
- Funded by Population Health Tasmania

MANAGEMENT AND GOVERNANCE OF THE ASSOCIATION

THE CONSTITUTION

Child Health Association of Tasmania 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

BOARD MEMBERS:

- Strategically promote the role, programs and activities of CHAT;
- Support the achievement of the CHAT vision and stated values; and
- Comply with all relevant legislation, financial requirements, regulations, standards, codes and CHAT 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.

SUB-COMMITTEES OF THE BOARD

The Board may

- appoint a subcommittee or sub-committees; and
- prescribe the powers and functions of the sub-committee(s)

The Board may co-opt any person as a member of a sub-committee, whether or not the person is a member of the Association.

MEETINGS

The Board meets not less than six times annually.

BOARD SELECTION PROCESS

There are eight positions on the Board.

The procedure in filling vacancies is as follows:
Complete the prescribed Application form; and must:

- be committed to the “objects” of the organization;
- 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 two professional referees; and
- be willing to undertake or provide a Good Character Check.

Nominations of candidates for election as officers of the Association or as ordinary committee members 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.

Child Health Association Tasmania at a glance - Locations:

State Office – McDougall Building, Ellerslie Rd, Battery Point, 7004 Liz Crane – Chief Executive Officer M: 0428 221 886 E: seo@chatas.com.au	South Lisa Rushton - Southern Regional Coordinator M: 0417 551 937 E: src@chatas.com.au Emma Rowell – Family Food Patch Program Manager M: 0438 926 242 E: familyfoodpatch@chatas.com.au
North Susannah Koch - Northern Regional Coordinator M: 0429 166 565 E: nrc@chatas.com.au	North West Susannah Koch – North West Regional Coordinator M: 0429 166 565 E: nwrc@chatas.com.au

The Board:

Voting members of the Board:

- 8 elected Board members

Non-voting member of the Board:

- Chief Executive Officer of the Association (paid staff member)

Staff:

Chief Executive Officer

Regional Coordinators – South, North, North West

Family Food Patch: Program Manager

Other Project Staff

Volunteers





child health
association tasmania

**The following programs are part of
Child Health Association Tasmania**

Family Food Patch
The Haven (Hobart)
The Haven on Patterson (Launceston)
Hobart Mums Network
Pram Walking Groups
Special Interest Groups
Resource Libraries
Retailers Discount Program

To find out more about our programs and membership, please visit our website www.chatas.com.au