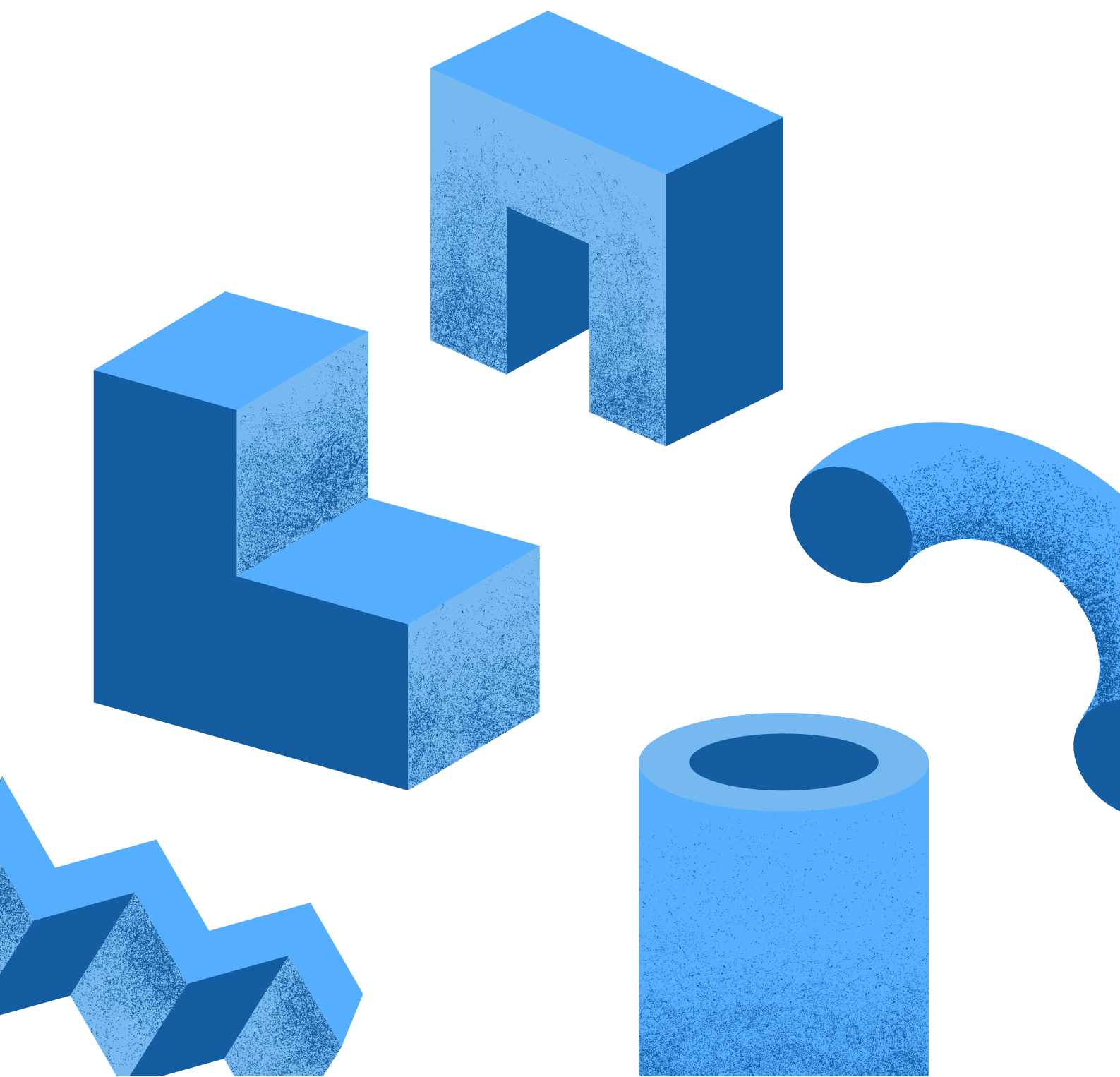


Annual Report 2021-2022

Collective of Self Help Groups Inc.



Acknowledgements

COSHG acknowledges the Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, and to Elders both past and present.

COSHG gratefully acknowledges support from the Department of Health and the Department of Families, Fairness and Housing.

We would like to thank our members and supporters, and Ross House Association staff for their continued support.

The Management Collective thanks our workers' efforts over the last financial year.

Annual Report 2021-2022 produced by:

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November 2022

Incorporated Association Number: A0012004L
ABN: 45409620181

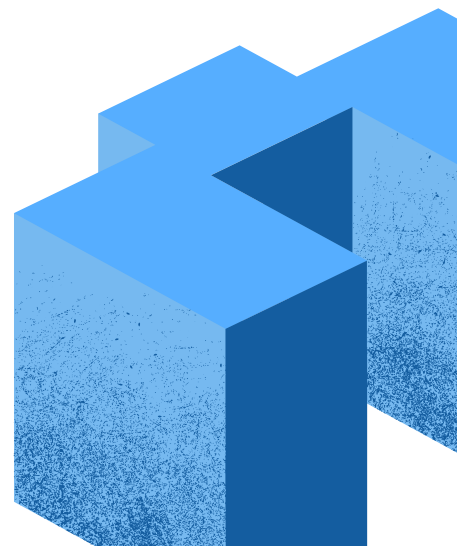
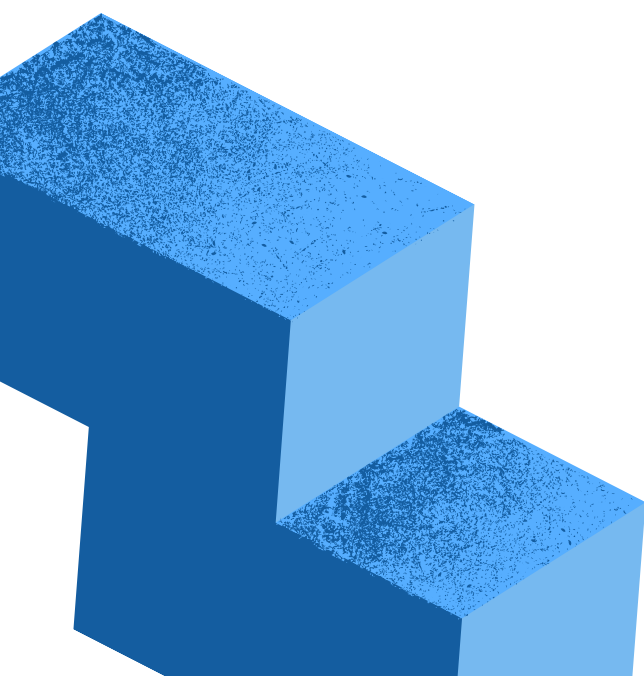


Table of Contents

1	Overview
2	What We Do
3	Core Activities
4	Projects
5	The COSHG Team
6	Financial Statement



Overview

The effects of the COVID-19 pandemic continued to be felt across the 2021-2022 financial year.

Changes to how we work and live have had many impacts on self help groups, our members, and how COSHG delivers our service.

Throughout the year, we continued our focus on providing support and resources to people looking for self help groups and those starting and managing them. Findings from our survey, 'How is your group staying connected during COVID-19?' has informed how COSHG will engage groups going forward.

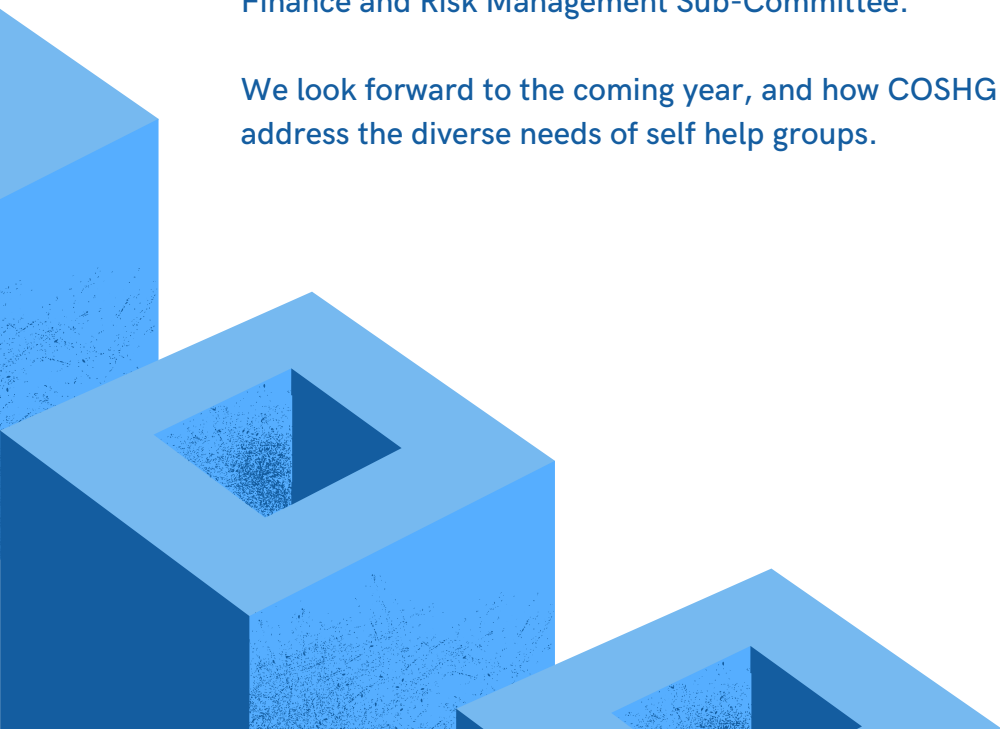
A focus on digital engagement is now more important than ever, and we have adapted to using Zoom, working from home, engaging our members through our e-newsletter, and ensuring the website is up to date.

Other ongoing projects include database management, growing our membership base, and the 'Picturing Social Justice' project.

COSHG received funding from the Department of Health and the Department of Families, Fairness and Housing, and we thank them for their support.

After the easing of COVID restrictions, the COSHG office was re-opened in Ross House. Christine McAuslan continued to represent COSHG in the role of Chairperson on the Ross House Association Committee. Jeff Coley sits on the Finance and Risk Management Sub-Committee.

We look forward to the coming year, and how COSHG can keep adapting to address the diverse needs of self help groups.



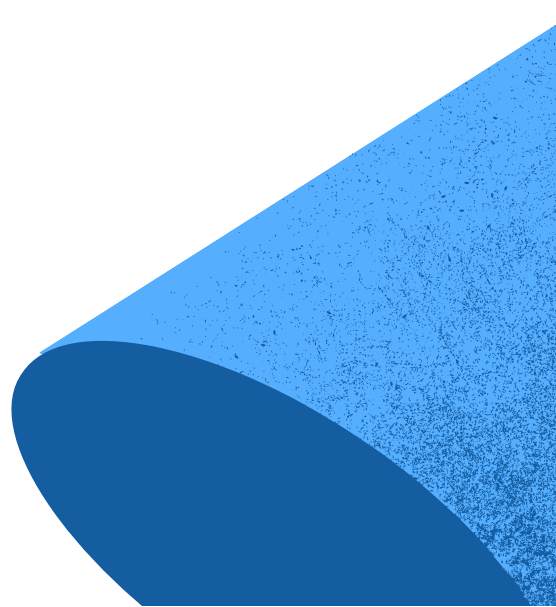
What We Do

COSHG has over 45 years of experience working with self help groups

We support people who are establishing or maintaining self help or support groups, and those who are looking for a group to address shared issues of discrimination, disadvantage, disability, isolation and inequality.

COSHG values and promotes the benefits of self help and support groups to address health and mental wellbeing in the community.

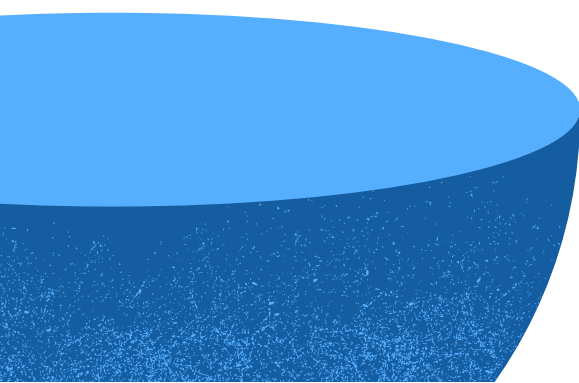
We do this by:

- Developing the self help/support group movement across Victoria, encouraging new and emerging self help groups as they form, and assisting groups in meeting their evolving needs.
 - Providing networking opportunities to encourage mutual support and exchange of ideas, skills, information and experience, through linking individuals and groups with appropriate groups and organisations.
 - Sharing information to aid and resource groups to enhance capacity building, raise community awareness and education, and address the needs of groups and members.
- 

Core Activities

We maintained a focus on our core activities to support new and established groups, and people looking to access self help and support groups.

Areas of focus:

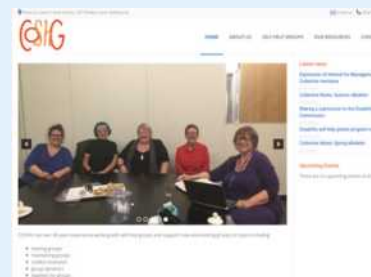
- Assisting established and new groups.
 - Responding to diverse inquiries relating to self help/support groups.
 - Promoting COSHG and the benefits of self help groups.
 - General administration, including liaising with the Department of Health and Department of Families, Fairness and Housing.
 - Fulfillment of any agreements relevant to funds granted.
 - Researching funding opportunities and creating reports and acquittals for grants received.
 - Holding regular COSHG Management Collective meetings.
 - Engaging in networking and information sessions, as time and resources allow.
 - Ensuring the office and equipment is maintained.
- 

Projects

In addition to our core activities, COSHG continued work on our key projects across 2021-2022.

Website

Work on updating the COSHG website continued across the year, with an audit of current content, navigation structure and new content underway.



Newsletter

Our newsletter, 'Collective Notes' was sent every quarter to our membership database to engage supporters and share resources about self help, grants, and information of interest.

Survey

Results from our survey, 'How is your group staying connected during COVID-19?' has helped us understand how our members have been faring during the pandemic.

Key conclusions from our survey informed a focus on digital engagement, and plans to adapt to the changing needs of groups.





Database

We continued work on updating and managing our database in 2021-2022. After receiving funding in 2020-2021 to upgrade our software and develop a new database, Community Development worker Jessy Scott focussed on contacting members, finding new groups and updating the database entries to create a new version of the membership registry.

COSHG also invited members to contact us to change their details and to share their experiences.

'Picturing Social Justice' project

COSHG holds an eclectic collection of social justice campaigns and event posters dating from the 1980s and 1990s. With previous funding from Public Records Office Victoria (PROV), the restoration of damaged posters was undertaken by students at Melbourne University's Grimwade Conservation Services. On hold due to COVID-19, a number of posters were restored during 2021-2022 and we have plans to exhibit them in the coming year.

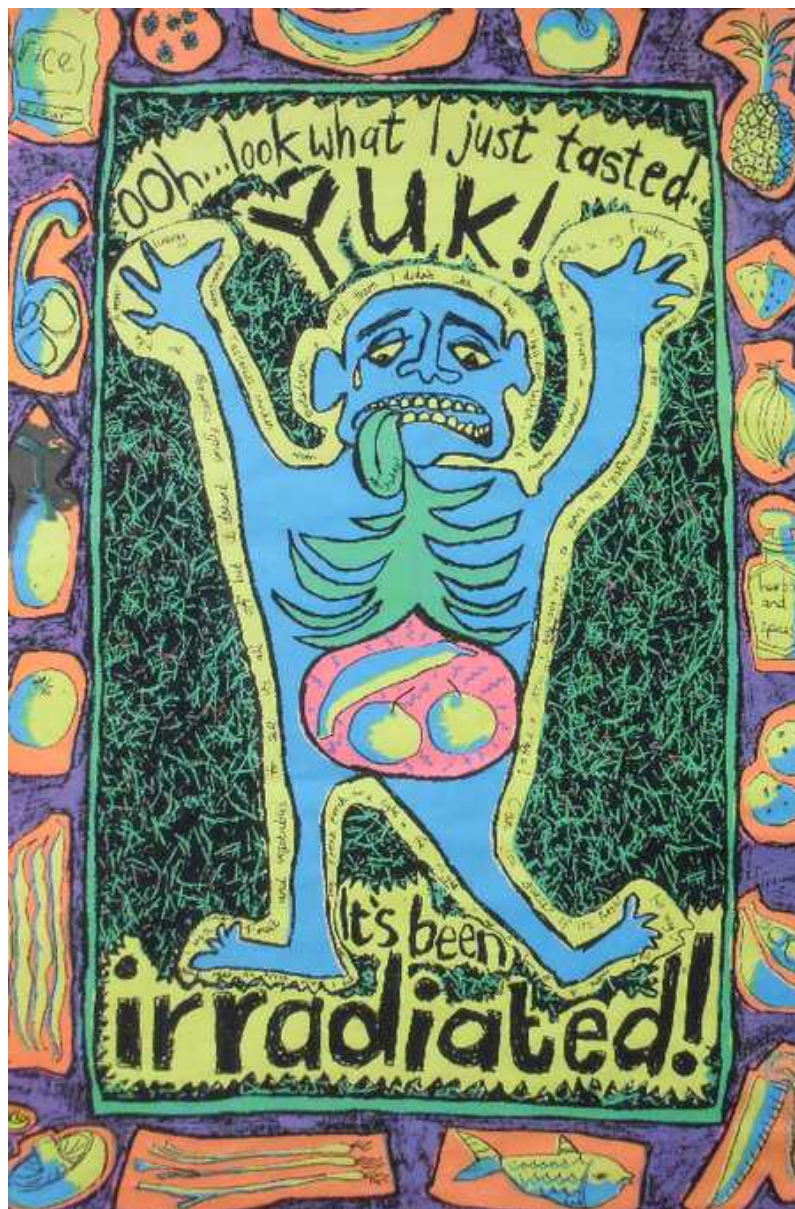


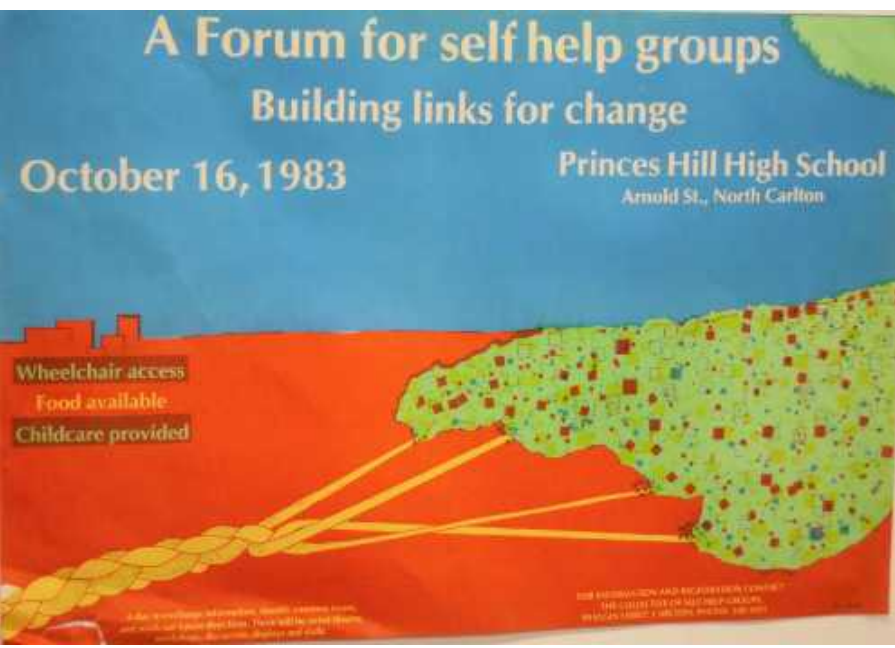
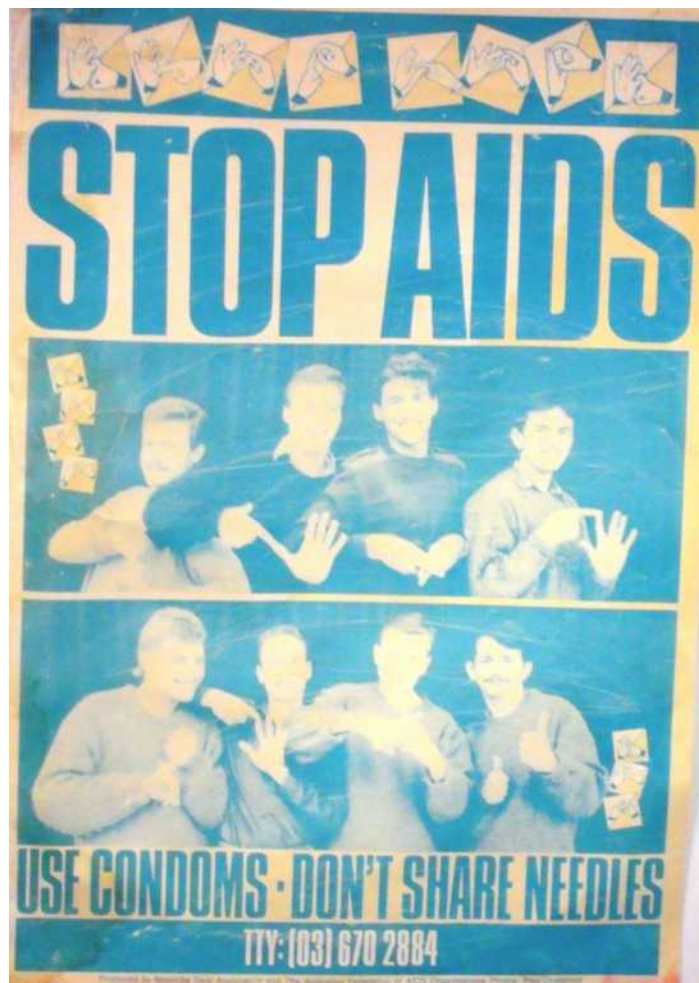
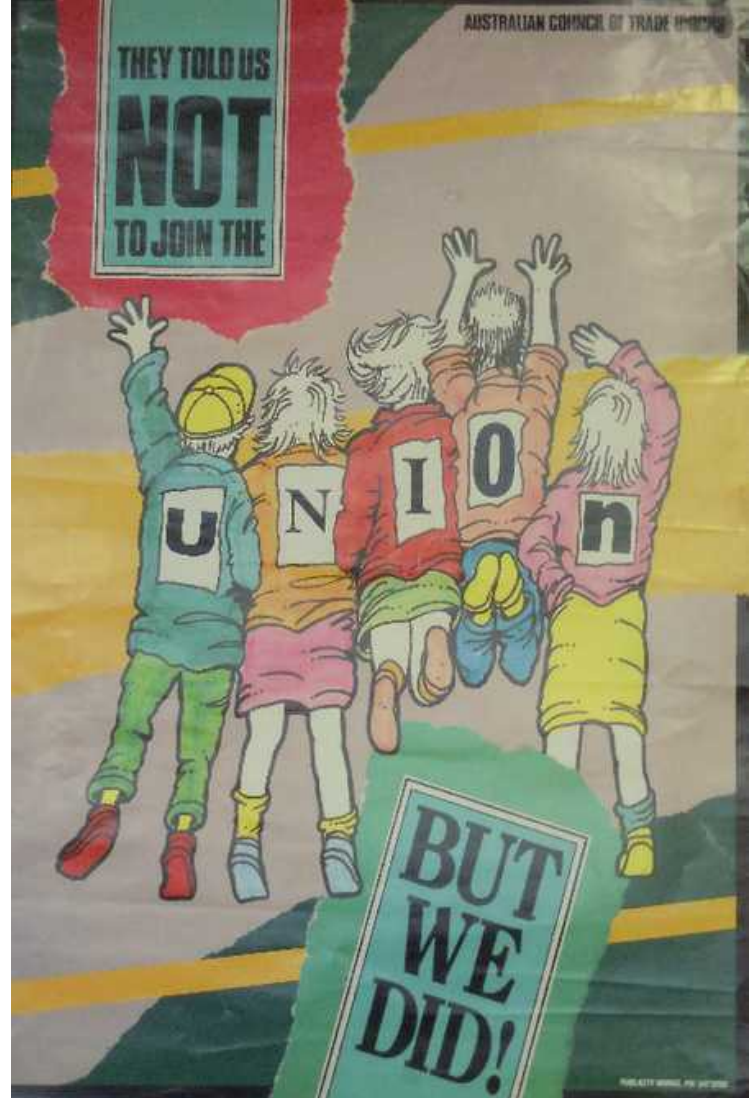
Archival library

We manage a library of material relating to self help groups from the mid-'70s onwards.

Access to this collection requires an appointment and due to the rarity of much of the library content, there is limited borrowing.

'Picturing Social Justice' posters





The COSHG Team

Jeff Coley, Administration /Community Development, managed our funding compliance and administration.

Christine McAuslan continued to mentor and support the workers across the year. Christine is rewriting the COSHG publication, *In the Same Boat*.

Jessy Scott, Community Development, worked on the new database, created new resources, managed the newsletter and website content.

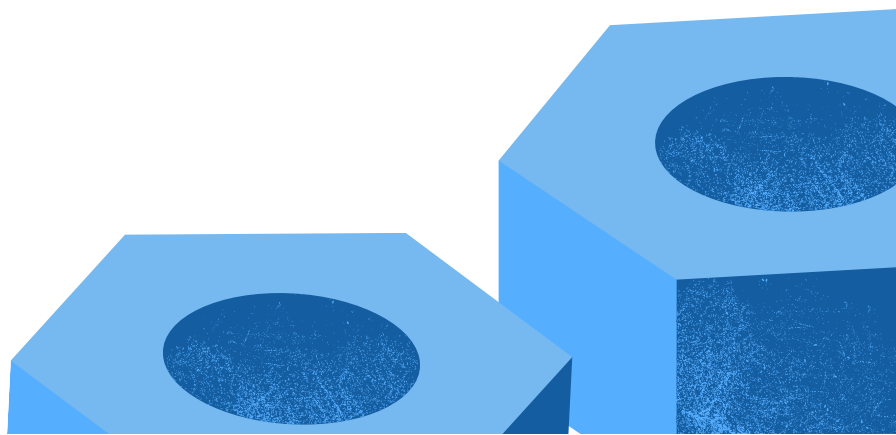


The Management Collective

The COSHG Management Collective operates in a non-hierarchical model within a community development framework. Members are elected at the AGM, to support and oversee the administration of COSHG. The Management Collective meets approximately every six weeks, using Zoom or a combination of face-to-face and Zoom.

Collective members:

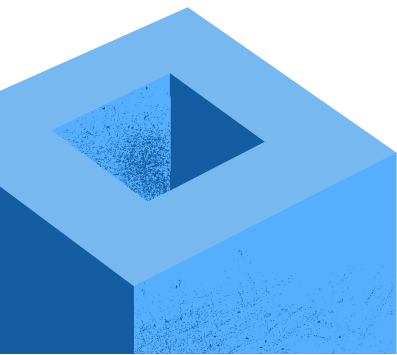
Christine McAuslan
Lynette Macdonald
Roger Bruhn
Christine Williams
Jeff Coley



Financial Statement

Balance Sheet Summary:	June 2022	June 2021
Total Assets	\$38,038	\$48,839
Less: Total Liabilities	\$7,059	\$13,772
Total Equity:	\$30,979	\$35,067

Please note: There is no legal or current funding requirement to have our accounts audited.



Income and Expenditure for period 1 July 2021-30 June 2022

Income		
	2021-2022	2020-2021
Department of Health and Department of Families, Fairness and Housing	63,839	112,269
ILC Funding	0	0
Grants - PROV	0	361
Interest	83	252
Forum/Workshops	0	0
Other	0	0
Subscriptions	10	60
ATO Cash Flow Boost	0	10,000
Total Income:	\$63,932	\$122,942

Expenditure		
	2021-2022	2020-2021
Wages	53,621	77,996
Subscriptions/Fees	1,212	1,216
Superannuation	5,959	7,439
Workcover	275	252
Equipment	0	1,315
Telephone	150	161
Printing & Stationery	0	175
PROV Posters	0	0
Postage	0	20
Office Expenses	199	632
Repairs & Maintenance	0	0
Bank Charges	59	73
Rent & Internet	6,460	6,870
Website	0	940
Professional Development	35	130
Workshop Expenses	0	788
Catering	50	246
Travel/parking	0	0
Total Expenditure:	\$68,020	\$98,253

Surplus/(Deficit):	(\$4,088)	\$24,689
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