

ANNUAL REPORT 2021



Centre for
Muslim
Wellbeing



Acknowledgement of Country:

We acknowledge that our work takes place on the lands of the Wurundjeri people of the Kulin nation. We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their elders past, present and emerging.

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What's a conversation
that's yet to be had?

Thank you for taking the time to read this letter.

I know that the world is full of people who are trying to make a difference, but I also know that the world is full of people who are not. I am writing to you because I believe that you are one of the people who are trying to make a difference.

I hope that you will find this letter inspiring and that it will encourage you to take action.

new fiction
LIDIA YUKNAVITCH
TED
COLATIONS
HIDDEN WHOLENES
Brend Brown
Ph.D. C.M.S.W.
Just Me
STAY
CONNECTIONS

acknowledgement
I acknowledge the Aboriginal people of this land and pay my respects to the elders and emerging people of this land. I also acknowledge the health and healing which has been practiced for thousands of years.



Welcome

to the Centre for Muslim Wellbeing

*Message from the Chair, Sherene Hassan
and the Executive Officer, Ayman Islam*

Dear friends and supporters,

We would like to acknowledge the traditional owners of the land we gather on and pay our respects to their elders past and present.

Peace and blessings be upon you all.

It is a great honour and pleasure to welcome you to the first annual report of the Centre for Muslim Wellbeing (CMW). First and foremost, We would like to thank the founding members of CMW; Monique Toohey, Maryum Chaudhry and Senem Eren, whose vision and passion led to the establishment of this much needed organisation in 2018. These dedicated founders as well as eminent board members, Miriam Silva, Ian Horne, Faye Spiteri and Sarah Smith saw CMW evolve to new heights in 2020. Earlier that year EO Ayman Islam and two project officers Adeeba Nabulsi and Ebru Yagci were appointed, all talented individuals with a wealth of community experience between them. We could not be prouder of this amazing team who have not wavered in their commitment to CMW even during such a tumultuous period.

The issue of mental health in the community cannot be overstated and the Muslim community is certainly not immune. In fact, the experience for Muslims has been exacerbated by other issues such as Islamophobia, and cultural stigmas precluding Muslims from actively seeking help from mental health professionals. There is also a lack of culturally responsive support services.

CMW seeks to strengthen wellbeing and resilience in the community by focusing on prevention and early intervention, raising awareness around the issues of mental health and ensuring community members have the support they need before they get to crisis.

In the short time that CMW has been in operation we are delighted to report that we have delivered over 15 Mental health awareness workshops, both in person and on-line, with over 200 individuals in attendance.

“The Centre
for Muslim
Wellbeing aims
to increase
the wellbeing
of Muslim
communities
across Victoria,
focusing on
mental health
and social
connection
in the first
instance”

We have really focused on a number of digital offerings including a focus on lived experiences of our community through the podcast 'Stories from the Centre' with Husna Pasha at the helm. Our 'Be Well' series hosted by Monique Toohey, featuring both international and local experts, has gradually grown every session and has now engaged an audience of over 15 thousand people. More importantly, it has put a spotlight on some of the amazing practitioners working in our community in such diverse specialties. Our culturally intelligent practitioner network has also grown to 40 or so listings which is a unique community resource for those seeking help.

Partnerships and collaborations have been established with the Muslim Mental Health network, ICV, Benevolence, Beyond Blue, Embrace Mental Health and many other organisations.

The newly launched CMW website will be instrumental in providing digital access to a whole host of information and resources to an international audience.

In the upcoming months, our Cultural Intelligence workshops will be accessible online to ensure service providers in the mental health space are equipped to provide culturally safe care to their clients.

As we emerge from months of lockdown, we will never know the full repercussion caused by the pandemic; economically, psychologically and socially. We have all been tested in ways like never before and it is now more important than ever to reach out to one another in kindness and compassion.

We must continue to be vigilant to look out for any signs of mental distress in loved ones and friends and urge them to seek professional help as the most effective response towards restoring their mental wellness.

Thank you to all our friends and supporters and please stay in touch with CMW via social media. If there is anything you feel the CMW team can assist with, please do not hesitate to drop us a line.

Sherene Hassan
Chair
sherene.hassan@cmw.org.au

and

Ayman Islam
Executive Officer
executiveofficer@cmw.org.au

About Us

The Centre for Muslim Wellbeing ('CMW') has a vision of being a leading provider of services that advance partnerships and build flourishing individuals and vibrant communities in Victoria. It will do this through connecting individuals to their neighbours, their community, their society and ultimately to their full potential and purpose.

We will achieve this through focusing on prevention and early intervention, raising awareness of the issues of mental health and social isolation within community and ensuring community members have the support they need before they get to crisis.

The unique nature of CMW's offering in the mental health and wellbeing space comes, however, not only from what it offers, but also from the approach it takes to how its services are provided:

- We recognise the important role that spiritual wellbeing plays for Muslim communities in achieving mental wellness – as a result, CMW will focus on creating more culturally-appropriate services and support to ensure this spiritual wellbeing is front-of mind
- It acknowledges the importance of Ummah, or 'community' – this is its driving force and will ensure that its services are appropriate to all Muslim communities regardless of background or origin and moves away from just considering the individual to looking at the community that surrounds them
- It is run by Muslims, for Muslims, and will therefore act as a bridge into communities which would otherwise not be open to providers of mental health and wellbeing services.

Vision: (Desired Future)

Advancing Partnerships to build flourishing individuals and vibrant communities.

Values: (How)

We respect, embrace and harness the constructive power of diversity to support individuals to reach their full potential and purpose.

Mission: (Why We Exist)

To advance health and to advance social and public welfare of the Muslim communities and multicultural communities in Australia and worldwide by:

(i) Building creative partnerships and collaborations to deliver mental health and wellbeing services and initiatives;

(ii) Promoting community wide mental health and wellbeing, and providing education to raise awareness of mental health and reduce health disparities, misinformation, discrimination and stigma when accessing mental health and social services;

(iii) Undertaking mental health and wellbeing research and evidence gathering to ensure high quality of services and information sharing; and

(iv) Improving the quality of mental health and wellbeing service delivery to health professionals through a range of initiatives to prevent or relieve distress and disadvantage.



Our Organisation

CMW Board Members



Sherene Hassan
Chairperson



Maryum Chaudhry
Vice-Chairperson



Ian Horne
Treasurer



Faye Spiteri
Board Member



Senem Eren
Board Member



Monique Toohey
(retired board member)

CMW Staff



Ayman Islam
Executive Officer



Ebru Yagci
Projects Officer



Adeeba Nabulsi
Strategic Designer



Our Activities

Mental Health Awareness Workshops

Over the course of the year CMW has delivered over ten different Mental Health Awareness Workshops to diverse communities, regions, in-person and virtually, and in multiple languages. At their core the workshops touched on easy-to-digest information on high prevalence disorders, information about the roles of various mental health professionals in supporting recovery, addressing barriers Muslim community members face in understanding this issue and access to supports, and practical strategies participants can employ to enhance their wellbeing. We also focused on community experiences and reflections and explored issues such as transitioning out of lockdown, stress-management, stigma, Islamophobia, grief, eating disorders etc. The workshops are an important part of the work of CMW and help improve the mental health literacy of the community and reduce stigma.

Therapeutic Arts

Art Therapy has been proven to reduce stress, manage symptoms of depression, anxiety and mood disorders, achieve self-awareness, improve communication skills and build self esteem and confidence. CMW delivered two art-therapy workshops (one in person and one online) to engage with new audiences and improve social connection and wellbeing. We also delivered a trauma-informed yoga workshop and a forest therapy workshop which focused on mindfulness and also connection to nature. We are looking forward to widening the slate of our workshops in the future.

CMW Navigator Service

Service (care) navigators provide consumers with the support and practical assistance they need to navigate the health system. These include identifying and addressing barriers that may prevent timely access to care, answering key questions and referring community members on to appropriate and accredited service providers.

A CMW staff member was co-opted into this role earlier this year assisting the community with a number of enquiries ranging from family violence, access to rebates, and mental health plans. The service is still in its infancy and is expected to grow as CMW's profile builds.



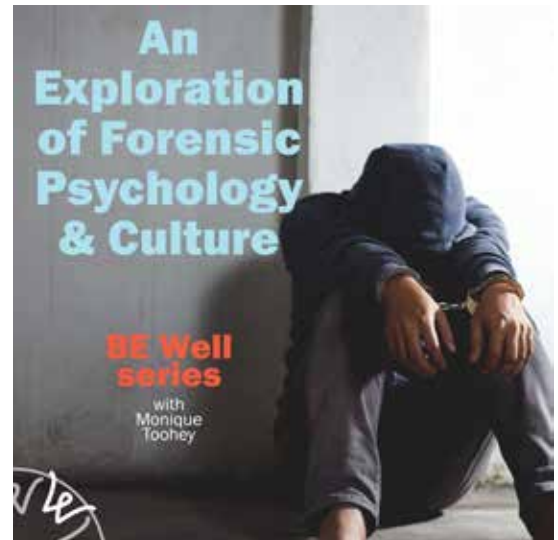
Digital Engagement

Digital engagement lies at the heart of CMW's strategic objectives and was brought into sharp focus through the pandemic. In adversity lies opportunity which allows for innovative offerings. From this we created two digital program offerings: 'Be-Well' and 'Stories from the Centre.'

Be-Well

'Be-Well', a video series featuring insights, resources and coping skills from leading wellbeing practitioners, users and community influencers that are part of the growing CMW Network to support you and your family through these uncertain times and hosted by Monique Toohey.

The 'Be-Well' series presented an opportunity to highlight the work of practitioners and a wide array of topics including perinatal psychiatry, forensic neuropsychology, eating disorders and men's health, sensorimotor art therapy and Islamic psychology to name a few. The series also allowed the Centre to engage with guests across Australia and overseas.



Stories from the Centre

'Stories from the Centre', a podcast series focusing on people with lived experience of mental ill-health and recovery and the experience of people who have been carers, families, or supporters. It was important for the Centre to reflect lived experiences in the community in line with our service design principles.



Digital Information Hub (Our website)

An online information hub providing information on mental health and wellbeing for community members, community organisations, mental health providers, and government. The hub represents an important building block that will enable CMW to leverage new ways of supporting the community in line with the anticipated digitisation of mental health services in the future. The hub will also feature opportunities to build the capacity of mainstream mental health providers through training, providing them with access to supporting materials and establishing connections with community members who require support.

www.cmw.org.au



Culturally Responsive Practitioners List

Building awareness in our community by creating networks where individuals can access information and culturally responsive support that will allow them to manage their wellbeing is crucial. Over the course of the year the practitioner list grew from a small sample to over 40 people in the network. A lot of the practitioners have assisted in delivering our MHA workshops and content for our social media and panel discussions. We are indebted to their services and look to grow the network over future years and expand on networking opportunities.

Governance

CMW updated its constitution and changed its legal status from an incorporated association to a company limited by guarantee and is now registered with ASIC and ACNC.

Research and Publication

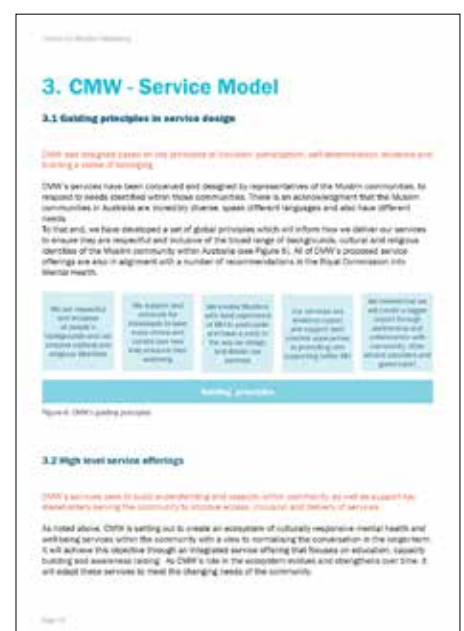
CMW has taken part in contributing to a number of submissions and forums primarily in response to the recommendations of the Royal Commission on Mental Health. We have also put out our own response to the productivity commission enquiry into Mental Health. Please click here to read: <https://cmw.org.au/wp/publications/>

Strategic Intent

This business case commissioned by CMW presents a proposal to further establish and grow the Centre for Muslim Wellbeing. It helped shape the platform for CMW going forward including the strategy of the centre moving forward over the next 5 years.

“We are really indebted to SVA for assisting us to put together the business case for CMW. Despite the challenges presented by the pandemic, the approach and care employed by the team really gave us some clear insights, goals and a path forward to make our vision a reality.”

To read our Business case, go to <https://cmw.org.au/wp/about/>



Impact

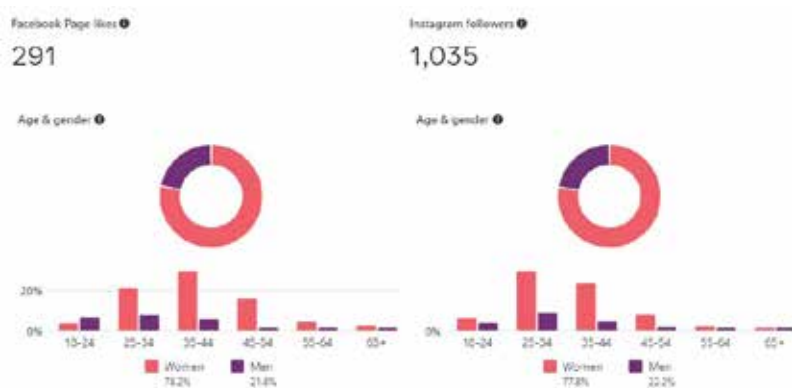
Workshops

We have conducted a total of eighteen face to face and online workshops since inception with over 500 attendees

Navigator

The CMW Navigator has assisted over 30 people in finding the right culturally responsive support and care within the mental health system.

Social Media



Feedback

Artery Therapeutics

“Communication was always present between us which allowed for a collaborative approach not only in delivering this workshop, but also in wrapping up the project in the days to follow”

Reeham Hakem
Artery Therapeutics Arts

Participant Feedback

“The Yoga session was very relaxing, I especially enjoyed the end where the bow was used, felt my stress melt away”

“It is a good therapy for beginners so would love to try more ideas in the future forest therapy”

Albanian Australian Islamic Society

On behalf of the AAIS, we would like to thank Dr Senem Eren and the team at CMW for organising and presenting such an informative workshop which we hope will benefit our community during these turbulent times

“This was the first time I attended a Centre for Muslim Wellbeing workshop, and I’m deeply grateful for the support that the CMW teams have provided me in offering the Introduction to Art Therapy workshop”

Amet Balla
AAIS Committee



Financial Report

For the Year Ended 30th June 2021

Centre For Muslim Wellbeing Incorporated Committee's Declaration
for the Year ended 30 June 2021

We, Ayman Islam and Ian Horne being members of the Executive Committee hereby declare that to the best of our knowledge the financial statements of the Centre For Muslim Wellbeing Incorporated comprising the Balance Sheet as at 30 June 2021, the Income Statement, Statement of Changes in Equity and Statement of Cash Flows and Notes to the Financial Statements for the year ended 30 June 2021 have been prepared in accordance with applicable Australian Accounting Standards, other mandatory financial reporting requirements in Australia, the provisions of the Associations Incorporations Reform Act 2012 and the club's constitution.

In our opinion the Financial Statements present fairly the financial transactions and results of the Centre For Muslim Wellbeing Incorporated for the period 1 July 2019 to 30 June 2021 and its financial position as at 30 June 2021

At the date of signing the financial statements we are not aware of any circumstances which would render any particulars included in the Statements to be misleading or inaccurate.

Signature
Ayman Islam

Signature.....
Ian Horne

Dated .1.8../.0..2../2..0..2..2.....

Dated .1.8../.0..2../2..0..2..2.....

Centre For Muslim Wellbeing Incorporated
Income Statement for the Year Ended 30 June 2021

	2021	2020
Revenue		
State Government of Victoria		400,000.00
Grant Art Therapy	2,200.00	
Vic Health - Grant - Get Creative Wellbeing	11,000.00	
Dept. Premier & Cabinet - Multicultural Committees	22,000.00	
Interest		0.48
Bank Fee		20.00
	35,200.00	400,020.48
Expenditure		
Incorporation/Legal	1028.96	2,081.91
Business Case	36,329.00	
Strata Planning		2,500.00
Office Set Up	2,752.40	306.58
Staffing	133,708.34	17,988.81
Website Builder	37,200.00	
Website Support	448.23	
Promotion		649.57
GST	7,899.13	1,618.83
Workshops - Mental Health	3,250.00	7,608.96
Reconciling Adjustment	(0.03)	
	222,616.03	32,754.66
 Net Surplus (Deficiency)	 (187,416.03)	 367,265.82

Centre For Muslim Wellbeing Incorporated
Statement of Charges in Equity

	Amount
Surplus for Year ending 30 June 2020	<u>367,265.47</u>
Accumulated Funds 30 June 2020	367,265.47
Deficiency for Year Ending 30 June 2021	<u>(187,416.03)</u>
Accumulated Funds 30 June 2021	179,849.44

Centre For Muslim Wellbeing Incorporated
Balance Sheet as at 30 June 2021

	2021	2020
Current Assets		
National Bank - Business Acc	142,649.39	367,255.33
National Bank - Savings Acc	35,200.05	10.16
National Bank - Business Acc	2,000.00	
Total Current Assets	179,849.44	367,265.49
Accumulated Funds	179,849.44	367,265.57

Centre For Muslim Wellbeing Incorporated
Notes to and Forming Part of the Financial Statements
For the Year Ended 30 June 2021

Note 1: Statement of Accounting Policies

This financial report is a special purpose financial report prepared in order to satisfy the requirements of the members and the Associations Incorporations Reform Act 2012. The Committee has determined that the club is not a reporting entity.

The financial report has been prepared on a cash basis of accounting, taking up accruals and balance day adjustments where appropriate in accordance with applicable accounting standards issued by the Accounting Bodies and the requirements of the Associations Incorporation Reform Act 2012. The financial report has been prepared on the basis of historical costs and does not take into account changing money values or except where stated current valuations of non-current assets.

The following significant accounting policies have been adopted in the preparation of this financial report unless otherwise stated.

(a) Income Tax

The club is exempt from income tax and fringe benefits tax.

David Folley & Co

Chartered Accountant
ABN 98 099 175 628
Unit 2/15 Valley Road
Mt. Waverley 3149

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Mt. Waverley 3149
Telephone (03) 9853 5566
Mobile: 0414 547 372
Email: dfolley@tpg.com.au

Principal: David Folley FCA

To the Members
Centre for Muslim Wellbeing Incorporated
12 Dimboola Road
Broadmeadows VIC 3047

Report on the Financial Report

I have reviewed the accompanying financial report of the Centre for Muslim Wellbeing (the association) which compress of the balance sheet as at 31 December 2021, the income statement, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other supplementary information and the committee's report

Committee's Responsibility for the Financial Report

The committee of the association is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Associations Incorporation Reform Act 2012. The committee determines that the internal control is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express a conclusion on the financial report based on my review. I have conducted my review in accordance with auditing standard on review engagements ASRE2410/ASRE2415 in order to state whether, on the basis of the procedures described, anything has come to my attention that causes me to believe that the financial report is not presented fairly, in all requirements relevant to the audit of the annual financial report.

A review of a financial report consists of making enquires, primarily of persons responsible for financial and accounting matters and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable to obtain assurance that I would become aware of all significant matters that might be identified in an audit. Accordingly I do not express an audit opinion.

Independence

In conducting our review we have complied with the independence requirements of the Australian professional ethical pronouncements.

Conclusion

Based on my review, which is not an audit, I have not become aware of any matter that makes me believe that the financial report of the association is not in accordance with the Associations Incorporation Reform Act 2012 including:

- a) giving a true and fair view of the entity's financial position as at 31 December 2016 and of its performance for the year ended on that date; and
- b) complying with Australian Accounting Standards as referred to in Note 1 to the financial statements

Basis of accounting and restriction on distribution

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Centre for Muslim Wellbeing (the association) to meet the requirements of the Associations Incorporation Reform Act 2012. As a result the report may not be suitable for another purpose.

Signed.....



Dated.....

18/02/2022

Name: David Folley
Principal
David Folley & Co
Chartered Accountant

