



Each year more parents from rural, regional and remote New South Wales who have a child in need of specialist healthcare, but cannot get the support they need close to home, are seeking our help.

At the same time, Royal Far West is receiving more referrals from country doctors and school teachers than ever before.

Rising demand for our help is not surprising. The evidence clearly shows as many as 50,000 country children in New

South Wales face complex health problems but live in areas of the State where healthcare workforce shortages, and significant waiting lists mean they cannot get the help they need when they need it.

One critical factor which determines the life-long health outlook for a child is the early detection of lifestyle risk factors, delayed development and illness. Our programs and services focus on early detection, intervention and prevention. At the heart of what we do is a unique whole of child assessment service, involving teams of clinicians working together to provide a comprehensive pathway of care for a child. Then we work with parents, local health and education professionals, supported by information technology, to improve that child's health and learning outcomes.

For over 90 years we have been a trusted and vital part of the lives of thousands of country children. Despite many improvements in rural living conditions and incredible advances in health, still too often country children cannot access healthcare specialist services. We must address this challenge urgently. To do this Royal Far West will invest in people, programs, and technology. We also need to invest in new facilities. Our current health care facility was built to treat children with polio in the 1950's and 60's. It is no longer fit for purpose. More space is urgently needed to enable our programs and services to expand and help more children in rural and regional communities.

Our plan is to immediately redevelop part of the Royal Far West site at Manly. When completed, a new six level Centre for Child Health and Learning will enable us to help 15,000 country children and families each year by 2020. I hope you will consider supporting the \$35 million Caring For Country Kids Appeal to improve the health outcomes of country children.

Lindsay Cane

CEO



We have a plan which, by 2020, will see 15,000 children living in parts of our State where there is currently no access to specialised health services get the help they need...

...AND WE'RE ASKING YOU TO HELP MAKE IT HAPPEN.



HOW WE WORK

Royal Far West provides over 29 different health and education services for children, between the ages of 0 to 12, including the State's only week long multi-disciplinary assessment service. Every year thousands of children and families who have no access to specialist health services close to home ask for our help.

CHECK IN

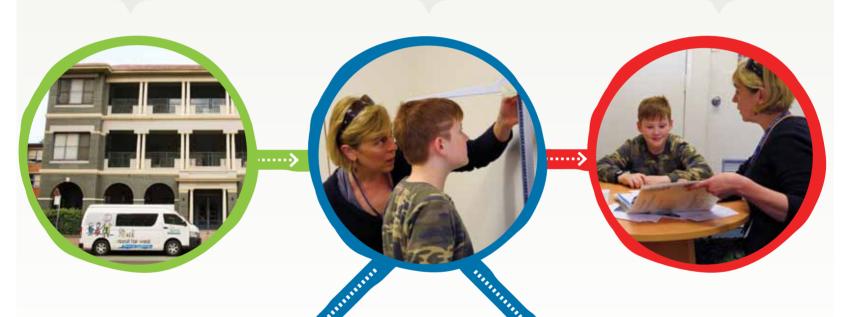
Child arrives with the whole family for a 5-day multidisciplinary assessment

MULTI-DISCIPLINARY ASSESSMENT

We measure the key areas which show how a child is developing; emotionally, physically, and in language and communication. And we do it all under one roof

RESULTS

We share the results with the child & family and then develop a care plan unique to the child



RELAX

Families can stay onsite at Drummond House





SCHOOL

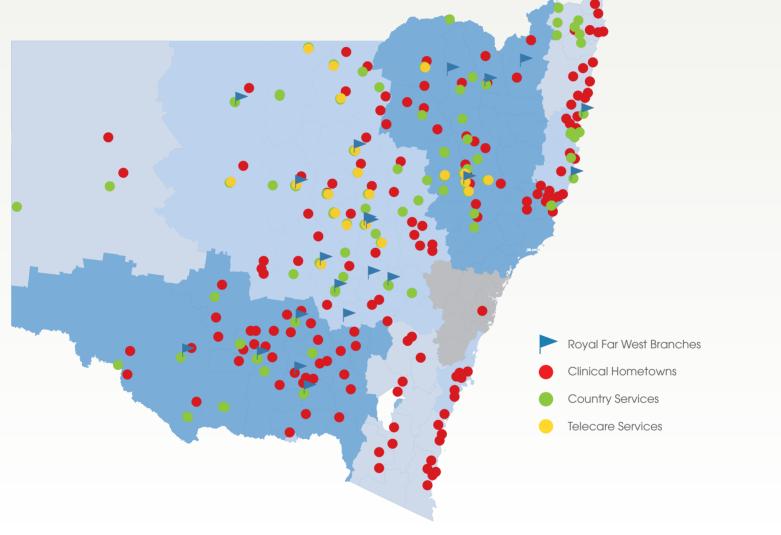
Our onsite school provides a critical environment for assessment of a child's health and learning needs



We stay connected to children and families; helping when they return home

WE GO THE EXTRA MILES...

The help Royal Far West provides country children reaches past Taree in the north, goes further south than Nowra and stretches west of the Great Divide. We're able to provide this help by working closely with local doctors, specialist healthcare professionals, and schools. Our work across the State is underpinned by strong partnerships with the Health and Education departments of the Government of New South Wales.





CASE STUDY: THE BRYNE FAMILY

Being able to understand and to be understood is something most of us take for granted. But not the Byrne Family.

For the past four years, they've been able to access Royal Far West's specialist healthcare and therapy for their now 9 year old son Declan. At 4 years of age, Declan was diagnosed with a form of Autism; a lifelong developmental disability that affects the way he relates to his environment and to other people, including his family.

For children who live in the city, help from doctors and specialists is close by. But not for Declan. He lives in Cobar, a town in Central Western New South Wales over 700 km from Sydney and 400km from Broken Hill. There are limited local medical services but these look after people in an area roughly two-thirds the size of Tasmania

Declan has also since been diagnosed with attention deficit hyperactivity disorder (ADHD); a common behavioral disorder that sees children hyperactive, often unable to sit still and have significant trouble focusing. This often results in an impaired ability to function socially, in the classroom, and at home.

The good news is that with proper treatment from our clinicians, Declan is learning to successfully live with and manage his disability. During Declan's visits to Manly he sees a speech pathologist who has been trained to assess and treat country children like Declan who have a communication disability. Working one on one Declan's speech, writing, reading, signs, symbols and gestures have all progressed. With lots of support from mum Wendy and sisters Kaitlyn and Amber the family has learnt to adjust by using shorter sentences and a lot of visuals to communicate with Declan.

Twice a year Declan comes to Manly where he has access to over 40 clinicians to help him. When not attending various health appointments under one roof, Declan and his sisters attend the Royal Far West school ensuring they do not miss out on their studies. All of this can be quite overwhelming which is why Drummond House; a home away from home located onsite providing meals and a supportive environment tries to ensure there is time for the family to support one another, and just be kids. It also gives Declan's mum Wendy the opportunity to talk to other parents with children with similar conditions.

Wendy knows it's been a very long process, working with various specialists and also Declan's local teachers, but she sees them as a team all working together for one successful outcome.

"There's lots of activities the whole family can get involved in. It's an outlet for a bit of a break. I would absolutely recommend Royal Far West to other families."

Mum, Wendy



CASE STUDY: THE MORRIS FAMILY







Gunnedah is a farming town in north-eastern New South Wales, and home to about 7,800 people. It's also home to Brad and his four year old daughter Dyoaka, and her five year old brother Keith.

Both Dyoaka and Keith have intellectual disabilities and complex health issues.

For a while, Brad used to bundle the kids in the car to see a paediatrician in Tamworth, more than an hour away by car, just one way, from Gunnedah. That was until one day when Brad was told 'the medical practice was closing'. With little options available locally, their family GP referred them to Royal Far West.

Brad, Dyoaka and Keith have been receiving help from to Royal Far West for about three years. Coming to Royal Far West has been a turning point for him and his children. With clinicians specialising in development paediatrics to orthoptics to speech therapy Brad has been able to access the specialist healthcare Dyoaka and Keith need in Manly and have that support continue at home, to improve his children's health.

While Royal Far West has taken care of 'the little things' like one of our opththalmologists fitting Keith with glasses; and regular dental appointments with our dentist, it's the improvement in Keith and Dyoaka's communication skills that dad is most happy about. A lot of one to one attention from working closely with our speech therapists and support from dad has resulted in both Keith and Dyoaka being more comfortable, independent and sociable in school.

"No one can tell what the future holds for Dyoaka and Keith, but we have seen great progress in their behaviours and are getting a lot of support which has helped tremendously."

Brad



It was a really full on week. That's how Michelle remembers her first time coming to Manly to get her daughter Ebony the specialist healthcare she needed but couldn't get closer to home.

In the years since that first week, Michelle has brought her other children Kayla and Noah to Manly for help. Since the kids reached school age Royal Far West has worked in consultation with her local school to ensure the support her children need continues when the family return to Portland in the State's Central West, some 3 hours from Sydney.

Looking back Michelle admits she's not sure what she would have done without help from Royal Far West and wasn't even sure where her nearest paediatrican was.

Like many parents, Michelle didn't know what to expect in the early days but, like so many mums and dads in rural and remote communities, she had a friend who had brought their child to Royal Far West.

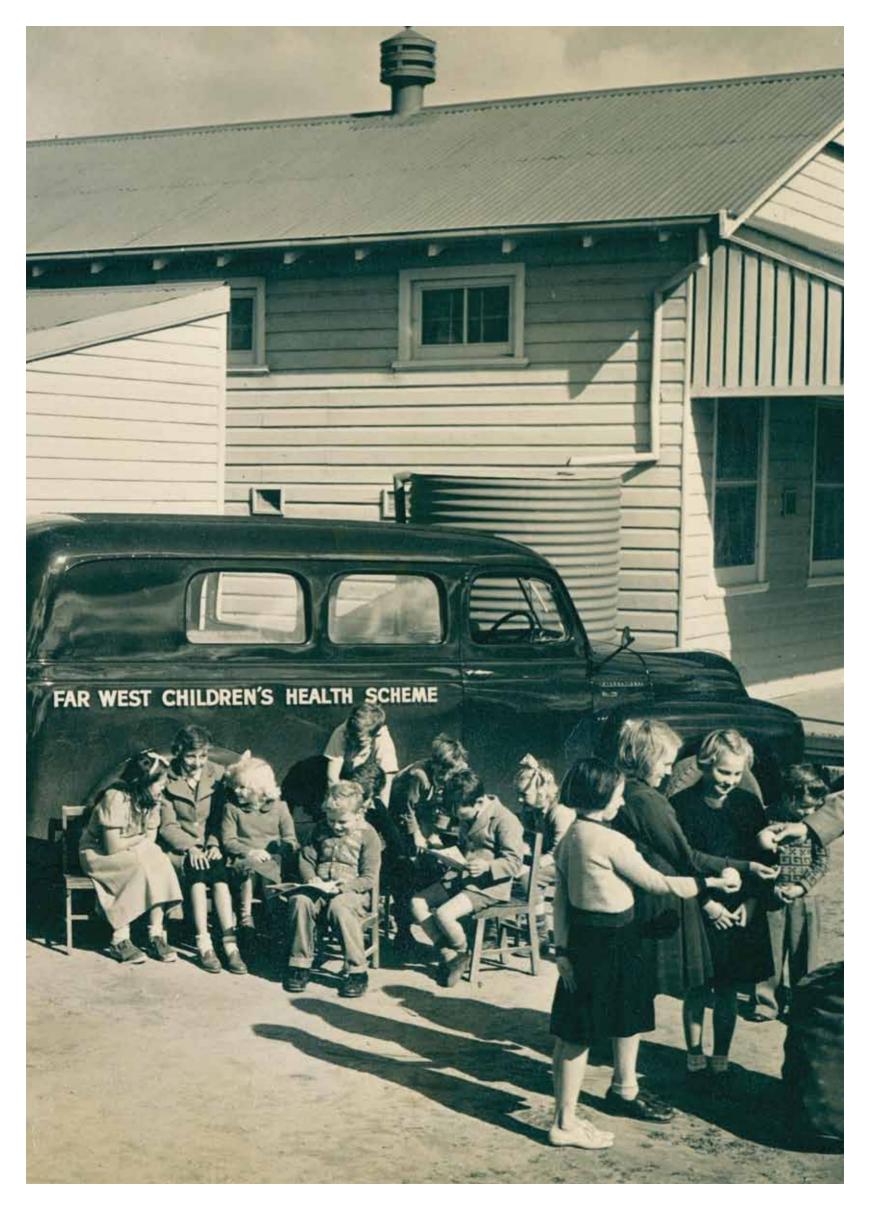
During the first week Ebony was seen by Royal Far West's multidisciplinary assessment service. A team of over 40 specialist clinicians and the State's only service focused on providing specialist care to children from rural and remote communities were there to meet Ebony and her mum. When Michelle's son Noah was born 16 weeks premature, his healthcare needs saw her take him to a lot of different specialists who were in different locations. This often meant spending several days every week travelling the distance to and from various healthcare appointments.

Now Ebony, Kayla and Noah are each receiving the specialist care they need to address their complex health issues. For Noah and Kayla they've been able to regularly see our occupational therapists which has helped them improve their fine motor skills and hand-eye coordination. And because of so many clinicans under one roof the kids have been able to access everyone from a psychologist to dentist to physiotherapist.

"It's hard work but Royal Far West teaches you to understand and appreciate your kids."

Michelle







BRINGING HELP TO

RURAL, REGIONAL & REMOTE COMMUNITIES

Warren is in Central New South Wales. It has a population of just 1,500 people and is near the Macquarie River.

The closest country city is Dubbo, about 120km away. It's an agriculture area producing wool and cotton. Most people work full time, unemployment is about the national average and almost 16% of the population is Indigenous.

Sadly nearly 38% of local children have one or more complex health issues. There are just 2 local GP's who serve the entire area and the nearest healthcare specialist is hours away by car.

The Healthy Kids Bus Stop is just one of many programs and services Royal Far West provides to hundreds of country children

in hundreds of communities, like Warren every year. Our travelling care vehicle sets up just outside a local community or school hall where our Rural & Remote Health Services

Team provide screening services for children, identified by their parents, or local doctor as having difficulty with speech, language or communication and are in need of specialist help.

By assessing country children early in their mainstream schooling (including children at pre-school) we identify health issues, which would otherwise go unaddressed. In Warren, our Healthy Kids Bus Stop identified 59 country children with serious and complex health issues which required further help. Thanks to Royal Far West these children are now getting the help they need in their local community and Manly.

Healthy Kids Bus Stop

Children jump on a pretend bus with pretend bus stops.

The "bus stops" are staffed by Child & Family Health Nurses, Dental Therapists, Audiologists, Speech Therapists and many other specialist clinicians each of whom assesses the child's health and learning needs.





Ronald McDonald House Charities

Ronald McDonald House Charities and Royal Far West have joined together to take specialised health care professionals to children in regional and remote areas. This partnership has extended child health and learning assessments throughout rural NSW.

"This program is a great example of how 'together we are stronger' in supporting integrated child health assessments and enhancing pathways to care for some of our most vulnerable children in this region."

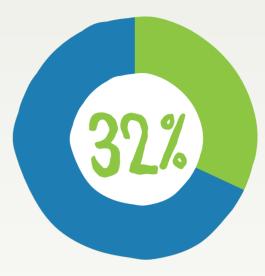
Debrah Davis Western NSW Local Health District

TELECARE

IN COUNTRY CLASSROOMS

A child's educational outcomes depend on early detection of any learning problems, intervening quickly with the right support and providing that support in an appropriate environment.

Royal Far West delivers speech, language and communication therapies directly into rural schools through technology platforms from Manly. Currently rolled out to more than 23 rural primary schools this telecare sees hundreds of children receive tailored speech pathology and assessment via our clinicians. This program is unique, in that we work in partnership with a child's school to identify and assess children who may need support with speech, language and communication. Children undertake a series of one to one online sessions with a speech pathologist without leaving their classrooms. Telecare provides equal access opportunities for children in remote areas to get the help they need. Our team of 13 speech pathologists will expand in the years ahead as this program is delivered to even more rural and regional schools.



Of country children that have one or more complex health issue, including learning difficulties



"Telecare is a valuable service that we would otherwise not be able to access, due to cost, distance, and waiting lists."

School Principal Rural New South Wales "Recent evaluation showed 74% of children made progress towards their speech therapy goals." Craig Fairweather - Speech Pathology Team



Royal Far West remains the State's only specialist health care provider for children living in rural, regional and remote communities. Royal Far West was established in 1924 when a Methodist minister from Cobar and his wife had the idea of providing relief for country children from the harshness of life 'in the bush'. Manly, a beautiful beachside setting, seemed the perfect site from which to offer country children help.

90 years have passed but country children still need our help with specialist healthcare and relief from the hardships of rural life.



The Drommond Far West Home,



1924

Rev Stanley Drummond conceived the idea of bringing children from the harsh outback of NSW to holiday by the sea

1928

Rev Drummond resigned from the church to devote himself to the Far West Children's Health Scheme

1929

Bought property in Manly to provide accommodation to country children

1931

NSW first mobile Baby Health Clinic established. A railway car was fitted out as a clinic













1935

Nancy Bird Walton helps with aerial services, flying clinic sisters to remote stations and settlements and dubbed the 'Angel of the Outback'. By 1935 there were over 100 branches in towns all over the State. Travelling Dental Clinic was set up. Royal Far West School opened at Manly.

1947

Outbreak of polio led to increased number of country children seeking help

1957

Bricks laid for a new 3-storey building to help growing numbers of country children

1965

Number of country children seen by Royal Far West increases from 9,000 to 14,000 by using motor cars to travel farther afield than previously used railway cars.

1989

The end of polio sees Royal Far West offer a wider range of healthcare support including child's health assessments

2012

Evidence suggests up to 50,000 country children in NSW face too many challenges getting the health services they need

2014

Royal Far West launch the Caring for Country Kids Appeal as part of a plan to help 15,000 country kids and families every year by 2020.

2020

Royal Far West reaches its goal of helping 15,000 country kids









MULIT-DISCIPLINARY SERVICES

The life-long health outlook for a child depends on the early detection of problems. Early detection of learning difficulties or ill health requires comprehensive, whole of child assessment. This is particularly important in regional, rural and remote New South Wales where all too often there is a shortage of healthcare services for country children.

As the State's only service of its kind, Royal Far West offers an all in one service with over 40 healthcare specialists dedicated to assessing the health and well-being of country children.

UNDER ONE ROOF:



SPEECH PATHOLOGY



ORTHOPTICS



OCCUPATIONAL THERAPY



CHILD & ADOLESCENT PSYCHIATRY



DEVELOPMENTAL PAEDIATRICS



DENTISTRY



SOCIAL WORK



NURSING CARE



PHYSIOTHERAPY



MOBILE SUPPORT



DIETETICS



ACCOMMODATION





TELECARE







MORE THAN JUST A PLACE TO STAY...

Drummond House is more than just a place for families to stay while a child is attending appointments at Royal Far West.

It's a caring environment where families are supported by Royal Far West staff 24 hours a day, including care co-ordinators, nurses and social workers. Set in home-style accommodation families struggling with children with complex health issues can also support each other during often difficult times. While parents usually stay up to 5 days during their child's assessment they often form friendships with others which last for years.











When our co-founder Rev Stanley
Drummond came up with the idea
of bringing children from the harsh
outback of New South Wales to Manly
to experience the sea, he believed it
would be beneficial for children to briefly
escape the sustained heat, dust storms
and drought of rural life.

Over 90 years later and camps continue to be a vital part of Royal Far West's care plan for the health and wellbeing of children and their families. The various camps hosted range from country children with intellectual disabilities to specific camps for Autism and ADHD. Each are specifically designed for families living in rural, regional and remote parts of New South Wales.

Camps often run for several days, during which time families, including siblings of children who attend Royal Far West can enjoy recreational activities as a family away; a welcome respite from often intensive number of clinical appointments when at Manly.





BRIDGING THE GAP OF

RURAL HEALTHCARE

Royal Far West is committed to improving the future health outcomes of country children. It is a huge challenge with a rural public health system already under increased pressure from the burden of chronic disease, growth in mental health issues, healthcare workforce shortages and significant funding challenges

The future of rural healthcare involves Royal Far West working closely with Government, local health districts, hospitals, schools, rural doctors, carers and parents. By working together in a coordinated way, we will help country children, and their families facing complex health issues.

Royal Far West will help reduce the burden of rural healthcare and improve health outcomes for country children by focusing on 4 key things:

- 1. Programs and services which concentrate on early intervention
- Improving efficiencies in healthcare by providing patient information to the National Child Health Record Service
- Improving access to a wider range of services for isolated and rural communities
- Connecting rural GP's, with clinicians at Royal Far West, and our mobile Rural & Remote Health Services Team.

Country children deserve to have the same access to fundamental health services that children living in the city do. Royal Far West is well placed to help bridge the gap in rural healthcare.



COMMUNITY PARTNERS

We're not the only ones passionately committed to improving outcomes of country children with complex health issues. Royal Far West's partners, operate in many different locations and settings - hospitals; community health clinics; schools; doctor's surgeries and of course, in the home - but wherever we are, we share a common commitment to providing coordinated care that produces better outcomes for country children.



Together we're implementing several research initiatives including Australia's first telehealth treatment for children with conduct problems. A key goal is to reduce problem behaviours of children and increase desired behaviours while providing parents and carers skills they need to help cope.

The Skills for Understanding Relationships and Feelings Project is another innovative research collaboration which is aimed at improving the effectiveness of prevention, early intervention and treatment of child and adolescent developmental and mental health problems. A key goal is to produce outcomes which can be directly translated into clinical practice in various community settings.

"The partnership between the University of New South Wales and Royal Far West has been a long term collaboration which focuses on improving support for children with conduct disorder and their families using an evidence-based health intervention. As conduct problems are the most frequent cause of referral to child/adolescent mental health services."

Professor Mark Dadds UNSW



Harnessing technology the University of Sydney and Royal Far West have partnered to develop and deliver an innovative speech and language program to children in schools in rural and remote parts of NSW. Our objective is to address the chronic problem of lack of access to, and consistency in, speech therapy services in rural and remote communities.

"The partnership between the University of Sydney and Royal Far West is an ongoing collaboration which I have no doubt in the years ahead will help make an outstanding contribution to children who live in rural and remote New South Wales and cannot access specialist services."

Professor Michelle Lincoln University of Sydney



We've joined together to extend the delivery of several programs throughout rural NSW taking more specialised health care professionals to more children than ever before.



We work hand in hand with Local Health Districts to deliver improved child health, well being and learning outcomes. On the ground we support children and families by providing locally delivered programs like Healthy Kids Bus Stop; a program that pools the resources of several different local service providers, establishes relationships between care professionals, and ensures a pathway to care for children which is seamless and effective.

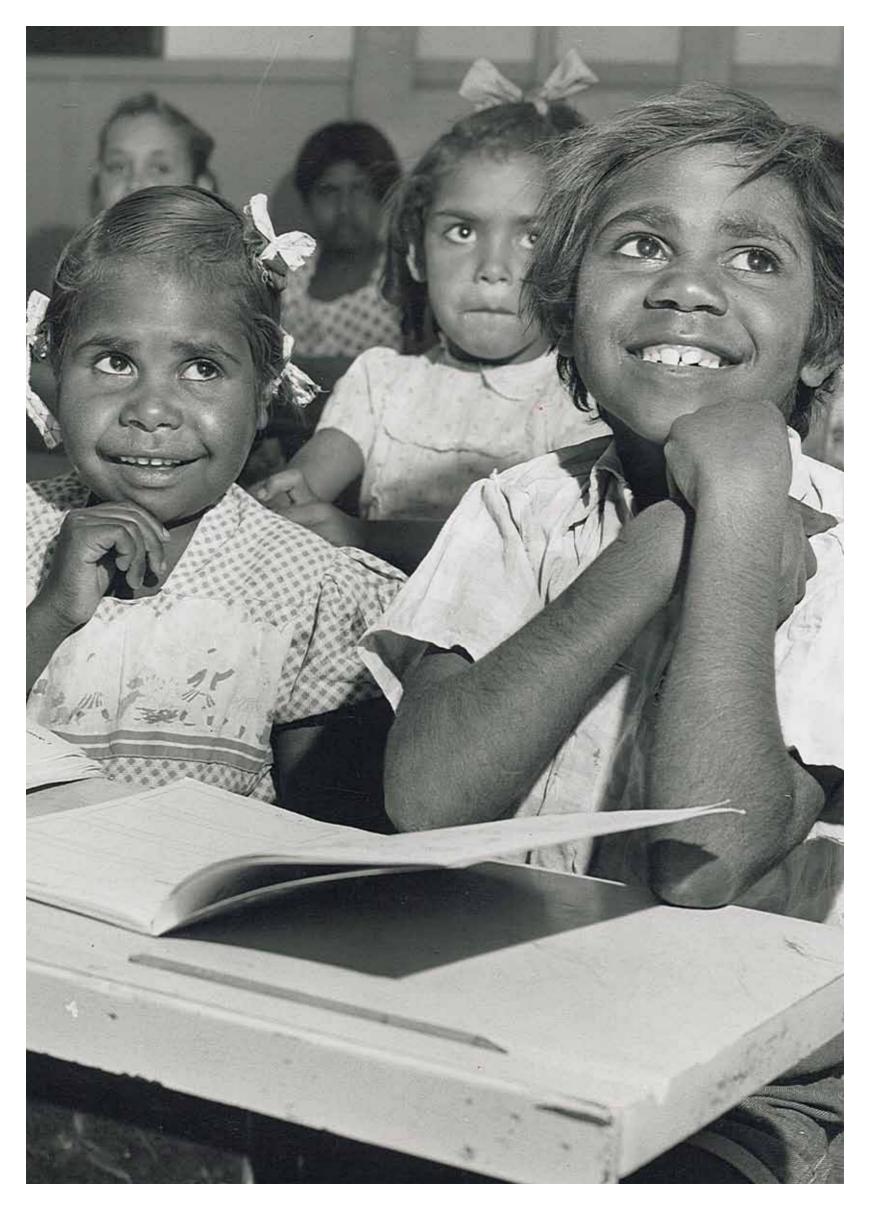
When the children we treat at Manly return to their home communities, our clinicians provide ongoing support to their rurally based colleagues helping build their capacity and knowledge about specialised interventions to help a particular child.

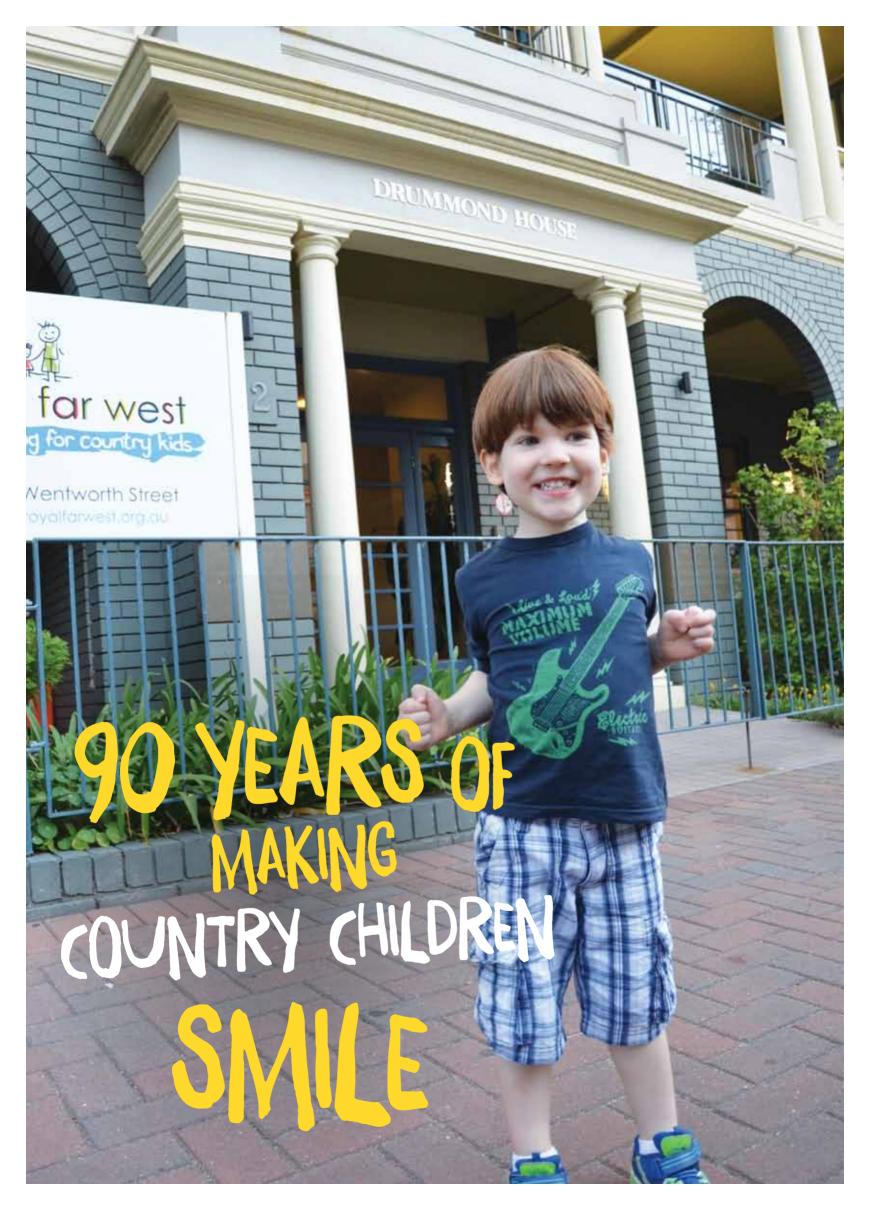


Since it's establishment Royal Far West has provided dental and oral health services to country children. We've provided these services out in the bush and in Manly. Our partnership with Charles Sturt University sees students onsite at Manly where they gain practical experience in a unique setting. For parents, it's another vital service they can access under one roof.









HARNESSING TECHNOLOGY

Royal Far West has always been at the forefront of harnessing technology to deliver health care to children in rural, regional and remote communities.

In the 1920's, 30's and 40's Royal Far West relied on airplanes and railway cars to reach country children in need. Then came the rise of the family car, which allowed more and more parents the opportunity to drive their child to Royal Far West for help; and we were able to make our programs and services mobile and reach more children than ever before.

Now incredible advances in information technology and communication are transforming the future delivery of Royal Far West's programs and services. From the establishment of a national broadband network to the personal smartphone and tablet device, it is clear that technology will be part of the solution to improving the future health and learning outcomes of country children.

COUNTRY CLASSROOMS & TELE-LEARNING

More than 70 percent of the country children we assess are two years behind their age in literacy with some up to four years behind. While onsite at Manly, they get help from the Royal Far West School. However, it's when they leave our school and return to their local school, that technology can help. Using a webcamequipped computer and headphones to connect to a tutor in Manly, a student and tutor can see and talk to one another as if they were together in the same room. Harnessing technology in the classroom, not only sees a student stay in their classroom, but removes the need for a country teacher to be with them while receiving help.

NOISE REDUCTION SOFTWARE & SPEECH THERAPY

New noise reduction software can now provide better audio quality allowing Royal Far West's Speech Pathologists greater certainty that they are hearing a child in a therapy session correctly. Likewise, the child is able to more clearly hear subtle sound distinctions. Both are critical for our clinician to be able to offer a parent or school teacher the right advice which will help improve a child's health and learning outcomes.



BUSH CONNECT

Building stronger relationships with rural GP's, local healthcare professionals, teachers, parents and carers is essential to improving health outcomes of country children.

Bush Connect is a simple but powerful concept – using information and digital technology to establish, build and maintain strong networks between clinicians and educators at Royal Far West in Manly, with a child's local GP's and teachers. Underpinning Bush Connect is Royal Far West's Rural & Remote Health Services Team which travels throughout the State.

Children with complex health issues living in a rural or remote part of New South Wales will grow up and interact with many different areas of the healthcare system including hospital's, GP's, specialists and increasingly Royal Far West. A child's clinical history becomes critical information. The future of rural healthcare, in part, involves those who deliver it; staying connected, using information and technology more intelligently to ensure country children get the right care, involving the right clinicians, at the right time.



For Parents and Carers Bush Connect will involve mobile applications which will allow them to:

- Remain connected with clinicians based in Manly after they have left
- Connect with our mobile Rural & Remote Health Services Team for local support
- Receive personalised alerts specific to a child's therapies
 - reminders to take medication
- attend appointments wherever they occur
- Answer questions/surveys designed to improve a child's individual health outcomes





"...services that remove the tyranny of distance."

Dr Stan Goldstein, Bupa Health Foundation

THE PLAN FOR

HEALTHY COUNTRY CHILDREN

We have a plan to help 15,000 country children each year by 2020.

To do this Royal Far West will invest in people, programs, and technology. We will also need to invest in new facilities. Our current health facility was built during the 1950's and 60's to treat children with polio. It, along with other buildings on the site are no longer suitable for the future needs of country children with complex health problems.

Our priority is to immediately redevelop the building known as Elsie Hill. When completed a new six level purpose built facility will include;

- Integrated Health, Learning and Research Facilities
- Expanded Telecare hub
- 6 large group learning spaces
- 16 clinical assessment and observation rooms
- 3 large indoor recreational areas
- A large "indoor/outdoor" play space
- Children's library and learning centre
- Sensory Environment Room
- A dental and orthodontic services unit
- Program support and meeting spaces



A NEW CENTRE FOR CHILD HEALTH AND LEARNING THE BENEFITS OF THIS NEW SPACE INCLUDE:

- Enable planned expansion of 29 programs and services including Telecare.
- Accommodate investment in more full time clinical staff.
- Clinical spaces that are connected to play therapy spaces to improve observed behaviour leading to better assessments
- Capacity to provide support for 15,000 country children
- Larger spaces will allow more clinicians to be the room at the same time assessing a child's health and learning needs.
- More efficient layout with minimised distances between spaces for children
- More points to connect with teleconferencing or videoconferencing systems
- And the list goes on and on











HOW CAN YOU HELP?

Royal Far West has, for 90 years, been supported by generous donations from individuals, philanthropic trusts and foundations and Government to help care for country children. Despite increased donations in recent years and a strong financial position, Royal Far West is not able to meet the total costs of providing new facilities for country children without your help.

The Caring for Country Kids Appeal is seeking to raise

\$35 MILLION

to fund new purpose built facilities which will help

15,000 COUNTRY KIDS

every year by 2020.

Royal Far West has contributed

\$5 MILLION

towards bringing this new building for country children to reality and is asking you to

PLEASE CONSIDER GIVING GENEROUSLY TO THE CARING FOR COUNTRY KIDS APPEAL.

