



Radiance

# Impact Report

## OUR DRIVE

Radiance Network South West Inc. is the only regional West Australian, peer-led, perinatal mental health and wellbeing community organisation. We support vulnerable families experiencing mental health distress during their perinatal timeframe (conception to 2 years of their child's life).

## CHALLENGES

3,000

social media  
followers

>360

(mental) health  
professionals  
subscribed to  
newsletter

6

ongoing  
partnerships with  
regional  
organisations

- PNDA affects 1 in 5 mothers and 1 in 10 fathers in Australia, with psychological, social and physical factors increasing risk.
- Perinatal depression and anxiety (PNDA) is costing Australia \$877 million annually. Beyond this are estimated lifetime impacts of \$5.2b attributable to the increased risk of depression, anxiety and ADHD in the children of parents with PNDA, affecting wellbeing, productivity and health system use.<sup>1</sup>
- South West population as of June 2023 was 374,388 with an expected 3% annual growth; the region is the most populated region outside of metro Perth and Peel. Western Australia (excluding Perth) recorded 6,780 births, up 8.0% year-over-year.<sup>2</sup>
- There are no mother/baby perinatal psychiatric in-patient options in the South West, all mothers and babies requiring admission to Mother Baby Units must travel to Perth.
- Regional clinical perinatal services acknowledge their lack of capacity to offer the extra supports required.

## IMPACT SNAPSHOT

>3,080

Mums, dads and  
babies supported by  
Radiance since 2017

>100

heartwarming  
testimonials from  
mums and dads

14

paid staff members  
with lived experience

24

support group and  
committee volunteers  
with lived experience

## STRATEGY

Radiance addresses these challenges through providing five tiers of free support for parents: 1:1 in-home support; peer-led support groups; advocacy and referral pathways; education and community awareness; online resources and support services database.

1. According to a 2019 PwC Australia analysis prepared for Gidget Foundation Australia, entitled, 'The Cost of Perinatal Depression and Anxiety in Australia'.

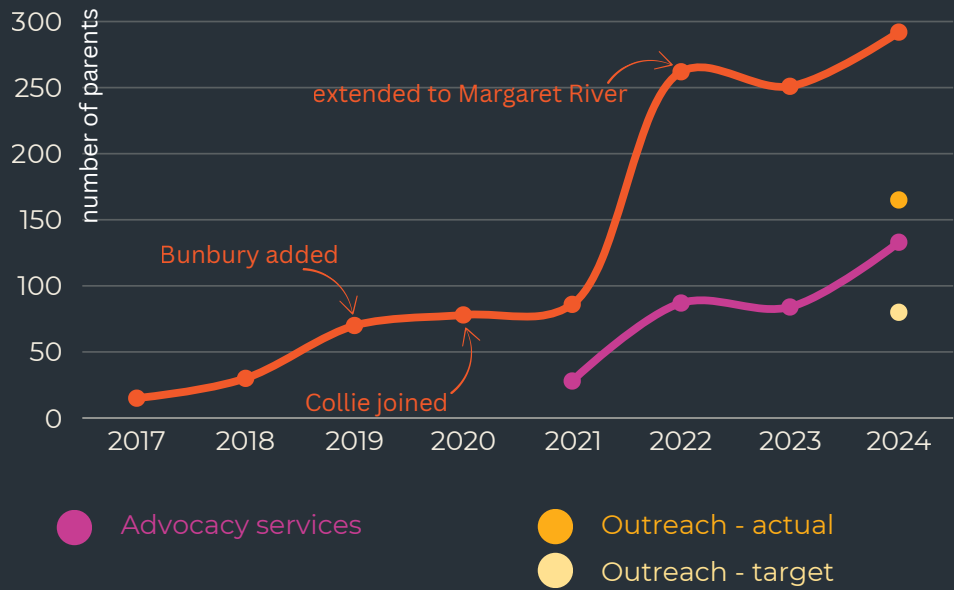
2. Australian birth rates analysis, KPMG Analysis, ABS National, state & territory population and Births, Australia, July 2025

FUNDS RAISED

\$1,432,219

Approximate amount received from small fundraisers to larger grants and WA State Government funding between 2021 - 2025. **These funds have allowed us to expand to three more towns, pay 14 staff members and reach over 3,080 families** (this equates to, on average, \$465 per family).

Radiance commenced with a Busselton based Radiance Support Group and over the years introduced the Mother-Baby Nurture Program, Dads Bringing Up Great Kids and Young Mums groups. Approximately a quarter of all mums and dads receive some form of advocacy support to access additional help outside of Radiance.



KEY PROJECTS

**Delivery of free, peer-led, non-clinical perinatal mental health support**

**Improve community awareness through education and events**

**Radiance Outreach - offering a 1:1 in-home support service**

DETAILS

Weekly 2 hour support group sessions, delivered during school term. Sessions are led by two trained facilitators and supported by two volunteers, all with lived experience.

Ongoing delivery of accessible community events and learning opportunities around PNDA.

Reaching our most vulnerable and isolated mums, who do not engage with support groups (approx. 25%), by offering 6 x 2 hour in-home visits delivered by trained peer support workers.

OUTCOME

- Countless testimonials describing the difference in mums bond with baby, mental wellbeing, friendships and connection.
- Ongoing demand from other regional towns.
- Four successful, sold-out, Radiance Perinatal and Infant Mental Health Symposiums held in Busselton.
- Annual Radiance Festival and Big Pram Walk for the community since 2017.
- Aimed to deliver help to 80 families in 14 months time, however, due to demand 165 families were supported.
- Notable improvements in mental wellbeing among clients.





We couldn't have  
done it without the  
generous **support**  
of so many partners

*Thank you*

to all our partners, friends,  
donors and volunteers.

WA Mental Health Commission  
Community Health and Community Mental  
Health Services  
Mother Baby Nurture  
Stan Perron Charitable Foundation  
100 Women  
Parenting Connection  
Alike WA  
Maternity and Mother Baby Units in Perth and  
regional hospitals  
Peach Tree Perinatal  
Pregnancy to Parenthood  
GPs, obstetricians, midwives, and allied health  
services  
National and state peak perinatal bodies  
Anglicare, WA Women's Health, Southwest  
Counselling, South West Women's Health and  
Information Centre, Collie Child and Parent  
Centre, Carey Park Child and Parent Centre,  
Margaret River Playgroup  
Rio Tinto  
Local governments  
Regional community organisations  
and more

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