



Annual Report

Te Pūrongo ā-Tau

2021-2022

Awareness  Support  Education

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Burnside
Christchurch 8053

Email operations@perinatalwellbeing.org.nz

Website perinatalwellbeing.org.nz

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One in Four Mothers & One in Ten Fathers
experience clinically diagnosed depression and/or
anxiety during pregnancy or after birth



Facebook <https://www.facebook.com/perinatalwellbeingcanterbury>
Instagram <https://www.instagram.com/perinatalwellbeingcanterbury/>
LinkedIn <https://www.linkedin.com/company/perinatal-wellbeing-canterbury-trust>
Twitter <https://twitter.com/PerinatalWellNZ>

Our Purpose / *Kaupapa*

Our Mission / *Ko te Uaratanga*

is to encourage and support parents who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth and parenting within the first 2,000 days (pregnancy to 5 years)

Our Vision / *Ko te Whakakitenga*

for our community is Mentally Healthy Parents

Our Values / *Ko Ngā Uara*

Manaaki - respect and aroha for each other

Stronger Together - sharing and growing from lived experience

Integrity - in all we do

Awareness



Raising Awareness and understanding of perinatal depression, anxiety and mental wellbeing during pregnancy, childbirth and parenting

Support



Providing free support for parents experiencing perinatal depression, anxiety and related mental health illnesses; through our support groups, wellness programme, or simply by lending a sympathetic ear

Education



Providing education to parents, their whanau, their communities and their health professionals around perinatal mental illness

Reflections

from our Chair and Operations Coordinator



Cheryl Moffat
Board Chair



Erin Manning
Operations Coordinator

Tēnā koutou.

Despite the challenges of Covid and the lack of opportunity to fundraise over the past year Perinatal Wellbeing Canterbury has continued to deliver on our mission to enable mentally healthy parents. We would like to acknowledge the tremendous work of our small team of staff and volunteers in maintaining contact and working online to provide support and education to our clients. Looking back over the past two to three years we have come a long way and the difference we are making is now apparent from the analysis we undertake.

The volunteer board have worked together with our staff to review our mission and vision, our strategic goals and think about the needed update to our Trust Deed to better fit our organisations growth. We are also turning our time and thoughts towards Te Tiriti and how we can take steps to seek a partnership with local Iwi. We thank the board for their time and contributions.

We would like to thank our Te Whare Wānanga o Waitaha / University of Canterbury Social Media Interns for the input they had into the design of the annual report.

Ngā mihi maioha to our funders and supporters for your continued belief in us, without your support life would be so much more difficult for so many.

Cheryl and Erin

Our Board / Ngā Kaiārahi

- | | |
|-------------------|--------------------------|
| Pedro Betancort | - Clinical Advisor |
| Janine Turkington | - Communications Advisor |
| Jessie Gemmell | - Midwife Liaison |
| Cassie Woods | - Trustee |
| Jennie Hamilton | - Trustee |

Our People / Ngā Kaimahi



Sarah Taylor
Support Coordinator



Rae Wakefield-Jones
Service Support

Group Facilitator Peer Supporters

Garyn, Bea and Louise

Volunteer Peer Supporters

Tania, Christine, Emma, Megan, Sara

Childcare Volunteers

Eli, Mary-Kate, Katherine, Emma, Jessica, Sarah, Kate, Ella, Juanilyn, Sophie, Angela, Laetita, Gloria, Kate, Georgia, Storm, Sarah, Christine, Cate, Larissa, Rachel, Mikayla, Shanlee

Other Volunteers

Members of Zonta Club of Christchurch South and 5 University of Canterbury student interns,

**Over 20 volunteers gave
956 hours of their time to
help support the māmā and
pēpi referred to our
service.**

Words From Our Mums

I can honestly say nothing helped as much as the completely non-judgemental, unconditional care and support that I found through the Perinatal Wellbeing Canterbury groups.

Having a community. In the early days it was usually the only time I would leave the house all week. I really looked forward to being around people who understood me.

I loved the educational aspect of the online groups. I learnt a lot of intrusive thoughts and found great ways to manage those thoughts which were causing panic attacks. Overall though I enjoy the support from both the facilitator and my peers

I truly don't know if I would have got through all of this without Perinatal Wellbeing, and I am honoured to be able to call them my friends. The mahi they are doing is so incredibly important, and I regularly refer friends and clients to them, because I know they will receive amazing, empathetic support.

Hearing others facing the same issue and being able to ask for suggestions from others who have experienced th same difficulties before really helped ease the guilt

Genuinely for me I just wanted company and support. Coming to playgroup was exactly that for me. Someone to hold and care for my baby without me having to actually put them into care, and supportive understanding people to listen and share and relate and make me feel less alone.

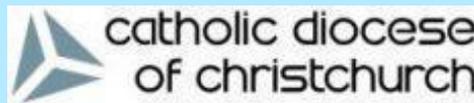
It has been so wonderful to meet other Mums going through similar difficulties, and to learn skills to cope and make plans to improve.

For someone like me who only asks for help when I'm desperate and no longer coping, being added to a waitlist is distressing. I'm mostly through it now although it's still a journey with medication. But the existence of Perinatal Wellbeing feels like a safety net to me.

Our Supporters

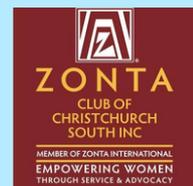
We are so very grateful for the funding and support we received from across Aotearoa New Zealand. Without this we would not be able to offer our free wellbeing programmes. Our funders continued to support us through Covid lockdowns and traffic light systems, which had economic and social impacts on our communities.

Our Funders



We were also supported by the wonderful people of Ōtautahi Christchurch

These include donations from individuals, a donation and service from *Zonta Club of Christchurch South*, *From One Mother To Another* care packages, regular donations from *Burwood Baby Blankets*, office furniture supplied by our landlord *Flaxstone Limited*, baking for our groups from *Good Bitches Baking*, venue use from *Youthalive Trust* and pro bono accounting guidance from Michael Taylor, Associate, *Ashton Wheelans*.



Thank You

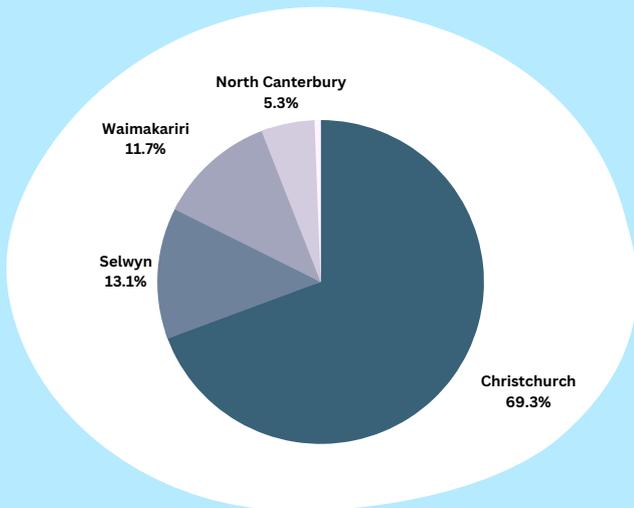
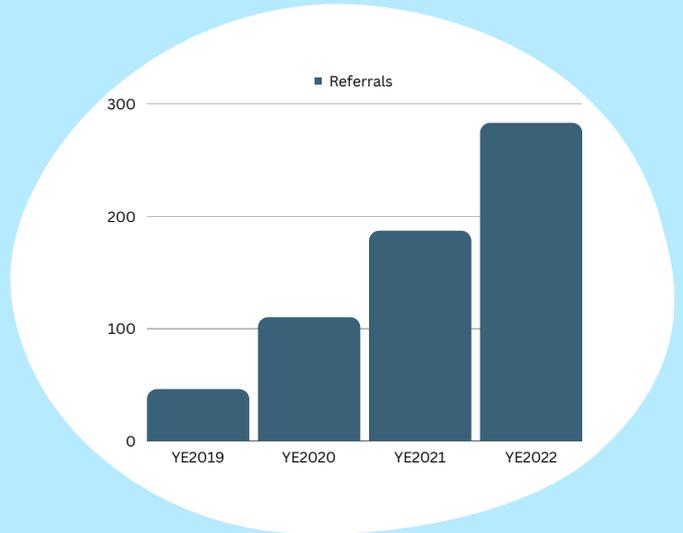


Our Services

Support

Despite the turbulence brought about by the global pandemic and lockdowns we were able to continue supporting our clients and their whānau by pivoting from face to face group support to online meetings as needed. Online groups meant mothers affected by covid or who were taking extra precautions to limit risk during this time were able to stay connected and feel supported.

With referrals increasing by 51% from the previous year we increased our volunteer peer support staff to ensure we met the need of our community. We introduced individual telephone peer support, online group support and regularly held discussions in our Facebook group.



Continuing our online groups even after the lockdowns has allowed us to continue supporting our rural mothers and we saw an increase in referrals from the North Canterbury, Waimakariri and Selwyn districts as a result. We also saw the start of referrals from other parts of the South Island.

- 283 New referrals received
- 318 Mothers actively supported
- 175 Wellbeing groups held
- 245 Hours volunteer peer support
- 200+ Active Facebook group members

Our Services

Awareness and Education

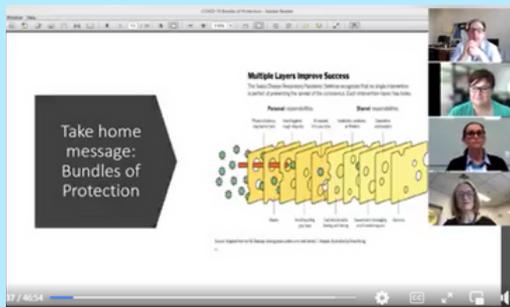
We continued our strong association with PADA - Perinatal Anxiety & Depression Aotearoa. Erin and Sarah attended the World Maternal Mental Health Day seminar and the NZ Perinatal Group Hui in Wellington. People from all over NZ working in maternal mental health came together to share ideas and focus on the way forward to ensure the best support for our māmā and whānau during the perinatal period. The group has kept up with quarterly online meetings and the national collaboration continues to grow under the leadership of the team at PADA.

We also helped with the fourth annual PADA Seminar in June. Our presentation was called "A Mother's Journey" and had a panel of past and present clients talking about their experiences during their perinatal journeys. It was wonderful to see the impact these women's stories had on the audience.



Two of our principles are to promote awareness and provide education about perinatal mental wellbeing. This year we did 11 education in person and online talks to parents at different Playcentre Babies can Play sessions and Christchurch Parent Centre sessions. We also did various one-off talks to antenatal groups and a 3hr online education session for Ashburton Parents Centre.

We continued to strengthen our consumer collaboration with Canterbury District Health Board (CDHB) with weekly consumer council zoom meetings during the lockdowns. Erin talked about the experiences of our community during their engagements with CDHB at the Maternity Quality Safety Review Hui.



We also hosted a live webinar "Creating a bundle of protection for your whānau" with 3 key people in the CDHB Covid Response Team to promote the safety precautions the public could take to protect themselves. It was a direct response to questions from our māmā and community about vaccinations and the desire for factual and non-biased information.

Get Involved

Would you like to help us support parents struggling with perinatal anxiety and depression so they can give their children the best start at life?

Volunteer with us

We rely on volunteers to help us run groups, fundraise and provide governance

Board members: We are looking for people who can spare 4 hours a month to help govern and advise the Trust.

Group childcare volunteers: Help look after babies and toddlers at our weekly or fortnightly groups so our parents can enjoy a hot drink and a chat.

Peer supporters: Talk to us about becoming a peer supporter if you have had your own journey with perinatal mental illness and would like to help support others through their journey. Listen to and support parents at our groups, online or via telephone.

Fundraising: Challenge yourself, host an event, shake a bucket, give up a habit for a month; think about how you could best use your own skills, talents, and networks to raise funds to support the mental wellbeing of parents. Use our [JustGiving](#) page to set up your own fundraising page for your event and to collect donations.

Donate to us

Your donations go directly to supporting the mental wellbeing of parents struggling during the perinatal period. All donations over \$5 are tax deductible. Please email us on operations@perinatalwellbeing.org.nz if you require a receipt.

Online Banking

Perinatal Wellbeing Canterbury Trust
38-9010-0128228-00
Please put "Donation" as a reference.

Giving Websites

[Givealittle](#)
[JustGiving](#)

Payroll Giving

Regularly donate directly from your pay and receive the tax credit off your PAYE tax instantly.

Follow and share our mahi on social media

Share your own story if you have experienced perinatal depression or anxiety

Share a story if you have supported someone with perinatal depression or anxiety

Talk with others about perinatal depression and mental wellbeing

Create change

join us - <https://perinatalwellbeing.org.nz/get-involved>

Our Future

We are committed, with our funders' support, to nurture the connections we have with our community and perinatal health specialists.

Our Purpose

To provide support services to parents (matua) and their whānau who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth and parenting during the first 2,000 days



To foster and encourage the development of services in partnership with Māori working within the principles of Te Tiriti o Waitangi for the benefit of those parents and their whānau supported by us



To foster and encourage the development of services in partnership with other ethnic and diverse groups for the benefit of those parents and their whānau supported by us



To work with the national perinatal network to support the development and delivery of education, advocacy and research in perinatal mental health



Financial Statements



Perinatal Wellbeing Canterbury Trust

Performance Report * For the Year Ended 31 March 2022

Approved by: The Board of Trustees
Date: 11-May-22

Signed:

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- 1 *Entity Information*
- 2 *Statement of Service Activity*
- 3 *Statement of Receipts and Payments (Cash Flows)*
- 4 *Statement of Resources and Commitments (Assets and Liabilities)*
- 5 *Notes*
- 6 *Review*

* The Financial and Services Statements comprise the 'Performance Report' for Charity reporting purposes

Entity Information

For the Year Ended 31 March 2022

Legal Name of Entity	Perinatal Wellbeing Canterbury Trust
Other Name of Entity (if any):	Previously known as Postnatal Depression Family/Whanau New Zealand Trust
Type of Entity and Legal Basis (if any):	Charitable Trust Incorporated under the Charitable Trusts Act 1957
Registration Number:	CC22567
Entity's Purpose or Mission:	<p>Our mission is to encourage and support parents who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth and parenting within the first 2,000 days (pregnancy to 5 years).</p> <p>Our primary objectives are:</p> <ul style="list-style-type: none">* To support and assistance to parents and whānau with perinatal mental wellbeing issues* Early intervention and preventative services* Public awareness of perinatal challenges* Education of health professionals* Research* Lobbying
Entity Structure:	<p>The organisation is governed by a Board of Trustees which meets regularly. There is a small team of part time staff who deliver the day to day services to clients. The team includes an Operations Coordinator, Support Coordinator, Service Support role, Peer Supporters and 10-20 volunteers.</p>
Main Sources of the Entity's Cash and Resources:	The main sources of funds for the organisation are grants from philanthropic and government funders and donations.
Main Methods Used by the Entity to Raise Funds:	<p>The main sources of funds for the organisation are grants from philanthropic and government funders and donations.</p> <p>Fundraising events were not possible in the year ended 31 March 2022 because of Covid related restrictions.</p>
Entity's Reliance on Volunteers and Donated Goods or Services:	<p>The organisation relies on volunteers to assist with the operation of its Support and Wellbeing Groups.</p> <p>A small amount of donated goods are received for clients, but the organisation does not rely on these for its day to day operations.</p>

Contact Details

Physical and Postal Address	Unit 1, 175 Roydvale Avenue, Burnside, Christchurch 8053
Phone	021 131 4352
Email	operations@perinatalwellbeing.org.nz
Website	perinatalwellbeing.org.nz

Statement of Service Activity

Mandatory disclosures according to s.4 of PBE SRF-C (NFP)

Outcomes

To provide a safe and supportive environment in which parents receive support, information and advice on postnatal depression and anxiety.

Outputs

	2022	2021**
Support Groups *		
Number of sessions delivered	23	26
Average number of parents at each session	5	5
Home Visits	234 ~	139
Play Groups		
Number of sessions delivered	33	26
Average number of families at each session	6	3
Wellbeing Groups	119	
Volunteer Hours	956	

* The number of support groups held is directly related to the amount of funding we are able to generate.

** The number of groups were much decreased due to not running any in person groups for 12 weeks during the COVID Levels 3 and 4. We provided online and phone support during that time instead.

In addition we provided information on our website and our public Facebook page. Our closed Facebook page for clients provided a source of support and connection.

~ The majority of home visits changed to being online and via phone due to Covid

Statement of Receipts and Payments (Cash Flows)
For the period 1 April 2021 to 31 March 2022

	Notes	2022	2021
Operating Cash Received			
<i>Donations, Fundraising and other similar receipts</i>			
Donations		\$ 4,862	\$ 7,069
Fundraising		\$ -	\$ 46
Grants	3	\$ 79,373	\$ 51,967
<i>Fees, subscriptions and other receipts from members</i>			
Playgroup Attendee Donations		\$ 70	\$ 97
<i>Receipts from providing goods or services</i>			
MoE Funding		\$ 682	\$ 700
Presentation fees		\$ 337	
Total Operating Cash Received		\$ 85,324	\$ 59,880
Operating Cash Paid			
<i>Expenses relating to public fundraising</i>			
Fundraising Expenses		\$ 459	\$ -
<i>Volunteer and employee-related payments</i>			
Staff / Volunteer Expenses		\$ 14	\$ 225
Wages / Salaries & ACC		\$ 58,350	\$ 13,596
<i>Expenses related to providing goods or services</i>			
Accounting / Audit Fees		\$ 565	\$ 336
Advertising / Marketing		\$ 113	\$ -
Bank Charges		\$ 10	\$ 8
Other Expenses		\$ 430	\$ 1,155
Printing / Stationery/Office Expenses		\$ 1,837	\$ 50
Phone / Internet		\$ 1,029	\$ 475
Rent		\$ 13,535	\$ 9,200
Subscriptions		\$ 57	\$ 97
Website Hosting / Maintenance			\$ 57
Mileage		\$ 554	\$ 470
Support Group Costs		\$ 2,541	\$ 1,996
Playgroup Costs		\$ 886	\$ 987
Group Expenses			\$ 1,286
Total Operating Cash Paid		\$ 80,378	\$ 29,936
Operating Cash Flow		\$ 4,946	\$ 29,943



Statement of Receipts and Payments (Cash Flows) - continued
For the period 1 April 2021 to 31 March 2022

	Notes	2022	2021
Capital Cash Received (Investing /Financing)			
Total Capital Cash Received			\$ -
Capital Cash Applied			\$ -
Total Capital Cash Applied			\$ -
Capital Cash flow (Investing / Financing)			\$ -
GST Movement	-\$	2,955	\$ 2,526
Net Cash Flow	-\$	746	\$ 32,470
Add Opening Cash Balance	\$	34,109	\$ 1,639
Closing Cash Balance	\$	33,363	\$ 34,109
Represented by:			
Bank Accounts			
Kiwibank 00	\$	25,213	\$ 16,239
Kiwibank 02	\$	10,840	\$ 17,847
Cash on Hand	\$	48	\$ 23
	\$	36,101	\$ 34,109



Statement of Resources and Commitments (Assets and Liabilities)

As At 31 March 2022

	Notes	2022	2021
Schedule of Resources (Assets)			
Bank Accounts and Cash			
Cash at Bank		\$ 36,053	\$ 34,086
Cash at Hand		\$ 48	\$ 23
Money Owed to the Entity			
Significant Accounts Receivable		\$ 95	\$ -
GST		\$ 547	\$ -
Other Resources			
Prepaid Rent		\$ 1,150	\$ 1,323
Electronic equipment (printer, cellphone, tablet)		\$ -	n/a
Schedule of Commitments (Liabilities)			
Money Payable by the Entity			
Holiday Pay Owed to Staff		\$ 3,524	\$ 1,070
GST owed		\$ -	\$ 2,596
Accounts Payable		\$ 2,839	\$ 343
Schedule of Other Information			
Unexpended Grants	3	\$ 36,178	\$ 23,000



Notes

1. Basis of Preparation

Perinatal Wellbeing Canterbury Trust is permitted by law to apply standard SFR-C(NFP) and had elected to do so.

Transactions are reported on the basis of cash received and spent in the Statement of Cash Flows. Significant amounts owed or owing are accrued in the Statement of Assets and Liabilities.

2. Taxation

As a Registered Charity the organisation is exempt from Income Tax.

The organisation is registered for GST, and all figures are shown excluding of GST with the exception of Accounts Payable or Receivable in the Statement of Assets and Liabilities.

3. Grants

The following table shows grants that were received during the year, and any money not yet spent

2022			
Grantmaker	Purpose	Received	Unexpended
Aotearoa Gaming Trust	Contribution to Support Coordinator's wage	\$ 10,000	\$9,888
Catholic Diocese - Hoatu Fund Grant (Tindall Foundation)	Operating Expenses	\$ 5,000	\$1
Frozen Funds Grant (Public Trust)	Contribution to Peer Supporters' wages	\$ 10,000	\$2,891
Lion Foundation	Operating Expenses	\$ 5,000	-\$6
Lottery Community Lottery Canterbury / Kaikoura	Service Delivery Expenses	\$ 21,373	\$16,482
Ministry for Women	COVID-19 Community Fund 2021	\$ 20,000	\$0
Rata Foundation	Operating Costs	\$ 8,000	\$6,923
Total		\$ 79,373	\$36,178

2021			
Grantmaker	Purpose	Received	Unexpended
Ministry of Social Development	Covid costs	\$ 4,000	\$ -
Ministry of Women	Operating Expenses	\$ 10,000	\$ -
Working Together More Fund	Collaboration with PIPS	\$ 2,278	\$ -
Christchurch Foundation Womens Fund	Peer Support Training	\$ 1,739	\$ -
COGS	Operating Costs	\$ 4,000	\$ -
Lottery Grants Board	Operating Costs Support Groups	\$ 9,950	\$ -
Lottery Grants Board - Covid Fund	Support Coordinator Wages	\$ 20,000	\$ 20,000
Total		\$ 51,967	\$ 20,000

4. Related Parties

Donations received from a Board member, \$290

5. Events after the balance date

There were no events that occurred after the balance date that would have a material impact on the Performance Report



REVIEW REPORT

Conclusion

I have reviewed the financial statements prepared for Perinatal Wellbeing Canterbury Trust, a Charitable Trust and registered Charity for the year ended 31 March 2022. These statements include the Statement of Receipts and Payments, Statement of Assets and Liabilities and the Notes.

Nothing has come to my attention that would lead me to believe these financial statements are not a fair representation.

Note that the report presented also includes a Statement of Service Activity and other non-financial information that I have not reviewed, and that are not part of my conclusion.

Basis of Conclusion

I have taken guidance from New Zealand's financial review standard NZ SRE 2410, issued by the External Reporting Board (XRB), considering, however, that the organisation is not a business entity, and the readability of this report for non-accountants.

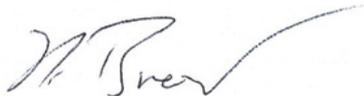
I am independent of the organisation and have complied with all other requirement of the Professional and Ethics Standard 1 (PES 1) issued by the NZ Auditing and Assurance Standards Board.

Responsibilities

The organisation's board of trustees is responsible for the preparation of financial statements in accordance with the legal requirements, and also for making sure the organisation has appropriate processes that prevent significant errors or fraud.

My responsibility is to report the results of this review.

My review was completed on 29 August 2022, and my conclusion is expressed as at that date.



Harald Breiding-Buss, MSc, NZDipBus
Community Capacity Accounting
harald@commaccounting.co.nz

In Memory of Lois Russell



We pay tribute to one of our most dedicated volunteers, Lois Russell, who passed away in 2021. Lois volunteered twice a week at our groups for nearly 4 years and always gave her all, even when her health was declining. She was passionate about supporting others and touched many lives and hearts and is hugely missed.

