



2022-2023 ANNUAL REPORT



Perinatal Wellbeing Canterbury Trust
Every child needs mentally healthy parents

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).

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Burnside
Christchurch 8053

Email operations@perinatalwellbeing.org.nz

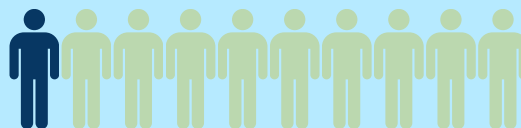
Website perinatalwellbeing.org.nz

Facebook [@perinatalwellbeingcanterbury](https://www.facebook.com/perinatalwellbeingcanterbury)

Instagram [@perinatalwellbeingcanterbury](https://www.instagram.com/perinatalwellbeingcanterbury)

LinkedIn [perinatal-wellbeing-canterbury-trust](https://www.linkedin.com/company/perinatal-wellbeing-canterbury-trust)

One in four mothers & one in ten fathers
experience clinically diagnosed depression and/or
anxiety during pregnancy or after birth



Reflections

from our Chair and Operations Coordinator

Tēnā koutou

It is heartening that our Perinatal Wellbeing team is reaching more parents who need support than ever. As a smaller local charity, our biggest challenge is to raise enough money to fund the expansion of services to meet the increasing need. The board is very grateful for the grants and donations received and is constantly looking for opportunities to engage with more people who share our vision and want to contribute financially to support parents.

Keeping our focus on continuous improvement, the board and staff spent a day reviewing our progress and planning next year's actions in relation to our strategic plan. Seeking to maximise staff time, we identified the need for a case management system as the use of a spreadsheet to manage client information is cumbersome and time consuming. An interesting discussion on our peer support model, and perceptions of the difference between clinical counselling and our model, which provides tools to cope with life changes that come with parenthood.

Our thanks to Cassie Woods who left the board after many years' involvement as a volunteer, then board member. Reviewing the skills and connections of the board, we continue to seek board members who will provide links with the health sector and connections with Ngāi Tahu. The board decided to meet bi-monthly as this provides adequate oversight, enabling more board volunteer time to be spent on specific project work advancing our strategic goals.

We're so proud of the difference made by our dedicated team of staff and volunteers. This is underscored by the anonymous post support feedback survey measuring the wellbeing of clients, their feelings about our facilitators and our programmes. With all but three of the 16 areas scoring over 90%, these results are very encouraging. The most common theme is parents finding out they're not alone and that others are feeling the same as them. This realisation makes such a difference to clients' ability to start to take steps towards a more positive, mentally healthy life. The grateful comments from parents who receive our support is a gift and the inspiration for us to continue.



Cheryl Moffat
Board
Chairperson



Erin Manning
Operations
Coordinator

“

I love knowing that I'm not the only one that is struggling being a mum.

”



Support



Providing safe and supportive environments in which parents receive peer support and connection, and learn how to manage and minimise mental wellbeing challenges related to pregnancy, childbirth and parenting during the first 2,000 days (pregnancy to 5 years)

Advocacy



Connection with clinical and community organisations to ensure parents can be referred for appropriate support if needed. Liaison with other agencies, or extended whānau, on behalf of our parents if required

Awareness



Regular talks to groups of parents and perinatal health professionals, enabling them to recognise perinatal mental decline and how to engage with overwhelmed parents and support them to seek appropriate help.

Every child needs mentally healthy parents

Our Purpose / Kaupapa



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

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

“

The skills I have learnt have helped me become the best version of me. It's very freeing to feel so clear minded and in charge of my own mental health. I am incredibly grateful for Perinatal Wellbeing Canterbury

”

Our People / Ngā Kaimahi

Our Service Delivery team has five part-time staff working 1.5 FTE. These are our Operations Coordinator, Support Coordinator, Finance Coordinator and two Lead Peer Supporters. We also rely on our volunteer Peer Supporters and childminders.



Sarah Taylor
Support Coordinator



Rae Wakefield-Jones
Finance Coordinator

Group Facilitator Peer Supporters

Garyn, Tania

Volunteer Peer Supporters

Christine, Liz, Megan, Sarah, Jess, Lauren

Childcare Volunteers

Sarah, Mikayla, Sadie, Juliana, Jay, Jordyn

Other Volunteers

4 University of Canterbury social media students

Our Board volunteers its time to provide governance, strategic direction and financial oversight. Board members are chosen for their specific skill sets which include clinical, marketing, organisational management and lived experience of perinatal mental health issues.

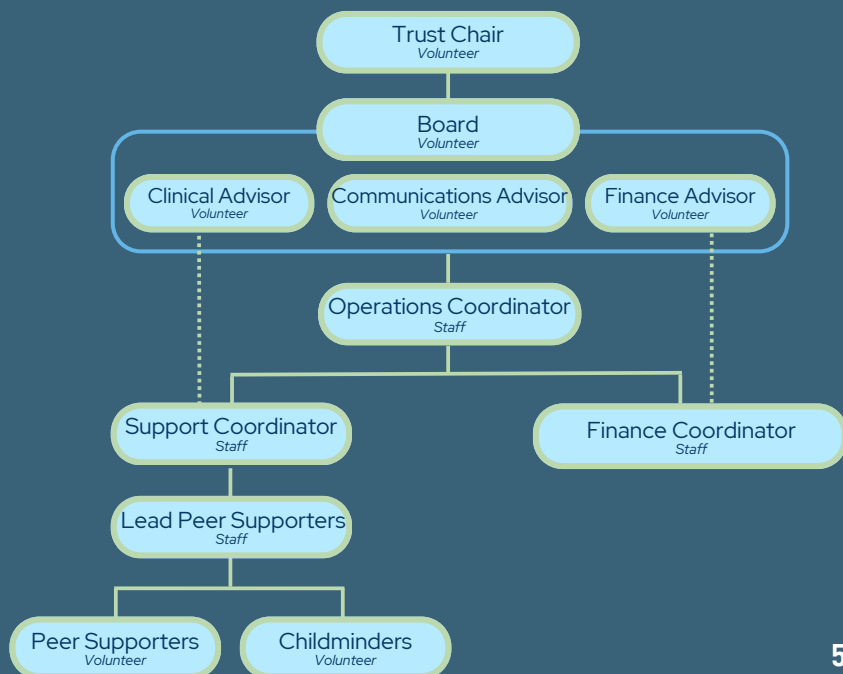
- Pedro Betancort** - Clinical Advisor
- Janine Turkington** - Communications Advisor
- Jessie Gemmell** - Midwife Liaison
- Jennie Hamilton** - Trustee
- Michael Taylor** - Financial Advisor

**We were gifted
968 volunteer
hours this year!**

“
A place where it's safe to cry and rant and also receive amazing advice from other mums going through the same things
”

“
We can openly share our feelings and concerns. We can share things that we are sometimes afraid to admit.
”

Lines of Communication



Our Supporters

We are funded completely by grants and donations and rely on our supporters' generosity to continue delivering our free Wellbeing Groups. We are very grateful for the continued funding and support we received from across Aotearoa New Zealand, especially as our communities are still dealing with the economic and social impacts of the Covid pandemic.

Catholic Diocese - Hoatu Fund **Christchurch Casinos Charitable Community Trust**
COGS Canterbury Rural **Christchurch City Council - Strengthening Communities**
Kiwi Gaming Foundation **COGS Christchurch & Banks Peninsula**
Lion Foundation **Lottery Community Lottery Canterbury/Kaikoura**
Pub Charity **Perpetual Guardian - Strathlachlan Fund**
Public Trust - Frozen Funds **Te Korowai Whetū Social Cohesion Community Fund**
Rata Foundation

We were also supported by the wonderful people of Ōtautahi Christchurch

We received some amazing support from the public, local businesses and other charitable and community groups. We also want to acknowledge and thank all our followers on our social media who help spread awareness by liking and sharing our posts.

Donations from several individuals,
Donations and service from **Zonta Club of Christchurch South**,
Care packages from **One Mother To Another** for our parents,
Regular donations from **Burwood Baby Blankets**,
Office furniture supplied by our landlord **Flaxstone Limited**,
Baking for our groups from **Good Bitches Baking**,
Proceeds from a fundraising event held by **St Augustine's Cashmere**,
Proceeds from the sale of a cook book by **students at Christchurch Girls' High**,
A donation from **St Barnabas Fendalton Parish Vestry**

Our thanks to **Francesca, Georgia, Imogen and Emma**, for their social media and graphic design help throughout the year

“

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

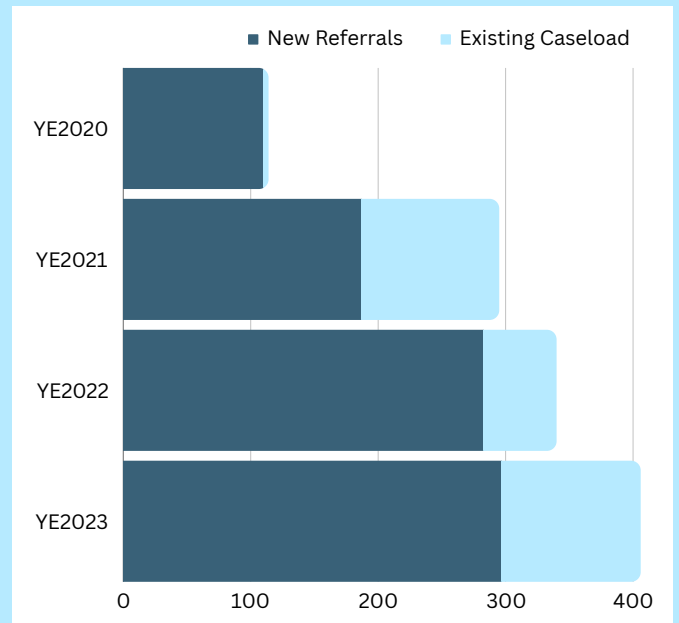
”

Support Delivery

Our support delivery and caseload increased 17% as parents struggle with anxiety, depression and the overwhelming impact of having children. The level of need in the community keeps rising due to the ongoing effects from the pandemic stretching into the fourth year, the cost of living soaring and huge demand and long wait times to access to clinical support.

297	New Referrals
406	Parents connected with
80%	Actively Supported

Through telephone peer support, in person and online group support and post-support follow up we were able to actively support 28% more parents than the previous year, with no one waiting longer than two weeks to be able to attend one of our groups.



7	Wellbeing Groups 5 in person 2 online
215	Wellbeing Groups Held
1325	Group session spots filled

We were able to continue supporting our clients and their whānau by pivoting from face to face group support to online meetings as needed. Keeping an online group running means mothers, who are affected by illness, live in rural areas or who don't have any means of transport, are able to stay connected and feel supported.

450+ hours of peer support

“

Sarah is exceptional at facilitating a safe place for Mums to share what they are struggling with. She then provides a wealth of knowledge and tools to support you to improve these struggles. Everyone at some stage struggles with their mental health, the best thing you can do for yourself and whānau is attend one of these support groups. At first you might be anxious to do so, but you definitely won't regret going.

”

Awareness and Advocacy



We were delighted to collaborate with Katarina Gorton from Blue Stories Project to co-host an exhibition raising awareness of how mental wellbeing can be impacted during pregnancy and in the first few years after birth. The exhibition ran during Mental Health Awareness Week at Christchurch South and Turanga libraries. Several mothers who have received support from Perinatal Wellbeing Canterbury had their stories of recovery exhibited alongside original portraits by Katarina. You can read these stories and more from around New Zealand, as well as listen to audio interviews with people working in the perinatal mental health sector at the [Blue Stories Project](http://www.bluestoriesproject.com) website.



Katarina Gorton (right) with PWC staff, volunteers and board members at the opening of the Blue Stories Project Exhibition



Maternal Mental Health Training for Peer Support Workers

Facilitated by Erin Manning and Christina Bond

Register at mherc.org.nz
0800 424 399 | education@mherc.org.nz



Erin Manning teamed up with Matrescence NZ's Christina Bond to design and deliver a training course funded by the Mental Health Education and Resource Centre (MHERC). Christina is a Clinical Psychologist and facilitated the clinical maternal mental health sessions, while Erin facilitated sessions on peer support work with mothers in the community. The course was run three times and had attendees from across NZ.

25 education sessions and speaking engagements

“ This group is great, makes you realise you're not alone and we all struggle at times especially with baby/children or even a relationship change, everyone is so supported and it's great to learn new skills to deal with day to day living. ”

We continued to strengthen our collaboration with Te Whatu Ora - Waitaha Canterbury where Erin Manning is Co-Chair of the Women's Health Consumer Advisory Group. Erin regularly attends project and governance group meetings, helping to ensure the consumer voice is at the heart of all service delivery decisions.



One of the consumer led achievements this year was the creation and implementation of the Birth Afterthoughts Clinic. Erin was an integral part of setting up this service for parents who wish to talk through their birthing journey and lessen some of the trauma, often more emotional rather than physical, they may have experienced.

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 in 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.

In June 2022 Operations Coordinator Erin received a Volunteer Recognition Award for the mahi she has been doing over the past 5 years with, and for, the parents we support.

As well as overseeing the operations side of Perinatal Wellbeing Canterbury she is also our liaison with the Maternal Health, Perinatal Mental Health and other associated community networks



“

I just wanted to say a big thank you to Perinatal Wellbeing for the support you have all given me as a first time mum. When I first had my daughter I was so lost within myself. I felt 'homesick' and like I'd potentially made the biggest mistake of my life. Anxiety would often take over and I'd cry most of the time so I'm so glad I reached out when I did and found Perinatal Wellbeing (I think the universe also had a hand in that!) I've been so well supported by Sarah, Christine and all the other women in the group, some weeks are definitely harder than others but with their support and knowing I have their support really meant everything in those early months. The support programme led by Sarah was just wonderful with all the topics really relating to the stages I was going through, in particular the intrusive thoughts and anger sessions which really hit a chord with me and I think just having someone else tell you, hey I get that too, or this is normal / ok and here are some tools to help honestly really helped me more than you'll know. This sort of support for mums is so vital and you're really providing the most amazing service, so again thank you.

”

<https://perinatalwellbeing.org.nz>

Financial Report



Perinatal Wellbeing Canterbury Trust

Performance Report * For the Year Ended 31 March 2023

Approved by: The Board of Trustees
Date: Thursday, 30 November 2023

Signed:



Contents:

- 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 Report

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

Perinatal Wellbeing Canterbury Trust



Entity Information

For the Year Ended 31 March 2023

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 purposes are:</p> <p>Awareness: Raising awareness and understanding of perinatal mental wellbeing</p> <p>Support: Providing free support for parents</p> <p>Education: Providing education around perinatal mental wellbeing</p>
Entity Structure:	<p>The organisation is governed by a Board of Trustees which meets regularly.</p> <p>There is a small team of part time staff who deliver the day to day services to clients.</p> <p>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:	The main sources of funds for the organisation are grants from philanthropic and government funders, and donations.
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

Perinatal Wellbeing Canterbury Trust



Statement of Service Activity

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

Outcomes

To provide safe and supportive environments in which parents receive peer support and connection, and learn how to manage and minimise mental wellbeing challenges related to pregnancy, childbirth and parenting during the first 2,000 days

Outputs

		2023	2022
Service Delivery			
Number of Parents	New referrals received	297	283
	Total referrals open during the year	406	348
	Actively supported	328	254
Number of groups	Delivered in total	215	175
	Average delivered per week	6	4
	Total group session places filled	1325	872
	Average attendees per week	33	22
	Average attendees per group	6	5
Volunteer Hours	Governance, Peer Support, Child Minding	968	956

Perinatal Wellbeing Canterbury Trust



Statement of Receipts and Payments (Cash Flows)

For the period 1 April 2022 to 31 March 2023

	Notes	2023	2022
Operating Cash Received			
<i>Donations, Fundraising and other similar receipts</i>			
Donations		\$ 6,837	\$ 4,862
Fundraising		\$ 181	\$ -
Grants	3	\$ 106,032	\$ 79,373
Other income		\$ 600	\$ -
<i>Fees, subscriptions and other receipts from members</i>			
Playgroup Attendee Donations		\$ -	\$ 70
<i>Receipts from providing goods or services</i>			
MOE Funding		\$ -	\$ 682
Presentation fees		\$ 2,796	\$ 337
Total Operating Cash Received		\$ 116,446	\$ 85,324
Operating Cash Paid			
<i>Expenses relating to public fundraising</i>			
Fundraising Expenses		\$ 360	\$ 459
<i>Volunteer and employee-related payments</i>			
Staff / Volunteer Expenses		\$ 516	\$ 14
Wages / Salaries & ACC		\$ 80,725	\$ 58,350
<i>Expenses related to providing goods or services</i>			
Accounting / Audit Fees		\$ 441	\$ 565
Advertising / Marketing / Promotional		\$ 207	\$ 113
Bank Charges		\$ 5	\$ 10
Mileage		\$ -	\$ 554
Operating Costs		\$ 496	\$ -
Other Expenses		\$ -	\$ 430
Phone / Internet		\$ 2,156	\$ 1,029
Playgroup Costs		\$ -	\$ 886
Printing / Stationery/Office Expenses		\$ 722	\$ 1,837
Rent		\$ 13,800	\$ 13,535
Service Delivery Costs		\$ 2,681	\$ 2,541
Subscriptions		\$ 57	\$ 57
Total Operating Cash Paid		\$ 102,165	\$ 80,379
Operating Cash Flow		\$ 14,281	\$ 4,946



Perinatal Wellbeing Canterbury Trust



Statement of Receipts and Payments (Cash Flows) - continued

For the period 1 April 2022 to 31 March 2023

	Notes	2023	2022
Capital Cash Received (Investing /Financing)		\$ -	\$ -
Total Capital Cash Received		\$ -	\$ -
Capital Cash Applied		\$ -	\$ -
Total Capital Cash Applied		\$ -	\$ -
Capital Cash flow (Investing / Financing)		\$ -	\$ -
GST Movement		\$ 3,677	\$ 2,953
Net Cash Flow	6	\$ 17,958	\$ 1,992
Add Opening Cash Balance		\$ 36,101	\$ 34,109
Closing Cash Balance		\$ 54,059	\$ 36,101

Represented by:

Bank Accounts			
Kiwibank 00		\$ 38,844	\$ 25,213
Kiwibank 02		\$ 14,942	\$ 10,840
Cash on Hand		\$ 273	\$ 48
		\$ 54,059	\$ 36,101





Statement of Resources and Commitments (Assets and Liabilities)

As At 31 March 2023

	Notes	2023	2022
Schedule of Resources (Assets)			
Bank Accounts and Cash			
Cash at Bank		\$ 53,786	\$ 36,053
Cash at Hand		\$ 273	\$ 48
Money Owed to the Entity			
Significant Accounts Receivable		\$ 138	\$ 95
GST		\$ -	\$ 547
Other Resources			
Prepaid Rent & Xero Subscription		\$ 1,173	\$ 1,150
Electronic equipment (printer, cellphone, tablet)		\$ -	\$ -
Schedule of Commitments (Liabilities)			
Money Payable by the Entity			
Holiday Pay Owed to Staff		\$ 4,812	\$ 3,524
GST owed		\$ 3,036	\$ -
Accounts Payable		\$ 3,751	\$ 2,839
Schedule of Other Information			
Unexpended Grants	3	\$ 45,494	\$ 36,178



Perinatal Wellbeing Canterbury Trust



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

2023			
Grantmaker	Purpose	Received	Unexpended
Catholic Diocese - Hoatu Fund Grant	Contribution to wages	\$10,000	\$0
Christchurch Casinos Charitable Community Trust	Contribution to wages	\$1,000	\$0
Christchurch City Council - Strengthening	Contribution to wages	\$3,000	\$0
Communities COGS Canterbury Rural	Operating Expenses	\$1,500	-\$1
COGS Christchurch & Banks Peninsula	Operating Expenses	\$4,000	\$1,410
Kiwi Gaming Foundation	Operating Expenses	\$4,400	\$3,291
Lion Foundation	Rent	\$5,000	\$0
Lottery Community Lottery Canterbury/Kaikoura	Operating Expenses	\$25,000	\$25,000
Perpetual Guardian - Strathlachlan Fund	Operating Expenses	\$3,500	\$3,170
Pub Charity	Operations Coordinator Wages 1 Apr 22 - 19 Jul 22	\$5,000	\$0
Pub Charity	Operations Coordinator Wages 6 Oct 22 to 6 Apr 23	\$8,652	\$1,051
Public Trust - Frozen Funds Grant	Peer Supporters' Wages	\$7,000	\$580
Rata Foundation	Support Coordinator's Wages	\$20,000	\$6,302
Te Korowai Whetū Social Cohesion Community Fund	Operating Expenses	\$7,980	\$4,692
Total		\$106,032	\$45,494

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

4. Related Parties

Donations received from a Board member, \$760

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

6. Correction of Errors

A figure for Net Flow Cash had erroneously been stated in the Statement of Receipts and Payments (Cash Flows) in 2022. The 2022 Comparative figure for Net Cash Flow has been restated with the correct figure.



Conclusion

We have reviewed the financial statements prepared for **Perinatal Wellbeing Canterbury Trust**, a Charitable Trust and registered Charity for the year ended 31 March 2023. These statements include the Statement of Receipts and Payments, Statement of Resources and Commitments and the Notes.

Nothing has come to our attention that would lead us 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 we have not reviewed, and that are not part of our conclusion.

Basis of Conclusion

We 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.

We are 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.

Our responsibility is to report the results of this review.

Our review was completed on 30 November 2023 and our conclusion is expressed as at that date.

Community Capacity Accounting

Community Capacity Accounting
info@commaccounting.co.nz