



community 
wellbeing
North Canterbury Trust

ANNUAL REPORT 2021

Thank you for helping transform lives



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A message from our Chair

KIA ORA KOUTOU

"We're all in this together" was a common refrain during the early days of the pandemic, but we soon realised that Covid-19 would put further strain on North Canterbury communities already suffering from the impacts of drought, earthquakes and social isolation. It provoked innovation and collaboration to support the most vulnerable in our community, and to help families in need who came to us for assistance for the first time in their lives.

So, I want to thank you; our funders, donors and business partners, our dedicated volunteers, Board and team.

Thank you for stepping up to help our community to not only survive this crisis, but to emerge from it, thriving. Without you we could not have achieved half of what we have this year, and despite the challenges of the last 18 months, there is much to acknowledge and be thankful for.

Your commitment has enabled your Trust to help over 7500 people in North Canterbury in the last

year alone – families, children, young people. You'll be able to read about some of the things your incredible generosity has enabled us to accomplish in this report; such as new parenting initiatives, projects aimed at improving the mental health and resilience of our community, fresh collaborations supporting the wellbeing of our young people, and expanded reach into the Hurunui. We are far from being out of the woods yet, but I am heartened by the belief that Community Wellbeing is in a strong position and well placed to face the challenges ahead.

Once again, thank you for your ongoing loyalty and commitment to your Trust and those in our community that we serve. If the last two years have proven anything, it's that none of us can do this alone. I invite you to stick with us as we forge ahead into another year of uncertainty, working together with flexibility, responsiveness and dedication.

Brian Davey - Board Chairman



A message from our Manager

KIA ORA KOUTOU

Thank you for the incredible support you've shown your Trust this year. You've helped us respond flexibly to the needs of our community where and when needs arise, and thanks to you, we've much good news to share about the significant wellbeing outcomes that have been achieved in North Canterbury over the last 12 months.

Your generosity has enabled us to expand our reach into the Hurunui, providing the community with additional family support services and more food for families who sometimes struggle to put food on the table.

Our new Manu Ka Rere collaborative partnership has increased our capacity to strengthen the wellbeing of our young people and we continue offering specialist alcohol and drug support to rangatahi in Waimakariri and the Hurunui - the only service of its kind for young people in North Canterbury.

Enrolments at our Karanga Mai Early Childhood Education Centre have grown this year, with a number of new parents and tamariki. At Karanga



Mai we create a place where tamariki will feel a sense of ūkaipō - a place that is special to them and their whānau; a place they can think of as their own, to belong, believe, discover, and to grow.

Empowering whānau is the theme of a new parenting initiative that we introduced this year, bringing a series of evidence-based, internationally recognised parenting programmes to North Canterbury, for parents, grandparents and caregivers of infants through to teens.

Our newly established Next Steps Facilitator provides information and support for those in North Canterbury affected by the ongoing challenges of Covid-19.

Another innovative wellbeing initiative your Trust rolled out in 2021 is The Community Mindfulness Project. Made possible by an AIA Vitality community grant (one of only 10 NZ wide grants awarded through a competitive selection process), The Community Mindfulness Project is a collaboration between Community Wellbeing, Mindfulness North Canterbury and Logan Smythe

and Associates to bring free science-based mindfulness and wellbeing courses, workshops and podcasts to North Canterbury. The aim is to improve mental, emotional and physical wellbeing and to build a resilient North Canterbury community.

Community Wellbeing North Canterbury Trust, uniquely local to North Canterbury, has been helping the people of Hurunui and Waimakariri to thrive for over 30 years. But our ability to support our community is very much dependent upon you - our partners, donors and sponsors and your amazing generosity.

On behalf of our community and my team at Community Wellbeing, thank you. Thank you for your ongoing commitment to the wellbeing of our tamariki, rangatahi and whānau in North

Canterbury. We truly could not do what we do without you.

My thanks also to the Community Wellbeing Board for the way they have led us through this year, ensuring a sustainable future for your Trust.

Finally thank you to the most competent and dedicated people who are my team of staff and volunteers.

The joy of this journey is that we share it together.

Deirdre Ryan - Manager



“

Community Wellbeing North Canterbury Trust, uniquely local to North Canterbury, has been helping the people of Hurunui and Waimakariri to thrive for over 30 years. But our ability to support our community is very much dependent upon you - our partners, donors and sponsors, and your amazing generosity. THANKYOU!

”

Deirdre Ryan - Manager



How we spend our funds

Some of the things your amazing generosity accomplished in 2020-2021

7154
PEOPLE
HELPED

548
FOOD
PARCELS

*Your support enables us to offer our North Canterbury community these **FREE** services:*

- Early childhood education
- Wellbeing support for whānau / families, rangatahi / young people and tamariki / children
- Specialist alcohol and drug support for rangatahi
- Community parenting programmes
- Grandparents Raising Grandchildren Support Group
- Restorative justice
- Kaiapoi Food Bank
- Community support



Community Parenting Programmes

Empowering whānau is the theme of a new parenting initiative that we introduced this year, bringing a series of evidence-based, internationally recognised parenting programmes to North Canterbury, for parents, grandparents and caregivers of infants through to teens.

In the first two terms of 2021 we ran Building Awesome Whānau, Tuning into Kids and Tuning into Teens. Feedback from those attending has been hugely positive....

Marie, mum to two school-age boys, born 18 months apart, says "I found myself feeling overwhelmed with their competitiveness, constant bickering and being ignored by them. I was either shouting or getting frustrated and walking away."

Marie says the two most important things she's learnt from Tuning into Kids is what's called emotional coaching – acknowledging the feeling of the child in front of you, even if it's a guess.

"Because the boys are now feeling heard, the anger and resentment that used to roll on all through the evening is now disarmed. The other really important thing for me was understanding my parenting style. I also found it helpful to hear from other parents having similar experiences, 'cause we can all be really hard on our ourselves."





Tuning into Kids is an internationally recognised parenting programme that teaches parents how to help their child develop good emotional skills. Courses are offered for parents of pre-schoolers to teens.

Building Awesome Whānau is a course developed by The Parenting Place drawing on the wisdom of mātauranga Māori to offer families a kaupapa that is unique to Aotearoa. Designed for whānau raising children aged 0-12.

**MORE PARENTING PROGRAMMES
ARE PLANNED FOR THE
REMAINDER OF 2021 AND 2022.**



The Community Mindfulness Project

Your Trust was awarded an AIA Vitality Community Grant through a competitive selection process that saw only 10 projects funded across the whole of NZ. In collaboration with Mindfulness North Canterbury and Logan Smythe and Associates, the grant enabled us to offer free science-based mindfulness and wellbeing courses, workshops and podcasts to North Canterbury; the aim being to improve mental, emotional and physical wellbeing and build a resilient North Canterbury community.



Residents of Hurunui and Waimakariri attended free courses and feedback from participants was overwhelmingly positive:

"Incredible coping tools. I think this will have been a big turning point in my life."

"A greater understanding of myself and I loved being around the like-minded individuals who were also interested in personal growth."

"Better understanding of how stresses affect you and so many ways to deal with it and look after your own wellbeing."

"Gave me lots of tips and practices I can use everyday."

Packed full of tips and tools to boost your mental health and wellbeing, the recently launched The Community Mindfulness Project Podcast series is now playing on Spotify, Apple Podcasts, Google Podcasts and Podbean.

You can listen and subscribe here:

[WELLBEINGNC.PODBEAN.COM](https://www.wellbeingnc.com)

Making an impact

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Realising what little support was available to Grandparents raising their mokopuna / grandchildren, two of our Mana Ake kaimahi established the North Canterbury Grandparents Raising Grandchildren Support Group.

The group meets once a month and features guest speakers on a range of topics.

More than anything, it's about grandparents sharing their experiences, finding support and much-needed connection with others in similar situations.

Many thanks to Coffee Worx Rangiora for gifting vouchers to the grandparents last Christmas so we could say thank you for the amazing work they do everyday supporting their mokopuna.



KARANGA MAI

EMPOWERING LIVES THROUGH EDUCATION

Karanga Mai Prizegiving day is an opportunity to celebrate the students' success as learners and as parents. In 2020, for the second year running, Maureen Callaghan (20) accepted the Dan Gordon Award for her contribution to the culture of Karanga Mai. In 2021 Maureen began studying at Ara, but turn back the clock three years and life was very different.

"Accidentally becoming pregnant at 17 stopped all my hopes and dreams," says Maureen. "10 months after my son Lincoln was born, my youth coach suggested I enrol at Karanga Mai to continue my education. I really resisted. I hated school and didn't want to go back but Karanga Mai is probably the best experience I've ever had. I feel like I have possibilities now, for me and my son – I can get a job, save up, buy a house for us."

Karanga Mai Young Parents College offers NCEA Levels 1, 2 and 3. Tamariki are cared for on-site at our Karanga Mai Early Childhood Education Centre. Whānau are further supported through a range of parenting, life skills, careers advice, budgeting and healthy relationships programmes.



THE RANGIORA HIGH SCHOOL LEOS CLUB

Each year the Rangiora High School Leos Club, comprising Year 9 to 13 students, choose a charity to fundraise for.

"This year we wanted to fundraise for a local charity that makes a difference in the lives of young people in our community," says Leos Club President, Becca Barnett. "We were particularly inspired by the work Community Wellbeing does at Karanga Mai offering support and free child-care to young parents so that they can continue their education. It was a unanimous decision of club members to choose Community Wellbeing as our charity of choice for 2021."

In June the Leos held a Trivia Quiz which raised \$3000 for your Trust to support the wellbeing of our rangatahi. Massive thanks to everyone who took part and to all our amazingly generous business partners and Friends of Wellbeing who donated prizes including: AA Rangiora Vehicle Service Centre, Bayleys North Canterbury, Mount Brown Estates, Hanmer Springs Thermal Pools & Spa, Logan Smythe and Associates, Pak'nSave Rangiora, PhotoWorthy Images, Property Brokers Rangiora and Stadium Cars Rangiora.

TOOT FOR TUCKER

In it's 10th year, Toot for Tucker is a charity food drive sponsored by Property Brokers to help local families in need. Our community came out in force to support our Kaiapoi Food Bank last December, leading to the biggest number of Toot for Tucker donations we've ever received!

**Thank you to
Property Brokers,
all our volunteer
drivers and
collectors and all
you wonderful
folk who donated
food for North
Canterbury families.**



STADIUM CARS RANGIORA

"Stadium Cars Rangiora is proud to support Community Wellbeing North Canterbury Trust.

The Trust helps thousands of people in North Canterbury every year through their free services for children, young people and families. As a charity, the Trust needs businesses like ours to fund the valuable work they do in our local community. If you're a North Canterbury business I'd like to encourage you to become a Friend of Wellbeing too. You'll not only be helping local families in need, you'll be boosting the wellbeing of your own team through the gift of giving."

Craig Powley,
Manager, Stadium Cars Rangiora



HANMER SPRINGS THERMAL POOLS & SPA

Our Karanga Mai whānau were given the honour of opening Hanmer Springs Thermal Pools & Spa's new water playground, AquaPlay.

The all-ages children's AquaPlay area, with its brightly-coloured water slides and spouts was a huge hit with the tamariki.

Our Karanga Mai Early Childhood Education Centre Team Leader, Jacinta McInerney, said the morning provided a high point at the end of a hard year:

"It means a huge amount to all of us to come on a trip like this. We are so lucky to be able to come together as kaiako, students and tamariki and to bring whānau."

Jacinta McInerney,

Karanga Mai Early Childhood Education Centre Team Leader

"We support Community Wellbeing North Canterbury for two simple reasons. Firstly, we have seen the work that they do – it makes a real difference to people's lives, and their communities. And helping communities is at our core too – at Hanmer Springs Thermal Pools & Spa we strive to help and support our local community and district. It is fantastic to support an organisation with the same values as us, and we are proud to sponsor Community Wellbeing North Canterbury Trust."

Shane Adcock,

Marketing Manager, Hanmer Springs Thermal Pools & Spa.



LETTER FROM 11 YEAR OLD STUDENT TO ONE OF OUR MANA AKE KAIMAHI...



You have helped me along the way so much because of your kind, thoughtful and motivating skills. Will miss the times we spend in the meeting room together but I know that you will take another kid that needs you more than me.

THANK YOU.



BAYLEYS' CANS FOR A CAUSE

Bayleys North Canterbury partnered with Community Wellbeing North Canterbury Trust in 2020 and once again in 2021, for Bayleys' Cans for a Cause food drive, to help local families struggling to put food on their table.

"Cans for a Cause was an initiative that Bayleys came up with last year, seeing the impact of Covid on local families," says Jan McCormick, Property consultant of Bayleys North Canterbury. "We got together with Community Wellbeing and said we'd really like to do something for our community and the food drive just took off from there. People were incredibly generous with their donations so we were able to help a lot of families, and this year we're building on that success."

This year, Ross Ditmer, Manager of Bayleys North Canterbury, is giving away \$1000 on behalf of Bayleys to a North Canterbury primary school. All participating primary schools will go in the draw to win the prize to put towards sports equipment.

Donations to Bayleys' Cans for a Cause help to make up food parcels to give to families in need across the Hurunui and Waimakariri using our network of North Canterbury foodbanks.

"Our heartfelt thanks to everyone who has donated, our volunteers and those collecting on our behalf, including North Canterbury Netball, William Pike Challenge students at Ashgrove Primary, Soroptimists International of North Canterbury, Shoe Therapy Kaiapoi and the residents of Charles Upham Retirement Village," says Jan.





KAIAPOI BOROUGH SCHOOL

Kaiapoi Borough's Mufti Day raised over \$350 for our Karanga Mai Early Childhood Education Centre. Karanga Mai Team Leader, Jacinta McInerney, and Kasey, one of our tamariki, who was excited to be starting school at Kaiapoi Borough in July, went along to accept the generous donation at Term 1 school assembly.

RAVENSWOOD DEVELOPMENTS LTD

"Ravenswood is all about community. The team at Ravenswood Developments Ltd wanted to help its local North Canterbury community in a time of great need and chose to support one charity that is working in North Canterbury to help families struggling with the impact of Covid-19. Community Wellbeing North Canterbury Trust is uniquely local to North Canterbury and Ravenswood Developments Ltd are proud to have donated over \$31,000 to Community Wellbeing to help local families in need. "

Miranda Laney,
Sales Manager, Ravenswood Developments Ltd.



National Volunteer Week

Te Wiki Tūao ā-Motu National Volunteer Week ran from June 20-26 celebrating the collective contribution of all volunteers who enrich Aotearoa New Zealand. This year's theme was 'Recognise, Connect, Reimagine'. During National Volunteer Week stories from our volunteers featured in North Canterbury News, Essence Magazine, and on our Facebook page.

HERE IS A SELECTION...

PETER

Part-time builder and dad to two primary school age boys, Peter is a volunteer with Mana Ake, working alongside Māori kids in a programme to support positive identity and self-esteem. **"I'm learning as much as I'm giving,"** says Peter, who was initially motivated to become a volunteer by his desire to get more involved in his boys' education, but soon discovered the joy of volunteering went beyond his own tamariki. **"I think it breaks down barriers and makes it easier for kids if they see an adult in the same space, learning like them,"** says Peter. **"I find it very rewarding to see kids blossom, to see those lightbulb moments when they find things in the programme that really resonate with them."**



6500

HOURS
DEDICATED BY OUR
VOLUNTEERS

MARILYN

Extremely rewarding, that's how Marilyn describes volunteering. For the last five years she's been one of the friendly faces greeting you on reception at our Rangiora Office. **"When I first retired, I just about went mental!"** Marilyn says, who had a 32 year career with the Tax Department. **"I remember thinking, this can't be my life..."** So Marilyn took herself off and trained as a volunteer with Citizens Advice Bureau, joined Meals on Wheels, then Community Wellbeing North Canterbury Trust. Marilyn also volunteers as a JP! **"I have a balanced life now. I love helping people,"** says Marilyn **"and I still have plenty of time for my grandchildren."**



Thank you to Essence Magazine North Canterbury for giving Marilyn a richly-deserved day of pampering!

NORMAN



As Volunteer Week wraps up we celebrate Norman. Alongside his wife Shirley, Norman has dedicated over 40 years to prison ministry, helping men nearing their time for release to transition successfully back into society. He's also clocked up 18 years as a voluntary panellist with our Restorative Justice North Canterbury service, giving victims an opportunity to talk to offenders and say how their lives have been affected by the offenders' actions. **"Victims can be reluctant to take part in a restorative justice conference initially"** says Norman, **"but afterwards they often say it was the best thing that could have happened."** Losing Shirley seven years ago, after 50 years of marriage, has been difficult, but Norman remains as passionate about helping people as the day he began his voluntary service. **"Life isn't about being a big shot. Being the wealthiest, most influential person around doesn't mean a thing, that's just egotism,"** says Norman. **"We're here to help others and if I can do something to genuinely help someone else, why wouldn't I?"**

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VOLUNTEERS THANK YOU LUNCH

It was a privilege and a pleasure to host a thank you lunch for our wonderful volunteers. Thanks to our amazing sponsors, Hanmer Springs Thermal Pools & Spa, our volunteers also received a special thank you gift – passes to Hanmer Springs Thermal Pools & Spa. Thank you also to Coffee Worx Rangiora for generously donating coffee vouchers.



THANK YOU

To all our amazing volunteers. We couldn't do what we do without you.

CHRISTMAS GIVING

THANK YOU for sharing the joy of Christmas.... Thanks to you and your kindness and generosity we gave out hundreds of Christmas presents to local families in need and were able to give out food parcels with a few Christmas goodies.

Our Christmas Giving partners played a huge role in collecting your wonderful gifts, thank you Kaiapoi Library, New World Kaiapoi, Pak'nSave Rangiora, Rangiora Toyota, Ray White Rangiora, Kaiapoi and Pegasus, and the staff of Westpac Kaiapoi.

New World Kaiapoi's grocery raffle raised over \$600 for our Kaiapoi Food Bank (thank you New World Kaiapoi and all of you who bought raffle tickets). Rangiora Fitness Centre ran a food collection and the staff of Mainpower generously donated much-needed food and toiletries.

Thank you also to Compass FM for creating "Handbags for Hope" for families in need - handbags and backpacks filled with toiletries generously donated by our community and assembled by the Rangiora Lionesses.



CHRISTMAS TREE FESTIVAL

Community Wellbeing was proud to take part in the 2020 North Canterbury News Christmas Tree Festival at Rangiora Town Hall. Our decorations were all hand-made by tamariki from our Karanga Mai Early Childhood Education Centre and were put up by some of our team and whānau. Thanks to one of our kind Trustees for donating our tree and to Soroptimists International North Canterbury for hosting this year's Festival.

Our Funders and Supporters

THANK YOU!

THANK YOU TO OUR COMMUNITY GRANT PROVIDERS AND TRUSTS

Aotearoa Gaming Trust
Canterbury District Health Board
CERT
Department of Internal Affairs:

- Community Organisations Grants Scheme
- NZ Lottery Grants Board

Edmund Rice Justice Aotearoa NZ
Hurunui District Council
Lion Foundation
Ministry of Education
Ministry of Health
Ministry of Justice
Oranga Tamariki
Work and Income
NZ Partnering for Outcomes
Pub Charity
The Rata Foundation
Waimakariri District Council

THANK YOU TO OUR LOCAL PARTNERS AND SPONSORS

Bayleys North Canterbury
Hanmer Springs Thermal Pools & Spa
Ravenswood Developments Ltd
Stadium Cars Rangiora

THANK YOU TO OUR SUPPORTERS AND DONORS

AA Vehicle Service Centre Rangiora
Anytime Fitness Rangiora
Ashgrove Primary School
CBK Craft Bar & Kitchen Kaiapoi
Coffee Worx Rangiora
Clarkville School
Compass FM
Enterprise North Canterbury
Essence Magazine North Canterbury
Fernside School
Flint Lock Foundation
Kaiapoi Community Board
Kaiapoi Borough School
Kaiapoi High School
The staff of Mainpower
Miss Lilly's Catering
Mount Brown Estates
New World Kaiapoi
Ngātahi Communications
North Canterbury News
North Loburn School
Pak'nSave Rangiora
PhotoWorthy Images
Property Brokers Rangiora
Rangiora Borough School
Rangiora Fitness Centre
Rangiora High School Leos Club
Rangiora Toyota
Rangiora Lionesses
Rangiora Rotary Club
Ray White Rangiora, Kaiapoi and Pegasus
Sefton School
Shoe Therapy Kaiapoi
Sorooptimist International of North Canterbury
Thai Aroma
The Mark
The staff of Westpac Kaiapoi
Waiau School
Waimakariri Libraries Kaiapoi

SPECIAL THANKS TO OUR REGULAR GIVERS

Your constant, loyal support means so much and truly makes a difference to the wellbeing of our tamariki, rangatahi and whānau in North Canterbury.

Our Mission

Our mission is to improve the lives of people in North Canterbury by providing FREE community and social services.

BUT WE CAN'T DO IT WITHOUT YOU.

We rely on people like you who care about the wellbeing of North Canterbury families and communities.

With your help we can deliver free services to individuals and families who are in urgent need.



Friends of Wellbeing

BECOME A FRIEND OF WELLBEING TODAY

There are so many ways you can become a Friend of Wellbeing ...

- You or your business can become a regular giver or make a one-off donation. All donations of \$5 or more are tax deductible.
- You can become a major sponsor. Sponsorship provides opportunities for you and your business to engage more strongly with our local community, demonstrate social responsibility and develop a culture of community support in your workplace.
- You can give us free products or services to help us carry out our work.
- You can give us your time. As a volunteer you'll have a positive impact on the lives of others in our community.

- You can give us food to create nourishing food parcels for families in need.

You can find out more about becoming a Friend of Wellbeing on our website:

wellbeingnc.org.nz

Accountability

GOVERNANCE

Our Board of Trustees bring a diverse range of highly experienced leaders to your Trust. Leaders in their own fields, ranging from finance to governance, local government, management, marketing, education and relationship management, they provide strategic direction and strong governance to ensure Community Wellbeing North Canterbury Trust achieves its goals.

BOARD OF TRUSTEES

Brian Davey – Chair

Trustees:

Tsarina Dellow

Leone Evans

Sam Jones

Dean Logan

Susan Mowat

Martin Pinkham

Mary Sparrow

Pauline White

FINANCIAL PERFORMANCE

Financial position for the year ended 30th June 2020 - **Refer to page 20.** Full audited accounts can be found on our [website](http://wellbeingnc.org.nz)

wellbeingnc.org.nz

COMMUNITY WELLBEING NORTH CANTERBURY TRUST

STATEMENT OF FINANCIAL PERFORMANCE

FOR THE YEAR ENDED 30 JUNE 2021

	Note	2021 \$	2020 \$
Revenue			
Fundraising revenue		-	9,602
Donations and other similar revenue	2	600,641	380,907
Revenue from providing services	3	1,717,754	1,605,628
Gain on sale of motor vehicle		1,486	295
Interest		6,317	12,898
Total Operating Income		2,326,198	2,009,330
Less: Expenses			
Audit fee		4,774	4,788
Employment Expenses	4	1,544,973	1,423,415
Volunteer Expenses	5	6,057	4,707
Depreciation		13,082	12,948
Loss on disposal property, plant and equipment		-	4,088
Rental		121,478	118,803
Other costs relating to providing services	6	551,173	396,137
Total Expenses		2,241,537	1,964,886
Net Surplus / (Deficit)		84,661	44,444

**ASHTON
WHEELANS**

The above Statement should be read in conjunction with the accompanying notes & Audit Report.

COMMUNITY WELLBEING NORTH CANTERBURY TRUST

STATEMENT OF MOVEMENTS IN EQUITY FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$	\$
EQUITY AT BEGINNING OF THE YEAR	668,704	624,260
Net Surplus / (Deficit) for the year	84,661	44,444
	84,661	44,444
EQUITY AT END OF THE YEAR	753,365	668,704

ASHTON
WHEELANS

The above Statement should be read in conjunction with the accompanying notes & Audit Report.

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COMMUNITY WELLBEING NORTH CANTERBURY TRUST

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2021

	NOTE	2021 \$	2020 \$
ASSETS			
Current Assets			
Petty Cash		700	400
Westpac Accounts		455,442	325,294
Prepayments		5,201	4,135
Accounts Receivable		206,716	185,734
Investments		422,713	414,257
Total Current Assets		1,090,772	929,820
Non-Current Assets			
Property, Plant and Equipment	7	61,601	39,156
TOTAL ASSETS		1,152,373	968,976
LIABILITIES			
Current Liabilities			
GST Payable		6,896	15,092
Sundry Creditors		170,772	145,342
Revenue in Advance	8	162,600	87,031
Provision for Holiday Pay		58,740	52,807
Total Current Liabilities		399,008	300,272
Non-Current Liabilities			
		-	-
TOTAL LIABILITIES		399,008	300,272
NET ASSETS		753,365	668,704
TRUST FUNDS			
Accumulated Funds			
Opening Balance		668,704	624,260
Net Surplus / (Deficit)		84,661	44,444
		753,365	668,704
TOTAL TRUST FUNDS		753,365	668,704

For and on behalf of the Trust:

Trustee 
Martin Pinkham

Trustee 
Brian Davey

The above Statement should be read in conjunction with the accompanying notes & Audit Report.

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ASHTON
WHEELANS



Wellbeing Tips and Resources

You can find evidence-based wellbeing resources on our Facebook page here:

<https://www.facebook.com/CommunityWellbeingNorthCanterburyTrust>

You can listen to an interview with Julie from Community Wellbeing about the Five Ways to Wellbeing and self-care on Compass FM here:

<https://www.podbean.com/ew/pb-57azn-10c585d>

The Five Ways to Wellbeing are five simple actions that you can introduce into your life, any time, and you will begin to feel the benefits. Research shows that the Five Ways to Wellbeing build resilience, boost your wellbeing and lower your risk of developing mental health problems.

THE FIVE WAYS TO WELLBEING IN ACTION:

Connect – talk and listen, be there, feel connected.

Take Notice – remember the simple things that bring you joy.

Give – your time, your words, your presence.

Keep learning – embrace new experiences, see opportunities, surprise yourself.

Be active – do what you can, enjoy what you do, move your mood.

You can find out more about the Five Ways to Wellbeing on the Mental Health Foundation of NZ website here:

<https://www.mentalhealth.org.nz/home/ways-to-wellbeing-2/>

Listen and subscribe to The Community Mindfulness Project Podcast, produced right here in North Canterbury:

<https://wellbeingnc.podbean.com>

Find free apps, toolkits, and other digital resources to help you look after your mental wellbeing here:

<https://covid19.govt.nz/health-and-wellbeing/>



CONTACT US

RANGIORA OFFICE

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Level 1, 29 High Street, Rangiora
03 310 6375

KAIAPOI COMMUNITY SUPPORT

24 Sewell Street Kaiapoi
03 327 8945

KARANGA MAI EARLY CHILDHOOD EDUCATION CENTRE

Robert Coup Road Kaiapoi
03 327 8315

WELLBEINGNC.ORG.NZ

community 
wellbeing
North Canterbury Trust