



Thank you for changing lives



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A message from our Chair

Kia ora koutou

As you explore this year's report you'll see the huge impact you have made to the wellbeing of North Canterbury families and communities. I want to begin by extending my heartfelt thanks to you. Our funders, donors, sponsors and partners, our dedicated volunteers, Board and team. Without your dedication and commitment, we could not have achieved half of what we have this year.

There's no doubt that we remain in challenging times. COVID-19 has disrupted almost every aspect of our lives. Rangatahi and tamariki have been among the most affected by the pandemic. They have shown great resilience. But it's vital we support them to overcome the myriad of challenges life throws at them.

You don't need me to tell you that more and more whānau in North Canterbury are going without. They're being squeezed by the cost of living. We're seeing this reflected at our Kaiapoi Food Bank. The demand for food parcels is unprecedented.

Our kaiako see the impact first hand at our Karanga Mai Early Learning Centre. Young parents, completing their education, doing their very best to care for their families. But they can't make ends meet.



This is why the Trust exists. We're continually developing innovative solutions. Solutions that meet the evolving needs of our community, and support our people to do well.

But we can't do it without you.

I invite you to connect with me at chair@wellbeingnc.org.nz if you want to help us change more lives in North Canterbury.

It continues to be a privilege and honour to serve as Board Chair. Working alongside you to support a thriving North Canterbury.

Thank you for your generosity, kindness and community spirit. I look forward to what we will achieve together in the year ahead.

Brian Davey
Board Chair

A message from our Manager

Kia ora koutou

Thank you for the incredible support you've shown your Trust this year. Thanks to you, we've many wellbeing outcomes to share.

Our Wellbeing Coordinator is a new role within the Clinical Team. Working alongside parents, whānau and high schools, the Wellbeing Coordinator supports the wellbeing of rangatahi in North Canterbury.

Over summer, Community Wellbeing ran a pilot initiative in collaboration with Surfwise Waikuku Surf School. The pilot's aim was strengthening the resilience and mental health of local tamariki and rangatahi through an ocean-based experience. Some participants described it as life-changing. You can read more about the impact of your support for the pilot, in this report.

Community Wellbeing is part of the Manu Ka Rere collaboration. A network of free social service providers across Canterbury. Manu Ka Rere offer a range of ways to strengthen the wellbeing of rangatahi. This is a flexible, responsive approach to get young people the support they need as quickly as possible. Being part of this network means

we have increased capacity to help rangatahi, when and where they need it.

Our Mana Ake kaimahi support schools and whānau throughout the Hurunui and Waimakariri. They support tamariki experiencing issues that impact their wellbeing, such as managing emotions, friendships and bullying, parental separation, grief and loss. Our team of five kaimahi have a diverse range of skills and qualifications. They include social workers, counsellors, teachers and support workers.

Community Wellbeing also run internationally-recognised parenting courses - 'Tuning into Kids', 'Tuning into Teens' and 'Building Awesome Whānau'. Courses that had been delayed due to COVID-19 have now resumed.

The Trust's two family social workers support whānau to strengthen their wellbeing, both in the Hurunui and Waimakariri.

The Trust also links whānau with other



local resources, information and services to help them on their journey.

As part of the COVID-19 response, Community Wellbeing received funds for two community connector roles. These team members work with families affected by COVID-19 to get them the support they need.

Our Kaiapoi Food Bank has experienced demand that is well above average. The Food Bank gave out 1,585 food parcels to families and individuals in need this year. A significant increase on last year's total of 548 food parcels. Sourcing funds to meet demand and offset rising costs is an ongoing challenge. It's clear our funds are not going as far as they used to.

Enrolments at our Karanga Mai Early Learning Centre have grown again this year. It's a joy to welcome these new whānau to our community. Kaiako provide care and early childhood

education for the tamariki and their mātua/parent. This includes resourcing whānau with a range of assistance and wraparound support if needed. Our Centre doesn't charge fees, and provides free, daily transport to and from Karanga Mai. Securing the funds to provide this level of care is a constant battle.

I very much value the close collaboration Community Wellbeing has with you. Our funders, sponsors, supporters and donors.

I can't thank you enough for your loyal support for our community and the work that we do.

Ngā mihi nui



Deirdre Ryan
Manager



“

I very much value the close collaboration Community Wellbeing has with you. Our funders, sponsors, supporters and donors. I can't thank you enough for your loyal support for our community and the work that we do.

”

Deirdre Ryan - Manager

How we spend our funds

Some of the things your amazing generosity accomplished in 2021-2022

Your support funds these FREE services for our North Canterbury community:

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



Transforming young lives through ocean-based wellbeing initiative

“Life changing” is how 17 year old Monique from Hurunui describes her experience on the ocean-based wellbeing pilot; a collaboration between Community Wellbeing North Canterbury Trust and Surfwise Waikuku Surf School that took place in January 2022. The aim of the pilot was to strengthen the resilience of local tamariki and rangatahi.

“Before I started surfing I struggled with depression,” says Monique, “but I’ve learnt so many new coping strategies. It’s taught me things can be really hard sometimes but you always get through – gives you new knowledge about how strong you are, even if you don’t feel it.”

Community Wellbeing Team Leader, Cushla Waghorn, has encountered the transformative power of the ocean first-hand. She was keen to find a way to enable the tamariki and rangatahi she connects with through her work at Community Wellbeing, to have the same experience.

Cushla floated the idea with Tammi Martin, co-owner and operator of Surfwise Waikuku Surf School. Surfwise is unique in its Kaupapa. All Surfwise’s Learn to Surf programmes are underpinned by Tā Mason Durie’s Te Whare Tapa Whā holistic model of wellbeing. Working in the taiao (environment), cultivating a positive group culture. Allowing room for vulnerability and strength.

Surfwise immediately recognised the alignment and the urgent need for a collaboration, given escalating mental health needs in young people. Small groups of tamariki (aged 9–13) and rangatahi (aged 14–17) from across



Waimakariri and the Hurunui took part in the pilot. They learnt how to surf and participated in on-shore sessions to equip them with tools to support their mental health. Community Wellbeing team members supported the young people, alongside the Surfwise team, both in and out of the water.

Community Wellbeing provided transport, if needed, so that access wasn't a barrier. Participants were welcomed to the beach through a mihi process which invited connection with the local environment and one another. Whānau were welcome to come along and watch and to take part in reflections over shared kai.

The following whakatauki helps give a richer understanding of the stories of the land and the people of the land and was used to frame the programme's design: 'Ko au te moana, ko te moana ko au' – I am the ocean and the ocean is me.

Each participant was gifted a wetsuit at the pilot's conclusion to encourage an ongoing connection with the ocean.

Community Wellbeing and Surfwise are continuing to offer support through schools and whānau to support the flow of learning from the programme into participants' daily lives.

Parents noticed big changes in their tamariki through taking part.

"Isaac loves sport but sometimes finds it difficult to manage his anger or excitement," says Jason from Hurunui, dad to 11 year old Isaac. "I've seen major improvements in Isaac's ability to manage his emotions. The kids in the programme aren't stereotyped or labelled, they are all treated the same. I'd recommend it to anyone, whatever the challenges."



The Trust is hugely grateful to Sport Canterbury for their grant to run the pilot, which was topped up by generous, anonymous donations from local businesses and individuals.

We would like to acknowledge the tremendous support of Rangiora Rotary Club, Amberley Lions Club and Careerbalance for coming on board as sponsors for the next ocean-based programme.

Community Wellbeing desperately needs more donations and sponsors to help us transform more young lives in our district.



“When we learnt that Community Wellbeing needed sponsorship to continue the programme, we were keen to lend our support.”

— Marilyn Ayers, Rangiora Rotary Club President

Leo and Jenny Harris, winners of the Waikuku Beach Giant Pumpkin Competition donated their prize money to support this programme.

A new whare

Kaumatua Tahu Stirling blessed our new Rangiora office at 200 King St in March.

Members of the Community Wellbeing team and Board Chair, Brian Davey, joined in the blessing.

We welcome you all to our new whare.



Making an impact

Kaiapoi Community Support

Community is at the heart of everything we do

A huge thank you to everyone who has gifted money or food to Kaiapoi Community Support (KCS). Demand for food parcels is at an all-time high. There's no way KCS could meet the need without you.

Sharing feedback from KCS clients

Clients were invited to rate how satisfied they were with the service and support they received from Kaiapoi Food Bank. 48 out of 49 respondents ticked satisfied or very satisfied.

What do you think the service did well?

- ✔ "They were great and I felt very comfortable and safe."
- ✔ "They did not judge, and they also did not have the boundaries or rules other places have. They thought about the food they were giving and made sure you had everything including milk and toilet paper. They also offered other support if I needed it. They cared and it was not a lot of paperwork."
- ✔ "It is a blessing having them work for the community."
- ✔ "Volunteers that give their time and support for those in the community."



- ✔ "I am very happy with the service provided."
- ✔ "They are a great team of hardworking volunteers that give their time and support for the wellbeing of those in the community. Great team leader who is flexible and engaging."
- ✔ "Honestly if it weren't for KCS I couldn't have eaten a lot of weeks or my baby because of unexpected costs so thank you guys so much xx."
- ✔ "Supporting community, quick response. Informative and respectful. Willing to help in any way they can."
- ✔ "Very good experience. The first time I had been there. Lovely people great service."



98% Satisfaction

48 out of 49 respondents ticked satisfied or very satisfied with KCS.



More positive changes reported:

- ✔ “This gave me the help I needed until I was able to provide kai for my family.”
- ✔ “Pulled us out of really hard times.”
- ✔ “I know I have a support if my son comes to stay.”
- ✔ “To not be afraid to ask for help.”
- ✔ “We have better options when we are in need.”

“They are super helpful and non-judgmental. They provide a comfortable place to discuss any issues you may be having around food and budget services. Are very friendly welcoming and just lovely.”



Community is at the heart of everything we do

Christmas Giving

Thanks to you, our Kaiapoi Community Support service gave out a whopping 2448 Christmas presents to families in need. That's a record! Thank you for generously donating gifts to our Christmas Giving Programme.

Sue is one of the wonderful donors who brings joy to families in need through our Christmas Giving Programme.

It all began for Sue when she and her grandchildren started making crafts together. "I wanted to give kids in need an opportunity to create," says Sue. So she began donating craft supplies. Over the years her donations grew ... and grew!

Sue has brought smiles to the faces of many children. Her donations include clothes, toys, swimwear, beach towels, school bags, drink bottles, arts and crafts.

"I'm hoping that it will help people and that children won't go without. I love knowing that my gifts help keep children warm and happy." Through connecting with our Kaiapoi Community Support service, Sue has seen the work of our volunteers first-hand and has joined our amazing volunteer team.

Thank you Sue, we are very excited to have you on board!



"As a local business owner I'm pleased to support the amazing work that Community Wellbeing North Canterbury does for the people in our community. We support through our "Little Ray of Giving" campaign at Christmas each year where we collect gifts under a Christmas tree that then will be passed onto another family. We understand there is a huge need and together as a community we can change somebody's life for the better."

— Claire Morris, Owner, Ray White Morris & Co Real Estate



Thanks also to our awesome volunteers (our Christmas elves!) and our wonderful Christmas Giving Partners: Blackwells Department Store Kaiapoi, New World Kaiapoi, Pak'nSave Rangiora, Rangiora Toyota, Ray White Rangiora, Kaiapoi and Pegasus, Kaiapoi Library.

Thank you!

Mana Ake Stronger for Tomorrow

During Youth Week, our Mana Ake team celebrated the Hurunui students that they supported to take part in Ko wai au? Who Am I? A cultural identity course for Māori students run by the Mana Ake team from Purapura Whetu. Tamariki from Waiau, Rotherham, Hanmer Springs and Culverden learnt their whakapapa and pepeha and took part in flax weaving and carving.

“Our voices matter, we deserve to be heard.” Youth Week May 7–15 2022.



Jenni, one of our Mana Ake kaimahi, took these snaps of two students in her Friendship Group at Rotherham School. The Friendship Group uses a variety of resources to engage students and help develop social skills. Here the students use puppets to practice peaceful conflict resolution and cooperative games.



Thank you McAlpines Mitre 10 Mega Rangiora

McAlpines Mitre 10 Mega Rangiora donated over \$1000 in products and vouchers to Community Wellbeing to support our North Canterbury community. While the district was in the grip of winter, they also donated hundreds of woolly hats for tamariki and fleecy gloves for adults. Thank you McAlpines Mitre10 Mega Rangiora. Your kindness and generous community support made a difference to many local families in need this year.



Three Llamas

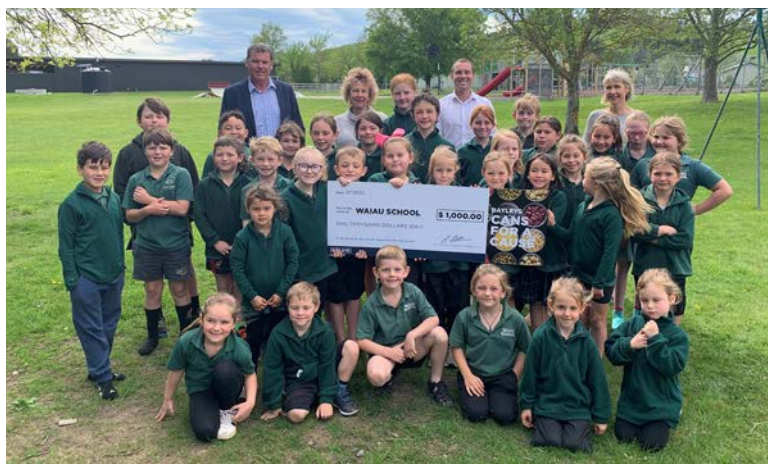
The good folks at Three Llamas Coffee House and Roastery ran an Easter Raffle to support the mental health and wellbeing of local rangatahi and tamariki, raising \$150. Thank you!



Bayleys' Cans for a Cause

The food drive collaboration between Bayleys' North Canterbury and Community Wellbeing North Canterbury Trust returned in 2021 to help local families struggling to put food on the table.

A number of primary schools in North Canterbury supported Bayleys' Cans for a Cause. Schools held events such as crazy headdress day, sausage sizzles, mufti-days or a wellbeing afternoon. Waiau Primary School won \$1000 to put towards sporting equipment for the school, given away by Ross Ditmer, Manager of Bayleys North Canterbury on behalf of Bayleys.



“Cans for a Cause was an initiative that Bayleys came up with in 2020, seeing the impact of COVID-19 on local families. 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've been able to help a lot of families. It was so successful that Bayleys North Canterbury teamed up with Community Wellbeing again for Bayleys' Cans for a Cause 2021.”

— Jan McCormick, Property Consultant of Bayleys North Canterbury.

Toot for Tucker

Our community came out in force to support our Kaiapoi Food Bank last December, leading to one of the biggest Toot for Tucker donations we've ever received! Thank you to Property Brokers, all our volunteer drivers and collectors and all you wonderful people who donated kai for North Canterbury families.

Thanks to David Hill for the photos.



Rangiora Lions Club

Rangiora Lions Club donated \$2000 to support the wellbeing of local families, children and young people despite cancellation of the Club's annual fundraising event, the Ashley River Ramble.

The Ashley River Ramble is a great family day out that promotes a positive wellbeing message. The Ramble returns bigger and better in February 2023.

“Rangiora Lions chose to support Community Wellbeing this year because it offers so many free services that support the mental health and wellbeing of our community. There’s a lot of need out there in our community so when we were forced to cancel the Ramble because of COVID-19, our members felt it was important to find a way to continue to offer support.”

— Andrew Cook, 2nd Vice President, Rangiora Lions Club



Specsavers become a Friend of Wellbeing

Thank you Specsavers Rangiora for choosing Community Wellbeing as your local charity of choice!



Stadium Cars

“Stadium Cars 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 families and children. As a charity, the Trust needs businesses like ours to fund the valuable work they do. Although we are physically based in Christchurch now, Stadium Cars are still 120% committed to supporting Community Wellbeing and the North Canterbury community.”

— Craig Powley, Manager at Stadium Cars



National Volunteer Week

7770
Hours
dedicated by
our volunteers

Te Wiki Tūao ā-Motu
National Volunteer Week 19–25 June 2022

Celebrating the collective contribution of all volunteers who enrich Aotearoa New Zealand. This year's theme was 'Weaving the People Together.'



Marilyn

"Volunteering gives me a wonderful sense of purpose," says Marilyn, one of our team of inspirational volunteers at Kaiapoi Community Support (KCS). Marilyn was a volunteer at KCS for four years before taking a break. We are thrilled that she recently re-joined us. "I'm loving being back helping people and it's a wonderful way to connect with others again post COVID-19," says Marilyn.



Jackie

Jackie has been a friendly face at Kaiapoi Community Support (KCS) for four years and says volunteering has helped her get to know her local community. On any given day you'll find Jackie preparing food parcels, answering enquiries and taking community driver bookings. "Our days are busy helping people - we all get tremendous satisfaction from that, and we have fun together too," says Jackie. "I really enjoy the camaraderie at KCS."



Marie

As part of National Volunteer Week Essence Magazine North Canterbury pampered Marie, one of our wonderful Kaiapoi Community Support volunteers. Marie joined our volunteer team last year as part of adjusting to life after a stroke. Marie is known for her bubbly personality and her ability to relate to people from all backgrounds. Thank you Essence Magazine, Vogue Kaiapoi, Kaiapoi Unichem Fenwicks Pharmacy and Craze Fashion Kaiapoi for giving Marie this special day out.



Volunteers Thank You Lunch

Our annual volunteers' appreciation lunch at Pineacres Bar & Restaurant is our way of saying THANK YOU for the thousands of hours our volunteers dedicate to our community every year. Our major sponsors Hanmer Springs Thermal Pools & Spa gifted every volunteer a pass to the thermal pools.

THANK YOU to all our amazing volunteers for your incredible dedication and commitment!

Christmas Tree Festival

Community Wellbeing was proud to take part in the 2021 North Canterbury News Christmas Tree Festival at Waimakariri District Council. Thanks to one of our kind Trustees for donating our tree and to Soroptimist International of North Canterbury for their generous donation to our Karanga Mai Early Learning Centre.



Our funders and supporters

Thank you!

Hanmer Springs Thermal Pools & Spa

Thank you to our major sponsors

Thank you to our major sponsors Hanmer Springs Thermal Pools & Spa. You've stuck by us throughout the pandemic. You've supported our community. You've committed vital funding to help us offer free services across North Canterbury. You've helped us show our gratitude for our volunteers by gifting them thermal pool passes. Community Wellbeing couldn't survive without the support of partners like you. We can't thank you enough.

“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.



Thank You to our Community Grant Providers and Trusts

Aoteroa Gaming Trust
Te Whatu Ora – Health New Zealand
Waitaha Canterbury (formerly Canterbury
District Health Board)
Kiwi Gaming Foundation
Department of Internal Affairs:

- Community Organisations Grants Scheme
- NZ Lottery Grants Board

Hurunui District Council
Lion Foundation
MainPower Community Fund
Ministry of Education
Ministry of Health
Ministry of Justice
Ministry of Social Development
Oranga Tamariki
Work and Income NZ
Pub Charity
Sport Canterbury
The Rata Foundation
Waimakariri District Council

Thank You to our Local Partners and Sponsors

Amberley Lions Club
Bayleys North Canterbury
Careerbalance
Hanmer Springs Thermal Pools & Spa
Rangiora Lions Club
Rangiora Rotary Club
Stadium Cars

Thank You to our Supporters and Donors

Anytime Fitness Rangiora
Ashgrove Primary School
Blackwells Department Store Kaiapoi
CBK Craft Bar & Kitchen Kaiapoi
Coffee Worx Rangiora
Clarkville School
Compass FM
Day and Night Kaiapoi
Enterprise North Canterbury
Essence Magazine North Canterbury
Fernside School
Five Peaks Brew Co
Kaiapoi Community Board
Kaiapoi Community Garden
Kaiapoi High School
McKellow Jewellers Rangiora
Miss Lilly's Catering
Mount Brown Estates
New World Kaiapoi
Ngātahi Communications
North Canterbury News
Pak'nSave Rangiora
PhotoWorthy Images
Property Brokers Rangiora
Rangiora High School
Rangiora Toyota
Ray White Rangiora, Kaiapoi and Pegasus
Satisfy Food Rescue
SES Contracting
Specsavers Rangiora
Shoe Therapy Kaiapoi
Sorooptimist International of North
Canterbury
The Order of Saint Lazarus
Three Llamas Coffee Shop and Roasters
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.

Become a Friend of Wellbeing today

There are lots of things outside our control right now. But you can control this. You can help strengthen the resilience of our North Canterbury community.

We're asking people like you to become a monthly giver to support our whānau, rangatahi and tamariki to thrive. Become a Friend of Wellbeing today and help transform lives in North Canterbury.

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

- ♥ Become a regular giver or make a one-off donation. All donations of \$5 or more are tax deductible.
- ♥ Partner with us.
Our achievements wouldn't be possible without the invaluable support of our corporate and community partners.
- ♥ Fundraise on our behalf.
You can get as creative as you like. We appreciate anything you can do to support the wellbeing of North Canterbury families and communities. From running your own trivia quiz, wellbeing walk or school mufti-day to entering you and your workmates in a fun run or cycling event. There are lots of ways to lend your support.
- ♥ Leave a gift in your Will.
No matter how big or small. Your bequest will help the many hundreds of North Canterbury families and individuals who need our support, each and every year.

- ♥ Volunteer.
Our volunteers come from all walks of life, and range in age from teenagers to retirees. As a volunteer you'll be a vital part of our team, supporting the wellbeing of North Canterbury whānau, rangatahi and tamariki.

Find out more about the difference you can make by becoming a Friend of Wellbeing:

www.wellbeingnc.org.nz/how-to-help/

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 – Board Chair

Trustees: Tsarina Dellow, Sam Jones, Dean Logan, Susan Mowat, Martin Pinkham, Mary Sparrow & Pauline White.

Financial Performance

Financial position for the year ended 30th June 2022 - Refer to page 24. Full audited accounts can be found on our website.

Community Wellbeing North Canterbury Trust

STATEMENT OF FINANCIAL PERFORMANCE

FOR THE YEAR ENDED 30 JUNE 2022

ANNUAL PERFORMANCE

REPORT	Note	2022 \$	2021 \$
Revenue			
Donations and other similar revenue	2	662,067	600,641
Revenue from providing services	3	1,939,037	1,717,754
Gain on sale of motor vehicle		367	1,486
Interest		6,015	6,317
Total Operating Income		2,607,486	2,326,198
Less: Expenses			
Audit fee		6,805	4,774
Employment expenses	4	1,915,201	1,544,973
Volunteer expenses	5	3,541	6,057
Depreciation		38,701	13,082
Loss on disposal property, plant and equipment		3,672	-
Rental		89,432	121,478
Other costs relating to providing services	6	563,205	551,173
Total Expenses		2,620,557	2,241,537
Net Surplus / (Deficit)		(13,071)	84,661

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

ASHTON
WHEELANS

Community Wellbeing North Canterbury Trust

STATEMENT OF MOVEMENTS IN EQUITY

FOR THE YEAR ENDED 30 JUNE 2022

ANNUAL PERFORMANCE

REPORT

	2022	2021
	\$	\$
EQUITY AT BEGINNING OF THE YEAR	753,365	668,704
Net Surplus / (Deficit) for the year	(13,071)	84,661
EQUITY AT END OF THE YEAR	740,294	753,365

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

ASHTON
WHEELANS


Community Wellbeing North Canterbury Trust

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2022
ANNUAL PERFORMANCE
REPORT

	NOTE	2022 \$	2021 \$
ASSETS			
Current Assets			
Petty Cash		400	700
Westpac Accounts		301,852	455,442
Prepayments		6,872	5,201
Accounts Receivable		210,424	206,716
Investments		425,484	422,713
Total Current Assets		945,032	1,090,772
Non-Current Assets			
Property, Plant and Equipment	7	321,436	61,601
TOTAL ASSETS		1,266,468	1,152,373
LIABILITIES			
Current Liabilities			
GST Payable		15,355	6,896
Sundry Creditors		178,731	170,772
Revenue in Advance	8	269,883	162,600
Provision for Holiday Pay		62,205	58,740
Total Current Liabilities		526,174	399,008
Non-Current Liabilities		-	-
TOTAL LIABILITIES		526,174	399,008
NET ASSETS		740,294	753,365
TRUST FUNDS			
Accumulated Funds			
Opening Balance		753,365	668,704
Net Surplus / (Deficit)		(13,071)	84,661
		740,294	753,365
TOTAL TRUST FUNDS		740,294	753,365

For and on behalf of the Trust:

Signed by:

Trustee 57CD92ED1819C4B7

Signed by:

Trustee B63C7A4F42CD8A5E

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

ASHTON
WHEELANS



Wellbeing tips and resources

Over the phone support services

Need to talk 1737

Free call or text anytime for support from a trained counsellor.

Parent Help 0800 568 856

Help with everyday parenting challenges as well as serious issues such as child abuse.

Mental health resources

www.mentalhealth.org.nz
www.thelowdown.co.nz
www.qtopia.org.nz

Parenting resources

www.parentingplace.nz
www.sparklers.org.nz/parenting/

You can find evidence-based wellbeing resources on our Facebook page:
www.facebook.com/CommunityWellbeingNorthCanterburyTrust

For a replay of Julie's wellbeing tips for the holidays on CompassFM listen here:
www.podbean.com/ew/pb-qjqp2-115db5f

Packed full of tips and tools to boost your mental health and wellbeing, The Community Mindfulness Project Podcast is on Spotify, Apple Podcasts, Google Podcasts and Podbean. Produced right here in North Canterbury.
<https://wellbeingnc.podbean.com/>







Rangiora Office and General Enquiries

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PO Box 409, Rangiora 7440
03 310 6375
info@wellbeingnc.org.nz

Kaiapoi Community Support

24 Sewell Street
Kaiapoi
03 327 8945
kcs@wellbeingnc.org.nz

Karangai Mai Early Learning Centre

Robert Coup Road
Kaiapoi
03 327 8315
karangamai@wellbeingnc.org.nz