

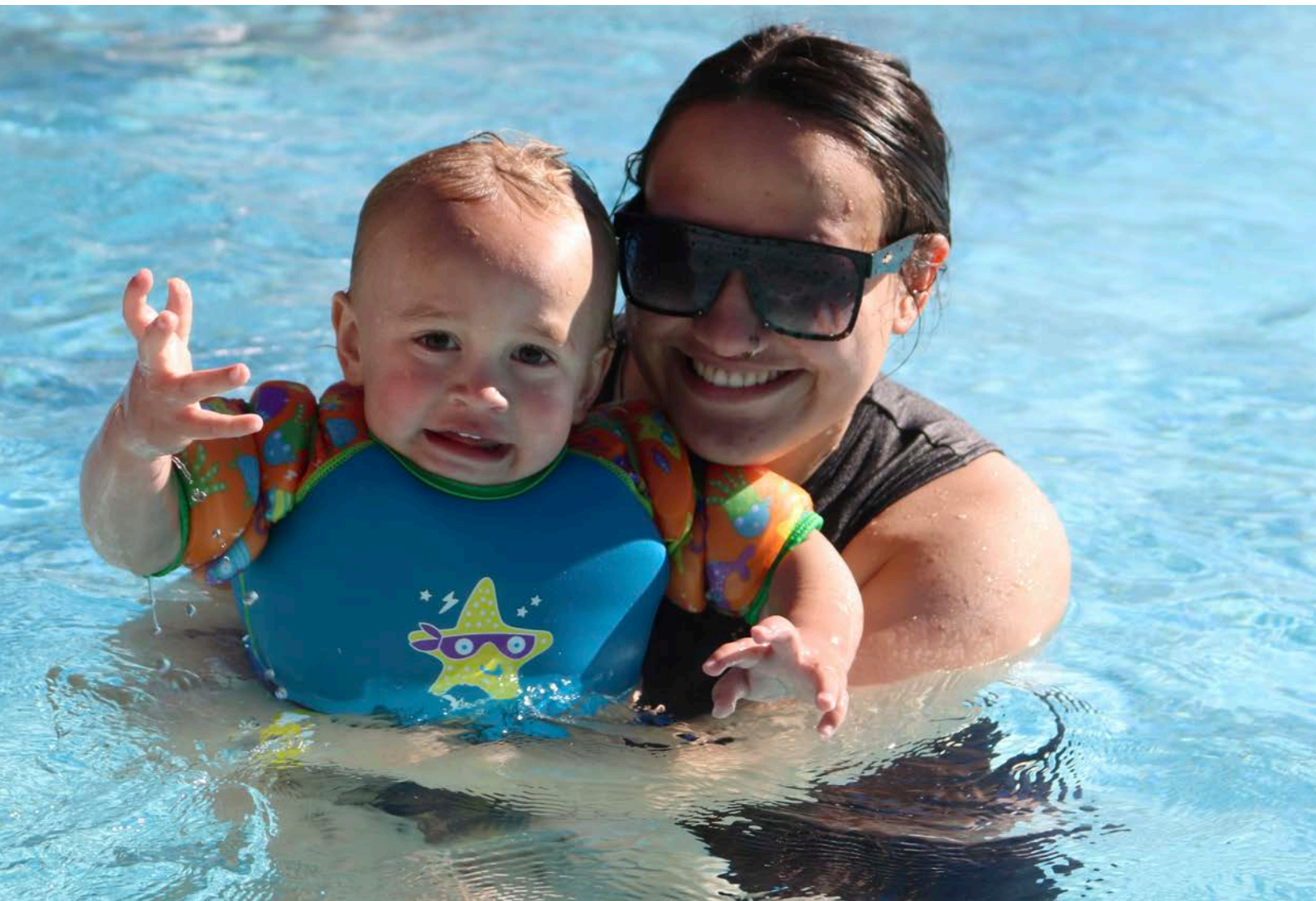


**Thank you for changing lives**



We are a values-led organisation that puts those we serve to the forefront. We are continuing our journey to be Tiriti-honouring in heart, mind and action.

Community Wellbeing honours Te Tiriti o Waitangi as the founding document of Aotearoa, New Zealand. We recognise Māori as tangata whenua. We assume a shared obligation for protecting *Te Reo Māori*, *Tikanga*, *Kawa*, *Mātauranga* - Māori ways of being, knowing and doing.



Front cover photo from Karanga Mai Early Learning Centre, *Kai is Life* food programme. Photo courtesy of PhotoWorthy Images.

# Table of Contents

A message from our Chair	4
A message from our General Manager	6
Programme delivery	8
Making an impact	14
Our volunteers	20
Our funders and supporters – Thank You	23
Become a Friend of Wellbeing	25
Accountability and governance	25
Financial statements for year ended 30 June 2024	26
Wellbeing resources	31
About us	32
Contact us	32

# A message from our Chair

Kia ora koutou

It's a privilege to bring you Community Wellbeing North Canterbury Trust's 2024 annual report. I'd like to start by acknowledging the immense generosity of our supporters, the dedication of our staff and volunteers, and the energy of our leadership team alongside General Manager, Deirdre Ryan.

A prominent theme over the last year has been the escalating need. More and more whānau in North Canterbury need the Trust's support. Families struggle to put food on the table. Rangatahi battle anxiety and depression. Tamariki need support at school and at home. Yet many of the Trust's free services, aimed at addressing these needs, receive no funding. The food bank. Our transport and food programme for tamariki at Karanga Mai. Our support group for rangatahi with significant life challenges. Our fleet vehicles that take the team into rural homes every day are also unfunded.

If it weren't for the support of our local community, councils and businesses, we couldn't do half of what we do. So, thank you for valuing and supporting the wellbeing of North Canterbury.

Despite the challenges of the last year, there is still much to celebrate. Stories of resilience, community spirit and hope. In this second year as Board Chair, I continue to be inspired by these stories of hope. Stories that reflect the impact of the Trust's mahi on the lives of individuals. Mahi, that you make possible. Let me share one of those stories with you now.....

A mum phoned Community Wellbeing in considerable distress. She said she had no money to get her 18-year-old son Tom (not his real name) to his new job in Amberley. After attending to the mum, our Next Steps facilitator called Hurunui District Council. She spoke with the Mayors Taskforce for Jobs. She explained that Tom had started work in their community and could they support this young person. The Mayors Taskforce readily agreed. They visited the whānau and provided two weeks worth of fuel vouchers. They also connected Tom's mum with Budgeting Services and Next Steps support. Now Tom is underway at his new job and his mum is getting the help she needs.

I wanted to share Tom and his mum's story with you because it's a reminder of the impact we can have when we come together to support our people when help is needed.



It's a practical demonstration of the Trust's kaupapa - working together for an equitable community. Collaboration is at the heart of everything we do.

I would like to acknowledge and thank my fellow Trustee, Martin Pinkham. Martin left the Board this year, after seven remarkable years of service to the Trust. Initially as Waimakariri District Council representative then in later years as community representative. We all miss Martin's insight and experience.

I had the pleasure of welcoming two new Board members this year. Alison Hood and Louisa Sullivan.

Louisa's interest in community wellbeing stems from a career in primary healthcare. Louisa has worked in clinical practice and clinical leadership including urgent after-hours care. She now works for the Hospice Palliative Care Service at Nurse Maude as Community Clinical Manager.

Alison has extensive international experience and a background in business psychology. She runs her own consultancy as a Leadership and Team Development Coach.

Already Louisa and Alison add valuable knowledge and experience to our Trust Board.

The stories of hope contained within this Annual Report remind us that with support, people can do more than merely survive. They can thrive.

Together, let us continue to work towards a future where no-one is left behind. Where the spirit of community prevails.

He aha te mea nui o te ao? He tāngata, he tāngata, he tāngata! *What is the most important thing in the world? It is the people, it is the people, it is the people!*

Mauri ora

*Tsarina Dellow*

Tsarina Dellow  
**Board Chair**



# A message from our General Manager



Kia ora koutou

Nāu te rourou nāku te rourou ka ora ai te iwi. *With your contributions and mine our people will thrive.*

Whānau and communities are suffering as the cost-of-living crisis continues to bite. Never in our 35-year history has Community Wellbeing been more needed. Resources are tighter than ever. But our commitment to a thriving North Canterbury remains strong. Working together to achieve an equitable community for all.

Karanga Mai Early Learning Centre opened its doors in 2001. Since then, it's gained a reputation as a place of educational excellence, where everyone is welcome. Everyone is seen as a person to be met, not a problem to be solved.

The parents I meet at Karanga Mai all want the best for their kids. I'm humbled by how much these young parents achieve for their children. But you and I both know what a tough environment it is out there right now.

That's why I've committed to our free food programme, *Kai is Life*. To support young parents to give their wee ones the nutrition they need to learn and grow.

*Kai is Life* provides hot, daily lunches, wholesome morning and afternoon teas. It teaches tamariki about where food comes from. Children grow, harvest, taste and share fruit and veggies grown right at the centre. *Kai is Life* also runs a weekly community kai day.

This year I ran a fundraising appeal so that I can continue *Kai is Life*. I'm eternally grateful for your aroha for our young parents. For the nourishment you're giving their tamariki. Your kindness and compassion is nothing short of life-changing.

Last year the Food Bank gave out the highest number of food parcels ever. Demand this year has exceeded that number again, as more and more whānau struggle to feed themselves.

In October, the Trust introduced an 0800 number for food parcel requests. Previously, clients had to walk into Kaiapoi Community Support (KCS) to request a food parcel. Within the first month of introducing the 0800 number, it was clear that the Food Bank was reaching more people. People who had previously gone hungry, rather than have to walk in and ask for help.

In the six months ending May 2024 the Trust spent \$53,603 on kai for our community. Despite the cost of meeting the escalating demand for food, I receive no funding for the food bank. I couldn't keep our doors open or our shelves stocked without you. Our loyal volunteers, donors, community supporters and local business partners. You are ending hunger in North Canterbury, one whānau at a time.

High levels of social anxiety in young people prompted the Trust to form a therapeutic art and craft group this year. The group is for rangatahi with significant mental health and wellbeing issues. It meets weekly. Many of the rangatahi attending the group sometimes struggle to leave the house to attend, but still they show up! Kaimahi work alongside the rangatahi on managing big emotions, engaging with others, anxiety, self-esteem and confidence. Caregivers report significant changes in their rangatahi from attending the group. I'm actively seeking sponsorship to continue this incredibly valuable programme.

I'm deeply grateful to MainPower for renewing sponsorship for our free parenting programmes.

Resourcing parents flows on to better mental health and wellbeing outcomes for tamariki and rangatahi, indeed, the whole whānau. MainPower's \$10,000 sponsorship supports free, evidence-based courses for parents and caregivers. It has meant the Trust can add some on-line courses this year which are often run in the evenings by our dedicated kaimahi. These courses have improved access for working parents, and those living in remote rural areas.

Thank you to Community Wellbeing's dedicated Board of Trustees for your strategic guidance through what has been another challenging year. To each and every one of my staff and volunteers, thank you for your tireless commitment to tamariki, rangatahi and whānau.

To our donors and supporters, thank you for being the lifeblood of the Trust. Your support impacts the lives of so many North Canterbury whānau. And shapes a more compassionate world for our collective future.

The joy of this journey is that we share it together. Thank you all for being there with us.

E mihi ana



Deirdre Ryan  
**General Manager**

# Programme delivery

## Together we achieved this

The Rangatahi Art & Craft Group was established this year to support young people with significant mental health and wellbeing issues.

Evidence shows that art therapy has the ability to help people express themselves more freely, improve their mental health and interpersonal relationships. It engages the mind, body, and spirit in ways that are distinct from verbal communication and talk therapy.

Beyond the benefits of art therapy itself, the group is a valuable forum for our kaimahi to support young people through their issues. As the young people “do” the art and craft, Community Wellbeing’s trained clinicians support individuals therapeutically, and help them strengthen their interpersonal skills in a group situation.

From time to time the group also go on supervised outings. The young people learn that they can be in their community and manage their anxiety.

Jess, caregiver to 17 year old Blake, who has intellectual disability, autism and ADHD had this to say about the impact of the group:

*“A great way for young people to connect and feel like they belong.”*

*Kids often feel like they are the only ones going through struggles. They feel different, alone. The group gives them connection with other young people in a similar situation. They don’t feel different anymore.”*

The Trust receives limited funding to run this therapeutic art and craft group. Please get in touch if you’d like to sponsor the group. Your support will be life changing for these rangatahi and their whānau.

The artwork on this page was created by members of the group and hangs in Community Wellbeing’s Rangiora office.







## Parenting Programmes

Community Wellbeing is hugely grateful to MainPower for continuing to support our free parenting programmes through another \$10,000 sponsorship.

MainPower's sponsorship funds a range of free, evidence-based courses and resources for North Canterbury parents. This year, MainPower's sponsorship enabled the Trust to expand delivery of parenting courses into rural communities in the Hurunui. A six week *Tuning in to Kids* course was held for the Waiau School community as part of this expansion. Evening courses in *Tuning in to Kids* and *Tuning in to Teens* were held online. This made courses accessible for working parents, and those in more remote, rural areas.

Alongside these evidence-based parenting courses, MainPower's sponsorship funds the Grandparents Raising Grandchildren Support Group. It also supports the Parent Drop-in Service for parents of secondary school children. The drop-in service gives parents and caregivers free advice and support on mental health and wellbeing issues impacting their rangatahi.

**"MainPower is committed to supporting community initiatives, schools, and not-for-profit organisations in the Waimakariri, Hurunui, and Kaikōura regions. When Community Wellbeing identified a need for additional parenting resources, we were delighted to collaborate with them. This partnership delivers important community parenting programmes for the benefit of families across North Canterbury. We believe that by working together, we can help build a stronger, more resilient community for all."**

*Katherine Forrester,  
Communications Manager,  
MainPower*

**mainpower**

## Kaiapoi Community Support

**Community is at the heart of everything we do.**

Kaiapoi Community Support, or KCS as it's known, is for anyone living between the Waimakariri River and the Ashley River in North Canterbury. The service is run by one paid staff member and 35 dedicated volunteers.

KCS is home to the Trust's Food Bank.

**“The Food Bank saw a huge spike in families going hungry during the pandemic and that spike hasn't gone away. It's the new normal. And the number of people having to come back for a repeat food parcel has escalated – even when the Food Bank has linked them with other support, such as Budgeting Services, our own social work team, Waitaha and Pegasus Health.”**

*Gabi Barlow, KCS Coordinator*

The Food Bank plays a vital role in supporting the wellbeing of families and individuals in North Canterbury, yet it receives no funding. The Trust's Food Bank relies on the generosity of our community and business partners to keep the doors open and shelves stocked. Thank you for helping people in North Canterbury who are going through a tough time.



# 1915

## Food Parcels

Were given out this year.  
That's 4164 adults and 3252  
tamariki that you saved  
from hunger.



### Volunteer Driver Service

If you can't drive and need help to get to appointments locally, or in Christchurch, one of our volunteer drivers can take you in their vehicle.

KCS volunteer drivers are not paid. Clients are asked to make a small koha/donation to contribute to the driver's fuel and running costs.

**Asking for help shows strength. If you or your whānau need help, please call the Food Bank on 0800 88 34 88.**



## Kai is Life

The early years really matter. They massively impact a child's future. That's why the Trust launched *Kai is Life*. To give tamariki the nourishment their young brains and bodies need to grow and develop.

*Kai is Life* is a free food programme that fills children's tummies with hot, daily lunches, wholesome morning and afternoon teas. Supporting young parents to give their wee ones the nutrition they need to learn and grow. *Kai is life* also has an important educational component. It teaches tamariki about sustainability and where food comes from. Children grow, harvest, taste and share fruit and veggies grown right at the centre.

*Kai is Life* also runs a weekly community kai day. An opportunity for young parents and extended whānau to connect and share leftovers. Simple recipes are available for whānau to cook at home for their bubbas.

It's an act of aroha to provide good kai for children. It's about care, respect, concern. For their bodies, their minds, their futures.





## 99% Client Satisfaction

Each year the Trust evaluates the impact of its programmes. We do this to keep ourselves accountable to you – our supporters and the community we serve. Clients are invited to rate how satisfied they are with the service and support they and their whānau received.

This year 99% of clients (186 out of 187 respondents) ticked satisfied or very satisfied with our services.

This is an increase from 97% last year. Behind those statistics are real people whose lives have been changed for the better.

The Trust's feedback survey now tracks a total of 15 services. New inclusions this year are two services providing support and manaaki to people bereaved by suicide, Aoake te Rā and Waves.

The feedback survey offers clients multiple access points for their voluntary feedback – website, mobile phone, paper forms and email. Automated text survey software was trialled this year with Food Bank clients, who responded enthusiastically to a shortened version of the survey.



This year  
**99% of clients**  
ticked satisfied or  
very satisfied with our  
services.

## Here's a snapshot of client feedback on the questions:

What do you think the service did well? What has changed?

*"Our student has benefited greatly from the high level of expertise provided by your Mana Ake worker. She has made a noticeable difference to the student's wellbeing."*

*"Didn't just focus on my child but also the whole family. Listened to what I needed."*

*"At the time I was struggling and your services were stress free and very helpful."*

*"I have learned so much from Tuning in to Kids - honestly, the course has really empowered me."*

*"It was really great to have someone I could be really honest with, and you got me thinking about lots of questions and encouraged me to look after myself, which has resulted in me being in a much better place mentally."*

*"My husband and I appreciated the food delivered to us by the Support Worker Team. We've never been more appreciative of this and humbled. Thank you for your care and dedication to the needs of the community young and old."*

*"Before this course I found myself quite snappy with the kids when their emotions were high. Now I think before I speak. I can manage not only my child's emotion but my own too."*

*"She connected beautifully with our son and made him feel safe and heard and gave him countless strategies to manage his emotions and in turn behaviour."*



# Making an impact

**Thank you to our major sponsors  
Hanmer Springs Thermal Pools & Spa**

Community Wellbeing deeply appreciates your unwavering support for our North Canterbury community and the work of the Trust.

Your love and generosity is transforming lives. You only need to look at the smiles on the faces of the Karanga Mai tamariki to know that.

Community Wellbeing couldn't survive without the support of partners like you. Thank you from the bottom of our hearts.



**“We are very proud to support Community Wellbeing North Canterbury and thoroughly enjoy being involved with this incredible organisation. We love being able to help out with things like the Karanga Mai whānau visits where core memories are created for the young parents and tamariki. The work that Community Wellbeing North Canterbury does makes a real difference to people’s lives, and their communities. 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.”**

*Shane Adcock, Marketing Manager, Hanmer Springs Thermal Pools & Spa*





## Kai is Life Fundraising Appeal

Thank you for the kindness and compassion you showed tamariki and their whānau during the Trust's *Kai is Life* fundraising appeal. Your support means tamariki can learn, thrive and develop into extraordinary human beings.

And a huge thank you to Homestyle Preserves. Better known as Charity Jams who matched every dollar you donated up until the first \$5000 in donations. Wow!

It's not too late to gift nourishing kai to growing kids. Scan the QR code to make a secure tax-deductible donation. Your gift means hunger never gets in the way of a child's learning and development.



## New World Kaiapoi partnership

Thank you New World Kaiapoi for your loyalty to our food bank and your incredible, ongoing support for local families in need.

Owners Laura and Gareth Caldwell secured \$5000 in New World vouchers for the Food Bank through the Foodstuffs (South Island) Community Trust. New World Kaiapoi also donated an incredible \$1750 to the Food Bank during New World's Family2Family food drive.

Huge thanks also to New World Kaiapoi's amazing customers for donating a whopping 238 Food Bags during the food drive! Your donations helped many North Canterbury families struggling with the cost of living.

**“What a privilege to be part of this amazing community and work with the team at Community Wellbeing. We feel so passionately about the amazing work the team do there for our community.”**

*Gareth and Laura Caldwell, New World Kaiapoi owners.*



## Christmas Giving

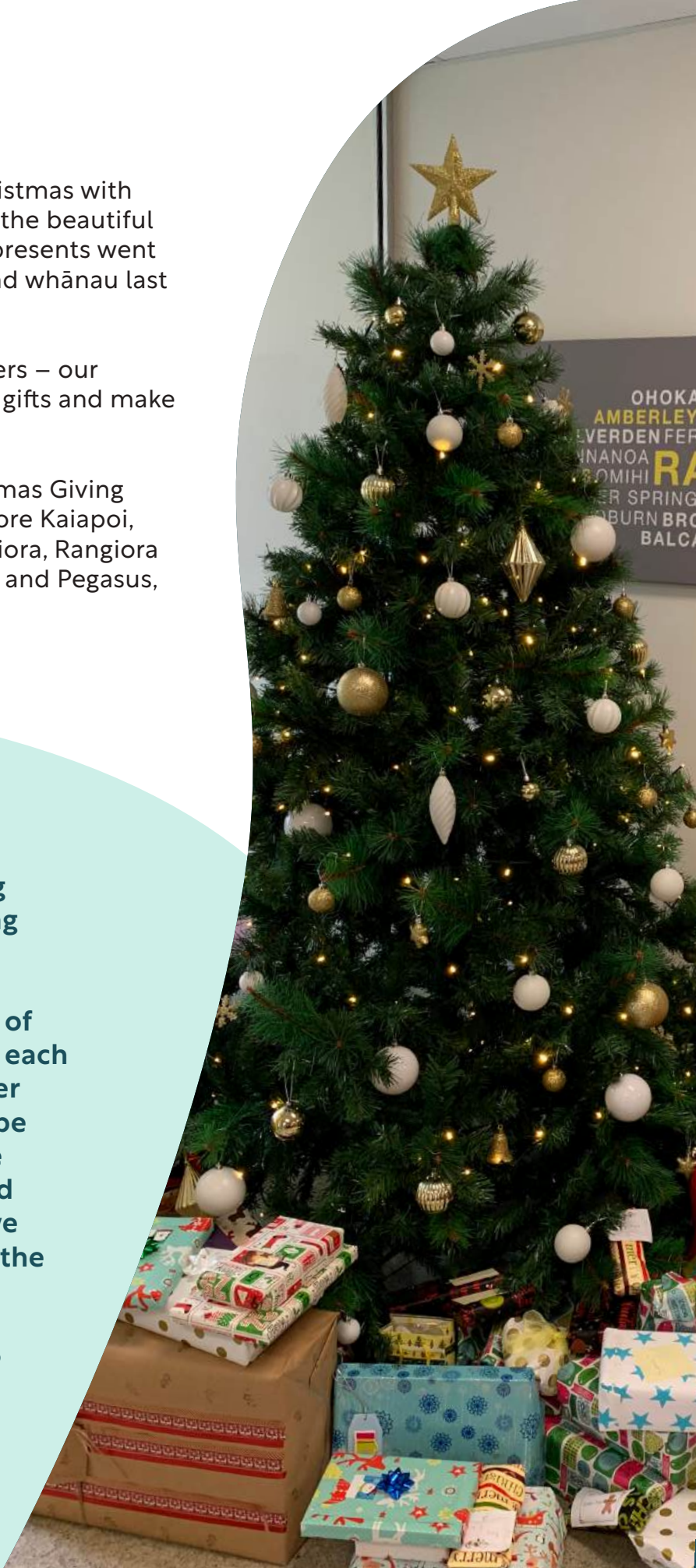
Thank you for sharing the joy of Christmas with families in need. Thanks to you and the beautiful gifts you donated, more than 1400 presents went out to North Canterbury children and whānau last Christmas.

Thanks too, to our amazing volunteers – our “Christmas elves”! They sort all your gifts and make sure they go to the perfect home.

And thanks to our wonderful Christmas Giving Partners: Blackwells Department Store Kaiapoi, New World Kaiapoi, Pak’nSave Rangiora, Rangiora Toyota, Ray White Rangiora, Kaiapoi and Pegasus, and Kaiapoi Library.

“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*





## Rangiora Church St Market

Rangiora Church Street Market donated a whopping \$1500 to support the wellbeing of North Canterbury.

It was wonderful to meet market-goers at Community Wellbeing's stand at the July market. The market's coffee and home-made baking were delicious too!

Pam was the lucky winner of our prize draw: a Mini-Group pass to the thermal pools kindly donated by Hanmer Springs Thermal Pools & Spa, our major sponsors. Pam kindly gave the pass back to Community Wellbeing so it could be gifted to a family in need. Thanks Pam!

A Mini-Group pass to Hanmer Springs Thermal Pools & Spa is an awesome prize. It gives you:

- Entry to the thermal pools for two adults and up to three children, ages 5–15. (Children under 5 have free entry).
- Access to all 22 outdoor pools and slides.



Thanks **McAlpines Mitre 10 Mega** for donating a \$250 voucher to *Kai is Life*. Tamariki from Karanga Mai had so much fun buying plants and tools for the children to use in Karanga Mai's garden.

Thank you **Compass FM** for creating *Handbags for Hope* for families in need - handbags and backpacks filled with toiletries generously donated by our community.





## MP visit

Thank you to Matt Doocey MP for accepting our invitation to visit Community Wellbeing once again. A valuable opportunity to kōrero about the wellbeing needs of our community, our free services for tamariki, rangatahi and whānau, and the community and local business support that we receive - and couldn't do without.



### The Pegasus Town Knitting Group

kindly donated Worry Pals made by the group. The pals are super cute and a real support for clients. Each pal comes with a special message:

“I’m your little worry pal, keep me near and squeeze me tight.

Tell me all your worries and I’ll help you feel alright.”

**Anytime Fitness Rangiora** and their members raised \$300 to support mental health and wellbeing in North Canterbury. Members raised the money by taking part in 100 Workouts of Winter. A wellbeing workout challenge that ran for 120 days of winter. Well done everyone! Thank you for your wonderful community support.



## The Vintage Fair North Canterbury

The Vintage Fair North Canterbury donated an incredible \$700 to the Food Bank. Awesome support for those in our community struggling to put food on the table. Thank you The Vintage Fair North Canterbury, your stall holders and all the wonderful folks who bought treasures at your July Fair.



## Ohoka Market Great Cake Competition

The Good Friday Great Cake Competition raised over \$700 to support the wellbeing of families and children in North Canterbury. Twenty divine cakes were entered, with slices sold after judging. Thank you Ohoka Farmers' Market, all the amazing bakers and everyone who bought a slice of cake!

## Youngest Food Bank supporter ever!

At just nine years old, Clara organised a food drive for families in need through Rangiora Toyota. Clara and her family delivered several boxes of nourishing kai to the Food Bank. Thank you Clara and Rangiora Toyota for your incredible kindness and community spirit.



## Toot for Tucker

Thank you for your amazing donations to our Kaiapoi Food Bank. It was one of the biggest food drives we've been part of! Your Toot for Tucker donations support hundreds of whānau through Christmas and New Year. Thank you Property Brokers, our volunteer drivers and collectors and all you wonderful people who donated kai.



## Stadium Cars

“Stadium Cars is honoured to stand alongside and support the Community Wellbeing North Canterbury Trust. This partnership enables their team to create a truly profound and transformative impact on the lives of thousands in North Canterbury through their invaluable free services for families and children. As a charitable organisation, the Trust depends on the generosity and support of businesses to sustain its mission. We take great pride in our role as a contributor to their transportation requirements, knowing that together, we are making a meaningful difference in our community.”

*Tony Gosling, Stadium Cars*



# Our volunteers

## Thank you

THANK YOU to all our amazing volunteers. Your dedication and commitment to our community is outstanding.

Did you know Community Wellbeing has over 45 volunteers?! The Trust's volunteers work in the Food Bank, as Volunteer Drivers, Board Members and in Restorative Justice North Canterbury.

## Volunteers Thank You Lunch

The annual Volunteers Lunch is an opportunity to thank our awesome volunteers for their incredible community service. Thanks to CBK Craft Bar and Kitchen Kaiapoi for putting on a beautiful lunch. CBK Kaiapoi are great supporters of our Food Bank, so it was fitting to hold the lunch there this year.

This is Jake's volunteering story....

*"I have been volunteering for Restorative Justice North Canterbury for over two and a half years while completing my Law degree. My role is the in-court restorative justice representative in the Ōtautahi District Court. This means that I am in the courtroom, advocating for restorative justice procedures to take place, with judges and lawyers.*

*It gives me a chance to give back to the community by advocating for an often overlooked community-based criminal justice procedure that helps to address re-offending. I also find getting real, hands-on experience, in an actual courtroom to be very interesting and rewarding with my studies.*

*I'm extremely grateful for the opportunity I have been given with Community Wellbeing, volunteering for them has been an amazing part of my life."*

# 6081

Hours dedicated  
by our volunteers







## A wellbeing gift from Hanmer Springs Thermal Pools & Spa

Heartfelt thanks to the Trust's major sponsors, Hanmer Springs Thermal Pools & Spa for gifting every volunteer a pass to the thermal pools at Christmas. A wellbeing gift in appreciation for the volunteers' incredible dedication to our North Canterbury community.

## Thanks to outgoing trustee Martin Pinkham

Martin Pinkham retires from Community Wellbeing's Board of Trustees after seven remarkable years of service. Martin joined the Board as the Waimakariri District Council representative. In later years he served as a community representative.

Martin grew up in Kaiapoi and returned to the town with his family over 20 years ago. A civil engineer, Martin has held senior engineering and management roles.

Martin strongly believes that local organisations like Community Wellbeing are the most effective in providing efficient and appropriate services to the community they serve.



Thank you Martin, for all your incredible mahi. You'll be much missed by the Community Wellbeing Board and staff.



# Welcoming new trustees to our Board



## **Alison Hood**

Alison moved from the UK to Aotearoa 18 years ago after she met her Kiwi husband on holiday. Alison has extensive international experience and a background in business psychology. She runs her own consultancy as a Leadership and Team Development Coach. It's an honour to welcome Alison to our Board.

## **Louisa Sullivan**

Louisa's interest in community wellbeing stems from a career in primary healthcare. Louisa has worked in clinical practice and clinical leadership including urgent after-hours care. She now works for the Hospice Palliative Care Service at Nurse Maude as Community Clinical Manager. It's an honour to welcome Louisa to our Board.





# Our funders & supporters

## Thank You to our Government Partners

Department of Internal Affairs, NZ  
Lottery Grants Board  
Hurunui District Council  
Kaiapoi-Tuahiwi Community Board  
Ministry of Education  
Ministry of Health  
Ministry of Justice  
NZ Partnering for Outcomes  
Waimakariri District Council  
Waitaha Canterbury  
Work and Income

## Thank You to our Local Partners and Sponsors

Homestyle Preserves (Charity Jams)  
Combined Security Solutions  
Hanmer Springs Thermal Pools & Spa  
MainPower  
New World Kaiapoi  
Satisfy Food Rescue  
Specsavers Rangiora  
Stadium Cars  
Toot for Tucker

## Thank You to our Community Grant Providers & Trusts

Aotearoa Gaming Trust  
Casino Charitable Trust  
Kiwi Gaming Foundation  
Lion Foundation  
Pub Charity  
The Rātā Foundation



## Thank You to our Supporters and Donors

Anytime Fitness Rangiora  
Ashgrove Primary School  
Best Start Parklands  
Blackwell's Department Store  
Canterbury Landscape Supplies  
CBK Craft Bar & Kitchen Kaiapoi  
Compass FM  
Flooring Connection  
Hinemoa Kaiapoi Hockey Club  
Kaiapoi Borough School  
Kaiapoi Cooperating Parish  
Kaiapoi Fire and Emergency  
Kaiapoi Gray Raven Scout Group  
Kaiapoi High School  
Kaiapoi North School  
Karanga Mai Young Parents College  
McAlpines Mitre 10 Mega Rangiora  
Meat the Need NZ  
Mike Pero Real Estate Rangiora  
Motorwell Rangiora  
Mount Brown Estates  
North Canterbury News  
NZ Association of Anglican Women  
NZRT12  
Ohoka Farmers Market  
Pak'nSave Rangiora  
Patoa Farms  
PhotoWorthy Images  
Property Brokers Rangiora  
Rangiora Church St Market  
Rangiora High School  
Rangiora Toyota  
Ray White Rangiora, Kaiapoi and Pegasus  
Santa Claus Workshop Charitable Trust  
Soroptimist International of North Canterbury  
Southern Lakes Automotive  
St Joseph's School Rangiora  
The Order of Saint Lazarus  
Waimakariri Libraries Kaiapoi

# Thank you!

**Thanks to our whole community of supporters, including our monthly givers and those that have left or intend to leave a lasting legacy to Community Wellbeing.**

**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.

Become a Friend of Wellbeing today and 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. From running your own trivia quiz, charity golf day, or school mufti-day to entering you and your workmates in a fun run or cycling event. There are lots of ways to support the wellbeing of North Canterbury families and communities.
- ♥ 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 support, each and every year.

## ♥ Volunteer.

As a volunteer you'll be a vital part of the team, supporting the wellbeing of North Canterbury whānau, rangatahi and tamariki.

Community Wellbeing volunteers come from all walks of life, and range in age from teenagers to retirees.

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



## 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, health, education, leadership and development. They provide strategic direction and strong governance to ensure Community Wellbeing North Canterbury Trust achieves its goals.

### Board of Trustees:

Tsarina Dellow - Chair

Dean Logan - Deputy Chair

Trustees: Brian Davey, Alison Hood, Sam Jones, Kim Manahi, Niki Mealings, Susan Mowat, Louisa Sullivan, Pauline White

### Financial Performance

Financial statements for the year ended 30th June 2024 on the following pages. Full audited accounts can be found on the Trust's website.

# Directory

## Community Wellbeing North Canterbury Trust For the year ended 30 June 2024

### Nature of Business

Provision of Community, Educational and Social Services in North Canterbury

### Address

200 King Street,  
Rangiora 7400

### IRD Number

60-339-643

### Charities Registration Number

CC20409

### Trustees

Tsarina Dellow - Chair

Dean Logan - Deputy Chair

Brian Davey

Kim Manahi

Alison Hood

Louisa Sullivan

Nikki Mealings - Waimakariri District Council Representative

Pauline White - Hurunui District Council Representative

Sam Jones

Susan Mowat

### Independent Auditor

Ashton Wheelans Limited

### Accountant

Canterbury Education Services Society Limited

### Bankers

Westpac Banking Corporation



# Statement of Service Performance

## Community Wellbeing North Canterbury Trust For the year ended 30 June 2024

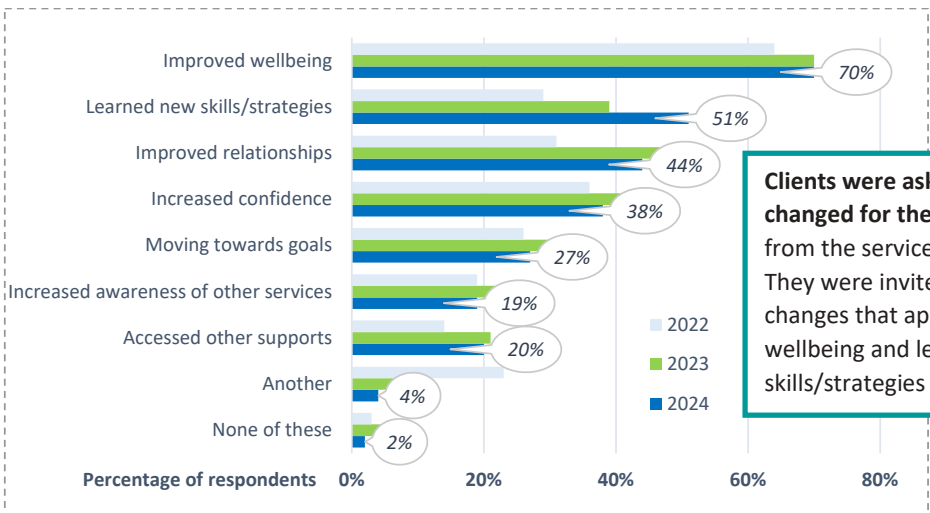
This statement of service performance reflects client feedback and outcomes.

99%

Clients were invited to rate **how satisfied** they were with the service and support they and their whānau received. 186 out of 187 of respondents ticked satisfied or very satisfied. One client ticked neutral. This measure is up from 97% last year.

### Clients were asked "What they think the service did well? What has changed?" (Sample of 179 responses)

- Our student has benefited greatly from the high level of expertise provided by your Mana Ake worker. She has made a noticeable difference to the student's wellbeing.
- Didn't just focus on my child but also the whole family. Listened to what I needed.
- Before this course I found myself quite snappy with the kids when their emotions were high. Now I think before I speak. I can manage not only my child's emotion but my own too.
- It was really great to have someone I could be really honest with, and you got me thinking about lots of questions and encouraged me to look after myself, which has resulted in me current being in a much better place mentally.
- She connected beautifully with our son and made him feel safe and heard and gave him countless strategies to manage his emotions and in turn behaviour.
- I have learned so much from Tuning into Kids - honestly, the course has really empowered me.
- At the time I was struggling, and your services were stress free and very helpful



Clients were asked what has changed for them (and whānau) from the service they received. They were invited to select any changes that applied. Improved wellbeing and learning new skills/strategies remain high

The responses in **Another** (see above) included facilitating access to specialist mental health, wrap-around whanau support, empowerment - "feeling like we matter - someone on our side."

# Statement of Comprehensive Revenue and Expenses

## Community Wellbeing North Canterbury Trust For the year ended 30 June 2024

	NOTES	2024	2023
<b>Revenue</b>			
<b>Revenue from Non Exchange Transactions</b>			
Government Contracts	5	2,514,356	2,263,750
Community Grants	5	392,938	499,183
Bequests		-	23,167
Donations	5	64,940	60,966
Other	5	4,631	22,799
<b>Total Revenue from Non Exchange Transactions</b>		<b>2,976,865</b>	<b>2,869,865</b>
<b>Revenue from Exchange Transactions</b>			
Sales & Services	5	90,104	74,634
Room Hire		17,434	19,409
Interest		32,828	22,844
Other		5,222	355
<b>Total Revenue from Exchange Transactions</b>		<b>145,588</b>	<b>117,242</b>
<b>Total Revenue</b>		<b>3,122,453</b>	<b>2,987,107</b>
<b>Expenses</b>			
Administration		258,623	250,573
Employment	5	2,480,772	2,262,363
Occupancy		84,972	69,391
Operating		338,269	443,523
Non Cash	5	67,996	84,319
<b>Total Expenses</b>		<b>3,230,632</b>	<b>3,110,169</b>
<b>Deficit for the Year</b>		<b>(108,179)</b>	<b>(123,062)</b>

The above statement should be read in conjunction with the notes to and forming part of the financial statements.



# Statement of Changes in Net Assets/Equity

Community Wellbeing North Canterbury Trust  
For the year ended 30 June 2024

	2024	2023
<b>Movement in Accumulated Funds</b>		
Opening Balance	617,226	740,288
Total Comprehensive Revenue and Expenses for the year	(108,179)	(123,062)
Accumulated Funds 30 June	509,047	617,226

The above statement should be read in conjunction with the notes to and forming part of the financial statements.

# Statement of Financial Position

## Community Wellbeing North Canterbury Trust

As at 30 June 2024

	NOTES	30 JUN 2024	30 JUN 2023
<b>Assets</b>			
<b>Current Assets</b>			
Cash and Cash Equivalents	7	203,977	269,326
Receivables from Exchange Transactions		5,803	12,660
Receivables from Non Exchange Transactions		171,604	421,163
Prepayments		11,804	6,792
Investments (current)	8	377,320	433,374
<b>Total Current Assets</b>		<b>770,508</b>	<b>1,143,315</b>
<b>Non-Current Assets</b>			
Property, Plant and Equipment	9	199,591	267,719
<b>Total Non-Current Assets</b>		<b>199,591</b>	<b>267,719</b>
<b>Total Assets</b>		<b>970,099</b>	<b>1,411,034</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Accounts Payable	11	130,152	134,336
Employee Entitlements	10	219,071	180,341
Income in Advance - Non Exchange Transactions	19	111,829	479,131
<b>Total Current Liabilities</b>		<b>461,052</b>	<b>793,808</b>
<b>Total Liabilities</b>		<b>461,052</b>	<b>793,808</b>
<b>Net Assets</b>		<b>509,047</b>	<b>617,226</b>
<b>Equity</b>			
Accumulated Funds		509,047	617,226
<b>Total Equity</b>		<b>509,047</b>	<b>617,226</b>

*Tsarina Dellow*

Tsarina Dellow (Oct 4, 2024 12:57 GMT+13)

Date 04/10/2024

Tsarina Dellow – Chair

*Dean Logan*

Dean Logan (Oct 4, 2024 12:42 GMT+13)

Date 04/10/2024

Dean Logan – Deputy Chair

The above statement should be read in conjunction with the notes to and forming part of the financial statements.



# Wellbeing resources

## Over the phone support services

### Need to talk 1737

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

### Youthline 0800 376 633

Phone, text and email support for rangatahi on any issue, any time.

### 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](http://www.mentalhealth.org.nz)

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

[www.qtopia.org.nz](http://www.qtopia.org.nz)

[www.aoaketera.org.nz](http://www.aoaketera.org.nz)

[www.depression.org.nz](http://www.depression.org.nz)

## Parenting resources

[www.parentingplace.nz](http://www.parentingplace.nz)

[www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)

[www.incredibleyears.com](http://www.incredibleyears.com)

[www.triplep-parenting.net.nz](http://www.triplep-parenting.net.nz)

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

[www.facebook.com/CommunityWellbeingNorthCanterburyTrust](https://www.facebook.com/CommunityWellbeingNorthCanterburyTrust)



# About us



## Who we serve

We serve whānau by empowering them to thrive.

## Our vision

Working together for an equitable community.








## Our purpose

We are a values-led organisation that puts those we serve to the forefront. We are on a journey to be Tiriti-honouring in heart, mind and action.

## What we do

We provide free community and social services that support North Canterbury.

## Our free services

-  Family social work
-  Promoting wellbeing and positive mental health for tamariki/children in primary school
-  Wellbeing support for rangatahi/young people including counselling and specialist alcohol and drug support
-  Parenting support
-  Early childhood education
-  Food Bank and volunteer drivers through Kaiapoi Community Support
-  Restorative justice

### Rangiora Office and General Enquiries

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

### Kaiapoi Community Support

24 Sewell Street,  
Kaiapoi  
0800 88 34 88  
kcs@wellbeingnc.org.nz

### Karanga Mai Early Learning Centre

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



[www.wellbeingnc.org.nz](http://www.wellbeingnc.org.nz)