



**Perinatal Anxiety &
Depression Aotearoa**

Annual Report 2015

Formerly known as the Perinatal Mental Health New Zealand Trust
Charities number CC46451



Behind the brand

The basis of the PADA logo and brand styling is that of comfort and collective support in challenging times. There are many times during the perinatal period that parents/families experience many emotions and states of mind. PADA is an organisation looking to bring light and normalising of these moments.

The colours are representative of education (purple) and trust (green) with the sense of movement and connection. Staying away from dark colours is important to allow people to grieve and move forward. The shapes promote the coming together of parents/families and knowledge.

With the typography it is important to be approachable and does not appear to discriminate when sharing knowledge and planning a path forward. The multiple colours provide and insight that these challenges do no discriminate.

Grant Difford, Waking Giants



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PADA's **vision** is to eliminate the stigma around perinatal mental health in New Zealand by championing awareness and facilitating best practice in perinatal mental health and wellbeing to ensure all families have access to appropriate information and support.



PADA Board



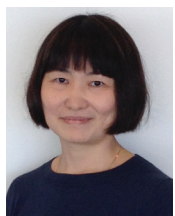
Rosie Smith, Chairperson, Wellington

I am privileged to be a part of PADA. I emigrated from the UK 18 years ago where I managed services in health and social work. After graduating with a Bachelor in Counselling in NZ, I managed PND Wellington for 5 years. It was evident that those working with young families were not adequately resourced in perinatal mental health. In 2010 with PND Wellington, I organised a National PND Conference with delegates from around New Zealand. It reinforced the call for a national training and information network and in 2011 PMHNZ Trust was "born." My vision is to see ALL NZ families having consistent and appropriate support, understanding and care in relation to their mental health and wellbeing. We need to encourage evidenced based local research. There are many innovative services but we have a long way to go to make sure that those who need them can access them and those who deliver them feel comfortable to ask difficult questions and refer appropriately. I have a grown son and daughter. I experienced PND before and after the birth of my third child. I had lost my second baby shortly after a premature birth. A couple of miscarriages later and my daughter was born. I thought I was a "terrible mum." Working in this field has given me new understanding and knowledge, and a deeper compassion about grief and loss and hope. I have a Postgraduate Certificate in Cognitive Behaviour Therapy, a Bachelor in Counselling and am a Member of NZAC and ANZACBT.



Bice Awan, Secretary, Wellington

As Skylight CE for 16.5 years, I developed a national not for profit organisation that operates as a social enterprise specialising in trauma, loss and grief. For four years while in the position I was also a Mental Health Commissioner. Both these positions led me to be touched by the need for services to support those where being pregnant and facing parenthood can be very difficult. Perinatal mental health was of particular interest to me as it appeared that there was no consistency of services around the country. I feel that PADA has, as a national body, the ability to work with leaders in this area to make a difference to the quality of lives for infants, parents, family/whanau and all those connected with them. I bring this expertise, together with my executive leadership experience and governance experience to PADA to work with the passionate and capable team. Together with the partnerships we forge, we will bring about the changes needed in this critical area. I am comfortable communicating with multifaceted stakeholders such as those representing corporate, government, community and professional sectors locally, nationally and internationally. This is important in the context of continuing to add value to the reputation and profile of PADA. I am a Scottish, Canadian, Kiwi with a BA (Com) from Strathclyde University, Scotland, BA(Hons) Health Studies York University, Canada and an MBA (Health Option) from Massey.



May Zhang, Treasurer, Auckland

I am a finance professional with over 15 years experience working in the financial services sector. I started my career in New Zealand as an accountant then moved to the Funds Management industry, where I gained in depth knowledge of credit and foreign currency risk management. I quickly came to appreciate the complexity and dynamics of financial decision making and the importance of developing an analytical and forward thinking mind, supported by common sense. I really enjoy the ever shifting economic and financial/regulatory landscape and its flow on impacts to businesses and consumers. Before joining Westpac, I worked in the Treasury department for BNZ. My involvement with PADA is personal, driven by the desire to contribute to the community outside of the banking sector. Having experienced perinatal issues myself many years ago, I am acutely aware of the volatile emotions families go through before and after child birth. Being aware of this and feeling supported is critically important for the wellbeing of young families. Perinatal health is everyone's business, I am grateful to be part of a very passionate board, together we can make a difference.



Brendon Smith, Regional Board Member, Auckland

As a new father, I sank into depression while trying to cope with the needs of my partner and two babies. I noticed the changes 15 years ago when my children were 6 months and 18 months, while watching their mother go through similar symptoms. Even though I'd heard the term postnatal depression, I didn't really understand it. I didn't like going to work and I didn't want to see my mates. The symptoms continued for about a year after I left my role in IT sales to become a stay-at-home dad then aged 37. I have become a support worker for Father and Child, a Trust set up by fathers for fathers, based in Onehunga, Auckland. I have worked part time for PADA maintaining the database and liaising with groups and organisations based in Auckland.





Denise Garcia, Regional Board Member, Wellington

I am a founder member of the PMHNZ Trust. I want to help make a difference nationally in supporting women and families around their perinatal mental health. I have presented at many of the PMHNZ Seminar Days and I have a keen interest in developing tools for Healthcare providers to improve identification of at risk families, with evidence based tools and interventions or appropriate referral pathways. I am an Independent Midwife based in Wellington and I have been working with women and families with postnatal depression, post-traumatic stress, and grief and loss for over 20 years. I have raised a family of six children and I am married to Martin Garcia. I have a Mast Ed. Leadership. Bach Midwifery. and a Dip childbirth Education.



Leigh Bredenkamp, Communications & Media, Wellington

I welcome the opportunity to further promote the mental health of women and men during the pivotal time when a family welcomes a new baby. Through PADA, I will continue to work to strengthen the awareness of mental health issues which can affect families when they are expecting a new baby or when they have young children. I believe the health and wellbeing of whanau of all cultures, ethnicities, religions and compositions is crucial for society to thrive. And for families to thrive, communities need to be educated, supportive and well resourced. I would like to see mental illness normalised so everyone can feel free to ask for - and receive - help in a timely and non-judgmental way. I have worked in communications for over thirty years, initially as a journalist, then editor and as a communications advisor providing strategic advice predominantly in the government and not for profit sector. Through my work I have developed an extensive network of contacts within the maternity and early childhood sector, I believe that if families can get the wrap around support and care they need at this time, they will be far better resourced to cope with the challenges of child rearing. Currently I am editor of Kiwiparent magazine and am the Communications Advisor to the Midwifery Council.



Justine Pack-England, Regional Board Member, Hawkes Bay

I have extensive experience in mental health. I worked as the speciality clinical nurse in maternal mental health at Hawkes Bay DHB. I now work with the NZ Police as a Welfare Officer for the Eastern District. There are many people in the community who work very hard in the area of perinatal mental health, and it will be great to see how the Trust can support these groups. I have a strong interest in perinatal mental health issues and look forward to a new direction with PADA on a national level.



Kiri Hannifin, Regional Board Member, Auckland

I have a long history managing government relations both from within the political environment and for organisations operating outside it. I have worked in central and local government both in New Zealand and in the United Kingdom. I enjoy crisis and risk management and have managed various challenges for organisations across a number of sectors. With extensive experience in policy development and project planning, I am used to providing strategic advice across a variety of settings. I have an LLB and a Bachelor of Arts (Political Studies).



Jude Dobson, Patron

When I had my first baby I was reasonably capable because I used to be a postnatal registered nurse and I had also done some nannying, but there were still times I felt at sea. Where were the answers to my questions to help keep my head above water? As time passed and my career moved into producing, I reflected on the fact that I thought there weren't any really decent video resources out there for parents, so I thought I should start making them.

It's been a long journey and the 'Raising Children' video series is the culmination of a few years of different programmes, as well as getting to know the key agencies involved with supporting New Zealand families, so collaboratively we could make something that individually we could not.





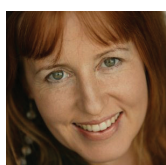
Treena Cooper, Coordinator Office, Training and Events

I am the Events and Training Coordinator working 15 hours per week and looking forward to working with our new administrator Mel Bryne. I worked for 12 years as a corporate travel consultant, so bring to the Trust valuable organisational and people skills. I am the organiser of the Seminar Series and looking forward to sharing with you the schedule for 2016. I have two boys aged 8 and 10 so spend lots of time involved in school, sport and scouting activities and I also enjoy decorating cakes.



Lesley Withell, Financial Coordinator

My background is in teaching in a variety of contexts, however I have spent the last 15 years working at Skylight (The Children's Grief Centre Charitable Trust) in finance and administration. I have always had a passion for families and have worked directly or indirectly with parents, children or families both in a voluntary capacity and in my working life. I have only been working at PADA this year but already am enjoying working in an organisation that is striving to make a difference to the wellbeing of parents.



Mel Byrne, Coordinator Social Media/Website/Finance and Membership.

I am thrilled to have been appointed to work as the Social Media/Website/Finance and Membership Coordinator at PADA. I have a degree in communications which helped me to develop excellent skills in communicating. As part of my degree I completed a Marketing Management paper, and am currently interested in doing some part-time study in digital marketing. This role aligns with my values and motivation, and I have the personal qualities, and the professional skills and experience required to really make a difference.

PADA National Office

Level 2 East
21 – 29 Broderick Rd
Johnsonville
Wellington



Chair's Report



Rosie Smith, PADA Chairperson

I invite you to celebrate another successful year with the Board and Trustees of Perinatal Mental Health New Zealand Trust, now to be called Perinatal Anxiety & Depression Aotearoa – PADA – championing perinatal wellbeing in our communities.

I want take this opportunity to thank the Board, and Treena Cooper our Administrator, for all their efforts, support and time which has enabled the Trust to reach some significant milestones.

Parenthood is THE major life transition and a time when new parents and those experiencing loss can feel overwhelmed and anxious.

PADA's purpose is to educate, network, inform, influence and raise awareness – making it OK for parents to talk about their distress and access the support they need. I would like to outline our 2015 Milestones and Key Opportunities for 2016 and beyond.

Over the last three years through the Seminar Series, Conference and training workshops PMHNZ has delivered expertise, training and networking to over 1000 care providers, managers and commissioners and is establishing itself as THE hub for training, information and information in New Zealand.

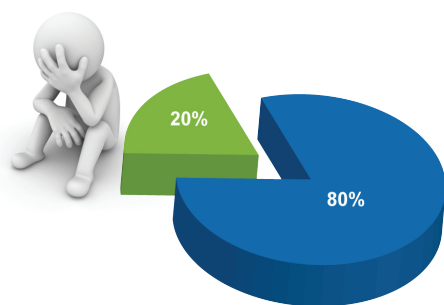
We are thrilled to have been able to call upon highly skilled professionals and local experts around New Zealand to deliver seven Seminar Days this year. They have all been different and have attracted attendees from a wide range of agencies as you will see later in this annual report. I want to extend my deep appreciation to all our presenters for continuing to give us their time.

TAHA Well Pacific Mother and Infant Service sponsored the Auckland Seminar which was a huge success with a distinctive pacific flavour, bringing together a wide range of agencies and ideas. The networking was a key outcome.

In June we were warmly welcomed to Rotorua with a Whakatau from Eugene Berryman-Kamp from the Maori health team at Lakes District Health Board. We were privileged to hear about many local projects which have been developed with a Maori kaupapa.

Our Board and Advisors have had a busy year presenting to conferences around New Zealand and Australia as well as to other agencies.

On the governance front, the Board has worked hard this year and developed a strategic plan, formalised a communications strategy, revisited our policy and procedure documents and prepared for the new charities reporting standards with an upgrade to our financial systems. (...Continued on page 8)



At least 20% families - that is 1:5 - will experience significant mental health issues like depression and anxiety which affects daily functioning in life and work.



(...Continued from page 7)

Lotteries National grants have enabled us to increase staffing from 15 to 35 hours a week. Treena Cooper, Training and Events Coordinator, has been joined by Lesley Withell as Finance Coordinator and from November Mel Byrne joined us as Media and Membership Coordinator. This required us to venture another step forward and finally open our first National Office.

Thanks once more to Lotteries National, in October we moved into our own office suite in Johnsonville, Wellington, with CAB Budgeting Service as our landlord. PMHNZ now interacts with many agencies and organisations. We can hold meetings in a professional context which will enable an efficient and professional presence to work and meet with our stakeholders.

We listened to increasing comments that our name Perinatal Mental Health New Zealand Trust did not roll off the tongue. The Trustees decided that a process of rebranding would be beneficial and, after several months of work, I am pleased to announce our new name in time for Perinatal Distress Awareness Week in November 2015.

Perinatal Anxiety & Depression Aotearoa

PADA's **vision** is to eliminate the stigma around perinatal mental health in New Zealand by championing awareness and facilitating best practice in perinatal mental health and wellbeing to ensure all families have access to appropriate information and support.



PADA Board members, Rosie Smith and Leigh Bredenkamp, join staff Treena Cooper, Mel Byrne and Lesley Withell to mark the opening of the new PADA national offices.



**One in 10 kiwi women
experience infertility -
and this number is on
the rise**



Key Opportunities

There is very little specific training for perinatal mental health in the wider care provider workforce in NZ. To address this, PADA is developing:



A training module to be offered to workplaces and corporate business. This further increases the pool of knowledgeable NZ practitioners who work with families.



A training module for health and social service workforce in perinatal mental health which focusses on recognition, early intervention and understanding of care pathways.



Specific training modules to be developed with NZ educational centres and form part of Graduate training for midwives and other providers. This will ensure that all new graduates will be informed and skilled to a minimum standard and those in practice can gain further recognised post graduate qualifications.



Quality resources and tools, developed in a NZ setting to inform PADA's growing information database.

**PADA will host the
Perinatal Mental
Health Conference
in 2016**

Building on our existing relationships, PADA will further develop our partnerships with key stakeholders. We plan to capitalise on communication opportunities with government ministries, DHB's, a range of health and social service agencies and NGO's to adapt and inform NZ policy and planning.

Connections with key researchers which could inform NZ research pathways are vital, as are forming connections with consumer representatives who will give examples of different ways to engage with the community.

A focus for the new year will be developing a fresh PADA website, expanding our social media platform and establishing discussion forums to reach hundreds of managers and frontline staff to inform practice and filter down to clients and the community.

We are working on a framework for a major national media campaign for perinatal awareness in 2016, which will open out the issue of perinatal distress in the wider community encouraging the community to "support their own" and enabling those distressed parents to "speak up" for the help they need.

Did you know?

New Zealand has around 60,000 births a year

40-60% of those unplanned

40% of those experiencing postnatal distress will have experienced antenatal distress

That's 7,000 mums, 3,000 dads and 12,000 children affected in some way

New Zealand has 750 perinatal related mortalities, approximately 20,000 miscarriages and 14,000 terminations



PND Awareness Week 31 October - 8 November 2015

PND AWARENESS WEEK 31 OCTOBER - 8 NOVEMBER 2015

The Oakroom
17 Drake Street
Victoria Park Market

Wednesday 4 November
6 pm - 8 pm

An Evening With....
Allyson Gofton & Sonia Gray
sharing their experiences with Perinatal Depression
hosted by **Jude Dobson**



Perinatal depression affects families, workplaces and the whole community. This event reinforces the vital messages that 'it's ok to talk about it' and early intervention leads to a faster recovery!

Tickets \$40 include 1 drink and nibbles

<http://www.eventfinda.co.nz/2015/an-evening-with-jude-dobson-allyson-gofton-and-sonia-gray/auckland>

www.pmh.nz.org.nz [breastmiles](http://breastmiles.co.nz)


PND Awareness Week 2015

James Coe Centre
The Dowse Art Gallery
45 Laings Rd
Lower Hutt

Thursday
5 November 2015
10 am - 12 noon
Morning tea provided

A free 2 hour seminar to hear about the development of the 3DHB Perinatal, Maternal and Infant Mental Health Strategy and The 4 Box Referrer's Guide

Presented by
Karin Isherwood - Senior Consultant Clinical Psychologist - SIDU
Rachel Clarke - Perinatal Mental Health Project Coordinator
Jade Walker - Perinatal Mental Health Regional Education Coordinator
Anita O'Boyle - Midwifery Educator CODHB




2 hour free seminar for community perinatal mental health providers including Midwives, CBE's, GPs, Obstetricians & Neonatal staff, Psychologists, Counsellors, Social Workers and those that work in the community with Pregnancy and early childhood.

To register: call PMH NZ 021 02482123
email pmhinfo@pmh.nz
online <http://www.pmh.nz.org.nz>

www.pmh.nz.org.nz

Capital & Coast District Health Board
Hutt Valley DHB
Wairarapa DHB

Postnatal Depression Awareness Week
October 31st - November 8th 2015



Look out for Sausage Sizzles and a Picnic at Tahunanui Beach
12pm Wednesday 4th November
All welcome...

For more information, or free and confidential support or advice, please contact:
Postnatal Support Network Nelson
(03) 548 3558
postnataldepression@clear.net.nz

Auckland

Good Morning TV Interview with Dr Sara Weeks and Allyson Gofton
Jude Dobson, Allyson Gofton, Sonia Gray awareness cocktail event
Well Women Franklin, local services roadshow

Thames

Networking hui

Wellington

The Cross Morning tea
3DHB Perinatal Pathway Morning Tea, Hutt Valley
PND Wellington/ Mana Parents Centre, Picnic at Aotea Lagoon

Christchurch

Picnic at Botanical Gardens
Seminar at Plunket Rooms

Dunedin

Mums4Mums Morning tea

Nelson

Sausage sizzle at the Warehouse and Mitre 10 Mega
Picnic at Tahunanui Beach

Marlborough

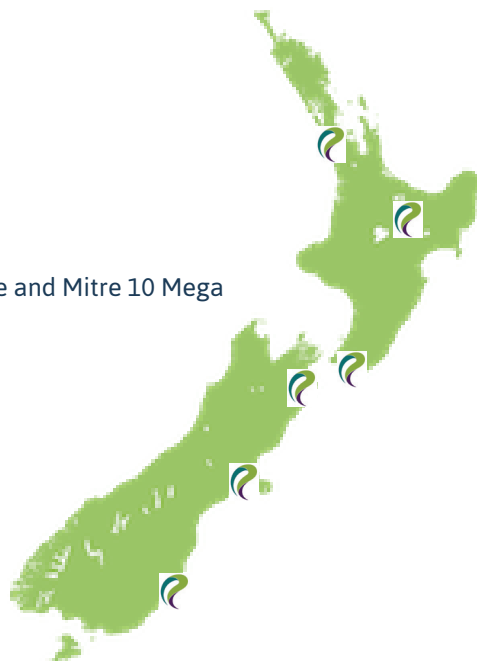
Halloween picnic
Open Day at Stepping Stones

PND Awareness Week
morning tea picnic & free family workout
Sunday 8th November, 9:45-11am
North Lawn, Aotea Lagoon

SPOT PRIZES
YUMMY HOME BAKING
SUPPORT PND AWARENESS

bring your family - bring a picnic rug have fun in the sun

free EVENT



31ST OCTOBER 2015
Awareness Family Day
11AM-3PM
WWW.FROMMARBOROUGH.COM

NATIONAL POSTNATAL DEPRESSION AWARENESS WEEK
31 OCTOBER - 8 NOVEMBER 2015

Give - your time, your support, your word

Ninja Turtle Bouncy Castle Surprises!!!!
Fishing game Lolly Scramble Childrens Games
Cake Stall Sausage Sizzle Teas and coffees

We can only provide our vital services and support because of the fundraising support people give us. Please help us change the world for parents, children, families affected by pre and postnatal illnesses.

ST. CHRISTOPHER'S HALL, REDWOODTOWN
11AM - 3PM

PND
IT'S OK TO TALK ABOUT IT

ENJOY A RELAXED COFFEE, MORNING TEA AND FREE 10 MIN MASSAGE

11AM 05/NOV @ SOUTHERN CROSS
39 ABEL SMITH STREET, TE ARO

PND AWARENESS WEEK 31 OCT - 8 NOV

Raising the profile



The PADA Board and Advisors have presented to conferences around New Zealand and Australia and to other agencies.



Rosie Smith and Justine Pack-England at the Australasian Marce Conference in Adelaide.

Conferences and events attended on behalf of PADA:

Justine Pack-England represented PADA at the Infant Mental Health Association Aotearoa New Zealand Conference in Queenstown in April.

Rosie Smith and Treena Cooper attended and Rosie Smith presented at the Sands Conference in Wellington in June.

Treena Cooper and Leigh Bredenkamp attended the Hutt Valley Maternity Expo in July.

Rosie Smith and Justine Pack-England and Liz Macdonald (Psychiatrist and PADA Advisor) gave workshops at the Australasian Marce Society 2015 Conference in Adelaide in October.

Brendon Smith presented in Sydney at the AAIMHI National Conference 29 October - Engaging with Vulnerable Teen Dads.

Dr Carrie Barber, Waikato University, and PADA Advisor has given many presentations this year around her leading research into perinatal anxiety and an app her team is developing.

Rosie Smith, Dr Carrie Barber, Justine Dahlenburg and Liz Macdonald gave presentations to Parents Centre childbirth educators in Taupo, Wellington, Auckland, Dunedin and Christchurch.



PLUS

Rosie Smith, PADA Chairperson, was named as a finalist for the Women of Influence awards for 2015 in the Community & Not for Profit category.

Treena Cooper at the Hutt Valley Maternity Expo.



2015 Seminar Series



Gill Gallacher
Midwife Nelson

"I attended the seminar / study day in Nelson and found it well organised and informative, good speakers and I felt an environment that felt comfortable for attendees to comment and ask questions."



Nelson – 20 February
23 attendees



Connecting and upskilling over **300** perinatal specialists through our seminar series



Wellington – 13 March
35 attendees

Wellington presenters included:

Chiara LaRotonda – Quitline
Christine Rogan – Alcohol Healthwatch
Denise Garcia – Midwife
Brendon Smith – Father and Child Trust
Mark Huthwaite – Psychiatrist
Cindy Smith – Psychotherapist
Sue Benham – Clinical Psychologist

(Right) Dr Mark Huthwaite from Otago University presented at the Wellington seminar.



This seminar series, held throughout the country was again very successful. All seminars were well attended and feedback has been almost universally positive. All the seminars were different depending on the needs of that particular region. This year, for the first time, seminars were held tailored to Maori perinatal mental health in Rotorua and to Pasifika in Auckland. Participants who leave each seminar, have a better understanding of how perinatal mental health impacts on families and have strengthened their knowledge and skills to help improve outcomes for families in their region.



Dunedin – 8 May
41 attendees



Justine Dahlenburg (Left) from Southern DHB and **Sophie Carty** (Right) from WellSouth Primary Health Network presented in Dunedin.



Paulette Pawson, Joint Coordinator, PCS Dunedin

“The seminar in Dunedin provided our counsellors with an increased awareness of the issues and how best to support and respond. It also confirmed that the service we provide to clients who are pregnant and have mental health issues or are already under mental health, is appropriate.”

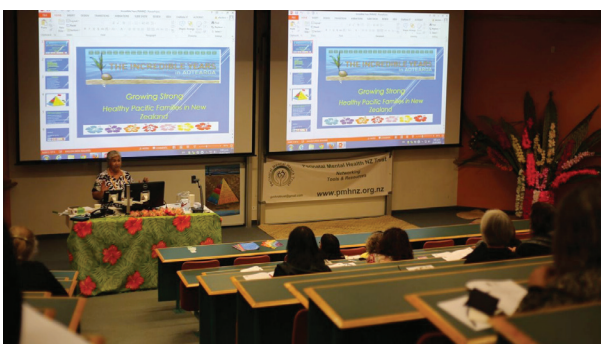



Rotorua – 12 June
38 attendees

PADA was warmly welcomed to Rotorua with a Whakatau from Eugene Berryman-Kamp from the Maori health team at Lakes District Health Board. We were privileged to hear about many vibrant and effective local projects which have been developed with a Maori kaupapa. Brendon Smith and Leigh Bredenkamp from the PADA Board represented PADA at this seminar.

Rosie Smith, Chair, PADA





Dr Susan Morton

The Growing Up in New Zealand team were honoured to be invited to present findings from the longitudinal study at the Perinatal Mental Health Workshop held at Auckland University Tamaki Campus in July 2015.



Being able to provide the collective perinatal experiences of health and wellbeing of the nearly 7000 mothers whose children are part of the cohort was a special privilege at this event as many of the midwives and other health professionals present had been integral in supporting the establishment of this new longitudinal study in 2009 and 2010.

The seminar was held in association with TAHA and Dr Seini Taufa also presented her work looking at perinatal outcomes for the Pacific mothers in the Growing Up in New Zealand cohort. The capacity to look at experiences and outcomes for NZ mothers from many ethnic groups and from diverse backgrounds is a particular strength of this cohort and this information is increasingly important for multiple stakeholders in terms of understanding how contemporary NZ families lived realities shape their children's early wellbeing, and therefore inevitably their later life health.

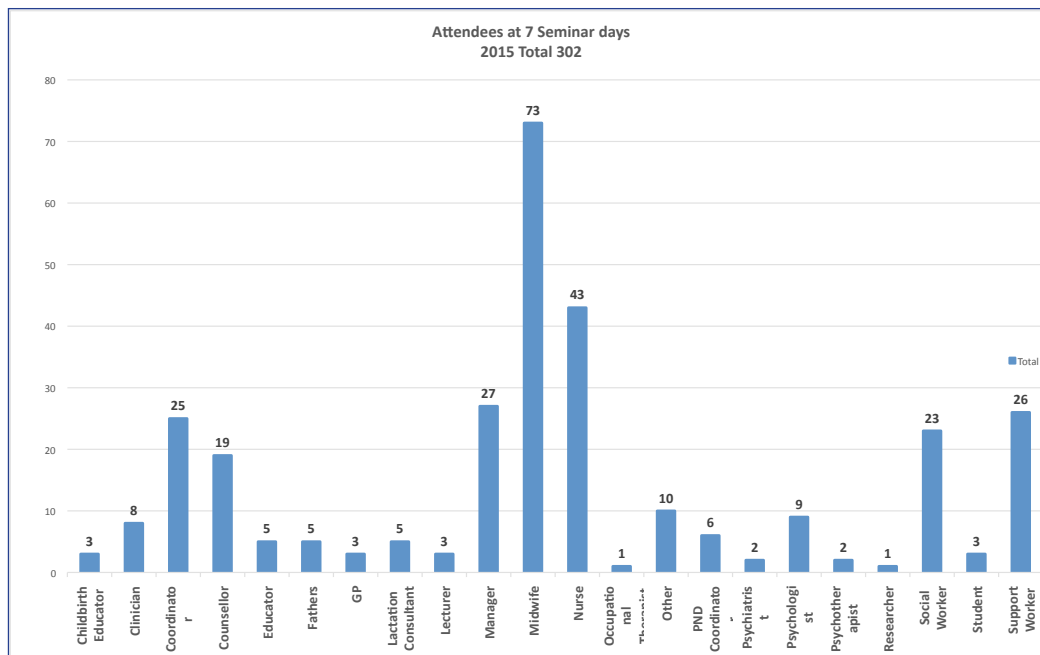
We look forward to opportunities to share more information from this cohort with PADA as the children grow up.

Auckland presenters included:

Dr Susan Morton & Dr Seini Taufa – Growing Up in NZ
Dr Sara Weeks – Lotofale Pacific Island Mental Health Service
Dr Esther Cowley-Malcolm – Brainwave Trust
Mary Matagi – Midwife with Auckland DHB
Leilani Clarke & Denise Kingi-Uluave –
 Le Va FLO: Pasifika for Life Suicide Prevention Programme
Mali Erick – Laupapa Trust
Jude Dobson – Raising Children

it takes a
VILLAGE
to raise a **CHILD**

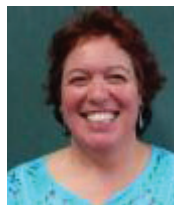




Whangarei – 4 September
43 attendees

Whangarei presenters included:

Petite Nathan – Manaia PHO
Sharon Davis – Whangarei Teen Parent Services
Sonia Russell and Colin Hamlin – MOH
Dolores del Estal – Northland DHB
Angela Yendell – Northland DHB
Justine Pack England – PADA
Brendon Smith – Father and Child Trust



Petite Nathan,
Manaia PHO



Midwife and Lactation Consultant Angela Yendell
with the team from Northland DHB.



Christchurch – 6 November
37 attendees

Presenters at the Christchurch Seminar

Sonya & Devon Watson - PND Canterbury
Rosie Smith - Chair, PMHNZ - Everyday Courage, Compassion and Connection; is it just grief or is it more serious?
Carolina Gnad - PAFT - Pregnancy, Birth & Post Partum Experience with Previous Termination
Carol Bartle - Canterbury Breastfeeding Network
Claire Kelly - Plunket Parent & Infant Relationship Service

Sue Arnold – North Tec Senior Tutor Social Services

I attended the workshop to update my skills and knowledge in the field of perinatal mental health. I worked as an infant mental health clinician in Queensland prior to teaching social work. The workshop was very helpful particularly those local presenters who allowed participants to expand networks. There was a great mixture of 'experts' and 'expert consumers' too. I will share the information with students as it's a field that many people don't understand.





(Formerly known as the Perinatal Mental Health New Zealand Trust)

For the year ending March 31, 2015

Perinatal Mental Health NZ

Statement of Cash Flows

For the period 1 April 2014 to 31 March 2015

	2015	2014
	\$NZ	\$NZ
Operating Funds Received		
Grants	\$ 58,050	\$ 22,050
Donations/Gifts	\$ 6,866	\$ 30
Membership Fees	\$ 1,715	\$ 630
Seminars	\$ 26,260	\$ 23,427
Books & Resources	\$ 2,025	\$ -
Interest	\$ 339	\$ 143
Total Operating Funds Received	\$ 95,254	\$ 46,280
Operating Funds Applied		
Operational Expenses	\$ 5,984	\$ 2,388
Marketing	\$ 3,303	\$ 854
Board Travel & Training	\$ 8,839	\$ 5,585
Books & Resources (for re-sale)	\$ 1,885	\$ -
Seminars	\$ 12,666	\$ 9,809
Wages, Salaries and ACC	\$ 14,380	\$ 7,889
Employee Training & Travel	\$ 4,929	\$ -
Total Operating Funds Applied	\$ 51,987	\$ 26,525
Operating Cash Flow	\$ 43,267	\$ 19,755
Investing/Financing Funds Applied		
Purchase of Office Equipment	\$ 1,634	\$ 882
Total Investing/Financing Funds Applied	\$ 1,634	\$ 882
Net Cash Flow	\$ 41,633	\$ 20,637
Add Opening Cash Balance	\$ 27,850	\$ 7,213
Closing Cash Balance	\$ 69,484	\$ 27,850

DR



Perinatal Mental Health NZ

Statement of Assets and Liabilities

As At 31 March 2015

	2015	2014
	\$NZ	\$NZ
Assets		
Cash at Bank	\$ 69,363	\$ 27,850
Cash at Hand	\$ 121	\$ -
Seminar Fees Receivable	\$ 1,300	\$ 889
Fixed Assets at Cost	\$ 2,516	\$ 882
Total Assets	\$ 73,300	\$ 29,621
Liabilities		
Unexpended Grants	\$ 16,145	\$ 5,564
Seminar Pre-payments	\$ 2,120	\$ 4,240
Total Liabilities	\$ 18,265	\$ 9,804

27/11



Perinatal Mental Health NZ

Notes to the Accounts

1 Reporting Entity

Perinatal Mental Health NZ is incorporated under the Charitable Trusts Act 1958 and is a registered Charity. It has to file annual financial information with the Registrar of the Charities Register but has no reporting obligation under the Financial Reporting Act 2013 or any other legislation.

2 Basis of Reporting

The organisation has elected to report using Tier 4 of the Financial Reporting Framework (not-for-profits) [financial information only], because it is not publicly accountable and its annual operating expenditure is below \$ 125,000.

Tier 4 requires a Statement of Cash Flows, which shows cash movements only. Accruals of monies owed or owing are made and shown in the Statement of Assets and Liabilities, but no accruals are incorporated in the Statement of Cash Flows.

3 Taxation

The organisation is exempt from Income Tax.

The organisation is not registered for GST, and all figures are shown inclusive of GST.

4 Fixed Assets

Items of Property, Plant and Equipment are shown as Cost.

Item	Cost	Date Acquired
Laptop	882	13/03/2014
Banners (Promotional)	909	2/09/2014
Other Office Equipment	725	2015
Total	2516	

5 Changes in Accounting Policy

In previous years the organisation has reported using an accrual-based Statement of Funding and a full Statement of Reserves, showing Assets, Liabilities and Equity on an accrual basis. In preparation for new mandatory Financial Reporting standards for registered Charities becoming effective from 31 March 2016 the organisation is now reporting income and expenditure on a cash basis only in its Statement of Cash Flows, and assets and liabilities in a Statement of Assets and Liabilities, with no balancing equity. Accruals are made in this Statement, with the exception of depreciation.

Comparative figures shown for 2014 in the Statement of Cash Flows will differ from those shown in the audited Statement of Funding for 2014 as a result.



AUDITOR'S REPORT

I have audited the financial statements and supporting documents of **Perinatal Mental Health New Zealand**, a Charitable Trust. These statements provide information about the past financial activities of the organisation and their assets and liabilities as at 31 March 2015.

I have been guided by New Zealand auditing standards IAS(NZ) in performing this audit in as much as they are applicable to small not-for-profit entities.

My testing procedures involved (but were not restricted to):

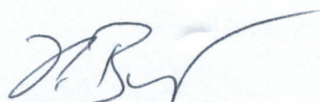
- Verifying the accuracy and validity of all material transactions that in themselves would have an impact on the overall accuracy of the financial statements.
- Examining a representative sample of transactions in listed income and expenditure accounts for accuracy and validity.
- Testing for potential undisclosed liabilities and income common for this type of organisation.
- Verifying the organisation's asset and liability base.

Other than in my capacity as auditor I have no relationship with or interest in the organisation, and I have received all the information and explanations that I require.

Opinion

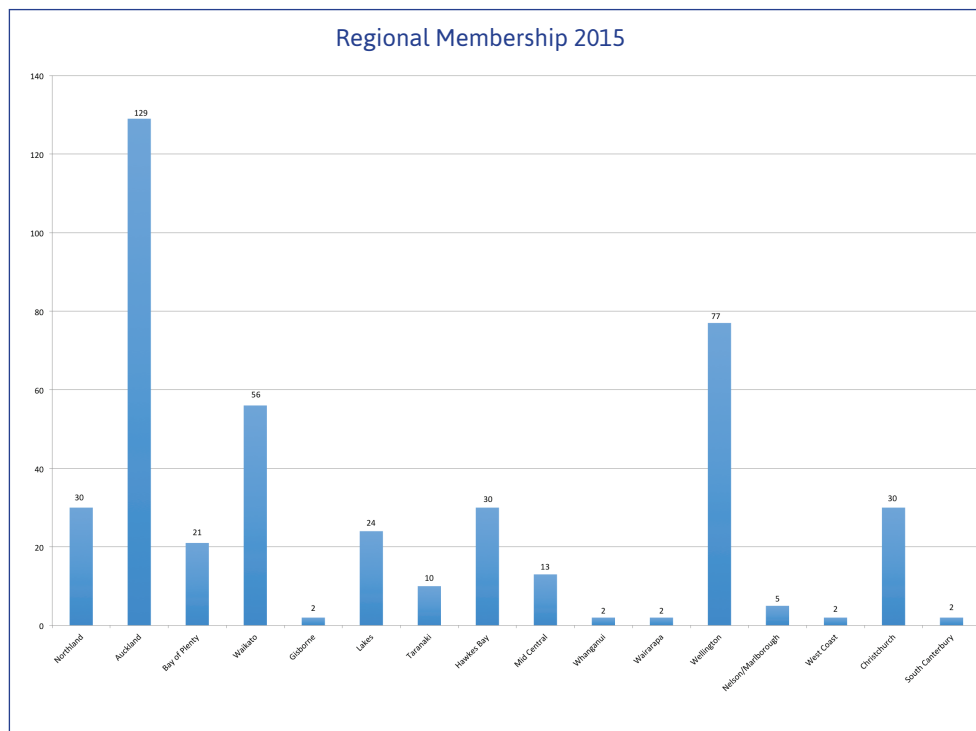
In my opinion the Financial Statements fairly reflect the assets and liabilities of Perinatal Mental Health New Zealand as at 31 March 2015 and their cash transactions for the year up until that date.

My audit was completed on 11 September 2015 and my opinion is expressed as at that date.



Harald Breiding-Buss, CPA Australia (Ass), MSc, NZDipBus
Christchurch Community Accounting
harald@commaccounting.co.nz

PADA membership



The membership graph represents PADA people who have a current membership separated into the regions where they reside. Most join the organisation when they attend seminar days, whilst others purchase a membership directly. The figures represent a mix of individual and agency membership.

Feedback from Dunedin Seminar

"This day has reignited my passion for working with distressed mums and families – there's so much I can do!"



Funders and Supporters

PADA gratefully acknowledges the significant support we receive from our supporters and funders - without this assistance we simply could not function.

Funders:



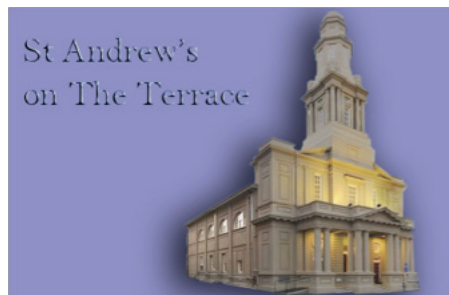
Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



Supporters:



Supporters - corporate:



Perinatal Anxiety & Depression Aotearoa

PADA – championing perinatal wellbeing in our communities.





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