



**Perinatal Anxiety &
Depression Aotearoa**

Annual Report 2018-2019

Formerly known as the Perinatal Mental Health New Zealand Trust

www.pada.nz



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 parties 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 parties and knowledge.

With the typography it is important to have an approachable and non-institutional font when sharing knowledge and planning a path forward. The multiple colours provide and insight that these challenges do no discriminate.

Grant Difford, Waking Giants

Did you know?

New Zealand has around 60,000 births a year

40-60% of those are unplanned

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

That's 7000 mums, 3000 dads and 12,000 children affected in some way

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

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PADA's mission 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.



Bice Awan, Secretary, Wellington

As Skylight founder/CE and past Mental Health Commissioner, I was touched by the need for services to support those where being pregnant and facing parenthood can be difficult. Perinatal mental health was of particular interest to me as it appeared there was no consistency of services.

As a national body, PADA can work with leaders 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 executive leadership and governance experience to PADA to work with the passionate and capable team.



Carrie Cornsweet Barber, Waikato

I was working as a child clinical psychologist when, after two miscarriages, I was 26 weeks into my third pregnancy and finally feeling comfortable, like this one much be ok... then I started having contractions, and ended up in the hospital, and then on bed rest at home (out in the country, alone) for two months.

It all turned out ok - my son decided to stay in there as long as possible and eventually had to be extract-ed by casearean, but it was the first step on my path toward an interest in helping other women copng with stress and distress during pregnancy and in early parenting. I now train aspiring psychologists and work on developing tools to help new parents cope with the challenges they face.



Clare Barnett, Waikato

Tēnā koutou katoa

Ko Kapukataumahaka te Māunga

Ko Mata-Au te Awa

Ko Waterman te Waka,

KoTerpstra tōku tupuna Tatimana, ko Moorhouse tōku tupuna Ingarihi

Ko Otepoti te kainga tuatahi engari nō Kirikiriroa ahau inianei..

Ko Clare Barnett tōku ingoa.

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa.

My passion for maternal and family mental well being started with the story of how the rhesus factor affected my mother’s birthing history, and my own birth. This thread continued in my nursing where I first noticed the stigma of mental health compared with how we talk about physical health. Working as a midwife also gave me greater insight into how maternal well being affects family and baby well being, and the vital role we all play in supporting women and families as they navigate pregnancy, birthing and parenting. I now weave these understandings into my role as a counsellor, specialising in supporting women and families through perinatal distress, and in my education support of student midwives at WINTEC.

I am delighted to be on the PADA Board. I have previously been involved in PADA education and advisory support and totally believe in the strategic importance of the work PADA does within Aotearoa/New Zealand. I am in awe of what this organisation has managed to achieve in such a short time, with a typical Kiwi ‘can do’ attitude on limited resources. PADA’s strong leadership team, ability to gather expertise in the area of perinatal mental health, and commitment to debunk mental health stigma’s and to break-through information and resource barriers is the reason I choose to give my time and energy to the work they do.



Leigh Bredenkamp, 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 into their lives. Through PADA, I 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, supported and well resourced. I would like to see mental illness normalised so that everyone can feel free to ask for - and receive - help in a timely and non-judgmental way. I have worked in the field of communications for over thirty years, initially as a journalist, then editor and then as a communications advisor. 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 further down the track. Currently I am editor of Kiwiparent magazine and am the Communications Advisor to the Midwifery Council.



Rona Carroll, Wellington

I am a youth health GP working at Student Health at Victoria University, Wellington. My special inter-ests in this role are mental health, sexual health and transgender healthcare. I am also a parent of three children and have spent many years supporting parents with breastfeeding.

The more breastfeeding support I did, the more I saw the close interaction with mental health, and these interests combined to lead me down the path of learning more about maternal and infant men-tal health. I completed a postgraduate certificate in perinatal mental health and trained as a circle of security facilitator.

I see a need for more education and understanding about perinatal mental health in health profes-sionals and I am proud to be part of PADA who are continuously striving to achieve this..



Joanne Rama, Auckland

Ko Joanne Rama taku ingoa

Ko Pirongia taku Maunga

Ko waipapa taku awa

Ko kahotea taku marae

Ko Ngati Hinetu taku hapu

Ko Ngati Apakura taku iwi

Nga mihi mahana ki a koutou

I am the partner of John, mother of 10, godmother of 2, and Nanny Jo to 12 mokopuna. I am a daughter, sister, aunty, and cousin to many. I graduated as a registered nurse in 1990, and as a midwife in 1992. I was one of the first LMC Maori Midwives to practice in south Auckland and spent 18 years providing care for Maori whanau, during this time I was a founding member of putea o pua trust that created what is now know as Turuki health in Mangere, I also helped establish Nga Maia which is the National Maori midwives organisation.

My passion was and still is to restore traditional Maori birth knowledge and wisdom to whanau. My other passion is maternal mental health. I have lived experience with perinatal depression as do my daughters and nieces. I also work as a alcohol and drug professional at the social detox at The Auckland city mission and I contract to ADHB to provide community and pregnancy and parenting programmes and I also have a contract with Whai Maia to provide facilitation for a kaupapa Maori pregnancy and parenting programme. I am excited about supporting PADA to continue shining the light on the dark little corner of maternal mental health.



Brendon Smith, Auckland

As a new Dad, working full time, Brendon was struggling while trying to help his wife and two young babies. He sank into depression soon after taking over as ‘at-home dad’ and reached out for help. There wasn’t much. Having been to antenatal classes, he’d heard the term postnatal depression, but didn’t understand it. He didn’t like going to work and didn’t want to see friends.

Brendon began recovering when he found a Father and Child magazine and soon become a support worker for other dads. He runs a DadzKare support group in Auckland and helped develop the Why Dads? resource for new or expecting couples. He is now CEO of Kidz Need Dadz NZ.

Board Report

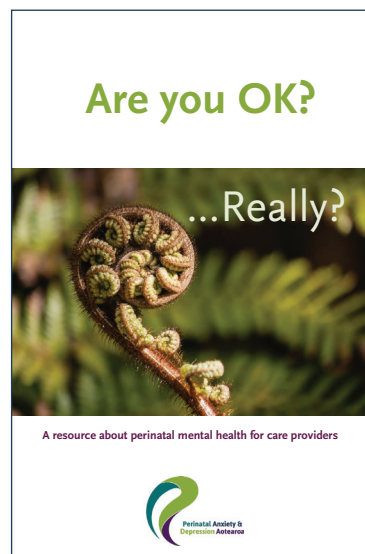
We invite you to celebrate with us another successful year with the Board and Staff of Perinatal Anxiety and Depression Aotearoa – PADA – championing perinatal wellbeing in our communities.

We were delighted to welcome two new board members in 2018 – Joanne Rama and Clare Barnett. Joanne is based in Auckland and has worked as a nurse and midwife and is passionate about traditional Maori birth knowledge and wisdom as well as maternal mental health. Clare lives in the Waikato and is a registered nurse and midwife with over twenty years' experience in private practice working as a specialist perinatal counsellor.

Bice Awan, Carrie Cornsweet Barber, Leigh Bredenkamp, Rona Carroll and Brendon Smith continue as PADA Board members. The skills and connections of our board members means that we now have an impressive depth of clinical experience upon which to draw.

At PADA's annual strategic planning day in February, the Board agreed to continue with a flat structure without a designated chairperson - working collegially with each board member having an area of expertise for which they were willing to take responsibility and act proactively in cooperation with other board members and the professional staff. This approach works effectively with members being engaged and active.

It was heartening to see a number of plans that we had been working on finally come to fruition during this period.



PADA book launched

We launched the book 'Are You OK?... Really?' at Maternal Mental Health Day in May 2018. This was the culmination of a dream and was made possible by the expertise and generosity of the many contributors. The project was generously funded by the Pelorus Trust.

The work to produce the book happened in the previous financial year, but it was finally launched at the start of the 2018/19 financial year and quickly sold out necessitating a reprint. This is an excellent way to disseminate knowledge and raise the profile of PADA.

Sales from the book also provide an additional income stream for the organisation.

New partnership with Zonta

A major milestone for us was the announcement in July 2018 that Zonta International District 16 (New Zealand) had selected PADA as its District Project for the 2018-2019 biennium.

Zonta will provide funding to support PADA's educator project – the educator will work with a range of agencies active across the perinatal sector to build relationships, develop a core curriculum and deliver training. This will support the transfer of knowledge into local communities to make them more resilient and

to help them become more self-sufficient in the delivery of perinatal support to vulnerable women. This pivotal partnership will enable PADA to expand its reach and the support it provides throughout New Zealand.

Needs gap assessment

At the annual planning meeting in February 2019, the Board agreed that the work of the educator would be best served if there was an up to date perinatal mental health needs gap assessment conducted before the educator was appointed so that they would have a valuable data set from which to work.

The report will provide the platform necessary for the PADA educator to effectively collaborate and provide the training where it is needed most. Accordingly, researcher Ruth Watson-Black was appointed to conduct this work in March 2019, with the report due at the start of the next financial year.

Funding and sustainability remain a focus for this board as we look to develop income streams that will make PADA less dependent on grants and donations. There are many demands on the charity dollar and we know that we cannot rely on this form of income indefinitely.

We have continued to actively build our relationships with other individuals and organisations working in the perinatal mental health sector. Board members regularly attend key meetings with staff and advocate for PADA through their own contacts and networks.

The Board is indebted to the office team led by Operations Manager Treena Cooper. We know it is a highly effective and dedicated team who are the heart and soul of the organisation. We owe so much to them for the energy, passion and commitment they show to PADA, as well as the support they give to the Board.

PADA Board members:

Bice Awan, Carrie Cornsweet Barber, Clare Barnett, Leigh Bredenkamp, Rona Carroll, Joanne Rama and Brendon Smith

Mental Health Inquiry

Bice Awan prepared a submission to the Mental Health Inquiry on behalf of PADA



In July 2018 Zonta International (New Zealand) formally announced their new partnership with PADA.

This two-year partnership aims to help educate health care providers who are supporting families experiencing perinatal mental illness. Zonta is an organisation committed to improving outcomes for women and girls – partnering with PADA will help raise awareness in the community and enable support to be provided when it is most needed.

The partnership with Zonta will enable PADA to extend its reach throughout New Zealand, and to provide a very important national education programme.

Zonta will provide funding to support PADA's Educator Project. The educator will work with a range of agencies to build relationships, develop a core curriculum and deliver training courses.

This will support the transfer of knowledge into local communities to make them more resilient and to help them become more self-sufficient in the delivery of perinatal support to vulnerable women and men.



Zonta District 16 Governor Souella Cumming says: "Zonta Clubs throughout New Zealand are enthusiastic about supporting PADA's Educator Project through fundraising events and supporting PADA professionals in community based activities. PADA's vision and mission align well with Zonta's focus on improving social, health and educational outcomes for women and girls".



ZONTA
INTERNATIONAL
DISTRICT 16
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

PADA Staff



Treena Cooper, Operations Manager

I am the Operations Manager for PADA. Having worked for 12 years as a corporate travel consultant, I 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 2018. I have two teenage boys so spend lots of time involved in school, sport and scouting activities and I also enjoy decorating cakes.



Melanie Byrne, Website, Social Media & Database Manager

A mum to two girls aged 10 and 13, I feel fortunate to be in a role that allows me to give back to others experiencing perinatal distress. I'm thrilled to combine previous roles at Plunket, Geneva Healthcare, and Mediaworks, to work in a team motivated to make a difference.

Perinatal distress affects the whole whanau and wider community, and PADA is embracing the power of social media to connect, and equip Health care providers, to improve outcomes for those affected throughout New Zealand.



Gillian Ransom, Fundraising Manager

As a mum of two young boys I recognise that becoming a parent is the biggest life changing event a person can ever go through. I'm privileged to work in a job that allows me the ability to make a positive difference to families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood. I've worked in a number of fundraising roles over the course of my career and I love the excitement and satisfaction that comes with fundraising for a good cause. With 25% of New Zealand women experiencing depression either during or after pregnancy, the work of PADA cannot be underestimated. For me, fundraising on behalf of families suffering some form of perinatal distress, feels like I'm contributing back to society



Sharon Vaka, Finance Coordinator

My role as the Financial Co-ordinator is a part-time role of 5 hours per week. I am responsible for all things Financial. My background is in Hospitality Management which has taken me to many corners of the world. I now specialise in Accounts Management and Human Resources for a variety of small and medium businesses.

I am also mum to two precious primary school aged children. I am excited to transfer my skills to a PADA which is making a positive difference in the life of Kiwi families.

PADA's vision is to eliminate the stigma around perinatal mental health in New Zealand

Operations Manager Report - Treena Cooper



Over the past year, I have lost count of the number of times I have been told that Perinatal Anxiety & Depression PADA is a great organisation. After 8 years in operation, we are very proud of the achievements and goals we have reached to establish PADA as the go-to place for information on perinatal anxiety and depression.

Grant funding has enabled us to achieve some of our big goals this year and tick a few things off our wish list. One of our biggest achievements was the initiation of our PADA Book – Are You OK?...Really with funding from the Pelorus Trust. The book features 22 chapters, written by expert NZ based authors, and has been designed as a handy reference guide for health care practitioners in New Zealand. We have published this book as a resource for the wide range of care providers who work with families over the perinatal period and was launch at the World Maternal Mental Health Forum in Wellington on 6 May 2018.

Key Opportunities

PADA was delighted to announce a two-year partnership with Zonta International District 16 (New Zealand) to help educate health care providers who are supporting families experiencing perinatal mental illness. Zonta is an organisation committed to improving outcomes for women and girls – partnering with PADA helps raise awareness in the community and enables support to be provided when it is most needed. Zonta provides funding to support PADA's Educator/Stakeholder Relationship Coordinator Project. The educator will work with a range of agencies (e.g. Plunket, Midwives, GP's, Playcentres/ Kindy/Creches, Parents Centre, SPACE NZ Trust, etc.) to build relationships, develop a core curriculum and deliver training courses. This will support the transfer of knowledge into local communities to make them more resilient and to help them become more self-sufficient in the delivery of perinatal support to vulnerable women and men.

Like Minds, Like Mine gave us funding to create a series of ten short vignettes with people talking about a variety of experiences. This are being filmed and the first video launched at the World Maternal Mental Health Forum on 1 May 2019. The rest will roll out over the course of the next financial year.

We have maintained our team of four people working part time to equal 1.125 FTE . We have Finance Manager, Sharon Vaka working 5 hours per week, who replaced Olivia Wylde in September 2018. Fundraising Manager, Gill Ransom, reached her two year anniversary working 10 hours per week. Melanie Byrne, our Communications Manager reached her three year anniversary in October working 15 hours per week and Treena Cooper, Operations Manager reached five years at PADA working 15 hours per week.

PADA has now been in the Johnsonville office for three years and we are grateful to the grant funding that contributes to office related overheads such as insurance, electricity, telephone/internet and a portion of the rent. Having the office enables our four staff to continue to work from one office, increasing productivity and efficiency, resulting in us helping more people who are experiencing perinatal mental illnesses. Without an office space the staff would work from their individual homes but working in isolation from one another would decrease our productivity, efficiency and morale. By having an office our organisation has developed a greater community presence and it now acts as a hub for meetings regarding perinatal mental health, encouraging collaboration between our organisation and others in the field.



Seminar series

This financial year we organised seminars in Wellington (World Maternal Mental Health Forum), Hawkes Bay, Christchurch, South Auckland, Queenstown and Dunedin with some of our seminars focusing on minority groups covering Maori and Pacific perinatal health, PTSD, Suicide, and Birth Trauma. One of our aims with the seminars is to breakdown the stigma attached to people in these situations, leading to people experiencing less judgement and becoming more likely to reveal what they are really going through and seek appropriate help.

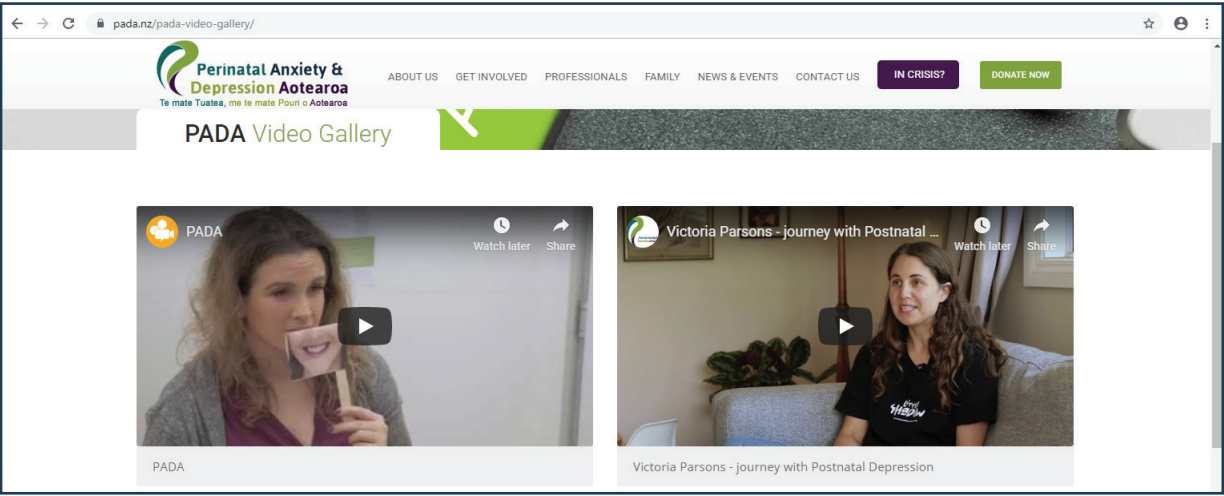
Over 250 care providers who are supporting multiple families affected by perinatal mental illness attended the seminars held by PADA around New Zealand. When participants leave each seminar, they are better informed and have strengthened their knowledge and skills to improve perinatal outcomes for their clients. As a result of attending our seminars the care providers have more confidence in using screening tools (e.g. the Edinburgh Postnatal Depression Scale), leading to earlier referrals, a quicker recovery time for sufferers and better outcomes and less harm overall. Evaluation forms from the seminars are really positive and show the necessity of the seminars.

PADA’s profile was raised by being represented at the IMHAANZ conference in Wellington, the NZ College of Midwives Conference in Rotorua, and the Maternity Whole of System workshop in Wellington.

Perinatal Anxiety & Depression Awareness Week was changed to a more suitable time of year and is now held at the start of May, closer to Mother’s Day. A number of events were organised starting with Pound the Pathway for PADA fundraising fun run which is a closed event with 11 runners walking or running 5 or 10 kms along the beautiful Bothamley Pathway in Porirua. Following this was a movie night with auctions watching the movie Tully, and we finished the month with Wellbeing Sunday – and event organised for women to attend covering different ways to look at creating and maintaining psychological and physical wellbeing to reduce stress and anxiety.

We built on our peer-to-peer fundraising strategy with a couple of ultra-fit people taking part in extreme running events, the Ring of Fire and the WUU2K. We also sold Entertainment books, and held a Karma Keg at a local pub.

The PADA board is strongly represented by Dr Rona Carroll, Carrie Barber, Leigh Bredenkamp, Bice Awan and Brendon Smith and we welcomed Joanne Rama and Clare Barnett to our board.



PADA is proud of our website which is frequently updated with news and events relating to perinatal mental health. Mothers Matter approached PADA to take over the content from their website that was ceasing and we are extremely honoured for this to happen.

Social media

Social Media saw our Facebook followers increase to 2,000, and we started actively using Twitter and created an Instagram account. Mel does a great job finding interesting and relevant information to post and share on these platforms. We have sent out a quarterly newsletter full of articles and information relating to perinatal mental health.

Our CRM database system, Fundraiser by Infsoft, is continually updated with new contact details from those who attend our seminars and events.

As a staff we are excited about how much we have achieved over the past financial year and look forward to the coming year with optimism and energy.

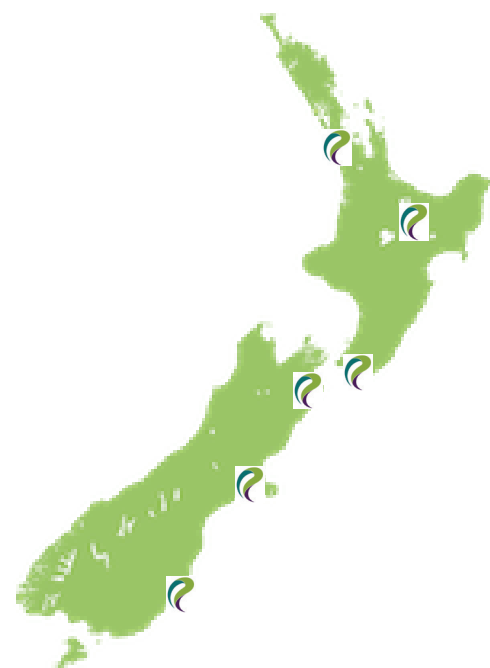


Our Facebook followers have increased to around 2,000.

PADA National Office
Level 2
East 21 – 29 Broderick Rd
Johnsonville
Wellington.



2018-19 Seminar Series



World Maternal Mental Health
Wellbeing Forum MAY 2018
84 attendees



WORLD MATERNAL
MENTAL HEALTH DAY
#MATERNALMHMATTERS



The Balance
Arihia Latham
*
Motherhood in the Digital Age
Dr Monica Johnson
*
Taking the pressure off: Supporting mums
struggling with Breastfeeding and PND
Liora Noy
*
A cultural perspective on perinatal distress
Ngaruna Kapinga
*
Turning on the Lights: Some of the Pitfalls When
Treating PND
Dr Mark Huthwaite
*
Circle Stories: Circle of Security Informed
Reflections on Relationships between Infants
and their Mothers
Heather Elmes

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. Participants who leave each seminar, have a better understanding of how perinatal mental health impacts on whanau and have strengthened their knowledge and skills to help improve outcomes for families in their region.



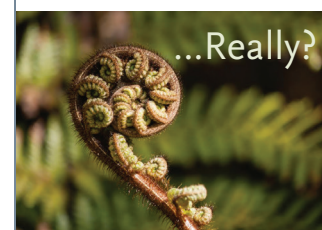
Hawkes Bay – March 2018
35 attendees



Danielle Atkins presented on *Infant Mental Health in Practice*.

Empowered Women Empower Women
Natalie Manley
*
Listening to the Baby's Voice – Infant Mental Health in Practice
Danielle Atkins
*
Working in Partnership – Supporting Women Through Perinatal
Anxiety & Depression
Annie Frogley
*
Life after Loss
Casey Chapman, Emma Tuck, Jayne Myers
*
Flourishing Mothers
Use of positive psychology in the journey through postnatal
depression
Justine Pack-England

Are you OK?



A resource about perinatal mental health for care providers



PADA was delighted to launch their book
'Are you OK? ... Really?'
on World Maternal Mental Health Day in May 2018.

Thanks to the generous support of the Pelorus Trust a long-time dream became a reality. The book features 22 chapters, written by expert authors, and has been designed as a handy reference guide for the wide range of care providers who work with families over the perinatal period.

Books can be purchased from the PADA website for \$35 each.





Faces of Postnatal Depression
PND Canterbury

*

Perinatal Mental Health and Dads
Brendon Smith

*

A complicated relationship with anxiety and depression?
Breastfeeding, oxytocin and mother support
Carol Bartle

*

A Client's Journey through PPNAP
Plunket Postnatal Adjustment Programme

*

Mindfulness as a Therapeutic Application to the
Childbirth Continuum
Keishana Coursey

"It was great to have the opportunity to present about infant mental health at the PADA training day in June. The needs of parents and the difficulties they experience around post-natal mental health issues are significant and deserve attention and effective support. At the same time, the infants in these families are also often affected by the same issues and, at the same time, may have needs and difficulties of their own. Having the opportunity to raise awareness about the particular needs of infants to professionals working in this field is something I feel passionate about and the PADA training day was a good opportunity to do this."

Marion Doherty
Clinical Psychologist
Co-ordinator Koanga Tupu (Kari Centre Infant Mental Health Service) and ECLIPS, ADHB



A Journey with PND
Kristina Paterson – Mothers Helpers

*

Infant Mental Health in the context of Perinatal Anxiety & Depression
Marion Doherty – Koanga Tupu – Infant Mental Health Service, Kari Centre, ADHB

*

Cultural Safety
Joanne Rama - Pregnancy and parenting educator at ADHB and Kaitiaki Whakawhanau Maori for Ngati Whatua

*

Positive Transition of Care
Wendy Turner - Plunket

*

Te Kahu Manaki wahine
Joanne Rama - Pregnancy and parenting educator at ADHB and Kaitiaki Whakawhanau Maori for Ngati Whatua

*

Engaging with Dads
Brendon Smith – Father & Child Trust

Maria Frewen – Registered Nurse, Queenstown Lakes Family Centre
Pregnancy and You

*

Georgia – PND Survivor
'Sleeping through the night' – my battle with Postnatal Depression

*

Sue Wood – Core Midwife Lakes District Maternity Supporting Women in the Wakatipu with Mental Illness in the Perinatal Period; A Midwife's View

*

Catkin Bartlett – Peer Support Programme Coordinator (WellSouth)
Boobs, brain, baby: Exploring the relationship between breastfeeding and mental health

*

Deborah McLeod – Plunket Referral and Assessment tools in Postnatal Depression in the Queenstown Area*
Lisa Gear – Supporting Parents Healthy Children Coordinator
The Wellbeing of Children is Everyone's responsibility

Kirsty Mason & Natasha Walker – Dunedin Mum's PND Group
Journey to Recovery

*

Justine Dahlenburg & Julie Coverson – Mental Health Service, Southern DHB
Stress During Pregnancy

*

Kris Bennett & Paulette Pawson – Pregnancy Counselling Services
Connecting help-line volunteers with professionals while supporting parents

*

George Stamou – Brief Intervention Service (WellSouth)
Using virtual reality therapy for enhancing the therapeutic outcome of traditional therapies for postnatal depression

*

Hazel Potterton – University of Otago
Study of Peripartum Depression, Olfaction and Eating Behaviours

*

Bree Sapwell & Mike Tonks – Catholic Social Services
Birth Support Group, our Work with Young Mums and Working with Dads

*

Dr Cindy Hall & Dr Kumari Valentine
Maternal Mental Health: Challenges and Solutions





Left: Participants at Wellbeing Sunday.

YOU ARE INVITED TO A FUNDRAISING EVENT
FEATURING AN ADVANCE SCREENING OF



Tully

RATING TO BE CONFIRMED

LIGHT HOUSE PAUATAHANUI
3 PAKAKARIKI HILL ROAD
WEDNESDAY 9TH MAY AT 8.00PM
ARRIVAL FROM 7.00PM FOR SUPPER AND RAFFLES | TICKETS \$20
FUNDS RAISED FOR PERINATAL ANXIETY & DEPRESSION AOTEAROA



Perinatal Anxiety & Depression Aotearoa



Wellbeing Sunday



Sunday 27 May
1.30 pm – 4.30 pm
Group Fitness room @
City Fitness Johnsonville
(wear comfortable clothes)



At many stages of our lives we will battle stress and anxiety – more so around pregnancy, childbirth and early parenting.

Wellbeing Sunday will cover different ways to look at creating and maintaining psychological and physical wellbeing to reduce stress and anxiety.

- Whole body approach to core and pelvic floor health that integrates yoga, pilates and corrective exercises
- Mindfulness and being present
- Identify health & life needs & goals

Tickets only **\$25** includes afternoon tea



Only 40 Tickets available – purchase from
<https://www.eventbrite.com/e/wellbeing-sunday-tickets-44776773535>



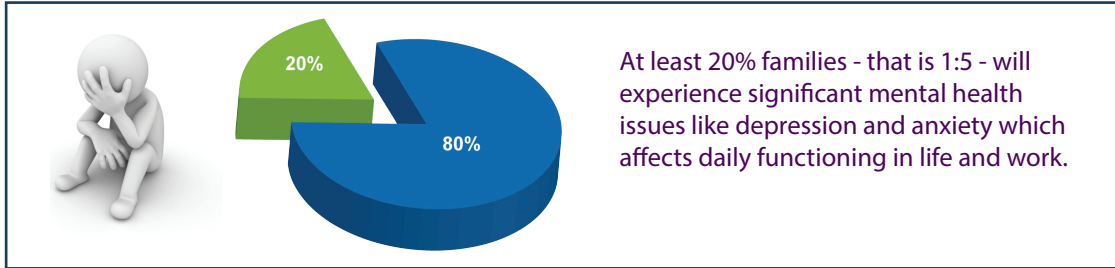
Further information
www.pada.nz

Advocacy and meetings

PADA staff and Board members are active throughout the year advocating for and raising awareness of issues affecting whanau experiencing mental distress during the perinatal period.

Conferences and events attended on behalf of PADA:

- Treena Cooper, Mel Byrne, Gillian Ransom and Leigh Bredenkamp attended the World Maternal Mental Health Day in Wellington May 2018.
- Treena Cooper, Rona Carroll, Bice Awan and Leigh Bredenkamp met with Minister Julie Anne Genter at Bowen House in Wellington.
- Brendon Smith talked at the PADA seminar in Christchurch June 2018.
- Joanne Rama, Treena Cooper and Brendon Smith attended the PADA seminar in Auckland (AUT South Manukau) in June 2018.
- Treena Cooper and Leigh Bredenkamp attended Mama Ora seminar conducted by Dr Eva Neely at Massey University in July.
- Joanne Rama talked at Zonta South Auckland July 2018.
- Joanne Rama attended the Maternity Whole of System workshop in July 2018.
- Treena Cooper, Bice Awan, Rona Carroll and Leigh Bredenkamp attended the Maternal Wellbeing and Children's Health focused Hui in Wellington convened by the Inquiry Panel into Mental Health and Addiction in August.
- Leigh Bredenkamp talked at Zonta Wellington Club Centennial dinner September 2018.
- Treena Cooper and Leigh Bredenkamp attended the MBA Not For Profit Advisory Project Meet Up/ at Victoria University in October.
- Treena Cooper had a stand at the IMHAANZ conference Wellington in October 2018. Dr Rona Carroll attended as a delegate.
- Joanne Rama talked at Zonta Auckland central December 2018.
- Gillian Ransom and Leigh Bredenkamp attended the presentation of the Newman's Own Foundation grants recipients function hosted by Robert Forrester, CEO and President of Newman's Own Foundation in Auckland February.
- Treena Cooper and Gillian Ransom attended the NZ College of Midwives Conference Rotorua in August.
- Treena Cooper attended several HPA Perinatal Mental Health Meetings in Wellington.
- Clare Barnett talked at Zonta Tauranga March 2019.



Fundraising and awareness



NZCOM conference, Rotorua, August 2018

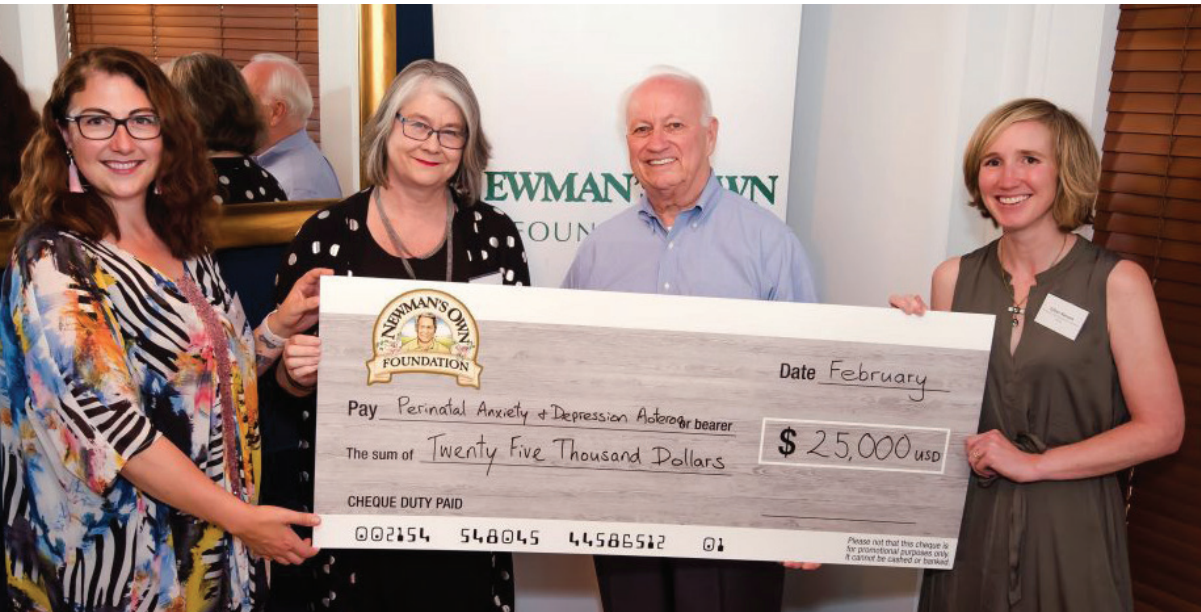
Treena Cooper and Gillian Ransom had a stand, sold books, and connected with delegates. PADA Board member Dr Carrie Cornsweet-Barber presented on positive childbirth experiences: *The bond between birthing mother and midwife* and fellow Board member Clare Barnett presented on personal and professional self care: *‘being with’ ourselves and others*.

- May – Pound the Pathway for PADA fun run. Held at Bothamley Pathway in Porirua - 11 runners/walkers doing 5/10 kms at the Bothamley Pathway in Porirua. (including Justin Lester – the Mayor of Wellington and his family).
- May – Movie night fundraiser with auctions in Wellington.
- May – Wellbeing Sunday - 22 people attended this event held at City Fitness, Johnsonville.
- May - a Mothers Day event featured a ‘Karma Keg’ at One Fat Bird in Karori, Wellington. Patrons were invited to come and celebrate mum (or yourself!) on the 13th May, with a pint of beer! Pay what you think is karmically fair for a pint of beer from Black Dog Brew Co. (minimum of \$11 per pint) and PADA received 100% of the donations.
- August – Winter Wellness Wonderland – (external event organised with money being donated back to PADA) Dancing Nia, eating Raw Glory and drinking Chai Tea by fairy lights .
- April and July – Everyday Heros are people who raised money for PADA doing sporting events: on 7 April Jacqui Haggland ran the Ring of Fire around Mt Ruapehu and on 14 July Eve Southan organised a team to compete in the WUU2K.
- Sold Entertainment books.

Thank you Newman's Own Foundation

In February 2019 PADA was thrilled to receive a \$25,000 dollar donation from Newman’s Own Foundation. Popular blogger, Maria Foy (www.happymumhappychild.co.nz) was approached to nominate three charities to receive funds and we are grateful she chose PADA as one of her preferred charities.


Maria explains: “PADA is a charity close to my heart as they work closely with parents who suffer from anxiety and depression BEFORE and AFTER birth. This includes mothers AND fathers.” Thank you Maria!

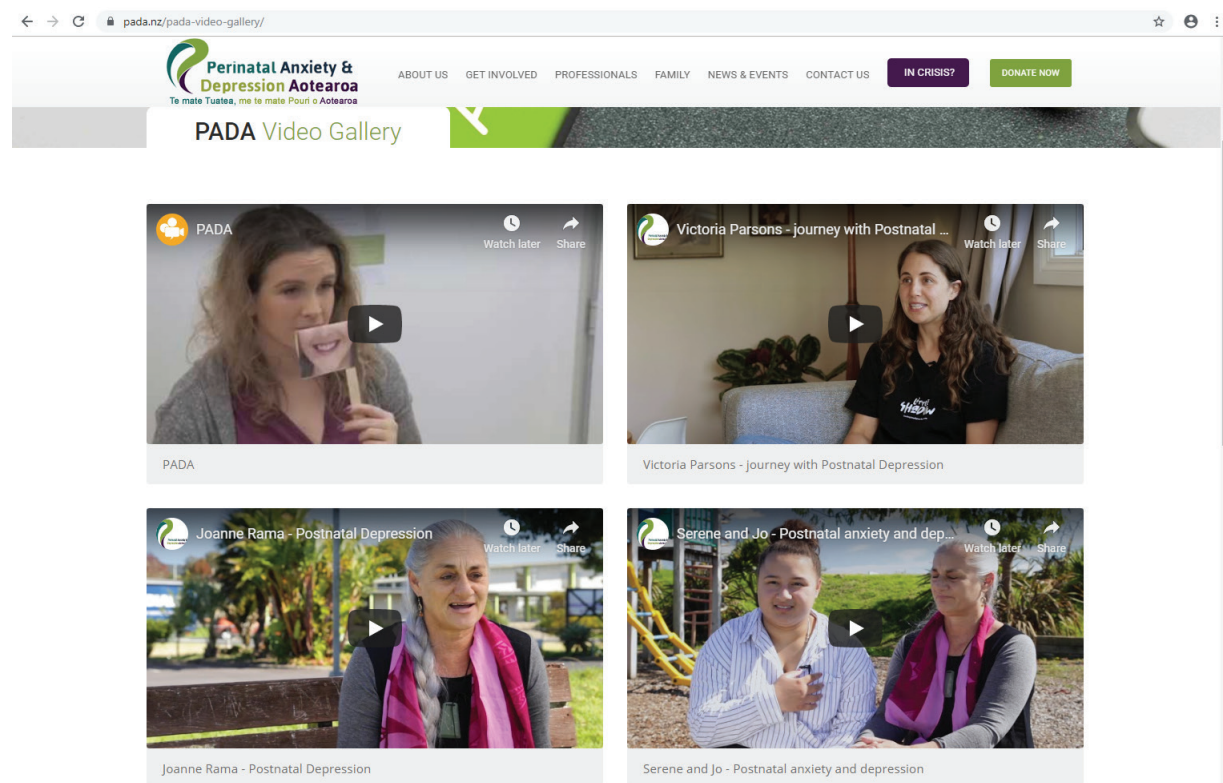


From left: Maria Foy (Blogger who nominated PADA to receive a donation from the Foundation), Leigh Bredenkamp (PADA Board member), Rober Forrester (CEO of Newman’s Own Foundation), Gillian Ransom (PADA Fundraising Manager).

Jacqui Haggland ran the Ring of Fire Ultra Marathon around Mt Ruapehu on April 7, 2018. She was sponsored to complete the run and funds she raised were donated to PADA.

Thank you Jacqui for your amazing support.





Like Minds/Like Mine gave us funding to create a series of 10 short vignettes with people talking about a variety of experiences with perinatal distress.



Participants at Pound the Pathway for PADA fun run May 2018.

Sincere thanks to our funders and donors



PADA is delighted to announce a two-year partnership with Zonta International District 16 (New Zealand).

Zonta will fund a PADA educator who will work to upskill health care providers who are supporting families experiencing perinatal mental illness.

ZONTA
INTERNATIONAL
DISTRICT 16
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Fundraising took the form of applying for multiple grants and donations and looking to form strategic relationships and partnerships with organisations active in the perinatal sector.

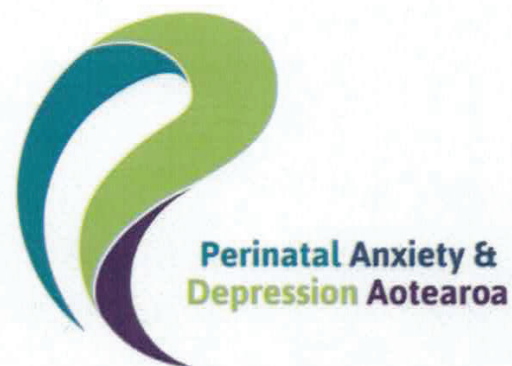
Other initiatives included:

- Forging a strong relationship with Zonta
- 'Fun runs to raise funds for PADA
- Publishing 'Are You OK.. Really?' which provides an ongoing revenue stream

Gillian Ransom, Fundraising Manager

Perinatal Mental Health New Zealand

Trading as



Financial and Service Statements*

For the Year Ended 31 March 2019

Comprising

Statement of Receipts and Payments (Cash Flow)
Statement of Resources and Commitments (Assets and Liabilities)
Statement of Service Activity
Entity Information
Notes

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

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Statement of Resources and Commitments (Assets and Liabilities)	5
Statement of Service Activity	6
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Perinatal Mental Health New Zealand

Statement of Receipts and Payments (Cash Flows)

For the period 1 April 2018 to 31 March 2019

	2019 \$NZ	2018 \$NZ
Operating Cash Received		
Donations, Fundraising and other similar receipts		
Grants (Note 5)	181,149	59,506
Donations and Fundraising	18,707	21,676
Sponsorships	-	1,600
Total Donations, Fundraising and other similar receipts	199,856	82,782
Fees, subscriptions & other receipts (including donations) from members		
Membership fees	1,339	1,670
Total Fees, subscriptions & other receipts (including donations) from members	1,339	1,670
Receipts from providing goods or services		
Seminars	19,553	12,999
Books and Resources	9,222	727
Total Receipts from providing goods or services	28,775	13,726
Other Receipts		
Interest received	3,343	1,653
Total Other Receipts	3,343	1,653
Total Operating Cash Received	233,313	99,831
Operating Cash Paid		
Expenses related to public fundraising		
Fundraising expenses	2,439	4,307
Total Expenses related to public fundraising	2,439	4,307
Volunteer and employee related payments		
Board travel and training	2,930	1,475
Wages, Salaries, ACC	69,865	69,466
Employee expenses	3,262	1,277
Total Volunteer and employee related payments	76,057	72,217
Expenses related to providing goods or services		
Marketing	1,010	2,863
Seminars and events	13,468	17,846
Books and resources (for re-sale)	23,199	791
Total Expenses related to providing goods or services	37,677	21,501



Perinatal Mental Health New Zealand

Statement of Receipts and Payments (Cash Flows) (Continued)

For the period 1 April 2018 to 31 March 2019

	2019 \$NZ	2018 \$NZ
Other payments		
Operational Expenses	11,354	11,657
Professional Fees	384	482
Rent	11,962	11,400
Public Liability Insurance	901	830
Total Other payments	24,601	24,369
Total Operating Cash Paid	140,773	122,393
Operating Cash Flow	92,540	(22,563)
Capital Cash Received /(Paid) (Investing/Financing)		
Capital Cash Applied		
Purchase of assets	-	3,936
Total Capital Cash Applied	-	(3,936)
GST Movement	1,759	(5,499)
Net Cash Flow	94,299	(31,997)
Add Opening Cash Balance	104,486	136,483
Closing Cash Balance	198,784	104,486
Represented by:		
Cheque Account	67,571	6,701
Online Saver	7	7
Online Bonus Saver	77,881	46,816
Term Deposit	53,246	50,882
Cash on Hand	80	80
	198,784	104,486



Perinatal Mental Health New Zealand

Statement of Resources and Commitments (Assets and Liabilities)

As At 31 March 2019

	2019 \$NZ	2018 \$NZ
Schedule of Resources (Assets)		
Bank Accounts and Cash		
Cash at Bank	198,704	104,406
Cash on Hand	80	80
Money Owed to the Entity		
Accounts Receivable	2,116	-
GST refundable	-	387
Other Resources		
Books for Sale (Stock)	360	653
Significant Fixed Assets at Cost (Note 4a)	25,460	25,460
Significant Donated or Valued Assets (Note 4b)	3,000	-
Schedule of Commitments (Liabilities)		
Money Payable by the Entity		
GST payable	1,371	-
Other Commitments		
Holiday Pay Owed to Staff	2,989	-
Schedule of Other Information		
Unexpended Grants (Note 5)	123,973	43,142



Perinatal Mental Health New Zealand

Statement of Service Activity

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

Outputs

The organisation held 6 seminars (2018: 5 seminars) during the financial year with a total of 258 participants (2018: 220 participants).



Perinatal Mental Health New Zealand

Entity Information

Mandatory disclosures according to s.3 of PBE SFR-C (NFP)

Type of Organisation

Perinatal Mental Health New Zealand is a Charitable Trust incorporated under the Charitable Trusts Act 1957.

Purpose of Organisation

To improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood.

Organisation Structure

The organisation is governed by a Board of Trustees, supported by paid staff to manage the day-to-day operations of the organisation.

Main Sources of Funds

The Main Sources of funds for the organisation are grants from philanthropic and government funders, donations from the general public, income from service charges.

Main Methods of Fundraising

The organisation regularly applies to philanthropic or government funders for grants and donations.

The organisation raises service fees.

The organisation holds fundraising events for members and the general public.

Volunteers and in-kind Donations

The organisation receives occasional donations of goods or services but is not reliant on those for its day-to-day operations.



Perinatal Mental Health New Zealand

Notes to the Financial Statements

1 Basis of Preparation

Perinatal Mental Health New Zealand is permitted by law to apply standard SFR-C(NFP) and has elected to do so.

Transactions are reported on the basis of cash received and spent in the Statement of Cash Flow. Significant amounts owed or owing are accrued in the Statement of Assets and Liabilities.

2 Taxation

As a Registered Charity the organisation is exempt from Income Tax.

The organisation is registered for GST, and all figures are shown exclusive of GST with the exception of Accounts Payable or Receivable in the Statement of Assets and Liabilities.

3 Changes in Accounting Policies

There were no changes in accounting policies.

4 Schedule of Fixed Assets

Items of Property, Plant and Equipment are shown at Cost. Applying depreciation is not permitted under this Reporting Standard.

a. Significant Purchased Assets

Asset	2019	2018
	Cost	Cost
	\$NZ	\$NZ
Computers	3,676	3,676
Banners (Promotional)	909	909
Other Office Equipment	938	938
Website	17,437	17,437
Film for Change	2,500	2,500
Total	25,460	25,460

b. Donated or Valued Assets

Asset	2019	Source of Valuation (if applicable)	2018
	\$NZ Value (if available)		
Office Furniture	-	Not Available	-
3xiMac computers donated from Trademe	3,000		
Total	3,000		



Perinatal Mental Health New Zealand

Notes to the Financial Statements

5 Grants

The following table shows grants that were received during the year, and any money not yet spent:

2019		Received	Unexpended
Grantmaker	Purpose	\$NZ	\$NZ
Christine Taylor	Samoan and Maori translation of PND resource	2,000	2,000
COGS	Seminar in North Shore	1,594	1,594
COGS	Seminar in Queenstown	1,000	-
Pelorus Trust	Rent, CRM functions module, four new resources	12,365	6,394
Hutt Mana Charitable Trust	Rent	5,000	5,000
Otago Community Trust	Dunedin Seminar	1,000	-
Rata Foundation	Christchurch Seminar	3,500	3,330
NZ Lottery Grant	Salaries and Wages	60,000	34,500
Winton and Margaret Bear Trust	Wellington Seminar	2,500	2,500
Pub Charity	Rent	5,700	-
St Johns	Wages	2,000	-
Mental Health Foundation	10 vignettes	5,850	5,343
Cherish Trust	Rent	7,401	7,401
TG Macarthy	Wages	7,500	-
Nikau Foundation	Wages	3,500	-
Newman's Own Foundation	Salaries and Wages, New Resources and Website	35,481	34,595
John Ilott Trust	Wages	2,000	-
Duncalfe Family Bequest	Resources	2,541	1,099
Zonta	New Educator position	20,218	20,218
Total		181,149	123,973

Perinatal Mental Health New Zealand

Notes to the Financial Statements

2018		Received	Unexpended
Grantmaker	Purpose	\$NZ	\$NZ
Christine Taylor	Write and print a 4 page resource about PND called Behind the Mask	2,000	2,000
COGS	Seminars held in Napier, Auckland and Christchurch	10,147	10,147
Pelorus Trust	(1) Purchase of books to sell; banners; stressballs (2) Rent (3) Publish and print books	31,700	22,849
Hutt Mana Charitable Trust	Rent	5,000	5,000
TG Macarthy	Staff wages	7,500	-
Rata Foundation	Christchurch seminar	4,000	-
Duncalfe family bequest	The money is to be spent on resources that highlight Ante Natal Anxiety and Depression (Received Feb 2016)	-	3,146
Infinity Foundation	Unspent grant paid back	(841)	-
Total		59,506	43,142

6 Related Parties

The following significant financial transactions have occurred with related parties during the reporting year:

2019

Relationship with Related Party	Transaction amount and type
Board Members	Donated 399.5 facilitation hours to present at seminars and conferences

2018

Relationship with Related Party	Transaction amount and type
Board Members	Donated facilitation hours to present at seminars and conferences

7 Events after Balance Date

There have been no reportable events after balance date. (2018: nil)



AUDITOR'S REPORT

Opinion

I have audited the Financial and Service Statements of **Perinatal Mental Health New Zealand**, a Charitable Trust and registered Charity, for the year ending 31 March 2019. These statements include the Statement of Receipts and Payments, Statement of Resources and Commitments, Statement of Service Activity and the Notes.

In my opinion the Financial and Service Statements provides a true and fair view of the cash flows of Perinatal Mental Health New Zealand for the year ended 31 March 2019 and their assets and liabilities at that date in accordance with the financial reporting framework for registered Charities. The activities disclosed in the Statement of Service Performance provide a fair representation of those activities.

My audit was completed on 16 December 2019 and my opinion is expressed as at that date.

Basis for Opinion

I have been guided by New Zealand auditing standards ISA(NZ) in performing this audit in as much as they are applicable to small not-for-profit entities. The auditor's responsibilities with respect to such audits can be accessed here:

https://xrb.govt.nz/Site/Auditing_Assurance_Standards/Current_Standards/Page8.aspx

An audit involves collecting and examining evidence that the information presented in the Financial and Service Statement correctly represents the actual financial activities and position of the organisation to a high degree of certainty and accuracy. This also means that the information given in the Statements must be complete with no significant omissions that may mislead the reader of the Statements.

Note that the requirement of completeness does not extend to the Statement of Service Activity, and my assurance in respect of this Statement is limited to the fair representation of information given there and does not contain an acknowledgment that this information represents all significant activities of the organisation.

I selected audit procedures relevant to the not-for-profit nature, size and type of organisation and considered the information needs of the likely users of the Statements predominantly in financial respects in doing so. These procedures involved, but were not restricted to:

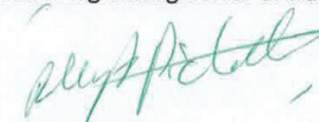
- Gathering evidence that both cash receipts and cash payments are accurately represented and include all money received and paid by the organisation. Such evidence may include the organisation's internal processes and analysis of the organisation's transaction patterns.
- Gathering evidence that the presentation of the organisation's assets and liabilities is complete and, where dollar-values are available, that these are disclosed as required.
- Verifying compliance with accounting standard PBE SFR-C (NFP).
- Examining the assumption that the organisation remains in operation for at least 12 months after the end of this reporting year.

- Gathering evidence about activities or changes to the organisation that may impact a reader's opinion about their future financial activities and that would be reportable in the Notes, such as legal commitments, events that have disrupted the entity after Balance Date, or Related Party transactions.
- Gathering evidence supporting the assertions made in the Statement of Service Activity.

I have received sufficient and appropriate evidence to form an audit opinion. CCA has assisted in the compilation of the financial statements. Any self-review threat to auditor independence has been effectively mitigated through internal separation of audit tasks from all other tasks. Other than in my capacity as auditor I have no relationship with or financial interest in the Trust, according to the Professional and Ethics Standard 1 issued by the NZ Auditing and Assurance Standards Board.

Responsibilities of Those Charged with Governance for the Financial Statements

It is the responsibility of the organisation's Board of Trustees to ensure that Financial and Service Statements are prepared, that give a true and fair view in accordance with PBE SFR-C (NFP), and to ensure that appropriate processes and procedures are in place to prevent misstatements from occurring through error or fraud.



Rhys Pickett, BCom
Christchurch Community Accounting
rhys@commaccounting.co.nz



Participants at Pound the Pathway for PADA fun run May 2018.



**Perinatal Anxiety &
Depression Aotearoa**

**Te mate Tuatea, me te
mate Pōuri o Aotearoa**

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