



**Perinatal Anxiety &  
Depression Aotearoa**

Te mate Tuatea, me te  
mate Pōuri o Aotearoa

# Te Pūrongo ā-Tau Annual Report

2019-2020

Formerly known as the Perinatal Mental Health New Zealand Trust

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



E tūtaki ana ngā kapua o te rangi, kei runga,  
kei runga te Mangoroa e kōpae pū ana.  
The clouds in the sky close over,  
but above them spreads the milky way

### 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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Left: Liora Noy at the NZPP conference in Rotorua.

Above: Mel Byrne, Gill Ransom and Treena Cooper at the movie fundraiser Altrusa Rocketman.



**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 extracted by caesarean, but it was the first step on my path toward an interest in helping other women cope 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.

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



**Leigh Bredenkamp, Chair, 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 interests 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 mental 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 professionals and I am proud to be part of PADA who are continuously striving to achieve this..



**Joanne Rama, Treasurer, 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 whānau, during this time I was a founding member of putea o pua trust that created what is now known 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 an 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.

## Mai i te Toihau / Chairperson's Introduction

Tēnā Koutou Katoa. Kia Kotahi Kī. We invite you to celebrate with us another successful year with the Board and Staff of Perinatal Anxiety and Depression Aotearoa – PADA.

We have enjoyed a welcome period of Board stability - Bice Awan, Clare Barnett, Carrie Cornsweet Barber, Leigh Bredenkamp, Rona Carroll, Joanne Rama and Brendon Smith continue as PADA Board members. The skills and connections of our Board members provide an impressive depth of clinical experience upon which to draw. It is heartening to see a number of plans that we have been working on finally come to fruition.

### Strategic leadership day

The Board has focused on developing our governance capabilities during this financial year. We started 2020 with a strategic planning day where we revisited our constitution to make sure it was fit for purpose and that we were compliant with current charity legislation, re-evaluated our mission and vision statements and worked on our strategic goals in line with our Te Tiriti obligations.

In previous years, the Board adopted a flat structure without a designated chairperson - choosing instead to work 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. Whilst this approach had worked well, we decided that, after taking guidance from governance consultants, we should revisit this structure. Accordingly, we appointed the following people to leadership roles:

**Chairperson** - Leigh Bredenkamp

**Deputy Chair** - Carrie Cornsweet Barber

**Treasurer** - Joanne Rama

**Secretary** - Bice Awan

As a Board, we are working hard to continue our own governance development and have put effort into updating and working through various policy documents to ensure we are both compliant and professionally accountable at all levels.

Members of the Board donate their time as their positions are all voluntary. Whilst this does take many hundreds of hours each year, it is a cause about which we all care deeply and believe that the investment in whānau health is worth it and will pay dividends many times over.



*Just two days after the country went into lockdown in March, the PADA team held their first virtual staff meeting. Chairperson Leigh Bredenkamp joined the team to strategise, plan and adapt to the new reality. Still smiling despite the uncertainty and worry of adapting to the pandemic world.*

## Partnership with Zonta

In July 2018, Zonta International District 16 (New Zealand) selected PADA as its District Project for the 2018-2020 biennium.

Zonta provided funding to support PADA's educator project – and, after the position was advertised and attracted many fine candidates, Liora Noy was appointed to this role in June 2019. The Educator works 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 whānau. We are so grateful to Zonta for funding this crucial position which has enabled PADA to expand its reach and extend the support it provides throughout Aotearoa.

### Planning for the future

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 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 General 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.

As we came to the end of the financial year, COVID-19 intruded and upset all the carefully laid plans for 2020. On March 24 the whole country went into level four lockdown so all the seminars, speaking engagements, meetings and other initiatives that we had scheduled were quickly put on ice. With minimal fuss, the PADA team moved to working remotely - arranged zoom meetings and zoom pop up chats, created resources and kept PADA operating to meet the emerging needs of whānau during a pandemic. We have an amazing team and we are very fortunate.

**Leigh Bredenkamp, Chairperson**

**PADA Board:** Bice Awan, Carrie Cornsweet Barber, Clare Barnett, Rona Carroll, Joanne Rama and Brendon Smith



### PND networking day

We hit the ground running in the new year and started 2020 with a Perinatal Networking Day in Wellington. This hui was funded by the Lion Foundation and the grant enabled us to fly 18 representatives from perinatal support groups working around Aotearoa.

This forum was also attended by PADA Board members, Carrie Cornsweet Barber, Joanne Rama, Brendon Smith and Leigh Bredenkamp as well as PADA General Manager, Treena Cooper and PADA Educator, Liora Noy.

This hui provided an ideal space to network and discuss the challenges faced by care professionals and volunteers who work directly with whānau in communities throughout the country.

We explored ways we can help each other and identified areas where PADA, as a national organisation, can support and resource local groups.



## PADA kaimahi / PADA Staff



**Treena Cooper, Operations Manager**

I first started at PADA in 2013 as the Administrator, and have been pleased to be promoted to Operations Manager in 2015 and General Manager in 2019. Before I worked at PADA I was a stay at home mum to two boys who are now growing teenagers, and prior to that, a Corporate travel consultant which gives me strong organisational and people skills.

In my role as General Manager I liaise with the board, oversee the staff and office operations, connect with stakeholders, and organise the PADA seminar series.



**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 whānau 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.



**Denise Graham, Fundraising Manager**

I am responsible for coordinating PADA's fundraising activities with a focus on grants, events and sponsorship. I have a background in corporate and business management, finance and fundraising - these skills contribute to the amazing work that PADA does throughout Aotearoa. It's great to be part of a team who are committed to raising awareness and delivering quality services to new parents suffering anxiety and depression.

I have three children and lots of grandchildren who are an integral part of my life and every spare moment is spent with them. My husband and I own a bakery ad care which also keeps us both very busy. I enjoy boating and fishing, cooking, gardening and writing stories.



**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.

### Thank you Gill

Gill Ransom resigned from PADA in Spetember 2019 after three years of stellar work as the Fundraising Manager. We appreciated Gill's dedication and innovative approach to here role and thank her for everything she did for PADA.

We wish her very success in her new role at Samaritans Aotearoa New Zealand.



## Mai i te Tumuaki / General Manager Introduction



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 nine 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.

### Key Opportunities

Mid 2018, PADA was delighted to announce a two-year biennium 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 project began with a three month contract in April 2019 to undertake a Needs Assessment identifying key areas where PADA can achieve the most leverage in terms of training and education throughout New Zealand. The areas identified where a PADA educator could have the most impact are as follows; support in development of e-learning modules and scenario based training for Plunket and the New Zealand College of Midwives; providing up-to-date information on local perinatal mental health (PMH) service providers; education and training for the smaller DHBs in PMH specific to their regional needs; looking further into improved support for Maori and Pacifica service providers; targeted role-based training for those running PND groups, neonatal nurses and counsellors; and provision of resources that can be distributed to the communities by those working at the grassroots level.

An overview of services available in perinatal mental health was also conducted. The major finding of this review is the lack of a government funded nationwide service for women and men requiring care for mild to moderate perinatal distress. PND groups provide a service in the mild to moderate arena with varying degrees of geographical cover, expertise and funding support. Mother and baby respite services are available in the wider Auckland region only. Half of the DHBs have access to a mother and baby inpatient PMH service, the other half do not have this service available to them. The MMH services available at the secondary level are mainstream. There are minimal or no culturally-specific MMH services available for Maori, Pacifica and Asian women at the secondary level.

Liora Noy was employed in June 2019 as the PADA Educator and as you can see in the Annual Report, she has connected with a range of agencies building relationships, developing a core curriculum and delivering training courses. This supports 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 grant funding to create a five minute vignette about the Power of Contact showing provocative and confronting situations and ways for care providers to react. The vignette will cover how to build a relationship, what to say versus what not to say, tone, inflection, body language, and cultural sensitivities.

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

The ways care providers react can predetermine the outcomes for these new parents, so it is paramount that care providers learn to practice without judgement. They have the power to discriminate, to stigmatise, and to increase their clients likelihood of social exclusion. They can make things a whole lot worse for their client or they can help them get better.

Our operations team


We have maintained our team of 4 people working part time to equal 1.125 FTE. We have Finance Manager, Sharon Vaka working 5 hours per week; Melanie Byrne, Communications Manager reached her four year anniversary working 15 hours per week and Treena Cooper, reached six years at PADA working 15 hours per week and was promoted from Operations Manager to General Manager. Fundraising Manager, Gill Ransom, reached her three year anniversary, and in September 2019 left to pursue another role, and we welcomed Denise Graham in to the position and increased the role to 15 hours per week.

PADA has now been in the Johnsonville office for four 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 year we organised seminars in Wellington (World Maternal Mental Health Forum), Christchurch, Auckland (North Shore), Whanganui, Taupo, Masterton, Whangarei and Invercargill with some of our seminars focusing on minority groups covering Maori and Pacific perinatal health, Grief and Loss, and the role of Fathers. 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



We now have over

3,500 Facebook followers

*A special shout out to Clare Martin and the Zonta Christchurch-Canterbury Club who have painstakingly sewn and filled 110 Wheatbags for PADA to sell and use as gifts.*



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 GPCME conference in Rotorua, the Parents Centre Conference in Wellington, Sands conference in Christchurch, Lactations Consultants Conference in Auckland, and NZ Psychological Society Conference in Rotorua.

Perinatal Anxiety & Depression Awareness Week is held at the start of May, close to Mother's Day. A number of events were organised starting with a free one-day mindful parenting seminar with Little Shadow, supported by Frozen Funds covering Let's Play (exploring free play ideas for at home and parenting strategies for fostering positive, secure attachment), Let's Talk (Support pathways and open floor Q & A with Dr Rona Carroll & Liora Noy), Let's Move (Mindfulness and gentle movement strategies for parenting self-care).

This was followed by Pound the Pathway for PADA fundraising fun run which is a private event with 11 runners walking or running 5 or 10 kms along the beautiful Bothamley Pathway in Porirua. Karma Keg fundraisers happened at the Queen of Jackson Petone and One Fat Bird in Karori, and a movie night put on by the Altrusa Ohariu group. A little bit later in the year, we held Pound the Park for PADA at Cornwall Park in Auckland.

We built on our peer-to-peer fundraising strategy with some dedicated people taking part in a half marathon, the Coast to Coast and Tarawera Ultra Marathon.

The PADA board maintained consistency and is strongly represented by Dr Rona Carroll, Carrie Barber, Leigh Bredenkamp, Bice Awan, Brendon Smith, Joanne Rama and Clare Barnett. The PADA team is very appreciative of the time and expertise provided voluntarily by the board to achieve our mission and purpose.

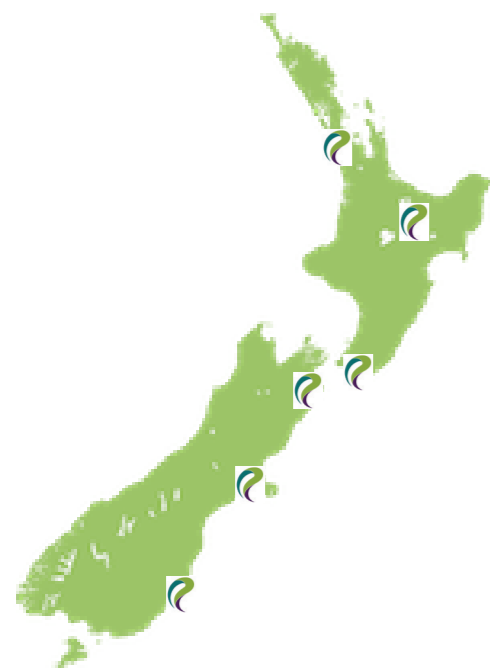
PADA is proud of our website which is frequently updated with news and events relating to perinatal mental health and is now recognised as the go to place.

Social Media saw our Facebook followers increase to nearly 3000, 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.

Treena Cooper, General Manager

## 2019-2020 Wānanga/Seminars



**WORLD MATERNAL  
MENTAL HEALTH DAY**  
#MATERNALMHMATTERS



**World Maternal Mental Health  
Wellbeing Forum May 2019**  
77 attendees

Support for Families  
Victoria Parsons – Little Shadow  
\*

PTSD, Past Sexual Abuse/Assault & Parenting  
Dr Rona Carroll  
\*

Adverse Childhood Experiences – a study  
that examines associations between  
childhood maltreatment and health and  
wellbeing later in life  
Anne Hodren & Katrina Coleman – Plunket  
National Educator  
\*

Te kahu Manaki wahine  
Joanne Rama-Manga - Kaitiaki  
whakawhanau  
\*

Maternal mental health: Some health  
services research  
perspectives on access and (in)equity  
Dr Sara Filoche & Jessica Yang - Gynaecology  
and Women's Health  
\*

Nausea and Vomiting in pregnancy, the  
mental health consequences and a new and  
different approach to the treatment thereof?  
Dr Mark Huthwaite – Maternal Mental Health



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.



**Christchurch – June 2019**  
40 attendees



Bipolar disorder in the perinatal period –  
Recognition, management and risks  
Sue Luty & Hannah Hardy-Jones  
\*

Can vitamins and minerals treat antenatal  
depression and anxiety?  
Siobhan Campbell – University of  
Canterbury  
\*

The Faces of Postnatal Depression  
Erin Manning - PND Canterbury  
\*

'From a Client's Perspective'  
Plunket Postnatal Adjustment Programme  
\*

Effects of Family Violence  
Celine Donovan Independent Victim  
Specialist – BWT Women's Refuge  
&  
Snr Constable Chris Hurring – Family  
Protection Officer, NZ Police



Nicky Snedden – Midwife  
\*  
Postnatal Depression – a case study  
Deborah Neumann & Rachel Thurtell – WALSH Trust  
\*  
Challenges Accessing Care in the Community  
Cat Railey – Mummacare  
\*  
The role of Fathers  
Brendon Smith – Kidz Need Dadz  
\*  
Family Violence: The Current Picture  
Nicola Chapman – Family Violence Coordinator Waitemata DHB  
\*  
Perinatal Anxiety  
Dr Jessica Henry



## Connecting and upskilling around 400 perinatal specialists through our seminar series

The Gift in the Room  
Regan Burns – Lakes DHB  
\*  
Marcé Update  
Tim Gutteride – Lakes DHB  
\*  
Well Child/Tamariki Ora – referring to mental health services  
Tuwharetoa Health Charitable Trust  
\*  
The First 1000 Day of Life  
Liz Carrington – Lakes DHB  
\*  
Direction of Perinatal Mental Health  
Michael O'Connell – Lakes DHB  
\*  
Perinatal Mental Health & Dads  
Brendon Smith – Kidz Need Dadz



Tuesday 25 February  
Education Centre, Wairarapa DHB,  
Te Ore Ore Rd, Masterton  
  
Maternal Wellbeing/  
Taking off the Pressure, Supporting  
Mums with Breastfeeding and Postnatal  
Depression  
Liora Noy – PADA Educator  
\*  
The Impact of Sleep on Anxiety &  
Depression  
Bronwyn Sweeney – Tend Psychology  
\*  
Perinatal Mental Health & Dads  
Luke Tiller – Kidz Need Dadz  
\*  
A Mother's Journey with Postnatal  
Depression  
Lucy Adlam  
\*  
Perinatal Mental Health Support  
Abby Hollingsworth – The Ruth Project



ACE's – Adverse Childhood  
Experiences and  
How you make a difference  
Dr Joanne Stephen – Whanganui DHB  
\*  
Alcohol and Pregnancy:  
Role of Healthcare Providers in  
Preventing FASD  
Dr John McMenamin  
\*  
Taking off the Pressure, Supporting  
mums with Breastfeeding  
and Postnatal depression  
Liora Noy – PADA  
\*  
Perinatal Mental Health & Dads  
Brendon Smith – Kidz Need Dadz  
\*  
Supporting Parents, Healthy Children  
(COPMIA)  
Joanna Heap and Chrissy Bretherton  
\*  
Maternal Mental Health  
Pauline Humm-Johnson – Whanganui  
DHB





Whangarei – March 2020  
30 attendees

Mahitahi  
Petite Nathan – Mahitahi Hauora  
\*  
Local services – breastfeeding/screening  
Te Puawai Ora  
\*  
Help Me, Help You, Help Others  
Rini Mataara – Manaaki Kakano (Maternal and Infant Mental Health)  
& Samantha Holmes  
\*  
Perinatal Mental Health & Dads  
Brendon Smith – Kidz Need Dadz  
\*  
Ma te huruhuru, ka rere te manu:  
Addictions and the first 1000 days  
Holly Coombes - He Tupua Waiora  
(Pregnancy and Parental Services)



Invercargill – March 2020  
39 attendees

Maternal Wellbeing/ Taking off the Pressure, Supporting Mums with Breastfeeding and Postnatal Depression  
Liora Noy – PADA Educator  
\*  
Supporting Parents Healthy Children, Latest Resources for Helping Families in Need  
Lisa Gear – ABLE Southern Family Support  
\*  
Lullaby Groups - Supporting Postnatal Depression and Anxiety through Music Therapy  
Lauren Payne – Musical Milestones  
\*  
Supporting a Grieving Parent  
Caroline Loo – Loss & Grief Support Trust Southland  
\*  
A Mum's Journey with PND  
Lisa Rabbidge – Bloom Maternity  
\*  
Virtual PND Group  
Leisa Heffernan  
\*  
Sensory Modulation Strategies for Anxiety/Depression Postpartum  
Rachel Kincaid – Brief Intervention Service



## Kōkiri me hui / 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:

- 4-5 May 19 - Parents Centre Conference. Held at Rydges Hotel in Wellington. Liora presented on Antenatal Anxiety
- 21 June 19 – GPCME Rotorua conference. Clare Barnett presented about Perinatal Mental Health
- 20-22 Sept 19 – Sands Conference – Christchurch. Held in Sudima Hotel Christchurch. Liora presented about PND & Babyloss
- 26 Sept 19 – Waikato Maternal Mental Health day for Mental Health Awareness Week. Carrie presented about managing stress and distress in the pathway to parenting
- 27-30 Aug 19 – NZ Psychological Society conference - Rotorua. Liora attended for 2.5 days and had a table with PADA handouts.
- SPACE – Liora led two evening training sessions for SPACE facilitators in Wellington and the Hutt. Lots of wonderful, long, informal conversations, with lots of really good feedback about how much they felt they benefited from it.
- Liora presented at the annual Breastfeeding Consultation and Hui in Christchurch, talking to 100 midwives, Well Child Tamariki Ora nurses, Breastfeeding Peer Counsellors, Lactation Consultants, Doctors, educators and mothers.
- 28-29 Feb 20 - NZ Lactation Consultants Conference – Auckland. Liora presented and had a table with PADA handouts.
- Treena Cooper, Mel Byrne, Gillian Ransom, Rona Carroll, Jo Rama and Liora Noy attended the World Maternal Mental Health Day in Wellington May 2019
- Treena Cooper, Bice Awan, Leigh Bredenkamp & Liora Noy met with Bronwen Pelvin from Ministry of Health on 29 May 2019.
- Treena Cooper attended several HPA Perinatal Mental Health working group meetings online.
- Jo Rama presented at Zonta South Auckland, Zonta Auckland Central, Zonta East Auckland.
- Clare presented at Zonta Tauranga and Zonta Hamilton with Carrie
- Rona presented at Zonta Wellington
- Brendon presented at Zonta Mangawhai & Zonta Hibiscus Coast, and Auckland Central.
- Treena and Liora Presented at Zonta Whanganui and Zonta Manawatu



MASSEY  
UNIVERSITY



## PADA Pouako / Educator supported by ZONTA

By the end of the financial year, the Zonta clubs of NZ have raised an impressive \$45,162 through various fundraising activities – Yellow Rose Fun Run, a night with Allyson Gofton, Blue Illusion Fashion Shows, Musical concerts, pop-up shops, movie nights, dinners, lunches and breakfasts.

The money raised is used to fund the PADA Educator, Liora Noy, to help educate health care providers who are supporting families suffering from anxiety or depression due to pregnancy, childbirth and early parenting.

In August, Liora attended the Parliamentary Breakfast for Mothers Matter, invited by Chloe Wright from the Wright Foundation. She presented in a workshop after MP Louise Houston and Sir Peter Gluckman. The focus was on the possible adverse mental health outcomes of having a traumatic or too brief period of care immediately following the birth.

Liora met with the Zonta Mana Club for dinner and talk in September. The October PADA seminar in Whanganui was timed that we could attend the Zonta Whanganui dinner on 15 October and the Zonta Manawatu dinner on 16 October. Liora, Treena Cooper and Board member Brendon Smith, enjoyed meeting these wonderful women and hearing about their work. Liora presented to these groups on perinatal distress. .

### Working with Plunket

Liora has been working in partnership with Plunket to develop an online learning module - a critical part of staff orientation providing them with robust evidence based information. Short films provide an opportunity to share with Well Child nurses important information about perinatal mental health and the work of PADA. Together with Plunket educator Anne Hodren, Liora helped make an 18-minute video on Maternal Mental Health and promoting PADA as a resource which will be compulsory viewing for every Plunket nurse. She also made a video on Dads and PND. Liora helped develop the information packet and power point that every new Plunket nurse will get, with PADA being the main resource for further information.

Liora spent time in Wellington training the new Plunket nurses for the South Island and Lower North Island. Liora spent a lot of time talking about HOW to ask the questions about mum's well being (looking in the eye, establishing rapport, etc), and how not to panic and stay calm if mum says she is not well, plus what can the Plunket nurse actually do for the mum instead of just referring on. Here Liora builds on her own experience of working as a Well Child Tamariki Ora nurse.

Liora presented for 50 minutes at Victoria University to second year BA in Education students - around 150 students - on effects on children with parents who have PND.

Liora attended the National Psychologists Conference Rotorua for 2.5 days and had a table with PADA handouts. She also



*"I have had the pleasure to be able to delve into maternal mental health on Te Mara. It's fantastic and so professionally done. It's so interactive. Love it! I loved that PADA is involved and I really enjoyed the links to their videos on YouTube. Loved the small sound bites - brilliant idea! I feel like I have learnt a lot. I am so grateful for your passion and knowledge!"*

*Plunket staff member*



led two evening training sessions for SPACE facilitators. Connections have been established with Space and Play Centre facilitators in Whanganui and New Plymouth, who are keen for Liora to train their facilitators.

In October, Liora presented at Hutt Hospital for the midwives as part of their education days organised by the Lactation Consultants. Lots of great discussion around PND and Breastfeeding.

He Huarahi Tamariki – School for Teenage Parents in Tawa, Wellington invited Liora to one of their classes and was a great opportunity for her to connect with the young mums, hear their experiences, talk with them about anxiety and depression, but with an emphasis on well-being.

In November, Liora presented at the annual Breastfeeding Consultation and Hui in Christchurch, talking to 100 midwives, Well Child Tamariki Ora nurses, Breastfeeding Peer Counsellors, Lactation Consultants, Doctors, educators and mothers. The Outstanding feedback from organiser Kelly Dorgan which confirms that Liora is the right person for the Educator Role.

In early February 2020 Liora was invited to Auckland to continue training for Plunket. While in Auckland, Liora completed a workshop for the team at Talking Matters. They are home visitors who work with low income families to encourage them to talk to their babies and toddlers. The 2020 PADA Seminar series kicked off with the first seminar in Masterton on 25 February. Liora did two presentations covering the topics of Maternal Wellbeing and Taking off the Pressure, Supporting Mums with Breastfeeding and Postnatal Depression.

The National Lactation Consultants Conference – Pae Ora: A Platform for Breastfeeding Support was held in Auckland on 28/29 February where Liora presented and discussed our education materials.



# Fundraising and awareness

- 1 May 19 – WMMH Seminar – Wellington (PADA Seminar)
- 4 May 19 – event in conj with Little Shadow – supported by Frozen Funds Grants – A free one-day mindful parenting seminar. Let’s Play (exploring free play ideas for at home and parenting strategies for fostering positive, secure attachment), Let’s Talk (Support pathways and open floor Q & A with Rona & Liora), Let’s Move (Mindfulness and gentle movement strategies for parenting self-care).
- 4 May 2019 – Karma Keg at Queen of Jackson Petone
- 5 May 2019 – Pound the Pathway for PADA fun run at Porirua Bothamley Pathway
- 9 May 2019 – Karma for PADA – One Fat Bird Karori Karma Keg fundraiser
- 31 May 2019 – Rocket Man movie night fundraiser put on by Altrusa Ohariu group
- 8 Sept 2019 – Pound the Park for PADA fun run in Auckland at Cornwall Park
- Sold entertainment books throughout the year



Above: The Powell family. Billy took part in the Longest Day to raise funds for PADA.



## Everyday Hero

These wonderful people raised money for PADA by taking part in a range of sporting events:

- Dan Cooper – took part in his first half Marathon at Waitare
- Billy Powell – took part in the Longest Day (Coast to Coast)
- Carolyn Spackman – ran the Tarawera Ultra Marathon
- James McCulloch – was due to cycle from Lands End to John o Groats (had critical cycle accident and didn't end up travelling so his friends did it for him)



Left: Participants at Pound the Pathway for PADA fun run May 2019.

Below: Dan Cooper at Waitare.



# Whakawhetai / thanks to our funders and donors



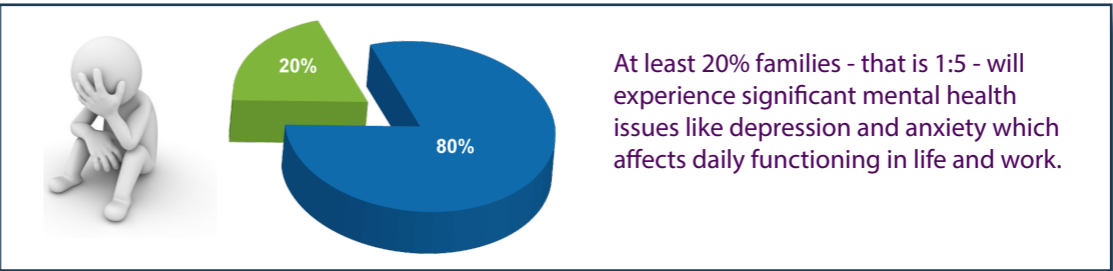
The Winton and Margaret Bear Charitable Trust  
Proudly administered by Trustees Executors



PADA has 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



## Perinatal Mental Health New Zealand

Trading as



## Financial and Service Statements\*

For the Year Ended 31 March 2020

### 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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## Perinatal Mental Health New Zealand

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

For the period 1 April 2019 to 31 March 2020

	2020 \$NZ	2019 \$NZ
<b>Operating Cash Received</b>		
Donations, Fundraising and other similar receipts		
Grants (Note 5)	\$ 120,525	\$ 181,149
Donations and Fundraising	\$ 69,005	\$ 18,707
<b>Total Donations, Fundraising and other similar receipts</b>	<b>\$ 189,530</b>	<b>\$ 199,856</b>
<b>Fees, subscriptions &amp; other receipts (including donations) from members</b>		
Membership fees	\$ 1,252	\$ 1,339
<b>Total Fees, subscriptions &amp; other receipts (including donations) from members</b>	<b>\$ 1,252</b>	<b>\$ 1,339</b>
<b>Receipts from providing goods or services</b>		
Seminars	\$ 21,342	\$ 19,553
Books and Resources	\$ 3,756	\$ 9,190
<b>Total Receipts from providing goods or services</b>	<b>\$ 25,098</b>	<b>\$ 28,743</b>
<b>Other Receipts</b>		
Interest received	\$ 2,120	\$ 3,343
<b>Total Other Receipts</b>	<b>\$ 2,120</b>	<b>\$ 3,343</b>
<b>Total Operating Cash Received</b>	<b>\$ 218,000</b>	<b>\$ 233,281</b>
<b>Operating Cash Paid</b>		
Expenses related to public fundraising		
Fundraising expenses	\$ 3,045	\$ 2,439
<b>Total Expenses related to public fundraising</b>	<b>\$ 3,045</b>	<b>\$ 2,439</b>
<b>Volunteer and employee related payments</b>		
Contractor Expenses	\$ 20,937	\$ -
Board travel and training	\$ 2,981	\$ 2,930
Wages, Salaries, ACC	\$ 76,521	\$ 69,865
Employee expenses	\$ 8,028	\$ 3,262
<b>Total Volunteer and employee related payments</b>	<b>\$ 108,467</b>	<b>\$ 76,057</b>
<b>Expenses related to providing goods or services</b>		
Marketing	\$ 2,817	\$ 1,010
Seminars and events	\$ 19,744	\$ 13,468
Books and resources (for re-sale)	\$ 4,446	\$ 23,199
<b>Total Expenses related to providing goods or services</b>	<b>\$ 27,007</b>	<b>\$ 37,677</b>
<b>Grants and donations made</b>		
Donations	\$ 250	\$ -
<b>Total Grants and donations made</b>	<b>\$ 250</b>	<b>\$ -</b>



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## Perinatal Mental Health New Zealand

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

For the period 1 April 2019 to 31 March 2020

	\$ 2,020 \$NZ	\$ 2,019 \$NZ
<b>Other payments</b>		
Operational Expenses	\$ 25,633	\$ 11,354
Professional Fees	\$ -	\$ 384
Rent	\$ 12,150	\$ 11,962
Public Liability Insurance	\$ 1,005	\$ 901
<b>Total Other payments</b>	<b>\$ 38,788</b>	<b>\$ 24,601</b>
<b>Total Operating Cash Paid</b>	<b>\$ 177,556</b>	<b>\$ 140,773</b>
<b>Operating Cash Flow</b>	<b>\$ 40,444</b>	<b>\$ 92,508</b>
<b>Capital Cash Received /(Paid) (Investing/Financing)</b>		
<b>Capital Cash Applied</b>		
Purchase of assets	\$ 8,103	\$ -
<b>Total Capital Cash Applied</b>	<b>\$ 8,103</b>	<b>\$ -</b>
<b>GST Movement</b>	<b>\$ 2,538</b>	<b>\$ 1,791</b>
<b>Net Cash Flow</b>	<b>\$ 34,879</b>	<b>\$ 94,299</b>
<b>Add Opening Cash Balance</b>	<b>\$ 198,784</b>	<b>\$ 104,486</b>
<b>Closing Cash Balance</b>	<b>\$ 233,663</b>	<b>\$ 198,784</b>
<b>Represented by:</b>		
Cheque Account	\$ 100,223	\$ 67,571
Online Bonus Saver	\$ 78,881	\$ 77,888
Term Deposit	\$ 54,479	\$ 53,246
Cash on Hand	\$ 80	\$ 80
	<b>\$ 233,663</b>	<b>\$ 198,784</b>



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## Perinatal Mental Health New Zealand

### Statement of Resources and Commitments (Assets and Liabilities)

As At 31 March 2020

	2020 \$NZ	2019 \$NZ
<b>Schedule of Resources (Assets)</b>		
<b>Bank Accounts and Cash</b>		
Cash at Bank	\$ 233,583	\$ 198,704
Cash on Hand	\$ 80	\$ 80
<b>Money Owed to the Entity</b>		
Accounts Receivable	\$ 499	\$ 2,116
<b>Other Resources</b>		
Books for Sale (Stock)	\$ 4,641	\$ 12,600
Significant Fixed Assets at Cost (Note 4a)	\$ 32,831	\$ 25,460
Significant Donated or Valued Assets (Note 4b)	\$ 3,000	\$ 3,000
<b>Schedule of Commitments (Liabilities)</b>		
<b>Money Payable by the Entity</b>		
Prepayments received	\$ 1,948	\$ -
GST payable	\$ 8,498	\$ 1,403
<b>Other Commitments</b>		
Holiday Pay Owed to Staff	\$ 3,992	\$ 2,989
<b>Schedule of Other Information</b>		
Unexpended Grants (Note 5)	\$ 80,294	\$ 123,973



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## Perinatal Mental Health New Zealand

### Statement of Service Activity

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

#### Outputs

The organisation held 8 seminars (2019: 6 seminars) during the financial year with a total of 168 participants (2019: 258 participants).



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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	2020	2019
	Cost	Cost
	\$NZ	\$NZ
Computers	\$ 3,733	\$ 3,676
Banners (Promotional)	\$ 1,517	\$ 909
Other Office Equipment	\$ 1,795	\$ 938
Website	\$ 17,437	\$ 17,437
Film for Change	\$ 2,500	\$ 2,500
Video 8"3 min		
Vignettes	\$ 5,850	\$ -
Total	\$ 32,831	\$ 25,460

b. Donated or Valued Assets

Asset	2020	Source of Valuation (if applicable)	2019
	\$NZ Value (if available)		
Office Furniture	-	Not Available	-
3xiMac computers donated from Trademe	3,000		\$3,000
Total	3,000		\$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:

2020		Received	Unexpended
Grantmaker	Purpose	\$NZ	\$NZ
Christine Taylor	Samoan and Maori translation of PND	-	\$ 261
Mental Health Foundation	Resource production and Filming one 5 minute video	\$ 5,000	\$ 5,635
COGS	Seminar	\$ 18,284	\$ 8,786
The Lion Foundation	Printing, Venue hire, and Flights	\$ 3,500	\$ -
Pub Charity	Electricity, Security, MYOB, Rent, Insurance, Venue hire, Printer and Flights	\$ 8,561	\$ 828
Health Promotion Agency	Focuses on alcoho-free pregnancies	\$ 40,000	\$ 18,017
The Southern Trust	Invercargill Seminar	\$ 2,000	\$ 52
Newman's Own	Salaries and Wages, New Resources and	\$ -	\$ 432
Winton and Margaret Bear Trust	Wellington Seminar	\$ 2,500	\$ 2,447
The Trust Community Foundation	the Fundraising Manager's Salary	\$ 4,280	\$ -
West Coast Community Trust	West Coast Seminar	\$ 2,400	\$ 1,073
John Ilott Trust	Eliminate stigma and facilitate	\$ 2,000	\$ 2,000
Wellington Community Trust	Wages and Salaries	\$ 2,000	\$ 1,073
Duncalfe Family Bequest	Resources	\$ -	\$ 111
Lottery Grant	Operating Costs	\$ 30,000	\$ 39,839
Total		\$ 120,525	\$ 80,294



# Perinatal Mental Health New Zealand

## Notes to the Financial Statements

2019		Received	Unexpended
Grantmaker	Purpose	\$NZ	\$NZ
Christine Taylor	Samoan and Maori translation of PND	\$ 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	\$ 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 Educuator position	\$ 20,218	\$ 20,218
Total		\$ 181,149	\$ 123,973

### 6 Related Parties

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

#### 2020

Relationship with Related Party	Transaction amount and type
Board Members	Donated 302.5 facilitation hours to present at seminars and conferences

#### 2019

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

### 7 Events after Balance Date

Government had ordered the temporary closure of most activities with person-to-person contact for a period of at least seven weeks during April and May 2020 due to COVID-19. Some seminars run by Perinatal Mental Health New Zealand have been postponed to later 2021 financial year. This may affect the financial and service performance of 2021 financial year. (2019: 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 2020. 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 2020 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 06 November 2020 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](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.



Eugenia Pokusai, MFin  
Community Capacity Accounting  
[eugenia@commaccounting.co.nz](mailto:eugenia@commaccounting.co.nz)



Work continued producing the PADA vignettes showcasing different peoples lived experiences with perinatal anxiety and depression.

This project was made possible by a grant from Like Minds/Like Mine.



Participants at Pound the Park for PADA fun run in Auckland at Cornwall Park 8 Sept 2019.





**PADA National Office**

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