

CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 11

NEWSLETTER

MARCH 2019

CHAIR'S REPORT

Tena koutou katoa.

I hope that you are enjoying our beautiful Aotearoan summer. I have recently moved to the beach at Piha and I am constantly moved and amazed by our big sea and sky. We have given up tv watching and are spending a lot of time just "being"very good for the mental health.

Since our last newsletter the government has released **He Ara Oranga : Report of the Government Inquiry into Mental Health and Addiction.**

<https://mentalhealth.inquiry.govt.nz/inquiry-report/he-ara-oranga/>



This report details many of the things that we have been hearing from people who experience mental distress, their families, and mental health workers. Some of the key findings revolved around people wanting holistic services available to them in the community without long wait times. People were clear that the social and economic determinants of health needed to be addressed. Māori and Pasifika people spoke of the need for services that addressed their cultural and spiritual wellbeing as part of their mental health. Families wanted to be included and not be blocked through reference to the Privacy Act. Children and young people appear to be showing higher levels of distress and services are needed to help them develop resilience and enable them to live in safe environments.

Many of the issues addressed in the Report have been recognised through the Christine Taylor Foundation for Mental Health in terms of funding agencies or projects that consider the overall wellbeing of people from various parts of the country. Many of these support services struggle to survive financially and the money that the Foundation and its members provide is crucial in helping sustain important wellness projects. Board members of The Christine Taylor Foundation continue to be appreciative of its members and supporters for their donations that go toward making a difference.

2018 was a sad year for the Foundation due to the death of board member Lesley Dee. Lesley had been a member of the Grants Committee since she began on the Board in 2008 and brought a wealth of experience to her position from her work at the District Health Board, as well as all the relationships she had formed within the community over the years. As a board member she was always enthusiastic, committed and full of fun. She is dearly missed by us all.

We have had other changes on our Board this year. We were sorry to say goodbye to Ian Millard QC who has provided years of invaluable service to the Foundation. We welcome Andrew Austin who is now supporting the work of Dr. Michael Jameson and Michael Markham on the Finance Committee. Sarah O'Connor and Ken Daniels continue their work on the Grants' Committee and Claire Laurenson in her critical role as administrator. We are currently looking to fill one or two roles on the Board with new people for the upcoming term. We are very lucky to have the people we do on the board, giving of their time and energy in their roles.

I wish you and your whanau all the best for 2019.

Barb Staniforth,
Chairperson
Christine Taylor Foundation for Mental Health.

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GRANTS COMMITTEE REPORT - Sarah O'Connor

In the 2018 funding round, the Christine Taylor Foundation awarded grants of up to \$5000 to 24 organisations across the country with a total allocation of \$40,440.00. The grants were allocated to organisations that provide a wide range of mental health support to children, family/whanau, youth and adults. These initiatives include creative art spaces, peer support, phone counselling, women's health, and an anti-stigma and anti-discrimination radio show. For a full list of grant recipients see page 5.

Our new board member Andrew Austin and myself had the opportunity to visit three Wellington grant recipients and present them with their cheques. It was a privilege to be able to speak to the service co-ordinators and hear about their current and past work. We were lucky enough to be able to visit Vincents on the day of their auction and had a sneak preview of some amazing art.

For the third year, thanks to the late Dr Michael Taylor, the Foundation was able to offer three special project grants of up to \$10,000. These grants were for organisations who wanted to complete an innovative project that met an identified, unmet need benefitting mental health in their community. While only four organisations applied for this grant, unfortunately none of the applicants met the criteria for this funding. These grants will not be offered in 2019.



Board members Sarah and Andrew presenting grant cheques at Volunteer Wellington and Vincents Art Workshop

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THE FOUNDATIONS FINANCES as at MARCH 2019

Some significant changes have occurred in the past year in relation to how the Foundation manages its investment assets and how it plans to use those assets to achieve its objectives. Firstly, the Finance Committee has two new members following the retirement from the Board of Peter Sherwin in 2017 and Ian Millard in September 2018. Both Peter and Ian made valuable contributions as members of the Finance committee and the Foundation is most appreciative of their efforts over many years. We have since welcomed onto the Finance Committee, Michael Markham from Kendons, the chartered accountants who prepare our annual financial statements, and as from September 2018, Andrew Austin. Andrew is a wealth management adviser at First NZ Capital with considerable investment expertise that is already being fully utilised.

The other significant change is that the Foundation's Board has reversed its earlier decision to utilise some of its investment capital to fund a higher level of grants and will instead limit grants to its net income after meeting essential operating expenses. This will take effect from 2019. Grants approved in 2018 (under the previous policy) and listed elsewhere were \$40,440. This was a reduction from \$76,520 of grants approved in 2017 as shown in the financial statements for the year ended 31 March 2018. This arose because none of the applications for the \$10,000 special grants met the required eligibility criteria.

The financial statements for the year ended 31 March 2018 show that income from investments held steady at \$23,589 compared with the previous year but the Foundation did not have the benefit of the \$60,000 bequest received in the previous year to boost total revenue. Pleasingly, operational expenses were nearly \$2,000 lower mainly due to lower accounting costs. As a result to fund the deficit of \$60,786 arising from the higher level of grants approved, investments were sold. The statement of financial position shows that following these changes investments held at 31 March 2018 were \$418,049, down \$68,000 on the position a year earlier.

Since balance date the Foundation's investments have benefited from generally strong markets in both New Zealand and Australia. It is likely that despite some further sale of investments in October 2018 to fund grants, we expect that at next balance date, 31 March 2019, the total value of investments will be substantially higher than a year earlier. Although interest from investments has continued to fall as rates fall, this has been compensated by much higher dividend payments being received from most of our share investments. The Finance Committee can also report that since balance date it has done some restructuring of the Foundation's investment portfolio from which future benefits will hopefully accrue.

To know more about the Foundation's finances, please go to in the first instance to our website www.christinetaylorfoundationformentalhealth.org.nz or the Charities Services website. The latest financial statements for the year ended 31 March 2018, as prepared by Kendons, are available there.

Michael Jameson, Board Member and Chair of the Finance Committee
6 March 2019

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OTHER CHEQUE PRESENTATIONS 2019



Perinatal Anxiety & Depression Aotearoa (PADA)

“Thanks for taking the time to come to Johnsonville to present our cheque. In the new year we will begin organising the translation of our PND brochure into Te Reo and Samoan. We are all excited about this as it means some of the most vulnerable families in NZ will receive information in their own language. This is the first time we've been able to do something like this and we have the Christine Taylor Foundation for Mental Health to thank for it.”

Left: Board member Michael Markham with Gillian Ransom, PADA Fundraising Manager.

Below: Board member Michael Jameson (2nd from left) with committee members from **Friends Who Care**, a new organisation in Wainuiomata, Lower Hutt.



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Grant Recipients 2018	\$40,440
Amigos Peer Support Group	\$1,440
Arts for Health Community Trust	\$1,000
Canterbury Men's Centre	\$2,000
Carers' Society Otago	\$2,000
ChildPlayWorks Charitable Trust	\$1,000
Delta Community Support Trust	\$1,500
Friends Who Care Incorporated	\$1,000
Get Smart Tauranga Trust	\$1,500
Greenhouse Community - Levin Anglicans	\$1,000
GROW NZ Inc, Dunedin Branch	\$1,500
King Street Artworks	\$1,500
Lifeline Foundation Charitable Trust	\$3,000
Perinatal Anxiety & Depression Aotearoa	\$2,000
Potikohua Trust	\$1,500
Rostrevor House Incorporated	\$1,000
St Chads Communication Centre	\$2,500
Stepping Stone Trust	\$2,500
Supporting Families Marlborough Trust	\$1,500
Supporting Families Wairarapa	\$2,500
Vincent's Art Workshop	\$2,500
Waikato Comm. Broadcasting Charitable Trust	\$1,000
Wellington Rape Crisis Incorporated	\$1,000
Wellington Women's Health Collective Inc	\$2,000
Wgtn Volunteer Centre	\$2,000

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COMINGS AND GOINGS

LESLEY DEE 25.10.1951—15. 5.2018

The Board was shocked and saddened by the sudden death of Lesley Dee last year. Lesley was a Board member from 2008, soon after the formation of The Christine Taylor Foundation, until her death. Serving on the Grants Committee throughout this time, she brought invaluable experience and insight to the grant selection process.

Her work in mental health came after secondary school teaching, parliamentary research and time living in the Pacific. A Social Worker since 1984, Lesley enjoyed supporting people living with mental illness to gain and maintain control over their lives and live well in their community. Lesley was also involved with several other organisations in a voluntary capacity including Volunteer Service Abroad.



It is with regret that the Board received **IAN MILLARD QC's** resignation at our AGM in Sept 2018. Ian served on the Board from 2008, lending his legal expertise through the Foundation's name change and registration under the new Charities Act.

Ian was a valued member of the Finances Committee and his asset as a wordsmith will be sorely missed as will his quick wit.

We thank Ian for his many and varied contributions to the Board and wish him well for the future.

Welcome to our newest Board member **ANDREW AUSTIN** as from Sept 2018.

Through my career in financial services, I have become increasingly exposed to the charitable sector over the years. I've been attracted to the unique challenges this sector faces, in particular, the ability of the individuals involved in these organisations to deliver despite the scarcity of resources available.

I am now privileged to serve on several charitable trusts and look forward to assisting the Christine Taylor Foundation in managing its investments to best effect.

I'm a Lower Hutt resident with a young family and my current challenge, to aid in my own mental health management, is to complete my first marathon



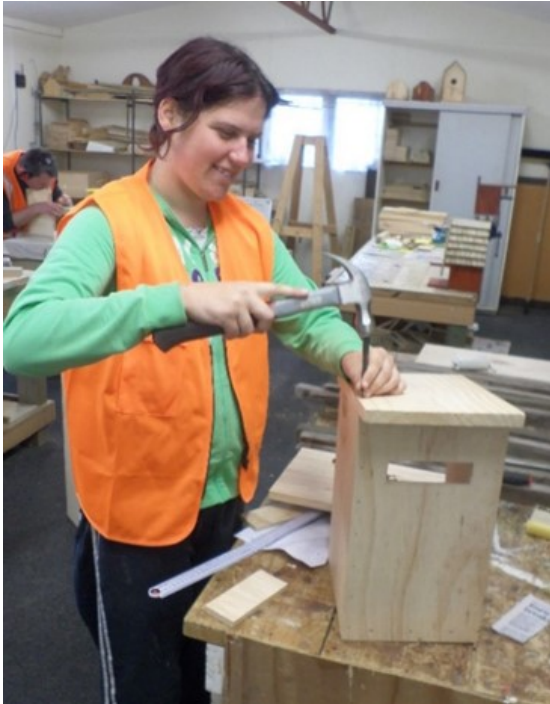
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Wanganui Enterprises is a Charitable Trust formed in 1979 to provide employment, rehabilitation and training for people with disabilities who may otherwise struggle to find positions, to learn skills and gain confidence to enable them to move forward. They were one of three recipients of a \$10,000 special project grant in 2017.



This grant supported a programme for women who were accessing mental health services and who wanted to move forward in their wellness and life choices.

The **'Be Ready'** programme provides a fully equipped workshop where the women feel safe and comfortable, an experienced tutor/facilitator to work with in designing and building small self-directed projects as well as assistance with planning forward and goal setting. Furniture and other objects are made to take home or give away.

Going forward, the programme will continue opening places for women with mental health disabilities who are seeking practical skills, confidence, motivation, and fun.

Photographs used with participants permission.

