

# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

NEWSLETTER

MARCH 2018

## CHAIR'S REPORT

Greetings to you all.

Another year has passed, and our newsletter is a little later this year! I hope that you all managed to have a good summer and time out with family and/or friends and were blessed, rather than cursed, by the weather gods. I had the privilege of going to Stewart Island for the first time which was great for mind, body and soul. I am constantly reminded about how lucky we are to live in Aotearoa New Zealand.



Not everyone has the same access to things that promote health and wellbeing however. The Mental Health Commissioner has recently released his monitoring report of the New Zealand's mental health and addictions services.

See: <http://www.hdc.org.nz/media/4688/mental-health-commissioners-monitoring-and-advocacy-report-2018.pdf>

There are many troubling findings in this report. In his introduction, the commissioner states that *"It is increasingly obvious that the main challenge for the mental health and addiction system is to broaden the system response to ensure that support is available across a continuum of care for the one in five people who experience mental illness and/or addiction"* (Allen, 2018, p. 6).

This is where the Christine Taylor Foundation and its donors can make a difference. The Foundation helps with funding agencies and projects that respond to need at many different levels. Board members of The Christine Taylor Foundation continue to be appreciative of its members and supporters for their donations which contribute toward making a difference at these system levels.

We have had one change on our Board this year. We were sad to farewell Peter Sherwin who has served on the Board for many years, and grateful to welcome Michael Markham who is now supporting the work of Dr. Michael Jameson and Ian Millard QC, on the Finance Committee. Sarah O'Connor, Lesley Dee and Ken Daniels have continued their diligent work on the Grants' Committee and Claire Laurenson continues as the glue of the Foundation in her administration role. We are very lucky to have these people giving of their time and energy in these roles.

I wish you all the best for 2018.

Barb Staniforth,  
Chairperson

Christine Taylor Foundation for Mental Health.

# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

NEWSLETTER

MARCH 2018

## THE FOUNDATIONS FINANCES as at MARCH 2018

In the year ended 31 March 2017, we received total income of just under \$86,000 compared with \$28,000 in the previous year. The increase in income was a result of receiving a \$60,000 bequest from the estate of the late Dr Michael Taylor. The Foundation's income from investments however fell by \$4,000 because of falling interest rates and some lower dividends. General expenses for administration and accountancy fell by \$700 in the 2016/17 year. Total grants paid out in 2017 were \$64,122. Thanks to the bequest received, the Foundation was still able to report a small surplus of \$12,000 for the year ended 31 March 2017.

The 2016/17 year was another satisfactory year for the Foundation's investments as share prices generally increased. This trend has continued through to early 2018 with many of our Australian and New Zealand investments increasing in value substantially. We have continued to suffer like many other charities from a fall in our fixed interest investments income as our various bonds etc. have matured and been replaced by new bonds at much lower interest rates. This situation is not likely to change quickly and means that our interest income will continue to fall. The good news is that the total value of the Foundation's assets at 31 March 2017 grew by over \$35,000 over the year.

Since balance date the Foundation's Board met in September 2017 and approved grants totalling \$76,520. Because the total value of grants exceeds net income after expenses, the Foundation has had to fund a substantial portion of the grants from sale of investments. This is in accord with current Board policy decided in October 2016.

To know more about the Foundation's finances, the latest financial statements for the year ended 31 March 2017 are available on our website [www.christinetaylorfoundationformentalhealth.org.nz](http://www.christinetaylorfoundationformentalhealth.org.nz) or the Charities Services website.

Michael Jameson, Board Member and Chair of the Finance Committee

24 March 2018

# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

NEWSLETTER

MARCH 2018

## GRANTS COMMITTEE REPORT Sarah O'Connor

In the 2017 funding round the Christine Taylor Foundation awarded two types of grants, \$5000 grants and special project grants.

Thirty-six organisations applied for the \$5000 grants from across the country and thirty were allocated funding for work that support adults, children and youth in community groups, art workshops and work-place skills. These organisations provide a range of support such as peer support, perinatal and postnatal support, family/whanau support and advocacy. The grant allocation for the \$5000 grants was \$46,520.00

2017 was the second year the Christine Taylor Foundation offered \$10,000 special project grants thanks to the generosity of the late Dr Michael Taylor. Ten organisations applied for the special project funding and three were allocated funding for their projects in peer support, creative merchandise and practical workshop skills. The total grant allocation was \$76,520.00. See Grant Recipients for 2017 on page 4.

The special project grants are allocated to organisations who wish to do a creative, innovative project that meets an identified, unmet need that will benefit mental health in their community. If you are an organisation that would like to take up this opportunity, the grants committee encourage you to apply.



MIX from the Hutt Valley were recipients of a \$10,000 grant in 2017. Photographed at their AGM and cheque presentation from left, Alan Taylor (Board), Andi Hulse (Board Chair), Stephanie Cairns (Manager), and far right Ruth O'Grady (Arts Coordinator). Michael Jameson and Claire Laurenson from the Foundation attended.

# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

NEWSLETTER

MARCH 2018

<b>Special Project Grants</b>	<b>\$30,000.00</b>
Kites – Greater Wellington	\$10,000.00
MIX – Hutt Valley	\$10,000.00
Wanganui Enterprises Five Star - Whanganui	\$10,000.00
<b>\$5000 Grants</b>	<b>\$46,520.00</b>
Able Charitable Trust -Otago & Southland	\$1,500.00
Action Education Inc - Auckland	\$1,500.00
Amigos Peer Support Group – Wellington	\$1,500.00
Arts for Health Community Trust - Hamilton	\$1,000.00
Bread of Life Trust – Marlborough	\$1,000.00
ChatBus Trust – Dunedin & Mosgiel	\$2,500.00
Delta Community Support Trust - Christchurch	\$1,500.00
Get Smart – Tauranga	\$1,500.00
GROW Dunedin	\$1,000.00
GROW NZ Inc – National	\$500.00
King Street Artworks Inc - Wairarapa	\$1,500.00
Mental Health Advocacy & Peer Support (MHAPS) - Canterbury	\$2,500.00
MIX – Hutt Valley	\$1,500.00
North Shore Women’s Centre – Auckland	\$1,000.00
Perinatal Anxiety & Depression Aotearoa (PADA) – National	\$2,000.00
Post Abortion Trauma Healing Centre (PATHS) – Christchurch	\$1,000.00
Postnatal Support Network Nelson Inc	\$2,000.00
Potikohua Charitable Trust No 37 - Westport	\$1,500.00
Rostrevor House – Waikato	\$1,000.00
St Chads Communications Centre Trust – Rotorua	\$2,000.00
Stepping Stone Trust/Caroline Reid Family Spt Service – Christchurch	\$2,500.00
Supporting Families - Wairarapa	\$2,520.00
Te Ara Korowai – Kapiti Coast	\$2,000.00
Vincent’s Art Workshop Inc – Wellington	\$2,000.00
Waikato Community Broadcasting – Hamilton	\$1,000.00
Wanganui Enterprises Fivestar – Whanganui	\$1,500.00
Wellington Volunteer Centre	\$1,500.00
Wellington Women's Health Collective Inc	\$1,500.00
Women’s Refuge – Whanganui	\$1,000.00
Youthline Charitable Trust - Auckland	\$1,500.00
<b>TOTAL</b>	<b>\$76,520.00</b>



# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

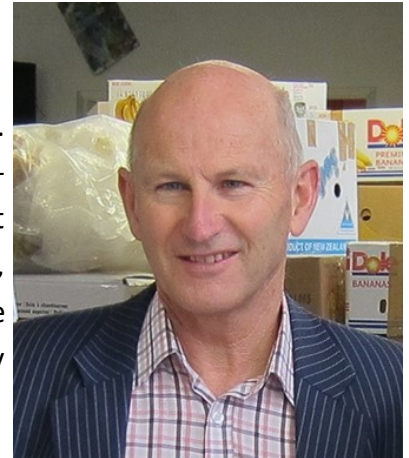
NEWSLETTER

MARCH 2018

## COMINGS AND GOINGS

### PETER SHERWIN

The Board was sad to receive the resignation of Peter Sherwin in April 2017. Peter joined the Foundation's Board in 2007 along with Ian Millard and Barbara Staniforth. At that time the Foundation had just become fully independent of the Richmond Fellowship and changed its name to its present name. Peter, who is an experienced chartered accountant, served on the Board's Finance Committee over that period and the Foundation is most grateful for his many contributions to its work over the past ten years.



Welcome to **MICHAEL MARKHAM**, who became the Foundation's newest Board member in June 2017. Michael is a Director at Kendons Chartered Accountants Ltd in Lower Hutt. He joins Dr. Michael Jameson and Ian Millard QC on the Finance Committee.

Outside of his professional role, Michael is a family focused man. When not with family, he can be found singing, judging or coaching barbershop singing in NZ, Australia and the USA.

It is also goodbye and thank you to **LOGAN APPERLEY**, who since the Foundation's beginnings, freely gave his time and expertise managing the Foundation's website changes. Logan's connection to the Foundation is through his sister and previous administrator, Jan Jones, who left in 2013. Logan is an Australian by default having lived there for 50 years. Previously a Civil Engineer Lecturer at Sydney University, he retired in 2000 and now lives a busy rural existence in Kangaroo Valley, south of Sydney,



# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

NEWSLETTER

MARCH 2018

## **SUPPORTING FAMILIES WAIRARAPA** recipients of \$10,000 special project grant 2016

Supporting Families Wairarapa works mainly in the mental health and addiction field supporting families/whanau and individuals who are caring for someone with mental health and/or addiction issues.

Increasingly, children living in the presence of mental health and addiction have become a priority, and we provide children's \*COPMIA/Resilience programmes to meet this growing need. Because of the progressive rise in children impacted by parents who were unwell coming through the service, we developed a Parenting programme ***Supporting Parents Healthy Children*** in collaboration with clinicians from our local DHB.

With the generous grant received from the Christine Taylor Foundation, we developed this 10-week parenting program which takes responsibility for promoting and protecting the wellbeing of children. With a strength-based approach, it protects and strengthens parenting capability and builds resilience in children. It connects our families to community supports and services promoting positive family relationships and the social and emotional development of children of parents with a mental health and/or addiction issues. It equips parents and children with understanding and insight to certain behaviours created through illness and loss. Having grown from family/whanau forums, this program is culturally safe and appropriate for all families.

At the end of the programme, a wellness plan is established for the parents and a safety plan for children, developed in consultation with the parents. We have traversed the challenges running the programme has posed and the operational challenges through the loss of our previous manager to cancer. We remain enthusiastic in terms of its implementation even though it is not our core business and has required additional hours provided freely by staff.

Whanau have commented that the support SF Wairarapa provides has helped to maintain a good level of wellness when a crisis has occurred and that the support and information they receive is clear and beneficial to the whole family and helps support them in moving forward.

*"I wish I knew of SF Wairarapa a long time ago."*

\***COPMIA** Children of Parents with Mental Health & Addiction

Donna Rameka  
Manager  
Supporting Families Wairarapa

***Awhi Whanau o Wairarapa***

# CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 10

NEWSLETTER

MARCH 2018

**An update on No. 37 Potikohua Trust** in Westport who received a \$10,000 grant in 2016.

Their funding continues to support craft-making ventures and business skills. These dog scarves are currently selling in a local shop and on Trade Me.



## New Website

Our new website will be up by the end of April.



Applications and Accountability Reports, Membership and Donations can be completed and submitted online. The deadline for Applications and Accountability Reports is 30 June 2018.

*Our thanks to Louisa Kelly who created the website operating under Blue Gecko and offered to freely support the Foundation with the ongoing maintenance of the website.*