

CHAIR'S REPORT

Tena koutou katoa

I hope 2020 is treating you well. Last year I was fortunate to take on the role as Chair of the Christine Taylor Foundation for Mental Health. Barbara Staniforth stepped down as Chair and has taken up a position on the grants committee. Thanks Barbara for doing an amazing job.



Last year we welcomed Moira Jackson on to the grants committee, joining Ken Daniels and Barbara Staniforth. Moira brings her extensive clinical experience as a psychologist for Child Adolescent and Mental Health Services to the Board. Dr Michael Jameson, Michael Markham and Andrew Austin continue to provide their invaluable financial knowledge while Claire Laurenson continues to be our administrator extraordinaire.

Lately, I have been thinking about the Government's commitment to set up an independent Mental Health and Wellbeing Commission by February 2021. The Commission will build on the roles of existing organisations that contribute to mental health and wellbeing by looking at how the system:

- promotes mental health and wellbeing
- builds resilience and prevents poor mental health and wellbeing
- identifies and responds to people experiencing poor mental health and wellbeing, and the persons who support them.

<https://www.health.govt.nz/our-work/mental-health-and-addictions/government-inquiry-mental-health-and-addiction/mental-health-and-wellbeing-commission>

Identifying and responding to people experiencing poor mental health effectively is essential. I was reminded of this when I learned about early intervention with children experiencing anxiety. The most important thing to do is validate the child's experience, without judgment and leaping into problem solving. Strategies can be learned to manage anxiety, but before this, a child's experience must be validated.

The organisations we support, provide exactly this to people who experience mental distress: validation of experience without judgment. After this, other work (training, peer support, volunteer work, counseling and art) can follow. I hope a new Commission will assist organisations to develop, so that people who access them feel validated, resilient and thrive in their communities.

I wish you and your whanau all the best for 2020.

GRANTS COMMITTEE REPORT 2019

In 2019 there were 29 applications for grants with three of those being new applicants and the remainder being those having received grants previously. A total of \$17,650 was awarded to 21 applicant organisations (pg 4). Based on the Board's recommitment to building its capital base, the Finance Committee had determined that this year, only \$20,000 should be made available for distribution. This was a reverse in trend from the past few years, where greater sums were made available. It is hoped that the new financial strategy will enable the board to be able to provide funding to organisations in a more sustainable way.

There were some transitions in the composition of the Grants Committee in 2019. The Board was fortunate to welcome a new member, Moira Jackson, who lent her expertise of working in the mental health sector to the Grants Committee. She worked alongside long-time members Ken Daniels and Sarah O'Connor in the processing of the grant applications. At the Annual General Meeting, Sarah O'Connor accepted the nomination to become Chair of the Association board. She will now come off the Grants Committee and will be replaced by Barb Staniforth, who had previously served on the Grants Committee and who has come off her term as Chairperson.

The Committee encourages organisations to continue to apply for grants as per the criteria listed in the website, and looks forward to the next round of applications open 1 May until 30 June 2020.

Barb Staniforth
March 2020.



MIX Exhibition

THE FOUNDATIONS FINANCES as at MARCH 2020

The finance committee has continued its work to build a robust asset base to adequately provide for the foundation's purposes. This included development of our organisations investment policy to ensure continuity of long-term strategy for future generations. We conduct continual reviews of the portfolios individual investments where changes were made for greater risk management (diversification) purposes as well as the prudent ongoing refreshment of investment ideas.

The committee, in conjunction with the board, has also commenced development of the strategy to significantly grow the foundations assets, as outlined separately in this newsletter. We look forward to providing further detail on our initiatives in due course.

Looking first at the previous financial year, the statements for the year ended 31 March 2019 show that income from investments continues to be challenged in a low interest rate environment, falling from \$23,589 to \$22,116. The foundation did however have a significant bequest which, coupled with generous donations, saw the introduction of \$64,426 of new capital which was very gratefully received.

Total assets therefore increased from \$438,689 as of 31 March 18 to \$507,531 in 31 March 2019. Investment returns were positive, also contributing to this growth (net of grants and foundation expenses).

For the period 1 April 2019 to early February 2020 the portfolio grew further through strong investment returns, however at the time of writing the portfolio is quickly relinquishing these gains due to the uncertainty created from the COVID-19 virus. At this point, with only a few weeks remaining in the financial year, our expectations are that there will be little growth in the portfolio for the 12-month period and a negative return becoming more likely.

The portfolio remains balanced with exposure to both lower risk income assets and the more volatile growth assets. Growth assets go through periods of uncertainty from time to time and negative returns are inevitable, which is what we seem are experiencing in February / March 2020. History shows that markets can rebound strongly, however it is too early to predict what will occur in this scenario. The finance committee has comfort it has invested in fundamentally strong companies which, while suffering currently from general negative market sentiment, are well placed for longer term growth.

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 2019, generously prepared by Kendons, are available there.

Andrew Austin on behalf of the CTFMH Finance Committee, 10 March 2019

CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

ISSUE 12

NEWSLETTER

MARCH 2020

GRANT RECIPIENTS 2019	\$17,650
Arts for Health Community Trust	\$750
Canterbury Men's Centre	\$750
ChatBus Trust	\$1000
Delta Community Support Trust	\$750
Get Smart Tauranga Trust	\$500
GROW NZ Inc	\$750
King Street Artworks Inc	\$900
Mental Health Advocacy and Peer Support Trust (MHAPS)	\$100
Perinatal Support Nelson Inc	\$1000
Potikohua Trust	\$1000
Rostrevor House Inc	\$750
Supporting Families Wairarapa	\$1500
St Chads Comm Centre	\$750
Stepping Stone Trust	\$750
Teen-Esteem Workshops	\$1000
Vincent Art Workshop Inc	\$750
Volunteer Wellington	\$1000
Wgtn Women's Health Collective Wgtn	\$1000
Wgtn Rape Crisis	\$1000
Youthline Auckland Charitable Trust	\$750

CHRISTINE TAYLOR FOUNDATION FOR MENTAL HEALTH

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MARCH 2020

STRATEGY FOR GROWTH

The board is now actively exploring strategies to grow the asset base of the foundation. This long term strategy is to build a stronger foundation with the ability to provide larger and more sustainable annual distributions to the community.

For at least the 2020 year, we will be capping our distribution at \$20,000 to further aid in this sustainability goal. This was a challenging decision for the board however one that was required if our goal to materially increase future distributions is to be achieved. We understand that this policy will have important implications for those organisations who have received support from the Trust over many years and that it may pose challenges in the short term. We invite discussion.

The Trustees will be actively seeking to "tell the story" of the foundation and seek donations to grow this capital base. In the coming years and we look forward to sharing our progress, and ultimately the rewards, with you.

Andrew Austin on behalf of the CTFMH Finance Committee, 4 March 2019





REPORT FROM MIX

MIX is a mental health community day service in the Hutt Valley supporting people through a range of wellbeing, artistic and creative programmes.

MIX received a special grant from the Christine Taylor Foundation to explore what social enterprise could look like. This required talking to artists about their involvement and supporting the marketing and selling of their work.

Individually, the idea of selling and handling money, pricing etc was overwhelming and scary but with guidance and mentoring, most were willing to learn and be stretched outside their comfort zones.

Workshops were offered in framing and finishing, pricing, postage and packaging and social media but it was difficult getting people to commit. We changed tack, offering individual support to better understand what each person felt comfortable doing. This led to successfully recruiting 10 artists to submit work for selling online.

We've established an online shop through Felt.co.nz and have digital prints, artwork, brooches, clothing and bags online, adding Kōauau (Māori flutes), perfumes, earrings and cards soon.

We've discussed market stalls and researched best markets to test the waters. This has got the artists thinking of other things they could create to contribute to the project.

We're utilising MIX's social media pages, the Felt website and Instagram to gain exposure with profiles to promote individual artists, their stories and their work. Views on the Felt site are gaining momentum and we've had our first sale!



The focus next is on getting all new items online, book a market stall and continue to encourage artists to be involved in all aspects of the project.

A few artists have showed interest in using their own social media to promote their work, and we will support them in this – a great result! We look forward to more work being developed and social media being used to fulfil the projects potential.

MIX: <https://mix.org.nz/> Felt page: <https://felt.co.nz/profile/mixinc>