

Mental Health Foundation Annual Report 2017 / 2018



TABLE OF CONTENTS

Key Features of the 2017/2018 Year	4
About the Mental Health Foundation	6
What We Do	8
Our Collaborations	10
Our Programmes	12
Our Operational Model	22
Our Model of Change	23
A Thank-You to Our Fundraisers	24
Financial Statements	26



KEY FEATURES OF THE 2017/18 YEAR

Approximately 50,000 individuals and organisations collaborated, donated and supported the MHF last year.

The Mental Health Foundation (MHF) made a positive contribution to the mental health and wellbeing of New Zealanders in 2017/18 and into the current year. We demonstrated our growing ability to create cumulative multi-year impact through our 20 programmes. The expanding and deepening nature of our collaborations and partnerships and our increasing focus on responsiveness to Māori are all helping to create positive change.

There is, of course, much more to do.

We are working at a time when public concern about mental health is at extremely high levels. Far too many people continue to miss out on the support they deserve. The number of deaths from suicide is completely unacceptable; every death impacts deeply at a community, whānau and personal level. Addressing this requires a co-ordinated response across all parts of the community and government. Public concern about these issues has generated rapid growth in relationships with individuals and organisations who want to help.

Our work is occurring in the context of the Government Inquiry into Mental Health and Addiction and the prospect of significant transformational change. This has required MHF to ramp up our engagement to try to influence this transformation.

Our programmes reached more people than ever before. While the need is great, we have made a difference. Using digital channels, kanohi ki te kanohi (face to face), print and working with others in the community we estimate that our mahi (work) interacted with New Zealanders 10 million times. New partnerships such as that with NZ Rugby and the Head First programme are expanding our reach into the community.

An increasing focus on evaluation is giving us growing evidence of the positive impact of our work. For example 96% of people found our suicide prevention resources useful and helpful; 18% of Farmers attribute improved wellbeing to Farmstrong and 130,000 people in Christchurch have adopted behaviors that support wellbeing as a result of All Right?

Increased depth and breadth of our Māori development work has permeated all our relationships and activities. Our Māori Development Strategy has extended MHF's journey to build internal capability in Te Reo me ona Tikanga and Te Ao Māori and external capability in building relationships and engagement with Māori. Tangible benefits are already aparent; for example, taking a strong Te Ao Māori approach increased Māori participation in Mental Health Awareness week from 7% to 15% in 2018.

Generosity from the public. At any one time around 700 people and organisations are actively fundraising for the MHF. This supports our current work and is giving us increasing confidence to invest in longer term activity that is independent of the Government.

An increasing focus has been on advocating for transformational change to the mental health and wellbeing system. The MHF has worked collaboratively with others to influence the Mental Health and Addiction Inquiry, suicide prevention strategy and other government policy and service development.



JEREMY GARDINER

Board chair



SHAUN ROBINSON

Chief Executive

Growing collaborations and partnerships in all aspects of our mahi (work). The MHF collaborates widely across the community. Many of our programmes are delivered through others or in partnership with external organisations.

Looking to the future we will work with our partners to reach more people and to deepen their participation in our programmes so that we contribute to stronger improvements in their lives.

While He Ara Oranga, the report of the Government's Inquiry into Mental Health and Addiction holds promise for positive change, it will take great effort to achieve its potential. The MHF is committed to working alongside its partners, Government, and New Zealanders to create transformational change to ensure that everyone enjoys good mental health and wellbeing.

Thank you. The Board and staff of the Mental Health Foundation would like to thank the approximately 50,000 individuals and organisations who have collaborated with us, volunteered their time, made donations and supported our mahi in 2017/18.

ABOUT THE MENTAL HEALTH FOUNDATION

Established in 1977 from the proceeds of a telethon, the Mental Health Foundation is a charitable trust, with a governing board.

Our vision
A society where all people flourish.

Flourishing people feel good, feel interested in, connected to and engaged with the world around them and feel their lives have purpose and meaning. They're not immune to life's challenges but they have the resources, skills and support they need to get through tough times. The environments and support that allow people to flourish help to prevent mental distress and support people to recover from mental health challenges. It is possible to live with a diagnosed mental illness and still flourish. We want to see an Aotearoa where everybody flourishes.

Our work is focused on positive mental health, workplace wellbeing, eliminating bullying, reduction of stigma and discrimination, increasing social inclusion, suicide prevention, providing information and advocating for positive change.

Our whakataukī Mauri tū, Mauri ora.

Gifted to us by Ngāti Whātua Kaumatua Takutai Doc Wikiriwhi.

Mauri refers to the life force or latent energy found in all things.

Mauri tū refers to stability and a sense of space for this energy, and in this context covers both communities and individuals.

Mauri ora refers to the unleashing of this energy to actively support and create wellbeing.

This kōrero is a constant reminder to the MHF of our commitment to actively supporting individuals and communities to flourish through the unleashing of positive energy and strategies to affect wellbeing.



"Thank you so much for your resources. They are so helpful and pertinent to the kōrero we have with different ones we come across and work closely with and for."

WHAT WE DO

We work to improve the mental health and wellbeing of all New Zealanders – of communities, whānau and individuals.

Wellbeing is for everyone, including people who experience mental distress, have been through challenges and/or have a diagnosis of mental illness.

Everyone has mental health. Like other forms of health, mental health is an asset that we can work on, grow and develop together, through the ups and down of life. Government, communities, whānau and friends all play a role in creating and sustaining environments where everyone can enjoy mental health and wellbeing.

We run and partner in 20 programmes

(see pages 16-25 for more information on our work) that do everything from creating more supportive schools and workplaces to helping to prevent suicide, from improving the wellbeing of our rural communities to working alongside tāne Māori to build actions that support their wellbeing and that of their whānau.

We promote skills, behaviours and environments that support positive mental health based on the Five Ways to Wellbeing and Te Whāre Tapa Wha.

We provide free information to anyone who needs it, including guidance about accessing mental health services, supports and services available around New Zealand, information about specific mental health problems, suicide prevention and wellbeing advice. We send out more than 500,000 free resources every year – these go into communities and whānau around New Zealand and make an important difference to the lives of the people they reach, empowering them to make decisions that help them to recover and live fulfilling lives.

“Thank you so much for creating and providing these free resources - they help to create a sense of manaakitanga and hauora.”

“I love these resources and I love how the Mental Health Foundation is looking at things through a Māori lens. I am grateful for this resource and I will use it in my kura.”

We advocate for social justice, and for policies and services that support people who experience mental health problems as well as their families/whānau and friends. We advocate for the conditions that support a flourishing Aotearoa.

We value and are guided by the voice of lived experience, tangata whaiora.

We are committed to upholding the principles of the Te Tiriti o Waitangi/The Treaty of Waitangi and to addressing and reducing inequities and the impacts of colonisation that contribute to higher rates of mental distress and suicide for Māori.

Supporting the positive mental health and whānau ora of Māori is a priority focus for the Mental Health Foundation because Māori are disproportionately likely to experience mental health challenges and have higher suicide rates than non-Māori. ***If we get it right for Māori, we'll get it right for everyone.***





OUR COLLABORATIONS





The Mental Health Foundation collaborates widely across the community. Many of our programmes are delivered through others or in partnership with other organisations.

In many cases our resources and approaches are used by communities and groups beyond our direct contact. In this way we hope that what we do benefits as many people as possible.

MHF learns a great deal through these relationships and incorporates the perspectives and voices of a wide range of people into our mahi.



OUR PROGRAMMES





	Project or programme	Description
Positive Mental Health promotion	 Tāne Ora Alliance	Programme delivered in partnership with Te Tihi o Ruahine Trust focusing on wellbeing for Māori men and whānau and the aspirations of the Tāne Ora movement. Utilises Te Whare Tapa Wha, Te Ao Māori and the Five Ways to Wellbeing. Funded by the Movember Foundation.
Positive Mental Health promotion	 Mental Health Foundation mauri tū, mauri ora Mental Health Awareness Week	An annual campaign that aims to increase public participation in positive mental health, including Te Ao Māori, connecting with nature and the Five Ways to Wellbeing.
Positive Mental Health promotion	 FARMSTRONG™	An integrated programme to encourage and support farmers to look after their mental and physical health delivered and funded in partnership with Farmers Mutual Group.
Positive Mental Health promotion	 Mental Health Foundation mauri tū, mauri ora Working Well	A programme of resources and training to assist businesses to: develop organisational culture that supports wellbeing, help staff to develop wellbeing skills and resilience, and support staff experiencing mental illness or distress. New developments are targeting industries with high Māori and Pasifika populations.
Positive Mental Health promotion	ACC "Thrive"	A resilience and wellbeing training and promotion programme for all ACC staff.

How many people are being reached	Evaluation
Approx. 5,000 tāne and whānau.	Pilot evaluation showed positive goal attainment indicated by tāne and their whānau.
103 Workplace events. 207 Community events. 643,000 social media interactions. 85,000 website views. 35,000 Resources distributed.	75% of those surveyed said they "I intend to spend more time in nature." 73% of workplaces surveyed said that "MHAW helped us to hold events to improve staff wellbeing." 15% Māori participation in 2018
Approx. 30,000.	18% of all farmers surveyed attribute increase in wellbeing to Farmstrong.
45 organisations attend Train the Trainer workshops allowing our work to reach more than 165,000 workers.	90% of those trained "will use material in workplace."
3,000 staff and managers.	After three months 71% of Thriving People attendees reported that they had used something they had learned during the session. After three months 72% of managers reported using tools from the Thriving Managers workshop to help support team members.

"I suffer from depression and getting involved in Mental Health Awareness Week and connecting with nature really helped me - you guys are great!"

"Since the Thriving people session I have created a daily habit of listening to audiobooks first thing in the morning to give me some motivation for the day."

Positive Mental Health promotion

Project or programme	Description
	<p>All Right? is a partnership with Canterbury DHB public health unit that promotes positive mental health behaviours to support and improve Cantabrian's mental health and wellbeing. Originally focused on earthquake recovery, it has expanded its reach to include Kaikōura and Hurunui. Strong links to mana whenua.</p>
	<p>A web-based initiative of All Right? Sparklers is a tool kit for year 1-8 students made up of 50 wellbeing activities that help students manage worries and emotions feel good and do their best. Strong tikanga Māori themes.</p>
<p>Pause, Breathe, Smile</p> 	<p>A programme initially developed within the MHF to train teachers to use mindfulness to support school aged children's social emotional and educational wellbeing. Delivered in partnership with the Mindful Education Group.</p> <p>The MHF is working with a Māori researcher from a Kura Kaupapa background to develop Te Ao and Matauranga Māori approaches to reflective practice.</p>
	<p>A programme in partnership with NZ Rugby and the Movember Foundation to provide online resources and workshops to increase mental fitness and wellbeing for players and the rugby community in schools and clubs.</p>

Positive Mental Health promotion




Positive Mental Health promotion

Positive Mental Health promotion

How many people are being reached	Evaluation
Approx. 350,000.	<p>72% of those surveyed said "All Right gave me ideas of actions to improve how I'm feeling." 37% of those surveyed said "I have done activities as a result of All Right."</p> <p>90,000 people eating more healthy food. 60,000 people doing more exercise. 55,000 people spending more time with whānau and friends.</p>
Over 200 schools participating.	<p>2018 qualitative evaluation.</p> <p>"Sparklers has normalised talking about and promoting positive mental health and wellbeing for the schools involved in the evaluation."</p>
Over 6,000 school children. Over 200 teachers trained.	<p>Peer-reviewed published evaluation which: "Indicates [Pause, Breathe, Smile is] efficacious for increasing calm, reduced stress, improved focus, attention enhanced self-awareness, development of positive relationships."</p>
New Programme.	New Programme.

"I love the community spirit of the All Right? campaign. It makes me think about one of my favourite Whakataukī. "Ehara taku toa i te toa takitahi, engari he toa takitini ke." My strength does not come from me alone, but also from others."






"[Sparklers] fits really well with our overall focus on wellbeing for our school."

	Project or programme	Description
Supportive Environments		An annual collaborative campaign led by Lifewise that encourages neighbours to get to know each other, enhancing the wellbeing of individuals and community.
Supportive Environments		A campaign that aims to build an on-going movement to eliminate bullying by standing up to bad behaviour, celebrating diversity and promoting the development of positive social relationships. Links to workplace and schools work. Building Te Ao Māori approaches/partnerships.
Supportive Environments		National strategic advice, communications, relationship, small grants, and research support for the Health Promotion Agency's Like Minds, Like Mine (LMLM) programme to increase social inclusion and end discrimination towards people with experience of mental illness or distress.
Supportive Environments		An online Like Minds Like Mine campaign designed and implemented by the MHF (now concluded).

How many people are being reached	Evaluation
248 events.	97% of those surveyed said they "would continue neighbourly actions."
1168 Workplaces (244% increase). 996 Schools (94% increase). Increased Māori participation.	51% of schools 54% of workplaces said they would review how they are safe and inclusive. 50% of schools 68% of workplaces said they would promote and review bullying prevention policy. 50% of schools 46% of workplaces said they would organise professional development for staff to prevent bullying.
	Evaluation of latest LMLM campaign by HPA is under way.
1.3 million social media views. 712,000 video views. 48,000 website page views. 15% Māori engagement. 10% Pasifika engagement. 10% Asian engagement.	45% agreed "TTLO helped me lighten the load of stigma and discrimination." 14% selected an action they would take to reduce stigma and discrimination. 29% read information about stigma and discrimination. 22% shared their story of mental distress with others.

"No matter where you are (or if you're in a pink t-shirt or not) we all have a role to play in ending bullying... and spreading just a little bit more kindness."

"I used to pull people up if I noticed them slacking off, but my experience has taught me that showing you care and asking 'what's up' can make a massive difference."

	Project or programme	Description
Supportive Environments		A Like Minds Like Mine project to create resources and training, to support line managers to start conversations about mental health and mental illness. Aims to increasingly target industries with high Māori and Pacifica workforces.
Suicide prevention	Family and whānau suicide prevention resources 	An information service that develops resources for people: <ul style="list-style-type: none"> • Concerned about suicide risk for themselves or someone close to them, • Supporting themselves or someone close to them after they have lost someone to suicide.
Suicide prevention	Suicide Bereavement Peer Support 	This programme provides information, resources and advice to help set up and run peer support groups for suicide loss.
Suicide prevention	Suicide Prevention Media Service 	A service that works with New Zealand media to support safer suicide reporting.
Information & Guidance	Resource and Information Service 	A public service providing free information and support materials for anyone who is going through a difficult time, or for people who are supporting someone they care about. The service works to connect people with supports and services available to them, and understand their rights in the mental health system.

How many people are being reached	Evaluation
250 organisation representatives engaged. 86 workplaces participated. 5,000 web page visits. 700 resources downloaded. 7,000 YouTube views.	84% have confidence to hold workplace conversations about mental health. 68% have skills to hold conversations about mental health. 89% know where to access information.
162,000 resources distributed. 3,200 views and downloads online. 1,500 view of latest resource in one month.	No formal evaluation completed. Over 96% of 729 people who responded to our evaluation survey found the resources helpful and useful.
2,000 supported via bereavement groups.	
1,550 engagements with media.	
62,800 downloads of resources. 297,000 unique visits A-Z webpages. 2,500 inquiries responded to by our RIS team. 1,500 e-bulletin subscribers.	Over 96% of 729 people who responded to our evaluation survey found the resources helpful and useful.

"I ordered resources on suicide prevention for my brother and my family which have been a phenomenal help. Thank you so much."

"I appreciate this wonderful service and all the resources available. It's usually my first option when looking for resources."

Advocacy & Commentary

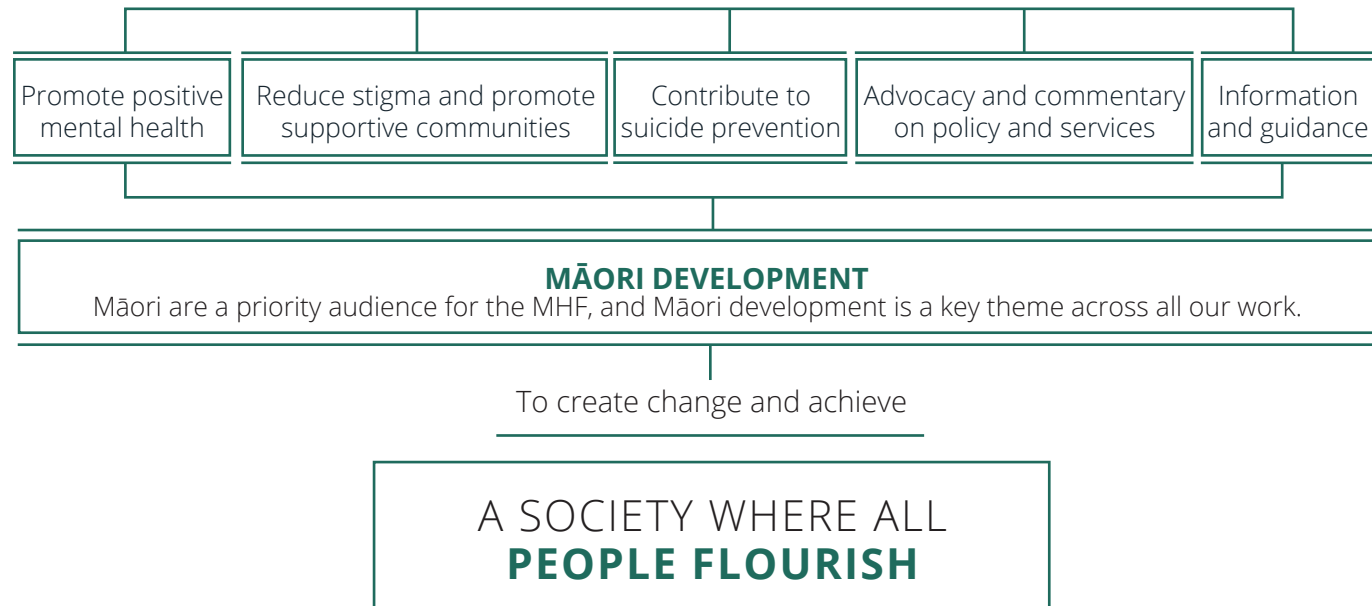
Project or programme	Description
<p>MHF public statements and engagement with the mental health sector, policy makers and politicians to try to influence change</p>	<p>Agenda for Change promoted. Facilitated four joint submissions and one MHF submission on draft Suicide Prevention Strategy. Input to shaping Mental Health and Addictions Inquiry. Statements on Police recruitment policy. Advocacy on reduction of seclusion and restraint. Submissions on employment health and safety. Submission on Human Rights and Mental Health to UN review. Advocacy with Ministry of Education and politicians about bullying. Facilitated four joint submissions and one MHF submission to the MH&A Inquiry. Facilitated four sector meetings with MH&A Inquiry.</p>

How many people are being reached	Evaluation
<p>n/a</p>	<p>Many MHF positions reflected in Mental Health and Addictions Inquiry Report. MHF ideas are influencing development of NZ suicide prevention strategy. Higher priority given to mental wellbeing in health and safety strategy. Police changed recruitment policy.</p>

"I have found your site and resources very helpful in my practice in supporting people experiencing mental health issues."

OUR OPERATIONAL MODEL

The MHF works across five interrelated areas that contribute to achieving our purpose.



OUR MODEL OF CHANGE

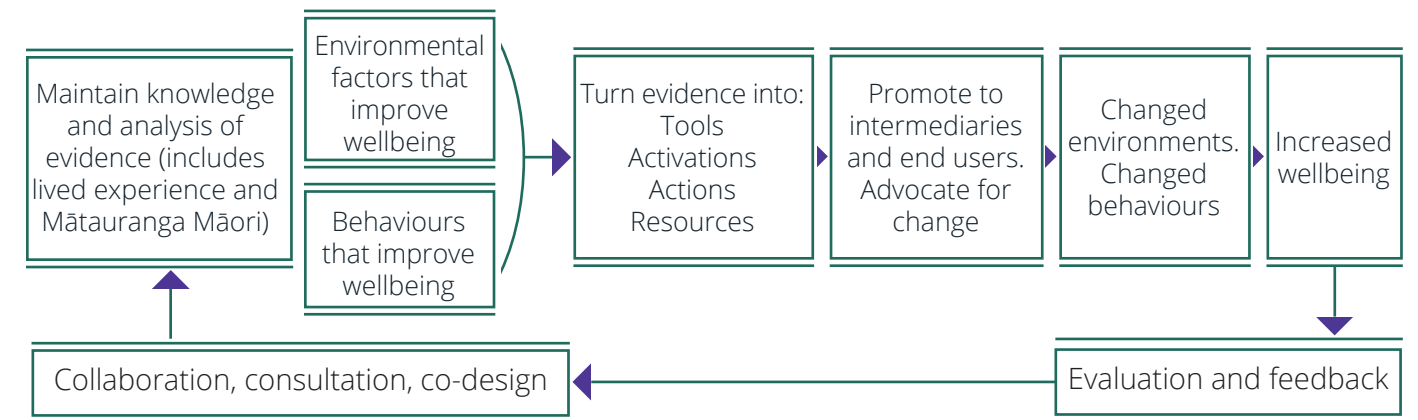
To achieve change the MHF will:

1. Promote behaviours and environmental factors that evidence shows will increase wellbeing.
2. Promote and advocate for self-care, support systems and services that evidence shows enhance recovery and wellbeing.
3. Advocate for the removal of socio/economic barriers to wellbeing.

The more we achieve:

1. Participation in positive behaviours that support wellbeing
2. Adoption of environmental/culture changes
3. Adoption of service and support approaches consistent with recovery
4. Adoption of policies to address barriers to wellbeing and other social determinants of health

The more we know our work is **improving wellbeing**.



A THANK-YOU TO OUR FUNDRAISERS

The Mental Health Foundation is grateful to the following for their support during the year.

Trusts/Funders

Thanks to the groups that have contributed to Mental Health Foundation projects and work over the year: Lottery Grants Board, Otago Community Trust, Trust Waikato – Te Puna o Waikato, NZ Post Community Post, Sir John Logan Campbell Residuary Estate, Mid and South Canterbury Community Trust, JA Redwood Trust, Estate of George Sevicke Jones, Bay Trust, Elsie Steele Charitable Trust.

"I can't believe how much this has given me the mental boost that I didn't know I needed. This is going to be an exciting year."

Bequests

We were honoured to receive the following bequests: John David Shaw, Beryl Bernadette O'Donnell and Jennifer Caldwell.

Businesses

The Mental Health Foundation team would like to thank the following businesses for their contributions, fundraisers and donations: Snap Fitness & 9 Round Gyms, Nomergy Limited, Cryptopia, Beca, Mercury NZ Limited, DHL Express NZ Ltd., Constellation Brands, Tax Management NZ, C3, Johnson & Johnson, Bluebird Foods, Powershop NZ Ltd, Xero, Delaval, Hazlett Rural Limited, Pharmacy Retailing Ltd., aib Group, GHD, Peter Lee Associates Pty Ltd, We Do Photography & Design, Vero Insurance NZ Ltd, Kiwibank Auckland, Comstor, Regional Facilities Auckland, BISCI - SOUTH PACIFIC, Chapman Tripp, Stiles and Hooker Architects + Engineers, Industrial Plastic Shapes Ltd, Executive Coaching Centre, Latitude Finance, Body Fix Gym.



Community Fundraisers

A massive thanks to the hundreds of people that have organised, helped out or been involved in fundraising events over the past year and the thousands of friends who supported these events with donations and sponsorship.

Special thanks to:

Mal & Sal Law, Steven Blackburn, Lissa Mitchell, Louise Clark (The Collective).

Jonathan Douglas (Rouleur Bike Tours), Hayden Roulston, and all participants in the Tour de France 2018 fundraising cycle: Aaron Hill, Mike, Conza, Jason Kelly, Steven Fish, John Randall, Bruce Thompson, Stuart Lowe, Paul Arnesen.

Paul Burridge and the Run Forestry Run team, Keren Leslie, Nick Crocker, Karla Davidson-Brown and all fundraising runners in the Rotorua Marathon 2018.

Jay Isaac Culhane, Molly, Angela Fenton and all of the Run For Rosie team, Conny Kitely, Mark Young, John Semau, John Christie, Brendan Wyatt and all fundraising runners in the Auckland Marathon 2018.

To all our exceptional fundraisers over the past year including: Lee Griggs, Chitvan, Russell & Fuzzy, Anne-Marie McTaggart, Daniel Sanson, Ashleigh Hakiwai-Davidson, Fergus Hattaway, Nicola Fox, Daniel Cosgrove, Pete Barton, Aleshia Turner, Riley Collins, Justin Boyes, Jono Stone.

And everyone who ran and fundraised in the many other running events around the country in 2017/18 including Waiheke Half Marathon, Queenstown Marathon, Round the Bays, Christchurch Marathon, Wellington Round the Bays and more. Legends.



CONSOLIDATED STATEMENT OF COMPREHENSIVE REVENUE AND EXPENSE

Mental Health Foundation of New Zealand
For the year ending 30 June 2018

	Notes	2018 \$	2017 \$
Revenue from non-exchange transactions			
Contract income		2,631,259	2,614,399
Donations, legacies and sponsorship income	16	1,932,383	945,956
Gifts and other contract income	16	943,943	1,204,801
Revenue from exchange transactions			
Contract income		99,750	210,700
Service and training income		373,171	251,532
Resource & Fundraising Product sales		30,577	5,588
Total revenue (excluding gains)		6,011,083	5,232,976
Expenses			
Audit fee		(12,238)	(15,655)
Depreciation	12	(31,724)	(36,492)
Leasing Costs		(214,271)	(193,435)
Employee Costs		(2,091,428)	(2,047,214)
Project Related Costs	5	(2,321,824)	(2,364,543)
Infrastructure Costs	5	(361,422)	(372,283)
Total expenses		(5,032,907)	(5,029,621)
Finance income	6	74,986	81,450
Net finance income		74,986	81,450
Net surplus/(deficit) for the year		1,053,161	284,804
Other comprehensive revenue and expense		-	-
Total comprehensive revenue and expense for the year		1,053,161	284,804

STATEMENT OF CHANGES IN NET ASSETS / EQUITY

Mental Health Foundation of New Zealand
For the year ending 30 June 2018

	Note	Accumulated comprehensive revenue and expense \$
At 1 July 2016		1,089,784
Surplus for the year		284,804
Other comprehensive revenue and expense		
Total comprehensive revenue and expense for the year		284,804
At 30 June 2017		1,374,588
At 1 July 2017		1,374,588
Surplus for the year		1,053,161
Other comprehensive revenue and expense		
Total comprehensive revenue and expense for the year		1,053,161
At 30 June 2018		2,427,750

CONSOLIDATED STATEMENT OF FINANCIAL POSITION

Mental Health Foundation of New Zealand
As at 30 June 2018

	Notes	2018 \$	2017 \$
Current assets			
Cash and cash equivalents	7	2,072,357	1,440,957
Short term investments			
Receivables from non-exchange transactions	8	378,886	464,606
Receivables from exchange transactions	8	75,665	121,806
Financial assets at fair value through surplus or deficit	11	492,078	373,936
Inventory		-	8
		<u>3,018,987</u>	<u>2,401,313</u>
Current liabilities			
Payables under exchange transactions	9	312,644	419,443
Payables under non-exchange transactions	9	645,905	991,567
Goods and services tax		9,750	45,236
Employee benefits liability	10	158,971	126,492
		<u>1,127,270</u>	<u>1,582,738</u>
Working capital surplus/(deficit)		<u>1,891,717</u>	<u>818,575</u>
Non-current assets			
Financial assets at fair value through surplus or deficit	11	279,011	330,835
Property, plant and equipment	12	84,826	52,982
Rental Bond	14	172,196	172,196
		<u>536,033</u>	<u>556,013</u>
NET ASSETS		<u>2,427,750</u>	<u>1,374,588</u>
EQUITY			
Accumulated comprehensive revenue and expense		2,427,750	1,374,588
TOTAL EQUITY		<u>2,427,750</u>	<u>1,374,588</u>

STATEMENT OF CASH FLOWS

Mental Health Foundation of New Zealand
For the year ending 30 June 2018

	Notes	2018 \$	2017 \$
Cash flows from operating activities			
Cash receipts from contract income, grants and donations		6,160,589	5,456,553
Cash paid to suppliers and employees		(5,438,803)	(5,562,010)
GST net payment		(35,486)	(23,860)
Net cash flows from operating activities		<u>686,300</u>	<u>(129,317)</u>
Cash flows from investing activities			
Interest received		1,976	10,444
Short term investment withdraw/(investment)		-	-
Proceeds from sale of financial instruments		6,692	300,000
Purchase of PP&E		(63,568)	(1,268)
Net cash flows from investing activities		<u>(54,900)</u>	<u>309,176</u>
Net cash flows from financing activities			
Net cash flows from financing activities		-	-
Net cash flows from financing activities		<u>-</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents		631,400	179,859
Cash and cash equivalents at 1 July		1,440,957	1,261,098
Cash and cash equivalents at 30 June	7	<u>2,072,357</u>	<u>1,440,957</u>

These statements are extracts from our full set of statutory financial statements for the year, which contain other details such as accounting policies and detailed notes to the financial statements. Our full financial statements have been audited and contain an unmodified audit opinion from our independent auditors RSM Hayes Audit.

Our full audited financial statements are available for viewing on the DIA Charities Services website www.charities.govt.nz

“Challenge the norm – find new ways of incorporating nature into your work day... Little steps and creating small changes mean nature can be easily embedded in business as usual and the weekly and monthly routine.”



Notes

The MHF is now in an improved financial position. The MHF has invested in its fundraising programme and this has been very successful due to the energy, generosity and commitment of our supporters. This has allowed us to be sustainable and build our mahi.

Use of funds raised over multiple years:

the MHF has a strategic approach to the use of fundraising surpluses. Funds are used over several years rather than being expended immediately. This allows the Foundation to build sustainable long-term impact from its work.

Partnership reflected in financial details:

the MHF works through many partnerships and collaborations. We channel funds to a range of partners who deliver work with and for us. In this financial year, \$1,422,704 was delivered via partnerships with organisations such as Te Tihi o Ruahine Trust (Tane Ora), Farmers Mutual Group (Farmstrong), CDHB Public Health (“All Right?” Kaikoura Huranui) NZ Rugby (Head First) and a range of community groups under the Like Minds Like Mine programmes. The MHF also uses contract researchers, trainers, writers, designers and project managers to deliver our work. All work in collaboration is referred to in the Contractors/Consultants line of the Notes to the Financial Statements.



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