

Reflections: 2022 - 2023



FROM OUR BOARD

Changing Minds is proudly Lived Experience governed. In the last year we have thanked Board members who served at a time of transition. Also, we have welcomed new Board members with strong community connection, leadership, and range of expertise.

The health system, and mental health and addiction, is undergoing considerable transformation. This creates need to inform, resource and support people with Lived Experience and to be sure their voice is powerful. This is a critical part of Changing Minds work with people and communities.

Ongoing health and wellbeing system and service change also brings the need to reflect and opportunity to contribute. Changing Minds supports wellbeing, provides learning, and actions new solutions. The Changing Minds Board is focussed on strengthening Changing Minds impact and realising the value of Lived Experience solutions. Crucially, this work must be sustainable; built from mutual partnerships and supported by system change.

Changing Minds has a strong foundation. We have managed the impact of COVID on our business and funding and are reconnecting with our community in new ways. Work is underway to action community and stakeholder value through our commitment to Te Tiriti o Waitangi, equity, inclusion, diversity, and the connection between people, services, and systems.

Anne Bateman

Board Chair

WORDS FROM OUR CEO

Taking the time to reflect links us with where we have come from, reminds us of the knowledge we have gained, and allows us to see what is possible.

Changing Minds has more than 21 years of belonging to the Lived Experience Movement and community. It is the collective wisdom of people with Lived Experience of mental distress, addiction or substance use who provide Changing Minds with the knowledge to act for equitable wellbeing and Rights, plus reduced prejudice, and discrimination.

Changing Minds connects people, service, and system perspectives. We want to be known for our national and local community approach, and for Lived Experience-led solutions.

We provide a safe space for people to learn together by sharing experience and knowledge of needs and wants to support holistic and intersectoral responses.

Changing Minds will enable communities for wellbeing, learning, and action. Community participants will engage to share information, resources, education, and insight that support advocacy and develops the value of Lived Experiencesolutions.

Across the 2022-2023 financial year the Changing Minds Team delivered projects and change in all areas of our work. We are pleased to showcase some of these in this reflection.

Our advocacy and action are a strength. The Changing Minds community are motivated to create change and work with our Kaiwhaihua to share knowledge and perspectives. Therefore, Changing Minds lead and participate in groups working for system and service safety, quality, and design; workforce development; and digital health nationally and locally.

We know that people with Lived Experience and stakeholder partners want to learn together. We support this through information and resources, Rākau Roroa training, ongoing learning opportunity, and insights. The goal is to link a thriving Lived Experience learning community with a growing Lived Experience workforce.

We aim to develop our peer-led community support and safe space for connection and wellbeing discovery for population groups and issues creating distress.

We look back with pride and move forward with hope that Changing Minds and Lived Experience will be valued for the solutions we help deliver. We have come a long way.

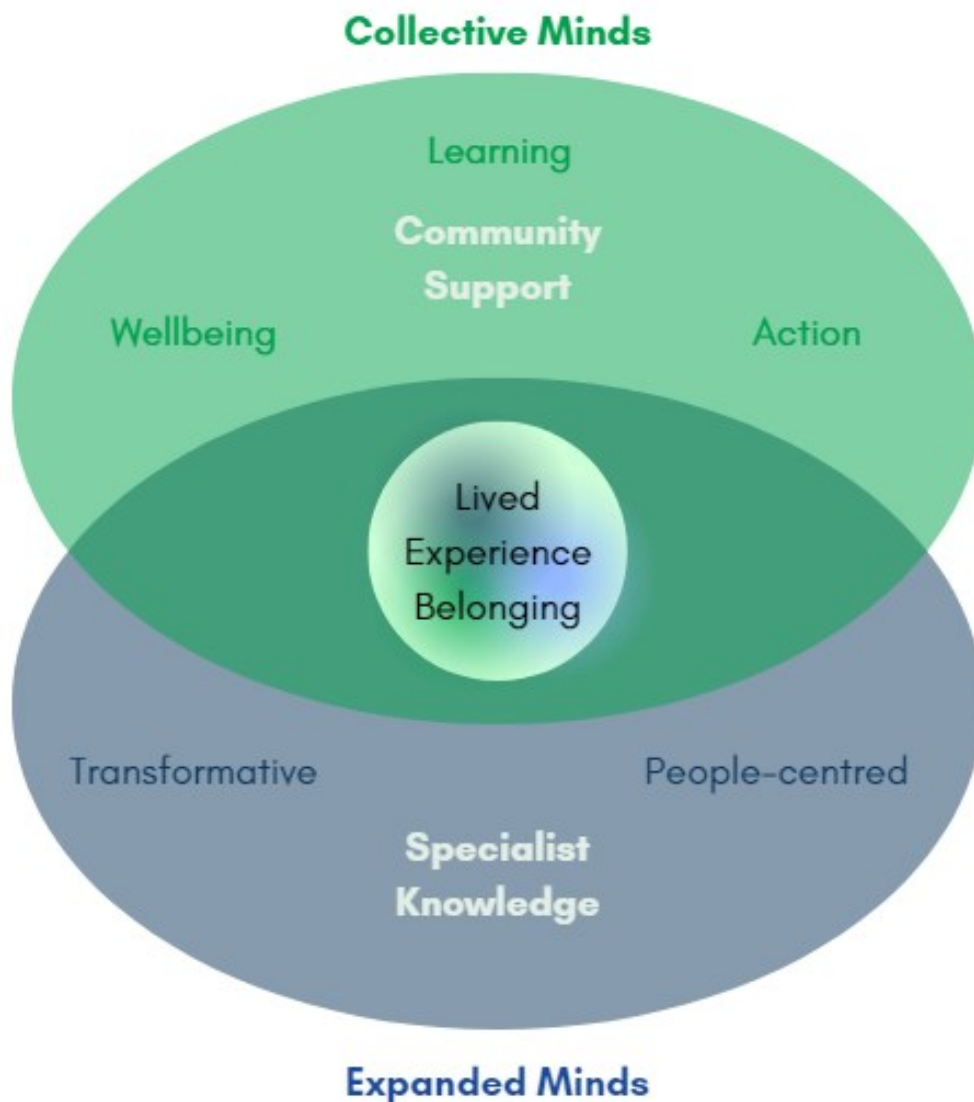
Kev

OUR STRATEGY PILLARS

During the 2022 – 2023 financial year, Changing Minds came together as a Team and Board to refresh our business strategy and vision for the future. We also welcomed new and additional Board members in 2023 who contribute their own Lived Experiences and expertise to our mahi.

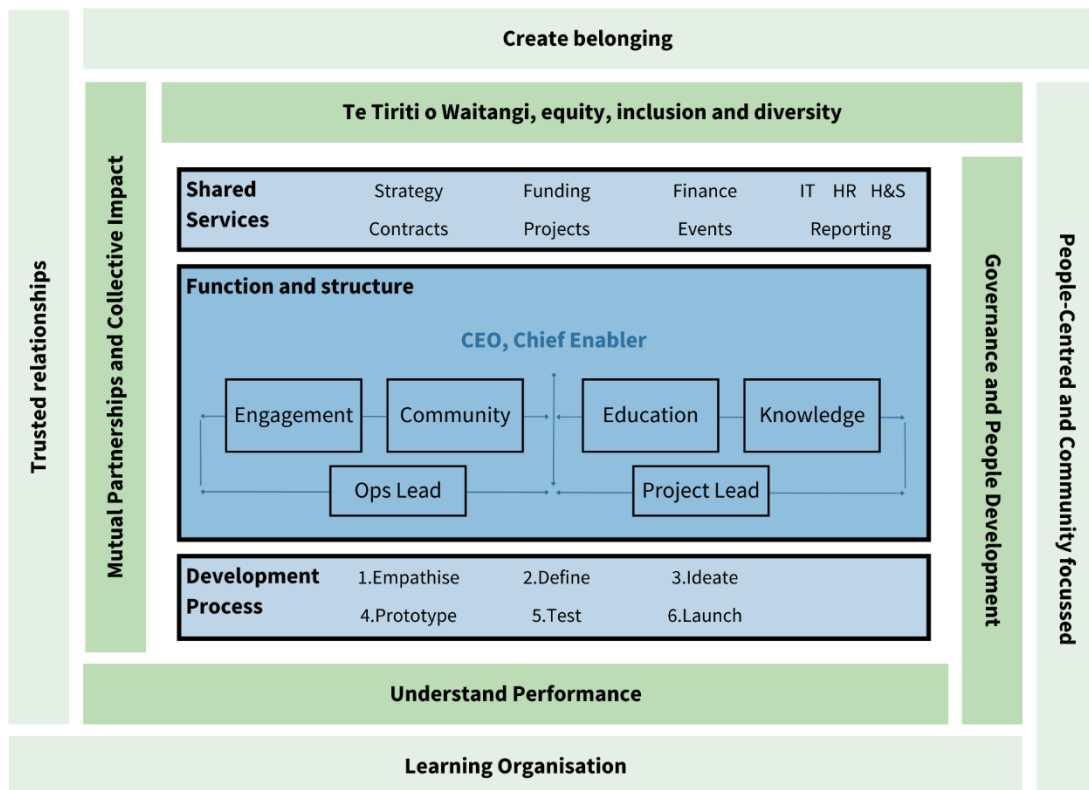
What We Do

We support Tāngata Mātau ā-wheako to embrace the mana of their Lived Experiences as a source of collective strength. Changing Minds works to improve wellbeing and to reduce prejudice, self-stigma and discrimination toward mental distress, addiction or substance use and people who experience it. As an organization, we connect and grow the impact of Lived Experience values and knowledge to improve system and service equity and transformation.



Changing Minds provides interconnected community support and specialist Lived Experience knowledge. We enable community members to be mutually supportive of their wellbeing, to take collective action on the issues that matter to them, and to learn together. We develop and share Lived Experience knowledge in areas that connect community and stakeholders and interpret, tailor, and deliver information, resources, engagement, insights and education so that each learns from the other to help change minds.

Our Operating Model



Our operation can be understood in terms of connecting Lived Experience value and practices with our organisational delivery.

Critical to this is:

- creating belonging by activating our commitment to Te Tiriti o Waitangi, equity, inclusion and diversity.
- strengthening people-centred approaches and a community focus, activated through governance and development.
- building a learning organisation enabled by understanding our performance; and
- trusted relationships supported by mutual partnership and collective impact approaches.

HIGHLIGHTS

Information and Resource

- Launched the [Changing Minds in the Deaf Community](#) Handstory campaign.
- Supported the applicants of the Gordon and Newton Howes v the Attorney General of New Zealand and the Director General of Health to raise awareness of their case and provide communications support to the Lived Experience community.
- Attended the Gordon and Newton Howes v the Attorney General of New Zealand and the Director General of Health High Court case to provide timely communications and updates to the Lived Experience community.



Image 1 Filming for Deaf Mental Wellbeing Docuseries in the Changing Minds Garden.

- Hosted online Social Action Seminar for Tall Tree Community, highlighting mahi from different community members.

- Filming completed for Deaf Docuseries on mental wellbeing and challenging barriers to mental health (Launching in 2024).

Engagement

- Co-design phase of Rākau Roroa in the Deaf Community commenced with the recruitment of a Deaf Project Advisor, and Rākau Roroa project Lead.
- Collaborated with a Deaf Facilitator to host a co-design hui with the Auckland Deaf Community to inform the Nōku te Ao project.
- Community co-design workshops hosted in Auckland, Wellington and Christchurch to shape the delivery style and content of the Rākau Roroa in the Deaf Community project.
- Mental Health Signs Collaboration workshop held, and 9 new mental health signs circulated in the Deaf community for further feedback as part of the Rākau Roroa in the Deaf Community project.
- Joined the Flourishing Youth programme through Ember Innovations to develop a community programme for young women with Lived Experience.
- Hosted a two-day reconnection and content planning workshop with Rākau Roroa facilitators to prepare for 2024 Rākau Roroa deliveries.

Insights

- Commissioned by Nōku te Ao / The Mental Health Foundation to lead co-design research with the Lived Experience community to inform research on 'Social Movements'.

- Held an online co-design hui with Tall Tree Lived Experience Leaders to inform the Nōku te Ao project.
- Published Changing Minds led, community informed research into ‘what does positive health system transformation look like for Tāngata Mātau ā-wheako’.
- Commissioned by Manatū Hauora to gather community insights on experiences of women* with Lived Experience of Mental Distress.
- Published research findings on experiences of Women* with Lived Experience of Mental Distress, including insights from more than 80 wāhine around Aotearoa.
- Published community research to identify what can be done by researchers, organisations and policy makers to make sharing Lived Experiences feel valued, meaningful and respected.

Education

- Provided additional training to Lived Experience leaders in online facilitation skills.
- Pilot programme for Rākau Roroa Online launched.
- First Rākau Roroa Online cohort welcomed 9 new Tall Trees.
- Funding awarded to develop our award winning Rākau Roroa programme for the needs of the Deaf Community.
- Second Rākau Roroa Online cohort welcomed 11 new Tall Trees.
- Third Rākau Roroa Online cohort welcomed 9 new Tall Trees.
- Rākau Roroa in the Deaf Community Launched in Auckland, Wellington, Christchurch and Online.

- Completed Rākau Roroa in the Deaf Community delivery, welcoming 36 new Deaf Tall Trees.
- Rākau Roroa Facilitator training held for graduates of the Rākau Roroa in the Deaf Community project.
- Collaborated with Headlight Trust to deliver Rākau Roroa Training to people with Lived Experience in the Queenstown region.



Image 2 New Rākau Roroa Deaf Tall Trees Are Welcomed to the Ngāhere.

SYSTEMS ADVOCACY

Health System advocacy is woven through many facets of our mahi. Through our connection and engagement with the Lived Experience community, we bring holistic insights and solutions to our advocacy.

This year we were delighted to meet with (then) Minister of Health, Hon. Dr Ayesha Verrall to discuss the importance of prioritising Lived Experience voices and solutions through mediums like He Ara Oranga, Kia Manawanui, Te Pae Tata and Oranga Hinegaro; how we as Changing Minds (and as a wider community) can set a new standard for meaningful Lived Experience engagement, and the importance of retaining consumer and whānau roles under the revised Mental Health Act.

We also supported Dr Sarah Gordon and Dr Giles Newton Howes by providing communication and awareness support for their case *Gordon and Newton Howes v the Attorney General of New Zealand and the Director General of Health*, which sought a declaration to ensure the Mental Health Act in Aotearoa is interpreted through a human-rights consistent approach.

Case Study | How will political parties support people with Lived Experience?

The purpose of this campaign was to provide the Lived Experience community with information specific to them, and resources to support them to be active participants in the election.

General elections are one of the most powerful ways individuals can shape decision making at a systemic level. However, we know through kōrero with the Lived Experience community that the

things that matter most are often ignored or silenced during this time.

In 2022 / 2023 we held space for the community to share their views on *'what does positive health system transformation look like for Tāngata Mātau ā-wheako'*¹ and *'Ahead of the 2023 general election, what ONE thing would you like government, MPs, and policy makers to know about discrimination, prejudice and self-stigma for people with Lived Experience in Aotearoa'*². This knowledge was used to inform our approach to our Election campaign³.

We asked political parties in parliament in 2023 the following questions and received responses from NZ Labour, Greens, National and ACT:

1. *If elected, how will your government challenge – and make a positive difference to – the prejudice, discrimination and self-stigma faced by people with Lived Experience of mental distress, substance use or addiction?*
2. *What does equitable and visible Lived Experience leadership within the health system, and mental health decision making, look like under your government?*
3. *What is your party vision to enable community-based mental health services, and community-led mental health networks and supports?*
4. *How will your government be accountable to the above outcomes, visions, and communities?*

These questions, community insights and party responses were shared with the community via social media and reached over 2,000 individuals (organically) and shared as a key resource by other organizations, such as DRIVE Counties Manukau in the lead up to the election.

As well as providing Lived Experience specific information in the lead up to the election, we also focused our social media activities during this time on information relating to voting accessibility and support, to encourage Tāngata Mātau ā-wheako to have their say.

¹ <https://www.changingminds.org.nz/storiesdb/what-does-positive-health-system-transformation-look-like-for-tngata-mtau-wheako>

² <https://www.changingminds.org.nz/storiesdb/we-wish-you-knew>

³ <https://www.changingminds.org.nz/storiesdb/how-will-parties-support-lived-experience-if-elected>

CONSUMER AND LIVED EXPERIENCE ADVOCACY

Consumer advocacy is about representing our community perspective and experiences across a broad range of forums, and challenging prejudices, discrimination and self-stigma of mental health and addiction in service design and delivery.

This can be a challenging space to be in, where we draw on our own Lived expertise, and the insights of our communities, while often working with service providers or professionals who bring a very different world view. It is about introducing and emphasising Lived Experience as a new way of Knowing that can complement and at times, disrupt, a clinical world view.

We are fortunate through the mahi of our Kaiwhaihua to do this cross a number of advisory groups and forums that reach into spaces beyond Changing Minds' immediate community.

Some of these spaces this year have included:

- Tāngata Mātau ā-wheako: He Hononga o te Raki Northern Regional Alliance Mental Health and Addiction Network (Network).
- Joining the Āhurutia Te Rito: It Takes a Village roundtable with the Helen Clark Foundation.
- Acting as the Consumer Lead for the PEPI Model of Care project with Te Whatu Ora.
- Contributing to the Te Tira Tumanako – Zero Suicide Lived Experience and Whānau Group with Te Whatu Ora Te Toka Tumai.
- Representing Lived Experiences on the Te Kāhui Mahi Ngātahi – Consumer Advisory Group to the Te Tāhu Hauora (HQSC) Board.
- Kaitiaki Collective: Leadership group for the National Consumer Health Forum.
- Mental Distress Group - Royal Commission on Abuse in Care.

Case Study | Voluntarily Adopting the Code of Expectations.

The [Code of Expectations](#) sets out how health entities must work with consumers, whānau and communities in the planning, design, delivery and evaluation of health services. It was a key recommendation out of the Pae Ora Healthy Futures Act (2022) and certain large health organisations like Te Whatu Ora and NZ Blood Service must comply with the code.

Changing Minds is proud of our Lived Experience led and community grounded approach to our projects and services. We have decided to voluntarily adopt the code of expectations and apply these to our mahi. We believe this is important to show others that this code can, and should be adopted, but also that this is achievable no matter the size of the organisation.

As well as what we know we do well, there are also areas we are actively strengthening and we want to use this opportunity to be transparent with our community about what we're doing, and how we hope to grow.

Importantly it's a chance to reflect honestly on where we are and be transparent with our community about how we are striving to improve and grow.

Read how we're adopting and applying the code [here](#).

INSIGHTS AND KNOWLEDGE

There is clear commitment to Lived Experience Engagement within the health system. 2022-2023 saw Changing Minds initiate the development of a core Lived Experience Knowledge function which combines engagement and evidence to privilege Lived Experience learning. Our goal is to shift the national and sector approach to engagement from “opinion” to “solution”.

Changing Minds is respected for our engagement work and community connection which goes beyond traditional system and services channels. There is considerable scope for longer-term development in terms of the communities we engage with, especially those outside of the health system, and the research, evaluation, and audit tasks that we can deliver.

Research undertaken in 2022-2023 included:

- *What does positive health system transformation look like for Tāngata Mātau ā-wheako?* [Read more.](#)
- *Lived Experience and Deaf Community insights on Social Movements.*
- *Ahead of the 2023 General Election, what ONE thing would you like government, MPs, and policy makers to know about discrimination, prejudice and self-stigma for people with Lived Experience in Aotearoa?* [Read more.](#)
- *Experiences of Health in Aotearoa from a Lived Experience and Women’s* perspective.* [Read more.](#)
- *What makes Sharing Lived Experiences feel valued, meaningful and respected.* [Read more.](#)

Case Study | Insights from Women* with Lived Experience on Health in Aotearoa

Early in 2023 Changing Minds were commissioned by Manatū Hauora as one of three organisations to inform their Pae Ora | Healthy Future’s Women’s Health Strategy. This was an exciting opportunity to highlight the intersectionality of experiences in Aotearoa.

It was important to us to provide different opportunities to engage that aligned with the individual’s availability, accessibility, and privacy needs. Four research vehicles were used: hui, community whiteboard, social media and direct kōrero, and online form.

From 76 individuals we received 368 unique qualitative data points (over 11,000 words) in addition to demographic data when individuals chose to provide this.

Through this mahi we identified eight key themes and were able to undertake a correlational thematic analysis of these to inform how various aspects of health services or care impact experiences for women* with Lived Experience in Aotearoa.

Key findings from this mahi centred around the “Believe Us” theme.

The theme Believe Us talks to a range of linked experiences of having your first-hand knowledge of what is happening to your health overshadowed. Some spoke of feelings of being “gaslit” or that “it’s all in your head”, while others spoke of having to decide “how presentable to look” before visiting a health provider and the need to weigh “being presentable enough” to be taken seriously, against visibly appearing “bad enough” to receive support. These sentiments appeared in conversations about both our physical and mental health.

[Watch a summary of this mahi here.](#)

[Read the Full Report](#)

FUTURE OF RĀKAU ROROA

2022 – 2023 has enabled Changing Minds to grow Lived Experience leadership through our Rākau Roroa programme in new communities and locations.

We piloted **Rākau Roroa Online** which saw twenty-three new Tall Trees take start their journey to challenge self-stigma prejudice and discrimination, while also providing ongoing learning opportunities to pre-existing Tall Trees, who were ready to lead others on their journey.

Through extensive mahi and collaboration with the Deaf community we also co-designed, re-developed and launched **Rākau Roroa in the Deaf Community** by, for, and with the community.



Image 3 Testimonial from Recent Rākau Roroa Tall Tree Graduate

About our Tall Trees

- We've grown to more than 180 Tall Trees in 2022 – 2023.
- Approximately 20% of Tall Trees are Deaf.
- 33% come from a Māori or Pasific Island background.
- Approximately 15% of Tall Trees identify as LGBTQIA+.

Rākau Roroa Online

We were awarded the New Zealand Association of Training and Development Award for best Blended Learning in 2021-2022, funding was secured to in 2022 to deliver Rākau Roroa Online, with thanks to the ANZ Staff Foundation. To deliver the Rākau Roroa Online Programme we first provided additional training to four of our existing Tall Trees (Rākau Roroa programme graduates) to facilitate the programme in the online environment. This ensured that we could provide ongoing growth and education for Tall Trees, while also supporting Lived Experience leadership to guide those new to the programme.

Thirty people applied for the Rākau Roroa Online cohorts in July and August and twenty-three people completed the programme across the three cohorts. Everyone who joined the Rākau Roroa course completed the programme.

Immediately after welcoming these new Tall Trees, we observed a 75% increase in engagement in our online community, with many contributing to Lived Experience and mental health advocacy kōrero and mahi, and seeking feedback and sharing ideas where they are addressing prejudice or discrimination within their own communities.

These Tall Trees are working on a range of projects, including contributing to community groups such as Thriving Madly, supporting friends and whanau through kōrero, delivering creative art and meditation workshops and planning blogs and workshops targeted to the needs of their communities.

Rākau Roroa in the Deaf Community | A Deaf Hearing Partnership

With the support of Lotteries NZ, Changing Minds was able to partner with the Deaf Community to co-design and redevelop our award winning Rākau Roroa programme for, by and with the Deaf Community. This funding enabled us to recruit a Deaf Cultural advisor for this project who worked with the Changing Minds team to develop the initial communications plan, and to inform cultural and accessibility considerations to make the co-design process a success.

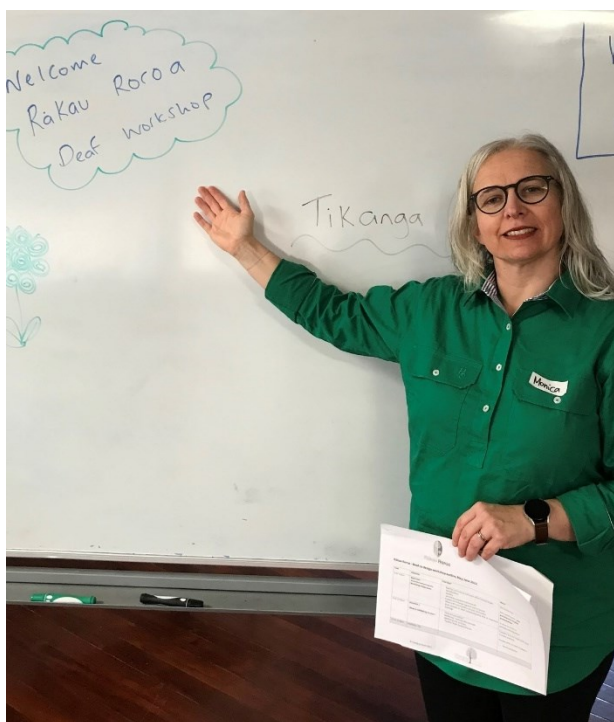


Image 4 Rākau Roroa Tall Tree and Facilitator, Monica, Welcomes Deaf Community to the Programme.

10 members of the Deaf Community came together for the initial co-design session. The group felt the conversations about mental health was bigger than the co-design group, so took kōrero about mental health signs to be used in the programme back to their own whānau and communities for further insights. Co-design and broader community feedback allowed the Rākau

Roroa programme materials to be updated for a Deaf audience, and these changes were further tested with the community, as well as community supporters such as Ko Taku Reo, NZSL interpreters and existing Rākau Roroa facilitators who use NZSL.



Image 5 New NZSL Rākau Roroa Facilitators with Project Lead, Andrea.

Through this collaboration and partnership with the Deaf Community, we welcomed 36 Deaf Lived Experience Leaders as 'Tall Trees' through in person, and online learning. Several of these Tall Trees have since gone on to train as Rākau Roroa facilitators.

Upcoming developments for Rākau Roroa:

As we move forwards with Rākau Roroa it is important to us to continue to partner with

communities to empower them to tailor Rākau Roroa to their needs. We have spent time listening to our Tall Tree facilitators to adjust the training and material to be more accessible, with the learning outcomes of the learner, top of mind.

We were delighted to partner with Headlight Trust to bring Rākau Roroa to the Queenstown Lived Experience community in late 2023. We are in the engagement phase of partnering with communities in Te Tai Tokerau to deliver workshops in early 2024. We are also looking

forward to online workshops, and kanohi ki te kanohi workshops in Hawkes Bay and Wellington.

Watch what they had to say here

Commercial design and delivery of Rākau Roroa

We have partnered with Workwise and developed the material to be a one-day programme. This is our first step in developing a commercial Rākau Roroa offering that brings our core mahi to those in the workforce and we look forward to leveraging this concept on a paid basis.

Case Study | Reflecting on a Deaf Hearing Partnership

Our Rākau Roroa Project Lead, and Rākau Roroa Deaf Project Advisor sat down to have a kōrero about their experiences and learnings from a Deaf-Hearing partnership.



Image 7 Resources Being Prepared for Rākau Roroa Workshops



Image 6 Feedback from a Tall Tree Following the Deaf Community Rākau Roroa Training

COMMUNITY DEVELOPMENT

The response to COVID-19 was important to keep our communities safe and during those times Changing Minds pivoted to providing remote and online services. However, in 2022 -2023 it has been wonderful to slowly reopen our physical spaces and resources and connect with our community kanohi ki te kanohi once again.



Image 8 Participants from the Flourishing Women Pilot Programme Creating Art for the Changing Minds Space

Refreshed Spaces

Changing Minds' physical space in Mount Eden has a history as long as the organisation itself and is close to the hearts of many in our community. Following the effects of cyclone Gabrielle in early 2023 we have been refreshing our physical space to best share the space with our community.

As well as refreshing physical mental health and wellbeing resources, and our extensive mental health Library, our physical space has been updated to welcome those working, volunteering, or studying in the mental health or Lived Experience spaces as a co-working and collaboration space.

Community Development Strategy

This sense of 'returning to normal' has also provided opportunity for Changing Minds to refresh our Community Development Strategy in 2023. This focuses on ensuring our Lived Experience community is connected and has access to information and resources they need to grow on their journey, while also exploring new spaces and places we can engage in 2024 and beyond.



Image 9 CEO Kevin, Speaking on the Panel at the Mental Health Film Festival

Flourishing Women

Changing Minds has had the opportunity through Ember Innovation's Flourishing Youth challenge to design a community of support for women 18 – 25 years of age, built on peer learning and connection. This mahi has been informed by hui with more than 20 young women, and professionals working with this demographic, and builds on our existing community connection knowledge. While funding is still being sought to

launch this project, when launched we will be able to:

- Bring groups together kanohi ki te kanohi to develop mutual understanding.
- Incorporate the Te Whare Tapa Wha holistic model in wellness resources and discussions.
- Support peer mentoring and shared learning.
- Provide quality education and materials tailored to the needs of this community.
- Provide online and in person opportunities for connection and communication.

Supporting future Lived Experience Leaders

Changing Minds was approached by a student with Lived Experience from AUT in 2023, looking to undertake a practical research project into Lived Experience in Aotearoa.

Through collaboration with members of the Changing Minds team, they proposed, designed, and developed a short research initiative to explore the availability of Lived Experience services and organisations in Aotearoa. As part of this, they also assessed what “Lived Experience” means to each of these organisations.

They found that while services offered from a Lived Experience perspective were varied, and available to differing degrees around the motu, there are very few organisations that bring this lens. This identifies a space for Changing Minds to create connection between service organisations, and clearly shows the value in educating organisations and service providers on the value of Lived Experience leadership and services.

The next stage of this project’s development will be to create a map of Lived Experience resources and organisations around Aotearoa that individuals can access in times of need. Changing Minds aims to create a Lived Experience Community Collective by working with other

groups to highlight and support the work we all do.

FUTURE FOCUS

We want Changing Minds to be appreciated for Lived Experience community, connection, and collaboration; locally and nationally.

The Lived Experience community and stakeholders will come to us for ongoing wellbeing and service support, advocacy, education, and insight. We want to be known for delivering Lived Experience solutions to system and service improvement.

The foundation for our development starts with reconnecting with our community; strengthening access to community wellbeing support; increased access to learning for wellbeing discovery and effective action; and building the use of Lived Experience insights, evidence, and knowledge.



Image 10 Podcast Tile: Kevin Spoke To Art Yoga (A Rākau Roroa Tall Tree and Former Whakatau Mai Facilitator) on Cultivating Community.

Statement of Financial Performance

Changing Minds Trust For the year ended 30 June 2023

	NOTES	2023	2022
Revenue			
Donations, fundraising and other similar revenue			
ANZ Staff Foundation for Rākau Roroa		15,060	9,740
Donations		14,698	7,373
Total Donations, fundraising and other similar revenue		29,758	17,113
Revenue from providing goods or services			
Creative Collab project management revenue		3,729	3,729
DHB/Health NZ		255,392	247,953
Frozen Funds		7,425	-
Ministry for Culture and Heritage		199,609	8,729
Ministry of Health - COVID19 Maori Health		-	25,000
Ministry of Health/DHB - Whakatai Mai project		-	325,000
Ministry of Health - Peer Workforce Pilot		9,804	62,500
Ministry of Social Development		42,056	12,944
Online shop sales		-	303
Project Revenue		7,000	-
Total Revenue from providing goods or services		525,015	686,159
Interest, dividends and other investment revenue			
Dividends		273	283
Interest		3,565	461
Total Interest, dividends and other investment revenue		3,838	744
Other revenue			
Covid Leave support payment		600	1,200
Gain on sale of fixed assets		6,094	-
Project Revenue		100,359	4,074
Total Other revenue		107,053	5,274
Total Revenue		665,663	709,290
Expenses			
Volunteer and Employee Related Costs			
ACC Levies		-	2,684
HR and Recruitment		4,354	29,439
Payroll Fee		449	699
Professional Development		366	1,954
Trustees and Related Party Fees		1,400	2,900
Wages and Salaries		352,369	371,933
Wellbeing		863	1,935
Total Volunteer and Employee Related Costs		359,802	411,545



The accompanying notes form part of the Financial Statements and should be read subject to the Independent Auditor's Report on pages 19 to 21.

	NOTES	2023	2022
Costs related to providing goods or service			
Advertising & Marketing		1,640	2,462
Bank Fees		493	984
Conferences, meetings and non-project events		3,980	130
Creative Collab project expenses		206,083	3,729
Contractors - perm staff short replacements		20,922	-
Care package costs		-	7,334
Codesign expenses		16,256	3,480
Consultant Expenses		1,563	56,699
Evaluation expenses		4,000	-
Freelancers		-	118,038
Facilitators for workshops		9,910	2,325
Entertainment		4,036	2,288
Event Costs		-	10,610
General Expenses		-	128
Gifts, Koha, Putea Aroha & Donations		1,765	7,746
ICT Support Fees		15,921	15,463
Interpreters for project events		9,229	-
Interest and Finance Charges		1,135	2,757
Insurance		3,833	4,378
Light, Power & Heating		(30)	1,437
One off funded projects		-	21,288
Online Platform Development and project websites		9,600	8,850
Office Expenses		-	2,346
Office Maintenance		7,856	6,461
Printing/ copier lease, Postage/Courier & Stationery/Kitchen and bathroom		2,641	1,814
Project consultants and contractors		25,590	46,992
Rakau Roroa Wages		22,017	-
Rental and Lease Payments		15,600	15,600
Repairs and Maintenance		-	356
Subscriptions - office		18,663	24,368
Subscriptions - Project specific		2,594	-
Supervision		1,000	4,356
Telephone & Internet		4,037	6,413
Travel and Accommodation		27,044	14,065
Vehicle Expenses		-	2,046
Videography and editing		3,140	-
Website		-	93
Total Costs related to providing goods or service		440,518	395,037



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	NOTES	2023	2022
Other expenses			
Depreciation - Fixed Assets		59,673	112,285
Depreciation - Leased Assets		-	8,568
Loss on Disposal of Fixed Assets		476	411
Professional and Consulting Fees		6,381	6,783
Total Other expenses		66,530	128,047
Total Expenses		866,851	934,629
Surplus/(Deficit) for the Year		(201,187)	(225,339)



The accompanying notes form part of the Financial Statements and should be read subject to the Independent Auditor's Report on pages 19 to 21.

Statement of Financial Position

Changing Minds Trust

As at 30 June 2023

	NOTES	30 JUN 2023	30 JUN 2022
Assets			
Current Assets			
Bank Accounts and Cash	1	575,884	818,369
Debtors and Prepayments	1	26,152	30,832
Investments	1	55,100	53,644
Total Current Assets		657,136	902,845
Non-Current Assets			
Leased Assets	3	-	19,993
Property, Plant and Equipment	3	60,840	119,662
Total Non-Current Assets		60,840	139,655
Total Assets		717,976	1,042,500
Liabilities			
Current Liabilities			
Creditors	2	15,908	3,091
Finance Lease - Current Portion	6	442	5,174
GST		13,878	28,919
Holiday Pay Provision	2	23,971	21,851
Income in Advance	2	480,214	575,406
Total Current Liabilities		534,415	634,442
Non-Current Liabilities			
Finance Lease-Non Current Portion		332	23,642
Total Non-Current Liabilities		332	23,642
Total Liabilities		534,746	658,083
Total Assets less Total Liabilities (Net Assets)		183,230	384,417
Accumulated Funds			
Accumulated Surpluses or (Deficits)	4	183,230	384,417
Total Accumulated Funds		183,230	384,417



The accompanying notes form part of the Financial Statements and should be read subject to the Independent Auditor's Report on pages 19 to 21.

Statement of Cash Flows

Changing Minds Trust For the year ended 30 June 2023

	NOTES	2023	2022
Cash Flows from Operating Activities			
Cash was received from			
Cash receipts from other operating activities		550,840	1,250,800
Donations, fundraising and other similar receipts		14,698	7,373
Interest, dividends and other investment receipts			
Interest Income		2,646	461
Dividend Received		273	303
Receipts from providing goods or services		600	26,503
GST Refund		-	5,582
Total Cash was received from		530,098	1,291,023
Cash was applied to:			
GST Paid		(15,041)	-
Payments to suppliers and employees		(791,105)	(876,254)
Total Cash was applied to:		(806,146)	(876,254)
Net Cash Flows from Operating Activities		(237,089)	414,769
Cash Flows from Investing and Financing Activities			
Cash was received from			
Proceeds from loans borrowed from other parties			
Repayment of Loans		(28,041)	(4,741)
Receipts from sale of property, plant and equipment		26,087	891
Total Cash was received from		(1,954)	(3,850)
Cash was applied to:			
Cash Flows from Other Investing and Financing Activities			
Interest Expense		(1,135)	(2,757)
Total Cash Flows from Other Investing and Financing Activities		(1,135)	(2,757)
Payments to acquire property, plant and equipment		(1,327)	(11,733)
Total Cash was applied to:		(2,462)	(14,490)
Total Cash Flows from Investing and Financing Activities		(4,416)	(18,340)
Net Increase/ (Decrease) in Cash		(241,505)	396,429
Cash Balances			
Cash and cash equivalents at beginning of period		872,013	475,584
Cash and cash equivalents at end of period		630,508	872,013
Net change in cash for period		(241,505)	396,429



The accompanying notes form part of the Financial Statements and should be read subject to the Independent Auditor's Report on pages 19 to 21.

Statement of Accounting Policies

Changing Minds Trust

For the year ended 30 June 2023

Reporting Entity

Changing Minds Trust is a Charitable Trust, incorporated under the Charitable Trust Act 1957. The Trust is also registered under the Charities Commission (CC42879).

Basis of Preparation

The entity has elected to apply PBE SFR-A (NFP) Public Benefit Entity Simple Format Reporting - Accrual (Not-For-Profit) on the basis that it does not have public accountability and has total annual expenses equal to or less than \$2,000,000. All transactions in the Performance Report are reported using the accrual basis of accounting. The Performance Report is prepared under the assumption that the entity will continue to operate in the foreseeable future.

Goods and Services Tax (GST)

The entity is registered for GST. All amounts are stated exclusive of goods and services tax (GST) except for accounts payable and accounts receivable which are stated inclusive of GST.

Income Tax

Changing Minds Trust is wholly exempt from New Zealand income tax having fully complied with all statutory conditions for these exemptions.

Changes in Accounting Policies

There have been no changes in accounting policies. Policies have been applied on a consistent basis with those of the previous reporting period.

Specific Accounting Policies

Fixed Assets and Depreciation

All fixed assets are recorded at cost less accumulated depreciation. Depreciation of the assets has been calculated over the estimated useful life of the asset. The entity has the following asset classes:

Asset Class	Rate	Method
Computer Equipment	40% - 67%	Diminishing Value
Furniture & Fittings	10% - 20%	Diminishing Value
Leased Assets	30%	Diminishing Value
Office Equipment	25% - 48%	Diminishing Value

Accounts Receivable

Receivables are stated at their estimated realisable value. Bad debts are written off in the year in which they are identified.

Revenue

Revenue is recognised on an accrual basis.

Revenue from sale of goods and services is recognised when the entity has transferred to the buyer the significant risks and



rewards of ownership.

Revenue from services rendered is recognised in proportion to the delivery of the service at balance date, with the undelivered portion of the service transferred to Income in Advance (liability) at balance date.

Interest Income

Interest income is recognised on receipt.

Dividend Income

Dividends received are recognised on receipt, net of non-refundable tax credits.

Operating Leases

Operating leases are those which all the risks and benefits are substantially retained by the lessor. Lease payments are expensed in the periods the amounts are payable.

Finance Leases

Leases where the Trust assumes substantially all the risks and rewards of ownership are classified as finance leases. The assets acquired by way of finance lease are measured at an amount equal to the lower of their fair value and the present value of the minimum lease payments at inception of the lease, less accumulated depreciation and impairment losses. Leased assets and corresponding liability are recognised in the Statement of Financial Position and leased assets are depreciated over the period the Trust is expected to benefit from their use or over the term of the lease.

Bank Accounts and Cash

Bank accounts and cash in the Statement of Cash Flows comprise cash balances and bank balances (including short term deposits) with original maturities of 90 days or less.

Statement of Cashflows

A statement of cashflows was prepared and cashflows were classified during the period according to operating, investing and financing activities.

Audit

These financial statements have been subject to audit, please refer to the Auditor's Report.

Government Contracts Revenue

Revenue from government contracts relates to income received from DHBs and is provided as funding for services Changing Minds Trust provides. Revenue is recognised in the period the services are provided.



Notes to the Performance Report

Changing Minds Trust For the year ended 30 June 2023

	2023	2022
1. Analysis of Assets		
Bank Accounts and Cash		
Commercial Trust	431,947	771,994
Savings On Call	142,286	41,096
Ms K Davis (7147)	1,011	667
Miss A J Fagan (7303)	-	2,629
Kevin's credit card 7085	639	1,983
Total Bank Accounts and Cash	575,884	818,369
Debtors and Prepayments		
Accounts Receivable	26,152	30,832
Total Debtors and Prepayments	26,152	30,832
Investments		
Term Deposit	55,100	53,644
Total Investments	55,100	53,644
	2023	2022
2. Analysis of Liabilities		
Creditors and Accrued Expenses		
Accounts Payable	9,292	3,091
Holiday Pay Provision	23,971	21,851
Wages Accrual	6,616	-
Total Creditors and Accrued Expenses	39,880	24,942
Unused donations and grants with conditions		
Income in Advance		
ANZ Staff Foundation (for Rākau Roroa)	-	15,060
Creative Collaborative Project, Ministry of Culture and Heritage	164,600	197,533
Frozen Funds Grant Held	2,575	-
Lotteries (for Rākau Roroa)	104,887	120,757
Ministry of Health (for Peer Workforce)	190,236	200,000
MSD Project	-	42,056
Social Action Grant	17,916	-
Total Unused donations and grants with conditions	480,214	575,406



	2023	2022
3. Property, Plant and Equipment		
Furniture and Fittings		
Furniture and Fittings Owned	2,332	2,332
Accumulated Depreciation - Furniture and Fittings Owned	(2,073)	(2,013)
Total Furniture and Fittings	259	318
Depreciation Expense for the Year	60	74
Office Equipment		
Office Equipment Owned	4,481	4,889
Accumulated Depreciation - Office Equipment Owned	(3,825)	(4,120)
Total Office Equipment	656	768
Depreciation Expense for the Year	963	303
Computer Equipment		
Computer Equipment Owned	20,701	20,701
Accumulated Depreciation - Computer Equipment	(14,615)	(9,803)
Total Computer Equipment	6,086	10,897
Depreciation Expense for the Year	4,811	4,230
Online Website		
Online Website at Cost	246,121	246,121
Accumulated Ammortisation - Online Website	(192,282)	(138,443)
Total Online Website	53,839	107,678
Ammortisation Expense for the Year	53,839	107,678
Leased Assets		
Motor Vehicle Leased	-	42,949
Accumulated Depreciation - Motor Vehicle Leased	-	(22,956)
Total Leased Assets	-	19,993
Depreciation Expense for the Year	59,673	8,568
Total Property, Plant and Equipment	60,840	139,655
	2023	2022

4. Accumulated Funds

Accumulated Funds		
Opening Balance	384,417	609,756
Accumulated Surpluses or (Deficits)	(201,187)	(225,339)
Total Accumulated Funds	183,230	384,417
Total Accumulated Funds	183,230	384,417



5. Operating Lease Commitments

The Trust has the following Operating Lease commitments:

	2023	2022
Rental of Premises	\$600 per fortnight	\$600 per fortnight

6. Finance Lease Commitments

The Finance Lease commitment for the Toyota Prius has been paid off this year.

The Trust has the following Finance Lease commitment for an iPhone 13.

Payments are \$36.87 exclusive of GST per month from April 2022. The lease is for 36 months. Below is a split of the Current and Non-Current Portion of the payments.

	2023	2022
iPhone 13 Finance Lease		
Current Portion	442	442
Non Current Portion	332	774
Total iPhone 13 Finance Lease	774	1,216

7. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 30 June 2023 (Last year - \$Nil).

8. Related Parties

Bateman Consulting Group is run by the Changing Minds Board Chair. In the 2022 financial year they provided consultancy services on project development and also stepped in to provide cover after the CEO resigned. Total amount invoiced during the 2022 financial year was \$ 57,568. As Changing Minds had a CEO for the 2023 financial year, no amounts were invoiced by the Bateman Consulting Group for consultancy services or for CEO cover.

9. Events After the Balance Date

There were no events that have occurred after the balance date that would have a material impact on the Performance Report (Last year - \$Nil).

10. Ability to Continue Operating

The entity will continue to operate for the foreseeable future.

11. Going Concern Basis

The financial statements have been prepared on a going concern basis meaning the trust has the intention to continue its charitable activities for the foreseeable future, without the need to significantly curtail activity. Changing Minds Trust is dependent on the receipt of grants and donations to fund its activities.



Changing Minds Trust

changingminds.org.nz

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Auckland 1024

New Zealand



**changing
minds.**

He mana tō te mātau ā-wheako

Our lived experience is our strength