

# 2023



# Annual Report



**Prepared by**  
Nicola Swan

Charity Registration: CC10475



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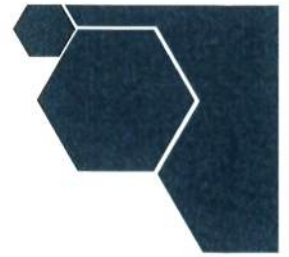
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# About Parent Help

Parent Help is a Wellington-based not for profit organisation registered with Charity Services. Parent Help provides New Zealand parents, children and wider Whanau with support through a Nationwide Helpline, Counselling Services and Parent Education Workshops.

Governed by a board of four, a General Manger, coordinator and 3 part time counsellors plus the volunteers on the help line which is contracted to Lifeline, Parent is a small dedicated team to supporting New Zealand Parents and Whanau.

**HELPING PARENTS  
BUILD STRONG AND  
RESILIENT WHĀ NAU**





# Meet Our Team

**GAIL WOODS**

BOARD CHAIRPERSON

**DOUG PAULING**

BOARD MEMBER

**PIP TOWNSEND**

BOARD MEMBER

**KIM WILLIAMSON**

BOARD MEMBER

**NICOLA SWAN**

GENERAL MANAGER

**SARA HODGE**

CO-ORDINATOR

**ALISON SMITH**

FINANCE OFFICER  
(CONTRACTOR)

**SARAH STODDART****COUNSELLOR**

Sarah Stoddart is a qualified psychotherapist and has been running her private practice successfully for some years now. Sarah is excited to share her knowledge, passion and expertise with Parent Help.

Originally from Wellington, and currently residing in the Kapiti Coast after living in both Northland and Hawke's Bay, Sarah is excited to be in Thorndon offering counselling to Parent Help Families on Wednesdays.

Sarah has worked as a Mental Health, Addictions and Domestic Violence/Trauma therapist and counsellor for over 15 years and comes from a holistic and strength-based approach. There is no judgement, you are in a safe space with Sarah, where she will work with you on your current life journey.

Empowering individuals and whanau to be in control of their thoughts and decisions and discovering potential is her mission.

Sarah is registered with DAPAANZ and looks forward to supporting you on your life journey.



## **ZOSIA PARDELA**

### **COUNSELLOR**

Sessions with Zosia (pronounced: Zoh-shia) are gentle and informal. Zosia will welcome all parts of you – including the ones that may be nervous about coming to therapy, the ones that yell at your kids sometimes and the ones who feel ashamed of that. You don't have to leave any part of yourself at the door when you come to see Zosia.

Zosia is trained in trauma therapy and helps her clients with anxiety, depression, post-traumatic stress, low self-esteem, imposter syndrome, burnout, harsh self-criticism, stress, excessive people-pleasing and emotional dysregulation.

Zosia teaches her clients practical strategies to be with their emotions without getting overwhelmed. She would love to help you befriend your emotions and teach you to do the same for your child/ren. Zosia draws from Māori approaches as she believes everyone can learn from indigenous wisdom. Zosia is of Polish heritage and her experience of life of an immigrant makes her particularly dedicated to providing counselling which is culturally safe. She is an LGBTQIA+ ally.

Zosia is currently working towards her provisional NZAC registration, she's a counsellor in training through Masters of Counselling at Massey University.

Qualifications: Masters of Psychology of Mental Health and Postgraduate Diploma in Counselling.



## **LAURA HURDATO-ROBERTS**

### **COUNSELLOR**

Laura has a Graduate Diploma in Counselling Practice and is a practitioner in developmental movement therapy [Extra Lesson™], an educational approach to neuro-development and child development.

Laura is experienced in working with parents, children and young people, counsels women and men of all ages and couples experiencing loss and grief, trauma, abuse, anxiety, depression, attachment issues, pain and long-term illness, transitioning through life stages.

Using a person-centered approach and inspired by V. Frankl –finding a meaning– she works with warmth, non-judgmental acceptance and deep listening in order to create a sacred and safe space with the client. She brings a compassionate approach especially during this time of uncertainty.

Using stories, art, movement, play therapy, sensory integration, body awareness and mindfulness as a way to strengthen the client's personal needs in their journey toward assertiveness and self-discovery. Laura has a PhD in social sciences which supports her understanding that clients are individuals existing in the wider context of their society and culture, demonstrated through working with people from many cultural backgrounds. She speaks Spanish and French as well, and honours Te Tiriti of Waitangi.

Laura has a special interest in counselling children.

# Chairmans Report



Parenting can be a great joy, but there is no doubt it is often stressful. Every age brings its own difficulties, and today's parents face a myriad of challenges, including what often seems to be an epidemic of anxiety among our tamariki and rangatahi. Our children and young people face virtually unprecedented issues, such as the impact of social media, a global climate crisis, and an uncertain world where conflict is often the order of the day. It is perhaps not surprising that mental health and behavioural issues continue to be the most common reasons for callers seeking our support.

As this report notes, we have seen an increase in the complexities of what parents are navigating. This can be attributed to the long-term impact Covid had on families as well as the cost-of-living crisis we are all living through at present. There has also been an increase in calls regarding parenting of teens, who have struggled with anxiety post covid, and we are continuing to receive calls from parents who are co-parenting and needing support around managing this change in their lives. As an organisation set up to help parents and build strong and resilient family relationships, we believe our role has never been more vital. In many ways over the past year, Parent Help has gone from strength to strength, with increasingly stable management and counselling teams. Our relationship with Lifeline is positive, and we have recently renewed our agreement with PSN to contract service delivery of our Helpline to Auckland-based Lifeline. This relationship, now in its third year, has helped us build capacity in the organisation, to extend our services and to make them more efficient and cost-effective. Most importantly, the feedback from clients has been very positive. As Nicola says in her annual report, we now look forward to further exploring our relationship with Lifeline to do more to meet the needs of parents who use the Helpline. We would like to do more to promote our services, which we know would be welcomed by many families, but we are also cautious about taking on too much, given the current limits to our operational capacity. We would also like to have more board members. That said, this year we were able to develop a new constitution, thanks to Parent Help board member and stalwart, Doug, who did the heavy lifting to make the new constitution a reality.

Thanks too to Board members Kim and Pip for your continued commitment to Parent Help. Finally, I would like to take this opportunity to thank our dedicated General Manager, Nicola, for her leadership and mahi, which she approaches professionally, positively and diligently.

Ngā mihi nui  
Gael Woods  
Board Chair

# General Managers Report



It is my privilege to be writing the GM report for Parent Help in 2023. Now in my 2nd year I am pleased to report that Parent Help is continuing to grow and establish ourselves at the leading Parenting Charity in New Zealand.

At the end of 2022 we moved premises from the middle of Wellington City to Thorndon. This move has proved positive, with our lovely bright, airy new spaces that clients are enjoying with accessible parking and on public transport routes. We are located in a building that only has charities as tenants, having likeminded neighbours has proved beneficial with the ad hoc discussions we have supporting each other with advice around grants.

We have been working on the development of a relationship with Tangata whenua and the strengthening of the relationships with other national organisations working in the same social services space. This has been identified as another continued priority for the following year as we work with our now established small team of counsellors and our coordinator.

Funding through grants this year has been low, this is due to limited resources among our part time staff. We have now identified two external contractors who will be filing grant applications on a monthly to bi-monthly basis.

We had our Te Kahui Kahu audit and passed with level 2 accreditation. This was an excellent result for Parent Help, and through the process enabled us to ensure that all our policies and procedures were updated and well documented. All staff were involved in this audit, we are now on a two-year audit schedule.

Oranga Tamariki held their audit with us in the first 1/4 of the year. We passed this with ease, and they wanted to let us know they appreciate the work we do. They apologise that the contract amount cannot be increased financially as their hands are tied with what the government will allocate. We have secured a contract through until June 2026.

Our contract with Lifeline was renewed for the operation of our helpline. This relationship has been positive and continues to grow as we map out with them the best interests of Parent Help and how we can ensure we are meeting the needs of the parents who utilise the helpline. We will be looking into the hours the helpline is operational to ensure that we are available at the critical times parents are trying to access support.

My thanks to the team in Wellington for the fantastic work you all do every day to help the families who use our services and to help keep children safe.

To Gael, Doug, Pip and Kim, my appreciation for your support as the board for Parent Help. I look forward to another successful year ahead for our charity.



# Vision And Mission

## Vision

To build Strong and Resilient Whanau  
Living Free from Abuse and Neglect.

## Mission

Helping Parents build resilient and  
positive Whanau through our free  
parenting Helpline, affordable  
counselling, and parenting workshops.



# Annual Statistics

January 2023 - December 2023

**Helpline Calls**

**2,761**

**The top 5  
Presenting  
Issues**

**Teens, Children, Anxiety &  
Depressions, Co-Parenting and  
Domestic Abuse & Violence**

**Counselling  
Clients**

**224**

**Completed  
Counselling**

**55**

**Parenting  
Workshops**

**Nil in 2023 year**

**Workshops commencing 12 March 2024**

# Parent Helpline

Also known as: Child Abuse and Prevention Helpline

Parents and caregivers have many and varied reasons for seeking support from our Helpline. The helpline is often the first step in parents reaching out for supporting while they navigate their parenting journey. For parents, often hearing validation that they are doing the right thing is enough to give them the confidence they need to continue parenting well. For others, a phone call to the helpline provides them with tools and strategies to help them in their moment of need, it can also be the support that provides them with the ability to reach out for further counselling.

By talking to Parent Helpline, without any judgement, allows the Parents to freely share their thoughts, and understand what needs to happen next. Through communication with our trained support workers, parents are able to gain strategies and guidance on how best navigate their current parenting journey.

The helpline is operated through Lifeline in Auckland and has a rotation of trained staff on the phones. The hours of operation are 9am - 10 pm 7 days a week, with an answer service outside of the core operating time.

We have seen an increase in the complexities of what parents are navigating, this can be attributed to the long-term impact Covid had on families as well as the cost of living crisis we are all living through at present.

There has been an increase in calls regarding parenting of teens, who have struggled with anxiety post covid and we are continuing to receive calls from parents who are co-parenting and needing support around navigating this change in their lives.

Mental health and behavioral issues continue to be dominated reasons for callers seeking our support.

Please see below a snapshot of the calls to the helpline from January 2023 - December 2023.

**Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec**

**Calls: 211 207 258 217 310 219 232 285 181 221 228 192**

## Top presenting issues

**Domestic  
Violence**

**Anxiety &  
Depression**

**Teens &  
Children**

**Co-  
Parenting**

# Counselling

Parent Help has 3 part-time counsellors. Two are fully registered either with NZCA or DAPPANZ and one is completing her Masters, while also holding her diploma in counselling and degree in psychology.

## What we have observed this year:

- Clients come for counselling when something has happened and/or there is a crisis. Often Clients are referring for difficulty they are having parenting their child/ren, however after their initial session, it is often the parent/s who continue with counselling and not the child/ren.
- Clients want to know what to do in those situations of crisis, "how to fix the situation".
- Some are happy with a psycho-educational approach or a child development approach. Other clients prefer a more holistic approach.
- Some clients find solutions within one session. Other like to explore and return for up to six - eight sessions. We do have a few longer-term clients who sit under OT with us.
- Those exploring more tend to look at issues that have been present since their own childhood or present in their relationship with their own parents. There is often an unresolved trauma background.
- At Parent Help we seek to create a relationship of trust and deep listening where the client can be heard and supported with empathy.
- There has been an increase in complexity of issues presenting in face-to-face counselling clients. This is a reflection we believe of the post covid times and living during a time where we are in a cost-of-living crisis.
- Co-parenting counselling is increasing.

## Counselling stats





# Financial Statements

**Finance report is attached.**

**Auditor:** Baker Tilly Staples Rodray

**Parent Help Wellington Inc**  
 PO Box 11837  
 Wellington 6142

## Statement of Financial Position

As of February 2023

<b>Assets</b>		
Bank accounts & cash	\$60	
Cash Imprest	\$249	
Paypal	\$664	
Kiwbank	\$271,082	
Fixed assets	\$55,322	
Other current assets	\$1,020	
<b>Total Assets</b>		<b>\$328,396</b>
<b>Liabilities</b>		
Trade Creditors	\$7,606	
A/P Accrual	\$3,000	
Accrued Wages & Hol pay	\$5,443	
GST	(\$8,875)	
Import Duty Payable	\$50	
Payroll Liabilities	\$3,612	
Suspense	(\$182)	
<b>Total Liabilities</b>		<b>\$10,653</b>
<b>Net Assets</b>		<b>\$317,742</b>
<b>Equity</b>		
Retained Earnings	\$282,760	
T.O.Y Reserve	\$80,000	
Current Earnings	(\$45,017)	
<b>Total Equity</b>		<b>\$317,742</b>

Parent Help Wellington Inc  
 PO Box 11837  
 Wellington 6142

## Statement of Financial Performance - Summary

April 2022 To February 2023

	Selected Period	Budgeted	\$ Difference	% Difference
<b>Income</b>				
Government Contracts	\$81,988	\$81,988	\$0	0.0%
Grants	\$20,000	\$75,000	(\$55,000)	-73.3%
Fundraising	\$534,094	\$476,740	\$57,354	12.0%
Other income (GST exempt)	\$1,395	\$2,750	(\$1,355)	-49.3%
Other earned income	\$15,517	\$14,750	\$767	5.2%
<b>Total Income</b>	<b>\$652,995</b>	<b>\$651,228</b>	<b>\$1,767</b>	<b>0.3%</b>
<b>Expenses</b>				
Administration	\$208,369	\$191,212	\$17,157	9.0%
Marketing & Promotions	\$138,357	\$131,905	\$6,452	4.9%
Premises	\$69,731	\$53,812	\$15,919	29.6%
Personnel	\$141,188	\$135,917	\$5,271	3.9%
Helpline	\$140,366	\$146,200	(\$5,834)	-4.0%
<b>Total Expenses</b>	<b>\$698,012</b>	<b>\$659,046</b>	<b>\$38,966</b>	<b>5.9%</b>
<b>Net Profit/(Loss)</b>	<b>(\$45,017)</b>	<b>(\$7,818)</b>	<b>(\$37,199)</b>	

### Commentary

#### INCOME

Despite not reaching the grant target, the total income for the year to date is close to budget. This is a result of Kiwifirst bringing in more than expected.

#### EXPENDITURE

Expenditure is over in every area except Helpline. The major overrun is in the premises line. Paying double rent for a couple of months and the costs of the move to new premises were the principal causes - neither of these were in the original budget.

The fees paid to Kiwifirst are based on a percentage of donations collected, so also increased, accounting for much of the overrun in admin & marketing.

Parent Help Wellington Inc

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Wellington 6142

Statement of Financial Performance

April 2022 To February 2023

	Selected Period	Budgeted	\$ Difference	% Difference
<b>Income</b>				
Government Contracts				
MVC Oranga Tamariki	\$81,988	\$18,564	\$63,424	341.7%
Family & Community Services	\$0	\$59,406	(\$59,406)	-100.0%
Capability Investment Resource	\$0	\$4,018	(\$4,018)	-100.0%
<i>Total Government Contracts</i>	<i>\$81,988</i>	<i>\$81,988</i>	<i>\$0</i>	<i>0.0%</i>
Grants				
NZ Lotteries	\$0	\$25,000	(\$25,000)	-100.0%
DIA - COGS	\$0	\$5,000	(\$5,000)	-100.0%
WCC	\$10,000	\$0	\$10,000	NA
Other grant	\$10,000	\$45,000	(\$35,000)	-77.8%
<i>Total Grants</i>	<i>\$20,000</i>	<i>\$75,000</i>	<i>(\$55,000)</i>	<i>-73.3%</i>
Fundraising				
Kiwi First (Gross donations)	\$534,094	\$476,740	\$57,354	12.0%
<i>Total Fundraising</i>	<i>\$534,094</i>	<i>\$476,740</i>	<i>\$57,354</i>	<i>12.0%</i>
Other income (GST exempt)				
Sundry donations	\$405	\$550	(\$145)	-26.4%
Interest earned	\$990	\$2,200	(\$1,210)	-55.0%
<i>Total Other income (GST exempt)</i>	<i>\$1,395</i>	<i>\$2,750</i>	<i>(\$1,355)</i>	<i>-49.3%</i>
Other earned income				
Counselling	\$15,517	\$13,750	\$1,767	12.9%
Parent Education	\$0	\$1,000	(\$1,000)	-100.0%
<i>Total Other earned income</i>	<i>\$15,517</i>	<i>\$14,750</i>	<i>\$767</i>	<i>5.2%</i>
<b>Total Income</b>	<b>\$652,995</b>	<b>\$651,228</b>	<b>\$1,767</b>	<b>0.3%</b>
<b>Expenses</b>				
Administration				
Audit fee	\$3,090	\$3,090	\$0	0.0%
Accounting fees	\$12,350	\$12,972	(\$622)	-4.8%
Bad debts	\$690	\$220	\$470	213.5%
Bank fees	\$301	\$274	\$27	10.0%
Board & meeting expenses	\$306	\$770	(\$464)	-60.2%
Conferences	\$0	\$1,100	(\$1,100)	-100.0%
Equipment < \$500 (inc R& M)	\$5,354	\$550	\$4,804	873.4%
Fundraising - external	\$150,979	\$143,022	\$7,957	5.6%
Fundraising - internal	\$400	\$3,620	(\$3,220)	-89.0%
IT support & equipment	\$11,378	\$11,000	\$378	3.4%
Insurance	\$2,501	\$2,924	(\$423)	-14.5%
Office expenses	\$4,364	\$2,200	\$2,164	98.3%
Printer/Photocopier	\$2,687	\$2,750	(\$63)	-2.3%
Memberships	\$312	\$110	\$202	183.3%
Software subscriptions	\$7,082	\$1,100	\$5,982	543.8%
Telephone (admin)	\$5,249	\$3,300	\$1,949	59.1%
Travel	\$170	\$1,100	(\$930)	-84.5%
Welfare, Hospitality	\$717	\$1,000	(\$283)	-28.3%
Sundry expenses	\$440	\$110	\$330	300.0%
<i>Total Administration</i>	<i>\$208,369</i>	<i>\$191,212</i>	<i>\$17,157</i>	<i>9.0%</i>
Marketing & Promotions				

Advertising & marketing	\$5,694	\$2,200	\$3,494	158.8%
Brand awareness, etc.	\$131,753	\$128,722	\$3,031	2.4%
Web hosting, email & domain	\$911	\$983	(\$73)	-7.4%
<b>Total Marketing &amp; Promotions</b>	<b>\$138,357</b>	<b>\$131,905</b>	<b>\$6,452</b>	<b>4.9%</b>
<b>Premises</b>				
Rent	\$59,792	\$48,697	\$11,095	22.8%
Power	\$1,455	\$0	\$1,455	NA
Repairs and maintenance	\$231	\$550	(\$319)	-58.0%
Supplies - kitchen, cleaning	\$272	\$2,750	(\$2,478)	-90.1%
Cleaning	\$707	\$0	\$707	NA
Moving costs	\$6,077	\$0	\$6,077	NA
Operating Expenses	\$1,198	\$1,815	(\$617)	-34.0%
<b>Total Premises</b>	<b>\$69,731</b>	<b>\$53,812</b>	<b>\$15,919</b>	<b>29.6%</b>
<b>Personnel</b>				
ACC	\$287	\$600	(\$313)	-52.2%
Human Resources	\$0	\$2,750	(\$2,750)	-100.0%
Staff Supervision	\$1,374	\$2,750	(\$1,376)	-50.0%
Staff recruitment	\$1,046	\$1,100	(\$54)	-4.9%
Staff training/development	\$1,284	\$1,100	\$184	16.7%
<b>Wages</b>				
Chief Executive	\$33,602	\$33,600	\$2	0.0%
Office Co-ordinator	\$19,027	\$36,000	(\$16,973)	-47.1%
Counsellors	\$61,417	\$32,400	\$29,017	89.6%
Comms Consultant	\$18,975	\$21,900	(\$2,925)	-13.4%
Cleaner	\$160	\$0	\$160	NA
Kiwi Saver	\$4,015	\$3,717	\$298	8.0%
<b>Total Wages</b>	<b>\$137,196</b>	<b>\$127,617</b>	<b>\$9,579</b>	<b>7.5%</b>
<b>Total Personnel</b>	<b>\$141,188</b>	<b>\$135,917</b>	<b>\$5,271</b>	<b>3.9%</b>
<b>Helpline</b>				
Telephone 0800	\$0	\$2,200	(\$2,200)	-100.0%
Lifeline (Auckland)	\$140,366	\$140,000	\$366	0.3%
<b>Volunteer expenses</b>				
Training - initial	\$0	\$4,000	(\$4,000)	-100.0%
<b>Total Helpline</b>	<b>\$140,366</b>	<b>\$146,200</b>	<b>(\$5,834)</b>	<b>-4.0%</b>
<b>Total Expenses</b>	<b>\$698,012</b>	<b>\$659,046</b>	<b>\$38,966</b>	<b>5.9%</b>
<b>Net Profit/(Loss)</b>	<b>(\$45,017)</b>	<b>(\$7,818)</b>	<b>(\$37,199)</b>	<b>-475.8%</b>



Parent Help Wellington Inc  
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 Wellington 6142

**Disbursements**  
 December 2022 To February 2023

ID No.	Date	Memo/Payee	Withdrawal	Description
1-1310	Business Edge-00			
603	1/12/2022	OneNet	\$22.53	Live vault back up
AP	1/12/2022	175 Victoria Street Limited	\$5,280.90	Rent
604	2/12/2022	Alison Smith	\$1,523.76	Accounts
605	2/12/2022	Sharp Corporation	\$97.68	Photocopying
606	2/12/2022	Spark	\$202.40	Phones
607	2/12/2022	Spark	\$350.22	Phones
608	2/12/2022	Base IT	\$319.82	IT Support
609	2/12/2022	Chris White	\$120.00	Supervision
610	2/12/2022	Warehouse Stationery	\$302.89	Office supplies
AP	12/12/2022	Xequals Ltd	\$86.25	Website hosting
611	13/12/2022	Nicola Swan	\$1,060.42	Wages
612	13/12/2022	Setal Patel	\$1,546.50	Wages
613	13/12/2022	Zofia Pardela	\$879.40	Wages
614	13/12/2022	Inland Revenue	\$5,562.85	PAYE
AP	13/12/2022	Laura Hurtado-Roberts	\$1,138.06	Wages
AP	13/12/2022	Zoe Hawkins	\$726.09	Wages
615	15/12/2022	Baker Tilly Staples Rodway Audit	\$1,828.50	Audit fee - balance
DD	15/12/2022	Kwibank	\$20.00	CC fees
DD	19/12/2022	EFTPOS New Zealand	\$35.50	machine hire
DD	20/12/2022	Wordline-Paymark	\$21.74	Eftpos access
AP	21/12/2022	Zoe Hawkins	\$1,708.86	Final pay
DD	22/12/2022	Sharp Corporation	\$207.92	Photocopier lease
617	23/12/2022	MYOB	\$34.50	Payroll
618	23/12/2022	Base IT	\$319.82	Software subscriptions
638	23/12/2022	Visa	\$1,171.68	Various - furniture, etc
639	23/12/2022	Visa	\$500.00	Top p
640	23/12/2022	Warehouse Stationery	\$800.00	Top up
620	28/12/2022	Chris White	\$120.00	Supervision
621	28/12/2022	Zofia Pardela	\$879.40	Wages
622	28/12/2022	Zoe Hawkins	\$726.09	Wages
623	28/12/2022	Setal Patel	\$1,546.50	Wages
624	28/12/2022	Nicola Swan	\$1,060.42	Wages
625	28/12/2022	Warehouse Stationery	\$302.89	Office supplies
AP	28/12/2022	Laura Hurtado-Roberts	\$1,138.06	Wages
		<b>Total December</b>	<b>\$31,641.65</b>	
626	4/01/2023	OneNet	\$31.39	Live vault back up
AP	4/01/2023	175 Victoria Street Limited	\$5,280.90	Rent
SC040123	4/01/2023	Bank fee	\$2.00	Bank fee
627	10/01/2023	Nicola Swan	\$1,060.42	Wages
628	10/01/2023	Setal Patel	\$1,546.50	Wages
629	10/01/2023	Zofia Pardela	\$879.40	Wages
AP	10/01/2023	Laura Hurtado-Roberts	\$1,138.06	Wages
AP	10/01/2023	Xequals Ltd	\$86.25	Website hosting
630	12/01/2023	Alison Smith	\$977.50	Accounts
631	12/01/2023	Base IT	\$618.13	IT support
632	12/01/2023	Genesis Energy	\$61.32	Power
633	12/01/2023	Setal Patel	\$3.81	Bal of wages
634	12/01/2023	Inland Revenue	\$4,449.59	PAYE
635	12/01/2023	Presbyterian Support Northern	\$40,250.00	Helpline
636	12/01/2023	Crown Workspace	\$11,096.38	Moving & furniture for new office
DD	16/01/2023	Kwibank	\$20.00	CC fees
DD	18/01/2023	New World	\$35.50	Kitchen supplies
641	20/01/2023	Visa	\$800.00	Top up
642	20/01/2023	Base IT	\$2,278.45	IT support
643	20/01/2023	Sharp Corporation	\$76.26	Photocopying
644	20/01/2023	Spark	\$610.91	Phones (inc new mobile)
646	20/01/2023	Zofia Pardela reimburse	\$48.45	lightbulbs, coffee, etc
648	20/01/2023	Spark	\$202.40	Phones
DD	20/01/2023	Wordline-Paymark	\$21.74	Eftpos access
647	23/01/2023	MYOB	\$34.50	Payroll
652	23/01/2023	Visa	\$194.27	Various
DD	23/01/2023	Sharp Corporation	\$207.92	Photocopier lease
648	24/01/2023	Nicola Swan	\$1,060.42	Wages
649	24/01/2023	Setal Patel	\$1,546.50	Wages
650	24/01/2023	Zofia Pardela	\$879.40	Wages
653	24/01/2023	Sharp	\$230.00	Wages
AP	24/01/2023	Laura Hurtado-Roberts	\$1,138.06	Wages
654	27/01/2023	Base IT	\$341.89	Software subscriptions
655	27/01/2023	Setal Patel reimburse	\$800.00	Staff development - courses
		<b>Total January</b>	<b>\$78,008.32</b>	
656	1/02/2023	Alison Smith	\$1,725.00	Accounts
657	1/02/2023	Iron Moutail Limited	\$141.09	Document Destruction
658	1/02/2023	OneNet	\$31.39	Live vault back up
AP	1/02/2023	Stroke Foundation	\$3,810.00	Rent
SC020223	1/02/2023	Bank fees	\$2.40	Bank fees
659	7/02/2023	Nicola Swan	\$1,060.42	Wages
660	7/02/2023	Setal Patel	\$1,546.50	Wages
661	7/02/2023	Zofia Pardela	\$879.40	Wages
662	7/02/2023	Fern Shaw	\$897.70	Wages
663	7/02/2023	Marcus Swan	\$68.04	Wages
AP	7/02/2023	Laura Hurtado-Roberts	\$1,138.06	Wages
AP	10/02/2023	Xequals Ltd	\$86.25	Website hosting
664	17/02/2023	PPG 1 Ltd	\$5,280.90	Rent - Victoria St
665	17/02/2023	Noted Limited	\$5,846.95	Client Management system
666	17/02/2023	Sharp	\$49.98	Photocopying
667	17/02/2023	Spark	\$446.43	Phones
668	17/02/2023	Spark	\$202.40	Phones
669	17/02/2023	Warehouse Stationery	\$647.49	Office supplies
670	17/02/2023	Werk Agency	\$575.00	Graphic design
671	17/02/2023	Base IT	\$523.26	Software subscriptions
DD	17/02/2023	Kwibank	\$20.00	CC fee
672	20/02/2023	Inland Revenue	\$2,876.50	PAYE
DD	20/02/2023	EFTPOS New Zealand	\$35.50	Eftpos hire
DD	20/02/2023	Wordline-Paymark	\$21.74	Eftpos access
673	21/02/2023	Laura Hurtado-Roberts	\$2.82	Bal of hol pay
674	21/02/2023	Setal Patel	\$1,546.50	Wages
675	21/02/2023	Nicola Swan	\$1,060.42	Wages
676	21/02/2023	Zofia Pardela	\$879.40	Wages
8	21/02/2023	Setal Patel	\$255.80	Wages
AP	21/02/2023	Laura Hurtado-Roberts	\$1,138.06	Wages
AP	21/02/2023	Marcus Swan	\$68.04	Wages
AP	21/02/2023	Fern Shaw	\$1,159.28	Wages
DD	21/02/2023	Sharp Corporation	\$207.92	Photocopier lease
677	23/02/2023	Visa	\$1,103.50	Various
678	24/02/2023	MYOB	\$34.50	Payroll
		<b>Total February</b>	<b>\$35,878.44</b>	

**Actuals & Projections**  
April 2022 To March 2023

Account Name	April	May	June	July	August	September	October	November	December	January	February	March	Total	2023 Budget
<b>Income</b>														
Oranga Tamaki													\$0	\$0
- Helpline				\$18,564									\$18,564	\$18,564
- Counselling				\$59,406									\$59,406	\$59,406
- Education				\$4,018									\$4,018	\$4,018
<b>Total Government Contracts</b>				\$81,988									\$81,988	\$81,988
<b>Grants</b>														
NZ Lotteries													\$0	\$25,000
DIA - COGS													\$0	\$5,000
Freemasons													\$0	\$0
Other grants						\$10,000			\$10,000				\$20,000	\$45,000
<b>Total Grants</b>						\$10,000			\$10,000				\$20,000	\$75,000
<b>Fundraising:</b>														
KwiFirst	\$54,997	\$49,618	\$49,058	\$50,821	\$55,155	\$45,527	\$47,685	\$53,370	\$48,341	\$39,242	\$40,281	\$44,029	\$578,124	\$520,080
Other Fundraising													\$0	\$0
<b>Total Fundraising</b>	\$54,997	\$49,618	\$49,058	\$50,821	\$55,155	\$45,527	\$47,685	\$53,370	\$48,341	\$39,242	\$40,281	\$44,029	\$578,124	\$520,080
<b>Other earned income</b>														
Counselling	\$896	\$704	\$630	\$1,252	\$878	\$1,522	\$1,752	\$2,848	\$1,543	\$1,209	\$2,483	\$2,600	\$18,117	\$15,000
Parent Education	\$0												\$0	\$1,000
Sundry Income	\$896	\$704	\$630	\$1,252	\$878	\$1,522	\$1,752	\$2,848	\$1,543	\$1,209	\$2,483	\$2,600	\$18,117	\$16,000
<b>Total Other earned income</b>	\$896	\$704	\$630	\$1,252	\$878	\$1,522	\$1,752	\$2,848	\$1,543	\$1,209	\$2,483	\$2,600	\$18,117	\$17,000
<b>Other Income (GST exempt)</b>														
Sundry donations	\$0	\$10	\$57	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$288	\$50	\$455	\$600
Interest earned	\$31	\$43	\$54	\$81	\$74	\$81	\$101	\$0	\$253	\$148	\$134	\$200	\$1,190	\$2,400
<b>Total Other Income (GST exempt)</b>	\$31	\$53	\$111	\$91	\$84	\$101	\$111	\$10	\$263	\$168	\$402	\$250	\$1,645	\$3,000
<b>Total Income</b>	\$56,924	\$50,375	\$49,799	\$134,132	\$56,117	\$57,150	\$49,548	\$56,028	\$60,147	\$40,609	\$43,766	\$46,879	\$689,874	\$899,068
<b>Administration</b>														
Audit fee	\$0												\$0	\$3,090
Accounting fees ex fundraising	\$1,150	\$1,000	\$875	\$1,463	\$1,075	\$1,300	\$1,075	\$1,000	\$750	\$1,500	\$1,163	\$1,340	\$13,690	\$14,312
Bad debts	\$0					\$395			\$0	\$0	\$23	\$0	\$240	\$240
Bank fees	\$3	\$23	\$27	\$22	\$25	\$32	\$25	\$25	\$69	\$18	\$27	\$20	\$372	\$394
Board & meeting expenses	\$0	\$0	\$0	\$0	\$0	\$0	\$288	\$0	\$0	\$687	\$0	\$70	\$1,045	\$840
Conferences	\$0	\$0	\$0	\$0	\$0	\$0	\$274	\$0	\$0	\$0	\$0	\$0	\$374	\$1,200
Depreciation	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$10,000	\$10,000	\$10,000
Equipment < \$500 (inc R & M)	\$0	\$0	\$0	\$913	\$323	\$0	\$0	\$2,183	\$118	\$0	\$844	\$50	\$4,442	\$600
Event hosting													\$0	\$0
Fundraising (KwiFirst)	\$15,408	\$14,224	\$13,656	\$14,601	\$15,544	\$13,169	\$13,839	\$15,255	\$14,075	\$11,170	\$10,037	\$11,510	\$162,489	\$156,024
Fundraising - in house	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100	\$0	\$0	\$460	\$860	\$4,080
IT support & equipment	\$901	\$1,149	\$989	\$848	\$724	\$2,983	\$785	\$538	\$1,321	\$759	\$373	\$1,000	\$12,378	\$12,000
Insurance	\$1,673	\$0	\$828	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$2,501	\$2,924
Office expenses	\$214	\$161	\$222	\$456	\$310	\$787	\$400	\$473	\$338	\$1,695	\$0	\$200	\$4,564	\$2,400
Printer/Photocopier	\$0	\$0	\$371	\$0	\$232	\$239	\$288	\$0	\$247	\$181	\$181	\$250	\$2,937	\$3,000
Memberships	\$17	\$168	\$50	\$78	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$10	\$322	\$120
Software subscriptions	\$175	\$274	\$207	\$514	\$466	\$716	\$2,960	\$517	\$34	\$535	\$584	\$100	\$7,182	\$1,200
Telephone (admin)	\$427	\$427	\$459	\$459	\$429	\$429	\$429	\$919	\$0	\$707	\$564	\$658	\$5,708	\$3,900
Travel	\$4	\$4	\$34	\$74	\$74	\$21	\$0	\$21	\$38	\$0	\$74	\$100	\$270	\$1,200
Welfare Hospitality/Christmas lunch	\$0	\$0	\$0	\$48	\$0	\$222	\$0	\$0	\$0	\$73	\$74	\$50	\$767	\$1,050
Sundry expenses	\$0	\$0	\$0	\$440	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$10	\$450	\$1,200
<b>Total Administration</b>	\$19,973	\$17,444	\$17,717	\$19,684	\$19,684	\$21,763	\$19,943	\$23,096	\$17,889	\$17,348	\$13,848	\$25,749	\$234,117	\$218,294
<b>Marketing &amp; Promotions</b>														
Advertising & marketing	\$0	\$0	\$0	\$1,033	\$0	\$160	\$205	\$167	\$75	\$733	\$3,321	\$200	\$5,894	\$2,400
Brand awareness - Kwi First	\$13,446	\$12,413	\$11,917	\$12,742	\$13,564	\$11,492	\$12,077	\$13,313	\$12,292	\$9,748	\$8,759	\$10,044	\$141,797	\$140,422
Web hosting, email & domain	\$75	\$75	\$75	\$75	\$161	\$75	\$75	\$75	\$75	\$75	\$75	\$120	\$1,031	\$1,103
<b>Total Marketing &amp; Promotions</b>	\$13,521	\$12,488	\$11,992	\$13,850	\$13,725	\$11,727	\$12,357	\$13,564	\$12,432	\$10,566	\$12,155	\$10,364	\$148,721	\$143,925
<b>Premises</b>														
Rent	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$4,427	\$3,833	\$63,626	\$53,122
Supplies: Kitchen, cleaning	\$122	\$177	\$409	\$0	\$103	\$304	\$0	\$0	\$52	\$76	\$89	\$250	\$1,493	\$5,000
Power	\$0	\$0	\$77	\$206	\$0	\$0	\$0	\$972	\$0	\$53	\$15	\$15	\$307	\$600
Repairs and maintenance	\$165	\$165	\$165	(\$351)	\$165	\$225	\$165	\$165	\$165	\$165	\$0	\$0	\$1,963	\$1,963
Operating expenses	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Moving costs	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$6,077	\$6,077
<b>Total Premises</b>	\$4,714	\$4,770	\$5,078	\$4,282	\$4,695	\$4,956	\$4,592	\$13,269	\$10,617	\$4,765	\$7,994	\$4,263	\$73,995	\$58,705

29%

26%





Rent	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$3,810	\$45,720
Supplies: Kitchen, cleaning	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$420
Power	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$150	\$1,800	
Repairs and maintenance	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$600	
Operating expenses													\$0	
Moving costs													\$0	
<b>Total Premises</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$4,045</b>	<b>\$48,540</b>	
<b>Personnel</b>														
ACC		\$300											\$300	
Human Resources		\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	
Staff Supervision (counsellors)	\$360	\$360	\$360	\$360	\$360	\$360	\$360	\$360	\$360	\$360	\$360	\$360	\$4,320	
Staff recruitment	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$600	
Staff training & development	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$3,600	
<b>Subtotal - Staff costs - (Non-wages)</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$770</b>	<b>\$8,820</b>	
<b>Wages</b>														
Manager	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$3,900	\$46,800	
Office support	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$3,250	\$39,000	
Communications	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$1,138	\$13,650	
Counsellors	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$9,100	\$109,200	
Cleaning	\$173	\$173	\$173	\$173	\$173	\$173	\$173	\$173	\$173	\$173	\$173	\$173	\$2,080	
Kiwi Saver	\$527	\$527	\$527	\$527	\$527	\$527	\$527	\$527	\$527	\$527	\$527	\$527	\$6,322	
Movement in staff entitlements													\$0	
<b>Total Wages (Sub-total)</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$18,088</b>	<b>\$217,052</b>	
<b>Total Personnel</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$18,798</b>	<b>\$225,872</b>	
Helpline														
Helpline contract	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$35,906	\$143,623	
<b>Total Helpline</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$35,906</b>	<b>\$143,623</b>	
<b>Parent Education</b>														
Parent Education	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$1,500	
<b>Total Programmes</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	
<b>Total Expenses</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$92,078</b>	<b>\$1,500</b>	
<b>Net Surplus (Deficit)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>\$806,395</b>	
<b>Accumulated Profit (Loss)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>(\$39,518)</b>	<b>\$10,314</b>	

Transfer from T.O.Y. Foundation Reserves  
Adjusted Surplus (Deficit) \$40,000  
Capital expenditure still to come \$50,314

KEY:  
Actual  
Confirmed  
Timing changed  
Change from budget

<b>EQUITY</b>	
Accumulated funds	\$231,088
add T.O.Y reserve	\$40,000
<b>Total Equity at 17/04/23</b>	<b>\$271,088</b>
Projected surplus (loss) for year	\$10,314
<b>Projected Equity at 31/03/24</b>	<b>\$281,412</b>
Accumulated funds	\$281,412
add T.O.Y reserve	\$0
<b>Total Equity at 31/03/23</b>	<b>\$281,412</b>



# Parenting Workshops

## **Parent Education Workshops**

We have identified a growing need for parent education workshops across New Zealand to be activated again. These were operational in Wellington pre-covid times, and until now had not re-started.

Parenting workshops are starting in March in Kapiti Coast and Porirua. Upon the success from these we will be expanding monthly into other regions within the Greater Wellington Region and in time expand to nationwide.

Workshops will be delivered as interactive, where participants are fully engaged and not sitting and listening to a 'lecture' type scenario. All initial workshops will be accessible via zoom, and the follow up seminar workshop series will be face to face.

There will be a cost of \$60 per person for these workshops with discounts available for those with a community services card as well as a percentage of spaces available at no cost for families who sit under the OT umbrella.

## **Funding:**

We will be charging participants and applying for grants to make workshops sustainable for Parent Help, while also remaining affordable for parents to attend.

## **Facilitators:**

All workshops will be facilitated by professionals in their field. If they are operated outside of our own registered counsellors, then reference checks will be sought before they are contracted to facilitate a workshop.



# Thank You

**We would like to express our gratitude to the following supporters of Parent Help:**

**Oranga Tamariki**

**Wellington Community Trust**

**Freemasons**

**Kiwi First**

**Betty Campbell**

**Wellington City Council**

**The Lion Foundation**



# Contact Us



0800 568 856



[info@parenthelp.org.nz](mailto:info@parenthelp.org.nz)



[www.parenthelp.org.nz](http://www.parenthelp.org.nz)



**Parent Help**  
Parent and Family Support



