

Te Tahī Youth Annual Report

1st July 2022 to
30th June 2023

Te Tahī Youth
LIFE + WELLBEING SUPPORT

Everything you need
in one place.

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Setting the Scene

Fiona Kay, GM

As I look back on my first full financial year at the helm of Te Tahi Youth (formerly Youth 298 Youth Health Centre), I am full of immense pride at the mahi of our small but impressive team.

Our GPs and nurses held 3,000 one-on-one appointments and our counselling team supported 179 youth. Our youth workers supported 350 rangatahi, while in just six months of operation, our youth employment team supported 55 people. Overall, ninety per cent of the patients we supported reported better health and wellbeing after accessing our service.

These numbers only tell part of the story. The wrap-around support we provide is helping keep youth out of ED and mental health inpatient care, and equipping them with the skills to make good life choices. For every young person we provide free support to, there are significant flow-on effects to their friends, whānau, and support network. Through supporting individuals, we're strengthening communities.

The people that come through our doors are those who are most in need. Their cases are often complex and many are in incredibly vulnerable situations. They don't feel they 'fit' with other services. They 'fit' with us.

Unfortunately, an increase in need hasn't translated into an increase in health funding. The huge unmet need has forced us to work harder and find creative solutions to keep our heads above water.

We couldn't do what we do without our supporters. I'd like to give a special thanks to all the Rotary Clubs in Christchurch for coming together to buy us an MG (and to our Board member Paige Sullivan for making it happen!).

I'd also like to thank the team at the Ministry of Social Development for funding our new Youth Employment service. Thanks to their support, we now have 8 staff matching work-ready young people with Canterbury businesses.

Ngā mihi nui to Green MP Chlöe Swarbrick for her tireless work advocating for the Youth One Stop Shop (YOSS) sector. I am excited to work alongside Chlöe and the nine other YOSS around the country to help realise the potential of our sector so we can do even more to support rangatahi to overcome barriers and thrive.

Finally, I'd like to thank our team for going over and above to support our region's youth. Because of their dedication, we are changing lives.



Chlöe Swarbrick continues to be a huge advocate for a more sustainable funding model for Youth One Stop Shops.

Dr Lyndsey Dance, Board Chair

There are few bigger shoes to fill than those of Dame Sue Bagshaw! After 28 years leading from the front Dame Sue took a well-deserved step back from day-to-day operations to become our Patron.

Quite simply, Te Tahī Youth wouldn't be here today without the foresight, dedication and sheer determination of Dame Sue. Since the outset, she has been our leader, one of our doctors, our champion and our Chairperson. Stepping back from day-to-day management will give Dame Sue the time she needs to make her new project a reality - a Youth Hub to connect services like mental health with education, transitional housing, employment and training.

While the prospect of taking over as Board Chair from Dame Sue was a daunting one, it's been made easier by the incredible, passionate team that makes Te Tahī Youth such a special

organisation. It's been a seamless transition into the role thanks to our very talented Board, which this year was bolstered by the arrival of Philippa Jones and Annabelle Kelley. Philippa comes with a wealth of leadership experience and is currently the executive director of the New Zealand Needle Exchange Programme for Te Waipounamu, while our youth representative, secondary school student Annabelle, is helping ensure rangatahi voices are heard at the decision making table.

To ensure we remain relevant to the young people we serve, at the end of this financial year we changed our name from 298 Youth Health Centre to Te Tahī Youth. We believe that this new name better reflects the very essence of what we do, which will remain the same: providing free, accessible, non-judgmental medical and youth development services that prioritise the needs of the people we see.



A Year of Change

Thank You, Sue!

Sue founded 198 Youth Health in 1995 with a vision to provide free, accessible health services for rangatahi in Ōtautahi. Every day she has inspired us — what she has achieved and the work she continues to do to support our region's young people is simply incredible.

From your Te Tahi Youth whānau, thank you.

Te Tahi Youth wouldn't be here today without the foresight, dedication and sheer determination of Dame Sue Bagshaw.



"I heard from a young woman the other day who used to be a patient of mine, she's now achieving amazing things in the arts space. Those kinds of stories are the most heartfelt.

As I reflect on the past 28 years, the biggest reward has been hearing how many lives we've changed. It's always a thrill when somebody comes up to you and says I went to 198 Youth Health, and now look at where I am."

Introducing Te Tahi Youth

We have grown so much since opening 198 Youth Health 28 years ago and while the 198 and 298 names have served us well, it was important to create an identity that more closely represented the wide range of services we offer and the young people we work with.

Te Tahi Youth is the new name for 298 Youth Health Centre. It's a name that encompasses our values of compassion, acceptance, resilience and encouragement.

Te Tahi literally translates to 'the one'. For us that has a number of meanings. We're the one place where youth can access all the care they need. Our team works as one with youth to improve their lives and this is one place where everyone is equal, and no one is judged.

While our name has changed, our kaupapa has not. We've been here for young people since 1995 and we're still here for young people today.

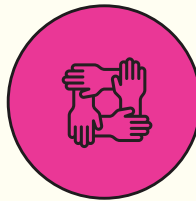
By the Numbers

1st July 2022 to 30th June 2023



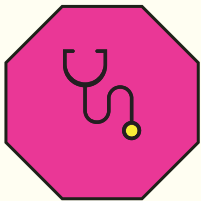
450

enrolled patients



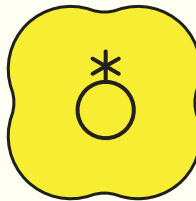
55

supported in the first 6 months of the new employment contract



3,000

number of one-on-one health appointments



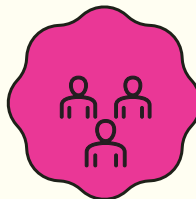
10

per cent of patients identifying as non-binary



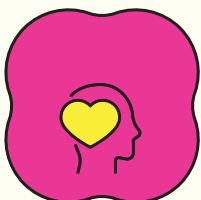
179

how many young people our counselling team supported



19

staff members



90

per cent of patients report better health and wellbeing



10

the number of years since we had an increase in health funding levels*

* A funding increase was received from Te Whatu Ora in the 2023/24 financial year

Helping Rangatahi be the Best Version of Themselves

Employment Programme Changing Lives

Our new Employment Programme only launched in February, but it's already changing the lives of our rangatahi.

The free programme matches Canterbury businesses with work-ready young people between the ages of 15 and 24.

It started thanks to Ministry of Social Development funding. MSD wanted to support young people with their employment and training and provide a positive path for them.

After just six months of operation, 55 young people were supported by our youth employment programme.

A team of 8 Employment Navigators has been created to work alongside rangatahi on their pre-employment journey and make individual plans that suit their strengths, interests and aspirations. There is also one Employment Broker who focuses on understanding exactly what businesses need and matching them to a suitable candidate.

Youth Employment Team Leader Simon Britten says the service is tailored to each individual's needs to ensure they have the skills and support they need to navigate the workplace.

"We talk about hopes, dreams, and what the future could look like. We explore different employment pathways with each individual, polish up their CV's and do some practice interviewing.

"We offer young people the opportunity to improve their literacy and numeracy, get their driver's licence or first aid certificate."



Sometimes the road to employment starts with getting a

Full Steam Ahead: Meet Georgia Mangelsdorf

At the start of 2019, Georgia Mangelsdorf moved back to Christchurch after living in Nelson.

She quickly found herself at Te Tahi Youth (then 298 Youth Health Centre).

"I was in desperate need of some support – I had just been diagnosed with PTSD, anxiety and depression and I wasn't in a good place," Georgia says.

"For the entire year of 2022 I was in and out of hospital, so I couldn't work. I had been asked to step down from university and my entire life had to stop because of this pain I was in."

Georgia's worked with most of the teams at Te Tahi Youth including doctors, nurses, youth workers, and more recently – the employment team.

The employment team's work with Georgia led to her getting a job as Front of House and Venue Hire Coordinator at Ferrymead Heritage Park.

"The programme was absolutely incredible, and I still feel supported by them, even now when I've got a job."

Georgia spent many hours volunteering at the Heritage Park driving trams for events, and it wasn't too long before she fell in love with the place.

"I have all my granddads here – I love them all. I'm the youngest person in the society and one of very few female drivers, the majority are old gentlemen."

"When they found out I'd applied for a full-time job here they really rallied behind me, it was so cute. I just feel so at home out here."

"I just felt so very loved."

Georgia finds it hard to put into words how grateful she is for the opportunity.

"I honestly don't think I would be alive if it wasn't for Te Tahi Youth, I seriously give them so much credit for saving my life. I'm just so grateful – I don't think I would have had the confidence to get back into work without them because all my confidence was destroyed."



The support provided by our new Employment Programme resulted in Georgia getting a job, a confidence boost and lots of new friends at Ferrymead

Youth Health in Schools

In the past few years, health services in schools have become more depleted by the minute, and some rangatahi are not able to access the support they need to thrive in education and life.

When we realised this, we stepped up to the plate and offered kura across Canterbury our nursing service.

It became such a success at Rolleston and Ellesmere, that we're now offering our Te Tahī Youth Health services to every school in Ōtautahi and Selwyn.

The aim is that one day, all youth in the Greater Christchurch area can access the support they need —and we're making sure it starts at school, where rangatahi spend most of their time five days a week.

Youth Health Jo Kirrane and Nurse Prescriber Toby Hilton.



“We know young people are struggling a lot these days with pretty much everything – mental health, navigating gender identity, and young people in general not being able to access the support they need.

Our Youth Health in Schools service is here to change that.”

Toby Hilton, Nurse Prescriber



Nurse Prescribers Donna Southorn and Toby Hilton are delivering accessible health care as part of our new Youth Health in Schools Service.



Youth Health Jo Kirrane and Nurse Prescriber Toby Hilton at Rolleston College.

Being Where Youth Need Us

Nurse Prescriber Donna Southorn knows first-hand the impact of having a nurse on-site at a school.

Donna, along with Jo Kirrane, have been based at Rolleston College Monday to Friday, supporting students with mental health, sexual health, and general wellbeing.

Her belief is that no question is a silly question, and every opportunity is a learning experience.

“It’s always good to have another adult to be able to disclose stuff to, and ask questions about their health and wellbeing — especially if they feel too shy to ask other adults about it.”

The service provides wrap-around support

while acting as a starting block if the young person needs it. Plus, every student has full access to our wider Te Tahī Youth services, like youth workers, social workers, doctors, and the employment team.

As a nurse prescriber, Donna can provide antibiotics for common infections, creams for eczema, asthma inhalers, and contraceptive pills, as well as many other prescriptions to maintain youth wellbeing.

Most importantly, she doesn’t shy away from the tough stuff.

“We just get in and do the work and support the young people, and from it, we see amazing outcomes,” Donna says.

Ngā Mihi Nui

While healthcare shouldn't be a charity, it is, and we are.

Our supporters are critical to ensuring we can provide youth with the services they need - we couldn't make the difference we make without them.



A massive thank you to **Chemist Warehouse** at the Palms for donating Goodie Bags for our patients.



Thanks **Rotary!** Every Rotary club in Christchurch chipped in to buy us a brand new MG.



Dulux came to the party to help give our space a much-needed spruce-up - thank you!



Thanks to **Pak'nSave** for helping keep rangatahi bellies full.



A huge thanks to **Cosmic Corner** and **Kathmandu** for donating clothes, and thanks **Ethique** for the awesome beauty products.



We are extremely grateful for all of the financial support that we receive from local and national charities.



Von Burns Charitable Trust

The Financials

Statement of Financial Performance

Korowai Youth Well-Being Trust

For the year ended 30 June 2023

	NOTES	2023	2022
Revenue			
Donations, fund raising and other similar revenue	1	262,831	232,853
Revenue from providing goods or services	1	1,657,265	1,006,388
Interest, dividends and other investment revenue	1	12,296	986
Other revenue	1	7,549	13,229
Total Revenue		1,939,941	1,253,456
Expenses			
Employee & Staffing Costs	2	1,243,210	830,310
Service Delivery Costs	2	35,780	69,460
Administration Costs	2	303,796	113,804
Occupancy Costs	2	179,688	130,560
Total Expenses		1,762,475	1,144,134
Surplus/(Deficit) for the Year		177,467	109,321

Statement of Financial Performance

Korowai Youth Well-Being Trust

As at 30 June 2023

	NOTES	30 JUN 2023	30 JUN 2022
Assets			
Current Assets			
Bank accounts and cash		936,667	268,461
Debtors and prepayments		58,944	50,856
Investments (current)		-	130,210
Total Current Assets		995,622	449,527
Non-Current Assets			
Property, Plant and Equipment		149,964	50,628
Total Non-Current Assets		149,964	50,628
Total Assets		1,145,586	500,155
Liabilities			
Current Liabilities			
Bank accounts and cash		2,115	-
Creditors and accrued expenses		18,484	68,659
Employee Entitlements		50,309	9,584
Goods and services tax	5	28,311	31,554
Unused donations and grants with conditions		599,069	131,104
Total Current Liabilities		599,069	131,104
Total Assets less Total Liabilities (Net Assets)		546,517	369,051
Accumulated Funds			
Accumulated surpluses or (deficits)	3	546,517	369,051
Total Accumulated Funds		546,517	369,051

Statement of Cash Flows

Korowai Youth Well-Being Trust
For the year ended 30 June 2023

	2023	2022
Cash Flows from Operating Activities		
Receipts from provision of services	2,708,910	1,354,445
Payments to suppliers and employees	(1,848,186)	(1,169,189)
Interest received	12,296	1,698
GST	(217,441)	(93,786)
Rounding	-	-
Total Cash Flows from Operating Activities	655,579	93,167
Cash Flows from Investing Activities		
Payment for property, plant and equipment	(119,687)	(1,602)
Total Cash Flows from Investing Activities	(119,687)	(1,602)
Net Cash Flows	535,892	91,565
Cash Balances		
Cash and cash equivalents at beginning of period	398,671	307,106
Cash and cash equivalents at end of period	934,563	398,671
Net change in cash for period	535,892	91,565

Cash and Cash Equivalents includes bank accounts and cash, investments and credit card balances.

Te Tahī Youth