



Te Tahī Youth.

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Annual Report [1st July 2023 - 30th June 2024]

Here for young people since 1995.

Te Tahī Youth is a trusted one-stop shop based in Ōtautahi, dedicated to supporting young people with comprehensive services that address their medical, sexual, and mental health needs. In addition to healthcare, we provide mentoring and employment support to help rangatahi navigate life's challenges - all completely free of charge.

Our mission is to empower Ōtautahi youth to reach their full potential. Every day, our passionate team stands beside rangatahi as allies, advocates, and supporters, helping them to build brighter futures.

Te Tahī Youth

Our Youth Coaching team



Contents.

- The Year that's Been02-04**
- Fiona Kay, General Manager..... 02
- Dr Lyndsey Dance, Te Tahī Youth Board Chair..... 03
- The Year in Numbers 04
- Doing the Mahi05-08**
- Fostering Resilience..... 05
- Empowering Change07
- Jono's Journey: Achieving Independence with Te Tahī Support 08
- Ngā Mihi Nui.....09**
- The Financials.....10-11**

The year that's Been.



Fiona Kay, Te Tahī Youth General Manager

As I reflect on the past 12 months, I'm struck by the remarkable progress we've made at Te Tahī Youth. This year has been one of significant change, growth, and success across our services, with our dedicated team rising to meet the ever-growing needs of rangatahi in Christchurch.

One of the most notable milestones has been achieving full staffing and the successful operation of our Youth Employment service. With a highly skilled team now in place, we've connected more young people with employment opportunities across Canterbury. These placements offer more than just jobs - they provide meaningful pathways for rangatahi to build confidence, develop skills, and find a sense of purpose, empowering them to shape their futures.

Another highlight has been the establishment of our Youth Coaching Programme, which is already making a significant impact. This programme provides young people with personalised, one-on-one coaching to help them navigate life's challenges, build resilience, and set achievable goals. It has been inspiring to witness how this tailored support has helped rangatahi regain their sense of direction and self-worth.

We have also expanded our presence in youth health services within schools, extending our reach to Lincoln, Darfield, and Kaiapoi High Schools, as well as St Thomas of Canterbury, Villa Maria, and Hagley College. This growth, supported by the addition of five new Youth Health Nurses, enables us to deliver comprehensive care directly to students in familiar, supportive environments. By broadening our reach, we are making it easier for rangatahi to access essential health services within their school communities.

Another key achievement this year has been the introduction of our casual drop-in clinic, now running three days a week. This flexible service has quickly become a cornerstone of our healthcare offering, resulting in a significant increase in the number of youth accessing free healthcare.

None of these achievements would have been possible without the tireless dedication of our incredible staff and the on-going support of our wider community. Together, we are transforming the lives of Ōtautahi youth, ensuring they receive the care, guidance, and opportunities they need to thrive.

The year that's Been.



Dr Lyndsey Dance, Te Tahi Youth Board Chair

As I reflect on my first full year as Board Chair, it's clear that this has been a year of growth, progress, and a strengthened commitment to supporting our rangatahi. The journey we've undertaken - both as an organisation and as a Board - has been truly inspiring. It's a privilege to work alongside a team so deeply devoted to making a meaningful difference in the lives of young people.

This year, we bid farewell to Cam Brindstone and Marg Flyvbjerg, who stepped down from their roles on the Board. Their wisdom, dedication, and passion for Te Tahi Youth have played a vital role in shaping who we are today. They leave behind a lasting legacy that will continue to guide our work as we move forward.

Over the past year, we've expanded our services and extended our reach, connecting with more rangatahi than ever before - whether through schools, clinics, or our various programmes. By creating safe and supportive spaces, we've made it easier for young people to access the help they need. These achievements have been driven by the unwavering dedication of the Te Tahi team, whose tangible impact

is nothing short of remarkable.

The stories of the young people we serve remain our greatest source of motivation. Whether it's a rangatahi gaining confidence through our employment programme, a student receiving essential health support at school, or a young person feeling truly heard for the first time in counselling, these moments remind us why our work matters. Every connection we make and every service we provide is a step towards helping our youth build brighter futures.

Looking ahead, I am excited about the opportunities we have to grow our services further and to continue walking alongside the youth of Ōtautahi. With the dedication of our incredible team and the steadfast support of our community, I am confident we will continue to make a lasting difference in the lives of young people.

Thank you to everyone who has been part of this journey - your support means everything to us. Together, we are shaping a future full of hope and possibility.

The year in numbers.

1st July 2023 to 30th June 2024



454

Patients enrolled through our GP clinic.



44

Rangatahi assisted through our Transition Service.



5,276

One-on-one healthcare appointments.



3,181

Youth health in schools appointments.



284

Young people supported by our therapy team.



37

Te Tahi Youth staff members.



193

Rangatahi engaged in our Employment Programme.



90

Ākonga through our Youth Coaching Programme.

Fostering Resilience.

The Impact of Our Youth Coaching Programme

Launched in January 2024 in partnership with the Ministry of Youth Development, our dedicated Youth Coaches are embarking on a transformative journey with each ākonga. Their goal is to enhance engagement, improve academic outcomes, and strengthen connections to vital support services while addressing the underlying causes of disengagement and declining academic performance.

The programme targets ākonga aged 12-21 who are disengaged, at risk of disengaging, or experiencing a decline in academic performance. It particularly supports those in need of increased wellbeing support, lacking family connections, or struggling with acceptance and isolation from peers.

To foster self-awareness and personal growth, we have integrated wellbeing themes into our group activities. Guided by our Tūmanako framework, we design activities that encourage ākonga to identify what keeps them resilient while pursuing their dreams. Participants have shared how impactful this has been, with one noting, "Expressing myself and having someone to help me with my life," and another stating, "It was good to talk to someone. Everything was perfect." A standout experience involved a physical challenge at the cold plunge in New Brighton, which fostered teamwork and resilience. We also implement icebreakers to help ākonga feel more

comfortable and connected with their peers.

We've observed a shift in the reasons young people seek to participate in our programme, particularly with an increase in referrals from schools. While many initially see our activities as a break from school, we aim to incorporate valuable life lessons that facilitate inner learning processes. As one participant reflected, the programme has "helped remind me of my purpose. I've learned more about balance and that I'm okay, and it's alright to have a rest," leading to improved engagement in their educational settings.

Our activities are diverse, ranging from outdoor challenges like cold water immersion and climbing at the Kind Foundation Gym to creative pursuits such as pounamu carving and art workshops. We also offer educational opportunities, including visits to potential schools and workshops on CV writing and job searching. Social and wellness activities, such as volunteering and café meet-ups, further enrich their experiences, fostering skills, boosting confidence, and deepening community connections.

Each initiative is crafted to empower ākonga, cultivate resilience, and nurture their overall development. With early indications of success and positive feedback, we are excited to continue supporting our youth in thriving.



Empowering Change.

The Impact of Our Therapy Team

Launched in January 2024 in partnership with the Ministry of Youth Development, our dedicated Youth Coaches are embarking on a transformative journey with each ākonga. Their goal is to enhance engagement, improve academic outcomes, and strengthen connections to vital support services while addressing the underlying causes of disengagement and declining academic performance.

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Jono's Path to Success.



When Support Combines: How Te Tahi Youth's Employment and Transition Team helped Jono achieve his goals.

When Jono received his first permanent job offer, it marked the culmination of months of dedication and support from the team at Te Tahi Youth. For Jono, the moment was surreal.

"It was like a shock to the heart. I wasn't expecting it at all," he recalls.

A year earlier, Jono had met Transition Kaimahi Nathan Mitchell, who immediately saw Jono's potential. Nathan knew Jono would benefit from stepping outside his comfort zone and encouraged him to do just that.

"The first thing that struck me was Jono's sheer drive and motivation," Nathan says. "Part of my job is helping rangatahi find their own path and sense of independence. I knew Jono would benefit from stepping out of his comfort zone, and he embraced the challenge."

Jono's journey continued with the support of Employment Navigator Caitlin Harris, who helped him build his CV, connect with potential employers, and gain valuable work experience. Over time, his confidence grew.

"Jono is one of the most hardworking people I've ever

met, and he's been working really hard to get to where he is now," Caitlin says.

That hard work paid off when Jono secured a part-time position as a food and beverage assistant at Novotel.

There, he has been honing his customer service skills and learning about hospitality.

"I just feel really proud of myself," Jono says. "It feels good being more independent, and I feel like I'm growing up."

Looking back on his journey, Jono is grateful for the support he received from Nathan and Caitlin.

"They've been helping me do all the hard stuff so we can work as a team. Thanks to their support, I've got to where I am today."

Alongside his job, Jono is also studying at Ara three days a week, exploring subjects like graphic design and art history. With dreams of pursuing a career in IT, Jono's current experiences are setting the foundation for his future.

"If there's anything I'd say to young people like me, it's: don't sit there and do nothing. Get up and do anything. Find that motivation and run with it," he says.

Ngā Mihi Nui.

Healthcare shouldn't rely on charity - but for many, it does, and that's where we step in.

Our supporters are the backbone of our work, making it possible for us to provide essential services to the youth who need them most. Their generosity and commitment enable us to continue making a meaningful difference in the lives of rangatahi. Without their support, we simply couldn't offer the level of care and guidance that has such a profound impact on our young people's futures.

We extend our gratitude to our main supporters of the 23/24 financial year:



One Good Kiwi



Rata Foundation



PWC Foundation



Pub Charity



ANZ New Zealand Staff Foundation



Lion Foundation



Christchurch Casinos Charitable Community Trust



David Ellison Trust



Waiwetū Trust

Von Burns Charitable Trust

The Financials.

Statement of Financial Performance

Korowai Youth Well-Being Trust
For the year ended 30 June 2024

	30 JUN 2024	30 JUNE 2023
Revenue		
Donations, koha, bequests and other general fundraising activities	73,211	78,197
General grants	170,982	184,634
Government service delivery grants/contracts	3,148,549	1,660,265
Interest, dividends and other investment revenue	15,465	12,296
Other revenue	807	4,549
Total Revenue	3,409,024	1,939,941
Operating Expenses		
Employee remuneration & other relating costs	2,665,474	1,243,210
Other expenses relating to service delivery costs	112,573	35,780
Grants and donations made	2,331	160
Other expenses	636,033	483,324
Total Operating Expenses	3,416,410	1,762,475
Surplus/(Deficit) for the Year	(7,386)	177,467

Statement of Financial Performance

Korowai Youth Well-Being Trust
For the year ended 30 June 2024

	30 JUN 2024	30 JUNE 2023
Assets		
Current Assets		
Bank accounts and cash	450,588	936,677
Trade and Other Receivables	642,891	58,944
Total Current Assets	1,093,480	995,622
Non-Current Assets		
Property, Plant and Equipment	143,030	149,964
Total Non-Current Assets	143,030	149,964
Total Assets	1,236,509	1,145,586
Liabilities		
Current Liabilities		
Bank accounts and cash	4,130	2,115
Creditors and accrued expenses	54,630	18,484
Employee Entitlements	80,925	50,309
Goods and services tax	81,472	28,311
Unused donations and grants with conditions	476,221	499,849
Total Current Liabilities	697,378	599,069
Total Liabilities	697,378	599,069
Total Assets less Total Liabilities (Net Assets)	539,131	546,517
Accumulated Funds		
Accumulated surpluses or (deficits)	539,131	546,517
Total Accumulated Funds	539,131	546,517

Te Tahī Youth