

pandsi

Annual Report 2017-18



Post and Antenatal Depression Support and Information Incorporated

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pandsi.org

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About Us



Every year PANDSI offers support, information and referral to 350 Canberra families experiencing perinatal anxiety and depression.

We provide:

- Support groups with free childcare to normalise experiences, provide strategies for moving forward and social connection
- Telephone Support – regular outbound calls to clients to check in, listen, offer coping strategies, make referrals
- Playgroup – a safe place to connect with other mums who understand, learn to play and engage with children
- Partners Information Nights – what is going on for partners, strategies that help.
- Outreach to health professionals, Child and Family Centres, early childhood schools and other community organisations and groups.

We offer free childcare during our support groups, allowing parents to fully engage in the program.

PANDSI has close relationships with midwives, Maternity and Child Health (MACH) nurses, general practitioners, psychologists/counsellors and community organisations who refer families who need more support, are socially isolated and who may also be struggling with the adjustment to parenting.

Clients can self-refer and a diagnosis is not necessary.

Client Feedback

"Thank you so much for all the support PANDSI has given me over the last year. It is such a great service and has made the world of difference to my mental health, helping me to feel supported, normalising a lot of what I was feeling and most importantly getting me to understand that it is OK not to be perfect in everything. I really appreciate it."

"Thank you so much for your support for the last 2 years, you offer a wonderful service and I wouldn't have managed with out you. I am very lucky to live somewhere which has so much mental health support available."

"Thank you so much for all of your assistance, PANDSI has been a huge source of support for me. I don't know where I'd be without you guys and the friendships I've made through PANDSI"

"I just wanted to say a big thank you for all your help over the last year or so. The programs run by PANDSI are wonderful and it was really helpful to be able to meet with a group of people who understood what I was going through. The groups were very open and supportive."

"You saved my life once upon a time, and I hope to become well enough to assist as a volunteer some day soon"

"Just a quick note now to say what a wonderful and helpful service you have offered me over the last few years through telephone support, play group and the yoga/mindfulness sessions. I haven't needed you all the time, but the times I have you have helped fill a gap of loneliness or lowness and helped me through. What I have received has also been a great gift for our family as a whole."

President's Report

Christine Spicer

What a year for PANDSI! I love the opportunity to highlight the work of the PANDSI staff, volunteers and our Board who always go above and beyond to support families, when they need it most, across the Territory.

As the President my role is varied and has a lot of fun moments, from attending a Lion Dance fundraiser for PANDSI and sitting on the quiz table with Minister Fitzharris and MLA Elizabeth Lee in October 2017 to attending the Volunteer of the Year awards as a joint nominee with my fellow cake-crew volunteers. Our local media have been very supportive and allowed us to promote the work of PANDSI through my regular HerCanberra articles, ABC Canberra Radio interviews, The Canberra Times, RiotACT, Mix 106.3 and Hit 104.7 and 2CC.

In October 2017 we launched the PANDSI Cake Off Canberra in Cake book, which highlighted every cake from PANDSI Cake Off 2017. Thank you to everyone who further supported PANDSI by purchasing a copy.

PANDSI held its annual Twilight Seminar in March. We had the pleasure of Minister Rattenbury opening the event and thoughtful discussion and consideration was given to birth trauma and perinatal depression and how we can understand the experience and manage the impact.

6 May 2018 was our annual PANDSI Cake Off day. We had 56 volunteers create cakes representing some of our iconic #AussieBigThings. I'm always astounded at the quality and craft that goes into our PANDSI Cake Off cakes and am incredibly grateful to everyone who creates, volunteers and buys a cake. We were able to take advantage of the ACT Government's \$25,000 donation matching pledge and raised a total of \$56,000.

In June 2018, Polly McIntyre, our CEO for 6 years resigned. Polly did a fantastic job navigating PANDSI through increased funding to meet the growing demand on the service, implementing the 'Pathways to Wellness', accreditation under the National Mental Health Standards, moving premises and the day-to-day struggles which face Not for Profits. In late June 2018 we appointed Dr Yvonne Luxford as CEO.

PANDSI would not be the well-respected organisation it is without Polly's leadership, our incredible support workers and office staff, volunteers and our Board. Thank you Ann, who has been a shining example of an exceptional Vice President, Karen who as Treasurer has given many, many hours to ensure we are financially sound, Paul who guides us with his legal knowledge, Meredith who brings her exceptional ICT experience with her, Liana who as a research Fellow at ANU ensures we regularly evaluate our service and Megan who is not only a spectacular baker but also a highly valued board member who is chairing our communications and fundraising committee. Thank you to Jamie, who resigned from the Board through the year, you were a very valued member of the Board.

Treasurer's Report

Karen Toole, CA

PANDSI has continued providing valuable services to the community while maintaining a fiscally stable position.

PANDSI's audited financial statements for the financial year ended 30 June 2018 shows a surplus of \$21,186 (2016-17: \$77,257) and net assets of \$200,540 (2016-17: \$179,354). The significantly decreased surplus is due to a conscious decision to reinvest in PANDSI's activities rather than build up the net assets of the organisation.

PANDSI demonstrates strong financial health, with the following key performance indicators being well above benchmarks for not-for-profit organisations:

- Current ratio: PANDSI's ability to meet short-term financial obligations
- Quick ratio: the financial stability of PANDSI
- Operating reserve: whether resources are sufficient and flexible enough to support PANDSI without having to borrow externally

The main income for PANDSI continues to be the Mental Health Grant funding (over 80% of total income) and we thank the ACT Government for their ongoing support of our services. The ACT Government also provides funding matched to the amount PANDSI raises from the Cake Off, up to \$25,000. The success of the Cake-Off, along with the matching funding, is the next largest single contributor to 2017-18 income.

Income has increased by 6% and expenses by 17% from 2016-17. Most of the increased expenses are consistent with last financial year, being wages, salaries and superannuation, which is commensurate with the increased government funding associated with expansion of services PANDSI provides to the community. In addition, expenses for the rent of PANDSI premises nearly doubled that of the prior financial year.

I would like to thank Phillip Miller and his team for the audit of the financial statements this year.

In closing, I would like to thank CEO Polly, President Christine, Vice-President Ann, fellow board members and staff for their support during the financial year.

Our Board

PANDSI is governed by a valued group of volunteer Board members. Some have been clients of PANDSI and have wanted to give back to the organisation. Others are community-minded individuals who want to help PANDSI by being on our Board. Our Board members bring a wealth and variety of experience including public service employees, researchers, lawyers and accountants.

The responsibilities of the Board are to:

- Secure the long term direction of PANDSI
- Ensure policies and activities achieve those objectives
- Ensure that PANDSI is run in a way that is legal, responsible and effective
- Be accountable to those with interest or 'stake' in the charity

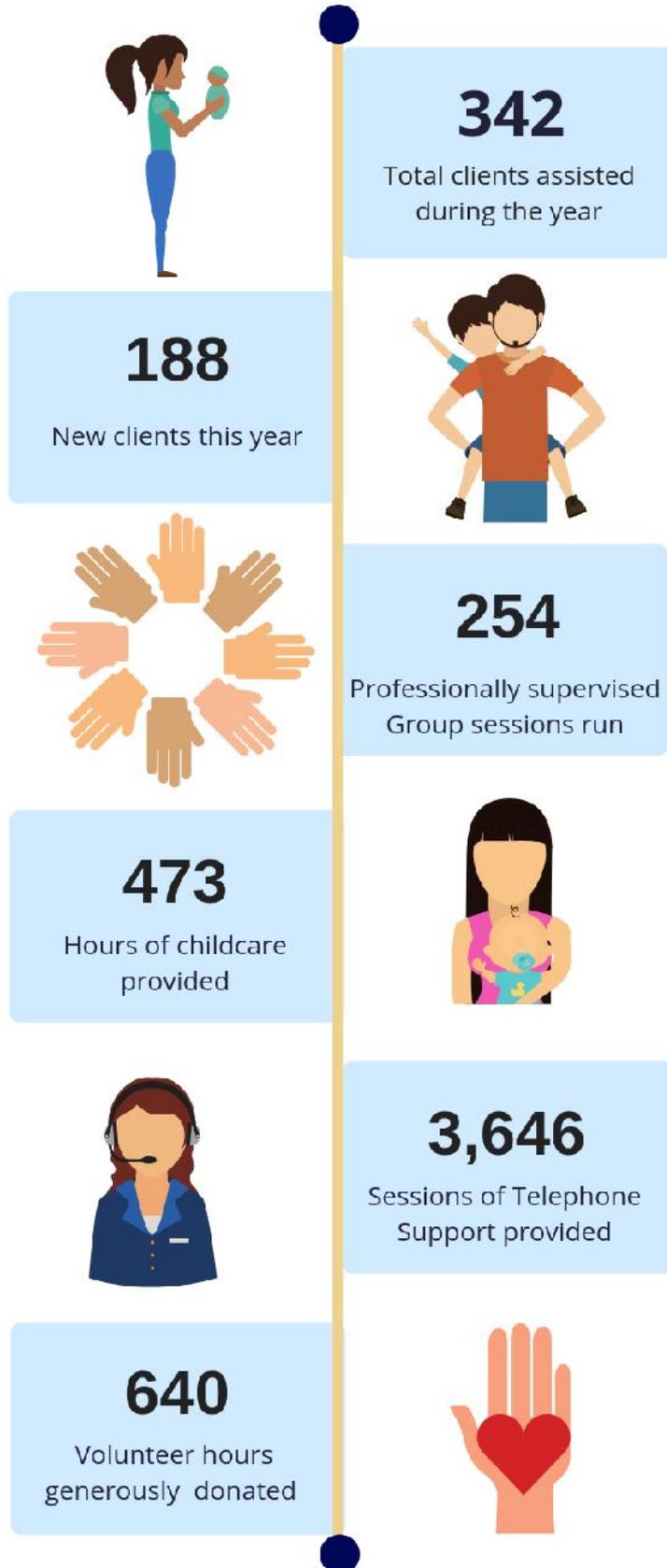
There are several sub-committees with responsibility to oversee more specific areas such as policy development, media relations and fundraising (including the highly successful Cake Off event).

In 2017-18, we farewelled Jaime Garrido as a board member.

PANDSI Board as at 30 June 2018

Christine Spicer	President
Ann Landrigan	Vice-President
Karen Toole	Treasurer
Jill Brown	Member
Paul Coleman	Member
Megan Jeremenko	Member
Liana Leach	Member
Meredith Cale	Member
Polly McIntyre	Member (non-voting)

Our Services



Highlights

Twilight Seminar

We were honoured to have Minister Shane Rattenbury open our 2018 Twilight Seminar in March. The topic of the seminar was Birth Trauma and Perinatal Depression which was well received by our stakeholders who attended on the night. The keynote speaker, Dr Nicole Hight (Founder of COPE – Centre of Perinatal Excellence), delivered an insightful presentation. PANDSI Board Member, Liana Leach, presented Australian research showing just how common fear of childbirth can be.



Cake-Off 2018

Cake-Off, our biggest fundraiser of the year was held in May, with 47 'Aussie Big Things' themed cakes on display at the Hyatt Hotel Ballroom. We were able to raise much needed funds and received in-kind support from many local businesses.



Strategic Plan 2017-19

Vision

To improve the perinatal mental health of women, men and their families in the ACT.

Purpose

To provide evidence based, innovative early intervention support and information to help families understand their perinatal mental health, normalise their experiences and build resilience. To assist families on their pathway to recovery and work with the community to reduce stigma and benefit wider society.

Valued Partnerships

Build partnerships and increase awareness so we:

- Are recognised as the primary point of information and support in the ACT region
- Improve community literacy about perinatal mental health
- Have strong relationships with major related non-government organisations and corporate partners
- Communicate successes widely and effectively as part of a well developed communication strategy
- Diversify partnerships to improve reach

Effective and Innovative Services

Deliver evidence-based, innovative services that are:

- inclusive, accessible and responsive with waiting lists minimised
- endorsed by key stakeholders as being a primary resource for families experiencing perinatal anxiety and depression
- informed and continuously improved based upon both internal and external evaluation

Sustainable

Ensure sustainability of our business model by:

- Investing in a motivated and stable Board and staff, who feel supported by our governance structure, systems, processes and infrastructure
- Diversifying funding sources and building strong relationships with funding bodies and partners
- Maintaining accreditation under the National Standards for Mental Health Services and meeting or exceeding performance expectations under our service agreement with ACT Government

Income and Expenditure Statement 2017-18

	2018	2017
Revenue and other income	647,242	610,747
Accounting and audit expenses	(3,018)	(2,639)
Bank charges	(193)	(189)
Depreciation and amortisation expense	(2,074)	-
Employee benefits expenses	(438,725)	(420,620)
Equipment and furniture <\$5,000	(5,829)	(5,881)
Event expenses	(16,871)	(13,283)
General group expenses	(5,858)	(6,023)
Other expenses	(75,008)	(67,044)
Rent costs	(33,480)	(17,811)
Surplus for the year	21,186	77,257
Income tax expense	-	-
Total comprehensive income	21,186	77,257

Statement of Financial Position 2017-18

Assets	2018	2017
Current Assets		
Cash assets	229,556	216,478
Trade assets and other receivables	59	1,078
Other assets	627	4,524
Total current assets	230,242	222,080
Property, plant and equipment	10,137	-
Total non current assets	10,137	-
Total Assets	240,379	222,080
Liabilities	2018	2017
Current Liabilities		
Trade and other payables	26,793	34,473
Provisions	13,046	8,253
Total current liabilities	39,839	42,726
Total liabilities	39,839	42,762
Net Assets	200,540	179,354
Equity	2018	2017
Equity		
Retained earnings	200,540	179,354
Total Equity	200,540	179,354

Our Supporters

We would like to thank all of the businesses and individuals who have supported us in 2017-18.



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