



WELLfed

Annual Performance Report

2022/23



Entity Information

Legal Name of Entity:

WELLfed NZ Trust

Entity Type and Legal Basis:

Charitable Trust

Registration Number:

CC55056 (registered 30/11/2017)

Address:

54 Hampshire Street
Cannons Creek
Porirua 5024

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WELLfed



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Chairperson's Report

Kia ora Koutou

In September 2022 I became the Chair of the WELLfed board – what a privilege. This is a special organisation where the staff and volunteers, including the board, work together to provide services for, and build relationships with, our community in Porirua.

As Tracey Bridges, our previous chair said, we work to strengthen our community's ability to respond to challenges. Our core service is cooking classes, but we do much, much more. We respond to the needs of our learners; supporting them to attend WELLfed and other activities like achieving a driving licence, first aid courses and developing their CVs. We have also added parenting classes and more recently gardening classes. It is difficult for me to capture the essence of WELLfed in writing but as everyone who has visited Hampshire Street this past year knows, WELLfed is an inspiring place. Inside the old bowling club are a group of people who work to constantly improve and grow not only numbers but the ways we can help our learners and whānau.



*Dame Diana Crossan, WELLfed
NZ Trust Board Chairperson*

It is always difficult to decide which is most important for an organisation like WELLfed – staff, volunteers, funders and learners! We are fortunate to have excellent staff who this year have stepped up to changes in our management structure without missing a beat. Our volunteers are many and varied – from people who help us with childcare to weeding the gardens to bringing HR and finance skills to our team. Our funders are individuals, philanthropic trusts, government departments and business sponsors – we thank you all.

And then there is the board... All of our members bring passion, skills and ideas to the table. With me are Mary O'Regan, Rebecca Morahan, Ana Patelesio, Kim Murray, Tracey Bridges and Quintin Tahau. This year we farewelled a long-time board member Dale Williams and thanked him for his many years of sterling service. We welcomed Quintin Tahau to the board and look forward to working with his talents and energy.

One of the biggest changes this year has been for one of our Founders, Rebecca Morahan to step down from the co-CE role. As you can imagine this is a big change, but we are pleased that Becs has stayed as a board member, so we do not lose her strategic thinking and deep understanding of the 'business'. This, of course, means that Kim Murray is now the sole CE. She has stepped up and kept everything moving in a very professional and caring way.

Kim's report follows and I will finish with a mighty cheer to you all!



The WELLfed NZ Trust Board, February 2023

*L-R: Dale Williams (resigned), Dame Diana Crossan, Kim Murray, Mary O'Regan, Tracey Bridges,
Rebecca Morahan, Quintin Tahau*



CEO's Report

Kia ora

It's been another positive year for WELLfed NZ Trust and we feel privileged to serve the community and also humbled to meet so many awesome people looking to learn new skills. We have continued to work and grow within Porirua but also trialled classes in Wellington city, and we've welcomed many school children into our environment in support of their future wellbeing.

It's been a year of great need in our community due to the rising prices of basics across Aotearoa, including of course, kai. In March 2023, food costs increased by 12.1 percent from the previous year, which has had a huge impact on the wallets and wellbeing of many. Economic conditions continue to be enormously challenging and we hope to see food prices decreasing in the near future.

WELLfed has been providing educational and vocational training to learners within the Porirua community for nearly seven years. Over this time, our data tells us the programme has had a significant impact on the lives of our learners and their whānau. Beyond our learners' new cooking skills, we see their increased confidence and capability rippling across other areas of their lives, including employment, volunteering, further education and getting a driving licence.

The WELLfed programme continues to be in high demand, with a six month waitlist for new learners, which demonstrates the value they and the wider community place on our programme. Eighty percent of referrals come from previous learners and many of these people are not connected with other agencies and may face significant barriers to social services, education and employment. I'm so proud of the pastoral care that WELLfed offers to our learners through our supportive and inclusive learning environment. We refer many learners to extra social services including social workers, counselling, housing and much more. This comprehensive approach helps learners address challenges they may be facing and ensures they have the best possible chance of making successful change to their lives and the lives of those around them.



*Kim Murray, WELLfed
co-Founder and CEO*

Significantly, we partnered with Wellington City Mission this year to create and deliver a fully-subscribed pop-up WELLfed cooking class in Wellington, thanks to the support of Tai Shan Foundation. This was also an exercise to test the repeatability of our model and evolve our strategy to meet the needs of the wider community, and collaborate with other organisations on common goals. We are confident this initiative will help us broaden our reach in due course and it's important we say thank you to the private donor who made it possible. Feedback from the course included that learners had acquired new skills, increased their confidence and now feel more connected to their community. They also want to keep learning new things. This was a win for everyone!

In September 2022, WELLfed took over management of the garden that is part of our premises, in alignment with our values of investing time and energy into our environment. We have introduced a learning hub for local school children to visit our site and learn how to nurture and grow our community garden, while also teaching them about fresh produce and teamwork. In one term alone, more than 300 children visited our garden and rolled up their sleeves to help.

We have approximately fifty active volunteers who support the growth of WELLfed, including as garden volunteers, tutors, childcare volunteers and in governance. We are very grateful and humbled to have their support.

CEO's Report continued

Our team has grown to 21 staff (FTE 11) and I'm thrilled to say that half of our paid staff are graduates of the WELLfed programme. This has always been a goal for co-founder Rebecca Morahan and myself and we are both extremely happy that this goal has been achieved.

Finally, I'd like to acknowledge Rebecca, who stepped down from her role as co-CEO early this year and I speak for many to say how grateful we are for all her incredible mahi over the past six years when she was fulfilling three roles for WELLfed: co-founder, co-CEO and trustee. It has been a privilege working alongside Rebecca and our hardworking team.

As we move into a new financial year we would love to thank all our funders and supporters for helping us make an impact on our communities. Well established charities across Aotearoa spend so much of their time trying to find appropriate funding, and WELLfed is no different in our pursuit of multi-year secured funding. We hope that in years to come, there will be a shift enabling us to spend less time seeking funding and more time delivering and deepening our services in the community, and being in a position to guarantee long-term employment to our staff.

Ngā mihi,

Kim Murray

"I'm thrilled to say that half of our paid staff are graduates of the WELLfed programme"
- Kim Murray, WELLfed CEO



The WELLfed Team in our teaching kitchen, May 2023

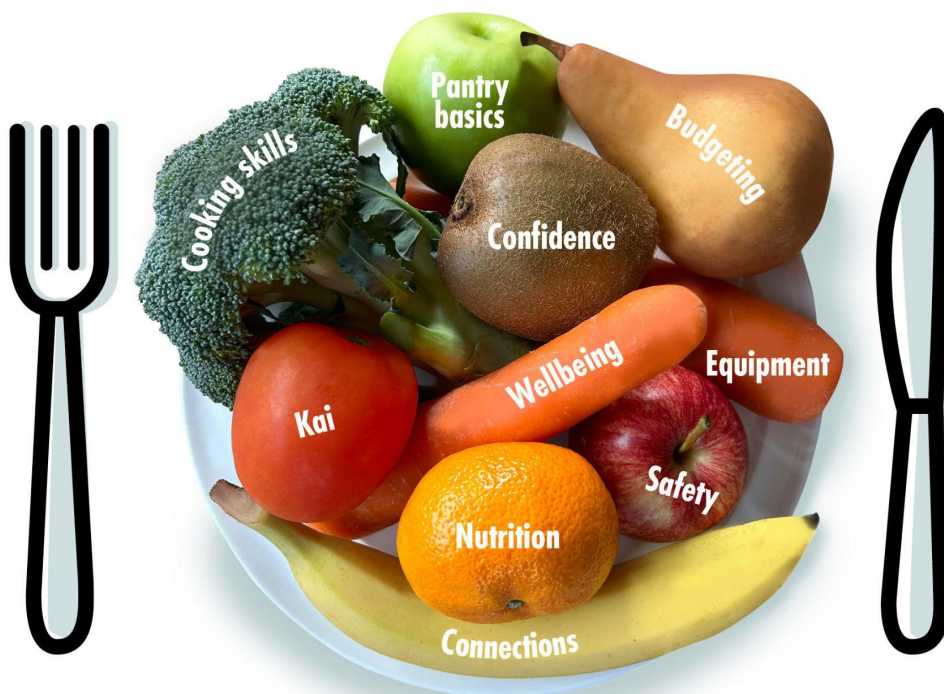
Vision

Our people have choices, skills and resources for living well

Mission

Nourishing communities through food and connections

More than a plate of kai



WELLfed connects

We connect our people with each other and our wider community

WELLfed enables

We support individuals and believe in the potential inside everyone

WELLfed is real

We meet all our people where they are, in a kind, practical and realistic way

WELLfed energises

We value the power of fun and friendship

WELLfed is sustainable

We invest time and energy into our environment

What we do

It all started with one Porirua person wanting to learn to cook muffins.

WELLfed began in 2016 with two locals, Kim and Rebecca, connecting with and listening to the stories of parents in the Porirua East community.

WELLfed was co-designed with the local community, to make the classes accessible and to ensure that the recipes and classes make a real difference.

The very first WELLfed course started in August 2016 at Holy Family School in Cannons Creek, Porirua. Seven years later we run and grow from our hub at the old bowling clubrooms in Hampshire Street, Cannons Creek.

Our amazing team make everything we do here possible. At the heart of WELLfed is the cooking programme teaching skills and confidence to make healthy affordable meals and baking.

Alongside learning kitchen skills, WELLfed plus offers personal development courses and plans for those whose interest in learning and work is sparked by attending WELLfed.

The WELLfed Garden supplies fresh produce for the cooking programme, as well as an education hub for local schools, workshops and volunteering opportunities for the community.

The entire WELLfed programme is focused on our learners making positive connections as they gain skills and confidence through participation and kōrero.



Statement of Service Performance

WELLfed delivered on our strategy of **increasing our reach**, **maintaining our impact** and **building sustainability** across the organisation.

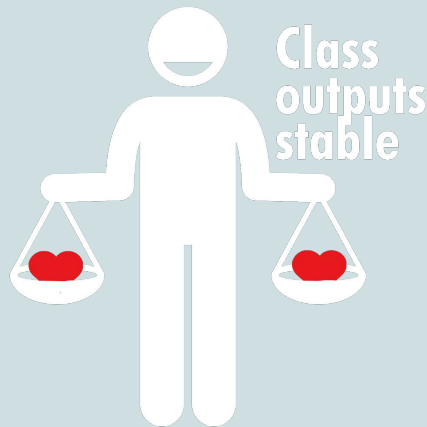
	Notes	7 year cumulative	This year 2022/23	Last year 2021/22
OUTPUT				
Total classes		800	182	176
Learners time to learn in class	*	22,532	3,825	5,904
Learner meals and baking made	*	14,972	4,048	4,080
Mouths fed in learners households	*	87,696	20,772	24,480
Items of kitchen equipment given out	*	10,337	2,125	2,500
Pantry items given out	*	9,478	2,328	3,125
Food rescued kgs	1	27,150	1,890	7,040
Volunteer hours	2	22,820	2,620	4,000
Learners passed a drivers licence level		137	62	28
Tamariki and rangatahi hours visiting WELLfed Garden			522	0
Produce harvested kgs (distributed via WELLfed)			1,284	0
WELLfed plus workshops			10	4
WELLfed plus workshop hours attended			178	80

Increasing our reach

121% increase in the number of learners who have passed a driver licence level

250% increase in workshops offered

Maintaining our Impact



Building Sustainability

100% food waste composted on-site

100% harvest used on-site or distributed to WELLfed Learners

Notes on Statement of Service Performance:

- 1) Decrease due to WELLfed growing more kai, reduction in food rescue available and a change of calculations by food rescue organisations.
- 2) Decrease due to funding allowing WELLfed to secure staff for roles previously reliant on volunteer generosity.

*2022/23 figures are actual amounts, versus estimates reported previously, ensures accuracy in reporting and tracking of metrics to inform future planning.

“WELLfed has helped me open up so much as a person. Honestly this program has helped me so much - I just can’t explain it all in words.” - Eddie



A large part of a learners growth cannot be measured by numerical data, there are impacts that we can only measure through feedback, word of mouth and the positive benefits that we hear have come about through our programme.

To demonstrate these impacts, we take great pride in sharing quotes from learners and community connections throughout this report.

Seven Year Infographic

After seven years
of WELLfed!



WELLfed

7
YEARS

Nourishing communities
through food & connections



Total classes
800

**RESCUED
FOOD**



27,150 kgs

10,337

Items of kitchen
equipment
given out



9,478

Pantry items given out

volunteer hours

22,820



Mouths fed in learners households

87,696



Learners
time to
learn in
class

22,532 hrs



learner meals & baking made

Learners passed a
driver licence level
(since 2020)



137

2022/23 Highlights

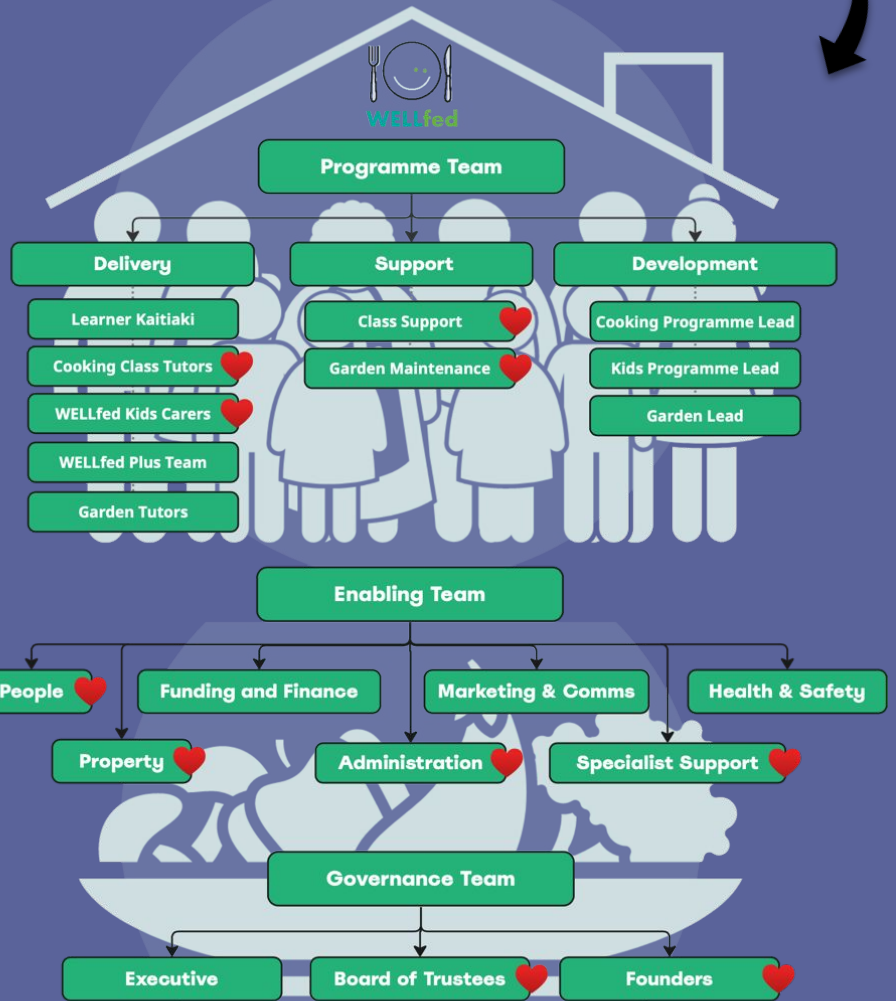
51% of our team are graduates of the WELLfed programme!

Our Team

The WELLfed team is strong, engaged and resilient with a deep understanding of the impacts the WELLfed programme can create which comes from lived experiences and first hand observations.

Our dedicated Board of Trustees volunteer their time based on the belief WELLfed is making real change in our communities.

We are incredibly proud that more than half of our paid staff are graduates of the WELLfed programme - which in itself proves the potential that lies within the communities we are nourishing through food and connections.



♥ Activities that include volunteers

Fueling WELLfed

Ensuring we have enough ingredients for seven classes a week is a big job. Our logistics team do a great job purchasing and managing all of the stock required by our learners.

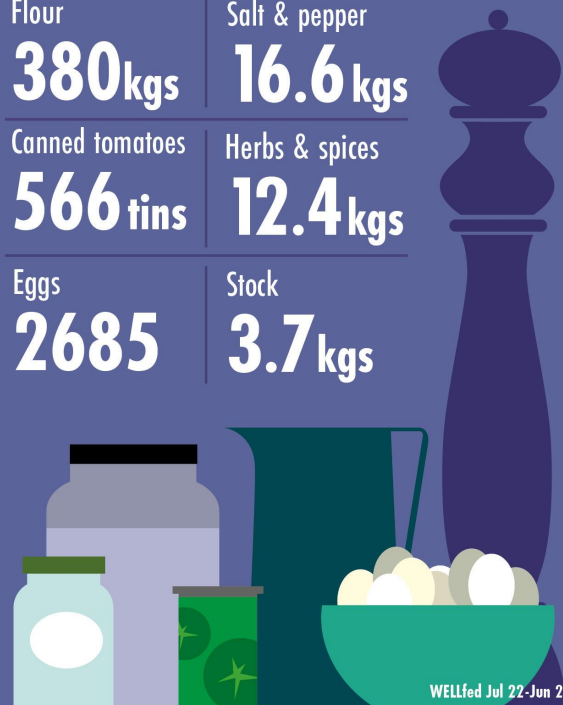
Flour	Salt & pepper
380kgs	16.6 kgs
Canned tomatoes	Herbs & spices
566 tins	12.4 kgs
Eggs	Stock
2685	3.7 kgs

Celebrating our Volunteers

We are blessed to have an amazing group of supporters who volunteer their time to help WELLfed be the best it can be.

2,620
Volunteer hours

Our Logistics team were busy!



2022/23 Highlights - Cooking

At the heart of WELLfed

Our cooking programme is at the heart of WELLfed. In October 2022 we added another class taking us to seven weekly classes, including a youth class.

The goal for recipes to cost under \$10 has been harder to achieve this year due to the rising costs of food so some changes have had to be made to accommodate ingredient substitutions and changes.

While all of our recipes are popular, learners really enjoyed making dumplings, oat chocolate chip biscuits, veggie packed sausage pie, scrolls, and the crowd-pleasing red lentil, tomato and coconut soup - better known as butter chicken soup.



Pop-up Success

Showcasing the potential impact of WELLfed in a new community really excited us.

Our enthusiastic team ran weekly classes during the successful six-week WELLfed "pop-up" at Wellington City Mission in Newtown. Feedback was very positive:

"I was excited because it was the first time ever I have cooked"

"I didn't want to get up this morning, but because of having the course I did".



Classes

182

Learner hours in class

3,825

Tutor hours

705

Learner meals & baking made

4,048

"Coming to WELLfed has been like taking little steps towards our future" - Crystal

2022/23
facts &
figures





Ripple Effect

This year we were able to offer learners a weekly pack of fresh fruit and vegetables, as well as a pack of kitchen equipment and 25 basic pantry items.

These packs help ensure that learners have the resources to complement the skills learned in class.



"Thought I'd share how much this class is helping my family. My son is cooking now - he used the WELLfed recipe banana chocolate chip muffins ... it was so rewarding seeing him work and they tasted great of course" - Jess

*More
2022/23
stats*

Food rescued kgs

1,890

Pantry items given out

2,328

Mouths fed in learner households

20,772

Items of kitchen equipment given out

2,125



Food Rescue

WELLfed made good use of 1,890kgs of **rescued food** this year. This perfectly useable kai may well have ended up in landfill otherwise. In class learners practice safely using food that is "past its best", so they can confidently utilise similar ingredients further preventing unnecessary food waste at home as well.

Our food rescue numbers were down on previous years as we have had access to fresh produce from the WELLfed Garden.

Shout out!

To our partners - thank you for your mahi.

wellington
citymission



kaibosh
FOOD RESCUE



Kiwi
Community
Assistance

2022/23 Highlights - Garden

Three years after the Garden was established in partnership with For the Better Good, WELLfed took over day to day operations in September 2022 with the triple focus of creating an education hub, a place for the community to volunteer and learn, and growing fresh produce for the WELLfed kitchen.

Kai for the Kitchen

With the garden so close produce can be harvested, washed, prepared and served in less time than it would take to drive to the shops.

Highlights included our immense 200 kg+ harvest of zucchinis and 128 kgs of carrots that have been used in the kitchen and as snacks by all visitors to the garden!



Volunteering

The WELLfed Garden hosted weekly volunteer sessions for the community to attend.

Each week a jobs list is posted and anyone who comes along can choose what they want to do that day.

Everyone from our regular attendees to groups from local companies who sent groups along contributed to the success of the garden this year. Thank you all so much.

Learning Outdoors

Each week tamariki from multiple local schools and rangatahi from colleges visit the WELLfed garden for activities and learning outdoors.

They have planted, harvested, turned and watered compost, and learnt all about the food cycle.

"I learned how to share and plant stuff that I didn't even know existed which made me learn more about vegetables and plants. It helped me alot because I shared a lot of good stuff with my family." - Arasi, Windley School

This year saw the first of many garden workshops held at WELLfed. Learners and community members were welcomed into the garden to learn about soil building and propagation.

The feedback we receive is always extremely positive.

"This is my third course and I always come away motivated and so impressed with the whole set-up" - Sue

520 | **522**
Volunteer hours | Garden visits
Garden info for 2022/23

Harvested **1,284** kgs



2022/23 Highlights - WELLfed plus

WELLfed plus is complementary to our cooking programme, offering learners chances to expand their skills and confidence towards achieving personal development goals.

What is on offer

WELLfed Kaitiaki work alongside learners to create Individual Development Plans, then help create CV's and identify appropriate work, study and volunteering opportunities.

Practical and interactive workshops such as First Aid, Interview Skills, and Communication Skills are offered onsite where learners feel comfortable and supported to participate.

Outcomes are measured individually, based on the goals created in each Individual Development Plan and acknowledging that learners all start their WELLfed journey from a different point.



WELLfed plus by the numbers



Total learner contact hours | Parenting courses hours
4,260 | **112**

Workshops | Workshop hours attended | CV's written
10 | **178** | **45**



Driving

Driving lessons | Learners passed a driver licence level
167 | **62**

Having a current Drivers Licence breaks down barriers beyond just being safe on the road.

From having a photo ID to employment opportunities, attaining the first or next level of a NZ Drivers Licence is a giant step in the journey learners are on.

The driving programme started in 2020 and we celebrated our 100th learner passing a level in May 2023.



Shout out!

To Partners Porirua - thank you for your mahi



PARTNERS PORIRUA
Tupu Rangatahi

Learner Story



#LearnerStory

I started at WELLfed last year. I thought I didn't need cooking lessons ... boy was I wrong! WELLfed taught me so much more than I knew - including how to add different flavours to meals. I even learnt how to cut onions properly. It didn't stop there - WELLfed helped me update my out-of-date CV and write a cover letter for employment. I completed a first aid course too. I've lived on the benefit for 15 years. But now my youngest is finally at school and I am proud to say I am ready to work in the real world. A few weeks ago - thanks to WELLfed - I sat my full driver's license and passed. The same day I was offered a job! Exciting times 😊 The best thing about WELLfed is the amazing staff who I have come to LOVE. Always helping their students to achieve the best they can and more.

I will cherish WELLfed and everything they have done for me as they helped me in ways I couldn't imagine. I can see a brighter future for me and my Whanau. Thank you WELLfed. Ngā mihi.

#WELLfed #NourishingCommunities #proud #WELLfedWhānau



#LearnerStories



117

10 comments 3 shares

Comments from learners & supporters

"I will cherish WELLfed and everything they have done for me as they helped me in ways I couldn't imagine. I can see a brighter future for me and my Whanau. Thank you WELLfed." - Rae, WELLfed Graduate

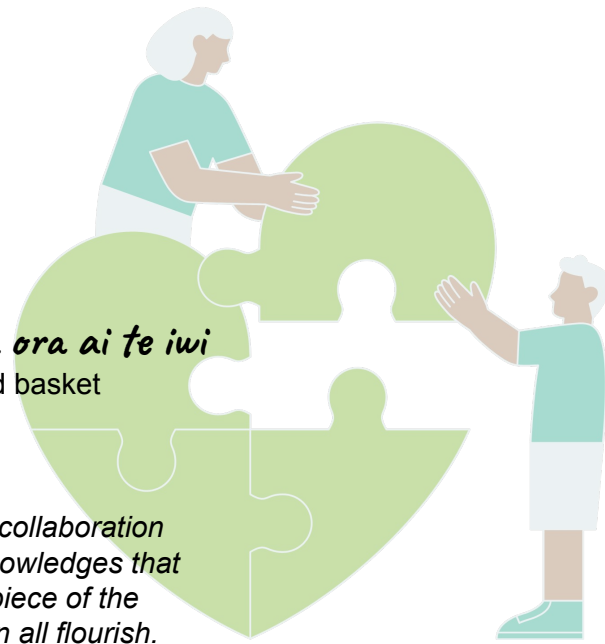
- GKC**
Congratulations sounds like all your mahi is paying off
Like Reply Hide 1y
- Mel Troy**
What an incredible journey. Wellfed helped you get started but you did all the hard work. So cool to read. Well done 😊
Like Reply Hide 1y
- Rachel Brunel**
Wow what a story! You're amazing. Go well in your new job and pathway!
Like Reply Hide 1y
- WELLfed learner**
so awesome Rae 🙌 all the best on your new journey xx
Like Reply Hide 1y
- Paremata Auto Services**
Wow that is so fantastic! Well done and congratulations 🙌
Like Reply Hide 1y
- Shannon Keys**
Thanks for sharing your incredible story, the team at Wellfed are amazing but I also know that it's your hard work, determination and positive attitude that has allowed you success. Good luck for your future and the future of your family.
Like Reply Hide 1y
- Parka Insurances**
What an amazing story - so powerful, and mind blowing where a 'cooking class' can take you. Amazing mahi Wellfed. I'm changing lives like this
Like Reply Hide 1y
- Kirsten Evans**
Your story is so encouraging. Praying work goes well for you!
Like Reply Hide 1y
- WELLfed tutor**
Wow such amazing achievements u have encountered with Wellfed. So proud of u keep up the amazing work. Open doors to more opportunities is coming your way. All the Best for you in your next journey in life. 🙌❤️
Like Reply Hide 1y

Community Connections

Nāu te rourou, nāku te rourou, ka ora ai te iwi

With your food basket and my food basket
the people will thrive

This whakatauki talks to community, to collaboration and a strengths-based approach. It acknowledges that everybody has something to offer, a piece of the puzzle, and by working together we can all flourish.



WELLfed works in partnership with a wide range of organisations in the community to ensure those who need our services are able to access them, and learners who need further support can access it.

“We have seen this programme work so well for teenagers who have been out of regular schooling. We can directly correlate the success and increase in confidence students have found from attending the WELLfed classes, to them being more open and ready to move onto other transition goals such as returning to classes at school, going onto a tertiary level course, and getting a job.

The students remark how safe and welcoming they find the environment, how non-threatening it is, and how it is a big challenge but they have felt successful.

They have gained new skills that have motivated them to keep attending and increase their belief that they can keep learning.

We would strongly recommend further funding and support for WELLfed programmes, that would enable more young people to experience the life changing benefits this course offers” - Kerry Wiles, Team Leader, Central Regional Health School Porirua

*“You always have our support for WELLfed... feel free to quote that to anyone you want!
HARD TO OVERSTATE THE IMPACT...
INTERGENERATIONAL... legendary!”
- Helmut Modlik, CEO,
Te Rūnanga o Toa Rangatira Inc*

*“Your organisation has been amazing for our Porirua community and seeing first-hand the transformational change that WELLfed has ignited, has been a highlight of my time here in Porirua.”
- Social Worker, Taeaomanino Trust*



We also acknowledge our landlord Porirua City Council and thank them for their support as a proactive and responsible landlord.

Supporters

The impact created by the WELLfed programmes would not be possible without the support of so many wonderful organisations and individuals.

Government support
helped to fund programme costs



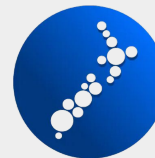
MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA



Community foundations
helped to fund operating costs



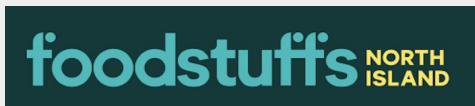
TRUST HOUSE
FOUNDATION



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

Corporate support

helped fund pantry and equipment packs to learners, replaced teaching kitchen equipment, gifted recipe books to programme graduates, a staff uniform, and hats and drink bottles for tamariki regularly learning in our Garden in the form of discounts and donations of items and services.



Financial supporters

helped fund programme and operating costs

Tai Shan Foundation
Peter Mitchell | Barbara Blake
Mana Blues Concerts
(organised by M & C Bleasdale)





WELLfed

WELLfed Key50

Key50 are an amazing group of donors who have committed to donate to WELLfed every year so that we can continue to pay some of those hard to fund operating costs.

"The positive effect that you're having within our community, is quite simply breathtaking. We are so pleased to have the opportunity to get in behind it."
- Charlotte, Paremata Auto Services

We also give thanks to the platforms that make donating to WELLfed simple.



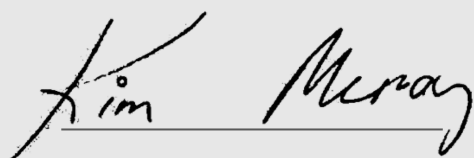
In addition to the supporters mentioned in this report, some donors and volunteers wish to remain anonymous.

We thank you from the bottom of our hearts.

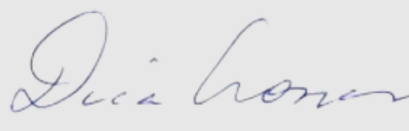
Approval of Performance Report

WELLfed NZ Trust

The Board of Trustees are pleased to present
the approved Performance Report for the
financial year ended 30 June 2023.



Kim Murray
Chief Executive Officer



Dame Diana Crossan
Chairperson

Statement of Financial Performance

'How was it funded?' and 'What did it cost?'

WELLfed NEW ZEALAND TRUST

For the year ended 30 June 2023

	Notes	Actual 30 June 2023 \$	Actual 30 June 2022 \$
REVENUE			
Revenue from providing goods or services	1	527,027	571,171
Donations, fundraising and other similar revenue	1	350,279	264,677
Interest, dividends and other investment income		10,067	75
Total Revenue		887,373	835,923
EXPENSES			
Volunteer and employee related costs	2	741,774	369,190
Costs related to providing goods or services	2	174,903	143,585
Expenses related to public fundraising		337	-
Total Expenses		917,014	512,775
(Deficit) Surplus for the Year		(29,641)	323,148

The accompanying notes form part of these financial statements.

Statement of Financial Position

'What the entity owns?' and 'What the entity owes?'

WELLfed NEW ZEALAND TRUST For the year ended 30 June 2023

	Notes	Actual 30 June 2023 \$	Actual 30 June 2022 \$
ASSETS			
Current Assets			
Bank accounts and cash	3	786,211	497,993
Debtors and prepayments	3	46,854	33,224
Other current assets	3	305,879	50,000
Total Current Assets		1,138,944	581,217
Non-Current Assets			
Property, plant and equipment	5	60,886	22,094
Investments	3	50,000	50,000
Total Fixed Assets		110,886	72,094
TOTAL ASSETS		1,249,830	653,311
LIABILITIES			
Current Liabilities			
Creditors and accrued expenses	4	104,056	27,206
Employee costs payable		33,379	8,473
Unused funding with conditions	4	528,138	-
Unused grants with conditions	4	102,642	106,376
Total Current Liabilities		768,215	142,055
TOTAL LIABILITIES		768,215	142,055
Total Assets less Total Liabilities (Net Assets)		481,615	511,256
ACCUMULATED FUNDS			
Accumulated surpluses or (deficits)		131,615	261,256
Reserves		350,000	250,000
Total Accumulated Funds	6	481,615	511,256

The accompanying notes form part of these financial statements.

Statement of Cash Flows

'How the entity has received and used cash'

WELLfed NEW ZEALAND TRUST For the year ended 30 June 2023

	<i>This Year</i> 30 June 2023	<i>Last Year</i> 30 June 2022
	\$	\$
CASH FLOWS FROM OPERATING ACTIVITIES		
<i>Cash was received from:</i>		
Donations, fundraising and other similar revenue	331,669	342,210
Receipts from providing services	1,044,469	530,185
Net GST	77,577	34,193
<i>Cash was applied to:</i>		
Payments to suppliers and employees	(874,786)	(497,100)
Net Cash Flows from Operating Activities	578,929	409,488
CASH FLOWS FROM INVESTING AND FINANCING ACTIVITIES		
Payments to acquire property, plant and equipment	(47,807)	(16,060)
Investments into term deposits with a maturity of more than 365 days	-	(50,000)
Other cash items from investing and financing activities	9,575	75
Total Cash Flows from Investing and Financing Activities	(38,232)	(65,985)
Net (Decrease)/Increase in Cash	540,697	343,503
CASH BALANCES		
Cash and cash equivalents at beginning of year	547,993	204,490
Cash and cash equivalents at end of year	1,088,690	547,993
Net Change in Cash for the Year	540,697	343,503

Statement of Accounting Policies

'How did we do our accounting?'

WELLfed NEW ZEALAND TRUST
For the year ended 30 June 2023

Basis of Preparation

WELLfed NZ Trust has elected to apply 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 of 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.

Donations, fundraising and similar revenue

Fundraising, grant income and donations are accounted for depending on whether or not it has a "use or return" condition attached. Where no use or return conditions are attached, the revenue is recorded as income when the cash is received. Where income includes a 'use or return' condition, it is initially recorded as a liability on receipt. The income is then subsequently recognised within the Statement of Financial Performance as the performance conditions are met.

Donated goods and services

Donated goods and services, given by suppliers to WELLfed are recorded at the estimated value of the discounted or free goods/service. Sometimes this is obvious from the source document, if not the estimated value is based on costs paid for a similar item recently and/or estimated amount of goods.

Donated goods or services received for fundraisers and extra food items received from Kaibosh have not been recorded, due to the difficulty of valuing these accurately.

Where significant donated assets are received with useful lives of 12 months or more, and the fair value of the assets is readily obtainable, the donation is recorded at the fair value of the asset obtained. Where the fair value of the asset is not readily obtainable, the donation is not recorded.

Other income

All other income is accounted for on an accruals basis and accounted for in accordance with the substance of the transaction.

Goods and Services Tax (GST)

The entity is registered for GST. All amounts are stated exclusive of GST except for accounts payable and accounts receivable which are stated inclusive of GST if any.

Income Tax

WELLfed NZ Trust is a registered charity under the Charities Act 2005, and is wholly exempt from New Zealand income tax having fully complied with all statutory conditions for exemption.

Cash and Cash equivalents

Cash and cash equivalents in the Statement of Cash Flows comprise bank balances and term deposits with original maturities of 365 days or less.

Property, plant and equipment

Property, plant and equipment is shown at cost or valuation less any accumulated depreciation. Depreciation is provided on a straight line basis.

Comparatives

Comparative information has been taken from the Performance Report for the year ended 30 June 2022. Certain amounts in the comparative information have been reclassified to ensure consistency with the current year's presentation.

Changes in Accounting Policies

The following changes have been made to accounting policies during the year:

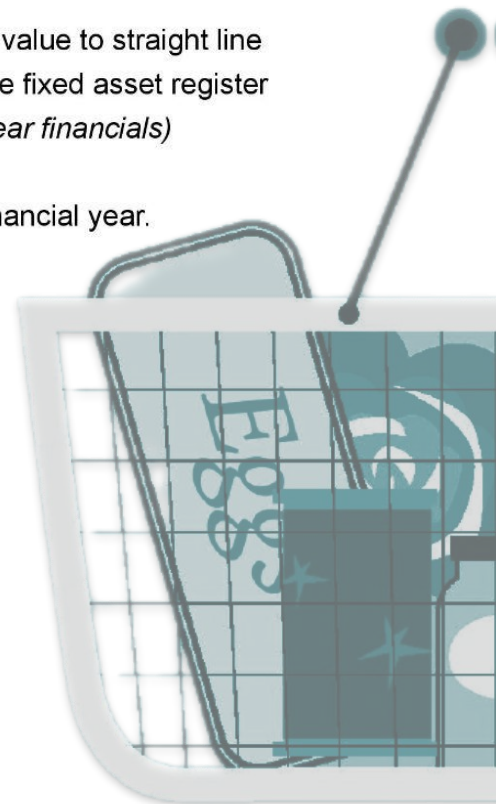
Term Deposits

- *Description of change:* allowable maturities extended from 90 days to 2 years
- *Reason for change:* to bring the policy in line with the term deposits approved by the board and achieve higher interest rates on operational reserve funds
- *Effective date of change:* March 2022 (not picked up in prior year financials)

Property, plant & equipment

- *Description of change:* Policy basis changed from diminishing value to straight line
- *Reason for change:* to bring policy in line with basis used in the fixed asset register
- *Effective date of change:* 1 July 2022 (not picked up in prior year financials)

There have been no other changes in accounting policies during the financial year.



Notes to the Performance Report

1. ANALYSIS OF REVENUE FROM DONATIONS, FUNDRAISING AND OTHER SIMILAR REVENUE

REVENUE ITEM	ANALYSIS	2023	2022
		\$	\$
<i>Donations, fundraising and other similar revenue</i>	Individual donations		
	Donations/koha - General	77,319	108,252
	Key 50 Donations - Regular personal donors	14,130	16,100
		91,449	124,352
	Donated goods and services (In Kind)		
	Moana Road	5,353	-
	Blue Star Printers	2,500	-
	Brainwave Trust	855	-
	Tawa Community Education - Tutor Support	-	7,140
	Foodstuffs - NW Porirua Food Purchases	-	9,606
	Foodstuffs - NW Paremata Food Purchases	-	2,956
	Flick - Power	-	4,900
	Dennis S Dahunan - Felix Y Manalo Foundation	-	1,200
	Citygreen	-	150
	The Warehouse	-	500
		8,708	26,452
	Grants		
	The Trust Community Foundation	-	79,313
	NZ Lotteries	80,000	60,000
	Trust House Foundation	47,382	30,000
	Hutt Mana Charitable Trust	2,321	17,500
	Nikau Foundation	7,500	11,000
	Pelorus Trust	21,337	9,352
	Wellington Community Foundation	49,620	6,000
	Foodstuffs	38,228	-
	Total received in the year	246,388	213,165
	Grants carried forward from prior year	106,376	7,041
	Tagged unspent grant funds at 30 June	(102,642)	(106,376)
		250,122	113,830
	Fundraising		
	Other fundraising revenue	-	43
		-	43
Total Donations, Fundraising and Other Similar Revenue		350,279	264,677

REVENUE ITEM	ANALYSIS	2023	2022
		\$	\$
<i>Revenue from providing goods or services</i>	Revenue from grants and contracts for services with central government	525,853	561,274
	Koha towards youth placements in classes	1,000	-
	Sale of fixed asset	174	-
	Funding from Tawa Community Education	-	9,897
Total Revenue from Providing Goods or Services		527,027	571,171

2. ANALYSIS OF EXPENSES

EXPENSE ITEM	ANALYSIS	2023	2022
		\$	\$
<i>Volunteer and employee related costs</i>	Employee & contractor related costs	703,735	347,661
	Kiwisaver contributions	20,002	5,005
	Holiday pay accrual	7,909	8,473
	Staff training	6,791	-
	ACC levies	2,668	-
	Volunteer appreciation	669	8,051
	TOTAL	741,774	369,190
<i>Costs related to providing goods and services</i>	Core programme costs	96,837	69,950
	Garden & driving programme costs	26,119	33,634
	Other operating costs	15,900	11,692
	Utilities	23,375	23,844
	Depreciation	9,015	3,910
	Promotional costs	2,049	555
	Board expenses	1,608	-
	TOTAL	174,903	143,585

3. ANALYSIS OF ASSETS

ASSET ITEM	ANALYSIS	2023	2022
		\$	\$
<i>Bank accounts and cash</i>	Cheque account	77,275	146,866
	Savings account	705,782	350,444
	Funded debit cards	3,154	683
	TOTAL	786,211¹	497,993
<i>Debtors and prepayments</i>	Accounts receivable	4,764	29,333
	Prepayments	42,090	3,891
	TOTAL	46,854	33,224
<i>Other current assets</i>	Term deposits less than 12 months to maturity	302,480 ¹	50,000
	Resident withholding tax	491	-
	Interest receivable on term deposits	2,908	-
	TOTAL	305,879	50,000
<i>Investments</i>	Term deposits more than 12 months to maturity	50,000 ¹	50,000
	TOTAL	50,000	50,000

4. ANALYSIS OF LIABILITIES

LIABILITY ITEM	ANALYSIS	2023	2022
		\$	\$
<i>Creditors and accrued expenses</i>	Accounts payable	3,048	263
	GST	101,008	26,943
	TOTAL	104,056	27,206
<i>Unused funding with conditions</i>	Ministry of Social Development	476,100	-
	Ministry for Children	52,038	-
	TOTAL	528,138	-
<i>Unused grants with conditions</i>	Trusthouse Foundation	47,382	22,394
	Wellington Community Fund	8,213	-
	Pelorus Trust	3,735	-
	The Trusts Community Foundation	-	50,793
	Lotteries	-	24,208
	Hutt Mana Charitable Trust	-	6,786
	Nikau Foundation	5,084	2,195
	Foodstuffs - in store credit	38,228	-
	TOTAL	102,642	106,376

¹ Total cash balances are approximately \$1m at the year end - this includes funding in advance of \$460k from MSD for FY 23/24. Grants received in advance totalled \$102k and operating reserve of \$350k. This leaves a balance of only \$88k.

5. PROPERTY, PLANT AND EQUIPMENT

ASSET CLASS	<i>Opening Carrying Amount</i>	<i>Purchases</i>	<i>Sales / Disposals</i>	<i>Current Year Depreciation</i>	<i>Closing Carrying Amount</i>
	\$	\$	\$	\$	\$
This year					
Computer equipment	4,980	1,207	-	2,554	3,633
Property	2,975	25,920	-	1,766	27,129
Plant and equipment	14,139	20,680	1,558	3,137	30,124
TOTAL	22,094	47,807	1,558	7,457	60,886
Last year					
Computer equipment	1,660	5,513	-	2,193	4,980
Property	-	2,975	-	-	2,975
Plant and equipment	8,284	7,572	-	1,717	14,139
TOTAL	9,944	16,060	-	3,910	22,094

6. ACCUMULATED FUNDS

	<i>Accumulated Surpluses / (Deficits)</i>	<i>Reserves</i>	<i>Total</i>
	\$	\$	\$
This year			
Opening Balance	261,256	250,000	511,256
Surplus / (Deficit)	(29,641)	-	(29,641)
Transfer to Reserves	(100,000)	100,000	-
Closing Balance	131,615	350,000	481,615
Last Year			
Opening Balance	88,108	100,000	188,108
Surplus / (Deficit)	323,148	-	323,148
Transfer to Reserves	(150,000)	150,000	-
Closing Balance	261,256	250,000	511,256

ANALYSIS OF RESERVES

Name	Purpose	This year	Last year
Operating reserve	3-6 months of operating expenses	350,000	250,000

7. COMMITMENTS AND CONTINGENCIES

COMMITMENTS	EXPLANATION AND TIMING	2023	2022
		\$	\$
<i>Commitments to repay grants and funding received, if they are not fully spent.</i>	Grants not fully spent are shown as unused grants with conditions in the statement of financial position.	102,642	106,376
	Funding not fully spent is shown as unused funding with conditions in the statement of financial position	526,138	-

Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees at the balance date (Last year - Nil).

8. RELATED PARTIES

A related party transaction is a transfer of money, goods or services between a charity and those who are closely associated with it.

The senior leadership team was restructured in September 2022. This team now includes the Chief Executive, the Accounts Manager, Tutor Manager and the Logistics Manager. The salaries and related benefits for the senior leadership team (excluding the Chief Executives) from September 2022 are included in the figures above.

Donations have been made to the Trust by various members of the board and senior management team and their families throughout the year.

Remuneration and compensation provided to a close family member of Key Management Personnel

During the reporting period, remuneration was provided by WELLfed to employees who are close family members of key management personnel \$1,208 (2022: Nil).

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.

*Nourishing communities through
food and connections*



WELLfed

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