



dance & arts  
therapy nz





## OUR MISSION

Our kaupapa is to support and empower individuals and groups in Aotearoa/NZ through the use of Dance Movement Therapy and Arts Therapy, with a focus on those with disabilities, special needs, and at risk/low income communities.

*To achieve our mission, we are working hard to deliver programmes and projects which support vulnerable communities through therapeutic support and empowerment through the creative arts.*

**We are a team of professionals who value:** Creativity • Connection • Nurturing  
Growth • Integrity • Collaboration



# OUR History

Our founder, Anaia Treefoot, had always dreamed of using the therapeutic power of dance and movement to support and transform the lives of children and young people. As there were no Aotearoa-based groups she could observe and train with at the time, Anaia travelled all the way to New York City in 2009 to study intensively with Dr Suzi Tortora and to train in the field of Dance Movement Therapy. In 2010, she returned to Auckland and started what became our first STARS programme at Mt Albert YMCA. Since then, our programmes have grown and developed into a multitude of diverse and successful offerings. In 2013 we registered as a Charitable Trust, and moved into our office at the Onehunga Community Centre. We launched our first arts-based programme, Arts 4 Us, in 2014. We have always been a responsive and proactive organisation, seeking to develop local programmes in response to significant community needs. We are here for our clients and our participants, and we love the work we do!

## Contents

<b>OUR Supporters</b>	2
<b>Message from the Director</b>	3
<b>OUR Stories</b>	4
<b>OUR Impact</b>	6
<b>OUR Programmes</b>	8
STARS – Dance Movement Therapy	8
Arts 4 Us Specialty – Art Therapy	9
Arts 4 Us - Drop-in After School Art Therapy	10
Dance 4 Us – Drop-in Dance Movement Therapy	11
Individual Therapy	12
Outreach	12
<b>OUR Team</b>	13
<b>OUR Advisory Board</b>	14
<b>New!</b>	15
COVID-19 – Changing how we deliver therapy	15
Arts 4 All Christchurch	15
Arts 4 Us West	15
<b>OUR Future Plans</b>	15
<b>OUR Financials</b>	16
Treasurer's report	16
Income and expenditure	16

# OUR Supporters

Arohanui to our generous funders that have generously supported the growth of DTNZ this year – we simply couldn't deliver our programmes without these organisations.

## Key Supporters

Foundation North | Procure Charitable Foundation | Creative Communities | Lottery Community Auckland Council | The Southern Trust | COGS



## Community Supporters

- Four Winds
- Rata Foundation
- Lion Foundation
- IHC Foundation
- The Trusts Community Foundation
- Pub Charity
- Auckland Foundation
- Ministry of Social Development
- Mt Wellington Foundation
- Blue Waters Trust
- Youthtown
- Sargood Bequest
- NZCT
- Cranleigh Harper Barton Cultural Trust
- John Illot Charitable Trust
- Rehabilitation Welfare Trust
- Milestone Foundation
- Rainbow NZ Charitable Trust
- Bluesky Community Trust

## Our Volunteers

### – Special Thanks

We are indebted to our many programme, administration and outreach volunteers including: Allie, Bernice, Carey, Cecilia, Christine, Emma, Esther, Fiona, Gabrielle, Jan, Jasmeet, Julia, Krishna, Kristin, Kumi, Laura, Megan, Michelle, Nishat, Sam, Rachel, Robert & Rong.

We are also very grateful to our Advisory Board who have contributed so much to DTNZ over the past year through supporting our governance and growth.

## Our Students

DTNZ is proud of the practical training opportunities it provides to dance and arts therapy students including those from the University of Auckland and Whitecliffe College of Arts & Design. This training provides students with first-hand experience in the industry and mentoring from established professionals. This year we worked with Annie, Charis, Chelsea, Kat, Katherine, Kylie, Jenny, Julie, Lyndy, Mackenzie, Pala, Shannon & Tanvi.

# OUR Director



As an organisation, I am proud of our agility and responsiveness to the many and varied needs of the communities that we serve. This is reflected in our continual development and refinement of the programmes we offer, and seen in the significant expansion and growth of our outreach, school and ACC programmes this year.

However this ability to respond efficiently, quickly and effectively was seen most clearly, for me, in our response to the COVID-19 crisis during Terms 1 and 2 this year. As the risks ramped up, we acted swiftly to put in place robust protocols, PPE and procedures for our staff and therapy team to be able to continue to support clients with best safe practice. Then as Aotearoa entered its unprecedented Level 4 lockdown, we upskilled our therapy team in online dance movement and arts therapy, with additional training and supervision, and then offered trial online therapy sessions to all our group clients. We also offered mini-phone sessions to our clients and parents while we planned and launched a Term 2 online only delivery of all our programmes that were clinically sound and appropriate for the context, involving carers and parents as active participants in the therapeutic and creative skill building sessions. We sourced short term funds to provide art packs for clients doing arts therapy at home, phone support for those that couldn't attend online video sessions, and a closed facebook support group for parents. 89% of participants experienced a reduced sense of isolation or loneliness during this challenging period.

While we have now returned to in person delivery of our programmes, we have retained one of our Dance 4 Us online groups, and are exploring offering STARS online to those children or teens who are in isolated areas geographically and cannot attend an in person session. We also have retained some of that flexibility and Zoom literacy in our office that we all gained from working from home for several weeks.

Our goal of sustainability has been advanced over the last year, with our income from non-grant sources increasing by 95%. This non-grant income is now 44% of our total income (increased from 28% last year). This is largely due to the massive expansion of our sensitive claims therapy group and individual trauma programmes, with a 1,097% increase in the number of attendances since last year. Our growth in our outreach and schools programmes has also contributed to this shift, with a 283% increase in outreach income from the previous year. The organisations we have collaborated and run workshops with include Te Puawai Aroha,

Auckland Pride, Sport Auckland, Active Plus, Wairau Valley Special School, Clevedon School, Rosehill Special School and a range of community centres for school holiday creative programmes.

One of our strategic themes is excellence in clinical delivery, and an associated goal to meet that aim has been to implement a client management system that is secure, robust, and user friendly. We have achieved that in the last year and have set up and have been using a NZ based platform since January. This has streamlined our interface between the clinical and admin team and has been no small feat! We have also had an increasing demand for individual arts and dance therapy from clients at Oranga Tamariki, and this has been very rewarding to be able to provide this support to children and youth who are facing significant challenge and disadvantage.

Organisational growth, particularly around Aotearoa, is another key strategic theme. This year we launched a mixed modality group, Arts 4 All, in Christchurch this year, an Arts 4 Us West group and Resourcing Rhythms - a DMT Trauma group for women in Auckland. Some of our other plans for this year were delayed due to COVID-19, however the groundwork has been done and in the new financial year we will launch new fully-funded clinical arts and dance therapy programmes for children in South Auckland with special needs and youth with trauma, anxiety and/or depression. We will launch similar trauma DMT groups in Northland, and are planning to pilot Dance 4 Us in Whangarei and Dunedin. We are also planning to kick off our Corporate Wellness and Responsibility programme, which will serve to further meet our goal of financial sustainability and growing our non-grant income sources. Finally we are exploring initiatives to meet the needs of older adults as we move toward an aging population in Aotearoa.

As ever, I am extraordinarily grateful to all those individuals who make up the DTNZ Whanau, and support the incredible work we are able to offer - most especially all those therapists and assistants who are on the ground, in the studio, offering your care and love through your words, movements and art-making, to support and empower each of those whose hearts you touch. Thank you TEAM for another wonderful year!

A handwritten signature in black ink, appearing to read 'Anaia Treefoot'.

Anaia Treefoot,  
Director

# OUR Stories

*“In the last session of STARS this term, a young boy with autism who is a selective mute loudly and clearly addressed a therapy team member by name. This was amazing as he rarely talks outside of his home, and never had in session before this moment.”*

– Clare, Dance Movement Therapist

*“The social connection of Arts 4 Us Specialty is very important and the regulation of conversations is seen through the use of the art materials.”*

– Serena, Arts Therapist



*“A carer of two Dance 4 Us regulars was talking about the recent care home Christmas performance that both clients participated in. She described how the clients’ dancing skills were the best out of many other participants - even the Director of the Trust commented. The carer talked about how proud she was of the clients and that she strongly believes the Dance 4 Us sessions are the reasons for the clients’ performance skills.”*

– Doreen, Dance Movement Therapist



*“One boy struggled to concentrate on art-making. This made him curious about other ways to express himself. He found pots and pens with which he made a drum. It was wonderful to see that other children joined him in the music-making”*

– Zoë, Trainee Arts Therapist





*“A six-year-old Arts 4 Us client was very fixated on lights and fire alarms. Our therapy team gently redirected him to the arts materials and, with encouragement, his focus and creativity grew over the session. He ended up making a weather scene about lightning and storms. At the end of the session he exclaimed to our lead therapist, ‘you are the best teacher ever!’”*

– Anne, Arts Therapist

*“A lot of children entered the space as individuals but, through the support and culture of the programme, they gained more confidence in their creative expressions and their social connections with the rest of the group”*

– Maud, Dance Movement Therapist



*“We enjoyed watching client A in the Arts 4 All session today. She often finds being part of the whole group frightening, however, she was part of all the activities in today’s session. Her nest-making (one of the activities) was gold-on-gold but to me it showed that she was right in the middle of her nest, right in the middle of the space!”*

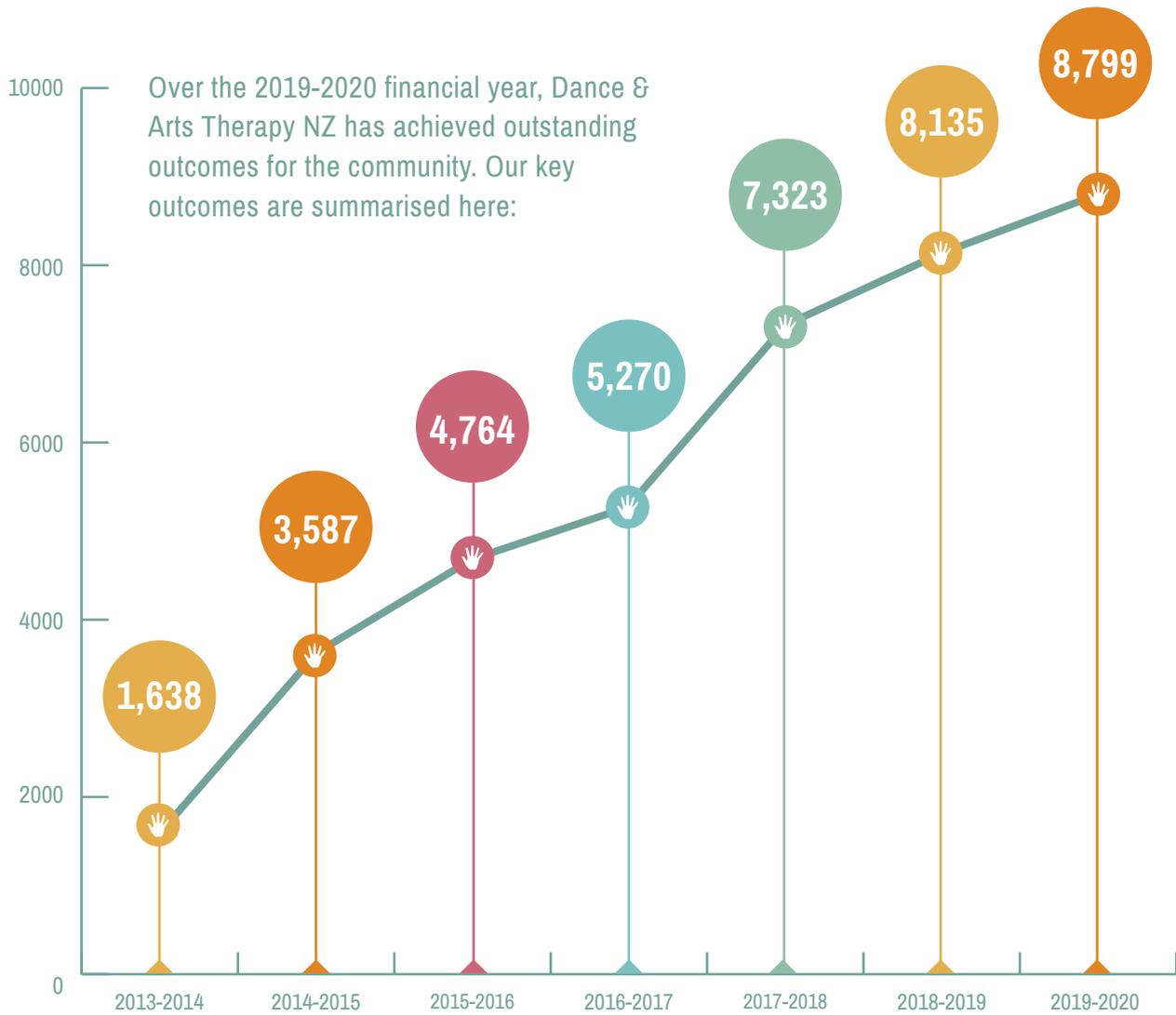
– Doreen, Dance Movement Therapist

*“My client is more able to concentrate and take instructions with ease. His social skills have greatly improved also.”*

– Clare, Dance Movement Therapist



# OUR Impact



## Summary outcomes

We recorded

# 8,799

attendances across all programmes.



We recorded an average

# 258

attendances every week.



We facilitated

# 1,843

dance & art therapy sessions.



We provided an average of

# 66

sessions per week.



We received the generous support of many volunteers who donated

# 1,623

volunteer hours.

## Client and parent feedback

DTNZ has always monitored the outcomes it achieves through its programmes using feedback and evaluation forms for participants and parents. The results reported in the forms from the last 12 months are summarised below.

The results demonstrate the excellent benefits and high effectiveness of DTNZ's programmes, and the tangible improvements in all outcomes identified by DTNZ as important (in collaboration with our participants, parents, therapists and clients). Our programmes have not only contributed to numerous aspects of personal development and wellbeing of our participants, they have also resulted in increased participation in the school or community.



*\*during COVID-19 lockdown and social distancing period*

# OUR Programmes



**85%** of participants reported a progression in emotional development

**80%** of participants reported improved wellbeing

**79%** of participants reported increased contribution in school or their community

Our STARS Dance Movement Therapy programme empowers children and teens who are on the Autism spectrum, with related disorders, special needs, developmental delays and disabilities. This is our longest running programme, having started over seven years ago in Mt Albert. Many of our STARS participants have been actively involved in the programme for a number of years and we often hear from parents: "This is the highlight of their week!" Many children attend for fun, social and creative reasons, while others benefit from the individualised and therapeutic nature of the programme. We work closely with parents, therapists, teachers and others to develop and work towards goals for each child to ensure they can achieve their best in the programme and far beyond.

This year we offered 184 sessions across nine weekly programmes in five different locations: Mt Albert, Northcote, Onehunga, Pakuranga and Christchurch.

*"This year we offered 184 sessions across nine weekly programmes in five different locations: Mt Albert, Northcote, Onehunga, Pakuranga and Christchurch. "Since joining STARS my daughter has developed the skills and confidence to try new things – in the last few months she has learned to climb trees and ride a bike without training wheels. She is emotionally invested in the group and missed them when she couldn't get together physically during lockdown."*

– Parent, STARS

*"My child loves coming to be with his friends in a safe environment. He always looks forward to class – it's his favourite extracurricular activity."*

– Parent, STARS

*"STARS has helped my child become more attentive, more expressive and more aware of her surroundings – she now acknowledges people around her."*

– Parent, STARS

*"After a year of sessions, my child has developed significant social skills, confidence and self management."*

– Parent, STARS



**ARTS  
4 US  
specialty**  
Art Therapy

**92%**

of parents agreed their child's creative self-expression increased

**91%**

of parents agreed their child was able to participate more at school or in the community.

**90%**

of parents agreed their child's ability to soothe/comfort themselves when upset increased.

Arts 4 Us Specialty is an Arts Therapy programme for primary school-aged children and teenagers and has been offered at Ōrākei Community Centre since 2015. The programme is designed for children and teens on the Autism Spectrum, those with related disorders, and those who have developmental delays. The aim of Arts 4 Us Specialty is to meet the identified community need for these children and teens who need support with social skills, emotional literacy, friendship skills and sensory integration. The benefits of this therapy are widespread - those attending experience a creative and fun medium for self-expression and self-esteem development, and capacity to participate in school and family life are increased.

*“There was an energy and rhythm in session, and flow which encouraged pockets of engagement. The awareness of others and tolerance of each other has grown with signs of collaboration through sharing art materials and ideas.”*

– Serena, Arts Therapist

*“This group has been together a long time and I enjoy the diversity of this group alongside the togetherness and familiarity of the group. It means that we can go deeper into their current world. The trust has been built.”*

– Serena, Arts Therapist

*“My son loves coming to Art. He has made very good friends who understand him and enjoys the non-judgmental environment. His creativity has increased and at home he's doing more drawing, modeling, and sewing.”*

– Parent, Arts 4 Us Specialty

*“This group is SO important. These are the only friends they have. This group is VITAL to my child's wellbeing going forward.”*

– Parent, Arts 4 Us Specialty



# ARTS 4 US

Drop-in After  
School Art  
Therapy



**100%** of participants agreed with the statements 'I have fun here', 'I am safe here' or 'I want to keep coming to Arts 4 Us'.

**96%** of participants agreed with the statements 'I enjoy making art here' or 'I learn new things about making art here'.

**91%** of participants agreed with the statement 'Since coming to this group, I feel calmer'.

Arts 4 Us has been running since 2013 and is aimed at children from at-risk families in very low income areas. This programme began in direct response to the local community's needs for a purposeful and fun after-school programme that could be a preventative measure in the fight against violence, bullying and other antisocial behaviours. Arts 4 Us works closely each week with four groups of children from high needs families in four community centres in Oranga, Manurewa, Te Atatū Peninsula and Riverside (Te Atatū was a new initiative this year). Arts 4 Us brings many resources into their lives: the opportunity to express themselves creatively, to develop healthy self-identity and confidence, to explore and develop new skills, to co-create

community identity and belonging around positive and productive themes (vs gang-related identity for example), and to be a contributing member of a group, among other benefits.

*"The connections between the children have progressed from a new group to one where they are aware of differences and similarities and are tolerant of each other. It is great to see."*

– Serena, Arts Therapist

*"Another child created an amazing creature out of boxes, paper and decorations. He focused the whole session even staying behind to help the team clean tables. This was lovely to see as last term he was quite reserved and would usually leave early"*

– Anne, Arts Therapist

*"One older boy claimed to not be able to draw and needed a lot of support to try something. Eventually he decided to create a butterfly stencil and was reluctant to use colours at first but, with encouragement, created a very colourful one. He said proudly 'this is the best butterfly ever' - it was lovely to witness this transformation in the space of just one session."*

– Anne, Arts Therapist



# DANCE 4 US

Drop-in  
Dance  
Movement  
Therapy

92%

of carers agreed their client's wellbeing improved

85%

of carers agreed their client's creative self-expression increased

84%

of carers agreed their client's social skills improved

Dance 4 Us is our vibrant and expressive dance, movement and drama programme for young people and adults with disabilities. This programme meets community needs for active, fun and community-based activities during the day for adults in community homes to get out and participate directly in their local community in meaningful ways. Our Onehunga programme has been offered since 2014, our Henderson group since 2015, our Roskill and North Shore programmes since 2018, and our Christchurch programme in 2019. This year we launched 'Arts 4 All' - an arts therapy equivalent for adults and young adults in Christchurch. We cater for a range of special needs including Cerebral Palsy, Down syndrome, cognitive delays and physical disabilities. These groups focus on fostering social connections and emotional literacy

through creative and expressive dance, movement and arts-based activities – while experiencing the sheer joy of movement in a safe and fun environment! The 2019-2020 year saw 2,413 attendances across the six weekly programmes.

*“My client loves his weekly visits, especially the relationship he has developed with the therapist. He’s able to easily understand instructions and actively participate.”*

– Carer, Dance 4 Us

*“When one of my clients first joined the group she had immense difficulties communicating but, over time, she found her voice in our group session and is now able to share her thoughts with other attendees.”*

– Doreen, Dance Movement Therapist

*“My client feels happy to attend Dance 4 Us and feels part of the group. She is growing in confidence from the inside out, and is able to express herself more as her confidence develops. Her creativity has also improved, as has her movement repertoire.”*

– Carer, Dance 4 Us

*“My client’s social interactions have improved and become more appropriate. He loves the session. The team is wonderful and very caring and accepting. The sessions help grow his confidence and encourage participation with no pressure.”*

– Carer, Dance 4 Us

# OUTREACH

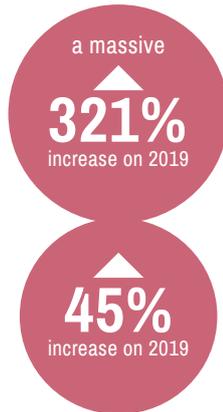
We delivered

# 173

outreach sessions with

# 3,110

attendances



DTNZ is proud to be an agile and responsive organisation, working hard to meet community needs as they arise.

This year our outreach programme has been one of the biggest areas of expansion, with many new collaborations and initiatives. We delivered 173 outreach sessions (a massive 321% increase!) with 3,110 attendances (45% increase from last year).

Highlights include continuing to facilitate 'pop up' Dance Movement Therapy sessions in Sport Auckland's Active Families and Green Prescription programmes; providing creative therapy holiday programmes at Oranga Community Centre, Ponsonby Community Centre and YMCA North Shore, running family day programmes for Te Puawai Aroha and taking an active role in celebrating the LGBTQIA+ community through offering two Conscious Dance Parties as part of the Auckland Pride Festival. Our school outreach has also grown considerably with programmes in both special education and mainstream schools - including those at Wairau Valley Special School, Rosehill Special School and Clevedon School over the past year. We also have plans to work with several more next year.

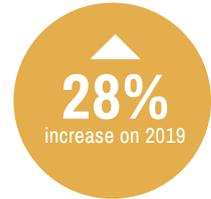


# INDIVIDUAL THERAPY PROGRAMME

We delivered

# 210

individual sessions



Dance & Arts Therapy NZ's team of specialist Dance Movement Therapists and Arts Therapists also work individually with numerous clients (both children and adults) throughout the year. Children are often not ready to participate in a group due to sensory, social, communication, or physical challenges and need more intensive one-on-one intervention to really focus on addressing an area of their development, such as motor development or communication. Our expert therapists can work individually with such children to support them to develop the necessary skills and to prepare them for a group. Over the past 12 months, we worked with a range of clients including those referred by Oranga Tamariki, and delivered 210 individual sessions, a 28% increase from last year.

# TRAUMA THERAPY

We delivered

# 980

sessions with

# 1,125

attendances



Our ACC Sensitive Claims therapy programme has grown hugely over the past 12 months. We support and empower survivors of sexual abuse with fully funded group and individual therapy, with a team of 14 providers offering individual Dance Movement and Arts Therapy services across Auckland, in the Far North and Wellington. This year DTNZ launched a Dance Movement Therapy group programme 'Resourcing Rhythms' for people with Post Traumatic Stress Disorder, both in Auckland and Northland. Our groups focus on equipping clients with skills to manage anxiety and depression, reconnecting with their body and regaining a sense of control over their bodies and emotions. Over the past 12 months we delivered 980 sessions in 21 locations, compared to 94 sessions over the same period in 2019 (a huge 942% increase!). Our trauma therapy recorded 1,125 attendances (a 1,097% increase from 2019!).

# OUR Team



**Key:**

- Leadership ●
- Admin Team ●
- Therapist ●
- Volunteer ●
- Assistant ●
- Supervisor ●

**From top left:**

- Julie, ● Anne, ● Anaia, ● Serena, ● Esther, ● Annie, ● Rong, ● Alice, ● David, ● Amber
- Cecilia, ● Roo, ● Barbara, ● Sanne, ● Maud, ● Mackenzie, ● Emma, ● Jacquelyn, ● Kris
- Leticia, ● Sarah DS

**Plus:**

- Sarah M, ● Zoë, ● Brittany, ● Doreen, ● Maria, ● Darrell, ● Emilia, ● Jan J, ● Katie,
- Clare, ● Elise, ● Verity, ● Jan C, ● Tanvi, ● Connor, ● Allie, ● Abi, ● Agnes, ● Brigitte,
- Yoko, ● Maree, ● Mariana, ● Elsabe, ● Ingrid, ● Naomi, ● Jan M, ● Lesley, ● Supreet,
- Ingrid, ● Charis, ● Chelsea, ● Kat, ● Katherine, ● Kylie, ● Jenny, ● Lyndy, ● Pala, ● Shannon,
- Allie, ● Bernice, ● Carery, ● Christine, ● Fiona, ● Gabrielle, ● Jasmeet, ● Julia, ● Krishna,
- Kristin, ● Kumi, ● Laura, ● Megan, ● Michelle, ● Nishat, ● Sam, ● Rachel, ● Robert.

*“Dance Movement Therapy has allowed my client to become part of an activity. This has never been the case for him before and is wonderful for his sense of belonging. I feel he gets a lot out of dance creatively and it helps him express himself. We’re both excited about him joining STARS next term.”*

– Carer



# OUR Advisory Board

## Anaia Treefoot, Chairperson



Anaia is the Founder and Director of Dance Therapy NZ and has been working in the Arts Therapy field since 2008. She has always been passionate about supporting others, and finds great satisfaction from utilising the creative arts to empower people from many different backgrounds and communities. Anaia has a clinical background as an Arts Therapist and Dance Movement

Therapist working with a range of children and adults, and is also has experience providing supervision and training to new therapists and those studying Arts and Dance Therapy.

Anaia holds a Masters in Clinical Arts Therapy, is a Professional Member of the Dance Therapy Association Australasia and an Associate Member of the American Dance Therapy Association. Anaia travelled to New York to undertake a year of intensive Postgraduate Dance Movement Therapy Training before bringing this knowledge back to Auckland in 2010 where she helped set up Dance Therapy NZ.

## Troy Swanson, Treasurer



Troy is a fully qualified Chartered Accountant and has worked as a Finance Manager in the health industry for the last 3 years. He has over 15 years' experience in the Accounting field. Troy also has qualifications with a degree in the field of Economics and Finance. During his career to date Troy has made substantial improvements and implemented new systems and processes to improve

the performance. As Finance Manager he has been responsible for the integrity and accuracy of finance and accounting systems. Troy is a recent addition to DTNZ and is really enjoyed working with the DTNZ team and giving back to the community. This experience has encouraged Troy to make changes in his own life to help others and have a positive impact on society. Outside work, Troy's passions are cricket and rugby league, spending time in the garden and enjoying the outdoors. Troy enjoys running and likes to live a healthy lifestyle and to keep fit and healthy.

## Felicity Monteiro, Secretary



Felicity is an experienced Civil and Commercial Litigator and a Partner at Wilson Harle, a specialist litigation firm. She holds an LLB (Hons) and LLM (First Class) from the University of Auckland. She was admitted to the bar in 2007. Felicity has assisted clients involved in a wide range of disputes and has appeared as counsel in the court at all

levels, assisting clients in mediations, arbitrations and commercial settlements. She has been on DTNZ's advisory board since its establishment three years ago.

## Sarah McNeil



Sarah is a Clinical Psychologist and works in Adult Mental Health across the public and private sectors, bringing her passion and experience working in the community to DTNZ's board. She is skilled in clinical risk assessment and also advises on outcome measures for research purposes. In her spare time, Sarah loves to travel and explore our great outdoors with her family.

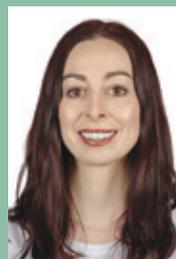
## Christine Brabender



Christine is an entrepreneurial, strategic fundraising leader and consultant with deep experience in New Zealand and Chicago. She has led teams to deliver successful fundraising campaigns, alumni engagement, compelling events, strategic PR, communications and marketing, and change management for universities, hospitals, museums and foundations.

Christine has briefed politicians, CEOs, civic leaders, scientists, cultural creatives, entrepreneurs and philanthropists to champion and invest in organisational excellence and community well-being. A dedicated colleague, adviser and mentor, she is also a meditation expert and visual artist who attains presence and deep listening to facilitate insight and innovation.

## Kirsten Mander



Kirsten is a Senior Communications and Engagement Specialist at the Ministry of Business, Innovation & Employment in Wellington. Passionate about progressing New Zealand business and organisations, she is known for her commitment and dedication to building strong, positive teams and driving success through strategic business planning.

Kirsten has a Master of Arts in International Relations and a Bachelor of Arts with Honours in Political Science and Spanish. Her experience spans professional sports, dance and the arts, foreign affairs, the housing and energy industries, and the workings of major international organisations, multinationals and government. Kirsten has been a member of DTNZ's Advisory Board since December 2019 and is looking forward to contributing to the community through the amazing work of this organisation.

# New!

## COVID-19 – Changing how we deliver therapy

Throughout COVID levels 2, 3 and 4 (and back) we continued to support our clients through 'Creative Skill-Building' sessions. From April through to June we delivered 128 online group and individual sessions and recorded 687 attendances. Additionally, 80% of our ACC clients opted to continue their therapy online. Thanks to funding from the Ministry of Social Development we were also able to resource our arts therapy clients with art packs, provide phone catch ups for those who weren't able to engage online and launch a private Facebook group to support parent self-care. 89% of parents/carers felt these sessions reduced their child/client's sense of loneliness or isolation during lockdown.

## Arts 4 All Christchurch

In October 2019 we piloted a weekly arts therapy programme for adults and young adults in Christchurch with special needs and disabilities. The pilot was received so well by the local community that this programme has become a permanent offering. Thanks to Hugo Foundation for making this possible.

## Arts 4 Us West

This year we launched an iteration of our Arts 4 Us General programme thanks to the support of Te Atatū Peninsula Community Centre. The session proved popular with 199 visits recorded over the two terms it ran for. Unfortunately due to reductions to Auckland Council's budget it has had to go on hold but we intend to relaunch it in the future.



*"Parents provided us with great feedback at the end of each session – some children had continued to work on projects related to the art-making in our sessions at home. There were many parents who were very pleased by their children's eagerness to be in the sessions where they initially didn't know anyone."*

– Maud, Dance Movement Therapist

# OUR Future Plans 2021 and beyond

As we look to the future, we're focused on further developing our core and outreach programmes in order to reach and support a greater number of people and communities in need.

## Auckland Yoga & DMT Trauma Group

Following the success of our Auckland & Northland trauma groups we're poised to launch a yoga & dmt group designed to empower participants to reduce anxiety and depression, reconnect with their body, regain a sense of bodily and emotional control and safety and move towards healthier function, in life and relationships.

## South Auckland Expansion

In 2019 we launched an Arts 4 Us programme in Manurewa. We're excited to build on that by taking our programmes further south with the launch of a South Auckland STARS programme for children with special needs and disabilities and an Arts 4 Us Specialty South programme for youth with a history of trauma, social anxiety and/or depression.

## New Dance 4 Us Pilots

Over the next twelve months we'll be piloting Dance 4 Us in new areas including Dunedin and Whangarei.

## Corporate Wellbeing & Social Responsibility

We are planning to launch our Corporate Wellbeing & Social Responsibility Programme this year with our three packages: Mindfulness, Team Accelerator, and Lateral Mindshift. This programme has been established to fill an exceptionally timely need for organisations to encourage team building, mindfulness, effective communication skills, and stress reduction in the office.

# OUR Financials

## Treasurer's Report

Dance Therapy NZ (DTNZ), from a financial perspective, has had another good year especially considering the financial implications of COVID19. There was income of \$503,068 which is an increase of 29% on last year and has allowed us to continue to invest in our team to ensure we continue to provide and develop our programmes. It also allows us the opportunity to help other communities. Cash and bank balances continue to grow and now amount to \$182,031. These, along with unused grants of \$44,847, will ensure DTNZ has another good start to the financial year.

Since August 2015 one of our key goals has been to ensure that DTNZ is a sustainable organisation. This requires us to make a small surplus each year to build up our reserves. It also means finding many sources of income so we are not reliant on one or two organisations. Since then we have been achieving our goal and growing our reserves. With this year's surplus of \$10,039 with accumulated funds increasing to \$89,426. DTNZ continues to receive grants from over 20 organisations. This is a fantastic achievement given our revenue in 2014 was only \$93,401.

It is also very pleasing to note that there was an increase in our non-grant income by 95% over the past year. Growing this income is very important to support our long-term sustainability in self-generating more of our income needed to run our programmes. This was very pleasing and DTNZ has come a very long way financially in the last few years and is in a very solid position to face the challenges ahead.

## Income and expenditure

	2020	2019	2018	2017	2016	2015
	\$	\$	\$	\$	\$	\$
Total income	521,399	390,126	314,238	292,392	207,834	166,954
Operating costs	511,360	379,811	305,006	272,001	195,908	162,783
Net profit for year	10,039	10,314	9,232	20,391	11,926	4,171
Accumulated funds	89,426	79,387	69,073	59,841	39,450	27,524

The full financial statements of Dance Therapy NZ were audited by 'Hart & Co. – North Shore' Chartered Accountants and their unqualified opinion was issued on 6 August 2020. A copy of our full Financial Statements for the year ending 30 June 2020 can be requested from:

**Dance Therapy NZ, PO Box 13847 Onehunga 1643 New Zealand  
or email: [info@dancetherapy.co.nz](mailto:info@dancetherapy.co.nz)**

## Income sources

- Other income
- ACC income
- Grant income
- Programme fees





*“I love seeing my clients respond to the music that I play in session. The melodies help to create a safe space and allows them to move around more freely. One client, who tends to be hyperactive, is soothed by the music – it gives her a channel to move along with.”*

– Darrell, Dance Movement Therapist



**Contact details**

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