

annual *report*

2023 –
2024

Highly effective therapeutic
programmes making
a positive difference in
Aotearoa, NZ



dance & arts
therapy nz



dtanz

our mission

We are a team of professionals dedicated to improving the wellbeing and development of key communities throughout Aotearoa. Our comprehensive group and individual therapy services embody the transformative power of dance and arts therapy, inspiring personal growth, healing and positive change for rangatahi and tāngata whaikaha (youth and adults with disabilities) and people of all ages grappling with the effects of trauma.

We bring communities together by facilitating social connection and creative participation, enhancing the emotional and physical capacities and overall development of individuals.

Our Kaupapa is to:

- Be a recognised, accessible, and utilised therapy option within the community
- Be a driver of effective, evidence based dance and arts therapy in Aotearoa
- Empower through creativity and connection
- Deliver culturally competent services to diverse communities

We are committed to integrating Te Ao Māori and Mātauranga Māori principles to honour our cultural heritage and knowledge, and work towards delivering culturally conscious programmes and projects which support diverse communities.

Our services prioritise whanaungatanga and manaakitanga by fostering safe, respectful relationships that uphold ngā mana o te kiritaki while supporting skill development & creativity. We provide mātauranga by promoting knowledge and understanding; leading through service, and collective impact through building energy, optimism and hauora.

We are a team of professionals who value: Creativity | Connection | Integrity | Collaboration | Resilience | Compassion



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our impact

Over the past 10 years

We facilitated

24,881

31.6%
increase
since 2013

dance and art
therapy sessions

We have recorded

86,935

19.7%
increase
since 2013

attendances across
all programmes

FY24 Overview

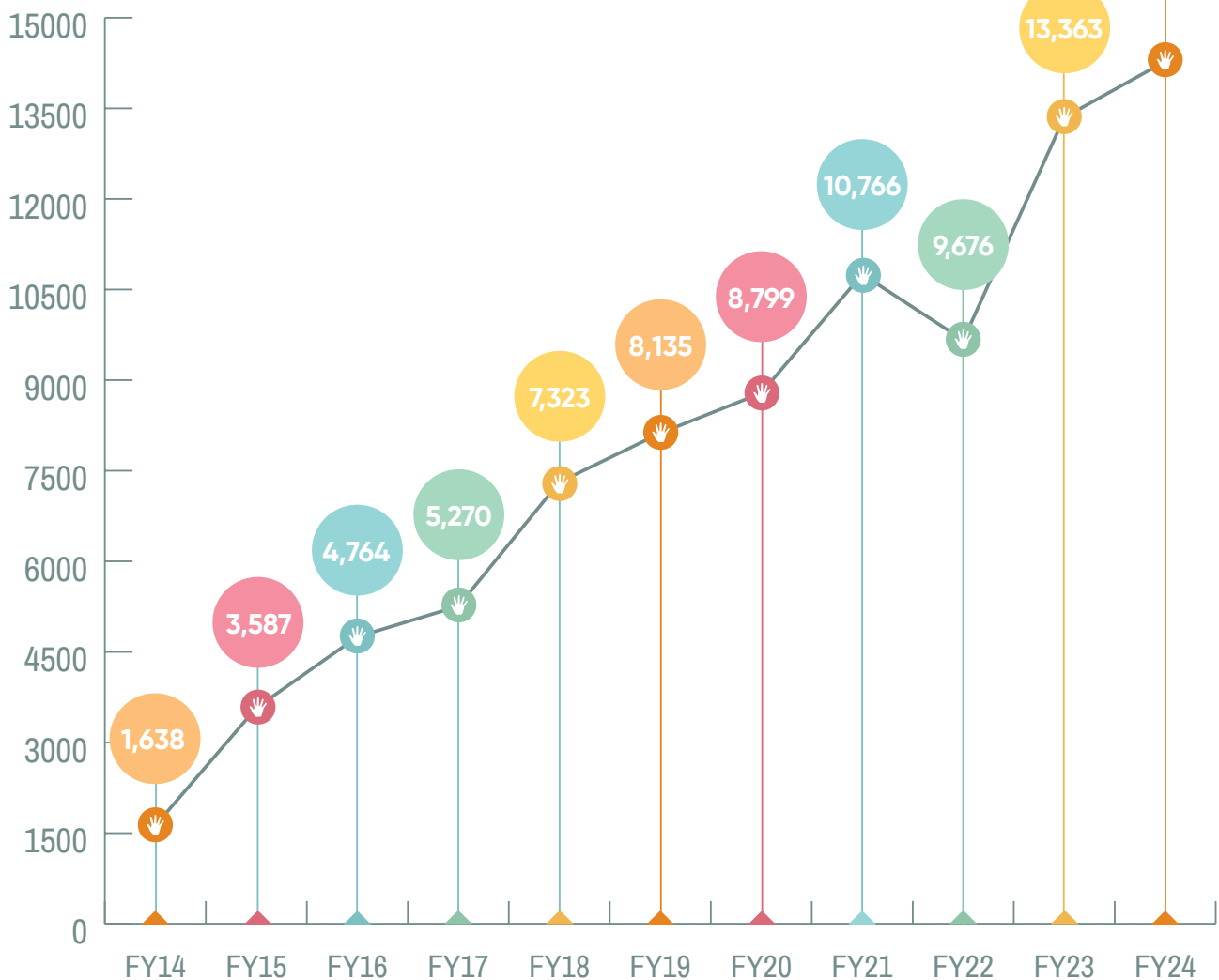
Over the 2023-2024 financial year, DTNZ has achieved excellent outcomes for the community, especially during such a difficult economic environment. We value our clients' feedback and utilise this data to modify and enhance the delivery of our programmes. Our key outcomes are summarised here:

We recorded

14,290

15%
increase
from FY23

attendances across
all programmes



Overall

We facilitated

5,983

dance and art therapy sessions

We supported

2,775

individuals

Worked across

75

locations

We provided an average of

135

sessions per week

We recorded an average

420

attendances every week

We provided 41 students with

2,718

hours of valuable work experience

We delivered

29

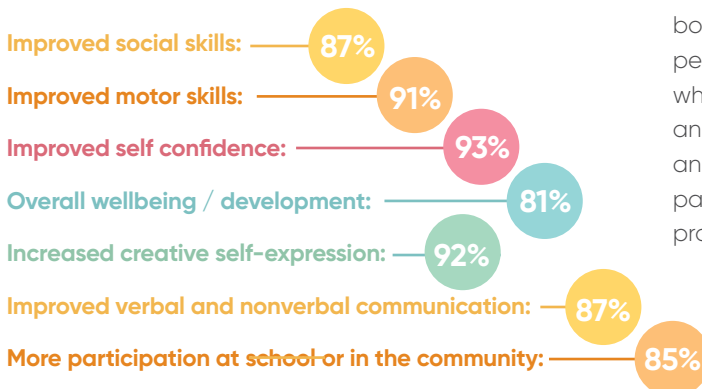
weekly group therapy programmes across the country

"Kāre he take kia noho kātoa ki te waka eke noa, mēnā kārekau he tangata e mōhio ki te hoe ki hea, ki te urungi rānei! It's pointless all being in the same waka if no one knows how to paddle or where to steer!"

- Jon Tamihere-Kemeys

Client and Parent Feedback

Our team continues to regularly monitor the outcomes achieved across our dance movement and arts therapy programmes using biannual feedback and evaluation forms, which we distribute to participants, parents, carers, teachers and case workers. The results reported across our programmes over the last 12 months are summarised below.



This year's results demonstrate the continued benefits and high effectiveness of DTNZ's programmes, especially on clients' improved self confidence, creative self-expression and improved motor skills. These are key developmental outcomes for our clients and areas that our therapists give emphasis to in their programmes. We can see this through therapists' teaching safe boundaries and giving their clients artistic freedom and permission to move and express themselves, all the while enhancing their overall development, wellbeing and social skills. The levels of improvement in verbal and non-verbal communication and community participation are also reflective of how well our programmes are being delivered.

our partners

Ngā mihi mō tō tautoko to the kindness of our partners who have generously facilitated the growth of DTNZ this year – we simply couldn't deliver our programmes without these organisations.

Key partners

Foundation North
Creative Communities
Tū Manawa
Asmuss Foundation
ProCare
Rātā Foundation
Freemasons Foundation
Potter Masonic Trust
IHC
Four Winds
Aotearoa Gaming Trust



Supporting Partners

Auckland Council Local Boards
Blue Sky Auckland
Blue Waters Community Trust
COGS
D.V Bryant Trust
Grassroots
Hugo Charitable Trust
Kiwi Gaming Foundation
Lion Foundation
Lottery Community
Music Helps
NZCT
Otago Community Trust
Pub Charity
SkyCity Auckland Community Trust
Trust Waikato
Whanganui Community Foundation
WEL Energy Trust

Placement Students & Admin Volunteers – Special Thanks

We are proud of the practical training opportunities provided to creative arts therapy, psychology and other students this past financial year. DTNZ offered 2,718 placement hours to 41 students from Auckland University, Whitecliffe College of Art and Design, AUT and Dance Therapy Training Aotearoa. We were also proud to offer an ACG Parnell student and a Mt Albert Grammar student workplace experience, with another 6 admin volunteers offering their valuable knowledge and assistance.

Our heartfelt appreciations goes to our many programme and administration students/volunteers including: *Alex, Alecia, Alishia, Arjun, Candy, Carly, Carolyn, Chloe, Christina, Christine, Claire, Crea, Diva, Ella, Emily, Emma, Esther, Gabrielle, Guille, Hedieh, Heidi, Hongxia, Jaden, Jem, Kama, Kara, Keerthana, Lea, Louise, Lucky, Manuela, Maria, Marielle, Nicola, Paul, Renee, Ruchika, Ruth, Sarah F, Sarah N, Shristi, Swaroopa, Taleesha, Theresa, Winifred, Zsuzsa.*

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



Message from Our Executive Director

I am proud of the mahi our team has achieved over the past year, particularly given the challenging economic climate that has been facing so many organisations like ours in the Charity sector. We have worked harder than ever before to demonstrate the massive benefit our mahi contributes to our 2,775 clients' lives to existing and potential funding partners.

It is testament both to the exceptional work ethic of our team and to the true value of the services we offer, that we have been able to source the funding we needed in order to continue providing services at least at the same level or above than we have in previous years. As we work toward our strategic goal of financial sustainability and to reduce reliance on grant income, we implemented a new fundraising strategy, exploring opportunities in the corporate, philanthropic and central government sectors where there is an alignment with our mahi. We are truly appreciative of both our ongoing funders and to have partnered up with a number of new organisations who see the value in creative arts therapy and who have generously supported our programmes and organisation as a whole this past year.

We were able to provide 15% more spaces for clients than the previous year, and our Dance 4 Us programme for rangatahi and tāngata whaikaha (youth and adults with disabilities) grew by 22%. We provided ten Dance 4 Us weekly programmes in eight regions – Tāmaki Makaurau (North, East, South and Central), Kirikiriroa (Hamilton), Ōtautahi (Christchurch), Whanganui, Ōtepōti (Dunedin) and Whanganui-a-Tara (Wellington).

We are always striving to grow and develop as an organisation, and to meet the evolving needs of the communities we serve. We have become increasingly aware of the need for services for rangatahi with disabilities particularly in regional areas of Aotearoa. There are many youth who are transitioning from high school into the community where they are living with much older adults, and are not connecting with other youth in similar situations, or being provided the resources and opportunities they need in order to enable them to grow and develop into their full potential as adults. This is an area we are seeking to address through two new Dance 4 Us Youth programmes which are planned to launch in the new financial year.

I have thoroughly enjoyed getting out into the communities we serve across Aotearoa over the past year with multiple site visits in a range of regions we work in. It has been a privilege to meet many clients on the ground and witness the excellent creative arts therapy being delivered by our therapy teams. We hope to continue this outreach and grass roots liaison over the next year, as part of a strategy to involve our clients more fully in the design and development of the therapy programmes they engage in with us.

Part of our mission as an organisation is to deliver culturally competent services to diverse communities, particularly with a focus on Māori and Pasifika communities. Some years ago, our Board identified the lack of Māori and Pasifika dance therapists as a barrier to supporting these communities and clients, and we established the Kotahitanga Korikori scholarship to cover full tuition for Māori or Pasifika students to complete a dance movement therapy training programme. We have now supported two students to complete DMT training, with a third student being offered a scholarship for next year. We have also been focusing on building and integrating cultural competency at a Board and organisational level, working toward honouring the principles of Te Tiriti O Waitangi. I had the privilege of graduating from a Te Kaa Training course, and our General Manager will undertake this training in the new financial year. We are working hard to integrate this mātauranga Māori into our everyday way of working as a team, a board and an organisation.

We sincerely thank all of DTNZ's funders, partners, clients, whānau, carers, therapists, assistants and volunteers for their hard work and continued support for the valuable mahi we offer. As we grow our services and continue to support vulnerable communities and their whānau across Aotearoa, we hope to continue to nurture and develop these important relationships.

Anacia Treefoot,
Executive Director / Founder

our stories

"A. has become a valued member for the rest of the other group members. She is nonverbal and communicates via sign language. Her favourite activity is dancing while holding the speaker in her hands, as she can feel the music's vibrations. Her body language is uplifted, and she has a beautiful smile when she feels the music in her body. This is a meaningful moment for everybody, but for A, not being verbal means being heard and seen on a deeper level within her psyche."

– Doreen Lehmann, Therapist: Arts 4 All

"M. started our sessions with very little movement, choosing to stand quite still in the corner of the room, away from the group. Now she is joining in the full hour, participating in a range of dances. She moves to the middle of the circle independently to choose a prop and makes creative body shapes during the 'Freeze Dance'. Amazing how the safe and inclusive therapy space has helped M's confidence grow so much over the term."

– Renee Manning,
Therapist: Dance 4 Us Hamilton

"This client came to us very anxious and worried about leaving Mum. After attending Arts 4 Us, she is growing in confidence, showing her personality, and exploring multiple art modalities. Mum is now able to leave at the beginning of session and she is seeming eager to join her peers and to engage with art-making, and is now beginning to ask questions and express curiosity around others and their artworks unprompted. It is wonderful to see this young person grow in confidence and share their sense of humour and creativity with us!"

– Ella McLeod & Diva Ford,
Therapists: Arts 4 Us Orakei (Specialty)

"I have tried to recreate this at home collecting various art materials but I cannot get my child to engage. I have come to the realisation that art therapy is so much more than making art and is something we cannot replicate."

– Parent





"D. often enters the space shut down, offering little eye contact and would seem to be disconnected from the props and other group members. Within 3 terms together she is kinesthetically engaged, offers movement with the lycra and makes sustained eye contact with facilitators and assistants. Others enjoy these moments of connection with her and offer support in "trying on" her offerings seeing increased group trust and cohesion."

- Verity Larraman, Therapist: Dance 4 Us Mt Roskill

"Y, a client with ASD, has shown remarkable progress in our DMT sessions. It's truly gratifying to witness the joy he radiates every time he attends. Initially very reserved and quiet, Y. struggled to communicate and spoke softly. However, over time, I've observed a significant increase in his confidence. He now actively engages with the space, expressing himself through a variety of movements. It's inspiring to see his growth and development unfold through our sessions."

- Sarah Dos Santos, Therapist: STARS Mt Albert

"We are immensely grateful for the continuous support and dedication of the "Dance for Us" program in providing enriching activities for individuals with complex needs. Your commitment to fostering an environment where our clients can thrive is truly commendable."

- Carer

"P, a shy and hesitant participant and found it challenging to join in the group activities. But as the sessions went on, she started creating colourful drawings of her soccer team uniforms, using bright colours and imaginative designs. By the final session, P. proudly shared how drawing alongside other children helped her feel happier and more confident, even when outside the session while she was playing soccer. Her journey from feeling unsure to expressing herself creatively showed the wonderful way art can help children grow and feel good about themselves."

- Candy Chuang, Therapist: Arts 4 Us South



STARS

Dance Movement Therapy

98% of parents agreed their child's overall wellbeing and development improved

Our STARS dance movement therapy groups are clinical programmes tailored to young people who identify as being neurodivergent, and/or having cognitive or physical disabilities. They create supportive communities for vulnerable youth, offering safe spaces for connection and belonging. Since launching over 11 years ago at the YMCA in Mt Albert, we now offer 192 sessions annually across 6 weekly programmes in 4 different locations: Te Whenua Roa o Kahu (Northshore), Onehunga, Te Ahi-kā-a-Rakataura (Mt Albert), and Te Pakuranga-rāhihi (Pakuranga).

Many of our STARS participants have been actively involved in the programme for a number of years and we often hear from parents: "We love it so much, it's my child's highlight of our week!" Some 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 session.

'A. has significantly improved her verbal and non-verbal communication skills and developed a better understanding of spatial awareness. Importantly, A. no longer feels the need to constantly engage in repetitive physical movements. She now asks questions, expresses her likes and dislikes confidently, and regularly offers compliments to her peers, showing enhanced social interactions"

– Sarah Dos Santos, STARS Mt Albert lead therapist

"This is an awesome program for my son. He is always excited to come. He joined the STARS group when he turned 5 and he still loves it. He made friends, developed self esteem and confidence to participate in the group setting."

– Parent



Arts 4 Us Specialty

Arts Therapy

90% of parents agreed that their child's verbal and nonverbal communication, creative self-expression and motor skills have improved since attending

Arts 4 Us Specialty is an art therapy group for primary school-aged children which we have offered at the Ōrākei Community Centre since 2015. As a clinical art therapy programme, the child's specific and unique goals are identified and parents have the opportunity to converse with the therapist around their child's particular needs. Sessions are limited to 6 children and are tailored to young people identified as being neurodivergent, and/or having cognitive or physical disabilities.

The aim of Arts 4 Us Specialty is to meet the identified community need for these tamariki who need support with social skills, emotional literacy, communication, coordination 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 the capacity to participate in school and family life increase immensely.

"This client has been in our group for a few terms now, and we have witnessed a growing confidence as they express themselves in the group and connect with their peers. We have noticed this client began to seek more connection and friendship with other group members, initiate and hold conversation with peers and facilitators, and share more confidently with the group both verbally and through the arts."

- Diva Ford & Ella McLeod, Arts 4 Us Specialty Orakei



Arts 4 Us

Drop-in After School Arts Therapy

100% of parents agreed their child's self confidence, creative self-expression and motor skills have improved

Arts 4 Us has been running since 2013 and is a drop-in art therapy programme for local children aged between 5-12. Groups meet weekly after school and bring many resources into the children's lives: the opportunity to develop friendships, build wider community connections, have fun and express themselves creatively. Also, to develop healthy self-identity and confidence, to explore and develop new skills, to co-create community identity and belonging, and to be a contributing member of a group, among other benefits.

Our programme incorporates preventative measures in the fight against violence, bullying and other antisocial behaviours. Arts 4 Us works closely each week during school term, often with peer groups and siblings, in four community centres in Oranga, Manurewa, and Te Atatū Peninsula in Auckland, and one in Dunedin.

For those involved, benefits include improved social skills, increased self-expression, higher levels of school

"My favourite thing about coming to Arts 4 Us is doing art. I don't have art supplies at my house."

– Child

"The team who run this group do an amazing job of supporting and guiding a very disparate group of children. All children are warmly welcomed and skilfully invited to engage in the project of the day. Amazing! What a great community resource!"

– Parent

and community engagement, and an hour of respite for parents/carers each week, further offering access to art materials and creative art therapy that may not be available otherwise.

Dance 4 Us

6,260

attendances across 10
weekly programmes

22%

increase
from FY23

Dance 4 Us & Arts 4 All

Drop-in Dance Movement and Arts Therapy

95% of carers agreed that their client's overall wellbeing and development has improved

92% of carers agreed that their client's social skills improved

Dance 4 Us is our vibrant and expressive dance and movement therapy programme for rangatahi and tāngata whaikaka (adults and youth with disabilities 15 years and older), and is a platform for building relationships and self-expression through dance, transforming traditional caregiving dynamics into empowering interactions.

This programme meets community needs for active, fun and community-based activities during the day for adults to get out and participate directly in their local community in meaningful ways. With our first programme starting in Onehunga in 2014, we have since expanded to Henderson, Mt Roskill, Takapuna, Hamilton, Christchurch, Wellington, Whanganui and Dunedin. In 2023, we piloted a group in Auckland called 'Move it' which was a great success. To round out our Christchurch offerings, we also run Arts 4 All in Christchurch to offer arts therapy for adults and rangatahi in Canterbury.

Dance 4 Us and Arts 4 All cater to people who identify as being neurodivergent, and/or having cognitive or

"We are delighted to share the positive impact that the "Dance for Us" program has had on our clients with complex needs.... we have observed a remarkable boost in their self-confidence and comfort in self-expression. Not only has there been a noticeable increase in their willingness to engage with others, but there's also a newfound joy in their participation. The combined physical activity with creative expression, has allowed them to explore new ways of communicating their emotions and thoughts. Moreover, the supportive environment of the group has fostered a sense of belonging and acceptance. We are heartened to see such transformative changes and are committed to continuing our support for this empowering program."

– Carer

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 and creativity in a safe and fun environment. We can have anywhere from 10 to 70 participants in these groups. The last year saw 6,260 attendances across the 10 weekly programmes, with a 22% increase from the previous year.



Creative

Creative Arts Therapy in Schools

Our creative art therapy programmes in schools promote social inclusion and emotional wellness, targeting prejudice and discrimination, and fostering empathy and acceptance to prevent future marginalisation. These groups offer a wraparound social support system by integrating mental health services into educational settings, addressing students' holistic needs, and fostering early intervention and prevention strategies.

Over the last year we delivered creative arts therapy programmes in collaboration with 4 schools across Tāmaki Makaurau: St Leonards School, Ōtāhuhu Intermediate, Henderson North School and Henderson Primary School. We also partnered with Family Works and Social Workers in Schools (SWiS) to support their clients in a school peer group setting.

Our therapy teams worked with a maximum of 10 students in each group, with up to 3 sessions per week at each school. Some of the struggles students face that our team addresses in sessions include

anxiety and depression, a lack of ability to focus in the classroom, social anxiety, bullying, respect for others and communication skills. All of these issues were actively addressed and great improvements were made following these programmes.

"Over the last few weeks, I have witnessed the verbal and emotional development of each child. They know that the sessions are a place of safety and also freedom to be themselves. The allowance from here allows the children to acknowledge a sense of autonomy."

– Verity Larraman, Lead therapist

"Thank you for facilitating such a fantastic program! It's such a pleasure to see my students interacting with peers in a welcoming, supportive environment. Kia kaha!"

– Teacher

Other Outreach/ Expos/Events

Beyond our school outreach, we collaborated with other like-minded organisations and offered workshops across Tāmaki Makaurau. We worked with Dr Ying Wang - an ANZACATA registered art therapist working at the Centre for Arts and Social Transformation at the University of Auckland. We hosted Dr Ella Dumaresq - a dance/movement therapist and lecturer from the University of Melbourne. Further offering a Pasifika engagement and empowerment training session with Harmony Trust, as a professional development workshop for our therapists.

Key executive team members attended an experiential training programme with Maurea (Te Kaa), designed to ignite our Māori cultural competency and we engaged in a series of dance movement and art therapy sessions that were uniquely tailored for Parent to Parent, Geneva Healthcare, Disability Connect, Spectrum Care, IHC, Enrich Plus and Taikura Trust.

DTNZ also met with Sport Auckland, the Dance Therapy Association of Australasia, and I Am Hope to develop and strengthen our relationship with similar organisations.

Individual Therapy Programme

Dance & Arts Therapy NZ's team of specialist dance movement and arts therapists also worked 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. They 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 HCN (High and Complex Needs Unit).



Trauma Therapy

(ACC Sensitive Claims)

We support and empower survivors of sexual abuse with fully funded group and individual ACC dance movement and art therapy. We offer crucial support for trauma processing and social reintegration, reducing isolation, and promoting healing. By focusing on outcomes that are connected with the needs of our clients, we ensure that our initiatives build on existing strengths, respect people's mana, and preserve dignity.

We have a team of 22 professional therapists offering sessions in 11 regional centres including Auckland, Christchurch, Hamilton, Thames, Tairua, Whitianga, Whakatane, Queenstown, Nelson, Wellington and the Kapiti Coast. This year we continued to offer our popular 'Embracing Your Body - Yoga Dance Movement Therapy' groups in Tāmaki Makaurau. These groups are highly popular with both therapists and clients under the ACC ISSC Contract. Both groups focus on supporting people grappling with the effects of sexual abuse, providing them with skills to manage anxiety and depression, reconnecting with their body and regaining a sense of control over their emotions.

Our ACC Sensitive Claims therapy programme has continued to expand over the past 12 months, staying in the top 20% of NZ organisations delivering therapy under the Sensitive Claims Service. We delivered 5,097 individual and group sessions in 24 locations with further therapists being engaged in Wellington, Dunedin, Christchurch and Auckland in the 2024/2025 FY.



our team

Key:

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

From top left:

Bonnie,
 Renee,
 Emma,
 Tanvi,
 Sarah N,
 Guillermina,
 Pamela,
 Maud,
 Natasha,
 Anaia,
 Paul,
 Gabrielle,
 Diva,
 Mackenzie,
 Kris,
 Sarah DS,
 Christine,
 Jenny,
 Maggie,
 Evelyn,
 Meaghan,
 Chanri.

Not present:

Abi,
 Ai,
 Alex,
 Alexa,
 Alishia,
 Alison,
 Anne,
 Anri,
 Arjun,
 Barbara,
 Beth,
 Brigitte,
 Brittany,
 Candy,
 Carly,
 Carolyn,
 Chloe,
 Christina,
 Claire,
 Corinne,
 Daniela,
 Doreen,
 Elena,
 Ella,
 Elsabe,
 Emily,
 Hedieh,
 Heidi,
 Hilda,
 Ingrid,
 Jacquelyn,
 Julie,
 Kama,
 Kara,
 Kate,
 Lea,
 Lisa,
 Liv,
 Louise P,
 Louise W,
 Manuela,
 Maree,
 Maria,
 Marielle,
 Negin,
 Nicola,
 Nicole,
 Rachel,
 Riana,
 Ruchika,
 Ruth,
 Sarah F,
 Shannon,
 Shristi,
 Supreet,
 Swaroopa,
 Taleesha,
 Tania,
 Theresa,
 Verity,
 Winifred,
 Yoko,
 Zsuzsa

our advisory board



Anaia Treefoot, Executive Director:

Anaia is the Founding Director of DTNZ and is passionate about supporting others, finding great satisfaction from utilising movement based creative arts to empower and support people. Anaia has a clinical background in DMT and CAT, and provides training to students of DMT. In 2019 she was awarded the Hanny Exiner Memorial Foundation Award for her dedication to developing the DMT profession in Aotearoa, including the development of the Master of DMT at University of Auckland and the Diploma in DMT at Dance Therapy Training Aotearoa. Anaia holds a Masters in Clinical Arts Therapy and is a Professional Member of ANZACATA.



Pamela Peters, Chairperson:

Pamela has a background in strategic leadership, governance and human resource management - and a love of dance and creativity. Pamela works around New Zealand in different organisations to optimise the performance of Councils, Boards and Chief Executives and looks forward to supporting the DTNZ vision, work programme, therapists, and staff to achieve their goals. Working with the Advisory Board -she hopes to contribute to improving the lives of individuals, families, organisations or communities.



Hanre Becker, Treasurer:

Hanre is a chartered accountant (NZ & AUS) and a chartered member of the institute of directors. For a decade Hanre has held the position of Chief Financial Officer in several medium to large organisations and thereafter transitioned to Chief Operating Officer and eventually Managing Director. He is skilled in identifying and actioning opportunities for growth and improvement in both people and organisations. His focus is to serve the community through support and educational initiatives.



John Godfrey, Secretary:

John is a fundraising consultant with governance experience, which includes nonprofit boards in NZ, AU and the UK in arts, health support and professional associations. He has held chair, treasurer and secretary roles and is a member of the Institute of Directors. He specialised in fundraising: managing fundraising programmes for Edinburgh University's Medical Research Institute and the Edinburgh Napier University Business School. Since then, he has been a consultant to many other fundraising campaigns in the UK, AU, NZ, India and the Middle East. He completed a Master's degree investigating sponsorship of arts festivals in the UK and a PhD investigating the philanthropy of the Indian elite.



Jon Tamihere-Kemeys:

Ko Horouta te waka, Hikurangi te maunga, Waiapu te awa

Ngāti Porou, Whakatōhea me ōku iwi

Te Whānau-ā-Ruataupare, Te Aitanga-ā-Māte, Ngāti Rua me ōku hapu

Ko Mataora te marae whānau

Nō Tāmaki Makaurau ahau

Ko Jon Tamihere-Kemeys tōku ingoa

JT is a strategic leadership professional with over 20 years' experience across community, commercial, and government sectors. As Kaiwhakahaere Matua of Touch Compass and a governance member for NZEA and WISPA, he advocates for diversity and collaborative leadership. Grounded in Te Tiriti o Waitangi, his Māori/Celtic heritage shapes his governance approach, emphasising cultural values and partnership-building for marginalised communities.



Felicity Monteiro:

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 and 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 a founding member of DTNZ's advisory board since 2015.



Dr 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.



Helen Khoey:

Helen has over twenty years' experience in building capability, audience development and management in the arts and cultural industry. Her passion is to enable arts organisations, artists and practitioners to build audiences and develop their capability for a stronger creative industry in Aotearoa. She is currently Senior Adviser Development to Creative NZ Toi Aotearoa and has held marketing and development roles both in the UK and NZ. These include the Auckland Theatre Company, the NZ International Comedy Festival, Lyric Theatre Hammersmith, the Oxford Playhouse and the Watford Palace Theatre. Helen joined the DTNZ's advisory board in 2022 and has enjoyed contributing to its strategic development.



Paul Nathan:

Paul joined the Advisory Board in 2024. He has an MFA from University of Auckland and regularly exhibits his artwork throughout New Zealand. Currently, apart from being an artist he is training to be a Dance Therapist with DTTA and is actively attending placements with DTNZ as an assistant. He sits on the boards of several other charities and both his art and time is focused on attempting to establish connections with the hope of creating a healthier society.

Future Plans

2024 and Beyond

We're excited about what the future will look like for Dance & Arts Therapy NZ. As more people learn about the services we offer and creative arts therapy graduates continue to branch across Aotearoa, we look forward to our ongoing growth and expansion into new areas.

Pilot New Dance for Us Youth Programmes

We are launching a new sister programme to our Dance for Us therapy programme for adults - Dance for us Youth. This is in response to a need identified in the community for support to rangatahi aged between 12 - 24 years and especially in the disability sector. Our first programme starts in term 3, 2024 in Pakuranga, with further groups planned for the 2024/2025 financial year.

Dance Movement Therapy pilot for Māori and Pasifika Communities

As part of our mission to expand our services into diverse locations and communities to increase accessibility of dance & arts therapy nationwide, we plan to invest further in nurturing relationships in the Māori/Pasifika community and to explore collaborative partnerships. This starts in 2024 by offering a further Kotahitanga Korikori DTNZ Scholarship to a dance movement therapist in training in the far north, with the intent of starting a Māori focused DMT group in Te Tai Tokerau.

New Research Partnership with I Am Hope

DTNZ is partnering with I Am Hope Foundation, a well respected organisation offering mental health support to children and youth, to research the efficacy of group therapy in schools and in particular the benefits of creative arts therapy in schools and the community for tamariki and rangatahi.



OUR Financials

Treasurer's Report

DTNZ has done exceptionally well in the last financial year, especially considering the constrained economic conditions. For the year ending June 2024 income grew by 20% (\$242k) due to an increase in ACC income (\$178k) and Public/Philanthropic Donations (\$39k). That resulted in a total income of \$1.4m for DTNZ which is a great result and the highest income achieved so far.

Cost of sales increased by 24% (\$154k) due to the increase in ACC costs associated with ACC income growth and ended at \$625k for the year. All other cost of sales expenses remained constrained and in line with the previous financial year. Net profit ended at \$18k, which was slightly lower than prior year but in line with company's expectation. Cash reserves ended healthy at \$472k, which included Accounts Receivable of \$21k. As the organisation continues to grow it is important to retain and grow the cash reserves to support this growth.

Overall the organisation continues to deliver strong results and considering the restrained economic environment it is very encouraging to see the overall financial position remaining resilient. We continue to see strong cost control and increased income diversity/expansion.

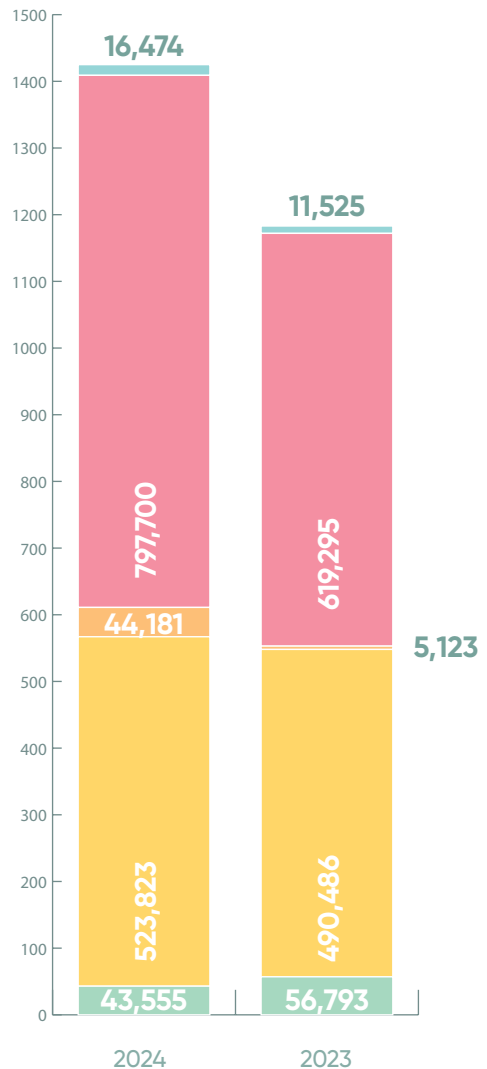
Income and expenditure

	2024	2023	2022	2021	2020
	\$	\$	\$	\$	\$
Operating costs	1,407,386	1,163,138	887,830	737,459	513,245
Net profit for year	18,356	20,208	19,585	17,241	10,039
Accumulated funds	164,757	146,401	126,661	106,668	89,151

The full financial statements of Dance Therapy NZ were audited by 'Hart & Co. – North Shore' Chartered Accountants and their unqualified opinion was issued on October 2024. A copy of our full financial statements for the year ending 30 June 2024 can be requested from:

Dance Therapy NZ, PO Box 13847 Onehunga 1643 New Zealand or email: info@dancetherapy.co.nz

Income sources



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

Moving *creatively* together



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