



Presbyterian
Support
Otago



PeOPLE

Winter 2018

A DECADE OF OCTACAN

Ten years can take forever, and can disappear in the blink of an eye. It can be the time needed to help an idea bloom and blossom into something magnificent.

This is certainly true for our annual Octacan appeal, supporting the Family Works foodbank in Dunedin. The tenth Octacan will take place on Thursday, 21 June this year.

To celebrate a decade of Octacan, we look back on the history of this tale of giving. Su Anderson was our Marketing Co-ordinator when it was formed, and explains the beginning of the Octacan.

“Not long after I started in the role it became apparent that while our fundraising strategy was effective, we only had one event each year that involved general public participation, which was the Christmas appeal.”

“I wanted to come up with something the public would feel worthy of their participation. One restless night I hit on the possibility of an old-fashioned coin trail in the high pedestrian area of the Octagon. I decided that wouldn't work because coins would be dwarfed by the Octagon, and it would involve too much person-power to keep coins safe.”

“I suddenly saw the sense in swapping coins for cans. More visibility, more

colour and most people could afford a can of something. Better still, it was food we could use in the foodbank. I nudged my husband awake to tell him. He said ‘You'll have to call it Octacan - Octa for the venue and can for food. Octacan was born.’”

“A pre-dawn winter's day in the Octagon can throw anything at you; bitter gales, sleety rain and sub-zero icy stillness. The public would understand the simple message – help us help others in need to keep warm and healthy this winter.”

“With donated cans arriving well before the 7.30am start, hearts are warm. It's appropriate that the original koru morphed into a giant heart, and on to several hearts today.”



In 2009 we had 4,013 cans donated, placed into a shape of a koru. Last year saw 22,172 items donated into hearts. Octacan has grown to become a strong beat in the giving heart of Dunedin.

Please help us keep Octacan growing, so Family Works can continue supporting people and families in need.



Octacan 2017

IT'S EASY TO GIVE VOLUNTEERING A GO

You are never too old too make new friends. Our Enliven Visiting Volunteers understand this, and the programme is focused on setting up volunteer pairs.

Visiting Volunteers are people who simply enjoy the company of others. They spend time with an older person, providing the friendly companionship that may be needed.

Wendy Coward is one of nearly 40 volunteers involved with this service. She lives in Mosgiel, and has been a Visiting Volunteer for over a decade.

Wendy became a Visiting Volunteer after she retired. Being a Visiting Volunteer has helped to build her confidence when interacting with other people.

The person who Wendy currently visits is in her 90s, but is still as lively as ever. Wendy began visiting when she was living in her own home, and now visits each week in the care home she has moved to in Mosgiel.

“We sit together and have a good yarn every Monday. She’s a real hard case, if you say anything she’ll just come back at you, quick as can be.”

“We’ll try to do the quiz in the newspaper and we’ll read our stars together, or we have a cup of tea and just have a general chat and a laugh.”

“I really enjoy volunteering. I’d say that it’s beneficial to both people involved.”

Wendy recalls a few years ago, when they attended an exercise class held in Mosgiel. Her companion was not able to do everything in the class, but “she gave it all a go, and really enjoyed herself.”

Wendy is quick to suggest, “Give volunteering a go and see if it helps



Wendy Coward

you. There are a lot of people, not just the elderly, who may be lonely and need someone to be there with them. It is a very good service.”

Visiting Volunteers are needed in Dunedin and Mosgiel. Contact Michelle on 03 477 7115 to find out more about becoming a Visiting Volunteer.

A WINNING SOCIAL MEDIA CAMPAIGN



Presbyterian Support Otago was winner of the ‘Best Social Media Campaign of the Year’ category at the TechSoup New Zealand Charities Technology Awards in March.

We entered our social media, which supported the 2017 Christmas Appeal campaign, in the awards. This is one of two major appeals we run each year – the other one is Octacan.

Family Works can support over 200 families at this celebratory, but challenging, time of the year for many, thanks to generous giving in response to the Christmas Appeal.

The Christmas Appeal included many activities that relied on our use of social media, which included Facebook, Twitter and Instagram.

The campaign began with our Wish List. We wrote a list of items we needed as a personalised note. We posted a photo of this on Facebook, then encouraged people to share it. And, share they did – over 550 times, meaning the post was seen by over 41,000 people.

The other highlight was Stock the Bus, where we took a couple of Ritchies buses to local schools. We shared the day on social media through a combination of photos and videos. Thousands of items were donated, by hundreds of very excited children, that day.

Thank you to everyone involved with our Christmas Appeal and award entry.

Follow us on social media:

- Presbyterian Support Otago
- PSOtago
- PSOtago

MEET MICHAEL

In April we said farewell to Gillian Bremner, as she embarked on the next chapter of her story. Now it is time to introduce a new name into our story – Chief Executive Michael Parker.

Michael is no stranger to Presbyterian Support. After spending time in the banking industry, he moved back to his home town of Timaru in 2001, and was appointed Operations Manager for Presbyterian Support South Canterbury. Michael was promoted to Chief Executive eighteen months later.

Michael applied for the Chief Executive role in Otago as he “felt ready for a change.” He had worked alongside Gillian, and others in the region, on various initiatives over the years and has spent some time in the region.

Michael is looking forward to his time leading Presbyterian Support in Otago. His focus in the first six months is on meeting everyone and building on the strong relationships that exist.

“Gillian’s knowledge has been invaluable during the transition period. I’ve met



some really good people, both from within and outside the organisation.”

“The organisation’s culture is really strong and this gives me great confidence. I’m keen to become more aware of the wider community that we work for in Otago.”

“I believe the services we deliver have to be relevant. The key thing is to move with what people need, not what we think they need.”

“My plan is to continue building on what has already been started, and on the many opportunities that already exist.”

Michael and his wife, Gillian, have moved to Mosgiel. Gillian has transferred her employment to Dunedin.

Michael’s first impressions of living in Dunedin are really positive. From a lady he met walking her cat, to the helpful Post Office woman who remembered his name on multiple visits, to the mihi whakatau (welcome) from Presbyterian Support Otago staff that made him feel so welcomed.

Welcome to Presbyterian Support Otago, Michael. We look forward to creating the next chapter of our story with you.

TEN YEARS IN THE COMMUNITY

Shop on Taieri is looking forward to celebrating its tenth birthday in June. The little orange shop has a big name in the local community.

Plenty has changed over the years as Shop on Taieri has developed its own brand and personality. The addition of an extra space at the back of the store a few years ago meant the range of items in the store has expanded.

The shop is well-known for their annual boot sale, which takes place in March each year. They are also very active participants in the community Christmas activities, which take over the town each December.

One thing that hasn’t changed are the committed volunteers at Shop on Taieri. Donna Knox, Shop Manager, said, “I have a great team of volunteers and they are the heartbeat of this great little shop. Some spend time in the shop each week assisting customers and sorting displays and stock. Others make cloth bags or do other sewing repairs for us.”

Shop on Taieri is located at 135 Gordon Rd, and is open weekdays 10am – 5pm.



STUDENTS SUPPORT OUR WORK

We have some great interaction with local University and Polytechnic students who regularly assist with our design, writing and social media activity.

Involving students in our work has benefits for everyone involved. Students bring ideas, knowledge and creativity that present a different perspective.

Warren Rosser, Communications and Marketing Manager, explains, "Students are often looking for real work experience and the opportunity to do something community focused. For Marketing courses there is often an opportunity for students to complete some form of practical internship."

Otago Polytechnic and University of Otago students have volunteered for Presbyterian Support Otago. Work they have done includes writing articles, designing marketing material (including People magazine), photography and creating social media content.

Isabel Colville is a third year Marketing student who has spent half a day each week support social media activity for Presbyterian Support Otago.

"I began volunteering in April 2017, as a way to give back to the community and gain some industry-based experience. My role is incredibly rewarding as I work with a variety of a wonderful people from across the organisation and region."

"I have interviewed Adult Buddies, volunteers, care home residents and even war veterans. I am very grateful to these individuals for sharing their stories and giving me insight into their lives."

"As a student from Auckland, it can be all too easy to isolate yourself and get

wrapped up in student life without ever really leaving the student bubble. While volunteering I have explored and discovered so much about the Otago region."

"Volunteering has given me plenty of practical work experience that translates directly to my degree. Last summer, I secured an internship at a leading international company and I credit my volunteering and work experience as one of the main reasons for this."

Thank you Isabel, and all of our student volunteers, who generously give their time to support the organisation.



Isabel Colville

OAMARU IN THE SPOTLIGHT

As the largest town in North Otago, Oamaru is home to about 14,000 people. Just 120 kilometres north of Dunedin, Oamaru is another town where Presbyterian Support Otago is part of the community.

Family Works has been involved in the Oamaru community for approximately seven years. Having started with one part-time Social Worker, we have extended our services to meet demand and now have two Social Workers, a Buddy Coordinator, and a Financial Mentor who provides budgeting support.

Our Family Works team members work in the community with families and individuals, directly alongside other providers who are supporting the community. We have a number of group programmes that run as demand arises, including The Incredible Years parenting programme, Free to be Me course for families affected by family violence, and support for working parents. We are also proud to have a very active Buddy Programme that supports a number of local children.

Iona care home was built and opened in Oamaru in 1953. Since then Iona has led the way in quality residential care for older people in North Otago. Iona has grown to currently offer 78 beds, with rest home and hospital level

care available, alongside a secure dementia care unit.

Iona is beautifully positioned in very large park-like grounds in the north of the town. Right next door, twelve independent living units are providing a way for older residents to make the transition from living in their own home to Iona, when the need arises.

Independent living is also offered via Columba Court, a cluster of seven one-bedroom units we have managed since December 2010 on the south side of Oamaru.



FIVE DECADES AT ROSS HOME

Tuesday 6 February, 1968, was the day Cheryl Bell arrived for her very first shift at Ross Home.

Fifty years later she has decided it might be time to slow down a little, and to move away from the routine of shift work that has been her life for many decades.

Apart from a few years overseas, and some time away to have her three children, Cheryl has spent her working life at Ross Home. Cheryl has worked under five different managers, and held a range of roles in the home.

Cheryl has been the infections control nurse, the nurse's delegate and has supported a number of staff when they have joined Ross Home. The majority of her early years were in Craig Unit. More recently, Cheryl has been a member of the team in Dalkeith Unit.

Those who spoke about Cheryl at her farewell talked about her attention to detail. They enjoyed working with Cheryl and always treasured her good advice and her advocacy for residents, who were the central focus of her work.



Cheryl Bell chats with resident Patricia Leonard and her cat Magic

Staff commented that it was ideal to be on any shift that followed Cheryl, because "you knew if Cheryl has been there things were always going to be left in good shape when her shift finished."

Cheryl will take many great memories from her time at Ross Home, "It is hard to say goodbye as I've worked every shift in the home over my time here. I've enjoyed every single day coming to work at Ross Home."

Cheryl is not completely disappearing. She is a member of the committee

putting together the Ross Home Centenary celebrations, which will be enjoyed later this year. Having been involved with the home for half of its lifetime, it is a very fitting way for Cheryl to continue her involvement with Ross Home.

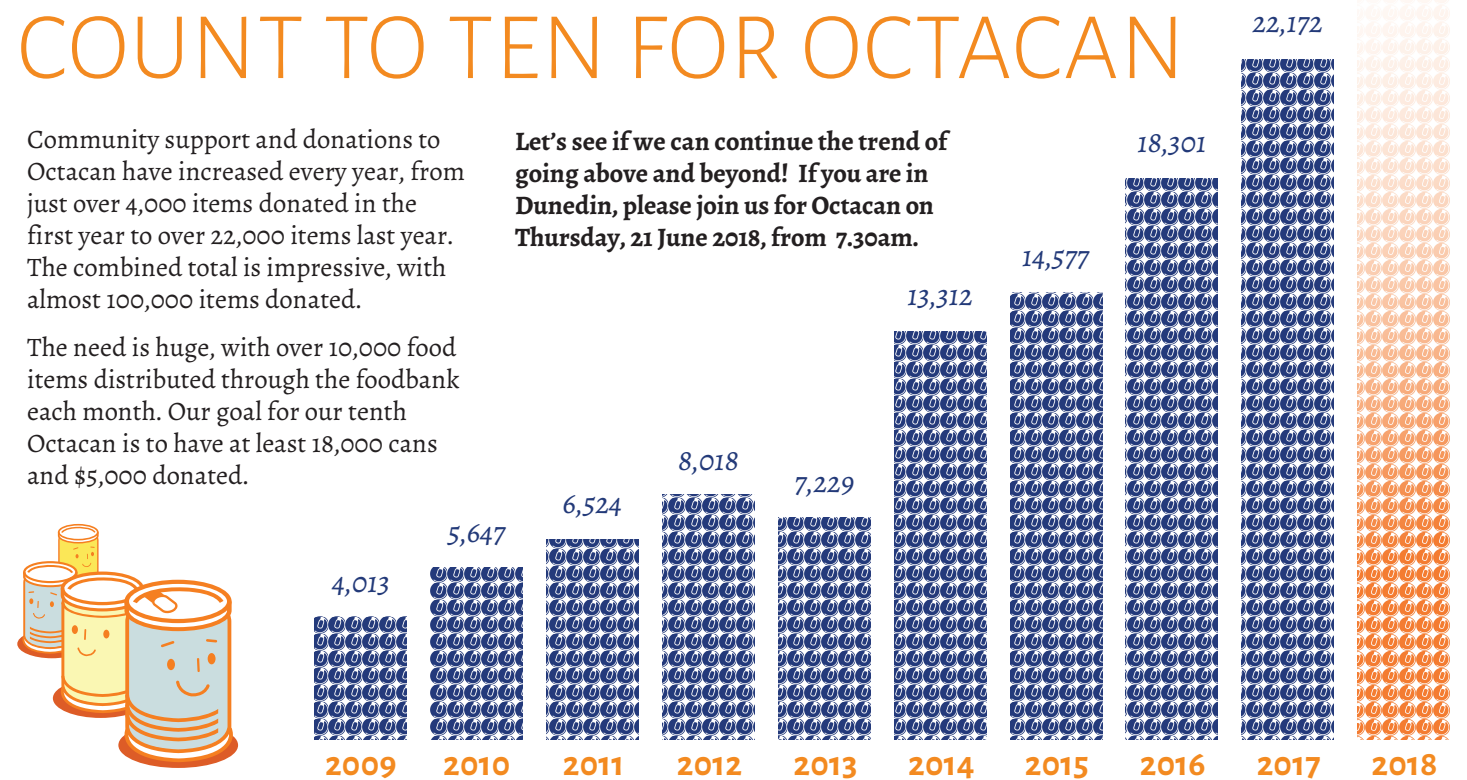
Cheryl and her husband, Harvie, are looking forward to a little more time to travel, and enjoying more time with their eight grandchildren.

Thanks, Cheryl, for many years of service at Ross Home!

COUNT TO TEN FOR OCTACAN

Community support and donations to Octacan have increased every year, from just over 4,000 items donated in the first year to over 22,000 items last year. The combined total is impressive, with almost 100,000 items donated.

The need is huge, with over 10,000 food items distributed through the foodbank each month. Our goal for our tenth Octacan is to have at least 18,000 cans and \$5,000 donated.



Let's see if we can continue the trend of going above and beyond! If you are in Dunedin, please join us for Octacan on Thursday, 21 June 2018, from 7.30am.

BECOMING WISE WITH MONEY

Family Works has been providing budgeting and financial literacy training across Otago for the last eighteen months.

The approach our team has taken has been to work alongside the community, exploring existing needs and working with existing services. Family Works is working alongside other services to support the work they were already doing. We have partnered and co-located with the North Otago Budget Advisory Service in Oamaru, and Clutha Budget Advisory Service in Balclutha.

Nancy McMillan is our only staff member in Queenstown, and is based in the Work and Income office. There is a natural, and useful partnership and the co-location works to the advantage of the people in the community whom we are supporting.

Two Family Works team members have co-ordinated Money Mates courses in Dunedin, specifically for Pasefika people.

Participants have told us that it has been very useful to gain a range of tips and skills, which gives them more confidence when dealing with money matters. Being part of the group has also shown them that others face similar financial decisions, and they are not alone.

Based on this feedback, we intend to continue running a Money Mates group specifically for Pasefika people.

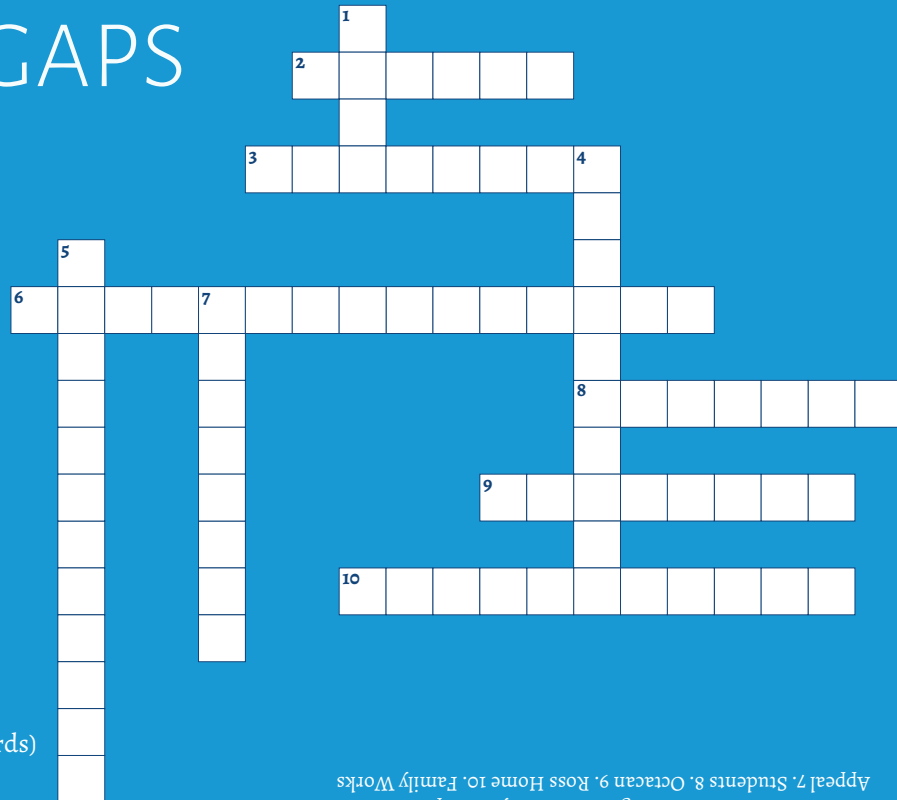
There has also been significant expansion in the provision of the Total Money Management service, where we have a hands on role managing financial matters for those who are not able to do this themselves. For some this support is ongoing, and for others we work with them to transition management of their finances back to them.

Our budgeting and financial literacy services complements the range of services provided by Family Works. These are all focused on helping people to make positive and lasting changes in their lives.



Pasefika Money Mates participants and tutors from the course completed in March 2018

FILL IN THE GAPS



Down

- 1. Metal containers used for things, such as food
- 4. To give unselfishly
- 5. Little Orange Store (3 words)
- 7. Learners that bring ideas, knowledge and creativity

Across

- 2. Largest town in north Otago
- 3. ___ Volunteers
- 6. One of the major fundraising events (2 words)
- 8. "___ for the venue, ___ for the food."
- 9. Our first care home (2 words)
- 10. Provides services to build strong families (2 words)

1. Cans 2. Oamaru 3. Visiting 4. Generously 5. Shop on Talbot 6. Christmas Appeal 7. Students 8. Octacan 9. Ross Home 10. Family Works

1+
GOOD DEED EACH DAY

2+
SUSTAINABILITY ACTIONS EACH WEEK

3+
HOURS OF VOLUNTEERING EACH MONTH

4+
PERCENT OF YOUR INCOME GIVEN EACH YEAR

WHAT DOES IT MEAN TO LIVE GENEROUSLY?

Kate Frykberg, New Zealand Philanthropist and Community Advisor, posed this question in a blog she wrote earlier this year. As she notes, you can measure generosity in many different ways.

Kate explores an approach she calls 1234Plus, to outline a number of ways that people can show generosity.

As a number of the articles in this edition of *People* have explored, public generosity happens in many ways, each and every day through our work across Otago.

People donate cash and cans, which we use to provide for a growing community need. The upcoming Octacan event is a great opportunity for community generosity, and we are always so thankful for the giving that comes from the community.

Community support, and the opportunity to recycle goods and clothing, is central to the vision of our three charity shops. Our shops are continually humming with activity, from volunteers and our friendly customers.

Volunteers of all ages contribute their time and expertise in our teams. We are so thankful for almost 600 volunteers involved with our work and the countless hours they contribute is vital to the work we do. They enable us to work for a fair, just and caring community for the people of Otago.

As Kate explains when she explores the 1234Plus model, there isn't a recipe or a set for rules for living a generous life – each of us need to decide what is right for our own individual circumstances. It's an exciting challenge and a great way to live.

Our thanks to everyone for supporting us in so many ways to work for positive change, strong families and healthy communities in Otago.

Read more about 1234+ at kate.frykberg.co.nz/1234plus

YES! I WANT TO HELP THIS WINTER.

Please tick how you wish to support us

- \$20 could feed a family for a day
- \$50 could support a Young Buddy with mentoring
- \$100 could enable parents to complete a parenting course
- \$150 could support emergency housing
- Other \$
- I have left a gift to PSO in my will
- I would like more information about leaving a gift in my will
- I will like more information about making a regular donation
- Please tick payment method
 Cheque Credit Card
 Internet Banking



Card number

Name on card

Expiry date

Signature

Internet Banking PSO Account Number: 06 0901 0005597 00

My contact details are

Name

Address

Phone

Email

Please return this form to:

Fundraising Team
 Presbyterian Support Otago
 FREEPOST 845
 PO Box 374, Dunedin 9054

(All donations are receipted. Gifts over \$5.00 are tax deductible. Charities Commission number CC 20878)



Presbyterian Support
Otago

OCTACAN 2018



21 JUNE 7:30 AM - 2:30 PM

THE OCTAGON

FILLING OUR FOODBANK

03 477 7116

GIVEALITTLE.CO.NZ/CAUSE/OCTACAN

OCTACAN

[#OCTACAN](https://twitter.com/OCTACAN)



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Our Services

enliven

Family
Works