

Summer 2021/2022

# PeOPLe

*helping people*

The magazine for friends and supporters of  
Presbyterian Support Otago



OUR SERVICES



Presbyterian Support  
Otago

*enliven*  
PRESBYTERIAN SUPPORT OTAGO

**Family  
Works**  
PRESBYTERIAN SUPPORT  
OTAGO



# Message from Jo



As we get closer to the end of another challenging year, I've been reflecting on Christmases past and the deep need we have as humans to be together - to see, hear, and hold each other, and to celebrate important rituals like Christmas.

During my 25 years of nursing, I've spent many occasions caring for patients during the Christmas period. While working in nephrology in the UK, our team would work hard in the weeks before Christmas to create special plans for patients who were able to travel, to be transported home to spend the holidays with their families.

Many nurses and auxiliary staff would choose to work Christmas day, and we would set up an area in the ward where all the patients who couldn't travel home could come together to share company, gifts, and raise each other's spirits. Hats and crackers were given out, and the kitchen would always 'come to the party' with amazing and special cakes. The relationships formed between patients during this time would brighten the atmosphere of the ward for weeks afterward.

Our amazing staff in Enliven and Family Works know how important this time of year is for our residents and clients, and they go above and beyond to make Christmas a joyful time for everyone connected to our services.

I know many people in communities across Otago have felt isolated and worried this year. At PSO, our ongoing mission is to help every person feel a strong sense of connection and wellbeing, and I am hopeful that the coming year will be one where we can be together more and more.

Christmas blessings to you all,

**Jo Rowe**  
CEO Presbyterian Support Otago



## Welcome to the Board, Mark

Mark Shirley has worked in community based healthcare for over 20 years.

He is a physiotherapist by background and currently working as part of the Executive Team at Habit Health where he is responsible for clinical innovation across the interdisciplinary team.

Mark is also a chartered member of the Institute of Directors.

Mark has lived in Dunedin for over 40 years having grown up, attended high school and eventually university in the city.

He is a proud Dunedinite and enjoys spending time exploring the many outdoor activities the city has to offer with his wife Olivia and their two children.



The Incredible Years  
Programme is part of our

**SKILLSBANK**



*"I have calmer children and I'm confident in my ability to parent better. I have also learned a lot about myself"*

Photo: stock image

## Building incredible parenting skills!

**Parenting can be hard, and sometimes it can feel like a never ending battle.**

Help is available! Incredible Years is one of the flagship parenting programmes in our Skillsbank.

We offer this programme in Dunedin, Balclutha and Alexandra for parents of children aged between three and eight years old, and it focuses on strengthening parenting skills and nurturing relationships through play, attention and involvement.

Incredible Years is delivered by group leaders employed by PSO who lead weekly sessions over 14-week blocks. Donations are a vital part of funding this programme, and this support means that we can continue to reach and help more families.

**Here's what participants have had to say about what they saw as the main benefit of Incredible Years:**

*"Stronger marriage, happier home, happier kids"*

*"Learning how to parent and how my behaviour impacts my child"*

*"It helped me parent better and to stay calm"*

*"Being given tools to deal with challenging behaviour"*

*"Learning more about parenting tools and self-reflection on what triggers me and how my reaction can change the course of behaviour/situation"*

*"Knowing that I'm not alone"*





Neil and Dean decided to upcycle a wooden bedhead into a lovely garden seat, and then wanted to donate the seat to Ross Home in Dunedin. So, with a little help from their fellow woodworkers, the seat was delivered, much to the joy of residents and staff! Pictured left to right are Paul, Bruce, Keith and Neil.



Bill proudly displays a train he has made and says “the train took three weeks to make, and I want to send it to my nephew in Upper Hutt. Neil helped me with the construction, and for my next project I want to make a special box to store my watch and other stuff in.”



## Creating & connecting at Stepping Stones

Stepping Stones hosts a weekly woodworking group where participants really enjoy coming together to plan their projects and bring their plans to life in a friendly and cooperative atmosphere. They are proud of their work and invited People to come and take these photos.





# Stepping Stones helps fight loneliness

Did you know that loneliness has the equivalent negative effects on health as smoking 15 cigarettes a day? Loneliness has detrimental effects on mental and physical health directly, and indirectly due to the often-associated increase in levels of inactivity.

Loneliness is not about the number of people in your life. A child in a new school or an elderly person in a home or hospital are both surrounded by people. Loneliness is about the absence of people in your life that you share something with, something that is meaningful to you both, a relationship where you are 'in it together'.

In New Zealand, one in three adults report feeling lonely some of the time. Rates are double that of the general population for people on lower incomes.

For people diagnosed with a mental illness, the rates get much higher - as high as 75% - 93%. The causes of this high rate include symptoms and effects of mental illness such as social anxiety, but societal barriers such as stigma, and financial constraints play a big part. The ongoing Covid-19 pandemic,

with its lockdowns and social distancing, has added to all these factors.

At our Stepping Stones centre in South Dunedin, we work to minimise loneliness for people facing financial hardship, mental distress and social stigma, by providing a safe and inclusive space where everyone is welcomed and accepted. Working collectively, we share ideas, develop plans and projects that promote connection and improve wellbeing.

**"The most terrible poverty is loneliness, and the feeling of being unloved."**

**Mother Teresa.**

If you are interested in finding out more about how you can be involved in turning back the tide of loneliness, please email Louise at [louise.roberts@psotago.org.nz](mailto:louise.roberts@psotago.org.nz) or phone her on (03) 4700815. If you would like to donate to help support this programme, please see inside the back cover of this magazine. Thank you.

**Our Skillsbanks is a group of programmes where we work alongside people from all walks of life to help them build a safer, stronger, more connected life.**

**Parenting programmes and support groups.** Strategies to promote positive family relationships.

**Financial mentoring.** Empowering people to manage their own finances.

**Community Finance.** Access to affordable 'Good Loans'.

**The Buddy Programme** is a friendship mentoring programme for children aged from 5 to 12.

**Stepping Stones** is a day programme where we work alongside clients who are facing mental wellbeing challenges - to build their skills, assist them to make informed decisions, and connect them with their wider community.

**Social work.** Empowering people to make change and build their sense of belonging.

**YouthGrow** is a youth development programme located in a fully operational nursery/garden centre.

We invite you to consider supporting our Skillsbank so we can continue this important work with local people and children to build their resilience, financial capabilities and strengthen their relationships.





# At home at Holmdene



**Rona had been waiting for the call – there was now a place for her at Holmdene.**

She was thrilled, but her first question for manager Jo Hobson wasn't about her place at Holmdene, it was about Boy, her handsome companion.

There was no way Rona was going to leave behind her 5-year-old tabby. "He's so special, he means a lot to me", said Rona. When Jo called, Rona immediately asked whether she could bring her cat. She was so pleased when the answer was yes, and they have both been made to feel at home at Holmdene. Rona had always had a cat, so it was important to her that Boy came too!

Boy is great company and has settled in very well, mostly staying in Rona's room, but occasionally venturing into the passage and further afield. They have been at Holmdene since January, and in May were able to move to a courtyard room

which Boy loves as it has access to the lovely sunny courtyard garden outside. It is giving them both the freedom to come and go, and Boy is often seen, exploring outside, by staff and residents.

In fact, Holmdene suits them both very well!



**Holmdene care home in Balclutha is home to 35 residents.**

03 418 1468  
holmdene@psotago.org.nz  
15-17 Elizabeth Street,  
Balclutha







# Villages and homes with heart

Wanaka Retirement Village

03 443 4474

wrv@psotago.org.nz

7 Meadowstone Drive, Wanaka

Our Enliven care homes, villages and community programmes are places where you can bring your passions and hobbies to life every day. At Enliven's Wanaka Retirement Village, Robin and Bruce have discovered the (piano) keys to a good party!

Robin and Bruce enjoyed sharing their latest Lego build in the Village lounge with friends at fellow resident Roy's 90th birthday party .

When asked about their next project, Bruce said they were taking a wee break after this project. "A bit of a slow down is required!", he laughed.

At Enliven, there's time to do as much or as little as you like. This is your time, and your choice!

Robin and Bruce, Enliven Wanaka Retirement Village



Roy celebrating 90 years young



**"We've built 23 Lego technic models and a range of precision laser machined wooden models from UGears in the Ukraine.**

**This working model of a grand piano took us a couple of hours each day for five weeks."**



# Community News



## Support Sundays

Presbyterian parishes throughout Otago are greatly valued supporters of our work here at Presbyterian Support Otago. We are very grateful to you all and send our blessings to all. Please keep us, and those who need our services in your prayers.

**Thank you to everyone who has welcomed us into their parishes this year. It has been hard to get to everyone due to COVID restrictions, and we are sorry if you were missed out. We are very much looking forward to seeing you all in the new year.**

Carolyn Sims,  
Community Mission Liaison  
Coordinator on (03) 4777 115



Ross Home in North East Valley is one of our 8 care homes, and now has a beautiful mural for residents to enjoy!

Painted by international street artist Koryu Aoshima, the mural is painted in the courtyard outside the dementia unit. Koryu said it felt great to be able to bring some beauty into the lives of the residents. He loved seeing the “pure reaction on people’s faces” as he worked, which was not as common when doing street art.

The mural features a tui, a kereru and a kingfisher.

## 2021 Annual Report out now!



Online versions of all our Annual Reports are available on our website

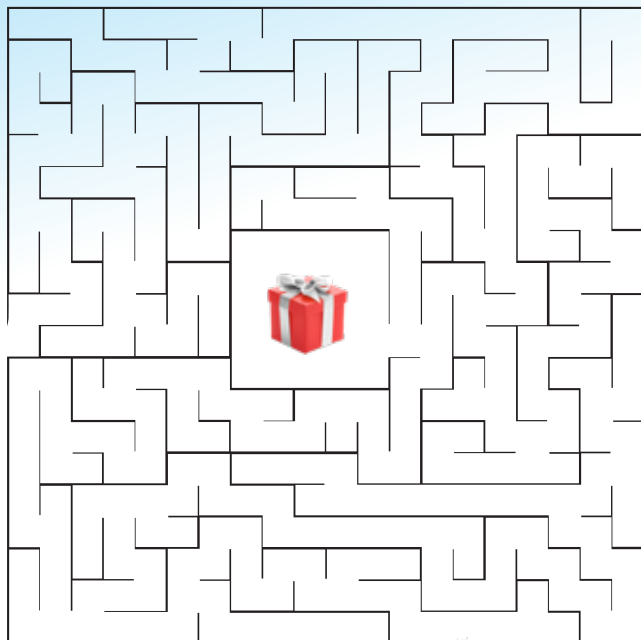
[www.psotago.org.nz/pso-resources/publications](http://www.psotago.org.nz/pso-resources/publications)



# Summer Puzzle Fun!



## MINI MAZE



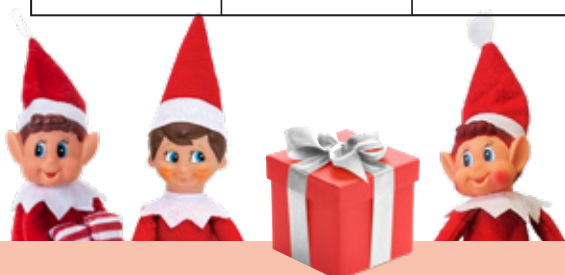
## WORD FIND

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BUDDY  
CHRISTMAS  
ELF  
FOODBANK

GIVING  
KETE  
KIRIHIMETE  
SKILLSBANK

SUMMER  
SUN  
SUPPORT  
VOLUNTEER



## Myrna's Pavlova Recipe

Jude's mum Myrna first taught her how to make this recipe when she was about 10 years old. The family are delighted that she left this legacy so they can carry on the family tradition.

### Ingredients:

3 egg whites  
1 cup of caster sugar  
1 teaspoon of vanilla essence  
1 teaspoon of malt vinegar  
3 teaspoons of cornflour

### Method:

Turn oven on to 150°C . Prepare your cold oven tray by putting baking paper on it.

With an electric beater, whip the egg whites until they form soft peaks. Add the sugar gradually. Then add cornflour, vinegar, and vanilla essence. Beat until the mixture is of a firm consistency.

Using a spatula, transfer the mixture onto the tray. Try to keep the size of the mixture to about

a bread-and-butter plate. Don't flatten it down too much, as this could cause the pav to spread and be chewy.

Bake for 45 minutes, then turn the oven off. Leave the pavlova in the oven until the oven is cold.

Whip cream and cut fruit for the topping.

You might like to shape the pav in a circle with a hole in the middle and decorate it like a Christmas wreath.





Dunedin Buddy Programme co-ordinator Stephanie Finnie (right) and volunteer Betty Laing celebrate with some of the prizes won by the Buddy Programme at the SBS Dunedin Volunteer Awards.

## Buddy Programme takes out top award!

Few things are better than getting an award for having fun. For more than a decade, Betty Laing has been volunteering with the Dunedin Buddy Programme, bringing a little joy, friendship and guidance to a young person's life.

She and fellow volunteers in the Buddy Programme won the Education Child and Youth Development Award, as well as the Overall Award at the inaugural SBS Dunedin Volunteer Awards at the Edgar Centre in October this year.

Ms Laing said she was quite surprised by her success, and perhaps a little cheeky, because she had not had to work hard for it.

She felt she had gained as much, if not more, from the programme as her buddy.

"I came into the programme because my grandchildren live in Australia, so I don't see them very often.

"This is the next best thing.

"It's certainly not a job or a chore. It's fun."

However, she said she was starting to find it more challenging.

"It's changed as my buddy's grown older.

"When she was little we did things like go to the playgrounds and the pool and feed the ducks.

"Anything to do with food is usually good."

Programme co-ordinator Stephanie Finnie was delighted with the awards.





**The Buddy Programme** is a friendship mentoring programme for children aged from 5 to 12 years, aimed at building resilience and mana atua (personal wellbeing) while having fun.

**Our Buddy Programme is 100% funded by donations** - and is part of our social services Skillsbank. You can support this programme through donating to the Skillsbank



She said the programme contributed to the emotional and social wellbeing of children aged 5-12 by matching them with carefully selected and trained adult volunteers in a well-supported mentoring relationship.

The Buddy Programme was among 30 finalists vying for awards in 10 categories.

The awards recognise and celebrate the enormous amount of volunteer work that has been done in the Dunedin community during 2021.

This story is re-printed with the kind permission of the Otago Daily Times.

The Buddy Programme is part of our

**SKILLSBANK**



**VOLUNTEERING AT PRESBYTERIAN SUPPORT OTAGO**

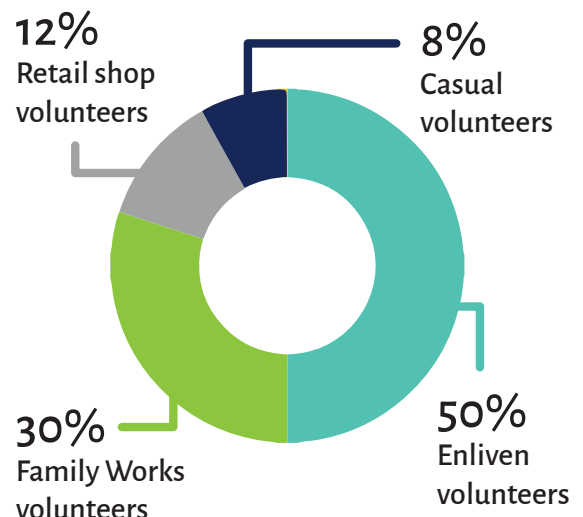
**542**  
**Volunteers**

Volunteer contribution tops

**\$1.4**  
**MILLION**

Our volunteers contribute **61,352** hours per year - that is on average **1,180** hours every week!

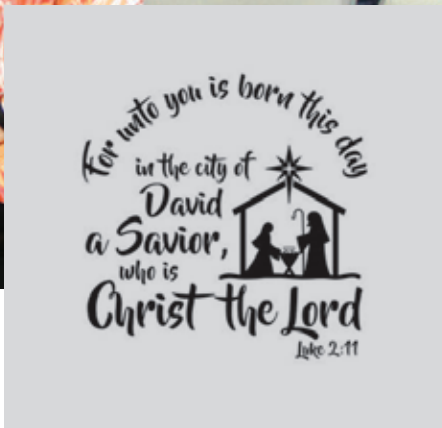
**WHERE OUR VOLUNTEERS ARE**







Staff from our Support Centre in Dunedin at their Christmas service 2020



## A time to celebrate

Here at Presbyterian Support we take the time to gather together and reflect at two of the most important times in the church calendar. We host a service at both Easter and Christmas time, inviting staff, volunteers and Board members to put aside their work and join in a time of worship, reflection, prayer and teaching.

Often we have invited a Presbyterian Minister to lead us in this and sometimes we lead this ourselves. For our Christmas 2020 service we re-told the Christmas story with an impromptu drama. Those in attendance entered into the spirit, donning costumes, repeating the lines and ad-libbing very well. We were also blessed to have Sue Mephram (wife of our Board Chair Tim Mephram) as our pianist and our drama was interspersed with great singing.

A highlight for myself was the singing of 'The Blessing Aotearoa', which has become very popular in recent times - please take the time to google this song, you will be blessed. As we continue in our cultural journey we sang in both Te Reo and English.

Here is a verse from 'The Blessing Aotearoa':

Ma Ihowa koe  
 E manaaki e tiaki  
 Tona mata e tiaho ki a koe  
 e atawhai ano hoki  
 Ma Ihowa tona kanohi  
 e whakaara ki a koe  
 Kia tau ai ko te aiotanga  
 "The Lord bless you and keep you; the Lord  
 make his face shine on you and be gracious  
 to you; the Lord turn his face toward you and  
 give you peace."  
 Numbers 6:24-26

Blessings,  
 Carolyn Sims  
 Community Mission Liaison





# Funding for a brighter future

At PSO a very significant proportion of the social services we offer are funded through donations from our kind supporters.

The fundraising and marketing team raises funds through both donations and grants. We also promote the services offered by Family Works and Enliven across Otago, so that more clients can access these programmes and make real and positive changes in their lives.

We are delighted to welcome a new face to this team. Liam Dell joined us at the beginning of November, and will be looking after our annual fundraising appeals and will bring his skills to our online campaigns.

Liam is passionate about the work we do and about making a difference in the lives of people across Otago.

Christmas and the holiday season can provide some relief for many people as they wind down for the year. It's a time of sharing and enjoying company, but for many of the people we work with, Christmas and the coming year can hold little hope.

Our Family Works Skillsbank helps people improve key life skills, such as managing their finances, effective parenting and connecting children with mentors.

As well as homes and villages, our Enliven service also offers day programmes for older people in our community, who are often lonely and who value companionship.

This Christmas we are asking you to consider supporting our Skillsbank, because a new skill is a gift that will last long after Christmas has gone.

Our foodbank also experiences higher demand in the lead up to Christmas, so donations of funds towards re-stocking the foodbank are also very welcome.

Thank you for your generous support and Merry Christmas to you all!

**Jude McCracken**  
Supporter Engagement  
Manager

Jude McCracken with Liam Dell, Fundraising and Digital Marketing Coordinator.



## Family Works Foodbank goodness

Our Family Works team is gearing up for the Christmas season, making sure that food parcels, hampers and gifts will be ready for those in need across the region.

We know that demand will be high this year and anticipate we'll be working alongside over 250 families to make sure Christmas is a special time.





# Give a skill this Christmas

Donate to our Skillsbank!

## *How your donation can make a difference*

Our Skillsbank, like our Foodbank, relies heavily on the generosity of our donors. Any amount, large or small, will help keep our Skillsbank working alongside local people to grow their skills and capabilities.

Here are some examples of how donations can help support the people who access our programmes:

**\$35**

can fund one session of social work - on average clients need social work help for 8 months

**\$70**

can fund 3 sessions for one parent to attend a support group

**\$100**

can fund one child to attend a group support programme for 3 sessions

I hope you will join us in giving the **gift of hope for a brighter year ahead** to families and people in need, as they build new life skills.

Your donation this year to our Christmas Appeal helps us to keep running our ongoing social support programmes, which we call our 'Skillsbank'. This is a group of programmes we provide free of charge and each one is designed to help local people build new and lasting life skills.

Please consider making a donation using the form or visit [www.psotago.org.nz/donate](http://www.psotago.org.nz/donate) to make a donation online.




Thank you for your generous support and Merry Christmas to you all!



*"It takes a whole community, working together, to make a difference!"*



## What are some other ways to donate?

-  Phone banking via your bank's services
-  Call us on 03 477 7115 and we can process your credit or debit card donation over the phone
-  Pop into to Shop on Carroll in Dunedin and make a donation with your EFTPOS card

All donations are receipted.  
Gifts over \$5.00 are tax deductible.



If you have any questions at all about donating to PSO or leaving a gift in your will, please feel free to phone Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on 03 4700834.



### How to return this form:

#### POST

Fundraising Team,  
Presbyterian Support Otago,  
FREEPOST 845, Dunedin  
9054

#### EMAIL

[fundraising@psotago.org.nz](mailto:fundraising@psotago.org.nz)

#### PHONE

Contact us on 03 477 7115

# Yes, I want to show my support!

I would like to donate

\$

To support

- Where the need is greatest
- Skillsbank - Child and Family Services
- Family Works Foodbank
- Services for older people



## Donation options - it's easy to donate!

### Credit / Debit Card

Card number

Name on card

Expiry date

CVC

Three digit code on back of card

Signature

One-off donation

Monthly donation

### Donate Online via [www.psotago.org.nz](http://www.psotago.org.nz)

Use your credit or debit card to donate via our website

### Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your phone number

Code: **DONATION**

Particulars: Enter a donation option from the list above

For a receipt, please email us at [fundraising@psotago.org.nz](mailto:fundraising@psotago.org.nz)

Name

Address

Phone

Email

Presbyterian Support Otago is a charity registered under the Charities Act 2005, Charity Registration Number CC20878. The Privacy Act 1993 requires us to advise that we keep the names and contact details of our supporters on file to help with fundraising and event promotion. This information is only kept for this purpose. Please advise us if you do not wish your information to be stored. If you wish to check the details on your file, you are welcome to enquire.



# SHOPON

CARROLL

10 Carroll St, Dunedin

Monday to Friday 10am – 5pm,  
Saturday 10am – 4pm  
phone 03 471 8249

Shop online  
[www.shoponcarroll.org.nz](http://www.shoponcarroll.org.nz)

 [facebook.com/shoponcarroll](https://facebook.com/shoponcarroll)  
 [instagram.com/shoponcarroll](https://instagram.com/shoponcarroll)



# OPSHOPON

ST ANDREW

59 St Andrew St, Dunedin

Monday to Friday 10am – 5pm,  
Saturday 10.30am – 4pm  
[facebook.com/OpShoponStAndrew](https://facebook.com/OpShoponStAndrew)  
phone 03 477 5019



## YouthGrow Garden Centre

146 Norwood St, North East Valley, Dunedin

Open 7 Days, 10am - 4.30pm  
[facebook.com/youthgrow](https://facebook.com/youthgrow)  
Phone: 03 473 1334



**772** STAFF

**550** VOLUNTEERS

Editor Sally Knox - [publications@psotago.org.nz](mailto:publications@psotago.org.nz)

Front cover artwork - stock photo

*All profits from our retail shops go to support  
local social services offered by Presbyterian  
Support Otago's Family Works*

[www.psotago.org.nz](http://www.psotago.org.nz)