

Autumn 2021

PeOPLe

*helping people
for over 100 years*



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there's a Way



Presbyterian Support
Otago

enliven
PRESBYTERIAN SUPPORT OTAGO



Family
Works



Message from Jo



Welcome to the Autumn edition of Presbyterian Support Otago's People magazine. We have much we want to accomplish this year, so that we can better serve our communities. Life can be an uncertain adventure though, and never more so than with a global pandemic still raging in many other countries across the world.

At PSO we are absolutely committed to keeping our clients, residents, customers and staff safe. You can be part of this team effort by using the COVID Tracer phone app to scan QR codes wherever you go or keeping a physical record, such as a COVID Tracer booklet. Older people are especially vulnerable to COVID 19, and we must keep them safe!

I was humbled by the support shown to PSO over the Christmas period – we are deeply grateful to all the individuals, organisations and schools who donated time, goods or money so that we could provide hope and joy to local people needing support.

I hope you enjoy this edition of People and I invite you to share it with friends and family who may be interested in any of our services – from aged residential care, retirement living, social and financial mentoring and low interest loans, through to our Op Shops and YouthGrow nursery. We are here to serve you.

Blessings to you all,

Jo Rowe

CEO Presbyterian Support Otago



Tracer App or booklet?



Celebrating 20 years as a Buddy Coordinator

Jo Scott is based in East Otago and has supported dozens of Buddies across Otago over the last 20 years. We asked her about this milestone, and she shared her thoughts with us.



"It doesn't feel like 20 years, I assure you! I have absolutely loved being involved and it's a mystery where the years have gone. It's a privilege to work with such cool, kind adults who give fun and love to kids who are not their own - it's a brilliant take on the concept of 'It Takes a Village to Raise a Child'.

"The Buddy Programme is such an impressively simple approach that has extraordinary heart and soul. Memories of many young and adult buddies will remain with me for as long as I have my marbles. I love to run into them to see what they're up to, and so many of them keep in touch with each other years, even decades, after."

Congratulations, Jo and thank you for being part of this amazing service!



Get in touch with our Support Centre on 03 4777 115 to order a free COVID Tracer booklet like the one pictured left, if you (or someone you know) needs an alternative to the smart phone app.



Buddies head to Quarantine – but not for COVID 19!

At the end of last year, our Dunedin Buddies came together for an exciting trip to Quarantine Island in Dunedin, which lies in the beautiful Dunedin Harbour.

Dunedin Buddy Coordinator Marco told us: “On the day of our trip the weather proved to be a bit challenging! A strong breeze and a brisk 14 degrees didn’t stop us though, and the sun was shining. Some young people were a bit nervous about going on a boat, but it was great to see how they stepped up to the challenge.

“On the island lives a family who are the permanent caretakers, and they were more than happy to show us around. Meghan welcomed us and told us something about the history and the animals on the island. We went for a bush walk and helped set out traps that record the footprints of little rodents, and then we had an awesome picnic.

“To top it off we did a treasure hunt before jumping back on the boat. The waves in the channel between the island were moving us from side to side, and on the way back some keen passengers got themselves a bit wet, followed by lots of laughs!

“Back on the ‘mainland’ once again, we handed out the gifts that the volunteers bought for their young buddies and wished everyone a Merry Christmas!”

Our Buddy Coordinators in Dunedin, Oamaru, Clutha and Central Otago arrange group outings at different times throughout the year, for their local Buddies to join in if they wish.

Presbyterian Support Otago’s Buddy programme contributes to the emotional and social well-being of Young Buddies (children aged 4 to 12 years) by matching each child with a carefully selected and trained volunteer Adult Buddy in a well-supported mentoring relationship. Each Buddy pair meets one-on-one for a couple of hours every week for fun and positive outings or activities.

Did you know? We rely completely on donations to fund our six Buddy Coordinators across Otago, who provide the training and support that underpins this programme. We do need more Adult Buddies as there are many local children waiting on a match. Please get in touch with Marco 03 477 7116 to find out more.



Jeff's Journey



Our Foodbank and beyond.

What happens when someone reaches out to our Family Works services?

This is a story about Jeff* who lives south of Dunedin with his four children and has a part-time job in the city.

Before Christmas, Jeff phoned our **Family Works Foodbank** in Dunedin to ask about a Christmas parcel. His hours had been reduced at work after the lockdown, and he hadn't been able to put anything aside for Christmas food or gifts. It was the first time he'd needed to ask for help, and that made him a bit nervous.

Our friendly Foodbank staff spoke to Jeff over the phone and were able to provide a Christmas hamper for Jeff's family and some gifts for the children. Jeff mentioned that he'd been struggling with making ends meet and also that he was worried his younger son was very anxious and was getting into trouble at school.

We were able to offer Jeff an appointment with one of our **Financial Mentors**, who worked with him to create a plan for 2021, and also gave him information about **Growing Taller**. In this programme children aged six to eleven participate in fun activities, learn to change the way they see themselves and to identify, express and manage their emotions. He's already seeing positive changes in his son.

Jeff also needed to buy a car to replace his old unreliable one, so that he could get to his job on time. So our **Good Loan** workers helped him apply for a low interest loan, which was successful! They also helped him obtain **Drive Insurance** which is a low-cost policy that covers a driver if they cause accidental damage to other cars or property. Jeff was really pleased to access this policy as he had a friend who had been left paying off an accident debt for years, because the friend had no property damage insurance.

You'll see from Jeff's story that reaching out to the Foodbank was just the start of his journey with us. Our Family Works team understands that everyone has a unique story, and provides help that is tailored to each individual.

Our Family Works services are located throughout Otago and you can find contact details on the back page of the magazine – our Family Works services are marked with green dots.

Family Works – walking beside you to help you reach your goals.

**names and some details have been changed to protect privacy.*





Good Loans are designed to help New Zealanders with limited incomes improve their quality of life!

Our community loan workers can help people on limited incomes apply for a no or low interest loan to buy essential items like second-hand cars, car repairs, computers, new household appliances, education related costs or to pay for medical and/or dental services. We also offer a 'DEBTsolve Programme' where we can refer you to Debt Coaches who work alongside you to find solutions to high interest or unmanageable debt.

Escaping the cycle of debt

Our loan worker Mel told us about Josie's* story. "Josie approached us in late 2020 seeking a way out of her constant cycle of trying to pay down two reasonably large finance company debts. Her regular payments were not making much of a dent against the high interest being charged. She wanted to be a good role model for her children and her goal is that one day she will be able to tell the world she is debt free.

"We put a referral through to our 'DEBTsolve Programme' where one of the Debt Coaches started working alongside Josie to put in place a debt reduction plan to get the debt to a manageable place whilst prioritising her essential costs. Her Debt Coach contacted us recently to tell us Josie was very motivated and they were able to offer her a debt consolidation loan to pay out her debts.

"The interest she is paying has reduced from 30% to 6.99% and there are now no fees. This will save Josie thousands of dollars. She has had these debts for over 10 years and now, with a little help, she will be completely debt free within 3 years."

**For privacy reasons, not her real name*

goodloans

NO & LOW INTEREST LOANS



Talk to Presbyterian Support Otago about **Good Loans** today. Call us on **0800 477 711**

www.goodloans.org.nz

Terms and lending criteria apply.

A community-focused initiative of



Supported by



SHOP ON
CARROLL

Vintage Month

facebook.com/shoponcarroll

instagram.com/shoponcarroll

Presbyterian Support Otago's Shop on Carroll in Dunedin sells quality recycled clothing and collectables, specialising in retro and vintage. We have an eclectic mix of jewellery, hats, furs, shoes, books, silver, china, fabric and haberdashery.

Shop on Carroll

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

Shop Online

www.shoponcarroll.org.nz

Our proceeds support Presbyterian Support Otago programmes.

Presbyterian Support Otago

Meet Jinsey Wood, Registered Nurse



We met with Jinsey, 27, to find out more about her story and her big plans for the future.

Can you tell us about your current role?

I'm a Registered Nurse at Enliven's Ross Home in Dunedin where I'm part of the team in the Dalkeith residential care unit. Previously I was working within the Lindsay psychogeriatric care unit at Ross Home.

What was your background prior to coming to Ross Home?

I actually left school at 15 and was a solo mum at 19. I was struggling and on a benefit, doing a little housecleaning to make ends meet. I remember looking at my son, who is now 6, and he was my motivation for wanting a different life.

I was drawn to nursing because I love looking after people. I wanted a job where I could go home at the end of the day and feel really good about what I had been doing.

Jinsey's pathway

2016	Certificate in Foundation Studies, Certificate in Health
2017	Began studying Bachelor of Nursing at Otago Polytechnic
2018	Employed as a caregiver at Ross Home whilst studying
2019	Graduated Bachelor of Nursing from Otago Polytechnic
Feb 2020	Registered Nurse position at Ross Home Lindsay Unit
Feb 2021	Registered Nurse Ross Home Dalkeith Unit
2021	Postgraduate study at Otago University

What are your special interest areas in nursing?

When I first went into nursing it was with the intention of eventually working in women's health and gynaecology. But after a placement at the Lindsay Unit during the mental health part of my studies – I just loved it straight away, and knew that was the area I wanted to work in.

I was drawn to it because the residents were so vulnerable and so in need of good care and advocacy. Another big factor in my choice of aged care once I graduated was the great team in the unit – the people and the environment. It was such a good feel – I felt so at home.

What excites you about the future?

I've since realised there are a great deal of opportunities for professional development and advancement in the aged care sector. In February this year I attended the NZ Aged Care Association Workshops for Managers and Aspiring Leaders.

And now, with the support of my employer (including paid study leave) I'm studying towards my Post Graduate Certificate of Nursing - Leadership and Management at Otago University.

I have loved studying and achieving, and I just want to carry on! I am really proud of my achievements and I'm grateful for my very supportive partner as well.

My goal, once I've completed my management course, is to become a manager in aged care. I can see a realistic and achievable career path to this goal now.

What would you say to others seeking a career in aged care?

I would recommend Presbyterian Support Enliven Aged Care employment to anyone! I recently suggested a classmate of mine apply for a position with Enliven. I have had opportunities with Enliven that I wouldn't have had elsewhere and I feel very well supported. It's a great place to work!

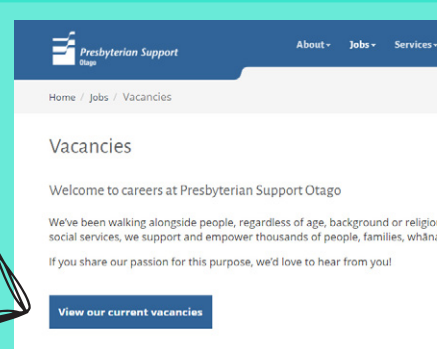
Thank you, Jinsey!



Are you ready to join our passionate, highly respected PSO team?

Whether you are just starting out, or wanting a change, Presbyterian Support Otago can offer you new opportunities and will invest in your professional and career development.

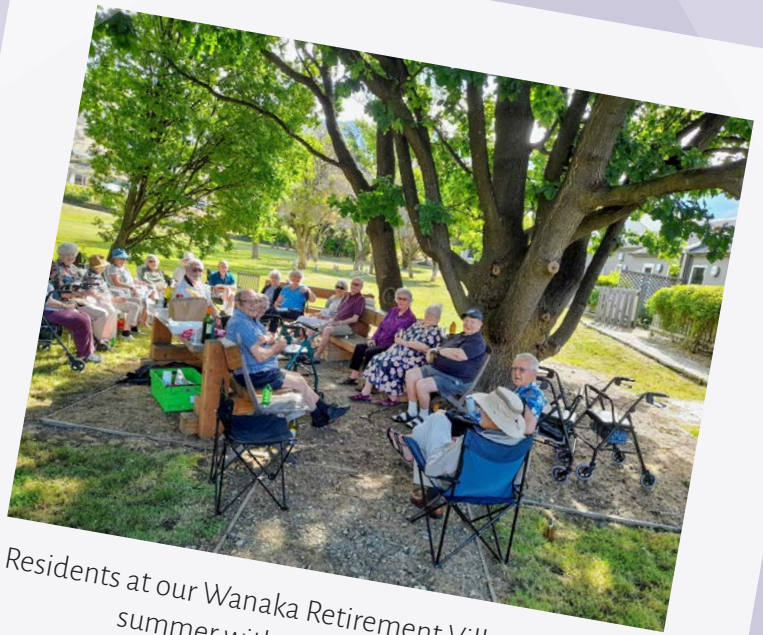
We've been walking alongside people, regardless of age, background or religious belief, for more than 100 years. We support and empower thousands of people, families, whānau and communities in aged care and social services in locations right across Otago. **If you share our passion for this purpose, we'd love to hear from you!**



www.psotago.org.nz/jobs



Ona the Collie who is well loved at Holmdene, our care home in Balclutha, came in her elf suit to say Merry Christmas!



Residents at our Wanaka Retirement Village enjoying summer with a picnic in the park!



Presbyterian Support Otago's Enliven care homes love to celebrate their staff receiving qualifications! Pictured here at our Elmslie House care home in Wanaka are from left to right, Kim Taylor (Careerforce Assessor), Nierva Aventuna (Level 3), Israt Mitu (Level 3), Alexa Gutowska (Manager, Elmslie House) and Gazal Shrivastav (LCP Dementia). Congratulations on your achievements!

Thank you
for your
support!

A huge THANK YOU to everyone who donated to our special Christmas campaigns last year.

With your support we were able to load 100 Bee Cards with \$30 of credit for local people who were unable to afford transport.

Over 300 teens from struggling families have been treated to the movies over these Summer holidays! This would not be possible without your help!



Thank you Georgia and Scarlett! These amazing entrepreneurs performed a live streamed concert for staff at MPI (Ministry for Primary Industries) to raise money for gifts to help support local families at Christmas.

They raised \$785 and with The Warehouse contributing \$100, they had \$885 to spend. Scarlett and Georgia purchased gifts and delivered them to Family Works to send out to local families.

When dropping them off they gave an impromptu performance and we were blown away by their beautiful voices and musical talent!



Over the summer, we have had such amazing support from many local businesses, including (left) Placemakers and (right) Gilmour Motors Suzuki who both collected items for our services over Christmas!

Thank you to ALL the many businesses, organisations and people that contributed to help us help our community.



Autumn Puzzle fun!



SUDOKU (Medium Difficulty)

9		4				5		
		7	8					
6			5					7
	3		1			4		6
1		6			8			
	4		3		9	2		8
			7	3				5
	6						7	
		8	4	5			6	2

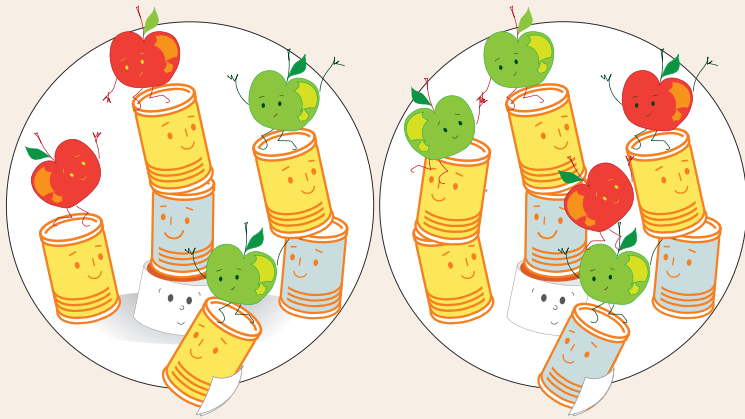
WORD FIND

D S E E R T W E L I O U S E
 E P I H S D N E I R F M R Y
 C G O O D L O A N S L T F O
 I S F L E A V E S T N J Y U
 D M K F E N L I V E N D S T
 U R W R M F E H C X D Z E H
 O B O U O N I T C U D L A G
 U T T T E W R N B R I D S R
 S U A R N O Y R A R A G O O
 A P G G P E K L P N O M N W
 X Y M P O S M A I J C X S O
 P S U M A Y Q R X M D E C Z
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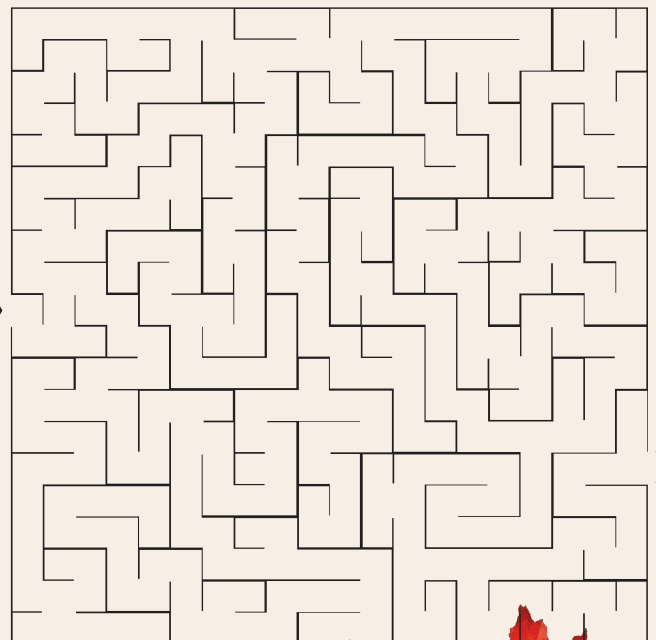
- | | | |
|----------------|------------|-----------|
| AUTUMN | YOUTHGROW | ENERGY |
| LEAVES | FRIENDSHIP | VINTAGE |
| DECIDUOUS | MENTOR | MARCH |
| TREES | BUDDY | APRIL |
| FAMILY WORKS | GOOD LOANS | MAY |
| SUPPORT CENTRE | FINANCE | OTAGO |
| ENLIVEN | SEASONS | HAPPINESS |

SPOT THE DIFFERENCE

Can you find all 8 differences?



MAZE



Sudoku answers

3	7	8	4	5	1	9	6	2
5	6	1	9	8	2	3	7	4
4	2	9	7	3	6	1	8	5
7	4	5	3	6	9	2	1	8
1	9	6	2	4	8	7	5	3
8	3	2	1	7	5	4	9	6
6	1	3	5	9	4	8	2	7
2	5	7	8	1	3	6	4	9
9	8	4	6	2	7	5	3	1

Spot the difference answers

1. Left apple moved
2. Left apple turned green
3. Yellow can added on left
4. Top most apple turned green
5. Right most apple turned red
6. Red apple added above lower
7. Bottom can turned blue
8. Background shadow gone



Goodbye to cheques




By the middle of this year all major New Zealand banks will have phased out cheques, so we at Presbyterian Support Otago are keen to let our wonderful donors know how they can continue to support our work, and why that support is so important.

Charity sector group Fundraising Institute of New Zealand (FINZ) says many people who donate to charities traditionally donate by cheque.

They also estimate that some charities receive up to 90 per cent of their income by cheque and say that annually, in the worst-case scenario, NZ charities could lose as much \$1.4 billion when cheques are no longer available. As you can imagine, the loss of this funding would have a devastating impact on the communities and causes that charities support.

At Presbyterian Support Otago, your donations help fund many of our key local programmes – such as our Foodbank, Buddy Programme and positive parenting courses. We receive hundreds of donations by cheque each year, which represents a very significant proportion of our overall donations.

What are some other ways to donate?

-  Phone banking via your bank's services
-  Call us on 03 470 0834 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
-  Visit our website and use your credit card or debit card to make a donation www.psotago.org.nz/donate
-  Go to your own online bank account and create a bank-to-bank payment, from your account to PSO's account. This can be a one-off payment or a regular payment. See the donation form opposite for our bank details

*Did you know?
New Zealand is the only
country in the world to
appear in the top ten in each
of these three lists?*

*Donations
Helping strangers
Volunteering*

If you have any questions at all about donating to us, please don't hesitate to phone Jude McCracken, Communications, Fundraising and Marketing Manager, who is based in Dunedin, on 03 470 0834.

We know that many people are comfortable and familiar with cheques and that it will be unsettling trying to set up new ways of paying bills, making payments and donations.

Banks are getting in touch with customers who use cheques to let them know what's happening, and to let them know about phone and internet banking options. We encourage you to get in touch with your bank if you haven't yet heard from them about these options.



Silver Tech Smartphone Course

WHAT CAN YOUR SMARTPHONE DO FOR YOU?

Age Concern Otago is running friendly 2-hour sessions on how to get the most out of your smartphone.

A smartphone has the potential to change your life in many ways - keeping you connected and up to the play.

Contact Kristen Beardsmore 03 479 3054
kristen@ageconcernotago.co.nz

Learn about:

- Internet banking
- On-line shopping
- Popular apps
- Skype/zoom
- Social media
- Music/entertainment





Yes, I want to show my support!

First Name

Surname

Address

Phone

Email

Amount \$

Please tick payment method

Credit Card - Payment Details

Card number

Name on card

Expiry date CVC

Signature

One-off donation **Monthly donation**

Cheque (To Presbyterian Support Otago)

Donate Online via our website

Use your credit or debit card to support us with an online donation, visit www.psotago.org.nz/donate



Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your last name and first name

Code: **PA-DONATE**

Particulars: Enter a donation option from the list below

For a receipt, please fill out the Contact Details part of this form and return it to us.

Please direct my donation to one of these options:

Where the greatest need is

The Buddy Programme Child and Family Welfare

Family Works Foodbank Outreach for older people

Please let us know if you:

have left a gift to PSO in your will

would like more information about leaving a gift in your Will

would like more information about volunteering for PSO

.....

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

Charities Commission number CC 20878

.....

How to return this form:

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

EMAIL fundraising@psotago.org.nz

Where there's a Will there's a way

Presbyterian Support Otago has been caring for children, families and older people in Otago since 1906.

We are Otago's charity.

Every year our Family Works team supports more than 5500 local people to make lasting, positive change in their lives. Many of our services are for children. Services like the Buddy Programme, Growing Taller and YouthGrow make a real difference in young people's lives, by helping them to build confidence, feel treasured and learn new skills.

Every year our Enliven team supports over 800 older people in our residential care homes and hundreds more through our meals on wheels, community support and companionship services.

We are passionate about our work and our vision for a fair, just and caring Otago community.

By leaving a bequest in your Will, you can support our work and be part of our journey for many years to come. You will be creating a legacy into the future with the security that Presbyterian Support Otago will make sure your wishes are followed.

With a bequest to Presbyterian Support Otago, you can be specific about where you would like your funds to be channelled or allocate them to an area of interest close to your heart.

Bequests can take on many different forms and types and I would be very happy to chat with you at any time about your wishes. Please phone me on 03 470 0834 or get in touch by email Judith.mccracken@psotago.org.nz

Please join me to make a difference into the future.

Blessings to you!

Jude McCracken,
Communications, Fundraising and Marketing Manager,
Presbyterian Support Otago





Presbyterian Support
Otago

Family Works Wanaka
All Enquiries 0508 3925 392
Wanaka Community Hub
34 McDougall Street Wanaka

Enliven Wanaka
Elmslie House 03 443 7899
81 Stone Street Wanaka
Aspiring Enliven Care Centre
03 555 3010
21 Cardrona Valley Road Wanaka
Wanaka Retirement Village
03 443 4474
5/7 Meadowstone Drive Wanaka

- **Support Centre**
- **Family Works**
- **Enliven**
- **Cottages and Villages**
- **Retail Shops**

Family Works Oamaru
All Enquiries 0508 396 262
Good Shepherd 0800 477 711
Oamaru Community House
100 Thames Street, Oamaru

Enliven Oamaru
Iona 03 437 1870
549 Thames Highway, Oamaru, 9400



Family Works Alexandra, Ranfurly, Cromwell & Queenstown
All Enquiries 0508 3925 392
Good Shepherd 0800 477 711
Alexandra Community House
14/20 Centennial Ave, Alexandra

Enliven Alexandra
Ranui 03 448 8280
4 Chapple Street, Alexandra

PSO Support Centre/ Head Office

All Enquiries 03 477 7115
407 Moray Place, Dunedin, 9054
PO Box 374, Dunedin, 9054

Family Works
All Enquiries 03 477 7116
407 Moray Place, Dunedin

Macandrew House Family Works
Stepping Stones 03 470 0815
Good Loans 0800 477 711
186 Macandrew Rd, South Dn

Youthgrow 03 473 1334
146 Norwood St, Dn

Enliven Dunedin

Club Enliven 03 473 0890
407 Moray Place, Dn

Ross Home 03 473 0029
360 North Rd, Nth East Valley, Dn

St Andrews 03 455 4396
8 Easter Crescent, Dn

Taieri Court 03 489 6044
5 Hartstonge Avenue, Mosgiel

Shop On - Charity Shops

Shop on Carroll 03 471 8249
10 Carroll St, Dunedin
www.shoponcarroll.org.nz

Op Shop on St Andrew
03 477 5019
59-61 St Andrew St, Dunedin

Community Finance / Good Loans
All Enquiries 0800 477 711
Offices in Dunedin, Alexandra, Oamaru, Timaru, Nelson & Blenheim

Family Works Balclutha
All Enquiries 03 418 0463
PO Box 95, Balclutha

Enliven Balclutha
Holmdene 03 418 1468
15 Elizabeth Street Balclutha



8 care homes
3 retirement villages
Club Enliven
Visiting Volunteers

Foodbank
Social support and programmes
YouthGrow

Shop on Carroll
Op Shop on St Andrew
Shop On Online

818 STAFF

550 VOLUNTEERS

www.psotago.org.nz