

Spring 2021

PEOPLE

helping people

The magazine for
friends and supporters
of Presbyterian Support
Otago

OUR SERVICES



Presbyterian Support
Otago





Message from Jo

As we go to print, we are heading into the longer brighter days of Spring but as a nation we are again battling a significant community outbreak of the Delta variant of Covid-19. These are uncertain times, but PSO is here to help those in need, and we are working hard to protect all those in our care. Our Family Works Foodbank, social workers and financial mentors are supporting more and more people during the pandemic.

In this, we are driven by our mission, vision and values – the essence of which can be traced back to our foundation in 1906. We have worked hard this year to develop a modern expression of these important concepts, and I am pleased to be able to share those with you now.

Our Vision | Tō Mātou Matawhānui

Every person is valued and grows in a safe and strong community.

Our Mission | Tō Mātou Whakatakanga

We walk with people across the generations to create together places to live, learn and thrive. We call out injustice and advocate for positive social change.

Our Values | Ō Mātou Uara

With the foundation of Christian faith, we act with the values of integrity, respect, courage, manaaki & aroha.

We want the stories we tell in People to show how we are putting our goals and values into practice across all our work - in aged care, retirement living, social services, youth and community outreach and our opportunity shops.

Especially during these challenging times, I hope you find inspiration in our stories, and please know that we are incredibly grateful for the support of our donors, volunteers and friends.

Blessings to you all.

Jo Rowe

CEO Presbyterian Support Otago



Welcome to the board, Stephen

Stephen Willis is our newest PSO Board member, joining in 2021. He is the Chief Operating Officer (COO) of the University of Otago, where he provides strategic leadership, planning and management across the University's operational functions and capital developments.

Prior to his current role, Stephen had extensive experience in the military, in nursing as a nurse and Nurse Manager, and in project development.

He is also a Member of the Institute of Directors New Zealand, the Australian Institute of Project Management, the Association for Tertiary Education Management and has held board positions for both government and charitable organisations.

Stephen is a qualified and licensed practitioner in Portfolio Management, holding a Master's Degree in Project Management (Property Development), a Master's Degree in Health Science (Health Service Management), and a Bachelor of Nursing.

Stephen enjoys living in Dunedin with his wife and young family.



PSO Annual General Meeting

(Alert Level permitting)

Thursday 28 October 2021
5:30pm start

Burns Hall, First Church,
Moray Place, Dunedin

Speaker:
Craig Dixon, Naylor Love
Topic: Social Housing

All are welcome.
For catering, RSVP by
20 October to
reception@psotago.org.nz



Family Works Financial Mentor Nicole talking money in Wanaka

There's more to money than budgeting!

For many years, Budget Advisers have helped people create weekly budgets to help them manage their finances. These days, there is a lot more to the role, and they are now known as Financial Mentors.

Financial mentors call out predatory lenders and help people find solutions to debt

Recently the government introduced changes to the law limiting the amount of fees that can be added to a loan, but these fees can still mount up. Our financial mentors ensure clients are aware of these before an agreement is signed, as well as checking that clients are able to afford the loan.

Under the Credit Contracts and Consumer Finance Act, mentors also look out for companies abusing the law.

Our client, Judy* was given a short-term loan of \$250 by an unscrupulous lender, which doubled to \$500 in one day, and almost quadrupled to \$997 in just two months. With mentor intervention, the debt was settled at the original sum of \$250, which saved Judy \$747.

If you or someone you know is struggling with a debt, we are here to listen and help. Our Financial Mentoring service is free of charge, and we will walk alongside you to identify any failings by the lender. Alternatively, we may be able to help you find a solution to make it more affordable for you!

Contact our financial mentors on 0508 396 678 for more information.

*Name changed for privacy reasons



Trevor with his new mobility scooter, together with Mel Aicken (Presbyterian Support Otago) and Cathy Tucker (Servants Health Centre, Dunedin)

Trevor is on the move again!

At Presbyterian Support Otago we have been working with Servants Health Centre to provide life's essentials for people in our community.

After suffering a stroke last year, Trevor was confined to his house due to mobility issues. Together with Cathy, his patient advocate at Servants Health Centre, they thought a mobility scooter could be the answer to this challenge. They initially applied to the Lottery Grant Scheme but discovered that although Trevor was an ideal candidate, there was a waiting list of two years.

WINZ then suggested they investigate the Good Loans Programme, and with the help of our community finance loan worker, Trevor applied for a Good Loan to purchase a mobility scooter, and he is now fully mobile and enjoying his freedom again!

"I'm so happy now that I have my scooter. Before getting my scooter, I didn't even want to get out of bed as I was stuck at home doing nothing. Now I can go down to St Clair and buy a coffee and watch the surfers".

Our loan workers assist with the whole process of applying for a Good Loan to ensure that clients are comfortably able to afford repayments.

Please note with Covid restrictions, while we are happy to start the loan process at any alert level, loans cannot be approved until Level 2.

goodloans
www.goodloans.org.nz

Fair and affordable no
and low interest loans

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.

Good Loans are provided by Presbyterian Support Otago as a community provider of the Programme which is a partnership between Good Shepherd NZ / BNZ and supported by MSD.

For more information about Good Loans visit www.goodloans.org.nz or call us on 0800 477 711.

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





Bert Johnson with Marilyn Withnall, Club Enliven Dunedin Coordinator

Bert's keen on Club Enliven

Some things make for healthier, happier living, no matter what your age. Club Enliven Dunedin member Bert certainly brings laughter and light to the Club.

Admittedly, Bert wasn't too keen on Club Enliven at first, as he didn't like to be looked at as the new person. Now more than three years later, Bert comes twice a week, and says "it's an amazing place, everyday it's something special. You get fed really well, something I wasn't expecting. And if you want anything, you only need to ask. The staff are excellent and make a big difference. I'd still be under the table if it wasn't for Marilyn".

Bert enjoys the banter and seems to generate a lot of it himself, confessing when he's not at Club Enliven, he's scheming on ways to get one up on the boys.

His favourite Club Enliven memory is "listening to a male student with an amazing voice who used to come and sing to the members".

Club Enliven is a day programme for people over 65 years (sometimes younger) who like meeting others, enjoy social activities and sharing a meal in good company. The programme is offered in Dunedin, Mosgiel and Alexandra and aims to enrich the lives of its members and help maintain their mental and physical wellbeing.

For more information contact Enliven Community Co-ordinator Rachel Thomas on (03) 470 0816.

The full Club Enliven programme will recommence when alert levels allow.

Launch of Club Enliven Taieri

The Mosgiel Elderly Care Trust invited Presbyterian Support Otago to take on the operation of its long-running day programme this year, and in July we launched the service as Club Enliven Taieri.

Maurice Burrowes, Director of PSO's Enliven Services said "We acknowledge the outstanding work of the Mosgiel Elderly Care Trust over the past 38 years, and look forward to further strengthening this service to ensure it continues to be responsive to the needs of local older people".



Many people know about our

FOODBANK,

But did you know we also have a

SKILLS BANK?



For many years we have worked quietly with people from all walks of life to grow their life skills, strengthen families and meet individual needs. We now call this group of programmes our Skillsbank.

Now, more than ever, through our Foodbank and our Skillsbank, we give people the support they need, when they need it, in a way that works for them.



What's in our Skillsbank?

Parenting programmes and support groups. Parenting can be hard! Our courses provide strategies to promote positive family relationships, support with growing skills to help manage challenging behaviour and access to resources.

Financial mentoring. Our qualified mentors empower people to manage their own finances and improve their quality of life. Clients learn how to plan and take responsibility for their spending.

Community Finance. Our loan workers help people access affordable 'Good Loans' to find freedom and prevent financial hardship.

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.

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.

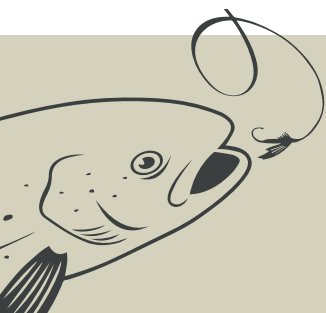
Social work. Our experienced social workers empower people to make change to enable them to reach their potential and build a sense of belonging.

YouthGrow is a youth development programme located in a fully operational nursery/garden centre where we help young people become 'life-ready and work-ready' while delivering NCEA level 1 & 2.

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

“A food parcel provides immediate, short term help.

A new skill is a pathway to a safer, stronger, more connected life.”



*Give someone a fish, and you'll feed them for a day.
Teach them to fish, and you've fed them for a lifetime.*

 **Family
Works**

Community News

Flagstaff Community Church celebrates Matariki

Flagstaff Community Church have quietly been restoring School Creek, the awa/river that runs alongside the church. Rev Brendon McRae says "We like to plant during the season of Puaka Matariki. Matariki signifies our connection to the environment. This is a big celebration time for us at Flagstaff Community Church."

The flax was very kindly donated by YouthGrow, part of Presbyterian Support Otago. YouthGrow have a wide range of plants and natives for sale, grown for our Dunedin climate.

YouthGrow is open to the public at 146 Norwood Street, North East Valley, Dunedin, Monday to Sunday, 10am-4.30pm, phone 03 473 1334. YouthGrow is also at the Otago's Farmers Market, Dunedin Railway Station on Saturdays.



SAVE THE DATE



White
Ribbon Day
25 November
2021

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.

We are really sorry that during Covid-19 levels 3 & 4, we are not able to visit parishes as planned.

We look forward to meeting with you in person once Alert Levels allow and we hope to be able to commence our Support Sunday visits in October at these parishes:

10th October – Alexandra/Clyde Union Church
Speaker Pippa Wellstead (local Buddy Co-ordinator)

3rd October – St David's NEV Presbyterian Church
Speaker to be confirmed

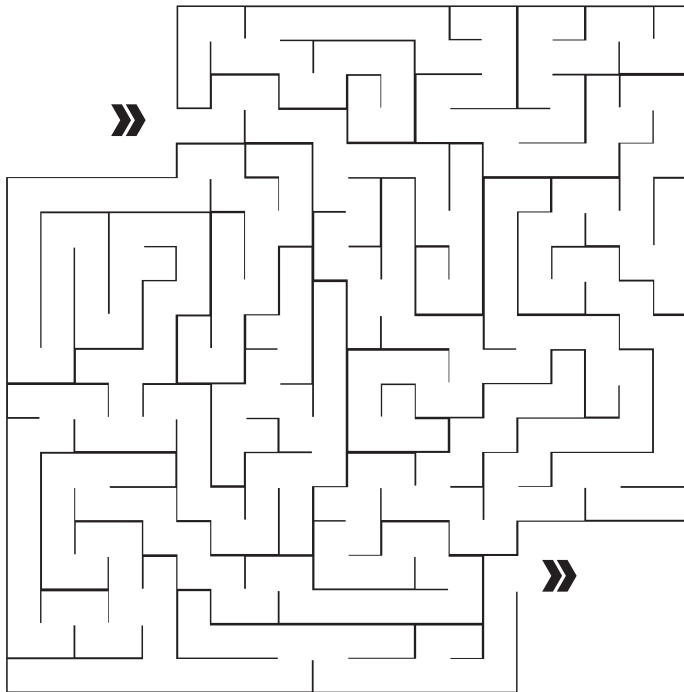
31st October – Kurow Presbyterian Church
Speaker Bev Rodwell (PSO Board Member)

If you have any questions about this please call Carolyn Sims our Community Mission Liaison Coordinator on (03) 4777 115

Spring Puzzle Fun!



MINI MAZE



WORD FIND

K	A	K	T	B	A	H	G	T	Z	P
O	D	R	G	B	L	O	S	S	O	M
A	F	L	O	N	W	O	P	V	Y	H
N	E	P	O	H	I	U	L	T	L	T
G	G	Q	Y	O	A	R	Z	O	I	W
A	C	X	G	K	U	B	P	G	M	O
N	H	A	A	B	H	A	Q	S	A	R
L	T	A	U	P	I	R	N	Y	F	G
O	S	K	I	L	L	S	B	A	N	K
H	A	P	P	I	N	E	S	S	H	L
E	R	E	H	T	E	G	O	T	E	W

HOPE

SPRING

FAMILY

OTAGO

BLOSSOM

AROHA

KŌANGA

PUAKA

PUA

WHĀNAU

GROWTH

HAPPINESS

TOGETHER

SKILLS BANK

Spring clean now and donate later!

Time for a little spring cleaning around the home? Now is great time to have a good sort out.

We would love to receive your pre-loved fashion and homewares, when alert levels allow.

You can order donation bags, find the nearest place to drop off donations safely, or arrange for a bulk donation to be collected (within Dunedin city).

All the details are on our website
www.psotago.org.nz/get-involved/pack-it-up

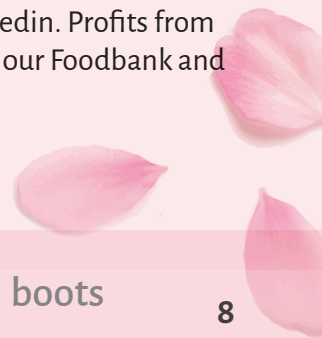
Please note that as we have limited storage space, we can't receive furniture or large bedding items.

Any donations of pre-loved items should be clean and have plenty of life in them, for others to enjoy.

Please encourage anyone you know who has pre-loved items to consider donating to us.

All donated items are passed on to families in need or sold through one of our shops in Dunedin. Profits from our shops go directly into supporting our Foodbank and Skillsbank!

Thank you for your support!





Thank you to our supporters

One thing we know for certain is that not much is certain! As a nation we've been blessed with a lot of freedom and safety this year, but as I write this message, we are back at a high Covid-19 Alert level. At this time PSO is helping many people, including those who have lost jobs or had their hours reduced, as well as those who are doing the 'Covid juggle', trying to work and look after family all at once from home.

At times like these we are especially grateful for your tremendous care and concern, and for our many donors. Your kindness means we can support people through difficult times and walk beside them as they grow new skills.

At PSO, we always want to make the best use of every dollar donated. So, we're keen to send emails rather than letters, wherever possible, as this is great for the environment and creates less waste and reduces costs. We know emails aren't appealing to everybody, but if this does resonate for you, we would love it if you came on board with this idea!

Please consider providing us with your email address so we can send you an electronic version of *People* and an emailed receipt for any donations you may make. You can include your email address on the gift form or email me at fundraising@psotago.org.nz, or just give me a call on the number below.

In other news, we have had a wonderful response from our donors who have embraced the phasing out of cheques and have made the move to support us in a different way - we thank you.

This spring, we hope you can help us sow the seeds of hope for those most in need!

Kind regards, Jude (*Supporter Engagement Manager*)

PS: Please give me a ring on (03) 470 0834 if you would like to chat some more about supporting Presbyterian Support Otago.

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

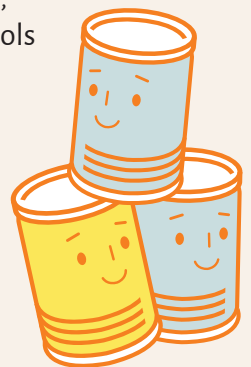


Thank you from our foodbank!

Thank you to everyone who came to support our Family Works foodbank during Octacan!

We are so grateful to all the individuals, offices, companies, community groups, churches, schools and pre-schools who donated to the foodbank; and all the volunteers who helped on the day, including our major sponsor Better Moves.




From January to May this year our foodbank distributed more than **46,000 items** in food parcels to local people in need, and demand remains high.



15,575

Cans donated to our foodbank during Octacan!

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.



Yes, I want to show my support!

I would like to donate

\$

To support

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

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

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

How to return this form:

POST

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

EMAIL

fundraising@psotago.org.nz

PHONE

Contact us on 03 477 7115

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.



Presbyterian Support
Otago



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

Support Centre/ Head Office

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

Family Works

All Enquiries Freephone 0508 396 678
Good Loans 0800 477 711

Enliven care homes

Ross Home, Dunedin	03 473 0029
St Andrews, Dunedin	03 455 4396
Taieri Court, Mosgiel	03 489 6044
Iona, Oamaru	03 437 1870
Holmdene, Balclutha	03 418 1468
Ranui, Alexandra	03 448 8280
Elmslie House, Wanaka	03 443 7899
Aspiring Enliven, Wanaka	03 555 3010

Our Shops

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

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

Youthgrow Garden Centre
146 Norwood St, Dunedin 03 473 1334

Presbyterian Support Otago **Services**

Family Works

Social Services

Community Foodbank
Strengthening Families
Social Work
Stepping Stones
YouthGrow - Youth Development

Parenting Groups and Child & Youth Services

Grandy's Group
Incredible Years
Harakeke Group
Negotiating the Minefield
Growing Taller
Heads Up
Buddy Programme

Financial & Budgeting

Money Mates
Financial Mentors
Good Loans

Enliven

Residential aged care homes

Dunedin, Mosgiel, Oamaru,
Balclutha, Alexandra, Wanaka

Retirement Villages

Columba Court, Oamaru
Wanaka Retirement Village
Ranui Court, Alexandra

Community based services for older people

Individualised Funding
Visiting Volunteers, Dunedin
Club Enliven, Dunedin/Taieri/
Alexandra
HomeShare, Alexandra

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru
Milton Cottages, Milton

772 STAFF

550 VOLUNTEERS