

Winter 2021

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago

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Presbyterian Support
Otago

enliven
PRESBYTERIAN SUPPORT OTAGO

Family
Works
PRESBYTERIAN SUPPORT
OTAGO



Message from Jo

Welcome to the Winter edition of Presbyterian Support Otago's People magazine. In this edition we are shining a spotlight on some of our amazing staff – so that you can get to know more about them and their roles. We are incredibly blessed here at PSO with staff who go above and beyond to serve their communities. I think this is one of the things that sets us apart – we have a huge heart for our work, which brings us together in a common purpose. That purpose is to ensure that every person feels valued in a safe and supportive community.

Winter, for some in our communities, is a harsh time – with more of the family budget being spent on heating and clothing, there is less left

over to spend on food. That's why we established Octacan, our major annual winter food drive, to replenish our Family Works Foodbank. I hope that if you live in or near Dunedin you will show your support for this event!

Lastly, I would like to urge you all to take up the offer of a COVID vaccination when it's your turn, as this will help protect you and our most vulnerable community members from the virus.

Blessings to you all,

Jo Rowe

CEO Presbyterian Support Otago

We welcome our newest Board Members



Stephen Christensen

Stephen joined the PSO Board in 2021.

A barrister specialising in environmental law, Stephen works nationally from his Dunedin base. He has experience in both commercial and not-for-profit governance, including having served on the boards of the Dunedin Symphony Orchestra and Interserve NZ.

Stephen is married with three adult children.



Craig Wyatt

Dunedin born, bred and educated, Craig Wyatt joined the PSO Board in 2021.

A partner in the chartered accountancy practice of Harvie Green Wyatt, Craig advises a large client base specialising in rural business, and also has a wide range of commercial clients.

Craig is a Fellow Chartered Accountant and Chartered Member of the Institute of Directors. He is also a director of Mercy Hospital Dunedin Limited.

Craig is married with two adult children who now live overseas.

Kai for Octacan the spirit of winter giving



July 1, at the Octagon, Dunedin

Octacan is our major Winter food drive – where we invite you to help us re-stock our Family Works Foodbank by donating cans and non-perishable food. Ours is Dunedin's busiest food bank and supports many local people through the winter months.

Over the last 12 years Octacan has grown and grown due to your generous support and is now a key event in the City's calendar. Traditionally, Octacan is held on the shortest day in mid-winter, as a reminder of the real need that exists in the community during the colder months.

This year we are holding Octacan on a date that is aligned with Matariki – the Māori New Year, to highlight the importance of sharing kai and gathering together as a community.

Māori astronomer and University of Waikato professor Dr Rangi Mātāmu says, "In the past, all life revolved around gathering kai and securing food and water sources for survival. People worked hard during the harvest to fill their stores, then in the cold months around the new year, they would gather to keep warm, share kai and entertain each other".

This year we will be arranging donated cans into the star shapes of the Matariki constellation. Matariki will rise in the Otago skies the following morning, marking the beginning of the Māori New Year.

Getting involved is easy! Please bring your cans or gold coins to the Lower Octagon during Octacan. You can even start gathering now by setting up a collection point and then dropping your donations off on the day.

Thank you!

**Thursday 1 July
7.00am – 2.30pm
Lower Octagon
Dunedin**

Bring along your coins and cans to help us fill the foodbank with kai this winter!

For more information and to donate online

www.octacan.org.nz

Or phone Jazz on 03 477 7115



Pania, Family Works Social Worker

What is your role at Presbyterian Support Otago (PSO)?

I'm a social worker with the Family Works team based in Dunedin. I joined the team almost two years ago, and I've been a social work practitioner for over 16 years now.

What drew you to this work?

My own life experiences. My mother was paralysed in a motorbike accident. My four siblings – the youngest was three at the time – received scant attention from public and health agencies. Supporting your family is a positive thing, but in cases where children have too many or inappropriate responsibilities the long-term effects can be hurtful. I experienced this in my own family as I faced family breakdown, disability, mental health and poverty.

I know what it's like when children feel like they don't have a voice. I understand the distrust people feel when they are being 'helped' by outsiders, and the hopelessness whānau can feel when professionals don't do the right thing.

How does this shape your work with people at PSO?

The heart of my work is listening to the needs of the children and families I work with - giving them a voice, and having an eye for the big picture – the whānau – not just the person referred. Role-modelling a different way is a big part of my practice. Above all, I am a passionate advocate for children.



What do you enjoy about your role?

I enjoy encouraging and supporting people to build on their confidence and capabilities. Enabling people to have more control over their lives is a rewarding part of my job - everyone needs hope!

Thank you, Pania!

Advice and Support for Anyone

PSO's Family Works Social Workers provide help and guidance to anyone in need, at any stage of life. They help those facing challenging life situations to develop new life skills, understand their rights and access important services – including parenting skills, financial skills and connecting with all available supports.

Our social workers are located in Dunedin, Waitaki and Central Otago. You can contact our social work team on freephone 0508 396 678 or by email at familyworks@psotago.org.nz.

Sparkling Gems and Op Shop Treasures

Entering Shop On Carroll in Dunedin, you'll encounter an abundance of sparkling treasure. Tables piled high with fine china, crockery dripping with retro necklaces, glinting crystal decanters, and vintage toys peeking out from beneath delicately embroidered linens.

Down the back of the shop, a large collection of retro buttons and bundles of lace whisper glimpses of a time gone by. In between are racks and rows filled with vintage and retro garments, all carefully selected and displayed.

Behind the counter, a small doorway leads to an office under the stairs where you'll spot manager Fiona Dodds keeping track of the comings and goings of customers, staff, and volunteers. Some of the donated wares need to be researched and Fiona is busy on the computer checking out their value. Donors, as well as customers to the store, are respected by valuing their donations fairly.

Fiona is a petite but fizzing bundle of black-clad energy and ideas who first opened PSO's former shop in Mosgiel. Her background, as a child adopted from South Korea by British parents then living in Hong Kong, drove her to want to help other people in need. "I became team leader of Shop On Taieri, then eventually manager of Shop on Carroll and Op Shop on St Andrew".

Fiona is also excited about the growth of the online shop www.shoponcarroll.org.nz, which attracts customers from all over NZ, Australia, the US, and Europe.

At the back of the building is the cavernous warehouse, and this is where staff and volunteers sort and store donated goods. Some items are bound for Shop on Carroll, others for its thrifty sister, Op Shop on St Andrew, and some will wait quietly in storage for special themed sales like Vintage Month.

Fiona says: "I'm so grateful for our hardworking staff and over 70 volunteers who offer their time in the shops or in our busy warehouse." This is also where donated goods are lovingly stored and sorted by season, theme or colour, then rolled out as new stock all the time, so the look and vibe of the shops is constantly changing.

Fiona points out that there are no "first in, first served" perks for volunteers at either of the shops, or in the warehouse! "Our volunteers are rewarded by working in areas that interest them personally – vintage books for example, or fashion and fabrics, or getting retail experience while serving customers and managing sales at the till."

"It's a wonderful world here at the shops and we love to see customers find that essential or special item! We are also incredibly grateful for our donors, who enable all of this to happen."

Profits from Shop on Carroll and Op Shop on St Andrew are directed back to our Family Works services, such as the Family Works Foodbank and Buddy Programme. Both our shops are vital pieces of the financial sustainability puzzle for PSO as a charity, as well as knitting our local Dunedin community together, and keeping gently used clothing and retro gems out of landfill.



Marisa McAtamney turns 21!

Marisa McAtamney is turning 21 – that’s in Enliven years! This year will mark the special anniversary of her career of caring and contribution at Presbyterian Support Otago’s Enliven aged care homes.

Marisa’s journey with PSO began in 2000 when she joined the team at our Holmdene care home in Balclutha and then continued three years later when she took up an opportunity to become a carer at our Elmslie home in Wanaka.

Marisa’s caring and enthusiastic personality means she is perfectly suited to her current role as Activities Coordinator – which involves creating lots of events and activities for residents to choose from. “Making a difference in the resident’s day is my favourite part of this role – but as a carer too I’ve always worked to improve the lives of those living in the home.”

Marisa is passionate about life at Elmslie and is also a member of the Health & Safety and Quality committees; became the kitchen supervisor when the new receiving kitchen was commissioned; and runs the social club for staff! She is a passionate gardener too, which is evident in Elmslie’s stunning gardens. In Marisa’s words – “if there is an ‘it’ to do, I do it!”

“I’ve always felt valued and appreciated at PSO”, says Marisa. Elmslie’s manager Alexa reciprocates this sentiment, “Marisa’s energy and enthusiasm is amazing and she goes above and beyond to give of herself and her time for the benefit of our residents and staff”.

Thank you, Marisa!



Arna and Traitor

Duke of Ranui

He arrives like clockwork with his 'mother' Leigh, and leaving her to Manager's duties in Ranui's office, he heads off to his special assignment.

Through the warm and lively corridors of Ranui in Alexandra, Duke forgoes the temptations of the dining room, the activities (that would surely yield something to chew) and passes up morning TV in the lounge to arrive at the dementia care rooms for duty. To get through security, he presents with a wet nose, soft coat and wagging tail – impossible to fake!

Being an animal companion at Ranui is a serious business with many residents to visit. But Duke is up to the task - melting their hearts and reminding them of family pets and happy times. Playing chase outside on the lawn until he flops down under a shady tree in the lovely garden is hard work. Sitting quietly at the feet of a resident rubbing his tummy is special for them both. Some things make for healthier, happier living, no matter what your age – and Duke is just two years old, with many years of sharing his furry joy to come.



Ranui care home in Alexandra is home to 48 residents.

Ranui Enliven care home

03 448 8280

ranui.admin@psotago.org.nz

4 Chapple St, Alexandra

A Traitor in our Midst

Visitors are a vital part of Elmslie's community and are welcome at any time!

No one knows where she came from – but from the day she arrived at Elmslie she knew she had landed on her padded feet. The sleek black cat made friends quickly - with one resident in particular bringing her such joy. However, upset was to come when the feline's affections briefly wandered to another resident - and so the meandering moggy was called a traitor. It stuck.

Traitor has been part of the heart and soul of Elmslie since she rubbed and purred her way into the lives of its residents 15 years ago. Although her original best friend, Madeleine, is no longer at Elmslie, her daughter Arna (pictured) has chosen to honour the special relationship her mother had with Traitor, by



Elmslie House at Wanaka is home to 31 residents and is one of 8 Enliven care homes operated by Presbyterian Support Otago in our region.

Elmslie House Enliven care home

03 443 7899

elmslie@psotago.org.nz

81 Stone Street, Wanaka

thoughtfully and generously providing funds for food and vet care for Traitor for as long as she needs.

Caring relationships are at the heart of the Elmslie community!

Community News

Support Sundays



Presbyterian parishes throughout Otago are greatly valued supporters of our work here at Presbyterian Support. Our representatives visit parishes regularly to speak and chat at Support Sundays.

Upcoming Support Sunday visits

11th July

Opoho Presbyterian Church,
Speaker Tim Mephram

18th July

Waireka/Weston Presbyterian Church,
Speaker Bev Rodwell

8th August

Lawrence Presbyterian Church

22nd August

North Taieri Presbyterian Church

29th August

Mosgiel Presbyterian Church

Bayfield Kindergarten



A huge thank you to the wonderful children, families and teachers at Bayfield Kindergarten for their donation to the Family Works Foodbank.

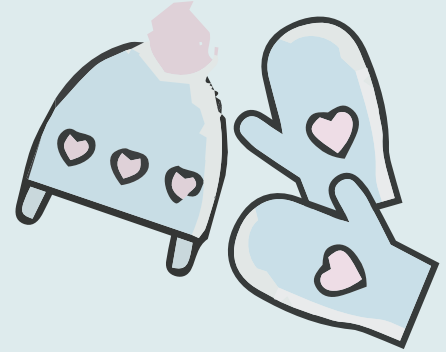
The teachers told us how the children had been thinking about people who help others in the community. They read a story about a little boy who had no food and felt sad about this so decided to become community helpers themselves!

Volunteer Super Stars



Volunteers make up an amazingly important part of the services we offer. These colourful bags were made by our Stepping Stones clients and our volunteer super stars and then gifted to our retail shops to raise funds for our programmes.

Winter Puzzle fun!



SPOT THE DIFFERENCE

Can you find all 5 differences?



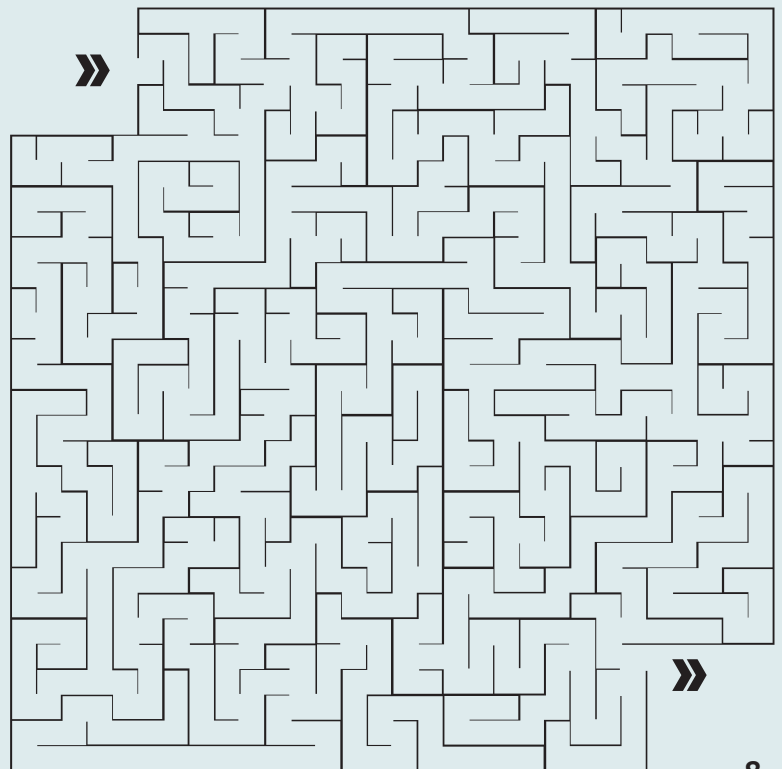
- Answers:
1. Lower row, 3rd can changed to baked beans
 2. Lower row, 4th can changed to corn kernels
 3. Second row, 3rd can changed to chick peas
 4. Third row, 2nd can changed to tomatoes and onions
 5. Top can changed to mandarins

WORD FIND

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

- | | | |
|----------|---------------|-----------|
| AROHA | MATARIKI | SUPPORT |
| CHEQUES | OCTACAN | TAMARIKI |
| FAMILY | OTAGO | TOGETHER |
| FOODBANK | PRESBYTERIAN | VOLUNTEER |
| FROST | RAIN | WARMTH |
| GATHER | SHARING | WHĀNAU |
| GIVING | SOCIAL WORKER | WINTER |

MAZE



Thank you to our supporters

We value and greatly appreciate the tremendous care and concern from people like you, who regularly give generously to support the assistance we provide.

Our Family Works social workers are seeing a growing number of families, including many working families, seeking help. We help by providing food parcels, social work support, financial mentoring, support to find emergency housing, or by providing winter clothing. Anyone can call or walk in through our doors and they will find the comfort and support they need.

I would like to thank all our donors who have embraced the “phasing out of cheques” and have made the move to support us in a different way, like the lovely Murray who is featured below. This winter, we hope you can support those in our community most in need.

Kind regards, Jude (*Supporter Engagement Manager*)

PS: I am always happy to chat with you if you would like to discuss other ways you can support our work, please call me on 03 4700834.



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

An update about cheques

Most of our readers will know that New Zealand banks have been phasing out cheques, and by August this year, none of the major New Zealand banks will accept or process cheques.

For many people this means some big changes in the way they make and receive payments.

Your bank is best placed to let you know about all the alternatives and can help you transition to the method that works best for you.

At Presbyterian Support Otago, we are also here to help with advice on alternatives to donating by cheque. Your support remains vital!

Murray makes the move...

For more than 25 years, Murray Moir has supported PSO with regular donations made by posting us a cheque. Wanting to continue to support us, he knew he needed to change his method of donation. “Last time, I filled out the credit card payment details on the donation form and posted it in the envelope provided. It was an easy alternative to sending a cheque, and I received a receipt back straight away”.

Thank you, Murray!

(Murray pictured with his cat Tinker)



How to return this form:

POST

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

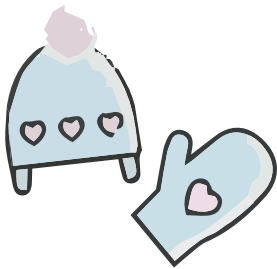
EMAIL

fundraising@psotago.org.nz




PHONE

Contact us on 03 477 7115

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



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

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
- Children and families
- 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

Name

Address

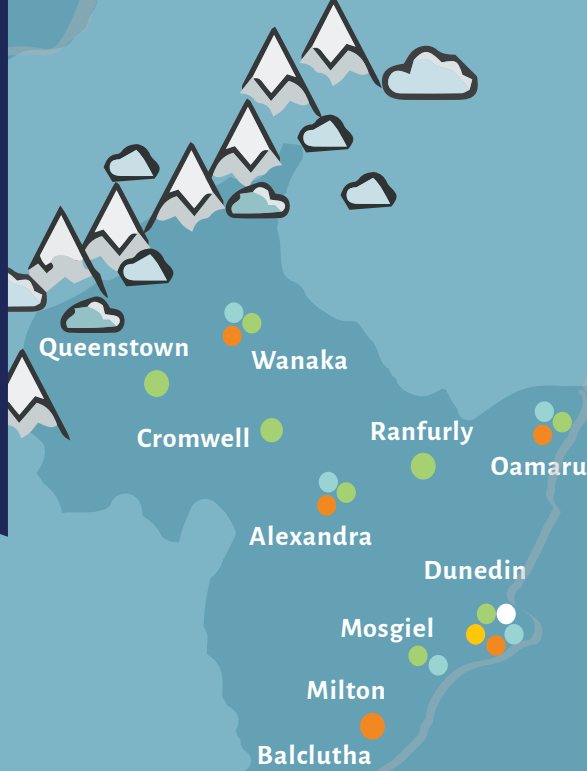
Phone

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

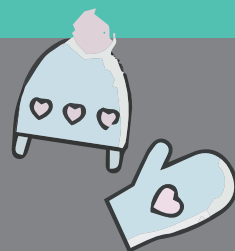
Ross Home, Dunedin	03 473 0029
St Andrews, Dunedin	03 455 4396
Taieri Court, Mosgiel	03 489 6044
Iona, Oamaru	03 437 1870
Holmdene, Balclutha	03 418 1468
Ranui, Alexandra	03 448 8280
Elmslie House, Wanaka	03 443 7899
Aspiring Enliven, Wanaka	03 555 3010

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/Alexandra
HomeShare, Alexandra

Rental Cottages

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

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www.psotago.org.nz