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Spring 2022

PeOPLe

The magazine for friends and supporters of
Presbyterian Support Otago



youth grow
turns 21!



Presbyterian Support
Otago

OUR SERVICES

enliven
PRESBYTERIAN SUPPORT OTAGO

Family
Works
PRESBYTERIAN SUPPORT
OTAGO

Message from Jo

Kia ora,

As we head towards the brighter, longer days of Spring, there is a welcome sense of hope and possibility. At PSO, we want to ensure that every person can experience that sense of hope, despite the many challenges we continue to face as a nation. The rising costs of food, energy and housing are affecting more and more people, and we are seeing the impacts of this across all our services.

At PSO, we are committed to continuing to provide care and support to all those who need it, so we have refocused and are now implementing our strategy for PSO's future. We are taking steps towards transforming our organisation into one that, together with your continued support, will be stronger and more resilient and will be able to meet the community's needs, despite political or economic headwinds.

A key part of our strategy will be to build and offer more retirement village homes, at much more affordable prices than we see in today's environment. This will provide more housing options for local people and create much needed revenue we can use to strengthen our aged care and social services. Our purchase of Castlewood in Alexandra recently is part of this important strategy.



Our history sustains us as we face the future, and in this issue we celebrate milestones for Op Shop on St Andrew, YouthGrow and Iona care home. We are so grateful for the past and present support of our community, and we hope you will continue to walk with us as we evolve into an agile, responsive and more sustainable organisation.

Blessings to you all,

Jo Rowe

CEO and Acting Enliven Director,
Presbyterian Support Otago



PSO Board Chairman, Tim Mepham is running in the Dunedin constituency for the Otago Regional Council.

Over the last nine years Tim has also been a trustee and treasurer of the Yellow Eyed Penguin Trust, an organisation established to re-establish coastal habitat and protect this endangered species. Tim is also an avid fly fisherman.

It is this active involvement in the coastal areas, rivers and lakes of Otago and his concern around the management of this taonga (treasure) that has prompted him to seek to be elected to Otago Regional Council.

Introducing our new Enliven Director, Sally O'Connor

We are delighted to announce that Dunedin born and bred Sally O'Connor is joining PSO in September as our new Enliven Director. Sally is a registered nurse with an extensive background in hospital and community-based nursing services, and she holds a master's degree in Health Sciences (Nursing).

Over the last five years Sally has been employed as a Director of Nursing for Planning and Funding, Population and Public Health at the Southern District Health Board. In this role Sally worked closely with the Health of Older Persons Portfolio Manager and was involved in supporting Aged Residential Care with the Covid-19 response.





Current and original Op Shop managers, Fiona Dodds and Mary Williamson.

Op Shop on St Andrew – 50 Years and Going Strong!

Op Shop on St Andrew has been providing good pre-loved clothing to the community for 50 years.

Current shop manager Fiona Dodds visited the shop's first manager, Mary Williamson, recently to reminisce about the shop's early years. When it first opened in 1972 the shop was a big hit with Otago University Students – with men's collarless shirts and pullovers (a size or two too small) being the most popular items. Since then, the shop has gone from strength to strength, and now not only contributes back to PSO (supporting social services), but also gives clothing new life, preventing serviceable items from going to the landfill, and helps people to afford good quality clothing at reasonable prices.

Mary still has a collection of articles and stories from her time as manager. She remembers "it was really well received, especially by the students. You could see people

thinking "somebody else's clothes, will I or won't I?" But it was really busy once it opened, and there was a real need. The best thing was seeing the helpers really enjoying themselves, and seeing them dealing with the customers. In our day, it was full to overflowing!"

Fiona added, "The Op Shop is still popular with students. Op shopping is now very popular and has quite a following. It is now very much a culture. People are thinking about sustainability, reusing, recycling and keeping the world green, rather than just clothing the family."

To remain sustainable, the Op Shop continues to rely on donations of good used clothing, and the kindness of volunteers. Most clothing is priced between \$1 and \$4, and Family Works also distributes clothing vouchers for the Op Shop to those who are facing hardship.



Op Shop On St Andrew – the early years

The Op Shop welcomed its first customers in February 1972 and was open three days a week from 10 till 3. The shop was staffed by manager Mary (whose husband Bill was a Presbyterian Minister at Caversham) and one paid organizer.

By 1985, the Op Shop was so popular, more space was needed, so extra warehouse space was leased to store donated clothing which was yet to be sold.

Op Shop on St Andrew

59 St Andrew St, Dunedin
Monday to Friday 10am – 5pm
Saturday 10.30am – 4pm
03 477 5019

Castlewood care home joins the Enliven family

PSO is excited to add Castlewood in Alexandra to its Enliven family of care homes, and we have long term plans to develop this site into affordable retirement village units.

In the meantime, Castlewood's residents have a secure future in the home they have come to know. We have retained Castlewood's existing staff as far as possible because we appreciate the importance of relationships and continuity of care.

PSO's CEO and Acting Enliven Director, Jo Rowe, said that "in line with PSO's organisational mission to walk with people across the generations to create together places to live, learn and thrive, our long-term plan, within three to five years, is to expand our Ranui care home in Alexandra, and to build new retirement village units on

the Castlewood site. At that time, every Castlewood resident will have the opportunity to relocate to our Ranui home, into a spacious, well-appointed room."

PSO wants to build retirement units to increase the housing options for people reaching retirement age in the region, and to support an additional income stream for PSO which can then be channelled back into our care homes and social services to further strengthen our community.

Castlewood is now part of PSO's Alexandra family and is managed by Leigh McLeod, who is also the manager of Ranui. Leigh welcomes enquiries from anyone in the community looking to make Castlewood their home.



CEO Jo Rowe and Manager Leigh McLeod preparing breakfast for the residents to welcome them to Enliven.



Aspiring Enliven Manager
Sophie Harvey

Aspiring Enliven feels support from Wanaka community

The Wanaka community stepped up to support Aspiring Enliven recently when Covid created staffing challenges at the care home.

"We had family members even choosing to take their annual leave so they could come and volunteer their time. We've had volunteers help at mealtimes, with lounge activities, cleaning down high touch point areas, as well as dropping off baked goods and treats for the staff and residents", new Aspiring Enliven manager Sophie Harvey commented.

A huge thank you to all the local businesses who supported Aspiring Enliven - including Dominos, local cafés Big Fig and The Coffee Dojo Wanaka, Lake Bar and Pak'n Save. Thank you also to the Aspiring Enliven Village, friends and family members.



Sophie took up her new role in May and has a passion for working with older adults in the aged care sector. Originally from the UK, Sophie and her young family are now settled in Wanaka. Sophie holds a Bachelor of Science (Hons) in Adult Nursing and a Post Graduate Diploma in Leadership and Management.

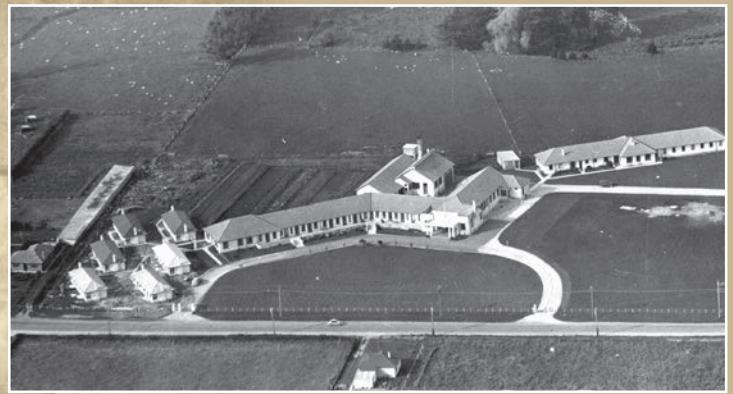


Resident Jim enjoying pizza





TO THE GLORY OF GOD
 THIS STONE WAS LAID
 BY
 THE HONOURABLE
 CHARLES M. BOWDEN
 ASSOCIATE MINISTER OF FINANCE
 ON
 SATURDAY 23RD FEBRUARY 1952.
 OTAGO PRESBYTERIAN
 SOCIAL SERVICE ASSOCIATION
 T. SOMERVILLE, CONVENER
 A. M. ELLIFFE, SUPERINTENDENT



Above: Iona care home when first built, with cottages and staff accommodation.



Right: Iona today.

Brenda Wilson with the foundation stone at Iona.



Iona – celebrating 70 years

Iona care home in Oamaru has now led the way in quality residential care for older people in North Otago for 70 years. The development of Iona was driven by local people who wanted more for their community, and that focus continues in the caring staff, who are also members of the local community.

“Iona offers the community a safe, warm, loving place for their family members to come and have great care,” said Brenda Wilson, careworker who has worked at Iona for 32 years. “What I like best about working at Iona is the chance to look after such lovely people and learn about their lives.

“I have many memories of my time at Iona. There are wedding displays, and riding on the back of a Harley from the front door to Argyll lounge and back. So many great staff, so many memories!”

Iona currently offers rest home and hospital level care for up to 79 residents and was the second care home built by PSO, after Ross Home.

Did you know? Iona was originally called the Otago Presbyterian Social Service Association Hospital and Home for the Aged but was later renamed Iona, after the Scottish island where Saint Columba is said to have converted Scotland to Christianity.

Iona’s early years

- 1944 Oamaru lawyer and member of the Presbyterian Church, Mr Albert Grave, along with his sister-in-law and North Otago Run-holder R K Ireland, gifted Presbyterian Support Otago land to build Iona on.
- 1945 A North Otago committee was set up to raise funds, chaired by the Mayor of Oamaru, John Kirkness.
- 1950 Work began building Iona. The initial plan was for one wing to house 34 residents and a staff hostel.
- 1952 The foundation stone was laid by the associate Minister of Finance, C M Bowden.
- 1954 The first residents moved in.



Become a PSO Guardian Angel

As a symbol of hope, we see these angel wings spreading joy and happiness wherever they go. To earn your 'Guardian Angel Wings', we invite you to consider becoming a regular donor to Presbyterian Support Otago.

Regular donations enable us to assist whānau we work with, as we walk beside our clients on their journey of growth. Regular monthly donations mean we can respond to more complex needs in our community, allowing us the certainty of being able to provide sustainable services.

Louise Roberts leads our Stepping Stones programme and says, "It was Ann who first came up with the idea of angel wings when browsing the internet for group projects. Stepping Stones participants considered lots of 'how to' ideas and eventually someone suggested using craft paper, which we had plenty of. A frenzy of selecting colours commenced and then cutting began. Three large pieces of card were taped together for the outline, which was then trimmed and shaped, with lots of discussion and feedback to get it right. After laying the feathers out for a trial run, the creation began.



Anne Cousins (a different Anne!) modeling the angel wings created at Stepping Stones

It was a great team effort, and everyone was so pleased with the result."

We hope to welcome more Guardian Angel supporters soon! If you would like to speak to us about becoming a Guardian Angel or making a donation to PSO, please feel free to phone Jude McCracken, our Supporter Engagement Manager on 03 470 0834.

Stepping Stones

A community service in South Dunedin, promoting mental and social well being, resilience and connection with the wider community.

Shop Online with Shop on Carroll!

Our online shop is growing! Shop on Carroll's online shop has expanded into its own office with more treasures being added every week.

We now have several online volunteers helping photograph and load pre-loved clothing and accessories online for people to purchase through our website www.shoponcarroll.org.nz.

With all proceeds going back into Presbyterian Support Otago – and staying in the Otago region – this is a fantastic way to support your community while finding some amazing treasures.



SHOPON
CARROLL

www.shoponcarroll.org.nz



The joy of giving back to your community

At Presbyterian Support Otago we have over 500 volunteers across our Enliven care homes and community programmes, Family Works, foodbank and retail shops. Without our amazing team of volunteers, we wouldn't be able to do what we do!

Meet Robyn Bannerman – one of our wonderful volunteers at Club Enliven, Alexandra

How long have you been volunteering at Club Enliven?

I've been volunteering at Club Enliven for more than a decade. In that time there has been four coordinators Kay, Lyn, Karla and Diane. It is a lot of fun and well organised.

How did you get involved in volunteering?

I became involved after getting a call from Linda Leckie who worked for Senior Citizens. As we had recently sold our business, I had time to spare. At this time she also recruited Lyn Grey who is also still a volunteer.

What do you do in your role at Club Enliven?

The coordinator always has a program for the day with which we assist. We make many cups of tea, set up for lunch, chat, play games, make crafts and **laugh a lot!**

What do you enjoy about volunteering?

After having retail businesses in Alexandra for 20 years I find giving back to the community that supported us rewarding. Most of all I enjoy the laughter and chatter. Hearing the participants' memories is very special.

Tell us a little about yourself and what you like to do when you're not volunteering?

Now that I am retired, I love family time. I have been married to Peter for many years, have two daughters and six wonderful grandchildren aged 8 to 21. Pottering in our large garden consumes a lot of my time but I really enjoy going on long walks and riding our many trails on my e-bike. Living in Central Otago, I'm never bored!



Volunteer Robyn Bannerman

Want to be happier? Try volunteering!

Research suggests that volunteers aren't just helping the communities they serve. People who volunteer actually experience a boost to their mental health — good news at a time when many New Zealanders report feeling symptoms of anxiety or depression.

No matter what your skills, we are bound to have a role to fit. Whether you only have a few hours to give, or can assist on a more regular basis, there's something you can do to lend a hand in your community.

For more information about volunteering visit our website www.psotago.org.nz/volunteer, or call Jasmin on 03 477 7115 for more information.

What is Club Enliven?

Club Enliven is a day programme offering activity and companionship for older people living in their own homes or with family. Run in Dunedin, Alexandra and Mosgiel, the environment is safe, friendly, relaxed and well set up for those with mobility or medical needs.

For more information on Club Enliven visit www.psotago.org.nz/club-enliven



YouthGrow is part of our
SKILLSBANK 

The team at YouthGrow loading up the van for the Farmer's Market

YouthGrow is turning 21 this year!

There are many different pathways to a connected and fulfilling life. Some young people don't thrive in traditional school settings, and providing them with an engaging alternative was one of the main motivations for the creation of YouthGrow.

YouthGrow began life back in 2001, as a joint venture of Presbyterian Support with the Leith Valley and Knox parishes of Dunedin, and since then, hundreds of young people have participated in this alternative education programme.

Based in a commercial nursery in semi-rural Normanby, Dunedin, YouthGrow is a 'life ready, work ready' programme for 14 to 24-year-olds, helping them build on their skills and find a job that's right for them, while working towards NCEA Level 1 & 2 credits.

David Pirie was appointed to the position of YouthGrow Manager earlier this year and told **People** "I am extremely passionate about youth mental health, wellbeing and resilience, and ensuring all young people transition to further

education, or training and employment, while also being connected to a strong community."

"Currently, participants are actively engaged in tasks and projects that help them gain skills to deal with the complexities of life. This can include NCEA unit standards that lead to credits in horticulture and life skills curriculum subjects – such as financial capability/budgeting and core numeracy and literacy."

At Presbyterian Support Otago, we are proud to be helping young people grow safe strong connections to their communities.

Did you know? Sales from YouthGrow Garden Centre and YouthGrow's stall at the Otago Farmers Market help fund this important programme.



David Pirie - YouthGrow Manager



YouthGrow stall at the Farmer's Market
Come see Murray at the Otago Farmer's Market on Saturdays at the Dunedin Railway Station - look out for our bright yellow van!



youth grow

This year the YouthGrow Programme celebrates its 21st birthday and plans are afoot to bring together a symposium of past and present participants, workers and volunteers, to commemorate this evolution over time.

If you have a historic connection to YouthGrow or would like to register your interest in attending this special event please email david.pirie@psotago.org.nz.

YouthGrow
21st Birthday Symposium
19 October 2022

YOUTHGROW GARDEN CENTRE - 146 NORWOOD STREET, NORTH EAST VALLEY, DUNEDIN

LABOUR WEEKEND SALE

& 21ST BIRTHDAY CELEBRATION



Come and join in the birthday celebrations in store!

Our expert garden centre team will be on-site to share their wealth of knowledge with you.

LABOUR WEEKEND
SALE & 21ST BIRTHDAY
CELEBRATION
22 - 24 October 2022



Community News



Photo courtesy of Simon Henderson, The Star

Family Works Foodbank update

During Octacan this year we received 21,877 cans and \$6,298. THANK YOU!

Our foodbank continues to experience unprecedented demand for food parcels, so your ongoing support is greatly appreciated.

Our foodbank welcomes donations Monday to Friday, 8.30am to 5pm, at 407 Moray Place, Dunedin.

For more information and to donate online, please visit www.psotago.org.nz/donate

Having a Spring clean?

Shop on Carroll at 10 Carroll St Dunedin would love any of your good used items to sell in our shops.

Re-purposed gifts, clothing and treasures can be given a new lease on life while raising money for Presbyterian Support Otago's social services programmes.

Volunteer Vacancies at PSO

1. Adult Buddies (across Otago)
2. Op Shop Retail (Dunedin)
3. Op Shop Warehouse (Dunedin)
4. Foodbank (Dunedin)
5. Enliven Care Homes (across Otago)
6. Christmas Crafters (Dunedin)

For more information contact Jasmin on 027 700 1550 or email volunteer@psotago.org.nz



Group volunteering

Thank you to the Public Trust for coming to help us out at Shop on Carroll on their Team Day.



Presbyterian Support organisations across New Zealand have recently launched a joint campaign inviting people to consider leaving a gift in their Will towards our work.

Our own Supporter Engagement Manager, Jude McCracken features in an ad currently airing on Shine TV. See if you can spot her by viewing the video at www.psotago.org.nz/legacy

Puzzle Fun *Spring*



WORD FIND - HIDDEN MESSAGE PUZZLE

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

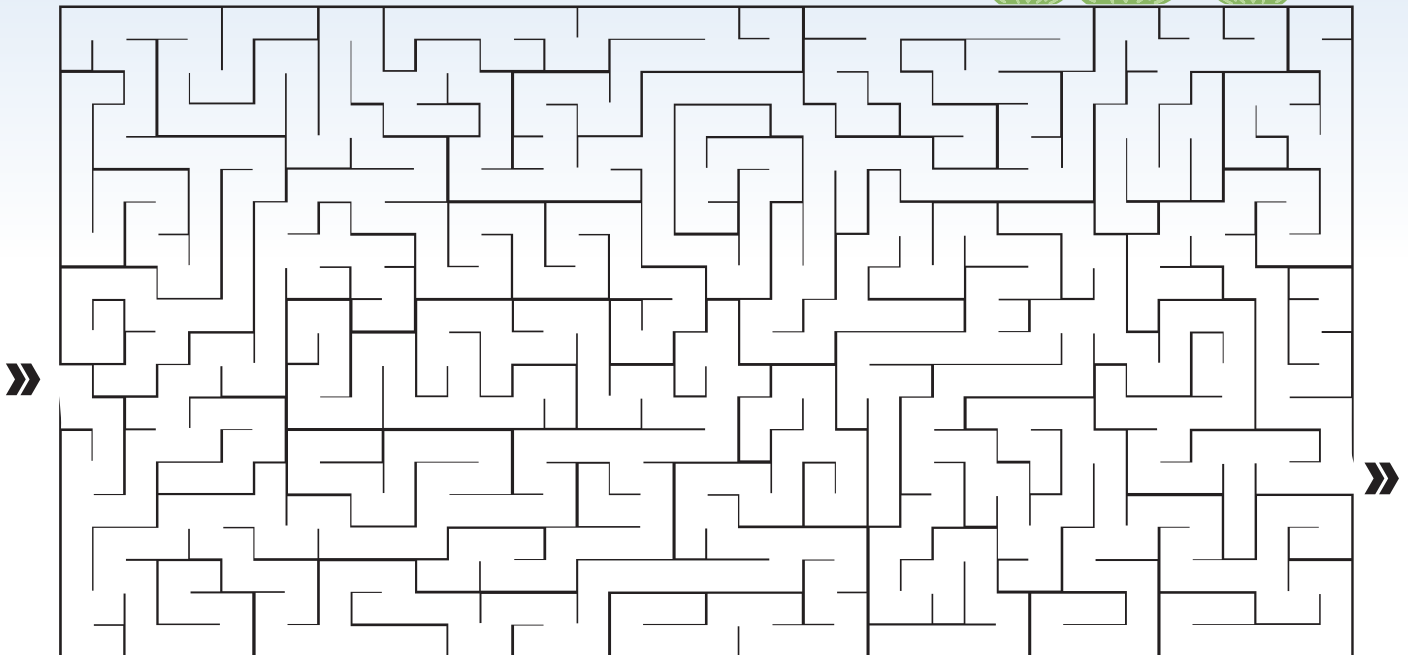
This word search puzzle has a hidden message in it.
First, find all the words in the list.
Words can go in any direction and share letters as well as cross over each other.
Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

- | | | |
|-----------|----------|--------------|
| YOUTHGROW | FOODBANK | TOGETHER |
| SPRING | NURSES | VOLUNTEERING |
| KŌANGA | OPSHOP | WHĀNAU |
| BUDDY | OTAGO | ADVOCACY |
| COMMUNITY | SUPPORT | LEGACY |
| ENLIVEN | TAMARIKI | |

16 empty boxes for writing the hidden message.



MAZE





World-wide nursing shortage impacting NZ

The aged care sector is being hit especially hard.

Nurses are vital members of our Enliven care home teams, but they are under more and more pressure. A shortage of nurses means they are working many extra hours and shifts to try and cover the gaps.

On top of the nurse shortage, many nurses in aged care are paid substantially less on average than nurses in the DHB system, due to the way the New Zealand government under-funds aged care.

One of PSO's aims is to call out injustice and advocate for positive social change, so PSO is calling on the government to make changes to immigration settings and to fund pay parity for aged care nurses.

Other major providers of aged care facing the same problems are making the same demands. Over 1000 aged care beds have closed nationally and without change, more will likely need to close.

PSO's CEO and Acting Enliven Director, Jo Rowe has written an open letter to the Prime Minister, Health

Minister, Immigration Minister and all Otago based MPs to highlight the urgent need for the changes.

PSO has been actively advocating in the media on these issues. In an interview with RNZ's Morning Report in July, Jo Rowe said:

“Our immigration settings make it extremely difficult for overseas nurses to come in. Allowing them residency prior to arrival, or on arrival, would make us a much more attractive option.

It's ridiculous that there isn't pay parity for all nurses in New Zealand. A community nurse or registered nurse working in the aged care sector has specific skills, and should be acknowledged for them.

For example, caring for people with dementia and psycho-geriatric conditions is an absolute specialism and it takes a lot of skill and a lot of training.”

Why is NZ residency for nurses important?

In May 2022, the Government published a 'green list' aimed at giving high-skilled migrants in hard-to-fill jobs a quicker pathway to residency when the borders fully reopen.

Occupations like GPs and engineers are on the fast-tracked 'Straight to Residence' pathway and will be able to apply for residency from September this year, but nurses are among those on a separate list, which means they will have to be in New Zealand for two years before they can achieve residency.

Nurses from overseas are reluctant to come to New Zealand on a two-year visa, as this does not offer certainty for them and their families. Traditionally, New Zealand has been able to attract highly trained nurses from countries such as the UK, Philippines, Singapore, and India. More recently, nurses from the United States are showing a strong interest in emigrating. All these nurses are more likely to choose a country that can offer them immediate residency.

Why is pay parity important?

Big commercial providers of aged care, such as Ryman, cross-subsidise their care homes with profits they make from the sale of their retirement village units. This means they can afford to 'top up' their nurses' wages, so they are less likely to be attracted away to roles in the DHB and elsewhere. Although they can offer better pay, even the big providers are struggling to find enough nurses to fill all their vacancies.

In contrast to the big providers, many NZ care homes (47% of all aged care beds) are owned by charities like PSO, smaller organisations, or independent owners. These care homes rely primarily on government funding to pay staff wages, so they regularly lose nurses to higher paid roles.

How you can help

- Talk with or write to your MP.
- Please be patient and kind when dealing with our staff.
- Can you volunteer at your local Enliven home?
- Stand with us as we fight for a better deal for the aged care sector. Older people need and deserve to live in aged care settings that attract and retain wonderful, caring staff.

The personal impact

One of our most senior nurses has written about the reality of what it means to be a health professional working in aged care in New Zealand today.

"I am extremely tired. I continue because to stop would place extra strain on an already broken system. I fear that if I do stop, it will be very hard to start again.

I have two young children who need me as their mum, and I need to spend time with them. How can I make them understand that I care both for them and our residents and make them understand why I am working so much?

I have a wonderful husband but how can I expect him to know how I see my responsibilities at work and why I need to work so much? We have little time for ourselves, and the children and I rely on him so much to do things at home when he also works so hard at his job. How do we make our extremely tight budget stretch to cover the most basic needs?"

Registered Nurse, Enliven





A time to reflect

We are fortunate to receive so much support and it has been a busy but exciting year. We have received financial donations, food for the foodbank, toiletries for our families, hand-made knitted clothing and blankets, pre-loved items for resale in our Op Shops, and many hours of help from our wonderful volunteers, who help us out in all areas of our organisation.

We are very grateful to all those people who have helped us achieve great things for our communities and made a real difference in many people's lives.

At Presbyterian Support Otago we are very humbled by the ongoing support we receive from you all and are optimistic the next 12 months will be an exciting time for our organisation. We simply could not offer the programmes and services we do without your help. Thank you!!

If you would like to support us in a sustainable way, we would love for you to come on board as a "Guardian Angel" and make a regular monthly donation to support PSO!

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 03 470 0834.

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, and will help keep our Foodbank well stocked.

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

- \$35 Funds one session with a social worker
- \$70 Funds three sessions at a support group for one parent
- \$100 Funds three sessions at a support group for one child
- \$200 Funds three family food parcels at our Foodbank

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
-  **Donate with your EFTPOS card.** Pop into our Dunedin Support Centre at 407 Moray Place
-  **Leave a gift in your Will.** To find out more, please call Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on **03 470 0834**

Donating to us or leaving a Gift in your Will?

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 03 470 0834.

Please contact me to discuss donations

Please contact me to discuss leaving a gift in my Will to Presbyterian Support Otago.

Name

Phone

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 received.
Gifts over \$5.00 are tax deductible.**

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/donate

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 'to support' list above

For a receipt, please email us at fundraising@psotago.org.nz

Name

Address

Phone

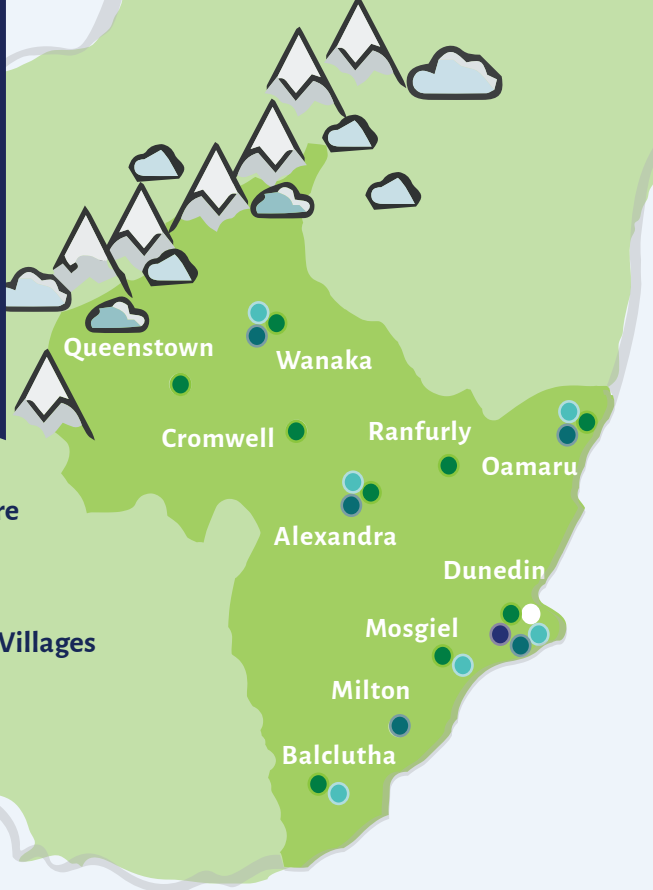
Email

Spring 2022

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

What's in our SKILLSBANK

Our Family Works Skillsbank is a group of programmes and supports where we work alongside people from all walks of life to help them build a safer, stronger, more connected life.

Parenting, support and children's programmes. Strategies to promote positive family relationships.

Financial mentoring. Clients learn how to take control of their finances.

Good Loans (*previously known as Community Finance*). Our loan advisors help people access no and low interest 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, connecting 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.

Presbyterian Support Otago Services

Enliven

Residential aged care homes

Ross Home, Dunedin
St Andrews, Dunedin
Taieri Court, Mosgiel
Iona, Oamaru
Holmdene, Balclutha
Ranui, Alexandra
Castlewood, Alexandra
Elmslie, Wanaka
Aspiring Enliven, Wanaka

Retirement Villages

Columba Court, Oamaru
Wanaka Retirement Village
Ranui Court, Alexandra

Family Works

Foodbank (Dunedin) & **Skillsbank** (offered throughout Otago)
Freephone 0508 396 678

Retail Shops

Shop on Carroll - 10 Carroll St, Dunedin - www.shoponcarroll.org.nz
Op Shop on St Andrew - 59 St Andrew St, Dunedin
YouthGrow Garden Centre - 146 Norwood St, North East Valley, Dunedin

Rental Cottages

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

Community based services for older people

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

806 STAFF

540 VOLUNTEERS

Editor Sally Knox - publications@psotago.org.nz



Family Works

Freephone 0508 396 678
www.psotago.org.nz