

Summer 2023 - 2024

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



Presbyterian Support
Otago

OUR SERVICES

enliven
PRESBYTERIAN SUPPORT OTAGO

 **Family
Works**
PRESBYTERIAN SUPPORT
OTAGO

Free
PLEASE READ
AND SHARE



together
we make a
difference



In this issue of People

The connections we make go a long way to creating a community that is safe, joyful and strong. At Presbyterian Support Otago (PSO), we connect with many people every day – our colleagues, our supporters, the people we help and you!

In this edition of People, we have some wonderful examples of how people connect with each other. Our amazing foodbank volunteers help our community to be connected with each other by helping them meet their basic needs.

Through our Buddy programme, adults and children connect by spending a few hours each week or fortnight together. We have a lovely profile of Buddies, Graeme and Lucas on page 3. On page 4 there's a story about Beverley who is a regular visitor at Stepping Stones, a programme we run for people with mental health challenges. Beverley enjoys a chat with our Stepping Stones members and she's also often seen out and about in Dunedin walking eight adorable dogs.

The new Macara Unit has opened at Ross Home and it's looking fabulous! It has been beautifully renovated and decorated, creating a lovely home, designed for older people who want to live in a safe and connected community, cared for by a team of highly skilled and caring health professionals. Read more on page 5.

You'll meet Chrissy Cause, a fictional character, who embodies all things related to Christmas, giving and connecting, and on page 6 meet our Enliven Senior Activities Coordinator, Bev Nuttall whose sense of fun brings a lot of smiles and laughter to our Iona residents in Oamaru.

Happy reading!

Message from our CEO

Kia ora koutou

One of the strengths of Presbyterian Support Otago is the ability we have to connect people together, those in need, and those in a position to help fill that need. We are all interconnected, sharing a vision where every person is valued and grows in a safe and strong community where everybody thrives.

People sometimes ask if we only help and support people from the Presbyterian Church. The short answer is no! People from all walks of life, beliefs and cultures come to us for help. We do not question, we do not judge. We are here to help anyone in need, regardless of their background, faith or life experience.

A similar question is if only Presbyterians can donate to PSO. Again, the answer is no! We accept donations from everyone and in many differing forms. Unfortunately, with all that is being experienced in our society today, we need donations more than ever as the demand for our services continues to grow at a rate never before experienced. As a charity we wouldn't be able to do the work we do without donations, without the community willing to be an interconnected part of a much needed support network.

I encourage you to connect with us not only so we can connect with vulnerable tamariki and whānau who need our help, but so we can keep you updated on what is happening in our community, what your donation or volunteering support has been able to achieve.

I hope you enjoy this edition of People, with its lively stories of fun, fulfillment, whānau and of course the odd Christmas recipe!

Thank you for your care and your kindness.

Ngā mihi

Jo O'Neill

CEO, Presbyterian Support Otago

A is for Amazing Audrey

Foodbank volunteer, Audrey Clarke, is described by the people she works with as having a heart of gold, a big smile and always willing to help. She'll even volunteer when she's not rostered on!

We asked Audrey a few questions to find out more about her.

How long have you been volunteering at PSO's foodbank?

I saw an advert in the paper, applied and I have been here for six years now.

What changes have you experienced in that time?

It's a heck of a lot busier than when I started! I used to have time to clean up the kitchen, but now there's no time for that because there's more important things to do. We have to make ourselves stop for a cuppa!

What do you do in your foodbank role?

Oh all sorts, it's busy! Making up food parcels, counting donations, and breaking down bulk donations. During the Covid response it was a good challenge. We delivered food parcels to people in isolation, down driveways, up footpaths and steps. Staff carried the heavy ones – it was an adventure.

Christmas is always special, it's over-the-top-busy but we have a lot of fun.



Audrey Clarke, foodbank volunteer, Dunedin

What do you enjoy about volunteering?

It's absolutely full on, but I enjoy the company and I like the people. We have great laughs, that's what it's all about, not just making food parcels but making jokes.

What's your advice to someone considering volunteering?

Do it, everybody needs that extra bit of help.

At PSO we have over 500 volunteers across our Family Works Foodbank, Stepping Stones, Buddy Programme, retail shops, events, Enliven care homes and community programmes. Without our amazing team of volunteers, we wouldn't be able to do what we do!

Interested in learning more about volunteering?

If you would like more information about giving your time through volunteering, please visit our website psotago.org.nz/volunteer or contact our volunteer coordinator, Jasmin on 027 700 1550.

Volunteers making a difference



Our volunteers contribute **65,312** hours per year - that is on average **1,256** hours every week!



The Buddy Programme
is part of our

SKILLSBANK



Graeme Hunt, Buddy volunteer

Buddy duo enjoy plenty of activity

When Graeme Hunt first heard about the Family Works Buddy programme, the seed was planted and while it took a few years for Graeme to act on it, he now gets a lot out of being an adult Buddy to Lucas*.

Having raised two children with his wife Lindy, Graeme was ready to do something different and volunteering as an adult Buddy was perfect!

“When I got in touch with Buddy Coordinators, Steph and Sam, they were delighted to welcome me to the programme.”

Graeme was inducted to the programme, received training and continues to be supported by the coordinators. At the end of his initial training, Graeme was matched with 11-year-old Lucas*.

Graeme likes to be active so the duo have enjoyed many activities, including playing basketball at the Edgar Centre, fishing, and 10-pin bowling (to name a few).

“We played 10-pin bowling recently and Lucas beat me – he was delighted!”

Not only did they have a competitive game, they were given the opportunity to have a look ‘behind the scenes’ of the bowling alley.

“It was fascinating to see how all the mechanisms work, and how the skittles are lifted and then placed back in the correct formation. We saw old photos of what the alley used to look like and it’s a lot different now.”

Having one-on-one time together, the duo have got to know each other well and the relationship has gone from strength to strength.

What would Graeme say to someone thinking of becoming an adult Buddy? “Definitely give it a go, it’s really rewarding.”

Regular meetings with the Buddy Coordinators and other adult Buddies is a good way to get on-going support and to hear what others are doing.

“You can get some good ideas and it’s nice to meet fellow Buddies and share experiences.”

**Lucas’ real name has been changed to protect his privacy*

The Buddy Programme contributes to the emotional and social well-being of children through a well supported mentoring relationship.

The Buddy Programme is 100% funded through donations and grants. If you would like to support this programme, please use the donation form at the end of the magazine.

We need more adult buddies!

The Buddy Programme is offered throughout Otago.

Currently we have 107 matched young Buddies, and 112 young Buddies waiting on an adult Buddy match. If you are interested in finding out more about being an adult Buddy please call us on 0508 396 678.

Our amazing Buddy Programme Coordinators from around Otago!

Our local coordinators match each child with their adult Buddy, so they have similar interests and hobbies, as well as providing training and support.



Buddy Coordinators (top left to right) Kirsty, Pippa, Steph, Sam, Christine, Sharon and Jo.

Epitome of positivity

Beverley Livingstone is the epitome of positivity and is often seen walking around the streets of Dunedin with eight dogs in her care – Pippin, Charlie, Tina, Tommy, Friendly, Simeon, Maizey and Zoe. Five dogs belong to her friend, Jude, and Beverley owns the other three.

Beverley is a survivor who has faced many challenges in her lifetime including domestic violence. Despite living with a brain injury from the violence, Beverley lives a full and active life and works to support others.

Her bubbly personality is infectious and her tenacity to always see the bright side of life is wonderful. Her love of dogs keeps her physically active and walking them in her community helps to expand the social connections she loves.

Her friendship with Jude goes back to when she was a caregiver for Jude's mother, Esmae.

“Esmae and I used to go to the Caversham Presbyterian Church community lunch where we connected with Stepping Stones members who were also going to the lunch. We were then kindly invited to join in with the group when they were going on bus trips and other outings.”

Esmae has now passed away but Beverley maintains her involvement with the Stepping Stones group.

“I go along on a Sunday after Church and we have a natter and share some fun and laughter. It helps me to understand more about mental illness and the people are just so neat!”



What is Stepping Stones?

It's a Family Works day programme working alongside clients who are facing mental health challenges. By coming to Stepping Stones they gain skills, learn how to make informed decisions, and are connected with their wider community.



Ross Home Manager Margaret Pearce with Ian Macara opening the new Macara Unit, with one of the unit's two large sitting rooms in the background. Inset: A lovely bright sitting area; and a typical bedroom in the new unit.

Ross Home whānau ready to welcome new residents

The new Macara Unit at Presbyterian Support Otago's Ross Home opened in October. It has been beautifully renovated, creating a warm and welcoming environment, designed for older people who wish to live in a safe and connected community, cared for by a highly skilled team of health professionals.

The new 24 bed unit has been named after Betty Macara, a woman who lived in Opoho most of her life, was part of the Opoho Presbyterian Church, and was matron of Ross Home for many years before then becoming a resident, passing away aged 102 in the home she loved.

Ross Home Manager, Margaret Pearce, is proud that the renovated and refurbished unit will make a wonderful home for older people.

"Macara Unit, like the rest of Ross Home, will provide older people and their families with the reassurance that they are living in a safe place where their wellbeing is paramount and they are living their very best lives," says Margaret.

"We have worked hard to create a comfortable and fully equipped home with a team of highly skilled

professionals who not only have clinical expertise, but also have compassion and a commitment to provide the very best care for older people."

The Macara Unit provides hospital-level care, something that is in high and growing demand as New Zealand's population ages and more people are unable to remain in their own homes.

Enliven Director, Sally O'Connor, says Ross Home is PSO's largest Enliven care home with 124 bedrooms.

"Providing quality care to older people is something we have been doing for a very long time and it is a privilege for us to look after our vulnerable residents."

Find out more about Ross Home

Are you interested in joining our Enliven family at Ross Home or would like to find out more for a parent or loved one?

For more information or to arrange a visit please contact Ross Home Manager, Margaret Pearce, on 03 473 0029 or email margaret.pearce@psotago.org.nz.

Visit our website psotago.org.nz/enliven for vacancies.

The name says it all!

Bev Nuttall has a serious job at our Enliven care home Iona, in Oamaru, but her name is a perfect fit for her bubbly and whacky sense of humour because she's a little bit nutty and Iona residents love her!

Every day when Bev comes to work, she's connecting with residents and she's a dab hand at organising activities. She's also connecting them with their wider community when they have trips to local attractions and visit community groups. This included a recent outing to Weston School to see the children perform kapa haka, which was a resounding success, as the residents were thrilled to witness the powerful performance.

We wanted to find out a bit more about Bev so we asked her a few questions.

What do you do at Iona?

I'm the Activities Supervising Coordinator. I do a lot of organising, coming up with fun ideas and encourage residents to keep active by participating in the activities.

What do you like most about providing activities for residents?

I love to see them happy, laughing and having fun. This is their home, and it should be all about them. We focus on fun so it's not unusual to see the Activities team dressed up in silly clothes – pirates, royalty, colour-themed days, pyjamas, just about anything goes. There isn't anything we won't try!

If someone was interested in moving to Iona, what's something special about the care home that you would tell them?

I love how we have principles and how we work our magic around them. I am also a great believer in the fact that this is their home, and we are privileged to work here. Our residents are encouraged to have their room set up in a way of their choice. That includes hanging pictures on the walls and having personal mementos around them.

Our team is so friendly and caring towards our residents which is very important, so they feel loved, cared for and that they're not alone.



Bev Nuttall, Activities Coordinator at Iona, having her hair done by one of the residents on pyjama day.

Iona has led the way in quality residential care for older people in North Otago for more than 60 years.

Beautifully positioned in large park-like grounds, Iona is very much a part of the Oamaru community. Set back from the busy road, residents love to watch the world outside from the comfort of the lounges; an ideal place to spend time with visiting friends and family. With a comprehensive range of care options, Iona's spacious facilities and skilled staff ensure the highest quality of life for residents.

Iona offers rest home and hospital level care, with a secure dementia care unit.

We currently have bedrooms available for new residents to join the Iona family. To find out more and arrange a visit please contact Iona Manager, Stephenie Leith on 03 437 1870 or email stephenie.leith@psotago.org.nz.

Visit our website psotago.org.nz/enliven for vacancies.



Photo: Karen Rowe, Bev Nuttall and Nicky Jensen at Iona celebrating Coronation Day





Shopping with a difference

The Shop on Carroll team are delighted with the new shop at the Princes Street location, and are super excited about what's coming next!

Co-managers, Fiona Dodds and Cristin Waite, and the Retail team have created a shop that is already well known for vintage and retro clothing, jewellery and ornaments, but the new shop is the start of so much more.

“Bringing together the two shops from Carroll Street and St Andrew Street means we can better cater for customers at one site and we have plenty to interest everyone!”

“When we were looking for new premises, we wanted to find a place where we could expand our connections with our community,” says Fiona.

“We wanted to create a warm and inclusive environment for people to interact with each other, with our friendly volunteers being at the heart of this,” says Cristin.

“With so much more space in our new shop, we'll have more volunteers using their

wide-ranging craft skills of sewing, crochet, and crafting, to create unique new items or to upcycle old ones, helping us be more sustainable and reducing the amount of waste going to landfill.”

“By having dedicated workshop areas in the shop, groups of people can come in and transform items into all manner of things. It will be a wonderful environment to be creative, where they can share ideas with each other and use their expertise.”

With Christmas fast approaching, people will be encouraged to come into the shop to make Christmas decorations together.

“It will be a lovely festive thing to be part of and we expect the shop to be humming,” says Fiona.

While the shop has many new things on offer, its main focus remains the same. Income from our retail activities raise valuable funds for our social services, enabling our community to live, learn and thrive.

**169 Princes St,
Dunedin**

Monday to Friday
10am – 5pm

Saturday
10am – 4pm

**Late night
Thursdays**
open until 7pm
up to Christmas

shoponcarroll.org.nz

Shop on Carroll

Profits from our retail shop
go towards Presbyterian
Support Otago's
community services.

Interested in volunteering in our shop?

We have a wonderful team of volunteers who are pivotal to the success of Shop on Carroll. If you join us you'll have the opportunity to connect with our amazing customers and be part of an organisation that is dedicated to helping people in our community. Call us on 03 471 8249 or email fiona.dodds@psotago.org.nz to find out more.

Notice Board



*Blessings to you
this Christmas.
May the love of Christ fill
your home and life.*



New life member for PSO

We would like to congratulate Julie Cecchi on her life membership award, in recognition of her outstanding contribution in volunteering. Julie is pictured above with Board Chair Stephanie Pettigrew (left) and CEO Jo O'Neill (right).

Welcome to our new Board members

We are pleased to announce that five new members have recently joined the PSO Board.

Tanya Povey, Edmond Fehoko, James Sutherland (intern), Mani Malloy-Sharplin and Dave Bainbridge-Zafar have wide-ranging and eclectic backgrounds, including social work, nutrition, mental health, rural support, property management, Pacific health and wellbeing, and Māori health.

The new members join existing Board members Stephanie Pettigrew (Chair), Kerry Enright (Deputy Chair), Craig Wyatt, Jessica Palmer, Stephen Christensen, Mark Shirley, Gillian Musuka and Stephen Willis.

We're delighted to have the new members join our team and bring with them key skills, knowledge and experience that will strengthen our organisation and help us achieve our vision where every person is valued and grows in a safe and strong community.



Tim Mepham, retired PSO Board Member, was acknowledged at our recent AGM. We would like to show our great appreciation to Tim for his dedication to PSO, serving on the Board for the last 15 years. We wish him well in his new position within the Otago Regional Council Board.

Tim continues to serve PSO on the Finance, Audit and Risk Committee and as a director for PSO Retirement Villages Ltd.



New board members (top row from left) Tanya Povey, Edmond Fehoko, James Sutherland (intern), (second row from left) Mani Malloy-Sharplin and Dave Bainbridge-Zafar.



Shop on Carroll is now open!

Stephanie Pettigrew (Board Chair) with shop managers Cristin Waite and Fiona Dodds cutting the ribbon at the official opening of Shop on Carroll, at its new location, 169 Princes St, Dunedin.

WE NEED YOUR HELP THIS CHRISTMAS AND BEYOND

Introducing Chrissy Cause

Chrissy Cause is a joy to be around! As our Christmas and Beyond mascot (not unlike Can-dice who featured prominently during Octacan), Chrissy Cause is a living celebration of the way we come together, and connect with each other to help make lives better.

Chrissy Cause says there is something special about connecting with each other and giving back to our community.

“The best gifts are the ones you give, and there is no greater reward than helping a person in need – and the need we are seeing is great.” says Chrissy Cause.

Our community is still dealing with the uncertainties and challenge of a post-COVID world, with households under stress facing the impossible choice between heating, petrol or food. The weekly family grocery shop has often been replaced by a daily shop for special bargains. Not knowing what’s for dinner has fast become not knowing where your next meal is coming from – skipping meals to try and get ahead. Many of the people we serve live in fear of their next utility bill being the one that tips the fine balance of making ends meet.

“Donating to PSO is giving us the means to provide essential community services to vulnerable people, and often the need is heightened at this time of the year as we approach Christmas.”

“Our work also continues well beyond the festive season and we rely on our donors and supporters to be there to help.”

“We are in a privileged position of being able to connect people together to help improve lives. To open the windows of opportunity, lift others up, knowing that together we are better. It’s a real honour to serve our community and the generosity of our donors and supporters is the strong foundation that underpins everything we do. Whether they are donating money, goods-in-kind or their time as volunteers, their contribution is really appreciated.”

Chrissy Cause would be delighted if you would consider making a donation to support our work. It’s easy! Visit **psotago.org.nz/donate** to make a donation today or use the donation form at the back of this magazine.

Whatever you can give will help make a difference.

Thank you.



You can make a difference to local people in your area this Christmas and beyond, please visit **psotago.org.nz/donate** to make a donation online or use the donation form at the back of this magazine.



Helping our clients at Christmas



Many of our supporters ask what we need the most for our clients at Christmas, to make this special time a little bit easier for families. While donations on our website are the most helpful to keep our programmes running, and provide the essential support our clients need, vouchers are also a really valuable way to make a difference in our clients lives.

These could be for essential items, such as food and petrol, stationery to help with back-to-school costs for the new year, or family experiences to help bring people together over the festive season and beyond.



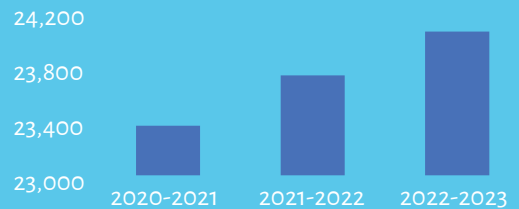
Our services make a difference and demand for these services is increasing



of clients say they learnt useful new skills/strategies

In our most recent client satisfaction survey

Family Works client contacts



We rely on donations to run many of our community services

Foodbank

Our foodbank is experiencing high demand but also low supply, as community donations of food items are down due to the cost of living crisis. We need your help now to fill the foodbank and keep up with demand.

We kindly request donations of food and toiletries to be made before Monday, 11 December, in order to help get them to the people who need them for Christmas.

We really appreciate those who give regular monthly financial donations to our foodbank, this provides certainty and stability for the foodbank to most effectively ensure those who need help can receive it. To make a monetary donation please visit our website psotago.org.nz/donate or fill out the form at the end of the magazine.

Foodbank wishlist



needs

- Canned food
 - spaghetti
 - pasta sauce
 - fish, chicken
 - meals
 - fruit, veges
 - soup
- Dried food
 - pasta, rice
 - 2 min noodles
 - mac & cheese
 - cereal

wants

- Coffee & tea
- Biscuits
- Baking ingredients
- Toiletries
 - deoderant
 - toothpaste
 - tooth brushes
 - toilet paper
- Pet food
- Christmas goodies



Nativity set kindly gifted to PSO by Jude McCracken

Connecting through our churches

Some people believe churches have generally lost their influence in local communities. Perhaps, but as society changes our churches respond, exploring different ways in which to serve their communities, and to come together.

By December, PSO will have been welcomed into 16 parishes, covering 22 Support Sunday services, some formal, some informal, all welcoming and friendly. We left each one overwhelmed by the generosity of the people, those who volunteered in their community, or donated resources, and money. People connecting their faith to everyday life, in practical ways.

These people are genuinely concerned about the needs of others and are keen to learn about the challenges many of our neighbours are facing. Their attitudes and actions prove that faith is not something that happens for an hour or so on Sunday. It happens in our joy, hurt, and everyday experiences. It is in them we connect our faith with our lives.

A smile, a kind word, a gift, helping hand, listening ear – these simple gestures are ways we connect our faith into daily life, demonstrating God’s love for everyone.

The times when we stop and notice what God is doing all around us, and connect what we celebrate together on Sundays into our daily living, is when we can be thankful for all we have and be challenged to use some of it to support others.

Jesus was as close to the poor and the struggling as to all his followers. We are reminded of what Jesus himself said in Matthew 25:40: When we help others in need, we are helping him.

Heartfelt thanks for your prayers, donations, the sharing of your facilities and resources, and for welcoming PSO into your church.

Our experience has been that churches have not lost their influence in our communities – in fact quite the opposite!

Top image: Eveline Church Minister Andrew Scott & Presbyterian Support Otago’s (PSO) Community Relations Advisor Joy Davis with parishioners donations to the foodbank.

Second image: Parishioners from Knox, with the weekly Foodbank donation.

Third image: October donation from the Dunedin Church of Christ.

Fourth image: Lynne from the Waikouaiti Karitane Presbyterian Church with donations to PSO.



Leaving a Gift in your Will

Leaving a gift in your will is an incredible way of showing you care for your community and the people who live in it - not just right now, but well into the future.

We would like to extend a sincere thank you to everyone who has made provision in their will for helping those in our community access the support that they need.

We recently received a large bequest (gift) in which the bequestor wished for the money to be used to benefit our Iona care home. This is wonderful news and will make a real difference to the lives of those residents living at Iona. We look forward to sharing with you how this has made a difference in a future edition.

A bequest can take on many different forms, you might like to leave a percentage of your estate as a financial gift dedicated to one purpose – something that resonates with you. Or you might consider what happens to the contents of your home once you have departed.

If you would like to find out more about leaving a gift (bequest) to Presbyterian Support Otago, please contact:

Jude McCracken,
Supporter Engagement Manager
Phone: 03 470 0834
Email: fundraising@psotago.org.nz

Sharing Gingerbread Wreath

INGREDIENTS

1 cup granulated sugar	¼ teaspoon ground cloves
180g salted soft butter	1 teaspoon ground cinnamon
¾ cup molasses (or golden syrup)	
1 large egg	FOR THE ROYAL ICING
3½ cups plain flour	¼ cup egg whites plus a little extra if needed
2 tablespoons baking soda	3 cups icing sugar
2½ tablespoons ground ginger	

METHOD

Cream butter and sugar, egg and molasses, sift in flour, baking soda and spices, mix until well combined. Turn out onto a counter and briefly knead then wrap and chill for 1 hour. Roll out to a 1cm thickness before cutting out gingerbread figures and wreath background. Bake for 10 minutes in a 180°C oven or until lightly golden.

To make the royal icing: whisk egg whites until frothy. Add icing sugar one cup at a time, beating until smooth (about the consistency of toothpaste).

Once gingerbread is cooled, pipe on icing to decorate, using dots of icing to stick the wreath together.





Making a difference in Otago

During the last financial year we have helped make a difference to thousands of people across Otago. We couldn't provide this support without your help!

Making a difference, together!

We hope you will join in helping us give the gift of hope for a brighter year ahead to families and people in need this Christmas and the holiday season.

From our team here at Presbyterian Support Otago, we wish you all a joyful and safe festive season with your friends and families.

Meri Kirihimete (Merry Christmas) from our whānau to yours.

Thank you!

Blessings, **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 help

\$40	Funds one session with a social worker	\$150	Funds one family food parcel at our Foodbank
\$70	Funds three sessions at a support group for one parent	\$300	Funds the training and supervision for one year for one adult Buddy
\$100	Funds three sessions at a support group for one child		




Family Works

5,194	Family Works clients
24,058	Family Works client contacts
4,945	Food parcels supplied
311	Children who participated in Family Works programmes

Enliven services

41,548	Meals on Wheels delivered
764	Residents in our care homes
145	Older people attending Club Enliven day programmes

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





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, PO Box 374,
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.

Yes, I would like to help!

I would like to donate

\$

Please use my gift for

Greatest Need

Foodbank

Your Details

Name

Address

Phone

Email

Donation options - it's easy to donate!

Donate via 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 psotago.org.nz/donate

Use your credit or debit card to donate via our website.



Donate via Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your phone number

Code: **DONATION-PM**

Particulars: Programme you would like to support eg. Foodbank

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



Presbyterian Support Otago



Enliven Services

Residential aged care homes

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

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru

Community based services for older people

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

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.

Social work. Empowering people to make change and build their sense of belonging, including advocacy.

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

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

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.

YouthGrow is a youth development programme delivering NCEA Level Unit Standards.

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.

814 STAFF

519 VOLUNTEERS

To contact the editor please email publications@psotago.org.nz



SHOP ON CARROLL

**UNIQUE FINDS
CONSCIOUS SHOPPING
SOCIAL HUB**

169 Princes St, Dunedin
Monday to Friday 10 – 5
Saturday 10 – 4

Late night Thursdays
open until 7pm
up to Christmas

Shop online at
shoponcarroll.org.nz

Profits from our retail shop go towards Presbyterian Support Otago's community services.

Family Works

Freephone 0508 396 678
psotago.org.nz