



# PeOPLE

Autumn 2019

## INCREASED COSTS PUTS DEMAND ON OTAGO FAMILIES

*For some families, even on two incomes, the challenge of meeting rental and utility costs is becoming more difficult as the cost of living increases faster than incomes.*

Financial hardship doesn't just apply to those in larger towns or cities – it can be seen right across the Otago region.

Our Family Works team in Central Otago is finding that sudden illness or injury to the main income earner is becoming the number one cause of personal financial hardship. A sudden drop in income can quickly rock financial stability and in a matter of weeks even the most astute families can find they begin to struggle to meet essential living costs.

When this happens most people focus firstly on their rent or mortgage costs, buying food and getting to work and school. Costs like heating, which for some means buying dry wood prior to winter, quickly becomes a low priority in the weekly budget.

As winter approaches families face increased power accounts. If you are unable to meet the rising utility accounts it can become difficult to catch up on missed payments.

The difference that even a small emergency payment can make to the overall well-being for an individual or a family is immense.

Knowing your children are cold and there are no funds available to heat the house causes unnecessary additional stress.

In Central Otago, Family Works received a grant to manage an Emergency Heating Fund, for the benefit of those living within the geographic region. These funds are being used to assist with one-off emergency wood supplies, gas bottle refills and power payments for those who find they are struggling for various reasons.

The team in Central Otago have assisted many families who they are working with, at times alongside other community agencies, to provide access to utility payment support, so they don't get behind in their payments.

Those who receive assistance are overwhelmed with the generosity. We have seen times when those who receive support will give back to the community in other ways, such as gardening, computer lessons or taking an elderly person to the shops.

We are so fortunate to have the opportunity to assist families and those who need it, through options such as the Emergency Heating Fund. One of the difficulties our

team faces is that funding is geographically constrained. For example, the Emergency Heating Fund in Central Otago is not able to be extended to those living in the Maniototo. We face the same restrictions on the Dunedin Emergency Heating Fund which does not reach north and south Otago rural areas.

The Otago region, as you know, has very cold winters, increasing rental costs, large travel costs for medical events and other financial challenges due to the location of these services. Summer may still be lingering, but with the winter cold arriving in just a few short months we know that many across Otago will face increased financial stress.

Your generosity goes directly towards the work our Family Works team does to assist families and those in need across Otago. We hope you will be in a position to help us; we need and appreciate your support more than ever.

**Your contribution to the Welfare Support Fund will make a difference to our families. Please turn to page 7 to see how you can make a contribution. Thank you!**

## LIFELONG BENEFITS OF A BUDDY

*The Buddy Programme, run by Family Works, is focused on providing emotional and social support to children (Young Buddies) matched with trained volunteers (Adult Buddies).*

Once a week they hang out, usually for a couple of hours, and provide friendship, support, guidance and encouragement to increase the child's self-esteem.

Since the Buddy Programme began in 1992, hundreds of young people have been part of the programme. Sometimes it is difficult to gauge just how much being part of the programme has helped these young people.



Helen Bond, our Buddy Coordinator in Central Otago, recently connected with Taryn Gray (pictured). Taryn was a Young Buddy over 10 years ago and the impact of our Buddy Programme in her life is very clear.

Taryn joined the Buddy Programme when she was going through a rough patch. She was faced with challenges and changes in her home environment that led to a serious knock to her confidence.

Taryn's Adult Buddy lived on a farm so they did plenty of farm activities when they got together each week. Taryn remembers the horses in particular.

*"It was the highlight of my week - I LOVED it".*

Taryn remembers learning from her Buddy early on that that "It's ok to not be ok."

In their time together, trust was built and Taryn opened up to her Buddy. She helped

Taryn work through those traumatic times. Taryn's confidence grew and she came to terms with the issues she faced.

Taryn said it was "really helpful to have someone trusted I could talk to....looking back, I don't know if I'd have been able to deal with it if I hadn't had her".

The pair remained Buddies for almost two years, until Taryn started high school and it became difficult logistically.

Taryn is now 24 years old and says she often thinks about her Buddy and wonders what she is up to. Taryn has recently begun to consider becoming an Adult Buddy herself and looks forward to becoming involved when the time is right.

**We are looking for more Adult Buddies to volunteer. Full training and support is provided. If you could offer a child some time, please contact Michelle on 03 477 7115.**

## BUILD A BIKE

*As exciting opportunity was presented to Family Works to partner with STIHL and engage in a community initiative as a team building session during their corporate conference held in Dunedin in February.*

This was an exercise where teams were required to work together to solve puzzles to get bike parts, so they could build a brand new bike within a given time frame.

These brand new bikes along with helmets were gifted to Family Works children whose families may be facing some challenges.



Seventeen enthusiastic and excited children, aged between 7 and 12 years, were invited to take part and spent an enjoyable time doing puzzles and sharing afternoon tea before being presented with a brand new bike and helmet.

This was kept a surprise from the children and the bike builders and was a very emotional exchange for everyone involved.

**Thank you to STIHL, and the conference team from DKCM Ltd, for thinking of us.**

# GENEROUS DONATION MAKES AN INCREDIBLE DIFFERENCE

*We receive donations and gifts from individuals and businesses across Otago throughout the year.*

Those who give to us want to make a difference and do their bit to support local families and the local community.

Four Square Clyde owners, Sharon and Brent Omond, are one couple whose generosity has made a real difference in Central Otago.

After they took ownership of the store early in 2018 they made contact with the local Family Works team. Late last year they donated a significant quantity of goods which we've been able to distribute to those in need in the community.

Sharon explains, "When we took over the store we had a wide range of items in the shop. Some of these were items that we were not going to continue to stock."

"Donating the items to Family Works was a great way for us to give back to the community, to clear the store and create



*Members of the Family Works team in Central Otago thank Sharon and Brent Omond*

space for the items we will continue to sell. It's a winning combination for everyone and it is wonderful to know that these items have been able to be used to help families across Central Otago."

Family Works Team Leader Stewart Hawkins expressed his thanks for the donation, "Sharon and Brent's generosity has been shared with many families in Central Otago, and the difference these

items made is simply incredible."

"On behalf of the Central Otago team I want to thank Brent and Sharon, and everyone who selflessly supports our work in many different ways."

**If you'd like to talk with us about how you can support the work we do please email [fundraising@psotago.org.nz](mailto:fundraising@psotago.org.nz).**

## A WORD WITH NINA

*Nina Lunn recently rejoined our team when she began as the Manager at Holmdene Enliven Care Home in Balclutha.*

Nina spent five years as the Manager at Elmslie House in Wanaka, between 2011 and 2016. She has lived in Wellington since then and was excited to have the opportunity to return to the region.

"I rejoined Presbyterian Support Otago for several reasons, but largely because of the ethos and quality of care. Many providers

talk about 'person centred care'. Enliven truly walks that talk, and I wanted to be a part of that again. You don't know how good you are!"

Nina is currently adjusting to living in Balclutha, and acknowledges that moving from the large city of Wellington to South Otago has been a big change. She believes it's important to live locally and to become part of the community.

"I also have family in Dunedin and Central Otago, so will be visiting often, weather permitting! I am a bit of a shopaholic, so some return visits to Wellington will be on the

agenda. I'll also get to see my daughter Ruby, who is still there."

Nina has high praise for the Holmdene team "The willingness to truly help, without judgement, and the commitment the team has, collectively, to do the best they can is fantastic."

*Welcome back to the region and the team, Nina!*



## MEAL DELIVERY TO OAMARU HOSPITAL

Our kitchen team at Iona Enliven Care Home in Oamaru recently increased the number of daily meals they make and distribute by about 100 meals a day.

The additional meals are being transported daily to Oamaru Hospital, as part of a food services agreement that was negotiated between the two organisations last year and came into effect on 14 January 2019.

The Iona kitchen team prepares food services for inpatients, maternity, and staff meals. The hospital also has a Meals on Wheels contract which we provide the meals for.

Maurice Burrowes, Enliven Director, is pleased to see the opportunity to expand being realised, "Iona has been active in the community for over 60 years and we have



Some of the Oamaru kitchen team celebrate the first meals they sent to Oamaru Hospital

operated a similar contract to provide meals with Clutha Health FIRST in Balclutha for more than 20 years."

"This is another way we have connected with the Oamaru community. In the last decade the organisation has introduced a number of services and programmes for people in Oamaru through Enliven and the Family Works team."

Steph Leith, Iona Care Home Manager, explains, "Di and the kitchen team have done a really fantastic job over summer working hard to prepare our kitchen so we could provide the additional meals."

"The meals are individually packaged, in environmentally friendly packaging that keeps them hot and makes transport and presentation easy to manage. Feedback from the hospital has been really positive."



### MICHAEL PARKER

Sadly, PSO Chief Executive Michael Parker was diagnosed with acute leukaemia just prior to Christmas. Michael began a series of treatments in January and needs time away from work to focus on his treatment and recovery, which is expected to take around four months. Gillian Bremner has kindly agreed to return as our Acting Chief Executive, and re-joined the organisation in early January.

We know you will join us in keeping Michael, and his wife Gillian and family, in our thoughts and prayers and wish him a speedy recovery.



Step back in time...

## VINTAGE MONTH

10 Carroll Street, Dunedin  
4 - 30 March 2019

Mon - Fri: 10am - 5pm  
Sat: 10am - 4pm

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EVENT

# A DESIRE TO SUPPORT YOUNG PEOPLE

*For Kered Taylor this year is another important step in pursuing a career supporting young people.*

Kered first became involved with Family Works and our YouthGrow youth development programme in 2017. She connected with Family Works while completing a six-month work-ready programme with Task Force Green.

Kered was 17 years old when she became involved in YouthGrow youth development and the Stepping Stones programme in South Dunedin. Stepping Stones is a day activity for adults living with mental health challenges.

The time working alongside Family Works confirmed for Kered that she is keen to pursue a career assisting young people to succeed and to grow.

“My aim is to be able to work with young people who have alcohol or drug addiction, or who are in the youth justice system. Looking back, I just want to give back to young me, and help a young person before they get to the point I was then.”

Kered's involvement with Family Works increased last year. She completed a



Certificate in Youth Development with training organisation, Praxis. Being part of the team at YouthGrow was the practical part of Kered's studies.

A highlight for Kered was when she was one of 20 young people awarded the Prime Minister's Oranga Tamariki Award (previously called the William Wallace Award) at the end of last year. The award honours outstanding young people who have come out of care and helps them pursue their dreams of tertiary, vocational or leadership training.

Kered was a winner in the tertiary category and won \$3,000 towards her studies. She

travelled to Wellington to spend a day with the other winners, meet the Prime Minister and receive her award.

Kered is continuing her studies this year, working towards a Level 6 Diploma in Youth Development. She remains part of the team at YouthGrow and Stepping Stones, and is becoming involved in community development work in South Dunedin.

**All the best with your studies Kered, and thanks for being part of our team!**

**“I don't shop,  
I treasure hunt!”**



59 St Andrew St, Dunedin  
(03) 477 5019

Mon - Fri: 10am - 5pm  
Sat: 10.30am - 3pm

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ST ANDREW

## THANK YOU FOR SUPPORTING OUR CHRISTMAS APPEAL

*Support for our Christmas Appeal last December came from so many people – individuals and families, schools and kindergartens, and businesses.*

We received generous donations in so many different ways – Movies for Teens, Stock the Bus, school mufti days, individuals donating money and goods as they walked past our food bank and in many other ways.

**Movies for Teens** was a really successful campaign and raised \$3,200 from donations. This means 320 teenagers have received the opportunity to go to the movies this summer. A big thanks to Rialto Cinemas for teaming up with us on that campaign. We were thrilled to double last year's achievement of raising \$1,660.

*“Everything was perfect. The books are especially amazing. Words don't really express the extent of our overwhelming gratitude.”*



**Stock the Bus** (pictured) was once again a hit. We had nine stops across Dunedin in just six hours. This included three businesses and six schools/ kindergartens. We received 1,663 food donations, 2,094 gifts and eight voucher donations. This meant a total of 3,765 items - well ahead of the 3,060 items donated in 2017. We have a number of schools and businesses already eager to participate in 2019!

Five businesses in Dunedin took part in our **Corporate Angels** initiative in 2018. The 17 families who received personalized

gifts from them were overwhelmed.

Donations of food, gifts, and decorations were used to help families enjoy Christmas Day and the holidays, while money and vouchers means families can continue to be supported once the holidays are over, and the joy of Christmas can be experienced all year long.

**Whether you gave money, vouchers, your time, food, or gifts, thank you from the bottom of our hearts, and from the people you were able to support.**

## COMING SOON...

### TAIERI GORGE RAIL WALK

The annual Taieri Gorge Rail Walk is happening on Sunday, 5 May 2019. Presbyterian Support Otago are the recipients this year. Funds raised will go towards upskilling three of our YouthGrow youth workers. Tickets cost \$59 each. Enjoy a scenic ride on Dunedin Railways' iconic Taieri Gorge Train, followed by a two hour walk through the picturesque Taieri Gorge, and a tasty sausage sizzle at Hindon. *See the back cover for more information.*



### OCTACAN

Octacan will be back on Thursday 20 June 2019. We are getting ready to create a day of generosity in the Octagon, with a street appeal across Dunedin. The fundraising team is looking for volunteers to assist with Octacan. If you are interested and available to assist, please email Hannah Day (hannah.day@psotago.org.nz).

# BE THE REASON SOMEONE SMILES TODAY!

## What will 2019 bring?

As we head into a new year we can be faced with exciting possibilities and some unexpected challenges. At Presbyterian Support Otago, we value your support as we continue to work for a fair, just and caring community for everyone in Otago.

Daylight saving is just around the corner. We know the temperatures will start to be a little cooler and that this can create added stress for our families and clients.

As we have mentioned in this edition of *People*, more families face the very real problem of

providing extra heating, clothing and food as we head into the cooler months. Knowing your children are cold and there are no funds available so you can heat the house will cause unnecessary additional stress.

We will have a higher demand on our services such as our food bank and increased requests to support what money families have each week.

The difference that even a small emergency payment can make to the overall well-being for an individual or a family is immense. We hope



you will be in a position to help us. We need and appreciate your support more than ever.

Your contribution to the Welfare Support Fund will make a real difference to our families.

**Thank you for helping us to work for positive change, strong families and healthy communities.**

*Jude McCracken*  
Supporter Development Manager

## YES, I WANT TO SHOW MY SUPPORT!

My contact details are:

First Name  Surname

Address

Phone

Email

Please tick payment method

Cheque  Credit Card  Internet Banking

Card number

Name on card

Expiry date

Signature

Internet Banking PSO Account Number: 06 0901 0005597 00  
(Please use your first name and surname as the reference.)

Please direct my gift to

- \$20 could provide food for our food bank to feed a family for a day
- \$50 could support a Young Buddy with mentoring
- \$100 to the Welfare Support Fund could help out a family with a household bill
- \$200 could support emergency housing
- Amount \$

Please let us know if:

- you have left a gift to PSO in your will
- you would like more information about leaving a gift in your will

Please return this form to:

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

(All donations are receipted. Gifts over \$5.00 are tax deductible. Charities Commission number CC 20878)

Dunedin South Lions Community Trust are proud to support  
Presbyterian Support Otago in the

# TAIERI GORGE ANNUAL RAIL WALK



## SUNDAY 5 MAY 2019

Join us for our annual fundraising walk.  
Travel on Dunedin Railways' iconic Taieri Gorge train,  
followed by a two hour walk through the picturesque  
Taieri Gorge and a tasty sausage sizzle at Hindon.

Tickets only

# \$59

All proceeds go  
towards upskilling  
Presbyterian Support  
Otago Youth Workers

More information and bookings:

**dunedinrailways.co.nz or (03) 477 4449**

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Our Services



