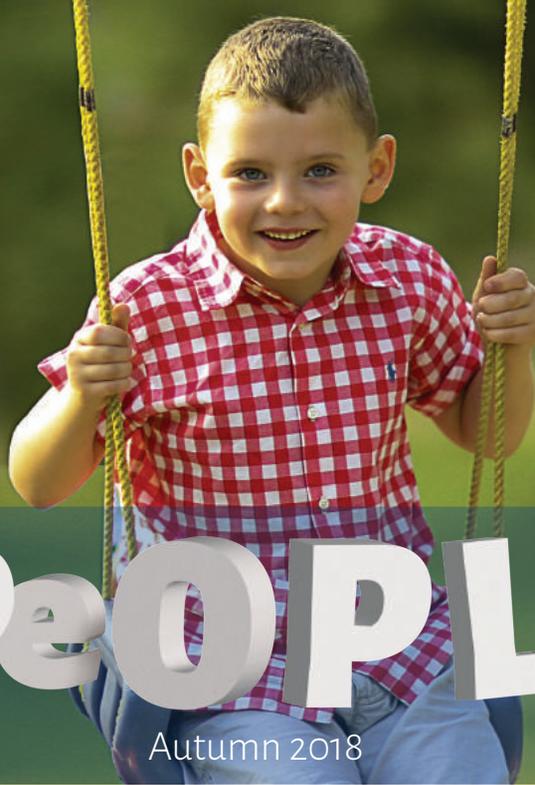




Presbyterian
Support
Otago



PeOPLE

Autumn 2018

PLENTY OF WAYS TO SHOW YOUR SUPPORT

A small pile of nappies, some wipes, and a dozen tins of baby food can make all the difference.

We never know what a family might need when they reach out for help. The needs vary greatly, and sometimes a small piece of practical support can be a turning point on the road to independence.

Public support and generosity for our work each day is what makes this possible. People give in so many ways. For some, a financial donation is a way to show support; for others the way they contribute is by giving what they have.

Upon return from Christmas our email inbox and answer phone included many of the messages you'd expect to hear - season's greetings, confirming when our services open again, and requests for information about our care homes.

Among these were some very special messages from people who were looking to give back to the community. Dan wanted to donate a swing set his family no longer needed. He thought it could bring enjoyment to children and be used in someone else's back yard.

One person's giving means another person, or family, can move forward.

It means the children get to enjoy experiences, like playing outside on a swing in the back yard in the sunshine.

Last year we received donations of car seats, which has enabled our Buddy volunteers to take Young Buddies on more outings. Several sewing machines were kindly donated, and our shop volunteers have put these to use repairing and recycling donated items.

Every contribution makes a difference. We receive financial donations, every

week, from a community who want to be part of the work that we do.

Without these donations we could not have supported over 10,000 people last year. Thank you to everyone who gives financially.

In addition, practical gifts and donations are always well-received. While we can't accept everything, if you have a way that you'd like to show your support with a practical contribution the team would be very happy to talk with you about it.



Otago Babes + Picnics held their monthly picnic in Mosgiel in January. They brought donations for Family Works, which were presented to Donna Knox.

A REFLECTION ON 24 YEARS: GILLIAN BREMNER

Over nearly a quarter of a century many things come and go. Chief Executive Gillian Bremner's passion to care for the people of Otago remains as strong as ever.

Gillian has seen plenty of things happen during her time as Chief Executive. As you would expect, the list of new initiatives that have been launched in her time is quite impressive.

When reflecting back on her time leading the organisation, a few key themes have stood out for Gillian.

"We have seen significant growth in residential aged care, and a large rise in the for-profit sector involvement. However, the adequacy of funding has remained a constant challenge."

"We are also seeing the average age of people moving into residential care significantly higher, and the needs of residents continue to increase. What hasn't changed is the top quality care that we provide."

When Gillian began, St Andrews care home had just opened in Dunedin and since then almost every Enliven site has had major redevelopment occur to take the facilities into the 21st century and beyond.

Bed numbers have increased from just on 300 in 1993, to 468 in 2018. In addition, there has been the construction of two retirement villages in Central Otago, and a new care home in Wanaka.

Presbyterian Support Otago is passionate about supporting individuals and families in the community. Gillian points to the increase of child poverty as one very visible societal issue that has developed over the last few decades.

The establishment of the Buddy Programme in the 1990's, and an ever growing foodbank being set up in Dunedin, are part of our contribution to this need.

"From a small pantry and very standard kitchen, we're now giving out over

10,000 food items each month as part of our support for vulnerable families with complex needs. Poverty is a serious issue, and its one that food parcels alone won't solve."

'Never doubt that a small group of thoughtful committed citizens can change the world - indeed it's the only thing that ever has!' Margaret Mead

During Gillian's time as Chief Executive, the organisation has seen advocacy as an important role when considering the social challenges many of our clients face. The organisation has completed research and published several reports to highlight

the issues as well as posing practical solutions.

Along with client services and advocacy, local community development initiatives have been in focus, which seek to strengthen the community as a whole.

Gillian may be retiring this month, but we know her passion for the organisation, and the work that we do, will always remain.

A public farewell to thank Gillian will be held on Tuesday, 20 March 2018, from 4pm in Burns Hall (Moray Place). RSVP to Joyce McKenzie (joycem@psotago.org.nz) by Friday, 16 March.



Gillian Bremner (photo courtesy of Otago Daily Times)

STREET ART BRIGHTENS UP MORAY PLACE

You don't have to look far in Dunedin to see plenty of fantastic street art of all shades and sizes brightening up the city.

The latest piece of street art to appear was added to Guthrie House, in Moray Place (opposite First Church), during January. The piece is titled 'Take a Leap'.

This street art depicts three bright and joyful children jumping through autumn leaves, on a dark background. The exuberant children leaping out of the darkness represents the incredible effort shown by our Family Works team every day.

The happy, joyful children show the outcome of Family Works services, which aim to help establish families that are strong, safe and connected.



The concept was developed by local artists Aroha Novak and Guy Howard-Smith, who have their hands behind five art pieces in the city.

Aroha and Guy spent around 150 hours in January going up and down the scaffolding with paintbrushes in hand, applying over 70 litres of paint to transform the wall.

The piece was funded through a generous tagged gift from an

anonymous donor, with a quiz night held to raise the remaining funds. No other donated funds have been used.

Our thanks to Resene for supplying \$1,000 worth of paint for the project!

We reckon the three new faces make the street look pretty neat! Stop by and take a look next time you're travelling down Moray Place.

BALCLUTHA IN THE SPOTLIGHT

Located on State Highway 1, half way between Dunedin and Invercargill, Balclutha is home to around 4,000 people and is one of the towns where Presbyterian Support Otago is part of the community.

Holmdene Care Home, in Elizabeth St, has been an important part of the Balclutha community since it first opened in June 1965.

Holmdene has been through two major renovations since it was first opened, with the latest redevelopment opened by

Governor-General Sir Michael Hardie Boys in 1999.

Holmdene initially began with eight beds and was for women only, because there was other accommodation for men nearby.

Today 56 staff and a committed group of 25 volunteers all help to make Holmdene a warm and comfortable space for 35 residents. A mixture of rest home and hospital-level care is provided.

Our Family Works activity in Balclutha began in the late 1990s, and has been available in the town for over 20 years. Currently we have over 20 pairs of Buddies working together in the Clutha area.

Family Works introduced the Incredible Years programme several years ago, and has since run several groups in Balclutha. This programme supports parents with children between three and eight years old.

For the last year we have held a government contract to provide budgeting and financial capability support across the region. Balclutha is one of the towns where we have worked with families and supported people in the area to make positive, lasting changes in their lives.

Balclutha ●

PeOPLE

HELPING PEOPLE BACK INTO THE DRIVER'S SEAT

Family Works has provided a counselling service to the community for many years.



A conversation with our Family Works Counsellor, Flo Clarke, provides some insight into the work that is done through our counselling services, and the significant need it meets.

"I see people from many different backgrounds and cultures. They come for a wide variety of reasons. My role as a counsellor is to be alongside people as they work on their goals, build their self-confidence, their competence and increase their self-esteem."

Sometimes it doesn't take too much, just one or two sessions are enough. Some of the work takes a longer time.

"It is not about fixing things, but being alongside people on their journey as they

learn new skills and start believing in themselves. Sometimes it takes time to change old patterns and to integrate new learnings into your life."

Flo has clients she works with for a time and they gain confidence to move on, some may later make contact to come back again. This is never a problem.

Flo works with families, teenagers, individuals and couples. Mental health is an issue for many people seeking assistance.

Depression, grief, loss, isolation, family violence, and at times suicidality, are a few of the many issues facing many of the people who use the service.

Often the work done by counsellors is not funded, and some people do not have extra funds to pay for this service. This does not preclude anyone from being able to gain support from a counsellor.

Payment can be a very sensitive issue for many people, and it may be that they donate to our shops, as their way of giving something back for the service they have accessed.

Flo firmly believes that everyone can be resourceful and has strengths. If people can grow these strengths in a positive way, huge changes can be possible in their life and in their relationships.

In the words of Rumi, "Life is a challenge, with moments of joy along the way".



Step back in time....

VINTAGE MONTH

Discover an incredible range of **vintage clothing, fabrics and collectables** during March 2018.

SHOPON
CARROLL

10 Carroll Street, Dunedin
03 471 8249

Mon to Fri 10am – 5pm
Sat to Sun 10.30am – 3.30pm

VOLUNTEERING BRINGS FIVE YEARS OF NEW FRIENDSHIPS

John Meek has been involved as a volunteer with our Enliven services in Alexandra for over five years. He's made many friends along the way.

"I moved to Alexandra from Cromwell after my wife died, as my job was in Alexandra. I started volunteering as something to do in the weekends."

"Heather from Volunteering Central asked if I would consider spending time at Ranui Home, talking to male residents. I was happy to do this, so for several years I spent a few hours each Saturday at Ranui care home, chatting and occasionally taking someone out for a drive."

"They then asked if I would help at Club Enliven each Thursday, so I've been volunteering there for over two years as well, and I enjoy it a lot."

"Through volunteering at Ranui, I've met so many great people. I befriended a man who was clinically blind and took him out for drives each week. He introduced me to his brothers and friends, who have become my friends. He passed away last year and I was pleased to be asked to attend his funeral."

"Being a volunteer can be very rewarding and you have a lot of fun. I feel that if I can make somebody laugh when I talk to them, then I've done some good."

Thank you John for your incredible contribution!



John Meek

We're looking for more volunteers across the region. If you have some time to spare, and would consider volunteering in an Enliven home, contact Michelle on 03 477 7115 or volunteer@psotago.org.nz.

MICHAEL SET TO TAKE THE REINS

Michael Parker arrives this month, and is well prepared to lead the organisation as our new Chief Executive.

Michael has been the Chief Executive of a sister Presbyterian Support organisation in the South Island since 2003. He brings significant knowledge of the unique

challenges and opportunities that we face, and is familiar with the Otago region.

Michael described his personal philosophy as "grounded in belief that we should all be actively involved in supporting each other, and our communities, to be resilient and safe environments for families and children to live, work and grow in - regardless of age, health, or social status."

Over the next few weeks Michael will begin to tour Otago, meeting our people and our supporters.

You will get to know Michael a little more in the next edition of *People*.



Michael Parker

Ross Home 1918 – 2018



Celebrating 100 years in North East Valley

The community is invited. Mark your calendar for Labour weekend and look out for more details coming soon.

Ross Home, 360 North Rd, Dunedin

KEEPING OLDER RESIDENTS CONNECTED

One of the projects we undertook last year was to explore the needs of older residents who live in the community. We wanted to understand what their needs are so they can continue living well in the community.



The use of formal surveys, and consultation with people in this demographic, began the exploration process. The initial focus has been on older residents in Dunedin, with particular interest in Mosgiel and Mornington (a suburb of Dunedin).

Based on what older citizens are telling us, we know that most of them feel safe and supported. There is, however, a significant group who feel lonely at times, and who wish they had more contact with others. Research findings are available from psotago.org.nz.

Research has shown that connectedness is vital to prevent social isolation and loneliness. These are both key contributors to care home admissions and Alzheimer's.

So, where to from here? Over the coming months, we are going to talk further with communities in Mornington and Mosgiel using a 'Village Hub' model.

This model was developed and is in use overseas, where the emphasis is on community needs and interest. In places it has been established we have seen new activities and groups form, alongside a focal point for information sharing and some volunteer support.

We are planning the development of a smartphone app, in partnership with Age Concern and Dunedin City Library, over the coming 12 months.

The app will provide information, events, programmes and services that are relevant to other people in Otago, that can quickly and easily be accessed.

These projects are being led by Community Development Facilitator Adrienne Henderson, with involvement from our Family Works and Enliven teams.

"We want to be contributing toward healthy communities for residents, which includes those who are in the older age demographics. It is exciting to be working on new initiatives which will assist people in this group to remain connected and a vital part of their local community." said Adrienne.

If anyone, particularly those living in Mornington or Mosgiel, is interested in finding out more or getting involved with the Village Hub work please get in touch with Adrienne Henderson on 03 477 7115.

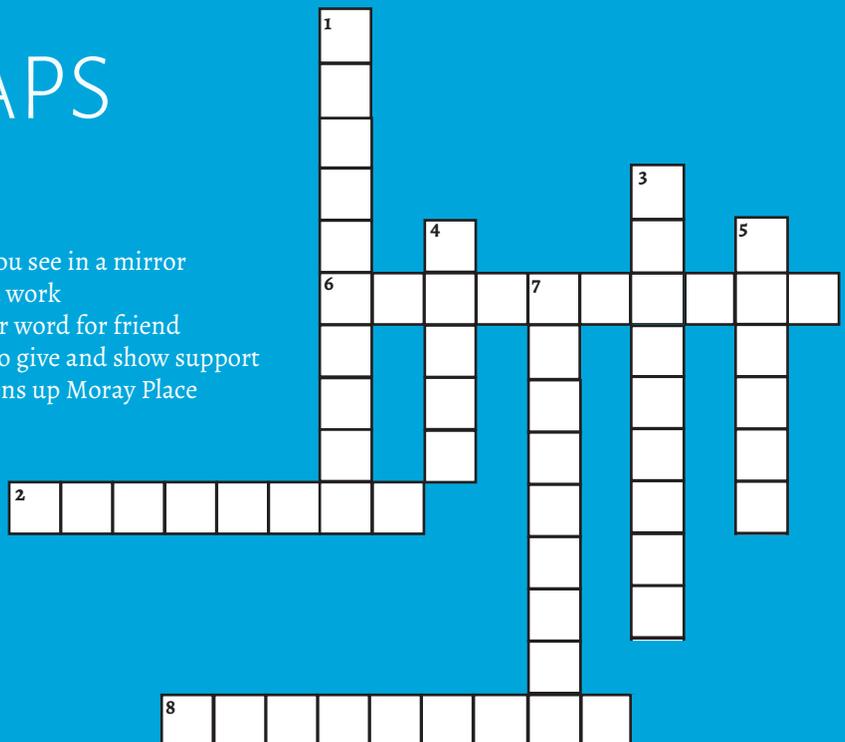
FILL IN THE GAPS

Across

2. Our care home in Balclutha
6. Someone who works alongside people on their journey
8. A local group of people

Down

1. What you see in a mirror
3. Unpaid work
4. Another word for friend
5. A way to give and show support
7. Brightens up Moray Place



1. Reflection 2. Holmdene 3. Volunteer
4. Buddy 5. Donate 6. Counsellor
7. Street-Art 8. Community

MOVING FORWARD WITH YOUR SUPPORT

As we look ahead, there are some exciting new opportunities that are facing us. We value your support as we continue to work for a fair, just and caring community for everyone in Otago.

While we are committed to continuing to provide many of the services that people look to us for, such as counselling and residential care, the needs of the community are changing.

We will provide assistance to over 5,000 people through our Family Works programmes and food bank this year.

Over 1,200 older people will be supported through our meals on wheels, social programmes, care homes and the new initiatives we work with the community to introduce.

Our need for your generous support remains. The continued generosity of the community is so valuable, and we really appreciate it.

There are many ways you can show your support:

- A financial donation - use this form on this page or go online to psotago.org.nz
- Leave a bequest - we can provide more information about how to set this up
- Volunteering - we have opportunities for regular input with various programmes in most main centres
- Practical gifts - items for foodbank and donations to our shops are always appreciated

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



"Your support was overwhelming and amazing! It meant we could still enjoy Christmas!"

Many generous donations were received at the end of 2017, enabling us to assist over 200 families with Christmas gifts and food parcels. They were so grateful for the support.

YES! I WANT TO HELP THIS YEAR.

Please tick how you wish to support us

- \$20 could feed a family for a day
- \$50 could support a Young Buddy with mentoring
- \$100 could enable parents to complete a parenting course
- \$150 could support emergency housing
- Other \$

- I have left a gift to PSO in my will
- I would like more information about leaving a gift in my will
- I will like more information about making a regular donation

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

My contact details are

Name

Address

Phone

Email

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)



ENJOY LIFE WITH ENLIVEN

Would you like to live an enriched and fulfilling life, no matter your age and ability?

With eight homes across Otago, you are welcome to call our place your home.



"The care and attention given to mum by the staff is like they are looking after their own parent"

Resident's daughter



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