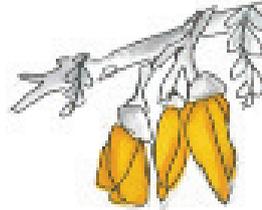




Presbyterian
Support
Otago



A HOME AWAY FROM HOME



For nearly 30 years, Club Enliven Dunedin (formerly 'Maybank') has met in the Maybank Lounge at Ross Home in Dunedin's North East Valley, but now they have a new home.

Available to people over age 65, Club Enliven Dunedin meets three days a week, with up to 25 clients a day gathering together to enjoy a range of activities: board games, 'Sit and be fit', historical talks, quizzes, speakers, indoor bowls, musicians and entertainers. These activities connect older people in a fun, friendly environment, and provides activities, meaningful occupation, and a sense of community.

Club Enliven Dunedin is a very popular service which meets a real need among older people in our community. It was so popular, that it became a problem!

Club Enliven Dunedin outgrew the facilities in the Maybank Lounge. The premises were very cramped, it was difficult for people to move around the room reducing interactions, and older lounge furniture was difficult for people to get in and out of. The lack of space meant that clients enjoyment of and benefit from attending Club Enliven Dunedin was not as effective as it could be.

Fortunately, a solution presented itself. The First Church manse, situated behind Presbyterian Support Otago's Support Centre, became available to Club Enliven Dunedin as its new home. Because it

was formerly a family home, the manse has lots of different-sized rooms which clients can move easily between to enjoy a range of different activities. It also means they can spend time with different people throughout the day, reinforcing friendships and providing new engagement opportunities. The Manse also has plenty of room in the grounds for drop offs and pick-ups, is fully accessible, and has a lovely outdoor area which can become a regular part of activities.

The move has been a success – "it's a great little venue", says client John. There are though some challenges with a new space which are being worked through. Volunteer Olwyn loves to have interactions with the clients while she goes about her duties but has found this is restricted now the kitchen is separate. Hot lunches are prepared at Ross Home in bulk and so more time is required to prepare individual meals once these are on the site. Challenges like these will be overcome in time, as clients and volunteers settle into their new 'home'.

Moving into summer, there are some things which would make the manse an even better venue for Club Enliven Dunedin members. Coordinator, Marilyn Withnall, says that over summer, they'd like to move some activities into the outdoors so clients can enjoy the gardens, and get some fresh air and sunlight.

With the help from our community there are many opportunities for support. Please keep reading until the back page, there you will see the variety of suggestions.

**Thank you
From Marilyn and all the Club Enliven
Clients**





A MESSAGE FROM JO

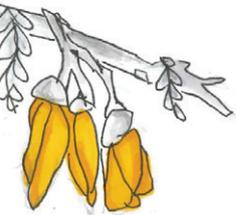
Merry Christmas one and all! It has been a busy year for PSO and I extend thanks to all our supporters.

In whatever way you give, share, get involved or donate, we are grateful for you and all that you do. As we enter this exciting time of year there continues to be wonderful opportunities for everyone to get involved. Our community needs you and I cannot express how much aroha is returned from those in need when they have a helping hand, particularly at this time of year.

Christmas time is about the spirit of love, a time when the love of God and the love of our fellow men should prevail, a time when our thoughts and deeds and the spirit of our lives are enriched by sharing what we can with others.

Be blessed in all you do this season

Jo Rowe
Chief Executive

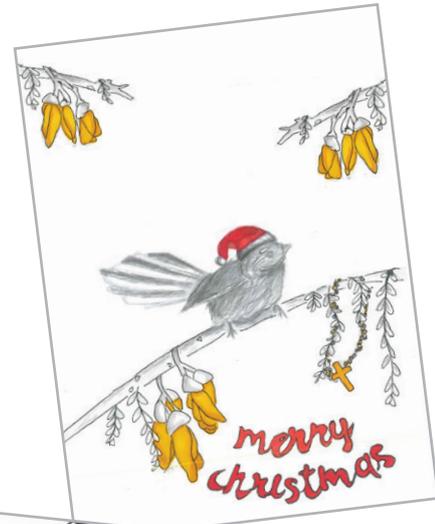


BUDDING ARTISTS DESIGN CHRISTMAS CARDS



This year we wanted some extra inspiration for the cover of our PSO Christmas cards so we tapped into the talent of some of Columba College's young artists.

We ran an art competition for students to be in the chance to have their art featured on our acknowledgement cards for donors. We received some fabulous entries which clearly had a lot of thought and effort put into their creation. It was such a difficult decision to only choose three winners! Thank you Columba College students for your input and talent.



A glimpse of some of the amazing art entries from Columba College students.



The winning artworks: (From top to bottom): 'Kowhai Fantail Christmas' by Anise Maclean, Year 9. 'A Very Merry Christmas' by Peach Sirisaowaluk, Year 7. 'Colourful Christmas' by Nora Paicu, Year 9.

LIFE MEMBERSHIP AWARDED

A highlight at our 2019 AGM in October was the presentation of a Life Membership Award to David Richardson.

David joined the Board of Presbyterian Support Otago in 2007, was appointed as Chair in 2013 and re-appointed in 2015. He resigned his position as Chair in May 2019 ahead of his retirement in October.

Over the period that David has been on our Board he has contributed his time and wisdom both locally and nationally.

As Board Chair he sat on the Finance and Audit & Governance Committees and

actively sought new Board members. He made considerable efforts to attend various celebrations around the region and be a visible Chair beyond Dunedin.

He had an inclusive, consultative yet decisive leadership style and has brought depth of management, leadership experience and core Christian values to support the Board through some complex decisions.

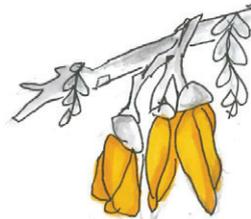
Thank you David for everything you have contributed to our organisation.



Tim Mepham, current Board Chair (left) and David Richardson.

ANNUAL REPORT

Our Annual Report for 2019 is now available. Read it online at psotago.org.nz. Printed copies are available from 407 Moray Pl, Dunedin or contact Michelle on (03) 477 7115.



A sustainable way to support PSO and the environment.

The choices we make matter. When was the last time your clothing cared for your community and the environment? Did you know about 4% of the landfill is made up of unwanted textiles? To put that into perspective,

PACK IT UP, PASS IT ON

glass makes up about 2.5%, so the choices we make about clothing do matter.

How does this relate to PSO you might be thinking? Well we can take your pre-loved clothing and turn it into support for our community. Our charity shops accept donations of pre-loved goods: donations are passed onto families in need, or sold through our shops. You can also buy from our fantastic range of recycled and vintage clothing, knick-knacks, fabrics and collectables. The profits from the shops go directly back to supporting our community work.

We have made it easy for anyone to donate suitable unwanted goods to us through our 'Pack it up, Pass it on' initiative.

'Pack it up' - We supply yellow donation bags that you can pick up from the charity shops or order by phone or online at (psotago.org.nz)

'Pass it on' - donations can be dropped at our Shop Warehouse, Support Centre and Enliven homes.

Drop your filled Yellow Bags to:
Our Charity Shops warehouse: 10 Carroll St, Dunedin
Support Centre: 407 Moray Pl, Dunedin
Our Enliven Care homes:
 Aspiring Enliven Care Centre - 21 Cardrona Valley Rd, Wanaka
 Elmslie House - 81 Stone St, Wanaka
 Holmdene - 15-17 Elizabeth St, Balclutha
 Iona - 549 Thames Highway, Oamaru
 Ranui - 4 Chapple St, Alexandra
 Ross Home - 360 North Rd, North East Valley, Dunedin
 St Andrews - 8 Easther Cres, Kew, Dunedin
 Taieri Court - Hartstonge Ave, Mosgiel

STOCK THE BUS RETURNS FOR 2019

We are getting ready to jingle all the way on a Ritchies Christmas sleigh.

Stock the Bus is a Family Works Christmas appeal sponsored by Ritchies that aims to provide Dunedin's most vulnerable families and children with festive food, gifts and activities. Many children won't experience the joys of Christmas as their parents aren't in a position to save for or provide this.

Although our Family Works programmes support families to make positive lasting change in their lives, we aren't in a position to provide the wonders of

Christmas without the support of events like Stock the Bus.

Thanks to the generosity of Ritchies who have donated the use of two buses and two wonderful drivers (who really get into the spirit) we are able to put on this event that the Dunedin community supports so well.

Stock the Bus and the Family Works Christmas elves will be hitting the streets of Dunedin on Friday 22 November collecting donations from generous schools and organisations and delivering the Christmas cheer to Dunedin's most vulnerable children and families.



Some photos from Stock the Bus 2018:
 Far left: Children from Roslyn Kindergarten get ready to add their donations to the bus.
 Right: Presbyterian Support Otago staff and Ritchies bus driver Neil all ready to hit the Dunedin streets.
 Above: A willing group of school children look for a spot to place their gifts on the bus.



Shop for treasures, from anywhere!

Clothing, homewares, antiques and collectables

Nationwide shipping

Shop from the comfort of your couch!

Visit shopon.org.nz

 shoponnz  shoponnz



SHOPON
 PRELOVED TREASURES

A VERY SPECIAL THANK YOU



Presbyterian Support Otago is very grateful for the support it receives from a range of philanthropic organisations.

Your support helps us to work with people all over Otago. Many thanks to the following organisations that have supported us during the past year:

ACE Shacklock Charitable Trust
Alexander McMillan Trust
Callis Charitable Trust
Central Lakes Trust
Department of Internal Affairs

Donald and Nellye Milnes Trust
Dunedin Casino Charitable Trust
Dunedin City Council
Elsie and Ray Armstrong Charitable Trust
Estate of JDS Roberts
GigCity Dunedin
Graham and Olive West Charitable Trust
J N Lemon Charitable Trust
Kingston Sedgfield (NZ) Charitable Trust
Lions Club of Dunedin South
Lottery Community
Mercy Hospital Trust
Nellie Milens Charitable Trust
Network Waitaki Ltd

Otago Community Trust
Patricia France Charitable Trust
Pub Charity
Ross Memorial Fund
St Joans Trust
Thank You Charitable Trust
The Lion Foundation
The Presbyterian Church Property Trustees
The Timothy Blair Trust
The Trusts Community Foundation
Tindall Foundation
Trustpower
William Downie Stewart Charitable Trust

KEEN INTEREST IN FINANCE SETUP

Three weeks after it was launched, Otago's new community finance programme is attracting more than 100 inquiries a week.

The initiative, a partnership between Good Shepherd NZ and the Bank of New Zealand, is being administered by Presbyterian Support Otago.

The programme offers "NILS" no-interest and "StepUp" low-interest loans to people who might traditionally turn to predatory lenders.

South Dunedin-based community finance co-ordinators Mel Aicken and Lloyd Maole have heard worrying stories ranging from beneficiaries to low-income workers, wanting to access loans.

Among them was a lady in her 70s, who was recently granted a \$5000 loan to buy new furniture with repayments of \$80 a week, Ms Aicken said.

"To have that much coming out of a pension each week is a lot, and now she is worried about keeping up the repayments," she said.

"This lady's situation shows how his type of lending is very, very expensive."

Another was a man in full-time employment, who had been struggling to pay down a personal loan and credit card debt for several years.

"That person feels trapped in their current situation," Ms Aicken said.

"And that is the reality for many people.

Many people who made contact about possible loans were looking for debt consolidation options, although this was not the purpose of the scheme, Ms Aicken said.

"What it is doing is highlighting the levels of unsustainable debt out there, which is making life very tough for people."

In Dunedin, Presbyterian Support Otago's clients had a combined debt of \$4.2 million – an average debt per person of \$25,123 (excluding mortgages).

Mr Maole said getting the community finance programme up and running provided people with limited incomes with "a safe option".

The StepUp loan provided up to \$5000 at 6.99%, and was an ideal way for people to buy vital items, such as a second-hand car.

"It keeps it safe and affordable, which is very important.

Ms Aicken said people were often caught out by the instant nature of finance where they could walk away with a coveted item, and a large debt.

"When people come to us, we do sit down and look at whether they can really afford it."

The Otago community finance co-ordinators welcome opportunities to give presentations to community groups. For information email communityfinance@psotago.org.nz.



Flying start . . . South Dunedin-based Otago community finance co-ordinators Mel Aicken (left) and Lloyd Maole, have been contacted by more than 100 people a week since the programme started three weeks ago.

Article and photo by Brenda Harwood of The Star.

SEND A TEEN TO THE MOVIES

Teenagers can be hard to buy for, and are often the ones who can miss out when finances are challenging.



For the fifth year running we have partnered with Rialto Cinemas in Dunedin to send teens to the movies.

Social workers remind us that in families facing financial hardship, teenagers often feel left out of the Christmas festivities and social events over the Christmas holidays. Help us buy movie tickets to give to teenagers who may have little else to look forward to this Christmas.

A small \$10 donation will provide an ideal gift for teens this Christmas. It means they can join in when invited to the movies by their friends, or even initiate a movie outing in the holidays. We have seen social empowerment and the value for teenagers when they can be part of conversations about the latest movies,

which social workers have said is invaluable.

Thanks to your generosity we raised \$3,200 in 2018, which meant we could give 320 teenagers the opportunity to go to the movies. We would love your support this year!

All of the donated funds are used to purchase movie tickets. Our Family Works team distribute the tickets.

If you would like to make a donation head to our Givealittle page (givealittle.co.nz/cause/movies-for-teens-2019).

SUPPORT CLUB ENLIVEN

We would welcome your help to make Club Enliven an even better venue that could expand to the outdoors!

Some of the items that would help clients enjoy the outdoors are:

- Heavy outdoor furniture including bench seats with backs, wooden 'armchairs', a big wooden table.
- Sail cloths and large sun umbrellas.
- Raised garden beds (so clients can potter).
- Bird feeders (so clients can enjoy the bird life).

In the longer-term, it would be wonderful to have the driveway smoothed out, and a shelter put up so that when it rains, clients don't get wet as they're moving from a vehicle to the front door.

"The staff and volunteers are fantastic. I count the sleeps 'til my next Club Enliven visit."

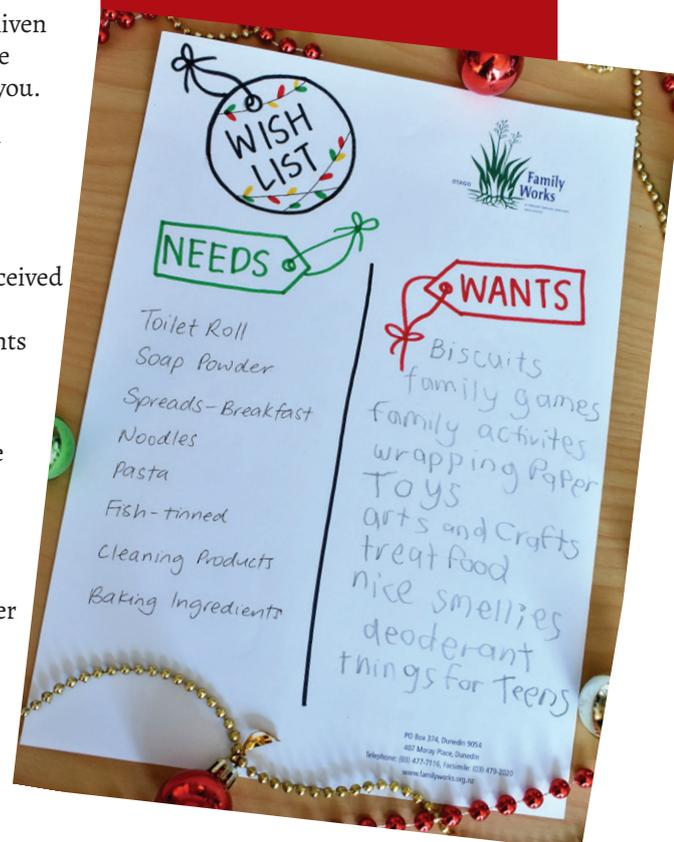
If you'd like to support Club Enliven Dunedin make their home more homely, we'd love to hear from you.

You could support Club Enliven Dunedin by:

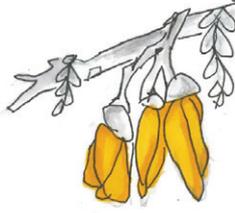
- Making a financial donation by ticking the relevant box on the donation form. All funds received will go towards the outdoor equipment requirements for the programme.
- Donating items that we need (please check with us first so we don't double up).
- Volunteering as a driver or activities support person.
- Being an entertainer or speaker – share a talent, interest, or adventure with clients.

Our 2019 Christmas Wish List

The Family Works team have put together our Foodbank Christmas Wish List for this year. All donations of food and gifts are very gratefully appreciated - you can drop them off to our Support Centre at 407 Moray Pl, Dunedin.



A SMALL GIFT MAKES A BIG DIFFERENCE



Gift-giving is an important tradition during the Christmas season for many; it is a way to demonstrate care between friends and family and is the source of smiles on the faces of many children.

The giving of gifts is something that can be a challenge for many families, because of the strain it can bring to a budget that is already extremely tight.

Our Family Works team is particularly busy over Christmas, making sure that food parcels and suitable gifts are distributed to those in need across the region. This year is no different from

last year, and the challenge we face is to make sure Christmas is a time of joy and celebration for all.

There are many ways you can make a difference to the lives of people in your community. Some of our supporters enjoy the opportunity to shop and purchase toys and presents, and for others, a financial donation, a voucher, or some food items are a more practical way to show support and to make a contribution. Every gift and donation is very much appreciated by Presbyterian Support Otago, and by those who receive them.

The giving continues right up until Christmas, right across the Otago region. In mid-December the gifts begin to

be distributed to families who we are working with, along with a Christmas food parcel.

For some families this is the first time in many years where there have been gifts in the home.

We are very grateful for all donations whether this is financial, time or a consumable donation. Thank you for your generous support in 2019.

We wish you, and all our wonderful supporters, a very happy Christmas and holiday season.

Merry Christmas, from Jude

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 and include the word DONATION in the reference.)

Please direct my gift to

- Family Works Christmas
 Enliven Services
 Where the greatest need is.

OR

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)

Do you want to make a difference? Do you have some spare time?

Become part of our volunteer team and help support our community!



Shop on Charity Shops – join our shop team to make a difference for people in your community.

Buddy Programme – become an Adult Buddy anywhere in Otago and mentor a child aged between 4 and 12.

Stepping Stones – assist with activities, give a talk, entertain or train the participants.

Visiting Volunteers – provide regular, ongoing contact and good company for older people living alone.

Club Enliven Drivers – assist our Club Enliven members with getting to and from Club activities held at the Manse, 407 Moray Pl.

**INTERESTED?
Contact us today!**

03 477 7115

psotago.org.nz

volunteer@psotago.org.nz



**Presbyterian
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Our Services

enliven

**Family
Works**