



Presbyterian
Support
Otago

PeOPLe

Spring 2018

LIVES CHANGED AS GARDENS GROW

YouthGrow is one of our Family Works programmes in Dunedin. They provide an environment where young people grow and learn, based in a working nursery.

YouthGrow was established at their North East Valley (Dunedin) site in 2001, as a response to the identified need that young men had challenges getting a job.

Over this time YouthGrow's heart for impacting youth positively has remained the same. The way YouthGrow works with young people has broadened and changed.

Youth development models have been used in recent years, with the aim of developing the whole person, providing opportunities to strengthen education, life skills, health and wellbeing, and vocation-focused learning.

Over 200 young people have participated in YouthGrow since it opened. Their stories demonstrate the success of this important programme.

It is evident from talking to students that YouthGrow is not just about learning a few gardening skills. In fact, gardening is just one tool to help with learning.

Hannah* is a current YouthGrow student. She has been involved for just over a year and her goal has been to get paid employment.

You soon get an appreciation for the real sense of achievement for Hannah, which comes from being part of YouthGrow.

"This year a group of us built a small table with some help of staff. We had to research and plan it, then make decisions about things like what type of wood to use. Once we gathered all the materials we put the table together."

"Some parts of the table had to be redone a few times, because they weren't quite right. The challenge was to make sure I didn't get frustrated when that happened."

The table now is proudly placed in the student's area. It's used by students each week as they study, and work through completing the various assessments they are encouraged to do.

Friday lunch is always a learning opportunity for the YouthGrow students.

"One of the highlights is cooking lunch each Friday. We do this in groups, and we have to plan our meal, go shopping for the ingredients and then cook it in time for lunch."

Through working alongside the YouthGrow team, and following a work placement at St Andrews Enliven Care Home, Hannah has recently gained the confidence and ability to get a paid casual job.

We want young people like Hannah to become confident and ready to take the next step in their journey. Every day at YouthGrow brings new growth experiences, as students are challenged to learn and to tackle new things.

If you would like to support our young people at YouthGrow visit the nursery at Norwood St, or see them at the Otago Farmers Market each Saturday morning.



The table built by YouthGrow students.

* names have been changed in these stories to protect individual identities.

SHARING SONGS, MAKING MUSIC

Each Saturday morning Ting Choo heads to St Andrews Care Home in South Dunedin where she volunteers, playing the piano and interacting with many of the 78 residents.

Ting began volunteering twelve months ago, after seeing an online ad looking for volunteers to play music in the home. As an international student, Ting was feeling isolated, and was keen to do something meaningful that connected her with others.

Ting often plays in an area of the home where residents living with various levels of dementia reside. She began reading and researching about dementia, the brain and psychology and this was something that Ting has become passionate about.

Using music and dance to enhance wellness for older adults living with dementia is the central topic of Ting's Masters thesis, which she is



completing through the University of Otago. Interaction with St Andrews residents over the last year has formed part of her research for the thesis.

Amongst all of this, Saturday playing has remained an essential part of Ting's week. You get the sense she wouldn't miss it for anything.

"The responses from residents may not be very visible but I know playing music brings something positive to the home. I play a mix of fast and slow

pieces and different songs appeal to different people. Some tap along or sing, and when I'm finished the residents will clap and smile."

Ting is now playing on two newer pianos that were generously donated by Dunedin residents. One of the songs Ting plays represents her thoughts about these new pianos. Which song might this be? Supercalifragilisticexpialidocious!

ALEXANDRA IN THE SPOTLIGHT

In Central Otago, located on the banks of the Clutha River on State Highway 8, 188 kilometres by road from Dunedin, lies Alexandra.

Home to a population of about 4,800, Alexandra is known as the hottest, driest and coldest town in New Zealand, due to its extreme seasons. Presbyterian Support Otago is naturally part of this community.

A team of five Family Works staff, based in Alexandra Community House, support families and individuals across Central Otago. This team provides social work and financial mentoring to people in the community. We also have 12 active Buddy volunteers, supporting children in Alexandra.

In the last year Family Works has run four successful group programmes, including Seasons for Growth, The Incredible Years and Growing Taller.

Alexandra is home to Ranui Care Home and Retirement Village, which is located just a short walk from the town centre or the scenic Manuherikia River Track. The Care Home has hospital-level units for thirty-eight residents, and a dementia unit for ten residents.

The neighbouring village, Ranui Court, is home to 12 residents who live independently in the cottages. Four of the units were opened just one year ago.



HELPING KIDS GAIN ESSENTIAL LIFE SKILLS

Over a dozen group programmes happen across Otago each year, making a positive difference in the lives of many children.

Rayleen Hubac, Family Works Group Work Coordinator, said, "We work with a wide range of children and families who are referred to us and are looking for support."

Family Works runs a variety of group programmes. There are courses for parents with young children, parents with teens, and grandparents who are raising grandchildren. The purpose is to connect people who are in similar situations and give them tools and skills to handle things a little differently.

Tania really enjoyed coming to the group. She's learnt a lot and has been able to use what she has learnt at school and with her whānau and friends at home. Thanks!*



We also run several courses for children to help them better understand themselves, and their emotions, and to gain the confidence they need.

Because of ongoing generous support from Otago residents we run these courses at no cost to participants.

"The difference can be seen when you interact with parents and children at the end of a course, and see the change that has taken place in just a few short weeks. Feedback we receive confirms the real value of these groups."

Here's some of the things people have said about our group programmes:

- *The group really opened my eyes to being a positive parent*
- *This is a great course, it has given me the confidence that I needed*
- *We now have ways and strategies to help us when my child is having a melt down*
- *The programme helped my son to recognise his feelings*

Visit psotago.org.nz to find out more about the range of group programmes offered by Family Works.

DONATIONS FLOOD IN FOR OCTACAN

Take a chance, make a change, add a little something; and you can have an impact on the life of a stranger.

This year, for our tenth Octacan, the sun shone bright. A twist on a day that is usually met with rain. The Octagon began bustling from mid-morning, once the sun appeared.

Many generous people and organisations came along to fill up the eight hearts in the Octagon with cans and other food donations. The public donated over 19,000 cans and \$5,015. We are celebrating that more than 123,000 cans and food items have been given to the foodbank through Octacan events over the last 10 years.

Family Works Practice Manager Deb Gelling said, "The community was so generous again this year, and it was wonderful to see a significant number of dried food items being donated alongside the cans."

"We see the community showing ongoing support throughout the year with donations

being brought into Family Works. Without this support we couldn't do what we do."

"For us Octacan is not just an event to collect donations to restock the shelves, but a reminder that there are people out there who need the support we can provide. Again this year the community response to Octacan is simply incredible and very humbling".

A big thank you to our supporters – MediaWorks, Storage King and Better Moves in Dunedin. On the day we were able to transport thousands of cans in a few short hours thanks to Better Moves vehicles and manpower.

To all groups and individuals that showed they care by bringing along donations we say a simple, but heartfelt, thank you.



Octacan 2018

HANDS UP FOR HELP

When life is full of challenges, and the way forward seems unclear, it can be the helping hand of others that brings clarity and direction.

Sally* was one of the many people who has come to us for support. Working alongside a Family Works financial mentor has made all the difference for her.



With a little support from someone outside her situation, providing a different perspective and some tools and advice to help tackle the challenges she faced, Sally's outlook was soon very different.

Having your advice was like having Mary Poppins come in and wave her wand at my bank, and life, and help me to get back on my feet again. I could not say enough good things about this service. Sometimes you just need someone to listen and to guide you. Thank you!

Many people like Sally value the help they received from our Family Works team. We've worked with almost 3,000 people across Otago in the last year. Feedback from them includes:

- *I've felt very supported, guided and given hope for a safer better future. You gave me confidence by showing me the actions needed to have strength and hope for a new future and career.*
- *I found dealing with our finances so stressful that I would just try not to think about our situation. You helped me sort it all out. I saw that we are not really in a bad way financially, and I just needed to make a few changes in my spending habits.*

Our thanks to everyone who contributes to our work. Your support means we can continue to create the 'Mary Poppins' moments that make a lasting difference in someone's life.

CELEBRATING A CENTURY

Ross Home is counting down to celebrating their centenary in October 2018.

Ross Home is the oldest Presbyterian Support owned care home in New Zealand. It was named after Sir John Ross, who donated a ten-acre block of valuable land in 1916.

When the home opened in 1818, there were 28 female residents. This has grown significantly, and the five wings are now home for 124 residents. An additional 10 cottages surround Ross Home, and the people who live in these are an active part of the community.

Margaret Pearce, Ross Home Manager, is proud of the role that Ross Home plays in North East Valley community, where it is located.

"We've always been well connected to the community with various local school and groups coming into the home. I'm particularly pleased with the strong relationship we have with the training



providers, and the contribution of many students that spend time at Ross Home every year. In the last 24 months, around 240 students have been part of our team."

The Ross Home centenary will be celebrated over Labour Weekend (19 - 21 October 2018). The community, and those with a previous association with Ross Home, are invited attend.

The centenary weekend programme is available on psotago.org.nz. Registrations to attend the weekend are \$20 per person.

For more information about the centenary celebrations, or to register to attend, call in to Ross Home at 360 North Rd, or phone 03 473 0029.

POTATOES WITH POSITIVITY ON THE SIDE

A fellow student told Sarah Chatsfield she should always “make this moment yours”. Sarah has never forgotten this advice.

A group of students from the course which Sarah attends volunteered to sort cans and food donated during Octacan. Sarah really enjoyed her day with Family Works, and this got her thinking about what more she could do.

Sarah now regularly volunteers for the foodbank, “I’m living in town so I’m nearby and I have some time in the mornings. I enjoy sorting things. Since I’ve been volunteering here I’ve sorted bulk donations like apples and potatoes into small pack for food parcels. I’ve also made up lunch and snack packs for children.”

Giving back is important to Sarah, “I’m doing this for myself, and for the community. I think it is important that people support each other, and share a little positivity. That’s what I try to do when I’m sorting food for the foodbank.”

Sarah’s first involvement with Family Works was six years ago when she attended our YouthGrow programme.

“At YouthGrow I learnt all about plants and had the opportunity to use a range of garden tools. I remember coming to town to sort the lawns and gardens at the main office. This was just one of many



learning experiences while I was part of YouthGrow.”

Over 600 people volunteer with us, in a range of ways. If you would like to talk about how you may be able to volunteer please contact Michelle Gerwitz on 03 477 7115.

BRINGING INFO TO OLDER PEOPLE'S FINGERTIPS

We are excited to be progressing with the development of an app designed to make a range of information accessible to older people, at the press of a button.

The app will provide links to information on topics in Dunedin, such as where to get transport, financial advice, recreation options, volunteering and a wide array of other relevant categories.

Presbyterian Support Otago Community Development Coordinator Adrienne Henderson explains, “The idea came

from discussions with older people who have an array of topics they want to find information on. Sometimes it is a challenge with new technology to know where to begin.”

The app is yet to be named. The app is being developed in partnership with Age Concern Otago and Dunedin Public Libraries. The work has been made possible thanks to a generous grant from GigCity Dunedin.

Following recent consultation to confirm content for the app, work is about to get underway to build it. The aim is that by this summer it will be ready for testing and feedback from residents.

Feedback and questions about the directory app, or name suggestions, can be directed to Adrienne Henderson on 03 477 7115.



Anne Buck (Dunedin Public Libraries)
Adrienne Henderson and
Kristen Beardmore (Age Concern)

HANDING ON PRE-LOVED ITEMS



Spring is here, and the change in season is an inspiration for many to do a little spring cleaning around the home.

Please consider donating pre-loved items to us. We've made it easy to do.

Visit our website (psotago.org.nz) to order donation bags, find the nearest place to drop off donations, or to arrange for a bulk donation to be collected (within Dunedin city).

Because of space limitations, we are not able to receive furniture donations or large bedding items (woollen blankets are most welcome). Any donations of pre-loved items should be clean and have plenty of life in them, for others to enjoy.

Donations that we receive are passed on to families in need, or sold through one of our charity shops in Dunedin. Profits from these shops go directly into supporting our community work.

If you don't live in Dunedin, you're welcome to order collection bags from the website. You can drop full bags at your nearest Enliven home, and we will arrange it from there.

Please encourage anyone you know who has pre-loved items to consider donating to us.

AGM

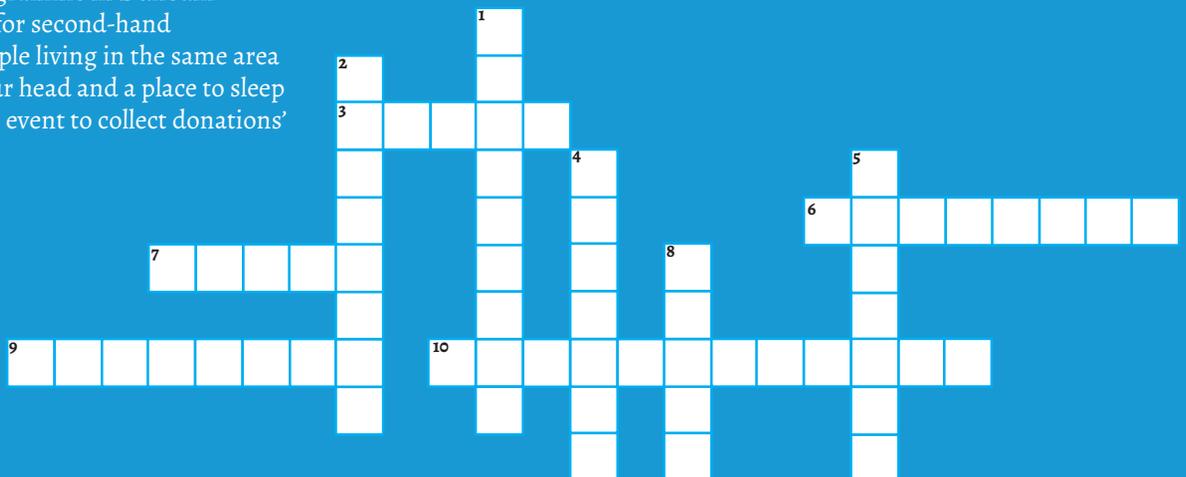
Presbyterian Support Otago's Annual General Meeting for 2018 will be held at 5.30pm on Tuesday, 23 October 2018 at Burns Hall, First Church, Moray Place in Dunedin.

Our guest speaker this year is Rev Wayne Te Kaawa, Otago University Maori Chaplain and former leader of the Presbyterian Maori Synod. Everyone is welcome to attend.

FILL IN THE GAPS

Down:

- 1 Our Youth programme in Dunedin
- 2 Another term for second-hand
- 4 A group of people living in the same area
- 5 A roof over your head and a place to sleep
- 8 It's 'not just an event to collect donations'



Across:

- 3 Our care home in Alexandra
- 6 A place that distributes food donations
- 7 An instrument on which you play keys
- 9 Celebrating their Centenary this year
- 10. Freely giving of your time

1 YouthGrow 2 Preloved 3 Ranni 4 Community 5 Housing 6 Foodbank 7 Piano 8 Octean 9 Ross Home 10 Volunteering

MAKING A DIFFERENCE TO BRING A BALANCE

Children's Commissioner Judge Andrew Becroft gave the illustration of a young person's life being like a four legged chair – home, school, friends, and community are the legs.

When the chair legs are stable, that young person's life is strong. When just one area becomes a little wobbly the chair becomes unbalanced, and it loses strength. With a small amount of pressure, it will easily topple and become broken.

Swap school for workplace (or other activity) and the chair illustration can apply to anyone. It's certainly the case with many of the people we see and support, both through Family Works services and with those who live in our Enliven Care Homes and use Enliven services.

When the right things are in place in a person's life, good balance exists.

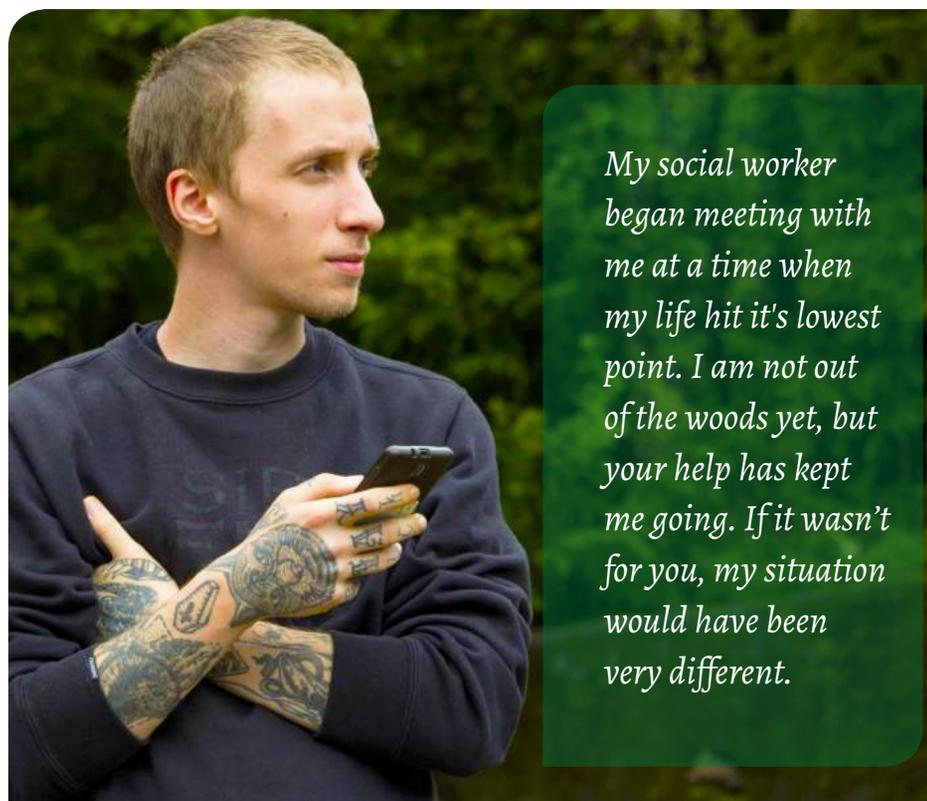
When a few things begin to shift their life can quickly become like a chair with unbalanced legs. A little pressure can cause the chair to fall down.

Over the last year, our Family Works team has worked with around 3,000 individuals and families to help bring balance, so their lives are strong, stable, and they have purpose. We've worked with almost 900 people through our Enliven homes and programmes.

Sometimes people just need a little helping hand, to remind them that they have the courage and ability to move forward. With others the support is more involved and longer term.

From those Family Works supported last year, 83% told us they felt better prepared for the future, and 94% said they had better family relationships after receiving support from us.

Through your generous donation, you can help to bring stability to the lives of many individuals, children and families who live across Otago. Thank you for your generous support.



My social worker began meeting with me at a time when my life hit it's lowest point. I am not out of the woods yet, but your help has kept me going. If it wasn't for you, my situation would have been very different.

YES! I WANT TO HELP THIS SPRING.

Please tick how you wish to support us

- \$20 could feed a family for a day
- \$50 could enable parents to complete a parenting course or attend a Group Programme
- \$100 could support a young person at YouthGrow could enable parents to complete a parenting course or attend a Group Programme
- \$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:

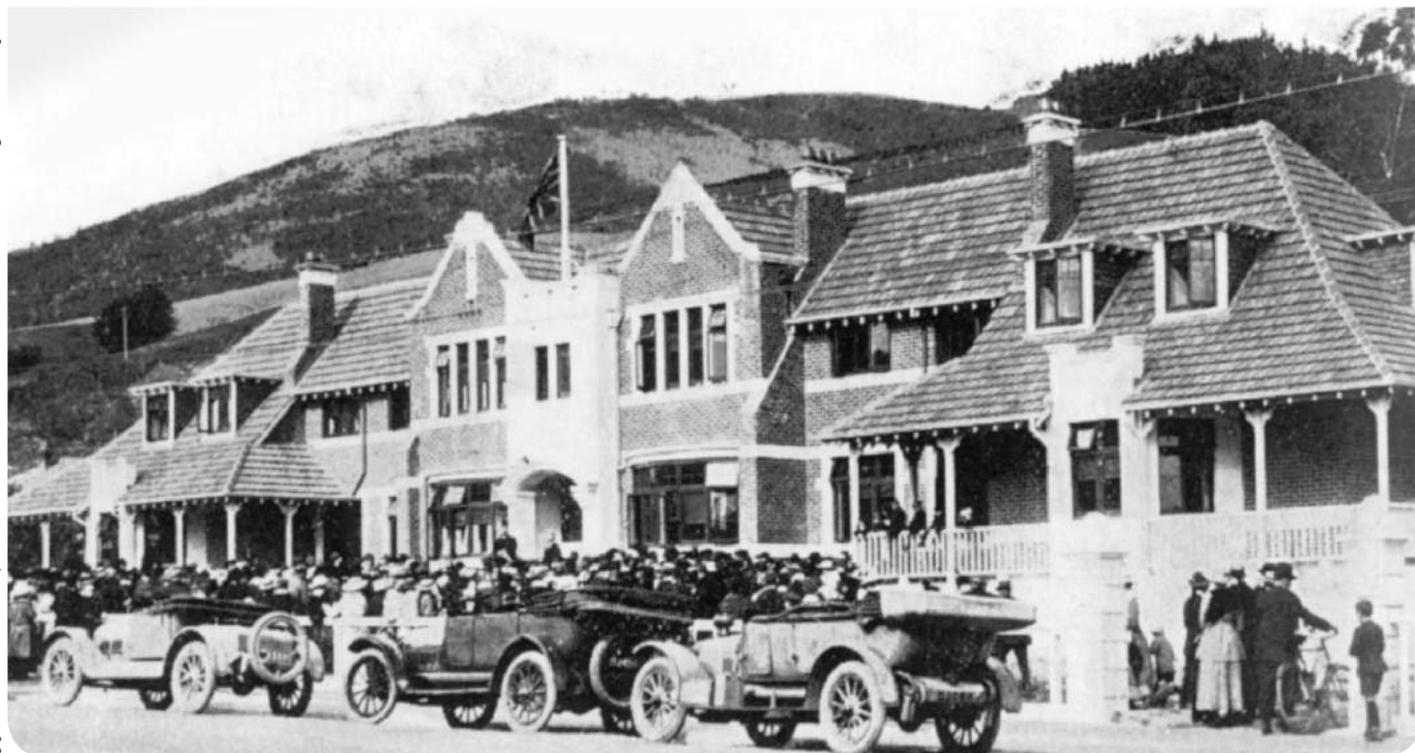
Fundraising Team
Presbyterian Support Otago
FREEPOST 845
PO Box 374, Dunedin 9054

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

CELEBRATING A CENTURY

ROSS HOME

1918 - 2018



If you would like to join our celebration weekend see 'Celebrating a Century' on page 4 for more details.



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Our Services

