



Presbyterian
Support

Otago



Christmas 2016

COUNTDOWN TO CHRISTMAS

*Every family looks forward to Christmas.
It is a time of joy, togetherness and celebration.*

Presbyterian Support Otago's Family Works team is preparing to support more than 220 families this Christmas. We are stocking the foodbank, creating Christmas hampers and accepting donations of toys and gifts. It is always inspiring and humbling to receive the many donations our supporters gather at this time of year. The Otago community really shows its true colours at Christmas time.

We are very excited about a new project, conceived by local radio station The Breeze, called 'Pack the Bus'. Thanks to the support of many Dunedin businesses, on the 2nd December, a full-sized bus will travel through Mosgiel and Dunedin, stopping at shops and schools to collect donations of non-perishable food and new toys, all for our Family Works foodbank. We are very grateful to be the beneficiary of this wonderful initiative. It will make a real difference to families in need this Christmas.

Unfortunately, some families' circumstances mean that the reality of their Christmas can magnify underlying financial stress and family tension. Our social workers report an increase in

clients who are feeling these pressures more keenly at this time of year and need our support. Without this support, these issues can linger well beyond the Christmas period.

"We really enjoyed working with Maree. She is a lovely lady who has truly helped us get out of some hard situations and given us great advice."

(budget advice client)

Solutions to complex family problems are not simple and your donation can make a big difference. It can help keep important development programmes for children and parents, such as the Buddy Programme and Growing Taller, available to the people who need them.

Community support also makes a wonderful contribution to our Enliven services for older people. Volunteers and staff at each of our eight care homes and in our Visiting Volunteers programme will be creating special Christmas events and treats for residents and clients. Not all our residents have family near-by, so extra effort will be applied to connecting family members, via Skype, letters and

cards, or phone calls, and ensuring Christmas Day offers something special for everyone.

"Christmas is a fun time at Ranui. I enjoy helping decorate the home and listening to the Christmas carols sung by the local choir group. My family are not in Otago, so it's nice to have company at Christmas."

(Ranui resident)

At this time of year the whole Presbyterian Support Otago team will be focused on meeting the needs of the people we support and doing our best to make this Christmas a happy one, with a brighter 2017 on the horizon for everyone we serve.

We wish you and all our supporters a very merry Christmas.



BLOOMING SUCCESS AT YOUTHGROW



YouthGrow is one of Family Works' most successful programmes. It is a holistic training programme operating within a working nursery and aims to equip young people with 'life ready – work ready' skills. Since it began in 2001, YouthGrow has made a real difference to the lives of almost 200 young people.

With another 35 participants involved in the programme this year, 2016 has been very successful in many ways. The team is looking forward to a number of students graduating in December, taking new life skills, knowledge and confidence with them as they progress

to further study or employment.

A highlight for this year was the YouthGrow Open Day, 12 October. Visitors could take a student-lead tour of the learning facility, purchase locally grown plants, browse a white elephant sale, enjoy face painting or tuck-in to a sausage sandwich.

For the youth volunteering, the day was a real achievement. They were involved in preparing for and promoting the event, engaging with customers and packing up. It was a big challenge, and they all delivered. The event raised over \$1,000 for

the purchase of recreational and learning equipment, a very pleasing outcome.

Alongside the success of our students, this year has also been YouthGrow Garden Centre's most successful in a commercial sense. The Garden Centre offers a comprehensive range of locally grown plants, particularly in herbs and vegetables, and is building a community of loyal customers. Profits from sales go back into supporting Presbyterian Support activity.

Follow YouthGrow on facebook

[f YouthGrow](#)



"YouthGrow has definitely had an effect on me because it's an environment outside of school where you can work and socialise at the same time. Working in a team environment is good for anyone preparing to get into work. I've gotten a lot more confident and grown from a follower into a leader."

(2016 participant feedback)

NEW FINANCIAL CAPABILITY TRAINING SERVICE

Presbyterian Support Otago's Family Works service was recently awarded a government contract to provide budgeting and financial literacy training at locations across Otago. The new service is called Building Financial Capability and is funded by the Ministry of Social Development.

We are working with current providers and are very excited by the opportunity to expand our budgeting advice and training service, reaching more people

seeking this type of support. With the additional funding, Family Works will employ up to four experienced financial mentors in Dunedin, Central, North and South Otago.

The new service aims to help people identify their aspirations, develop a workable financial plan, including strategies to achieve their goals and reduce any immediate financial pressure. Through group training and financial mentors, the service will help people navigate

local financial and social services, and learn from each other by sharing ideas and experiences. Participants will feel more capable and develop confidence to negotiate payment terms, where appropriate, to improve their financial situation in the short and longer term.

The Financial Capability service compliments our existing range of support services and we are looking forward to helping more people make lasting, positive change in their lives.



ASPRING ENLIVEN CARE CENTRE OPENS

Founders Dee and Peter Gordon with PSO Chairman David Richardson

On 3 October, our newest care home's residents moved in. Slowly at first, new residents began to arrive. Three in the first week, another three in the second with increasing numbers in the weeks that followed.

The Care Centre is now filling fast with more than 50% of the 40 rooms occupied. "It's been a very busy and exciting time for staff and residents. We are all getting to know the building and enjoying getting to know each other", says Jacqui Boylen Enliven Wanaka Manager.

Jacqui manages both Enliven Wanaka residential care homes, Elmslie House and Aspiring Enliven.

"In this opening phase it has been wonderful to have the support of our experienced Elmslie House staff. We are working as a team to make sure our new

residents feel comfortable and welcome in their new home" she said.

The Aspiring Enliven Care Centre has been made possible through a partnership arrangement between Presbyterian Support Otago and the Aspiring Lifestyle Retirement Village, on whose land the property has been built.

The opening of the Centre is a long anticipated event for locals Dee and Peter Gordon, founders of Aspiring Lifestyle Retirement Village. The Gordons initiated the project in response to local demand with the dream of developing a retirement village that includes rest home, hospital and dementia care.

"It is fantastic to reach this stage of the project. People in the district now have greater access to quality aged care," said Dee Gordon at the opening event.

More information about Aspiring Enliven Care Centre is available on our website psotago.org.nz



Aspiring Lifestyle Retirement Village residents cut the cake

Presbyterian
Support Otago

110

people helping
people

THE YEAR IN REVIEW

On 25 October, Presbyterian Support Otago held our 110th Annual General Meeting.

In addition to reporting on the activities, achievements and financial results of 2106, Board Chairman David Richardson, and Chief Executive Gillian Bremner took the opportunity to reflect on the role Presbyterian Support has played in our community over the past 110 years.

“Presbyterian Support Otago was formed 110 years ago as a result of deep concern for children in need” said Ms Bremner.

“Whilst we have not wavered from that core driver, we have, over the decades, expanded our services to include families, community and older people” she said.

Throughout our history, volunteers and community support have been essential to our work. 2016 was particularly special for our volunteers. In recognition of the great work they do, Presbyterian Support Otago won the supreme award at the 2016 Trustpower Dunedin Community Awards in April. The impressive perpetual trophy was on display at the meeting.

Mr Richardson, Board Chairman, spoke of developments in our Enliven services for older people. He acknowledged

HOW YOU HELPED IN 2016

Gifts from philanthropic trusts:
\$379,828

Individual donations:
\$394,083

Volunteer hours:
36,420

the great work of the Enliven team in achieving the Ministry of Health’s highest quality standard across six of our seven care homes.

“Presbyterian Support Otago is the only residential aged care provider in the South Island to hold such a high standard of service across so many facilities” he said.

He also spoke of increasing demand for Family Works social services and the growing gap in New Zealand between people living comfortably and those who are struggling.

“Insufficient income, housing affordability and emotional stress are having an increasingly negative impact on the wellbeing of people in Otago”, he explained.

The financial position of our organisation was also reported, with Corporate and Finance Committee Chair, Ray MacLeod, noting the important contribution donations and investment income make to Presbyterian Support’s ongoing viability.

“Without this income, we would not be reporting a modest surplus this year, but rather a deficit of more than \$200,000” he said.

Copies of Presbyterian Support Otago’s 2016 Annual Report are available from 407 Moray Place Dunedin, or online at psotago.org.nz

HOW WE HELPED IN 2016

Family Works clients:
5,645

**Residents of Enliven
aged care homes:**
789

Meals on Wheels:
46,419

Food parcels:
3,422

GIVE A GIFT FOR OTAGO'S FUTURE

Presbyterian Support has worked side by side with Otago's residents for 110 years. Together we've done some great work and helped a lot of people.

Thanks to community backing, we've made a positive difference for families throughout Otago. There's a high chance that Presbyterian Support Otago has helped someone you know. It could be your neighbour, a nephew or niece, a friend or maybe even you.

You'll see the results of our work in the stories that are regularly shared in this publication, in conversations or in the press. These are stories about parents who can now give their children a nutritious meal. They're stories from families who, for the first time ever, are able to enjoy gifts at Christmas. You hear stories from members of our Enliven aged care services who have enjoyed

social activities, companionship and quality health care. And stories that are evident in the smiles of many young people who've found a new confidence and purpose in life.

When we hear stories like this regularly, it's a reminder of the importance of the support we provide to people in times of need. With your help, we can continue to make positive change in people's lives and create more stories of hope and happiness.

We're passionate about Otago and believe that when we help an individual, or family, the entire community benefits. With your support, we can create a fair, just and caring community.

By leaving a gift in your Will – no matter the size – you can help Presbyterian Support Otago to improve the lives of people living in your neighbourhood.

Even a modest gift can make a profound difference. By pledging to make a gift you will help us plan for the future – a

future that we strive to make brighter.

Please consider leaving a gift to Presbyterian Support Otago so you can help us realise our shared vision for the people who call Otago home.

For more information contact Monica on 03 4700 808 or visit psotago.org.nz



A gift in the Will of Hannah Ewart kick-started the development of Taieri Court, Mosgiel. Additional gifts and community fundraising saw the building opened in February 1980.

ROSS HOME NATIONAL FINALIST 2016 EXCELLENCE IN CARE AWARDS



On Wednesday 4 October, Ross Home received the National Finalist Award, Community Connections category, at the New Zealand Aged Care Association's Excellence in Care Awards in Auckland.

This prestigious award is contested annually with large and small residential aged care providers all vying for recognition of their quality or innovative services. At the awards, Ross Home was commended for establishing Ross Café as an innovative means of bringing community members and residents together.

Ross Home is the first residential aged care facility in New Zealand to establish a commercial, public café within a care home.

Since opening in 2005, Ross Café, has grown into a vibrant community space. With a qualified barista, freshly-baked cakes and welcoming atmosphere, the café has become a community hub drawing in regular customers from across the city.

For residents and their families, Ross Café offers the opportunity to remain connected to life outside the home and to enjoy interactions with a wide variety of people. It has become a treasured space within the care home where residents can enjoy the sort of casual, chance interactions with strangers that enrich all our lives.

Congratulations Ross Café!





PeOPLe

VOLUNTEERS LOVE TO VOLUNTEER

“Volunteers like Bing and Helen are invaluable to staff and residents in the home. They bring so much joy, colour and skill. It all adds to the personality and liveliness of the home”

Ross Home Manager
Margaret Pearce.

Over 600 volunteers give their time regularly to Presbyterian Support Otago, clocking up an impressive 36,420 hours over the last 12 months. Why do they do it? Two of our volunteers explain.

Head to Holmdene, Balclutha, on a Friday afternoon and you'll find almost all of the 35 residents gathered in the lounge. They've gathered to listen to volunteer Bing Crosby entertaining them on his mobile organ. Not THAT Bing, but our very own Bing Crosby.

Bing has been volunteering for several decades at both care homes in Balclutha. He says, “I do this because I firmly believe we all need to do something to support the community and the people living in it. The residents here just love the music and I play the tunes they all remember.”

The contribution that Bing makes extends beyond making music. When he sees a practical need Bing takes care of it. He's made mobile newspaper reading tables and designed and built a stand so residents with limited mobility can play indoor bowls.

You'll find Helen Humphrey volunteering in Ross Home, Dunedin every Tuesday and Thursday morning.

She looks after the mobile shopping trolley and plays the piano to accompany the resident's weekly sing-along. Helen also volunteers as a Licensed Anglican lay minister, so occasionally assists with the Sunday services.

Helen began volunteering with the mobile trolley five years ago and it's easy to see how much she enjoys it.

“While I'm selling items to the residents it's not really about the soap or the sweets, but about the conversations you have. There are some real characters at Ross Home and you build relationships with them over time.”

You'd be mistaken to think it's just two hours each Tuesday when Helen is behind the trolley. She makes sure

the shop is well stocked weekly, tracks all sales and looks after the occasional special purchasing request from the residents.

Staff got wind of the fact that Helen plays the organ, so with a little encouragement, her Tuesday volunteering expanded to include Thursday mornings. Now on Thursdays, a group of residents get together to have a sing-a-long with Michelle, Senior Activities Co-ordinator, accompanied by Helen. There is no plan, they just choose songs as they go and enjoy the time together.

If you have a skill to share and some time to spare, consider volunteering with Presbyterian Support. Contact Michelle at 03 477 7115, or michelleg@psotago.org.nz



Volunteers Helen Humphrey (top) and Bing Crosby (bottom)

GIVE A LASTING SMILE THIS CHRISTMAS



Our appeal this Christmas asks you to give a lasting smile.

We say 'lasting' because, after the extra demands for Christmas gifts and food have subsided, there will still be families and children who need our core services: counselling, parenting support, children's development programmes, budget advice, assistance for the elderly, welfare services and social work.

Your donation to Presbyterian Support Otago's Christmas appeal will not only assist families with the extra financial burden that the Christmas holiday period brings, it will contribute to our ongoing welfare programmes for people, young and old, in Otago.

The coming year will be tough for some families in our community. We anticipate providing support to more than 5,500 people through our Family Works services and assisting more than 1,200 older people through our meals on wheels service, social programmes and care homes in Otago.

Christmas is a time for giving, and for thinking of others. This year we ask you to think about the enduring impact of your Christmas gift on the people in your community. Thank you.



YES! I WANT TO HELP VULNERABLE PEOPLE THIS CHRISTMAS.

Please tick

- ☐ \$40 Family food parcel
- ☐ \$80 Parenting programme
- ☐ \$160 Training and support for an Enliven visiting volunteer
- ☐ \$800 Social worker support for a family in housing crisis

My gift is

\$

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

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)

**THIS
CHRISTMAS,
CHOOSE THE GIFTS
THAT GIVE
TWICE**



You'll love the choice of unique pre-loved gifts available at our three charity shops.
And, when you shop with us, you'll be supporting children and families in need, right here in your own community.

SHOPON
CARROLL

10 CARROLL STREET, DUNEDIN
PH 03 471 8249

OPSHOP ON
ST ANDREW

59 ST ANDREW STREET, DUNEDIN
PH 03 477 5019

SHOPON
T A I E R I

**135 GORDON ROAD, MOSGIEL
PH 03 489 1352**

Presbyterian
Support Otago

110 years

people helping
people

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Family Works