



## Family Works

Safe, strong and connected

Family Works makes a positive difference to families throughout Otago.

- Safe** means people feel secure and protected.
- Strong** means people have the resources and skills to face challenges with hope.
- Connected** means people feel supported and included in communities.

## How we can help

Family Works provides a range of services:

- ✓ Social work
- ✓ Family Works Foodbank (Dunedin)
- ✓ Skillsbank programmes and supports
- ✓ Financial inclusion and capability service
- ✓ Youth and adult mental health support
- ✓ Buddy programme
- ✓ Parent education programmes
- ✓ Child and youth development programmes
- ✓ Family dispute resolution referral support

“You helped me see the light at the end of the tunnel.

Thank you for the part you have played in making a positive difference to my family”

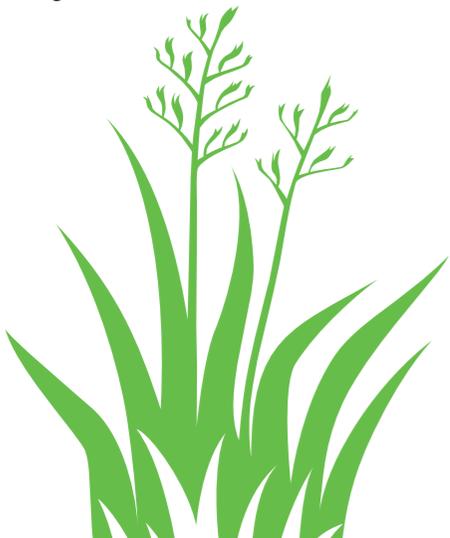
Teresa\*, Family Works client

\* name and image changed



## How we do it

- ✓ Family Works’ services are tailored to meet the needs of each child, person, parent and whānau.
- ✓ Family Works is accessible in local communities – reaching those who might otherwise struggle to connect with services.
- ✓ All Family Works services are provided free of charge.



Family Works services are available in locations across Otago.

To find out more about the programmes and services in your area, and how you can get involved, visit our website or contact us on the details below:

### Family Works Foodbank

Presbyterian Support Centre  
407 Moray Place, Dunedin 9054

Email [foodbank@psotago.org.nz](mailto:foodbank@psotago.org.nz)  
Freephone 0508 396 678

### Family Works

Presbyterian Support Centre  
407 Moray Place, Dunedin 9054

Email [familyworks@psotago.org.nz](mailto:familyworks@psotago.org.nz)  
Freephone 0508 396 678

[www.psotago.org.nz](http://www.psotago.org.nz)



Family Works is a service offered by Presbyterian Support Otago



## Introducing Family Works

providing a range of programmes and supports for individuals and whānau.

Safe · Strong · Connected

# The Family Works SKILLSBANK

Our Family Works Skillsbank is a group of programmes and supports where we work alongside people from all walks of life to help them build a safer, stronger, more connected life.

**Social work.** Our experienced social workers provide advocacy and empower people to make change to enable them to reach their potential and build a sense of belonging.

**Parenting, support and children's programmes.** Our programmes provide strategies to promote positive relationships, and support with growing skills to help manage challenging situations.

**Financial mentoring.** Our qualified mentors provide advocacy and empower people to manage their own finances and improve their quality of life. Clients learn how to take control of their finances.

**The Buddy Programme** is a friendship mentoring programme for children aged between 5 to 12 years, aimed at building resilience and mana atua (personal wellbeing) while having fun.

**Stepping Stones** is a day programme where we work alongside clients who are facing mental wellbeing challenges to connect with their wider community.

**YouthGrow** is a youth development programme located in Dunedin where we help young people become 'life-ready and work-ready' while delivering NCEA Level Unit Standards.



## Parenting, support and children's programmes

Family Works delivers a wide range of parenting, support and children's programmes across Otago. Please enquire about which programmes are coming up next in your location.

- ✓ **Strengthening Families - Dunedin**  
Working alongside whānau to find a pathway of help through facilitating engagement of whānau, community and government agencies in a single process.
- ✓ **Grandy's Group (for grandparents) Dunedin**  
Provides emotional and practical support for grandparents who have care of their grandchildren.
- ✓ **Harakeke Group (for parents) Dunedin**  
For parents wanting support or to gain ideas on making parenting easier.
- ✓ **Incredible Years (for parents of children aged 3-8) Throughout Otago - various locations**  
Strengthening parenting skills and nurturing relationships through play, understanding and involvement.
- ✓ **Growing Taller (for children aged 6 - 11) Dunedin and Central Otago**  
Supporting the development of emotional regulation and self esteem in children.
- ✓ **Negotiating the Minefield (for parents of teens) Dunedin**  
Empowering parents of teens and gaining insights from other parents as you discuss strategies and share experiences.
- ✓ **Heads Up (for young parents) Dunedin**  
Helping you build a positive relationship with your child and develop your confidence as a parent.



## Financial Mentoring - budgeting and advocacy

Our team is friendly and respectful and will work with you to help you reach your goals.

- ✓ **Financial Mentoring** - Individual or whānau support to understand and take control of your finances.
  - We can help you to better understand budgeting, debt, financial products, and loans.
  - Work out a budget plan that is right for you.
  - Plan so you reduce any ongoing cycles of debt.
  - Be supported and empowered to negotiate reduced payments or generate additional financial resources.
- ✓ **Money Mates** - Education groups to talk about financial topics and learning healthy financial skills.
- ✓ **Energy Mates** - We are the local provider of EnergyMate a free in-home energy coaching service for Kiwis at risk of energy hardship. We can give advice on heating your home and using appliances efficiently. We can also connect households with their power company to ensure people are on the best plan and payment terms.

## Social work

**Family Works builds on the strengths individuals and whānau already have.**

We take a whole-of-whānau approach that recognises the individual's place in the context of their whānau and community relationships.

Staff are respectful, approachable and non-judgmental. They understand the importance of building meaningful relationships that will lead to positive outcomes.



## The Buddy Programme

The Buddy Programme contributes to the emotional and social well-being of children by matching them with carefully selected and trained adult volunteers in a well-supported mentoring relationship.

Available to children between 5 and 12 years of age, whose life circumstances indicate the need for additional adult support.

The programme aims to increase children's self esteem and develop social skills and help children make positive choices, in a fun and safe environment.

## Stepping Stones

A community service in South Dunedin, promoting mental and social well being, resilience and connection with the wider community.

This is a referral only service.

## YouthGrow

YouthGrow is a 'life ready, work ready' youth development programme for 16 - 24 year olds. As an alternative education pathway, young people build on their skills while gaining NCEA qualifications, and learning other useful skills; for example cooking, planning and budgeting.

YouthGrow understands that people learn in different ways and provides a supportive, hands-on approach to education.