



Presbyterian
Support
Otago



helping people

Autumn 2020

GROWING GREAT YOUTH

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

At YouthGrow's 2019 graduation ceremony, Liam was asked if he'd give a speech, and he said 'yes'. He took the opportunity to tell the audience about the things he's learnt at YouthGrow so far, and what he hopes to achieve in the future.

Liam has been attending YouthGrow for nearly two years. During that time he's worked on achieving a number of goals, including sitting for and passing his Learner Licence – the first young person in YouthGrow's recent history to do so.

He has been gifted a motor scooter which he uses to get to and from YouthGrow, go to the beach (a favourite pastime), and to do jobs for his parents. Liam's so proud of his achievement that he wears his licence on a lanyard around his neck.

Liam takes being at YouthGrow seriously and has promoted himself to be the leader of his small group where he mentors other students, making sure they're doing jobs

right, and that they're following the rules they all agreed to.

Liam takes part in a wide range of activities at YouthGrow, from building park benches for participants at Club Enliven Dunedin, preparing meals for sharing with others at YouthGrow, to enjoying the natural environment around Dunedin.

Liam hopes to complete some NCEA unit standards this year, and is working with YouthGrow staff to find work in a café.

At YouthGrow, Liam is becoming work-ready and life-ready. He's learning the skills that will help him find his place in the world, and make a contribution to his community. Liam is proud of what he's achieved, and he's excited about his future.

That is what YouthGrow is about: finding what people are good at, discovering what their passions are, and supporting them to

succeed. Liam is proof that YouthGrow 'grows great youth'!

If you'd like to support Liam and other young people like him, please tick the appropriate box on your donation form.

Or, you can visit YouthGrow at their nursery at 146 Norwood Street, North East Valley, Dunedin, or at their stand at the Otago Farmers Market. All proceeds from sales support YouthGrow programmes and activities.



Liam on his motor scooter which he uses to get around now that he has his licence.



A MESSAGE FROM JO

Welcome to this Autumn edition of People, and warm thanks to all who donated time, gifts, food or money over the Christmas season, as your kindness brought hope and joy to hundreds of families.

There is much ongoing need too and as we look to the future, we want to ensure that Presbyterian Support Otago is a strong and sustainable provider of all its services.

We are working very hard with the resources we have, but there are challenges yet to be met. Despite some changes in government policy, there are still significant numbers of children living in poverty, and charitable organisations

like PSO are positioned to make a difference in the lives of those who are suffering the most. We know our local communities and their needs and can work alongside them to bring opportunity and growth to their lives.

I want you to know that we are focused on stewarding what we have already, and on maximising the impact of our resources for those in need from the cradle to the grave.

Blessings,

Jo Rowe
Chief Executive

VOLUNTEERS NEEDED URGENTLY

Club Enliven is a popular programme based in Dunedin and is currently at full capacity with happy clients.

It's run by trained staff and volunteers, but more volunteers are needed!

Club Enliven meets three times a week and offers a varied programme of activities, which includes baking, crafts, gentle exercise, music, indoor games, as well as guest entertainers and outings. Each session includes a two-course lunch, and morning and afternoon tea.

A family member of a Club Enliven client recently told us that their Mum had taken on a new lease on life after attending the

club and it was now the highlight of her week to attend. Mum had become a bit depressed sitting at home all day every day and she is now much more chatty and positive.

If you think you might be able to help out as a driver, or as an assistant with activities or in the kitchen, please get in touch with Michelle on 03 477 7115.

Club Enliven clients relaxing in the lounge around Christmas time.



OUR OP SHOP IS TOPS!

Shop on Carroll was recently featured on the 'Homes to Love' website in a article revealing the best second-hand stores in the South Island. Well done to our retail staff and volunteers who are constantly putting an effort in to make our two Charity Stores the best they can be!

See the review about Shop on Carroll (right).

www.homestolove.co.nz/inspiration/green-living/op-shop-experts-best-second-hand-stores-south-island



2. Shop On Carroll Dunedin

This is one of those op-shops you can't leave without buying something. It's run by Presbyterian Support Otago and always has a well-curated selection of '60s and '70s homeware and pottery, plus heaps of vintage clothing (often with a few Dunedin designer pieces on the racks, too).

– *Georgia Rose Munn, @georgiarosemunn*

10 Carroll Street, Dunedin



FAMILY WORKS - A NEW DIRECTOR



Family Works is one of the key parts of our mission at PSO. Family Works supports children, young people and their families to be safe, strong and connected. Its services include social work, foodbank, emergency response, financial mentoring, parenting support, youth development and community development programmes.

Mahi a whanau kei te tautoko nga tamaiti, taiohi me te whanau o o ratou ki te ora, ki te kaha, te kotuitui ai hoki.

In September last year we said our farewells to Paul Hooper, Director of PSO's Family Works. Paul came to Presbyterian Support Otago in 2005 from the Blind Foundation, and spent the next 14 years leading the Family Works team. During Paul's time as Director, he supported the growth of Family Works services both in Dunedin and the regions so Family Works could better address the needs of the wider community.

Paul was also a key driver in some of the innovative ways our local agencies collaborate to address local and regional issues, which also raised the profile of Otago Family Works nationally. Paul finished his role with us in November 2019 and has joined the Oranga Tamariki team as Service Broker for the lower South Island, helping our young people who experience major challenges to access the supports and resources they require. We wish

Paul all the best in his new role and we are delighted to welcome Carmen Batchelor as the new Director of Family Works.

Carmen has 25 years of experience working in the social service sector. Before joining PSO she worked with the Ministry of Social Development for 14 years including 10 years as a Family Violence Response Co-ordinator which involved providing support to Managers and all front-line staff. In her final years at MSD, Carmen held management roles, including Regional Practice Manager, and Service Centre Manager within the Dunedin Central Service Centre. She holds a Bachelor's Degree in Psychology, and two Post Graduate Diplomas in Social Work.

Born and bred in Invercargill, Carmen came to Dunedin in 1990 as a University student and loved it so much that she has remained here ever since. Carmen's mother's family are of English and Scottish descent with strong Southern roots. Her father is Samoan-born and arrived in Invercargill in 1969 with his older sister and brothers. Carmen is very passionate about working with us all to live the vision of creating

a 'fair, just and caring community'.

"My focus for the next couple of months is to meet with all staff individually and collectively, to listen and learn all about what we do and how we can continue to work together as one team across all of PSO. I am 100% committed to ensuring we serve and deliver to our multiple communities outstanding care, compassion and hope, including pathways for a meaningful and sustainable future."

Nau mai, Carmen!



Jo Rowe, Carmen Batchelor and Carmen's former boss Sue Rissman at Carmen's welcome

Adult Buddies wanted!



We have several young buddies waiting for adult buddies with two hours a week to spend with them. A very rewarding way to volunteer and know you are making a difference.



Call Marco Klein 027 3644 007 - psotago.org.nz

Volunteers – we want to hear from you!

The work that volunteers do at PSO supports and enhances the services we provide and we would be lost without you!

Currently, a survey is being developed to seek feedback from volunteers and it will be available shortly online and in print. We do encourage all our volunteers to complete the survey, as we want to hear about what is working well, not so well, and any suggestions you may have for improvements in the way we communicate with you, train you and acknowledge your work.

If you have any questions or would like to know more about the survey, please get in touch with Adrienne Henderson, Community Development Facilitator at adrienneh@psotago.org.nz or by leaving a message with Support Centre Reception on 03 477 7115.

MAKING CONNECTIONS, ENJOYING GOOD COMPANY

Have you heard about our Enliven Visiting Volunteers? They visit older people in their homes in Dunedin and Mosgiel for a chat over a cup of tea, to play a game of cards, to go for a drive, or share an outing.

Our volunteers provide regular, ongoing contact and good company for people living alone, often providing a link to the community for those who are confined to the home.

The Visiting Volunteers Coordinator talks with clients about their interests and preferences to ensure the best possible match with a suitable volunteer. All volunteer visitors are vetted and offered ongoing training and supervision.

Esther * is 82 and has lived alone since her husband Lewis passed away 8 years ago. She is a lively person and loves to chat but has lost some confidence with getting out of the house since a fall two years ago resulted in a broken hip. She also had to give up driving recently due to failing eyesight. Her children and grandchildren live in Australia and Singapore and she moved to Dunedin about 5 years ago, to be near Dunedin hospital, after many years in Gore.

Esther's visiting volunteer Christine has been connecting with Esther each week and the two have become firm friends, through chatting, gardening together, and taking drives to the nursery and to Esther's medical appointments. "When it's too wet

to garden we sort through my old photos, and I really look forward to Christine's visits", Esther says.

This programme welcomes inquiries from people who are interested in becoming a client and receiving visits from a specially matched volunteer.

If you would like to know more about this service for yourself or a loved one, or you are considering being a Visiting Volunteer, please contact Michelle, the Volunteer Coordinator on 03 477 7115, or by email at volunteer@psotago.org.nz

*Not her real name, to protect her privacy.

A volunteer's story

Julie is a visiting volunteer with Gwen, 94. Julie was originally visiting Gwen's husband, who has since passed away.

"At the time I was recovering from an episode of depression and needed to engage in something positive and feel useful again", Julie says.



Julie has now known Gwen for twenty years, and finds her to be an intelligent caring woman with a good sense of humour, and considers her a good friend.

"Gwen told me when I called on her last week that her birthday had been made special by my visit. If you feel something lacking in your life try this service. If it doesn't work out it can always be discontinued but you might make a life-long friend!"

Vintage Month at Shop on Carroll!

Visit Shop on Carroll this March to go treasure hunting for quality vintage and retro clothing.

10 Carroll St, Dunedin
Mon-Fri 10-5
Sat 10-4

Shop online:
www.shopon.org.nz



When you shop with us you are supporting your community

STEPPING STONES, A PLACE TO BE ME

Stepping Stones is a community service run by Family Works in South Dunedin, promoting mental and social well-being and resilience. The programme puts significant emphasis on connecting participants with people in the community. The group meets each day, except Saturdays, to create, talk, and connect.

Louise Roberts, who has managed this program for 16 years, says this service provides a safe, non-judgmental and positive environment, where participants are encouraged to take up lots of different opportunities and activities. People stay involved as long as they want to be, and choose how often and in what ways they would like to participate. "One of the patterns we see emerging is for people taking on roles and responsibilities within the group, then stepping up to volunteer and even going on to find employment", says Louise.

The success of Stepping Stones over the past 24 years and into the future, lies in its acceptance and respect for people as they are, and in its capacity to connect participants with the community in which they live.

Louise says the participants enjoy a wide range of activities and outings across the week, including art, craft, sewing, housie and woodworking. There are also day trips to places such as Brighton, Dunedin Botanic Garden, Op shopping, and out to Port Chalmers to view the cruise ships. "We have a special three night trip to Camp Columba coming up soon, and

we've already raised \$500 towards that with our recent garage sale."

"Sometimes we have special guest visitors to the programme, and we really love that. We've even had a beekeeper and a visiting portrait artist. A couple of years ago, poet Rob Gee came to facilitate a group poetry writing session, and out of that came a wonderful poem, that captures a lot of what we do here and the feeling of belonging that creates."

If you have a skill or interest you would like to share with this group, or would like to visit and find out more, please get in touch with Louise on 03 470 0815 or by email louiser@psotago.org.nz.



Participants and staff from Stepping Stones having some fun at last year's Christmas lunch

Garage Sale Success!

Stepping Stones recently had a garage sale to raise funds for their trip to Camp Columba. It went really well with about \$500 raised for their outing. Thanks to everyone who came along and supported it - keep an eye out for more garage sales throughout the year!



Beverley Livingstone, a happy customer at the Garage Sale

STEPPING STONES

Stepping Stones is a fun place to be.

There's no candelabra, but lots of camaraderie.

You can make friends forever, new and old.

Lunch is a bargain, whether it's hot or cold.

Everything's served with a smile, all the while, on your dial.

We go on tiki tours everywhere.

We have good times and we like to share.

We do smoking cessation, because we care.

We're inspired to create with our newfound mates.

There's woodwork and sewing and sometime's there's bingo.

If you have an idea, we'll give it a go.

So if you're feeling down, come and lose your frown.

You'll be amused, 'cause there's nothing to lose, as we're the best in town!

In their own Words

Participants share their thoughts about Stepping Stones

"A lot of us live alone and we come here for the company."

"I have agoraphobia, but I know it's important to be around people, so I come here."

"We feel comfortable here, it's a safe place."

"If we have a problem, Louise can help us or she can tell us where to find help."

"I have a brain injury and social anxiety. Coming here has helped me combat loneliness."

"Since coming here, I now have the confidence to say 'no' to things I don't want to do. I used to feel that I had to say 'yes' to everything."

BUILDING RESILIENCE, TOGETHER

“Growing Taller was just fantastic for my son. He got a lot out of it, and his behaviour improved greatly. This course is a great first step to help kids that could go down the wrong path, or that need confidence. Thank you.” -Sophie, mother of Edward who attended the Growing Taller programme.

Jamie is seven. He lives with his mum, Tania. Tania works part-time. They don't have any family nearby, but they do have supportive friends who help out with things like childcare.

Jamie is very anxious, he doesn't like trying new things, and finds it difficult to interact with kids he doesn't know. He also gets very anxious which causes him to get upset and frustrated.

Tania decided she needed some extra support to help Jamie overcome his

fears. She signed Jamie up to 'Growing Taller', a programme for children ages 6 – 11 which helps them change the way they see themselves, increase their self-esteem, and learn to identify, express, and manage their emotions.

After seven sessions, Jamie still has some anxiety, and still lacks confidence when he tries new things, but, because of the techniques he's learnt at Growing Taller, he's becoming more confident and more willing to try new things.

Programmes like Growing Taller can't be run without support from people in our community. Thanks to support from generous people like you, families like Edward's and Jamie's can receive the support they need which strengthens their family and meets their individual needs.

If you'd like to support our Group Programmes throughout Otago, please tick the appropriate box on your donation form.

Or, if you fancy doing something different to support our Group Programmes, join us for the Taieri Gorge Rail Walk. Not only is this event unique and the only time you can walk the train line, but all proceeds will be donated to Presbyterian Support Otago's group programmes for children, parents and grandparents.

Sunday 3 May 2020
\$65 per person (normally \$115, save \$50).
Includes return train, walk and sausage sizzle.

Book your ticket online:
www.dunedinrailways.co.nz/our-journeys/special-events

WORDFIND Can you find the PSO related words horizontally or vertically in this wordfind?

N	O	I	T	C	E	N	N	O	C	W	J	O	F	I
D	W	Z	A	L	E	X	J	G	B	N	U	R	W	K
Z	H	I	G	N	I	R	A	C	H	L	H	I	E	S
T	A	K	J	S	P	Z	C	H	X	A	M	A	A	P
V	N	P	X	S	F	A	M	I	L	Y	N	F	F	I
U	A	A	H	T	U	L	C	L	A	B	E	O	C	H
R	U	I	G	L	S	P	X	Z	U	K	R	G	D	S
A	Y	B	T	A	V	U	N	S	G	I	D	A	U	N
M	O	S	G	I	E	L	J	M	H	Z	L	T	N	O
A	K	I	N	D	N	E	S	S	T	U	I	O	E	I
O	T	T	H	M	B	C	U	O	E	G	H	A	D	T
P	J	L	W	A	N	A	K	A	R	M	C	W	I	A
U	G	P	R	E	S	B	Y	T	E	R	I	A	N	L
N	O	I	T	A	S	R	E	V	N	O	C	D	V	E
D	F	P	H	F	P	M	Q	O	W	P	C	F	N	R

ALEX	DUNEDIN	OAMARU
BALCLUTHA	FAIR	OTAGO
CARING	FAMILY	PRESBYTERIAN
CHILDREN	KINDNESS	RELATIONSHIPS
CONNECTION	LAUGHTER	WANAKA
CONVERSATION	MOSGIEL	WHANAU

Upcoming Events

All of March
Vintage Month at
Shop on Carroll

Saturday 21 March
First Church Fair
11am-1.30pm

Sunday 3 May
Taieri Gorge Rail Walk

Support Sundays this March:

Sunday 15 March
Waitaki-Oamaru
Presbyterian Church.
Speaker: Carolyn Sims

Sunday 22 March
Port Chalmers/Sawyers Bay
Presbyterian Church
Speaker: Sally Knox

TWO WOOLLY GOOD CAUSES

If you have some wool taking up space in the bottom draw of that dresser, consider donating to these lovely causes! Your donations of wool can be dropped off to reception at the Support Centre, 407 Moray Place, Dunedin, or you can give us a call on 03 477 7115 and we can arrange a pick-up. We can also arrange pickup from the regions!

Columba College

We were delighted to receive a call recently from Chaplain Jennifer McLeod at Columba College to say the girls are keen to start knitting Peggy Squares, to

make blankets for our PSO clients this winter.

Last winter the girls made 10 blankets and donated these to clients of Family Works. It was a great feeling to pass the blankets on to adults and children, who were delighted with the results. But, their supply of wool is running really low now, so they would love to receive good wool of any colour.

Stepping Stones

This is one of our group programmes (please see page 5 for more about their

activities) and it includes some very dedicated knitters who enjoy creating together and also selling their works to raise funds for excursions and other activities. They are especially keen to receive brightly coloured wools, as they have a good stock of brown, neutrals and autumnal colours.



**WAYS YOU CAN
CATCH UP WITH PSO
NEWS & EVENTS**



@PSOTAGO



PRESBYTERIAN SUPPORT OTAGO



WWW.PSOTAGO.ORG.NZ

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
- Enliven services
- Group programmes
- YouthGrow
- 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

If you would like to support us with an online donation, visit

www.psotago.org.nz/get-involved/donate/

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)

Dunedin South Lions Community Trust
are proud to support Presbyterian Support Otago in the

TAIERI GORGE RAILWALK

“Excellent event! I will definitely be back next year for this unique experience.”



SUNDAY 3 MAY 2020

Join us for this unique fundraising walk.
Travel on Dunedin Railways' iconic Taieri Gorge train,
followed by a two hour walk through the picturesque
Taieri Gorge and a tasty sausage sizzle at Hindon.

Tickets only

\$65 rrp \$115

All proceeds go towards
group programmes for
children, parents and
grandparents

More information and bookings:

dunedinrailways.co.nz or (03) 477 4449



Presbyterian
Support Otago
407 Moray Place
PO Box 374,
Dunedin 9054

t: 03 477 7115
e: enquiries@psotago.org.nz
w: psotago.org.nz
f Presbyterian Support Otago
v PSOtago i PSOtago

