

Spring 2024

PEOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



Presbyterian Support
Otago

OUR SERVICES



together
we make a
difference

Free
PLEASE READ
AND SHARE



Robbie Moginie, Interim CEO (left) with Jo O'Neill



Stephanie Pettigrew, Board Chair

Farewell from Jo O'Neill

As you read this edition of People I have since left PSO and the organisation is now in the safe and competent hands of Interim CEO, Robbie Moginie.

For me personally, the last five years have been an amazing journey with many highs but a few lows. The mahi PSO does in the Otago community is phenomenal and I will always treasure my time at the helm of leading the organisation through Covid-19, the Abuse in Care Royal Commission of Inquiry, and the financial strains which come from changing government priorities. I will continue to advocate for the sector, and for PSO as an organisation who cares for those in greatest need. As I hand over the reigns to Robbie, I ask that you, as a committed supporter, continue to care for this remarkable organisation.

Ngā mihi

Jo O'Neill

Former CEO, Presbyterian Support Otago

Message from Robbie Moginie

I feel privileged to be entrusted with the leadership of PSO while we work through to a permanent replacement for Jo. My aim is to draw on the incredible experience, skills, compassion and dedication of all our staff, volunteers and supporters.

Now more than ever, we depend on the many people who collectively create such a special community of support for those who most need us. We are focused on learning and growing from our history and continuing to focus all our resources and energy on those we are here to serve.

I am deeply appreciative for the voices and offers of support that have generously been offered from so many of you, as we navigate the next phase of PSO's legacy for Otago.

Ngā mihi nui

Robbie Moginie

Interim CEO, Presbyterian Support Otago

Update from our Board

Tēnā koutou katoa

As I greet you, Presbyterian Support Otago is in a season of change and reflection. We have farewelled Jo O'Neill as our CEO and welcomed Robbie Moginie as our Interim CEO. We have also humbly received the report of the Royal Commission of Inquiry into Abuse in Care.

We are deeply sorry that people in our care have been harmed by us. We are committed to learn from our history and will be taking time to reflect on the findings of the Royal Commission.

We remain committed to serving the people of Otago as we have done for the last 118 years. We are grateful to all our staff and volunteers who continue to live our values of integrity, respect, courage, maanaki and aroha.

We are confident that together we can build a bright future. Thank you for keeping us in your prayers and upholding us as we work for our vision of seeing every person in Otago valued and growing in safe and strong community.

Stephanie Pettigrew

Board Chair, Presbyterian Support Otago

Thank you

Presbyterian Support Otago would like to thank our exiting board members, Gillian Musuka and Stephen Willis. Your service has been much appreciated.





Residents enjoy crafting flowers at Holmdene.

An essential ingredient for active and fulfilled lives

Tactile, dexterity, humour, sensory, entertaining, demonstrative ... these are just a few words to describe the activities undertaken by residents in our Enliven care homes.

PSO Activities teams put endless hours of work into providing a wide range of activities that are suitable for older people, their abilities, their interests and their capabilities.

Every day residents will be encouraged to get involved, whether that's playing Housie, creating crafts or doing some light exercise such as Tai Chi.

Enliven acting director, Robbie Moginie, says taking part in activities is a key component to residents feeling engaged and having a sense of connection to their community.

“As part of our Enliven philosophy, we pride ourselves on providing ways for residents to pursue their hobbies and interests, and gain new ones and our Activities teams help enable them to do just that,” says Robbie.

By taking part in activities, residents form friendships, have a sense of belonging, and are stimulated doing things that entertain and educate.

For example, several dementia residents at Iona in Oamaru are reliving their earlier years when they were providing for their own families by growing vegetables in a special and secure garden at Iona. For them, gardening is a source of joy as well as physical activity. It provides stimulation and a sense of pride in growing food that is then prepared and cooked by Iona kitchen staff. According to the residents, there's nothing quite like eating food that they have grown!

A lot of care is taken to plan suitable activities that may be tactile, such as making crafts. Not only is it fun and entertaining, it also helps residents maintain dexterity and mental cognition.

Gentle exercise, such as Tai Chi, and dance lessons also helps with physical strength and balance, something that becomes increasingly important as people age.

Themes and events will often be incorporated into activities, for example ANZAC Day or St Patrick's Day. Many residents in our care homes held special celebrations when King Charles was crowned.

“Providing a safe place for older people to live combines teams of health professionals, nutritious food and an abundance of activities. Our Enliven care homes are their homes and we do everything we can to make sure residents feel cherished, valued and happy.”

If you would like more information about our Enliven care homes visit psotago.org.nz/enliven or call us on 03 477 7115.



** Names and images changed to protect privacy*

Stroke survivor's never giving up pays dividends

When Ian* suffered a debilitating stroke 18 years ago, his life changed forever. From being a family man with friends and a job, Ian hit rock bottom.

Because of the effects of the stroke, Ian lost his family, his friends and his job and for many years was unable to receive the help he desperately needed.

“Since my stroke I’ve never really had the proper help I need,” says Ian. “This meant I was really limited in what I could do. I’d try to do things, but I’d get confused and very tired.”

But that all changed just five months ago – enter Family Works Family Whānau worker, Anthea*, who has been instrumental in getting the right supports in place so that Ian can start to rebuild his life.

“Ian was living in a garage, so I’ve been able to help with Work & Income appointments and when a new permanent home was found, I helped him with the lease,” says Anthea.

Anthea then turned her attention to other supports for Ian, including attending appointments as a support person, and putting him in touch with agencies including the Brain Injury Trust and Your Way Kia Roha.

An occupational therapist is now assisting with physical aids such as handrails and Ian is also receiving home help.

“There were many times I was in a dark place. I would get upset and frustrated, spending weeks at a time in my room without venturing out. Now, since meeting Anthea, I’m starting to get my life back on track. Knowing that Family Works and Anthea are willing to help and having people support me is great,” says Ian.

For Ian, having suffered a great deal following his stroke, life is starting to improve now that he has Anthea walking alongside him to help navigate the systems and reduce the barriers to accessing support.

Buddies in every sense of the word

Since May 2021 Trevor Dyke and Sean Crawford meet up for a couple of hours every week to venture out and have a bit of fun.

The duo are part of the Family Works Buddy programme and both of them are firm believers in the benefits gained by being Buddies.

Trevor has been involved in youth programmes most of his life so becoming an adult Buddy is a natural fit, something he clearly loves doing.

“Giving up a couple of hours a week to help others is not that hard, and the rewards are huge,” says Trevor.

“You see a little Buddy grow and expand their abilities over a very short period of time. Sean always smiles when asked to help out or take part in an activity. He’s so polite and appreciative.”



Trevor Dyke (left) and Sean Crawford

There doesn’t appear to be anything that they won’t try! The list of activities is incredible including fishing, skating, repairing (and riding) push bikes, kayaking, playing cards and puzzles on cold winter nights, kindling and scrap metal recycling (for pocket money), swimming, small bore rifle shooting, making pizzas, chocolate Easter eggs and cooking on an outdoor Hobo stove... the list is extensive! They’ve even watched rally cars on hill climbs and have been to Highlands Motorsport Park!

For Sean, the benefits are immense. Because Sean has hydrocephalus, a disorder where there is a build-up of fluid in the brain, he’s unable to take part in contact sports but he’s making up for it in other ways.

“Getting out and about makes me more confident around other people,” says Sean. “I love learning new skills and I have learnt there are plenty of other sports and activities I can take part in.”

Buddy Coordinator, Pippa Wellstead, says the commitment that Trevor makes is incredible and he is a perfect role model for the Buddy programme.

“I can always depend on Trevor, he is always happy to help, he’s a fabulous asset to the Buddy programme and I really appreciate his support,” says Pippa.

If you are interested in finding out more about the Buddy programme please visit psotago.org.nz/buddy or call us on freephone 0508 396 678.

Our Family Works teams across Otago

- Dunedin 407 Moray Place, Dunedin
- Central Otago Alexandra Community House, 20-40 Centennial Avenue, Alexandra
- Wanaka Wanaka Community Hub, 34 McDougall Street, Wanaka
- South Otago 14C James Street, Balclutha
- North Otago 27 Coquet Street, Oamaru

To contact Family Works please call us on freephone 0508 396 678.

If you would like to support our services, there are details on how to donate towards making a difference at the end of this magazine.

Social Work and the Buddy Programme are part of our

SKILLSBANK



Volunteers make a difference in our community



Judith Shields and Noel Kane the two 'library trolley' volunteers

Interested in learning more about volunteering?

If you would like to find out more about becoming a PSO volunteer, there are many opportunities.

Visit our website psotago.org.nz/volunteer or contact our volunteer coordinator, Jasmin, on 027 700 1550.

A team effort

The Ross Home library is run by a team of four volunteers who give their time to deliver the popular library service, including Judith Shields and Noel Kane. The duo have much to say about the positive benefits of being volunteers at Ross Home.

How did you get involved?

Judith: When I retired, I wanted to give something back to the community and because I live near to Ross Home and like books, this work suited me perfectly.

Noel: I was shoulder tapped by the coordinator who knew I liked books and thought I would enjoy it, which I do!

What do you enjoy about volunteering?

Judith: Sharing my passion for reading and feeling I'm making a difference for the residents who can't get to the library. We bring the books they want to read but it's not just about delivering books, it's about having a chin wag as residents like to tell a story about their week.

Noel: We both really enjoy the interactions and contact with residents. We get to know them, and they are pleased to have a chat and a laugh. I've got to know them well and look forward to seeing them and offering some social interaction.

How do you think your role benefits the residents?

Judith: Bringing brightness into their week. They look forward to the library trolley and like to share news with us. They sing out "just what I need, more books!"

Noel: Not all residents want books, but they enjoy us popping in and offering a book anyway as it's an opportunity to have a chat. Some residents we know well and we might chat with them for a while, so it's good to have two of us working as a team.

What Ross Home staff have to say about Noel and Judith.

They have a great rapport with the residents, who look forward to seeing them. They know them [residents] really well and go the extra mile. We couldn't do without them!"

Michelle Marsh, Ross Home Activities Coordinator.

Thank you!

To all of our volunteers
making a difference



423
volunteers

regularly give their time in one or
more volunteer roles

227
volunteers

give their time during one-off events,
individually or as part of a group

Across PSO our 650
volunteers have gifted
66,896 hours
during the last year!



One-off volunteers make our spaces nicer at Stepping Stones and Club Enliven

We are very blessed with the
number of people who put up
their hands to help make our
spaces better for the people we
serve!

Recently Lee and Rolien
volunteered to help clear a
space at our new Stepping
Stones and Club Enliven
location in South Dunedin.



They did an amazing job removing old posts that could
be a tripping hazard and making the space much more
usable. While still a work in progress, we would like to say
a big thank you for all your mahi, it is greatly appreciated.



Student Volunteer Army

Thank you to the amazing volunteers from the Otago
Student Volunteer Army for all their hard work cleaning,
clearing and sprucing up our new Stepping Stones and
Club Enliven site in Oxford St, South Dunedin.
We are so grateful!

A conversation about aged care

The decision for an older person to move out of their own home and into residential aged care is not an easy one to make. More often than not, it's not their decision, rather it's the decision of family members and GP advice.

University of Otago sociology academic, Dr Myunik Panthi, originally from Nepal, researched the transition to residential care as part of her PhD research. She also works as a health care assistant at Ross Home.

Families of older people can find themselves making the difficult decision that a parent is no longer able to safely manage living in their own home or it could be based on the advice of a GP. After a formal clinical assessment, the parent may be moved into a care home.

Through her research, Myunik discovered that older people suffer trauma from the experience, largely due to a lack of time to get used to the idea that they are going to be moving.

“Participants were devastated when they moved into care as the choice was taken away from them because of how unwell they had become, often moving into care from hospital,” says Myunik.

“They felt trauma and there was no time to process the idea. Before they knew it, the decision had been made.”

Typically, it will take between six months to a year for an older person to settle into their new surroundings. They have a lot to deal with and support mechanisms are very important. This includes the support they receive from their GP as it is common for the GP to suggest moving into aged care.

Aged care staff are well trained to provide clinical and wellbeing care. Support must come from both family members and staff of the care home.

“Understanding what they like, knowing something about their lives and background and what they used to do in the community will help them settle and start to feel a sense of belonging.”



“Sometimes their past interests and hobbies can be replicated in the care home. It could be coordinating a group, baking or taking part in arts and crafts activities.”

“To help avoid trauma of moving, visiting care homes in advance and experiencing some activities and seeing first-hand what care and activities are being offered could go a long way to helping the person have a more positive experience if and when they need to move permanently.”

“My research also found that residents need to get out and see a bit of the wider world. Going out with friends and family can be hugely beneficial.”

We would like to thank Myunik for her passion and dedication in the care of older people. We are very excited to have her as part of the team at Ross Home.

The complete research paper can be accessed online. The publication details are as follows:

Panthi M. Adaptation to Residential Care: Voices from New Zealand. *OBM Geriatrics* 2023; 7(4): 259; doi:10.21926/obm.geriatr.2304259.



Our staff going above and beyond to help

We had some lovely feedback from Te Whatu Ora about a very special short-term resident, who was being cared for at Aspiring Enliven.

Clinical Manager, Victoria Schutte, and the Aspiring Enliven team cared for a younger woman with complex care needs until she was able to be discharged.

“I would like to especially acknowledge the exceptional contribution of Victoria, without whose commitment, hard work and tireless planning and efforts, Clare* would probably still be in care. Victoria went above and beyond what was expected of her role to work closely with Clare and her parents and help her steadily make gains in her rehabilitation, so that she was able to achieve her goal of returning home much sooner than expected.”

Tina Koch, Te Whatu Ora

**Name changed to protect privacy*



Nurses attend infection prevention and control study seminar

Upskilling our staff is a key part of making sure our residents receive the best possible care.

Understanding how to prevent infections in older people is just one way our PSO/Enliven nurses maintain their clinical competence and care for older people in our Enliven care homes.

Recently a group of senior nurses attended Te Whatu Ora's Infection Prevention and Control seminar.

Clinical Nurse Advisor, Lynley Chirnside, said the day focused on a case study of a resident who had developed a multi-drug resistant organism.

“There were sessions on the organism itself and factors relating to how it became multi-drug resistant, and various aspects of her care including isolation precautions, wound care, mouth care, and catheter care,” says Lynley.

Clinical competence is paramount to helping older people live happy and healthy lives, something that is enshrined in our Enliven philosophy.

Residents finding their groove!



Residents at Elmslie House in Wanaka have started weekly dance classes, thanks to funding from the Wanaka Community Network Reconnecting Seniors programme.

Residents are being taught by Nina Hermanns, a passionate teacher who has been teaching dance for over 20 years.

Iona care home – the old boiler isn't what it used to be ...it's giving us the cold shoulder

The old coal boiler at Iona Home in Oamaru has reached the end of its useful life. Iona will be replacing this with a new state-of-the-art heating system anchored by a wood chip boiler. This new system is better for the environment with lower carbon emissions (wood-heating systems save a lot of CO₂). The system is designed to provide increased efficiency, independence and safety in heating.

Presbyterian Support Otago received an amazing \$152,614 bequest which is tagged to support this essential upgrade. In addition, we will be seeking multiple grants and other funding to help finance the full \$500,000 replacement cost.

The new boiler will make a huge difference to the future of Iona, it's residents and the community. It will ensure sustainable heating for many years to come. The bequest we received in Oamaru has contributed 30% of total cost to this very important upgrade for Iona and we are eternally grateful.

Leaving a gift in your Will is an incredible way of showing you care for your community and the people in it, well into the future.



enliven
PRESBYTERIAN SUPPORT OTAGO

There are different ways to support PSO in your Will:

- A nominated percentage of your total estate.
- A residual gift - after providing for your family, you can nominate that you want to leave part of what's left of your estate to PSO.
- A specific gift/amount of money, real estate or any consideration.

If you would like to find out more about leaving a gift (bequest) to Presbyterian Support Otago, please contact:

Olivia Willems

Fundraising and Events Coordinator

Phone: 03 470 0823

Email: fundraising@psotago.org.nz

Glowing report for Ross Home

Ross Home staff have been congratulated and thanked, following a recent independent audit.

The auditor's report highlights how the team are achieving great things for the residents, providing them with a home that is safe, well run and which delivers excellent care.

Specific mention was made about the outstanding care plans that have been written by staff who know residents and understand needs which are particular to them.

It also mentioned the Activities team who run a highly beneficial programme, incorporating residents' needs and wishes. The food service was commended by residents and their families who made glowing comments about how excellent the food is.

The auditors also commented on how attractive the environment at Ross Home is, particularly the improvements that have been made to the Macara Unit.

Overall, the auditors made comment on how many enhancements and amendments had been made since the previous audit.

An outstanding achievement, especially when working in challenging and demanding situations such as Covid-19 restrictions and lockdowns.

Well done, team!



Pinboard



Tongan cultural concert

Dressed in traditional clothing, a group from the local Tongan community entertained Iona residents in Oamaru. Singing Tongan songs and then sharing traditional Tongan food was thoroughly enjoyed by residents.



Celebrating Philippines Independence Day

Filipino staff at Holmdene in Balclutha are proud of their heritage and enjoy celebrating special events and anniversaries, including Philippines Independence Day. This year they dressed in their cultural attire, talked about the special day and what it means to them.



Stepping Stones camp

The Stepping Stones group headed to the Catlins for their annual camp. The group enjoyed plenty of adventure and great weather. It included a trek to the southernmost tip of NZ, where the icy wind blows directly from Antarctica (Slope Point). The group also enjoyed fish 'n chips from the Blue Cod Blues van in Waikawa.



Fun at Holmdene

Sometimes all it takes to entertain a group of people is a simple dinosaur costume and a willing staff member! This is what we did recently at our Enliven care home, Holmdene, in Balclutha. It was a fun experience that solicited a lot of laughter from our residents and staff alike.

Annual General Meeting

You are warmly invited to our 2024 AGM to be held: Thursday, 31 October 5.30pm, St James Presbyterian, 393 King Edward St, Dunedin. All are welcome.

For catering, please RSVP by 25 October to reception@psotago.org.nz





A time to celebrate

The first anniversary of the merger of Shop on Carroll and Shop on St Andrew is fast approaching and the retail team have achieved a lot in that time!

Bringing the two shops into the new location in Princes Street was no mean feat but the result has been incredible.

Because of the larger footprint, the new premises has become many more things than just a retail shop, selling vintage and retro clothing, jewellery, haberdashery, games, puzzles and ornaments.

It was also the perfect location for the 2024 Vintage Fashion Show with volunteers modelling vintage and retro pre-loved clothing that exemplifies the richness of decades of fashion.

Shop on Carroll's jewellery-making workshops, using donated and damaged vintage jewellery, have been a huge sell-out success. Further community workshops and events, like our slow-fashion day celebrating weddings, and upcycling workshops will continue to become firm fixtures of the business.

"At Shop on Carroll two of our primary focuses are on inclusivity and sustainability," says Fiona Dodds, retail co-manager.

Watch this space because there's more to come!

Shop online at
shoponcarroll.org.nz

169 Princes St, Dunedin
Monday to Friday 10am – 5pm
Saturday 10am – 4pm



Thank you from the foodbank

Thanks to the generosity of the local community, Octacan 2024 was a remarkable success with 21,022 cans being collected for the foodbank! This allows us to continue to offer food support to those in the community who need help.

Thank you to everyone who donated towards our foodbank, every can helps. A special thank you to the students, whānau and staff at King's High School and Taieri College, who significantly increased their donations this year. Thank you to Better Moves who helped count and move all the cans on the day and to MediaWorks, First Church and Dunedin City Motors for their support. Olivia Willems, the Fundraising & Events Coordinator noted, "I felt so proud of our community, coming together in a time like this to support those who need it most."

Our foodbank needs your support all year round! Donations can be dropped off directly to our Family Works office at 407 Moray Place, Monday - Friday 8.30am - 5pm. Or you can donate online to help keep our foodbank stocked!

Please visit fillingourfoodbank.org.nz



We are
people
helping
people



Every day is different for Community Relations Advisor, Joy Davis, offering to connect PSO staff and services to church and community networks.

“I support PSO staff by spreading the word about their fabulous work, connecting them with other services and clients, helping find resources or facilities for them,” says Joy.

Joy plans and coordinates Support Sundays across Otago and to date 13 are on the calendar.

“These are opportunities to thank people for their support, to learn about what is going on in communities, and what their needs are. Every month I send an e-newsletter to parishes highlighting events and Support Sundays.”

PSO values the relationship with its parishes, and the wide variety of support we receive. Be it prayers, volunteers, food, sharing facilities or donating money, each gift is unique, very much needed and appreciated.

Joy is always happy to speak to groups or help organise a Support Sunday. Please contact Joy on 027 700 5590 or email joy.davis@psotago.org.nz.

PSO upcoming Support Sundays:

22 September
St Philips Grants Braes,
Waverley, Dunedin

17 November
Kurow



Residents at our care homes enjoy freshly cooked meals, including a delicious dessert with their main meal of the day.

Dutch Apple Cake

INGREDIENTS

1 ½ cups plain flour	1 ½ tsp vanilla essence
1 tsp baking powder	3 large eggs
1 tsp cinnamon	¼ cup sour cream/yoghurt
100g butter (soft)	¼ cup milk
1 cup sugar, plus ¼ cup for sprinkling later	3-4 large apples, sliced and peeled

METHOD

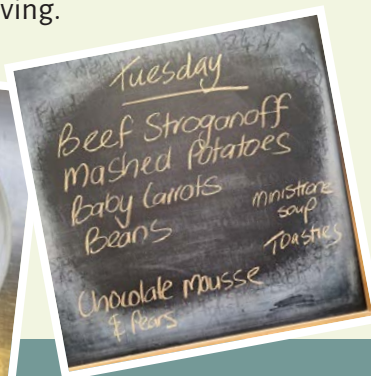
Preheat oven 180C. Line a 20cm spring form cake tin.

In a bowl, mix dry ingredients (flour, baking powder and cinnamon) and set aside.

In a separate bowl, cream the butter and sugar together. Beat in the eggs, one at a time, and then beat in the vanilla. Stir in sour cream and milk, and then add to the dry ingredients. Mix until just combined.

Fold in the apples and turn into the prepared pan. Smooth out the top. Sprinkle the surface of the cake liberally with granulated sugar.

Bake for 40-45 minutes, or until the cake no longer jiggles in the center and the top is golden and slightly crackled. If the top is browning too quickly cover it loosely with a sheet of foil. Let cool briefly before serving.



Whether it is roast chicken or beef stroganoff, our residents always have freshly prepared meals.

YOU can make a difference to those who need help by donating to **Family Works & Enliven community services**

By supporting **Family Works & Enliven community services**, you can help people in your local area to access the support they need.

Whether it is the foodbank, financial mentoring, social work services, one of our children's or parenting programmes, or our Enliven visiting volunteers, with your help we can provide the support our community needs.

Your generosity makes a world of difference and we're very grateful for it. Making regular donations means we can meet the need in the community.

Visit psotago.org.nz/get-involved to find out more.



Support our foodbank by providing a basic foodparcel for a single person.



Support our social workers to help individuals and whānau with complex situations.



Support our parenting and children's group programmes who provide strategies and support to children and their whānau.



This year we have helped people in Otago

2,733

Food Parcels

from 1 January to 1 August 2024

So far in 2024 we have provided 2,733 food parcels to local people. This is a **12% increase** from the same period last year.

Our foodbank is often an entry point for people to access supports they were unaware of.

We provide social work support for people in complex situations to not only help with their current needs, but set them up to succeed going forward.

3,602

Social Work hours

from 1 January to 1 August 2024

128

Children involved in the Buddy Programme

from 1 January to 1 August 2024

Help tamariki through our Buddy Programme – a friendship mentoring programme aimed at building resilience and mana atua (personal wellbeing) while having fun.

Visit psotago.org.nz/donate to support our services.

How to return this form:

POST

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

EMAIL

fundraising@psotago.org.nz

PHONE

Contact us on 03 477 7115

**All donations are receipted.
Gifts over \$5.00 are tax
deductible.**

Presbyterian Support Otago is a charity registered under the Charities Act 2005, Charity Registration Number CC20878. The Privacy Act 1993 requires us to advise that we keep the names and contact details of our supporters on file to help with fundraising and event promotion. This information is only kept for this purpose. Please advise us if you do not wish your information to be stored. If you wish to check the details on your file, you are welcome to enquire.

Yes, I would like to help!

I would like to donate

\$

Please use my gift for

Greatest Need

Foodbank

Family Works

Enliven services

Your Details

Name

Address

Phone

Email

Donation options - it's easy to donate!

Donate via Credit / Debit Card

Card number

Name on card

Expiry date

CVC

Three digit code on back of card

Signature

One-off donation

Monthly donation

SPRING 2024

Other ways to donate

Donate via Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your phone number Code: **DONATION-PM**

Particulars: Programme you would like to support eg. foodbank

For a receipt, please email us at fundraising@psotago.org.nz

Donate Online via psotago.org.nz/donate

Use your credit or debit card to donate via our website.



Phone banking via your bank's services



Call us on 03 477 7115 and we can process your credit or debit card donation over the phone



Donate with your EFTPOS card: Pop into our Dunedin Support Centre at 407 Moray Place



Leaving a gift in your will: Please call us on 03 477 7115 to find out more

Presbyterian Support Otago



Enliven Services

Residential aged care homes

Ross Home, Dunedin
St Andrews, Dunedin
Taieri Court, Mosgiel
Iona, Oamaru
Holmdene, Balclutha
Ranui, Alexandra
Castlewood, Alexandra
Elmslie House, Wānaka
Aspiring Enliven, Wānaka

Retirement Villages

Columba Court, Oamaru
Wānaka Retirement Village
Ranui Court, Alexandra

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru

Enliven Community based services for older people

Individualised Funding
Visiting Volunteers, Dunedin
Club Enliven, Dunedin/Taieri/
Alexandra
HomeShare, Alexandra

Family Works

Foodbank (Dunedin) & **Skillsbank** (offered throughout Otago)
Freephone 0508 396 678

806 STAFF

650 VOLUNTEERS

To contact the editor please email publications@psotago.org.nz

Thank you to the following businesses, trusts and organisations for supporting our work through grants during the past year:

ACE Shacklock Charitable Trust	Downie Stewart Ethel G Johnstone Charitable Trust (Trustees Executors)	Patricia France Charitable Trust
Callis Catalytic	Graduate Women Otago	Russell Henderson Charitable Trust
Central Lakes Trust	Graham and Olive West	Sorted Money Month
Central Latkes Trust - CLASS	John N Lemon Charitable Trust	Strathlachlan Fund (Perpetual Guardian)
Clutha Foundation	Lion Foundation	The Presbyterian Synod of Otago and Southland
CREST	Lotteries	Timothy Blair
David Ellison	McGruer Trust	Tindall Foundation
DCC Community Grants	Otago Community Trust	Waitaki District Council
Donald and Nellye Malcom (Waitaki DC)	Otago Foundation Campbell Trust	Yarrow South Charitable Trust

What's in our 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. Empowering people to make change and build their sense of belonging, including advocacy.

Parenting, support and children's programmes. Strategies to promote positive family relationships.

Financial mentoring. Clients learn how to take control of their finances.

The Buddy Programme is a friendship mentoring programme for children aged from 5 to 12.

Stepping Stones is a day programme where we work alongside clients who are facing mental wellbeing challenges, connecting them with their wider community.

YouthGrow is a youth development programme delivering NCEA Level Unit Standards.

We invite you to consider supporting our Skillsbank so we can continue this important work with local people and children to build their resilience, financial capabilities and strengthen their relationships.

Family Works

Freephone 0508 396 678
psotago.org.nz