

Winter 2024

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



Presbyterian Support
Otago

OUR SERVICES

enliven
PRESBYTERIAN SUPPORT OTAGO

 **Family
Works**
PRESBYTERIAN SUPPORT
OTAGO

Free
PLEASE READ
AND SHARE



together
we make a
difference



Presbyterian Support Otago

Please report to Reception

Family Works

Family Works Otago

Services for Older People



Message from our CEO

Some things are changing at PSO but many things are remaining exactly the same! We are a charitable organisation who continues to live by our values which are embedded in our Christian faith and our mission of creating places for people to live, learn and thrive guides us in our mahi/work. We love our community and will always work hard to provide for the most vulnerable amongst us to give us all a chance to thrive. I hope you will be able to see the amazing commitment our PSO whānau/family have in this endeavour.

Life is precious and often amongst the busyness, and the stress of work, we can forget to take time and enjoy the things we do have. Recently our Family Works whānau experienced a significant loss in the death of one of our financial capability team members. Katrina Kelly was an experienced and valued member of our North Otago team and will be sadly missed. I know you will join me in sending aroha/love to our amazing team as they care for each other as well as their community.

As we absorb the sadness of events like these, we also need to look around us and find joy in the moments which lift our hearts. Recently we saw an amazing aurora which lit up our skies due to a solar storm. I took this picture of the pouwhenua at Warrington beach. Breathing in the cool winter air, and viewing the beautiful sky, it made me grateful for the time I have, the people around me and the ability I have to care for others. As we move into Matariki, a traditional time of harvest, please join us in replenishing the PSO foodbank in the sharing of kai/food to show our love for our community.

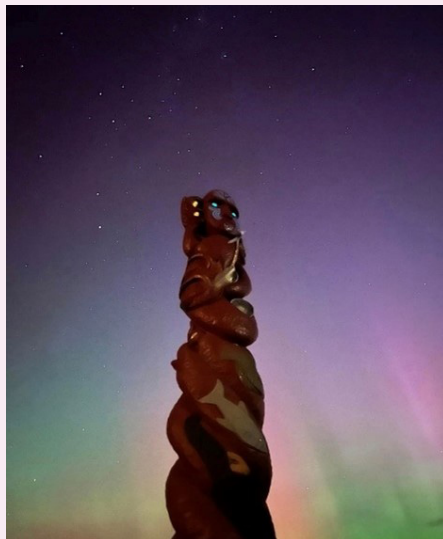
**Nāku te rourou nāu te rourou
ka ora ai te iwi.**

With your basket and my
basket, the people will thrive.

Ngā mihi

Jo O'Neill

CEO, Presbyterian Support
Otago



In this issue of People

There's no doubt that every day people in Otago are sharing a wonderful sense of community spirit by reaching out to help others.

There are several examples in the latest edition of People. For instance, on page 3 we tell the story of how our financial mentoring service can go a long way to helping people.

As winter bears down, we know the demand on our foodbank will increase so Octacan is just a couple of weeks away.

Volunteer Julie Dawkins is the epitome of community spirit. She's celebrating an incredible milestone – 30 years as a Visiting Volunteer for PSO (not to mention all the other organisations she volunteers for!).

Club Enliven Dunedin members recently had an opportunity to enter the digital world by being taken on a virtual tour of the earth, all from the safety of their armchairs. It was a remarkable activity that had them fixated.

You can read about the latest ventures coming out of Shop on Carroll (page 11). The team are fully invested in being more sustainable and inclusive. Our Vintage Fashion Show was a huge success and the first ever workshops to upcycle and repurpose broken and damaged jewellery were a sell-out with more workshops planned for the coming months.

Finally, you can read a truly special story about our Iona team caring for residents with dementia. They are regularly outside in their garden, growing produce which later appears on their dinner plates! There are multiple benefits for people with dementia when they're engaged in sensory experiences, helping create a sense of calmness and contentment.

**“I can finally keep my home warm,
thank you so much!”**
Emma*, Family Works client

** Name and image changed to protect privacy*

Bracing for winter

As winter quickly approaches, there will be many Kiwis who will start to feel the pinch, especially when their power bills increase as temperatures drop.

A free in-home service, known as EnergyMate, could be the difference between a cold house and a warm home.

Our EnergyMate coaches visit homes just like yours, and provide in-home energy assessments. They will share tips and advice on the most efficient ways of using appliances, keeping homes warm, and trying to make sure people are on the most suitable power plan for their living situation.

One of the many positive outcomes delivering this service recently was when our EnergyMate coach visited Emma*, a retired woman living on her own, who just couldn't keep her home warm. After completing the in-home energy assessment, one of the issues that was identified was that her home had no curtains.

With very high power bills and health concerns due to living in a cold environment, we were pleased to be able to help. Our EnergyMate coach got in contact with a curtain bank, who were able to supply her with curtains at no-cost, to help insulate her windows.

Our EnergyMate coach was even on hand to help hang the curtains!

Emma was absolutely thrilled and noticed an immediate difference to how warm her home was. Our coach also checked with her power provider and found that if she swapped her plan, she could save money each month.

Adding to that some simple tips and advice on how to use her appliances more efficiently, Emma now knows she has the means to warm her home without breaking the bank and no longer fears receiving a power bill she can't afford to pay.

It's services like these that make a true difference to the lives of people who would otherwise struggle to pay their power bills or live in cold and often damp homes through the coldest part of the year.

Right: EnergyMate coaches



93%

Of people who had an EnergyMate visit reported to have a better understanding of their home energy and electricity use.

 **EnergyMate**

Our EnergyMate coaches can help kiwis get on the power plan that best suits their needs, give advice on heating their home and using appliances efficiently. We can help people make the most of their electricity and break down everything they need to know about their home and appliances, electricity use, and power bill.

For more information please visit our website at psotago.org.nz/energy or energymate.nz



** Names and images changed to protect privacy*

Trust evaporates when financial abuse is discovered

As a loving and caring parent, David* wanted to help his son, Mark*, when he found himself without anywhere to live. The situation soon changed when David found himself in dire financial circumstances as a result.

It began when David agreed that Mark could move in on the condition that he would make regular payments to cover the power bill and help pay for food. David also gave Mark authority on his energy provider account so that Mark could pay the power bills.

Initially, it appeared that the arrangement was working, however, after a short period of time David's energy provider issued him with a disconnection notice because the power bill was a huge \$1400 in arrears. David's financial situation was bleak.

David's daughter, Amanda*, was very worried and knew that something needed to be done to help protect David and also make sure his power would not be disconnected.

Subsequently David was referred to our Family Works Financial Mentoring service, where he met financial mentor, Claire*.

“We started by having a conversation with David to identify how best we could help him,” says Claire.

“As a pensioner, David has a limited income so the first thing we did was make contact with his energy supplier and make arrangements for his power not to be disconnected. We then discovered that not only had there been financial abuse from Mark, but David was also experiencing emotional and physical abuse.”

Mark had not only avoided paying the power account, he had also purchased other items and charged these to the energy provider's account.

“Once we had helped with the immediate problems, we were able to put in place a plan that would help David with his longer term financial needs.”

Those long terms needs included helping him to apply for \$500 through the Dunedin City Council Community Electricity Fund and, because of the fraud on his energy provider account, have all his fees reversed.

Claire applied to have an investigation into the authority that Mark had for accessing David's energy provider account.

Thanks to our intervention, David's situation is now improving. He has a new energy provider account and his son no longer has access to this account.

A recent New Zealand study of aging showed 10% of over 65's living in our communities experience abuse, often from family members.

The support and assistance of our Financial Mentoring service cannot be underestimated and has made a huge impact for people like David.

Claire says, "David's power bills are now up-to-date, his energy provider account is secure, he has a working budget that ensures he can meet all his commitments and he is safe in his own home." Claire has also been instrumental in establishing other community supports.

We have supported

1,065

people through our Financial Mentoring service over the last 10 months

(1 July 2023 - 30 April 2024)

Financial Mentoring can help:

- Better understand budgeting, debt, financial products, loans and other money topics
- 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.

For more information please visit psotago.org.nz/energy or call 0508 396 678

Financial Mentoring is part of our

SKILLSBANK



Mid-winter at the Family Works Foodbank

Octacan is Presbyterian Support Otago's (PSO) major winter food drive and supports many local people through the colder months. This year we are holding Octacan on the shortest day of the year, Thursday 20 June, as we look forward to Matariki – the Māori New Year. This is the time of year harvest would traditionally have happened, gathering food for winter and the year ahead.

Reaching out to the foodbank is often just the start of someone's journey with PSO. Our Family Works team understands that everyone has a unique story, and we provide help that is tailored to each individual or family. Our social workers are seeing a growing number of families seeking help, from 1 January to 30 April we have given out 1,553 food parcels to those in need of help, this is an increase of over 8% from last year. We help by providing food parcels, social work support, financial mentoring, advocacy, EnergyMate coaching and helping with winter clothing through our op shop.

You can support the foodbank at any time by dropping off donations of cans to 407 Moray Place Dunedin, or donate online at psotago.org.nz/donate

Our annual foodbank can drive

Kai for
OCTACAN

Thursday 20 June, 7.30am – 2pm
Lower Octagon

Bring along your cans for the foodbank or donate online!

octacan.org.nz





A 30-year celebration

Julie Dawkins has been a volunteer for PSO for an incredible 30 years and she has no plans for stopping any time soon!

Julie is a Visiting Volunteer and each week she visits an older person in their own home. The programme aims to connect people, who would otherwise be quite socially isolated and possibly lonely, with a visiting volunteer.

It started when Julie was looking for a voluntary role, something that would make a difference to someone's life. "I contacted a volunteer agency and they knew that PSO were looking for volunteers," says Julie.

While the Visiting Volunteer role was new to Julie, she quickly settled in and now takes great delight in sharing her time with older people.

"I've regularly visited about 13 older people over the 30 years, one at a time, for about an hour or so once a week."

For the older person, Julie knows that her visits are valued and welcomed.

"I enjoy it and it's nice to visit people who have a lot less social contact because they can't really get out of the house."

"Being there for them and keeping them company are the main reasons I do this. We might listen to music and we'll chat about anything and everything, anything they want to talk about."

Julie is a truly committed volunteer, also giving her time to work in two op shops (St Vincent de Paul and Inspire), Pregnancy Counselling and Friend-Link (supporting people with intellectual/learning disabilities).

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.

To all of our
volunteers making
a difference

519
Volunteers

Thank you!



Winter-friendly spiced tomato and chickpea soup

Perfect for a cool winter evening, this hearty soup can be made with a few pantry staples and cans, like those given out in our food parcels.

INGREDIENTS

2 tbsp oil	1 tsp stock powder
1 large onion, diced	3 cups water
1 tsp cinnamon	1 can chopped tomatoes
1 tsp cumin	1 can condensed tomato soup
1 tsp coriander powder	1 can lentils
1 tsp crushed ginger	1 can chickpeas
1 tsp crushed garlic	1 lemon, grated rind and juice
1 tsp crushed chili	Salt & pepper

METHOD

In a large pot, saute the onion in the oil until soft.
Add all the spices and cook for 1-2 minutes.
Add the water and stock powder, then all other ingredients.
Bring to the boil and simmer for 5 minutes.
Taste and season. Add a little sugar if it's a bit sharp.
Serve with crusty bread.

Across PSO our
519 volunteers

have gifted

65,312 hours
during the last year!

45%

of our volunteers gift
their time to help
older people through
Enliven services

Interested in volunteering?

If you would like more information
about giving your time through
volunteering, please visit our website
psotago.org.nz/volunteer or contact
our volunteer coordinator, Jasmin on
027 700 1550.



Resident watering garden at Iona

Dementia and daffodils

When asked to describe the community spirit in the Mackay Unit of Iona, manager Stephenie Leith uses words such as wonderful, stunning and meaningful.

Her comments come following the wonderful collaboration between Michelle Munro and Annie Beattie when the duo created an activity that is engaging, sensory, educational and very much in demand by Mackay residents at Iona.

Stephenie says, “Michelle is the Mackay Unit activities coordinator and both her and Annie have led this project, encouraging residents living with dementia to do something they love - gardening and growing food!”

“The project started 12 months ago and it’s a wonderful way for Mackay residents to get outside, do something many of them used to do when they lived in their own homes, raising their families,” says Michelle.

“They’re not only growing food, they’re also eating it and they love it and we can thank local family business, Statement Trees, for donating our first supply of vegetable plants.”

Research has shown that sensory experiences help relax people with dementia, it can increase levels of concentration and cognitive function and people can feel content with the opportunity to recall past experiences and happy memories.

“Not only are there many benefits for our residents, it’s also a sustainable activity and this is just the beginning!”

The team has grown to include two more volunteers, Carolyn Lister and Janet Andrews, and plans are afoot to expand the enterprise by building a tunnel house for growing a variety of foods including lettuces, brassica vegetables, flowers and seedlings.

To do this, the team are raising funds by holding market days at Iona, selling a range of produce, including baked goods, preserves, hot soup, bulbs and seeds.

Iona, Oamaru



Gardening at Iona

Mackay residents bagged up and sold daffodil bulbs and sweet pea seeds, counting them was an activity in itself. They also filled and sold bags of potpourri and lavender.

Not only were they contributing to the fundraiser, the activity itself was educational, needing a level of concentration and aptitude.

“Everything that we’ve been doing together has an element of engagement that helps stimulate the residents. Whether that’s counting daffodil bulbs or harvesting some vegetables from the garden, the benefits for our residents are immense.”



Resident Noeline with visiting baby Arlo at playgroup

Heartfelt visits as the Iona playgroup re-starts

When Covid-19 forced many changes in how we interact with one another, an Oamaru playgroup was forced to halt visits to our Iona residents.

The activity had been very popular with both young and old so to see it re-start has brought a lot of pleasure. Iona residents have a wonderful time with babies and toddlers, cuddling them, talking to them and watching them play.

The smiles, laughter and genuine happiness at meeting each other is a joy to behold!

Iona, our Enliven care home in Oamaru, has led the way in quality residential care for more than 60 years. The compassionate and experienced team are fully trained to provide excellent care to our residents, offering a wide range of activities, nutritious meals and medical care tailored for each person.

Beautifully positioned in large park-like grounds, residents love to watch the world outside from the comfort of the lounges; an ideal place to spend time with visiting friends and family.

Iona offers rest home and hospital level care for up to 79 residents, with a small secure dementia care unit. Respite and palliative care are also available. For more information on Iona please contact Stephenie Leith, Iona Manager, on 03 437 1870 or visit our website psotago.org.nz/enliven.



Stephenie Leith,
Manager of Iona



Club Enliven members in Dunedin trying out virtual reality headsets.

Connecting Club Enliven to the world

The Club Enliven Dunedin community have a great fondness for coming together and sharing many different experiences and recently they had something quite unique to do!

They had a virtual trip around the world (and their neighbourhoods), all the while sitting comfortably in their armchairs.

Developed by a Boston-based company called Rendevar, the virtual reality technology aims to connect older people with things and places they may have never seen before or take them down memory lane by visiting the streets where they grew up.

Club Enliven Dunedin Coordinator, Marilyn Withnall, says Club Enliven members were initially a little hesitant of the technology but once the demonstration got underway and a few members tried it, more were keen to see what it was all about.

“Each member was encouraged to have a go and many of them were delighted at what they saw,” says Marilyn.

“Having a 360-degree view of the streets of London or a female cat feeding her kittens were just two examples of what was viewed. One other member had a quick tour around the world seeing sights such

as Machu Picchu in Peru, the Eiffel Tower in Paris, the city of Toledo in Spain and a beautiful, white sandy beach in Jamaica.”

As the demonstration progressed, it became apparent that Club Enliven members were fascinated to be given a virtual tour of different parts of the world.

“One member grew up in London and having left many years ago, was absolutely delighted when she saw her old street which invoked some pretty special memories.”

Club Enliven is a day programme which connects older people in a friendly and fun environment, enriching the lives of participants, maintaining and sometimes improving mental and physical health, as well as offering respite for caregivers. Club Enliven is offered in Alexandra, Dunedin and Mosgiel on various days of the week.

If you would like to know more please visit psotago.org.nz/enliven

Enliven around the Region



Staff and residents at Iona in Oamaru celebrated their cultural diversity by dressing in national costumes, enjoying a potluck meal and packing out the chapel to play housie and other games!



Balclutha's Holmdene residents had a wonderful afternoon making chocolate treats under the guidance of chocolate maker, Alisa Dacy. They started by making a large chocolate button and then selected from an array of lollies to go on top. They also made chocolate ganache which they dipped strawberries into. It was pure joy!



Mosgiel's Taieri Court residents had a wonderful time during a flower arranging session with some beautiful bouquets being arranged from a colourful assortment of blooms.



At the extraordinary age of 99, Shirley Gillies has decided it's time to take a break from being the resident volunteer piano player at Iona in Oamaru. For 36 years she's been entertaining residents, showing incredible dedication and commitment in coming to Iona for such a long time. Thank you Shirley!

Family Works Stepping Stones



The Stepping Stones team have moved to a bigger and better location in Oxford Street, South Dunedin. They have some wonderful big spaces, including a spacious kitchen, and common areas where there's plenty of room to gather and take part in a variety of activities.

Do you receive the Winter Energy Payment but feel you can afford to do without it? If you feel you can afford your normal energy bill without this payment, you could donate the equivalent to support Family Works. Your donations will help us deliver our community services, helping people as they struggle to pay for basics such as food and power. It's easy! Donate online at psotago.org.nz/donate.

For more information on our carehomes please visit psotago.org.nz/enliven



A second life for ‘seconds’ jewellery

Bringing together a group of people is just one of the reasons why Shop on Carroll has started a new initiative focused on giving jewellery a second life.

As part of its mission to grow inclusivity and decrease landfill, the retail team organised the first two workshops, run in conjunction with the Dunedin iD Fashion Festival 2024, and both were a sell-out.

Under the guidance of Dunedin jeweller, Kirsty Lewis, two groups spent three hours learning how to upcycle and repurpose broken and damaged jewellery.

“The overwhelming feedback from the group was that it was fun, the perfect length of time and was great value for money,” says Cristin Waite, retail co-manager.

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

At \$40 per person, the participants made new jewellery and were able to keep what they made!

Fiona says this is the beginning of a new venture for the shop with many more similar workshops planned.

“The vintage jewellery workshop allowed us to bring our community closer together in our social hub, while also actively re-purposing damaged vintage jewels and treasures that would otherwise sit at the bottom of a jewellery box or end up in landfill.”

Community treated to a fashion extravaganza

The community spirit was alive and well at the second Shop on Carroll Vintage Fashion Show, run in conjunction with the 2024 Dunedin iD Fashion Festival.

The excitement was contagious as guests arrived for the sold-out show, many getting into the spirit dressed in their own vintage attire. This year was the first time it was held at the Princes Street shop and guests were treated to an extravaganza of vintage clothing, jewellery, accessories and bling.

Fiona Dodds, retail co-manager, said the show was a community event, bringing people together and showcasing how vintage and retro clothing and accessories can achieve many things.

“Shop on Carroll is all about inclusivity and sustainability. Giving new life to vintage and retro clothing not only inspires creativity, we are also keeping these treasures out of landfill,” says Fiona.

MC Melanie Kerr delighted the audience with her vibrancy and charm, introducing the volunteer models, giving fabulous descriptions of each outfit and how they could be styled in a contemporary way.

Retail co-manager, Cristin Waite, said the show-stopper was the auction of a stunning ‘St Martin’ dress designed by Jeanette Kastenberg, and expertly auctioned by the vibrant Lois Scott. As a fitting finalé, the dress was auctioned, selling for an incredible \$300.

The event was a huge success, raising valuable money for community services.

Churches partnering in spreading a sense of community and belonging

Presbyterian churches embrace community spirit in meaningful and loving ways on a regular basis.

They provide food for our foodbank, support Shop on Carroll, promote PSO services and programmes through their newsletters, and regularly offer up prayers for us and the people we work with. These examples reflect how our work is cherished and encouraged.

We're also celebrating the one-year anniversary of our partnership with our YouthGrow programme and the Flagstaff Community Church and the feedback is very positive.

"It's great here, it's a really good space for our young people, and I feel there is a lot more on offer at this site," says YouthGrow team coordinator Brent Jordan.

"We value the hospitality that has been extended to us. There's something welcoming about this space."



This is a wonderful example of how weaving partnership between PSO and the church community can help each other to flourish and support people in our community.

PSO presented Support Sundays dates

- | | |
|-------------|--|
| 2 June | Coastal Unity Church, Green Island |
| 9 June | St Philip's Church, Grants Braes, Waverley |
| 25 August | Tokomairiro Co-operating Parish, Waihola |
| 8 September | Palmerston Parish |

If your parish would like a representative from PSO to speak at an upcoming service or one of your groups please contact Joy Davis on 03 470 0806 or email joy.davis@psotago.org.nz.

Leaving the gift of a legacy

Margaret* and Robert* are very familiar with what it is to be community spirited, knowing that many people are less fortunate than others and need some help.

The couple made a decision several years ago that they could answer that call by leaving a bequest to Presbyterian Support Otago (PSO).

"Robert and I respect what PSO does for people who need help," says Margaret. "They care for others, whether it's a young child, a family in need or an older person."

Robert has since sadly passed away, but Margaret remains committed to the decision the couple made by leaving a bequest.

"I'm a member of the Presbyterian Church and for many years we would have members of PSO coming to our church services, telling us about the work they do in the community, and the difference they are able to make."

As well as her connection to PSO through church, Margaret also has a connection to PSO through her grandmother, who was a resident at Ross Home. Margaret knows that she was cared for with kindness and love.



Making the decision to leave a bequest to PSO was a simple one that both Margaret and Robert knew would help the provision of community services for those in need.

If you would like to discuss leaving a bequest to PSO, please contact Olivia Willems, on 03 477 7115 or email olivia.willems@psotago.org.nz.

** Names and images changed to protect privacy*

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

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

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

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.



With your support we can

3,847

Food Parcels

from 1 July 2023 to
30 April 2024

Provide food parcels to local people who needed support. Our foodbank is often an entry point for people to access supports they were unaware of.

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.

4,031

Social Work hours

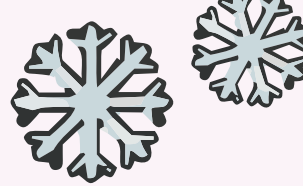
from 1 July 2023 to
30 April 2024

44
Children supported through Growing Taller

from 1 July 2023 to
30 April 2024

Help tamariki through our Growing Taller group programme to learn how to regulate their emotions and grow confidence.

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



Yes, I would like to help!

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

I would like to donate

\$

Please use my gift for



Greatest Need



Foodbank



Family Works services

Your Details

Name

Address

Phone

Email

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

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

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.



WINTER 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 details

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

Family Works

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

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru

Community based services for older people

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

798 STAFF

519 VOLUNTEERS

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

Our annual foodbank can drive

Kai for
OCTACAN

Thursday 20 June, 7.30am – 2pm
Lower Octagon

Bring along your cans for the
foodbank or donate online!

octacan.org.nz



You can drop donations off to our foodbank at 407 Moray Place,
Dunedin at any time. We are incredibly grateful for your support!

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