

Autumn 2025

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago

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AND SHARE



Presbyterian Support
Otago

OUR SERVICES

enliven
PRESBYTERIAN SUPPORT OTAGO

 **Family
Works**
PRESBYTERIAN SUPPORT
OTAGO





Message from our CEO

In a year of significant cuts to social services funding, demand for support is increasing steadily across our region. Our community is facing daunting increases in financial hardship, food insecurity, homelessness and unemployment.

At PSO this is clear from our growing wait lists for programmes and support services and reinforced by my conversations with our parish leaders and community. The way our staff and supporters are responding to these challenges though, reminds me every day that there is always hope and joy to be found from within our wonderful community.

Alongside the generous donations and gifts we received from across our region during the Christmas appeal, we are also welcoming new volunteers into our services, with several individuals currently training to become adult buddies for our Buddy Programme. In addition, with the recent appointment of our new Family Works General Manager and our People, Culture and Capability Manager, our leadership team is now complete and excited to work with our community to address the challenges and opportunities ahead.

This issue of **People** spotlights the extraordinary impact of our YouthGrow and Growing Taller programmes, where fun and adventure is the context for our young people to develop emotional regulation, resilience and friendships – skills for life.

To support programmes like these we will continue to host fundraising events, like our big fundraising event for the year; the Runway Revival Fundraiser Fashion Show. I hope to see many of you there for this fabulous celebration of talented designers and upcycled fashion!

Ngā mihi

Robbie Moginie

CEO, Presbyterian Support Otago

What is the Enliven philosophy of care?

Presbyterian Support Otago's Enliven philosophy is holistic in its approach and focuses on supporting older people to live valued and meaningful lives.

We have six principles guiding our care philosophy: Respect, Relationships, Security, Choice, Contribution and Activity.

Respect | Whakaute

Being understood and valued by others

Relationships | Whanaungatanga

With family/whānau, friends and community

Security | Whakahaumarū

Help is at hand when needed

Choice | Kōwhiri

In the things that matter to you

Contribution | Whai Wāhi

Satisfaction in helping others and making a difference

Activity | Ngā Mahi a te Rēhia

Pursuing your hobbies and interests, and gaining new ones



Holmdene resident, Laurie, with a visiting therapy dog, Holly, and volunteer, Marlene.

Dogs Bring Joy to Residents

Animals have an extraordinary ability to connect with people of all ages, offering comfort, joy, and companionship. At Holmdene, this connection sparks to life twice a week when our residents are visited by therapy dogs. The arrival of these cuddly, friendly pups is always met with excitement and warmth from residents and staff alike.

“The residents light up when the dogs come in,” shares Stacey, Holmdene’s Activities Coordinator. “They are always keen for cuddles and pats!” Stacey notes that many residents were dog owners in the past, and the visits often bring back fond memories of their own pets. “It’s heartwarming to see the pleasure on their faces. You can often see people’s mood lift the moment the dogs enter the building.”

Therapy dogs offer more than just smiles and wagging tails. Research has shown that interaction with animals helps reduce stress, alleviates feelings of loneliness, and improves overall mental well-being. For many residents, these visits provide a calming presence and a welcome distraction from health challenges. The dogs also foster a sense of connection among residents, often sparking conversations and laughter as they share stories about their own pets.

Laurie, pictured above, is one of many residents who adores the dogs. At Holmdene, the dogs visit through a volunteer service run by Hone Hato St Johns, creating moments of happiness that truly brighten everyone’s day.

As part of our Enliven philosophy we are always looking for activities that enrich the lives of our lovely residents and enhance their environment. Thank you to all our Activity Coordinators for making a real difference to the lives of our residents. Ngā mihi nui!

An integral part of the Balclutha community, Holmdene is renowned for its quality care, wonderful food, and dedicated staff.

Holmdene offers rest home and hospital level care for up to 35 residents.

To discuss room availability, or arrange a tour, please contact manager, Stephenie Leith, on 0204 104 7849 or email stephenie.leith@psotago.org.nz.

Holmdene

15-17 Elizabeth Street, Balclutha

Phone: 03 418 1468



Resident, Shirley Boyd, at home at St Andrews, Dunedin

Shirley's story; a life full of joy

Shirley Boyd was born in Invercargill, lived in Clydevale and Balclutha, before moving with her mother to Dunedin in her 20s.

Shirley's formative years were happily spent with her sister, Nancy, and brother, Colin. The siblings were quite young when their father passed away suddenly, and so, to help supplement their income, the young family moved to Balclutha and Shirley's mother took in boarders.

Shirley met her future husband, Barry, at a party and they tied the knot when Shirley was 21.

Talking about her earlier life with a hearty chuckle Shirley recalls, with fond memories, her love of working in the retail sector including DIC, and Arthur Thomas Shoe Store in South Dunedin.

"Mr & Mrs Thomas were really wonderful people and when their sons took over the business, they too were lovely to work for," says Shirley.

But the opening of The Warehouse in Maclaggan Street had an impact on the shop and Shirley found herself without a job.

"Three days after I lost my job, I went to The Warehouse and started working in the footwear department. I loved working there. My workmates were absolutely wonderful."

Twenty years later and it was time for Shirley to retire but her workmates made sure she would go out in style!

"Everyone brought in food and the table was absolutely packed, including a cake and a gift hamper full of treats!"

"The manager told me that Stephen Tindall would call me and he did! He thanked me for the years I put in and wished me all the best. I was really overwhelmed."

Through their married life, Shirley and Barry (who were members of the Dunedin Royal Antediluvian Order of Buffalos Lodge), had many trips around New Zealand including Whangamatā, Wellington and Christchurch.

"One of our trips was to the West Coast which included a helicopter ride over the glaciers. I'll never forget it, it was amazing."

When Barry was 78 he passed away, having been diagnosed with cancer two years earlier. Barry had moved to Montecillo Veterans Home and Hospital where Shirley visited him every day until his death. "It was tough but we managed."

Then in 2022 Shirley had a fall and was unable to get help for 10 hours, not being able to reach her phone. After a short stay in hospital it became clear that she needed more help so she moved to St Andrews.

"It was a big adjustment, and I hated it at first because I wasn't myself, but the staff are absolutely wonderful. You get a bit peeved off sometimes, but I've only got praise for the staff."

As for interests and hobbies, Shirley and Barry were keen dart players. She knitted for friends' children, and she is now a regular participant in St Andrews activities and outings.

And the food? "The main meals are lovely but if I don't like the sound of the tea menu, I'll opt for toast!"

With the initial settling into a new home and finding her feet now behind her, Shirley's bubbly personality and laughter is a joy and life is good.

St Andrews care home in Kew, Dunedin, offers rest home level dementia care, hospital level care and respite or palliative care for 78 residents.

To discuss room availability, or request a tour, contact Manager, Angela Ireland on 03 455 4396 or email standrews@psotago.org.nz



Michelle van Kampen (left) with Maya, Ili and Lito in the Hāwea secure dementia community at Aspiring Care, Wānaka

Providing World-Class Dementia Mate Wareware care at Aspiring Care

For those living in the Hāwea secure dementia community at Aspiring Care, each morning starts the same as everywhere else: breakfast, chatting with friends, seeing visitors, and personal care routines. The Hāwea team are there to help every step of the way, allowing those that call Hāwea home, security, dignity and choice.

Creating an inviting and friendly home for our most vulnerable residents/kaumātua is an art, which Cathy and the team at Aspiring Care do amazingly well.

Aspiring Care's Manager, Alexa Gutowska, says "We are very fortunate to have a dedicated nurse, Cathy Mahoney, who works Monday-Friday in our Hāwea unit, supported by a consistent healthcare team. This provides consistency for the staff, residents, and the families/whānau. The staff working in the unit are passionate, committed and simply really enjoy what they do."

Providing consistency in the context of a homely environment is key to the success of the Hāwea community. Recently our General Manager Enliven Services, Michelle van Kampen, spent several hours helping in the Hāwea community. "Not only is the unit designed in line with the best dementia principles, including walking loops and a purpose-built memory garden, the Hāwea community is just that – a community. It is the residents' home and it is treated as such, with one of the residents being able to keep her beloved cat with her. Trusting and caring relationships are formed between residents and the team."

Aspiring Care's modern and light 20-bed secure memory unit is purposely designed in accordance with dementia principles, with a great indoor-outdoor flow. Our goal is to make Hāwea the best dementia community in the region, providing a high-end service with aroha making it a home.

For more information please contact Manager, Alexa Gutowska on 03 555 3010 or email aspiring@psotago.org.nz

"I have been working in Dementia for about 7+ years and love to work with residents who have challenging behaviour. My colleagues/ team are amazing. Making a difference in people's lives is what I enjoy."

Maya, health care team

"Everyone is really helpful and supportive. I love to work here, it is like my second home."

Vimali, health care team

"This job is fully in-line with my interests and values. I am happy to work with our wonderful team, Cathy is very supportive."

Hima, health care team

"I love the residents because we all know each other well. I like my team, they are the best."

Ili, health care team

YouthGrow, growing our youth through alternative education pathways

The past year has seen some changes in the YouthGrow team. Change has been something of a continuous theme over the last couple of years from the days of YouthGrow being synonymous with the Garden Centre and the horticulture operations, much has changed.

For over 20 years the Family Works Youth Development Programme had been anchored in horticulture, providing a context for work experiences and involvement in the day-to-day operation of a working nursery which supported 'work-readiness' alongside the pastoral care element of 'life-readiness'.

Come April this year the YouthGrow Youth Development Programme will be celebrating two years of our partnership with Flagstaff Community Church, since relocating here after the Norwood Garden Centre site was sold in 2023. Out of the uncertainty, a new opportunity emerged, and the flourishing partnership has been a true blessing. The site in Centennial Ave has provided us with a great, fit-for-purpose space allowing the Youth Development Programme to re-define itself. As we look to the year ahead, we feel optimistic that the YouthGrow vision remains relevant: helping rangatahi build on their strengths, grow in confidence and gain useful skills that will see them succeed in life, learning and employment.

We operate a day programme catering to rangatahi aged 14 - 24 years. Participants may be struggling with their mental health in some way, or may be disengaged from education. We offer them a safe space and a structured programme that recognises their strengths, seeks to uphold and enhance their mana, and provides support to develop positive, pro-social relationships and behaviours helping them to re-engage in opportunities and find hope. Our Youth Worker team work alongside our young people, modelling positive, respectful relationships. They help them identify goals and learn skills and strategies for managing conflicts, communicating effectively and readying themselves for life.

We have recently welcomed Clare Ennis to the team as our Programme Lead. Late last year we also welcomed Patrick Frame to the Youth Worker team. Both bring significant strengths and qualities to the YouthGrow kaupapa and we feel fortunate to have them join us. Both have been fully engaged in our Summer



YouthGrow students at the YouthGrow Summer Programme, YouthGrow Youth Worker Patrick Frame (lower right)

Programme, providing fun and adventurous day trips for those in our programme who want to participate. These have included kayaking and boogie boarding at Karitane, biscuiting on Lake Waihola, swimming at Outram Glen, riding some of the rail trail, water sliding, flying fox and confidence courses at Berwick, to name a few. Our focus, aside from fun, is to support and sustain social connection with them, and to develop inter-personal skills and engagement. All wholesome youth development outcomes!

Change is a constant and inevitable part of life and it can test our resilience. Often the challenges it presents provide positive growth opportunities. At YouthGrow we 'grow youth'. Our focus is dedicated to youth development and fulfilling our vision. While we no longer focus on horticulture, we still endeavour to provide a 'life-ready' programme that encourages growth and personal development, strengthens the sense of identity and belonging of our young people, and helps enable them to move ahead positively in their lives.

David Pirie, YouthGrow Manager



Kia ora,

I'm Clare Ennis, the new Programme Lead at YouthGrow. I'm a Social Worker with a background in Youthwork. I am passionate about working with young people, supporting them through the challenges and opportunities for growth that come with being a teenager and young adult.

I was born in England and came to New Zealand when my family emigrated in 2008, settling in the Waikato. Since then, I've spent time overseas before working in Youthwork in Wellington. My partner and I came to Dunedin three years ago, and now we very much call Dunedin home and love this city.

I am excited to work with the awesome team and group of young people at YouthGrow and be a part of shaping YouthGrow's programme and practice.

The YouthGrow 'life ready-work ready' programme appreciates that rangatahi are all unique and learn in different ways and at different speeds. Our approach to developing the educational, employment and social skills of rangatahi aged 14 - 24 years is both inclusive and collaborative.

The programme offers support for rangatahi to acquire educational and pre-vocational skills in order to develop the foundation necessary to achieve work-readiness and essential life skills. Our approach is strengths-based, and encourages rangatahi to build their social skills, resilience, independence and stickability.

We work actively with other organisations to provide the best outcomes for our rangatahi and together we prioritise providing a supportive, safe environment where rangatahi can be themselves, gain confidence in their skills and identity and thrive in life, learning and employment.

For more information please visit psotago.org.nz/youthgrow

Simple Marinara Sauce

Marinara is a versatile, cost-effective dish that is easy to make and delicious. You can serve it over cooked pasta or use it as a base sauce for pizza. Add it to mince to make a rich Bolognese or pour it over meatballs. Use it to top chicken, stir it into stews and casseroles, or layer it in lasagne. You can even spoon it over baked potatoes or sausages, or simply enjoy it as a dipping sauce.

Ingredients

- 2 tablespoons oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 1 teaspoon dried oregano
- 400g can tomatoes (chopped)
- Salt and pepper to taste
- ½ teaspoon of sugar (optional – some tomatoes can be quite acidic)

Method

Heat the oil in a pan over a low heat and fry the onion until softened but not coloured (around 8-10 minutes).

Stir in the garlic and oregano and cook for a further 2 minutes. Tip in the tomatoes, sugar (optional) and season to your taste with salt and pepper. Cook gently for 10 minutes until the onion is soft.

Make it to your taste. If you like a bit of spice you can add chilli or red pepper flakes. You can add fresh basil to serve if you have some or dried herbs. Enjoy!

The sauce keeps in the fridge for up to 4 days and in the freezer (in an airtight container or freezer bags) for up to 6 months.



GROWING TALLER Workbook

Growing Taller helps children to regulate 'big feelings'

Squishy brain stress balls, puppets, belly breathing wheat bags, and oversized sunglasses are just some of the interactive resources tamariki are introduced to when they attend our Growing Taller programme.

Activity-based and designed to support tamariki with social emotional self-regulation and personal understanding, our Growing Taller group setting aims to provide a safe, healing, and meaningful learning experience for everyone involved.

Encompassing an educative and therapeutic approach, whilst maintaining a sense of fun and ease, enthusiastic chats and giggles fill the room. Tamariki are encouraged to share their experiences, practise new skills, and learn from one another, while group discussions and "teachable moments" (either from peers or facilitators) are an integral part of the programme. At times, more serious conversations take place and these can be pivotal moments for tamariki, where personal development truly takes place.

Much emphasis is placed on interactive learning. Children participate in practical activities and role play various user-friendly tools to consolidate learning and then apply to real-life situations. Tamariki often express their enjoyment of the activity-based approach with self-esteem, gratitude, resilience, personal goals, self-perceptions, and self-talk being the primary focus. There is a particular emphasis on how to identify, express, and manage feelings and emotions.

Facilitators enjoy nothing more than hearing how tools learnt during the programme are applied to real-life situations, or how whānau connections are stronger

because those communication pathways have been ignited. Low facilitator to tamariki ratios means that Growing Taller can be uniquely tailored to the ages, stages and needs of the group. Strong connections are easily formed between peers, whānau, and facilitators.

"Growing Taller has helped me with all the emotions"

"I really liked it here", "I can see real life results", "Growing Taller is great for active minds to learn", "It has helped me to control my anger", "I love Growing Taller. I liked the activities", "I enjoyed making friends", are just some of the positive evaluative comments gratefully received by Growing Taller facilitators. Having the unique opportunity to incorporate bizarre learning resources like squishy brain stress balls, oversized sunglasses, and belly breathing wheat bags went down a treat!

Growing Taller is a fun, activity-based group programme for children aged 7-11. If you would like to support this unfunded programme, please use the form at the back of the magazine.

For more information please visit psotago.org.nz/growing-taller

Tunnel house for Iona dementia residents

Staff and volunteers at Iona care home in Oamaru have seen the fruit of their labours rewarded with the purchase of a brand new tunnel house! They have been running market days since the middle of last year to raise funds, with Oamaru Lions Club helping them install the tunnel house on site at the end of last year.

“I am in the process of getting shelves and tables set up inside to grow our seedlings,” says Michelle Munro, Activities Coordinator, who has led the initiative. The project encourages residents living with dementia to engage in something they love – gardening and growing food.

“Everything we do together has an element of engagement that helps stimulate the residents – the benefits are immense,” Michelle adds.

A huge thank you to everyone who has supported this initiative! We look forward to sharing more updates on the tunnel house in future editions.



New chiller for the foodbank!

Our foodbank now has a brand-new chiller! This will allow us to keep some of the perishable items that go into our food parcels stored for longer, giving us the ability to spread these items out to more people in need!

The chiller arrived just in time to help with our Christmas rush and was put to good use straight away.

We would like to give a huge **THANK YOU** to the Otago Masonic Charitable Trust and the Rotary Club of Dunedin for their amazing grants that have allowed this to happen!

Marilyn, Foodbank Coordinator with Grant from the Otago Masonic Charitable Trust



Enhancing the life of those experiencing Dementia Mate Wareware

Caring for our kaumātua/older people is at the heart of what we do. That's why we are proud to be part of a collaborative initiative that brings together a network of providers and agencies across the South Island with a shared commitment to enhancing the life of a person with Dementia Mate Wareware and their families.

The Dementia Mate Wareware HomeShare programme is a day programme utilising small community-based social groups. It offers companionship and enjoyment for people living with dementia mate wareware while providing their caregivers with a break once a week.

This is a place where friendships grow, support networks strengthen, and kaumātua continue to live with dignity and joy. Hosts provide tailored activities catered to individual interests and enable social interactions as a 'brain gym' - keeping the mind active.

Presbyterian Support Otago currently hosts Dementia Mate Wareware Homeshare programmes in Oamaru, Balclutha and Dunedin.

If you would like to learn more about how the Dementia Mate Wareware HomeShare can support your whānau please email us on dmw@psotago.org.nz or phone 03 477 7115.



Runway Revival at Shop on Carroll!

Shop on Carroll is excited, yet again, to be part of iD Dunedin Fashion Week! We are hosting our inaugural Runway Revival Fundraiser Fashion Show on Thursday 3 April, and we can't wait to show you all the amazing and talented local designers who are upcycling second-hand fashion into show-stopping runway masterpieces!

The show aims to encourage more conscious decisions when shopping – not only to turn the tide on fast fashion, but to raise much needed funds for our Family Works' Foodbank and children's support programmes, helping to build a strong future for our community.

For more information about our Runway Revival 2025 please visit psotago.org.nz/fashionshow

SHOP ON
CARROLL

CHARITY SHOP



Volunteer voice

Helen Humphrey, with help from Glenys Cowie, have been operating the mobile trolley shop at Ross Home, helping residents to have access to all their favourite little treats! Now that she is retiring, Helen has shared a bit about herself and Glenys and how they got involved in volunteering.

Thank you Helen and Glenys for your dedication in volunteering. We wish you both all the best!

How long have you been volunteering and what do you do?

At Ross Home for about 13 years, mainly operating the Mobile Shop each Thursday.

How did you get involved?

A former Ross Home staff member suggested I occupy some of my time following my retirement from work. Initially it was operating the Mobile Shop and that led to other areas. At the start I did the selling on my own and was later assisted for many years. Glenys joined me six years ago. At first I needed a map to get myself around the units without getting lost!

What are the most popular items?

Chocolate is a big favourite with a divide between the followers of Cadbury and Whittaker's, followed by potato chips.

Glenys and I also supply the shop with a range of small gifts and baby/toddler knitting. The items are all donated and any sales monies go to charity each year. We have usually been able to donate about \$300 per year.

Any key moments or memories you'll cherish?

I will always remember one particular resident who was nearing 103 years old. She wished to purchase a new shower cap. When I told her the price was \$2, her response was that she thought it rather expensive as she wouldn't get the wear out of it! Just delightful.

What are you going to do with your time when you finish?

My main focus will be on supporting my grandchildren – covering for after school care, teacher only days, and school holidays etc. I also have elderly relatives who require support with their daily lives. Glenys is involved in many other activities like Marching, Line Dancing and Leisure Marching that occupy her time.

What will you miss most about Ross Home?

Undoubtedly the residents. They are very interesting to interact with, getting to know them, their likes and dislikes, their opinions and life experiences. We have enjoyed being a listening ear for them.



Glenys Cowie and Helen Humphrey with the mobile trolley shop at Ross Home.

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

Thank you!



**Interested in learning
more about volunteering?**

If you would like to find out more about becoming a PSO volunteer, visit our website psotago.org.nz/volunteer or contact us on 03 477 7115

Notice Board



At Ross Home, we were privileged to hear Patrick Taita, a Kilgour unit resident, perform Frank Sinatra's 'My Way'. Patrick has performed as a soloist in well-known Dunedin hotels like Heffs Hotel and Gardens Tavern. Though arthritis now prevents him from playing guitar, his voice remains as strong as ever. Thank you, Patrick, for sharing your talent!



In Ranui care home, Alexandra, residents really enjoyed a visit from a local lamb.

Thank you to all the amazing individuals, groups, organisations, parishes and businesses that generously donated to us over Christmas and into the New Year. Your support is so valuable and we are very grateful. We could not help the people that we do without it!



A huge thank you to all of the Dunedin and Oamaru schools and kura who generously donated to help our Family Works teams support those in the community who really needed help at Christmas.

Thank you to Ritchies, our major supporter of Dunedin Stock the Bus, and to Pearsons in Oamaru for their amazing support in this event. You have helped make Christmas special for many families.



Thank you to the FoodStuffs South Island group (above) and Anderson Lloyd (right) who very generously donated vouchers to support our foodbank.



A huge THANK YOU to everyone who donated to Movies for Teens! With your support we were able to send over 100 teens to the movies this Christmas.



Thank you to our Church communities

Throughout 2024 fifteen churches across Otago hosted speakers from PSO where we spoke about the work we do, the partnerships we have and, most importantly, thanked you all for your support. Often, we left your community with donations for the foodbank or other gifts.

We learned about the work you do in your communities, the groups you run, Christmas boxes you made up, and your contributions to community events – local churches active and visible in their communities.

In supporting PSO, you also make a significant difference. Volunteering time, donating resources or money, all in support of PSO’s diverse programmes. We value each one of you!

As the Easter season approaches, Christians reflect on God’s love for us. We remember Christ’s sacrifice for humanity.

Whether through prayer, donations, or volunteering, your efforts embody the teachings of Christ, bringing hope and support to those struggling in our community. Together we serve our neighbours.

Your ongoing support of PSO makes a lasting impact, helping build stronger, thriving communities, where every person can be connected, known, loved and valued. May that be true for you, your whānau and wider community.

If you would like to talk to us about visiting your parish, please contact Joy Davis on 03 470 0806 or email joy.davis@psotago.org.nz

Support Sundays coming up:

16 March	Peninsula Presbyterian Church, Portobello
13 April	Eveline Presbyterian, Oamaru
27 April	Lawrence-Waitahuna Presbyterian Church
4 May	Clutha Valley Community, Clydevale
25 May	Wanaka Presbyterian Community Church
29 June	Mosgiel North Taieri Presbyterian

Leaving a Gift in your Will – a lasting legacy

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.

Future bequestor Mark wanted to share his success and because he cares deeply for tamariki and whānau, he has decided to give something back.

“I want children to be able to grow up in a safe community. I admire the work that PSO does and knowing my bequest will support children, families and the elderly in the community makes me feel very happy!”

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:

Robbie Moginie
CEO, Presbyterian Support Otago
Phone: 03 470 0819
Email: robbie.moginie@psotago.org.nz



Give where you live Otago

Donating to PSO is giving us the means to provide essential community services to vulnerable people within Otago.

We work to support local people with emergency food parcels, help people take control of their debt through financial mentoring, support whānau and tamariki through parenting programmes and social work support. We work across agencies to help find the best outcomes for difficult issues like family harm, and advocate for those unable to do so for themselves.

The donations we receive are **only used for services in Otago**, they are not sent to other regions.

Visit psotago.org.nz/donate to make a donation or use the donation form at the back of this magazine.

Whatever you can give will help make a difference.

Thank you.

Funds raised
in Otago,
stay in Otago
to help in
our local
communities



Making a difference in Otago

During the last financial year we have helped make a difference to thousands of people across Otago. We couldn't provide this support without your help!

Family Works

5,623 Family Works clients

26,974 Family Works client contacts

4,576 Food parcels supplied

244 Children who participated in Family Works programmes

Enliven services

42,583 Meals on Wheels delivered

828 Residents in our care homes

160 Older people attending Club Enliven day programmes



Figures from 1 July 2023 - 30 June 2024

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**

AUTUMN 2025

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 03 470 0819 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, Wanaka
Aspiring Care, Wanaka

Retirement Villages

Columba Court, Oamaru
Wanaka Retirement Village
Ranui Court, Alexandra

Family Works

Freephone 0508 396 678 for all services

Social services

Community Foodbank
Social Work
Stepping Stones
YouthGrow

Financial & budgeting

EnergyMate
Financial Mentors
Money Mates

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru

Community based services for older people

Individualised Funding
Club Enliven, Dunedin/Taieri/
Alexandra
Dementia Mate Wareware
HomeShare, Balclutha/
Oamaru/Dunedin
HomeShare, Alexandra
Visiting Volunteers

Parenting, support and children's programmes

Buddy Programme
Grandy's Group
Growing Taller
Incredible Years
Strengthening Families

862 STAFF

650 VOLUNTEERS

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



Becoming a regular donor makes a huge difference!

By donating a small amount every week or month, you can help us to:

- ✓ **Provide social services throughout Otago**, ensuring our teams can respond to whānau and individuals, including tamariki who need support or are affected by hardship
- ✓ **Food security**, with regular donations our foodbank can continue to offer food and support to those who urgently need it
- ✓ **Maximise financial independence** through our financial mentoring, money mates group and advocacy
- ✓ **Support older people in the community**, combating isolation and loneliness through Visiting Volunteers and our day programmes Club Enliven and Dementia Mate Wareware



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CHARITY SHOP

169 Princes St, Dunedin
Monday to Friday 10 – 5
Saturday & Sunday 10 – 4

Shop online at
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Profits from our retail shop go towards Presbyterian Support Otago's community services.

For more information about becoming a regular donor, please call us on 477 7115, visit psotago.org.nz/donate or email fundraising@psotago.org.nz

88% of clients say they learnt useful new skills/strategies

In our most recent Family Works client satisfaction survey