

Autumn 2022

# PEOPLE

*helping people*

The magazine for friends and supporters of  
Presbyterian Support Otago



OUR SERVICES



Presbyterian Support  
Otago

*enliven*  
PRESBYTERIAN SUPPORT OTAGO

 Family  
Works  
PRESBYTERIAN SUPPORT  
OTAGO

# Message from Jo

As I write this, a high number of Covid-19 cases has been confirmed throughout the South. I am heartened though by the very high vaccination and booster rates across Otago as this is what will help keep people out of hospital, and especially out of ICU. I hope that everyone who is eligible for their booster is taking that up as soon as they can.

Many people are now self-isolating. We want them to know that they are not alone – we are working closely with other agencies to ensure that people can access food and any other support they may need during this time.

Please don't hesitate to reach out if you need help, or you know someone who does. Our Family Works team is the largest provider of social services in Otago and among the most trusted. We are here for anyone who needs support, including unvaccinated people. Increasingly we are seeing families who are in work, but struggling due to high rent or mortgage costs, as well as many people on low fixed incomes who are facing sharp rises in the cost of groceries and utilities.

I want to take this opportunity to acknowledge our amazing, adaptable, dedicated staff and volunteers. The past two years have been deeply challenging and the journey isn't over yet. To our supporters and donors, my deepest thanks also, because without you we couldn't walk beside people as they navigate these stormy times.

Easter blessings to you all,

Jo Rowe  
CEO Presbyterian Support Otago



## Omicron update

We knew it had to happen eventually and now COVID really is back here in our community.

We want everyone to know that our Family Works services are all still operating, but under strict safety protocols. That includes our foodbank in Dunedin.

We are here to help anyone in need, no matter what their vaccination status is.

To get in touch with our Family Works team, give them a call on **freephone 0508 396 678**. They can also help with low interest loans for essential items like second-hand cars, car repairs, computers, new household appliances, education related costs or even to pay for medical or dental costs.

For those who are vaccinated, we encourage you to get your booster as soon as you are eligible – which is 3 months after your second dose.

Just in case, it's great to have a plan ready if you or someone in your household needs to self-isolate.

### **Our Enliven homes**

Visitors are still welcome, however some homes may need to restrict this at times. Please book your visit by calling the home during business hours. Please follow all the safety protocols, especially mask wearing, and please don't visit if you have any symptoms at all. Your Enliven home can also arrange a video or phone call for you.



The Buddy Programme  
is part of our

**SKILLSBANK**



Our award winning Buddy Programme  
is 100% funded through donations.  
If you would like to support this  
programme, please use the donation  
form at the end of the magazine.

An adult buddy and young buddy participating in a sack race during a Buddy outing

# Buddy Programme celebrates 30 years of connecting children with adult mentors

This March marks the 30th anniversary of Presbyterian Support Otago's Buddy Programme which supports the emotional and social well-being of children by matching them with carefully selected and trained adult volunteers in a mentoring relationship.

The programme was first run by The Volunteer Centre in Dunedin in 1985 before being taken over by PSO in 1992. Over the years the service has expanded and during 2021 the Buddy Programme supported 208 young people to connect with their adult mentors, providing a safe and stable relationship with positive role models.

We hope that with your support, young buddies will continue to benefit from creative free time, relief from family demands, and connecting with trusted adult role models.

*"Every week I had this cool person who would pick me up and take me out somewhere."*

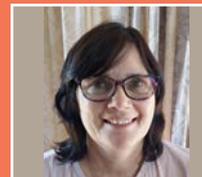
*Young Buddy participant*

**We need more adult buddies!**

Currently we have 118 matched young buddies, but with many more on our waitlist. If you are interested in finding out more about being an adult buddy please call us on 0508 396 678.

## Our amazing Buddy Programme Coordinators from around Otago!

Buddy Coordinators (left to right) Lee, Pippa, Steph, Sam, Christine, Sharon and Jo.





## Remembering Ross Home's beginnings

We remember fondly Reverend John Allen who recently passed away. He shared five years with us at Ross Home and was the grandson of Reverend Andrew Cameron who acted as the first CEO of the Presbyterian Social Service Association, as PSO was then known.

John's Auckland-based sister Mary Boyd has very kindly donated a trowel from the laying of the foundational stone of Ross Home.

Set in beautiful gardens, Ross Home in North East Valley was Dunedin's first home for older people and has a proud history of providing quality care and services.

Left: Mary Boyd.

Right: Rev John Allen at the Ross Home Centennial celebration in 2018, where he cut the cake to mark the Centennial.



# Join the team at PSO!

Are you ready to join our passionate, highly respected team?

Whether you are just starting out, or wanting a change, Presbyterian Support Otago can offer you new opportunities including part-time or full-time hours and will invest in your professional and career development.

We've been walking alongside people, regardless of age, background or religious belief, for more than 100 years. We support and empower thousands of people, families, whānau and communities in aged care and social services in locations right across Otago. If you share our passion for this purpose, we'd love to hear from you!

Visit our website for all our vacancies!



[psotago.org.nz/jobs](https://psotago.org.nz/jobs)



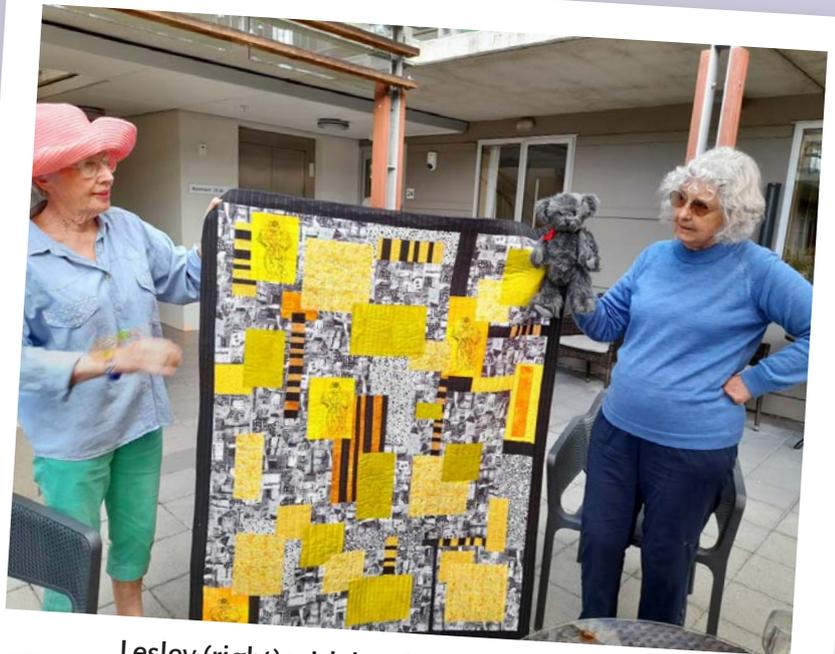
registered nurses · careworkers · cooks · housekeepers · enrolled nurses · social workers

## Talented residents wow with their creations

This stunning quilt and dearest little teddy bear are the work of Lesley (right), and were requested by her grand-daughter who is a regular visitor at Wanaka Retirement Village.

June (left) is also amazingly talented and recently sold her exhibited work at the Labour Weekend Wanaka Art Show.

Presbyterian Support Otago's Wanaka Retirement Village is a boutique complex with modern villas and apartments, close to our Elmslie House care home.



Lesley (right) with her fabulous quilt and bear.



Some of the beautiful landscapes around Wanaka in Autumn

# Thank you!

for your ongoing support

Thank you to all our generous donors who have contributed to our Foodbank and Skillsbank over the summer. Without your donations of food and financial support, we simply couldn't have met the demand we experienced over summer. Coming into the cooler months and with the uncertainty of Omicron, demand is greater than ever.

### Did you know? We have Eftpos available!

You can now call into the Support Centre and use your Eftpos card to make your donation!

With your support we were able to send

## 362 teens to the movies

these summer holidays.

This is a real treat for teens from struggling families, and it would not be possible without your help!



Family Works staff with toys donated to our Christmas Appeal - the amazingly talented Beatrice hand made these beautiful rabbits!



Huge thanks to The Breeze and everyone who supported the Christmas Can-a-thon held in the Octagon in December!



May the miracle of Easter bring you peace and joy. Sending many blessings to you during this time of hope and renewal.

# Puzzle fun!

## WORD FIND

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

AUTUMNAL

COZY

LEAVES

BUDDIES

DECIDUOUS

NGAHURU

CARING

FOODBANK

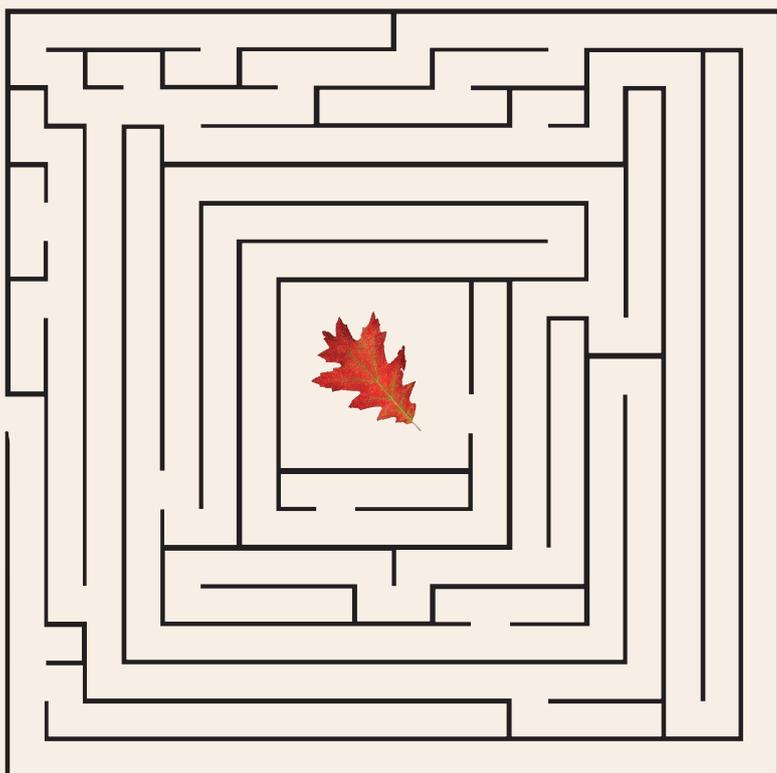
SKILLSBANK

COMMUNITY

GOLDEN

VILLAGE

## MINI MAZE



  
**SHOP ON**  
 CARROLL

**Did you know that you can shop at your favourite op-shop from home?**

We have a fully functioning online shop, with beautiful gowns and dresses, shoes and tops, pants and scarves, jewellery, trinkets and homeware - and there's new stock every week! We can deliver anywhere in NZ or you can pickup from our Dunedin shop!

Shop online at [www.shoponcarroll.org.nz](http://www.shoponcarroll.org.nz) or visit us at 10 Carroll Street, Dunedin - your vintage and retro specialist!

Shop online  
[www.shoponcarroll.org.nz](http://www.shoponcarroll.org.nz)

 [facebook.com/shoponcarroll](https://facebook.com/shoponcarroll)

 [instagram.com/shoponcarroll](https://instagram.com/shoponcarroll)

Our proceeds support Presbyterian Support Otago programmes.





*“I felt completely cornered financially, and now there is a great weight lifted off my shoulders. I know how to avoid that kind of debt in future”*



Photo: iStock

## Mentoring for success!

At PSO our friendly team of financial mentors work across the Otago region, including North Otago where team member Mary Bulutao is based.

Mary recently worked with a client, Colin\* (not his real name), who had bought a television for \$3,000 in 2018 and because of an unfairly high interest rate, he now owed \$6,400. Colin was struggling to pay this debt, as he had lost his job. The intense pressure Colin was under was starting to take its toll on his wellbeing. Faced with the threat of having his TV repossessed, and feeling very anxious, he reached out to Mary who was able to work alongside him and Work and Income to help him through this situation.



Success was achieved! Colin was so relieved that his debt was written off. Mary was thrilled for him because, like all our financial mentors, she loves to advocate for and work with people to help them achieve better financial outcomes and build better financial skills.

If you or someone you know would like to talk to one of our friendly financial mentors, please get in touch with us on **freephone 0508 396 678**.

We can help.

Left: Mary Bulutao, Financial Mentor

## Financial Mentoring, a service in demand

We have seen a huge increase in the number of people accessing our financial mentoring services over the last 3 months.

- **180% increase** in clients referred for financial mentoring\*!
- **136% increase** in the number of financial mentoring sessions\*

\* Based on figures from 1 Nov 2021 - 31 Jan 2022 when compared to the same time frame from the previous year.





Kirkness unit at Iona, Oamaru

## Where there's a Will there's a way

Our Iona care home in Oamaru is an iconic building, constructed in 1953. The Kirkness Unit was added in 2013, and was made possible by the thoughtful generosity of people naming Presbyterian Support Otago in their wills. Without their collective support, and that of other donors, the development would have been either long delayed, or far more modest.

Kirkness is a first-class building conducive to providing first-class care and comfort to people in their latter years and it's all thanks to the generosity of people in our community.

A gift from a will or estate can make a lasting difference to people in our community. Is Presbyterian Support Otago already in your will, trust or other estate plans? If so, we thank you! Please let us know about your plans because it helps us plan for the future.

Don't have a will? You're not alone! Now is a great time to start planning. Contact me, for a private conversation on **03 470 0834** or my cell phone **027 488 4442**.

Thank you!

Jude McCracken



## Family Works working in the community

Family Works is operating through all Traffic Light levels, and we can help anyone in need, whether they are vaccinated or not. We have strict safety protocols in place across all our services.

To talk to one our Family Works team call **freephone 0508 396 678**.

## Dunedin's busiest Foodbank

We have seen a huge demand for food parcels this summer. Thank you to everyone who helped to support the community by donating to the foodbank.

December food parcels	391
Christmas food parcels	251
January food parcels	300
<b>Total for Dec/Jan</b>	<b>942</b>

That is approx. **33,000** grocery items given to those who needed help to get through December and January.





*“It takes a whole community, working together, to make a difference!”*

I hope you will join in helping us to build our Skillsbank with life skills for children, families and people in need this Autumn!

Your donation this Autumn will not only assist those who face the extra financial burden that the cooler months bring, it will also help us to keep running our social support programmes, which we call our Skillsbank. This is a mix of programmes and supports we provide free of charge and each one is designed to help people build new and lasting life skills.

Please consider making a donation using the form on the next page or visit [www.psotago.org.nz/donate](http://www.psotago.org.nz/donate) to make a donation online.

We appreciate your support and thank you for joining us in making a real difference to the community we live in!

Jude McCracken  
Supporter Engagement Manager

## How your donation can make a difference

Our Skillsbank, like our Foodbank, relies heavily on the generosity of our donors.

Any amount, large or small, will help keep our Skillsbank working alongside local people to grow their skills and capabilities.

**Here are some examples of how donations can help support the people who access our programmes:**

**\$35**

Funds one session of Social Work

**\$70**

Funds 3 sessions for one parent to attend a support group

**\$100**

Funds one child to attend a group support programme for 3 sessions

**\$200**

Provides 3 family food parcels

## What are some other ways to donate?

-  **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 or Shop on Carroll.
-  **Leave a gift in your Will.** To find out more, please call Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on **03 4700834**.

# Leaving a Gift in your Will?

If you have any questions at all about donating to PSO or leaving a gift in your will, please feel free to phone Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on 03 4700834.

- Please contact me to discuss donations
- Please contact me to discuss leaving a gift in my Will to Presbyterian Support Otago.

Name

Phone

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

## How to return this form:

### POST

Fundraising Team,  
Presbyterian Support Otago,  
FREEPOST 845, Dunedin  
9054

### EMAIL

[fundraising@psotago.org.nz](mailto:fundraising@psotago.org.nz)

### PHONE

Contact us on 03 477 7115

# Yes, I want to show my support!

I would like to donate

\$

To support

- Where the need is greatest
- Skillsbank - Child and Family Services
- Family Works Foodbank
- Services for older people

## Donation options - it's easy to donate!

### Credit / Debit Card

Card number

Name on card

Expiry date

CVC

Three digit code on back of card

Signature

One-off donation

Monthly donation

### Donate Online via [www.psotago.org.nz](http://www.psotago.org.nz)

Use your credit or debit card to donate via our website

### Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your phone number

Code: **DONATION**

Particulars: Enter a donation option from the list above

For a receipt, please email us at [fundraising@psotago.org.nz](mailto:fundraising@psotago.org.nz)

Name

Address

Phone

Email

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.



Presbyterian Support  
Otago



- Support Centre
- Family Works
- Enliven
- Cottages and Villages
- Retail Shops

## 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.

**Parenting programmes and support groups.** Strategies to promote positive family relationships.

**Financial mentoring.** Empowering people to manage their own finances.

**Community Finance.** Access to affordable 'Good Loans'.

**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.

**Social work.** Empowering people to make change and build their sense of belonging.

**YouthGrow** is a youth development programme located in a fully operational nursery/garden centre.

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.

## Presbyterian Support Otago Services

### Enliven

#### Residential aged care homes

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

#### Retirement Villages

Columba Court, Oamaru  
Wanaka Retirement Village  
Ranui Court, Alexandra

#### Rental Cottages

Ross Home Cottages, Dunedin  
Iona Cottages, Oamaru  
Milton Cottages, Milton

#### 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

776 STAFF

550 VOLUNTEERS

Family Works

Freephone 0508 396 678

www.psotago.org.nz