Spring 2021

The magazine for friends and supporters of Presbyterian Support Otago
Message from Jo

As we go to print, we are heading into the longer brighter days of Spring but as a nation we are again battling a significant community outbreak of the Delta variant of Covid-19. These are uncertain times, but PSO is here to help those in need, and we are working hard to protect all those in our care. Our Family Works Foodbank, social workers and financial mentors are supporting more and more people during the pandemic.

In this, we are driven by our mission, vision and values – the essence of which can be traced back to our foundation in 1906. We have worked hard this year to develop a modern expression of these important concepts, and I am pleased to be able to share those with you now.

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Our Vision | Tō Mātou Matawhānui
Every person is valued and grows in a safe and strong community.

Our Mission | Tō Mātou Whakatakanga
We walk with people across the generations to create together places to live, learn and thrive. We call out injustice and advocate for positive social change.

Our Values | Ō Mātou Uara
With the foundation of Christian faith, we act with the values of integrity, respect, courage, manaaki & aroha.

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We want the stories we tell in People to show how we are putting our goals and values into practice across all our work - in aged care, retirement living, social services, youth and community outreach and our opportunity shops.

Especially during these challenging times, I hope you find inspiration in our stories, and please know that we are incredibly grateful for the support of our donors, volunteers and friends.

Blessings to you all.

Jo Rowe
CEO Presbyterian Support Otago

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Welcome to the board, Stephen

Stephen Willis is our newest PSO Board member, joining in 2021. He is the Chief Operating Officer (COO) of the University of Otago, where he provides strategic leadership, planning and management across the University’s operational functions and capital developments.

Prior to his current role, Stephen had extensive experience in the military, in nursing as a nurse and Nurse Manager, and in project development.

He is also a Member of the Institute of Directors New Zealand, the Australian Institute of Project Management, the Association for Tertiary Education Management and has held board positions for both government and charitable organisations.

Stephen is a qualified and licensed practitioner in Portfolio Management, holding a Master’s Degree in Project Management (Property Development), a Master’s Degree in Health Science (Health Service Management), and a Bachelor of Nursing.

Stephen enjoys living in Dunedin with his wife and young family.
There’s more to money than budgeting!

For many years, Budget Advisers have helped people create weekly budgets to help them manage their finances. These days, there is a lot more to the role, and they are now known as Financial Mentors.

Financial mentors call out predatory lenders and help people find solutions to debt

Recently the government introduced changes to the law limiting the amount of fees that can be added to a loan, but these fees can still mount up. Our financial mentors ensure clients are aware of these before an agreement is signed, as well as checking that clients are able to afford the loan.

Under the Credit Contracts and Consumer Finance Act, mentors also look out for companies abusing the law.

Our client, Judy* was given a short-term loan of $250 by an unscrupulous lender, which doubled to $500 in one day, and almost quadrupled to $997 in just two months. With mentor intervention, the debt was settled at the original sum of $250, which saved Judy $747.

If you or someone you know is struggling with a debt, we are here to listen and help. Our Financial Mentoring service is free of charge, and we will walk alongside you to identify any failings by the lender. Alternatively, we may be able to help you find a solution to make it more affordable for you!

Contact our financial mentors on 0508 396 678 for more information.

*Name changed for privacy reasons
At Presbyterian Support Otago we have been working with Servants Health Centre to provide life’s essentials for people in our community.

After suffering a stroke last year, Trevor was confined to his house due to mobility issues. Together with Cathy, his patient advocate at Servants Health Centre, they thought a mobility scooter could be the answer to this challenge. They initially applied to the Lottery Grant Scheme but discovered that although Trevor was an ideal candidate, there was a waiting list of two years.

WINZ then suggested they investigate the Good Loans Programme, and with the help of our community finance loan worker, Trevor applied for a Good Loan to purchase a mobility scooter, and he is now fully mobile and enjoying his freedom again!

“Trevor is on the move again! It’s so happy now that I have my scooter. Before getting my scooter, I didn’t even want to get out of bed as I was stuck at home doing nothing. Now I can go down to St Clair and buy a coffee and watch the surfers”.

Our loan workers assist with the whole process of applying for a Good Loan to ensure that clients are comfortably able to afford repayments.

Please note with Covid restrictions, while we are happy to start the loan process at any alert level, loans cannot be approved until Level 2.

Fair and affordable no and low interest loans

Good Loans are designed to help New Zealanders with limited incomes improve their quality of life!

Our community loan workers can help people on limited incomes apply for a no or low interest loan to buy essential items like second-hand cars, car repairs, computers, new household appliances, education related costs or to pay for medical and/or dental services. We also offer a ‘DEBTSolve Programme’ where we can refer you to Debt Coaches who work alongside you to find solutions to high interest or unmanageable debt.

Good Loans are provided by Presbyterian Support Otago as a community provider of the Programme which is a partnership between Good Shepherd NZ / BNZ and supported by MSD.

For more information about Good Loans visit www.goodloans.org.nz or call us on 0800 477 711.
Bert’s keen on Club Enliven

Some things make for healthier, happier living, no matter what your age. Club Enliven Dunedin member Bert certainly brings laughter and light to the Club.

Admittedly, Bert wasn’t too keen on Club Enliven at first, as he didn’t like to be looked at as the new person. Now more than three years later, Bert comes twice a week, and says “it’s an amazing place, everyday it’s something special. You get fed really well, something I wasn’t expecting. And if you want anything, you only need to ask. The staff are excellent and make a big difference. I’d still be under the table if it wasn’t for Marilyn”.

Bert enjoys the banter and seems to generate a lot of it himself, confessing when he’s not at Club Enliven, he’s scheming on ways to get one up on the boys.

His favourite Club Enliven memory is “listening to a male student with an amazing voice who used to come and sing to the members”.

Bert Johnson with Marilyn Withnall, Club Enliven Dunedin Coordinator

Launch of Club Enliven Taieri

The Mosgiel Elderly Care Trust invited Presbyterian Support Otago to take on the operation of its long-running day programme this year, and in July we launched the service as Club Enliven Taieri.

Maurice Burrowes, Director of PSO’s Enliven Services said “We acknowledge the outstanding work of the Mosgiel Elderly Care Trust over the past 38 years, and look forward to further strengthening this service to ensure it continues to be responsive to the needs of local older people”.

Club Enliven is a day programme for people over 65 years (sometimes younger) who like meeting others, enjoy social activities and sharing a meal in good company. The programme is offered in Dunedin, Mosgiel and Alexandra and aims to enrich the lives of its members and help maintain their mental and physical wellbeing.

For more information contact Enliven Community Co-ordinator Rachel Thomas on (03) 470 0816.

The full Club Enliven programme will recommence when alert levels allow.
Many people know about our FOODBANK, but did you know we also have a SKILLS BANK?

For many years we have worked quietly with people from all walks of life to grow their life skills, strengthen families and meet individual needs. We now call this group of programmes our Skillsbank.

Now, more than ever, through our Foodbank and our Skillsbank, we give people the support they need, when they need it, in a way that works for them.
What’s in our Skillsbank?

**Parenting programmes and support groups.** Parenting can be hard! Our courses provide strategies to promote positive family relationships, support with growing skills to help manage challenging behaviour and access to resources.

**Financial mentoring.** Our qualified mentors empower people to manage their own finances and improve their quality of life. Clients learn how to plan and take responsibility for their spending.

**Community Finance.** Our loan workers help people access affordable ‘Good Loans’ to find freedom and prevent financial hardship.

**The Buddy Programme** is a friendship mentoring programme for children aged from 5 to 12 years, aimed at building resilience and mana atua (personal wellbeing) while having fun.

**Stepping Stones** is a day programme where we work alongside clients who are facing mental wellbeing challenges - to build their skills, assist them to make informed decisions, and connect them with their wider community.

**Social work.** Our experienced social workers empower people to make change to enable them to reach their potential and build a sense of belonging.

**YouthGrow** is a youth development programme located in a fully operational nursery/garden centre where we help young people become ‘life-ready and work-ready’ while delivering NCEA level 1 & 2.

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

“A food parcel provides immediate, short term help.

A new skill is a pathway to a safer, stronger, more connected life.”

Give someone a fish, and you’ll feed them for a day.

Teach them to fish, and you’ve fed them for a lifetime.
Flagstaff Community Church celebrates Matariki

Flagstaff Community Church have quietly been restoring School Creek, the awa/river that runs alongside the church. Rev Brendon McRae says “We like to plant during the season of Puaka Matariki. Matariki signifies our connection to the environment. This is a big celebration time for us at Flagstaff Community Church.”

The flax was very kindly donated by YouthGrow, part of Presbyterian Support Otago. YouthGrow have a wide range of plants and natives for sale, grown for our Dunedin climate.

YouthGrow is open to the public at 146 Norwood Street, North East Valley, Dunedin, Monday to Sunday, 10am-4.30pm, phone 03 473 1334. YouthGrow is also at the Otago’s Farmers Market, Dunedin Railway Station on Saturdays.

We are really sorry that during Covid-19 levels 3 & 4, we are not able to visit parishes as planned.

We look forward to meeting with you in person once Alert Levels allow and we hope to be able to commence our Support Sunday visits in October at these parishes:

10th October – Alexandra/Clyde Union Church
Speaker Pippa Wellstead (local Buddy Co-ordinator)

3rd October – St David’s NEV Presbyterian Church
Speaker to be confirmed

31st October – Kurow Presbyterian Church
Speaker Bev Rodwell (PSO Board Member)

If you have any questions about this please call Carolyn Sims our Community Mission Liaison Coordinator on (03) 4777 115

Presbyterian parishes throughout Otago are greatly valued supporters of our work here at Presbyterian Support Otago. We are very grateful to you all and send our blessings to all. Please keep us, and those who need our services in your prayers.

SAVE THE DATE

White Ribbon Day
25 November 2021
Spring Puzzle Fun!

MINI MAZE

WORD FIND

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

HOPE   AROHA   GROWTH
SPRING  KŌANGA  HAPPINESS
FAMILY  PUAKA   TOGETHER
OTAGO   PUA     SKILLS BANK
BLOSSOM WHĀNAU

Spring clean now and donate later!

Time for a little spring cleaning around the home? Now is great time to have a good sort out.

We would love to receive your pre-loved fashion and homewares, when alert levels allow.

You can order donation bags, find the nearest place to drop off donations safely, or arrange for a bulk donation to be collected (within Dunedin city).

All the details are on our website

www.psotago.org.nz/get-involved/pack-it-up

Please note that as we have limited storage space, we can’t receive furniture or large bedding items.

Any donations of pre-loved items should be clean and have plenty of life in them, for others to enjoy.

Please encourage anyone you know who has pre-loved items to consider donating to us.

All donated items are passed on to families in need or sold through one of our shops in Dunedin. Profits from our shops go directly into supporting our Foodbank and Skillsbank!

Thank you for your support!
Thank you to our supporters

One thing we know for certain is that not much is certain! As a nation we’ve been blessed with a lot of freedom and safety this year, but as I write this message, we are back at a high Covid-19 Alert level. At this time PSO is helping many people, including those who have lost jobs or had their hours reduced, as well as those who are doing the ‘Covid juggle’, trying to work and look after family all at once from home.

At times like these we are especially grateful for your tremendous care and concern, and for our many donors. Your kindness means we can support people through difficult times and walk beside them as they grow new skills.

At PSO, we always want to make the best use of every dollar donated. So, we’re keen to send emails rather than letters, wherever possible, as this is great for the environment and creates less waste and reduces costs. We know emails aren’t appealing to everybody, but if this does resonate for you, we would love it if you came on board with this idea!

Please consider providing us with your email address so we can send you an electronic version of People and an emailed receipt for any donations you may make. You can include your email address on the gift form or email me at fundraising@psotago.org.nz, or just give me a call on the number below.

In other news, we have had a wonderful response from our donors who have embraced the phasing out of cheques and have made the move to support us in a different way - we thank you.

This spring, we hope you can help us sow the seeds of hope for those most in need!

Kind regards, Jude  (Supporter Engagement Manager)

PS: Please give me a ring on (03) 470 0834 if you would like to chat some more about supporting Presbyterian Support Otago.

“\it takes a whole community, working together to make a difference!”

Thank you to everyone who came to support our Family Works foodbank during Octacan!

We are so grateful to all the individuals, offices, companies, community groups, churches, schools and pre-schools who donated to the foodbank; and all the volunteers who helped on the day, including our major sponsor Better Moves.

From January to May this year our foodbank distributed more than 46,000 items in food parcels to local people in need, and demand remains high.

Thank you from our foodbank!

15,575 Cans donated to our foodbank during Octacan!
Yes, I want to show my support!

I would like to donate $  

To support

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

Donation options - it's easy to donate!

- Credit / Debit Card
  Card number  
  Name on card  
  Expiry date  
  CVC

- Donate Online via 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

How to return this form:

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

EMAIL
fundraising@psotago.org.nz

PHONE
Contact us on 03 477 7115

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 Services

Family Works
Social Services
Community Foodbank
Strengthening Families
Social Work
Stepping Stones
YouthGrow - Youth Development

Parenting Groups and Child & Youth Services
Grandy’s Group
Incredible Years
Harakeke Group
Negotiating the Minefield
Growing Taller
Heads Up
Buddy Programme

Financial & Budgeting
Money Mates
Financial Mentors
Good Loans

Enliven
Residential aged care homes
Dunedin, Mosgiel, Oamaru, Balclutha, Alexandra, Wanaka

Retirement Villages
Columba Court, Oamaru
Wanaka Retirement Village
Ranui Court, Alexandra

Community based services for older people
Individualised Funding
Visiting Volunteers, Dunedin
Club Enliven, Dunedin/Taieri/Alexandra
HomeShare, Alexandra

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

Support Centre/Head Office
All Enquiries 03 477 7115
407 Moray Place, Dunedin, 9054
PO Box 374, Dunedin, 9054

Family Works
All Enquiries Freephone 0508 396 678
Good Loans 0800 477 711

Enliven care homes
Ross Home, Dunedin 03 473 0029
St Andrews, Dunedin 03 455 4396
Taieri Court, Mosgiel 03 489 6044
Iona, Oamaru 03 437 1870
Holmdene, Balclutha 03 418 1468
Ranui, Alexandra 03 448 8280
Elmslie House, Wanaka 03 443 7899
Aspiring Enliven, Wanaka 03 555 3010

Our Shops
Op Shop on St Andrew
59-61 St Andrew St, Dunedin 03 477 5019

Shop on Carroll
10 Carroll St, Dunedin 03 471 8249
Online Shop www.shoponcarroll.org.nz

Youthgrow Garden Centre
146 Norwood St, Dunedin 03 473 1334

www.psotago.org.nz