

people

Presbyterian Support Otago



spring 2015

The aftermath

After the Dunedin floods hit her home on 3 June 2015, Norma* was at a loss as to what to do and where to turn.

At the time of the disaster, despite having a backyard covered in sewage, and losing much of her family's belongings to flood water damage, she believed her circumstance was not sufficiently dire to warrant any assistance. Like many, Norma felt uncomfortable about asking for help.

Two weeks later, in desperation, Norma did knock on the door of Family Works seeking support, even if only a food parcel, to help get her family through at least the next few days. This was the beginning of Norma's flood recovery journey.

Family Works team member Elsie Freeman soon realised that Norma was going to need a lot more than a food parcel to get her and her family back on their feet. Norma had only recently signed the lease on her rental property. She and her two children had moved into the house, but all her furniture, children's toys and belongings were in storage in a garage at the back of the property waiting to be moved into their new home. When the flood waters hit, a sewage trap exploded and destroyed the entire contents of the garage, leaving Norma with nothing.

Thanks to the generous support of the community, we were able to give Norma's young family a decent parcel of food and furniture to replace some of what her family has lost. We have also been supporting her to access agencies like the Dunedin City Council, who responded quickly to clean up the mess in Norma's back yard. Unfortunately, her landlord lives out of town and has been difficult to contact. As yet, there are still unresolved issues related to the living conditions at the property.

"It has been wonderful to have the emotional and practical support from Presbyterian Support over the past two months. I don't know how I could have coped without them." said Norma



Working together, agencies, emergency services and members of the public joined forces to help those affected by recent flooding. (Photograph courtesy of Otago Daily Times)

The financial and emotional strain has been tough on Norma, and her family is still trying to get back on its feet. "I never imagined I'd be in a situation like this. I am only now starting to feel like my old self again", she said.

Norma and her children are one of 23 flood affected families Family Works is assisting with processes like applying to the Mayoral Relief Fund, making an insurance claim, applying to WINZ for emergency relief, in addition to helping with practical jobs like cleaning up, moving house, or removing damaged property.

The Dunedin City Council estimates that 1250 people were affected by the flood in June, with nearly 300 homes seriously damaged. Some families will be out of their homes for many months, and others may never be able to return. Although the flood waters have well and truly receded, the recovery process has a long way to run yet. Family Works staff and volunteers will continue to support flood affected families for as long as it is needed. We hope you will too.

* not her real name

Southern Buddies have a great champion

Whether a Brazilian street kid or a South Otago school child, their enthusiasm for life and desire to learn is infectious and worthy of nurturing.

That's the opinion of the Family Works Buddy Programme's newest champion, Kate Nicacio.

Recently appointed Buddy Coordinator for South and West Otago as well as Dunedin, Kate returned to Otago after 11 years working with children on the streets in Brazil. A trained social worker, she volunteered with Youth with a Mission, mentoring a group of young boys.

"They were so open and accepting of new ideas, just like children on the Buddy Programme," says Kate.

"No matter where they live or what their circumstances, children benefit from someone willing to spend a little time with them."

Kate's connection with buddying goes back to her university student days in Christchurch when she volunteered as a buddy mentor. Now with a Brazilian husband and two young children, Kate has settled in Balclutha.

"I've been talking with parents of some of the Young Buddies and there's no doubt they feel the programme makes a big difference in children's lives. It's such a simple, yet effective formula."

There are children in Balclutha, Owaka, Tapanui and Milton currently waiting for someone to volunteer to buddy them in the programme. Can you help?



South Otago Buddy Coordinator Kate Nicacio finds it safer to be pushed around by Buddy pair Jason Payne, left, and Sebastian Birse, than stand up on the Dunedin ice rink where she had organised a recent outing for programme participants.

"Just two hours a week sharing an activity such as cooking, tending animals or your favourite hobby, is all it takes," adds Kate.

Call Kate on 0508 386 283 or email buddyso@psotago.org.nz and find out how you can contribute positively to a young person's life.

Spring cleaning?

If you're going through your cupboards and finding clothes, bedding, and knick knacks that you haven't used in years, why not donate them to Presbyterian Support Otago for resale at one of our very popular op shops?

Donated items are either given to families in need or sold at very reasonable prices at Op Shop on St Andrew (Dunedin), Shop on Carroll (Dunedin) and Shop on Taieri (Mosgiel). All profits from sales support our social services throughout Otago.

Our op shoppers are always on the hunt for quality clothing, shoes, bags, scarves, coats, jewellery, linen, China, glassware and all things under the 'collectible' heading.

Some donations get 'up-cycled' by customers who cleverly

create new uses for old items, as long as the originals still have 'life' in them.

With Christmas on the horizon, now's your chance to "re-gift" that unwanted, unopened package from last year. We would love to receive your donated unopened gifts, especially toiletries and cosmetics, for customers to purchase as low-cost treats for their family and friends.

You can drop off your donated goods at our warehouse, co-located at Shop on Carroll, 10 Carroll Street, Dunedin. There's free, short-term parking right at the door, and friendly volunteers and staff to help you.

If required, our pick-up service may collect large donations. Please call 03 477 7115 to discuss.



Working together for change in North Otago

With a dramatic coastline rich in marine life, grand mountains and vast, productive plains driving the region's rich agricultural sector, the Waitaki is a spectacular region of the South Island. It is a beautiful, but sometimes challenging place to live.

Community discussions held last year by the Community Response Model Forum in Oamaru highlighted a series of key concerns regarding the wellbeing of Waitaki residents. One of those key community concerns was the availability of support and services for families and children, particularly in rural areas. With contributions from a wide range of groups and individuals, there was a strong sense that some "hard to reach" families are falling between the cracks, and not accessing the support they need to stay connected and strong.

Presbyterian Support's social services arm, Family Works, has been working in the Waitaki district for more than 10 years. Our small, but dedicated team is focussed on providing services to support families and young people in the area. Christine Moffat coordinates our highly

effective Buddy Programme, whilst Social Worker Jodi Ryan facilitates parenting programmes and helps connect families to the diversity of services they need, from literacy workshops to employment programmes. But it's tough. We know more needs to be done to reach children and families in need.

Presbyterian Support Otago would like to expand our services in North Otago and is looking to the Waitaki community for more support. Our Family Works and fundraising teams will be talking with community groups and you, our supporters, to explore collaborative approaches to further developing and funding our highly effective social services programme in the district.

Our first response, which will have an immediate positive impact, will be to increase one of our current part-time Oamaru-based social workers' hours to full-time. We can only take this step with faith that you, our supporters will increase your giving to match this increased expense. Our commitment to supporting families in North Otago is strong, we believe yours is too.

To be part of this positive change, please nominate 'Family Works' on the donations form, or commit to a monthly gift of just \$30 to support youth and family services in the region.

Alexandra Foodbank changes

Changes to Alexandra's Combined Churches Foodbank operation are expected to significantly increase the demand on Family Works' services in the area.

Once managed by one social agency, the foodbank will soon be and under the management of the combined churches.

"This means people who request food assistance can now be referred to an agency most appropriate for their needs," says Rachel McAnally, Family Works' Practice Manager (Rural) based in Alexandra.

"For us, that means spending time with each person referred to us, identifying what assistance they would like, and helping them achieve long-term solutions to their situation.

"While that means more work, it also means a holistic approach can be undertaken so that lasting outcomes are achieved," Rachel adds.

Rev. Andrew Howley, of the Alexandra, Clyde, Lauder Union Parish, says he expects to see more people requesting food assistance this year because the severity of winter has meant higher heating bills, which are only now having to be faced by families.

AGM Notice

The Presbyterian Support Otago Annual General Meeting will be held on Wednesday 28 October 2015 at Burns Hall, First Church, Moray Place, Dunedin. Light refreshments will be served from 5pm and the meeting starts at 5.30pm.

If you wish to join us or record an apology, please contact Presbyterian Support reception on 03 477 7115 or enquiries@potago.org.nz by Friday 23 October.

You can be a Guardian Angel too

Guardian Angels help provide lasting care for children and families through regular, monthly giving.

Regular giving enables services such as group programmes to be scheduled with confidence. It also enables Family Works staff members to provide immediate and responsive support as soon as it's called for.

By committing to a regular monthly donation of \$30 or more, you will help deliver vital social services including:

- Growing Taller programme to help boys and girls work through the feelings they struggle to express
- The Incredible Years programme that helps build the skills needed to be a great parent
- Counselling to help families resolve conflict and encourage positive family relationships
- Social workers, counsellors and buddies to walk alongside families and children, supporting them to make positive, lasting change.

Help Family Works staff and volunteers to make Otago the best place to raise children. Nominate 'Guardian Angel' on the attached donations form to register your monthly commitment.





Supporting older people across Otago

Supporters Ken Mathieson and Ivan Main, both of Oamaru, attend the official opening of Iona's Mackay dementia unit.

Presbyterian Support Otago continues to commit resources to meeting the needs of older people in Otago.

There is high, and growing, demand for affordable service options for older people, particularly in regional and rural areas.

In August, Presbyterian Support opened a secure dementia unit at Iona, in Oamaru, to meet community needs in North Otago. Iona now provides a full range of services for older people, including independent living, rest home, hospital and dementia services. This broader range of services allows for a greater number of couples, with differing support requirements, to continue to live together.

In opening the unit, Presbyterian Support Otago Chairman David Richardson acknowledged the many people who have supported the development of Iona, beginning with the gift of land on which the home is located in 1945. He also noted the changes and adaptations made over the years in response to community needs. "With an increasing number of New Zealanders experiencing

dementia, the Mackay Unit is a responsible and necessary development within the Iona rest home" he said.

In Alexandra, there are plans to add a further four units to Ranui Court Retirement Village. The architectural plans were revealed at a well attended community meeting held in conjunction with the Retirement Villages Association New Zealand last month.

The new two bed-room units will front Tarbert St on the north side of the current village site, and are anticipated to be available from April/May 2016. Presbyterian Support is accepting expressions of interest to purchase now. Contact ranui@psotago.org.nz for more information.

Further west, construction of our joint partnership residential care centre has begun. In a first for the district, Presbyterian Support Otago is partnering with local developers to manage services at the Aspiring Enliven Care Centre. Anticipated to open in August 2016, the centre will greatly increase local capacity to support older people in Wanaka and the Lakes District.

Through partnership and collaboration Presbyterian Support Otago is creatively working for improved services for older people, across the province.

Where there's a will there's a way

During 2014/15 Presbyterian Support Otago received over \$185,000 from donors who had left a gift in their will.

The generosity of these individuals and their families will assist Presbyterian Support to deliver much needed social services for children, families and older people in Otago over the coming year.

In accepting these gifts, Presbyterian Support Otago is respectful of any wishes a benefactor may have in relation to how the gift is used. One such example is a recent bequest left by a former resident of Holmdene, Presbyterian Support's rest home in Balclutha. It was the desire of the benefactor to support the ongoing training and professional development of nursing and support staff at Holmdene so that future residents would continue to benefit from expert care. With innovations and the

introduction of new technology in the health care sector, staff training is an ongoing requirement and valuable investment in our quality services. The gift is having a very positive impact on the staff and residents of Holmdene.

There are currently 35 individuals who have indicated to us that they have made provision for a gift to Presbyterian Support in their will. We are very grateful for the forethought these people have given to their final wishes and the trust they have placed in Presbyterian Support to continue caring for the Otago community into the future.

If you would like to know more about including Presbyterian Support Otago in your will, please tick the 'send more information' box on the attached form. Or, call our Field Officer, Richard on 029 1200 132 for a private conversation.

Moving on and up

It's both a happy and sad occasion when a Youth Grow student graduates, and that was again the case in July when Andrew McBeath graduated after 18 months with the programme.

Andrew's success at gaining a level 2 certificate in horticulture, along with his new work ethic, gained him a place in the Otago Polytechnic's viticulture course in Cromwell. Although Youth Grow staff and students are delighted with his success, they are equally sad to see him leave.

Youth Grow's reputation for identifying strengths in students and pointing them in the right direction to gain the skills necessary to succeed in their ambitions, now has the programme with a small waiting list.

For Youth Grow tutors Kaye Ronald and Ben McKenzie, the time spent working with the students is very rewarding and worthwhile.

"They really do want to learn and gain skills, but for some of them, until they arrive here they just haven't found the spark



Youth Grow tutor Ben McKenzie, right, spoke highly of Andrew McBeath's commitment to the programme before presenting him with his completion certificate.

necessary to motivate them along that path," says Ben.

"Once we find the key to unlocking that desire there's no stopping them. And since introducing Chromebook computers we've had to stay open during the term breaks so students can continue accessing them."

As student numbers grow, so too does the need for more equipment. If you'd like to help a student like Andrew reach his or her full potential, please tick the Youth Grow box when you complete the donations form.



New record set thanks to you

The rain didn't stop all day during this year's OCTACAN but still the cans rolled in, setting a new record!

What was to have been a can trail on the pavement turned out to be a day-long shuttle service from the OCTACAN site to a disused office space in Moray Place where the cans could be kept dry.

"It might have rained cats and dogs but people were exceedingly generous and cans of food kept pouring in all day," says Monica Lindemann, Communication, Fundraising and Marketing Director for Presbyterian Support Otago.

"The appeal was especially important this year because the effects of June's flooding in parts of Dunedin were still being felt. Hundreds of people needed support, and Family Works was the agency leading foodbank assistance. To have such a successful OCTACAN meant it was much easier to respond quickly to requests for food."

Once again, local school children were the leading supporters of OCTACAN donating 8,470 of the 14,577 cans collected.

"There was also generous support from businesses, especially local food manufacturers. When everyone pulls together the results are astounding," Monica adds. "People helping people - there's nothing like it!"

Thank you for your generosity.

Students from John McGlashan College, Dunedin, with their contribution to the annual can appeal.



Yes! I want to help vulnerable families in Otago.

Please tick

- By becoming a Guardian Angel at \$30 a month
- By supporting Family Works' responsive services
- By supporting the Buddy Programme
- By supporting YouthGrow

My gift is

\$

- I have left a gift to PSO in my will
- I would like more information about leaving a gift in my will

Please tick payment method

Cheque Credit Card Internet Banking

Card number

VISA MasterCard

Name on card

Expiry Date

Signature

Internet Banking PSO Account Number: 06 0901 0005597 00

My Contact details are

Name

Address

Phone

Email

Please return this form to:

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

(All donations are receipted. Gifts over \$5.00 are tax deductible. Charities Commission number CC 20878)



30 years a 'Wednesday Lady'

If anyone wants to know about op shopping trends over the past 30 years then they should ask Mavis Campbell. That's how long she has volunteered at Op Shop on St Andrew in Dunedin.

Mavis (90) started volunteering in 1985 along with friends from the Caversham Baptist Church. It's become a weekly Wednesday date that utilises her talent for matching colours and garments for the shop's displays.

"In the early days the customers were women who couldn't afford new clothing for their children. Nowadays everyone op-shops, even well-dressed women," Mavis says.

"Clothing used to last a long time, and was handed down to younger children, so not as many donations came in as we see today. It's a very throw away society now."

When displaying clothes at the Op Shop Mavis sometimes comes across such 'old fashioned' quality in donated clothing, so she's quick to point those garments out to the regulars who she enjoys chatting with.

"Customers know I'm here on a Wednesday and come right over to me for a chat before they start shopping. It's such a lovely thing for them to do."

You only have to look at Mavis and her elegant style to know that the way garments complement each other in colour, fabric and flair is important to her. That talent comes from attending a dressmaking course at the King Edward Technical College, followed by specialist machining and making quality coats for manufacturers in Dunedin at that time.

"I really enjoyed working with quality fabric, and it made a nice change from the buttonhole and over-locking



Wednesdays in Op Shop on St Andrew wouldn't be the same without Mavis Campbell.

machines I usually worked on," Mavis says. "Back then clothes were made to last, and they certainly did."

Mavis is a Dunedinite through and through. She was one of four siblings born into the Strong family in Kaikorai. She attended Kaikorai Primary School before going to King Edward Tech, and was a champion springboard diver. Now a member of the Caversham Bowling Club, Mavis still drives her car, continues to bake, and only needs glasses for reading.

She says the shop is "such a happy place" that's she's surprised more people don't volunteer.



"I know more people need to work than they did back when I started, but volunteering can be very enjoyable and I certainly encourage it."

Presbyterian Support has a broad range of volunteering opportunities available to you including mentoring children, sharing activities with older people, or working with young people in our Youth Grow garden centre. To find out more about volunteering visit psotago.org.nz or call Su Anderson at 477 7115,

Our Vision: Presbyterian Support Otago works for a fair, just and caring community.

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