

Successful YouthGrow graduates Nathan Gray, Sam Wilson, Hayden Phipps and Mark Calvo now ready for work or further education.



You Helped Me Prove I Could Do It

Thanks to donors like you, four young men, Nathan, Sam, Hayden and Mark, have achieved a National Certificate of Horticulture (level 1 or 2) and are well on their way to productive and fulfilling futures.

Every year YouthGrow supports up to 30 young people coping with personal challenges, to gain real work experience, build learning skills, develop self esteem and establish positive behaviours that will greatly increase their capacity to succeed in life. And they achieve a nationally recognised qualification.

With an 80% success rate, YouthGrow is making a real difference to the lives of young people in Dunedin.

"You kept telling me I could do it and now I'm so proud to have accomplished a certificate – it's been an awesome experience," Level One graduate Hayden Phipps told

YouthGrow staff and volunteers at the December graduation ceremony.

For graduate Mark Calvo the highlights were numerous. "I've changed a lot. My language has improved and I'm more aware of my temper and how to control it," he said. "Now I try to work things out for myself and respect those around me."

Staff and volunteers experienced in social work, plant propagation, education, marketing and sales work closely with YouthGrow participants to support their individual needs. It is a unique and very personal programme aimed at helping young people to be "life ready – work ready". It works.

With many young people in Dunedin facing social and physical barriers to joining the "mainstream" and getting ahead in life, demand for participation in YouthGrow is high.

You can help us reach more young people like Nathan, Mark, Hayden or Sam to experience success by choosing YouthGrow on the enclosed donation form.

Family Works - Walking Alongside Families

It's no longer appropriate to work just with an individual family member; every member of the family needs to join the walk towards a happier, healthier future.

"That's the focus for our Family Works' services right across Otago," says Paul Hooper, Director of Family Works at Presbyterian Support Otago.

"When a child struggles with life and we're asked to help then we need to address the whole family situation and support each member so together they become a stronger unit. Children are quick to pick up on family anxiety and only collective input from our various services can ensure the right outcome is secured."

Paul was commenting on the complexity of issues many families face today including the sudden loss or reduction in working hours, financial stress, teenagers unable to find work, children subjected to bullying, caring for elderly parents and anxiety around just 'keeping up'.

"Not all families are seeing the economic improvement other regions are experiencing. A number of Otago businesses are laying off staff, placing increasing pressure on our foodbank, budgeting and advocacy services," he said. "Added to that is the fact some helping agencies have withdrawn services because of funding issues, so Family Works is picking up the slack. It's getting really tough."

Budgeting advice and programmes, funded by donations, is a growing area of need.

"For families unfamiliar with struggling on a benefit, the humility they feel can easily spin off into anxiety, depression and sometimes violence, so it's essential we respond quickly and holistically to arrest greater problems and complexities before they develop."

"Understanding and managing the issues within a family ensures the best outcome for children. Very often, something that appears unrelated, like budgeting advice for parents, is the support a child needs for a happier home environment," Paul said.

This is why Family Works staff and volunteers work with whole families to bring about better outcomes for children. More information on Family Works services is available at www.otago.familyworks.org.nz. You can become a Family Works Guardian Angel to support a local child in need through monthly contributions. See the Guardian Angel article in this edition of People.



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www.youthgrow.org.nz
www.angel.org.nz
www.wanaka-retirement-village.co.nz
www.dunedinresthomes.co.nz
www.otagobuddy.org.nz

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

Social Media:



PS Otago
The OpShop
YouthGrow



PS0tago



Rachel and her 'little princess' Indica enjoy a Buddy outing.

A Happy Wee Girl

What a difference donations make!

For Dunedin mum Carrie-Anne Caley, to see the positive change in her six year old daughter, Indica, since becoming a Young Buddy has meant a lift in her own spirits as well.

"My wee girl comes home ecstatic from her weekly Buddy time and I love to see how happy she is. She's turned from being inward and shy to more outgoing and courageous," Carrie-Anne said.

Such positive changes in Young Buddies are not unusual and it's not always one-sided either. Adult Buddies across the region always tell us how much fun they have too.

This is certainly true for Indica's Buddy, Rachel Bennett.

"I really do have as much fun as she does. When we first met she was sweet, happy, shy and quiet. While Indica is still sweet and happy I certainly wouldn't say she was shy and quiet now," Rachel laughed.

Such positive changes in a Young Buddy's life just wouldn't be possible without the support of donors like you. Thank you.

You can get more involved in the Buddy Programme by becoming an Adult Buddy. We are looking for fun-loving, caring adults, to join the Buddy Programme. Comprehensive training and support is provided to all volunteer Adult Buddies, and Buddy times are flexible. Contact Family Works 03 477 7116 for more information about Buddies in our region.

Yes! I want to help vulnerable families in Otago.

Please tick

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

My gift is

\$

Please tick payment method

Cheque Credit Card Internet Banking

Card number

 

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 accepted. Gifts over \$5.00 are tax deductible. Charities Commission number CC 20878)

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



Snippets

Smiles of gratitude: Thank you for responding to our 'Give a Smile this Christmas' campaign. In fact over \$55,000 in funds, along with 18,573 gifts-in-kind and a countless number of specific Christmas gifts and toys were donated. That's a lot of grateful smiles.

Success with teens: The Family Works budgeting programme is a huge hit for the teens taking part. In the 12 months from June a further 100 young people will learn the skills of stretching a dollar.

Quality rewarded: The high standard of YouthGrow's herbs has earned a place on the shelves of Pak'nSave in Dunedin. You can also buy them at the Otago Farmers Market every Saturday.

Linen please: Donated vintage linen is still required by loyal Family Works' foodbank fundraiser Barbara Rowe. 'The Linen Lady' has now raised over \$13,000 in just over two years.

Open homes: Visiting the Wanaka A&P show this month? Then take time to call in at Wanaka Retirement Village, 7 Meadowstone Drive, for our Open Homes on Friday 13, Saturday 14 and Sunday 15 March. If you are thinking of purchasing a home you won't want to miss our special offer – only available at the Village and only on that weekend.



Gardening Tip

Increase your strawberry patch by taking the first rooted runner after it has established a healthy root network, and plant it out in rich soil. It should fruit next season.

YouthGrow's Weekly specials are posted on www.psotago.org.nz

YouthGrow Garden Centre,
146 Norwood St, NEV, Dunedin

Open 7 days, 10am-4.30pm,
and at the Otago Farmers Market,
Dunedin, on Saturdays.

Free delivery to Dunedin's inner city suburbs.
Ph 03 473 1334

Guardian Angels needed

It may be hard to believe or accept, but many children are living in dire circumstances within local families facing major financial distress. Their pain is real.

Please join with our Family Works team to make positive, lasting change in the lives of our children through the Guardian Angel programme.

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

- **Emergency food parcels and intensive budgeting support** to help tackle poverty and the anxiety it generates
- **Family counselling** to help families resolve conflict and encourage positive family relationships
- **Play therapy** to help boys and girls work through the pain they struggle to express
- **Parenting programmes** that help build the skills needed to be a great parent
- **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 donation form to register your monthly commitment.

