



Presbyterian Support
Otago

Christmas 2015

Sharing Christmas joy

People look forward to Christmas every year. Spending time with family and friends, enjoying Christmas treats and sharing what they have with those they love.

At Presbyterian Support we look forward to sharing Christmas joy with many families and older people in Otago. Staff and volunteers are working to ensure that the people we support do not feel isolated or forgotten this Christmas.

There will be celebrations, performances and treats for all our care home residents and seniors' activity programme participants. We are preparing special Christmas food parcels and collecting toys for up to 200 families in Dunedin. We will also distribute donated toys and gifts to families in North, Central and South Otago.

The joy of gift giving is in the thought and care taken in the selection and presentation of the gift. So, the donated toys and trimmings Presbyterian Support receives will be made available to parents to choose from. Parents can experience the joy of thinking about their wee ones' passions and interests when choosing their gift. They will also have the thrill of wrapping the gift, ready for Christmas morning.

Our Family Works Buddy Programme coordinators are also planning special events for young buddies to enjoy during the Christmas holidays. With the proceeds of their recent Trust Power Community Award as a kick start (\$250), Buddy Programme participants from South and West Otago are planning a day trip to the Dunedin Indoor Trampoline Park this summer.

"This will be a real holiday highlight for the kids," says Kate Nicacio, Family Works Buddy Coordinator.



Christmas should be a joyful time for all families, and all generations.

"We're fundraising to take all our young buddies to the trampoline park." "Not only will the kids love it, the trip will take some stress off parents who can't generally afford the cost of special events and holiday activities."

Jodi Ryan, Family Works Social Worker in Oamaru, agrees that lack of money to spend on entertainment over the long Christmas holiday period can be very stressful for some parents.

"We have Christmas and holiday food costs, immediately followed by back-to-school expenses, all over a five-week period. Money for gifts and entertainment is very hard to find for the families we help," she said. "Whatever support we can provide to help make Christmas holidays special has a huge impact on a family's wellbeing."

With your help, Presbyterian Support Otago will provide a little extra to children and families in need over the Christmas period, so they too can share in this joyous time. Your gift brings a lasting smile to the faces of children, parents and grandparents in Otago.

Volunteers in focus

Maybank Men

Name fifty different models of car. Build a model bi-plane from just a peg and three icecream sticks.

You can see faces transform, as concentration and competitive spirits kick in. The men of Club Enliven (Dunedin) are keen to win!

The challenges were put together by Otago Polytechnic occupational therapy students as part of an activity programme designed for older men.

It is widely accepted that social engagement and absorbing leisure activities play a role in maintaining cognitive function in late adulthood and even in delaying or preventing onset of dementia. Our social programmes for older people are aimed at supporting happy, healthy living and we are very pleased to have this input from Otago Polytechnic.

The students developed four boxes of challenges categorised into mechanical, transport, sport and science fields. These are being eagerly taken up and enjoyed at the weekly Club sessions.

Club Enliven, available in North Dunedin (Maybank



Noel Bracefield, Ross Sinclair and Noel Harrod chuckle over their own theories of flight, generated from one of the activity box's challenges, with Maybank volunteer Bill Torr (standing).

Lounge, Ross Home) and Alexandra (Duggan Lounge, Ranui Court), provides a vital social connection for older people living in their own homes. Chatting about shared interests, undertaking physical exercises and enjoying a meal with friends, are just some of the activities Club members look forward to on a weekly basis.

No longer able to drive, many Club members need a lift to get to and from their meetings. Could you help a few of these men (or women) with a lift to Club Enliven in North Dunedin? If you're interested, please call Michelle Gerwitz on 03 477 7115 for further information. You just never know who you might meet.



Once John and Joy have their weekly banter about paintbrushes and the messy state of Joy's paint box, it's down to the serious work of colour and technique.

Painting Joy

For Joy St George, resident of St Andrews care home Dunedin, Wednesdays were just another day. Then, John Schofield entered her life and Wednesdays have never been the same since.

Joy has a quiet passion for expressing herself through writing and artwork, something she thinks she inherited from her mother, Terri Macnicol, author of 'Beyond the Skippers Road'. As a young girl living in Skippers Canyon, Joy took up pencil drawing, and in more recent times she's 'dabbled' with acrylics.

However, it was a chance meeting with John, who was speaking about art to a residents' group, which changed things forever.

"Joy tapped me on the shoulder and said she was also interested in art, but one look at her collection of brushes, paints and finished canvases, and I knew it was more than an interest - she had talent worth nurturing," says John.

Weekly coaching sessions were set up and Joy moved from painting in isolation in her room, out into a shared lounge area with much more space and natural light. Now they paint alongside each other on Wednesdays

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Painting Joy continued

– John improving his portraiture skills and Joy, using her keen eye for detail, on landscapes. Both enjoy the companionable silence of working together, and the encouragement of other residents who stop to admire their work.

John loves spending time at St Andrews, talking and sharing his interests with the residents. Not only does he paint, he also plays the Irish Whistle and clarinet to appreciative residents. He reads newspapers and novels to residents too. But it's his connection with Joy and the determined change he's seen in her that gives him the most satisfaction.

Joy agrees, saying, "We have fun when we meet, and I'm more motivated than I was; I see more aspects of myself. Wednesdays are a special day for me now."

John laughs. "Joy's confident, enthusiastic and more relaxed now. We engage at many levels and have some good intellectual debates. I realise I can make a difference, and it feels great."

Perhaps you have a talent, or special interest you would like to share with care home residents? If you would like to give a talk or demonstration, as a one-off activity, please contact Michelle Gerwitz on 03 477 7115 to explore opportunities all over Otago.

Where there's a will there's a way

Presbyterian Support Otago is very fortunate to have strong community support for our work. People give in a variety of ways, one being leaving a gift in their will.

Including a charity in your will provides an opportunity to continue to support the organisations you have supported in your lifetime. Or, it may be an opportunity to support the charities you always wanted to, but were unable to in your lifetime.

Chief Executive, Gillian Bremner, recently had the pleasure of talking with Sally Angus, wife of the late John Angus MNZM, at her home in Lowburn, on this topic. Amongst his many interests and roles, John was a Presbyterian Support board member before standing down at the end of last year prior to his death in January 2015. He left Presbyterian Support Otago a gift in his will.

"We talked about John's passion for the welfare of New Zealand children and his work for more than 30 years as a social worker, social development advisor and leader in child protection policy," Gillian says.

"The New Zealand Children's Commissioner from 2009 -2011, John was recognised for his services in 2012 by appointment as a Member of the New Zealand Order of Merit," she adds.

"John left a gift for Presbyterian Support Otago in his will to support our work with children and families. In talking with Sally about this act of generosity, she noted that it was entirely in keeping with his personal beliefs and values."



John and Sally Angus

"John and I discussed the gift, and I feel it is simply an extension of his life's work", says Sally. "Of course I support his decision and am pleased that his gift will be put to good use, in accordance with his wishes."

"I am very grateful to John and Sally for their contributions to our work, (Sally has been a volunteer Adult Buddy), and to Sally for taking the time to talk with me about John's interests, and her views on how he would like his gift utilised to help children in Otago," Gillian concludes.

All gifts, no matter their size, make a difference to our work. Each is received with joy and gratitude. 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.

People helping people

On 28 October 2015, Presbyterian Support Otago held our Annual General Meeting and presented the 2014/15 Annual Report.

The report details the difference our staff, volunteers and supporters have made to the lives of people in need in Otago.

Chairman, David Richardson, introduced the report by acknowledging the key role volunteers and donors have played in Presbyterian Support Otago's 109 year history. He noted the estimated 32,600 volunteer hours given by people across Otago in the past year and the impact this effort has on our capacity to assist people in need.

He also noted Presbyterian Support's ongoing commitment to supporting older people in our community and addressing the urgent need for quality, affordable housing.

In her report to the meeting, Chief Executive, Gillian Bremner also referred to Otago's desperate need for healthy, warm, affordable housing and Presbyterian Support's ongoing advocacy for change in this area. The organisation is committed to giving voice to community issues in Otago and working with government, businesses and other community organisations to bring about positive change.

Presbyterian Support Otago's Annual Report and audited financial statements are available online at psotago.org.nz. Or, to have a copy posted to you, please contact Su Anderson at 03 477 7115.

The year in people



6,412 People we helped



1,402 Donors



706 Employees



520 Volunteers

How we helped



Families who received a food parcel: 3,400



Children who participated in
Family Works programmes:

262



Meals on wheels delivered:

45,472

How you helped



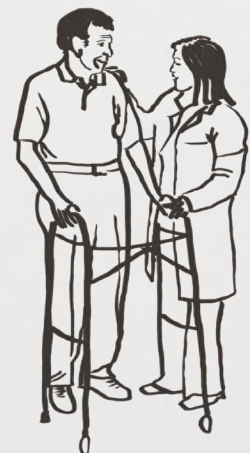
Gifts from
philanthropic trusts:
\$337,160



Individual
donations:
\$382,632



Gifts by will:
\$187,000



Volunteer hours:
32,600

YouthGrow brings lasting success

Success comes in many guises. The first step towards success for YouthGrow students is finding a place where they fit in, and can thrive.

For the small team of people guiding our students, success is seeing positive change in a young person facing big challenges.

One of this year's success stories is Andrew McBeath. Andrew graduated from the YouthGrow programme in July this year (you may recall reading about his graduation in our spring edition of People). Andrew is now studying viticulture in Central Otago, and enjoying the challenges and opportunities open to him. His journey over the past two years has been remarkable and a great testament to his commitment to working through the YouthGrow programme. He is absolutely 'work ready and life ready'.

The positive impact of the YouthGrow programme endures long after students graduate. Chris McLaren is a great example of this.

Chris graduated from the YouthGrow programme in 2009. When he first joined the programme, he found it very difficult to connect with other people. Conversation did not come easily to Chris. His extreme shyness left Chris feeling isolated and disconnected. He felt abandoned by mainstream education and was at a loss as to how to turn things around.

On joining the YouthGrow programme Chris was assigned the role of leading hand to YouthGrow's contract gardener, Barry Brydie.

"Pretty soon after I started working with Barry he had me setting goals, learning skills like time management, and seeing how a good work ethic could make such a difference. He wanted me to study for a NZQA unit in horticulture and I wasn't keen. But after more encouragement I agreed, and it was good to get it," Chris recalls.

"Aside from the gardening, YouthGrow helped me open up more to people. It was a very welcoming place that really cared about everyone there. Staff members were always there when I needed them. They really helped us all understand the value of hard work and the importance of attention to detail."

After two years in the programme Chris secured a much sought-after horticultural apprenticeship with the Dunedin Botanic Gardens. Today he's a valued senior member of staff at Evansdale Gardens in Southland.

When asked what advice he would give other young people thinking of joining YouthGrow, Chris said "Grasp every opportunity. Don't let it go to waste."

"I continue to thank the staff members and everyone behind the programme. Support from donors and others help make it a great success. I wouldn't be where I am today if it wasn't for that support."

An independent evaluation of the YouthGrow programme is currently being prepared for publication and will be available in January 2016.

It's findings confirm a broad range of enduring, positive benefits experienced by participants.





Presbyterian Support
Otago

GIVE A LASTING SMILE THIS CHRISTMAS

Our appeal this Christmas asks you to give a lasting smile.

We say 'lasting' smile because, after the extra demands for Christmas gifts and food have subsided, there will still be families and children who need our core services: counselling, parenting support, children's development programmes, budget advice, assistance for the elderly, welfare services and social work.

Your donation to Presbyterian Support Otago's Christmas appeal will not only assist families with the extra financial burden that the Christmas holiday period brings, it will contribute to our ongoing welfare programmes for people, young and old, in Otago.

The coming year will be tough for some families in our community. We anticipate providing support to more than 5,000 people through our Family Works services and assisting more than 1,200 older people through our meals on wheels service, social programmes and care homes in Otago.

Christmas is a time for giving, and for thinking of others. This year we ask you to think about the enduring impact of your Christmas gift on the people in your community. Thank you.



Yes! I want to give a lasting smile this Christmas

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
☐ I would like more information about regular giving

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

Cheques payable to: Presbyterian Support Otago

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

Online donations at:

psotago.org.nz

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

Young people with heart

Four year old Max Ackland, from Dunedin, accompanied his mum, Dana, one day when she volunteered in the Family Works foodbank.

"It was amazing how quickly he understood that some children don't have food on the table or in a lunchbox like he does," said Dana. "Later, after he'd obviously thought about it, Max asked if he could collect food from family and friends to give to those children. Naturally we supported him."

In just one month Max collected and delivered 170 shopping bags over-flowing with food, baking items, toiletries and toys. He has every right to be as proud as he looks in this photo.

Lara Seaton, a Year 8 student at Columba College, Dunedin, is another impressive young donor.

Every week for two years Lara has baked biscuits and loaves so foodbank families have something to put in their children's lunch boxes.

Max and Lara are among a growing number of young people wanting to make a difference in the lives of others. How wonderful to have the support of the next generation and to know they hold such deep compassion for others.



Family Works donor Max Ackland



SAVE THE DATE
Taieri Trail Walk
Sunday 1st May 2016

In partnership with the Lions Club of South Dunedin, Presbyterian Support Otago is hosting a unique opportunity to explore the historic and spectacular Taieri Gorge.

Mark Sunday 1st May 2016 on your calendar and do not miss this wonderful opportunity to explore the Taieri via rail and on foot covering bridges, tunnels, viaducts and historic sites.

Further details coming soon. Bookings and information
dunedinrailways.co.nz

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

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Presbyterian Support Otago



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