



Presbyterian Support Otago



winter 2015

## Demand goes up as temperatures drop



**"I turn everything off at the wall when I leave the house, except the fridge."**

When a client says that's how he saves power to meet his budget, you know that winter's looming heating costs could well tip him over into crisis mode.

As Otago settles into its coldest season the number of people seeking the help of Family Works' services increases dramatically.

Social workers and counsellors are seeing a growing number of families, including many working families, seeking help. Household incomes that kept families afloat in the warmer months do not meet the costs of feeding, clothing and warmly housing a family during Otago's winter.

For those in our community on low incomes, winter is tough. When a large energy bill comes in it can create a family crisis, with parents wondering how they can possibly manage. It is often at this point that a parent comes to Family Works for help. We give them a food parcel and follow up with advocacy, budgeting advice and, sometimes, counselling to help them cope longer term.

Pleading for more heat doesn't work when there's no money to pay for the electricity.

One budgeting client said, "I spend about \$40 per fortnight for a boot load of wood and that's been getting us through. I've been buying coal to keep the fire going overnight so it's warm for the kids in the morning. That's all the heating I can afford."

"The only way I can see to reduce costs further would be to get rid of the car and cut out the extras for the kids, like sports and clubs," another parent adds.

These are very hard choices for any parent.

Your donation to Presbyterian Support's winter appeal will help Otago families through these difficult winter months. Since January, Family Works has already distributed more than 1200 food parcels, scores of coats and blankets, and is helping hundreds of families across Otago through counselling services and support programmes. We expect demand for services to grow in the coming months and your help is needed.

Every child and family deserves a chance. We all need a little help from time to time, especially in winter.

You can give to our winter appeal by completing the donation form.

# Jordan steps up and steps off



Jordan is harnessed in and ready to drop 35 metres for YouthGrow.

Jordan is a student in the Family Works youth development programme, YouthGrow. Last month this brave 15 year old stepped off the rooftop gantry inside the Forsyth Barr Stadium to abseil 35 metres to the pitch below as part of a fundraising event. He took this leap to raise funds for the programme he loves, YouthGrow.

Jordan's effort blasted past his personal target of \$1,000, and raised \$2,085. The funds will purchase training resources for current and incoming students.

When asked why he took such a dramatic step, Jordan said, "I love YouthGrow". When pressed further and asked

what is it that he likes about the programme, Jordan replied "everything".

YouthGrow youth worker Ben McKenzie says Jordan's attendance record in the programme is un-matched. "He is so committed he even wants to attend during school holidays," Ben commented. Quite a turn-around from Jordan's previous school attendance history.

Prior to joining YouthGrow, Jordan struggled to get to school. His absences far exceeded his attendance. When asked why, Jordan simply said "school's not my thing." Of course this simple answer belies a series of very complex issues in Jordan's life. YouthGrow has provided Jordan an alternative pathway; a way forward that with his continued commitment, just might see him realise his dream of becoming a police officer.

If he's brave enough to leap off great heights, there's no reason to doubt that he will achieve his goal.





## Central Otago children grow in confidence

**“Now I know that when I make a mistake it’s not the end of the world.”**

That adult-like comment came from Jill\*, aged eight, who had just completed the Family Works Growing Taller group programme.

Prior to entering the programme Jill suffered from crippling anxiety. Her deep fear of making a mistake and being rejected caused her to withdraw from every-day childhood activities and damaged her self-esteem.

During weekly Growing Taller sessions, Jill and other children facing their own emotional hurdles learned that by watching, listening and paying attention to what was going on around them, they could better gauge how to respond more appropriately when things were not going their way.

Empowering children of all ages by showing them positive options to coping with challenges has been at the forefront of recent social work activity throughout Otago, especially in Central Otago.

Family Works’ Practice Manager (Rural) Rachel McAnally, based in Alexandra, said she and her team were seeing an increasing number of children being referred for help with anxiety and anger issues.

“Through supervised, structured activities each child has the opportunity to talk about feelings and reactions,

and how other options could help them maintain control of their emotions and responses.

“There’s an element of fun built into each session to help them remember little prompts to recall when they feel anxious or sad – prompts that stop a situation escalating into anger,” she added.

Children currently supported by Family Works in Central Otago include those who moved here following the Christchurch earthquakes five years ago. Many of these children continue to experience anxiety issues related to that catastrophic event. They attend a Family Works programme appropriately named ‘Stormbirds’.

“For some of these children that means one of their parents has remained in Christchurch for work commitments. They’re facing separation stress as well as on-going emotional problems associated with the natural disaster.”

Family Works social workers are also working with parents in Central Otago. A programme called The Incredible Years is proving popular because of its sensible and practical approach to parenting.

In Wanaka, individual parents working with the Family Works social worker are finding strength together. Through word of mouth this group is attracting other parents, all assisting each other emotionally and practically with issues around raising children.

“They do this of their own accord and it’s just brilliant to see. Parenting can be quite lonely for some people, so to become more confident in their role is very empowering,” Rachel said.

Family Works is grateful to the Central Lakes Trust and the Graham and Olive West Charitable Trust, for recent grants that have enabled social services for the region’s children and families to expand. These generous responses clearly demonstrate the need for a collaborative approach to meeting the social needs of the community.

“Presbyterian Support Otago delivers much needed social services in Central Otago and is highly valued by the community,” says Paul Allison, Chief Executive of the Central Lakes Trust. “This population continues to experience significant growth and the role Presbyterian Support plays in addressing any increased demand is vitally important.”

Trust support has seen the appointment of a full time social worker for Wanaka, Jenny Smith. In addition, a new part-time Wanaka Buddy Programme Co-ordinator will start next month.

Regional Family Works social services rely on the generosity of philanthropic trusts and donors to meet growing demand for assistance. If you would like to help our social workers support children in need in your community, please consider becoming a Family Works Guardian Angel and commit to a small, regular gift of just one dollar per day. Please select ‘Guardian Angel’ on the attached form.

\* Name changed to protect privacy



Three pre-schoolers try and count the cans after adding their donations.

# OCTACAN 2015

Thursday 18 June, 7:30am – 3:00pm  
The Octagon, Dunedin

Lessons in compassion, empathy and generosity were to the fore last year when teachers focused on these values in the days leading up to OCTACAN, our Family Works foodbank can appeal in Dunedin's Octagon.

Children from local schools and preschools spoke of their wish to help other children less fortunate than themselves. And they gave in the thousands. In fact, more than 6000 food items were donated by schools and pre-schools at the 2014 event.

Many teachers and students were stunned to learn that all the cans donated during June's OCTACAN event will only last about six weeks, even when supplemented by additional food purchased through donated funds.

In the first four months of this year 36,000 food and grocery items were given to Dunedin families who approached Family Works for help; a total even our social workers found staggering for this time of year. The 'new poor', working families earning under \$52,000 per year, can no longer cope alone.

This year, we hope to exceed last year's OCTACAN record of 13,300 cans to meet the growing demand for food parcels in Dunedin.

## You can help by:

- Purchasing a few additional cans each grocery shop and setting them aside to bring to OCTACAN
- Involving your club or social group and making a special event of your visit to OCTACAN
- Encouraging your boss and colleagues to get involved with an OCTACAN corporate event, such as bringing a can for mufti day
- Donate to Family Works (form attached) and we will buy the necessary food items.

**We look forward to seeing you and your cans at OCTACAN.**



# Where there's a will there's a way

"I'm deeply concerned about the growing gap between rich and poor, so I contribute towards a more just and caring society by supporting Presbyterian Support Otago," says PSO board member Margy-Jean Malcolm.

"I give with my volunteer time, as a donor and have made provision for Presbyterian Support Otago in my will."

Margy-Jean is one of a growing number of people who have given careful thought to their legacy and made a gift in their will to make a positive difference to the lives of local families.

"It's easy to think about what governments or 'others' can do to fix things, but personally I feel so much more satisfied when I find small ways in which I can contribute now and in the future."

Presbyterian Support Otago Field Officers meet many supporters to talk about their aspirations for Otago. Conversations range across a great many topics – government policy, the economy, family life today, or the cost of living. What is consistent across all these discussions is a strong desire to make a difference. Like you, they somehow want to make things a bit better for someone else.

Although not always a comfortable topic, some supporters want to talk about their will and the opportunity to leave a gift that will help others into the future.

Making a will is the best way to ensure your wishes are clearly known and that your assets will go to the people and places you care about. Over the years Presbyterian Support Otago has received many gifts by bequest, each one helping to deliver much needed services in the local



"I hope many others will also leave a legacy – however big or small – to Presbyterian Support Otago, and feel joy in knowing the real difference each one of us can make in our lifetime and beyond." Margy-Jean Malcolm.

community. Gifts may be in the form of property or money, may be residual (that is whatever amount is left over after loved ones are taken care of), or may be given for a specific purpose.

Margy-Jean's parents, Margaret and the late Donald Malcolm, have also made provision in their wills to support Presbyterian Support Otago services.

"It's a privilege to be able to share what we have," Margaret said.

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. Alternatively, contact Richard, Presbyterian Support Otago Field Officer, on 029 1200 132.

Thank you Margy-Jean for sharing your personal story with 'People'.

## Snippets

• YouthGrow Garden Centre staff members say cold weather shouldn't stop you gardening. There are winter-hardy vegetable plants available and when harvested they are often sweeter than summer varieties.

• A beautiful quilt made from Japanese fabrics has been donated to Presbyterian Support Otago by the Quilters and Patchworkers of Otago. This will be auctioned later in the year to help fund Family Works services.

• We encourage you to keep up to date with Presbyterian Support Otago activities by following us on facebook. [com/PresbyterianSupportOtago](https://www.facebook.com/PresbyterianSupportOtago)

• Social Housing Minister Paula Bennett spent time at Support Centre recently to discuss social housing issues. Suitable social housing and the insulation of older houses to provide a healthy environment for low-income families, continue to be an advocacy focus for Presbyterian Support Otago on behalf of clients.

# Answering Waitaki's call with quality services

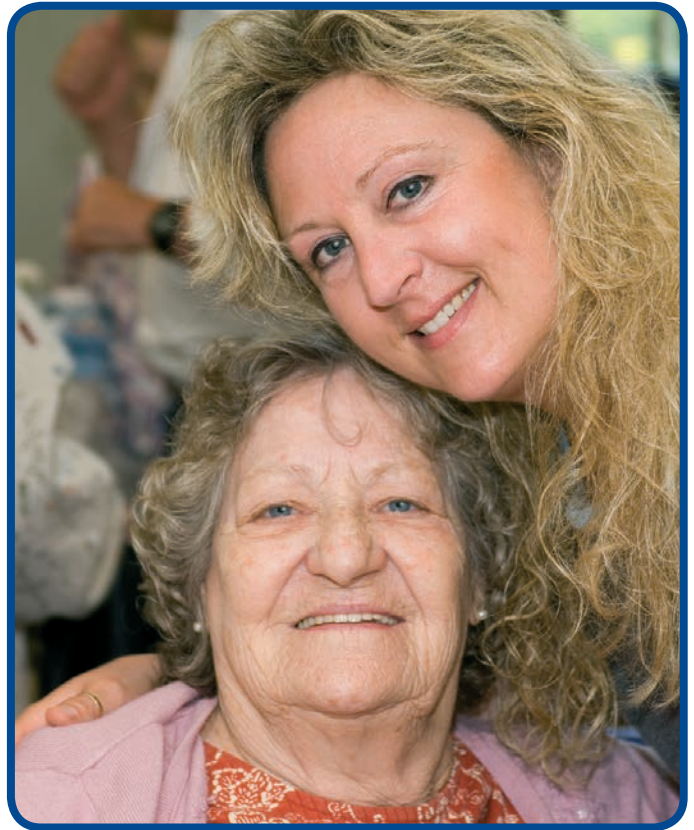
Earlier this year the Ministry of Health awarded Iona care home in Oamaru New Zealand's highest quality rating for residential services for older people.

"The fact Iona achieved the highest Ministry certification means our wonderful staff members and volunteers are providing the very best care and service to residents and their families. The independent auditors say we are an industry leader – what kudos!" said Iona's Manager Stephenie Leith.

In addition to access to the best in residential care, the changing needs of the Waitaki community will now be met locally through the addition of a secure dementia unit within Iona, opening this August.

"We will convert 14 rooms from hospital care to rest home dementia care, which means the increasing number of Waitaki residents needing such support will no longer have to leave the district," said Presbyterian Support Otago board chairman, David Richardson

"The number of people in New Zealand requiring dementia care is expected to be around 75,000 within the next 10 years and we are experiencing pressure to provide dementia care rooms not only in Oamaru but throughout Otago. However, because of Oamaru's more urgent needs we will meet that demand here before expanding services elsewhere," David added.



With strong community support and, more recently, government funding, Presbyterian Support Otago has, for over 100 years, been caring for people as they grow older. Over that time services have changed; adapting to community need and expectations. However, the motivation to serve has not changed. Like you, we have a vision of a fair, just and caring community and a mission to effect positive change for the people of Otago.

Iona, and all Presbyterian Support regional services for older people, are working with local communities to ensure you and your family enjoy access to the support you need throughout your life.

All enquires regarding our services for older people may be directed to 03 477 7115.

## Presbyterian Support services for older people in Otago communities include:

**Ross Home, Dunedin**

**St Andrews, Dunedin**

**Taieri Court, Mosgiel**

**Iona, Oamaru**

**Ranui, Alexandra**

**Elmslie House, Wanaka**

**Holmdene, Balclutha**

**Ranui Court, Alexandra**

**Columba Court, Oamaru**

**Club Enliven, Alexandra**

**Enliven Maybank Activity Group, Dunedin**

**Enliven Visiting Volunteers, Dunedin**

**Enliven Family/Whanau Carers, throughout Otago**

**Enliven HomeShare, Alexandra**

All services are supported through donations, philanthropic grants, service fees, bequests and government funding.



## 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 and Stormbirds programmes 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.



## 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



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**  
**FREEMPOST 845**  
**PO Box 374, Dunedin 9054**

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

## Snippets

• Meals-on-wheels provided from Holmdene, Elmslie House and Taieri Court will not be affected by the Southern District Health Board's decision to contract its meal services to an Auckland company specialising in frozen meals.

• All Presbyterian Support Otago facilities throughout Otago will be smoke-free by the end of September.







## Are You Missing Something?

**Your own children have left home and you now have time to do what you want. But are you missing something?**

One of the most rewarding things you can do in life is to positively contribute to the life of a child, whether your own or another. To lend an ear and sympathetic voice when it's needed, to share your interests and offer guidance in social skills.

If you miss that contact, Family Works Buddy Programme co-ordinators have a suggestion. Become a volunteer Adult Buddy.

Across the five regional Otago programmes we have over 30 children waiting to be paired with men and women willing to spend a couple of hours a week being a supportive friend.

Buddy Co-ordinator Jo Scott has been working with Family Works for 15 years and has witnessed many lasting friendships develop from the programme.

"The one-on-one interaction buddies have created many happy, positive memories. It's not unusual for a former Adult Buddy to be invited to a family milestone event of someone they once mentored in the programme," she says.

"The lasting benefit for a Young Buddy of having someone, who isn't a family member, be involved in their life, to share similar interests and open their minds to a broader future, just can't be underestimated.

"The children are on the programme because of various family circumstances but they all need the same thing, one-on-one interaction with someone who has the time to listen, and time to include them in every-day activities where life skills and self confidence are developed," Jo added.

An Otago mother of four children, two of whom are Young Buddies, says their involvement has seen major improvement in their behaviour.

"Robbie\* has changed from being moody and withdrawn to being much more respectful, while Sammy's\* tantrums have stopped. You can see him really thinking through things now rather than just lashing out in frustration. Both boys really look forward to their buddy meetings and come home with big smiles on their faces."

To find out more about volunteering as an Adult Buddy in your region please contact Family Works on 03 477 7116, [buddy@psotago.org.nz](mailto:buddy@psotago.org.nz)

\* Names changed to protect privacy

Presbyterian Support Otago  
407 Moray Place  
PO Box 374, Dunedin 9054  
Phone: 03 477 7115  
Fax: 03 479 2020  
Email: [enquiries@psotago.org.nz](mailto:enquiries@psotago.org.nz)

Websites: [www.psotago.org.nz](http://www.psotago.org.nz)  
[www.otago.familyworks.org.nz](http://www.otago.familyworks.org.nz)  
[www.otago.enliven.org.nz](http://www.otago.enliven.org.nz)  
[www.youthgrow.org.nz](http://www.youthgrow.org.nz)  
[www.angel.org.nz](http://www.angel.org.nz)  
[www.wanaka-retirement-village.co.nz](http://www.wanaka-retirement-village.co.nz)  
[www.dunedinresthomes.co.nz](http://www.dunedinresthomes.co.nz)  
[www.otagobuddy.org.nz](http://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