

Autumn 2024

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



Presbyterian Support
Otago

OUR SERVICES

enliven
PRESBYTERIAN SUPPORT OTAGO

 **Family
Works**
PRESBYTERIAN SUPPORT
OTAGO

Free
PLEASE READ
AND SHARE



together
we make a
difference

Message from our CEO

We all experience change in our lives; some is within our control, and some happens to us. Adapting can be difficult. At times we need a helping hand to provide us with the light to see through the darkness, and give hope where we may feel hopeless. Throughout this People magazine, you will read about the lives of some of PSO's clients who have experienced difficulty and adversity, and you will see their stories of courage as we walk alongside them, guiding and encouraging them.

Seeing the transformation that can happen through support and empowerment is what drives us all at PSO. We are blessed by wonderful staff and volunteers whose hearts are for all we do, driving change for the better in our communities.

We are proud to be in Otago and serving you and your family, whānau, aiga, aa'ila, or simply those you love, in whatever way they need, and whenever they need it. We are here for all those in need, and we are equally blessed to have our community support us so we can continue fulfilling the need.

From a simple act of kindness to leaving a bequest to a charity like Presbyterian Support Otago, the changes to people's lives can be immense. All that is contributed to PSO, remains in our Otago community, to strengthen, support, grow and empower.

Every day we witness what a difference we can make. It might be a child reading a story to one of our Enliven residents, or an adult who has decided to become a Buddy by sharing a couple of hours a week with a young person. For some, it's a small change; for the recipient it can have a profound effect on their wellbeing, sense of identity and security.

Change for good is a worthy goal so whatever you can do, we are truly grateful that you are part of our community, because your change will help rebuild the lives of people who need our help. Thank you.

**Nāku te rourou nāu te
rourou ka ora ai te iwi.**

With your basket and my
basket, the people will live.

Ngā mihi

Jo O'Neill

CEO, Presbyterian Support
Otago



In this issue of People

Change for good is the theme of this issue of People magazine and we witness it every day at Presbyterian Support Otago (PSO).

Take Casey and the challenges her and her whānau were facing (page 2). She came to PSO with the idea of enrolling her daughter in our Growing Taller programme. Through a conversation with one of our social workers, it became evident that Casey was in need of more assistance, including a much-needed food parcel, some financial advice, and support from the Ministry of Social Development to receive some training to re-enter the workforce. The good that will come from these changes for Casey and her family are significant and hugely beneficial.

Ten-year-old Charlotte Hussey is making sure her fundraising efforts will be a change for good (page 4). The youngster set her sights on raising money for our services because of the lessons she learned at school, discovering that children just like her often go without.

Bob Carson and Wendy McArthur are relatively new residents at our care home in Wānaka, Elmslie House (page 5). They have both moved from Dunedin, are closer to relatives and are living full lives in a safe and happy environment.

We have the delightful story on page 6 of Wānaka school children visiting Elmslie House residents and reading to them. This regular activity is fostering a wonderful relationship between the children and residents by bringing the community into our care home.

There are many more examples of people making change for good in this edition of People. It's uplifting, and heart-warming and we're sure you'll be inspired too!



Stock image to protect privacy

Growing Taller is a fun, activity-based group programme for children aged 7-11. It provides a place for children to share and learn skills in a supportive, safe, peer environment where they have the opportunity to change the way they see themselves, increase their self-esteem, and learn to identify, express and manage their emotions.

Growing Taller just the beginning

When Casey (not her real name) approached PSO about enrolling her daughter on the Growing Taller programme, little did she know that her journey with PSO was just beginning.

Mother of four children, Casey was trying hard to cope with other challenges and was reluctant to ask for help for fear of being seen to be asking for too much. It was, however, while she was talking to now former PSO Groups Coordinator, Maddie, that Casey opened up about her family's struggles.

Casey's husband was unable to work due to an accident, but ACC were no longer supporting him, so the family were really struggling with everyday costs.

Breaking down in tears, Casey asked if it would be possible to get a food parcel. Their situation was complicated by unsuccessful attempts to get the necessary support from the Ministry of Social Development, and Casey was at breaking point.

"Maddie was amazing, she found someone to watch my daughter while she sorted us with a food parcel and then she connected me to Michael and Sarah who helped me work through a budget and access the DCC electricity fund."

Michael Wilson-Allan is a financial mentor and Sarah Davis is a social worker and their efforts have been life changing for Casey and her whānau.

"I was ready to get back into the workforce as my youngest child had just started school so Sarah helped connect me with an MSD case worker so that I could gain some training before looking for a job."

Casey now feels far more positive about the future. With the intervention of PSO through their wrap-around support services, she's receiving training and formal qualifications and her employment prospects are much brighter.

"The help and support we received from PSO was beyond amazing and we couldn't be more grateful for what they have done for us."

Seeking to understand the needs of Casey, PSO were able to offer more assistance and support.

"If not for their help, I don't know where we'd be today, but the team at PSO helped us to get our heads above water again. I honestly cannot recommend them highly enough – they literally saved us."

Casey, Family Works client.



Buddy Coordinators from across Otago (left to right) Pippa from Central Otago, Steph and Sam from Dunedin, Christine from North Otago and (inset) Kirsty from South Otago, Jo from East Otago and Lexy from Wanaka.



Changing young lives

Encouraging a young child to give something a go, being there to listen to them, spend time with them and mentoring them is truly special and it happens every week through our Family Works Buddy programme.

Volunteer adult Buddies spend a couple of hours each week or fortnight with a child aged between 5 - 12, hanging out together, sharing everyday low-cost activities and generally having fun.

All this is supported by our Buddy Coordinators – Christine, Jo, Sam, Steph, Kirsty, Pippa and Lexy – who work tirelessly to have a programme that not only meets the needs of the children, but also their adult Buddies.

Changing a young life is something special and for it to be successful, the Buddy programme relies on the adult Buddies to be well supported, receive suitable training and have regular contact with the coordinators and each other.

Coordinators organise special outings during the year, sometimes receiving free tickets for events! They run group training sessions and will bring Buddies together so they can get to know each other, share experiences and learn from each other.

Matching an adult with a young person is also key to the success of the programme. Finding out what hobbies and interests each person has makes it easier to have a successful match and both the adult Buddy and the child are likely to form a strong and positive relationship.

To find out more about the Buddy programme, or if you want to become an adult Buddy, visit psotago.org.nz/buddies.

We currently have 107 young Buddies within our programme.

“The Buddy programme is so well organised and achieves its goals and objectives.”
Buddy volunteer

“The Buddy Coordinators do a great job encouraging us adult Buddies, and are always quick to respond to questions.”
Buddy volunteer

The Buddy Programme has run since 1992, being a positive change for young lives! We currently have 112 young Buddies on our waiting list.

The Buddy Programme is 100% funded through donations and grants. If you would like to support this programme, please see details at the end of the magazine.

Helpful little hands

Ten-year-old Charlotte Hussey wants something better for people less fortunate than herself and she's making sure that what she has done, and will continue to do, will be a change for good.

Charlotte is a pupil at Columba College in Dunedin, a Presbyterian school with strong links to Presbyterian Support Otago (PSO). That link is strengthened further through religious education classes where pupils learn about the work of PSO.

That and a love of Christmas, inspired Charlotte to do something special. She learned that children just like her often go without, so the youngster took on the challenge of raising money for PSO.

“I chose to raise money for PSO because they have done a lot of good work with children and families,” says Charlotte.

Charlotte sprung into action and the ideas started flowing! A website was created called Helpful Little Hands where people could make a donation (and still can).

Charlotte also baked and decorated cupcakes, made lolly cake, meringues and tan slice and while the temptation to sample the delicious delights was a little too strong at times, she still sold her sweet treats at school, raising almost \$2,500!

And it doesn't end there! Charlotte has plans for doing even more this year by raising money so children have access to digital devices at school so that they can learn in the most effective way possible.

Charlotte's empathy and kindness will go a long way to helping children who are supported by PSO.

“We are so grateful to Charlotte for supporting our children's programme which rely on donations. If you would like to help, please visit psotago.org.nz/donate” - Jude McCracken, Support Engagement Manager, PSO.

Charlotte Hussey of Dunedin raising funds for children's programmes at PSO





Elmslie residents Bob Carson (left) and Wendy McArthur (right) with some of their special mementoes. Residents are encouraged to bring their special items when moving into our carehomes, so they can be surrounded by the things that they love.

High life in the slow lane

If a sense of purpose and belonging is what's required, then Elmslie House is 'on the money' and residents Bob Carson and Wendy McArthur are glowing examples of just that.

Bob has recently moved from Dunedin, choosing Elmslie because it is close to his daughter, Debbie, who lives in Luggate.

Married for 55 years to Margaret, the couple raised their family, and enjoyed many holidays at their crib in Mahinerangi where a popular activity was taking the boat out onto the lake and fishing.

Bob spent almost his entire career working for the railways, starting as a 'fireman', a job he loved. But working for the railways wasn't Bob's first choice of job. He was a keen deer stalker and was interested in pursuing it as a career but given its dangers, he was talked out of it by his father and the rest, as they say, is history!

His move to Elmslie, while taking a little time to settle in, has been a positive one. Having stayed at Elmslie for a fortnight to "try it out", he decided to move permanently and is now getting to know other residents and join in various activities including morning exercise classes. Bob was always a keen vegetable gardener, and he hasn't let that slide so he's growing potatoes outside his room.

As for 91-year-old Wendy, she's all about getting on because, "life is one big adjustment, different things happen as you go through life, so you just have to adjust."

Wendy has lived at Elmslie for six months and while her eyesight is failing, she's not about to let that stop her from having some fun!

"I think Elmslie is a very nice place, everyone is very friendly, and we don't miss out on anything."

Wendy grew up in Dunedin, met her future husband, John, through her brother Garth where both men worked for local construction company, William McLellan Ltd.

Originally from Scotland, John moved to Dunedin and asked Garth if he had a sister. Replying "yes", John made it his business to meet Wendy and within a year they were married!

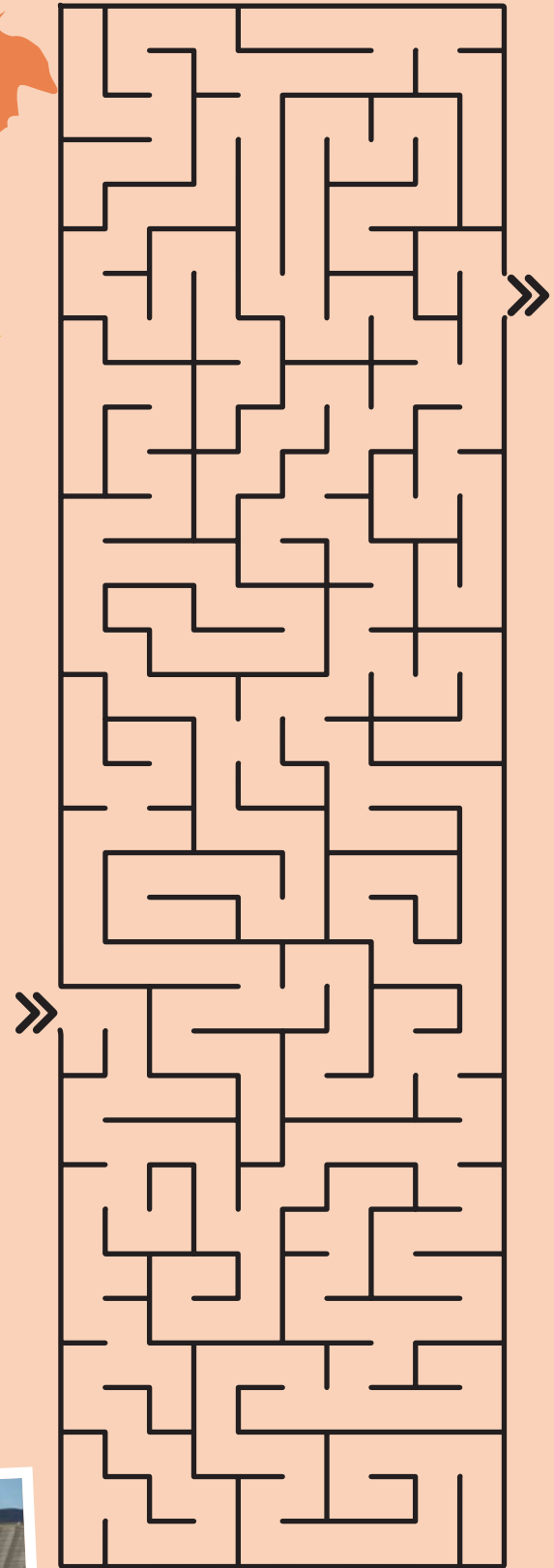
They had two daughters, one of whom, Lynley, now lives in Clyde. Wendy also has two grandchildren and two great-grandchildren.

She fondly reminisces about her years of playing hockey and being in Probus but it's clear both she and Bob are living good lives. While moving to Elmslie has brought about changes, they're very much living the high life in the slow lane!

To find out more about Enliven carehomes please visit psotago.org.nz/enliven.



Autumn puzzle fun!



The joy of sharing

One of the great joys of life is seeing young people interact with older people and that's exactly what is happening at Elmslie House in Wanaka.

Activities Coordinator, Gilly Pugh, knew there would be benefits all around by bringing school children to Elmslie to share some time with residents.

"I approached Te Kura O Take Kārara and Holy Family schools, inviting the children to share school projects, sing, dance, play games and read out loud to Elmslie residents," says Gilly.

"The purpose is to foster a relationship between our youth and older people in our community. Reading to them is one way to create a connection and the programme aligns with our wider philosophy of bringing our community into Elmslie House."

Children from both schools have visited and 10 children (aged between 7-11 years) and a teacher from Te Kura O Take Kārara visit at least once a week.

"The feedback from schools and residents alike has been really positive. The children volunteer to come along and the residents really love it. We began with two children sharing with one resident, and this has now changed to one-on-one."

"Teachers, children and residents all agree that it is a very wholesome and heart-warming activity with great positives for everyone and we are looking forward to continuing this programme in 2024."



Photo top: Wendy enjoying a visit from a local school child. Photo right: Elmslie House care home in Wānaka





Volunteering for good

When you've volunteered for Presbyterian Support Otago (PSO) for over 20 years, there'll be plenty of things that have changed but one thing is constant with Julie Cecchi – her commitment to helping others and bringing positive change.

Julie was recently the recipient of a PSO Life Membership. She reflects on her 'career' with PSO.

"I had retired from a career as a child therapist, having also been an academic on the famous Dunedin Study, under the directorship of the founder, Phil Silva."

"I'm not the sort of person to sit around, so I needed to do something purposeful. I approached Volunteer South and discovered that PSO were looking for volunteers."

Julie started as a **Visiting Volunteer** in the Dunedin community and continues to do that to this day.

"I started by visiting Eric* and we would play scrabble. Eric couldn't be left on his own so when I was there, his wife, Mavis*, had the opportunity to go out shopping and do other things."

Following Eric's death Julie continued visiting Mavis until her death. Ten years ago she became Ross Home's Volunteer Coordinator (as a volunteer!) and is still very much active in this role.

So why did Julie get involved with PSO?

"I'd like to think I'm making a small but positive difference. It gives me a reason to get out of bed in the morning!"

The 72-year-old has a full life and is rarely without anything to do. In her spare time (when she has some!) she likes to read, do jigsaws, and take Harry, her dog, for walks.

When asked what she would say to someone thinking about becoming a volunteer she says, "Do it! It brings just as many rewards for yourself as the value you bring to helping others."

**Names have been changed to protect their privacy.*

Across PSO our
519 volunteers
have gifted
65,312 hours
during the last year!

45% of our volunteers gift their time to help older people through Enliven services

Interested in volunteering?

If you would like more information about giving your time through volunteering, please visit our website psotago.org.nz/volunteer or contact our volunteer coordinator, Jasmin on 027 700 1550.



Nancy Hooper, Ross Home resident.

Friendship, security and care

Looking out her window into an outdoor area and then across to another part of the Dalkeith wing of Ross Home, eighty-eight-year-old Nancy Hooper waves to a friend who is walking by.

Having people around her is important to Nancy and being a resident at Ross Home gives her all the friends, security and care she could ask for.

Nancy lives in one of the Dalkeith units with her own living area, kitchenette, and bathroom and is surrounded by her personal keepsakes and mementos. There's no chance of loneliness where Nancy lives.

She grew up in Dunedin, was married to Graeme, a talented carpenter, and has three children (Roger, Ainslee and Rhonda), six grandchildren and six great grandchildren.

Nancy is no stranger to loss and heartbreak when Graeme died suddenly at the young age of 50.

"It was an incredibly difficult time in my life, but you've just got to get on with it."

And Nancy has got on with it! Before moving to Ross Home, she spent some time with her daughter, Rhonda.

Two and a half years ago Nancy moved to Ross Home and is now happily ensconced in her unit which suits her perfectly!

She's also active, very much enjoying floral art and has been creating beautiful bouquets using her artistic skills. The creations are then either given to friends and family or sold, with the proceeds being generously donated for the benefit of other Dalkeith residents.

"I have my own independence, my own space and I can mix with friends or spend time on my own. The staff at Ross Home are wonderful, so kind and caring, so I want for nothing."

To find out more about Enliven carehomes please visit psotago.org.nz/enliven.

Photo right: A Dalkeith unit includes a private kitchenette and lounge as well as a separate bedroom.



From the Ross Home Kitchen

We will be featuring recipes from actual meals produced in our care home kitchens - this recipe is a favourite meal at Ross Home, Dunedin.

Apricot Chicken

Serves 4

INGREDIENTS

- 500g chicken, diced
- 410g can apricots (juice and fruit)
- 1 onion, chopped
- 10ml oil
- 2 cloves garlic, crushed
- 20ml malt vinegar
- 2 teaspoons ginger, ground
- Dash cayenne pepper
- Salt and pepper to taste
- Rice or fettuccine pasta (enough for 4 serves)
- Stir fried vegetables (optional)

METHOD

Saute onion and garlic in oil until onion is clear. Add the chicken and cook until the meat is white.

In a separate pot put rice or pasta on to cook.

Drain the apricots, reserve the juice, add apricots to the chicken.

Mix together all remaining ingredients, add to the chicken and apricots, bring to the boil and simmer for 10 - 12 minutes.

Serve over rice or fettuccine and add stir fry vegetables (optional) and garnish with parsley.

MARCH IS

**VINTAGE
MONTH**



Profits from our retail shop
go towards Presbyterian
Support Otago's
community services.



Shop on Carroll – the new social hub

Shop on Carroll, our charity op shop located at 169 Princes Street, Dunedin, is fast becoming a destination shop with a social focus.

Last year Christmas shoppers enjoyed live music and carols with both volunteers and staff getting into the spirit! It was a fun and festive atmosphere for all.

“We are thrilled to see people enjoying the social aspect of Shop on Carroll, and we are excited to be able to offer more community events this year – look out for our Vintage Fashion Show coming up in March! Any further vintage donations gratefully accepted,” says Retail Co-Manager, Fiona Dodds.

Community events are starting with a jewellery making group. Keep an eye out on the shop's social media pages for more details on activities and opportunities!

Retail Co-Manager, Cristin Waite, is thrilled with the new premises which offers so much more than the former site in Carroll Street.

“The bigger and better space allows us to support these community events,” says Cristin.

“Shop on Carroll continues to raise much-needed funds to help Presbyterian Support Otago's Family Works and Enliven community services.”

“We couldn't do what we do without the support of our amazing volunteers and the greater community who have really pitched in with their time and services, going above and beyond to help our community.”

A very special thank you to everyone who has donated their pre-loved items. Not only do your treasures have a new lease on life, they help raise money for our community!

We would appreciate any donations for the upcoming cooler months, especially menswear. These will gratefully be accepted at Shop on Carroll, 169 Princes St, Dunedin. Thank you!

Ken and Neville creating a festive atmosphere



The *joy* of giving

SHOPON
CARROLL

UNIQUE FINDS
CONSCIOUS SHOPPING
SOCIAL HUB

When Judy Hayes retired in 2023 her plan to volunteer for Presbyterian Support Otago (PSO) had been mapped out for several months prior.

Fast forward seven months and Judy is a regular volunteer at Shop on Carroll, helping sort donations and enjoying the camaraderie of working alongside shop staff and volunteers.

“Once I retired from full-time work, it was important to maintain some sort of structure in my life so volunteering made sense,” says Judy.

“I worked for PSO for nearly 20 years, so I know the organisation very well, and because I relate to the work PSO does in the community, I wanted to continue to help where I could.”

Judy was well aware of the different volunteer roles she could do at PSO and chose Shop on Carroll for several reasons.

“I work a couple of hours a week but I have flexibility so I can quite easily swap days if I’m going to be away travelling in my campervan.”

Of her own choice, there is a physical side to the work that Judy is doing, something she also enjoys. Sorting clothing and stacking boxes of clothes on shelves in the storage area is part of her role. And she

also enjoys the social aspect of working with other volunteers.

“We have a lot of fun together and the whole team is friendly and approachable.”

The transition from full-time, paid work to being a volunteer was easy and Judy has settled into a new rhythm and likes the variety it offers.

As well as being a keen traveller, Judy enjoys cycling and gardening and plans to get involved with other local groups, including taking up mahjong.

As for volunteering – would she recommend it?

“Absolutely! I get as much out of being a volunteer as PSO gets from me being a volunteer. I highly recommend it.”

Interested in volunteering? If you would like more information about giving your time through volunteering, please visit our website psotago.org.nz/volunteer or contact our volunteer coordinator, Jasmin on 027 700 1550.



Honouring the collective energies and mana of our volunteers

Notice Board



Jude thanking John, from My Mate John's Furniture Warehouse, for his generous donation to the Foodbank, with Damian and Hannah from The Breeze.



Beautiful fresh apples for our foodbank! A huge thank you to Stephen and Sally Darling from Darlings Fruit Ltd www.darlingsfruit.co.nz for donating so many crisp, fresh apples to our Family Works Foodbank! Thank you also to Ron who organised the delivery!

Thank you to all the amazing individuals, groups, organisations, parishes and businesses that generously donated to us over Christmas and into the New Year. Your support is so valuable and we are very grateful, we could not help the people that we do without it!



We are incredibly grateful to Anderson Lloyd who have very generously donated vouchers to our foodbank, helping us to support our local community!



Thank you to the amazing team at Harraways! Damian and Hannah from the Breeze called by with 109 bags of oats for our foodbank.

A huge THANK YOU to everyone who donated to Movies for Teens! With your support we were able to send over 300 teens to the movies this Christmas. This is a real treat for teens from struggling families, and it would not be possible without your help!

A special thank you to Kiwi Harvest, Beca, Foodstuffs Community Trust, Rialto Cinema and the Dunedin City Council for their support.



The Promise of Easter

Easter is a sacred part of the Christian calendar and is just around the corner.

For many people it's about chocolate, retail sales, and holidays but there's a lot more to Easter than that.

Christians believe Jesus was resurrected (saved) by God, his father, and that anyone who follows Jesus Christ in life will be saved and have eternal life. This is central to Christianity and the reason Easter is celebrated. Followers of Jesus celebrate his resurrection in many ways, attending church, taking a break, and exchanging Easter eggs, which represent new life and rebirth.

After his death and to keep his remains safe, his followers prepared his body for burial and placed it in a cave. They returned daily and on the third day Mary Magdalene found the cave open and empty. When she turned around Jesus was standing behind her, very much alive!

In the Bible's Old Testament this amazing event was prophesized hundreds of years before.

Easter is a time to reflect on the meaning of life and the power of love and forgiveness. Through the symbolism of Easter, we are reminded that no matter how dark things may seem, there is always hope in the power of resurrection and new beginnings.

Easter is also an opportunity to be thankful for what we have, to rest and spend time with the people we care about.

Happy Easter!

SUPPORT SUNDAYS:

If your parish would like a representative to speak at an upcoming service please get in contact with Joy on 03 470 0806 or email joy.davis@psotago.org.nz

Gifts for Otago

Change for good comes in many different ways, and for John Angus it was his decision in 2015 to leave a bequest to Presbyterian Support Otago as he was passionate about the wellbeing and care of children.

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

Another donor, Barbara, agrees that leaving a gift in her will is important. "I do it because I can, and I do it because Presbyterian Support are such a worthy cause – they do fantastic work within the community that we live in."

Mark wanted to share his success and because he cares deeply for tamariki and whānau, he has decided to give something back.

"I want children to be able to grow up in a safe community. I admire the work that PSO does and knowing my bequest will support children, families and the elderly in the community makes me feel very happy!"

If you would like to find out more about leaving a gift (bequest) to Presbyterian Support Otago, please contact our Supporter Engagement Manager, Jude McCracken, on 03 477 7115 or email judith.mccracken@psotago.org.nz.





Making a *difference*, together!

We are on a mission to empower individuals, children, young people, and families in Otago to be safe, strong, and connected. We believe that every member of our community deserves a chance to live, learn and thrive, and with your help, we can make a lasting impact.

Our Family Works services includes social work, financial mentoring, parenting support, group programmes, and community development initiatives throughout Otago, including our essential Dunedin foodbank. The best part? We provide these services to our clients without any charge, removing any barriers for those who need our help.

While we are grateful for the small amount of Government funding we receive, it only covers some of our costs. To continue making a significant difference, we rely heavily on donations from generous supporters like you.

How You Can Make a Difference: Become a Friend of Family Works!

By becoming a **Friend of Family Works**, you can provide ongoing regular support of a service or programme in our local area. Your contribution will help build our skills bank to meet the diverse needs of individuals and families in our communities. Here are some options:

\$40 Support social work hours:

Contribute towards social work hours for an individual or family, ensuring they receive the attention and care they need.

\$70 Support our children's group programmes:

Contribute to our children's group programmes aimed at building resilience, confidence and courage, helping them cope with life's challenges.

\$100 Support our parenting programmes:

Contribute to our parenting programmes aimed at building strategies to promote positive relationships for parents and grandparents, as they navigate today's social obstacles and tests.

\$150 Support our Buddy Programme:

By supporting our Buddy Programme you will enable a child to engage in a positive and supportive relationship with an Adult Buddy.



Your donations can make a genuine impact on the lives of those in need. Discover the available options for ongoing and regular support on our website. Visit psotago.org.nz/get-involved.

Together, we can make a positive and lasting difference in our communities and the lives of the people in Otago. Let's stand united to create a brighter future!

Thank you for being a beacon of hope and support.

Warm regards, **Jude (Supporter Engagement Manager)**

How to return this form:

POST

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

EMAIL

fundraising@psotago.org.nz

PHONE

Contact us on 03 477 7115

**All donations are receipted.
Gifts over \$5.00 are tax
deductible.**

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.

Yes, I would like to help!

I would like to donate

\$

Please use my gift for

Greatest Need

Foodbank

Friend of Family Works

Your Details

Name

Address

Phone

Email

Donation options - it's easy to donate!

Donate via Credit / Debit Card

Card number

Name on card

Expiry date

CVC

Three digit code on back of card

Signature

One-off donation

Monthly donation

AUTUMN 2024

Other ways to donate

Donate via Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

Ref: Your phone number Code: **DONATION-PM**

Particulars: Programme you would like to support eg. Foodbank

For a receipt, please email us at fundraising@psotago.org.nz

Donate Online via psotago.org.nz/donate

Use your credit or debit card to donate via our website.



Phone banking via your bank's services



Call us on 03 477 7115 and we can process your credit or debit card donation over the phone



Donate with your EFTPOS card:

Pop into our Dunedin Support Centre at 407 Moray Place



Leaving a gift in your will:

Please call us on 03 470 0834 to find out more details

Presbyterian Support Otago



Enliven Services

Residential aged care homes

Ross Home, Dunedin
St Andrews, Dunedin
Taieri Court, Mosgiel
Iona, Oamaru
Holmdene, Balclutha
Ranui, Alexandra
Castlewood, Alexandra
Elmslie House, Wānaka
Aspiring Enliven, Wānaka

Retirement Villages

Columba Court, Oamaru
Wānaka Retirement Village
Ranui Court, Alexandra

Family Works

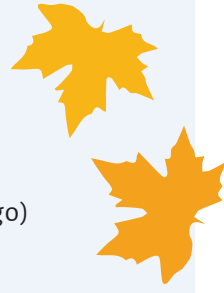
Foodbank (Dunedin) & **Skillsbank** (offered throughout Otago)
Freephone 0508 396 678

Rental Cottages

Ross Home Cottages, Dunedin
Iona Cottages, Oamaru

Community based services for older people

Individualised Funding
Visiting Volunteers, Dunedin
Club Enliven, Dunedin/Taieri/
Alexandra
HomeShare, Alexandra



814 STAFF

519 VOLUNTEERS

To contact the editor please email publications@psotago.org.nz

What's in our SKILLSBANK

Our Family Works Skillsbank is a group of programmes and supports where we work alongside people from all walks of life to help them build a safer, stronger, more connected life.

Social work. Empowering people to make change and build their sense of belonging, including advocacy.

Parenting, support and children's programmes. Strategies to promote positive family relationships.

Financial mentoring. Clients learn how to take control of their finances.

The Buddy Programme is a friendship mentoring programme for children aged from 5 to 12.

Stepping Stones is a day programme where we work alongside clients who are facing mental wellbeing challenges, connecting them with their wider community.

YouthGrow is a youth development programme delivering NCEA Level Unit Standards.

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

Family Works

Freephone 0508 396 678
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Profits from our retail shop go towards Presbyterian Support Otago's community services.

MARCH IS
VINTAGE MONTH