

Winter 2022

PEOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



OUR SERVICES



Presbyterian Support
Otago

enliven
PRESBYTERIAN SUPPORT OTAGO

 Family
Works
PRESBYTERIAN SUPPORT
OTAGO

Message from Jo

Kia ora,

I do hope you enjoy reading Sione's story in this issue of **People**. He is a young man with an extremely bright future and was a Young Buddy in our Buddy Programme. He was reunited recently with his Adult Buddies, and they reminisced about their time together and how it made a real, positive and lasting difference to each of their lives. Our Buddy Coordinators play a critical role in the programme by matching the buddies carefully and providing ongoing support, and these roles are largely funded by our generous donors.

I also want to highlight that behind the scenes of our services, the Covid pandemic has brought significant disruption and challenges to our teams. Our Enliven staff have worked especially hard to fill the gaps when colleagues need to isolate, and when residents are missing their families. As well, Covid has worsened the national shortage of nurses, careworkers and support staff. There is an ever-growing demand for our foodbank and social services too, bringing pressures to our Family Works teams. Our retail operations have been impacted too, especially by fluctuating consumer confidence. Thank you for your kindness and patience in your dealings with our hardworking staff!

Some of our country's more long-standing challenges - such as the rising costs of living and housing - are part of a bigger picture and as PSO's Chief Executive, I take every opportunity to make a case for changes that will help our most vulnerable New Zealanders.



This includes writing to and talking with Members of Parliament and key decision makers. PSO is also regularly asked to comment in the media on social issues and my response to the 2022 Budget was published by the Otago Daily Times, and we've included a copy of the article on page 9 of **People**.

Finally, I hope that you have taken the opportunity to be vaccinated against the winter flu - it's a particularly nasty strain this year!

Blessings to you all

Jo Rowe

CEO and Acting Enliven Director,
Presbyterian Support Otago

Welcome to the Board Gillian

Gillian Musuka

Gillian is a General Practitioner having trained in the UK then gained Fellowship of the Royal New Zealand College of General Practitioners after moving to New Zealand with her family over 10 years ago.

A Chartered member of the Institute of Directors NZ, she has been involved in voluntary work as a GP at Servants Health Centre and is currently a board member of Te Whare Pounamu Dunedin Women's Refuge.

Gillian is also an Intern Director at Delta Utility Services, where she is a member of the Audit and Risk as well as Health and Safety Committees.

She is currently working towards increasing her knowledge in digital innovation in the healthcare system at the University of Otago.

Gillian joined PSO's Clinical Governance Committee in June 2021, and was appointed to PSO's board in March 2022.





Resident Runa Wilson (left) enjoying a visit from Family Works staff member Pippa Wellstead.

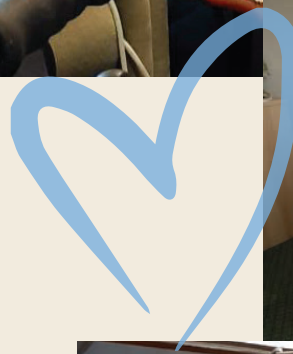
Helping out in our Enliven carehomes

Our Enliven carehomes have had some new faces helping out recently. With staff shortages and volunteer restrictions across the aged care sector, our Family Works and corporate services staff have been stepping up to fill the gaps, and we'd like to introduce you to some of them.

Pippa and Kiri, Family Works staff members in Alexandra, lent a hand at Ranui. "We both enjoyed just sitting and chatting with the residents, most of whom were local Alexandra people that had lived here in our community for many years. The stories they had to tell were delightful and Kiri and I found that we had connections with them and their families", Pippa said.

"We delivered the mail, helped with knitting, exchanged library books, helped with delivering lunches and did some colouring. Most of all we loved sitting and chatting and being in the company of residents."

Maree from our support centre in Dunedin lent a hand in the Ross Home laundry and with residents. "I had fun with residents, giving them their afternoon tea and chatting with them", Maree said.



Resident Hazel Grant enjoying a visit from Family Works staff member Kiri Mulholland (above)



Enliven staff member Julie with Kiri at Ranui carehome in Alexandra.

Laura, who is also from our support centre, spent a couple of days at our Balclutha carehome, Holmdene. She had a lovely time getting to know the residents and helping out within the admin team.

Our amazing staff have shown their true commitment to caring within our community, and supporting their colleagues. We would like to extend a huge thank you to all of those who have helped out!

Octacan 2022

Lots of people know about Octacan! It's our major winter food drive, held in Dunedin's Octagon and the food we collect there helps refill our foodbank so we can support hundreds of local people through the colder months. This year we held Octacan on 23 June, in the week of Matariki.

Matariki is the Māori New Year and is the time of year harvest would traditionally take place. Kai for Octacan is our 'harvest', when we gather and secure food for those in our community who are grappling with the impact of hardship, and find they need the support of our Family Works Foodbank.

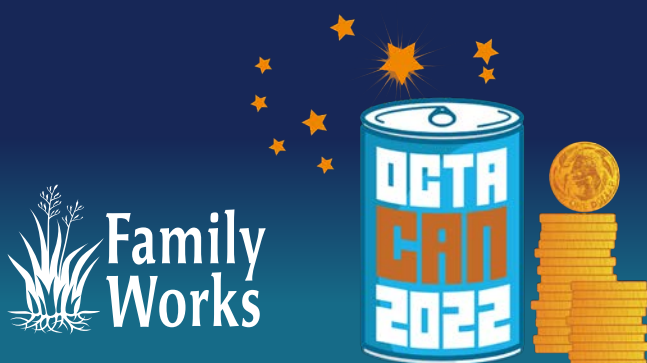
Schools, workplaces and lots of other generous people turned out to donate cans of food and other non-perishable items. We thank you all!

This winter, more than ever, people are in need of some extra support. The cost of food and other essentials has soared, and we are seeing more and more families reach out to our foodbank.

Our team understands everyone has a unique story, and they provide wrap-around help tailored to each individual or family – by providing food parcels, and if needed, social work support, financial mentoring, support to find emergency housing, and winter clothing.



Sharna Milner, Octacan volunteer



If you would like to donate to our foodbank, you can drop goods off to our Moray Place office or donate online

www.octacan.org.nz

Volunteers doing good in our community!

Presbyterian Support Otago has over 500 volunteers across our Enliven carehomes and community programmes, Family Works, foodbank and retail shops. We rely on this amazing team of volunteers to support our community, and we are extremely grateful! Volunteer Week is an opportunity to celebrate and thank our volunteers. Without their efforts we wouldn't be able to do what we do!

Meet Sheryl - volunteer extraordinaire at Op Shop on St Andrew

Where do you volunteer?

At Op Shop on St Andrew, four mornings a week.

How did you get into your role?

I just walked in and asked if they needed help. I had a wee interview, and then I just started. I've been here about four years.

What do you do in your role?

A little bit of everything. Serve customers, price, rotate stock. I'm a chatty Cathy, I hum or sing along to the music.

What do you like about volunteering?

I like everything about it! There isn't a pill you could take that would replicate the feeling I get from helping. You couldn't bottle it! It's the people that make the shop.

Staff member Margie says, "Sheryl is great, brilliant, does everything."

What do you like to do when you're not volunteering?

I like doing things with my hands, like gardening and knitting. I knitted my way through Covid, knitting baby things for the shop. If it's raining, I love reading, I read like a piranha, I'm always singing - yesterday I sang the Sound of Music while working in the shop. I love the movies, any movie!

Profits from Shop on Carroll and Op Shop on St Andrew are directed back to our Family Works services, such as the Family Works Foodbank and Buddy Programme. Both our shops are vital pieces of the financial sustainability puzzle for PSO as a charity, as well as knitting our local Dunedin community together, and keeping gently used clothing and retro gems out of landfill.

We are always looking for more volunteers for our shops - a fun and friendly place to volunteer while giving back to your community. By volunteering at our op shops you are helping support Presbyterian Support Otago's Family Works programmes and social services.

For more information about volunteering visit our website www.psotago.org.nz/volunteer or contact our volunteer coordinator Jasmin on 027 700 1550.





Heather and Donald Harvey with Sione Lea (centre)

Buddy Programme

30
YEARS

Sione's story

This year we are celebrating the 30th anniversary of our Buddy Programme and we are delighted to bring you Sione's story. Now the Deputy Head boy at Waitaki Boys High School, Sione is of Tongan and Māori descent, with some Scots and Irish ancestors too, and has a string of academic, sporting and cultural awards to his name. With plans to study medicine when he leaves school, Sione was recently reunited with his adult buddies, Donald and Heather Harvey.

The three first met when Sione was around nine and half years old. Sione's mum Sonya recalls that "Heather and Donald were like grandparents to Sione. They were there for him at a very difficult time in his life, at a time when his grandma was unwell. He was extremely close to my mum, so going with Donald and Heather on a weekly basis was so good for him - it was time out from what else was going on in his life, and it really helped him emotionally."

5

Our Oamaru-based Buddy Coordinator, Christine Moffat arranged the get-together, which took place at Donald and Heather's home and garden. Christine asked Sione, Donald and Heather about their experience and memories of their three years in the Buddy programme.

Christine: What are some memorable experiences from your time as a Young Buddy, Sione?

Sione: There are a lot! Hanging out with Donald, doing painting and welding. He taught me about safety gear. I remember baking with Heather, using secret recipes, and we also played card games and it was a peaceful, rewarding way to learn new things.

Heather: We had flour up to our elbows when we were baking! We also gardened together, and you helped on the farm.

Sione: The garden is just the same as I remember. There's the kale - I remember making those kale chips with you Heather!

Christine: As a young adult Sione, and looking back, how did being a Young Buddy help you?

Sione: It really improved my social skills and confidence. Donald and Heather always showed me respect and I learned how to show my respect for them. They showed me what motivation looks like too. I am thankful to them both – they have helped me a lot, and they are a big part of who I am today.

Christine: What was it like being an Adult Buddy for Sione?

Heather: It was easier than we expected. Sione made it that way as he is a cooperative and willing boy. We developed a really enjoyable relationship.

Christine: What would you say to someone considering becoming an adult buddy?

Heather: Don't hesitate. You are rewarded as much as the child. The satisfaction you gain from seeing the child flourish and grow in confidence is very fulfilling. I have always enjoyed working with children, having been a school teacher.

Donald: The more you give, the more you receive – it really brightened our day. You get a kick out of seeing a kid come back who is doing great. We could tell that you were very close to your Grandma, Sione. You really picked us up by being in our lives too. Seeing you again has really made my day!

Christine said later “when Sione met up with Donald and Heather it was like old friends reuniting - they picked up from where they left off. It was evident in their interactions that a trusted, respectful relationship had developed between them. It was a delight to see them together and really shows what a difference the Buddy programme can make in the life of the Young Buddy and Adult Buddies as well.”



Sione Lea

The Buddy Programme is part of our Family Works Skillsbank

The Buddy Programme supports the emotional and social well-being of children by matching them with carefully selected and trained adult volunteers in a mentoring relationship. A child is usually matched with one adult, but sometimes with a couple, as Sione was.

The programme was first run by The Volunteer Centre in Dunedin in 1985 before being taken over by PSO in 1992. Over the years the service has expanded and we now have eight Buddy Coordinators working across Otago, who have matched and supported over 200 Young Buddies and their Adult Buddies during 2021.



Christine Moffat, Buddy Coordinator, North Otago

We need more adult buddies!
Currently we have 114 matched young buddies, but with many more on our waitlist. If you are interested in finding out more about being an adult buddy please call us on 0508 396 678.

Our award winning Buddy Programme is largely funded through donations.

If you would like to support this programme, please use the donation form at the end of the magazine.

Community News

Volunteer Vacancies at PSO

1. Adult Buddies (across Otago)
2. Op Shop Retail (Dunedin)
3. Op Shop Warehouse (Dunedin)
4. Foodbank (Dunedin)
5. Enliven Carehomes (across Otago)

For more information contact
Jasmin on 027 700 1550 or email
volunteer@psotago.org.nz



Midwinter festival at First Church

Dunedin's First Church will be ringing-in winter as part of a new look Dunedin Midwinter Carnival event, to be held over two nights on July 8 and 9.



The Stepping Stones crew go to camp!

The Stepping Stones group recently returned from their annual camp at Bannockburn and would like to say a huge thank you to everyone who supported them.

They have been busy raising money for their extra activities through their garage sales and they are very grateful for the businesses who offered services and discounts to make this happen.



Mornington Presbyterian Church has welcomed a new minister

Mornington Church has welcomed Rev Karl Lamb as their new minister.

Rev Lamb was previously part of the Presbyterian Support team in Southland, and has 15 years' experience in Parish Ministry.



Puzzle Fun *Winter*



WORD FIND DOUBLE PUZZLE

S R P M E O P L Y E I H O E L
 N P E I A N G R P K E P O P L
 E E W T K T E A I M S L U O I
 T L D F N P A R W H Ā N A U B
 T O I E P I A R O Z S M F C U
 I A C I Q M W P I R W V R O D
 M C L T A F L B E K I X O M D
 Z S K T A A A E U K I F S M Y
 W X R B H C T J J U G I T U J
 O O A O D N A C W C B R Y N E
 G Q R V U R O N U R S E S I J
 A A B L Z K N A B D O O F T K
 T R O P P U S W V X E W U Y F
 O V R E H T E G O T B Z G G J
 E N L I V E N D W C E P N R X

This puzzle is a word search puzzle that has a hidden message in it.

First find all the words in the list.

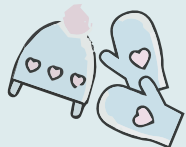
Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

AROHA
 BUDDY
 COMMUNITY
 ENLIVEN
 FOODBANK
 FROSTY
 MATARIKI

MITTENS
 NURSES
 OCTACAN
 OPSHOP
 OTAGO
 SLIPPERY
 SUPPORT

TAMARIKI
 TOGETHER
 VOLUNTEERS
 WHĀNAU
 WINTER



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CAROLYN'S PUMPKIN & KUMARA SOUP

Ingredients

900 gm pumpkin
 400 gm kumara
 3 Tbsp oil
 1 onion
 2 garlic cloves

2 Tbsp plain flour
 ½ tsp curry powder
 Salt & pepper
 6 cups vegetable stock
 1 cup coconut cream

Method

Cut pumpkin into large wedges, keep skin on, also cut peeled kumara into large chunks.

Spread out on oven tray, drizzle with oil and sprinkle over salt and pepper. Roast in oven at 180 degrees until soft.

Scrape pumpkin from skin (it should come away easily) and pop the pumpkin and kumara into a large pot (or slow cooker to prevent it burning on bottom of pot). Sprinkle over the flour.

Dice up onion and finely chop garlic, fry off in 1 Tbsp of oil, add curry powder. When cooked add to pot.

Add vegetable stock to pot and simmer away until well cooked. It should be still quite thick, not too runny.

Using either a hand blender or a kitchen whizz, puree the soup. Then re-heat along with the coconut cream, do not boil.



Our friendly Family Works Administrator Carolyn makes the most amazing soup!

The Government's 2022 Budget was handed down in May and Jo Rowe's response to the Budget was published in the Otago Daily Times on May 20 and is reproduced below.

Otago Daily Times



Dunedin 11 | 5

Friday, 20 May 2022

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Key health and social sector targets missed in Budget

Balancing the books of government when it comes to a pandemic Budget was never going to be an easy task.

I acknowledge the efforts the Government has made throughout Covid to keep businesses open and people employed.

After such significant spending, this was always going to be a disappointing Budget to some degree, and unfortunately it misses key health and social sector targets.

Health system reforms have been planned for some time, and now we see the cost of this is more than \$11billion.

Meanwhile, there is no new significant funding for the direct delivery of health care to the vulnerable and most in need.

Although we welcome the \$114.5million in targeted funding for family violence, which will benefit communities and generations across New Zealand, this Budget does nothing to broach the systemic wealth inequities which filter into the social system via such aspects as home ownership.

Nor does it address a lack of affordable, safe, secure, healthy, homes.

Unemployment is at its lowest in decades, yet foodbanks and budgeting services like ours continue to see new clients who earn in the middle-income range.

The reality is, families are struggling, beneficiaries are struggling, and this Budget does not go far enough in addressing the social determinants of health.

Critically, this Budget also ignores the importance of aged care: there is no additional funding to attract and retain the workforce needed.

Nurses in aged care earn significantly less than DHB nurses, which is an unsustainable situation.

Funding for this sector increases only minimally each year and is now insufficient to cover the actual costs of service delivery.

This is not a transformational budget and that is disappointing, especially for our most vulnerable New Zealanders.

■ Jo Rowe is Chief Executive of Presbyterian Support Otago and Acting Director of Enliven.



BUDGET '22
COMMENT
JO ROWE

Our Mission | Tō Mātou Whakatakanga

We walk with people across the generations to create together places to live, learn and thrive. We call out injustice and advocate for positive social change.

Getting into the Enliven colours at Taieri Court

Laura Gooby (right) is a careworker at Taieri Court carehome in Mosgiel and recently graduated as an Occupational Therapist!

She had her nails done for graduation - in the ENLIVEN colours teal and white, and they looked fabulous with the uniform! They have been much admired.

Laura loves her job as a careworker, believing it is giving her valuable experience and confidence before starting her career as an Occupational Therapist.

Congratulations on your graduation, Laura!



Are you ready to join our passionate, highly respected team?



*apply
online*

www.psotago.org.nz/jobs

Whether you are just starting out, or wanting a change, Presbyterian Support Otago can offer you new opportunities and will invest in your professional and career development.

We've been walking alongside people, regardless of age, background or religious belief, for more than 100 years. We support and empower thousands of people, families, whānau and communities in aged care and social services in locations right across Otago. If you share our passion for this purpose, we'd love to hear from you!

registered nurses · careworkers · cooks · housekeepers · enrolled nurses
social workers · administrators · and more



Mr Blair Lowery of Dunedin

Making a difference - a lasting legacy

Together we can make a difference. Mr Blair Lowery shared with us why he has decided to leave a gift in his will to Presbyterian Support Otago (PSO).

Mr Lowery, thank you for your time today! What is your connection to PSO?

We moved from the farm in Waitahuna and set up home in Dunedin. I attended church at the East Taieri Presbyterian Church and was part of the founding group who set up Fuel Breakfast Church in Fairfield. Once this was established, we then attended East Taieri again as I missed my friends from there.

Why do you want to leave a bequest to PSO?

I want to share my success; I think this is an okay thing to do! I have supported a number of churches over the years as well as Presbyterian Support Otago. I really care about children and families and 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!

How are gifts like this important?

I feel very lucky to still be active, living in my own home. I can still do jobs around the house and lift most things I need to. Giving back to an organisation like PSO after I have passed will really make a difference to our community. I know that people are finding it very difficult at the moment with food prices, petrol costs and general living expenses. It pleases me that I can share my success with others!

I do worry that my bequest may not be super large but it does make me feel happy that I am able to support an organisation that I care about.

For more information about leaving a gift in your will or donating to PSO please call Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on 03 470 0834.

YouthGrow and Stepping
Stones are part of our

SKILLSBANK



Stepping Stones woodworkers deliver the goods to YouthGrow

The very talented people at Stepping Stones have been teaming up with our YouthGrow Garden Centre!

Stepping Stones run a woodworking group once a week and some of their creations are now being sold through YouthGrow Garden Centre.

These super-cute little 'dog' planters were made at Stepping Stones and are now available to purchase at YouthGrow. Each piece is individually made and there is a very limited supply!

YouthGrow Garden Centre is located at 146 Norwood Street, North East Valley, Dunedin and is open 7 days a week.





Thank you to our supporters

Now more than ever, Presbyterian Support Otago is here to help people through difficult times. We are one of the largest social service providers in the region and many people turn to us when times are hard. Anyone can call us or walk in through our doors, and they will find the comfort and support they need.

With your help we can support more people to meet their immediate needs for food and warm clothing, and work with them through our Skillsbank to build life-changing relationship and financial skills.

There are many ways you can show your support for the work we do. We welcome donations of pre-loved items to sell in our op shops, donations of food for our foodbank, and financial donations.

You might also like to consider leaving a gift to PSO in your will, as Mr Blair Lowery has. Blair's story is featured on page 11 in this edition of **People**.

This winter, we hope you can support those in our community most in need.

Kind regards, Jude (*Supporter Engagement Manager*)

PS: I am always happy to chat with you if you would like to discuss other ways you can support our work, please call me on 03 470 0834.

How your donation can make a difference





Our Skillsbank, like our Foodbank, relies heavily on the generosity of our donors.

Any amount, large or small, will help keep our Skillsbank working alongside local people to grow their skills and capabilities, and will help keep our Foodbank well stocked.

Here are some examples of how donations can help support the people who access our programmes:

- \$35** Funds one session with a Social Worker
- \$70** Funds three sessions at a support group for one parent
- \$100** Funds three sessions at a support group for one child
- \$200** Funds three family food parcels at our Foodbank

What are some other ways to donate?

-  **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 or Shop on Carroll
-  **Leave a gift in your Will.** To find out more, please call Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on **03 470 0834**

Leaving a Gift in your Will?

If you have any questions at all about donating to PSO or leaving a gift in your will, please feel free to phone Jude McCracken, our Supporter Engagement Manager, who is based in Dunedin, on 03 470 0834.

- Please contact me to discuss donations
- Please contact me to discuss leaving a gift in my Will to Presbyterian Support Otago.

Name

Phone

How to return this form:

POST

Fundraising Team,
Presbyterian Support Otago,
FREEPOST 845, Dunedin
9054

EMAIL

fundraising@psotago.org.nz

PHONE

Contact us on 03 477 7115

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

Yes, I want to show my support!

I would like to donate \$

To support

- Where the need is greatest
- Skillsbank - Child and Family Services
- Family Works Foodbank
- Services for older people



Donation options - it's easy to donate!

Credit / Debit Card

Card number

Name on card

Expiry date

CVC

Three digit code on back of card

Signature

One-off donation

Monthly donation

Donate Online via www.psotago.org.nz/donate

Use your credit or debit card to donate via our website

Internet Banking

Account Name PSSO Account Number 06 0901 0005597 00

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

Particulars: Enter a donation option from the 'to support' list above

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

Name

Address

Phone

Email

Winter 2022

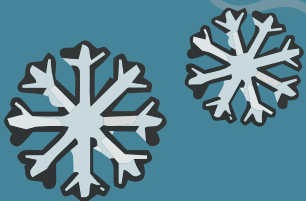
Presbyterian Support Otago is a charity registered under the Charities Act 2005, Charity Registration Number CC20878. The Privacy Act 1993 requires us to advise that we keep the names and contact details of our supporters on file to help with fundraising and event promotion. This information is only 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.



Presbyterian Support
Otago



- Support Centre
- Family Works
- Enliven
- Cottages and Villages
- Retail Shops



Presbyterian Support Otago Services

Enliven

Residential aged care homes

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

Retirement Villages

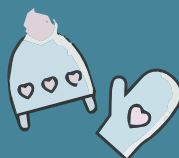
Columba Court, Oamaru
 Wanaka Retirement Village
 Ranui Court, Alexandra

Rental Cottages

Ross Home Cottages, Dunedin
 Iona Cottages, Oamaru
 Milton Cottages, Milton

Community based services for older people

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



Family Works

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

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.

Parenting programmes and support groups. Strategies to promote positive family relationships.

Financial mentoring. Empowering people to manage their own finances.

Community Finance. Access to affordable 'Good Loans'.

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.

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

YouthGrow is a youth development programme located in a fully operational nursery/garden centre.

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.

793 STAFF

500 VOLUNTEERS

Editor Sally Knox - publications@psotago.org.nz

Family Works

Freephone 0508 396 678

www.psotago.org.nz