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AND SHARE

Summer 2022/2023

PeOPLE

The magazine for friends and supporters of
Presbyterian Support Otago

together
we make a
difference



Presbyterian Support
Otago

OUR SERVICES



Message from Jo

Kia ora,

In this issue we are shining a spotlight on some of our amazing volunteers. Presbyterian Support Otago (PSO) is supported by the generous efforts of over 540 volunteers and many of our services simply could not run without their contribution. Our services – including our care homes, foodbank and skillsbank - help weave a stronger social fabric throughout our communities – and that means safer, kinder, stronger neighbourhoods for us all.

We are immensely grateful too, for those people in our community who show their support for PSO in other ways such as donations, gifts and in their wills. This kind of support means PSO can itself stay strong and can keep delivering help and care to those who need it most.

However, it won't surprise you to hear that there's more demand than ever for our social services as many Kiwis continue to feel the cost-of-living crisis.

The aged residential care sector is under significant pressure too, which is impacting all our services. Due to government underfunding in aged care, and the rising costs of providing that care, PSO has less available surplus income to support its Family Works social services.

We have had to make some difficult decisions in the face of these problems, including closing the retail arm of our YouthGrow Garden Centre in Dunedin. The YouthGrow youth development programme is not affected by this closure and will keep operating from the same site.

Our Enliven care homes also face the ongoing effects of the COVID 19 pandemic, which includes a worldwide shortage of nurses. In addition, many nurses in aged care are paid significantly less than hospital-based nurses, due to the way the government underfunds aged care. We continue our important advocacy for pay parity for our nurses.



Sione Lea, Pelesili Lea (Sione's father) and Jo O'Neill (CEO)

The staffing crisis means we had to take the very difficult decision recently to close the Dementia Unit at Ross Home as we were unable to staff the unit safely. We are working closely with the affected residents, their families and Te Whatu Ora Southern to ensure a smooth transition to a new home for each of these residents. We really hope we can offer this important level of care in future, but in the present climate this is impossible right now.

Despite these challenges though, there are still reasons for hope! The heart our volunteers and staff have for PSO's mission is huge and we are working on strategies to navigate these turbulent times. The coming generations give me hope too. We were honoured to host Sione Lea, Deputy Head Boy at Waitaki Boys and a graduate of our Buddy programme, as special guest speaker at our recent AGM. Sione was featured in the Winter edition of **People** and is off to Otago University to study Health Sciences First Year in 2023 and plans to become a surgeon. His message of resilience, humility and growth resonated with all of us.

Blessings to you all,

Joanne O'Neill (Formerly Rowe)
CEO Presbyterian Support Otago



Celebrating our

volunteers



Shirley (right) and daughter Fleur at Iona



Shirley's incredible 30 years at Iona

Shirley Gillies, at 98 years young, is one of our wonderful volunteers at Iona care home in Oamaru, where she has been volunteering for 30 years!

We were delighted to honour Shirley's service recently by presenting her with a Presbyterian Support Otago (PSO) Achievement Award and some special gifts.

At this event, fellow volunteers Joan Mulligan and Joy Rusbatch received awards for 20 years' service and other volunteers were acknowledged along with staff who achieved training and service milestones.

Shirley lives with daughter Fleur, and every other Friday drives herself to Iona to play the piano during happy hour, to the delight of residents and staff.

Bev Nuttall, Iona's Activities Coordinator Supervisor told those gathered at the Awards ceremony "Shirley is an amazing lady, and I think I can speak for every woman here and out there when I say that I want to be like you when I grow up!"

"When we went into lockdown Shirley was devastated because she couldn't come and play for us. When we were able to have volunteers back, so long as they did a RAT test and wore an N95 mask, they could return, and Shirley was one of the few who jumped at the chance." said Bev.

Not only is Shirley a gifted piano player, she is also a talented and recognized author, having written limerick and story books, and copies of some of these can be found at Iona.

Volunteering isn't the only connection that Shirley and her family have with Iona. Her mother Isabella McFarland Grave, together with Mr Albert Grave, and R K Ireland, gifted the land on which Iona stands to PSO in 1944.

We thank Shirley, her forebears, and all our amazing volunteers who help in our care homes across Otago, in our Family Works services and in our Op Shops!

Want to be happier? Try volunteering!

Research suggests that volunteers aren't just helping the communities they serve. People who volunteer actually experience a boost to their mental health — good news at a time when many New Zealanders report feeling symptoms of anxiety or depression.

No matter what your skills, we are bound to have a role to fit. Whether you only have a few hours to give, or can assist on a more regular basis, there's something you can do to lend a hand in your community.

For more information about volunteering visit our website www.psotago.org.nz/volunteer, or call Jasmin on 03 477 7115 for more information.



The wonderful Marion Oliver (left) has been volunteering at our Op Shops for 15 years, for up to 20 hours per week!

At a time of life when some people are slowing down, Marion is a sewing Maestro, creating the sustainable reusable fabric bags our shops use, along with many other craft items.

We did some quick calculations:

- We estimate Marion has made over 20,000 bags for the shops.
- By helping us to avoid single-use plastic bags, Marion has enabled PSO and its customers to avoid emitting 4,000 kilograms of carbon into the environment.
- And she has saved over 2 metric tonnes of material going to landfill.

Marion is living proof of how just one person can make a real difference in the world!

Dunedin Volunteer Awards 2022



Did you know PSO holds its own staff and volunteer Achievement and Service Awards at each PSO site every year?

Last year we were excited learn of another way our volunteers are being recognised and celebrated – at the Dunedin SBS Volunteer Awards, which were held again this year on 25 September and hosted by Volunteer South.

We are delighted to announce that a raft of PSO Volunteers were recognised at the SBS Dunedin Volunteer Awards.

The Buddy Programme won the Transformative Volunteering category, and our Family Works Foodbank won the Resilience and Adaptability category and were Highly Commended in the Collaborative Volunteering category.

Our Dunedin Club Enliven Drivers were finalists for Team of the Year.

Three of our volunteers won the coveted Judges Award: Jan Letts (Stepping Stones), Julie Cecchi (Ross Home) and Marion Oliver (Shop on Carroll).

Also recognised on the Volunteer Honours Board was Neil Burrows (Stepping Stones).

Well done to all our Award winners and nominees! We would like to extend a huge thank you to all our volunteers, who continue to give their time and support throughout Otago!



Foodbank Coordinator Marilyn Donaldson and volunteer Audrey Clarke accepting the awards on behalf of the Foodbank.

Jan Letts with her Judges Award for Longstanding Commitment to Volunteering.

Photo credit (above and right): Volunteer South and Blake Armstrong of Armstrong Photography NZ



Club Enliven Dunedin Drivers William Torr and Lance Cross.



Volunteer Julie Cecchi (right) at Ross home with Michelle Marsh (Activities Coordinator).

Honouring the collective energies and mana of volunteers in Aotearoa.

The joy of giving back to your community

At Presbyterian Support Otago we have over 540 volunteers across our Enliven care homes and community services, Family Works programmes, foodbank and retail shops. Without this amazing team of volunteers, we wouldn't be able to do what we do!

Meet Isla - better known as the 'Holmdene fairy'. Isla is one of our wonderful volunteers at Holmdene care home in Balclutha.

Those lucky enough to know Isla say she is happy-go-lucky and nothing is ever a problem for her. In July this year Isla was recognised by the Ministry of Health who awarded her for 'Outstanding Achievement, Long Service Volunteer'.

Isla is a dab hand at mending clothing for residents and even staff uniforms. She also spends time visiting with residents and helping with resident outings. Holmdene manager Regan said "Isla also volunteers as a deliverer for Meals on Wheels to the community five days a week".

Isla is well known in the Balclutha community for her baking and regularly does this for the Cancer Society, sick families, patients and staff, not only at Holmdene but also at Clutha Health First. She is an avid member of the local RSA and has extensive involvement in the South Otago Diabetes branch.

We sat down with Isla to find out more about her service to PSO and the wider south Otago community.

How long have you been volunteering at Holmdene and how did you get involved?

I've been volunteering at Holmdene for 20 years now and I worked here for seven years before becoming a volunteer.

What do you do in your role at Holmdene?

I make jam and bake, bring flowers, do sewing and read the paper for residents.



Holmdene manager Regan Gilchrist with volunteer Isla Ryan

In July Isla was recognised with an Outstanding Achievement award in volunteering by the Ministry of Health.

What do you enjoy about volunteering?

I love the older people and want to help where I can.

Tell us a little about yourself and what you like to do when you're not volunteering?

I love baking, I bake for Holmdene and the Cancer Society. I like to knit and I knit singlets for the Clutha maternity unit. I also help out at the Red Cross shop.

Thank you, Isla, for your amazing commitment to all these causes and communities!

Would you like to volunteer with us?

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



IMAGINE A LIFE CHANGING TREASURE CHEST

Leaving a gift in your will for future generations in Otago

Earlier this year, our Supporter Development Manager Jude had the pleasure of visiting David*, an older gentleman who had become very unwell. He had asked Jude to pop around to see him at his home.

“We had a lovely chat and he told me the reason for asking me to visit was to let me know he’d made provision in his will for Presbyterian Support Otago to be the beneficiary of the contents in his home”, said Jude.

“He wanted to show me his belongings that meant so much to him and be assured that we would honour his wishes. I asked him why he chose to make this gift to PSO.”

He told Jude that “many years ago, PSO helped me when I needed food. I received a food parcel and was treated with respect and kindness. I have never forgotten that feeling of someone caring about me. This is my way of giving back to an organisation that really cares about our community and the people who live in it”.

David’s treasures were collected and donated to our Op Shops. The funds from the sale of his goods will help support the provision of our Family Works

services. Now David has gone, his gift will live on and will help children and families who are struggling and living with poverty and trauma, to gain the skills and knowledge to build a safer and brighter future.

A bequest can take on many different forms, and like David, you might like to consider what happens to the contents of your home once you have departed. If this is something that has been on your mind, please give Jude a call and perhaps chat about it over a cup of tea.

Leaving a gift in your will is an incredible way of showing you care for your community and the people who live in it - not just right now, but well into the future.



If you would like to find out more information about leaving a gift (bequest) to Presbyterian Support Otago, please contact Jude McCracken, Supporter Development Manager:

Phone: 03 477 7115

Email: fundraising@psotago.org.nz

PSO’s services are offered in Dunedin, Oamaru, Balcutha, Wanaka, Alexandra and throughout Otago.



We help local people who are facing hard times

Leah's * family was already isolating with COVID 19 and feeling anxious, tired and unwell when they reached out to our Family Works team.

Leah and her partner were determined to do the right thing for their community by isolating after testing positive for COVID. They both knew though, that her partner's casual employment would mean their income for the fortnight would drop considerably. They went ahead anyway and ended up isolating longer than the seven days, due to continued sickness in the family.

Leah bravely called Family Works and the team connected her with several channels of support, including MSD funding, the Dunedin City Council Electricity Fund, general social work and our Family Works Foodbank.

Family Works has supported many local families facing similar struggles this year. COVID and the ongoing cost of living crisis mean that more and more people are reaching out to us.

If you would like to support our services, please use the donation form at the end of the magazine or donate online at www.psotago.org.nz.

* Name and image changed for privacy reasons

“When our family all got COVID, we had to isolate. This meant no work for my partner - resulting in a struggle to feed ourselves and pay our electricity and rent. Thankfully, Family Works was there for us. We called their helpful team for a food parcel and were given more support than we even knew we could ask for! With their help we can breathe easier having had our electricity and rent paid for AND a food parcel delivered to our door!

Our family is so thankful to the team at Presbyterian Support Otago. You made this difficult time stress free, so we could focus on our health and wellbeing. Thank you all so much!”



Christmas *treat*



Gingernut dessert log

Ingredients

600ml cream
1/3 cup icing sugar
1 tsp vanilla essence
250g packet of gingernut biscuits
½ cup of orange juice

¼ cup of sherry or port (optional)
2 tbsp caramel topping – for decoration
Crystallised ginger or chocolate – for decoration

Method

Beat cream, sugar and vanilla to firm peaks
Combine the orange juice and sherry (optional) together
Crush one of the biscuits and set aside for decoration
Spread some cream on the base of your plate to help the biscuits to stand on their own
Dip each of the remaining biscuits in the orange juice mixture and spread each side with cream and sandwich together
Continue layering the biscuits and cream to form a log shape
Spread the remaining cream over the log
Cover loosely with plastic wrap and pop in the fridge for 6 hours
Drizzle the log with the caramel topping and sprinkle with chopped crystallised ginger and ginger biscuit
Enjoy!



Blessings to you this Christmas.

May the love of Christ fill your home and life.



First Church nativity scene

Wishing you all a very blessed Christmas

In the Christmas story, as told in Luke, the angel bringing the message of Jesus' birth is Gabriel. In Jewish thought, Gabriel was the angel of endurance and perseverance.

In what has become known as Mary's Song, we see the endurance and perseverance of Mary. Mary steps forward into her task with a quiet confidence. She steps into the promise of connection and belonging, and with a hope that goodness will happen.

This year has been yet another where each of us, in some shape or form, have had to endure and persevere. For many in our community, this has been no small feat. Power bills have increased and have accumulated, sometimes becoming completely overwhelming. Children and parents have been repeatedly unwell with COVID, meaning more time off work for parents, many already having exhausted their annual and sick leave. Rental costs have increased and are now often

two thirds of the household income, leaving very little for food.

Family Works staff consistently witness individuals and whānau in our community enduring and persevering in the face of significant challenges. Yet, they bravely engage with us with quiet confidence in the promise of connection and belonging, and with a hope that goodness will happen. And it does. It happens every week. It happens because of the resources you contribute.

Your contribution as a volunteer; or participating in an encouraging conversation with someone; or as a donor of funds or gifts of food and helpful items, are all vital acts that enable each of us to endure and persevere together.



Notice Board

Christmas is sorted with Shop on Carroll!

10 Carroll St, Dunedin

Monday 10am - 5pm & Saturday 10am - 4pm

If you love vintage, retro and pre-loved clothing - and accessories – you need to visit Dunedin's SHOP ON CARROLL!

With all proceeds going back into Presbyterian Support Otago – and staying in the Otago region – this is a fantastic way to support your community while finding some amazing treasures.

And you can shop online www.shoponcarroll.org.nz



Annual Report 2022

An online version of our Annual Report is available on our website

www.pso-otago.org.nz/pso-resources/publications



“I didn't think something this good was possible.”

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All Good Loans up to \$7,000 now have NO INTEREST AND NO FEES!

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Presbyterian Support Otago has Good Loans Advisors who can talk to you about whether Good Loans can work for you.

For more information visit www.goodloans.org.nz or call us on 0800 477 711 to find out more about Good Loans and how we can help!

DISTANCE LEARNING

with Otago's Master of Faith-based Leadership and Management (MFBLM) and Postgraduate Diploma in Faith-based Leadership and Management (PGDipFBLM)



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Puzzle Fun *Christmas*



WORD FIND - HIDDEN MESSAGE PUZZLE

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

This word search puzzle has a hidden message in it.

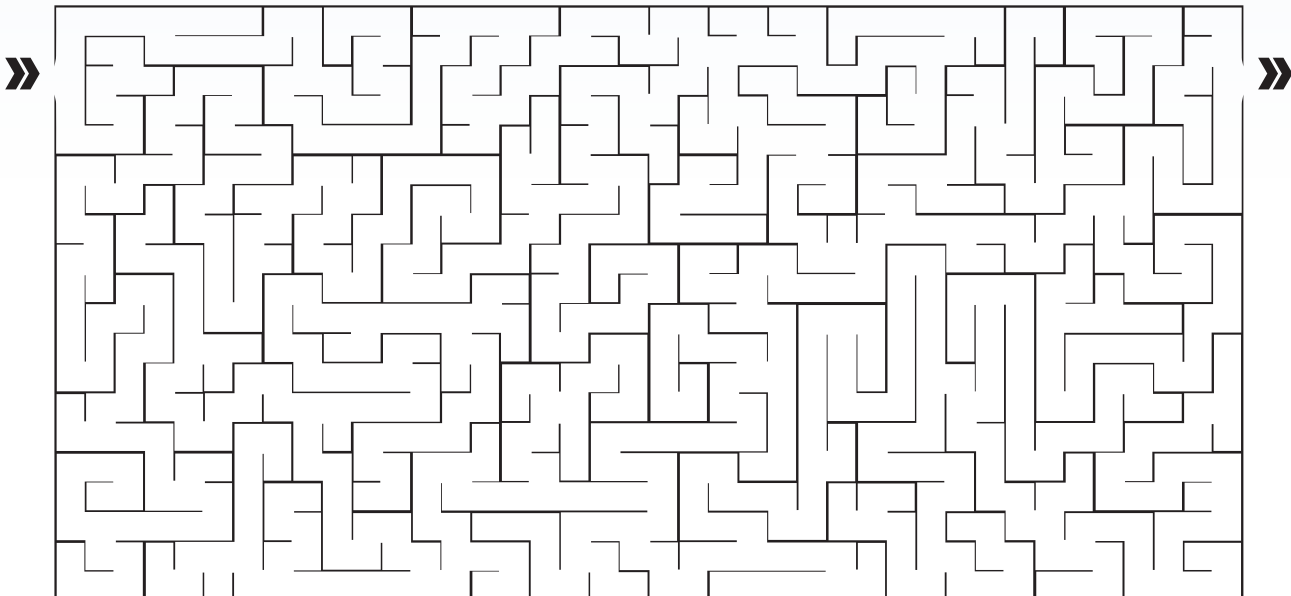
First, find all the words in the list.

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.

- | | | |
|-----------|--------------|------------|
| BLESSINGS | FAMILY WORKS | LOVED |
| BUDDY | FRUIT | PAVLOVA |
| CHILDREN | HELPING | SUMMER |
| CHRISTMAS | HOPE | TAMARIKI |
| ENLIVEN | JOY | VOLUNTEERS |
| FAMILY | KIRIHIMETE | WHĀNAU |

()



WE NEED YOUR HELP THIS CHRISTMAS

Your donation can make a HUGE difference to someone in need

There is a gap in our funding, and we urgently need your help to fill it.

We've seen a large increase in demand for all our services across Otago. As a charity, we rely heavily on donations, grants, and Government funding to provide these services to the community.

You'll see from the graphs on the opposite page how these funds are used across the Foodbank, Social Work and Buddy programme. These are just a few of the services our Family Works team offer.

Here at Presbyterian Support Otago, we strive to address the issues challenging vulnerable people in our communities, and we support hundreds of people around our region. The community really needs us, and we need your help, so local people can continue to access these programmes and make real changes in their lives - not only this Christmas but for the years to come.

Please consider making a donation to our Christmas Appeal. Your support will allow us to keep running our social service programmes, and our services for older people. With your help, we will have the resources to help people to make positive and lasting changes in their lives.

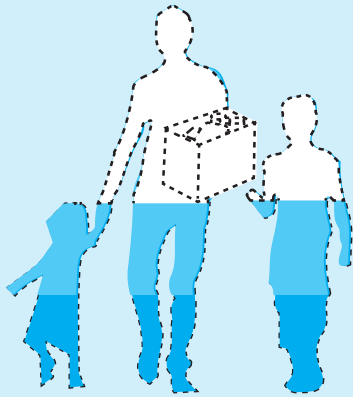
To donate, please use the form inside the back page of this magazine or visit www.psotago.org.nz/donate to donate online.

Here are some examples of how your donation 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
- \$150 Funds one family food parcel at our Foodbank
- \$300 Funds the training and supervision of one adult buddy



We rely on donations to run many of our social services



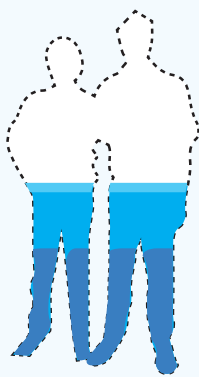
58%
FUNDING NEEDED

16% Donations
(year to date)

25% Grants
(including a one-off govt. grant for this year only)

Foodbank

Foodbank. Food is a basic human need that has become harder and harder to afford in recent times.



47%
FUNDING NEEDED

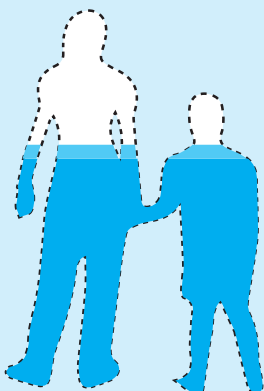
1% Donations
(year to date)

16% Grants
(projected for the year)

36% Govt Funding

Social Work

Social work. Our experienced social workers provide advocacy and empower people to make change to enable them to reach their potential and build a sense of belonging.



36%
FUNDING NEEDED

1% Donations
(year to date)

63% Grants
(projected for the year)

Buddy Programme

The Buddy Programme is a friendship mentoring programme for children aged 5 to 12 years, aimed at building resilience and mana atua (personal wellbeing) while having fun.

143 Children waiting for an Adult Buddy



Child & Family Services

Our parenting, support and children's programmes also need your support - only two of our seven programmes receive government funding. We rely on grants and donations to fund the rest.

To donate to the services that **NEED IT MOST** please use the 'Greatest Need' option on the donation form at the end of the magazine or donate online at www.psotago.org.nz/donate



Merry Christmas from our whānau to yours

We hope you will join in helping us give the gift of hope for a brighter year ahead to families and people in need this Christmas and holiday season.

From our team here at Presbyterian Support Otago, we wish you all a joyful and safe festive season with your friends and families.

Meri Kirihimete (Merry Christmas) from our whānau to yours.

Blessings,





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.

Jude McCracken and
Shelby Sanderson
(Fundraising Marketing
Coordinator)



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
-  **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**

Donating to us or 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

- Greatest Need
- Foodbank
- Social Work
- Buddy Programme
- Child and Family Services

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

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enrolled nurses · social workers · administrators
and more

806 STAFF

543 VOLUNTEERS

Editor Sally Knox - publications@psotago.org.nz

*All profits from our retail shops go to support
local social services offered by Presbyterian
Support Otago's Family Works*

www.psotago.org.nz