

Spring 2023

PEOPLE

The magazine for friends and supporters of
Presbyterian Support Otago



Presbyterian Support
Otago

OUR SERVICES



together
we
make a
difference

Free

PLEASE READ
AND SHARE





Message from our CEO

Tenā koutou,

The relationship between PSO and the Southern Presbytery has been formalised with the recent signing of a Memorandum of Understanding (MOU).

While PSO, the Southern Presbytery and Presbyterian Churches have worked closely together over the years, to have this signed MOU in place is wonderful.

The relationship between PSO and the Church is extremely important, and the MOU reflects our commitment to that relationship. Our Board Chair and Deputy Chair, Stephanie Pettigrew and Kerry Enright, respectively, are very supportive of the MOU, both sharing a similar sentiment that the relationship between PSO and the church is a long-standing one and one that must be kept relevant and alive.

This is one of the reasons why our Community Relations Advisor, Joy Davis, is working to strengthen the partnership as both organisations serve our communities.

To have an agreement which aligns with our values and intentions, as well as recognising our whakapapa to the Presbyterian Church supports our collective desire to serve others.

**Ehara tāku toa i te toa takitahi,
Engari he toa takitini**

**My strength is not as an individual,
But as a collective**

Ngā mihi

Jo O'Neill

CEO, Presbyterian Support Otago

In this issue of People

As the poem goes, hope springs eternal, and this edition of People focuses on our enduring caring, compassion and kindness for those around us this Spring. A season of renewal, growth, and hope.

Our Southern Presbytery relationship stands strong, and enables us to partner for greater impact and reach.

Our community is filled with good people doing good things, through PSO's multiple channels of caring. You'll "meet" retired Nurse Fay who cared for others at Ross Home, and has always been passionate about the value of aged care. And David Strang, our wonderful volunteer piano player, who has been caring for others in the form of music and memories for almost 33 years!

Our three opshops are transforming into one brand new inclusive space in Princes Street in Dunedin, and we want you to be part of the adventure.

In these difficult times, we laugh where we can, and be candid where we must. Tony's story demonstrates how PSO kindness really matters. Sometimes a person's life can become so incredibly difficult, that we must carry some of the burden where we can, through our skills and service to others.

As a charity, we find ourselves in difficult financial times, but remain proud and committed to what we do. Caring for people is who we are.



Stephanie Pettigrew and Southern Presbytery Moderator James Watt sign the MOU

PSO Board Chair, Stephanie Pettigrew, says PSO was born out of the Presbyterian Church in Otago and while PSO now operates as a distinct entity to the Church, the Church and its people remain one of PSO's most important stakeholders.

To care and be cared for

From rubbing the feet of a male resident to warm them up, to returning a well-used corset to a female resident, retired Ross Home nurse Fay Smith saw it all.

Before Fay joined the Ross Home team, she worked in the public health system, including working in hospital wards. Wanting to change direction and work in a children's home, Fay applied but was considered to be too young to work with children, who wouldn't be a lot younger than her.

"I was encouraged to work at Ross Home which wasn't in my plan, but I wasn't going to argue so off I went," says Fay.

"It was wonderful. I walked in the door and knew straight away that this is where I belonged."

"The matron, Miss Elliott, was lovely and was one of the best bosses I've ever had."

As a young, shy nurse, Fay was sometimes the subject of some mischief by male residents.

One 'encouraged' Fay to give him a kiss on the cheek, but she resisted saying, "that's not in my contract!"

Women were often still wearing corsets. "One lady's corset was in dire need of being thrown into the incinerator, it was that old and dilapidated, but she insisted the corset be returned to her. While we were reluctant to do so, we did as she requested, and it was just as well we did."

It turned out the lady had hidden large sums of money in the corset!

Fay recalls how the Ross Home staff worked together as a team, helping care for the residents.

Fay Smith, retired Ross Home nurse

"It was really nice. We would bath and dress the residents, take them their meals, and encourage them to mix and socialise with each other."

Fay has a wonderful sense of humour and laughs heartily as she recalls the fun they had with residents.

Fay also lived at Ross Home and many of her friends were other nurses, some of whom went to church activities together.

Her memories are very much about caring for residents whilst having some fun.

"Older people have got so much to share by telling their stories and it was a privilege to hear about the lives they had led."

If you are interested in working in aged care visit our website psotago.org.nz/jobs for our current vacancies and how you can make a difference.



Fun in our care homes

There's always something planned for our Enliven aged care residents.



Pyjama Day fun at Iona

What better way to celebrate the Winter Solstice or the shortest day of the year than to wear pyjamas and that's exactly what Iona staff and residents did!

Senior Activities Coordinator, Bev Nuttall, said residents came up with the idea and everyone had a lot of fun dressing up, painting nails, playing cards, and eating home-made shortbread.

"Some of the residents didn't have pyjamas so I took them to the Warehouse to buy them. Pyjamas needed to be adjusted for a couple of ladies so Marilyn Halket took them up on her sewing machine."

"Maysie Glenn put my hair in rollers—it didn't look too attractive but was lots of fun. Not wanting to feel left out, Don Sutherland wore a wig to feel like he belonged!"



Interview with David Strang, volunteer piano player – Elmslie House

Meet music maker David Strang – our gifted piano player at Elmslie House in Wanaka.

Born in 1941, David grew up as one of four siblings including a twin brother. He went to Kings High School in Dunedin and a highlight was getting his Blues Blazer for the First XV Rugby team. David began playing the piano when he was seven years old.

He was thrilled to be able to play the new piano that was recently gifted to Elmslie House by the Masonic Lodge Wanaka No.277 and the Otago Masonic Charitable Trust.

How long have you been volunteering?

Almost 33 years. I come in and play for about two hours, sometimes longer. Then I have a cuppa and a chat with the residents. More recently I have started playing piano at Aspiring Enliven too.

How did you get involved?

I originally got involved through the church. In the early days I played music of a serious nature, now I play light-hearted music that residents can dance and sing to. It seems to get a good response.

What do you enjoy about volunteering?

It's lovely, I get a lot out of doing something for others. I fondly remember one lady who was moved to tears when I played 'A Nightingale Sang In Berkeley Square'. She told me she was in Berkeley Square with her mother as a child when the bombs fell, we were both emotional. Music is linked to memories and I enjoy speaking to people's past through the music.



David Strang, volunteer piano player, Elmslie House, Wanaka

“Music can change residents, enliven them, they love it. If they can't dance, they can sing.” David Strang, volunteer.

What staff and residents have to say about David.

“David's pretty special! He's reliable, he comes in and has lovely interactions with the residents”. “His piano playing can morph into a singalong that we all enjoy”. “Isn't he wonderful, he seems to enjoy playing as much as we enjoy listening”. “He plays at Aspiring Enliven too, but he's really our volunteer.”

At PSO we have over 500 volunteers across our Enliven care homes and community programmes, Family Works Foodbank, Stepping Stones, Buddy Programme, retail shops and events. Without our amazing team of volunteers, we wouldn't be able to do what we do!

Interested in learning more about 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 volunteers in Aotearoa

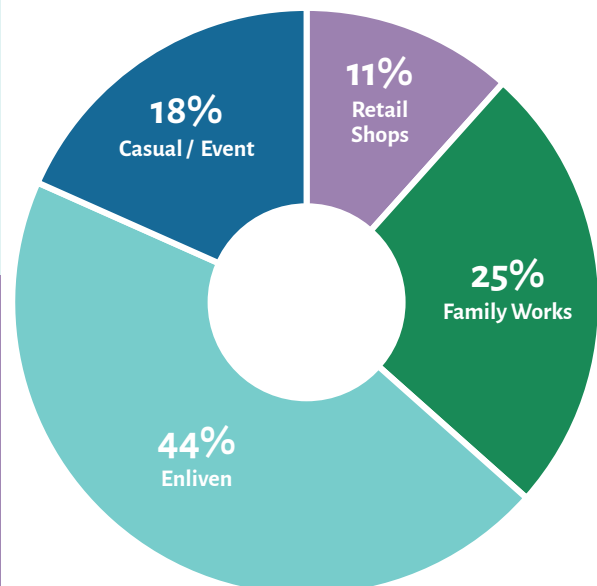
Volunteers making a difference



\$1.5
MILLION

519
Volunteers

Our volunteers contribute **65,312** hours per year - that is on average **1,256** hours every week!



Based on figures from 1 July 2022 - 30 June 2023

Churches supporting PSO

PSO is very grateful to the support we receive from Presbyterian churches across Otago. Here's a snapshot of some of the wonderful work that's being done.

A freezer was donated by the Portobello congregation to our foodbank.

Waireka-Weston parishioners did some gardening at one of our Family Works client's home.

The Eveline Church in Oamaru donated food from their Thanksgiving Harvest to local families (story on page 5).

We have wonderful volunteers from St Paul's Oamaru visit Iona residents and organise indoor bowls.

Mornington parishioners provide food to our foodbank and we receive regular donations from Knox Church, First Church, St Phillips/Grants Braes and others.

A member of the East Taieri Church donated a porta cot, a distressed parishioner was put in touch with PSO support services and a couple from the church have offered to become volunteers.

Lawrence/Waitahuna parishioners donated 100 cans of food to our foodbank. A young person has offered to volunteer in one of our Enliven aged care facilities and also become a Buddy.



A lesson in giving

Children from the Flagstaff Community Church had a great time recently playing 'shops'.

The idea was for the children to earn 'dollar bucks' by weeding the church carpark and then spend their money at the 'shop', the shop being set up at the church where the children could spend their hard-earned 'money' to buy food to be donated to our foodbank.

Upcoming Support Sundays

17 September Palmerston/Dunback
24 September United Church of Port Chalmers – Sawyers Bay Church
29 October Mosgiel/North Taieri

Please contact Joy Davis on 03 477 7115 if you would like more information about our Support Sunday services.



Banner :stock image

Inset: Eveline Presbyterian Church in Oamaru

Working together for our community

Having endured a violent relationship with her former partner, Christina and her children returned to Oamaru where she had grown up, initially living in emergency housing and now living in a Kainga Ora house.

Christina also reached out for professional help and met Family Works social worker Deidre Dalziel.

“Deidre is amazing!” says Christina. “Her help over the last 12 months since we came back to Oamaru has been incredible.”

Christina was recently a recipient of a large food parcel, given to her by the Eveline Presbyterian Church in Oamaru.

Rev. Andrew Scott says each year the parishioners have a ‘harvest’, giving fruit, vegetables and other produce which is donated to people in need.

“Our annual harvest thanksgiving is one way we can honour God for all we have received and share some of our plenty with others.”

Christina was naturally thrilled to be chosen. “We arrived home and found two large boxes of food on our doorstep! It was such a wonderful surprise. The children were really excited and I’m just so grateful for the kindness shown by these lovely people.”

Christina’s plight can’t be underestimated but her strength and resolve to begin a new life with her tamariki has been supported by Family Works social worker, Deidre Dalziel.

Working alongside Christina, Deidre has provided practical support and assistance and has been instrumental in Christina forging a new life, filled with promise and free of violence. As demand for our Family Works services grows, so does our need for financial support. **Making a donation helps us help whānau like Christina and her tamariki.**

Our Family Works team is here for people who need support, whether it is support with food, social work, parenting, budgeting or more, we can help!

Call us on freephone 0508 396 678 or visit psotago.org.nz for more information.



Budget-friendly potato cakes

INGREDIENTS

2 cups leftover mashed potatoes 1 teaspoon chopped mixed herbs
1/3 - 1/2 cup flour salt and pepper to taste
2 tablespoons milk 1/4 cup fried bacon pieces (optional)
1 1/2 - 2 tablespoons butter

METHOD

Combine mashed potatoes, flour, milk, chopped mixed herbs and bacon pieces (if using) in a bowl, then knead until smooth. Season with salt and pepper. Divide into 6 balls on a floured surface and flatten each into a 9cm cake. Melt 1 1/2 tablespoons butter in a large frying pan over medium-high heat; add the cakes and cook until golden brown (4 - 5 minutes per side) adding more butter to the pan as needed. Season with salt.

Hearty pea soup

INGREDIENTS

1 tablespoon oil
1 onion chopped
3 cups (750ml) vegetable stock
3 cups (450g) frozen peas

METHOD

Heat the oil in a large saucepan, then add the onion and cook on a low heat for 5 minutes until soft but not browned.

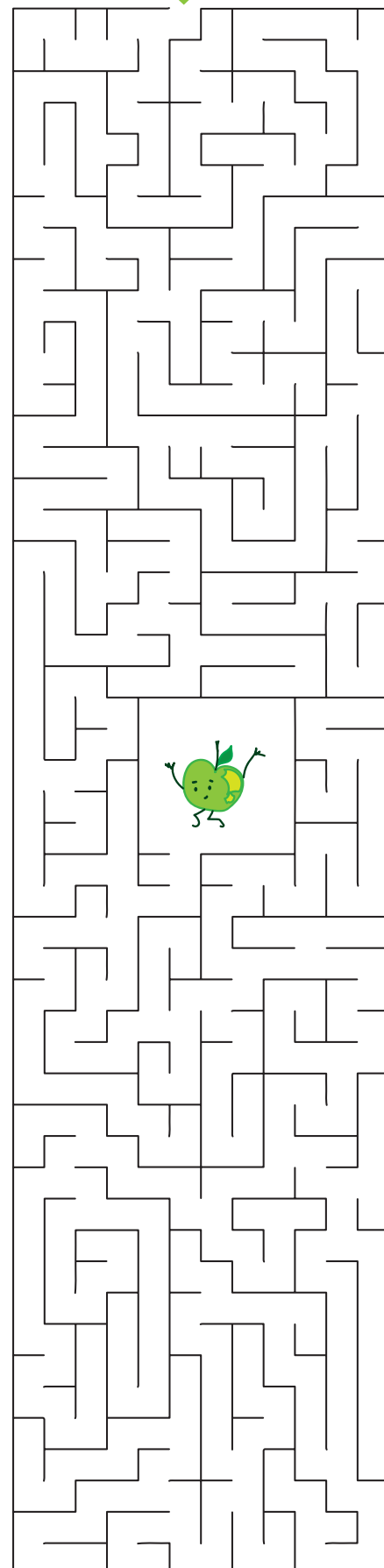
Stir in the stock, cover and cook for a further 5 minutes.

Stir in the peas, bring it back to a simmer and cook for a further 5 minutes, or until the peas are cooked.

Puree the soup in a blender and enjoy!



Spring puzzle fun



Liked this recipe? Send us a photo of your creation and we could share it online! **Do you have a great recipe you would like to share?** Send it into publications@psotago.org.nz and we might feature it in our next edition!



Val Manley, Club Enliven Taieri member

Celebrating 10 years at Club Enliven

Introducing Val, one of our Club Enliven members.

Tell us a little about your life and how long you've been coming to Club Enliven.

I have lived in Mosgiel all my life. I currently live with my daughter Alison and granddaughter Alisha. I used to be in a lot of clubs and groups but as I got older, I lost touch with a lot of people and don't get out as much as I used to.

I have been coming to this group for nearly 10 years. It is the highlight of my week. I am lucky enough to attend two days each week.

What has been some of your favourite memories from your time at Club Enliven?

I love all the activities the girls plan for us; each day is different and that's what I enjoy. We have a lot of laughs.

What difference does it make in your life?

I would be at home every day, so it is a change of scenery. I also enjoy the company and mixing with people my own age. The girls are absolutely wonderful, and I just love coming because of them.

What would you say to someone considering coming to Club Enliven?

Come along! We are very welcoming and end up being great friends.

Club Enliven is a day programme connecting older people in a friendly and fun environment. Offered in Alexandra, Dunedin and Mosgiel, it is run by trained staff and volunteers. At Club Enliven members are able to socialise and do activities such as baking, crafts, gentle exercise, music and indoor games.

For more information please see our website psotago.org.nz or call our Club Enliven Coordinator on 03 477 7115.

What's happening in our homes

There's always something planned for our Enliven aged care residents. They are at the heart of everything we do so providing amusing and entertaining activities and events is a must! Here is an example of where residents were able to share a few laughs and enjoy dancing and food from a different culture!



Holmdene

To celebrate Filipino Independence Day, residents, visitors and staff at Holmdene in Balclutha were treated to a Filipino cultural afternoon.

It started with Holmdene Manager, Elmer Rodriguez (from the Philippines), explaining the background to Independence Day, followed by some cultural dancing and traditional Filipino food.

Notice Board



CEO and Board Chair raising money for social services!

Presbyterian Support Otago's Board Chair, Stephanie Pettigrew (left), and, CEO, Jo O'Neill signed up to complete the Great Naseby Water Race to raise money and awareness for Family Works social services! As a team they ran 60kms (30kms each)!

Mrs Pettigrew said Presbyterian Support Otago was facing one of the biggest financial challenges in its history.

"For the financial year just ended we are about to post our biggest loss ever."

There are significant funding challenges in the aged care sector, and the organisation relied on those services to help fund their Family Works programme.

Taking part in the ultramarathon was a way to not only highlight the very real challenges of the organisation but also how valuable community fundraising and donations were.

All money raised goes towards Presbyterian Support Otago's Family Works social services.

Enliven Director recognised!

Congratulations to our amazing Enliven Director, Sally O'Connor, who was recognised at the recent Te Whatu Ora Southern Nursing Excellence Awards, receiving the Outstanding Service to Nursing Award. Sally has significantly and positively impacted so many people throughout her career across our region. The outstanding service she has given to nurses over many years continues today as she supports our Enliven team who work tirelessly for our aged care residents.

Enliven
Director, Sally
O'Connor



Thousands of seniors will have nowhere to go.



New Zealand's aged care sector is in crisis.

Aged care has been chronically underfunded by successive governments, resulting in a lack of capital investment in facilities. This comes as the sector grapples with rising costs and an acute shortage of 1,200 registered nurses.

Many providers have had no option but to close beds, with a number closing their doors for good.

In the past year, over 1,000 beds have closed permanently and 1,200 closed temporarily across NZ due to staff shortages. More closures are expected to follow.

In an effort to get the Government to listen and take action, the Aged Care Association has launched a campaign, titled 'The Domino Effect'.

www.dominoeffect.co.nz

Annual General Meeting

You are warmly invited to our 2023 AGM to be held:

**Thursday, 26 October
5.30pm, Burns Hall**

Guest speaker:

Mr Chris Fleming, former CEO of the Southern District Health Board, will be speaking about:

'Aged Care, looking into the future challenges'

Some changes to the constitution will be proposed at this meeting. All are welcome.

For catering, please RSVP by 20 October to reception@psotago.org.nz

new location

SHOPON
CARROLL

SHOPON
PRELOVED TREASURES
ONLINE

OPSHOPON
ST ANDREW



coming soon!

Fiona Dodds, Retail Manager.

New venture for Presbyterian Support Otago retail shops

The three retail Presbyterian Support Otago (PSO) op shops (Shop On Carroll, Shop On St Andrew, and Shop On Carroll Online) are about to undergo a major transformation.

The shops will be merged to become one retail destination in Princes Street (between Rattray and Dowling Streets) but the changes won't simply be about location, it will be a new way of taking sustainability and upcycling to the next level.

Retail Manager, Fiona Dodds, says sustainability is an important part of PSO's retail activity.

"Through reusing, repurposing, upcycling and recycling, we stand proudly for sustainability and will continuously look for other ways to achieve this."

"Our quintessential quirky vibe from Shop On Carroll will be replicated and amplified

in the new shop. Our customers will be at the heart of our retail endeavours and our existing customer base will broaden to include many more."

The brand, Shop On Carroll, has proved to be very successful, so that will remain, but what will be on offer will go far beyond second-hand clothing.

"Our new location lends itself to being a destination that will offer much more than high-end secondhand clothing. While we can't divulge too much at this stage, it is an exciting time to ramp things up and realise the wonderful ideas from our team."

The new shop opens mid-October 2023.

We are still accepting donations for our shop! Please drop any donations off to 10 Carroll Street, Dunedin during September. Do you need these collected? We have a pick-up service! Just give us a call us on 03 471 8249.



During the last year

37,168

Incredible people contributed to their community by shopping with us!

(July 2022 to June 2023)

How you can help!

Get us started by donating to the fit out of our new shop!

We need:

- 2 x retro formica tables
- 30 x house or vegetable plants with pots
- 1 x clothes dryer
- 1 x washing machine
- 4 x sewing machines
- 2 x overlockers
- Christmas decorations

If you have something you'd like to donate, but need us to pick it up give us a call and we'll make arrangements.

Donate your skills and time

We need people who have 'handyperson' skills to help us get the shop ready, and we need volunteers to join the team! Call us if you can help us out.

Be part of the fun and help the environment

Donated clothing has three 'leaves of life':

- 1 Shop on Carroll
- 2 Shop on Carroll Online
- 3 Family Works Stepping Stones

With these options available to prevent clothing from going to landfill, we have **cut our landfill by 50%** over the last four years.

There's a host of uses for a variety of items, and very little goes to waste. Clothing is transformed by our volunteers into fabric bags and painters use old bedsheets and towels for covers. Our Stepping Stones members hold garage sales where customers can fill a bag of clothing for \$1-\$2.

We work hard to match our items to the place of highest need or greatest love.

Call us on 03 471 8249 if you can help us out.

A huge **thank you** to you!

We are incredibly grateful to the people who donate clothing and other treasures. It's a joy to receive a fantastic range of recycled and vintage clothing, fabrics and other collectibles.

Thanks also to our loyal customers who we are excited to welcome into our new space!

Profits from our retail shops go towards Presbyterian Support Otago's Family Works social services.

Keep up to date with all our news

Have you seen our amazing team on social media?

Check out our op shop Facebook and Instagram pages for all our latest updates on our new location and to see our staff and volunteers in action!

www.facebook.com/shoponcarroll
www.instagram.com/shoponcarroll

Sign up to receive emails from our op shop at www.shoponcarroll.org.nz



Can you help this Christmas?

We're looking for quality retro and vintage treasures for Christmas. We would gratefully receive items you no longer want, including (but not limited to) jewellery, haberdashery, china, crystal, toys, ornaments, anything that is quirky, vintage or deserves to be cherished in a new home!



Photo: stock image

WARNING: THIS STORY HAS CONTENT THAT SOME MAY FIND DISTRESSING

Perseverance and a fighting attitude

If there's one word to describe how Tony* deals with his trauma it would be perseverance.

Tony is a relatively young man but at just 36 he is unable to work due to a workplace accident.

"I was a young man with a macho attitude and while the accident caused some pain, I more or less brushed it off and was soon back at work."

After months and then years of enduring intermittent pain, the problem wasn't going away but Tony persevered for as long as he could. That ended in January 2022 when the pain was so intense Tony had to give up his job.

No longer able to work, Tony and his wife, Sarah*, really struggled to pay their bills. Adding to their stress, the couple, having been together since their mid-teens, have two young children, one with autism and the other experiencing depression and anxiety.

Tony's mental health was at an all-time low and he attempted to end his life.

Reaching crisis point, Sarah reached out to Family Works where she met social worker, Mark* who has been

a lifeline, providing support and helping them access services.

"I have worked with other community agencies to make sure Tony and Sarah have the help they need," says Mark.

"This has included budget advice, restructuring and paying debt by accessing their Kiwisaver and even helping to move a new chair into their home that was provided by an occupational therapist!"

Tony sings the praises of Mark saying, "Mark has been fantastic. He's the most amazing man and he's helped in so many ways. He's been a godsend."

The family have endured a lot and have had to deal with plenty of setbacks but the intervention by Mark and other agencies is making life a little easier. Tony is about to have surgery and remains hopeful that it will make a difference to his physical health and give him the opportunity to return to the workforce.

Mark remains in contact with Tony, making sure he continues to receive the support he needs.

For Tony, Sarah is his 'rock' and he "couldn't do without her."

Family Works social workers are trained in providing advice, support and advocacy for children, parents and whānau. We partner with whānau to help them work through challenging situations, making sure whānau have access to the right support and advice.

This can include, but not be limited to:

- Accommodation, employment assistance and benefits
- Connecting or reconnecting whānau with community and family support networks
- Providing advice about rights and opportunities
- Supporting whānau to navigate through legal processes and coordinate services
- Providing one-to-one parenting support outside of a group setting

Our Family Works team is here for people who need support, whether it is support with food, social work, parenting, budgeting or more, we can help!

Call us on freephone 0508 396 678 or visit psotago.org.nz for more information.

If this article has raised any concerns for you, please freephone or txt 1737 any time for support and advice.

LIFELINE HELPLINE

0800 543 354 or text 4357.

SUICIDE CRISIS HELPLINE

0508 828 865

Leaving a Gift in your Will

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.

A bequest can take on many different forms, you might like to leave a percentage of your estate as a financial gift dedicated to one purpose - something that resonates with you. Or you might consider what happens to the contents of your home once you have departed.

If you would like to find out more about leaving a gift (bequest) to Presbyterian Support Otago, please contact Jude McCracken, Supporter Engagement Manager
Phone: 03 477 7115 Email: fundraising@psotago.org.nz



Octacan 2023

The final count is in for Octacan **19,243** cans were collected for our foodbank during our winter appeal!



Our foodbank continues to experience extremely high demand for food parcels, so your ongoing support is greatly appreciated.

Our foodbank welcomes donations Monday to Friday, 8.30am to 5pm, at 407 Moray Place, Dunedin.

Or donate online at psotago.org.nz/donate

Thank you!

Join us in becoming a Friend of the Foodbank today and make a lasting impact on the lives of those in need!

By making a regular weekly, fortnightly, or monthly financial donation, you can provide much-needed certainty and stability for the foodbank, ensuring that vulnerable families can receive the help they need.

Your contributions, no matter the size, will add up to a powerful force for good, helping to provide nourishment to those struggling to make ends meet. With your ongoing support, we can ensure that nobody goes to bed hungry. Together, let's build a stronger, more compassionate community where everyone has the opportunity to thrive. Join us in supporting the foodbank and become a Friend today!

For more information about being a Friend to the Foodbank visit our website

fillingourfoodbank.org.nz





How your gifts have helped

Since January 2023, your donations to our greatest needs have made a significant impact on our community. Among these needs, the Social Work programme has emerged as the most crucial in the last eight months. Through this programme, we have provided vital crisis intervention, mental health support, and advocacy, addressing the pressing challenges faced by individuals and families.

To all those who have contributed to our greatest need and other areas, we extend our heartfelt thanks for being beacons of hope in our community.



27%

of donations to the Greatest Need have been used for

Social Work

Making a difference, together!

As we start to see Spring blossoms appear and see newborn animals like lambs leaping around farm paddocks, we think about the care that's needed for new life to flourish.

At Presbyterian Support Otago, we care in many ways through the work we do and the people we help. The stories in this magazine demonstrate how people care for each other. This caring nature is also shown by you, our donors and supporters because without your help, our work would be considerably more difficult to do.




I encourage you to consider making a donation. Your gift will make a very real difference to the lives of vulnerable people who face many challenges from mental health, financial stress and putting food on the table.

Simply visit psotago.org.nz/donate to donate online or complete the donation form in this magazine. Thank you!

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.

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

Other services which have greatly benefitted are the Buddy Programme, YouthGrow, Parenting Programmes, Financial Mentoring and the Foodbank.

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, 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.

Yes, I would like to help!

I would like to donate

\$

Please use my gift for

Greatest Need

Foodbank

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

Donate Online via psotago.org.nz/donate

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



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



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, Wanaka
Aspiring Enliven, Wanaka

Retirement Villages

Columba Court, Oamaru
Wanaka Retirement Village
Ranui Court, Alexandra

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

Family Works

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

814 STAFF

519 VOLUNTEERS

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

Thank you to our supporters

Thank you to the following organisations who are some of those that have supported us with grants this year!

Central Lakes Trust

Otago Community Trust

Patricia France Charitable Trust

ACE Shacklock Charitable Trust

Mercy Hospital Dunedin Limited

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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.

Good Loans. Our loan advisors help people access no interest loans for an essential item or service.

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
psotago.org.nz



Patricia France Charitable Trust

