

Connect / Tūhono

Making a difference *together*



Presbyterian Support
Upper South Island

"I've still got so much to give!"

Meet Sione*, a man in his mid-60s, guided by faith and community connections.

Sione stood as a steadfast champion for his community, renowned for his support and active involvement in cultural events. Despite his strong ties, Sione battled with extreme social anxiety and persistent self-doubt, holding onto the role of an imposter in his own life.

For years, Sione silently negotiated its impact on his work and personal life. This burden slowly led to the withdrawal from his usual events and engagements, exacerbating his mental health challenges.

At the same time, he faced the physical toll of carrying excess weight, triggering a series of health complications. Recognising the need for support, a community health professional referred Sione to our Enliven Counsellor, Lynne*, expressing concerns about his mental wellbeing.

Sione opened up with Lynne and acknowledged the connection between his mental health and body size, describing his challenge as *"my relationship with food"* and admitting to using food as a coping mechanism, saying, *"I eat my feelings."*



Navigating away from ingrained habits and reshaping deep-seated thought patterns proved to be an intricate journey. Lynne worked with Sione to unravel the impact of his long-term anxiety, exploring his family history, cultural influences, and childhood experiences, including the lingering scars of his school bullying.

Through this introspective process, Sione began identifying and understanding the emotions steering his overeating, shedding light on the root of his struggles.

Over the months, a remarkable shift unfolded in Sione's life, radiating from the core of his being. Armed with a newfound understanding, he witnessed a surge in his confidence and self-esteem, leading to a noticeable reduction in anxiety - a transformation not just felt by Sione but observed by those around him.

Continued on the next page —

From our CEO's

Warm winter greetings to you all. As we navigate through these changing times, it's essential to recognise the significant financial challenges many families and older people in New Zealand are facing, especially as we approach winter. Let's remember to prioritise our wellbeing and support one another over the colder months.

I am delighted to advise that PSUSI is embracing virtual reality technology in our Enliven Community Day Programmes. This technology will enhance the experience for our members, and open up new opportunities for engagement and interaction.

It includes a content library which offers immersive stories specifically for older adults that include landmarks, nature, bucket list experiences, animals, music, history, culture, wellness, relaxation, reminiscence therapy, spirituality and more.

This resource will be trialled in our Nelson/Blenheim programmes first and then scheduled for rotation around our other Enliven Day Programmes on a 3-monthly rotational cycle.

He waka eke noa / We're all in this together!

Ngā mihi,
Barry Helem
- Tumu Whakarae
Tauīwi/ Co-CEO and
Kim Manahi - Tumu
Whakarae Māori/ Co-CEO



our services



W psuppersouth.org.nz **P** 0800 477 874



DONATE



VOLUNTEER



FOLLOW US

– Continued from Page 1.

Equipped with coping strategies, and practical breathing techniques, Sione learned to navigate the turbulent waters of his anxiety, emerging more resilient. This transformation manifested in Sione's daily activities.

Lynne shared “Previously, a minor incident like someone not letting him merge in traffic could have triggered a downward spiral”. Now, Sione faces such moments with a newfound perspective. Reflecting on his journey, **Sione shared**, “I wish I had learned all this when I was younger, my life could have been quite different.”

Today, Sione spends more time outside on personal projects and enjoys reconnecting with old friends, stating “I’ve still got so much to give!” With the different techniques that Lynne and Sione discussed, Sione feels he has the tools to shift his negative thoughts and continue giving back to his community, standing healthier and happier than before.

To learn more about our Enliven Services, please email ps@psusi.org.nz, or visit <https://bit.ly/EnlivenPositiveAgeing>



**Names and images have been changed to protect privacy.*

Together, we can thrive!

The programmes we provide extend beyond offering support, they're about nurturing a sense of belonging that resonates throughout our entire community. This sense of belonging strengthens bonds, promotes inclusivity, and fosters a supportive environment where everyone feels valued and accepted.

On the right is a touching story that beautifully illustrates the heartwarming impact of our Enliven Positive Ageing Programmes and comes from the daughter of one of our members. Our services are a testament to the incredible power of our volunteers and the support of our donors. Over 200 volunteers help bring our mission to life, transforming the lives of those we serve. Together, they demonstrate the profound impact that collective compassion can achieve.

Every donation goes towards enhancing the mana of whānau to be safe, resilient, and connected. Please consider donating today to ensure our community receives the help they need to thrive - visit <https://bit.ly/SupportBrighterMinds>.

“I would like to thank you and your team for the wonderful programme you run and your care and kindness of those that attend.

Mum has really enjoyed being part of your group. Following two accidents, broken bones and an operation, which required a two week hospital stay, I was only able to have the required recovery time due to your support for my mother.

Again, thank you all for your kindness, time and professionalism.”

- Daughter of an Enliven programme participant.

Looking to make a difference in your community? Visit <https://bit.ly/ThrivingTogetherVolunteer>.

Fostering Fun and Fellowship

The Pōua Group is a dedicated space for male kaumātua/older people to come together, share stories, and explore the local culture and heritage. With a cohort of around 10 gentlemen, the group has already embarked on two unforgettable outings, courtesy of the funding support from the Manchester Unity Welfare Trust Board.

Their excursions have taken them to some fascinating destinations, including the Air Force Museum and Ngāi Tahu Farms, where they've delved into the depths of history and tradition. These outings have been instrumental in fostering deep connections, aligning with their shared appreciation for the land we call home. The vision for the Pōua Group is simple

yet profound - to gather once a month for outings to places of interest and cultural significance. These gatherings are organised by the efforts of the Kaiāwhina service, led by Deirdre Carroll and Hutika Crofts. ***"It's a real privilege to support our kaumātua, and to hear their deep connections with people and our land. It's all about recognising the past and embracing ideas for the future,"*** Hutika shared.



Pōua Ivan
sharing a story.



Bill and Charlie
inspect the
historical
aircrafts.



Farid, Lilia and Martine
dressed in
their traditional
Berber attire.



Club members
take a closer look
at the African
pottery and crafts.

Exploring Traditions and Culture

Our Linwood Club Members embarked on an enriching virtual adventure to Algeria. Guided by Martine, our programme assistant, along with her family members, Farid and Lilia. Members were immersed in the vibrant culture of their homeland.

Through this unique experience, members explored traditional Algerian crafts, admired intricate pottery and jewellery, and were captivated by colourful maps and village photographs that Martine had bought in. Lilia and Martine dressed in their traditional Berber attire and led a lively dance to Berber music with our members, infusing the virtual journey with a buzz of energy.

This adventure started a ripple effect, encouraging others to share their own diverse backgrounds and cherished traditions.



Empowering Futures through Legacy Gifts

Dennis Moore may have passed away nearly 20 years ago, but his legacy continues to support young people with their tertiary education each year. Throughout his life, Dennis always sought opportunities to serve people in need in his community, particularly young people.

When he died in 1999, Dennis included Presbyterian Support in his Will. This bequest has created a permanent legacy. Thanks to Dennis's deep commitment to young people in need and his gift to Presbyterian Support, his memory and generosity will live on forever. To find out more about legacy giving, please get in touch with our Donor & Community Relations Coordinator, Rae Thomas.

**Phone 0800 477 874 or 03 363 8209,
or visit <https://bit.ly/PSBequestLegacy>, to learn more.**

Driven by Determination

Meet Sam*, a young man in his 20's who faced challenges in the care system, but never stopped striving for a brighter future.

With a family history marked by violence and addiction, Sam found himself in survival mode, with no parents to turn to for guidance. Sam faced challenges due to his medical condition, leaving him unable to work and residing in a run down rental home.

Seeking independence and to gain his driving licence, Sam encountered a maze of paperwork and procedures, compounded by the urgent need to secure safer housing. Amidst this struggle, Lisa*, our committed Youth Transition Social Worker, recognised Sam's yearning for stability and swiftly stepped in to offer her support.

Despite Sam's anxiety about the load of paperwork and the uncertainty about his future, Sam found solace in Lisa's patient guidance. What started as daunting meetings and paperwork sessions soon turned into moments of shared laughter and camaraderie. Through months of weekly meetings, Sam took significant steps toward his goals.



With Lisa's encouragement, he applied for his driver's license. ***"Guess what? I passed the test! I needed to tell you first," beamed Sam, beyond excited to share his news with Lisa.*** With his newfound confidence, Sam not only conquered his challenges but also became a source of support for others in similar situations, helping with their paperwork questions.

Sam's journey with anxiety has undergone a profound transformation. ***'Lisa's been my rock through it all. I've found the courage to face things, but it hasn't been easy,'*** Sam shared. With her guidance, Sam's perspective on life has shifted. Today, he confidently manages his paperwork and appointments independently, finding his stride in a world that once seemed overwhelmingly daunting.

**Names and images have been changed to protect privacy.*

**For information on our Youth Services, call 0800 477 874
or visit our website - <https://bit.ly/PSYouthSupport>**

Getting to know our people



Meet Jackie de Winter, our Falls Prevention Support Worker, HomeShare Host, and Day Programme Volunteer.

What do you do?

I have a few jobs within Presbyterian Support. I work in Falls Prevention, encouraging and supporting clients who are at home and need assistance with a home-based exercise programme. I am the HomeShare Host for the Early Onset Dementia Programme for under 65's.

We support people with fun activities, outings, discussions and a lot of laughter. I also volunteer at the Tōtara Club in Rangiora, organising activities and providing lunch so that people have an enjoyable day out.

What does that involve?

My roles involve providing assistance and support to individuals participating in our programmes. I also provide care and support to people while their families take a break. Being able to make a difference in the lives of others is why I chose these roles.

Tell us a bit about yourself

I worked as a caregiver within the community for 15 years and have been my Dad's caregiver since he was diagnosed with Dementia.

I work part-time at Mitre 10 but my passion is working within Presbyterian Support bringing laughter and fun to people.

What's your favourite pastime?

My favourite pastimes are getting together with my family and enjoying time with our 3 year old grandson. Working in the garden enables me to relax and enjoy the fresh air. It's always lovely seeing other people find enjoyment from being in our garden also.

Walking and going on holidays to the beach is something my husband and I are able to do more of as we get older and have more spare time.

Thank you for sharing Jackie!

HomeShare - a home away from home

“We are not wanting to hide our illness, just trying to help people be aware of it and let them know that, by accepting it makes it easier to deal with.” Shared by a member of our Dementia Mate Wareware HomeShare Programme.

The Dementia Mate Wareware HomeShare Programme offers people who have dementia over the age of 65 years social outings, a shared meal, and a chance to meet new friends. It also offers their carers time to recharge.

Small groups of people get together for 4-6 hours a week to socialise and enjoy a home-cooked meal. They undertake activities decided on by the group. This enables people, who may be feeling isolated, to socialise within their own communities. Our programmes cater for people with early-onset dementia (under 65 years), along with offering urban marae-based programmes available in rural/provincial locations around the South Island.



For more information, please call 0800 477 874, or email ps@psusi.org.nz.

Making a difference *together*

Yes! I would like to help

Your donation supports vulnerable children, families/whānau, and older people, enabling them to thrive in safety, resilience, and connection.

\$ 25

Can enable an older person to join friends for a meal and games at HomeShare, covering transportation costs.



\$ 50

Supports a child struggling with anxiety to receive assistance from a school social worker.



\$ 100

Can pay for two essential toiletry packs and supplies for young parents and their children.



\$

I would like to give a donation to support the work of Presbyterian Support.



Name:

Address:

Phone:

DOB:

Email:

Donor ID:

(see envelope label)



Visa



Mastercard

Card number

Expiry date

Name on card

Signature

POST TO: Presbyterian Support, Freepost 60373, PO Box 13171, Christchurch 8141.



Join us in making a lasting impact by becoming a regular donor today!

Your consistent support helps sustain our vital services, ensuring we can make a lasting difference in the lives of those we serve. **Tick to receive more information.**

☐

Thank you!

There are many wonderful organisations who help our communities by giving grants and donations during the year and we're tremendously grateful to all of them. Find them at psuppersouth.org.nz.

As a charity we rely on this financial assistance to support vulnerable children, families/whānau and older people as we work towards an equitable, compassionate and inclusive society.

Ways to donate

Website

psuppersouth.org.nz/donate

Bank Transfer

On the internet or at your bank you can make a donation by depositing money into our account.

Account: 06-0801-0678233-01

Particulars: Your address

Code: Your donor ID (if known)

Reference: If you would like to nominate your region to donate to please include it in this field.

Credit Card

(Visa and Mastercard only)

Complete the donation form and post to us.

All donations are receipted.

Gifts over \$5 are tax deductible.

Charity Register #CC21765.

Your privacy is important to us.

Please visit www.psuppersouth.org.nz/privacy-statement for information about how we collect and look after your personal information. Asking for your date of birth will help us get to know you a little better so we can communicate with you as effectively as possible.