

## Healing brighter, together

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**The Crawford\* family had experienced some dark days, however with care and kindness, they're on a brighter path together.**

Following a series of challenging life circumstances and a tumultuous separation from her children's father, Nicki\*, a devoted Mum of four, faced the difficult task of reuniting her family. Despite her children living in different regions of the country for several years, Nicki remained committed to securing a safe and stable future for her whānau.

Welcoming all four children under one roof was a moment of pure joy, however, the family's reunion was tough. Adjusting to living together after a long period apart, coupled with their vastly different experiences and environments, tested the family's resilience.

At thirteen, Amelia\* had taken on many of the parental responsibilities and found it challenging to relinquish control back to Mum. Meanwhile, the three boys grappled with past traumas, their emotions reflecting the wounds of their journey. Their conflicts escalated to the point where the police intervened due to noise complaints.

**Nicki, feeling overwhelmed, expressed, "It's like a ticking time bomb, they need help with their feelings".**

Jackie\*, our dedicated Kaiwhiri Coordinator at Te Whiri Ora Right Service Right Time, could see Nicki's deep desire to reconnect with her whānau.



Drawing on her extensive community connections and deep understanding of support agencies, Jackie provided invaluable guidance to Nicki. Recognising the need for additional support, Jackie explored a mentoring programme for the children. Despite encountering a waitlist for this programme, Jackie arranged immediate wellbeing support to address their needs in the interim.

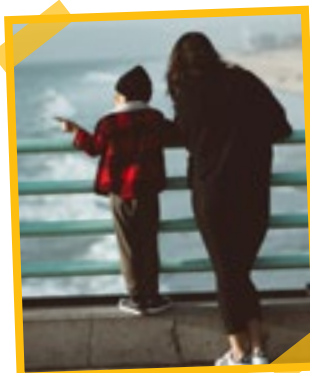
The introduction of Mana Ake Kaiāwhina into the children's lives marked a turning point. With their guidance, the children embarked on a journey of self-discovery and emotional regulation. Through interactive sessions and practical exercises, they learned invaluable skills in coping with change and articulating their emotions.

**"Nicki is proactive and is deeply committed to her children's wellbeing," Jackie noted. "She communicates effectively with them, which is commendable."**

As the Crawford family continues their journey towards healing and growth, they do so with newfound confidence and resilience. Empowered by their collective voice, and a supportive network, they embrace the promise of a brighter tomorrow, together.

**For more information on Te Whiri Ora Right Service Right Time, please contact us on 0800 477 874, or email [ps@psusi.org.nz](mailto:ps@psusi.org.nz).**

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



### our services

## Celebrating Innovation & Milestones!

We hope you enjoyed a rejuvenating summer holiday season, making the most of the daylight hours and warmth before the colder months set in.

This year has begun on a positive note, with the momentum of 2023's initiatives continuing to gain traction. Among these endeavours is the collaborative implementation of our Dementia Mate Wareware programme, offering vital support to individuals and their whānau who experience Dementia. It's an honour to unite with various providers, magnifying the impact for our community.

In a significant milestone, our Board recently bestowed Andrew Johnston, our esteemed Board Co-Chair, with a



*Andrew Johnston (Co-Chair Tangata Tiriti) with Sharyn Roberts (Co-Chair, Tangata Whenua).*

lifetime membership in recognition of his remarkable twenty years of governance service. We extend our deepest gratitude for his dedication to Presbyterian Support Upper South Island. Andrew's invaluable contributions have profoundly shaped our charitable efforts, serving as an inspiration to all.

Thank you for supporting our mission to enhance the mana of whānau to be safe, resilient, and connected. Your support propels our commitment to enhancing our services and programmes. We look forward to embracing further innovations and initiatives this year, to respond to the ever-changing needs of our communities.

***Ka mahi tahi tātou mō te oranga o te katoa -  
Working together for the wellbeing  
of everyone.***

Barry Helem & Kim Manahi  
Co-CEO & Pou Ārahi



## Together, we're supporting brighter tomorrow's.

**We're thrilled to announce that, thanks to your support, we have raised an astounding \$37,178 from our Spring and Summer appeals. These funds help provide essential mental health support and care to those in need across our community.**

We recently shared Hana's\* story with you, a young woman struggling with severe anxiety, yet found solace and support with our Youth Coach, Cassie.\* Similarly, Kim\* embarked on a journey to strengthen her bond with her daughter, Hailey\*, during a challenging period following her separation. Your donation supports parent's like Kim, and young people like Hana, to learn new skills and strategies to improve their relationships, and feel prepared for a brighter future.

These vital funds enable us to extend a lifeline to whānau, our beloved tamariki and young people, kaumātua

and older individuals, ensuring that they remain connected and resilient members of our community. We're immensely grateful for your generosity. Without community support and donations, we simply couldn't provide this crucial support. Together, we're making a tangible difference in the lives of those we serve.

*Thank you for your ongoing support!*



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





# Festive Reflections



*Our Family Works and Youth Team with Gordon from Papanui Rotary.*

We're delighted to share the ongoing success of our 2023 Christmas Giving Programme! Thanks to generous donations, whānau across our regions received heartwarming surprise gifts, brightening their holiday season. For people facing hardship, these gifts were a beacon of hope during the holiday season.

Sweet treats wrapped in hankies were kindly gifted to some of our Tōtara Club members, while young people and families were delighted to receive thoughtful gifts, pamper items and food parcels. The grocery and petrol vouchers have been especially helpful to people experiencing the increased costs of living.

*"Both Mum and her son had tears in their eyes when receiving their gifts. The son was delighted to put the presents under their Christmas tree. This was their first Christmas since Dad died, making it a time of sorrow as well as excitement."*



*The Ashburton Team with Buckets of Blessings donated by New Life Church.*

Our sincerest gratitude goes out to all who made this possible, including Rangi Ruru Girls School, 2 Degrees Christchurch, Duncan Cotterill, Lincoln Union Church, Alpine Church, St Ninian's Church, Riccarton Ladies Group, Greame Dingle Foundation, Cashmere Presbyterian Ladies Group, New Life Church, Northlands Mall, and the Rotary Club of Papanui.

*"I was really moved by the kindness shown, it really helped me feel better about being on my own at this time of year."*

*"Thank you very much for the Christmas gifts, it was one of the best Christmas presents I have ever had."*



*Our Youth Team with Jacinta, Account Manager at 2degrees.*



## Crafting Resilience

**Ian's woodworking journey flourishes with financial mentoring, ensuring his passion endures.**

Ian, a gentle soul in his late sixties, finds solace and purpose in woodworking, a passion he shares with his community. As a seasoned teacher, Ian became renowned as the South Island's woodworking guru, travelling around the island, inspiring others with his craft.

Joining Menzshed a year ago, Ian eagerly embraced the camaraderie and creativity of the workshop. Bringing his own machinery and tools, he was delighted to share his expertise with fellow members.

However, Ian's world was shaken by a recent stroke, plunging him into financial uncertainty and jeopardising his cherished volunteer role. Recognising his distress, a social worker connected him with our Financial Mentoring service.

Angela, our dedicated Financial Mentor, visited Ian during his hospital stay, offering a compassionate ear and practical support. Together, they developed strategies to alleviate his financial pressures, consolidating debts and establishing a savings plan for emergencies.

Despite his resilience, Ian faced another obstacle: his worn-out dust mask, vital for his safety in the workshop. Learning of his predicament, Angela explored avenues for assistance, ultimately securing funding from a local trust for a new mask.

Ian was overjoyed at the prospect of returning to his beloved woodworking pursuits!

Reflecting on his journey, Ian expresses profound gratitude for Angela's support. In Ian's words, ***"Things are different for me now. I have a handle on my budget and can see where my money is going. Ange is an angel, I wouldn't be where I am, doing what I am doing, without her support"***.

With newfound financial stability and a renewed sense of purpose, he eagerly resumes his woodworking endeavours, enriched by the kindness and generosity of those who stood by him in his time of need.

**For more information on Financial Mentoring, visit <http://tinyurl.com/BuildingFinancialCapability>**



**enliven**  
Positive Ageing Services



## Volunteer with us!

### And help make a difference in the lives of others

We are searching for day programme volunteers, as well as minivan drivers and assistants in all of our regions, to help support our Enliven programmes. We offer full training and support to ensure you enjoy the experience. A regular, small amount of time each week really does make a huge difference to the people we care for. **Get in touch today!**

To find out more about becoming a volunteer please contact:

**Roni Jordan**

**P.** 0800 477 874 or 03 261 2889

**E.** [ronij@psusi.org.nz](mailto:ronij@psusi.org.nz)



**[www.psuppersouth.org.nz/get-involved/volunteer/](http://www.psuppersouth.org.nz/get-involved/volunteer/)**



## Getting to know our people



**Meet Roni Jordan, our Regional Volunteer Advisor and HR Support in Christchurch.**

### **What do you do?**

I oversee the recruitment and training of Enliven Volunteers in Christchurch and North Canterbury. I lead volunteer initiatives throughout the region. Additionally, I assist the People, Culture & Wellbeing Manager with project work and administrative duties.

### **What does that involve?**

My role revolves around service, communication and interaction with individuals,

both internally and externally. It involves supporting the strategic requirements of our organisation through volunteers and ensuring that services have the necessary resources.

Volunteers are the heart of our organisation, integrated into our teams, which I consistently advocate. Volunteering embodies a reciprocal relationship. I dedicate time outside PS to network with other organisations and service providers.

### **Tell us a bit about yourself**

I have lived in Rangiora since 2010. My home is an old villa that is filled with all the things I love. It is not a house, it is a home! I want people to come over and just chill, either inside or sitting on the deck. My family live in Kerikeri in the far north and I try to visit them on a regular basis.

I love the fact you can be in the country, at the beach or walking by the rivers in a short distance. I can always be found at the

local markets either supporting Abbyfield, a local retirement provider, who I volunteer for, or hunting for a bargain!

I am experimental gardener and like the fact that I can grow and share produce with others in the neighbourhood.

### **What's your favourite pastime?**

Movement. Dancing is a passion of mine, the older I get the more it appeals. I attend dance classes all for women over the age of 45. I do Ballet Barre and Zumba. There is something about keeping fit and ageing gracefully that is very empowering. I also go the gym and swim.

Positivity is a passion of mine, I try to be mindful of staying in the moment to be present. My other favourite pastime is embellishing my denim jackets. Its really good fun. I go to op shops on a regular basis to find odds and ends and materials that I use. This is the one time I can go into my world of creativity and just dream!

## Rekindling Creativity at Tōtara

Athol, a member of our Tōtara Club in Nelson, found renewed inspiration for painting after seven years of creative block that dampened his enthusiasm.

He attributes his resurgence to the vibrant atmosphere and laughter at Tōtara Club, which has reignited his passion for art. Athol often expresses his joy in attending the club, relishing the stimulating environment and camaraderie.

His recent paintings beautifully capture the landscapes of Central Otago and the Otago Peninsula, reflecting his newfound creativity and appreciation for the world around him.

**To learn more about our Enliven Day Programmes, please visit <http://tinyurl.com/AgeingPositive>.**



# Yes! I would like to help

Your gift will help vulnerable children, families/whānau and older people so that they are safe, strong and connected.

**\$30**

Can provide a young person with an essential grocery food pack.



**\$50**

Can pay for a child who is feeling anxious and worried to receive help in their school from a social worker



**\$150**

Can pay for a child, suffering from trauma, to receive counselling.



**\$**

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 monthly 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](http://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](http://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](http://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.