



Building Bonds through Theraplay



knowing how to best handle them. She worried about how others might judge her parenting and wanted to make sure Alex felt happy at home.

To help Alex with his feelings and strengthen their bond, Kara enrolled him in the Seasons for Growth programme. This helped Alex understand and express his emotions and connect with other kids who had experienced similar family changes.

Kara and Alex also took part in Theraplay-informed sessions, which are designed to strengthen their relationship through engaging activities and positive interactions. These sessions helped Kara to feel more confident as a parent, managing Alex's emotional outbursts better, and rebuilding their connection.

Kara shared, "I didn't know how to support him before. Now I can meet him in the moment." She's now using these new skills at home, saying, "I feel calm now when he gets upset."

Alex has started recognising his emotions and managing his outbursts, with noticeable improvements reported by his school and family.

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At 30, Kara* has faced more than her fair share of challenges. With her son back in her care, Kara's journey is a true testament to her strength and determination.

Kara's 7-year-old son, Alex*, was taken from her due to her past struggles with addiction and went to live with his father's family. Determined to turn her life around, Kara overcame her addiction and worked hard to regain custody of Alex.

Her past relationship with Alex's father was difficult and unstable, leaving both Kara and Alex with deep emotional scars. Despite Alex's father being in and out of his life, Kara was committed to creating a safe and loving home.

After being separated from Mum, Alex had big emotional outbursts, and Kara found it challenging

From our CEO's

September is World Alzheimer's Month, a time to raise awareness about this significant health issue. In New Zealand, over 70,000 people live with Alzheimer's, a number set to triple by 2050. This month emphasises the disease's impact and the importance of community support to reduce stigma and enhance the lives of those affected.

Regarding the Royal Commission of Inquiry into Abuse in Care report, Presbyterian Support maintains a zero-tolerance policy for abuse. We extend our deepest apologies to those harmed in care and acknowledge the lasting impact on survivors and their whānau. We are committed to supporting survivors on their journey toward healing and redress.

We support the establishment of the independent Poretumu Torowhānui redress scheme to aid survivors and prevent future abuse. If you or a loved one has been harmed in our care, please reach out to us or contact the NZ Police. Please visit our webpage here for more information - <https://bit.ly/Royal-CommissionInquiry>

Ko te mea nui, he kaha, he manawanui, he aroha. Ahakoa te mamea, ka puāwai anō te ngākau. The most important things are strength, resilience, and love. Despite the pain, the heart will blossom again.

Let's continue to care for each other as we move into this warmer season.

Ngā mihi,



Barry Helem - Tumu Whakarae Tauīwi/ Co-CEO
Kim Manahi - Tumu Whakarae Māori/ Co-CEO

our services



A Heartfelt Thank You!



Thanks to your incredible support, we've raised \$25,500 from our Winter and Autumn fundraising appeals.

These funds are making a significant difference, providing essential mental health support and care to those in need. The rising cost of living has placed pressure on families and older people. These hard times are affecting our community's mental health.

Despite our best efforts, we haven't reached our fundraising target, which is vital to continue providing the essential services that so many desperately need. Your support can make a significant difference in these challenging times.

Recently, we shared Sione's* story with you - a man who battled severe social anxiety. With help, Sione experienced a remarkable transformation and now carries himself with newfound confidence. Similarly, the Crawford Family* turned to us during a challenging time,

seeking to strengthen their family bond. Your donations are empowering families like theirs to learn new skills, improve relationships, and move towards a brighter future.

We're deeply grateful for your continued support, it's what makes our work possible. Together, we're creating real change in the lives of those we serve. Thank you!

**To respect and protect privacy, names and images have been changed.*



Your generosity changes lives! With your support, we can help those in need thrive and find hope for a brighter tomorrow, visit <https://bit.ly/SupportBrighterMinds>

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Theraplay gave Kara the tools to boost her confidence and re-establish boundaries with Alex. ***"Initially, I wasn't sure why Theraplay was recommended. Now, I'm amazed at how much these sessions have helped my son manage his feelings better, and also how I can better respond to his big feelings"*** says Kara. She encourages others to explore Theraplay and reminds people that seeking help during tough times is perfectly okay.

"It's heartwarming to see how much they've both grown and how their relationship has strengthened. Kara's commitment to her family is making a big difference in their lives." Ava*, our social worker noted.

Kara's journey is far from over, but with support and determination, she is building a brighter future for herself and her children. She continues to work hard to provide a stable and loving home for Alex, and her progress is a powerful reminder of the strength and resilience of the human spirit.

**To respect and protect privacy, names and images have been changed.*



To learn more about Family Works, email ps@psusi.org.nz, phone 0800 477 874, or visit <https://bit.ly/FamilyWorksSupport>



Recognising Our Local Treasures



Thank you to our incredible volunteers who contribute a wonderful 22,000 hours each year, offering care, guidance, and support across our communities. Their work touches countless lives and makes a difference that's truly immeasurable. In June, we celebrated these remarkable individuals, recognising the profound impact they have made!

Nelson's Dynamic Duo

Barbara and Dick Watson bring a special energy to our Nelson Enliven Programme. Barbara started volunteering at the Club in 2013, and her enthusiasm inspired her husband, Dick, to join in 2021. Initially volunteering as a Van Driver, Dick enjoyed it so much that he began volunteering an extra day at the Club. Both love playing games with members, with Dick sharing, "Bingo is a lot of fun!" and Barbara adding, "It's wonderful to see people light up when they play games they enjoy!"



A True Community Champion

Mel received a certificate of recognition for her incredible dedication as a Family Works Youth Mentor! Mel moved to Christchurch over 20 years ago and works full-time managing a customer service team. Despite her busy schedule, she volunteers as a mentor every Sunday. "You don't realise how rewarding it is until you're doing it. It adds to someone else's life as much as it does to your own."



From Blossoms to Bonds

Vicki, a dedicated volunteer at our Riccarton Enliven Centre for 21 years, recently shared her love of flower pressing with Sue, a member of the Harakeke Club. They spent time together, creating beautiful cards and sharing special moments.



Making Every Day Special at Tōtara

Since 2015, Phil Hunniset has been a vital part of the Blenheim Tōtara Team, bringing warmth and enthusiasm. Over the past nine years, he's made a real difference - whether it's remembering how everyone likes their morning tea, leading lively discussions, or becoming a card game champ!



Sweet Moments Together

Our North Canterbury Volunteers recently enjoyed a special treat of homemade shortbread biscuits, lovingly decorated by our talented club members. These biscuits, crafted with care, added a touch of sweetness to our volunteer's day, serving as a token of appreciation for their hard work and dedication.



Discovering Dementia Care

A Student's Harakeke Experience

I'm Brooke, a fourth-year medical student at the University of Otago. Recently, I had the incredible opportunity to spend two weeks on a community placement, focusing on older persons' health.

While I learned so much throughout the experience, one day really stood out to me - my time at the Riccarton Harakeke Centre in Christchurch.

Harakeke is a special place that supports people with dementia and their caregivers. During my day there, I discovered just how powerful simple, genuine interactions can be.

Whether it was reminiscing about a favourite memory or sharing a laugh, these small moments of connection brought so much joy and comfort. It reminded me how important it is to connect with people on their level and celebrate their stories.

I also got to see firsthand the support systems in place for caregivers. The work being done at Harakeke is inspiring, and it made me realise just how vital community-centred care is. This experience changed me. It not only expanded my medical training but also strengthened my commitment to providing compassionate and inclusive care.

I'm so grateful for the time I spent at Harakeke, and I'll carry the lessons I learned there with me throughout my career. Thank you to the team for allowing me to be a part of your programme!



“Having Brooke with us was fantastic for our team and the people we support. We haven't had medical students here before, so it was great to see her experience community care firsthand. Watching people with dementia living well really adds to her learning and shows just how important it is to support them in the community.”

Deb, Enliven Team Leader



Ride, Paddle, Inspire!

Meet Preston, an energetic and adventurous 11-year-old who has been brightening up our days since May! With a spirit full of curiosity and a love for the great outdoors, Preston is always ready to dive into his favourite activities - whether it's kayaking on the river, biking through trails, or simply soaking in the beauty of nature.

Every week, Preston meets up with his mentor, someone who shares his passion for exploring the world around him. These catch-ups are more than just time spent together, they're moments that build trust, create memories, and give Preston the chance to feel supported and understood. For Preston, having someone to hang out with, laugh with, and learn from makes all the difference.

We are on the look out for great mentors!

Please email ps@psusi.org.nz, or visit

<https://bit.ly/MentoringStrongerTogether> for more information.

Getting to know our People



Meet Rae Thomas, our new Donor and Community Relations Coordinator.

What does your role involve?

Usually, coffee and a light-hearted chat! Getting to know likeminded benevolent individuals, corporate organisations, parishes and community groups.

Creating relationships, sharing life and work stories and finding common ground with social responsibility to improve lives of others in our community.

It's all about getting to know

different organisations and our wonderful donors, it's intriguing and it is such a privilege! I love that they share their journey and reasons for altruism. It's inspiring and enables me to share the challenges our communities face, and highlight the amazing impact of their support.

We are united in wanting everyone to feel safe, resilient, and connected. And of course, I will ensure every donor knows just how valued and appreciated they are for their vital contributions, so expect a call from me!

Tell us a bit about yourself

I'm married with 2 children, young men, now at 19 and 21 years old.

It's good to watch them find their independence and a bit of an adjustment for us as the homelife changes.

Throughout my career, I've been all about people, with several years spent in sales, my own business and recruitment. Recognising we make a positive difference is what fuels my enthusiasm and commitment to come to work every single day!

What's your favourite pastime?

Time with family, and friends, walking around the Port Hills, a glass of wine and my feet up with a good book, pottering in the garden and attending the theatre and movies.

I also enjoy volunteering at The Piano, say hi if you see me there.

For donation enquiries or to learn more about our community work, please contact Rae.

**Phone: 021 828 671,
or email Raet@psusi.org.nz**



Stirring Up Kindness

Our latest Kete Kai gathering was another success, continuing our cherished monthly tradition. After a long workday, our Blenheim team volunteered their time to prepare and cook meals, which were later frozen and distributed to whānau, youth, and kaumātua.

Thanks to a grant from Blue Door and donated food and produce from our community, we crafted nourishing single-serve meals, given out with no questions asked - just simple, caring support. Barry, our CEO, joined us in making Mac 'n' Cheese and apple crumble, filling the kitchen with delicious aromas. Leading the way was our talented Enliven Chef, Kerry!

Once the meals were prepped, we sat down to share kai, enjoying the simple pleasure of being in each other's company. These shared moments remind us of the real impact we're making - not just for those we serve, but for each other as a team. It's about coming together, showing up for our community, and putting a little bit of heart into everything we do!

Thank you Blue Door and to everyone who supports our Kete Kai - it truly makes a difference to our community!



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.

\$30

Can provide printed resources to support parents in nurturing resilient children/tamariki.



\$50

Can cover a meal and transport for an older person to attend an Enliven programme.



\$99

Can provide support from a social worker for two children experiencing anxiety and worry.



\$

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.

Create lasting change - become a Regular Giver today!

Your regular support helps sustain our essential services, enabling us to 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.