

Navigating traffic lights

Issue 3 | February 2022



We're now in a different COVID-19 environment, known as the Traffic Light system and that means some changes for us.

As an organisation, we have a team, both staff and volunteers, fully vaccinated and anyone new joining us will also be vaccinated.

We continue to work with both vaccinated and unvaccinated clients but our services are being delivered slightly differently.

We are meeting our unvaccinated Family Works clients virtually, either over the phone or via Zoom. In some cases, we will meet them face-to-face but face coverings are worn and physical distancing and other precautions are being taken.

Unvaccinated Enliven members are unable to attend our large day group programmes so we're providing alternative gatherings and social outings where physical distancing can be maintained. Again, face coverings are required.

We're encouraging everyone to be vaccinated for their own health and the safety of our communities.

We work with many vulnerable people who have underlying health issues and we want to protect them as much as possible.

For more information visit www.psuppersouth.org.nz.



Kotahitanga | Togetherness, sharing, support



From our CEO



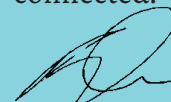
There's no doubt that last year had its challenges but we also experienced incredible generosity,

particularly at Christmas, so my thanks to you for your kindness and support.

COVID-19 continues to challenge us and as we navigate these uncertain times, front of mind will be the safe way we deliver our services. We are well prepared and ready to support ALL people, whether vaccinated or not.

Our team of staff and volunteers have worked hard to accommodate the rapidly changing landscape and I'm incredibly proud of them for their mahi.

Despite the challenges, we will continue helping vulnerable people in our communities so that they are safe, strong and connected.



Barry Helem

our services



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



DONATE



VOLUNTEER



FOLLOW US

Presbyterian Support launches social enterprise

Late last year we launched a new social enterprise, Āwhina Mai Wellbeing Services. This service offers fee-paying therapeutic services including counselling, parenting support and corporate programmes.

The benefits of this social enterprise are twofold:

1. As our organisation has the skills, qualifications and experience to deliver this much-needed service and because counselling services in Christchurch are under huge pressure with long wait-lists to see therapists, we are offering a service that is fundamental to our vision of a just, compassionate and inclusive society.
2. All the profits from Āwhina Mai will support our other work, including the Family Works and Enliven services. As a charity, it's important to us to diversify our income streams, ensuring we can continue to provide our important services and minimise our annual operating shortfall of \$1.3M.

Āwhina Mai includes a variety of therapies including (but not limited to) anxiety, depression, trauma and grief management. Find out more at www.awhinamai.co.nz.



Āwhina means to support, assist, help or benefit. The koru and heart-shaped symbol represents care, kindness, growth, potential, harmony and development.

Appeals raise awareness and money

The last two appeals of 2021 - Spring and Christmas - have once again demonstrated the generosity of our supporters.



In our Spring Appeal we told the story of troubled Dillon, born into poverty, family violence, drug use and neglect. When our social workers stepped in, Dillon was able to receive much-needed help, including extra-curricular activities and food parcels for his whānau. Just when Dillon was starting to bounce back,

he was struck by tragedy - Dillon's father was diagnosed with terminal cancer and died just days before Dillon turned 10.

If things couldn't get any worse, they did. Dillon was the victim of a hit and run, suffering injuries and having to spend time in hospital before he could return to school.

Dillon's young life has been full of trauma and grief but thanks to the work we've been able to do with him, there's hope.

Dillon's story struck a cord with our supporters who

donated over \$15,000 so that we can continue working with him and other tamariki who suffer from anxiety, grief and trauma.

Likewise, our Christmas Appeal shone a light on the plight of Naomi and her son, Jack. Again, it was our social workers who were able to not only help Jack, but also discover that Naomi had been the victim of abuse when she was a child.

The suffering and heartache experienced by Naomi and Jack was raw but thanks to our supporters who donated \$15,000, we can offer support and encouragement that brings hope and lasting change.

While both appeals fell slightly short of our \$18,000 targets, it's never too late to support our work by making a donation! Simply visit psuppersouth.org.nz/donate to make a donation.



Christmas wrapped in love

Gifts, donations, lunches and competitions were just some of the ways we celebrated Christmas and the end of the year.

We farewelled 2021 with Christmas lunches for our Enliven members and celebratory events to acknowledge the mahi of our volunteers, we had a Christmas tree competition in Nelson and Christmas gifts were donated to the many tamariki and whānau we have been working with throughout the year. Our sincere thanks to everyone who donated gifts and funds to support our vulnerable clients. Special thanks to Marlborough Girls' College, MSD Social Club, Rangi Ruru Girls' School, the Ashburton New Life Church, Papanui and Riccarton Rotary Clubs, 2 Degrees, Ballantynes, Darfield High School, Duncan Cotterill, McDonalds in Ashburton and Crozier's Turkeys - your support is greatly appreciated.



Getting to know our people



Meet Aaron Hall from our Christchurch team.

What do you do?

I'm a Youth Coach in the Youth Service team.

What does that involve?

I work with young people/ rangatahi aged 16 to 20 who need financial support and help stand on their own, often away from

home. This can be due to a family breakdown where they can no longer live at home or they may be a single parent who needs help to raise their tamariki.

As a Youth Coach, I aim to empower rangatahi to be independent, linking them with health and education providers and other services.

Every young person is different and we do our best to cater to their individual needs.

Tell us a bit about yourself

Christchurch/Ōtautahi is home, however, I have lived overseas, including Scotland (my ancestral home). When my whānau and I returned to Aotearoa we settled in Christchurch. I was very interested in health and wellbeing so I studied health sciences.

Over the past few years I've noticed that the needs of our rangatahi have become more complex.

Increasing needs in regards to mental health, employment and housing stability have contributed to their long-term wellbeing and health being badly affected so I hope to develop skills that will enable me to more effectively support them which is why I'm currently studying for a Masters of Counselling.

What's your favourite pastime?

My happy place is being outdoors. In the winter my car has skis permanently attached to it and the rest of the year it will be a kayak and mountain bike! I feel blessed living in Ōtautahi with lakes, mountains and sea so close by.

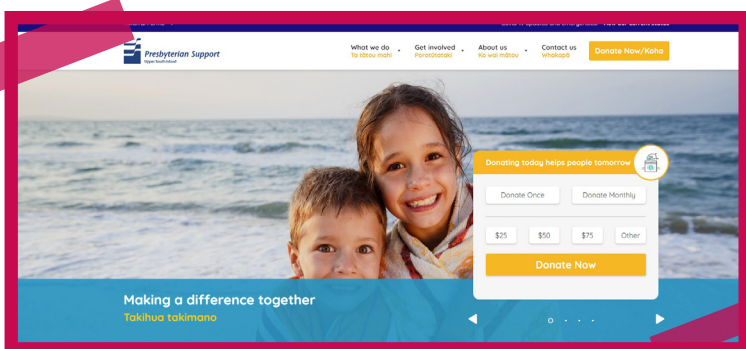
New website!

Towards the end of last year we launched our new website!

Following months of creating new content and selecting colourful and vibrant photos, the website went live just before Christmas.

The address remains the same but the look and feel is completely different with easy options to find our services, make donations, check out current vacancies and enquire about becoming a volunteer.

Find out more at www.psppersouth.org.nz.



Ending domestic violence

Presbyterian Support Upper South Island has recently achieved White Ribbon Accreditation and CEO Barry Helem (who is also a White Ribbon Ambassador) is proud to lead an organisation that will play its part in dealing with the impact of domestic violence.

"Aotearoa has the unenviable record for the highest level of domestic violence per capita in the developed world," says Barry.

"When we learn of someone experiencing domestic violence, we'll support them to find their way out of harmful situations. Being able to shine a light on violence prevention is very important."



Life-saving donation

When Colleen Appo passed away last year, it was her wish to donate a defibrillator to the Tōtara Club in Blenheim.

Her whānau have honoured her wishes and the defibrillator has now been installed. Thanks to Colleen's son, Stephen, this life-saving piece of equipment has been mounted on the wall, ready to be used if and when needed.



From left, Hazel, Lee Anne and Stephen Appo stand beside the donated defibrillator.

Happy Birthday, Ngaire!



Nelson Tōtara member, Ngaire Laird, turned 100 so we made a big fuss including a delicious chocolate birthday cake! Happy Birthday, Ngaire!

A little bit of history

Given that Presbyterian Support has been around for over 100 years, it's no surprise there will be quite a lot of history including stories and photos.

To capture some of that history, we've created a 'Wall of Memories' in Te Korowai (home of Presbyterian Support Upper South Island). Among the framed photos are images from the former Boys Home in Christchurch and different plaques, including the original plaque of our organisation.

This little bit of history is a poignant reminder of our origins and how it all started.



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 pay for printed materials that give parents information to help them raise strong children/tamariki



\$50

Can pay for snacks and lunch for an Enliven member at one of our day programmes



\$99

Can pay for an older person to attend an Enliven day programme where they will enjoy a meal, games and other social activities



\$100

Can pay for two children, who are feeling anxious and worried, to receive help from a social worker



\$

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



Name

Address

Phone

DOB

Email

Donor ID

(see envelope label)

☐ Visa

☐ Mastercard

Card number

Name on card

Expiry date

Signature

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

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 a just, compassionate and inclusive society.

Ways to donate

Below are different ways to make a donation to Presbyterian Support.

Website

To make a donation through our website using your credit card go to 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**

Reference: Your address & donor ID

Credit Card

(Visa and Mastercard only)

Complete the donation form and post to:

Presbyterian Support

Freepost 60373

PO Box 13171

Christchurch 8141

All donations are receipted.

Gifts over \$5 are tax deductible.

NZ Charities Register #CC21765