

Bridging the gaps



The ever-increasing need for social services is a challenge that Presbyterian Support works hard to address. Having identified a gap, we're delighted to have launched a much-needed service in the eastern suburbs of Christchurch.

Enliven East Christchurch Kaumātua Service aims to support the independence, social inclusion, health and wellbeing of our valued kaumātua/older people and their whānau who live in the east Christchurch suburbs.

The importance of this service cannot be underestimated and we are working with our colleagues across the sector to help fill the gaps that might be preventing kaumātua from thriving in this part of the city.

We have a small but incredibly talented and hard-working team of three social workers and a psychologist who will provide free services to those in need, including:

- ★ Advocacy
- ★ Psychology
- ★ Whānau/family support
- ★ Counselling

(See over the page for more information including profiles of our team.)



From our CEO



It's been over 10 years since the Christchurch earthquakes and while much of the city has recovered, not everyone's

recovery has gone so well.

With this in mind, and responding to the increased community need, we have scaled up our services and have put in place a small team in the eastern suburbs of Christchurch who will provide, amongst other things, counselling, social work and advocacy for our kaumātua/older people who are socially isolated and not thriving as we would want them to be.

This service, along with the new *Right Service Right Time* (page 2) project, demonstrates how Presbyterian Support can help those most vulnerable in our community.

He waka eke noa / a canoe which we are all in with no exception (we are all in this together).



Barry Helem

our services



Bridging the gaps (from page 1)

Meet the Enliven East Christchurch Kaumātua Team



Luis Arevalo (Team Leader) is a registered social worker with a Master of Philosophy. Luis is also the International Federation of Social Work (IFSW) Asia Pacific Human Rights representative, advocating for social justice and human rights.



Anna Morgan is a child and family psychologist. Anna's role includes individual assessment and therapy, mental health support and intergenerational work within whānau that support healthy relationships.



Helen Ross is a registered social worker who has worked with older people, their whānau and young mothers. Helen has worked in the mental health field and her approach is holistic and developmental, promoting health and wellbeing.



Imogen (Immy) Clark is a registered social worker who has previously worked with children and families, including grandparents and extended whānau. Immy's goal is to help people reach their full potential by empowering and encouraging them.

Tamariki and whānau at the forefront of service

The service places tamariki at the centre of plans to support their safety and wellbeing.

Under the umbrella of the Right Service Right Time partnership, Presbyterian Support and six other organisations (He Waka Tapu, Purapura Whetu, Barnardos, Christchurch Methodist Mission, Early Start and Waipuna St John of God), are developing a pathway to services for tamariki and their whānau who require a single plan to support improvements in their wellbeing and safety. These are whānau who may previously have had a 'Lead Professional' allocated as part of the Oranga Tamariki Children's Team approach.

The single plan is about bringing together practitioners and professionals from iwi, health, justice, education and social services. The opportunity now is for the development of a community-based approach which best meets the needs of tamariki and whānau in Canterbury.

And the benefits? If services are integrated, coordinated and flexible to meet diverse needs, outcomes for children and their whānau are markedly improved.

*Mahi ngā mahi ō ngā tamariki
Hei āpōpō ka tū hei rangatira*

*Fulfil the needs of our children and
tomorrow they stand strong*

enliven

Age positively with Enliven!



We offer older people practical and social support that maximises independence, where they'll have fun with a renewed sense of purpose in their lives. We provide:

- * Social work
- * Social programmes
- * Kaiāwhina (assistant or advocate)
- * Falls prevention
- * HomeShare
- * Counselling

For more information call us on **0800 477 874** or email **enliven@psusi.org.nz**.

Lights, camera, action!

The timeless adage “a picture paints a thousand words” couldn’t be more true when it comes to depicting the work we do.

We put the call out for ‘models’ for a photo shoot and they came from far and wide! We had friends, friends of friends, whānau and colleagues who were happy to be part of the project.

We were also fortunate to have members from the Ashburton Kaumātua Club who spent a very enjoyable day in Christchurch, laughing, sharing stories and being great models!

The photos will play an important part in our work – they visually connect people to the services we provide, they help people understand who we are and what our role is in supporting vulnerable whānau, tamariki and kaumātua to be strong, safe and connected.

Photographer Lisa Gane spent several hours over two days taking photos of our models in different locations and different scenarios that portray the work we do in the community.

Thankfully the weather gods were kind to us (given the official summer months had ended) and we were delighted that so many people volunteered to be our models. Young and old, they were happy to have their hair rearranged, directed into different sitting or standing positions, asked to smile, not smile, laugh, walk, run, jump, hug mothers, hold hands, link arms and pretend they were feeling sad!

Taking it in their stride, the models shone and we’re excited that we’ll soon be using these photos for our publications, brochures, website and more!



Made with love

With a lot of mahi our Marlborough team pulled out all the stops at the recent Marlborough Senior Expo to showcase our Enliven services for older people.



The creativity and flair was second-to-none as the team set up their stall to look like a welcoming lounge area, complete with flowers and survival packs. But these were definitely not the sort of flowers you’d pick in a

garden. The flowers were made from egg cartons, painted, shaped and wrapped in our *People Helping People* magazine to make a very unique bouquet! A note accompanied each bouquet saying “Made with love by our members”.

It didn’t end there either! 100 Isolation Survival Packs including some fun things were very popular.

The effort was well worth it as expo attendees were able to see what we offer through our Enliven programme – services that help connect older people, help them meet

like-minded people, maximise their independence and live a healthier, happier life.

If you’d like to know more about our Enliven services go to www.enlivenuppersouth.org.nz



In this together

Chasing chills away, wearing pink and taking a stand against bullying are some of the ways Presbyterian Support teams work with other social services to help vulnerable tamariki, whānau and kaumātua.

Over a good yarn, the sound of knitting needles can be heard in Mid Canterbury as women gather and knit much-needed clothes and blankets for whānau in need, donating them to Presbyterian Support and Family Start for vulnerable families. These practical winter woollies are testimony to the caring and benevolence of communities who reach out to help others.

That type of generosity was also evident recently when our Nelson Harakeke team raised over \$400 for breast cancer on Pink Ribbon Day. Wearing pink clothing and enjoying morning tea with pink food, the team did themselves proud with some outstanding costumes!

Pink was also the order of the day during national Pink Shirt Day, highlighting the harm caused by bullying. While the colourful events, including wearing pink clothes, dancing, playing games and eating pink coloured food, were a light-hearted way to create awareness of bullying, the seriousness of the issue cannot be overstated. The work we do brings vital support to people dealing with the devastating impacts of bullying.



To find out more about the work we do with children and whānau, visit www.familyworksuppersouth.org.nz.

Donors show aroha for family

Our Autumn Appeal, highlighting the plight of a family dealing with asthma, a poorly heated home and a job loss due to the Covid-19 pandemic, has seen many donors dig deep.



Presbyterian Support Family Works social workers advocate tirelessly for the children and families they work with every day.

In the case of Earl, Debbie and their son Jacob, that advocacy helped provide practical solutions for a family that was struggling with multiple challenges. It is also hoaketanga (purposeful) - one of our values - in that we work with our clients by supporting them

without judgement and being respectful as we work together to find solutions that best meet their needs.

Jacob's story struck a chord with many of our supporters and so far we've raised over \$6,000 but we'd like to raise more.

If you made a donation to support our work - thanks! If not, you still can ... simply complete the donation form or donate at www.psuppersouth.org.nz/donate.

If you'd like to know more about the work we do with vulnerable families go to www.familyworksuppersouth.org.nz.

Getting to know our people



Trish Armstrong, Nelson Enliven Day Services Manager, is a busy person but took some time to answer a few questions about herself and her role.

What do you do?

I manage a team of 11 staff and 30 volunteers and oversee the Enliven Tōtara and Harakeke day programmes.

What does that involve?

It encompasses excellent organisational skills, compassion and an unflappable personality!

Bringing older people into the Tōtara or Harakeke 'family', helping them settle and feel welcome is something I'm particularly proud of, as are the efforts of my entire team.

Tell us a bit about yourself outside of work

I was born and bred in Dunedin, and my husband and I have lived

in Nelson for 30 years. For a good number of those years we owned an orchard and raised two sons.

I've always been an active member of my community, including being a member of our son's school Board of Trustees and a childbirth educator for Parents Centre.

I've worked in a number of other social service organisations including Barnardos and Community Law.

What's your favourite pastime?

Singing! I've been a member of the Nelson Bays Harmony Chorus for over 20 years, have sung with the Christchurch City Chorus, including competing in New Orleans in 2019.

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Positive Ageing Services

Volunteer visitors needed!



Spend an hour a week visiting someone who may be lonely or isolated



You'll be matched with someone with similar interests



Go out together or visit in their home



Rewarding and enjoyable for you both



To find out more about becoming a volunteer visitor please contact:

Roni Jordan

P. 0800 477 874 or 03 261 2889

E. ronij@psusi.org.nz



www.enlivenuppersouth.org.nz

Yes! I would like to help

Your gift will help vulnerable children, whānau/families and older people so that they are safe, strong and connected. You can make a donation online at psuppersouth.org.nz/donate, by internet banking (ANZ 06-0801-0678233-01), or credit card.

\$20

Can pay for a petrol voucher for a parent to attend a parenting course to help their child with anti-social behaviour



\$60

Can provide older people with fun games and activities to enjoy at one of our Enliven day programmes



\$150

Can help a child, suffering from trauma, receive vital counselling



\$250

Can help a young person, with poor eyesight, receive an eye test and reading glasses



\$

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



Name

Address

Phone

DOB

Email

Donor ID

(see envelope label)

☐ Cheque ☐ Credit Card ☐ Internet Banking

Card number

Name on card

Expiry date

Signature

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

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, whānau/families and older people as we work towards a just, compassionate and inclusive society.

The end of cheques

Unfortunately we are no longer able to accept cheques but we value the ongoing support of our donors and will help in any way we can to assist donors make safe and secure donations.

Banks also want to help their customers. Give them a call or pop into your local branch.

ANZ 0800 269 296
ASB 0800 803 804
BNZ 0800 275 269
Kiwibank 0800 113 355
Westpac 0800 400 600

Below are different ways to make a donation.

Call or email

For one-on-one assistance call Simon Smith on 0800 477 874 or email simons@psusi.org.nz.

Online

psuppersouth.org.nz/donate

Bank Transfer

On the internet or at your bank:
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 Central 8141