

# People

## HELPING PEOPLE

The magazine of Presbyterian Support  
Upper South Island

Autumn/Winter  
Ngahuru/Hōtoke

2022 | ISSUE 12

A star  
is rising

An  
aspiring  
military man

Turning  
a corner

The  
kindness of  
Margaret

A home of  
your own  
choosing



**Presbyterian Support** Upper South Island is a non-profit social service charity serving the West Coast, Mid and North Canterbury, Christchurch, Marlborough and Nelson.

Through our service groups, Family Works and Enliven, we support children, young people, whānau, families and older people to be safe, strong and connected. It is our vision for a just, compassionate and inclusive society.

To learn more visit [www.psuppersouth.org.nz](http://www.psuppersouth.org.nz) or follow us on Facebook.



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**Privacy**

\*Some names have been changed and stock imagery used to protect our client's privacy.



# Nurturing our rangatahi



We know the world can be fraught with many obstacles and this is particularly true right now as we deal with a worldwide pandemic.

Young people/rangatahi face plenty of challenges and its incumbent on us to help them navigate these troubling times.

Throughout this edition of People Helping People we feature stories about young people we have been working with. As they struggle with low self-esteem, financial difficulties, having to live independently and away from their whānau, sometimes as young single parents, we stand beside them, guide them, give them advice, and make sure they have access to the necessary services that will help them get through the difficult times.

You'll also see a story on page 10 featuring Champagne Del Cruz who was one of the 2021 Dennis Moore Memorial Scholarship recipients. Champagne has also overcome challenges and is channelling her artistic flair into spatial design.

Despite the challenges, these rangatahi continue to educate themselves, achieve their goals and fulfil their dreams. They are achieving great things and we are immensely proud of them.

**Mahia te mahi, hei painga mo te iwi**

**We strive every day to do the work for the betterment of the people**

Ngā mihi



**Barry Helem**  
Chief Executive,  
Presbyterian Support  
Upper South Island





# A STAR IS RISING

Maria\* is a lively 18-year-old who has grown in leaps and bounds over the last two years and her star is rising!

Thanks to the help of our Youth Service, Maria has been supported and encouraged to build a future where she feels proud of her accomplishments.



Two years ago Maria left school without any qualifications. She had lost her father and one of her brothers, and her mother was a victim of drug abuse. It's fair to say that her home life was far from ideal and her prospects didn't look great.

Enter Youth Service and Youth Coach, Stacy, whose training and skills were going to make a massive difference to Maria's life.

Stacy explains,

"Maria was dealing with some pretty big problems but I knew she had enormous potential and she just needed someone to help guide her and give her a sense of identity and pride."

After Maria left school she went to college and has since completed NCEA Levels 1 and 2. To give her a sense of independence and something to work towards, Stacy encouraged Maria to sign up for the Limited Service Volunteer programme (LSV) with the NZ Defence Force.

LSV is funded by Work and Income and is free for young people to attend. It's an intensive six-week residential programme that helps rangatahi develop life skills and job skills.

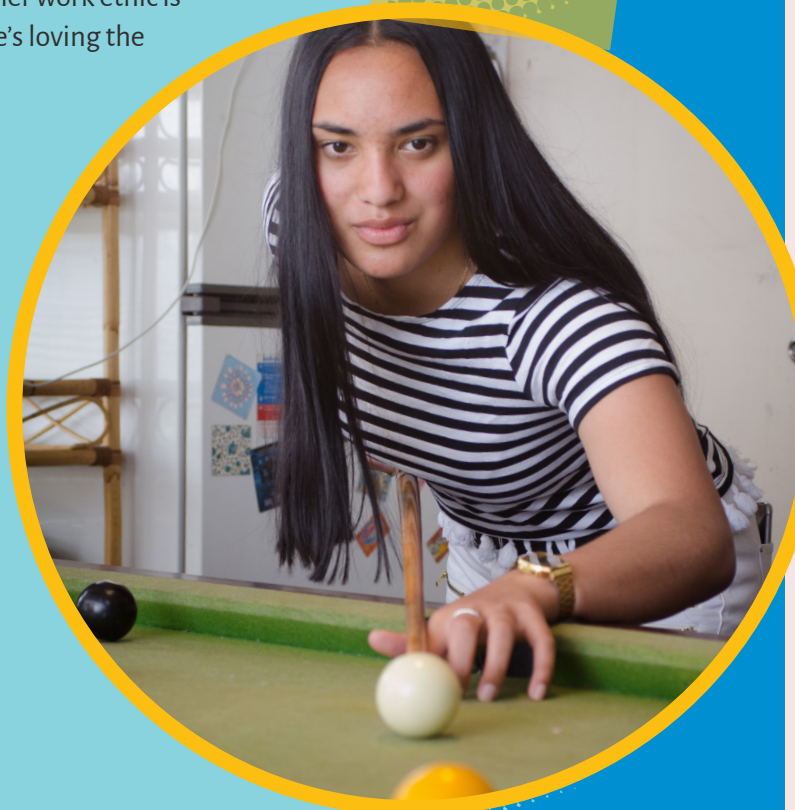
***"Maria thrived at LSV and developed good relationships with her mentors who were instilling in her a strong sense of discipline through physical and cultural training."***

***Her graduation was phenomenal and she is now flourishing."***

Maria has achieved big things over the last two years. She's living independently and is now an apprentice chef and loving the challenge.

"Maria is a highly valued member of the restaurant team. Her work ethic is exemplary and she's loving the environment."

Stacy has been instrumental in helping Maria over the last two years. "We've gone for walks together to talk about issues and, together, we've celebrated Maria's wins. Her star is definitely rising!"



## About LSV

LSV is a voluntary and free 6-week training course. It's run by New Zealand Defence Force and supported by people wanting to work with young people.

Participants will live on an army base which will be in either:

Auckland (Whenuapai)  
Wellington (Trentham), or  
Christchurch (Burnham).

In most cases, participants will go to the base closest to where they live.

Participants will meet new people and take part in a range of activities to:

- Increase their confidence
- Earn NZQA credits
- Learn new skills
- Get fit and healthy
- Be proud of themselves



## About Youth Service

Our Youth Service Coaches support young people to have a brighter, more independent future.

Young people who may be eligible for Youth Service support:

- Aged 16 or 17, are single and can't live at home or be supported by their whānau or guardians
- Aged 16-19, have dependent children and need financial help
- Are receiving Work and Income's Youth Payment or Youth Parent Payment

Our team will advocate for young people who require financial assistance, will help assess and access education options, provide parenting support and help them be healthy and well. Find out more about the Youth Service at [www.psuppersouth.org.nz/youth-service](http://www.psuppersouth.org.nz/youth-service).



# AN ASPIRING MILITARY MAN



**16-year-old Josh\* wants to join the army but 12 months ago it wasn't looking promising.**

Josh wasn't at school, wasn't engaged, was very shy, had low self-esteem and little confidence. His mother turned to Youth Service for help, hoping some professional intervention would give Josh the support he desperately needed.

Despite the fact that Josh had a desire to join the army he needed some qualifications, so he was encouraged to enrol with Literacy Aotearoa and has since earned literacy and numeracy credits. He's taken driving lessons and now has his Restricted driving licence.

This has been a remarkable turnaround for the young man and his Youth Coach, Philippa, is incredibly proud of what he's achieved to date.

***"In just over 12 months, Josh has gone from being shy and timid to having a lot more confidence. His work with Literacy Aotearoa has given him a sense of achievement and his future is looking far more positive."***

Josh secured a part-time job as a kitchen hand and saved enough money (after doing some budgeting training) to buy himself a car. He is now working as a concrete apprentice and is part of a large public building project.

***"Josh is doing extraordinarily well. He's come a long way over the past year and is a fine role model for his younger siblings."***

While Josh hasn't yet applied to get into the army, the skills and qualifications he now has will set him in good stead for a future as a military man.





17-year-old single parent Michaela\* gave birth to a healthy baby boy, Brody\*, but by the time she turned 18 she was unable to live at home because of domestic violence.

## Turning a corner

Michaela was able to secure emergency accommodation for her and her son so she could start the journey of living independently and safely, and able to provide a secure and happy home life for herself and Brody.

It's a credit to Michaela's tenacity and perseverance that her future is looking far more positive now. Her Youth Service Coach, Aaron, has guided Michaela through some difficult times and encouraged her to stay positive.

***"Michaela was having to deal with a lot of stress, but her attitude is amazing and she is forging a really great life for herself and Brody,"*** says Aaron.

***"I'm glad I've been able to help but Michaela is the one that really deserves the credit. She's a joy to work with!"***

For her part, Michaela is really proud of what she's been able to achieve so far and is grateful to Aaron for his guidance and understanding.

"Aaron has never judged me but has been a constant source of help and encouragement and I'm really grateful for it," says Michaela.

"He's helped me to get on my feet so I can live independently and raise Brody. That's been a big step and now I can focus on my education and career."

Michaela and Brody are now living in their own rented home, she is working part-time and she has her restricted driving licence. She has almost completed NCEA Level 3 and has ambitions of becoming an early childhood teacher.

Aaron comments, ***"I'm not surprised Michaela is an aspiring early childhood teacher. She has got such a great personality and attitude that she'll reach her goals through hard work and determination."***

## A home of your own choosing means so much

Harriet\* is an older person experiencing several age-related issues, including Alzheimers disease. She lives with her adult son, Stephen, who—while determined to take care good care of her— must manage some mental health issues of his own.

Petra\*, an Enliven social worker, has been supporting Harriet and Stephen to improve their living conditions for their wellbeing and safety. Petra has supported Stephen\*, who has hoarding tendencies, to accept a de-clutter person to help him dispose of some items and improve floor accessibility so Harriet can move around safely. Harriet now attends Harakeke Club two days a week and Petra has started talking with Stephen about his plans for a future in which Harriet may finally need to go into care.

***"Harriet's own home provides an environment she has known and felt safe in for many years," said Petra. "Plus, she can spend time with her son, who she trusts and has a close relationship with."***

Harriet being at home benefits her son too—it's enabled him to develop social connections to support him in the future when he may experience loss and grief at Harriet's leaving.

## About Harakeke Club

Enliven Harakeke Club provides day activity programmes for people diagnosed with cognitive impairment/dementia.

Housed in our purpose-built dementia facilities, our programmes offer interesting, age and ability-appropriate activities in a safe, inviting environment.

Our aim is to help those with dementia to remain socially active and engaged while their carers take some time out. We put special emphasis on enhancing dignity and wellbeing.



Go to [www.psuppersouth.org.nz/harakeke-club](http://www.psuppersouth.org.nz/harakeke-club) to find out more.





Wednesday  
is the best  
day!

Anthony's favourite day of the week is Wednesday and there's a good reason for that. It's the day he meets his friends at the Tōtara Club in Picton.

Former Marlborough Enliven Team Leader Sharaine Steenberg said Anthony is the life and soul of the party, bringing so much joy to our group. "He's been with Presbyterian Support/Tōtara for over a year and he's made good friends."

Anthony was diagnosed with an intellectual disability when he was younger. His mother has always cared for him, and Anthony loves to tell stories about her, how much he loves her and how well she cared for him. Sadly, however, both parents have now passed away. Anthony now lives on his own but because of his

diagnosis, he sometimes struggles to make friends. This all changed when Anthony joined the Tōtara Club.

He talks about the trips he's been on in New Zealand and overseas and always has a story to tell! Now, his fellow members of the Tōtara Club are like family to Anthony.

**"Wednesday is the best day of my week when I get to see everyone,"**

says Anthony.



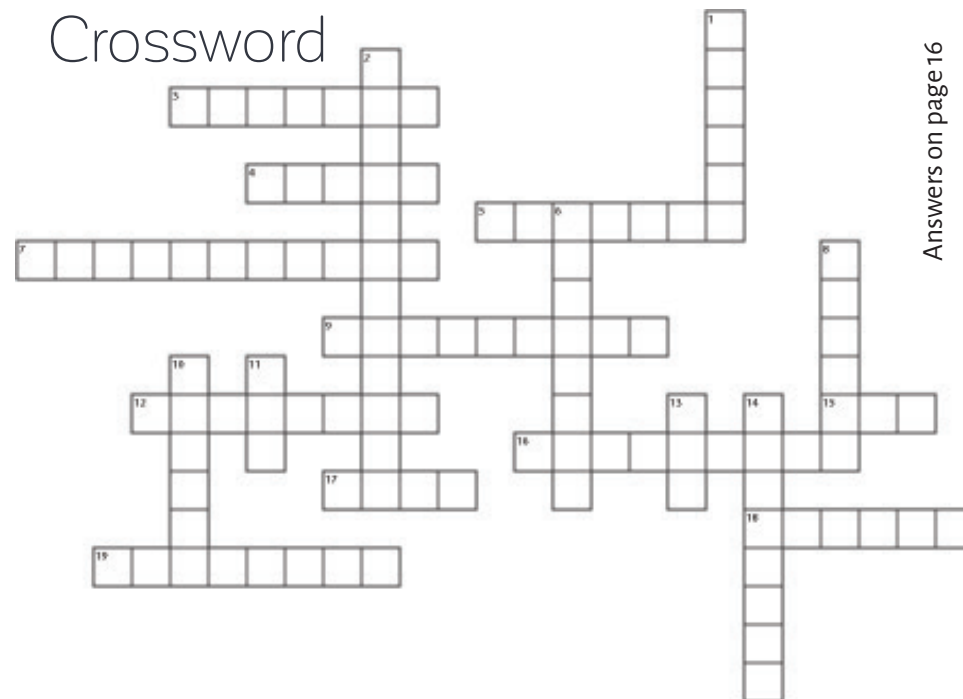
**Enliven Tōtara Club** provides older people with a safe, warm and friendly place to socialise. We put special emphasis on enhancing dignity and wellbeing.

Tōtara Club are day activity programmes for our members to maintain interests and skills, meet others, and share activities and experiences in the community.

#### What is provided

- A safe, relaxed, welcoming environment
- Weekday programmes
- Mental stimulation and social engagement
- Professionally qualified staff
- A support network of trained volunteers
- Purpose-built, stand alone facilities
- Transport to and from Tōtara Club venues when required
- In most locations, lunch is provided

## Crossword



Answers on page 16

### ACROSS

3. Money left to a charity in a person's Will
4. A professional who helps young people
5. An organisation that raises money for people in need
7. The organisation helping to prevent domestic violence
9. A person who works without pay
12. Disease causing memory loss
15. The name of this magazine (abrev.)
16. Day programme in a private home
17. A .... is rising
18. Someone who guides a young person
19. Money that is given to a charity

### DOWN

1. Socially isolated
2. A professional who helps people's wellbeing
6. Te reo for New Zealand
8. A method and ingredients
10. The location of one of our service centres
11. An organisation's leader (abrev.)
13. Limited Service Volunteer programme (abrev.)
14. Te reo for older person

## Playlists, hula hoops and skateboarding



Verity recently returned to New Zealand, having lived overseas for 16 years in Dubai and Sri Lanka. Now married with children, chickens and a vege garden, Verity is studying towards a Post Graduate Diploma in Counselling Studies. It was the perfect time to become a mentor and for Emma, who lives with her grandmother, having someone in her life who can spend quality, one-on-one time with her, is paying dividends.

**We asked Verity what it's like to be a mentor.**

#### Why did you decide to become a mentor?

I wanted to do something with young people and understand how they function in the world. I have worked for Shout UK, a mental health organisation that works with youth as I feel for young people as they deal with issues. I want to help them and I enjoy being around young people.

#### What does mentoring involve?

We meet up each week, usually for between 1½ and three hours, depending on what we

do and what the weather is like. The first time we met we took a hula hoop and skateboard to a local school (during the school holidays) and we've created a playlist together so that's what Emma will play in the car when we're driving somewhere together. We've been body boarding at New Brighton beach and we've been to the library and an op shop.

#### What was it like in the early days before you knew each other well?

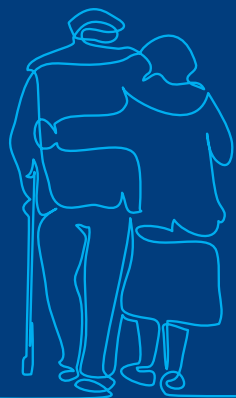
Initially when we met, it was about finding out about each other, what we like and what we enjoy. We're starting to get to know each other now. We enjoy listening to music, sharing jokes and enjoying each other's company. It's nice, playful and fun and we've definitely bonded over music. I get a bit of a window into a 10-year-old's life.

#### What advice would you offer someone who wants to become a mentor?

Make sure you have the time and energy and don't underestimate how much you'll get for being a mentor and spending time with a young person.

Want more information about being a mentor? Visit [www.psupsouth.org.nz/mentoring](http://www.psupsouth.org.nz/mentoring)





## LEGACY MAKES A DIFFERENCE TO YOUNG LIVES

Presbyterian Minister Dennis Moore cared a great deal for people on the West Coast, particularly young people in need.

Before he died he wanted to make sure he could create a legacy so that each year a group of young people with limited financial means could further their education.

Dennis died in 1999 and today his legacy continues to bring hope to a number of teenagers through the Dennis Moore Memorial Scholarship. Through his kindness and commitment, that caring bequest has created a permanent legacy. In 2021 six young people were awarded \$2000 each, including Champagne Dela Cruz. This is her story.

If you would like to find out more about leaving a bequest to Presbyterian Support, please contact our Community Relations Advisor, **Megan Waddington**, on 0800 477 874 or email [meganw@psusi.org.nz](mailto:meganw@psusi.org.nz). Find out more at [www.psuppersouth.org.nz/leave-a-bequest](http://www.psuppersouth.org.nz/leave-a-bequest).

## A gifted artist

Champagne Dela Cruz is a determined young woman who moved to Franz Josef on the West Coast several years ago and studied at South Westland Area School in Hari Hari. Her CV is a testament to her hard work and broad range of academic, sporting and outdoor achievements.

For some time when Champagne was younger, she didn't believe she had any artistic talent but one of her teachers, Angela Fox, disagrees, arguing, "I have yet to see a piece of work from Champagne where she did not add some creative artistic flair."

As a 2021 recipient of a Dennis Moore Memorial Scholarship, Champagne was awarded \$2000 and is now studying Spatial Design at the Auckland University of Technology (AUT).

For many years Champagne has had a fondness for interior design, using YouTube tutorials and inspiration

from digital creators to help her polish her techniques and give her the determination to become a spatial designer. Teacher Angela Fox adds that Champagne has made the most of her opportunities and was an exemplary student both on and off school grounds.

"Champagne has identified her preferred career pathway and worked towards it as best she could, given the limited resources of our small school."

While her whānau have limited income, that's not stopping Champagne from pursuing her dreams which is why the scholarship means a lot to her.

***"The scholarship money will lift the financial burden off my parent's shoulders and create less stress when pursuing my passion."***

We wish  
Champagne all  
the very best  
for her future.



## Ending DOMESTIC VIOLENCE



In Aotearoa New Zealand most violence by men against women takes place in the home – with an **average of 14 women a year killed by their partners or ex-partners**. Each year there are **over 3,500 convictions recorded against men for assaults on women** and **one in five women will experience sexual assault or sexual interference** at some point in their lives.

White Ribbon wants to shine a light on violence prevention in our communities and by sharing stories, all of us can understand what abuse looks like and how we can intervene to help.

With this in mind, Presbyterian Support Upper South Island CEO, Barry Helem, became a White Ribbon NZ ambassador two years ago, a cause that's close to his heart.

To continue working towards ending domestic violence Presbyterian Support has now gained White Ribbon Accreditation and Barry is proud to lead an organisation that will play its part in dealing with the impact of family harm.

***"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."***

To find out more about White Ribbon go to [www.whiteribbon.org.nz](http://www.whiteribbon.org.nz).



### Braised steak casserole

There's nothing quite like a hearty casserole as we head into Winter. With just a few ingredients (and a dash of wine!) this casserole is bound to fill you up and warm your heart. Enjoy!

Recipe serves 4 | Prep time: 25 mins | Cooking time: 1 hr 30 mins

#### Ingredients

- 1kg cross-cut blade steak
- 2 tablespoons olive oil
- 500ml beef stock
- 100ml red wine
- Salt and pepper
- 150g fresh mushrooms, sliced
- 2 medium sized onions, diced
- 1 cup flour seasoned with ¼ teaspoon salt and ½ teaspoon ground black pepper and 1 teaspoon dried Mediterranean herbs

#### Method:

1. Cut braised steak into bite sized pieces; dip in flour seasoned with salt, pepper and dried Mediterranean herbs and shake off excess flour.
2. In a large pan heat the oil and brown the meat in small batches.
3. Add chopped onions and cook until softened then add beef stock, red wine and water until the meat is just covered. Heat until the dish just comes to a simmer.
4. Cook covered for about 1½ hours or until beef is tender. Check the level and consistency of sauce from time to time while cooking, add water if necessary.
5. Adjust seasoning and add roughly chopped mushrooms, cook for a further 15 minutes until mushrooms are soft and cooked and serve on a butter rich potato mash.



# The kindness of Margaret

Margaret Ellmers might have decided to retire but the 80-year-old isn't the type to sit back on her laurels and let the days drift by.



For 16 years she has been a volunteer at Presbyterian Support's Enliven Tōtara Club in North Canterbury. She's really got stuck in, helping the members enjoy activities and friendship, serving meals, chatting, entertaining and sharing stories. But Margaret has gone far beyond the call of duty. She's lovingly tended the Tōtara garden, taken drapes home each year to wash and even cleaned windows! She's also a keen crafter and has made wonderful, colourful teddy bears which have been raffled to raise money for the Tōtara Club.

Margaret grew up in Greymouth, was a competitive swimmer, winning two West Coast titles. She's been active all her life, has a 'blended' family of five children and has had two husbands. Margaret and her second husband had a large farm that included growing asparagus, something they worked on together for eight years. After the death of her husband, Margaret moved into Rangiora and became a Presbyterian Support volunteer.

***"While I enjoy spending time at home, I have enjoyed coming to the Tōtara Club," says Margaret. "I've made wonderful friendships, have enjoyed a lot of laughter and feel incredibly valued."***

Margaret's appetite to always have something to do is part of her charisma and the amount of energy she has brought to Tōtara Club.

***"Being a volunteer gives you a purpose and without a purpose you're not going anywhere. You're doing something for someone else. You learn something from the [Tōtara Club] members. You hear their stories and you share their ups and downs. It's wonderful."***

"People say organisations like Presbyterian Support get a lot from the contribution made by volunteers and I can't deny that, but I think I get more out of being a volunteer than what I put in."

Margaret is a treasure and she'll be greatly missed but we wish her well in retirement. She certainly deserves it!

## Become a Presbyterian Support volunteer!

Being a Presbyterian Support volunteer is an incredibly rewarding experience. You'll be making a real difference by helping other people. You'll meet new people and make friends. You'll learn new skills.

There are many ways you can help. Become a day programme volunteer, a HomeShare volunteer, drive minivans, visit socially isolated older people or inspire and enable a young person to build social connections by becoming a mentor.

**Find out more at [www.psuppersouth.org.nz/volunteer](http://www.psuppersouth.org.nz/volunteer).**

## HOMESHARE TESTIMONIALS

These testimonials prove how valuable HomeShare is.

*"I love coming to HomeShare. The volunteers really care about us. We play games, I enjoy good company, am made to feel welcome and I learn a lot mixing with other people. It's far better than sitting at home."*

HomeShare member, Jenny.

*"HomeShare is wonderful. I've tried convincing a friend to join as her husband has now gone into dementia care and she doesn't drive. At HomeShare we laugh a lot, play games, go for walks and accommodate those who have differing abilities. I'm still trying to convince my friend and I'm not giving up!"*

HomeShare member, Margaret.

*"We talk about our gardens, the food is lovely, I even convinced a friend to join and she loves it. Even though I have a big family, it's a little anchor in my week."*

HomeShare member, Nancy.

*"I enjoy the company, really interesting people, it is very stimulating. Beautiful food, interesting activities including going for drives. We've had clothing swap meets and hosts and volunteers are very caring."*

HomeShare member, Evelyn.

*"I live on my own so the company of HomeShare is excellent. We enjoy good food, walks and activities. We've seen horses on some of our walks which remind me when I was a little girl. We had horses and my parents used to hold me on the back of my horse! I've lived on my own for 10 years so having the company of the other members is lovely."*

HomeShare member, Fliss.

*"It's a very rewarding experience listening to the diverse stories of the members. It's a privilege to be included. It's nice to see everyone enjoying bonding and making friends. They're very comfortable in each other's company, comfortable enough to ask for help. The group show who they truly are and it's not about them being frail!"*

HomeShare volunteer, Pat.

*"I enjoy hosting these lovely people, seeing them enjoying each other's company. It's wonderful sharing my life with them and helping them make new friends."*

HomeShare host, Gail.

*"Fellowship and good company at HomeShare brings you out of yourself. It's different than spending time with family and I really look forward to it."*

HomeShare member, Jim.

## About HomeShare

The Enliven HomeShare service brings older people/kaumātua with shared interests together in the comfort of a host's private home.

Small groups get together for 4-6 hours at a time to share a home-cooked meal and conversation, play games and do activities.

Our HomeShare hosts are fully trained to support the needs of older people, in particular those who may have special needs relating to memory loss.

Find out more about this service by visiting [www.psuppersouth.org.nz/homeshare](http://www.psuppersouth.org.nz/homeshare).





# Around the Region

## WEST COAST

### *New social worker joins team*

Social Worker Dougal Gunn has joined our West Coast team. Dougal will support whānau to restore safety and wellbeing where family harm has happened or is at risk of occurring. Dougal will be a real asset to our team as he is able to offer specialised skills and will also work alongside colleagues in collaborative and innovative ways to address the needs of these whānau in the Greymouth community. Welcome, Dougal.



### *Parenting Through Separation*

Parenting is hard at the best of times, let alone when people are struggling with the pain and stress of a relationship breakdown, separation or divorce. That's why we're offering the Parenting Through Separation programme on the West Coast. Parents will learn tips on how to better communicate with the other parent and how to plan for their tamariki once they are legally separated.

After the programme, parents will be better able to discuss arrangements for their child's care with the other parent, talk with their tamariki about separation, keep their tamariki away from conflict, make a parenting plan and find support services in their community.



## NORTH CANTERBURY

### *Caring for our members*

Doing our bit in protecting older people from COVID-19 saw our North Canterbury Tōtara Club being used as a vaccination centre. Members were socially distanced as they came in to be vaccinated and all necessary measures were taken to keep everyone safe.



## MID CANTERBURY

### *Revamped welcome*

Our Ashburton office has had a make-over with a new noticeboard in the entrance to the building. The noticeboard has a selection of posters promoting Presbyterian Support courses and services as well as other posters promoting similar services from neighbouring organisations, all designed to inform the public of the services available in the community.

### *White Ribbon cupcakes*

To raise awareness of our White Ribbon Accreditation and the need to shine a light on domestic violence, our team in Ashburton showed solidarity on White Ribbon Day by wearing white ribbons. In return, they were the lucky recipients of some delicious White Ribbon cupcakes!



## NELSON/MARLBOROUGH

### *Running for charity*

Andrew Rodley knows a thing or two about dementia and is running for his mother-in-law, Deidre, who has the disease and at the same time raising money for Presbyterian Support. Last year Andrew started training for the Nelson Half Marathon but unfortunately due to Covid it was postponed until April 2022.

Andrew says, "I'm running my first half marathon for my mother-in-law, Deidre, who is an amazing lady. Presbyterian Support do an extraordinary job caring for people in the community. Now I want to make her proud."

Despite the event having being postponed, Andrew decided to run the course anyway and he's now signed up to do a full marathon (42km) in June!

### *Help for Tonga*

Nelson Tōtara members wanted to do something for Tongans after the devastating volcanic eruption and tsunami so they put together wonderful baskets of goodies to raffle with all proceeds going to Tonga.



### *Farewell, Margaret*

Margaret Westley (3rd from left) has been a Tōtara member for 11½ years and was recently farewelled. Pictured with Margaret are Tōtara Club staff and volunteers, Liz Armstrong, Dale Filer and Shane Torrance.



### *Toys for cats*

Members of our Harakeke Club put their creative skills to good work by making toys for cats which have been donated to SPCA.



## CHRISTCHURCH

### *Pet therapy*

Bringing a lot of joy and smiles was the order of the day when new-born lamb, Gem, visited Enliven Harakeke members at our Linwood location. Not only were members delighted to see Gem, but they also had the opportunity to feed her.

The orphaned lamb was only one week old when she visited. She was being looked after by one of our Harakeke team until she was big enough to return to the farm. Gem certainly brought immense happiness to our members.



### *Brightening our day*

Enliven member Ishwari is a creative soul and she's sharing her love of Spring by making paper daffodils. They're now decorating our tables at our Enliven club in Linwood. Thanks Ishwari, they're beautiful!

### *Young people get vaccinated*

Our Youth Service team went all out to encourage young people to get vaccinated, holding vaccine 'clinics' at Te Korowai in Christchurch. Here's Summer Rose getting her vaccination. She was one of several young people to be vaccinated at Te Korowai. Later, they were rewarded with BBQ kai and refreshments for a job well done!



OUR MAJOR SUPPORTERS













Crossword answers from pg 8



1 DOWN  
DONATION

2 DOWN  
LONEL

3 ACROSS  
BEQUEST

4 DOWN  
Y

5 ACROSS  
COACH

6 DOWN  
H

7 ACROSS  
WHITERIBBON

8 DOWN  
L

9 ACROSS  
CHARITY

10 DOWN  
T

11 ACROSS  
VOLUNTEER

12 DOWN  
G

13 ACROSS  
DEMENTIA

14 DOWN  
O

15 ACROSS  
STAR

16 DOWN  
S

17 ACROSS  
HOME SHARE

18 DOWN  
V

19 ACROSS  
MENTOR

20 DOWN  
A

21 ACROSS  
RECI

22 DOWN  
P

23 ACROSS  
PH

Yes! I'd like to help

Your gift will help vulnerable children, young people, families/whānau and older people to be safe, strong and connected.

Tick your preference...

\$25

Can pay for an Enliven member to be driven to their HomeShare host's home for the day.



\$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 have counselling.



\$200

Can pay for two older people to attend an Enliven day programme where they'll enjoy social activities, lunch and snacks.



\$

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



Ways to donate:

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psuppersouth.org.nz/donate

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On the internet or at your bank you can make a donation by depositing money into our account.  
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Code: Your donor ID (if known)  
Reference: If you would like to nominate your region to donate to please include it in this field (optional)

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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.

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Thank you for your kindness and generosity ... your support really will make a difference!





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