



# PEOPLE

## Helping People

The magazine of Presbyterian Support Upper South Island

ISSUE 6

Autumn 2019

### Our kaiāwhina advocate for older Māori

- Spotlight on Strengthening Families
- A mentor breaks out of her bubble
- Thank goodness it's HomeShare
- A day in the life of a Mana Ake worker



“stronger together”



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

Through our service groups Family Works and Enliven we support children, young people, families, whānau and older people to become safe, strong, and connected.

To learn more or to find a service centre, go to [www.psuffersouth.org.nz](http://www.psuffersouth.org.nz).



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## We ARE Stronger Together

A message from Presbyterian Support Upper South Island Chief Executive, Vaughan Milner.

Tēnā koutou,

This will be my last column for readers of People Helping People before I retire at the end of June. The 14 years since I commenced as CEO at Easter 2005 have flown.

Throughout this time I have greatly appreciated the encouragement and help the organisation receives from its donors and supporters. This help comes in many forms and includes gifts of time and skill from volunteers including the Board, generous financial support and goods from donors, prayerful support and gifts from parishes, and the goodwill and generosity of spirit shown in word and deed by all sorts of people inside and outside the organisation.

The 110 years we have been in existence shows that while staff like me come and go, the heart of the organisation and its passion for making society a better place lives on through each generation of workers and volunteers. The network of care and the sense of community that is an integral part of PSUSI's identity are made up of much effort from many people over time.

The Board's recently redeveloped strategic direction harnesses these elements of people helping people in ways that reflect Aotearoa New Zealand's bi-cultural heritage and multi-cultural society:

### Mission/ Ngā Moemoeā

Kei te tae ana ki te ngākau - Achieving a heart of love.

### Vision / Ngā Aronga Matua

Whiria ki te tangata - Weave the people together.

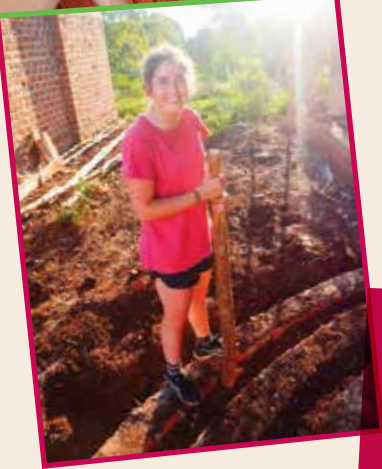
### Core Value Statement / Mātāpono

Poipoia te kākano kia puawāi - Nurture the seed and it will grow.

In today's fast-paced and technologically reliant society it is easy to overlook the importance of small kindnesses and human interaction that are the heart of community. People want and need to feel a sense of belonging and connectedness, to be part of something bigger than themselves, and to be involved in activity that is meaningful. This is the essence of much of our work as we support others in their journey through the thin space between hope and despair. Change and dealing with life's ups and downs is never easy but with small steps, determination, courage, and a hope full leap of faith, anything is possible.

Ngā mihi

Vaughan Milner



**Barry Helem** has been appointed CEO of Presbyterian Support Upper South Island from 30 June 2019. Barry is an experienced senior manager and CEO with a track record of success leading multi-site organisations in both the non-profit and corporate sectors. Barry also has governance experience as a former Chair of a national incorporated society. PSUSI's Board of Trustees believes that Barry has the right skills and experience to lead PSUSI, and is looking forward to his joining the organisation.





# Kaiāwhina in North Canterbury, Not Innovation... Whānau

Kaiāwhina (noun) helper, assistant, contributor, counsel, advocate.

## Enliven Kaiāwhina - Taking Care of Older Māori and Their Families

Enliven kaiāwhina work alongside whānau, marae, and local Māori Health services (Te Huarahi Oranga) to improve access to social services for Māori. They support clients in their homes, and they liaise with local kaumātua/elders to ensure that older Māori are aware of, and receive, the social support they need in a culturally appropriate way.

Enliven kaiāwhina receive referrals from GPs, hospitals, and other organisations throughout Canterbury.

"My work colleagues have the expertise in social work to support families, but there may be a cultural gap that I can bridge." – Deirdre Carroll, kaiāwhina.



Deirdre Carroll

**"We know that Māori elders have poor outcomes compared to their Pākehā contemporaries due to a lack of access to services. So our kaiāwhina tenaciously advocate for whānau and older Māori, and they ensure that the general services wrapped around those families can be adapted to a Māori world view."**

– Penny Taylor, Regional Manager.

Deirdre Carroll was working as a gold and silver trader for Cash Converters when the head of the Christchurch Polytechnic (now ARA) entered the store. He watched Deirdre with her customers, many of whom were sad to be there, and encouraged Deirdre to study Community Support Services.

"I'd left school 40 years earlier, but when I entered the main building of the Polytech and saw the great Pou [a carved post to mark territory], it called to me and I knew my life would change," said Deirdre.

Deirdre came to PSUSI as an intern about 12 years ago. She then became a support worker on a service pilot called HomeLink in North Canterbury. Homelink was considered innovative because it involved working alongside clients with dementia and their families to organise and deliver a social support plan.

**"When you focus on an individual's hopes and interests you deliver a sense of wellbeing to that person that's greater than just being clean because they've had a shower or the vacuuming's been done,"**

said Penny Taylor, Regional Manager.

PSUSI learnt a lot from observing Deirdre's work for HomeLink.

**"This so-called 'innovative' service simply replicated what Māori whānau do for their people already, and what Deirdre did naturally,"**

added Penny.

Investing its own funds, PSUSI created a kaiāwhina position in North Canterbury. Now PSUSI has two kaiāwhina in the region: Deirdre and Hutika Crofts-Gibbs. Both are local women tightly connected to the Tuahiwi marae, and they leverage their many relationships in the area to serve clients. "On the marae there are no levels," says Deirdre. "So there's lots of relationship building."

## Flexible but Supported

**"Culture is made up of so many things. When you first meet a client, you're usually not quite sure what you're going to do,"** says Deirdre.

Deirdre works with both Māori and non-Māori. "The complexity of Māori whānau is no different from any whānau," says Deirdre. And she works with young or old. "If the dog is hungry, everyone is unhappy." Deirdre focuses on each client's overall wellbeing—emotional, spiritual and physical; and their place in their whānau. Whatever the client thinks is important guides Deirdre in how to work with them. Because PSUSI funds the kaiāwhina service, Deirdre isn't constrained by a contract. She might support a client at a medical appointment, transport them to a social group, find them accommodation, or perform a blessing on their home.

**A school couldn't persuade a child's parents to come to the table to discuss concerns, so Deirdre went to the child's grandparent's house early one morning. Before the kettle had boiled the whaea was on the phone to her daughter arranging to pick her up at 2pm to take her to the school.**

**Deirdre picked up a six-month-old to take her into care and supported the young mother. "She didn't want to let her baby go."**

**A Pakeha family wanted their home blessed because they were having trouble sleeping, so our kaiāwhina prayed and sang waiata throughout the house. "We gave the family back a foundation,"** said Deirdre. **We gave them stability, we gave them our values,**

**everything our organisation stands for.**

**Deirdre supported a woman to learn the outcome of her chemotherapy.**

**"She didn't want her husband there because he kept crying all the time."**

Deirdre relies heavily on the support of her manager, for example, in managing her time—which often isn't nine-till-five—or when going into difficult or potentially dangerous situations.

"We provide our kaiāwhina with lots of flexibility," says Penny. "However, we give them support to feel professionally safe, they've got a clear job description, and they know what outcomes they're working for."

"I feel very supported," said Deirdre. "I also feel supported to find solutions. I'm given the freedom to find the right outcome. PSUSI isn't afraid of experimentation. For them the important thing is obtaining the right outcome."

"In that respect, we are innovative. PSUSI is the benchmark for kaiāwhina."



Hutika Crofts-Gibbs





# MANA AKE – STRONGER FOR TOMORROW

**Family Works** is one of 13 non-government organisations (NGOs) providing staff for the Mana Ake initiative, which aims to promote wellbeing and deliver dedicated mental health support to children in school years 1-8.



Mana Ake kaimahi (workers) work with schools across Canterbury, from Kaikōura to Ashburton, to support teachers, families and whānau when children are experiencing ongoing issues that impact their wellbeing such as anxiety, social isolation, parental separation, grief and loss, and managing emotions.

Kaimahi have a diverse range of skills and include social workers, counsellors, teachers, youth workers and psychologists. They can work with individual children and their families at school, in the community or at home; and with groups of children in schools. They also provide advice, guidance and support for teachers and family/ whānau.

Mana Ake is a collaboration between the Ministry of Health, the Ministry of Education, Canterbury DHB, Police, non-government organisations and consumers. Canterbury Clinical Network is responsible for the initiative, including the design and delivery.



Kate Walkinshaw, a Mana Ake Team Leader, described for us a kaimahi's typical day.

Following the terrorist attack in Christchurch on Friday, 15 March 2019, Mana Ake kaimahi gathered over the weekend to help plan for a coordinated response.

The key focus for Mana Ake was to provide immediate support to schools where a high need was identified and then to work with school communities where required.

## A typical day in the life of a Mana Ake kaimahi at Family Works

- 8.30am Mana Ake drop-in at School A for teachers /parents. Gave advice, guidance. Led to requests for further support.
- 9.00am School A client - Oliver, age 9, third session. Continued to support him with emotional regulation, esp. anger: talked about big emotions / fight, flight, and freeze modes / touched on "Zones of Regulation" (blue, green, yellow, red) language around emotions. Finished with game before returning to class.
- 10.00am Met School A principal and SENCO re Sophie, age 8. Discussed classroom progress and feedback loop between school, home, agencies, and myself so all parties on same page.
- 10.30am Call from Jack's mum (School B) re his refusal to come to school. Acknowledged frustration, encouraged her to action the plan made by family/whānau with school. Arranged follow-up call for tomorrow.

- 11.00am School A client - Noah, age 11, final session. Self esteem has increased, friendship worries decreased. Has made a new friend at lunchtimes. Teacher given Noah a special job this week – collecting notices from office. Celebrated last session with kai.
- 11.45am Called Noah's parent to remind of final session. If future issues, they can simply speak to school to arrange more support. They and school will receive closure report.
- 12.30pm Lunch with Mana Ake colleagues in School A staffroom with teachers. Relationship building.
- 1.15pm Met with parent from School B in their home. Initial assessment and relationship building, engagement. Parent described family's challenges, learnt how Mana Ake can support them. Family has many strengths and some supports already in place. Will include these in plan.
- 2.00pm Admin time at office.
- 3.00pm Weekly meeting with Mana Ake kaimahi colleagues. Discussed caseloads, client allocations, community networking opportunities, and other notices.
- 4.30pm Checked schedule. Prepared resources for fortnightly pastoral care meeting in School C at 9am tomorrow.





# WE'RE STRONGER TOGETHER - Paula's Story



*Strengthening Families is an absolutely amazing service. Even if you feel a situation is your fault they help you realise it's not and help you focus on what's important. I wouldn't be where I am today if I hadn't had all these people in my corner fighting for me.*

- Paula



The day Paula\* heard her daughters screaming as her partner beat her was the day she finally left her violent and abusive relationship.

A few months later Paula and her two daughters by chance encountered her ex-partner at a friend's house. "Seeing him triggered something in my youngest daughter, Sophie," Paula said. Soon after the child's behaviour deteriorated dramatically.

Sophie's sleep was disrupted and she began to throw violent tantrums; she lashed out at other children. "She was a beautiful child turned bad," said Paula. "We just couldn't figure out what was going on." Eventually, Paula had to attend school with Sophie each day to avoid expulsion.

As day after day Paula worked to deal with her daughter's destructive behaviour, the young mum became exhausted. So when Sophie's school suggested she try **Strengthening Families through Presbyterian Support**, Paula quickly agreed.



"Names changed and models used to protect identities."

Using discretionary funding Beth\*, the Strengthening Families coordinator, immediately arranged for Sophie to get specialist counselling. To Paula's horror the counselling revealed that her ex-partner had abused Sophie and the little girl was traumatised.

*"The counsellors were amazing,"* said Paula.

*"They actually understood what was going on."*

In parallel, Beth hosted regular meetings involving all the agencies and support people working with Paula and her family. Beth and Paula attended each meeting, along with Sophie's school principal, the school social worker, an RTLB (Resource Teacher: Learning and Behaviour) worker, both of Sophie's grandmothers, and a counsellor. Sophie's natural father attended when possible. "Beth was amazing," said Paula. "I was so worn out I couldn't have got my arms around all those agencies."

Over a period of about six months, not only did Sophie receive the support she needed; Paula did too. Counselling helped Paula manage feelings of guilt; she also learnt skills to help her understand and manage Sophie's behaviour.

*"Obviously I knew my children were important,"* said Paula.

*"But I didn't realise the work I had to do in myself in order to help them."*

With her daughter now settled and enjoying a fresh start at a new school, Paula reflects on how important it is to ask for help.

*"It takes a village to raise a family," Paula says. "You need that support—even if it's just someone to vent to. I thought I could do it all by myself, but I couldn't."*

*"And I know if I need Beth's support in the future I can just call her again."*

## ABOUT STRENGTHENING FAMILIES

Sometimes families need help from more than one organisation at a time. Then it can be difficult to manage all the different organisations, especially if the family is already struggling.



Jill Wilson

Strengthening Families is a free, voluntary service where a coordinator supports families/whānau by bringing together in one place all the people helping the family. This might include a budget advisor, truancy officer, social worker, medical specialist, counsellor, or teacher. Everyone can then talk through issues, identify gaps and needed services, and agree on a path forward.

**Strengthening Families is preventative; it helps families/whānau before their problems get too big.**

Jill Wilson is one of 20 Strengthening Families coordinators throughout New Zealand. Jill helps families with challenges such as:

- finding a warm, comfortable home
- getting help with a child or young person's health or behaviour
- money troubles
- a child not doing well at school
- stress at home
- difficult family relationships
- family violence
- addiction

**"Strengthening Families moves the family forward faster because everyone is talking to each other," Jill says. "And the family only has to tell their story once."**

Working with Strengthening Families isn't mandatory; most families are simply invited to. "That's what makes me stick with it," says Jill. "You get a willing family to change and so our success rate is really high. Some families only take small steps but for other families it's life changing."

Strengthening Families began in 1999. It is a Ministry for Social Development service that is typically provided by community organisations. Family Works is the provider for Strengthening Families in Nelson, Tasman, and the West Coast; and has a partnership with Mohua Social Services where they deliver the service in Golden Bay and Takaka. Jill is located in Greymouth.





# STRENGTHENING FAMILIES AND WHANAU IN

## Nelson



**Arthur Mui**, Strengthening Families co-ordinator in Nelson, is hardly ever in his office. That's because a major part of Arthur's job is reaching out to organisations to introduce himself and remind them of the potential Strengthening Families has for local families. Recently he's had to visit the larger participating schools in his area... numbering twenty-five!

*"I enjoy meeting everyone from different agencies, building relationships, and connections,"* he says. Through sharing the Strengthening Families vision, Arthur has brought eight new facilitators to the table in Nelson, plus many of the RTLB (Resource Teacher: Learning and Behaviour) team.



The rest of the time Arthur works with families and whānau. The biggest issues he observes are education, health, and housing. In education children from vulnerable families display behavior problems at school; other children need support for issues such as ADHD and autism. In health the main area of concern is parents/caregivers with mental health issues, including drug abuse. "It's about double any other health problem," says Arthur.

Currently, the wait time for a state house in the Nelson area is at least three months and a quarter of the households wait longer than 150 days, Arthur claims. "Recently the closest housing we could find for a Nelson family was in Lake Rotoiti. They would commute by car to work in Nelson, but then the car broke down. It was one thing after another."

If Arthur receives a referral for a Māori family connected to Whakatū marae, with the family's permission he contacts the marae and Te Piki Oranga, a health organization for Māori, to gather as much additional relevant information as he can. Arthur finds he's able to create a supportive environment for whānau working with Strengthening Families.

Like Jill Wilson's on the West Coast, Arthur's work is extremely satisfying.

***"If the family's gone through the process and followed through, if we've got their buy-in, then close to 100% of the time there's a positive outcome."***

# A Mentor Breaks out of the Bubble

When Becky Wilson started university she found there was something missing in her life—the community work she used to enjoy as a high school student. She would volunteer for St Johns, help out at Children's Day, and even coach football. So in late 2017 Becky decided to give mentoring a go.

***"I was looking for something to do outside my uni bubble,"*** she said.

That's when Becky met nine-year-old Isla, an outgoing young girl in desperate need of attention. Isla's need began to play out as problematic behaviour at school, and she was referred to the Family Works mentoring service.

Now, Becky and Isla meet for a couple of hours once a week or fortnight to just hang out together doing 'stuff.' Usually they get active such as with a walk or trampolining. Lately the new Christchurch library, Tūranga, is a favourite haunt.

Becky says Isla has grown up a lot since they've been spending time together. "Isla talks more about her friends now and in a good way," says Becky. "And she's not hanging out with the wrong friends." Isla is also being more helpful at home.

When asked what impact mentoring has had on her own life, Becky is quick to answer: "It's nice to know I can be there for Isla," she says.

***"Mentoring is rewarding even though it's simple and time spent doing very normal things."***

The biggest challenge Becky finds is managing her own time, especially as she now lives outside Christchurch.

Becky recently finished her Bachelor of Criminal Justice from the University of Canterbury, and wants to join the NZ Police. "I don't know where I'm going in the future," she says. "But I'll definitely keep mentoring as long as I can. Isla and I are going so well; we'll stick together."



## Will you become a mentor for a young person?

We're looking for people in Marlborough and Canterbury over 17 who enjoy life and want to make a positive difference in the life of a young person. All it takes is a couple of hours per week. Full training, supervision and support are provided.

**It's fun, rewarding, and makes a difference.**

**We give full training and ongoing support. For more information, contact:**

**Darlene Purdie (Blenheim)**  
027 206 4067 [darlenep@psusi.org.nz](mailto:darlenep@psusi.org.nz) or

**Sarah Taylor (Christchurch)**  
027 531 8048 [saraht@psusi.org.nz](mailto:saraht@psusi.org.nz).

**All they need is your time.**



# TGI FRIDAY – IT'S HOMESHARE



Yorkshireman John Adcock looks forward to Fridays. It's the one day in the week he dresses up in "decent clothes" to attend HomeShare in St Albans.

John migrated to NZ in the seventies after time spent in the merchant navy and in Australia. While his two adult sons live locally, his extended family remains in England. Before discovering HomeShare, John lived alone and—like many men his age—was at risk of becoming socially isolated. The Canterbury earthquakes didn't help; he was displaced from Kaiapoi to Redwood before settling at Wendover Rest Home in Papanui.

**During the earthquake-related upheaval, HomeShare was a constant in John's life. "It was somewhere I could go and meet people," he said. "I just enjoyed going to HomeShare."**

Every Friday a warm and welcoming van driver transports John from his home. It's a terrific start to the day; John even enjoys the ride.

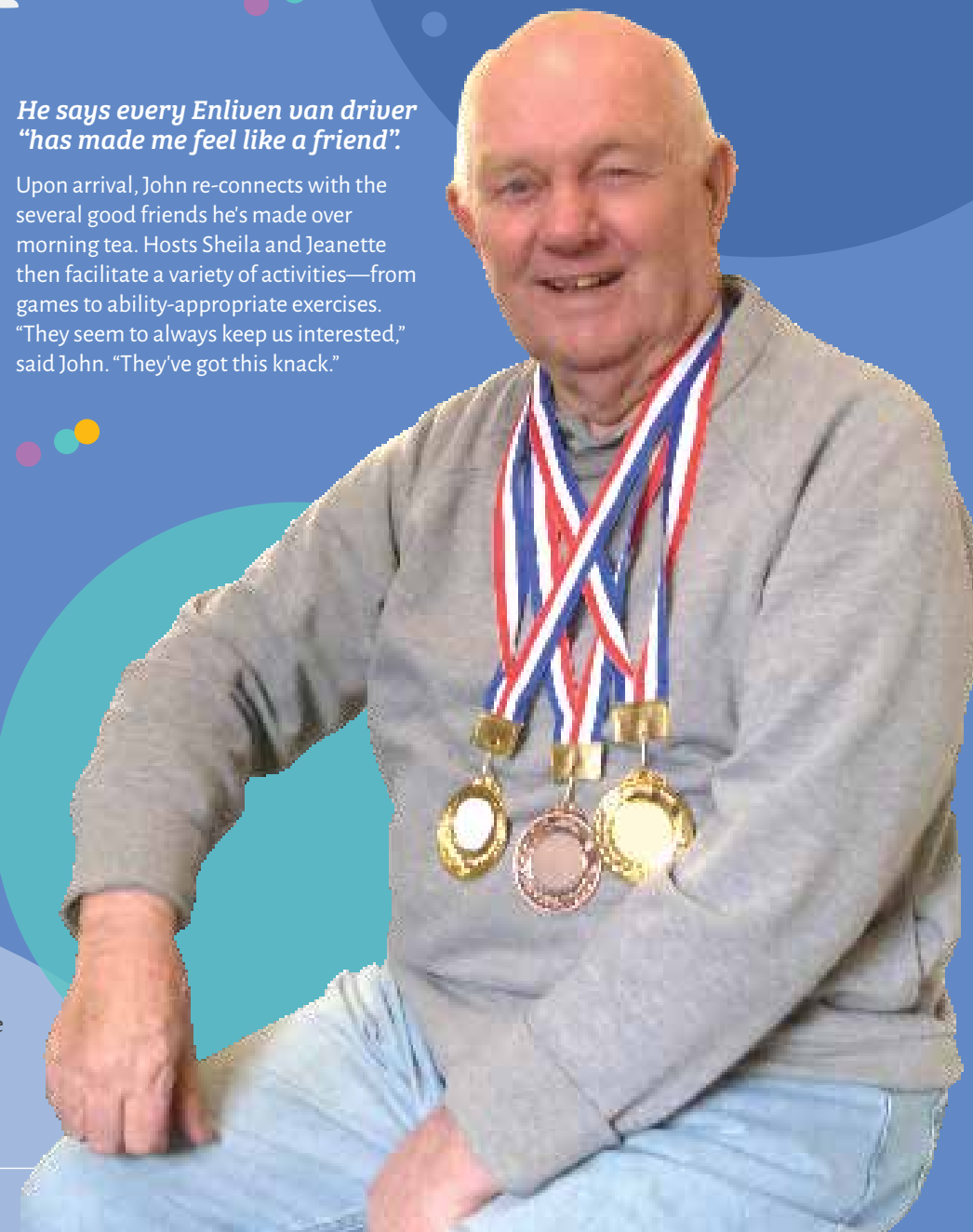
At the 'HomeShare 2018 Games' John took home two gold medals and a bronze for the javelin event (using drinking straws) and bean-bag throwing.

**He says every Enliven van driver "has made me feel like a friend".**

Upon arrival, John re-connects with the several good friends he's made over morning tea. Hosts Sheila and Jeanette then facilitate a variety of activities—from games to ability-appropriate exercises. "They seem to always keep us interested," said John. "They've got this knack."



John catches up on some news while George shares a laugh with another attendee.



## AT ENLIVEN WE ARE ALWAYS LOOKING FOR SPECIAL PEOPLE

like George and Hazel to volunteer at our day programmes for older people.

If you're interested, visit [www.enlivenuppersouth.org.nz/volunteer](http://www.enlivenuppersouth.org.nz/volunteer), or call your local Presbyterian Support office.



John watches with other attendees as George prepares a bean-bag-tossing game.

**The support John receives from HomeShare extends beyond the Friday session and "means a hell of a lot".**

George and Hazel, volunteers and now John's friends from HomeShare, often take John out—he sees George about once a week. They go bowling, and if John needs new clothes George and Hazel will take him shopping. "They're very good," said John.

HomeShare gives John more than just Fridays to look forward to. "My sister in the UK, who had breast cancer, sent me a photo of herself in a pink tutu at a fun run raising awareness. I said to Sheila "we should do this" and we are. We're going to dress in pink for a breast cancer event. I'm going to sit in a wheelchair and George is going to push me."



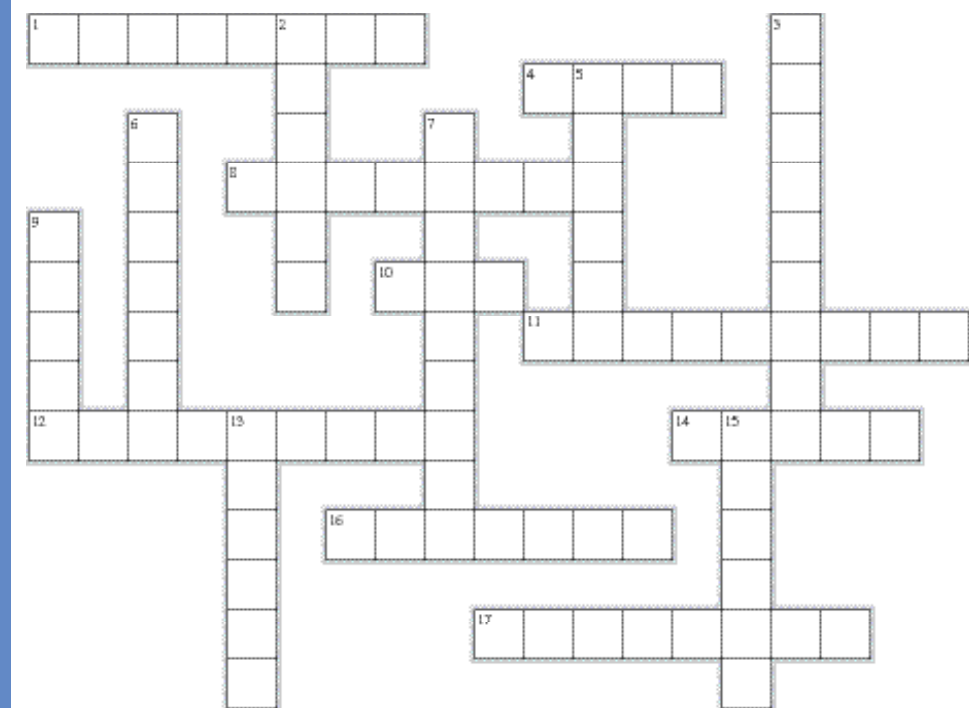
Note: John's HomeShare was launched by Enliven. It's now in the care of Rutland St Church in St Albans, Christchurch.

### ACROSS

1. A NZ new year and thanksgiving tradition in winter.
4. A style of warm handknitted jumper.
8. If it weren't for these on a rainy day, where would you be?
10. A vessel to drink soup or milo from.
11. Able to withstand or recover quickly from difficult conditions.
12. Small Enliven social groups for older people.
14. A neck warmer.
16. The name of PSUSI's new Christchurch building is "Te \_\_\_\_\_".
17. Warm winter footwear for indoors.

### DOWN

2. You need a strong \_\_\_\_\_ system to fight winter colds.
3. A helper, counsellor, advocate. (Māori language)
5. The sound of autumn leaves.
6. A mineral needed for strong bones.
7. To work without expecting payment.
9. "Good \_\_\_\_\_ will resurrect the dead." - a South American proverb. (See page 13.)
13. Solid and robust.
15. In 2019 people like to "meet for a \_\_\_\_\_".





# PEACE AT LAST

## Amanda's Story

Not so long ago, Amanda's\* yearning for a safe, peaceful and happy life for her children seemed like an impossible dream.

For years Amanda had endured her partner Mike's violent temper and witnessed him taunt her three children. Their six-year-old son was Mike's main target for verbal attacks, and the little boy eventually developed behavioural issues. Mike couldn't hold down a job and at times the family barely had enough food to eat.

Finally Amanda summoned up the courage to leave, moving into another house with her children. But she couldn't get away from Mike—he would turn up unannounced and threaten her.

When one of Amanda's relatives told her about the **Family Works Parenting Through Separation course**, she realised there were people who would understand her situation and support her. She also worked with, and learnt to trust, a Family Works counsellor.

*"It made a big difference knowing that help is out there if you ask for it,"* said Amanda.

Having the Family Works counsellor to confide in increased Amanda's determination to do what was best for her family. All three children received help to process what they'd been through.

*"Family Works helped me a lot,"* Amanda says.

Encouraged, Amanda also participated in **The Incredible Years parenting course**. The 14-week course taught her positive parenting skills, which she immediately put into practice. It helped her to create a supportive, wholesome environment for the children, so they could begin to put their violent past behind them.

Eventually, the Family Court issued a protection order for Amanda and her family. They have a safety plan in place, and Mike has supervised contact with his children for a few hours each week.

Amanda and her children can now enjoy the safety and peace that once seemed so unattainable.

*"We're a lot calmer and more relaxed," she said. "The house feels like a home."*

\*Names changed and models used to protect identities.

## STRONG BONES MAKE FOR STRONGER BONES

As cooler months approach, our tastes turn to warming stocks, stews and soups. And the stock that seems to be on everyone's lips right now (pardon the pun) is bone broth. But why?

Evidence of the existence of soup dates back 20,000 years, and broth of some sort remains a staple in many cultures. Even a Māori "boil up" traditionally cooked with pork bones in a hangi is itself a form of bone broth.

The making of bone broth extracts the nutrients from hard-to-eat animal parts such as bones and marrow. Throw in some veggies, and the resulting hot liquid gold is said to be nourishing, soothing, healing, and strengthening to the entire body.



*"Bone broth is incredibly nutritious and has scores of health benefits. You should make this amazing drink a staple in your diet."*

—Chris Kresser, Integrative Medicine Practitioner at [chriskresser.com](http://chriskresser.com).

*"Good broth will resurrect the dead."*

—A South American proverb.

### More Nutrients than You Can Poke a Bone At

Bones contain an abundance of minerals as well as 17 different amino acids, which can be found in bone broth as proteins such as collagen and gelatine. So drinking bone broth obviously strengthens your bones. It also benefits your skin, eyes, brain, heart, muscles, joints, gut, immune system, mood, sleep and digestion!

### So Easy and Inexpensive

Anyone who roasts a chicken has access to chicken bones. Butchers sell beef neck bones for just a few dollars. Add the trinity of onions, carrots and celery and cook in water for a long, long time. (Or in a pressure cooker for a short time.) And that's pretty much it.

## Pressure Cookers Make Short Work of Broth

Today's children have far less to fear from pressure cookers than their counterparts in, say, the 1980s. That's because modern pots are quieter and offer an array of safety features. But pressure cookers still save time and energy. Even bone broth—which requires over a day on the stove to cook properly—can be pulled together in just a couple of hours.

### Ingredients

- 3 x roast-chicken carcasses OR 4-5 beef neck bones
- 1 x onion
- 2 x celery stalks
- 2 x carrots
- 2 x bay leaves
- 10 x peppercorns

A splash of cider vinegar

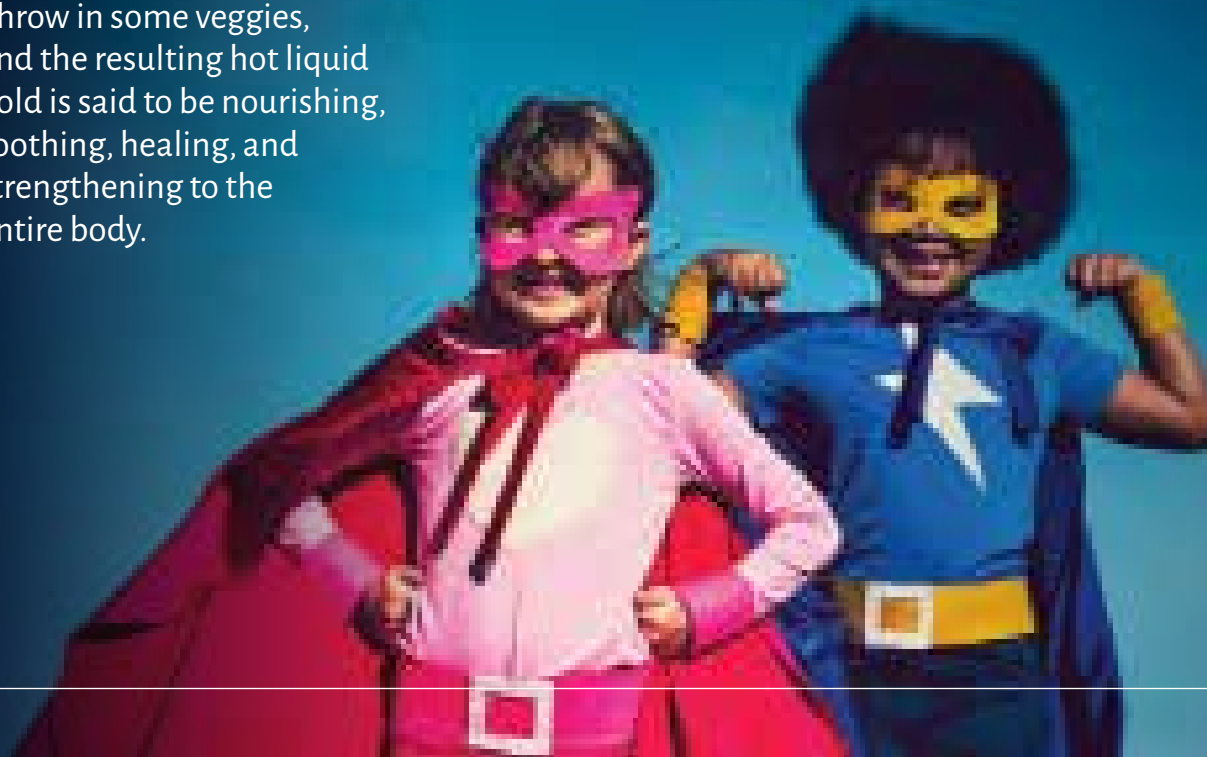
Approximately ½ T salt (some cooks prefer to add the salt to taste after cooking)

Optional: a few other veggies for added flavour such as mushrooms, broccoli stalks

### Method

1. Put all ingredients in cooker and cover with water up to the maximum fill line.
2. Following the manufacturer's instructions, quickly bring the cooker to pressure and maintain it for 90 minutes.
3. Remove from heat and allow pressure to release naturally.
4. When you can do so safely, remove the cooker's lid and strain the liquid into jars. (If using beef neck bones, you can use the meat for a meal.)
5. Store in the fridge for 3-4 days or in the freezer.

Broth can be a healthy substitute for a cuppa or drink some with a meal to aid digestion. Alternatively, use the broth as a base for soups and stews.





# Around the Region



CHRISTCHURCH

## PSUSI Building "Te Korowai" Nears Completion

The PSUSI office building is being rebuilt after it was irreparably damaged during the Canterbury earthquakes. The new building, which will be called "Te Korowai—the home of Presbyterian Support Upper South Island", will soon be completed with staff moving in from early June 2019. The blessing and opening of Te Korowai is being planned for 24 June 2019. The development and completion of Te Korowai will also be recognised in a service at Knox Church on 23 June 19. The meaning of korowai (cloak) relates to us embracing and protecting our whānau and all who use the building.

CHRISTCHURCH

## A Parenting Programme Service Morning Tea

At Presbyterian Support one of our favourite things is talking about the impact that our Family Works and Enliven services have on people's lives. Our service morning teas are a regular opportunity for staff, clients, volunteers, and most importantly our supporters in the community to gather over a cuppa (and a biscuit!) to share knowledge and stories about our various services.

The February service morning tea in Christchurch was hosted by a Family Works parenting programmes team. They offered an informal presentation then answered questions and chatted with a diverse range of attendees.

The next Christchurch event is scheduled for April.



NELSON

## PS Staff Offer Comfort in Fiery Times

It was a scary time for residents across the Top of the South when the Wakefield and Nelson fires were burning—and leaving few untouched in some way. Many PSUSI workers were involved—either as evacuees, volunteers, or Family Works representatives.

Jo Dell was obliged to evacuate herself and her children (with pet turtle) while her husband fought the Wakefield fires on the front line. Kaitlin Robinson and Nikki Shaw both volunteered at the Saxton Field Civil Defence Centre over the weekend before returning on the Monday to provide Family Works counselling support to evacuees. "To support people weary and tearful from the fires was extremely humbling," said Nikki. "It was awesome to see our community, as well as a number of our networks, uniting together to help."

"Everyone just got on with making cuppas, preparing meals, listening to people offload, carrying groceries to cars, loading up vehicles to go to other areas, unpacking donated goods, etc. There was just so much love in that place—hugs of gratitude from those affected, laughs, appreciation for having someone to talk to and working together with strangers that had a common cause to support everyone's well being."

Karin Bowater also volunteered. "Nelson's spirit was alive and well, and I am proud to live in such an amazing place," she said.

Meanwhile, Sue Holden volunteered as part of the Red Cross Disaster Welfare Support Team (DWST): "I was involved in evacuations, evacuation centres and psychosocial support and door-to-door welfare checks. I saw the shock, anger, grief and desperation of those evacuated. I listened, handed out tissues, hugged and consoled. It's been a privilege to serve the community."



MID CANTERBURY

## Ashburton Gives Fun and Family Good Times

It's no secret that the Ashburton community is wildly generous when it comes to supporting its own... whatever the need.

Late last year the EA Networks Centre in Ashburton held a summer swimming promotion to raise funds for children to have swimming lessons. They campaigned for donations from local businesses and the community, and then contacted Presbyterian Support to connect with local families who couldn't pay for swimming lessons for their children. Fourteen young people learnt to swim as a result!

Other generous donations included funds to support families struggling to afford activities over the summer holidays. Seven local families were given, among other items, family passes for WillowBank, Orana Park, the Hanmer Springs pools, the Ashburton Plains Museum vintage train, the EA Networks pool, lunch vouchers, and fuel vouchers...and a bike. Nineteen children in total were supported.

NORTH CANTERBURY

## Uniquely HomeShare

HomeShare suits the needs of rural older people who can't travel to other day programmes. North Canterbury hosts diverse groups adapted to members' needs.

## Mobile on a Monday for Some

Every Monday morning a small Enliven team hosts an outing for a group of local seniors with mixed interests. Together they pile onto a bus and head to a new (or familiar favourite) destination. The group's activities are flexible, not fixed, as the hosts respond to members' wants and needs.



The group has rituals built in; for instance, when members have a birthday they choose lunch. And the group supports one other. One day they visited the Kaiapoi street where a member had lived for many years until the Canterbury earthquakes. She was able to revisit her old home with her HomeShare friends alongside, enabling healing and resilience.

Mobile on a Monday gives members the vital social connection they need. "When we hear members exchange phone numbers, that's success," says Hutika Crofts-Gibbs, one of the Enliven workers. "We fist pump!" A member describes the group's importance more poignantly: "If it wasn't for this group I'd be terribly lonely," she says.



## Donkeys and Peacocks in Oxford for Others

Every HomeShare develops its own unique culture, and the Oxford farm group in North Canterbury is no exception.

While Kevin enjoys an adult colouring book, Dennis plays the piano accordion. Joy shares with Mel her ideas for bookmark making. Irene is absent due to a hospital stay but she's not forgotten—this tight knit group of HomeShare friends recently visited the hospital in between their twice-weekly get-togethers.

Jacqui Roberts, their host, serves the usual morning tea—date scones because that's the group's favourite. In the background resident donkeys, peacocks, chickens, ducks and dogs bray, squawk, cluck, quack and bark respectively.

Under Jacqui's watch her group's members have become true friends who support and respect one another. *Thank you, Jacqui. You do a fantastic job!!!*









# Mentors Needed.



**Sometimes being there is all it takes.**

A regular, small amount of your time each week could make a huge difference to a young person. Become a mentor.

Visit: [familyworksuppersouth.org.nz/get-involved](http://familyworksuppersouth.org.nz/get-involved)

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