



People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

ISSUE 8

Autumn/Winter 2020



Staying
Safe, Strong,
and Connected
in 2020

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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.psupsouth.org.nz.



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Presbyterian Support (Upper South Island)
44 Bealey Ave, PO Box 13 171, Christchurch 8141, 0800 477 874
E-mail: ps@psusi.org.nz

Editorial: Vivienne Wallace vivienne@psusi.org.nz



Presbyterian Support
Upper South Island

Our services

enliven

Family Works



Barry Helem Now a White Ribbon NZ Ambassador

New Zealand Police conduct more than 100,000 family violence investigations each year with over 3,500 convictions recorded against men for assaults on women. Presbyterian Support helps people of all ages and their families to address the negative impacts of family violence, whether physical, sexual, emotional, or psychological.

Barry Helem, Chief Executive of Presbyterian Support Upper South Island, is now a White Ribbon NZ ambassador. White Ribbon is a social change campaign that aims to transform attitudes around violence, specifically men's violence towards women. White Ribbon NZ empowers local communities and men to take part in conversations about violence and work toward a non-violent future by modelling positive behaviour. Ambassadors are chosen for their willingness to challenge the behaviour of abusive men, and to convey key messages directly to their own communities.

To learn more about Barry's involvement or White Ribbon NZ, visit whiteribbon.org.nz.

A Time for Strengthening Connections – Autumn/Winter 2020

Kia ora,

And welcome to your Autumn/Winter issue of People Helping People magazine. Very soon we can greet each other with 'kia pai tou tatou Matariki', or 'Happy Matariki' (the Māori new year). This year Matariki begins on July 13th.

Matariki was traditionally a time when in the cold months of winter Māori would hunker down together inside the pā; using the time to tell stories, share knowledge and remember loved ones. Rather than gathering food, our Māori ancestors enjoyed harvested crops such as kumara. Using the stars of Matariki as a guide, they planted new crops in the cold earth in readiness for spring growth.

To my mind, these Matariki traditions share similarities with modern families going into lockdown due to the current coronavirus pandemic. We are in challenging and unsettling times, but I wonder if we can be inspired by our Māori ancestors—in the bleakest of seasons they focused on restoration and strengthening connections with one another, and they lived out their hope for the future.

In modern times practising thankfulness as part of Matariki has also become an important tradition. Perhaps at this time we should remember to practice gratitude for all that we do have.

**He aha te mea nui o te ao.
He tāngata, he tāngata,
he tāngata**

**What is the most important
thing in the world?
It is people, it is people,
it is people.**



Protecting Families from Themselves

In this issue of People Helping People you will read uplifting stories but also some that—despite the positive outcomes they tell—will leave you with a lingering sadness for the difficult situations our clients find themselves in. In this issue we do not shy away from the family violence that Presbyterian Support staff encounter the effects of every single day. You will learn how we wrap ourselves around families (often in multi-agency teams) to protect families from themselves, and to sow seeds of hope for the future.

Some vulnerable NZ families and older people have experienced increased family/whānau harm as a result of the country's lockdown. Now more than ever our services are needed to support them.

I'm inspired by the wisdom of the late Dame Whina Cooper. Her words remind me that we must always be thinking of the children and protecting them from harm—whether it's from the effects of family violence or from the fear and anxiety provoked by pandemic news through the family television. She said,

“Take care of our children. Take care of what they hear, take care of what they see, take care of what they feel. For how the children grow, so will be the shape of Aotearoa.”

**Te piko o te mahuri,
tera te pupu o te rakau /
The way in which a young sapling is nurtured
determines how the tree will grow.**

Barry Helem
Chief Executive,
Presbyterian Support Upper South Island



Determined to Beat Anxiety

When Tess was very young she witnessed regular family harm. Now age ten she lives safely with her mum and step family. But still she lives with the impact of what she saw...*

Tess's teacher at school began to notice Tess's extreme anxiety, low self confidence, and worrying withdrawal from social situations. Concerned, he referred her to the school's Family Works social worker, Kathy*. Tess's mum suspected the little girl's past was catching up with her.

"I met with Tess and we spent time talking and learning about family violence," said Kathy. "In particular what feeling safe looks like, because when Tess was young she did not see the adults in her life modelling safe social interactions and relationships."

Tired of Missing Out

Tess was highly motivated to work with Kathy. She didn't want her worries to hold her back anymore. So she applied herself 100% to all the activities Kathy introduced.

Goal Setting

On the left side of a piece of paper Tess wrote down what her life was like in the present. She wrote things such as, "I can't go to sleepovers, I can't be away from Mum, I don't want to go into town, I feel safe at home but not when I'm out." On the right side she wrote what she wanted her life to be like in the future. She wrote, "I don't want to worry so much, I want to go on a plane."

Kathy drew a picture of a bridge between the left and right sides of the page and asked Tess how she was going to get across the bridge. Then together they developed a plan.

Whether a child is the victim of family harm, or merely witnesses it between family members, the effects are the same. The child lives in survival mode with high levels of stress hormones in their body—their brain actually changes as a result.

Children exposed to physical violence at home become fearful and anxious. They are always on guard, watching and waiting for the next incident. Not knowing what will trigger the abuse, they never feel safe.



Mindfulness

Kathy taught Tess some mindfulness activities, which she practised at home. Mindfulness helped Tess stop churning over thoughts about the future (worries), and to just rest in the present. It also helped her notice when anxious thoughts came tumbling in.

Tess liked the mindfulness activity where she lay on her back with an object (for example, a soft toy) on her belly. She would breathe in deeply and watch the object rise and fall with each breath. She and Kathy also went for mindfulness walks around the school, where they observed all the sensations available to them—what they felt on their skin, what they heard, what they saw, and what they smelt.

Tess Takes Over

Initially Kathy and Tess met weekly, then fortnightly, and then their get-togethers tapered off completely. At their final meeting Tess could share that she had just won a speech competition and enjoyed an overseas holiday—once almost impossible experiences for her!

"Tess still felt anxiety, but she talked confidently about the strategies she uses to calm herself down," said Kathy. "And when I checked in with her a few months after our last meeting, she was still managing herself and her anxiety really well." Kathy describes Tess now as "beaming and positive"—winning in her struggle with anxiety.

How to Make a Glitter Jar for Mindfulness

Glitter jars are a fantastic way to help children manage big emotions.

When a child shakes up the jar this represents anger or another strong emotion. All the glitter is swirling everywhere like a big angry storm. Then as they watch the glitter start to settle, this represents the calming of their own emotion. The glitter jar provides a visual anchor for children to focus on while they practice calm breathing techniques.

WHAT YOU NEED:

- Bottle or jar, with the label removed.
- Clear paste, e.g., wallpaper glue
- Hot water
- Glitter
- Super Glue
- Optional: Food colouring (1-2 drops to ensure the contents remain visible).

METHOD:

1. In a jug, mix 20% glue with 80% hot water. Add food colouring if using.
2. Whisk well, and then add glitter.
3. Whisk again and pour into bottle leaving 2-3 cm empty at the top of the bottle.
4. Fasten lid and shake bottle:
 - If glitter is not moving: Pour back into jug, add hot water and whisk, return to bottle.
 - If glitter falls too fast: Pour back into jug, add more glue to the mix, whisk well and return to bottle.
5. Leave for 5 minutes and if you're happy with the consistency super glue the lid shut.



Staying Safe... Strong... and Connected in 2020

We are living in unsettling times with the coronavirus pandemic causing disruption and, inevitably, some distress. At Presbyterian Support we care about you and want to help you and your family remain safe, strong, and connected.

The best way to avoid illness is through good hygiene (lots of hand washing!) and social distancing. But to support the wellbeing of you and your family as well as your physical health, we recommend you follow these tips:

Stay informed via credible information sources such as the Ministry of Health website at www.health.govt.nz.

Avoid exposure to TV news or other media that might promote stress or panic. **Be especially careful of what children are seeing and hearing.**

Recognize that feelings of grief, guilt, resentment, loneliness, boredom, fear, anxiety, stress, and panic are normal reactions.

Manage stress in the ways that serve you, e.g., through prayer, meditation, mindfulness techniques, exercise, or slow deep breathing.

Support children by encouraging questions and helping them understand the situation, praising good behaviour, talking about feelings. Protect them from your own feelings of anxiety.

As much as possible, follow your usual schedule for bedtimes, meals, and exercise. And be consistent with children's boundaries.

Seek support and connection with friends and family by phone. Use FaceTime/Skype if you have it.

Enjoy your usual at-home activities, e.g., reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities.

Be sure to keep a healthy diet and exercise.

Modify your goals to meet the current reality of the situation and focus on what you can accomplish.

Think positively and maintain a sense of hope.

He waka eke noa / We are all in this together.
Let us all look after each other in these challenging times so that we can emerge safer, stronger, and more connected than before.

Hand
washing
instruction



Some helpful contacts:

- For coronavirus health advice and information, phone Healthline at **0800 611 116**.
- Need to talk? If you are feeling anxious or just need to talk to someone, **free call or text 1737** any time. You'll speak or text with a trained counselor.
- If your desire for drugs or alcohol has increased, call the Alcohol Drug Helpline at **0800 787 797**.
- If stress is increasing your risk for family harm:
 - If you are in immediate danger, **call 111** and ask for the police.
 - Call the Shine Helpline for free from any phone in New Zealand between 9am and 11pm, 7 days a week, on **0508 744-633**

Kim Manahi - Our New Cultural Advisor



Kim Manahi likes to joke, "I'm a third generation NZer on my mother's side and 97th on my father's". Her Scottish ancestry aside, Kim is the new Māori Cultural Advisor at Presbyterian Support Upper South Island, coming to us following the retirement of Trevor Wilson in Nelson.

Many Māori have poor outcomes compared to their Pākehā contemporaries due to a lack of access to services. We are committed to advocating for Māori and ensuring that the services around Māori families can be adapted to a Māori world view. Kim will help us to develop partnerships with iwi, marae and Māori providers, and support staff cultural competency.

Kim has had an extensive career in the corporate, social service and health sectors, including governance and leadership. She is currently a director of Ngā Hau e Whā Marae. Kim's new role

is her first foray back in the community in nine years, so she's excited and can't wait to get started on the journey.

"I'm really happy to be here," says Kim. ***"It's lovely coming into an organisation that is so open to receiving thousands of year's worth of knowledge. I'm looking forward to creating new relationships while maintaining old ones."***

In particular, Kim talks about the many Māori organisations she knows that have been working in isolation for years, caring for Māori and their whānau. She's eager to bring Presbyterian Support alongside them.

KAUMĀTUA CLUB FOR OLDER MĀORI



Hakaterere Marae in Ashburton and Presbyterian Support recently joined forces on an exciting new initiative for older Māori called Kaumātua Club.

Kaumātua Club takes place on the marae every Monday between 10am and 1pm. Guests enjoy a game, a laugh, a sing-along and a good time, and can connect with each other. Kaumātua Club creates a space and time for people to discuss their needs with a Community Family Worker or Budget Mentor from Presbyterian Support, with Kaiāwhina Ray Solomon (who is also vice Chair of the marae) providing key support.

Initially Kaumātua Club will be a meeting place and contact point—guests may then choose to engage further through a referral to Presbyterian Support services. However, the project will continue to develop over time in order to better support Māori and their whānau.

Ray's Kaiāwhina role is fully funded by Presbyterian Support, while the Budget Mentor and Community Family Worker are services currently funded by the Ministry of Social Development, The Lions Foundation, and Advance Ashburton Community Foundation.

THE HARD STUFF – TACKLING FAMILY HARM.

Mr and Mrs Smith* are under enormous stress. They have three children living at home, Mr Smith hasn't been working, they're struggling financially, and they both have mental health issues. Furthermore, for a long time they haven't had the parenting or life skills they need to run a home and raise a family.

As children Mr and Mrs Smith both experienced trauma and family harm—their lives have revolved around physical and sexual violence. Now their own relationship includes incidents of violence—some serious—with their children watching.

“When a child witnesses family violence the effects are exactly the same as if the violence was directed at them,”

says Raewyn*, a Family Works psychologist supporting the Smiths.

The family has been referred to social services many times—their eldest son was uplifted and lives with extended family. Now they are being supported by a team of staff from multiple agencies, including **Family Works**.



Growing Parenting Skills

When Raewyn first entered the Smiths' home she noticed there was little evidence that children live there. For instance, there were no toys lying around.

Raewyn's role was to help Mrs Smith grow her parenting skills, which she primarily did by encouraging Mrs Smith to put her relationship with her children first even in the stress and chaos of their lives. Raewyn also supported Mrs Smith to implement skills she'd learnt on a parenting programme.

“In order to manage her daughter Eloise's* behaviour we focused on their spending more one-on-one time together,”

said Raewyn. “Even just a visit to the park or for a few moments each day.” They also worked to introduce more fun into family life, and to prioritise the children's needs, especially food choices, hygiene, and wearing the right clothes to school.

“The family has significant risk factors,” said Raewyn, ***“But both parents were really committed to getting better.”***

By the time Raewyn had finished working with the family, Mrs Smith had converted the front room of their house into a playroom with toys—of her own volition. “It was a really nice change,” said Raewyn.

“Sometimes people don't think they have the power to make changes. People feel boxed in and hopeless. Services like ours can help them understand that they can learn to do things differently. And give them hope.”

School and Teachers Involved

Meanwhile Camille*, a Mana Ake kaimahi at Eloise's school, has been helping the child manage big emotions. Eloise was experiencing “meltdowns” in class, swearing at the teacher and other children, and generally being non-compliant. Camille met with Eloise every week for about a term, helping her to identify emotions, explore how they felt in her body, and discover ways to manage them. **Eloise learnt she could share how she felt with a safe adult and manage big emotions using her breath.** Mrs Smith reported that Eloise began to have fewer tantrums at home. She still struggled in class, but her teachers noticed she was overall more settled.



Getting Finances in Hand

The Smiths are living pay cheque to pay cheque without a budget and with no financial plan. Jane* provides home visits, which makes it easier for clients like the Smiths to keep appointments. “Home visits also let me observe people in their home environment,” explains Jane. “For example, if there's food in the cupboard, or if there are incongruous items such as large TVs bought on credit.”

Jane is helping Mrs Smith identify what benefits she's entitled to and how to tackle debt; as well as the basics such as how to create a budget.



*Not their real name.
Photos are stock images.

Hope for the Future

“The Smiths have received wraparound support both in their home and at school,”

says Victoria Newcombe, Presbyterian Support's General Manager Social Services. “We have involved the parents, teachers and the children in order to manage and mitigate their risks right now. But also importantly we hope this significant intervention will create sustained positive change for the family.”

Oranga Tamariki uplifted the Smith's eldest child at just one year old, but already he had experienced the trauma of neglect. His grandmother recently reached out to the school psychologist for help with the boy's high needs, and they referred him to a Family Works social worker, who in turn is connecting him with a mentor. “We think having a positive male figure in his life will be great for him,” his social worker said. “Because of the trauma he has experienced, he needs someone who can provide stability and reliability.”

Betrayed by Elder Abuse

Ted* was in his mid-seventies and living in the North Island but wanted to be nearer his daughter. So he sold up and moved south, where he moved in with her family and lent them money to buy a business. It cost everything he had, but the family promised to pay him back in instalments.

Well, that never happened. Instead, within a couple of weeks Ted's daughter and her abusive husband banished him to a sleep-out—complete with rats—and barred him from entering their home. They took away Ted's car keys and ignored the agreed repayment schedule.

By sheer good fortune Ted had a conversation with a person who knew someone at Age Concern. The organisation and the Police were able to remove Ted—who was by now unwashed, unkempt and distressed—from the property and set him up in safe temporary housing. They then put him in touch with **Enliven at Presbyterian Support**. Multiple agencies wrapped around Ted as a team to get him back on his feet and protect him from further abuse.

Enliven social worker Sally* has become Ted's first port of call for all his needs and concerns as he gets back on track. Sally is making sure Ted's living arrangements are safe and she acts as an objective witness to conversations

between Ted and his daughter. She also makes sure Ted receives the right allowances and gets his medical needs met. Sally is even helping Ted connect with the local community through his passion for gardening.

Counselling is helping Ted process the betrayal and distress he experienced, which impacted him profoundly. Ted loves his daughter and even still feels guilty about trying to get back the money she and her husband owe him.

Elder abuse comes in all forms,
says Sally.

“Psychological, physical, financial, and neglect to name but a few. The majority of times there is a mixture of all of these with one normally being the main culprit. Ted still has a long way to go, but his future is looking much brighter.”

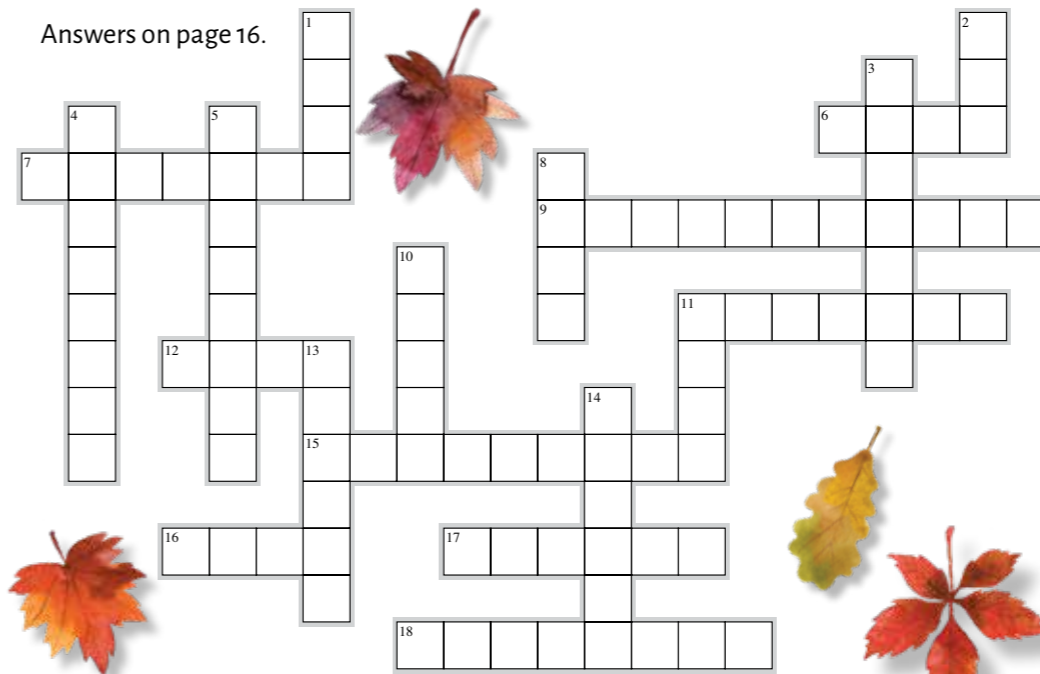
If you need
to report elder abuse,
call
0800 EA NOT OK
(0800 32 668 65).

*Not their real name



A CROSSWORD FOR THE SEASON.

Answers on page 16.



ACROSS

6. Simon and Garfunkel sang about this shade of winter.
7. Dinner where everyone brings a dish. (Idea for Matariki!)
9. This American man is famous for singing Autumn Leaves.
11. The cosiest PJs and sheets are made of this.
12. A steaming bowl of goodness for a cold day.
15. Using an older person's home without paying costs and not repaying loans are what kind of elder abuse?
16. There's nothing like a crackling one on a cold night.
17. The sound of fallen leaves.
18. The Māori new year.

DOWN

1. Mr Frost's first name.
2. An insulated home is warm and ...
3. Flu protection.
4. Time in June of the lowest noon sun.
5. If you didn't have your feet in these "you would have a dose of the flu or even pleurisy".
8. Beautiful on the Southern Alps.
10. Packs a sour Vitamin C punch.
11. North American autumn.
13. Kiwi kids wear what kind of warm jacket?
14. Describes coffee, some herbs, and cold weather.

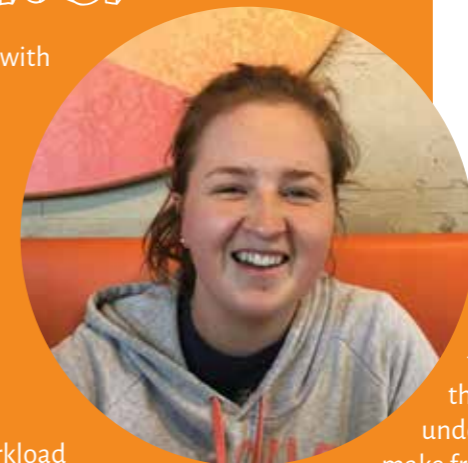
Building a Special Bond as a Mentor

Something about mentoring always resonated with Bailey Whitnack. Even as a high school student coaching netball to younger girls Bailey knew that one day, when she was old enough, she would donate her time and energy to one young person. "I like the idea that you're building a one-on-one relationship, a real connection," said Bailey.

When Bailey entered the University of Canterbury she attended their Volunteer Expo and signed up with Family Works mentoring coordinator, Sarah Taylor. Despite her hefty workload as a student of Law and the Arts (a double degree!), Bailey immediately made time once a week for ten-year-old Bianca*.

Bianca and her siblings live with their grandparents, who are doing a wonderful job as caregivers but who recognised that Bianca would benefit from one-on-one time with another adult. Bailey and Bianca have been together now for two and a half years.

"I love mentoring," says Bailey. "It's made me think more about other people's circumstances and to never judge someone before you know anything about them". The first time the pair met Bianca was very shy, but quickly she opened up to reveal her bubbly self. The pair enjoys walks, ice-creams, baking, and scrapbooking—fun activities that are also inexpensive. Sometimes Bailey splurges on bowling.



"It's hard to say no when Bianca wants to do something expensive," says Bailey. "But she's learning that as a student I can't afford those things and it's good for her to understand about money, so I just try to make free and low-cost activities really fun."

The minimum time for mentoring is one year, but when Bailey and Bianca's first year was up, Bailey found she didn't want to end the relationship. Instead their get-togethers decreased to once a fortnight. "Reducing their frequency helped because I was really busy with study. It also made our time together feel more valuable."

Bailey's advice to someone thinking about mentoring is to not force the relationship and to "just take each day as it comes and be patient". Bailey has built a strong bond with Bianca and positively influenced the young girl's life in many ways.

*Not their real name



NO WORRIES AT HARAKEKE CLUB IN RICCARTON

When clients and their carers enter the grand old lady of a building that houses Harakeke Club in Riccarton, they're immediately enveloped in the relaxed warmth of love and caring.

Upon arrival members are welcomed into the comfortable dining room overlooking the garden. A staff member gets busy making cups of tea in the open plan kitchen, chatting all the while. Carers exit, eager to enjoy a day to themselves and a rare break. Everyone is smiling.

HARAKEKE CLUB IS AN ENLIVEN DAY PROGRAMME FOR PEOPLE EXPERIENCING DEMENTIA.

Members can be relatively young—in their 50's—or older. The Riccarton club is open each day for up to 18 members.

Long-time staff Jacqui O'Dowd and Sonya Wilkie are assisted by volunteers, many of whom have also been around a long time. Vicki Hamilton has been volunteering out for 16 years—she lives across the street and comes four days a week.

"I like listening to members' stories," she says. "And I like the activities and games, and serving morning tea."

Bob* joined Harakeke Club 12 years ago. At the time people might've wondered what he was doing there because his dementia was only in its early stages. But now that his functioning isn't what it used to be the Club is a safe place where Bob feels completely comfortable. He knows the routine, the environment and the people.

"In another environment Bob might be confused and worried and not know what's going on," says Sonya.

"But here he can be his best, most functional self. He can be Bob."

Bob even pops in outside his regular hours—he knows he'll be warmly welcomed and rewarded with a cuppa.



SETTLING IN AND MAKING CONNECTIONS

When clients first join Harakeke Club it can take about a month to settle in. Staff seat them next to others with a point of connection such as a similar hobby, work history, or birthplace. "Then the next thing you know your new member is showing off their quick wit and playing to the room," says Sonja with a laugh.

Later, members might discover they went to the same school or grew up in the same suburb. "Once two guys discovered they'd both been sweet on the same girl!" said Sonya. "Another recognised her old bridesmaid."



"It's good for clients to join Harakeke Club while they are still quite high functioning, before they really need it," she adds.

"That way they get comfortably settled and get to know everyone. A later start can be more stressful."

Sometimes carers wait too long thinking they don't need the Club, but it's helpful to think about the future."

Caring for Carers

Carers are always grateful of the break they get when their loved one is at Harakeke Club. They might get a haircut, go to the doctor, or just flop on the couch. "Some carers are in their eighties and they just get plain tired," said Sonya.

Henry* cares for his wife full-time, so he uses his day off to catch up with a friend for coffee or just take his sweet time at the shops. He also catches up on correspondence because "he doesn't have so many interruptions". Henry values how Jacqui and Sonya skilfully manage his wife's age-related challenges and her medication. "They're absolutely lovely," he says. "And I don't have to worry."

Volunteering AT HARAKEKE CLUB IN NELSON

After a family member experienced dementia, Francey Samson of Nelson responded to an ad in the local paper for Harakeke Club volunteers. That was almost three years ago, and Francey's still enjoying every session.



If you're interested in volunteering for Enliven, learn more at psuppersouth.org.nz/volunteer.

"I just love interacting with the members, getting alongside them. I love that contact."

Francey is an easygoing, unflappable person with a quick and merry laugh. So as a volunteer she brings a wonderfully positive energy.

Francey's tasks at the Club aren't arduous. "I join in the games with the members, help with refreshments, and then after lunch I set up the craft table for activities such as colouring in. It's kind of my thing," she says. But her contribution is invaluable. She and her fellow volunteers are the "secret ingredient" that makes Harakeke Club a fun day out and not just "day care".

Volunteering impacts Francey's life in many ways too. "When I can't go to my volunteering, I miss it," she says.

"Our Enliven volunteers are vital to the work we do,"

says Trish Armstrong, Enliven Day Programme Manager. "They help create an environment that is warm and homely; somewhere that our members look forward to coming to each week."



*Not their real name



Tuning In to Kids

Helping the Whole Family



When Becky's son Billy* started acting out at his Christchurch school—leaving the classroom, losing his temper and more—it came as a bolt out of the blue. Becky and her ex-husband enjoy an amicable relationship while sharing care of their two boys, Billy (9) and Matthew* (11), and neither parent had observed changes at home. Furthermore, Becky always considered herself emotionally intelligent and aware of “all that stuff”. Yet now she was hearing from her son's teacher every day!

“I was desperate to work out how to help him,” said Becky.

Although she can't put her finger on one event that triggered Billy's behaviour change, Becky noticed that his challenges began not long after the Mosque shooting and the Northwood gas explosion.

“Billy has experienced some big stuff in his life,” she says. “He's an ‘earthquake baby’ plus at four years old he witnessed his grandmother experience an aneurysm.” Becky suspects that after the Northwood explosion Billy became overwhelmed.

“The school put me in touch with the Mana Ake service and pretty soon after that a Tuning In to Kids course started at Presbyterian Support. I expressed interest straight away,” she said.

Tuning In to Billy, Tuning in to Everyone

Tuning In to Kids is a six-session course that teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting and supportive way. This approach helps children to understand and manage their emotions.

Becky says the course facilitators' training and practical skills created an environment where she felt safe to share her experiences in front of the other parents. Together everyone discussed how and when to apply emotion coaching techniques, why situations at home might have gone awry, and how to try things differently. “We talked about the importance of timing,” she says.

“You can't emotion coach a child when they're in 'the red zone'. You have to wait till they're 'in the green zone'.”

*Not their real names.

Learning to wait for the right time was especially helpful for Becky. When either of her boys “flips his lid”—the phrase used on the course—she gives them time to calm down before talking things through. She makes sure she's calm too!

While Becky enrolled in the course with Billy in mind, once it started she quickly began to see everyone in her family with new eyes, including herself. “I began to understand why I reacted to situations the way I did,” she said. “I wanted everything to be idyllic, but I learnt that it's OK if my boys feel other things. I don't need to be disappointed; I just need to support them.

Every emotion is OK.”



Better than Back to Normal

With a combination of greater support at school (through Mana Ake) and at home, Billy's behaviour has gradually normalised. **But Becky's home has become an even more peaceful place than it was before.** In particular, Becky's relationship with her older son, Matthew, has improved enormously as a result of the principles and skills she learnt at Tuning in to Kids. “We used to lock horns, but I understand him more now,” she says. “I can appreciate his passion.”

“These days the most important thing for me is that my boys leave home with the ability to feel empathy, to feel comfortable talking about their feelings, and to be able to ask for help. It's far more important to me than maths or rugby. Ultimately, I want them to be emotionally intelligent.”

TALKING ABOUT EMOTIONS

At Presbyterian Support we often refer to the “Zones of Regulation”, a model for teaching people (including children) how to identify their feelings/level of alertness, understand how their behaviour impacts those around them, and learn what tools they can use to manage their feelings and states.

No zones are naughty or bad—we all have times in the blue, yellow, or red zones—but the green zone is where people can best learn, listen, work hard, and behave in an expected way.

THE BLUE ZONE

low states of alertness and down feelings, e.g., sadness, tiredness, sickness or boredom.

THE GREEN ZONE

a calm state of alertness, e.g., happiness, focus, contentment or readiness to learn.

THE YELLOW ZONE

a heightened state of alertness and elevated emotions, e.g., stress, frustration, anxiety, excitement, silliness, “the wiggles” or nervousness. Like with a yellow traffic light, when we are in the yellow zone we need to exercise caution in case we lose control and enter the red zone.

THE RED ZONE

extremely heightened states of alertness and intense emotions, e.g., elation, anger, rage, devastation or terror. In the red zone we aren't in control. We can use different strategies to calm ourselves down and return to the yellow or green zones.

Around the Region



CHRISTCHURCH

Youth Expo 2020

Youth Expo 2020, hosted by the Youth Service, was held at Tūranga, the Christchurch central library in January. The Youth Expo gives young people an opportunity to learn about work and career opportunities, education, health, and more in one friendly and accessible place.

This year approximately 30 young people visited the expo, plus there were walk-ins from the library. Thirty-five service providers were available to provide information, support and chat. Providers included the NZ Defence Force, Family Planning, the YMCA, Plunket, ARA, Plains FM, and (of course) the Youth Service. It was also an excellent networking opportunity for providers themselves.

We Promote White Ribbon Workplace Accreditation

Organisations have the power to help prevent domestic violence and support victims through White Ribbon NZ workplace accreditation. So late last year Presbyterian Support partnered with Alpine Presbytery to host an information session in which Rob McCann of White Ribbon NZ described the process for achieving accreditation, and the impact of accreditation as a force for positive change.

Almost 20 employers and managers from a diverse range of organisations attended.

Megan Waddington, Community Relations Advisor, who organised the event said, "It was an excellent session. Rob is a very knowledgeable and engaging speaker, and made a compelling case. Most attendees left the session with plans to apply for workplace accreditation."

Funding for the session was provided by PressGo.



ASHBURTON

Netherby School Children's Art Brightens Our Office

The Trevor Wilson Centre has come alive thanks to some very talented children from Netherby School. Our play area, hallway, and function room are now vibrant spaces featuring pictures of koru and kiwi. The artists used crayons to produce a beautiful array of colours and detail.

Netherby School is connected to Presbyterian Support through our Social Workers in Schools service.



NELSON

New Defibrillators for Enliven Day Programmes

Late in 2019 our organisation received a generous grant from NZ Community Trust, which we used to purchase two HeartSine Automated External Defibrillators (AED) from Amtech NZ.

The defibrillators are now located at the day activity programmes in Christchurch and Nelson. They give staff peace of mind that should a client or guest experience a cardiac event, the right equipment is available to administer treatment.

Thank you, NZ Community Trust!



MARLBOROUGH

A Mentoring Escape to the Countryside

Harkaway Station is a special place in Marlborough where youth can spend time in an agricultural setting. The Harkaway Taonga Trust aims to reach all young people regardless of financial means, teaching them how to walk lightly on the land, lead healthy and fulfilling lives that enhance the environment, and to connect with nature.

Darlene Purdie, mentoring coordinator, organised a trip to Harkaway Station for Marlborough mentors and mentees. Everyone loved the opportunity to milk cows, ride Icelandic horses, and move stock for the day.

Darlene regularly organises group mentoring events. The young people get to hang out with their special adults while having fun doing interesting, diverse activities. Meanwhile the mentors also get support from Darlene and one another.



WEST COAST

Family Harm Prevention in Greymouth

"Family Violence is a significant issue on the West Coast" according to Angela Woods, our Violence Prevention Coordinator in Greymouth. "Towns on the West Coast are geographically spread out, the population is large, and fewer support services are available compared to somewhere like Christchurch or Nelson. Often families live remotely. So family harm is more likely to go unreported, and people can't easily access support."

Angela works with families who are affected by or at risk of family harm. She takes referrals—usually from other agencies—carries out assessments, and then connects them with the services in the

community that will best meet their needs. She works to restore family safety and wellbeing, and works with both perpetrators and victims. It's a challenging job, but after five years working with women and children at Women's Refuge, Angela has the experience and specialised local knowledge to know what's available in her community to help people.

Angela's work is part of the Integrated Family Support Service (IFSS) funded by the Ministry of Social Development. IFSS is unique to the West Coast (and Presbyterian Support) and was specifically designed for the region given the low number of family and social services available. The objective of Angela's role, as it was at Women's Refuge, is to support people in living lives that are violence free.



NORTH CANTERBURY

International Day of the Older Person

Every year Enliven in Rangiora celebrates International Day of the Older Person in fine style. This time they hosted a delicious hot lunch at the Returned Services Association.

Around 80 older people from Homeshare, Tōtara Club and other local community groups attended a delicious two course meal of roast pork and roast beef with all the traditional accompaniments,

followed by a dessert of cheesecake. The raffle table groaned with an abundance of hampers and other prizes (including a booby prize of a bottle of Toilet Duck). One lucky lady won three times!

The Northbrook Singers and two groups of young people provided the entertainment, treating the clients to a wide variety of music from One Direction to Mozart. Presbyterian Support staff in attendance were highly visible in bright lei and colourful wigs.

Staff and guests all had a wonderful time.



The Legacy of a Life Well Lived

When Heather Schofield died last year at 89 years of age she generously left Presbyterian Support a bequest. It was a gift reflecting her passion for young people and future generations, and already it's being put to use supporting children, young people and families in the Upper South Island region.

Heather was born in London on 1 November 1929, just days after "Black Tuesday" when the world's stock markets collapsed. The Great Depression followed and World War II broke out. The little girl grew up in turbulent times.

Heather spent her teens boarding at St Swithun's School in Winchester, Hampshire, where academic and sporting achievement was encouraged. She graduated with an independent spirit and a love of the outdoors, and the courage to do what she thought was right—irrespective of what others may think. It was a characteristic she was known for in her family.

Heather was thwarted in her desire to study as a vet. Nevertheless, she forged a path for herself as a sheep farmer on leased land at a time when women just didn't do those things on their own. Her chosen path led her to become an accomplished sheep shearer and the first woman to shear 100 sheep in one day!

It also introduced Heather to her future husband, and together they emigrated to NZ. They settled in Ashburton where they continued the farming way of life for many years.

Heather shared her passion for life with young people as a Girl Guide leader for many years, and she was a long-time supporter of Presbyterian Support.

Heather's bequest last year was a wonderful and natural expression of her commitment to helping young people live their best possible lives.



A bequest to Presbyterian Support is a simple way to make a big impact:

Your gift will fund social services that create a better NZ for all who live here, regardless of circumstance, culture, or religion, Your gift will help vulnerable people of all ages to become safe, strong, and connected, Whatever its size, your gift will make a positive difference, and You will ensure your values and beliefs live on to benefit others.

If you would like information about making a bequest, including a printed copy of our bequest booklet,

please e-mail meganw@psusi.org.nz or phone Megan Waddington at (03) 363-8209.

We would love to hear from you.

psuppersouth.org.nz/leave-a-legacy



Crossword Answers

OUR MAJOR SUPPORTERS PS IS FUNDED BY



Yes! I want to help.

Please help us to support our community. Complete and return this form, or visit www.psuppersouth.org.nz/get-involved.

1 Please tick how you would like to show your support:

- ☐ By becoming a Guardian Angel at \$30 a month
- ☐ By becoming a volunteer (go to Question 4)
- ☐ By making a gift
- ☐ I have left a gift to Presbyterian Support USI in my will
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From time to time we'd like to update you on what we are doing. If you would prefer not to receive mail from us please tick this box. ☐

5 Please post to: Presbyterian Support Upper South Island, Freepost 60373, PO Box 13171, Christchurch 8141

All donations are receipted. Gifts over \$5.00 are tax deductible.
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Thank you for your generosity.

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.

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