

# PEOPLE

## Helping People

The magazine of Presbyterian Support Upper South Island

ISSUE 2

SPRING 2017

**On the cover:**  
A Christchurch  
family finds hope.





# Do You Have Time to Listen?



## Volunteers Needed.

We're looking for volunteers to help at our day programmes for older people and the memory-impaired. Join our friendly, supported volunteer team to make a positive difference.

[www.enlivenuppersouth.org.nz/get-involved](http://www.enlivenuppersouth.org.nz/get-involved)

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## A Time for Hope & Community

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



There is a fine line, or in my thinking, a thin space, between hope and despair. Keeping hope alive in tough times is neither easy nor straightforward. However, the skills, knowledge, and care of Presbyterian Support staff and volunteers help people to regain hope and find renewed meaning and purpose in their lives.

Part of having a sense of meaning and purpose is being connected to others in positive and accountable relationships where mutual respect is built on practical and emotional give and take, reciprocity.

Another part of being hopeful and having a sense of purpose emerges through learning patience, nurturing gentle self confidence or courage, and being persistent. These qualities of resilience help us ride through the bad times and give us optimism for the future.

The stories in this edition of People Helping People are hopeful and help create a warm cloak of community as we step into spring. They show that the small but vital kindnesses of encouragement, time, doing things with others, and paying respectful attention, make a big difference.

**Being hopeful together is a well-proven pathway to a better future.**

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Upper South Island

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Maximising Independence

Our Services  
FamilyWorks



# KARA'S STORY



Help from the Family Works SWiS Social Workers in Schools service has **transformed Kara Walker's family**.

**"Family Works has given us a new life," she says. "It's connected us to things we're passionate about, and given us hope."**



Family Works SWiS meets the needs of individual children with a whole-of-family approach. **Kara's family is stronger as a result.**

Kara Walker is a busy and devoted mother to not only her own five children but also her 11-year-old nephew. Although committed to giving all six children the best start possible, Kara is a solo mother with very little supporting family or whanau in Christchurch, and each of her children has different needs and challenges—some greater than she can address on her own. So some years ago Kara realised she needed help—from someone she could trust and who wanted the best for her family.

Kara found that help when her eldest son, Arquead, who was 9 years old, began working with the SWiS service at Bishopdale school. The service was so beneficial that the family re-engaged with SWiS in 2015, when Arquead, now age 11, needed opportunities to develop a positive sense of himself.

Angela Wilcox, the SWiS worker at Bishopdale, straight away recognized Arquead's keen interest in tikanga Māori, a passion that Kara supports one hundred percent. "It's important to me that my kids are connected with their culture," she says. "I want them to know their identity." Arquead was already involved in kapa haka at school, but Angela supported him further with connection to wānanga (learning forums) held at local marae. Learning about his culture more deeply at the wānanga, where he would stay overnight away from his family, strengthened Arquead's self identity. "Since taking

up kapa haka Arquead is much more confident," says Kara. "He has a skill that no one else around him has. The effect of that is amazing!" Arquead's proficiency at kapa haka was recognized at the wānanga, and he was presented with a taiaha (a long wooden weapon). He also became a cultural leader at Bishopdale school.

Angela also worked with Kara's nephew, Devontay, who lives with her and who was struggling to concentrate at school and to find his place. "The first thing she asked Devontay was what he enjoyed doing," says Kara. "Instead of focusing on his problems, she gave him a place to talk about his strengths." Devontay attended individual and group counselling sessions, where he learnt to better communicate his wants and needs. "We discovered Devontay was interested in tennis," says Angela. "So with financial assistance from the Blogg Charitable Trust and the Riccarton Youth Trust, plus second-hand equipment from my sister, Devontay joined a tennis club." Recently Devontay made the finals in his club's tennis championship.

Devontay also expressed a desire to participate in tikanga Māori through hāngi, not performance. "I wanted all my children to go to kapa haka," says Kara. "I didn't understand they might want to connect with their culture in other ways. Even though she's Pākehā, Angela acknowledged our family value, and helped meet individual needs at the same time."





Kara's 6-year-old son Hampshire is working with another SWiS worker to learn how to express himself and manage his emotions—to make school and home life much easier. The social worker acts as a positive male role model for Hampshire too.

Angela is also supporting Kara to transition Devontay to living with his birth mother. "I feel like I'm stronger and more confident," says Kara. "Before, I would walk away from things that were difficult, but now I have the tools to face hard things like Devontay's transition."

Family Works services collaborate with other agencies to provide support, so Kara can access food parcels and budget advice. "My problem before was that I never asked for help," says Kara. "But since I've started asking, it's been amazing."

With Family Works support, Kara now has a plan for her whānau to keep them safe, strong, and connected—a plan that values her tamariki, their education, and their connection to te ao Māori.

## ABOUT SOCIAL WORKERS IN SCHOOLS

The Family Works SWiS service helps children feel safe, strong and connected.

If a child at a decile 1-3 school is struggling to learn or fit in, a social worker will work alongside the child's family, whānau and school staff to help the child understand his/her identity and develop a sense of belonging, to create a safe and healthy environment, to encourage engagement with learning, and to identify ways to improve behaviours and relationships.

To people like Kara, the help of SWiS is life changing. "School's need these programmes because there are people like us who don't have family support," she says. "They need someone they can trust."

"My relationship with Kara is a reciprocal one"

"I've learnt a lot from her. She puts the hard work in for her children."

says Angela Wilcox  
of Family Works SWiS.

"In essence, we give them hope."



## ANGELA'S TAKE

Angela feels she's blessed in her job to form long-term relationships with people and families. It means she witnesses the real change that takes place in their lives.

Angela also understands the importance of community and culture to a growing young person. And she's grateful for generous donors, who give Family Works families the means to change the path they're on.

# Guardian Grandparents

For Ashburton residents Alister and Alison Argyle, their grandchildren remind them how precious young people are and of the huge disparity in opportunities that children can have. Alison, a teacher, says:

*"We see our grandchildren having swimming lessons and going to the library, but of course you can't go to the library unless your parents have a car. That's a clear example of a lack of equality right from an early age—in exposure to books, activities and experiences"*

Becoming grandparents heightened Alister and Alison's awareness of the issues many children face—issues their own grandchildren would face if circumstances were different. "It's about all children having security and love and enough food on the table," Alison explains.

When the couple began looking for ways to support children in need, they turned to Presbyterian Support in Ashburton. Being longtime supporters of the organisation, they knew well the range of Family Works services offered. "We like the interaction that our local Presbyterian Support has with the community," says Alister. "For example, when the freezer (at the Trevor Wilson Centre) was empty, Jackie Girvan, the Mid-Canterbury Regional

Manager, simply asked the community for help and they responded."

The couple chose to support children in need via the Family Works monthly giving programme, Guardian Angel. This programme enables supporters to directly help vulnerable children and their parents through counselling, parenting education, budgeting assistance and other services.

Now, for every new grandchild, Alister and Alison set up an additional Guardian Angel monthly gift. This decision represents their commitment to the future generation. "The design of the Guardian Angel programme makes us feel like our donation is directly helping somebody else's grandchild," Alister explains. "Society too often pays lip service to the notion that children are the future of New Zealand, but we need to back up those sentiments with something tangible. Guardian Angel is an effective way to convert those concerns into action."

The couple hopes their family will take this spirit of giving onboard, and that future generations of children will have Guardian Angels to look after them when they need it most.

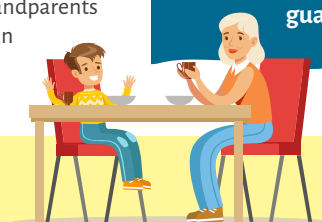
"We want our children to be aware that not all families are as fortunate as ours. And we hope that by making our views public other grandparents will also consider joining the Guardian Angel programme."



Last year Family Works supported over

**4,000**  
children and families

thanks in part to Guardian Angels like Alister and Alison Argyle. If you are interested in becoming a Guardian Angel, visit [www.psuppersouth.org.nz/guardianangel](http://www.psuppersouth.org.nz/guardianangel).



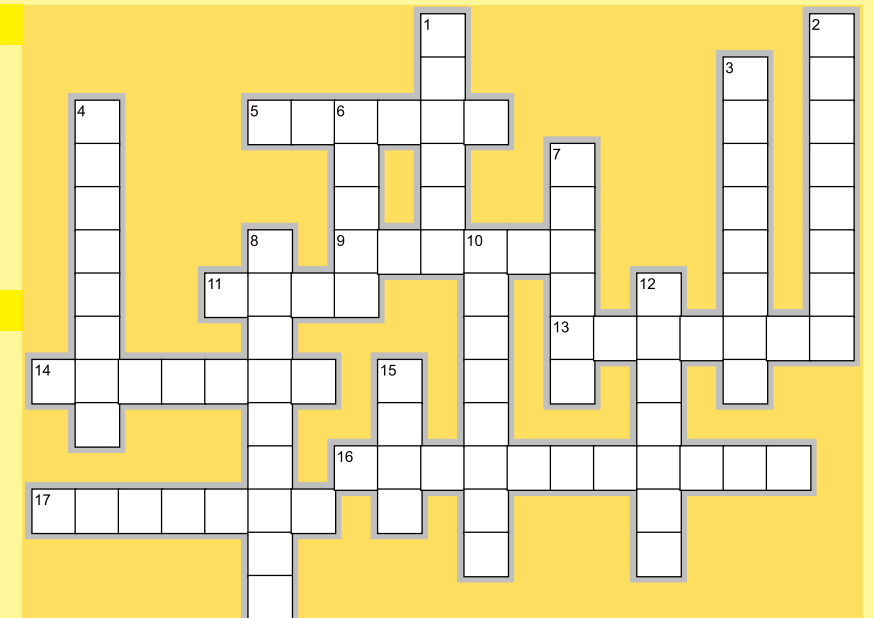
## A Crossword for the Season

### ACROSS

5. A season.
9. Begin to grow.
11. What deferred makes the heart sick?
13. Hope springs ....
14. Feeling optimism for the future.
16. Presbyterian Support service for families.
17. Presbyterian Support service for older people.

### DOWN

1. A trusted advisor.
2. Common spring bulb.
3. Flowering.
4. To be sans shoes.
6. It takes the whole village to ... a child.
7. A baby rabbit.
8. To freely offer to do something.
10. A "glass half full" kind of person.
12. Recently born.
15. Green foliage.



EclipseCrossword.com





# A Day in the Week to Look Forward To

Trevor Fish, left, and Alan McLaren close and clamp the basket for the gabion.

"At Totara Club the group encourages each other."

"I look forward to coming each week." says Alan.

**Men are more likely than women to become socially isolated because they have less contact with children, family, and friends. Enliven day programmes like Totara Club give older men (and women) a place to connect with others while maintaining interests and skills, and sharing activities and experiences in the community.**

"I used to work for the Ministry of Works on big dam projects down in the McKenzie Country," says Alan McLaren, a regular member of Enliven's Totara Club in Nelson. "I used to captain the South Canterbury rugby team down there as well. But now I'm not as fit as I used to be," he adds with a laugh.

Despite his living more quietly these days, Totara Club gives Alan something to look forward to each week. The club provides activities such as topical discussions and guest speakers, positive reminiscence, indoor games, exercise and relaxation, walking groups, and outings. In other words Totara Club gives Alan, and men like him, a place to connect. "It gives me a purpose to my day, the staff put on an interesting programme, and I like meeting up with the others in the group," he says.

Another Totara Club member, Trevor Fish, agrees. Like many others, after an active and busy life Trevor is suffering some memory loss. "I like the fellowship with people who have similar problems," he says. "I appreciate the fact that my challenges aren't unique to me. And because I'm not driving now, I also enjoy going on outings in the van."

At Totara Club members can feel like they are part of a community. Recently, the garden at PSUSI's Nelson premises received an upgrade—the original landscaping of stones and grasses was replaced with a more floral and fragrant garden for the Enliven community to enjoy. To honour the original garden, some of the Totara Club men worked together to fill two gabions with stones to create a decorative pillar.

The pillar was a terrific project for the men," said Trish Armstrong, Enliven Day Programme Coordinator. "They enjoyed putting the wire baskets together and getting their hands dirty placing the stones."

Being socially active keeps older men and women happier and healthier. For more information about Enliven day programmes, visit [www.enlivenuppersouth.org.nz](http://www.enlivenuppersouth.org.nz).



photo credit: [www.nerdywithchildren.com](http://www.nerdywithchildren.com)

## Ready to Roll – Time to Plant Vegie Seeds

Anyone can start a garden, and spring is exactly the time to do it. You don't even need fancy equipment. Here's a clever tip for re-using waste that everyone accumulates at home—toilet rolls.

Place several toilet rolls in a plastic container. Fill each with potting mix or soil and plant your seeds. Position the rolls in a warm spot and keep them moist. When the new seedlings are ready for the garden, plant the whole roll—it will break down naturally in the soil.

**In early spring plant** lettuces, zucchinis, and tomato seeds.







# Preventing Elder Abuse – We All Have a Role to Play

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. Sadly, about one in ten older people in New Zealand experience abuse or neglect in some form—be it physical, psychological, financial, institutional or sexual.

According to Vaughan Milner, CEO of PSUSI, we all have a role to play in keeping elders safe and ensuring a sense of belonging. “Aroha tētahi ki tētahi; let us look after each other,” he says. “For older people, safety is not just protection from physical harm; it is also about feeling safe emotionally, being treated with respect, knowing your finances are safeguarded, and having time and companionship with people you love who love you back. These things make a lifetime last, with grace.”

To help older kiwis live happily and safely in their own homes, we should all follow (and share) these ten tips to promote respect of our elders/kaumātua and prevent abuse:

- 01 Love and cherish your older relatives / whānau.
- 02 Speak respectfully to older people/kaumātua.
- 03 Include older people/kaumātua in your social activities.
- 04 Phone or visit your older relatives / whānau.
- 05 Support older people/kaumātua to make their own decisions.
- 06 Honour older people's/kaumātua wisdom.
- 07 Enable older people/kaumātua to set their own pace.
- 08 Respect older people's/kaumātua stories.
- 09 Seek advice from an Elder Abuse and Neglect Prevention Service when you think an older person/kaumātua is being abused or neglected.

## New Elder Abuse Intervention Service

A new Elder Abuse Response Service(EARS) focuses on intervention and puts the needs of the victims of elder abuse first. The cornerstone of EARS is a free and confidential 24/7 help-line, 0800 32 668 65 (0800 EA NOT OK). Registered nurses will be on the other end of the phone to listen and advise anyone who needs information or support about elder abuse.

EARS is a free and confidential  
**24/7 HELP-LINE**  
**0800 32 668 65**  
(0800 EA NOT OK).

## Lovely Lemons - A Springtime Virus Buster

Is it the changeable weather? The end of the school term? Or just that we've brought out our summer t-shirts too early?

Just as the days get longer and warmer, spring seems to deliver a fresh round of colds and flu. Fortunately, the one fruit in bountiful supply in NZ spring gardens is lemons. Drooping laden branches put instant cold relief at our fingertips.

If a cold is getting the better of you or someone you care about, try this recipe for a Lemon Ginger and Garlic Bomb. One soothing hot mugful and you WILL feel instant relief.

### LEMON, GINGER AND GARLIC BOMB WITH MANUKA HONEY

- 1 inch of fresh ginger root, finely grated
- 1 small garlic clove, minced
- Juice of 1 lemon
- 1 tsp Manuka honey (or to taste)
- Boiling water

Combine all ingredients in a mug and drink. Repeat as often as needed.  
Optional: After steeping for a few minutes, filter out the lumps before drinking.  
Remember though: they're good for you!

All the ingredients in this soothing drink are remedies by themselves; together they're a knockout. Lemons are high in vitamin C to support the immune system, and anti-inflammatory to soothe sore throats and irritated membranes. The antiseptic action of lemon juice directly fights cold viruses. Ginger is also antiseptic and anti-inflammatory. Ginger and manuka honey are cough suppressants, plus manuka honey is antibacterial and antiviral. Garlic is, of course, anti-everything—it's the Bomb's secret weapon!



## CHARITABLE BEQUESTS A LAWYER'S ROLE

Less than 8% of Kiwis give to charities in their wills. However, those that do give, donate generously. New Zealanders bequeath over \$192 million annually to registered charities. For many of these organisations, bequests are an important source of income. *If you'd like to bequeath a gift to a charity there are two main considerations: the use of a lawyer and your family's expectations.*

### The Lawyer's Role

A lawyer's responsibility is to ensure that a bequest clearly defines a will-maker's wishes, and also aligns with the purposes of the chosen charity.

The lawyer will first confirm that the charity exists and determine the correct wording for the bequest, including the correct definition of the charity and its purpose.

The lawyer should also determine the will-maker's preferred use for the bequest, and which region he or she would like to benefit. A bequest can fail if the chosen charity no longer carries out the activity defined in the bequest, or if the chosen region is no longer served.

Although some clients have a particular use for their gift in mind, if the purpose of the bequest is broad, then the charity can more easily use the funds responsibly and ethically. Again, this is why it is important for the lawyer to check whether the organisation can meet the defined purpose of the bequest.

A lawyer can add a provision to a will allowing executors to vest the bequest in another charity if the chosen charity no longer exists. In this case, the alternative charity must nearly meet the will-maker's wishes and intentions.

### Family Expectations

If you're planning a bequest, consider discussing your intentions with family first, with a lawyer present. The lawyer will record the discussion, which will help in the case of a future challenge to the will.

Charity bequests can go sour if family members feel they have missed out on an inheritance, and so take the estate to court. The Family Protection Act 1955 allows the Court to determine whether a will-maker has discharged his or her moral duty to make adequate provision for the proper maintenance and support of eligible persons. Court battles are expensive for charities, so will-makers need to consider the cost to a charity if their bequest is challenged.

The alternative is to donate during your lifetime. But regardless, never attempt to draft your own will. Seek advice from a lawyer to ensure your wishes are expressed clearly and without confusion.

Disclaimer: the content of this article is general in nature and not intended as a substitute for specific professional advice on any matter and should not be relied upon for that purpose.



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# Around the Region



## A Whole Village

Each year Presbyterian Support in Ashburton gratefully receives donated firewood. But it's not only the donations that mean so much, it's also the contributions of the community, who help with the hard and often dirty work of loading, storing, cutting and splitting, and delivery.

In 2015 a past client donated 26 trailer loads of blue gum and pine, all of which was cut and ready for distribution to local families in need. Graham Trost, who owns a local plantation, also donated prepared wood. In both cases Wilson Bulk Transport picked up the wood at no cost. Volunteers delivered the wood to clients.

In 2016, Graham Trost again donated wood due to terrific wind storms felling many trees. It was cut and split, but had to be collected that day. Wilson Bulk Transport again came to the rescue with two trucks and six men, who loaded and delivered the wood to a volunteer's lifestyle block. Another donated load was cut and split by the volunteer and his friends and family.

Recently the same volunteer noticed trees being felled at Ashburton's old sale yards. He quickly rang the manager to request the logs for Presbyterian Support. Phillip Wareing Ltd, a local logging company, moved the 30 tonne of logs in readiness for a few more wood-chopping sessions.

Keeping needy Mid-Canterbury children and families warm this winter has indeed taken the whole village, who have gladly donated their efforts to Presbyterian Support.



## Pink Shirt Day 2017

Pink Shirt Day celebrates diversity and promotes positive social relationships.

This year the peer support group at Mount Hutt high school recognized Pink Shirt Day by selling pink pancakes to fundraise for the cause. Ten students from the school's peer support group helped make and sell the pancakes while talking to other students about bullying. The vibrant pink pancakes sold out—it was tough keeping up with demand—raising \$106.40 for the Pink Shirt Day organisation.

Elsewhere around the region Presbyterian Support offices blazed with pink shirts, ponchos, wigs, and feather boas to support this important anti-bullying awareness day.

Pink Shirt Day is led by the Mental Health Foundation and is supported by Family Works.



## Parkour Comes to Blenheim

Parkour is the art of moving through space in the most efficient way using running, climbing and jumping. Earlier this year instructors from Parkour NZ held training at Blenheim Primary School. On their watch, 50 children and adults jumped, vaulted, balanced and broke rolls.

"Parkour is a great workout for the brain and the body," says Darlene Purdie, Family Works Youth Mentor Coordinator. "It gets kids outside and exercising without their even realising it, and the underlying philosophy teaches them they can overcome any obstacle."

The two-day event kicked off a new parkour club that Darlene initiated, where Blenheim Primary hosts weekly classes by students from the community college. The club gives participating children positive role models and mentors with similar interests. And it is already positively influencing the children, with parents and teachers reporting more confidence and settling in some of the children.

Darlene is organising a parkour rally for next year. In the meantime she says, "If you can breathe and move you can do parkour. Watch this space for parkour for over 60s!"



## Navigating Earthquake Support

Following the earthquake sequence of 14 November 2016, Hurunui and Kaikoura residents had to pick up the pieces of their homes and lives. In addition to the trauma of the event, many affected people had no experience dealing with government agencies or community service organisations.

And so the Hurunui and Kaikoura Navigation Service (HKNS) was created. The HKNS supports people through earthquake-related issues by creating a single point of contact—often face-to-face—to help them access the services they need. People eligible for the HKNS are those who need help accessing agency support, or who need to improve their living conditions, for example, by moving out while their home is repaired. Annie McLean of Enliven is a navigator at the HKNS. "Country people are used to being independent and resourceful," she says. "But the effects of the earthquake and a three-year drought have really stretched people's resilience." The HKNS aims to support and empower the people it works with, building their resilience and nurturing hope.

"The scale of assistance required is vast and many clients are financially and emotionally stressed," says Annie. "The HKNS makes a real difference to the process".

To learn more about the HKNS, visit <http://enlivenuppersouth.org.nz/earthquakesupport>. Or phone 0800 777 846.





# Budgeting Advice Comes to Selwyn

Budgeting advice for the Selwyn district is now just a phone call away.

Until recently, Selwyn residents looking for help to control their finances had to drive to Christchurch or Ashburton. But as part of a new Building Financial Capability (BFC) service for Selwyn, the district's residents can now have their budgeting needs met locally. Sarah Taylor, as a BFC mentor for Selwyn, is available for office-based or in-home budgeting support. The service began in November 2016.

As a financial mentor, Sarah works with people of all ages, including retirees, to record their income and then their weekly, monthly and yearly expenses; she helps them identify what areas are working well—and where there is difficulty. Together they work to achieve financial control through managing expenses, paying down debt, and saving for the future. "In the first instance, people need reassurance and clarity", says Sarah. "So we start working to meet their everyday living costs, and address any debt that's holding them back and causing stress. Most clients say they feel better just talking to someone and, I think quite bravely, putting all their cards on the table."

Education is a big part of Sarah's process. Together she and her client look at more cost-effective service providers, smooth-pay solutions for utilities, and avoidance of common traps such as loan sharks, car deals, convenience stores, and credit contracts. Sarah also works with creditors and debt collectors on behalf of clients to negotiate extra time or alternative payment options. She believes, however, that financial

mentoring, or budget advice, is more about prevention of unnecessary debt and financial stress than managing the damage once it is done.

"People can be shocked at how much money they're spending on items such as energy drinks or takeaway coffees", says Sarah. "There are often quick and easy ways for clients to cut back spending in order to pay down debt or save for a rainy day." But beyond immediate financial control, Sarah aims to ultimately help her clients identify longer-term goals such as education, holidays, or home ownership. In other words, give them hope for a better financial future.

The BFC service, provided by Family Works, is available to anyone in the Selwyn district. For more information, phone Presbyterian Support Upper South Island at (03) 366 5472, or e-mail [selwynbudget@psusi.org.nz](mailto:selwynbudget@psusi.org.nz).

*"It's great just to have it written out and see where my money is going and see where I could cut back".*  
client quote.

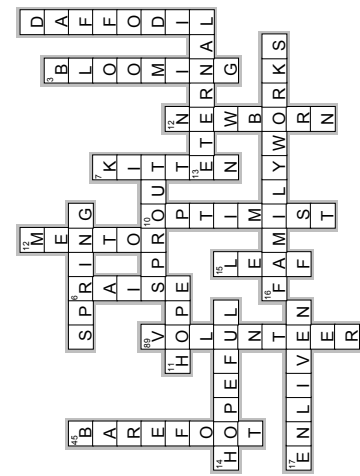
"A budget is telling your money where to go instead of wondering where it went"  
DAVE RAMSEY

Nothing is so beautiful as Spring –  
When weeds, in wheels, shoot long and lovely and lush;  
Thrush's eggs look little low heavens, and thrush  
Through the echoing timber does so rinse and wring  
The ear, it strikes like lightnings to hear him sing;  
The glassy peartree leaves and blooms, they brush  
The descending blue; that blue is all in a rush  
With richness; the racing lambs too have fair their fling.

Gerard Manley Hopkins, "Spring"



Crossword Answers from p5.



## OUR MAJOR SUPPORTERS



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# 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](http://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  
☐ I would like information about leaving a gift in my will  
☐ I would like information about giving by automatic payment

## 2 My gift is (please circle): \$250 \$100 \$50 \$25 \$10

Other \$

## 3 Please tick your preferred payment method:

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☐ Cheque (Payable to Presbyterian Support Upper South Island)  
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## 4 My contact details are:

Name

Address

Phone

E-mail

Date of birth

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.  
NZ Charities Register #CC21765

Thank you for your generosity.

Thank you!



# Mentors Needed.



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

A regular, small amount of your time each week could make a huge difference to one of our young clients' lives. Become a mentor.

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



**FamilyWorks**