

PEOPLE

Helping People

The magazine of Presbyterian Support Upper South Island

ISSUE 5

Spring/Summer 2018-19

Cashmere High Turns Pink for a Week

- A new NZer finds connection at HomeShare
- Kids love our school group programmes
- Marlborough mentors have a big impact
- A home of your own choosing means so much



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.



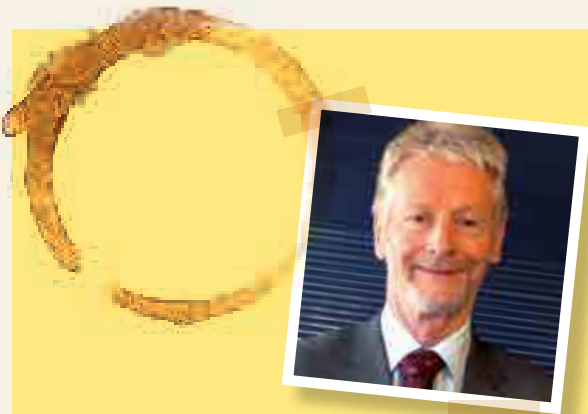
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Time for a 'cuppa'?

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

Tēnā koutou,

My first social work job in 1974 taught me that doing practical seemingly ordinary things like having a cuppa and a biscuit or kicking a ball round outside with clients were great ways to develop a helping relationship. If you earned trust and respect and quietly developed a relationship then you could create opportunities for change.

Today our well-trained staff at PSUSI have all sorts of resources based on research and evidence that they can use in their work. The staff are also subject to a variety of compliance checks and legal, professional, and organisational requirements designed to provide greater accountability and reduce the risk of abuses of power or of causing harm to clients.

This greater level of sophistication has not replaced the essence of the helping professions – the ability to ethically connect to another person in their pain and vulnerability. Time, showing a genuine interest, and paying attention, are still some of the most important elements of a relationship irrespective of age, ethnicity, gender, or spiritual beliefs. As shown throughout this issue the simple yet profoundly human acts of sharing food, drink, or an activity, remain central to people helping people.

Whiria ki te tangata. / Weave the people together.

Ngā mihi

Vaughan Milner



The 'Cup of Tea and a Biscuit' Issue

This time last year the PSUSI team at Bealey Ave were preparing to move out of their condemned, quake-damaged building, while artists were preparing to move in for a mad weekend of doomed art making. Their commission? To portray 25 years of social services delivered from the building to the community in paintings on the building's walls.

Madeleine Thompson, a local painter, transformed a dark stairwell with a triptych of lively pictures depicting the social power of a simple cup of tea.

"I used the social ritual of sharing cups of tea to show how Presbyterian Support provides for our community," said Madeline. "The interactions we share with others over a cuppa and a biscuit comfort and sustain us physically and emotionally."

Remembering Madeline's now-long-demolished mural, we're calling this issue of People Helping People our "Cup of Tea and a Biscuit" issue. In it we celebrate social connection shared over the simple things in life—chatting over a cup of tea, eating (or baking) biscuits together, playing a game, or going for a walk.

Thanks, Madeline.





THE BELLA LIFE:

HomeShare

Helps an Older New,
New Zealander

In 1999, a recently widowed Bella left everyone and everything she knew in Fiji to live with her son and his family in New Zealand. “In my culture,” said Bella, who is Fijian-Indian, **“parents are looked after by the son, so I moved here to be with mine.”**

Bella had a busy social life in Fiji. A retired teacher, Bella filled her days with gardening, clubs and societies, and social work. Bella says she mixes comfortably “with everybody, all types of people”. However, in New Zealand it was difficult for Bella to re-create that community connection she’d enjoyed in her homeland. “My neighbour was a kiwi lady and we used to talk, but she moved to a retirement village,” said Bella. “Then I started going to a weekly coffee group of retired teachers. Unfortunately, when the organiser fell ill, the coffee group folded.”

With her son and his family busy with their own lives, Bella began to miss company and to feel like she “didn’t have her own things going on”.

She also wanted to spend time with people her own age. **“You have common things to talk about,”** she said.

Social Connection at Last

After a hospital visit, Bella’s GP referred her to an Enliven HomeShare service in Christchurch to help her get out of the house and meet friends. Even though she knew she would be the only non-Pakeha in the HomeShare group, Bella wasn’t nervous. “I was just excited and happy,” she said.

On HomeShare days, Bella is transported to the venue and back, and she enjoys a hot meal—a vegetarian one for her—plus games and activities. **“We go out for walks, which I really like, and every time we have something different to do,” said Bella. “But by talking to each other, we are making each other happy. Just talking is so important.”** Bella observes that even quiet people are included at HomeShare. “The volunteers walk the quieter people to the table and include them in the activities,” she said.

Bella has always been an active person, so she also enthusiastically helps out. “I get picked up early so I told [the HomeShare host] that if there is anything I can do to help, I want to do it. Now I set out tea cups before the meeting starts.”



Love and Happiness Found Here

Bella’s Sydney-based daughter calls her regularly and one day she commented that Bella sounded “very happy today”.

“I’d been to HomeShare,” Bella recalled. **“I did feel happy after being with other people.”**

Bella wishes the HomeShare service were available in Fiji, because she knows there are so many lonely women who need it. And of lonely older people in New Zealand she said,

“There may be people around who are lovely but have no friends. I wish they could come to know and join the group. People talk about love, and when you go [to HomeShare], you find love.”



WHAT IS ENLIVEN HOMESHARE?

Our Enliven HomeShare service brings older people with shared interests together in the comfort of a host’s private home. Small groups share a meal and conversation, and activities chosen by the group.

PSUSI funds HomeShare through grants and generous donations by supporters, plus the help of volunteers. We receive only limited Government funding. One day of HomeShare costs from \$29 to \$44 per person, depending on the older person’s needs.

Because PSUSI pays for HomeShare, we can respond to community needs quickly. For example, after the Canterbury earthquakes, when older people’s families and whānau became displaced, PSUSI was able to quickly set up HomeShare groups to support older people at risk of becoming socially isolated.

HomeShare is offered in Christchurch, Marlborough, Mid Canterbury, North Canterbury, Selwyn and on the West Coast. Referrals are essential. For more information, speak to a GP, or call (03) 313-8588.



Shirley Wright is General Manager of Christchurch Resettlement Services (CRS), an organisation that supports resettling refugee and migrant background communities with a range of services including bi-lingual community work, social work, and counselling. *We shared Bella's story with Shirley and asked for her thoughts on the experience of new New Zealanders, especially older people.*

Taking a Walk in Someone Else's Shoes



Shirley Wright with her favourite office decoration, a poster by the Human Rights Commission.



What are some of the unique challenges older new NZers face?

The language barrier is the first challenge. If they have little or no English, they can't communicate with anyone. There aren't many places for people beyond working age to study English, and it's hard for older people to learn. Without English language, older migrants can't get around in their community; they can't do simple things that we take for granted like buy something from the shop or catch a bus. Even if an older migrant has some English language, it's difficult to find the confidence to speak it in a general setting.

How do older migrants become isolated when they've moved to NZ to be with family?

Bella's story is extremely typical in that migrant and refugee families work very, very hard to 'make it work' in New Zealand. That can mean the younger generation is out of the house for twelve hours a day earning a living, while the older person spends all that time at home alone. They aren't able to practice English or learn about their local community, so they become housebound and isolated.

We can't see the extent of the issue because these older adults are usually invisible. Bella's situation was only revealed when she met a social worker during a hospital stay.

How is Bella's story not typical?

Bella is very confident – perhaps because she's an ex-teacher – whereas many older migrants are shy, especially if they've been rebuffed before. Or they may be frightened of racism. If they've had a bad experience in one setting, they'll carry it with them to all situations. Racism, especially, is emotionally harmful. Even racism disguised with humour.

Are these older migrants a burden to New Zealand?

The Government welcomes migrants because our immigration policy supports New Zealand's economic growth.

In fact, there is international evidence that for every one dollar spent on a migrant or refugee, two dollars are returned.

Also, we are signatories on the UN Convention on Refugees, so we have a quota of refugees we bring in every year, which is a humanitarian response to the global refugee situation.

Migrants bring their skills and their financial investments, and because family is one of the basic things we need in life, they are able to apply to bring their families over too. If migrants bring families to NZ, they are required to support them. Migrants are not a burden; they're people who come here and support their adopted country and want to make it their own.

How can we all help migrants, especially older ones, to feel included?

It's wonderful when people in the wider community reach out to be welcoming.

Often we don't want to offend so we don't do anything. But just smile. Say hello. That's powerful. I think a smile is such an infectious thing and it shows pleasure and joy. You can do it in any language. I've had people tell me that a smile has meant so much – even after years of living here.

Also, when someone doesn't have much English, take the time. Check understanding and really listen. For me it's about putting myself in that person's position, taking a walk in somebody else's shoes.



FINAL WORDS FROM BELLA:

*"I enjoy the tea and coffee. **Hearty thanks to the organizers and volunteers. God bless them all.** I'm the only person of colour there but there is no discrimination. The hall is filled with love. I really like my life."*

Older Hands Wield Chopsticks for the First Time

At Nelson's Totara Club, members often explore a topic of interest, and recently that interest has been tasting food from other countries. First members enjoyed making and tasting poppadoms during India Week, then they moved on to sushi. Of course, when it comes to sushi, the art is not just in the making but in the eating...with chopsticks.

Midori Tazawa-Forlong is a Totara Club volunteer who was born in Japan, and she kindly offered to host a sushi-making demonstration. Midori came fully prepared with nori (sheets of dried seaweed), sushi rice, thinly sliced egg omelette and fresh vegetables, plus teriyaki chicken and tuna. She provided plenty of soy sauce and wasabi (hot green mustard) for on the side too.

Several Totara Club members tried their hands at rolling the sushi with Midori's bamboo mat, while others devoted their attention to mastering the chopsticks.

George was committed to learning how to eat with two wooden sticks. ("How would you eat peas with them?" he wanted to know.) But he wasn't keen on the sushi. So he and two other Club members, Mary and Gladwen, practised with lollies. With their sweet motivation and a lot of perseverance, all three members achieved chopstick success!



How do you take your tea? Tea Bags vs. Loose Leaves

NZ baristas take pride in their ability to make the perfect espresso or flat white. But ask for a cup of tea and that same barista is likely to drop a teabag in boiling water and call it done. And charge you \$5.00 for the privilege.

To be fair, most home tea drinkers use tea bags, but when we do—in the misguided pursuit of speed and convenience—we lose. Here's what loose leaves have over tea bags:

Taste Tea bags contain the "dust" and "fannings" of broken tea leaves, which have lost most of their essential oils and aroma. When steeped they release more tannins than whole leaves. And the result? A bitter brew.

Speed When you can brew a delicious loose leaf tea in your teapot in just three minutes, how much faster is that tea bag dunked in a cup exactly?

A comforting ritual Making tea in a teapot can be as complex as you decide. But whether or not you warm the pot, use a tea cosy, or set an old-fashioned egg timer, the ritual of making tea can be as soothing and uplifting as drinking the cuppa itself.

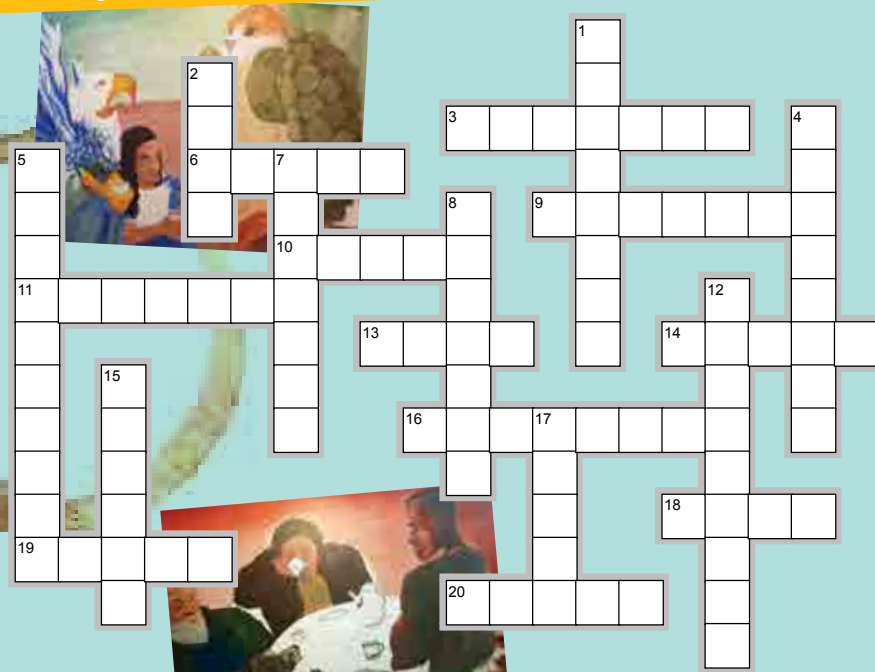
Aroha in a cup Sometimes we make a cup of tea for a family or whānau member in need of a boost. A tea-making ritual lets us express our love and care over each step as we try to prepare the smoothest, tastiest brew (in the nicest cup we can find in the cupboard). Giving in this way nourishes us as much as it soothes our loved one.

Environmentally friendly Believe it or not, most tea bags contain plastic because heat-resistant polypropylene is used to seal the bags, so most tea bags won't fully break down. Aside from how off putting the thought of drinking plastic with our tea is, with millions of people around the world using tea bags, that's a lot of plastic waste on our planet.

So if we're going to connect with someone over a cup of tea, let's make it a good one, and brew it with loose leaves in a pot.



A Cup of Tea and a Biscuit...and a Crossword



ACROSS

3. Little cakes that are easy to bake...then eat while they're still warm! (7)
 6. A friendly facial expression towards someone. (5)
 9. A dying form of communication and connection across the miles—should we revive them? (7)
 10. Tools down, it's time for _____ with your workmates. (5)
 11. Slang for an everyday cuppa (and rainy weather wear). (6)
 13. Need a mental health boost? Go for a _____ with a loved-one. (4)
 14. NZ biscuit from WWI. (5)
 16. A board game for wordsmiths. (8)
 18. For a quick and easy "I'm thinking about you" message in the modern age, just send a _____. (4)
 19. What's your favourite? Date, cheese, or plain with jam and cream? (5)
 20. Going on a picnic? Keep your tea or coffee warm in this. (5)
- ### DOWN
1. Drink herbal tea or hot water when you want to avoid this. (8)
 2. Keep your teapot warm with one. (4)
 4. A card game the whole family can enjoy after dinner. (4, 4)
 5. Perfect for dunking. (10)
 7. Before espresso caught on in NZ, most people just drank this. (7)
 8. "Let's share an easy dinner - everyone bring a plate". (7)
 12. From books to knitting to vintage cars to music, we find connection with others over shared _____. (9)
 15. A lidded jug for steeping hot drinks. (6)
 17. Another word for love. (Maori, 5)

A Home of Your Own Choosing Means so Much

Two older mums; two loving, caring, and committed sons. An Enliven social worker supports two families with complex circumstances to live in their own homes.



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

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

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

son, who she trusts and has a close relationship with." Harriet's being at home benefits her son too—it's enabled him to develop social connections to support him in the future when he may experience loss and grief at Harriet's leaving.

Meanwhile, Lillian* recently went into care but she wants to return home to live with her son, Graham*, who also wishes to have her back. Graham is only in his fifties, but rheumatoid arthritis and other health complications have left him suffering chronic pain and needing extensive support from carers. Petra is working with Graham because his disability is termed "Close in Age" to that of an older person.

Graham's determination to remain independent causes him to risk falling at times, but despite pressure to go into care himself, he is working with Petra to stay at home for as long as possible and to ensure he has appropriate support. Petra helps Graham to have his voice heard with agencies and hospital staff who may think he should already be in care. She is also helping Graham access further Disability Allowances, complete an Advance Care Directive, and set up Enduring Powers of Attorney. At the same time, Petra is exploring re-assessment for Lillian so she can return home if possible.



At Enliven, social workers like Petra build on the strengths of their clients to achieve the best possible outcomes. In Harriet's and Graham's situations, their strength is the close, caring relationship between mother and son, and the determination both sons share to provide a comfortable, safe, and loving home for their mums.

*not their real names

FUTURE OPENS UP FOR DENNIS MOORE SCHOLAR



Joshua Nicholls has no shortage of dreams and is confident for the future. But despite his potential and success at school, stepping into that future has taken some "figuring out".



Until last year Josh attended Buller High School in Westport, where he was an enthusiastic participant in performing arts, a peer support leader, and a prefect and arts leader; his studies were no problem. Moving on to tertiary education should have been a natural next step.

But finances were tight. Josh's father is a fisherman, away every two weeks to sea, and his mother can't work due to health issues. "I wasn't worried," he said. "I just tried to figure out how it was going to work."

Josh's career advisor told him about PSUSI's Dennis Moore Memorial Scholarship, which supports West Coast youth to further their education. "It was something I felt would be able to help me," Josh said.

His application impressed the awards committee. "I liked the way Josh's interest in creativity and his determination to do well came through in the application," said Vaughan Milner, PSUSI Chief Executive. They granted Josh a scholarship, which he is putting towards housing and fees.

Josh wants a creative career, so he began his studies with a 15-week Digital Media course. Josh's next step is animation and film production with Yoobee, based at the University of Canterbury. Josh is very thankful for the scholarship. "I ... am so happy to not be limited," he said.



Dennis Moore passed away nearly 20 years ago. This year, he is helping put six young people through tertiary education.

Throughout his life, Dennis always sought opportunities to serve people in need in his community, particularly young people.

When he died in 1999, Dennis included Presbyterian Support in his Will. That caring bequest has created a permanent legacy. Each year, the Dennis Moore scholarship fund helps local youth further their education. And his memory and generosity lives on.



With a small amount of planning now, you can have a big impact.

Presbyterian Support staff members are happy to provide bequest language to include Presbyterian Support in your Will, or to talk with you or your financial manager about planned giving options. To establish your legacy, contact: Megan Waddington at (03) 363-8209 or meganw@psusi.org.nz.

Thank you

www.psuppersouth.org.nz/leave-a-legacy



Presbyterian Support
Upper South Island



“Group programmes are an important part of our work,”
says Steve Thomas,
a Family Works SWiS Team Leader.



When a flower doesn't bloom, you fix the environment in which it grows. Not the flower."



How do I feel?	Not at all	Not really	Slightly better	Not a little	Not very	Don't want to say
It was very hot in the car today	😊	😐	😐	😊	😊	😊
I felt nervous with the driver	😊	😐	😐	😊	😊	😊
I had helped for the first time (seemed to do)	😊	😐	😐	😊	😊	😊
We've got an idea today	😊	😐	😐	😊	😊	😊
We've got an idea with the car	😊	😐	😐	😊	😊	😊
I have the car (that we want)	😊	😐	😐	😊	😊	😊
We've got the car (that we want)	😊	😐	😐	😊	😊	😊
We've got the car (that we want)	😊	😐	😐	😊	😊	😊
We've got the car (that we want)	😊	😐	😐	😊	😊	😊

What did you think?

I think about my black sheep, and my
 son and how much more it's good

What did you enjoy?

I don't enjoy anything I love everything

Anything you didn't like?

NO I LOVED ~~everything~~ ^{everything}

Anything else would like to tell us?

that you should have got the car
 because it helped me in the car
 also I want to be in the car

That's why SWiS group programmes are so beneficial. Our SWiS workers take small groups of children who are struggling socially, and over five to eight sessions explore topics such as making friends, dealing with conflict, and bullying. The SWiS worker helps children to strengthen their skills and behaviours, and gives them a voice.

“Groups are meant to be fun,” said Steve Thomas, Family Works SWiS Team Leader. “And they are delivered in a way that’s very respectful.” For children more used to “robust” communication styles from adults, SWiS group programmes offer time in a gentle, relaxed environment. Successful groups also develop a sense of trust and belonging, which the children love and which can also be a new experience.

“Children in the group are sometimes lonely, or they get into conflict with other children,” said Steve. “So we work on areas like waiting for your turn, how to be a friend and how to be friendly, resolving conflict and difficulties, leadership, and bullying.” Children also learn how to show empathy, and look at ways to manage their own emotions, such as those around anxiety and anger.

After their group sessions, children often report they talk to their parents more. Some children say they leave with a greater understanding of what behaviour is appropriate and what's not appropriate. Having learnt more about bullying, they learn how to manage it, and identify safe people to go to—at school or in the community.

When a group programme ends, the SWiS worker will close the group with some kind of celebration—for example, over food or with an outing. Even so, many children finish reluctantly, and ask to come again.

"Rather than treat children as if they are the problem, we welcome them, accommodate them and support them," said Steve. "These groups are potentially life changing because they give children the opportunity to make changes."

"When change happens, so can learning."



POSITIVE IMPACT IS A WALK IN THE PARK

Two Marlborough Men Give and Receive as Family Works Mentors



When volunteer fireman Daniel Woodhouse hung up his coat and helmet after 14 years, he wasn't sure how to give back to his community next. But with three teenage children growing more independent every day, Daniel decided to become a mentor to a child. "I figured it would be right up my alley," he said.

Now Daniel spends a couple of hours each weekend with Lachie*, a smart and lively six-year-old. "He's always keen to see me," said Daniel. *"He waits for me on the fence, eager to get going, and is disappointed when it's time to go home. He always tries to negotiate ways to have more time."*

When Daniel and Lachie hang out, simple activities are special. "We fixed his bike because it was rundown and now we go for bike rides," said Daniel. "We also go swimming. And he loves coming to my house and playing with my kids' old Lego—with Lachie I get to do all the young kid stuff again."

The pair has formed a strong bond, though Lachie is always quick to point out that Daniel is "just my mentor, not my dad". "I can see how living without a dad has a big impact," Daniel said.

"I think as a mentor you generally do make a big difference—just getting the kids out of home for a while. It fills the heart quite a bit. It's very rewarding, that's for sure."

*not their real names

Family Works is always looking for mentors in Marlborough and Canterbury. We give full training and ongoing support.

For more information, contact:

DARLENE PURDIE (Blenheim) 027 206 4067 darlenep@psusi.org.nz or
SARAH TAYLOR (Christchurch) 027 531 8048 saraht@psusi.org.nz



Jason Aitken segued into mentoring via coaching rugby. "I was naturally mentoring as a coach and didn't realise it," he said. Then when the son of Darlene Purdie, Family Works mentoring coordinator, joined the team, Darlene shoulder tapped Jason herself. Now he spends time with ten-year-old Luke*.

"At first Luke was very quiet," said Jason. "He only left the house to go to school. He wasn't allowed to go outside and couldn't ride a bike." So the simple things many children take for granted mean a lot to Luke. The pair goes to the library, for walks, or to the beach; a night-time visit to the fountain in Blenheim's Seymour Park is "amazing". They also join Darlene's mentor group activities. "Darlene's brilliant," Jason said.

"The mentoring community meets once a month for support, and I can just ring Darlene for advice if I need it."

These days when Luke is with Jason he doesn't stop talking, and his eyes are open to a wider world of possibilities. But Jason has also benefitted enormously. *"I didn't think I was doing it for myself, but I get a lot out of it," said Jason. "It makes you reflect on your own childhood. I think about how lucky I was growing up."*

"There are a lot of kids out there who still need mentors," he added. "It doesn't cost anything. You're only giving your time, but time is the most important thing you can give anyone."



I think mentoring works because it is about the simple everyday things that mentors and their young people do together. There may be other professional people working in a young person's life but a mentor is able to come in and "just" be with them—talking, listening, and most importantly coming back reliably when they say they will. **It's a purposeful relationship that encourages a young person to try new things and think about things a different way, and that enables them to develop social connection.**

Colleagues who have referred their clients for mentoring tell me they see the difference a mentor can make in a young person's life.

SARAH TAYLOR
Family Works
Mentoring
Co-ordinator



Do we have to? Walking with kids.

Not all children are thrilled to go for a walk. Often a parent or caregiver must cajole, bribe, or otherwise persuade reluctant children to even get their shoes on. But it's worth persisting, because going for a walk together is a fantastic way to spend time and connect with one another.

Once you do finally get out of the house ("OK, fine, just tie the jacket around your waist"), there are cunning ways to make a walk enjoyable for everyone. Here are some tried-and-true tips from PSUSI staff:

1. Be Photojournalists:

Have the child take photos of interesting things you see on the walk. It could be a toadstool, a treehouse, or a cat peering out a window. It's fun to look at the photos together later and to share the adventure with other family members over dinner.

2. Be Ready to Play:

Include a game of tag, follow the leader, or whatever else your child dreams up. Playing with a child the way he or she wants to encourages closeness and connection.

3. Feed the Ducks:

An old favourite. In fact, including any watery activity is a good idea. From playing Poohsticks to spying eels or making ripples, a water feature creates plenty of interest.

4. Shamelessly Bribe:

Nothing will get a child's shoes on faster than a promise to visit the dairy or bakery for a wee treat. Suddenly, going for a walk is a great idea!

5. Get Wet:

Rainy weather turns even familiar spaces into something magical. Plus, umbrellas are great fun, as are puddles. And the worms! Who can resist?!

6. Just Do It, Just Play Pokémon:

While some of us like to keep our walks technology free, kids just love Pokémon and will eagerly walk/run for miles, phone in hand, looking for new characters. (Pokémon works great for items 2 and 4!) You can find the right balance for your whānau.

7. Walk at Night:

A walk after dinner when it's dark outside can be utterly, utterly thrilling for small people (if they're not too scared). The only prop you need is a torch.

Chocolate Seed Biscuits

Baking is a popular activity for mentors. Recipes like this one are easy and delicious...and perfect with a cup of tea.

This recipe is loosely based on the Peanut Brownies recipe in the old Edmonds Cookbook. To modernise it, we've reduced the sugar, added oats, and substituted the peanuts with allergy-safer seeds. Yes, this recipe is ideal for school lunch boxes!

INGREDIENTS

1 x egg
125g butter
2/3 C sugar
½ C rolled oats
1 - 1 ¼ C flour (1½ C gluten free flour)
1 t baking powder
2 T cocoa
1 C mixed seeds (1/3 each of pumpkin, sunflower, and sesame). Or see the note below.
¼ t salt

METHOD

1. Cream the butter and sugar then beat in the egg.
2. Combine the dry ingredients then add them to the butter mixture.
3. Roll the batter into balls and bake at 180 degrees Celsius for about 15 minutes.

Note: You can substitute our three-seed combo with any number of tasty additions. Try chocolate chips, cranberries, and sunflower seeds; or chocolate chips, chopped apricots and pumpkin seeds.



CASHMERE HIGH TURNS PINK FOR A WEEK

Family Works is proud to be a supporter of Pink Shirt Day.

This year Cashmere High launched an initiative to support the mental health of their staff and students by weaving the “FIVE WAYS TO WELLBEING” into everyday practice, and linking it to Pink Shirt Day.

Words by Niva Chittock-Greenwood, head student at Cashmere High.

We decided to turn Pink Shirt Day in to Pink Shirt Week to launch our Five Ways to Wellbeing programme. Each day, our Student Council and Pink Shirt Day committee organised events surrounding each of the Five Ways: Be Active, Take Notice, Keep Learning, Give, and Connect.



Monday BE ACTIVE

Monday was “Be Active”, so we set up multisport in our gym, and students of all ages and abilities took part.



Tuesday TAKE NOTICE

Tuesday was “Take Notice”, with Random Acts of Kindness day. This meant students could nominate friends, classmates, students and staff to receive little certificates or notes for doing a good deed. Some were as simple as holding open a door, while others were lovely messages about lots of things certain people had done for them. At the end of the week, the person with the most nominations received some movie vouchers.



Wednesday KEEP LEARNING

Wednesday, “Keep Learning”, saw our information station set up with flyers from various mental health organisations. It was great for people to see the wide range of help available to them, both in and out of school.



Thursday GIVE

Thursday, “Give”, was the busiest day! We set up a compliment station, where people could use stickers and coloured paper to create positive comments for others.



Friday CONNECT

By Friday, “Connect”, Pink Shirt Day was all anyone could talk about! By now, the foyer was totally pinked—there was an entire balloon wall, streamers around the stairs, and big pink paper wheels hanging down. The school was also a sea of pink. It was amazing to see everyone getting amongst it! We set up a photo booth in front of our pink wall and also had a form class photo for the most pink class.

We delivered **2500** messages and there wasn't a single negative word throughout all of them.

Learn more about the Five Ways to Wellbeing at mentalhealth.org.nz/home/ways-to-wellbeing/.

Cashmere High's Pink Shirt Day/Week was a huge success—it was a great way to get people thinking about mental health while still having fun. The topic became more approachable and people could open up about it. We hope Pink Shirt Day/Week becomes an annual highlight on the school calendar.



UPSTANDING BYSTANDERS WITH SWIS

In the original spirit of Pink Shirt Day, celebrations at Spreydon Primary School in Christchurch are student led. Spreydon's leadership team—of house captains and school ambassadors—generate ideas and drive planning under the gentle guidance of Family Works SWIS worker, Carol Daw.



Spreydon Primary School house captains and school ambassadors



The team spent a month planning and generating grand ideas—their biggest challenge was to choose the most suitable, feasible...and allowable.

They settled on a week of build-up activities—stories, classroom activities—then on the day, when everyone was dressed in pink, Carol and the team made pink candyfloss for every child in the school. (That's 300 students!) “It took so long, but it was lots of fun!” said Carol.

The team had also planned a dance party for Pink Shirt Day, with half an hour of empowering and uplifting music. Unfortunately, rain postponed the party until Spreydon School could move into their new post-quake premises... complete with a school hall perfect for dancing rain or shine.

Pink Shirt Day supports Carol's work with Spreydon's leaders perfectly because the best way to stop bullying is when bystanders stand up together. Carol supports the student leaders to be upstanding bystanders, teaching them communication and conflict resolution skills, and supporting them to take the younger children under their wings.

THE BEST WAY TO STOP BULLYING IS WHEN BYSTANDERS STAND UP TOGETHER.

“SWIS was always developed as a preventative programme,” Carol says. “I try to keep that preventative lens by working with the leadership team to become effective role models and to support younger children.”

PINK SHIRT DAY

Pink Shirt Day is about people working together to stop bullying by celebrating diversity and promoting positive social relationships.

Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying after a new year 10 student was harassed and threatened for wearing pink. The two older students, David and Travis, bought dozens of pink shirts and distributed them to their male classmates to wear the next day. The word got out online and hundreds of students showed up in pink to stand together against bullying. Now Pink Shirt Day is celebrated around the world.

Pink Shirt Day is led by the Mental Health Foundation, with support from: The Peace Foundation, RainbowYOUTH, InsideOUT, New Zealand Post Primary Teachers' Association, Youthline and Family Works.



Around the Region

NELSON

Keeping Busy at Harakeke Club

At Harakeke Club, members' memory issues don't stop them participating in a wide variety of activities. Many activities enable members to connect with others while using skills learnt over a lifetime.

Recently men from the Nelson Harakeke Club—all handymen in their day—worked together to refurbish the Club's picnic table ready for the barbecue season. "The men love getting stuck in and helping," said Trish Armstrong, Day Services Manager.

Meanwhile, when Nelson's diversional therapists attended a conference, Club members helped them prepare for the event's Op Shop Glam competition.

They worked hard on the project by dying fabric, making doilies into flowers, and applying all manner of bling to a plain suit to create a whole new look.



Mike, John, and George pull apart the table ready for refurbishment.



The suit before and after modelled by Sue Richards, Diversional Therapist.

MARLBOROUGH

Surf Club Training for Mentees-In-Waiting

The waiting list for mentors in Marlborough is long, but mentoring coordinator Darlene Purdie ensures there's no shortage of activities for children on the list. Recently she organised surf club training for some lucky young people. They're currently training for their 200 m badges, with the option to continue training to become life guards.



MID-CANTERBURY

The Warmth of a Heart

As winter bites at the door, there are those who help to warm the heart of the home.

Ashburton is fortunate to have a volunteer who gathers up wood in the summer, splits it, dries it, and stores it for the winter months ahead. The wood is donated from community-minded local farmers, one being an appreciative ex-Presbyterian Support client who regularly supplies wood from a tree plantation on their property.

However, the drive behind it all is a man with a big heart, who puts in many hours after work and at the weekends to load and deliver wood to those in need. A man not to get involved in community groups, he lives by the mantra "if everyone does something then it's a better place". This year 40 trailer loads of wood were supplied to clients at Presbyterian Support Mid Canterbury. We are so very thankful.



Thanks, Good Night, Sleep Tight! Hayley Tait with some of the cosy goods.

CHRISTCHURCH

Cosy Bedding and PJ's for Kids this Winter

A major part of PSUSI social work is connecting people with services in the community that can help them. Anna Scott is our Christchurch Primary Health Organisation social worker working closely with several local medical centres. Anna and Hayley Tait, a social work student based at Family Works, reached out to the charity Good Night, Sleep Tight to help some of Anna's clients with needs...and they came to the (pyjama) party. Hayley arrived at our PSUSI office one afternoon loaded with bag after bag of blankets, sheets, dressing gowns, slippers, duvets, and more!

The vision of Good Night, Sleep Tight is "ensuring all children in the greater Christchurch area go to bed warm by supplying children in need with winter sleepwear and bedding." Good Night, Sleep Tight receives items from the Warehouse and distributes them via St Vincent de Paul and Salvation Army.

WEST COAST

Good in the Hood

This year PSUSI partnered with Z petrol stations in Greymouth for their Good in the Hood campaign.

During the month of May, Z customers are asked to vote for one of five pre-selected charities whenever they buy fuel. The Z station splits \$5,000 dollars between the charities according to how many votes they receive.

In Greymouth the HomeShare received \$752 plus an additional \$61.00 raised from three days of "\$1 donated by Z for every cup of coffee purchased".



Margaret Wetherall poses with Z staff.



HomeShare put the welcome funds towards a delicious lunch for members at the Theatre Royal in Kumara.

NORTH CANTERBURY

Delicious Hot Meals from a Classy Caterer

From casseroles to Chinese style dishes to a legendary smoked fish pie, Rangiora day programme members are treated to first-class fare from local caterers Continental Catering.

Recently, David Cartwright, General Manager, visited the Totara Club and took the opportunity to chat to some members. Needless to say, David heard a lot of positive feedback.

"Continental Catering have been very, very good to us," says Vicki Lucas, Enliven Service Manager. "They really look after our clients."



(Of course, every hot nutritious meal is followed by a naughty sweet treat.)

PSUSI Staff Happily Endure Writer's Cramp for Our Volunteers!

To recognise Volunteer Week staff in our Christchurch office stopped what they were doing to hand write almost 300 Thank You cards for volunteers around the upper South Island. Employees in roles as varying as finance, social work, psychology, and IT all took part.

PSUSI wanted to show our volunteers that every person in every corner of this organisation values and respects the time volunteers donate to our clients, and their positive impact.

The team chose handwritten cards because in 2018 receiving a personal letter by mail is relatively rare. The cards, reading "Volunteers aren't paid...because they're priceless", were also addressed by hand.

PSUSI relies heavily on volunteers for its Enliven day programmes for seniors: minivan drivers and assistants help transport seniors to the programmes, while other volunteers socialise, serve meals, and join in activities at the programmes themselves. In the Family Works service group, volunteers serve as mentors to children and young people.

Last year **304 volunteers** in the upper South Island donated over **45,637 hours** to Presbyterian Support.



enliven
PRESBYTERIAN SUPPORT
UPPER SOUTH ISLAND

"Just do it. You've got nothing to lose and everything to gain." - Alasdair F., Enliven volunteer, Ashburton

Do you have time to listen?

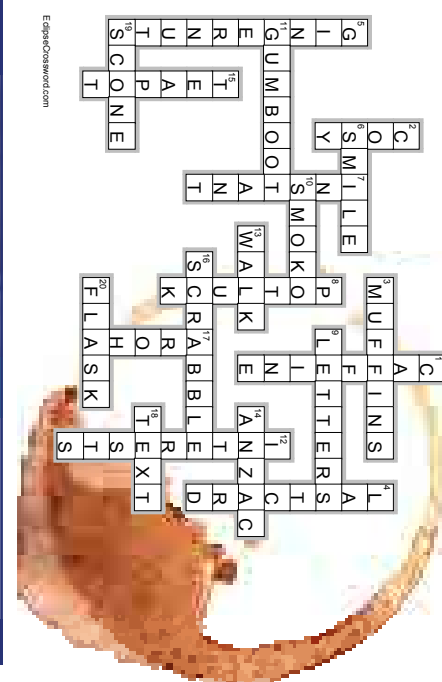
Volunteers Needed.
We're looking for volunteers to help at our day programmes for vulnerable older people. Join our friendly, supported volunteer team and make a positive difference.

Call a nearby Enliven centre to learn more:

Christchurch 03 366 5472	Ashburton 03 308 5868	Blenheim 03 777 9005
Rangiora 03 313 8588	Nelson 03 547 9350	

<http://www.enlivenuppersouth.org.nz/volunteer>

Crossword Answers from p6.



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.psuffersouth.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:

- ☐ Internet banking 06-0801-0678233-01 (Ref. donor # if you have one.)
- ☐ Cheque (Payable to Presbyterian Support Upper South Island)
- ☐ Visa ☐ Mastercard

Card number

Name on card

Expiry date

Signature

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.



Mentors Needed.



Sometimes being there is all it takes.

A small investment of your time and money could make a huge difference to a young person. Become a mentor:
visit familyworksuppersouth.org.nz/get-involved



FamilyWorks
A Partnership Between
SOUTH ISLAND