



People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

ISSUE 7

Spring/Summer 2019

Transforming young lives at Burnham

Tuning Into Kids

A mentor keeps a promise to himself

Enliven on the West Coast

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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New Beginnings – Te Korowai Spring

Tēnā Koe


I have been enjoying the blossoms and daffodils in Hagley Park in Christchurch on my regular walks there. These signs of new growth make me feel more hopeful, looking forward to the warmer, sunnier days ahead. Do you feel the same?



Welcome to the Spring/Summer 2019 issue of People Helping People. The theme of this issue is hope, because after a time of significant change in our organisation—a new building, the departure of a much-loved CEO and the arrival of his replacement (Me)—we are now entering a new season of rebirth and growth.

The name of our new building—Te Korowai – The Home of Presbyterian Support Upper South Island—is extraordinarily fitting for both staff and clients alike. Te Korowai means “cloak”, and throughout this year’s changes our people have remained sheltered by PSUSI values and our mission, just as if they were wrapped in warmth by the woven feathers of a cloak. Our staff have steadfastly continued to support the children, young people, older people and families who come to us. Whether they are parents wanting to learn new skills or older people reaching out for social connection, we continue to help them become safer, stronger, and more connected.

Happy reading.
Whiria ki te tangata. / Weave the people together.


Barry Helem



*“Hope”
is the thing with feathers*

BY EMILY DICKINSON

“Hope” is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops - at all

And sweetest - in the Gale - is heard
And sore must be the storm
That could abash the little Bird
That kept so many warm

I’ve heard it in the chilliest land
And on the strangest Sea
Yet - never - in Extremity,
It asked a crumb - of me.

Lisbet's Story

For her 80th birthday, Lisbet Smith* treated herself to the gift of a lifetime—she went skydiving. Because that's the kind of person Lisbet is and always has been: outgoing, intrepid, and adventurous.

* Name changed

But despite her vivacious personality, until recently Lisbet was really lonely. A newcomer to Picton, she spent long days at home alone while her family worked and attended school. She couldn't find a way to make friends.

"I wanted to get out of the house and meet people,"

she said.

It wasn't until Lisbet encountered an Enliven brochure at her doctor's office that she discovered a solution for her loneliness. The brochure introduced her to Tōtara Club, our day activity programme for older people. There's a Tōtara Club in Picton and Blenheim.



Overcoming the Stigma of Loneliness

"It was hard and embarrassing to admit I was lonely,"

said Lisbet.

"And then I had to tell not just one person, but lots of people I didn't know. Over and over until I could join Tōtara Club."

Lisbet was right to keep on asking. Loneliness is a risk factor for a range of physical, mental, and emotional health issues including elevated blood pressure, cardiovascular disease, depression, and cognitive decline.

Following a referral from her GP, Lisbet eventually joined the Tōtara Club in Picton, which comprises six women and one (delighted) man. "I love the group," she says. "They've become like family to me and I always look forward to coming." They meet every Wednesday from 10am till 3pm; each member receives transport to and from the Club.

Lisbet has made herself invaluable as a member who draws some of the newer or more frail members out of themselves. "There's no sitting in the sun just waiting for home time when Lisbet's around," says Sharaine Steenberg, Presbyterian Support Site Co-ordinator. "She keeps the conversation going and is an absolute hoot."

"We'd love to grow our Enliven programmes in Marlborough," says Sharaine. "In our community many older people are hungry for social connection, which is what Presbyterian Support is all about."

Sharaine would like older people who are feeling lonely to reach out. "I would tell them, 'you are not alone in being alone,'" she says. "Ask your GP about Enliven day programmes, or call Presbyterian Support on 0800 477 874. We will help you join a day programme in your area."

How are we helping?

Enliven day activity programmes such as Tōtara Club and HomeShare serve older people (65+) living in their own home who are becoming socially isolated. We provide opportunities to maintain interests and skills, meet others, and share activities and experiences in the community. Our professionally trained staff emphasise dignity, joy and wellbeing; while supporting age-related needs.

Celebrating 100 YEARS Living Life to the Full



Planning for a very special celebration is underway at the Tōtara Club in Riccarton, Christchurch. One of their long-time members is turning 100.

Vera joined Enliven in 2015, where she quickly became known for her cheeky laugh and favourite saying of "only the good die young". Certainly Vera has had an interesting life—she joined the army in 1942, and before marriage was a budding artist. Despite experiencing memory loss, she participates in Club programmes every week. Their "Sit and Be Fit" exercise class is a favourite. And despite her painful knees, she never complains, just wonders aloud when "they'll invent new knees".

Vera's son Ray benefits from the respite of his mum attending the Clubs, and enjoys seeing the vitality in his mum after each day out. "Even though she can never remember what she's been doing, I can tell she's had a productive day," he says. "It's good for mum, and it's good for both of us."



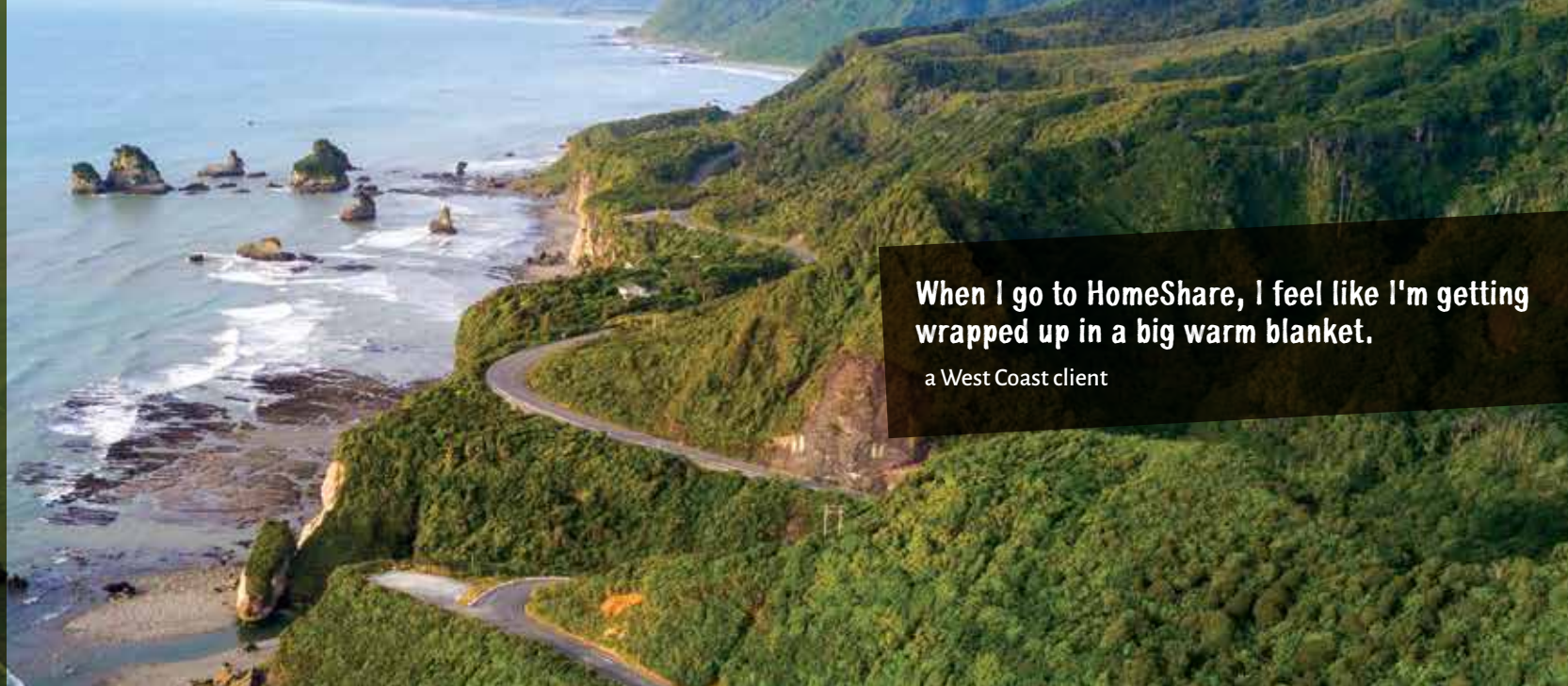
ENLIVEN ON THE WEST COAST

*Where time slows down
and locals take care of each other*

There's something special about the Coast, says Margaret Wetherall, volunteer coordinator, in Greymouth.

People are so friendly and they take time. Margaret can tell numerous stories about West Coasters helping each other and treating strangers like family.

The Enliven HomeShare service sits snugly inside this caring West Coast culture. Margaret feels blessed to work with cohesive teams of hosts and volunteers who do everything it takes to really care for their older clients.



When I go to HomeShare, I feel like I'm getting wrapped up in a big warm blanket.

a West Coast client



A Poem about Dementia

by Linda Lavers

Linda Lavers is a HomeShare host at a beautiful bush property in Serpentine, which she shares with her husband Roger. Linda is an ex-nurse experienced in caring for people with dementia; Roger is the resident barista who makes HomeShare clients "flash" coffees from his "fancy machine".

EROSION

Just as the tide creeps up the shore
and returns to the sea taking more and more;
so, the brain is eroded by disease and time,
leaving gaps in memory and confusion of mind.

Words become stilted, affecting speech
as the person we knew drifts away out of reach.

The family adjust as much as they can;
though early changes are hard to explain.
Emotional exhaustion sets in all too soon;
the tide becoming an endless monsoon.

Just as the grief becomes too much to bear,
a small window opens, and the old man is there,
smiling and talking – today's a good day
and you question yourself: Is he here to stay?

But the windows open less frequently
and seem at times too small to see.
Walking is difficult; understanding less clear,
and the need for more help is finally here.

Not just a driver

A volunteer takes his role to heart



"Simon's amazing," says Margaret.

"He took the role very seriously, researching dementia to learn as much as he could. Now the clients think he's incredible. He's more than just a driver; he's developed his role into something really special."

The Routine from "Wheels Up to Wheels Down"

Simon starts thinking about his Fridays on a Thursday, making sure everything's ready. If he's to pick up a new client, he travels to their house in advance to avoid confusion on the day. Margaret fully briefs him on each client's unique needs.

On Friday morning "you can set your watch by his departure," says Margaret. "At 8:57am he warms up the heater in the van and at 9am he's off."

"Routine and repetition is everything to the clients," says Simon. "I pick them up and drop them off at the door, and make sure they've got their keys. They always sit in the same place in the van and I ask them the same questions every week." Simon makes sure they're safe, and asks them if they **feel** safe. "They have a right to be looked after and respected," he says.

Simon's diligence in learning about the needs of people experiencing dementia shows. "I only tell them what's going to happen next, not what's going to happen next week. Otherwise they fret about forgetting."

And when they speak he listens. Over time Simon reckons he's learnt to "crack the code", meaning decipher what a client is trying to communicate even when their words don't exactly make sense. "Sometimes you hear odd things," he says. And inevitably Simon hears personal information from time-to-time, but his confidence is absolute. "I keep their names safe in my mouth," he says. Except when he hears a story that might involve

elder abuse, in which case he reports it to Margaret.

Simon stresses the importance of driving his clients safely, but they do share a sing-along. Simon even plays guitar at HomeShare sometimes, belting out The Beatles and other 1960's artists. "Clients don't remember the fresh," Simon says. "But they'll remember the first time they heard Roy Orbison's Pretty Woman back in the day." And he'll often go the extra mile, even buying the odd loaf of bread or milk on the way home. "They won't remember to pay me back next week, but I don't mind," he says. "It doesn't cost much but it makes a big difference to their anxiety."

Simon has transformed his role as driver into an essential part of the HomeShare experience. With his conscientiousness and care he sets the tone at the start of every Friday to one of respect, value, and Love. And that's his job.

It wasn't Simon's* idea to volunteer as a HomeShare driver. His wife pointed to an advertisement in their Church notices and said "that's your job". Maybe his retirement was getting under her feet. Or maybe she just knew he'd be the someone special that Margaret was looking for. It turns out he is.

*Simon likes to "do good and disappear". So "Simon" isn't his real name.

A Mentor Keeps a Promise to Himself

Many years ago Robert Hall promised himself that one day, when he had time, he would give back. He was a busy dairy farmer and father at the time, but he never forgot his promise. So these days, as a semi-retired city dweller in an empty nest, Robert volunteers as a mentor for 13-year-old James*.

James lives with his mother and has no contact with his father. He also experiences ADHD so has energy to burn. When Sarah Taylor, Family Works volunteer co-ordinator, compared the profiles of Robert and James, she quickly saw an ideal match. Now the pair regularly embarks on the active outdoor adventures Robert loves—tramping, camping, and kayaking—and James spends time with an awesome male role model.

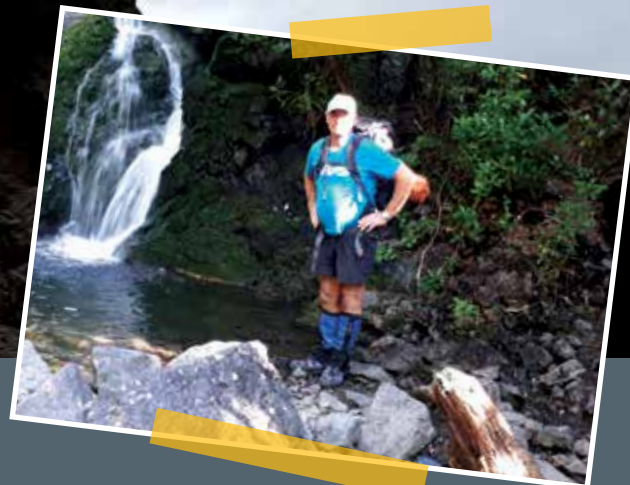
“We started off with shorter activities,” said Robert. “Like mini golf and throwing a Frisbee around. Then once the trust was there we went on longer stints.”

Robert hopes the experiences James shares with him will be “imprinted

on his brain” and that he’ll become “a useful member of society, not a drain”—perhaps like Robert’s first mentee, who recently finished five years of high school and plans to become a chef. “That feels really good,” said Robert.

Robert has positively influenced four young lives (so far).

Robert isn’t the only Family Works mentor over 60 years old, and Sarah is delighted. “Our mature mentors bring special qualities to their role,” she says. “Like experience, wisdom, and the understanding that it’s important to stop and smell the roses. Often, having raised families of their own, they know how to meet the needs of young people.”



Sarah adds, “Robert takes his mentees away on incredible outdoor adventures, which is wonderful but not for everyone. Most mentors just spend a couple of hours per week with their young people walking or bike riding, baking, or simply visiting the library. The positive impact of these experiences is equally significant.”

If you would also like to “give back” through mentoring, please call Sarah on 027 531 8048. Or visit

www.familyworksuppersouth.org.nz.

WHAT?!? HALLOWEEN IN NZ? A Survival Guide

Love it or hate it, Halloween is becoming more popular in NZ every year. For some it will always be un-Kiwi, overly commercialized, and/or irreligious. For others it’s an opportunity to create stronger social connections through a fun tradition.

After all, it’s the only day of the year when families gather in the street to connect with neighbours!

If Halloween is celebrated in your neighbourhood, regardless of your views here are 10 tips to help you navigate October 31st.



FOR KIWI HOMES:

01. Decorate! Or not. If you welcome trick-or-treaters let them know. Go big or small, or just write a note and stick it to the letterbox.

If you don’t want trick-or-treaters, an absence of decorations should be enough, but some children might not understand that yet, so you could just leave a polite note on your letterbox too.

02. “Just take one.” Remember, you control the bowl. It’s hard for over-stimulated little trick-or-treaters to resist grabbing a handful. So sweetly tell them how many lollies they can take.

03. Expect good manners. It takes the whole village to raise a child. A trick-or-treater’s parents/caregivers are sure to appreciate your gently reminding that please and thank you *always* apply. And if a child shows lovely manners unprompted, acknowledge it.

04. Compliment freely: Weeks of planning and playground chat go into each costume, so it’s good sport to make positive noises when you open the door. (Tip: Don’t ask what a costume is meant to be if you’re unsure. Instead say, “Wow, tell me about your costume!”)

05. Have fun! Cower in mock terror, bow low to princesses, ask for a song or joke (especially from older children), or even dress up yourself! Halloween is meant to be good neighbourly fun. Enjoy it!



06. Eulogise the lollies. When you’re finally out of treats, leave a note on the door... and enjoy some peace at last.

FOR KIWI PARENTS:

07. Accompany your child. Watch from the footpath if you like, but trick-or-treaters need your support to keep them safe and make sure Halloween is enjoyable for everyone.

08. Only enter properties with decorations (or a note). Some people don’t want to participate in Halloween for religious, cultural or other reasons. If a home shows no signs that the occupants are celebrating Halloween, walk on by.

FOR EVERYONE:

09. Be uniquely Kiwi. Halloween is an import from the northern hemisphere, so let’s celebrate it with local flair. Pumpkins aren’t seasonal to NZ in October, so instead of a jack-o-lantern, how about a jack-o-melon?

10. Be green. Let’s all remember to reduce, re-use, and recycle at Halloween too.





Light as a Feather Nachos to Make You Smile

Nachos don't need to be heavy, unhealthy, and loaded with extras. Try this lighter, veggie-filled version made with turkey mince. Turkey meat contains tryptophan, which may support healthy levels of serotonin in the body, promoting alertness and a good mood!

This recipe is quick to make and can (usually) be tolerated by children as often as once a week.

For the Chilli

- 1 T olive oil
- 1 x chopped onion
- 1 x chopped/crushed garlic clove (or use dried garlic granules)
- 350 g turkey mince
- 1 t paprika
- 1 t cumin
- 1/8 t to 1/4 t chili powder (or to taste)
- 1.5 to 2 C chopped/grated veggies (e.g. capsicum, grated zucchini, mushroom, spinach, cauliflower, carrot)
- 1 t dried oregano

- 1 x can chopped tomatoes
- 1 T tomato paste
- 1 C water or chicken stock (add more if necessary)
- 1/2 t sugar
- 1 C frozen corn
- 1 x can beans (black, pinto, or red kidney)

For the Nachos

- Plain corn chips
- Grated Edam cheese
- Natural yoghurt

To Make the Chilli

1. In a large frying pan, heat the olive oil then gently sauté the onion, garlic, and turkey. Break up the mince as it cooks.
2. When the turkey has changed colour and the onions are sweetened, add the spices and stir to release their flavour for a few minutes.
3. Add the veggies and oregano and continue to cook until the veggies start to soften.
4. Add the remaining ingredients and simmer until the veggies are fully cooked and the chilli is "saucey". (About 15-20 minutes.)

To Make the Nachos

1. While the chilli simmers, spread plain corn chips on individual plates and cover with grated cheese.
2. Place the plate under a hot grill until the cheese is melted.
3. Spoon chilli onto the corn chips and top with plain yoghurt (if desired).

TUNING INTO KIDS

Greta's eight-year-old daughter Olivia* used to suffer from terrible anxiety.*

She was clingy and tearful at school drop-offs, experienced separation anxiety, and needed to co-sleep.

So Greta enrolled in a Tuning into Kids parenting programme in Ashburton, where she learnt emotion coaching skills that proved transformational. Greta tells her story here...

"Don't Be Silly"

IT'S A PHRASE I DON'T USE ANYMORE

I never thought I was a bad parent but the phrase "we can only do our best with the knowledge we have at the time" is very meaningful to me now.

My once-vivacious daughter, Olivia, lost her confidence after her father and I separated. Her anxiety and sensory issues—including extreme fussiness over food—increased so much that daily life became difficult and frustrating.

At Tuning Into Kids I gained some monumental revelations. I now understand the difference between listening and hearing my child, and can address situations involving anger, frustration, fear or any other emotion by validating her and showing her empathy!

*Names have been changed.

ANGER AND FRUSTRATION USED TO LEAD TO CONFLICT

Any parent can relate to the struggle of getting a child ready and out the door. But Olivia's sensory issues made it even worse.

We went through the following scenario not long before the Tuning Into Kids course and then again soon after. The first time, when Olivia was in tears and clearly frustrated trying to put her sneaker on, I responded in a way that now makes me cringe:

Me: "For goodness sake, Olivia, put your darned shoes on! We're going to be late!"

Olivia, throwing her shoe across the room and shouting: "I can't get my sock in and it feels horrible!"

Me: "Don't be so ridiculous. Just put your damn shoes on because we're leaving."

Olivia was furious and refused to leave the house so we were late.



LISTEN, HEAR, NAME, AND VALIDATE

These days I listen, hear, emotion name, and validate Olivia's feelings in every conflict. And now, even though it's only been a few weeks since I finished the course, I can drop Olivia off at the school gate instead of the classroom. We say quick goodbyes with no tears. She ate a chicken drumstick and has tried various new foods, even though she'd never eaten meat before in her life. She doesn't panic if I leave the room or bring in the washing.

In short Tuning Into Kids has changed our lives. I never say "don't be silly" any more. Olivia can share any feelings or fears with me with total confidence that she is absolutely not silly.

I am so extremely grateful to have done this course and seen monumental changes in how I parent, how my daughter responds, the strengthening of our relationship, and how I address situations with other adults as well.

AFTER THE COURSE THE DIFFERENCE WAS LIKE NIGHT AND DAY.

Me, noticing Olivia struggling with her shoe: "I see you're getting frustrated, Olivia. Is it that stupid sock again?"

Olivia, throwing the shoe across the room: "I can't stand the feel of it on my little toe. It feels like a hundred leaves in my shoe!"

Me: "Oh sweetheart, I hate that feeling too."

Instantly all tension in the room disappeared.

Olivia, in a quiet voice: "Have you had that before Mummy?"

Me: "Yeah. It feels terrible at first. But then after a few minutes you hardly notice it once you start doing other things."

Olivia then put on her shoe without a fuss and we left the house. It was unbelievable!

PARENTING.

CHALLENGING.

WINNING.



LEARN MORE ABOUT
TUNING INTO KIDS AT
WWW.FAMILYWORKSUPPERSOUTH.ORG.NZ.



WHY THE DEFENCE FORCE?

Basic training in the NZDF offers participants a unique opportunity to share adversity within a team, be pushed outside their physical and mental comfort zones, and to learn to live by basic common values. Because this experience has such power to shape people and help them make positive changes, the NZDF can play a valuable role in helping vulnerable young people to become active and contributing members of society via the Limited Service Volunteer programme.

TRANSFORMING YOUNG LIVES AT BURNHAM MILITARY CAMP

DESPERATELY SEEKING LIFE SKILLS, EMPLOYMENT, ...AND CONFIDENCE

Youth Service (YS) coaches work with some of the most vulnerable young people in NZ society. Many have grown up in complex family situations with high levels of risk and adversity. Having limited support from family or whānau, they've relied on financial assistance from an early age to survive.

Our coaches mentor and support these young people into education, training, or work-based learning to give them hope for an independent future. For some, the Limited Service Volunteer programme (LSV) offered at Burnham Military Camp just outside Christchurch is a life-changing experience and a fast track to success. LSV is funded by Work and Income NZ and is free to attend.

DON'T CALL IT "BOOT CAMP"

LSV is an intensive six-week residential programme run by the NZ Defence Force in partnership with the Ministry of Social Development and the Police. Five times a year 120 young people aged 18-24 participate in physical, life skills, and job skills training. LSV is not "boot camp"—there is no harsh punishment—but the NZDF imbues a strong element of discipline in every aspect of LSV just like basic military training.

Oriwia Puku is a liaison between the Youth Service and LSV and enthusiastically advocates for the programme. "LSV is amazing," she says. "I can't say anything bad about it."

"A lot of our young people have no direction and no discipline," says Ori. "LSV equips them with the skills they need to find employment. The intended goal is that each participant will find a job by the end of the six weeks."

A TYPICAL DAY

"The first ten days are the toughest," says Ori. "Being yelled at is the hard thing. It can be quite scary. The guys' buzzcuts aren't much fun either." But once volunteers learn the many rules of LSV, then they settle into the routine and start to enjoy it. They're in good hands—LSV staff are experienced with youth and know how they "tick", making them excellent mentors. Participants are assigned to a platoon of about 40 people, then into sections of 12-15. Sections do everything together and support one another.

No two days are the same, but a typical LSV day looks like this:

- 05.30 WAKE UP, GET READY FOR THE DAY
- 06.30 BREAKFAST, MORNING ROUTINE
- 08.00 PHYSICAL TRAINING
- 08.20 ADVENTURE COURSE
- 10.15 LIFE SKILLS
- 12.00 LUNCH
- 13.00 JOB SKILLS
- 15.00 MEET AN EMPLOYER
- 17.00 DINNER
- 18.00 CULTURAL TRAINING
- 19.00 NIGHT ROUTINE/ PERSONAL TIME
- 22.00 LIGHTS OUT



SUPPORTED BY THE NZ POLICE

As part of the LSV team a police mentor is assigned to the staff. Their presence allows participants to interact with police in a non-confrontational way, often for the first time.

Each day begins at 5:30am with a shower, breakfast, and cleaning the barracks followed by physical training. Then the learning begins in earnest. During life and job skills training, volunteers study topics such as getting a driver's licence, first aid, and budgeting. They write their CV and learn about taking a job interview. An employer expo day introduces the LSV trainees to potential employers from a range of industries, including hospitality, trades, and fisheries. "These industries are looking for motivated, reliable young people and are prepared to upskill them," says Ori. "They value LSV graduates and enjoy going out to meet each intake."



At around the time of the expo Ori writes to "her" participants, telling them how proud she is of their achievements so far and how much she's looking forward to seeing them graduate.

During LSV participants embark on three field exercises, including a multi-day 50 km hike into the Southern Alps. Excursions take place in rain, hail, or shine. Participants are pushed to their limits physically, mentally, and emotionally. "It's really hard, but super cool," says Ori.

To get them through their vigorous training, participants are fuelled with high-quality, healthy food from the mess. "There are lots of veggies," says Ori. "And they can go up for thirds if they need to."



GRADUATION WEEK

By week six participants are fitter, stronger, and leaner...and they often don't want to leave. "It's hard to go back to their old life," says Ori, who has observed that sometimes it's the young people who struggled the most in the beginning who least want to finish up. Often friends have been made for life.

At the Graduation Dinner LSV staff serve the young people and awards are given out. On Graduation Day the most successful platoon marches onto the parade ground first—and is the first to be greeted by family and whānau. Ori and the youth coaches always attend too, especially for those participants who may not have supporters present. "It's amazing," says Ori. "I always get emotional and I've been doing this for years."

Most participants find employment by the end of LSV training, so LSV is an impactful way to invest in vulnerable young people. It reduces their long-term financial dependency and supports them to be contributing members of society.

The Sand Tray

A Favourite Tool in the Counselling Toolkit

This year a much-loved PSUSI counsellor, Jean Armstrong, retired after 27 years. Jean was a narrative therapist, and one of her favourite counselling tools was sand tray therapy. She loved it so much that colleagues farewelled her with a cake decorated as a sand tray!



How it Works

Jean's office at PSUSI was filled with miniatures—a diverse array of colourful little characters, animals, and objects. They brightened the space and helped put new clients at ease. However, during sand tray therapy, each miniature could also represent a part of someone's life. For example, a tiny bridge was helpful for talking about how to move from one space to another:

I'm here but I how do I get to there?

"When people come in they're usually bringing a story", said Jean.

So when employing sand tray therapy, Jean would invite her client to choose a selection of the miniatures. The client then used their hands to create a "world" inside a tray filled with sand before placing their miniatures inside.

Through these simple steps Jean could support her client to then explore their story in new ways. For example, they could:

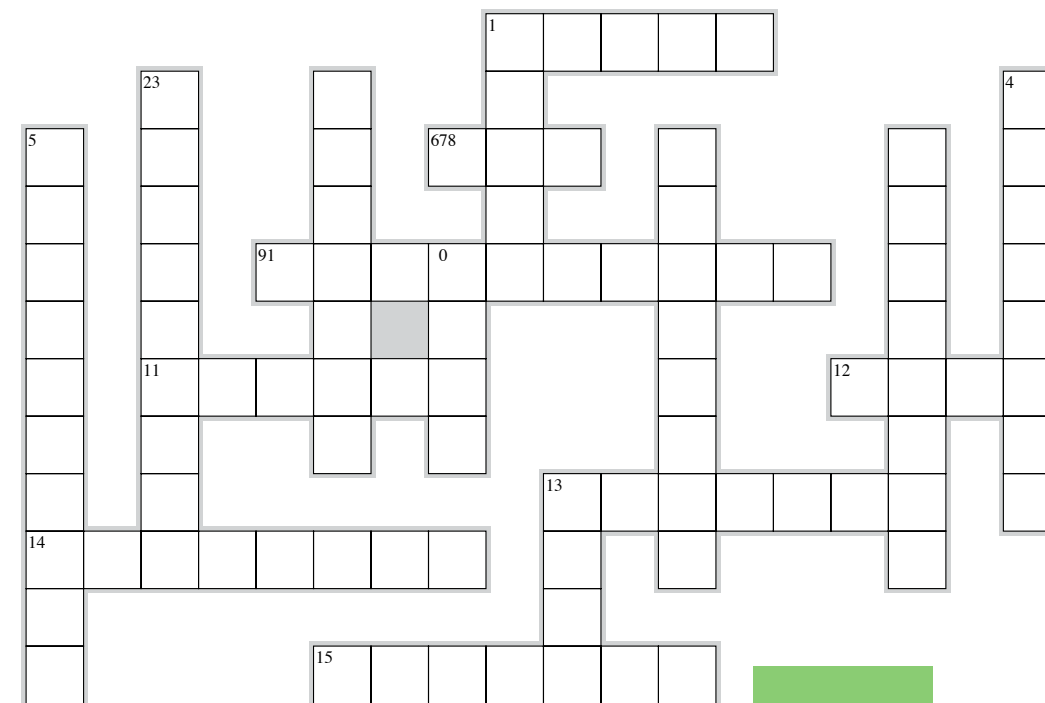
- Recreate/create their story from the past, present or future.
- Explore themes and issues relating to their story.
- Change their story by reimagining it.
- Experience a sense of power/ mastery over their story.
- Think about what might happen next.
- Develop insight and find their own resolution.

Sand tray therapy is a way of externalising and exploring what's happening in people's inner and outer worlds, said Jean.

It's a lovely creative way of working with people, rather than just eye-to-eye talking, which is pretty challenging at times.

Fortunately, sand tray therapy didn't retire with Jean. Many PSUSI staff use this therapy for children, young people, and adults alike.

CROSSWORD— NEW BEGINNINGS / SPRING



EclipseCrossword.com

ACROSS

1. A baby bird
6. What a sheep says
9. A new beginning (two words)
11. An Enliven day programme named for a native NZ tree
12. What deferred makes the heart sick?
13. Maori word for cloak
14. To be sans footwear (especially in warm weather)
15. Covers fruit trees in spring

DOWN

1. Another word for a mentor
2. Someone who donates their time
3. Hope springs
4. An Enliven day programme named for a native NZ flax
5. A handy word to describe spring weather
7. "Hope is the thing with ..." - a poem by Emily Dickinson (clue, see Page 1)
8. A common spring bulb
10. It's time to slip, slop, ... before going outside.
13. Children and baby goats



PSUSI Mosque Attack Response

After the mosque attack in March, Christchurch children relied on their grownups to shield them from attack details and return to normal routines quickly. Meanwhile the Mana Ake service coordinated a collaborative response involving relevant social services and government organizations to support schools.

Schools completed a form detailing what support they needed (and if any) and the most appropriate social service with the closest relationship with the school responded—Ministry of Education, school-based mental health, Mana Ake, SWIS (Social Workers in Schools), etc.

Some of our school social workers provided brief interventions—e.g. support groups—for their school community. They provided a safe place for children or adults to talk things out, and offered resources.

Social services are now part of a collaborative response to develop a trauma response pathway for Christchurch children. This will ensure that when a child needs intervention, they will receive the right support from the right service promptly.



Around the Region



NELSON

Community Partnerships

The Nelson Harakeke Club often partners with Menzshed. Recently they worked together on some large wooden puzzles for children.

Menzshed members cut out the wooden shapes and the frame, while Club members painted the figures and backgrounds, and placed Velcro on each piece.

The puzzles were given to another local organisation with whom Harakeke Club has a close relationship—the local Children's Garden preschool. Each month the children visit Harakeke Club for a morning of singing (Incy Wincy Spider is a favourite) and spending time with older people.



MARLBOROUGH

Mentors Run a Half for Their Kids

The Saint Clair Vineyard Half Marathon is set in the picturesque Wairau Valley in Marlborough, where the world's best Sauvignon Blanc is made...and where some of NZ's most awesome adults mentor children in desperate need of time and attention.

This year twelve mentors ran or walked the half marathon to raise awareness. They wore bright green Family Works t-shirts kindly sponsored by Crown Sheet metal, which prompted numerous conversations with other race participants. Six new mentors signed up as a result.

Anna Polson, St Clair Vineyard owner, is a mentor herself. "Anna very kindly gave us a discount on our entrance fees," said Darlene Purdie, mentoring coordinator. "It was a great day and we hope to do it again next year."



NORTH CANTERBURY

HomeShare Goes to Community College

Recently North Canterbury's "Mobile on a Monday" group for older people spent the day with hospitality students at Rangiora Community College. They were treated to a delicious three-course meal (chicken nibbles, fish and chips, and pavlova!) followed by a highly competitive and hilarious game of three of cards. The student hosts learnt a thing or two from their older guests, and there were some lively discussions about the merits or otherwise of cheating!

Mobile on a Monday first started visiting the Community College three years ago. At each visit they enjoy a meal and diverse experiences such as meeting horses at the equine service or watching sports.

Mobile on a Monday members welcome these and their other days out. "These are my friends I see every week," says one member. Another enjoys going out on Mondays "after looking at four walls all weekend".



MID CANTERBURY

Landmark Pōwhiri at the Hakatere Marae

PSUSI recognises the unique position of manawhenua and we are always looking for ways to nurture our relationship with local marae and whānau.

On June 24th the Hakatere Marae Board invited the Ashburton team to a pōwhiri on the marae as an official welcome. The PSUSI roopu, Regional Manager Penny Taylor, retiring CEO Vaughan Milner, and new CEO Barry Helem also attended.

At the gate to the marae the kaikaranga called the manuhiri (visitors) onto the marae and in return Hutika Crofts-Gibbs called back as the visitors paused during the karanga to honour the dead. There were whaikōrero (speeches), waiata (songs), harirū (handshakes), hongī (pressing of noses), and kai me inu (food and drink).

The pōwhiri provided an official connection between the Hakatere Marae and the PSUSI Ashburton team—a connection that we hope to develop in order to better support Maori and their whānau within our community.

CHRISTCHURCH

Home at Last

It's been eight years since our original building at 44 Bealey Ave was irreparably damaged in the earthquake of February 2011. Staff are finally now able to exhale and settle in to their rebuilt main office named Te Korowai—The Home of Presbyterian Support Upper South Island.

Te Korowai's interior is warm and welcoming to help relax clients who may be feeling anxious.

On the ground floor a reception with discreet waiting area



includes a playroom for young children. Counselling is offered in comfortable offices designed with privacy and safety in mind. A large seminar room comfortably accommodates 40 people.

About 60 corporate and service staff work out of Te Korowai. Wherever they are or may be working, staff and clients can relax in the sense of belonging and connection they receive through PSUSI, which is invoked by the name Te Korowai, meaning cloak.

WEST COAST

Mid-Winter Celebration at Shantytown

In July, the West Coast HomeShare service enjoyed a fabulous day out at Shantytown Heritage Park.

Shantytown management came to the mid-winter party in a BIG way: They waived most of the \$49 entry, charging only \$17 for access that included celebratory refreshments and a ride on the steam train for everyone! And despite the excursion taking place in the middle of winter, Greymouth turned on a beautiful sunny day for the HomeShare clients, their spouses, hosts, and volunteers.

Upon arrival, the visitors were treated to Devonshire tea in the beautiful Shantytown saloon. Then it was all aboard the steam locomotive for a ride that was almost as thrilling as the logistics of

getting everyone into the carriage! They enjoyed looking around Shantytown village; the Rewa Hospital in particular was a hit with some ex-nurses.

Once the sightseeing was over, platters of homemade savouries and baking revived the tired tourists before they headed home.

Poor Margaret Wetherall, our amazing HomeShare coordinator on the West Coast. How is she going to top the Shantytown experience? The clients are already asking her what's next!



A Life of Commitment to Service Leads to a Generous Bequest

Winifred Smith—Win as her friends knew her—was born in 1919 and grew up in Southland. Sadly, her mother died when she was just six years old, and her father when she was sixteen. Despite the loss of her parents early in life, Win attended teacher's college in Dunedin and went on to have a successful career as a home sciences teacher, even travelling to Rarotonga to set up home sciences studies there. She never married, but instead she forged her own path. Her niece Alison Jephson fondly remembers Win as someone who *“did things differently, especially as a woman in those times”*. It wasn't typical for a young single woman to bike around post-war Britain with friends, for example.

Throughout her life, Win was motivated by a deep commitment to service.

As such she was an active member of St Marks Presbyterian Church in Avonhead, Christchurch, which was her spiritual home and family for many years. Win was a parish elder, she set up midweek lunches for older parishioners—which continue to this day—and she was involved with many different people from diverse walks of life.

Win passed away last year at the age of 98, and when she died she left a generous gift for Presbyterian Support (Upper South Island) in her will. Win's gift is helping us to support more clients in the future. And her memory and generosity will live on.

Thank you
Winifred Smith



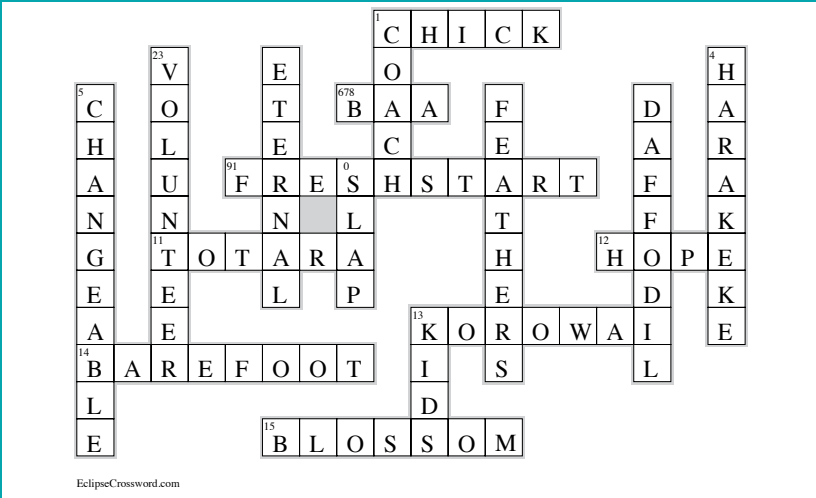
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- Your gift will fund social services that create a better NZ for all who live here, regardless of circumstance, culture, or religion,
- Your gift will help vulnerable people of all ages to become safe, strong, and connected,
- Whatever its size, your 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.

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



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