



# People

## HELPING PEOPLE

The magazine of Presbyterian Support  
Upper South Island

ISSUE 9

Spring/Summer 2020/21

Love and  
loss leads to  
connection  
through  
HomeShare

Anxiety during  
Lockdown?  
A mother  
and daughter  
"Let it go"

Connecting  
families with  
the right  
help

Kaumātua  
Club in  
Mid Canterbury

Driving for  
Tōtara Club  
in Rangiora

**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.psuppersouth.org.nz](http://www.psuppersouth.org.nz).



Like us on Facebook.



© Presbyterian Support Upper South Island, August 2020

People Helping People Magazine is published 2 times per year. To subscribe for free, go to [www.psuppersouth.org.nz/php](http://www.psuppersouth.org.nz/php).

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



Our services



## Caring for ourselves and others – Spring/Summer



Welcome to our 2020 Spring/Summer issue of People Helping People. As we emerge, blinking into the brighter light of warmer seasons, we look back on a most unusual winter—one in which our “team of five million” spent over a month in COVID-19 lockdown, a phenomenon like no other and one that we have yet to see the end of. Now, more than ever, we must walk gratefully and carefully, remembering the most important thing in Aotearoa and the world: **He tāngata, he tāngata, he tāngata/It is people, it is people, it is people.**

The theme of this issue is mental health, which is fitting because during and after lockdown our frontline workers experienced an increase in people of all ages needing support in this area. Anxiety is a concern for many; children and parents alike. For older people loneliness and depression sap their health and wellbeing.

Fortunately, we know so much about how to support mental health in 2020. At Presbyterian Support Upper South Island our social workers, kaiāwhina, counsellors and psychologists knowledgeably and skilfully support their clients to be safe, strong and connected. Often they employ the Five Ways of Wellbeing - **connect, take notice, keep learning, give and be active** – as a framework for supporting our clients’ mental health. Thank you, as our supporter, for helping people in your community negotiate their way through challenges in 2020 like we’ve never known.

As the days warm and lengthen, let’s all remember that we have a vital source of mental rest and restoration right at our doorstep—literally, in the form of our natural world and the outdoors. In Aotearoa/ New Zealand we are blessed in so many ways.

*“Mā te rongō, ka mōhio,  
Mā te mōhio, ka mārama,  
Mā te mārama, ka mātau,  
Mā te mātau, ka ora.”*

*“From listening comes knowledge,  
from knowledge comes understanding,  
from understanding comes wisdom,  
from wisdom comes wellbeing.”*

  
**Barry Helem**  
Chief Executive,  
Presbyterian Support  
Upper South Island







## Love and loss leads to connection through HomeShare



Rosita Church

Rosita Church has been surrounded by good company most of her life. She was born in 1933 into a large family; even now she regularly catches up by phone with her two sisters who live outside town. A granddaughter and daughter live close-by.

However, **like most seniors, Rosita has loved deeply but also lost.** Her first husband passed away at 40. Her second husband, Ray Church, died just a few years ago. "He was a gentleman," she says. "A really lovely man. We never argued once. When I lost him I felt like I'd lost my soul."

Rosita found herself alone for the first time in her life. The days were long and the weekends longer. Eventually, Rosita became clinically depressed. Her daughter urged her to "get out more", but Rosita didn't know where to go.

At first Rosita attended a different group programme, but the number of people was overwhelming—her hearing aids played up so she stopped attending. Then Jenny Gill, HomeShare Coordinator for Mid Canterbury, got in touch.

Jenny connected Rosita with one of three Enliven HomeShare groups in Ashburton. It was small and intimate, and before long Rosita found herself again surrounded by good company. Every Monday she is transported to and from the host's home, where she enjoys a hot meal and diverse activities. They share interesting discussions and play games, but not just old favourites—Rosita is learning new ones, challenging her

memory each week. "Everything about HomeShare is good," she says. "After a long weekend I look forward to my Mondays."

The members of Rosita's HomeShare group are caring and supportive of each other. "I gave someone some rhubarb and then the next week she gave me a pie she'd made from it. We're like that with each other now." Rosita has made genuine friends with whom she catches up by phone during the week.

"At HomeShare our seniors connect with others sharing similar experiences," says Jenny. "Through the passing of time many have lost spouses, family members, and friends. And often are experiencing age-related health issues. **At HomeShare they can share their feelings and find support from peers who truly understand.**"

Jenny believes that the HomeShare experience keeps seniors well—both physically and mentally. Many members are in their 80s or 90s yet still live independently in the community. "We know that older age presents many hurdles to living well in the later years. HomeShare harnesses the five ways of wellbeing endorsed by the Mental Health Foundation of New Zealand—**connecting, taking notice, learning, giving and being active**—to support our members to overcome those hurdles."

Rosita's depression is no longer an issue. She says her doctor can't believe how well she is doing. "I'm so grateful to Jenny and HomeShare," she says. "I'm back to my old self."

**"Whenever I walk into a HomeShare group there's a wonderful positive energy. There's a buzz of collegiality and fellowship."**

Jenny Gill

## Enliven HomeShare

The **Enliven HomeShare** service brings older people with shared interests together in the comfort of a host's private home. Small groups share a home-cooked meal and conversation, and enjoy activities decided on by the group. HomeShare enables older people who may be lonely and/or isolated to socialise within their own communities. Hosts are fully trained to support the needs of older people. Their local HomeShare Coordinator provides regular support, including age-related health issues.

If you, or someone you love, would benefit from HomeShare, talk to a GP or visit [www.psuppersouth.org.nz/referral-forms](http://www.psuppersouth.org.nz/referral-forms)

## The **Five Ways** to Wellbeing For Young and Old Alike

Research shows that five simple actions build resilience, boost our wellbeing, and lower our risk of developing mental health problems. And we can all do them every day!

They are the **Five Ways to Wellbeing**, and at Enliven the Five Ways help our seniors to live well and thrive in their later years:

**1**  
**Connect**  
Strong relationships with others and feeling close to and valued by others are critical for wellbeing.

**2**  
**Take Notice**  
Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing. HomeShare hosts encourage members to share their feelings and enjoy each moment at HomeShare.

**3**  
**Keep Learning**  
Curiosity and seeking out new experiences positively stimulate the brain. At HomeShare members are always learning something new.

**4**  
**Give**  
Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and wellbeing. At HomeShare Rosita and her companions have opportunities to care for one another. Rhubarb pie, anyone?

**5**  
**Be Active**  
Being physically active improves physical health, mood and wellbeing; and decreases stress, depression and anxiety. Enliven day programmes incorporate age-appropriate exercise and movement.

## HomeShare Helps Carers Too

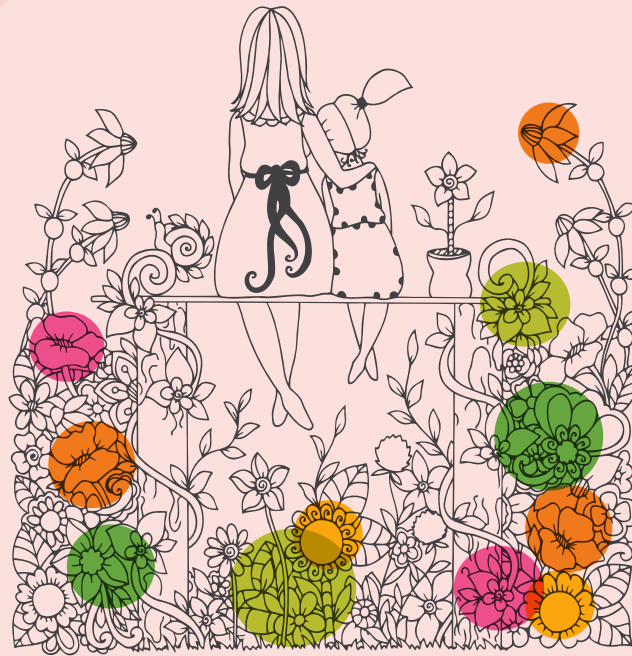
**"I care for my husband full time. He is in a wheelchair and I can't leave home without him as he is unable to care for himself. When he attends HomeShare it gives me a few hours of freedom to meet with friends, shop alone, or just chill out at home in the garden. I'm so grateful for HomeShare as it benefits both my husband and me."**





# Anxiety During Lockdown? A Mother and Daughter "Let it go"

Going into lockdown unsettled everyone at first. Without traffic noise at dusk the quiet was eerie. The nights seemed darker. And the threat of a deadly virus on the loose worried everyone to different degrees.



For people already experiencing anxiety in their daily life, the beginning of lockdown wound up the volume. At Presbyterian Support our frontline staff worked hard to support their clients' mental health through strange and unusual times.

Jackie\* is the mother of a vivacious six-year-old named Ruby\*. In March Jackie was grieving her recently passed sister and nursing persistent anxiety. In the past she'd found it hard to stare down that anxiety long enough to leave their apartment, but a lockdown with her bubbly—but somewhat unrelenting—daughter wasn't the solution she was looking for.

Ruby finds it hard to sit still and listening can be a problem, so before lockdown she was spending time with Angela Wilcox, one of our Social Workers in Schools (SWiS). "She'd made great progress," says Angela. "She was learning not to get distracted by other children (she's very social) and was learning to be patient."

Concerned for both mother and daughter, Angela reached out regularly over lockdown. She kept Jackie supplied with resources, provided encouragement and advice, and simply listened when Jackie needed to vent. Without Angela, Jackie had few people she could turn to for that level of support.

At home Ruby continued the progress she'd made at SWiS—she excitedly reported to Angela that she'd watched the movie Frozen, belting out a rendition of "Let It Go". Watching the movie was a remarkable feat for a little girl who previously couldn't focus for long. Jackie and Ruby followed Les Mills exercise classes on the TV, set up a gymnasium in the living room with pillows, and baked together. Importantly, they set up a "mama's break time" so Jackie could rest.

Another family in their apartment building faced difficulties over the lockdown, but theirs involved family harm and the Police. It impacted Ruby enormously, driving her into Jackie's bed every night. Disrupted sleep was set to worsen Jackie's anxiety, so Angela helped them develop a plan to sleep apart again.

The preliminary work Ruby did with SWiS helped prepare mother and daughter for the intensity and challenge of lockdown. And Angela's support meant Jackie didn't have to go it alone.



## NURTURE A LOVE OF NATURE

Cathy Bloy is an occupational therapist and mum. In both callings she incorporates experiences in nature as a way to enhance mental health and wellbeing. She used the lockdown experience to connect her children with the outdoors even while staying close to home.

I grew up in one of the most dangerous cities in Africa, where the safest pastimes involved staying at home inside your own four walls. Nevertheless, my parents created many opportunities for my siblings and I to get outside and connect with nature.

I used to think my parents gave me my love for the outdoors, but I've since learnt that the love of nature lives inside all of us. Humans are biologically driven to connect with nature—it's called biophilia. It's why spending time in natural spaces makes us feel good.

As a therapist I've learnt that nature rests and restores the area of your brain responsible for focussed attention.

For this reason lockdown for my family meant lots of walks for our dog. It meant sitting by the Ōpāwaho River watching my daughter float her little raft-like creations downstream. It meant getting up early to see the sun rise. It meant filling a flask with hot chocolate and hiking up the bush track near our home. We lay outside to watch clouds. My son photographed the many birds enjoying an environment without noise and pollution from cars.

It sounds idyllic, but sometimes it was tough to get my kids out of the house! But it was worth the effort because I know that if they can find their affinity with the natural world as children, it will equip them with the means to enjoy rest and restoration throughout their lives.

### The For-rest Amongst the Trees

This place is for-rest,  
This forest, wow!,  
A place in which I can  
simply breathe,  
My mind's oasis, here,  
amongst the trees...  
When I first arrived,  
I drank and drank like  
a man possessed,  
The black dog's shadow  
washing off my chest,  
And as my spirits  
rose, I was reminded  
of a childhood spent  
amongst these trees,  
These beautiful trees...

Gowie-Paul Robinson





Reaching out for Family Works support

## The voice behind the phone



Janice Huddy  
Family Works  
Intake Coordinator  
in Christchurch

It can be tough to reach out for help. If troubles in your family are causing you to feel low, overwhelmed, like a failure, or hopeless, calling Presbyterian Support for the first time can be hard.

Our Family Works Intake Coordinator in Christchurch, Janice Huddy, understands this dilemma well. Her warm and caring voice at the end of the phone reflects 15 years of practice listening to, and empathising with, people who are hurting.

In her role, Janice connects people with the right service to help them. Sometimes the right service is a Family Works one; sometimes she directs people to other organisations. Regardless of the outcome, Janice views every phone call as an important step in each person's journey toward healing.

“When people call I give them a nice welcoming Hello,” says Janice. “Then I try to find out why they’re calling and what their situation is. Most people talk freely, others take time to open up. Often people just appreciate a listening ear.”

Once Janice understands the person's situation, she describes our Family Works services. If it looks like we can help, she completes a referral form over the phone and explains the next steps. She then takes the referral to the Family Works triage team, who assess how to best help. Janice loves successfully connecting people with the right service. “I do my happy dance,” she says.

Janice has heard some harrowing stories and over the years these have become harder and more complex. “Some referrals make you want to sit down and cry,” she says. “At Presbyterian Support we talk about ‘working in the thin space between hope and despair’. Many people live in that space and this is where our front-line staff work.”

Janice's role is therefore a challenging one. She leans on her Family Works team for support, especially after difficult calls. On the other hand, she receives enormous satisfaction from listening to people share their stories and noticing their mood lifting while they talk. She also enjoys researching solutions, navigating people to the right service to help them.

It's hard to imagine that someone with a voice as calm and gentle as Janice's might leap about their office doing a “happy dance”. But if you or someone you love ever needs to reach out for Family Works help, you should know how important that call is to Janice—and indeed to all of us.

**Family Works** is a service that supports parents/caregivers and their children – pre-natal to 18yrs. Our work includes; counselling and therapy, parenting programmes, mentoring for young people and more.

A GP, school, or other organisation can refer you to Presbyterian Support for help. Alternatively, you can make a self-referral by phoning us on **0800 477 874** or visit **[www.psuffersouth.org.nz/referral-forms](http://www.psuffersouth.org.nz/referral-forms)** and complete our online referral form.

## A community in crisis – Presbyterian Support provides vital support to people in need

The Coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge the world has faced since World War II. In addition to the serious health concerns, the social and economic impact of this crisis will be felt for many months to come.

Throughout our community vulnerable families, youth and older people, have been under increased stress and anxiety. Many are dealing with financial hardship and social isolation which is placing immense strain on their health and wellbeing.

When New Zealand went into nationwide lockdown in March 2020 Presbyterian Support was immediately recognised as an essential service.

“It was vital for our staff to maintain their meaningful connections with clients throughout the lockdown period,” says Victoria Newcombe, Presbyterian Support's General Manager for Social Services. “We had to be agile, creative and adapt quickly to new ways of working”.

Enliven and Family Works staff set up home offices and immediately began connecting with clients via regular phone calls, emails and online video chats. Staff continued to offer counselling services, advocacy and brief intervention work as required. They also provided fun activities and resources to help nurture client mental health and wellbeing.

Of particular concern were people living alone and socially isolated, and those with pre-existing health conditions which deemed them ‘at risk’ and immunocompromised.



“Throughout our region staff delivered essential supplies such as groceries, medicines and blankets,

to our most vulnerable clients,” says Victoria. “These visits also provided staff with the opportunity to speak directly to clients, checking on their health and wellbeing, from a safe two metre distance in driveways and front gardens.”

As the nation moved from Alert Level 4 down to Level 1, Presbyterian Support began operating again as normal but with an increased focus on strict hygiene and safety measures, including contact tracing, to help ensure the continued protection of staff, clients, volunteers and the wider community.

Although the return to normal was a relief for many, Presbyterian Support staff have noticed an increase in the level of anxiety and stress in clients. A small number of clients have chosen to maintain remote connection with staff as they feel nervous being out in public and prefer the security of their own home.

“Sadly, we are also seeing an increase in reports of family violence and mental health concerns as people struggle to cope with life after lockdown,” says Victoria. “The Coronavirus crisis will have a long lasting impact on our community so we will continue to be innovative and creative in our response, ensuring the best possible outcomes for those who are most in need.”

## Messages of thanks received during lockdown:

“As a single mum I was very nervous at the thought of caring for 4 kids on my own. I didn't enjoy school when I was young so I wasn't sure if I would be good at helping my kids to learn at home. Your weekly phone calls and emails encouraged me to try and in the end I really enjoyed it. It has brought our family closer together.”

Family Works client

“We have really loved the resources you sent us about being creative in lockdown. Your emails inspired Geoff to paint and after some intense concentration and hard work he was absolutely delighted with the result. Thank you for your thoughtful ideas and support.”

Enliven member





# KAUMĀTUA CLUB IN MID CANTERBURY



*Inā kei te mohio koe ko wai koe, I anga mai koe i hea, kei te mohio koe. Kei te anga atu ki hea.*

*If you know who you are and where you are from, then you will know where you are going.*

## *Kaumātua Club at the Hakatere Marae is a social club for seniors*

—with a difference. Members enjoy a game, a laugh, a sing-along and a good time, and they connect with each other in friendship, (over lunch/kai, of course).

But peer more closely and you'll see a vital connection between not just Club members, but between the community, the marae and Presbyterian Support.

That's because “it's the nannies who know what's going on,” says Ray Solomon, Enliven kaiāwhina for Mid Canterbury.

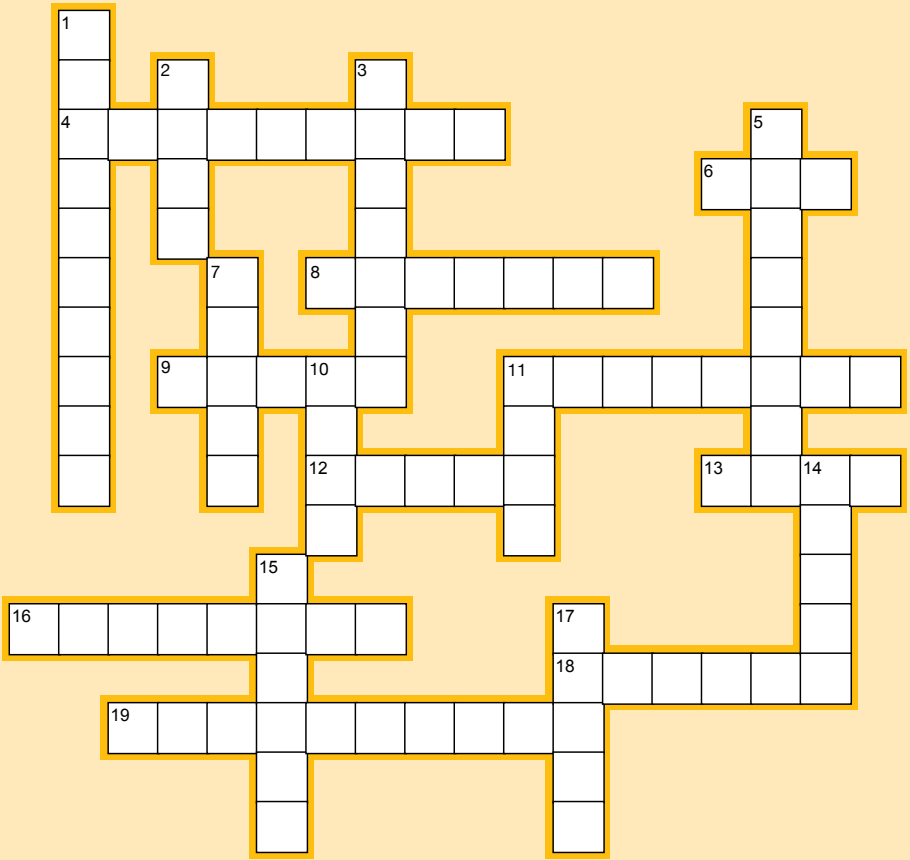
### VITAL ACCESS TO SOCIAL SERVICES

Māori elders often struggle to access social services, which leads to poorer outcomes. The role of our Enliven kaiāwhina is therefore to work hard to ensure kaumātua know what services are available to them, then ensure they receive social support in a culturally appropriate way.

At every Kaumātua Club session, members are joined by Ray and a Community Family Worker or Budgeting Mentor from Presbyterian Support. Members learn about Enliven services in Mid Canterbury, (including; HomeShare, counselling and social work) and they can choose to engage with these if they wish.

## A Crossword for the Season.

Answers on page 16.



EclipseCrossword.com

### ACROSS

4. A Māori social worker, helper.
6. The world's smartest parrot.
8. Establish a relationship with someone. (A way of wellbeing)
9. Listen to the pounding of the \_\_\_\_\_.
11. Plain to look at, beautiful song.
12. There are millions.
13. The sun dips below the horizon in the \_\_\_\_\_.
16. In Māori, maunga. In English, \_\_\_\_\_.
18. \_\_\_\_\_ at night, shepherd's delight. (3,3)
19. NZ's Christmas tree.

### DOWN

1. Pay attention (a way of wellbeing) (4,6)
2. Cause someone to have or experience something. (A way of wellbeing)
3. A three-quarter moon.
5. Get out and move. (A way of wellbeing) (2,6)
7. Increase knowledge. (A way of wellbeing)
10. The sun rises in the \_\_\_\_\_.
11. What we call the forest in NZ.
14. At the beach smell the \_\_\_\_\_ air.
15. Outdoors for rest and restoration.
17. Feel the \_\_\_\_\_ between your toes.

But importantly, Māori elders are deeply tapped into their communities. Once a nanny learns what social services are available, she can often identify someone in her whānau— young or old—who would benefit. That's the unique power of Kaumātua Club.



### A WIN FOR THE MARAE

Ray Solomon wears many hats—not only is he a kaiāwhina; he is also Vice Chair of the Hakatere Marae and Chair of the Māori wardens in the South Island.

The Kaumātua Club project is a natural combination of all his roles working together.

For Ray the Kaumātua Club is also part of a larger vision to encourage Māori of all ages back to the marae. Ray speaks passionately about the importance of Māori, especially urban Māori, knowing where they come from.

“Not knowing your roots is like starting a journey but not knowing where you're going. How do you plan your trip? There's something missing. If we bring our people back to the marae, we can help them understand where they come from and find their purpose.”

In the meantime Ray encourages his Kaumātua Club members to join him each Monday knowing that the outing is good for their health—mentally and physically—and for the wellbeing of their whānau.





# Connecting Families with the Right Help



Imagine you're a single mother of children with special needs. Due to financial difficulties you no longer have transport and are struggling to make ends meet. Add a violent ex-partner.

**What service does a vulnerable family in this situation need? Not one service. Many.**

Two of our Family Works staff supported this mother and her children to make sure they were safe and achieving positive change in their lives. Their work involved collaborating with many different services and organisations to wrap around the family and strengthen them.



*"It's not easy work but it's incredibly rewarding to see families thrive as a result of our collaborative efforts."*

Abbey

## The Children's Team

Everyone knows Oranga Tamariki, but not everyone has heard of the Children's Team. Essentially, Oranga Tamariki directly handles cases where children are at very high risk. When a referred case is complex but the children are not in imminent danger, the Children's Team handles it. Families choose to work with the Children's Team or not; it's voluntary.

The Children's Team assigns a lead professional from an organisation such as Presbyterian Support to coordinate multi-agency support for a family. In the case of this mother and her children with special needs, Abbey and Nicole were assigned to be co-lead

professionals. Funding is provided to Presbyterian Support from the Ministry for Social Development to carry out this work.

Abbey and Nicole referred the mother, Sally\*, to a budgeting service and supported her with WINZ appointments applying for extra financial support. They worked with the children's school to improve attendance and ensure the children's special needs were met.

"Throughout the process we put children's voices at the centre of everything," says Nicole.

"And it's the family engagement that's key to success," says Abbey.

## The Added Complexity of Family Harm

Nicole was assigned to the Children's Team in Sally's case because of her experience working with Family Harm. Sally and her children had recently moved cities to escape her abusive ex-partner. Somehow the man found them, sparking an incident, so collaborative work was then required involving Oranga Tamariki, the Police, and the Battered Women's Trust.

## It's Not a Quick Fix; More of a Slow Burn

*"One of the strengths of the Children's Team is that we can take time with a family, build trust, and maintain the relationship,"* says Nicole.

*"The Children's Team is in it for the long haul—we are there to meet the needs of the family and if those needs are ongoing then our work reflects that."*

*We've linked them with the right people, and advocated for them so that the children's voices are heard. They are now interacting with social services, the education system, health professionals and other relevant services."*



## Hearty Rice Salad

This recipe was cut out of a long-forgotten magazine many years ago. Since then it's been tweaked and enhanced almost beyond recognition, but it remains a veggie-filled, tasty and satisfying side for every day or special occasions.

### INGREDIENTS

One cup of brown rice  
3-4 button mushrooms, chopped  
¼ red onion, finely chopped  
One green or red pepper, chopped  
Two stalks of celery, chopped small  
½ C roasted almonds, chopped  
1.3 C dried cranberries or raisins, chopped

### FOR THE DRESSING:

Juice from one lemon  
3 T olive oil  
1 small garlic clove, minced  
1 t Dijon mustard  
1 t honey  
Salt and pepper

### METHOD:

1. Cook the rice in salted water then drain.  
2. While the rice cooks, combine the onion, mushrooms and dressing and allow to sit for 20 minutes.  
3. Add the remaining ingredients, including the cooled rice, and combine.  
Serves 4-6.





# Driving for Tōtara Club in Rangiora

## Volunteering

On Monday **Mark**\* headed to his job as a vehicle inspector in Timaru as normal. By the following Monday he'd retired, sold his house, and moved to Rangiora. It was a dramatic change in situation and lifestyle, but a good one. He was closer to family and had always liked the North Canterbury town.

**Peter** is also recently retired, but unlike Mark he's lived in Rangiora for many years. He worked in Christchurch as an architectural designer, where one of his last projects was Te Korowai - the Home of Presbyterian Support. It's a happy coincidence that he now volunteers for Presbyterian Support as a minivan driver, as does Mark.

One day per fortnight each man picks up half a dozen seniors, transporting them between home and their Tōtara Club day programme. At the club members enjoy a social day of games and activities, plus a hot main meal and other refreshments. Trained staff and volunteers create a warm and loving environment. Tōtara Club members are typically older people who find it difficult to get out and about, and who are at risk of becoming socially isolated.

Mark and Peter enjoy interacting with their passengers. "There are some lovely, lovely people," says Mark. And over time the men have established friendly, caring relationships with their respective passengers. This warmth is important—not only must they transport their passengers safely and comfortably; they also need to minimise stress, which some of their seniors are vulnerable to.

Once one of Mark's passengers had agoraphobia, (a fear of places/situations that might cause panic and helplessness) so every ride was a strain for her, but various age-related issues can create anxiety.

In recent years Peter supported his mum who was in her 90s. It taught him many things, including patience, which helps because nothing happens fast on his minivan route! "I haven't had to transport anyone in a wheelchair yet," says Mark. "But there are lots of walking sticks and walkers. Most passengers can't use the side doors so they enter the van by the hoist at the back."

And Peter finds it takes him time to "gauge where some of the folk are at on the day". Some days someone might be chatty, but on another pick-up they're quiet. "You need to be people oriented," he says.

The effort is worth it when Mark and Peter transport their passengers home in the afternoon. "You can tell they've had a great day," says Mark.

Mark appreciates the support he receives from Presbyterian Support staff, including a first aid course and defensive driver training. Both men have been touched by the gratitude shown to them by staff and carers alike.

Peter is humbled by the positive impact of his role.

**"It's something so ordinary and yet it gives them so much."**

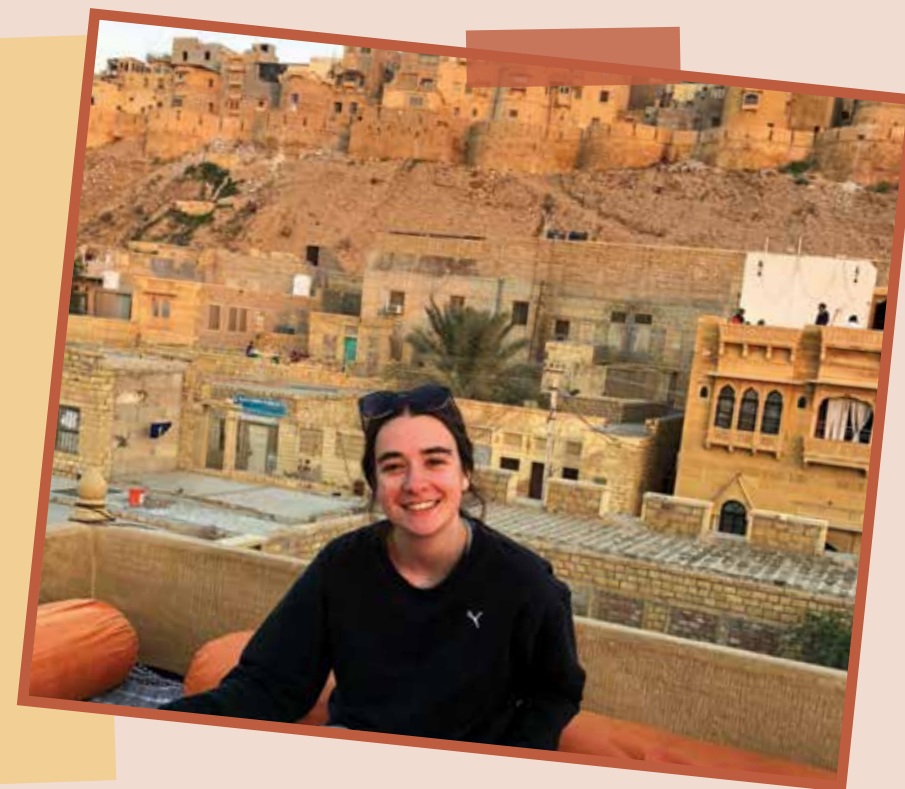


\*Names and images have been changed to protect privacy.

*Giggles at Smiggle:*

## A BUSY STUDENT DOCTOR "TAKES A BREAK" WITH A POSITIVE IMPACT

Lauren Hansen is a 5th-year medical student based at the Christchurch campus of the University of Otago. She mentors Lizzie\* a ten-year-old girl who, like Lauren, loves being active and outdoors.



### Why did you decide to become a mentor?

I was looking for something I could do outside university that would be a productive "break". Over the past few years I've developed a passion for working with children, so I thought volunteering as a mentor would be the perfect fit for me.

### What does mentoring involve?

Lizzie and I meet for a couple of hours once a week, usually after school. Sometimes we drink hot chocolates and window shop (Smiggle is a favourite!) at the mall. At other times we take a scooter to the skate park, swim, or just play tag at a playground.

### Why was Lizzie enrolled in the mentoring programme?

Lizzie has loads of energy and a good competitive spirit. She lives at home with her two brothers, so gets hungry for one-on-one girl time. She has also experienced a lot of changes at school and was recently diagnosed with ADHD. The regularity and routine of mentoring is good for her.

### What was it like in the early days before you knew each other well?

Lizzie loves talking to people and making new friends, so from the beginning our being together felt natural, not awkward. On our first get-together we wrote down some goals. We started a scrap book, which we take lots of photos for. This shared project really helped to break the ice. Within a couple of visits it was like we'd known each other for ages.

### How has mentoring positively impacted Lizzie?

Lizzie has matured a lot and has become more confident. We share funny stories, sing in the car together, and have interesting conversations.

### What impact has mentoring had on you?

When you are with someone who looks up to you, you're more aware of what you say and how you behave. So spending time with Lizzie has made me act more intentionally.

I think a lot about how to use our time together each week to achieve a bigger impact. For instance, when we visit a café the experience offers Lizzie learning opportunities such as ordering for herself, using manners, and learning about

spending money and budgeting. Finding purpose behind actions means you get a lot more out of life and it's definitely something I've taken away from my mentoring experience.

### What are some of the challenges you have encountered as a mentor?

**My main goal is to positively influence Lizzie's life.**

Sometimes Lizzie's behaviour at home and school is problematic. Teaching her skills to cope with challenges that arise when we are not together can be difficult. Sarah Taylor, the mentoring coordinator, has helped me with this aspect a lot.

### What advice would you offer someone who wants to become a mentor?

At the end of the day you just need to have fun. Being a mentor is so incredibly rewarding and such a privilege. Despite my busy schedule, when I drop Lizzie home I always feel fulfilled and refreshed and I hope she feels the same!

\*Names have been changed to protect privacy.





# Around the Region

## Matariki celebrations!

Matariki signals the Māori New Year which begins with the rising of the Matariki star cluster during New Zealand's mid-winter.

"Matariki" is the star that signifies reflection, hope, our connection to the environment and the gathering of people. Matariki is also connected to the health and well-being of people.

This is a time to gather with family and friends to reflect on the past, celebrate the present, and plan for the future!

Around our region, we celebrated this special event by sharing kai (food), learning and kōrero paki (sharing stories), making māhi a ringa (Māori crafts), and singing waiata (songs).



## Working in lockdown!

The COVID-19 lockdown presented Presbyterian Support with many challenges as staff quickly found new ways to work, ensuring we would stay connected with clients across our region.

Social isolation, financial instability and housing shortages were amongst the key issues for our clients during this time. Our staff spent many hours on phone calls, video chats and driveway visits to support our most vulnerable people.

Here are some stories of our time during, and following, lockdown...



CHRISTCHURCH  
& NORTH CANTERBURY

## Caring for the vulnerable

Luis Arevalo is one of our Enliven Social Workers who is based in Christchurch and North Canterbury. During lockdown Luis collaborated with other agencies, including Inspire Church, to deliver vital food parcels to vulnerable socially isolated people and those located in remote areas.

"I feel it is really important during times of crisis that our most vulnerable and isolated clients do not feel more isolated and vulnerable. In fact, it is during times like this that we should step up to a different level and become more engaged."

Luis delivered more than 50 food parcels to families and older people in Christchurch, Waiau, Hurunui, Cheviot, Amberley, Waiapara, Culverden, Hanmer Springs, Hawarden and Waikari.



ASHBURTON

## "Meating" the need

Our small Ashburton food bank became famous when it was highlighted on TV One's Seven Sharp show in June thanks to their involvement in Silver Fern Farms "Meat the need" initiative. Local kiwi farmers donate processed and packed meat in an effort to help our most vulnerable local people.

In addition to this, during lockdown, the team at Foodstuffs South Island also donated thousands of dollars worth of grocery vouchers to help support our clients who were struggling to cope financially during the crisis.

We are extremely grateful to these organisations for their kind generosity.



MARLBOROUGH

## A new home for Tōtara

Our Enliven members really missed our programmes over lockdown and were eager to return but a change of circumstance at our previous venue meant that we have now moved our Tōtara club to Picton Union Church. Our members are delighted to be back and now we have even more space to accommodate new members to our Picton family.

We also have a new Youth Mentor Coordinator, Sharaine Steenberg. With a group of more than 20 Marlborough children in our programme, we're sure to keep on track with the great work that Darlene and those before her had started.

NELSON

## Sharing memories

During lockdown Nelson Harakeke members were invited to make a memory board which they could share with our team once the day programmes were up and running again.

With prizes up for grabs we had a large number of entries, making it extremely difficult to select a winner.

In the end Mark Black's incredible fishing memory board, complete with photos, competition certificates and



fishing lures, was announced the winner.

Creating the board was a wonderful trip down memory lane for Mark and his wife, Gay, who helped him put it together.



WEST COAST

## Home baking for HomeShare

Lockdown was a difficult time for many of our isolated HomeShare members in the Greymouth area.

Our HomeShare Coordinator, Margaret Wetherall, spent countless hours phoning and emailing members to make sure they were coping well. Although her attempts to check-in were appreciated, many members desperately missed the social connection they enjoyed when visiting our HomeShare programme.

Knowing how unhappy some of our members were, Margaret decided to cheer them up by baking dozens of muffins and delivering them personally to client's homes.





# Sharing the Love through a Bequest

When Dorothy Bank's husband died she became very lonely. Not only had she lost her loved spouse and companion; she also lost her enthusiasm for the activities she enjoyed when he was alive. Eventually she stopped attending altogether and daily life became very quiet.

But then two years ago she was introduced to HomeShare. She quickly joined a local group, which she attends to this day, and Dorothy hasn't felt lonely to that degree again. Even over the COVID-19 lockdown, when HomeShare wasn't running, HomeShare Coordinator Jenny Gill continued to stay in touch with Dorothy, to make sure she was OK.

When Dorothy's husband was alive the couple did good wherever they could. Dorothy recalls how happy they felt when helping with Meals on Wheels, for example. To Dorothy's mind leaving a bequest to Presbyterian Support is a natural extension of her and her husband's values around supporting others. Plus, HomeShare has helped Dorothy so much that she wants to make sure other older people in her Ashburton community can receive the same help.

Your generosity and kindness will make a positive difference to the lives of others.



Thank you, Dorothy.

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

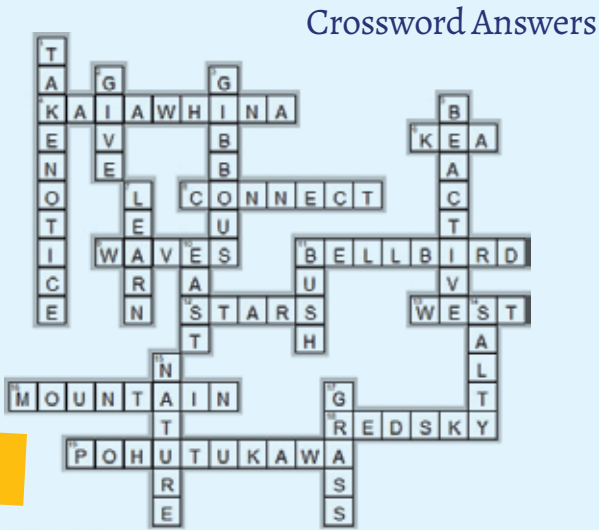
- Your gift will fund social services that create a better NZ for all who live here,
- Regardless of circumstance, culture, or religion, Your gift will help vulnerable people of all ages to become safe, strong, and connected,
- Whatever its size, your gift will make a positive difference, and
- You will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

If you would like information about how to leave a bequest, please contact Megan Waddington.

E-mail: [meganw@psusi.org.nz](mailto:meganw@psusi.org.nz)  
Phone: (03) 363 8209

We would love to hear from you.

[psuppersouth.org.nz/leave-a-legacy](https://psuppersouth.org.nz/leave-a-legacy)



## OUR MAJOR SUPPORTERS PS IS FUNDED BY



## Yes! I want to help.

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

☐ 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.





# Volunteers Needed!



*Help us make a difference in the lives of others!*

A regular, small amount of your time each week could make a huge difference to the people we care for. Volunteer to support our Enliven Programmes or become a Family Works Mentor.

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

enliven

 Family  
Works