



People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

ISSUE 11

Spring/Summer 2021/22

**The best
day ever!**

**Moving
Day**

**One proud
Mama**

**Mana
enhancing
essential to
Kaiāwhina**

**Seasons
for growth**

Presbyterian Support Upper South Island is a non-profit social service charity serving the West Coast, Mid and North Canterbury, Christchurch, Marlborough and Nelson.

Through our service groups, Family Works and Enliven, we support children, young people, whānau, families and older people to be safe, strong and connected. It is our mission for a just, compassionate and inclusive society in Te Waipounamu.

To learn more or to find a service centre, go to www.psuffersouth.org.nz.



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Our services



Partnerships

key to growing strength and resilience



Finding ways to support people who face incredible challenges that arise from poverty, poor health, a lack of resources and cultural shortcomings is something we do every day.

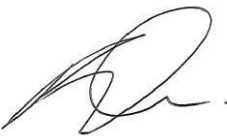
The stories we tell are often confronting but they shine a light on how difficult life can be for some people in our communities.

In this edition of People Helping People many of our stories show how effective partnerships can be when helping people who may be struggling with financial barriers (page 6), language barriers (page 7) or cultural barriers (page 12).

A partnership between a social worker in a school, a child and his or her whānau can be complex but very rewarding. On page 2 our story about Dillon and his whānau (in particular, his father), spans many years and follows the struggles and tragedies that beset Dillon. But despite the heartbreak and trauma, Dillon is reaping the rewards of a strong partnership with two of our social workers, even describing receiving birthday presents as the best day ever!

Nāu te rourou, nāku te rourou,
ka ora ai te iwi
With your food basket and
my food basket the people
will thrive

Ngā mihi



Barry Helem
Chief Executive,
Presbyterian Support
Upper South Island



PS. In the last edition of our newsletter, *Connect*, I talked about the new Enliven East Christchurch Kaumātua/Older People service. The service is now full steam ahead and we've included a story about its success on page 4.

THE BEST DAY EVER!

What are the chances of an 11-year-old boy, born into poverty, family violence, drug use and neglect? What kind of future might he face? Bleak would be an understatement but when Presbyterian Support came on the scene, the future looked a little brighter.

In 2016 Dillon* was a 6-year-old pupil very quickly falling off the rails. Dillon was heading towards a life of violence, crime with mental health issues. To make matters worse, his mother had not been part of his life since he was three months old and his contact with her was limited. Dillon's father also struggled to be an active and caring father.

It was at this time that Presbyterian Support started working with Dillon (and his father). The challenges were immense, not just in school, but in their home. Dillon desperately needed a routine, he needed to feel secure and safe at home, to attend school regularly and be properly cared for by his father. Not an easy thing to achieve.

The effects of years of ill-treatment and neglect had to be slowly reversed and Dillon's father needed parenting support to aid in this whānau's slow recovery. Slow it might have been, but it came.

For Social Worker in School (SWiS) Tracey* her initial mahi was two-fold. Help Dillon's

father understand his parenting responsibilities, make sure that Dillon was fed and bathed regularly, attend school and encourage his father to ensure he had a good night's sleep. Dillon had a very low opinion of himself so Tracey worked simultaneously to improve his self-esteem and resilience. With other agencies helping provide Dillon with extra-curricular activities and the whānau also receiving much-needed food parcels, the collaboration and interventions were having a positive impact on this whānau.

Unfortunately that was about to change when, in 2020, Dillon's father was diagnosed with terminal cancer. Just days before Dillon turned 10, his father passed away.

It's fair to say that Dillon's world came crashing down once again but we weren't going to give up on him.

At this time Dillon began working with a new SWiS social worker, Kendal*. Because Dillon's father passed away during the Covid-19 lockdown, the support for Dillon and his grandmother (now his guardian) came via the phone. It wasn't ideal but it was, by far, better than not having any help.

Following the end of the lockdown Dillon was able to receive grief counselling and Kendal continued to support him to develop his emotional intelligence and regulation. Other agencies also continued to help Dillon.

The grief and trauma Dillon was dealing with were a lot for the young boy.

While progress was being made, it wasn't always linear or straight forward and given his early years, this was not unexpected.

What was unexpected, however, was an event that would be hard for anyone to cope with, let alone a young child who was already having to deal with so much pain and hurt during his young life. Dillon was the victim of a hit and run, suffering physical injuries, being hospitalised and unable to go to school for several weeks.

The new trauma compounded the existing trauma and Dillon's progress was immediately in jeopardy. But again, Presbyterian Support were not about to give up and Kendal persevered. While the whole experience caused considerable distress for the whānau, Kendal visited Dillon at home, providing him with home-based learning activities. Kendal also encouraged Dillon to return to school once he'd recovered from his injuries, helping him to overcome his anxiety of public spaces.

Kendal continues to work with Dillon, meeting him every week so he's able to talk about his feelings and develop social skills and make new friends.

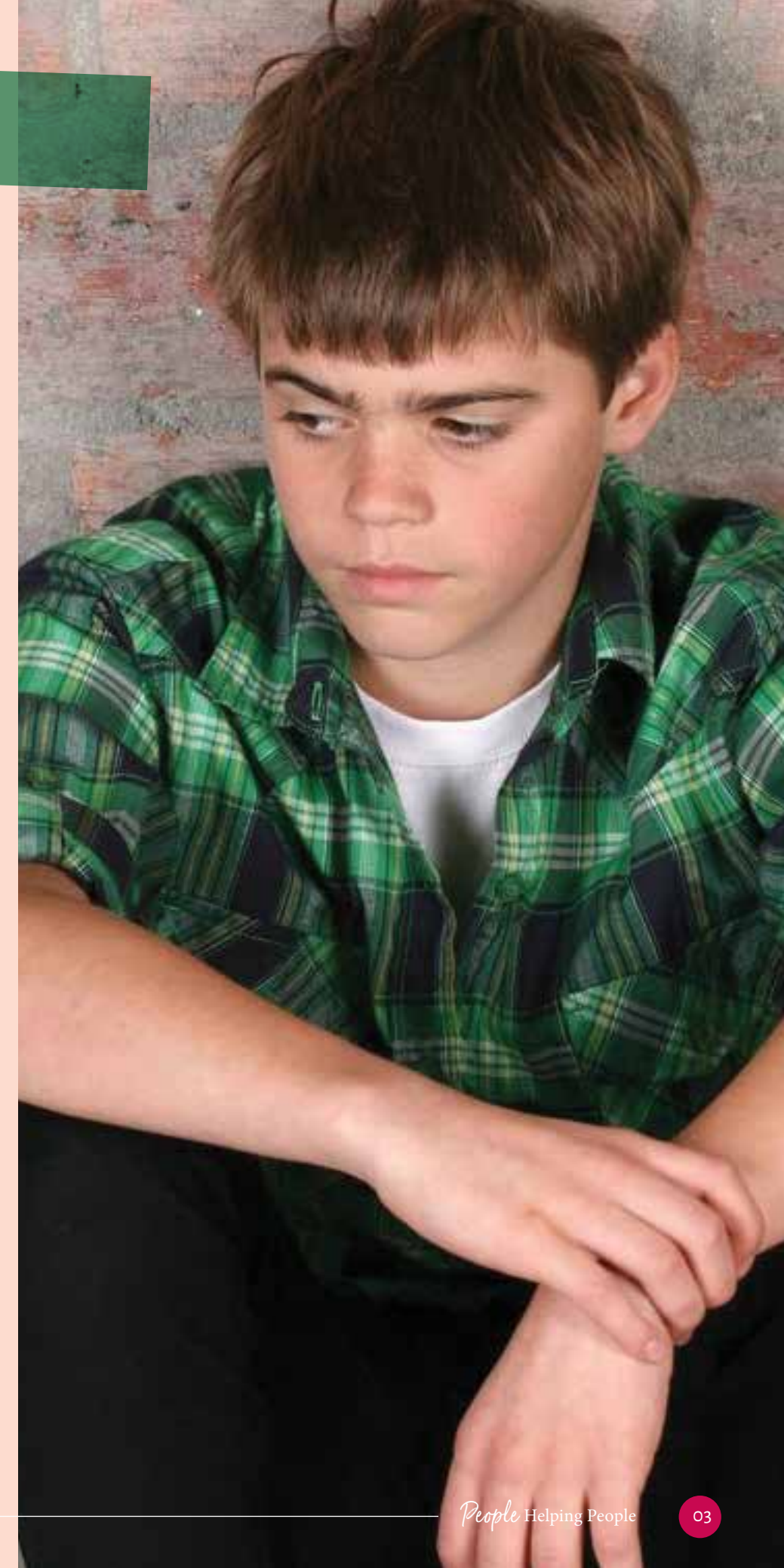
Dillon has a small but important network of people around him who are supporting and encouraging him to be the best version of himself. Dillon is now 11 years old and has seen far too much violence, grief and sorrow for such a young person but the help he desperately needed is a game-changer.

For his birthday, Dillon and his grandmother received a birthday cake and gifts, making it, in Dillon's words,

"the best day ever".



*Names and photos have been changed to protect privacy



MOVING DAY

Moving day is often not without its challenges, but for 80-year-old Ngaire*, those challenges were almost a bridge too far. Enter Enliven East Christchurch Kaumātua Service social worker Immy!

Ngaire had lived in her rental kāinga/home for 14 years. She was well settled, liked living in the area, had strong community ties and was close to the amenities she frequently used. But when Ngaire was told her unit (and her neighbour's unit) were to be torn down so new townhouses could be built, she was forced to look for a new home, something she struggled to do.

The 80-year-old has no computer and no internet and as rental accommodation is more often than not advertised online, the monumental task of finding a new kāinga was going to be all but impossible.

Ngaire has a strong sense of independence and is reluctant to ask for help but the task of finding a new kāinga was going to test her resolve. Fortunately, she reached out to Presbyterian Support and our new Enliven East Christchurch Kaumātua/ Older People service social worker Immy was there to help.

Immy was conscious of giving Ngaire as much assistance as she needed whilst bolstering Ngaire's confidence and helping her secure a new kāinga.

It soon became apparent that Ngaire enjoyed the company and security she got from her neighbour Ernie* and some effort was made to see if adjoining properties could be found for the pair. The prospect didn't look too good but Immy was working hard with Ngaire to find something suitable in the area.

Demand for rental properties is high and with a limited budget, the search proved difficult but Immy and Ngaire weren't going to let that hinder them! Eventually a suitable unit was found. It was warm, cosy, close to Ngaire's GP and the supermarket and, even better, a neighbouring unit was also being vacated, making it a perfect new kāinga for Ernie!

Immy's determination to help Ngaire secure a new kāinga is just one of the practical ways our social workers help people in need. Immy has also been able to successfully encourage Ngaire to purchase a cell phone which is helping her connect with the wider world.

Ngaire and Ernie will move together, knowing that their new kāinga will provide everything they need, including the all-important sense of community and belonging.



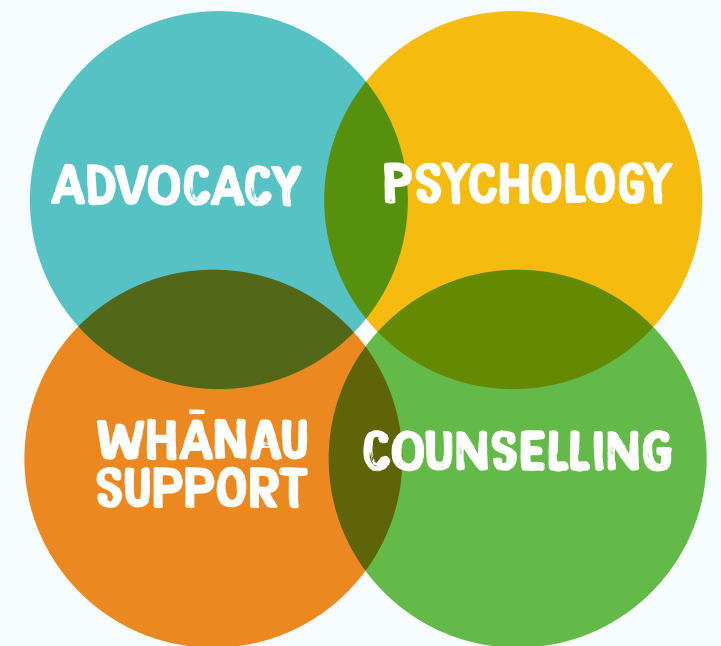
*Names and photo have been changed to protect privacy



Enliven East Christchurch Kaumātua/Older People service

This new service was launched a few months ago in response to a gap being identified for social services in the eastern suburbs of Christchurch. The service aims to support the independence, social inclusion, health and wellbeing of kaumātua/older people and their whānau/family.

The team of three social workers and one psychologist will provide free services including:



For more information about this service visit www.enlivenuppersouth.org.nz/east-christchurch-kaumatua.

ONE PROUD MAMMA!

Fifty-year-old single man Michael*, came to Presbyterian Support in a distressed state, not sure who he could turn to for help.

Michael's world had been turned upside down when events conspired against him, leading him to experience crippling financial hardship.

Michael had lost a good job and while he had gained new employment, it was part-time and on minimum wage. If that wasn't enough, his mother had moved into a rest home so Michael took over paying some of the bills – rates, insurance and other expenses – until the sale of her house was complete.

Unfortunately the house sale was not straightforward and the additional bills were taking a toll on Michael, his financial situation, his health and wellbeing.

At this point Michael reached out to Presbyterian Support budget mentor Trish* who immediately took action.

“Michael looked unwell and I gently enquired about his eating and sleeping routines. He was not eating well as he couldn't afford food after paying his own expenses and his mother's bills. He was also adjusting to being a night shift worker at his new job.”

Over the weeks, as Michael and Trish tweaked his budget and contacted his creditors, he mentioned that he was afraid to tell his mother as he felt so ashamed and he didn't want to worry her.

“Eventually, he did pluck up the courage to tell his mother about his difficulties and she immediately took over her own payments and offered to help with others so that Michael would not be forced to go into insolvency.”

Michael still has a long way to go but he will negotiate with some of his creditors to reduce weekly repayments and he and his mother are working together to help each other out.

*Names and photos have been changed to protect privacy

Thanks also to Trish's expertise, Michael has been put in contact with Work & Income and is applying for an accommodation supplement and any other assistance they can provide.

Michael wasn't eating well so Trish gave him a small food and grocery parcel with additional supermarket vouchers to ensure he maintained good health.

“He looked at the bar of soap in his parcel and struggled to keep his composure as he told me how much a little thing like that means to him. He broke down and then hugged and thanked me. Sometimes it's the little things that make a big difference.”

Michael and Trish are still working together, but he is slowly taking control of his finances and learning new budgeting skills. He has applied for more hours at work and he is hoping to get by without his mother's help as soon as possible. In the meantime, the buyer is almost ready to settle on his mother's house and soon she won't have to pay the house expenses.

“Helping Michael is going to help his mother too as she watches him recover and become financially capable, not going into any more unnecessary debt. She is going to be one proud mamma.”
- Trish.

Support

and perseverance pays off

For many of us, accessing medical help is something we can happily rely on but for others, barriers exist, particularly if English isn't your first language. Communication can often be fraught and easily misinterpreted.

Such was the case for a young Filipino man, Alberto*, who was attempting to enrol into a medical centre, only to be told by two practices that they were not enrolling new patients. That was, in fact, incorrect, leaving the young man in a predicament. Without professional support, it was highly likely he may have seen the barriers to accessing medical care to be too significant. If this was to happen, then what would the consequences be if he needed medical assistance? A visit to the Emergency Department? Becoming more unwell because early intervention was unable to be sought? At the very least, the young man may have lost confidence in himself and in his ability to seek help when needed, having a detrimental impact on his health and wellbeing.

Fortunately, that wasn't the case for Alberto. Presbyterian Support's Partnership Community Worker (PCW) Sue Amtman was able to step in and help him.

“Alberto had actually tried to enrol in three practices without success so I met with him, contacted the nearest medical practice to where he lives and made an appointment for later that afternoon. To make sure he would be eligible to become an enrolled patient, Alberto needed to have his visas, proof of address, passport and other documents. We went to the practice together 15 minutes before his scheduled appointment to complete the necessary enrolment paperwork. Our PCW service funded his appointment using a Pegasus Health healthcare voucher and Alberto is now an enrolled patient of the medical centre.”

“Unfortunately, this is the case for other people who face barriers to accessing medical help and when they aren't supported, many will give up. Because the PCW service is about working with other health providers, it is incredibly valuable for people like Alberto.”

*Name and photo have been changed to protect privacy

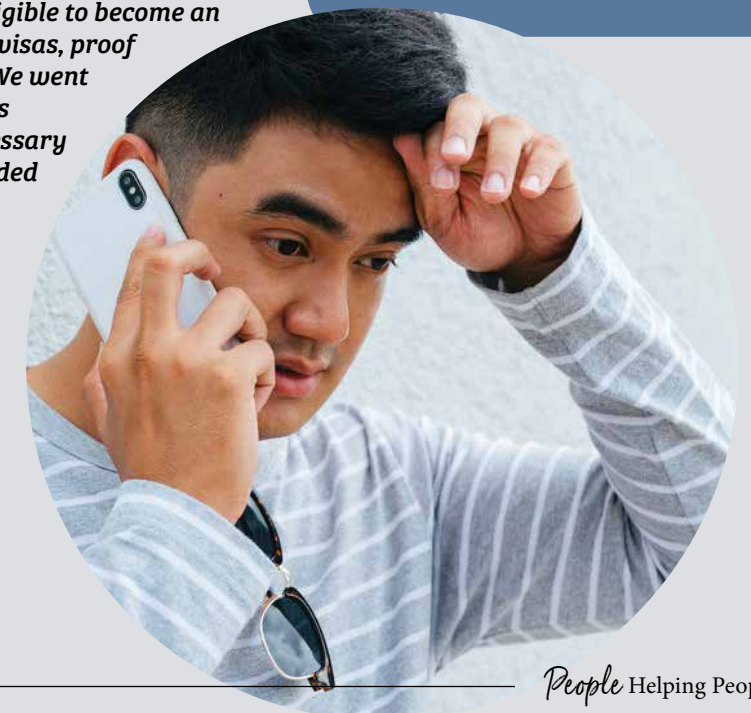
Partnership Community Worker

Presbyterian Support Enliven's Partnership Community Workers (PCWs) are funded by Pegasus Health. They form a network of supportive professionals across Canterbury. PCWs work together with GPs and local communities to help remove the barriers that some people face in accessing health care. PCWs may work with you or a loved one if:

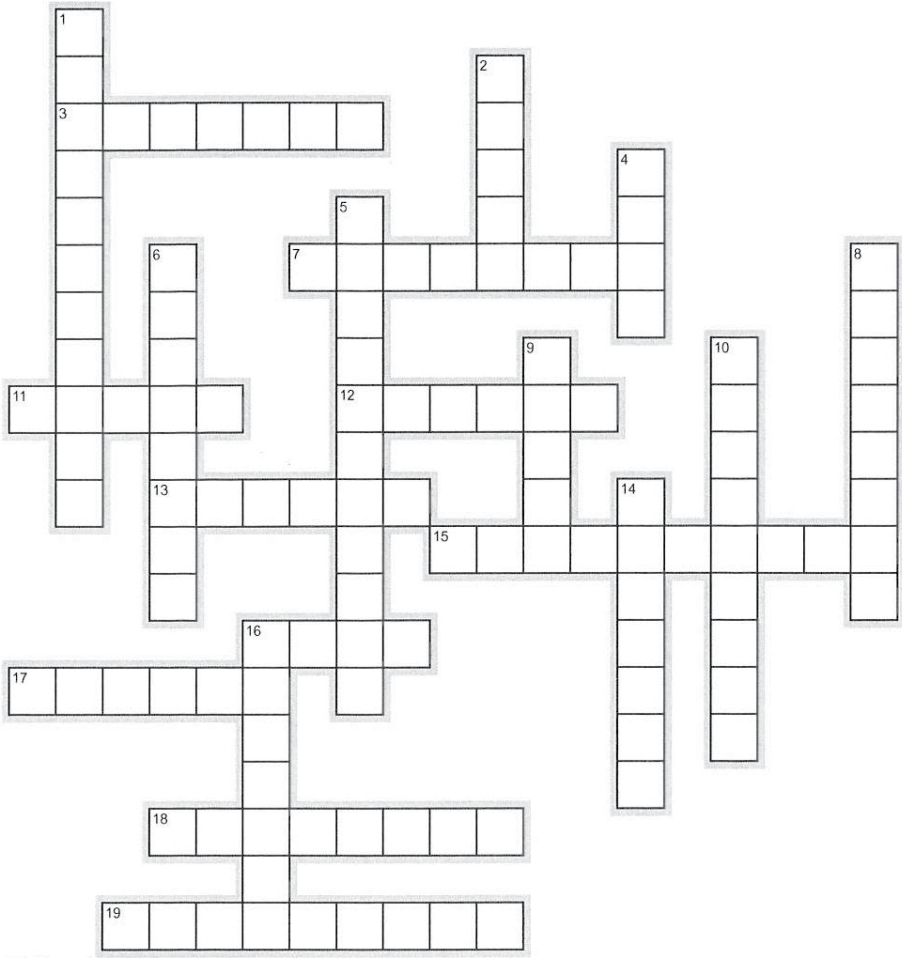
- you or a loved one feels vulnerable, socially isolated or distanced for any reason from a support network
- you or a loved one has unmet health needs including physical and/or mental health problems

Enliven's professionally registered staff and PCWs know and understand the health service and national support networks. They'll:

- listen to your concerns
- respect your cultural needs
- help you to identify your health and wellbeing needs, and;
- put you in touch with the right support service



Crossword



- ACROSS
- 3. Feeling worried
 - 7. Māori word for child
 - 11. One proud
 - 12. A plan for money
 - 13. A mighty NZ tree
 - 15. Celsius/Centigrade or _____
 - 16. A food to help bind other ingredients
 - 17. Muriel's surname
 - 18. One of the services provided by the East Christchurch Kaumātua service
 - 19. Name of church in Greymouth

- DOWN
- 1. Event to celebrate Youth Week in Blenheim
 - 2. A person who gives money to charities
 - 4. Social Workers in Schools abbrev
 - 5. Blenheim is the 'capital' of this region
 - 6. Māori word for older person
 - 8. Footwear worn by Fred Dagg
 - 9. The fruit for the Upside Down Cake
 - 10. 31 minutes is spent by which organisation helping a young person
 - 14. PCWs are funded by Health
 - 16. Day programme for older people

Answers on page 16

Making sense of our world

For Tony Katavich, being a Presbyterian Support Family Works Mentor is about creating opportunities to help affect positive change and he encourages others to give it a go.

Tony lives in Marlborough and used to run a writing robotics company. At the age of 37 Tony was fortunate to be able to retire and has thrown himself into various voluntary roles including being a business mentor, working with local businesses to help improve their operations, giving fortnightly walk and talks with a local IHC man and, of course, being a Presbyterian Support Mentor.

Tony's interests are wide and varied including travelling in his motorhome, playing the piano and he is currently working towards his pilot's licence.

When Tony retired, he wanted to use his time with purpose and decided to become a Family Works Mentor. For Tony, mentoring is about seeing a young person develop a wider worldview and be able to deal with life's ups and downs.

When asked what he would say to someone thinking about becoming a Mentor, he replies, **"you were a child once too. We all may have benefited from having an extra person about to help us navigate the challenges of childhood and make sense of the world around us."**

Kindness at the heart of volunteering

Melbin likens his voluntary role at the Tōtara Club in Riccarton to that of being treated as a special guest and no wonder, given his kindness and willingness to help others.

Until recently, Melbin had been a volunteer van assistant for the Enliven service after 'Googling' for opportunities to meet new people. What he found was the opportunity to take care of older people as he had done similar work back in his native India.

"As an immigrant, and not having any family members in New Zealand, working with older people and making a commitment was a wonderful experience for me. Whenever I went to the Tōtara Club everyone treated me as a special guest. I remember Ainslie with particular fondness. She is a wonderful person who made me feel very welcome. Andrew and Lynn were also very patient with me as I asked many questions!"

Melbin came to New Zealand in 2020 as a student and graduated with a Graduate Diploma in Supply Chain and Logistics Management. Soon after, he discovered the Tōtara Club were looking for a van assistant and he jumped at the opportunity.

Unfortunately for us, Melbin's paid work has increased significantly and he has had to reluctantly resign from his voluntary role but it's clear that he is very well liked by Tōtara Club members and staff and he will be greatly missed.



Living by the motto of helping others

Ask Ros Birnie why she has decided to leave a bequest to Presbyterian Support and she'll respond that helping others is something that has been a part of her for her whole life.

Ros grew up in Aberdeen, Scotland and from a young age was connected to the Presbyterian Church.

"I was sent to Sunday School – it was like a home away from home where I made friends and learned the importance of helping others."

As well as her church connections, Ros was also a Brownie, then Girl Guide and cherished the opportunity to meet people, learn to think of others and not to be selfish.

The values instilled in Ros have never left her. After immigrating to New Zealand in 1974 as a trained teacher, Ros has worked with families who faced deprivation and other challenges. Through her work with the Ministry of Education, she has provided support to families in need and was involved in the establishment of special education units in Christchurch schools for children with special needs. While she found this work challenging, it was also rewarding and, once again, was a way for her to help others in need.

Ros was married to Des Maslen for over 30 years before he passed away in 2020. Both of them shared the same values of helping others in whatever way they could.

Family is very important to Ros and spends as much time with them as she can. Since retiring, Ros has a full life, enjoying her involvement with the Brevet Club, going to the gym, photography, gardening, reading and socialising with a wide circle of friends. Ros has a love of cats and enjoys the company of her pet moggie, Tiggy. Ros is also a marriage and funeral celebrant.

"I have also been involved as a trustee of The Christchurch Children's Holiday Camp Trust for 30 years, raising money for underprivileged children who would not otherwise have a holiday. These children would be unlikely to have a holiday with their family so these opportunities give them a taste of adventure and a chance to do something exciting and fun!"

Given Ros' penchant for helping others, it's little wonder she is leaving a bequest to help Presbyterian Support carry out our work of helping others in need.

"For many years I have thought very highly of the work done by Presbyterian Support and leaving a bequest to them is one way I can continue to support them."

If you would like information about leaving a bequest to Presbyterian Support please contact Megan Waddington on 0800 477 874 or email meganw@psusi.org.nz.

We would love to hear from you. psupperrsouth.org.nz/leave-a-legacy



Raspberry Peach Upside Down Cake

Summer is on its way and that means summer fruits will start appearing! Try this delicious Raspberry Peach Upside Down Cake but don't keep it all to yourself ... this recipe makes 10 servings!

Ingredients

For the fruit topping

Cooking spray
110g melted butter
200g caster sugar
2 large or 4 small ripe peaches, sliced
340g raspberries
3 tsp cornflour

For the cake

335g plain flour
2 tsp baking powder
1 tsp salt
110g butter, softened
200g caster sugar
110g packed brown sugar
2 large eggs
1 tsp vanilla extract
120g sour cream
120ml milk

Method:

Step 1

1. Preheat oven to 180°C (160°C fan) and line a 23 x 33 cm (9" x 13") baking pan with paper and grease with cooking spray. In a medium bowl, stir together melted butter and sugar. Spread in an even layer in prepared pan. In another medium bowl, toss peaches with 1 teaspoon cornflour. In a small bowl, toss raspberries with 2 teaspoons cornflour. Overlap peaches to make a stripe, then add an even layer of raspberries to make another stripe. Repeat two more times.

2. Make cake: In a medium bowl, whisk together flour, baking powder, and salt. In a large bowl using a hand mixer, beat butter with sugars until mixture resembles wet sand, about 3 minutes. Beat in eggs, vanilla, and sour cream, then slowly beat in flour mixture and milk until just combined. Pour batter over fruit and smooth into an even layer.

3. Bake until cake is golden evenly across the top, the sides of the cake begin to pull away from the pan, and a toothpick comes out clean, about 50 minutes.

4. Remove cake from oven, let cool 15 minutes, then flip cake upside-down onto a large serving platter or cutting board. Let rest 30 seconds, then carefully remove pan.

5. Let cake cool completely before slicing and serving.

In good care

*Names and photo have been changed to protect privacy

A Christchurch HomeShare client, Ruth*, may not remember too much of the day's activities, but she remembers the feeling of being cared for by loving and compassionate people.

That's the testimony given by Ruth's daughter, Felicity*, knowing her mother is in safe hands when she attends her weekly HomeShare group.

Knowing that Ruth is well cared for at HomeShare is a good feeling for Felicity.

"Mum may not be able to remember what happened during the day, but she certainly remembers the feeling of kind people. The host or volunteer will ask Mum if she has got her glasses as though they've been friends for a long time. They also tell me that Mum may have slept and has had a good-sized meal which means I'll give her a smaller meal that night."

For more HomeShare information visit enlivenupperrsouth.org.nz/homeshare.



Seasons for growth

It's Tuesday afternoon and suddenly the office fills with laughter and excitement – the children have arrived!

The children file into the meeting room and view the pictures of autumn on the wall. They are all here for different reasons but connected by having experienced significant changes which have led to feelings of grief and loss. Several of the children have had a parent die, one is now in the care of their grandparents, another child's parents have just separated and another child's stepfather has just moved into the home.

Seasons For Growth is an 8-week programme for children aged 6-12, that uses the seasons as a metaphor to illustrate and help children understand the experience of change, whether it be the death of a parent, parents separating, a parent moving away or some other significant change.

Autumn is about acknowledging that change is normal and Winter moves into individual stories of change. During the

Spring sessions the children talk about their feelings, the emotions the changes invoke and the memories that help them along the way. Finally, Summer is about goal setting, choices they can make and where their support will come from.

"My daughter has grown and found her 'spark' again since attending Seasons For Growth. Her teacher has noticed she has returned to the happy bubbly cheeky 6-year-old she once was."

For more information about this programme please call 0800 477 874 or email ps@psusi.org.nz.



Mana ENHANCING ESSENTIAL TO KAIĀWHINA

Presbyterian Support Kaiāwhina Deidre Carroll and Hutika Crofts-Gibbs approach their work in a culturally sensitive way when helping kaumātua, fostering whakawhānau by making connections and acknowledging whakapapa.

This and other culturally appropriate values are integral to the work they do every day. This was evident recently when the pair were able to help kaumātua, one of whom has a medical condition.

Neil* and Rui* had medical appointments at Christchurch Hospital and the logistics of travel and finding suitable parking was a heavy burden for the pair. While the help provided by Deidre and Hutika may sound easy enough, the way in which it was

provided was culturally appropriate. In Hutika's words, *"it was mana enhancing."*

"One does not simply walk up to kaumātua and tell them how to get to the hospital or how to go about something. Mana enhancing is a way of engaging with others that cares for the spiritual, emotional, physical, and intellectual dimensions of a person."

It cannot be rushed either. Adopting a process called te kākano (planting the seed), help is offered in a way where Neil and Rui feel in control of their own health, an important outcome for both them and our Kaiāwhina.

As Deidre extolls, this work embraces the value of kotahitanga. *"Kotahitanga is the concept of togetherness. Māori are a small yet unified race and it's important to lift each other up."*

Taking care of older Māori

Enliven Kaiāwhina help ensure that older Māori are aware of, and receive, the social support that they need in a culturally appropriate way.

If you or a member of your whānau require the services of Enliven Kaiāwhina please call 0800 477 874 or email ps@psusi.org.nz.

*Names and photos have been changed to protect privacy



Promotion will bring new opportunities

Read the story "One Proud Mamma" (on page 6) to see how this service had an impact on Michael*.

Muriel Morgan could have retired. She could now be living the dream, putting up her feet and enjoying a life of leisure! But Muriel's got other things on her mind and age certainly isn't a barrier!

For seven years Muriel was a financial mentor, a role she is clearly passionate about, so when the opportunity to step into the Team Leader position came up, she jumped at it and her experience, knowledge and wisdom were too good to ignore.

Muriel is looking after a team of five financial mentors (three paid and two voluntary) in Ashburton and Selwyn. Because she has a thorough knowledge of the role, she is in a unique position to develop the team, provide training and support them as they help their clients.

The burden of financial strain is hard to deal with, but mentors have been trained to listen and understand the client's particular situation, tap into their strengths and be discerning and

flexible when it comes to finding appropriate solutions.

When asked what success might look like for Muriel, she says it can be found in different ways. *"Primarily it's about helping people, seeing them being relieved of stress, paying off debt and learning how to create a budget."*

The challenges are large but not insurmountable. Clients may have existing mental health needs, including addiction, they are sometimes distressed and have high levels of anxiety, but Muriel and her team have helped people through clear communication and provided sound financial help.



Want to know more about our budget service? Go to www.familyworksupportsouth.org.nz/services/finances-money-reduce-debt.

Around the Region

CHRISTCHURCH

For those of us of a certain vintage, gumboots were immortalised by iconic comedian and satirist Fred Dagg (aka the late John Clarke)!

Gumboots have also taken on another meaning and Gumboot Friday is all about giving children and young people an opportunity to look after their mental wellbeing by seeking out the help of professional counselling services.

This is an example of the type of work we do through our Family Works services (www.familyworksuppersouth.org.nz) and is critically important in supporting young people to deal with events or issues that are affecting their ability to get ahead.

Recently our Linwood team supported Gumboot Friday with a hilarious rendition of Fred Dagg's "The Gumboot Song"!



SELWYN

Ange Adcock and Annette Paulsen were the 'faces' of Presbyterian Support at the Mature Workers Pop-up Expo in Selwyn to spread the message about our Selwyn budgeting service and also to encourage people to think about becoming a volunteer and the benefits these have for both the individual and the wider community.



MARLBOROUGH

Youth Week in Blenheim was something to get excited about when our Youth Service team devised a clever and fun way for young people to learn about the services available to them, including Pathways, Citizens Advice Bureau, Family Law, Literacy Aotearoa, REAP, Supporting Families and Marlborough Youth Trust.

It was the Amazing Race! While a bit different from the TV programme, four teams still had to find the services by figuring out the clues they found at each location. Their team names were pretty great as well - The Orange Tomatoes, The Pink Gummy Bears, Spicy Milkshake and Not Doyle!

Some of the destinations were interactive and the young people had to answer or ask questions.

The teams did themselves proud and were suitably awarded after the race with a prize giving ceremony. And, of course, the fastest team (by just 1 minute!), which was The Pink Gummy Bears, earned bragging rights! The pizza and snacks went down a treat as well!



CHRISTCHURCH

Thirty-one is a number that means something for Youth Service Coach, Dylan Walls. In May Dylan fundraised for Youthline by exercising 31 minutes a day for 31 days to raise \$310. By Day 6 he was feeling a bit sore! And the significance of 31? Youthline spends 31 minutes on average with a young person, helping them and supporting them when in distress. Dylan and our other Youth Service coaches also work with young people so there's a natural affinity with Youthline. \$310 will provide counselling for six young people so Dylan's efforts are to be applauded. Great job, Dylan!



NELSON

Our Nelson team got into the spirit of Matariki by sharing kai/food. It didn't end there either! As the appearance of the Matariki star cluster signals a time to start planning and preparing for the spring garden, they also planted some herbs, reusing plastic bottles.



WEST COAST

St Andrew's Church in Greymouth welcomed Youth Transition Worker Teri-anne Bergin who spoke recently about the work of Presbyterian Support. Teri-anne said the congregation was particularly interested in the work being done on the West Coast. After the service, she was approached by a gentleman who attends one of the HomeShare groups and is looking forward to having a new host.

HomeShare also has a new co-ordinator, Hiedi Richards. Hiedi joined the West Coast team in May, taking over from Margaret Wetherall (who we featured in the last edition of People Helping People). Hiedi is passionate about enriching the lives of older people in her local community. She enjoys providing opportunities for them to socialise and form new friendships.



NORTH CANTERBURY

Late June was National Volunteer Week so it was a perfect week to celebrate the contribution our volunteers make. One example was a 'Thank You' afternoon tea for our North Canterbury and Christchurch volunteers who were presented with appreciation certificates, not to mention a few tasty treats!



MID CANTERBURY

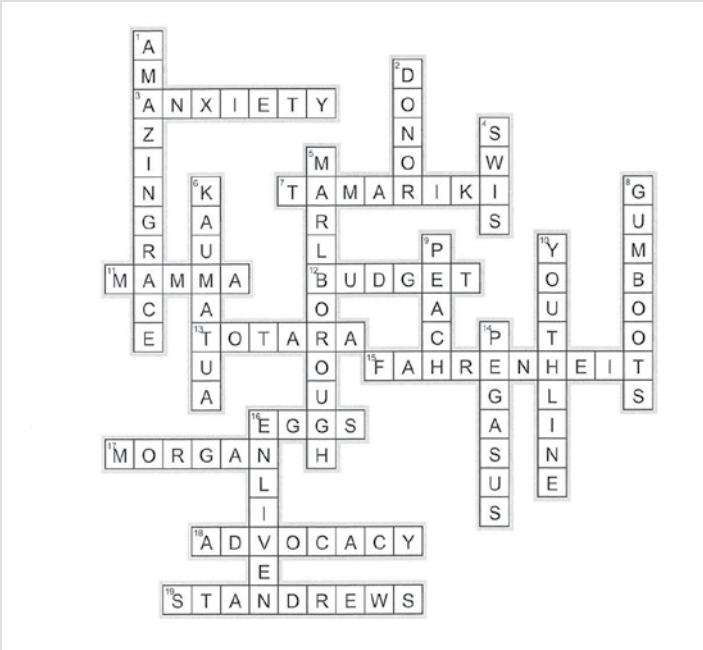
A big thank you to our volunteers for all they do towards supporting people in our community. Each year our team in Mid Canterbury recognise our volunteers by creating lovely symbols of gratitude. This year the symbols were twinkling stars that were displayed in our office. Volunteers were also given thank you cards and chocolates. Volunteers help in many different ways including being HomeShare hosts, drivers, bakers, curtain bank volunteers, budget mentor volunteers, food pantry volunteers, and volunteers who coordinate the local Community Christmas Lunch. Ngā mihi.



OUR MAJOR SUPPORTERS



Crossword
answers
from pg 8



Yes! I'd like to help

Your gift will help vulnerable tamariki, whānau and kaumātua so that they are safe, strong and connected.



Tick your preference...

\$20	\$50	\$100	\$250	\$
Can pay for educational materials for two people attending a Tuning Into Kids parenting programme	Can pay for a child who is feeling anxious and worried to receive help in their school from a social worker.	Can pay for an older person to attend a Enliven day programme, including transport costs, where they will enjoy a meal, games and other social activities.	Can help a young person, with poor eyesight, receive an eye test and glasses.	I would like to give a gift to support the work of Presbyterian Support

You can also make a donation online at psuppersouth.org.nz/donate or via internet banking (ANZ 06-0801-0678233-01).

To donate using a credit card, complete the information on this form and post to Presbyterian Support, Freepost 60373, PO Box 13171, Christchurch 8141.

All donations are receipted. Gifts over \$5 are tax deductible. NZ Charities Register #CC21765.

Name	
Address	
Phone	
Email	
Donor ID	(if known)
Card number	
Name on card	
Expiry date	
Signature	

Your privacy is important to us. Please visit www.psuppersouth.org.nz/privacy-statement for information about how we collect and care for your personal information.

Thank you for your kindness and generosity ... your support really will make a difference!



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

enliven



FamilyWorks
A PRESBYTERIAN SUPPORT SERVICE