

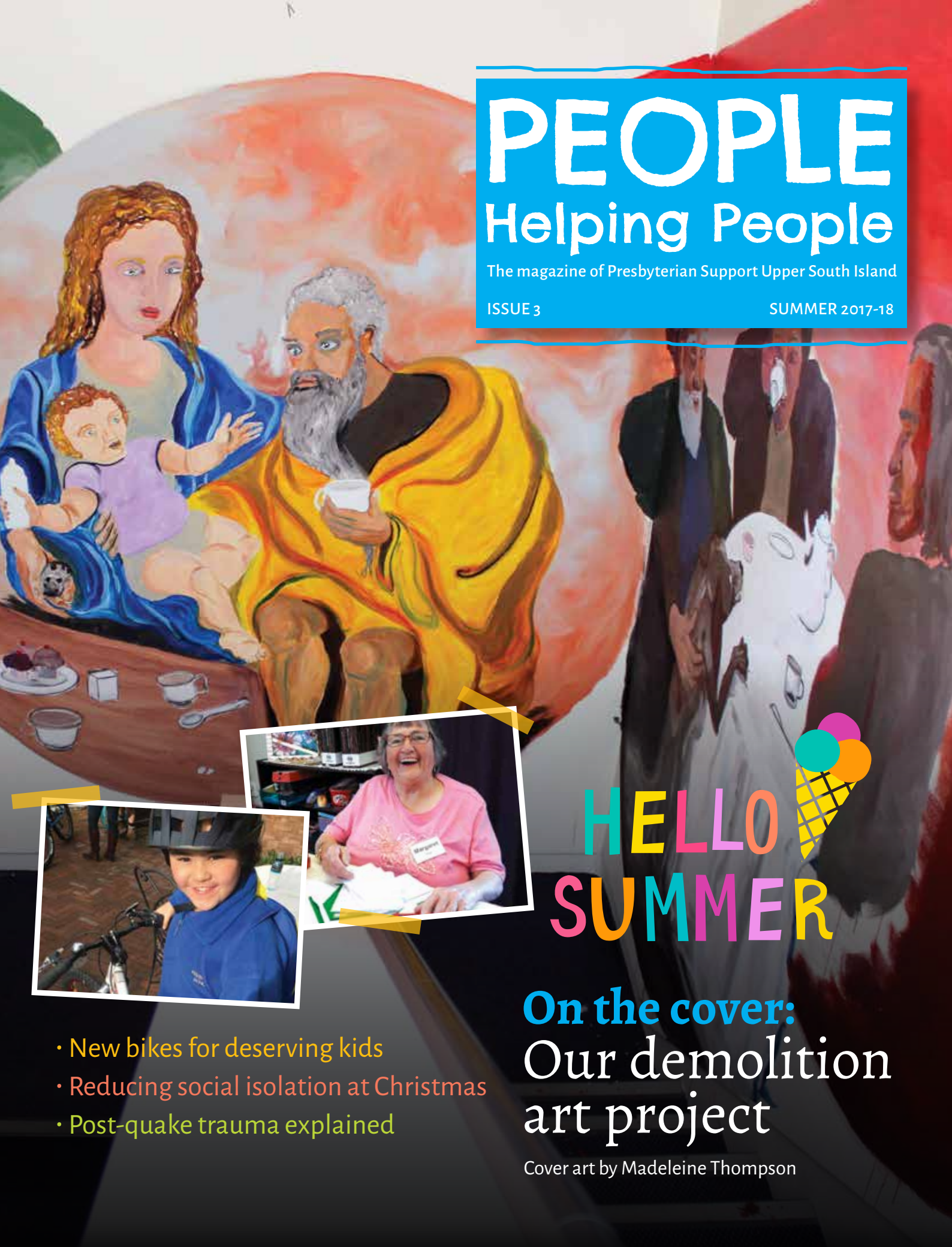
PEOPLE

Helping People

The magazine of Presbyterian Support Upper South Island

ISSUE 3

SUMMER 2017-18



HELLO SUMMER



On the cover:
**Our demolition
art project**

Cover art by Madeleine Thompson

- New bikes for deserving kids
- Reducing social isolation at Christmas
- Post-quake trauma explained



Do You Have Time to Listen?



Volunteers Needed.

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

www.enlivenuppersouth.org.nz/get-involved

enliven

A Time for Connection

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



Tēnā Koutou

The season of goodwill often has shadow sides of loneliness and despair. The stories in this edition of People Helping People show how small kindnesses and participation or involvement with others provide hope and renewed purpose to people of all ages.

The stories also show the sense of satisfaction people get from doing something for others or being part of something that contributes to the wider social good.

The term 'do-gooder' is often used negatively these days. In our fragile human economy though, to do good for others represents the deeper meaning of Christmas and is at the heart and soul of community.

Wishing you peace and joy at Christmas

Ko to matou tumanako ma koutou
Ko te rangimarie
Ko te harikoa i te kirihimete nei

Vaughan Milner



Presbyterian Support
Upper South Island

Our Services

enliven

FamilyWorks

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For the last 25 years PSUSI has delivered social services to the community from our building on Bealey Ave in Christchurch.

FAREWELL TO OUR BUILDING

How do you say goodbye to your quake-damaged building of 25 years? **With warmth and vivid colour!**

In early November, artists young and old took over PSUSI's condemned Christchurch building to adorn its walls with unique, temporary artworks. Armed with brushes and paint generously donated by Resene, the artists used our mission and social services as inspiration for thoughtful artworks on a grand scale.

An exhibition of the artworks was opened by Duncan Webb, MP for Christchurch Central and was attended by staff and artists and their whanau, and friends of PSUSI.

If you wish to contact any of the artists involved, e-mail us here at ps@psusi.org.nz.

Our New Address!
Unit 4, Amuri Park
25 Churchill Street
Christchurch Central



Presbyterian Support
Upper South Island

A UNIQUE ART PROJECT FOR A GOOD CAUSE

11 September 2017

Dear Artist,

At Presbyterian Support we support children, youth, older people and families to become safe, strong, and connected. And we give them hope:

SAFE means people feel secure and protected.

STRONG means people have the resources and skills to face challenges with hope.

CONNECTED means people feel supported and included in their communities.

HOPE When people fall on hard times, they desperately need hope that things will get better. At PSUSI We support people to believe in themselves and move confidently into the future.

We are looking for artists to create paintings on some of our building's interior walls before its demolition in a way that honours Presbyterian Support services and the impact they've had on people's lives. Because we'd love our community to learn more about what we do!

Once the project is complete, the public will be given the opportunity to view the artworks. We will also use photographs of the project for our 2018 calendar.

We hope this fun and unique project for a non-profit will be a good opportunity for some young or developing artists to gain more publicity for their work, and to feel good about supporting some important social services in a special way.

Kia ora,
The PSUSI Whanau

HUGO FISCHER



VIVIENNE BASHFORD

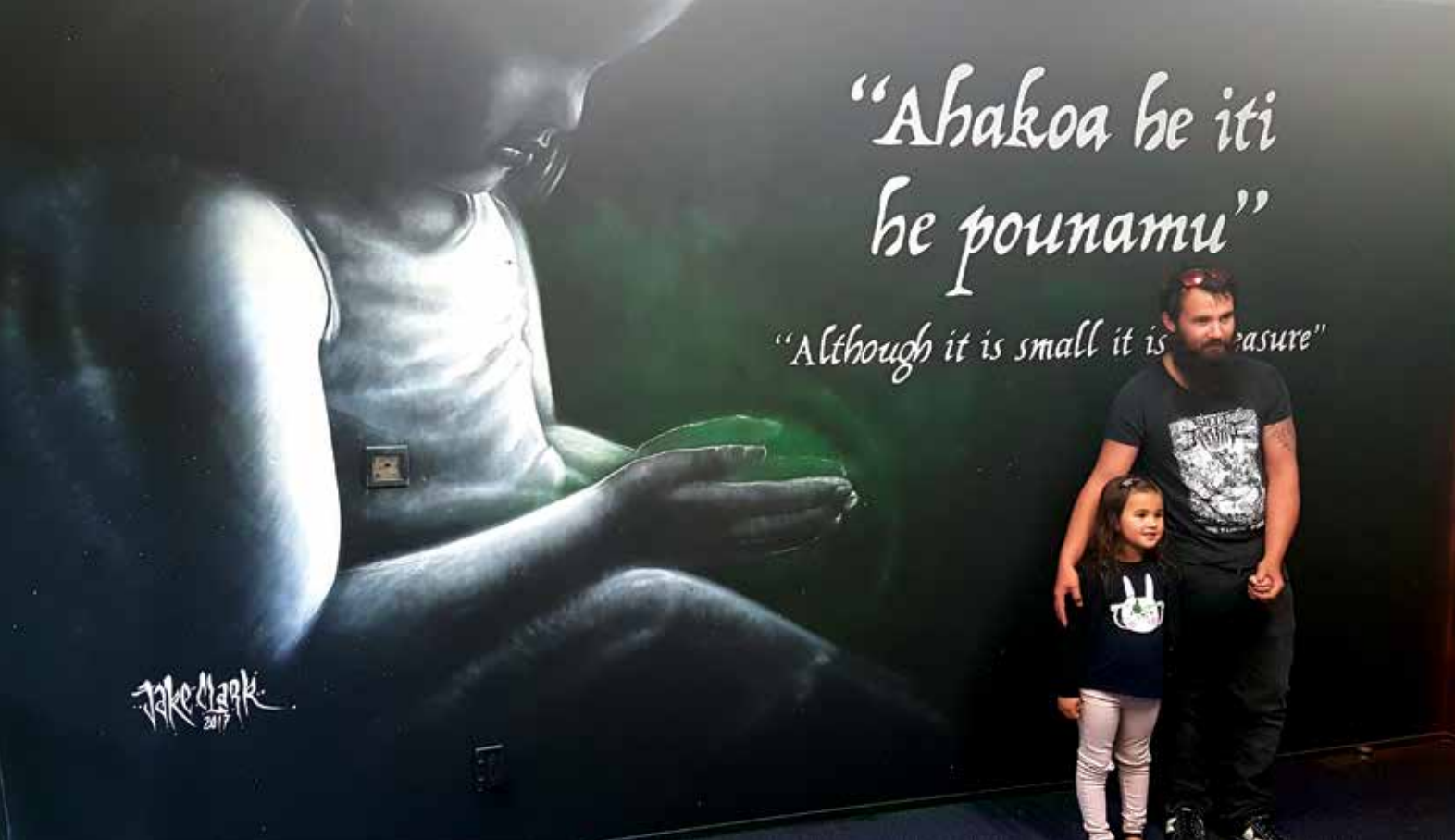


JAKE CLARK



OLIVER KNIGHT





JAKE CLARK, STREET ARTIST

Jake Clark captured his young daughter's image in "Pounamu" to show that "our children hold our hope for the future in their hands".



MCCHESNEY-KELLY ADAMS

"Native birds are constantly around us—connecting New Zealanders to our heritage, making us feel as strong and as powerful as tui, constantly making us feel safe and forever hopeful."



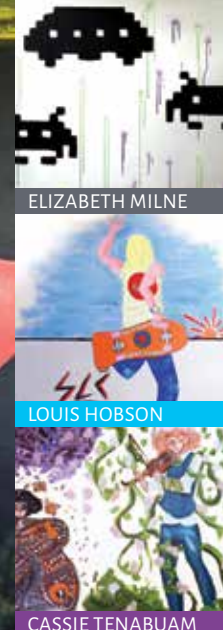
LEE HARPER, TEXTILE ARTIST

Lee Harper is a contemporary art practitioner who mainly uses textiles for her creations. The shelves in these images once held files containing client data. Lee switched out the hard edges of those files with soft folded clothes to acknowledge the humanity of the people described. The effect was stunning and thought-provoking.
<http://leeharper.com.au/>



KAY DUNCAN, PAINTER AND ART TEACHER, AND HER STUDENTS

Christchurch artist Kay Duncan created "Through the Rose Window" in just over a day. It's a magnified reproduction of a work she painted shortly after the 2011 Christchurch earthquake, which remembered the damaged cathedral. PSUSI has supported many quake-affected people in the upper South Island.
<https://www.kayduncan.co/>



CASSIE TENABUAM

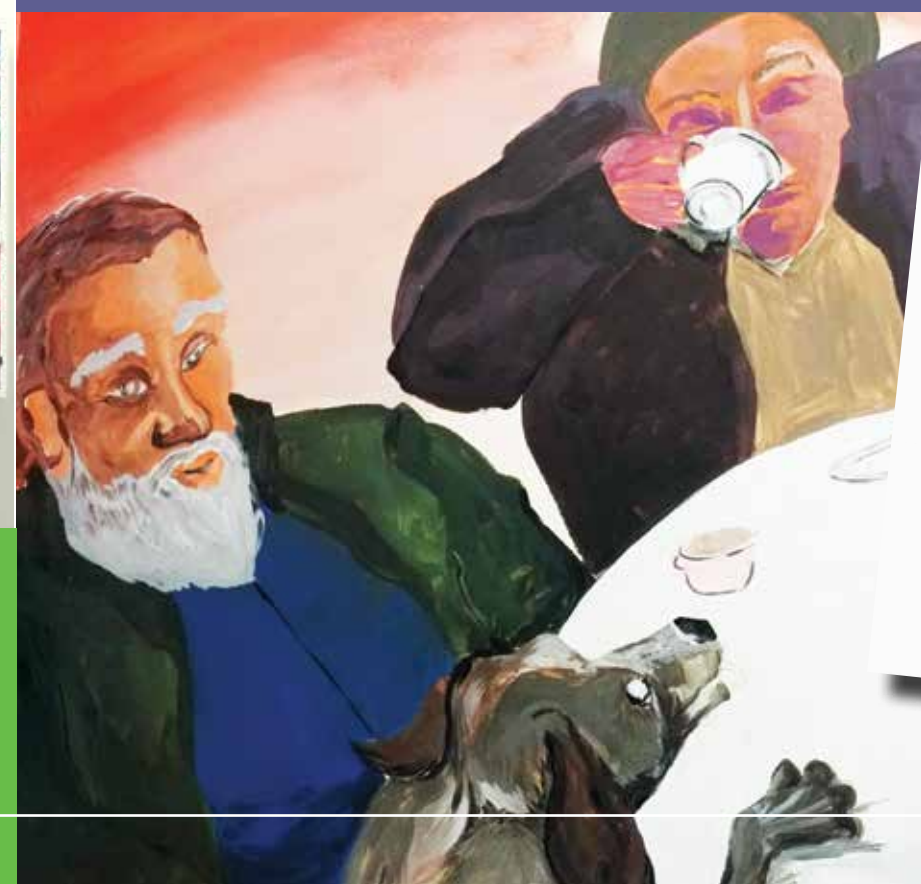


STUDENTS FROM MINDPLUS

The MindPlus Team is a group of sixteen 8-10 year olds who attend Mind-Plus, a one-day programme for gifted children run by the NZ Centre for Gifted Education. "We are a group of unusual children with fizzy minds," they say. "We are innovative, creative and have a huge appetite for learning. We like being challenged and laughing and having fun. We are caring thinkers who want to make a difference in the world". The MindPlus Team leapt at the opportunity to engage with PSUSI's mission and express it creatively by drawing on walls!

MADELEINE THOMPSON, PAINTER

"I've used the social ritual of sharing cups of tea to show how Presbyterian Support provides for our community. The interactions we share with others over a cuppa and a biscuit comfort and sustain us physically and emotionally. The teatime ritual creates a foundation of support and help to our loved ones, and creates a stronger sense of self and purpose in everyday life."



Sam's Story

Sam was five years old when the first earthquake struck in September 2010; his younger sister was two. And over the next five years *"there wasn't a single day that the earthquakes didn't impact their lives,"* says their mum, Beth¹.

¹ Names have been changed to protect identities.



BRAIN DRAIN: A psychologist explains post-quake trauma

During the South Island earthquakes many children felt frightened for their own lives and their loved ones. They watched buildings crumble and roads collapse; they saw grown-ups frightened. Routines changed, parents were stressed and their resources stretched, and for many life was never the same.

If you or anyone you know would like help with post-earthquake anxiety, talk to your GP or your child's school. They will put you in touch with resources to help.



Catherine Gallagher is a clinical psychologist who has worked for the last 18 years in settings that include the Christchurch District Health Board, University of Canterbury, private practice, and the Non-Governmental Organisation START, an agency that supports the experiencers of sexual violence. She focuses on working with children and their families around a number of issues, but in particular anxiety.

Both children were enormously affected by the earthquakes. But it wasn't just the shock of the earthquakes themselves that was traumatic; it was subsequent issues like the irreparable damage to their home, the living conditions they had to endure and its impact on their health, the destruction of their school, the loss of their community, and the difficulties their parents had working with organisations.

"We were full of adrenalin for months dealing with all these problems," says Beth. "I didn't have the energy to take care of normal things and be the best mum I could be. I became distant and angry and I was exhausted."

Beth's husband was also under enormous strain, and they almost separated.

Going to his east Christchurch school each day became traumatic for Sam as everyone around him—the teachers and students—were similarly traumatised and school no longer felt safe. So by twelve years of age Sam's anxiety had become so great that he was crying and refusing to go to school, and expressing a wish to die. That's when a teacher referred him to Family Works for counselling with social worker Jacob Murray.

Sam had weekly counselling sessions with Jacob for ten weeks, and Beth began to notice changes straight away. Sam enjoyed spending time with Jacob, and for the first time he began to open up to talk about his feelings. "After the sessions, Sam seemed very calm and centred and very happy," says Beth. "It was really nice to see." Beth was able to ask Jacob questions for greater insight into how to support her child. "Jacob was brilliant with Sam," says Beth. "And his sincerity and integrity and honest conversation helped us to understand many parenting situations."

Eventually, Sam became more comfortable sharing his worries and fears with his parents. He also now goes to school without being so overwhelmed by anxiety. The Family Works counselling Sam received with Jacob helped him meet his goals, improve his relationships with family/whanau, and learn useful new skills and strategies.

Sam's family is now enjoying a fresh start in Rolleston, just outside Christchurch, but the wounds of the earthquakes and what happened in their wake remain. Beth worries about the long-term effects on all affected children, not just her own. "Lots of kids are traumatised and it's affected their mental health," she says.

"Every part of the community needs to be involved to make sure our kids are okay."

Children need more than food, water and shelter; they also need safety, stability and emotional responsiveness.

For many upper South Island children, particularly in Canterbury, earthquakes have disrupted these important elements they need to thrive. Catherine Gallagher, a clinical psychologist in Christchurch, shares some of the science behind why children and adults might become traumatised after events such as earthquakes, and offers reasons for hope.

How the brain responds to stress

When we are under stress, our brain functions differently because its main job becomes survival. Being in this state—where we are ready to fight, take flight, or freeze—demands a lot of energy.

This alarm system in the brain is highly effective. However, it has limitations. Firstly, it's only designed to work for a short time, after which the brain needs time to rest and restore. When the system is in use chronically, the energy required can be draining, and other important brain/body functions—such as learning and even growing—can be interrupted.

Secondly, the system cannot tell the difference between a current threat and the anticipation or memory of a frightening experience. In other words, the brain can trick the alarm system into firing so that people feel anxious even when they're not in danger.

Children and adults in Canterbury and Hurunui are confronted daily by reminders of the earthquake, which keeps anxious brains on edge, watching out for danger. Even children who didn't directly experience earthquakes have potentially been impacted by observing others' reactions. Some were exposed to their mother's stress in utero, and certain evidence suggests this can affect some children's ability to regulate themselves.

The impact of stress on children's brains

The human brain develops in sequence, with the more primitive parts set in place first, moving up to higher-level thinking functions. (In fact, the front lobe—the most sophisticated part of the brain—doesn't usually function optimally until it is at least 25 years of age!) When children are exposed to significant and ongoing stressors at a very young age, it is these lower level brain areas that can be affected. This can lead to difficulties that are more generalized and harder to pinpoint.

For example, children may experience difficulty in concentrating, or they may not be able to deal with big emotions in appropriate ways.

Mostly, the kids will be alright

While many children have been frightened by the earthquakes in the South Island, not all were traumatised, and so the impact is less intense and longlasting. Many children who struggle post-earthquake may also have genetic tendencies towards anxiety and/or have had other challenges they have had to cope with.

Very good resources and services are available to help children and their parents understand anxiety. Although the brain will never forget something that it once

needed to keep safe, we can learn how to respond to signals differently and not to be 'scared' of anxiety. This enables us to make space in children's lives for playing, learning, sleeping and growing.

Parents also need to take care of themselves. Supporting a child with anxiety can require us to stand firm in the face of our child's distress and encourage bravery while validating that this is a hard thing to do. This calm and mindful response takes our energy too, so we need to make sure we have enough.

Most parents are doing a great job and their kids will be fine. However, in order to help our children thrive, not just survive, parents might need to step outside their comfort zone and ask for help. (And keep on asking until they get it!)

Family Works psychologists, counsellors and social workers support children impacted by earthquakes daily—post-quake we see over 350 extra Family Works clients per year across Christchurch alone.





Reducing Social Isolation at Christmas—All through the Year

To many of us in New Zealand, summer means flitting from one social occasion to the next. Schools, clubs, and other organisations wrap up the year in a flurry of assemblies, picnics, concerts and other get-togethers; Christmas brings families and whanau together. After Christmas, families and friends holiday together at camping grounds and beaches around the country.

However, for many New Zealanders the holiday season is lonely. This is especially true for older people, who may have lost loved ones or be living far from family. The physical limitations of older age may make getting out difficult, and financial constraints can also keep them close to home.

At Enliven we work to reduce social isolation in older people throughout the year, so they can approach this season with greater resilience. Through our HomeShare service, and day programmes such as Harakeke Club and Totara Club, older people connect with others in a supportive and loving environment.

In quake-affected areas, many extended families have moved farther apart following home damage or loss.



CLIENTS SHOWN LOVE AT HOMESHARE

The Enliven HomeShare service brings older people with shared interests together in the comfort of a host's private home, or at a suitable community facility. Small groups share a meal and conversation, and activities chosen by the group.

"We love them and look after them," says Chris Guerin, Enliven coordinator. "This is a safe place where the things that are going wrong for them physically are normalised."

The clients look after each other too. George Allen has been a HomeShare volunteer in St Albans for about five years. "This group has become like a family," he says.

HomeShare hosts and volunteers are trained to support the needs of older people, in particular, those relating to memory loss. They also receive regular support from an Enliven co-ordinator.

HomeShare clubs typically take 4-6 weeks off over Christmas to give hosts, volunteers, and drivers a rest. However, at the St Albans HomeShare at least, unofficial connection and support continues over the break—evidence of the genuine relationships that are nurtured through the service throughout the year.

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

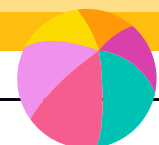
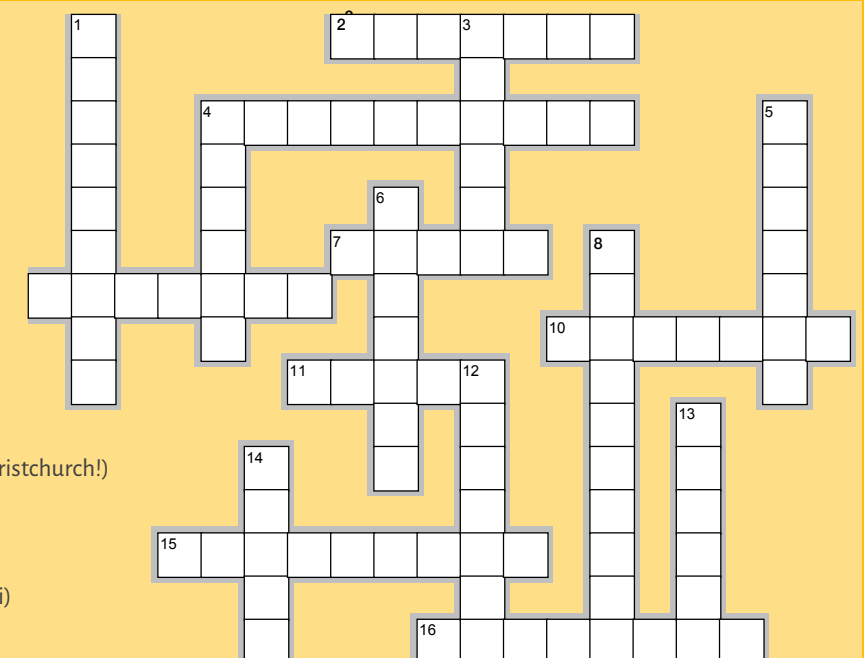
A Crossword for the Season

ACROSS

2. A favourite way to vacation in NZ.
4. NZ's Christmas Tree
7. A song of joy
9. When family or friends get together again
10. A favourite summer sport
11. A long bush walk
15. A time-honoured custom
16. Kiwi cooking on Christmas day.

DOWN

1. Remember to slop this on in summer
3. A blue NZ bird with summertime chicks
4. A meal eaten outside
5. How Santa gets in. (Not many of these in Christchurch!)
6. Warm weather footwear
8. Maori word for Christmas
12. A classic NZ dessert
13. Extended family or community (te reo Maori)
14. A sandy spot to spend the day



PRESBYTERIAN SUPPORT & MENZSHED: A MATCH MADE IN BLOKE-Y HEAVEN



A man's backyard shed holds an important place in New Zealand culture. However, when older people downsize their property in later life, often the shed is one of the first spaces to be sacrificed.

With this problem in mind, the concept of the MenzShed community shed was born. MenzShed is a space where men can use their skills, chat to mates, share stories, use tools, and be creative and useful. In other words, MenzShed promotes good mental health and wellbeing.

Now MenzShed enriches communities all around New Zealand, including the upper South Island. With its focus on providing men with a space to share company, the MenzShed mission is perfectly aligned with Presbyterian Support's purpose to prevent social isolation in older people.

MENZSHED IN MID CANTERBURY

"I just believe in them," says Dianne Smith, a PSUSI worker in Ashburton, of MenzShed. "I've worked with older people all my life, and when men retire they need somewhere to go."

Dianne was a key driver for opening the Ashburton MenzShed. Considered an "honorary bloke" among local "sheddiess", she's delighted that the MenzShed has now moved to a convenient central location on Williams Street—men are able to get there on scooters if they can't drive.

"Men often don't really talk to others about what they're feeling," says Dianne. "But when you're working beside someone on a specific activity you're more likely to say something like, 'I'm getting headaches a bit today'. That's the importance of the MenzShed space."

To find a local MenzShed, visit www.menzshed.org.nz.

IN HALSWELL

"We're concerned about the whole man," says Roger Spicer, manager at MenzShed Halswell in Christchurch. "Physical, mental, emotional, and spiritual." An ex-pastor, Roger's work with MenzShed is a natural extension of the pastoral care he offered before "retiring".

The typical sheddie in Halswell, as everywhere, is either a retired tradesperson or the traditional kiwi handyman. For Max Edgar, a new sheddie who recently completed a project for Presbyterian Support, MenzShed Halswell offers exactly the kind of environment he knew in his working life—from the smell of the workshop, to the blue overalls the men wear, to the cups of instant coffee and gingernuts at smoko.

AND IN NELSON

"Harakeke Club members visit MenzShed every month," says Trish Armstrong, Enliven Day Programme Manager in Nelson. "Right now they're building trugs—baskets for collecting vegies from the garden."

Harakeke Club members typically experience some memory loss, but at MenzShed the men can put their limitations to one side while they enjoy productive, creative work in male company.

At a time in men's lives when they are vulnerable to isolation, MenzShed gives men a place to go for connection and fulfillment, with enthusiastic endorsement from Presbyterian Support!

YOUR AD HERE

Would you like to advertise in People Helping People?

Our magazine reaches individuals all across the Upper South Island three times a year.

We offer great rates, and your advertising dollars will help us support more children, youth, families and older people become safe, strong, connected.

For more information, contact Vivienne Wallace on (03) 363 8206 or vivienne@psusi.org.nz.

A KIWI CHRISTMAS CAROL

Originally sung by "Fred Dagg".

WE THREE KINGS OF ORIENT ARE
ONE ON A TRACTOR, TWO IN A CAR
ONE ON A SCOOTER
TOOTING HIS HOOTER
FOLLOWING YONDER STAR
OH, OH
STAR OF WONDER
STAR OF LIGHT
STAR OF BEWDY, SHE'LL BE RIGHT
STAR OF GLORY, THAT'S THE STORY
FOLLOWING YONDER STAR ...

A Tribute to John Clark
(29 July 1948 – 9 April 2017).



New Bikes for some deserving kids in Nelson

When Night 'n Day Foodstores Ltd were looking for some deserving children to receive new bikes, Presbyterian Support was the first organisation they turned to. Sure enough, the Family Works SWiS (Social Workers in Schools) team was easily able to identify worthy local recipients.

In August, Night 'n Day held their annual conference at the Grand Mercure Monaco Resort in Nelson, where they competed in a high-energy charity bike build. Racing against the clock, frantic franchisees raced to solve puzzles to earn bike parts, which they then used to build nine complete new bikes.

Nine children from four local schools—Victory Primary, Nelson Intermediate, Parklands Primary and Motueka South Primary—then received the new bikes to the surprise and delight of franchisees and children alike.

Blissfully Unaware

The nine children were selected based on need, but also attitude and progress

through their work with a SWiS social worker. However, they weren't told of their good fortune straight away.

While franchisees toiled, the children enjoyed a special afternoon tea and entertainment at the restaurant The Honest Lawyer, where they also received Night 'n Day backpacks and other goodies. The children and their whanau were then walked across the road to the Grand Mercure, where they were presented with the bikes.

Eight-year-old Skylar Ruebe, from Motueka, was thrilled. "It's cool," she said. "It has all my favourite colours and it's taller than me."

Victory School pupil Salote Heke, 10, used to share a second-hand bike with three of her sisters. Getting her own bike to ride along Nelson's Railway Reserve and other nearby tracks was "really cool", she said.

Strengthening Social Connections

For young people, cycling gives independence to attend sporting activities, clubs and other social and recreational pursuits when parents are not available to take them and public transport is not available. Owning a bike can therefore mean the difference between social

isolation and inclusion, and all the benefits that social connection brings.

Night 'n Day chief executive Tony Allison said it was "an absolute honour and pleasure" to be able to provide bikes, helmets (and bike locks!) to the children as part of the company's support for community groups.

About Family Works SWiS

Each school involved in the bike build—Nelson Intermediate and Victory Primary, and Parklands and Motueka South—has an ongoing partnership with Family Works SWiS.

Family Works SWiS (Social Workers in Schools) is a special service for Decile 1-3 schools, where a social worker is embedded in the school to assist children as needed. If a child is struggling to learn or fit in, the SWiS worker will work alongside the child's family, whānau and school staff to help the child understand his/her identity and develop a sense of belonging. Together they work to create a safe and healthy environment, to encourage engagement with learning, and to identify ways to improve behaviours and relationships.

NZ Holiday Traditions to Make and Keep

Rituals and traditions help build memories and add significance to an occasion. They can also create opportunities to nurture relationships and bring people closer together.

Here are eight traditions worth adopting for the depth of connection they give back to anyone who keeps them:

1. Make a list of 12 loved ones you haven't connected with in a while, e.g., out-of-town friends or whanau. Through December, give each one a call and spend time catching up.

2. Start an "I am thankful" list in December. If you live with children, have them help you add one thing they are thankful for each day. Practising gratitude is a powerful way to increase happiness.

3. Make Christmas crafts with friends or family. From handsewn tree ornaments to DIY gift tags, they seldom turn out how you'd like, but crafts create lots of opportunities for a good laugh and conversation while you work.

4. If you have children, make your own advent calendar. Inside a little numbered

bag or envelope, write a task or treat for each day. Children can "Call Nana for a chat", "Play hide and seek with Daddy", or "Snuggle up for a big family hug". Add a sweet treat and enjoy a warm and connected start to each day in December.

5. Make decorating the Christmas tree an event to be enjoyed by everyone. Put on cheesy Christmas music and embrace the imbalance of tree ornaments hung by children! Focus less on Pinterest perfection and more on shared fun.

6. On Christmas Day, instead of giving "stuff" to loved ones, give an experience instead. Plan a simple but special January outing together of a hike and a picnic, a ferry ride, or a drive somewhere new to explore. An experience will create a shared memory to last a lifetime.

7. Write an end-of-year letter to your child. Take time to reflect on the year and write to them about all they've achieved, the memorable moments and all that you love about them. Read the letter together and then keep it for them to read again when they're older.

8. At family get-togethers, interview or have children interview, older relatives about their lives. Ask about their first day of school, how they met their spouse, the happiest times in their lives as well as the most challenging. Creating a strong family narrative through storytelling helps children and adults alike to understand that they are a part of something larger than themselves, which increases self-confidence and builds resilience for trying times.

Operation Christmas Cards

Every November Totara Club members in Nelson busy themselves creating 200 Christmas cards for distribution to NZ troops posted all around the world. Using recycled cards and their own designs, members embellish the cards then write warm seasonal greetings inside for the recipient.

This annual activity began in 2013, when the son of an Enliven employee visited the Totara Club to speak about his tour of duty in Afghanistan. Members found the talk fascinating and were keen to support troops around the globe in some way, and so they joined Operation Christmas Card, an international project to send Christmas cards to deployed troops.

"I enjoy making the cards and sending them off," says Margaret Westley. "It makes me feel like I'm doing something worthwhile, especially since my son served overseas at one time." Margaret's Totara friend Betty Muntz has always been a crafter, so she enjoys the creativity of the project.

Over the years the Totara Club have received thank you notes and photos back from grateful troops from as far afield as Afghanistan, Scott Base and Dubai.



Around the Region

Toot for Tucker 2017 Brings in Record Haul

A record-breaking 429 banana boxes of groceries are on their way to those in need following Ashburton's Toot 4 Tucker annual food drive hosted by the County Lions Club. About 150 enthusiastic volunteers tooted their way around town, inviting residents to carry out bags of non-perishable food. Residents could also leave goods on the berm, and volunteers raced around collecting them.

The haul was 109 banana boxes bigger than last year's. "Wow, how generous is the community we live in?" said Jackie Girvan, Presbyterian Support Regional Manager for Mid Canterbury. "Ashburton folk have surpassed themselves." Volunteers sorted the food and distributed it among three food banks--St Vincent de Paul, the Salvation Army, and Presbyterian Support.



PHOTO CREDIT: ASHBURTON GUARDIAN

Congratulations to the County Lions and all those involved in this well-run and supported project. The public can rest assured that their generosity will really help folks who are struggling at this time of the year. And into 2018 too.



A Mid-Winter Warmer in Reefton

Once a year, Hokitika's HomeShare gathers together for a mid-winter Christmas meal. It's always a joyful occasion, but this year Dawson's Hotel in Reefton ratcheted up the cheer with a day everyone described as "truly amazing".

HomeShare clients and some carers enjoyed the run of Dawson's Hotel. Big open fireplaces made for a cosy atmosphere, and children from Sacred Heart School came to sing and talk with the seniors.

Margaret Weatherall, HomeShare coordinator for Greymouth, shared a special story from the day: "The manager at Dawson's Hotel was amazing. His mother, who suffered from Alzheimer's, had passed away very recently, and he wanted to host us in her honour. He was so welcoming and nothing was a bother. Everyone was so happy. We really had a great day out."

The group enjoyed Reefton so much they may go back for their Christmas party.



Role Reversal: PSUSI Turns to MenzShed for Help

When Presbyterian Support needed a donation box for our Demolition Art Exhibition, we turned to MenzShed for help.

Roger Spicer of MenzShed Halswell was happy to assist, and he quickly assigned a "sheddie", Donald Reeves, to the project. Donald and a MenzShed newbie, Max Edgar, worked together to complete the project on time, and the PSUSI team was delighted with the results. "I think this donation box is going to serve PSUSI for the next 100 years," said Vivienne Wallace, PSUSI's Communications Advisor. "It's so well made."

For the cost of materials and a small koha, MenzShed Halswell serves many in the community with similar projects, from safety gates for preschools to toys for toy libraries. Sheddies work on individual projects too.

"I've enjoyed getting to know MenzShed," said Max when the project was done. "The donation box was challenging to start with, but I liked spending time with the other men. I'll definitely go back."



Celebrating Older Age in Culverden

To recognise International Day of Older Persons, October 1, 2017, PSUSI in North Canterbury threw a party in Culverden for any older people in the community who wanted to attend. About 70 guests enjoyed music and entertainment, including special entertainer Mindy Mop, lesser-known cousin of the Topp Twins. Dressed in her signature lavender gingham, Mindy sang, played guitar, and danced for the benefit of everyone present, pausing only briefly to fend off a marriage proposal from loyal admirer, Ken. The Ashley Primary kapa haka group also provided entertainment.

The Day of Older Persons was also marked in Christchurch with the Positive Aging Expo. Attendees at Papanui High School could access information on health and wellbeing, recreation, staying safe, nutrition, social opportunities, and transport options.



Supporting Young Parents in Marlborough

Parenting can be tough at the best of times, but when you're a very young parent, the challenges can be seriously daunting.

In Marlborough, our Young Parents group provides a friendly warm place for seven young parents to go each week with their babies and toddlers. The young people receive all kinds of support, from advice on how to deal with challenging children's behaviour to how to get their driver's licence, healthy cooking, budgeting, sexual health and more.

In 2018 the group is likely to turn into a play group, which is a positive move forward and a natural fit for the development of the group.

The Young Parents group meets in the Redwoodtown Plunket rooms each week.





New Social Housing Project for Mid Canterbury

Presbyterian Support in Ashburton receives **1-2 enquiries each week from people in crisis looking for accommodation.** Now, thanks to a local couple, some relief is in sight.

When Jamie and Tania Dalzell learnt of Presbyterian Support's efforts to address the housing problem in Ashburton, the couple decided to act themselves. They quickly purchased a six-bedroom house in Allenton for the purpose of providing a boarding house for people needing accommodation. Then they approached Jackie Girvan, our Mid Canterbury Regional Manager for assistance with tenant referral. "We're rapt to have this opportunity," says Jackie. "We've been working in this space for a long time and have struggled to make traction."

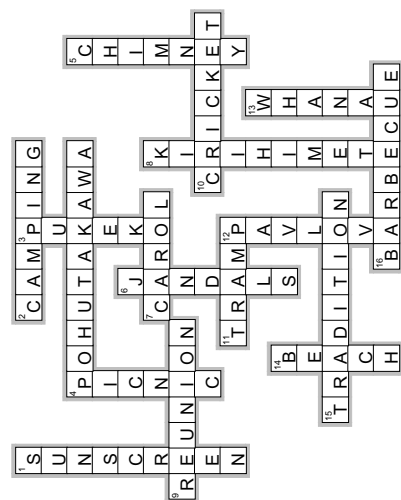
Before occupancy the Dalzells fitted the property with two more bedrooms, plus insulation and other improvements. The Ashburton Red Cross donated \$5,000, which funded furniture and kitchen equipment.

Tenants moved into the house in early October 2017. They pay a weekly rent that also covers electricity, and share the communal lounge and kitchen in a flatting arrangement. Jamie and Tania act as property managers, applying their experience of many years running Ashburton's Coronation Holiday Park.

As manager of the house Presbyterian Support sets the house rules, which are based on consideration for fellow residents. Target tenants are middle-aged or older; single or in couples. "Personality matching is also key," says Jackie. "We make sure we're protecting all tenants."

While it's still early days, the project is already an excellent example of a partnership between a business and social agency. But more importantly, some Ashburton people in crisis now have a place to call home.

Crossword Answers from p13.



OUR MAJOR SUPPORTERS



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