



People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

2023/24 | ISSUE 15

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Shy to
Shining

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Mate
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initiative

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match

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 vision for an equitable, compassionate, and inclusive society.

To learn more visit www.psupsersouth.org.nz or follow us on Facebook.



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People Helping People is published once a year. To subscribe for free go to www.psupsersouth.org.nz.

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Presbyterian Support
Upper South Island

Our services

enliven

Family Works

Inspiring connections and care

In recent years, there has been a growing demand for mental health assistance, spanning all age groups and backgrounds. Anxiety, social isolation, and financial stress have had a substantial impact on people's mental wellbeing.

In this edition of People Helping People, we share with you some of the incredible stories of people and whānau who we've supported along their mental health and wellbeing journeys.

One story that demonstrates the transformational power of support is Hana's on Page 2. Hana, a young teen, faced challenges accessing education and receiving the support she needed to overcome her obstacles. Harry's story, featured on page 6, is equally powerful. Harry, an older man, conquered his fear of letting go of possessions that held him captive. On page 4, we share our collaborative initiative that strengthens support for people impacted by dementia, their whānau, and caregivers.

We've embarked on a co-governance and co-leadership journey, guided by Te Tiriti o Waitangi. Andrew Johnston serves as the Tiriti Tangata Chair, symbolically representing The Crown, and Sharyn Roberts as the Tiriti Whenua Chair, representing Māori. Unity and diversity lie at the heart of our organisational vision, and we are thrilled to work together as Pou Ārahi/Co-CEOs, strengthening our commitment to building an equitable, compassionate, and inclusive society.

In response to rising printing and postage costs, we're changing our communication approach. Our People Helping People magazine will be published annually in December, while our Connect newsletter delivers frequent updates throughout the year. This aligns with our organisational value of kaitiakitanga, promoting cost-efficiency and resourcefulness, helping us allocate more funds to support those in need.

Thanks to the extraordinary kindness of our donors and supporters, we have been able to assist children/tamariki, families/whānau, and older people/kaumātua on their journey towards mental wellness and resilience. We look forward to continuing this vital work, offering hope, healing, and resilience to people in need.

'Ma te kotahitanga e whai kaha ai tātau'
In unity we have strength.

Ngā mihi

A handwritten signature in black ink.

Barry Helem
Co-CEO

A handwritten signature in black ink.

Kim Manahi
Pou Ārahi/Co-CEO



From Shy to Shining

At just 17 years old, Hana* had learned not to ask for much in life. Growing up in a challenging home environment with no positive role models meant she faced numerous obstacles. Her father's battle with addiction and her mother's absence had left Hana without the support and guidance she desperately needed growing up.

Despite these hardships, Hana held a silent dream within her. She aspired to have a meaningful job and a brighter future. Although Hana had left school after intermediate, she held a passion for animals and dreamt of being a veterinary nurse.

Cassie*, one of our Youth coaches, met with Hana and saw she needed support with the challenges she faced. Cassie understood that building trust and rapport with Hana was essential, as she was exceptionally shy and lacked confidence. Her early departure from school had left her anxious about learning and unsure of her potential.

With Cassie's support, Hana began to envision a different future. Cassie encouraged her to explore her education options, and together, they visited the local

Polytechnic's open day. It was there that Hana was drawn to the Animal Technology course—a hands-on programme that resonated deeply with her interests. Although her English skills were not strong, Hana was introduced to the Student Support Learning Services. Hana and Cassie navigated the eligibility criteria for the Fees Free initiative, and their efforts were rewarded with success. Although Hana was adamant that she did not want to make friends at Polytech, she was determined to give the course a go and study for the year.

Hana embarked on her Polytech journey with trembling nerves, and unfortunately experienced a debilitating panic attack on her very first day. Knowing that it was Hana's first day, Cassie messaged her to see how it was going. Hana said she was struggling and was hiding away in the toilets. Cassie

reached out to Student Services who were eager to help. They found Hana, helped her overcome her panic attack, and once she was calm, they then walked her to class.

During their regular meetings, Hana confided in Cassie about the challenges she faced in managing her daily routine. She was struggling to get through the day at the course and experienced low energy and fatigue. Her food and nutritional intake were not enough to get through the day. Initially, Hana was hesitant to accept a handout, but with gentle encouragement, she began accessing the free lunch available at Polytech. Cassie

helped Hana change her thinking around receiving a free lunch and suggested that when she has a job, she can pay it forward and offer help to someone else in need. Hana liked this idea.



As time passed, Hana found her confidence in the classroom and forged friendships with fellow students, despite saying she was determined not to. Her tutor witnessed a remarkable change. Hana's self-esteem blossomed as she immersed herself in the assignments. Her self-determination soared, leading her to join Polytech's fitness class and kapa haka group, enriching her life beyond studying.

"I'm striving hard, and it's starting to pay off!" Hana stated to Cassie in one of their catch-ups. Throughout the year, Hana achieved numerous milestones. She successfully completed several projects, including a placement in a local vet, and mastering her presentation skills. Her newfound confidence even extended to her personal life, as she embarked on a romantic journey and attended her boyfriend's school ball—a significant milestone for a young woman who had never experienced such events before.

"What a transformation! This young woman had the courage to challenge herself and build a positive future". Cassie shared. "It's amazing to see Hana reach for her dreams". Hana is now looking at life with a different lens and is considering a Diploma as her next step. She's even set her sights on getting her driver's license, which will open more opportunities for her. Hana's eager to find a part-time job over summer so she can save some money and enjoy some fun activities with her boyfriend.

Our Youth Coaches play a pivotal role in empowering young people to navigate the complex terrain of life's challenges.

This commitment extends beyond mentorship. Youth Coaches walk alongside young people helping to navigate the complexities often involved with different supports and services. For more information, please visit <https://tinyurl.com/YouthservicPS>

Greater Outcomes

in the South with the Dementia Mate Wareware Initiative

In Aotearoa New Zealand, people living with dementia (mate wareware) are one of the most vulnerable segments of the population. The current range of services is insufficient to meet their needs.

MORE THAN
70,000
individuals currently have dementia

and it's predicted that the global number of people living with dementia will

**TRIPLE
BY 2050.**

In New Zealand, there's a significant gap in support for kaumātua (older people) who are affected by dementia. Presbyterian Support Upper South Island has been funded by Te Whatu Ora as the lead agency to pilot delivering additional care and support to individuals affected by dementia/mate wareware their whānau and caregivers. We're proud to

be working with a wide range of providers such as other Presbyterian Support regions, Alzheimer's NZ, Dementia Canterbury, and Allied Community Health, to implement 17 dementia mate wareware HomeShare programmes each week across Te Waipounamu/South Island. Six of these new programmes will be hosted in the Presbyterian Support Upper South Island region.

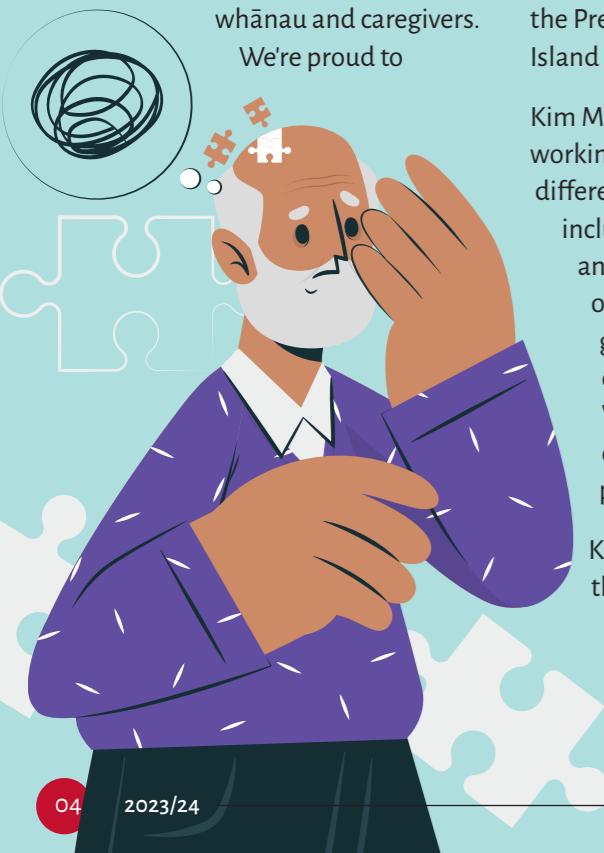
Kim Manahi, our Pou Ārahi (Co-CEO), is working to establish partnerships with different providers and communities including Māori communities, and local marae to strengthen our response to this vulnerable group of people. Her whakapapa connection to the Ngā Hau e Wha marae is instrumental in driving the development of these programmes.

Kim shared her insights regarding this initiative. "There's a lot of work to do in this space, and thankfully, we've already started the journey. It's a

privilege to work on this initiative and drive greater outcomes for kaumātua".

Our HomeShare initiative has been active for several years throughout the rural regions of the upper South Island, providing vital support to elderly individuals experiencing isolation. This programme facilitates the coming together of individuals to partake in home-cooked meals, foster social connections, and exchange interests and personal stories.

E hara taku toa, i te toa takitahi, engari he toa takitini - Success is not the work of one, but the work of many.



A Heartfelt Journey Beyond Retirement

Retirement often raises questions about how to find purpose and stay engaged, but for **Anne Knight**, the path was crystal clear. Immediately after retiring, she knew she wanted to do something meaningful, and her heart led her back to her former workplace, where her support continues to make a significant impact.



Tricia Dawson, Enliven Team Leader, expresses her gratitude, saying, "Anne's years of dedication have enriched our programme beyond measure. Her genuine connection with our clients is a true gift, and we are incredibly fortunate to have her support."

Anne is part of a dedicated cohort of nearly 200 volunteers who serve their local community through Presbyterian Support Upper South Island. Tricia highlights their significance by saying,

"Our Enliven volunteers are the lifeblood of our work. They help create an inviting, homely atmosphere that our members eagerly look forward to each week."

In Anne's continued dedication, she not only finds her own sense of purpose but also inspires others to embrace a life filled with warmth, connection, and community.

If you're interested in volunteering,

phone 0800 477 874 or visit www.psupsouth.org.nz/volunteer.

Letting go to move forward

Harry*, a man in his sixties, has been incredibly affected by his past and experienced times of deep depression and feelings of suicide.

"Sometimes, all it takes is someone willing to listen and offer a helping hand"

He had been living in a condemned house that was cold and leaking, with his beloved dog, Teddy. He judged himself for the way things turned out in his life and shut himself away from people. It felt too hard for Harry to build relationships with others and trust people due to his long history of family harm and trauma.

Harry had been collecting all sorts of treasures for many years, and been hoarding stacks of papers, tools, clothing, sports gear, and household items. These things were meaningful to Harry, although they were beginning to deteriorate, especially with the leaks and with so much around.

Harry was getting some assistance to find another place to live but it was proving difficult as he really didn't want to move. It would mean that he would need to go through his possessions and get rid of some to be able to move into the new place. As the deadline for leaving approached, Harry's depression and anxiety

intensified. He couldn't bare to let anything go, everything had its place and meaning to him. It was during this challenging time that one of our dedicated social workers, Rick*, extended a compassionate hand to Harry. From the very beginning, Rick recognised the depth of Harry's experiences and the pressing need for someone to listen. Night after night, Rick sat with Harry, offering a safe space for him to share his life stories. Through these shared moments, trust began to blossom, and the path to healing became a reality.

With the support of a committed team, which included another agency's support worker, Steve*, and a trusted friend, Miranda*, Harry embarked on the journey of decluttering his life. They worked alongside him, carefully sorting through his personal collections, identifying items of financial or emotional significance, and assisting with the disposal of the rest.

"let go of the past and embrace a brighter future"

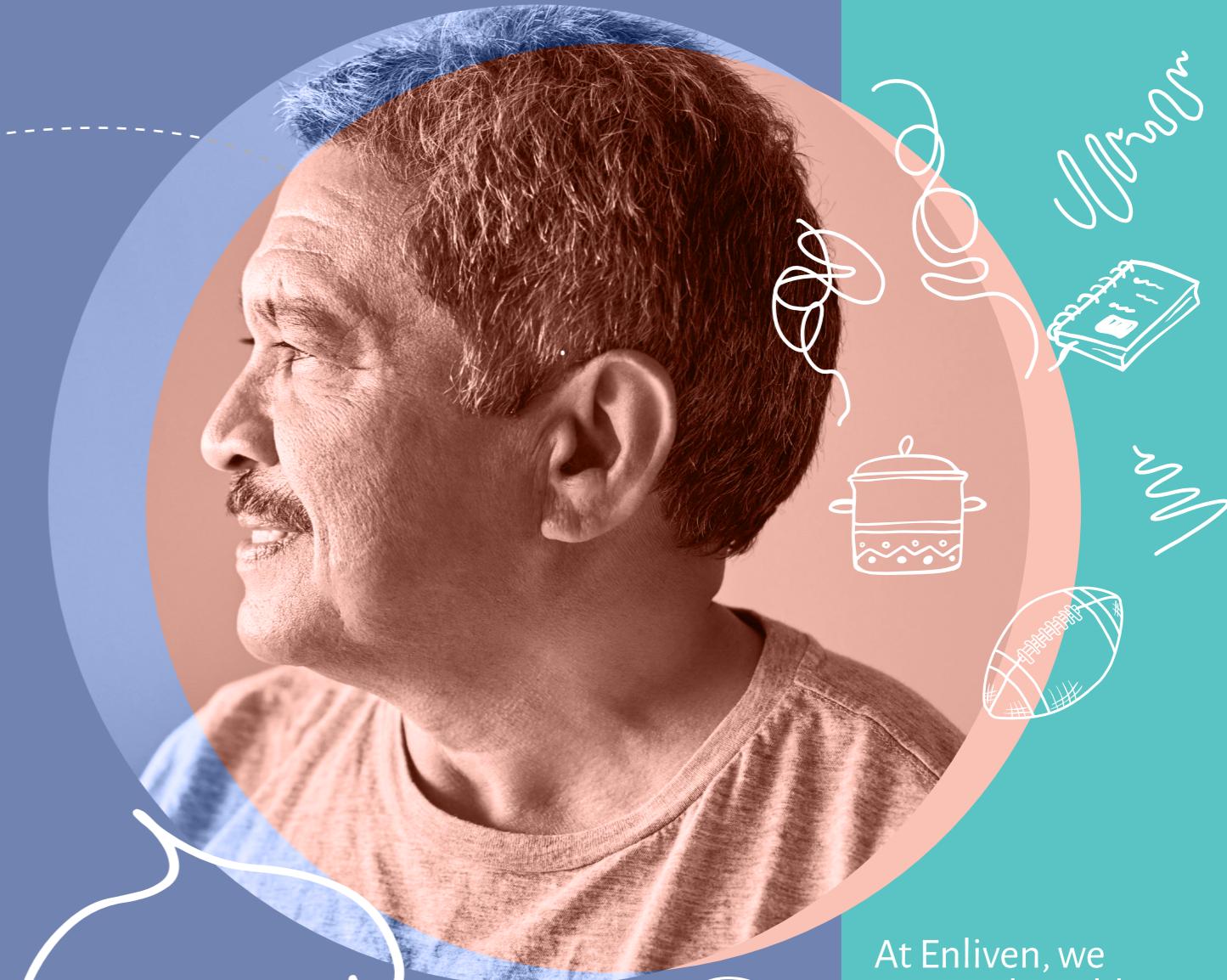
Rick found a storage unit close by and floated the idea of storing some possessions there. Harry knew he had to store his key belongings so he could move into emergency housing. There were still a lot of items left after filling the storage unit, but enough had been saved that Harry felt able to move into emergency housing. After settling in, Harry slowly started building some healthy friendships and learned boundaries, which was a big change in his life.

"Sometimes, all it takes is someone willing to listen and offer a helping hand. Harry's story teaches us that, with support, anyone can find the strength to let go of the past and embrace a brighter future."

Rick shared,

"I walked alongside Harry helping him see the possibilities when starting a new chapter".

Harry, with Rick's support, has started building new coping strategies to help manage his trauma. Harry had a major change in his life and received support to help him let go and move forward.



At Enliven, we ensure that older New Zealanders have access to community-based support - from someone to talk to, activities to join in with or help that will ensure a safe, healthy independence at home.

**Phone 0800 477 874
or visit
enlivenuppersouth.org.nz**

A New Start - Sean's* Financial Turnaround

Sean*, an older gentleman living alone in a council flat, faced an uncertain financial situation. His struggles came to light when he crossed paths with one of our mentors during her Meals on Wheels service. In an honest conversation, Sean expressed his financial stress.



Our mentor, Toni* was keen to offer support and encouraged Sean to reach out to the Presbyterian Support office, a step he hesitantly took. Sean's financial burdens included arrears in power bills, Meals on Wheels expenses, rent, medical bills, and pharmacy fees. Additionally, he had been lured into a questionable hire purchase agreement for a mobile phone by a door-to-door salesperson, a commitment he could not afford. This agreement was

found to be invalid due to false and misleading information, coupled with a lack of credit checks.

Overwhelmed by the situation, Sean turned to Toni for assistance, who took the initiative to confront the salesperson. Initially resistant, the salesperson eventually relented when confronted with the inaccuracies and lack of due diligence, agreeing to take back the mobile phone at no cost to Sean.

In a 24-month period, Sean had not only caught up on his arrears but also successfully eliminated his longstanding debts. This remarkable transformation marked a turning point in his life. Sean, who had grappled with debt for most of his years, even facing bankruptcy in the past, enjoyed seven years of comfortable, debt-free living.

This enduring success is a testament to the power of financial mentoring and Sean's determination to secure a brighter financial future.

Toni helped Sean craft a budget which he carefully adhered to over several weeks. The positive change became real. He began to take pride in his appearance and gradually found clarity in managing his finances. With a well-structured cash flow and the introduction of automatic payments, Sean's world transformed, and his spirits lifted.



This service is available in Mid-Canterbury and Selwyn. If you would like more information, please contact us.

**Phone 0800 477 874
or email
budgetservice@psusi.org.nz**



Nourishing Mexican Beef Bowl

A delicious and healthy deconstructed Mexican beef bowl, this recipe is sure to tick all the boxes. The mince packs the perfect flavour punch with just the right amount of spice. Utilise seasonal vegies and don't hold back on adding anything that needs to be used up from your fridge.

METHOD

1. Heat a dash of oil in a large saucepan over medium-high heat.
2. Add the onion and cook until translucent.
3. Add garlic and spices and cook until fragrant, approximately 30 seconds.
4. Add mince and brown, stirring to break up.
5. Once the mince has browned, add the tinned tomatoes, tomato paste, and carrot.
6. Stir through until well combined and bring to a gentle simmer.
7. Lower the heat and add the corn.
8. Season to taste and leave to simmer for 15 minutes.
9. You can cover it with a lid to prevent the mixture from drying out.

INGREDIENTS

- 500g beef mince
- 1 onion finely chopped
- 2 garlic cloves crushed
- 1 tsp smoked paprika
- 2 tsp ground cumin
- 1/2 tsp chilli flakes
- 400g chopped tomatoes
- 1 tbsp tomato paste
- 1 carrot grated
- 1 cup sweet corn kernels, frozen kernels boiled and drained

TO SERVE:

- 1 1/2 cups brown rice cooked according to packet instructions
- 250g cherry tomatoes halved
- 400g can black beans
- 1 yellow capsicum sliced
- 1 avocado mashed
- Handful of corn chips
- 1 lime cut into wedges
- Fresh coriander leaves

A magical match made in mentoring

Lucas* was a vibrant nine-year-old boy whose heart overflowed with love for animals and a thirst for adventure. His young life had been marked by daunting challenges, as his family endured the hardships of his father's cancer battle and his older brother's health issues.

Amidst these struggles, Lucas started to face bullying at school, and he began to withdraw from learning the subjects he once loved. His Mum did her best to offer fun activities, but the family's focus on health left little room for one-on-one attention.

However, our Youth Mentor programme offered some inspiration. This programme paired young individuals like Lucas with compassionate mentors who shared their passions, bringing joy and support into their lives. When Lucas's mentor, Jake*, an insurance professional in his late twenties, stepped into the picture, things started to change in ways that no one could have predicted.

The bond between Jake and Lucas was instantaneous, fuelled by their shared love for animals and their shared zest for exploration. Together, they embarked on fun journeys, uncovering new places, and creating precious

Positive role models are important to a child or young person's development. For some tamariki, events or circumstances out of their control can make them more vulnerable to negative influences. That's when a mentor outside usual family networks can be of enormous help.

memories. On a recent four-wheel drive adventure along the Waimakariri River, they cooked pikelets at the riverfront—an experience that meant the world to Lucas. It was a moment of pure joy, something he needed in his life.

For the first time in years, Lucas relished dedicated attention and companionship. With Jake's gentle guidance, his confidence soared. He felt safe to express his feelings and fears, knowing he had someone who genuinely cared, unburdened by the constant health-related stress that had plagued his family. The once timid and withdrawn boy began to flourish, bravely embracing challenges and, importantly, starting to stand up to bullies at school. Jake's positive influence helped Lucas find the strength within himself to confront the bullies and build self-assurance.

Tragically, a year before the mentoring began, Lucas had experienced a devastating loss. His best friend, Max*, had died in an accident. It was a heartbreaking event that had cast a shadow over Lucas's life, leaving him to grapple with grief and sadness. The pain of Max's loss was still fresh

when Jake entered Lucas's life, and it was a pivotal moment in their mentorship.

Jake became a pillar of support for Lucas, helping him navigate the storm of sorrow. Their bond grew even stronger as Lucas leaned on Jake for strength and comfort. Jake provided a sense of stability and understanding that Lucas desperately needed.

The impact of this mentoring relationship extended far beyond Lucas's emotional wellbeing. His school performance continued to improve, and his family found solace in witnessing his positive transformation.

Knowing Lucas was thriving under Jake's mentorship lightened the burden of their health issues, even in the face of the tragic loss of Max. With Lucas's love for exploration, he found a mentor who illuminated his path, leaving a lasting impact on his life—one magical adventure at a time.



Mentors must:

- . Ideally commit to 12 months or more
- . Have a clean NZ Drivers licence
- . Have English as their first language
- . Be able to dedicate 1-2hrs a week and 1.5hrs a month for training/supervision

Monthly supervision sessions enable mentors to share ideas and suggestions and talk about what they have been doing.

If you are interested in becoming a mentor, you can contact Ange directly at angelaa@psusi.org.nz for Christchurch/Ōtautahi, or marlboroughmentoring@psusi.org.nz for Marlborough/Waiharakeke opportunities.

Harmonised healing in Blenheim

In the heart of Blenheim, members of the Tōtara Club have been experiencing the transformative power of music therapy. Anna Moore, a dedicated music therapist, has been gracing the group with her talents over the past year, and the impact has been nothing short of remarkable.

Thanks to the grant funding received from the Marlborough District Council and the Pub Charity, regular music therapy sessions became a reality for the members. Throughout the year, Anna has woven a tapestry of connections within our Club. The essence of her work lies in her commitment to ensuring that everyone who walks through the doors experiences the magic of music therapy.

While the sessions are entertaining, they also hold great therapeutic goals, touching the lives of the members in many ways. Anna's sessions are powerful, the members have shared.

Each session began with singing and moving to music to help people relax. Then everyone collaborated by brainstorming and sharing special places close to their hearts. This was a lovely opportunity for members to connect with each other and learn more about others in the group. The group then formed these ideas into a simple blues song, which consisted of a chorus sung together along with everyone singing their verse individually to the group.

Singing together as a group united them in a wonderful way, and the joy radiated from every corner of the room. One staff member noted, "It's lovely to see everyone having such a nice time. Every session has been different, and Anna is very good at getting everyone involved."

One gentleman became more engaged in each session, and in the last two sessions, he was confident enough to take his turn to sing with the microphone. Our Kaiāwhina report that this has been a catalyst for him being more willing to engage and participate in other activities.

"Anna plays the songs we like, I had a great day. The music and the singing were a lot of fun," shared a member. "When does she come back next time?"

Recently, a beautiful fusion occurred when the Picton Tōtara group joined the Blenheim Tōtara Club for a music-filled morning. It was a day of bliss, where old friends reunited, and the bonds of friendship were strengthened through music. Even from across the building, the music and laughter couldn't be ignored.

A Youth Services staff member said, "We could hear the music and laughter coming across the building, we thought they were having a party."

The impact of the music therapy sessions has been so great that we are thrilled to announce that we have received further grant funding to expand our programme. Starting soon, music therapy classes will also be offered in our North Canterbury Clubs, reaching even more hearts and enriching lives with the gift of music.



There are many ways that Enliven day programmes can help you or a loved one stay connected with your community. For more information, please phone 0800 477 847, email ps@psusi.org.nz, or visit enlivenuppersouth.org.nz.

Ashburton Name the Kiwi Competition



In September, during the school holidays, our Mid Canterbury team organised a Kiwi Colouring and Naming Competition, celebrating creativity. The purpose was to name the kiwi sculptures recently designed by one of our artistic counsellors, Matt.

The first winner of the competition was 7-year-old Annabel King, who chose the name "Kasey" for one of the baby kiwis. Our second winner, 11-year-old Alice Roberts, selected the name "Taiao" for the other baby kiwi, which means nature or the natural world.

Annabel and Alice had the privilege of meeting the visionary artist, Matt Rainey, behind the mother and baby kiwi sculptures. As a reward for their creative contributions, they received family passes and delicious treats for a cinematic experience at the Ashburton

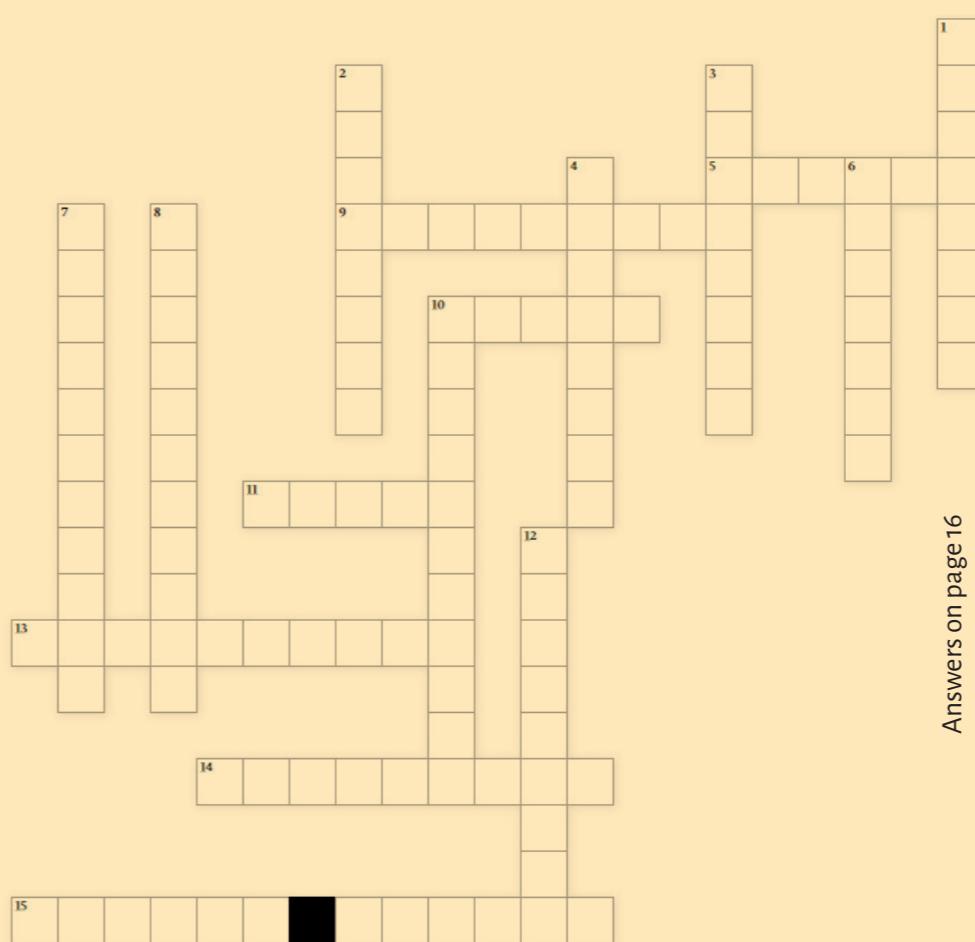
Regent Cinema. Custom-made name plaques will forever commemorate the chosen names for the kiwis.

This competition wouldn't have been possible without the generous support of our valued sponsors. Kat Quin, the author and illustrator of "Kiwi & Friends," provided the beautiful colouring-in designs. We'd like to extend our thanks to the Ashburton Regent Cinema and the Trevor Wilson Trust for kindly supporting the costs of the family movie passes and treats. Also, a big thank you to the Ashburton Library and Ashburton Courier for helping promote this event.

Finally, our heartfelt gratitude goes out to Matt Rainey, whose artistic talents designed and created the kiwi sculptures, enhancing our mihi-themed garden at the front of our Ashburton office.



Crossword



Answers on page 16

Clues

ACROSS

5. Advise or train someone, especially a younger colleague
9. An exciting experience or undertaking that is typically bold
10. Vocal or instrumental sounds
11. Intense sorrow
13. A relationship in which a person is linked or associated with something else
14. The practice of including people from a range of different social and ethnic backgrounds, different genders, or sexual orientations.
15. Professionals who aim to enhance overall wellbeing and help meet the needs of communities and people. (two words)

DOWN

1. The act of collecting large amounts of something
2. Managing money
3. The impaired ability to remember, think, or make decisions that interfere with doing everyday activities
4. A settled way of thinking or feeling about something
6. Māori customary practices or behaviours
7. A situation in which someone is trying to win something
8. The process of becoming stronger and more confident
10. A type of meditation in which you focus on being aware of what you're sensing and feeling in the moment
12. An artistic form in which hard or plastic materials are worked into three-dimensional art objects

"When I lost my husband, I joined HomeShare. Because they [Presbyterian Support] have helped me, I wanted to give something back and help others who might need the same sort of support."

Dorothy Banks,
Bequestor
to Presbyterian Support.

Leaving a gift in your Will means supporting a cause you care about, without affecting your current cashflow, and it is often more straightforward than you might think.

If you would like further information on leaving a gift in your Will, please contact Megan Waddington on **0800 477 874** or email meganw@psusi.org.nz. You can also visit our website psupsouth.org.nz/leave-a-legacy



Around the Region



WEST COAST Christmas Kindness

Our West Coast team was over the moon to receive news that the Warehouse kindly donated \$500 worth of toys to be given to tamariki and rangatahi in need. Ang Woods helped to pick the items with local Warehouse staff. This is part of the Kindness Collective Campaign that aims to bring Christmas joy to people in need.



NELSON

Unity in the community

The Nelson Tōtara Club is a very caring bunch! Recently there was an article in the Nelson Weekly about the increased demand for food parcels, and the Nelson Foodbank was facing a shortage in supplies. The members saw this and wanted to help! Everyone brought a few items in from their own pantry to fill eight bags of food to donate. *Ka pai!*

MID CANTERBURY

Money Matters

For a few weeks in August, the Ashburton Office became a learning hub for financial wellbeing. Lunchtime workshops were presented by professionals from various backgrounds including, Banking, Housing, Retirement, and Investment. The sessions appealed to a wide range of people, of all ages, backgrounds, and situations. Some of the main topics included budget strategies, KiwiSaver insights, and first-homeowner advice.



NORTH CANTERBURY HomeShare adventures

Jane joined the HomeShare programme to enhance her social connections and during one of her recent excursions, she got to meet a friendly donkey. Karen, our Coordinator, took the group to visit another of our HomeShare hosts who has farm animals.



NORTH CANTERBURY

Older Persons Expo

Older Persons Day is held on the 1st of October every year and is a time to celebrate the value of older people and a chance to acknowledge their contributions to our communities. To help celebrate, an expo was held at the Rangiora RSA. Health and wellbeing support services attended to raise awareness of the various initiatives that support positive ageing. Our North Canterbury Enliven team organised a lovely free lunch plus some great entertainment, along with raffle prizes and a best-dressed competition.



BLENHEIM/MARLBOROUGH

Building Bridges Between Generations

In a heartening display of intergenerational connection, members of the Tōtara Club have been gathering with young parents from our Youth Service. The Young parents bring their precious bundles of joy to join the warmth and camaraderie. Gathered over cups of coffee, they share tales and offer guidance. It's encouraging to see the beautiful bonds between generations, along with hearing the members' cherished memories of their parenting days.



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

